

For Luncheon and Supper Guests eBook

For Luncheon and Supper Guests

The following sections of this BookRags Literature Study Guide is offprint from Gale's For Students Series: Presenting Analysis, Context, and Criticism on Commonly Studied Works: Introduction, Author Biography, Plot Summary, Characters, Themes, Style, Historical Context, Critical Overview, Criticism and Critical Essays, Media Adaptations, Topics for Further Study, Compare & Contrast, What Do I Read Next?, For Further Study, and Sources.

(c)1998-2002; (c)2002 by Gale. Gale is an imprint of The Gale Group, Inc., a division of Thomson Learning, Inc. Gale and Design and Thomson Learning are trademarks used herein under license.

The following sections, if they exist, are offprint from Beacham's Encyclopedia of Popular Fiction: "Social Concerns", "Thematic Overview", "Techniques", "Literary Precedents", "Key Questions", "Related Titles", "Adaptations", "Related Web Sites". (c)1994-2005, by Walton Beacham.

The following sections, if they exist, are offprint from Beacham's Guide to Literature for Young Adults: "About the Author", "Overview", "Setting", "Literary Qualities", "Social Sensitivity", "Topics for Discussion", "Ideas for Reports and Papers". (c)1994-2005, by Walton Beacham.

All other sections in this Literature Study Guide are owned and copyrighted by BookRags, Inc.

Contents

For Luncheon and Supper Guests eBook.....	1
Contents.....	2
Table of Contents.....	4
Page 1.....	8
Page 2.....	10
Page 3.....	12
Page 4.....	14
Page 5.....	16
Page 6.....	18
Page 7.....	20
Page 8.....	22
Page 9.....	24
Page 10.....	26
Page 11.....	28
Page 12.....	30
Page 13.....	32
Page 14.....	34
Page 15.....	36
Page 16.....	38
Page 17.....	40
Page 18.....	42
Page 19.....	44
Page 20.....	46
Page 21.....	48
Page 22.....	50

Page 23.....	52
Page 24.....	54
Page 25.....	56
Page 26.....	58
Page 27.....	60
Page 28.....	62
Page 29.....	65
Page 30.....	67
Page 31.....	69

Table of Contents

Section	Page
Start of eBook	1
Title: For Luncheon and Supper	1
Guests	1
BY	1
DEDICATED	1
INTRODUCTION	1
SUNDAY NIGHT SUPPERS	1
PRELIMINARY PREPARATIONS	1
COOKING AT THE TABLE	2
SANDWICHES AND BISCUITS	2
AUTOMOBILE PICNICS	2
MARKET ORDERS	2
HOW TO BUY	2
MEASUREMENTS	2
RECIPES AND MENUS	3
MENU I	3
PRELIMINARY PREPARATIONS	3
MARKET ORDER	3
FRUIT CUP	3
HOT HAM SANDWICHES	4
GRAPE OR CURRANT JELLY	4
TOMATO SALAD WITH CHEESE	4
DRESSING	4
CHEESE DRESSING	4
COCOA ICE CREAM	5
FIG MARGUERITES	5
MARSHMALLOW FROSTING	5
CANDIED MINT LEAVES	6
TEA	6
MENU II	6
PRELIMINARY PREPARATIONS	6
MARKET ORDER	6
GRAPEFRUIT BASKETS	6
OPEN CHEESE AND BACON	7
SANDWICH	7
MIXED SWEET PICKLES	7
CRAB MEAT AND TOMATO JELLY	7
SALAD	7
TOMATO JELLY	7



MAYONNAISE DRESSING	7
EGG BISCUITS	8
BISCUIT SHAPES	8
ORANGE LAYER CAKE	8
ORANGE CREAM FILLING	8
BOILED ORANGE FROSTING	9
ICED COFFEE WITH VANILLA	9
MENU III	9
PRELIMINARY PREPARATIONS	9
MARKET ORDER	9
TOMATO CONSOMME WITH PEARLS	9
CREAM MUFFINS	10
CLUB SANDWICH WITH SWEETBREADS	10
PICKLED RIPE CUCUMBER RINGS	10
APRICOTS WITH CREAM AND NUT BRITTLE	10
NUT BRITTLE	11
GINGER PUFFS	11
CHEESE FROSTING	11
SPICED SYRUP FOR TEA	11
MENU IV	11
PRELIMINARY PREPARATIONS	11
MARKET ORDER	11
ROSE APPLES EN SURPRISE	12
MOCK LOBSTER A LA NEWBURG	12
TIMBALE CASES	12
CORN MEAL ROLLS	12
BACON SALAD	13
POTATO AND EGG SALAD	13
CREAM DRESSING	13
ORANGE MOUSSE	13
SOUR CREAM DROP COOKIES	13
SOUTH AMERICAN CHOCOLATE	14
MENU V	14
PRELIMINARY PREPARATIONS	14
MARKET ORDER	14
APPLE BALL COCKTAIL	14
APPLE SAUCE	15
SAUTED OYSTERS	15
CELERY SAUCE	15
CELERY CHEESE TOAST	15
LETTUCE WITH RUSSIAN DRESSING	15
RUSSIAN DRESSING	16



THOUSAND ISLAND DRESSING	16
ORANGE BISCUITS	16
PLAIN PASTRY	16
MOLASSES PIE	16
MERINGUE	17
ICED TEA WITH GINGER ALE	17
SUGARED LEMON SLICES	17
MENU VI	17
PRELIMINARY PREPARATIONS	17
MARKET ORDER	17
For Chop Suey	17
CHOW MEIN	17
FRIED NOODLES	18
CHOP SUEY	18
PEPPER JAM SANDWICHES	18
PEPPER JAM	18
FROZEN FRUIT SALAD	19
CRACKERS AND CHEESE	19
CREAM CARAMEL LAYER CAKE	19
CHOCOLATE CARAMEL SYRUP	19
CHOCOLATE CARAMEL	19
FROSTING	
CHOCOLATE CARAMEL MILK	20
SHAKE	
PERCOLATED COFFEE I	20
MENU VII	20
PRELIMINARY PREPARATIONS	20
MARKET ORDER	20
ANCHOVY CANAPE	20
SHELLFISH A LA QUEEN	20
STUFFED CELERY SANDWICH	21
BUTTERSCOTCH BISCUITS	21
ORANGE AND GRAPEFRUIT	21
SALAD	
CONDENSED MILK SALAD	22
DRESSING	
CHOCOLATE FLOAT	22
CHOCOLATE SYRUP	22
FROZEN CHOCOLATE	22
COCOANUT CAKES	22
ORANGE OPERA FUDGE	22
MENU VIII	23
PRELIMINARY PREPARATIONS	23
MARKET ORDER	23
CREAMED EGGS AND	23
MUSHROOMS WITH BACON	



CURLS	
BACON CURLS	23
MARMALADE BISCUITS	23
QUICK ORANGE MARMALADE	24
PINEAPPLE SALAD	24
COOKED MAYONNAISE	24
DRESSING	
BUTTERSCOTCH PARFAIT	24
ARCADIA CAKES	25
BUTTER CREAM, COCOA AND	25
WHITE	
COFFEE FROSTING	25
PERCOLATED COFFEE II	26
MENU IX	26
PRELIMINARY PREPARATIONS	26
MARKET ORDER	26
CHICKEN AND CLAM BOUILLON	26
WITH PIMIENTO CREAM	
PIMIENTO CREAM	26
CHICKEN TERRAPIN	26
BOILED FOWL	27
SPICED FIGS	27
SPICED JELLY	27
WAFFLES	27
STAR CHICKEN SALAD	27
QUICK PARKER HOUSE ROLLS	28
LITTLE CHOCOLATE CAKES	28
CREAM FROSTING	28
PINEAPPLE SMASH	28
MENU X	28
PRELIMINARY PREPARATIONS	28
MARKET ORDER	29
CREAM OF MUSHROOM SOUP	29
TUNA FISH A LA KING IN PATTY	29
CASES	
PUFF PASTE	29
PATTY CASES	30
CABBAGE AND CARROT SALAD	30
THOUSAND ISLAND FRENCH	30
DRESSING	
BRAN MUFFINS	30
MAPLE CHARLOTTE	30
MAPLE PECAN SAUCE	30
MARY ANN SPONGE CAKE	30
COFFEE WITH HONEY AND	31
WHIPPED CREAM	

Page 1

Title: For Luncheon and Supper Guests

Author: Alice Bradley

Release Date: January 2, 2004 [EBook #10582]

Language: English

Character set encoding: ASCII

*** Start of this project gutenberg EBOOK for luncheon and supper guests ***

Produced by Andrew Heath, Joshua Hutchinson, and the Online Distributed Proofreading Team.

FOR LUNCHEON AND SUPPER GUESTS

* * * * *

Ten menus
more than one Hundred recipes

* * * * *

*Suitable for company luncheons
Sunday night suppers, afternoon parties
automobile picnics, evening spreads
and for tea rooms, lunch rooms
coffee shops, and Motor inns*

* * * * *

BY

ALICE BRADLEY

*Principal of Miss farmer's school of cookery
author of "The candy cook book" And "Cooking for profit"*

* * * * *

*Whitcomb & Barrows
Boston, 1923*

* * * * *

DEDICATED

To the thousands of Women who like to entertain their Friends and prepare for them something new and delicious to eat

* * * * *

INTRODUCTION

Meals of many courses are neither practical nor popular with the modern hostess. For a company luncheon or supper it is not necessary to serve more than a hot dish, a salad, a biscuit or sandwich, a dessert and a beverage. A first course and a relish may be provided if desired.

SUNDAY NIGHT SUPPERS

The following menus were arranged especially as Sunday night suppers, but they are equally suitable for midday luncheons or high teas. Many of the dishes will be found desirable for afternoon teas or evening spreads, and for use in tea and lunch rooms, and for automobile picnics.

PRELIMINARY PREPARATIONS

Preparations for Sunday night suppers should be made on Saturday as far as possible. For a luncheon it is a help to have some things done the day before. For picnics and parties much must be done in advance. As an aid to the hostess we have listed after each menu what these preliminary preparations may be.

Page 2

COOKING AT THE TABLE

Many of the hot dishes may be prepared in a chafing dish or on an electric grill. For these, much of the measuring may be done in advance, the ingredients being put in small dishes on a tray. Coffee and tea may be made at the table with electric appliances.

SANDWICHES AND BISCUITS

Sandwiches may be made and wrapped first in dry cheesecloth, then in damp cheesecloth, and placed in a covered crock some hours before a meal. The hot biscuits may be replaced by rolls or bread and butter if desired.

AUTOMOBILE PICNICS

For picnics the beverages and hot dishes may be prepared at home and carried in thermos food jars. The cold dishes may be packed in a small portable refrigerator. The biscuits, sandwiches, cakes, and cookies should be carefully wrapped in wax paper and packed in boxes. Ice creams may be taken in the freezer. Hot sandwiches and bacon may be cooked over the coals or on a portable oil or alcohol stove. In some menus it may be desirable to omit or modify a few of the dishes, if food is to be carried several miles.

MARKET ORDERS

Supplies for use on Sunday evening should, of course, be purchased on Saturday. To prevent any mistakes in ordering we have listed under each menu the foodstuffs that will be required. Supplies that are usually kept on hand are not listed, as

- Baking powder
- Cayenne
- Cornstarch
- Bread flour
- Pastry flour
- Molasses
- Mustard
- Paprika
- Pepper
- Rock salt
- Table salt
- Granulated sugar



Soda
Spices, whole and ground
Table sauce
Vanilla
Vinegar

HOW TO BUY

Some things are listed in the market orders that many people always have on hand. This is for the benefit of those who do not prepare all their meals and have little space for seldom used supplies. As far as feasible the amounts of material in the market orders are such as could be purchased. They may differ somewhat from the amounts called for in the recipes, thus leaving some foodstuff on hand. In many cases it may be more economical to purchase in larger quantities than those given. In some cases smaller amounts are called for than can be purchased, as one-half can, or one-fourth cup, in case supplies on hand are adequate without purchasing more than required. Butter only is given in the market orders. In cooking, margarine, lard, and other shortenings may be used instead, if preferred.

MEASUREMENTS

In all recipes measurements are made level. Measuring cups, divided into thirds and quarters, are used, and tea and table measuring spoons. Cups of dry material are filled to overflowing by putting the material into the cup with a tablespoon, and are then leveled off with a knife. Tea and tablespoons are filled heaping with dry material, and then leveled off with a knife. Flour should be sifted once before measuring.

Page 3

RECIPES AND MENUS

The recipes are planned to serve eight persons. Most of them may be divided for a smaller party.

The average cost of the menus is fifty cents per person. Some of the dishes may be made less expensive and rich by substituting milk for cream, and by other substitutions and omissions that will suggest themselves to the resourceful hostess. Many types of dishes are given. Many variations are possible.

In some menus a choice of dishes is suggested. A few recipes are given that are not called for in the menus. These are usually to show how to utilize in a different way something for which a recipe is given or to use in another meal some foodstuff left from a recipe.

These recipes and menus have all been tested at Miss Farmer's School of Cookery. The author wishes to express here her appreciation of the painstaking work of all the members of the staff of the school who have assisted in making this little book possible.

Boston, Mass., August, 1922.

* * * * *

MENU I

Fruit Cup
Hot Ham Sandwich
Currant or Grape Jelly
Tomato Salad with Cheese Dressing
Cocoa Ice Cream
Fig Marguerites
Tea with Candied Mint Leaves

PRELIMINARY PREPARATIONS

Fruit cup ready to chill
Ham prepared for the sandwiches
Tomatoes peeled and placed in ice box
Salad dressing made
Fig marguerites made
Candied mint leaves prepared



Ice cream ready to freeze
Jelly made

MARKET ORDER

1 pound cooked ham 1 cream cheese (Roquefort flavor if desired) 1 quart milk 1 pint cream 1/2 pound butter 6 eggs 1/2 pound white grapes 3 or 4 oranges 2 lemons 1 pound (4 small) tomatoes 1 green pepper 1 head lettuce 1 bunch mint 1/2 can sliced pineapple 8 maraschino cherries 2 tablespoons mayonnaise dressing 1/2 pint raspberry or strawberry syrup 1/4 pound figs 2 ounces walnut meats 1 ounce tea 1/8 pound cocoa 1 loaf sandwich bread 1/2 pint grape or currant jelly or juice Oil of spearmint 1 package small round crackers 1 ounce marshmallow cream 1 cup salad oil Loaf sugar

FRUIT CUP

Remove skin and seeds from

1/2 pound white grapes. If grapes are firm, boiling water may be poured over them and allowed to stand 1 minute, when skins will come off easily.

Pare

2 oranges, removing white part with the skin, and remove sections free from membrane.

Cut

4 slices canned pineapple in dice. Mix the fruit with
1/3 cup sugar
1 tablespoon lemon juice
1/2 cup orange juice
1/2 cup syrup from canned pineapple, and
Few grains salt. Put into ice cream freezer, surround with ice and salt, and stir occasionally until juice begins to freeze. Serve in cocktail glasses, garnishing each glass with a
Maraschino cherry.



Page 4

[Illustration: *Fruit cup*]

HOT HAM SANDWICHES

Put

1 pound cooked ham through food chopper. Add
4 tablespoons creamed butter,
1 teaspoon mustard and
1 teaspoon paprika, and mix well. Cut
Bread in sixteen 1/4-inch slices, spread eight slices bread with
the ham mixture, cover with remaining bread and press slices firmly
together. Cut each sandwich in three strips. Beat
2 eggs slightly and add
2 cups milk. Dip sandwiches, one at a time, in this mixture, and saute
in butter, cooking on one side until browned, and then turning and
browning the other side. Serve very hot.

Other meat, or marmalade or jam may be used in sandwiches in place of ham.

[Illustration: *Hot ham sandwiches*]

GRAPE OR CURRANT JELLY

Wash and pick over

Fruit. Crush in kettle one layer at a time and boil, stirring
frequently, until juice is extracted from pulp. Let drip through
double piece of cheesecloth, rinsed in cold water, over night or
till juice no longer drips. Do not squeeze. To

1 tablespoon juice add
1 tablespoon alcohol; stir and let stand 10 minutes. If
2/3 of the mixture is cloudy use

2/3 cup sugar to each cup juice. If all is cloudy use equal parts
sugar and juice. (This is called the Pectin Test.) Be sure that juice
mixed with alcohol is discarded immediately. Measure remaining juice
into kettle, bring to boiling point, add required amount of sugar and
cook to 220 degrees F. or until mixture will show two distinct, firm
drops when dripped from side of spoon, or when small amount will
become firm when dropped on very cold saucer. Then skim and pour into
sterilized glasses.

Second Extraction



Return fruit pulp to kettle, add barely enough cold water to cover it, bring slowly to boiling point, stirring to prevent burning on; cook 5 minutes, drain and finish as for first extraction, boiling 5 minutes before adding the sugar.

Third Extraction

Proceed as for second extraction. Oftentimes the juice from second and third extractions may be combined before being made up into jelly. By making three extractions the amount of jelly obtainable from a given amount of fruit may be almost doubled.

TOMATO SALAD WITH CHEESE DRESSING

Cut

4 tomatoes in halves in such a way that they come apart in points.

Arrange each half in a nest of

Lettuce leaves. In the center of tomato pile

Cream cheese forced through a coarse strainer. In center of cheese
put a

Few bits of green pepper finely chopped. Serve with cheese dressing.

[Illustration: *Tomato salad*]

CHEESE DRESSING



Page 5

Mix

2 tablespoons mayonnaise dressing with
2 tablespoons cream cheese. Add
1/2 teaspoon salt
1/2 teaspoon table sauce
1/2 teaspoon paprika and add very slowly
1/4 cup salad oil, beating with egg beater until very thick. Add slowly
1 1/2 tablespoons vinegar. Keep in cool place till ready to serve.

Cream cheese with Roquefort flavor is desirable in both the above recipes, but the usual cottage or cream cheese may be used if preferred.

COCOA ICE CREAM

Mix very thoroughly

1/2 cup dry powdered cocoa
Few grains salt
1 cup sugar and
1 tablespoon cornstarch. Add slowly
2 cups milk, scalded, and cook over boiling water 20 minutes,
stirring until thickened and occasionally afterward. Pour over
2 eggs well beaten, chill, and add
2 cups cream beaten stiff
1 teaspoon vanilla and
1 cup syrup drained from canned raspberries or strawberries, and freeze.

If frozen in a vacuum freezer, put mixture in center can of freezer; cover, invert freezer, and fill outer compartment with finely crushed ice mixed with half the amount of rock salt. Open the freezer occasionally, scrape cream from sides and mix well, using a long-bladed knife. If frozen in an ordinary freezer, it is not necessary to beat the cream. Put mixture in can of ice cream freezer, surround with three parts ice and one part salt.

Let mixture stand 5 minutes, then turn crank slowly until mixture is stiff. When frozen drain off ice water and repack, using four parts ice and one part salt.

FIG MARGUERITES

Put in top of double boiler

7/8 cup sugar and
3 tablespoons water. Stir until sugar is dissolved as much as possible.
There will still be small sugar crystals remaining. Wash sugar crystals
from inside of double boiler with pastry brush dipped in cold water. Add



1 egg white, unbeaten. Place over hot water and cook, beating constantly with egg beater for 7 to 12 minutes or until mixture will hold its shape.

Add

1 tablespoon marshmallow cream and

1/4 teaspoon vanilla, and fold over and over until again stiff enough to hold its shape. Add

1/3 cup (3) figs cut in small pieces and

1/3 cup nut meats cut in small pieces. Pile on

Small round crackers and bake at 375 degrees F. for 10 minutes or until delicately brown. This rule will cover 3 dozen small crackers. Should frosting be too soft to hold its shape after adding marshmallow cream, it may be again placed over hot water, and folded gently over and over, until it becomes slightly granular around the edges. Remove from hot water, and continue folding over gently until of the desired stiffness.

MARSHMALLOW FROSTING

Use above mixture with or without figs and nuts as a cake filling or frosting. It need not be baked.



Page 6

CANDIED MINT LEAVES

Wipe

Fresh mint leaves, remove from stems and rub each leaf gently with the finger dipped in

Egg white slightly beaten. Mix
3 tablespoons granulated sugar with
3 drops oil of spearmint, and sift over each side of the mint leaves.
Lay close together on a cake rack covered with wax paper and leave in a warm but not a hot place until crisp and dry. Serve in
Tea with
Sliced lemon and
Loaf sugar.

TEA

Half fill a perforated tea spoon or tea ball with

Orange Pekoe, or other preferred tea. Place in cup, add fresh
Boiling water, until cup is two-thirds full. Remove tea spoon as soon as tea is of the desired strength.

Two or three cups of tea can usually be made without emptying and refilling the tea spoon.

* * * * *

MENU II

Grapefruit Baskets with Mints
Open Cheese and Bacon Sandwich
Mixed Sweet Pickles
Crab Meat and Tomato Jelly Salad
Egg Biscuits
Orange Layer Cake
Iced Coffee with Vanilla

PRELIMINARY PREPARATIONS

Grapefruit prepared and put on ice
Cheese grated (or chopped) for sandwiches
Bacon cut same length as bread slices



Pickles may be made at any time
Tomato jelly and mayonnaise dressing made
Eggs, hard cooked
Celery (or endive) cut and put in cold water
Crab meat picked over and put on ice
Lettuce washed and put on ice in cheesecloth
Cake baked and one layer frosted
Cake filling made, except the whipped cream
Dry ingredients and shortening for biscuits combined

MARKET ORDER

1/2 pound crab meat 3/4 pound bacon 3/4 pound cheese 1/2 pint milk 1 pint cream 3/4 pound butter 1 dozen eggs 1/2 pint salad oil 4 grapefruit 1 head lettuce 2 roots celery or 1/2 pound endive 5 oranges 2 lemons 1 green pepper 1 onion 1/4 can (1/2 pint) tomatoes 2 ounces (8) cream peppermints 1/4 pound cluster raisins 1 loaf bread 1/4 pound candied cherries 1 1/2 doz. small sweet cucumber pickles 2 yards narrow ribbon Small fresh flowers or fresh mint leaves 1/2 package gelatin 1/4 pound finely ground coffee

GRAPEFRUIT BASKETS

Cut in two

4 grapefruit. Insert two toothpicks opposite each other on each half.
From one-half inch on each side of toothpick cut through the skin
around the grapefruit one-fourth inch from the top of each half,
leaving skin whole where toothpicks are inserted.

Loosen pulp and remove and discard seeds, membrane and toothpicks. Sprinkle pulp of each half with

1 cream peppermint, broken in pieces, and chill. Bring the two strips of skin together above the grapefruit and tie together with

Narrow ribbon, for the handle. Insert in the knot a sprig of
Flowers, berries or mint, and place on doily on individual serving plates.



Page 7

[Illustration: *Grapefruit Basket*]

OPEN CHEESE AND BACON SANDWICH

Beat

3 eggs until light, add

3/4 pound soft cheese grated or put through food chopper

1 1/2 teaspoons table sauce

3/4 teaspoon salt

1/2 teaspoon paprika

Few grains cayenne. Mix well and spread on

8 slices bread cut one-third inch thick. Cut

3/4 pound bacon in very thin slices the length of the slice of bread.

Make bacon still thinner by pressing each strip on a board with a broad knife. Cover cheese with bacon and bake 8 or 10 minutes under gas flame, or in hot oven.

MIXED SWEET PICKLES

Put in small agate or enamel saucepan

1 cup vinegar

1/2 cup sugar

1/4 teaspoon peppercorns

1/4 teaspoon blades of mace

1/4 teaspoon whole cloves, and cook 2 minutes. Add

1/2 cup candied cherries, cook 5 minutes; skim out, add

1/2 cup large Malaga raisins in clusters of two or three.

Cook 10 minutes, remove raisins and add

18 small sweet cucumber pickles and cook 10 minutes.

Arrange in glass jar in closely packed layers, putting raisins in first, then cherries, then pickles; repeat until jar is full. Strain hot syrup into jar, and seal.

[Illustration: *Mixed sweet pickles*]

CRAB MEAT AND TOMATO JELLY SALAD

In a salad bowl lined with

Lettuce leaves, arrange separate piles of

1/2 pound crab meat

3 hard-cooked eggs, chopped (use silver knife so white will not discolor)



2 roots celery or
1/2 pound endive cut in small pieces, and
Tomato jelly cut in cubes. Between piles place
Green pepper free from seeds and cut in strips. Make a nest of heart
leaves of lettuce in center and fill with
Mayonnaise dressing.

The salad ingredients may be mixed lightly together, when salad is being served, or only those ingredients that are desired may be served to each person.

TOMATO JELLY

Heat to boiling point in agate saucepan

1 cup tomato juice and pulp
2 tablespoons mild vinegar
1 tablespoon gelatin
1/2 tablespoon sugar
Bit of bay leaf
1 slice onion
1 tablespoon lemon juice, and leaves from
1 stalk celery. Stir until gelatin is dissolved, strain through fine
strainer, and mold in small bread pan that measures about 4 1/2 inches
by 8 inches.

Cut in 1/2 inch cubes for serving.

MAYONNAISE DRESSING



Page 8

Sift into a bowl

1/2 teaspoon mustard

1/2 teaspoon sugar

1/2 teaspoon salt and

Few grains cayenne. Add

1 egg yolk, mix well and add

1 tablespoon vinegar, stirring constantly. Measure

3/4 cup salad oil and add 3 teaspoons of the oil a drop at a time, beating constantly. Then while beating, add it 1 teaspoon at a time till mixture begins to thicken. When very thick, add

1 tablespoon lemon juice and add remaining oil rapidly. The whole process should take about 7 minutes.

EGG BISCUITS

Sift together

2 cups bread flour, measured after sifting once

5 teaspoons baking powder

1 teaspoon salt and

1 tablespoon sugar. Work in with fingers

2 tablespoons shortening. Add

1 egg yolk, slightly beaten, mixed with

2/3 cup milk, cutting it in with a knife. Toss on floured cloth or board and knead 5 minutes. Shape in any way suggested below. Bake 15 minutes at 400 degrees F. Brush with milk or melted butter just before removing from the oven.

BISCUIT SHAPES

Make in small round balls and bake in muffin pans.

Bake 2 round balls in each muffin pan, brushing between with melted butter.

Bake 3 round balls in each muffin pan.

Roll 1/4 inch thick, spread with butter, roll up like a jelly roll, cut in pieces 1 inch thick, and bake in muffin pans.

Prepare as above, sprinkling with sugar and cinnamon before rolling.

Prepare as above, sprinkling with chopped nuts and maple sugar before rolling.



Roll 1/4 inch thick, spread with butter, fold in 3 layers, cut off strips 1 inch wide, twist and coil. When baked spread with confectioners' frosting.

Shape and roll in strips 8 inches long and about as large around as a lead pencil and bake.

Roll 1/2 inch thick, cut with small oval cutter, brush with butter, double over and place close together and bake.

ORANGE LAYER CAKE

Beat together until thick

2 egg yolks

1/4 teaspoon grated orange rind

4 tablespoons orange juice and

1/2 tablespoon lemon juice. Add

3/4 cup sugar gradually, continuing to beat with egg beater. Fold in

2 egg whites, beaten stiff and

1 cup pastry flour, sifted 4 times with

1/4 teaspoon soda and

1/4 teaspoon salt. Grease an angel cake or deep round tin and line bottom with greased paper. Pour in cake mixture and bake 30 minutes at 375 degrees F. Split, put

Orange cream filling between layers, and frost top with

Boiled orange frosting.

ORANGE CREAM FILLING

Melt

2 tablespoons butter, add

4 tablespoons cornstarch, and when mixed add

Grated rind 1 orange

1 cup orange juice and

1 cup sugar. Bring to boiling point, stirring all the time. Cook 15 minutes over boiling water.



Page 9

Add

1/2 teaspoon salt and
1 1/2 tablespoons lemon juice. Cool and fold in
1 cup cream beaten stiff.

BOILED ORANGE FROSTING

Put

1 cup sugar and
1/4 cup water in a small saucepan. Stir until sugar is dissolved and
boiling point is reached. Do not stir after it boils. Wash down sides
of saucepan with pastry brush dipped in cold water to prevent formation
of crystals. Cook until syrup spins a 4 inch thread when dropped from
spoon held at least 8 inches above pan. Pour slowly onto
2 egg yolks beaten until thick and lemon colored, beating constantly
with egg beater until mixture will hold its shape, then add
Few gratings orange rind and
1/2 tablespoon orange juice and spread on cake

2 egg whites may be used instead of egg yolks if preferred.

ICED COFFEE WITH VANILLA

Add to

6 cups cold boiled or percolated coffee
1/2 teaspoon vanilla
1 cup cream and
Sugar to taste. Serve in tall glasses with
Cracked ice.

[Illustration: *Iced coffee*]

* * * * *

MENU III

Tomato Consomme with Pearls
Cream Muffins
Club Sandwich with Sweetbreads
Pickled Ripe Cucumber Rings
Apricots with Cream and Nut Brittle



Ginger Puffs
Spiced Tea

PRELIMINARY PREPARATIONS

Pickled ripe cucumber rings prepared in the fall or purchased in bottles,
or other sweet pickle or olives
Consomme ready to reheat
Sweetbreads cooked, cucumber sliced into ice water, and lettuce washed
Dry ingredients for cream muffins mixed
Apricots cooked in syrup and nut brittle made
Ginger puffs made and frosted
If tea is to be served iced, it may be prepared

MARKET ORDER

1 pair sweetbreads 1/2 pound bacon 1/2 pint cream 1 pint milk 1/2 pound butter 6 eggs
1 head lettuce 1 cucumber 3 ounces nut meats 1 quart can tomatoes 1 pint chicken
stock or 2 chicken bouillon cubes 1 can apricots 1 loaf bread Pickles or olives 1/2 cup
pearl tapioca 1/2 pint mayonnaise dressing 1 cream cheese 1/2 pound confectioners'
sugar 1 ounce tea 2 lemons

TOMATO CONSOMME WITH PEARLS

Soak

1/2 cup pearl tapioca over night in

1 quart cold water. Cook in same water until tender and clear.

Drain liquor from

1 quart can tomatoes, add

1 teaspoon salt

1 teaspoon paprika

1 pint chicken stock or 2 chicken bouillon cubes dissolved in 1
pint water. Wash

2 eggs, slightly beat the whites and add whites and shells to the soup.

Stir until soup boils, boil 2 minutes, remove from heat and let stand 20 minutes. Strain
through double cheesecloth, add tapioca drained from water and rinsed. Reheat and
serve in bouillon cups. A bit of

Red coloring may be added to intensify the color.



Page 10

CREAM MUFFINS

Sift together

2 cups pastry flour

1 tablespoon baking powder

2 teaspoons sugar and

1/2 teaspoon salt. With fingers rub in

1/4 cup butter or margarine, add

2 eggs well beaten and

7/8 cup thin cream. Mix thoroughly, pour into greased muffin pans or small fancy shaped tins and bake 12 minutes at 400 degrees F., and 5 minutes at 450 degrees F. Makes 16 small muffins.

CLUB SANDWICH WITH SWEETBREADS

When brought from market soak

1 pair sweetbreads 1 hour in

Water with

1 tablespoon vinegar. Parboil 20 minutes in

1 cup milk. Cool in cold water, drain and cut in slices. On serving plate for each person place

1 slice toast spread to the edges with

Butter worked until creamy. Cut in two diagonally and cover with

1 or 2 washed and dried

Lettuce leaves, and with

Mayonnaise dressing. On lettuce place a layer of

Sweetbread slices, cover with

Slices of cucumber which have been dipped in

Mayonnaise dressing and with

2 slices bacon free from rind, cooked until crisp.

Cover with

1 slice buttered toast, cut in two diagonally. Place a

Small lettuce leaf on the toast and fill with

Mayonnaise dressing. Sprinkle with

Paprika. Place on side of plate

Sweet pickled cucumber rings or

Olives, plain or stuffed.

[Illustration: *Club sandwich*]



PICKLED RIPE CUCUMBER RINGS

Pare rind from

2 quarts ripe cucumbers, cut in slices crosswise, and then stamp out centers, making rings. Cover with

Cold water, add

1 teaspoon soda and let stand over night. Next morning drain, cover with cold water in which

2 tablespoons alum have been dissolved and boil 10 minutes. Strain, cover again with cold water, add

1 tablespoon ginger, boil 15 minutes. Drain, measure water and discard.

Measure as much vinegar as there was water and to each quart vinegar add

3 pounds granulated sugar

1/4 cup whole cloves and

1/4 cup stick cinnamon. Add fruit and boil until clear.

Watermelon rind, cut in strips, may be used instead of cucumber.

APRICOTS WITH CREAM AND NUT BRITTLE

Drain

1 can apricots, cook syrup 10 minutes, add fruit and cook 3 to 5 minutes, or until tender. Cool and pour into serving dish. Sprinkle with one-half the nut brittle. Beat

1/2 cup cream until stiff, add slowly

1/4 cup sugar

1/2 teaspoon vanilla

Few grains salt and half remaining brittle. Pile cream on the apricots, sprinkle with remaining brittle and serve as cold as possible. Other canned fruit or orange sections may be used instead of apricots.



Page 11

NUT BRITTLE

Put

1/2 cup sugar and
1/2 cup water in saucepan and boil quickly until syrup is a golden brown. Remove from fire, add
2/3 cup chopped nut meats and turn into lightly greased pan. Cool and pound until broken into very small pieces.

GINGER PUFFS

Beat

1 egg until light, add
1/2 cup sugar
1/2 cup molasses and
1/4 cup shortening melted in
1/2 cup warm water. Add
2 cups pastry flour sifted with
1 teaspoon cinnamon
1 teaspoon ginger
1 teaspoon soda and
1/2 teaspoon salt. Combine mixtures and bake in small greased tins for 12 to 15 minutes at 400 degrees F. Frost if desired with Cheese Frosting.

CHEESE FROSTING

With wooden spoon work

1 cream cheese until creamy and add gradually
1 1/2 cups confectioners' sugar. Beat
1/2 egg white until stiff and gradually beat in the cheese mixture. This frosting may be put on cookies or cake by forcing through a pastry bag and fine tube or paper cone, making lines or other decorations. It may be colored if desired.

SPICED SYRUP FOR TEA

Put in small saucepan

1 cup water and
1/2 cup sugar. Heat to boiling point and when sugar is dissolved add
1 tablespoon whole cloves, crushed and a



2 inch piece stick cinnamon broken in pieces, tied together very loosely in a piece of cheesecloth. Boil gently to 215 degrees F. or to a thin syrup. When cool add juice of 2 lemons. Serve in small bowl, using 1 tablespoon syrup in each cup of tea.

* * * * *

MENU IV

Rose Apples en Surprise
Mock Lobster a la Newburg in Timbale Cases
Bacon Salad or Potato and Egg Salad
Corn Meal Rolls
Orange Mousse
Sour Cream Drop Cookies
South American Chocolate

PRELIMINARY PREPARATIONS

Cookies made
Lettuce washed and put on ice
Dry ingredients and shortening for rolls mixed
Tins greased
Filling mixed for rose apples and rose apples chilled
Timbale cases made. May be reheated while cooking Newburg
Dressing made, all but bacon fat
South American chocolate prepared
Mousse made and packed, 4 to 6 hours in advance
Dry ingredients measured for Newburg
Fish cooked and flaked
Bacon cut in small pieces or
Materials prepared for potato salad and dressing made

MARKET ORDER

1/2 pound bacon 2 pounds haddock 2 quarts milk 1/4 cup sour cream 1/2 cup sour milk
1 1/2 pints cream 10 eggs 1/2 pound butter 1 green, pepper 1 onion 2 lemons 1 head
lettuce Parsley 2 oranges 8 rose apples (small can) or small tomatoes 8 anchovies (or 1
small bottle) 2 pimientos Brown sugar 2 ounces candied cherries 1 ounce pistachio nuts
2 ounces raisins 1 ounce nut meats 1/2 pound vanilla sweet chocolate 1/2 cup
mayonnaise dressing 1 pint salad oil 1/2 ounce coffee 1/4 pound corn meal 1 teaspoon
gelatin 2 pickles



Page 12

If Potato and Egg Salad is selected omit bacon and add 1 pound potatoes 2 roots celery or 1 small cabbage 1/2 cup cream, sweet or sour

ROSE APPLES EN SURPRISE

Hard cook

2 eggs. Reserve 1/2 yolk. Chop remainder fine and mix with

2 tablespoons green pepper chopped

2 tablespoons pimienta chopped

4 anchovies chopped

1/2 teaspoon salt

Few grains pepper and

Few drops onion juice. Moisten with

Mayonnaise dressing. Fill

8 rose apples or small tomatoes from which centers have been removed.

Cover with mayonnaise and garnish with

Strips of anchovy, laid crosswise. Serve each rose apple or tomato on a small plate sprinkled with

Chopped parsley mixed with reserved egg yolk, rubbed through a strainer.

[Illustration: *Rose apples en Surprise*]

MOCK LOBSTER A LA NEWBURG

Wipe a

2 pound haddock, remove skin and bones, sprinkle with

Salt and steam 20 minutes over boiling water. Cool and separate in flakes. Melt

1/4 cup butter, add

1 tablespoon flour mixed with

3/4 teaspoon salt

1 teaspoon paprika

Few grains cayenne and

Slight grating nutmeg. Then add

1/2 cup milk gradually. Cook and stir until sauce boils.

Add haddock flakes and

1 pimienta cut in strips and place over hot water.

Just before serving add

2 egg yolks beaten slightly with

1/2 cup cream and



2 tablespoons lemon juice. As soon as it is hot serve in Timbale cases.

[Illustration: *Mock lobster A la Newburg*]

TIMBALE CASES

Sift together

1/2 cup bread flour

1/4 teaspoon salt

1 tablespoon sugar. Add gradually

1/2 cup water

1 egg slightly beaten

1 tablespoon salad oil. Strain mixture into a cup and let stand

2 hours or over night. Put timbale iron in deep saucepan and cover with fat or oil. Heat fat until it browns a piece of bread in 40 seconds.

Drain iron, dip in timbale mixture until two-thirds covered. Then immerse in hot fat and fry until crisp and a delicate brown. Drain cases on brown paper. A rosette iron may be used instead of a timbale iron if desired.

CORN MEAL ROLLS

Sift together

1 1/2 cups bread flour

1/4 teaspoon soda

3/4 cup corn meal

3 teaspoons baking powder

1 teaspoon salt and

1 tablespoon sugar. Cut in

2 tablespoons shortening with a case knife. Beat

1 egg, add

1/2 cup sour milk and combine mixtures. Roll 1/2 inch thick, cut with oval cutter, brush with

Melted butter, double over and place on greased baking sheet. Bake 12 minutes at 450 degrees F.



Page 13

BACON SALAD

Cut

1/2 pound bacon in tiny squares or force through food chopper, and cook until crisp. Reserve both bacon fat and dice. Mix

2 teaspoons brown sugar

Few grains pepper

1/2 teaspoon paprika

1/4 teaspoon mustard. Add

4 tablespoons vinegar. Stir until smooth. Add to

1/2 cup of the bacon fat and bring to boiling point.

Sprinkle

Lettuce with the dice of cooked bacon and just before serving pour dressing over or pass it at the table.

POTATO AND EGG SALAD

Mix

2 cups cold boiled potatoes cut in cubes

1 cup celery or cabbage cut in small pieces

2 or 3 hard cooked eggs chopped fine

2 tablespoons chopped pickle

2 tablespoons chopped green pepper or pimiento

1 tablespoon chopped parsley and

Few drops onion juice. Moisten with

Cream Dressing and serve in nests of

Lettuce or cabbage leaves.

CREAM DRESSING

Mix in double boiler

2 teaspoons flour

1 teaspoon salt

1 teaspoon mustard

1 1/2 teaspoons powdered sugar and a

Few grains cayenne; add

1 teaspoon butter and

1/3 cup vinegar. Cook over boiling water, stirring constantly until mixture thickens; add

1 egg yolk, and stir and cook 1 minute. Cool and just before serving



add

1/2 cup heavy cream, sweet or sour, beaten until stiff.

[Illustration: *Orange mousse*]

ORANGE MOUSSE

Put in saucepan

3/4 cup sugar, add

Grated rind of 1 orange and

1/4 cup cold water. Stir and boil 1 minute. Soak

1 teaspoon gelatin in

2 tablespoons cold water and dissolve in the hot syrup.

Add

2/3 cup orange juice and

2 tablespoons lemon juice. Place on ice, and when it begins to

thicken, fold in

1 1/2 cups cream beaten stiff,

1/4 cup pistachio nuts, shredded,

1/4 cup candied cherries cut in pieces. Fill ring mold or baking powder boxes with mixture. Cover with greased paper and tin covers.

Surround with two parts ice mixed with one part salt and let stand 3

hours. Unmold and serve cut in slices. Molds may be decorated with

Pistachio nuts and

Candied cherries, before filling with mixture.

SOUR CREAM DROP COOKIES

Cream

1/4 cup butter or margarine. Add gradually

1/2 cup sugar and

1 egg, well beaten. Dissolve

1/4 teaspoon soda in

1/4 cup rich sour cream. Add to first mixture alternately with

1 1/4 cups pastry flour sifted with

1/4 teaspoon salt and

2 teaspoons baking powder. Add

1/2 teaspoon vanilla

1/4 cup raisins cut in pieces and

1/4 cup nut meats cut in pieces. Drop by spoonfuls on greased tin sheet, and bake in a moderate oven.



Page 14

Double the amount of flour may be used, nuts and raisins omitted, and mixture chilled and rolled out and cut in any desired shape, before baking.

SOUTH AMERICAN CHOCOLATE

Melt

1/2 pound (1 cake) vanilla sweet chocolate over hot water, add slowly
1 cup strong hot coffee and boil 1 minute. Add to
6 cups scalded milk, beat until a thick froth forms on top, and leave
over hot water 10 minutes. Serve with
Whipped cream sweetened and flavored, or chill and serve in tall
glasses with
Cracked Ice.

* * * * *

MENU V

Apple Ball Cocktail
Sauted Oysters with Celery Sauce or Celery Cheese Toast
California Lettuce with Russian or Thousand Island Dressing
Orange Biscuits
Molasses Pie
Iced Tea with Ginger Ale

PRELIMINARY PREPARATIONS

Molasses pie made
Celery cooked for celery sauce
Mayonnaise and Russian dressing made
Dry ingredients and shortening mixed for biscuits
Lettuce washed
Fruit prepared for cocktail
Cheese grated
Tea made

MARKET ORDER

1 pint selected oysters or 1/2 pound cheese 4 eggs 1 cup milk 2/3 cup cream 1/2 pound
butter 2 roots celery 1 large or 2 small heads California lettuce 1 orange 3 lemons 8
apples (perfect in shape and uniform in size) 1/4 pound white or Tokay grapes 1 loaf



bread 1/4 cup chili sauce 1/4 pound demi-tasse sugar 1 1/2 cups molasses 1/2 pound walnuts 4 individual tea bags 1 quart ginger ale 1/3 cup maraschino cherries 1/4 pound common crackers 1 chicken bouillon cube or chicken stock 1 pimienta 1 green pepper 1/2 cup mayonnaise dressing Parsley

APPLE BALL COCKTAIL

Cut tops from stem end of

8 choice apples. Remove inside of apples with a French ball cutter, putting balls in

2 cups cold water with

Juice of 1 lemon. Reserve tops of apples, cores, and small pieces for apple sauce. Put

Apple shells in

1 quart cold water to which is added

1 teaspoon salt. Remove skins and seeds from

1/4 lb. (1 cup) white grapes. Just before serving drain apple shells.

Remove apple balls from the water.

Drain and mix with the

White grapes and with

1/3 cup maraschino cherries and fill apple shells. Mix

3 tablespoons syrup from maraschino cherries with

Juice of 1/2 orange and put over the apple balls. Serve apple shells in individual dishes or cocktail glasses surrounded with

Crushed Ice.

Apple may be removed in small oval shapes with a coffee spoon, if a French ball cutter is not available.

Grapes may be bought in cans if fresh grapes are not in market.



Page 15

APPLE SAUCE

Put in saucepan

Tops, cores, and small pieces of apple removed in the making of apple shells. Add

3/4 cup water in which apple balls were soaked and cook gently until apple is soft. Rub through a strainer. Add

3/4 cup sugar, and stir and cook until sugar is dissolved and sauce is of the proper consistency. This may be used at another meal.

SAUTED OYSTERS

Put

1 pint oysters in strainer over a bowl and over them pour

2 tablespoons cold water, reserving liquid. Pick over oysters, removing any bits of shell that may adhere to tough muscle. Crush

5 common crackers on board with rolling pin or put through food chopper, and sift the

Crumbs. There should be 1/2 cup. Coat each oyster with the cracker crumbs. Saute in

4 tablespoons melted butter or cooking oil. When brown on one side turn and brown the other side. Cover

8 slices of toast, cut in three strips each, with

Celery sauce, and serve an oyster on each piece of toast.

CELERY SAUCE

Separate stalks from

2 roots celery and wash thoroughly. Cut lengthwise and crosswise in small pieces. There should be 1 1/3 cups. Put in saucepan with

3 cups water and

1 teaspoon salt and cook 20 minutes or until tender.

Drain, reserving both liquid and celery. To

Liquid add

Chicken stock to make 2 cups or

Water to make 2 cups and

1 chicken bouillon cube. Melt in saucepan, chafing dish or electric grill

3 tablespoons butter. Add

3 tablespoons flour mixed with

3/4 teaspoon salt and



1/8 teaspoon pepper. Stir until smooth and add the
2 cups celery water and chicken stock. Stir and boil 1 minute. Add
Cooked celery and bring to boiling point. Mix
1 egg yolk and
2/3 cup cream. Add to first mixture and cook 2 minutes over hot water,
stirring constantly.

CELERY CHEESE TOAST

Make above recipe for Celery Sauce, adding
1 cup grated cheese when celery is added. Stir until cheese is melted.
Add
1/2 teaspoon table sauce, then add
1 egg yolk and
2/3 cup cream as above and cook over hot water 2 minutes, stirring
constantly. Serve on
Toast or crackers.

1 egg white beaten stiff may be added just before serving.

LETTUCE WITH RUSSIAN DRESSING

Use California lettuce if obtainable. Remove outside leaves and cut lettuce in halves
and cut each half in two or four pieces according to the size of the head. Let stand in
ice water until crisp. Place in cheesecloth on the ice or in a covered pail until needed.
Serve on salad plates with
Russian Dressing or with Thousand Island Dressing.



Page 16

Dressing may be passed separately if preferred.

RUSSIAN DRESSING

Measure

- 1/2 cup mayonnaise dressing, add
- 1/4 cup chili sauce
- 1 tablespoon pimiento cut in small pieces
- 1 tablespoon green pepper cut in small pieces and
- 1 tablespoon celery cut in small pieces, and mix thoroughly.

THOUSAND ISLAND DRESSING

Add to

- Russian Dressing just before serving
- 1/4 cup cream, beaten stiff.

1921 *Chili sauce*

Force through food chopper

- 3 green bell peppers
- 1 red bell pepper and
- 4 large onions. Put in saucepan with
- 12 large tomatoes or
- 1 quart canned tomato
- 1 quart vinegar
- 1 cup sugar
- 1/4 teaspoon oil of clove
- 1/4 teaspoon oil of cinnamon
- 3 tablespoons salt
- 3/4 teaspoon allspice
- 3/4 teaspoon mustard
- 3/4 teaspoon soda and
- 1 tablespoon table sauce.

Cook until soft and rub through puree sieve, getting through as much as possible of the vegetables. Cook again until thick and of the desired consistency.

ORANGE BISCUITS

Sift together

- 2 cups bread flour



5 teaspoons baking powder and
1 teaspoon salt. With tips of fingers rub in
2 tablespoons shortening. Twenty minutes before the meal is to be served add
7/8 cup milk, mixing with a knife. Roll out 3/4 inch thick and cut with round cutter 1 inch in diameter. Place close together on a greased tin sheet. Break
16 lumps demi-tasse loaf sugar in halves and squeeze the
Juice of 1/2 orange. Dip pieces of sugar one at a time in the orange juice and push a piece down in the center of each biscuit. Grate
Orange rind over the biscuits and bake 15 minutes in a hot oven or at 450 degrees F.

PLAIN PASTRY

Put in mixing bowl
5 tablespoons shortening
3 tablespoons ice water and
1/2 teaspoon salt, and work until creamy, using wooden spoon. Add
1 cup pastry flour and mix by cutting with a knife.
Sprinkle pastry cloth or board with
2 tablespoons flour. Pat with rolling pin and roll the pastry to fit a large pie plate. Line the plate with the pastry and build up a fluted rim.

MOLASSES PIE

Put in mixing bowl
3/4 cup sugar
1/4 cup flour and
1 teaspoon salt and mix well. Add
1 1/2 cups molasses
3 egg yolks slightly beaten
3 tablespoons melted butter
3/4 cup nut meats cut in fine pieces. When well mixed pour into the unbaked crust. Bake 10 minutes in a hot oven, 500 degrees F., to cook the crust and set the rim. Then reduce the heat to 350 degrees F. and bake 40 minutes. Cover with
Meringue. Bake 12 minutes. Cool before serving.



Page 17

[Illustration: *Molasses pie*]

MERINGUE

Beat

4 egg whites until stiff and dry. Beat in gradually
1/3 cup powdered sugar
1/8 teaspoon salt and
1/2 teaspoon vanilla. Remove egg beater and fold in
1/3 cup powdered sugar. Put on pie, making rough with a spoon, or
using pastry bag and rose tube, and bake 12 minutes at 350 degrees F.

ICED TEA WITH GINGER ALE

Bring to boiling point

1 quart fresh cold water. Add
4 individual tea bags or 4 heaping teaspoons Orange Pekoe tea. Cover
and let stand 2 minutes. Strain over a
Large piece of ice. Just before serving add
1 quart ginger ale. Serve with
Sugared lemon slices.

SUGARED LEMON SLICES

Cut in slices

2 large lemons and lay on a plate. Sprinkle with
4 tablespoons sugar. Turn over and sprinkle with
2 tablespoons sugar. Just before serving arrange
Lemon on lemon plate with lemon fork. Put any extra
Syrup into the tea. Use one or more slices lemon in each glass of tea.

* * * * *

MENU VI

Chow Mein or Chop Suey
Pepper Jam Sandwiches
Frozen Fruit Salad
Crackers and Cheese
Cream Caramel Layer Cake
Percolated Coffee



PRELIMINARY PREPARATIONS

Cream caramel layer cake made, filled and frosted
Pepper jam filling made
Materials prepared for chow mein or chop suey
Fruit (except banana) ready for salad
Mayonnaise dressing made
Lettuce washed

MARKET ORDER

1 1/2 pounds pork chops or 1 large broiler 1 cream cheese 1 pint cream 1/2 pint milk 1/2 pound butter 5 eggs 1 onion 1 bunch celery 1/4 pound dried mushrooms 3 red peppers or 1 small can pimientos 1 lemon 1 banana 1 head lettuce 1/2 loaf dark Graham bread 1/2 loaf white bread Chicken stock Soyu sauce 1/2 cup canned apricots 3/4 cup pineapple and syrup 3/4 cup maraschino cherries and syrup 1 package small round crackers 4 stuffed olives 1 package confectioners' sugar 1/4 pound coffee 3 cups salad oil 2 ounces chocolate 1/3 cup mayonnaise dressing 1 teaspoon gelatin

For Chop Suey

6 Chinese water chestnuts 1/2 pound bean sprouts 1/4 pound (1 can) bamboo shoots

Note: Dried mushrooms, Soyu sauce, bean sprouts, water chestnuts, and bamboo shoots are for sale by Chinese grocers.

CHOW MEIN



Page 18

Cut in 1-inch strips

1 pound fresh pork or white meat of chicken, or lobster or crab meat, and cook in frying pan 5 minutes with

2 tablespoons fat. Add

1 cup water or stock mixed with

1 teaspoon cornstarch. Simmer 3 minutes or until, meat is tender. In another frying pan put

2 tablespoons fat, add

1 onion cut lengthwise in very fine pieces. Cook 3 minutes, add

1 bunch celery cut in very fine strips 2 inches long, and

1/4 pound dried mushrooms soaked 2 hours in

Cold water, drained and cut in thin slices. Cook 3 minutes, stirring constantly. Combine mixtures, add

1 teaspoon salt

1/4 teaspoon pepper and

Few grains cayenne. Pour over fried noodles.

If desired 1/2 pound bean sprouts may be cooked with the celery, and served in the Chow Mein.

With Chow Mein pass

Soyu sauce.

Boiled rice may be served with Chow Mein or Chop Suey.

FRIED NOODLES

Beat

1 egg slightly, add

1/2 teaspoon salt and

Flour enough to make a very stiff dough. Knead, toss on a floured cloth or board, roll as thin as possible, sprinkle with flour, fold in layers about 2 inches wide, slice very thin, shake strips apart, and fry until delicately brown in

1 pint salad oil. Drain on soft paper.

CHOP SUEY

Cut in 1-inch strips

1 pound white meat of chicken, or pork, veal, crab or lobster meat, and cook 5 minutes in frying pan in

2 tablespoons chicken or other fat. Cut



1 cup celery in thin slices crosswise, add
1 onion peeled and cut in thin slices
6 mushroom caps peeled and sliced
6 Chinese water chestnuts peeled and sliced. Cook vegetables 5 minutes in
2 tablespoons chicken fat or butter. Add
1/2 pound bean sprouts
1/4 pound bamboo shoots cut in diamond-shaped pieces
1 teaspoon Soyu sauce
2 cups chicken stock or water and the cooked meat, and simmer gently until bean sprouts and meat are thoroughly cooked. Season with
Salt and
Few grains pepper.

PEPPER JAM SANDWICHES

Cut an equal number of slices of
Dark Graham bread and
White bread, remove crusts, and spread bread with
Creamed butter. On one slice of white bread spread
Pepper jam, cover with slice of Graham bread, spread with
Butter and pepper jam and cover with a slice of white bread. Make other sandwiches with Graham bread on the outside and white bread for the center layer.

Wrap in damp cheesecloth, press under a light weight, and leave in a cool place until serving time. Trim edges, cut in slices, and arrange on doily-covered plate.

PEPPER JAM



Page 19

Drain

1 small can pimientos and force through food chopper.

Put in saucepan, add

3/4 cup sugar and

1/2 cup vinegar, stir until sugar is dissolved and boil gently to

220 degrees F. or until mixture is the consistency of jam. Pour in small sterilized glasses and when cool cover with melted paraffin.

If preferred, use

3 sweet red peppers in place of pimientos. Remove seeds, force through food chopper, sprinkle with

Salt and let stand 3 or 4 hours. Drain, rinse, and finish as above.

FROZEN FRUIT SALAD

Beat

2/3 cup heavy cream until stiff, and gradually beat in

1/3 cup mayonnaise dressing

1 teaspoon gelatin soaked in

3 tablespoons pineapple syrup and dissolved over hot water

1 teaspoon powdered sugar

2 tablespoons lemon juice and

1 tablespoon maraschino syrup. Fold in

1/2 cup canned apricots, cut in small pieces 1 banana, cut lengthwise and crosswise in small pieces

3/4 cup pineapple, cut in dice

1/2 cup maraschino cherries, cut in slices. Freeze like ice cream.

Remove with round ice cream scoop, and serve on

Heart leaves of lettuce. Cut

Maraschino cherries in 4 pieces lengthwise and put on top of each salad.

[Illustration: *Crackers and cheese*]

CRACKERS AND CHEESE

Moisten

Cream cheese with

Milk to make of consistency to spread easily. Spread on

Small round crackers. Put thin slice

Stuffed olive in center of each cracker and a tiny

Cheese ball sprinkled with



Paprika in hole of olive. Do not spread crackers till ready to serve.
Cheese balls may be made in advance.

CREAM CARAMEL LAYER CAKE

Beat until thick

3/4 cup heavy cream

1 cup sugar and

1/4 cup water. Add

1 cup bread flour sifted with

2 teaspoons baking powder and

1/4 teaspoon salt. Add

3 egg yolks and

1 whole egg, well beaten, and

2 tablespoons chocolate caramel syrup. Bake 20 minutes at 400 degrees F.

in 2 layer cake pans 7 inches square, and put together with

Chocolate Caramel Frosting between and on top.

CHOCOLATE CARAMEL SYRUP

Melt

2 squares bitter chocolate over hot water. In a saucepan put

3/4 cup sugar and

1/4 cup water, and cook until it forms a dark brown syrup. Add

1/2 cup boiling water and cook until thick. Add slowly to the melted chocolate and stir until smooth.

CHOCOLATE CARAMEL FROSTING

For frosting boil

Chocolate caramel syrup remaining from cake and cook to soft-ball stage. Beat

2 egg whites until stiff and continue beating while slowly adding the syrup. Then add, a little at a time, enough

Sifted confectioners' sugar to make of right consistency to spread.



Page 20

CHOCOLATE CARAMEL MILK SHAKE

Add to

2/3 glass iced milk

2 to 3 tablespoons chocolate caramel syrup. Mix well and strain into glass.

PERCOLATED COFFEE I

Put

1 cup finely ground coffee in upper part of glass coffee pot, put 6 cups hot water in lower part. Light alcohol lamp.

When water begins to boil and enters upper receptacle leave 1 minute. Remove light, while water runs back to lower receptacle, then put light back until water again boils and has risen to top. Remove and extinguish light, remove upper globe, and coffee is ready to serve.

* * * * *

MENU VII

Anchovy Canape

Shellfish a la Queen

Stuffed Celery Sandwich

Butterscotch Biscuits

Orange and Grapefruit Salad

Chocolate Float

Cocoanut Cakes

Orange Opera Fudge

PRELIMINARY PREPARATIONS

Salad dressing made

Dry ingredients and shortening mixed for biscuits

Butter and sugar mixed for spreading the biscuits

Cocoanut cakes made

Filling for sandwiches made

Custard for frozen chocolate made

Two eggs hard cooked

Orange opera fudge made



MARKET ORDER

1/2 pint oysters 1/2 pint scallops 1 1/2 pound lobster, boiled 1 cream cheese 2 quarts milk 1 pint cream 3 eggs 1 pound butter 1 carrot 1 small onion 1 lemon 3 oranges 2 grapefruit 2 pressed figs 1 root celery 1 head lettuce 6 stuffed olives 1 can condensed milk 1/2 pound shredded cocoanut Anchovy paste 1 pimienta 1/2 pound brown sugar 1/4 pound chocolate 1 loaf bread 8 maraschino cherries 1 truffle or 2 ripe olives 1/2 tablespoon white corn syrup 3 ounces shelled almonds Vegetable or beef extract

ANCHOVY CANAPE

Put

2 eggs in top of double boiler, cover with boiling water and cook over boiling water or on back of stove for 60 minutes. Chop the whites (with silver knife to prevent discoloring), and rub yolks through a coarse strainer. Cut

8 slices bread in pieces 4-1/4 inches long by 2 3/4 inches wide and 1/4 inch thick. Saute in

Butter on one side only. Spread other side with Anchovy paste. Divide diagonally into 3 sections, having 2 end sections half a square. Sprinkle end sections of the bread with

Egg yolk and the center with

Egg white. Separate sections with narrow strips of

Pimiento. Serve as an appetizer.

[Illustration: *Anchovy Canape*]

SHELLFISH A LA QUEEN



Page 21

Force through food chopper enough
Carrot to make 3/4 cup. Put into saucepan with
3 tablespoons butter and
1 teaspoon scraped onion, and cook 10 minutes or until brown, stirring frequently. Add
4 tablespoons flour and when smooth add
1 cup boiling water in which is dissolved
1 teaspoon vegetable or beef extract, and stir until sauce boils.
Add
1 1/2 teaspoons salt
1 teaspoon pepper
1 tablespoon lemon juice and a
Few grains cayenne. Remove meat from a
1 1/2 pound lobster and cut in pieces the size of scallops.
Place
1/2 pint oysters in strainer over bowl and rinse with
2 tablespoons cold water, reserving all liquor. Pick over oysters to be sure that there are no pieces of shell adhering to them, add oysters to liquor, and cook them until the edges curl. Drain, reserving both liquor and oysters, and in the liquor cook
1/2 pint scallops 5 minutes or until tender. To the oyster liquor add
Cream to make 1 cup; add to the sauce and bring to boiling point.
Add oysters, scallops, and lobster and serve very hot, garnished with bits of
Pimiento and
Truffles or ripe olives.

STUFFED CELERY SANDWICH

Mix
1 cream cheese with
2 tablespoons celery chopped fine
1 tablespoon chopped, stuffed olives
1/4 teaspoon salt
1/8 teaspoon paprika and
Enough milk to make it the right consistency to spread. Cut
Bread in circles 1/4 inch thick. Cut centers from one-half the pieces of bread. Spread bread with
Creamed butter and with sandwich filling. Place a ring of bread on a whole circle of bread. Garnish each sandwich with a
Slice of stuffed olive in the center.



BUTTERSCOTCH BISCUITS

Sift together

2 cups bread flour

5 teaspoons baking powder and

1/2 teaspoon salt. Work in with tips of fingers

2 tablespoons shortening, add

7/8 cup milk, stirring with a knife. Roll thin, spread with

1/3 cup butter, creamed and mixed with

3/4 cup brown sugar. Roll up like a jelly roll, cut off pieces 1 inch thick, put in greased muffin pans cut side up, and bake 15 minutes at 400 degrees F. This makes 16 biscuits.

[Illustration: *Butterscotch biscuits*]

ORANGE AND GRAPEFRUIT SALAD

Pare

3 oranges and

2 grapefruit, removing membrane with the skin, then remove sections free from membrane. Arrange on

Lettuce leaves on individual plates in the form of stars, outlining the sections of the fruit with figs cut in narrow strips. Put a

Spoonful of salad dressing in the center of each star and garnish, if desired, with

Maraschino cherries.

Any preferred salad dressing may be used. Dates may be used instead of figs.

The fruit may be arranged on slices of

Pineapple if desired.



Page 22

Chopped nuts may be sprinkled over the salad.

CONDENSED MILK SALAD DRESSING

Beat

1 egg until thick and lemon colored, and add
1/2 teaspoon mustard
1/2 teaspoon salt
1/4 teaspoon pepper and
1/2 teaspoon paprika, then add
1/3 cup vinegar
1/3 cup condensed milk and
1/4 cup melted butter. Beat thoroughly, but do not cook. Chill before serving.

CHOCOLATE FLOAT

Put

2 tablespoons chocolate syrup in tall glass and fill with
Ice-cold rich milk. Shake thoroughly, add a
Spoonful of frozen chocolate and serve immediately.

CHOCOLATE SYRUP

Melt

2 squares unsweetened chocolate over boiling water, add
2/3 cup sugar and
Few grains salt and stir until well mixed. Pour on gradually
3/4 cup boiling water and stir until smooth. Boil 5 minutes, cool,
turn into a jar and keep in ice box or cold place. Four times this
amount may be made and kept on hand for use with hot or iced milk.

FROZEN CHOCOLATE

Put in double boiler

1 pint milk and 1 1/4 squares chocolate. When milk is scalded and chocolate melted
pour gradually onto
3/4 cup sugar, mixed with
1 egg yolk and
Few grains salt. Return to double boiler and cook and stir for
1 minute. Chill, and just before freezing add



1/2 cup cream, beaten stiff, and
1/2 tablespoon vanilla. Freeze, using three parts ice to one part salt.

COCOANUT CAKES

Mix thoroughly

2 1/2 cups shredded cocoanut

2/3 cup condensed milk and

1 teaspoon vanilla. Beat

2 egg whites until stiff, combine mixtures, shape into cakes, using a knife and spoon, and allowing 1 rounding tablespoon mixture to each cake. Place on greased tin sheets 1 inch apart. Bake in moderate oven or at 350 degrees F. for 20 minutes.

ORANGE OPERA FUDGE

Cover

1/2 cup shelled almonds with

Boiling water, boil 1 minute; drain, cover with

Cold water, remove skins and roast in hot oven until delicately brown, then chop them. Put in saucepan

1 1/3 cups sugar

1/2 tablespoon white corn syrup and

3/4 cup cream. Cook to 236 degrees F. or until a soft ball is formed in cold water, stirring constantly to prevent burning. Pour out onto marble slab or large platter which has been wiped with cheesecloth wrung out of cold water. When cool add grated rind of

1/2 orange, bit of

Orange color paste, if convenient, and

Few grains salt. Work with broad spatula until candy begins to get firm, add chopped almonds and pack into greased tin or between bars. Cut in cubes for serving.



Page 23

* * * * *

MENU VIII

Creamed Eggs and Mushrooms with Bacon Curls
Marmalade Biscuits
Pineapple Salad
Cooked Mayonnaise Dressing
Butterscotch Parfait
Arcadia Cakes
Coffee

PRELIMINARY PREPARATIONS

Orange marmalade made at any time
Cakes made
Salad dressing made
Dry ingredients and shortening for biscuits mixed
Eggs hard cooked
Bacon rolled ready to fry
Butterscotch parfait up to point where egg whites and cream are added.
These may be added and mixture frozen 4 to 6 hours in advance
Lettuce washed
Pineapple and nuts cut

MARKET ORDER

1/2 pound bacon 1 1/2 pints cream 1 quart milk 11 eggs 1/2 pound butter or margarine
1/2 pound fresh mushrooms 1/2 cup orange marmalade 1 head lettuce 1 can sliced
pineapple 2 ounces pistachio nuts 5 ripe olives 1/2 pound brown sugar 1/2 pound
walnuts 1/4 pound coffee 1 tablespoon cocoa 1 package confectioners' sugar 1/2
tablespoon corn syrup 1/2 pint salad oil

CREAMED EGGS AND MUSHROOMS WITH BACON CURLS

Put
6 eggs in top of double boiler. Cover with
Hot water, bring to boiling point, place over boiling water or on
back of range and let stand 60 minutes. Remove shells and cut eggs



in eighths lengthwise. Remove skins and stems from
1/2 pound mushroom caps and cut in slices lengthwise.
Cover stems and skins with
1 1/2 cups cold water, heat slowly to boiling point, simmer gently
20 minutes and strain. Melt
1/3 cup butter, add
1/3 cup flour mixed with
3/4 teaspoon salt and
1/8 teaspoon pepper. When smooth add
Stock strained from mushroom skins, with enough
Top milk or thin cream to make 3 cups. Stir until sauce boils. Saute
mushroom caps in
1 tablespoon butter for 3 minutes. Add to sauce with the
Hard cooked eggs. When thoroughly heated turn out on a platter and
arrange
Bacon curls over the top.

4 small cooked potatoes cut in pieces or
1 cup cooked macaroni or
1 small can asparagus cut in pieces may be used instead of
mushrooms.

BACON CURLS

Place thin strips of
Bacon on a board and with a broad-bladed knife press strips out
as thin as possible. Roll each slice into a curl and fasten with a
wooden toothpick. Cook until crisp and delicately brown in hot
Bacon fat deep enough to cover the curls of bacon.
Drain on brown paper and remove toothpicks.

MARMALADE BISCUITS



Page 24

Sift together

2 cups bread flour

5 teaspoons baking powder and

1 teaspoon salt. With tips of fingers work in

2 tablespoons shortening. Add

7/8 cup milk, stirring with a knife. Toss on a floured cloth or board and roll out 1/4 inch thick. Cut in oval shapes 6 inches long and 3 inches wide with round ends. Lay on tin sheet. Make 1/2-inch cuts 1 inch from and parallel with the ends. Put

1 teaspoon of orange marmalade in the center.

Bring one end of dough through hole in other end. Press edges together and bake in hot oven or at 450 degrees F. for 15 minutes. Pastry may be used instead of baking powder biscuit dough for these turnovers.

QUICK ORANGE MARMALADE

Remove skins in quarters from

2 oranges and

1 lemon, close to the pulp. Break up pulp and remove seeds. Add

1/2 cup water and simmer in covered saucepan for 45 minutes. Boil rind from oranges and lemons with

4 cups water in covered saucepan for 20 minutes. Drain and discard water. With sharp-edged spoon scrape out and discard white part of skins, leaving only yellow rind. With sharp knife shred yellow rinds just as thin as possible in pieces about 1 inch long. Simmer shredded rinds again in

2 1/2 cups water in covered saucepan for 15 minutes.

Drain and discard water. Mix cooked pulp with rinds. Measure

2 cups of mixed rind and pulp, adding water if necessary to make up this amount. Add

3 1/2 cups sugar and mix well. Stir constantly and bring to vigorous boil over hot fire. Boil hard for 3 minutes, stirring constantly. Remove from fire, add

1/4 cup commercial pectin. Stir well. Let stand 5 minutes only, stirring occasionally. Pour into glasses.

PINEAPPLE SALAD

Drain juice from

1 can sliced pineapple and cut fruit in 1/4-inch cubes.

Pile in centers of

8 nests of lettuce leaves. Cover



1/4 cup pistachio nuts with
Boiling water and boil 1 minute. Remove skins and cut in fine shreds.
Sprinkle over the pineapple.

Cut

5 ripe olives in narrow strips and sprinkle over the nuts. Serve
Cooked Mayonnaise Dressing separately.

COOKED MAYONNAISE DRESSING

Mix in top of double boiler

2 tablespoons flour

1 1/2 teaspoons salt

1/2 teaspoon paprika and

1/2 teaspoon mustard. Add

1/4 cup vinegar and

2 tablespoons salad oil. Stir until smooth. Add

1/2 cup hot water and cook 15 minutes in double boiler, stirring
occasionally. Cool and add

1 egg yolk slightly beaten, then add

1/2 cup oil gradually while beating constantly, and fold in

1 egg white, beaten stiff.

BUTTERSCOTCH PARFAIT

Page 25

Put in small saucepan

1 1/4 cups brown sugar

2 tablespoons butter and

1 1/2 cup water; stir until sugar is melted and boil without stirring to 238 degrees F. or until syrup forms a soft ball when tried in cold water. Pour slowly onto

3 egg yolks well beaten, and beat until cold and thick.

(This mixture may be made the day before and kept in a cool place, if desired.) Fold in

3 egg whites beaten stiff

1 teaspoon vanilla

1 1/2 cups heavy cream beaten stiff and

1/2 cup nut meats broken in pieces. Put in paper cases, sprinkle with nuts and place in can of ice cream freezer with waxed paper and cardboard between the layers. Surround can with ice and salt, allowing 2 quarts ice mixed with 1 quart salt, using more ice and salt mixture, if necessary. Leave 4 hours or until frozen. Mixture may be frozen in small baking powder boxes or ice cream molds instead of in the paper cases.

[Illustration: *Butterscotch parfait*]

ARCADIA CAKES

Scald and dry a small mixing bowl, put in

3 tablespoons butter and rub until creamy. Add slowly

1/3 cup sugar; when smooth and light add

1 egg yolk and

3 tablespoons milk. Sift in

5/8 cup pastry flour and

3/4 teaspoon baking powder. Mix well, then add

1 egg white beaten stiff. Bake in greased and floured muffin tins not more than 2 inches in diameter.

The finished cakes should be not more than three-fourths of an inch thick. Remove soft centers from cakes, taking them out from the top; fill cakes with

Cocoa Butter Cream, put cakes together in pairs with the filling inside, cover with

White Butter Cream and cover entire cake with thin

Coffee Frosting. Decorate with reserved cream forced through a very small pastry tube of paper or tin.

The butter cream may be omitted and cakes be merely frosted on top if preferred.



BUTTER CREAM, COCOA AND WHITE

Work

1/3 cup washed or fresh sweet butter until very light and creamy, add

1 cup sifted confectioners' sugar and

1/2 teaspoon vanilla very gradually, and beat until very light.

Reserve 2 tablespoons mixture for decoration.

Divide remainder in two portions. To one portion add

1 tablespoon dry cocoa. Whip

4 tablespoons cream and add two-thirds of it to the white butter cream and fold remainder into that which contains the cocoa. Use as filling for cakes.

COFFEE FROSTING

Mix

1/2 tablespoon corn syrup with

2 tablespoons strong hot coffee; add

1 1/4 cups sifted confectioners' sugar a tablespoon at a time, beating constantly and occasionally setting over hot water to keep it lukewarm.

Page 26

PERCOLATED COFFEE II

Put in upper part of percolator coffee pot

1 cup finely ground coffee. Pour in

3 pints boiling water and percolate about 10 minutes.

Put

Cream and

Sugar in the cups. Pour in the coffee and serve.

One-half cup cream left from making the parfait may be diluted with 1/2 cup milk and used for the coffee.

* * * * *

MENU IX

Chicken and Clam Bouillon with Pimiento Cream

Chicken Terrapin

Waffles

Spiced Figs

or

Star Chicken Salad

Quick Parker House Rolls

Little Chocolate Cakes

Pineapple Smash

PRELIMINARY PREPARATIONS

Chicken and clam bouillon made ready to reheat

Pimientos ready to be added to cream

Ingredients prepared for chicken terrapin or

Salad made

Spiced figs prepared at any time

Dry ingredients mixed for waffles or

Rolls baked or ready to bake

Pineapple mixture cooked

Cakes made



MARKET ORDER

4 pound fowl 2 quarts clams in shell 1 quart milk 1/2 pint sour cream 1/4 cup cream 1/2 pound butter 9 eggs 1 onion 1 green pepper 4 lemons 1 carrot 1 bunch mint 1/2 pound pulled figs 1/4 pound mushrooms 2 roots celery 1 head lettuce Chicken stock 1 can pimientos 4 ripe olives 1/4 bottle commercial pectin 1 pound Brazil nuts 1 can grated pineapple 1 1/2 pints ginger ale 1 pint mayonnaise dressing 8 maraschino cherries 1/8 pound chocolate 1 yeast cake Color pastes Parsley 2 tablespoons salad oil 1/2 package gelatin 1/2 pound confectioners' sugar

CHICKEN AND CLAM BOUILLON WITH PIMIENTO CREAM

Wash and scrub

2 quarts soft-shell clams in shell, put in kettle with
2 cup cold water, cover and cook till shells open. Strain liquor
through double cheesecloth. Add enough
Chicken stock, well seasoned, to make 1 quart. Add more
Seasonings if needed and serve in bouillon cups with
Pimiento cream. Clams may be used as steamed clams, if desired.

[Illustration: Chicken and clam bouillon]

PIMIENTO CREAM

Mix

1/4 cup cream
Few grains salt and
2 tablespoons pimiento, rubbed through a sieve. Beat until stiff and
serve on bouillon or on any cream soup.

CHICKEN TERRAPIN

Mash

Yolks of 3 hard-cooked eggs, add
5 tablespoons flour
1 teaspoon mustard
1 1/4 teaspoons salt
1/4 teaspoon white pepper and
3 tablespoons melted butter. Add to
2 cups scalded milk and cook until thick. Add
Whites of 3 hard-cooked eggs, finely chopped



Page 27

1 1/2 cups cooked chicken or fowl cut in cubes
1 or 2 tablespoons pimienta cut in strips
1 or 2 tablespoons green pepper cut in strips
2 tablespoons ripe olives cut in strips, and
Juice of 1 lemon. Keep hot over hot water or electric grill and serve in patty shells reheated in the oven, or on toast. Serve with Spiced figs.

BOILED FOWL

Clean a

4 pound fowl and cook slowly for 1 1/4 hours, or until tender, in
1 quart boiling water with
6 slices carrot
2 stalks celery
2 slices onion
Sprig of parsley
2 teaspoons salt and
1/8 teaspoon pepper. Cool in the stock.

Fowl cooked in pressure cooker under 20 pounds pressure will become tender in from 30 to 40 minutes.

Fowl, if nearly covered with boiling water and boiled 5 minutes, will become tender if cooked in fireless cooker for 5 or 6 hours.

SPICED FIGS

Wash

1/2 pound pulled figs, and soak 1 hour in
Cold water to cover. Drain, put in saucepan with
1 cup vinegar and
1 1/2 cups sugar. Put in a cheesecloth bag
1 tablespoon whole cloves and a
12-inch stick of cinnamon broken in pieces, and cook all for 50 minutes
or until figs are tender.



SPICED JELLY

Put in saucepan

1 cup syrup strained from spiced figs or other spiced or sweet pickled fruit. Bring to boiling point, add

1/4 cup commercial pectin, boil 1/2 minute and turn into glasses or individual molds.

WAFFLES

Sift together

1 1/2 cups pastry flour

1/2 teaspoon salt

1 teaspoon sugar

1/2 teaspoon soda; add slowly

1 1/4 cups sour cream or rich sour milk or a mixture of the two, and

3 egg yolks, well beaten. Fold in

3 egg whites, beaten stiff. Use 1 large spoonful of mixture for each waffle. Cook on hot waffle iron.

An aluminum electric waffle iron should not be greased. An iron one should be well greased.

STAR CHICKEN SALAD

Mix together

1 cup white meat of cooked chicken or fowl cut in dice

3 whites hard-cooked eggs cut in dice, and marinate with

2 tablespoons salad oil

1 tablespoon vinegar

1/4 teaspoon salt and

1/8 teaspoon pepper. Cook

1 cup peeled white mushroom caps in

White stock until tender, then drain, chill and cut in small pieces. Add

1 cup celery cut lengthwise and crosswise in small pieces and

1 cup shelled Brazil nuts, peeled and cut in small pieces. Soak

1 tablespoon gelatin in

1/4 cup cold water, dissolve over hot water and add slowly to

1 cup mayonnaise dressing. Mix with other ingredients and pack in star-shaped mold. Chill, turn out on bed of

Lettuce leaves. Fill center and cover outside with

Mayonnaise dressing and sprinkle with

3 yolks hard-cooked eggs rubbed through strainer.



Page 28

The stock in which mushrooms are cooked may be used in Chicken and Clam Bouillon or in a sauce for another meal.

QUICK PARKER HOUSE ROLLS

Sift together

2 1/2 cups bread flour

1 tablespoon sugar and

1 teaspoon salt. With tips of fingers work in

2 tablespoons shortening. Add

1 yeast cake dissolved in

1/3 cup lukewarm water and

1/2 cup milk. Beat well, let rise, turn out on floured cloth or board

and roll lightly 1/3 inch thick. Shape in long ovals, dip lower half in

Melted butter, fold double, buttered side up, and place in pans close

together. Let rise and bake in hot oven 10 minutes at 425 degrees F.

and 10 minutes at 400 degrees F. Brush with melted butter just before removing from oven.

LITTLE CHOCOLATE CAKES

Put in double boiler

2 squares chocolate, broken in small pieces

1/2 cup milk and

2 egg yolks. Cook, stirring constantly until thick and smooth. Remove from fire and add

1 cup sugar and

3 tablespoons butter and

1 1/4 cups bread flour, alternately with

1/2 cup milk in which

1/2 teaspoon soda is dissolved. Beat well and fold in

2 egg whites beaten stiff and

1/2 teaspoon vanilla. Pour into greased individual tins and bake 15 minutes at 450 degrees F. Cover with

Cream frosting in different colors.

CREAM FROSTING

Beat

1 egg white until stiff, add

2 teaspoons cream



1/2 teaspoon vanilla and, slowly,
3/4 cup confectioners' sugar, and more if needed to make of right consistency to spread. Divide into several portions, and color with a bit of

Color paste, pale yellow, pink, green, or lavender.

PINEAPPLE SMASH

Boil together for 10 minutes

2 cups water and

1 cup sugar. Add

1 pint can grated pineapple and

Juice of 3 lemons. To 1 cup of mixture add

1/3 cup ice water and freeze until firm. Cool remainder and strain over block of ice. Add just before serving

1 1/2 pints ginger ale and serve in tall glasses with a

Ball of the pineapple sherbet in each glass. Garnish with sprigs of Mint and

Maraschino cherries.

[Illustration: *Pineapple smash*]

* * * * *

MENU X

Cream of Mushroom Soup

Tuna Fish a la King in Patty Cases

Cabbage and Carrot Salad

Thousand Island French Dressing

Bran Muffins

Maple Charlotte with Maple Pecan Sauce
and Sponge Cake

Coffee with Honey and Whipped Cream

PRELIMINARY PREPARATIONS

Sponge cake made

Maple charlotte made

Salad dressing made except for the addition of cream

Dry ingredients and shortening mixed for bran muffins

Peppers cooked

Tuna fish flaked

Cabbage shredded

Ingredients measured for tuna fish a la king
Patty cases made and baked.



Page 29

MARKET ORDER

1 pound can tuna fish 1 quart milk 1 pint cream 1 pound butter 5 eggs 1 onion 1 lemon
1 apple 1/2 pound fresh mushrooms 1 small cabbage 1 carrot 1 head lettuce 1 large
green pepper 4 1/2 cups chicken stock or 5 chicken bouillon cubes 1 pimiento 1 cup
bran 1/4 cup chili sauce 1 1/2 cups maple syrup 1/4 pound shelled pecans 1/4 pound
coffee 1/4 pint honey 1/2 cup salad oil 2 ounces Graham flour 3 ounces seedless raisins
1/2 package gelatin

CREAM OF MUSHROOM SOUP

Chop

Stems from 1/2 pound mushrooms, add

Skins from mushrooms

1 slice onion and

3 cups chicken stock or 3 cups water in which carrots have been
cooked, or 3 cups hot water in which 3 chicken bouillon cubes have
been dissolved. Simmer 20 minutes and strain. Melt

4 tablespoons butter or margarine, add

4 tablespoons flour mixed with

1 1/2 teaspoons salt and

1/4 teaspoon pepper. Add the strained stock and stir until soup
boils. Add

2 cups scalded milk, and when soup again boils, serve in bouillon cups.

This may be served at another meal if preferred.

TUNA FISH A LA KING IN PATTY CASES

Cook

1 large green pepper 2 minutes in boiling salted water to which
has been added

1/8 teaspoon soda. Drain and cut in strips. Cook 5 minutes in

1 1/2 tablespoons butter; remove pepper and to butter add

1 tablespoon cornstarch and

1 tablespoon flour; then add

3/4 cup highly seasoned chicken stock and

1/3 cup cream. Stir until sauce boils, add the peppers

1 pound can tuna fish separated in flakes

1 pimiento cut in strips

Salt to taste and

Few drops onion juice. Peel



1/2 pound mushroom caps, saute in
2 tablespoons butter, and add to tuna fish. Serve from the chafing
dish or in
Patty cases.

Two cups cooked chicken, cut in strips, or two cups crab meat may be used instead of
tuna fish.

[Illustration: *Tuna fish A la king*]

PUFF PASTE

Wash

1 cup butter, shape in circular piece, reserve 1 tablespoon, and put
remainder in pan between two pans of ice. Work the reserved butter into
1 1/2 cups bread flour, mix to a dough with
5/8 cup ice water, knead 5 minutes, cover and let stand 5 minutes.

Pat and roll 1/4 inch thick, keeping corners square. Place butter in center of one side of
pastry, fold other side over butter, fold one end over butter, other end under butter,
pressing edges together. Turn 1/4 way round, pat, lift, roll 1/4 inch thick, fold in 3 layers
and turn. Repeat 4 times, chilling between pans of ice when necessary, and folding the
last time in 4 layers. Chill, roll out, shape, chill again and bake in hot oven, reducing
heat after pastry has risen.



Page 30

PATTY CASES

After puff paste has been rolled 5 times and chilled, roll to 1/2 inch thickness, shape with patty cutter, cut halfway through with a small cutter, chill again, and bake in oven at 550 degrees F. at first, reducing heat after 5 or 8 minutes to 425 degrees F., and turning often that patties may rise evenly.

CABBAGE AND CARROT SALAD

Mix

2 cups shredded cabbage with
1/2 cup grated carrot and
1 apple cut in dice. Serve in nests of
Lettuce or cabbage leaves with
Thousand Island French Dressing.

THOUSAND ISLAND FRENCH DRESSING

Put in small jar

1 1/4 teaspoons salt
1/3 teaspoon pepper
Few grains cayenne
1/2 cup salad oil
2 tablespoons vinegar
1/4 cup chili sauce
1/2 teaspoon table sauce. Just before serving add
1/3 cup cream beaten stiff, and shake thoroughly.

BRAN MUFFINS

Beat

1 egg until light, add
2 tablespoons molasses or sugar
1 cup milk
1 cup bran
1/2 cup Graham flour or entire wheat flour
1/2 teaspoon salt
2 teaspoons baking powder and
1/2 cup seedless raisins. Mix well and bake in greased and floured
muffin pans 20 minutes at 450 degrees F.



MAPLE CHARLOTTE

Soak

1 tablespoon gelatin in
2 tablespoons cold water. Boil
2/3 cup maple syrup until it spins a thread. Add gelatin and stir
until dissolved. Pour slowly onto
2 egg whites, beaten stiff. Put in a cool place and when it begins
to stiffen fold in
2/3 cup heavy cream beaten stiff. Add
1/2 cup pecan nut meats broken in pieces. Fill center of sponge cake
box with charlotte mixture and serve with maple pecan sauce.

[Illustration: *Maple charlotte*]

MAPLE PECAN SAUCE

Boil

3/4 cup maple syrup and
2 tablespoons butter to 232 degrees F. or until syrup forms a very
soft ball when tried in cold water. Remove from fire, and add slowly
1/4 cup cream. Keep hot over hot water until ready to serve, then add
1/3 cup pecan nut meats.

MARY ANN SPONGE CAKE

Beat

2 egg whites until stiff and dry, and add
1/4 cup sugar slowly while beating. Beat
2 egg yolks, add
1/4 cup sugar
1 teaspoon vinegar and
2 teaspoons water and beat until light. Combine mixtures, and fold in
gently
1/2 cup pastry flour sifted with
1/4 teaspoon baking powder. Cream
1 tablespoon lard with
1 tablespoon flour and spread inside of rim of Mary Ann cake pan.
Cover center with greased paper. Put in cake mixture. Bake at 345
degrees F. for 30 minutes. Remove carefully from pan, remove paper
and fill with maple charlotte or whipped cream.

Page 31

If a Mary Ann cake pan is not available, bake twice this mixture in a bread pan or deep round cake pan. Cool and remove center leaving a box.

COFFEE WITH HONEY AND WHIPPED CREAM

Tie

1 cup ground coffee very loosely in small cheesecloth bag. Put into coffee pot with

6 cups cold water and

Several egg shells. Let stand 1 hour. Bring to boiling point and boil 5 minutes. Add

1/2 cup cold water and let stand 3 minutes. Serve coffee with

Honey to sweeten instead of sugar, and

Cream whipped.