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FOODS FOR HOT WEATHER

By

MARY PRITNER LOCKWOOD

and

JASSEMINE C. WILLIAMS

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</tbody>
</table>

**Eggs Poached in Milk on Toast**

**Creamed Eggs with Rice**

**Breads**
- Quick Nut Bread
- Coffee Cake
- French Toast
- Cinnamon Toast
- Marshmallow Gingerbread
- Cinnamon Rolls (Quick Process)
- Sour Milk Griddle Cakes

**Sandwiches**
- Bacon and Egg Sandwiches
- Cheese Sandwiches, Hot
- Chicken and Bacon
- Ham Sandwiches (Hot)
- Salmon
- Cheese and Chili Sauce
- Cheese and Marmalade
- Cheese and Pimento
- Cheese and Pineapple
- Coconut
- Date
- Honey
- Spice
- Graham Cracker Canapes

**Salads**
- Potato
- Cooked Salad Dressing
- Plain Cabbage Salad
- Spring Salad
- Novel Summer Salad
- String Beans and Cheese Salad
- Fruit Salads
- Sweet Salad Dressing
- Fruit Salads with Gelatine Base

**Fruits and Desserts**
- Green Apple Sauce
- Fried Apples
- Apple Roll
- Apple Dumplings with Nutmeg Sauce
- Nutmeg Sauce
- Rice Steamed in Milk
- Japanese Fritters
- Lemon Sauce
- Junkté
- Chocolate Junkté
- Baked Custard
- Cottage Cheese Tartlets
- Cottage Cheese Surprise
- Frozen Cream Cheese and Fig Salad
- Milk Sherbet

**Beverages**
- Café au Lait
- Cocoa
- Iced Cocoa
- Fruit Punch
- Lemon Tea Punch
- Pineapple Lemonade
FOODS FOR HOT WEATHER

By
MARY PRITNER LOCKWOOD
and
JASSEMINE C. WILLIAMS

I—SELECTION OF FOODS

We need as much food in summer as in winter if we do the same amount of work.

We measure the food we require by means of calories. A calorie is a measure of heat just as the pound is a measure of weight, the quart a measure of liquid, the yardstick a measure of length. The body is a furnace and food is the fuel. The fuel keeps us warm and gives us energy to work. Sugar, starches, and fats are called heat producing foods. In calories (heat) 1 level tablespoonful of butter or other fat equals 2 heads of lettuce or a small head of cabbage or 2 1/2 cups cooked spinach, each of which equals 100 calories.

If we eat more food than we need we gain weight. If we eat less than we need we lose weight.

Protein foods, of which meat and fish are most common examples, are more stimulating than fats, sugars, or starches and create body heat which cannot be used for work and must be eliminated from the body as waste. Therefore, it is wise to eat little meat in summer. It is quite possible to get all the protein the body needs from vegetables, whole wheat bread, milk, eggs, and cheese. Meat (protein) does not give us any more strength with which to do housework or farm work than rice or potatoes. Only small amounts of protein are needed when enough calories are furnished by other foods.

In general, cold foods are less appetizing and hot foods more stimulating. On a summer day, however, a bowl of hot cream soup makes us feel uncomfortable, while a dish of ice cream is refreshing, and yet they yield about the same number of calories in the body. But even in summer some hot food is needed.
Foods are made more appetizing in summer by:

(a) Having some cold dishes;
(b) Crisp, fresh, uncooked vegetables;
(c) Fresh fruits;
(d) Using less fat in cooking;
(e) Providing more cool drinks made from tea infusions and fruit juices.

III.—Lemonade seems to have a much more cooling effect than hot coffee with sugar and cream, yet they are equal in food value.

<table>
<thead>
<tr>
<th>Hot coffee % C.</th>
<th>Lemonade, % C. water</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 T. cream =50 calories</td>
<td>2 T. lemon juice = 10 calories</td>
</tr>
<tr>
<td>3 t. sugar =50 calories</td>
<td>2 T. sugar =100 calories</td>
</tr>
<tr>
<td>100 calories</td>
<td>110 calories</td>
</tr>
</tbody>
</table>

The tinkle of ice, slice of lemon, and sprig of mint give an impression of coolness.

To prevent digestive disturbances in summer avoid taking large quantities of very cold drinks while working or when over tired. Always drink cold beverages slowly. The sudden cold causes relaxation in the digestive tract, and it cannot take care of food in a normal way. In hot weather it is well to choose foods that are easy of digestion. Avoid pastries, cakes, sauces, gravies, hot breads with syrup, etc.

Value of Vegetables

Although, as shown, some green vegetables, such as cabbage, spinach, lettuce, etc., do not yield many calories, they supply other necessary materials. They are the chief sources of lime and phosphorous for bones and teeth, iron for blood, and they contain other minerals needed in the body. They also contain the vitamins which are essential for health. Fruits as well as vegetables supply minerals and vitamins. In many cases cooking destroys a part of the vitamins and the minerals often are lost in the water that is drained off the vegetables. Therefore, vegetables should be cooked in as little water as possible and the water saved for soups and sauces. For adults and children over five, raw fruits and vegetables should be eaten every day. Very young children may be given fruit and vegetable juices.

Education of individual taste

One can learn to like all wholesome foods and all wholesome food deserves respect. Father cannot turn his nose up at creamed carrots or boiled spinach and expect his small son to eat them, yet the time may come when the health of the small son will
depend on his ability to eat vegetables. A child cannot inherit likes and dislikes for food but he is sometimes brought up to believe that he does.

III.—In the case of a certain young woman who eats no vegetables save green peas because her mother ate no vegetables except green peas, it is environment, not heredity, that has determined her taste. A favorite dish of a Norwegian is squares of stale bread with thick sour milk (clabber), yet to us who are uneducated in the use of this dish it may not appeal, although it has high food value.

If one has patience one can teach any person to eat any wholesome food. In training a child's taste a little of some unfamiliar food served again and again when others are eating the same will soon establish tolerance if not a real liking for the food. A child can be trained to take milk in this way. It is said that it takes seven years to train a child to an adult appetite.

Food habits

For good teeth and healthy digestion food should be eaten slowly and chewed thoroughly. It should not be washed down with a quantity of liquid. Drink beverages slowly. The wise housewife will serve meals promptly so that the family can spend a reasonable length of time at the table.

Good food habits include:

(a) One vegetable other than rice or potatoes every day, and if possible one cooked vegetable and one uncooked;

(b) Fruit every day;

(c) Cereal, preferably hot cooked, with milk every morning for breakfast;

(d) When a good deal of meat is provided in the meal, do not use much fat in other dishes, because when protein and fat are combined they slow down digestive processes and disturbances often follow;

III.—With meat, avoid serving fried food, large amounts of cream or butter or rich pastry. (See menus.)

(e) A quart of milk daily for any child under six. A pint of milk for every adult;

(f) A few simple foods when properly combined in a meal serve every purpose of good nutrition and fancy dishes and elaborate meals do not satisfy the needs of the family any better than plain meals. Whole wheat bread, a dish of stewed prunes and milk are as good as a dinner consisting of meat with potatoes, gravy, white bread with preserves, and pie and coffee;
(g) Dilution of concentrated foods.

III.—Honey and preserves should be eaten with much bread. Cheese is better when combined with cream sauce, bread crumbs or milk and eggs.

The reason we are ordinarily less concerned about food habits than good cooking is because the result of bad food habits is not immediately observed. The food habits acquired in childhood show results in middle life. This justifies the emphasis we place on training children early in good food habit.

II.—CARE OF FOOD IN SUMMER

In cases where no ice is available food should be cooked in quantities sufficient for one meal, or at most one day. Vegetables boiled in salted water will keep much longer than when combined with milk. Therefore, if an extra quantity of vegetable is cooked dress only the portion used for the meal with cream sauce.

Left-over food should be cooled in an open (uncovered) dish before putting away.

Tin vessels or old granite vessels having chipped surfaces should never be used to keep food.

When reheating food do not warm over but always reheat to boiling point before using.

If testing doubtful food do not swallow any portion of it. Discard food that has any unnatural odor or flavor. Never feed spoiled food to chickens or other animals.

When tin cans are opened remove the contents at once.

If an ice box is used, cool the food before putting it in the box. The ice box, including drains and shelves, should be cleaned and scalded frequently.

Milk, butter, and cream should be placed on lower shelf of ice box, fruit, vegetables, and cooked foods on higher shelves. If an iceless refrigerator is used it should be cleaned and cared for in the same way as an ice box. Be sure that the water which wets the canvas walls is clean. The iceless cooler should stand in a shaded place and in a direct air current.

III.—PREPARATION OF FOOD IN SUMMER

Plain living should be emphasized in hot weather. A simple diet is just as good from the point of nutrition and saves the housewife much work in a hot kitchen. A boiled potato will yield
just as much energy for work as potato roses fashioned with a
pastry tube. Uncooked fruits are more desirable than rich cakes
and pastries. Therefore recipes should be chosen which require
the minimum of time in preparation, and a short cooking process.

The succulent fruits and vegetables are much more accept-
able in summer time than are meats with rich sauces. The
garden products should be grown in increased amounts and
housewives should encourage dealers to handle larger quantities
of home grown garden and orchard products. Vegetables and
fruits have better flavor when fresh. Our markets should stimu-
late home production.

IV—FOOD COMBINATIONS

In order to help the housewife to plan well balanced meals
the following suggestions are given.
Don’t serve:

1. Cream soup and cocoa in the same meal;
2. Eggs for the main dish and a custard for dessert;
3. Rice or macaroni and potato together;
4. Two desserts in the same meal;
5. Sausage or fried meat and fried potatoes with dough-
nuts and cocoa in one meal;
6. Meat as the main dish and fish or egg salad;
7. Any meal of all cold dishes or any meal of all hot dishes;
8. Meat or fish salad with heavy oil dressing at the same
   meal with ice cream. Serve vegetable salad if ice cream
   is served or fruit ice if meat or fish salad is used;
9. Hot bread at the same meal with pastry;
10. Foods having the same flavor at dinner and again at
    supper.

V—MENUS

How to change winter menus to summer

In these menus similar foods are used for corresponding
meals but prepared so that the summer foods, while equally
nourishing, seem lighter and more appetizing for hot weather.

<table>
<thead>
<tr>
<th>WINTER</th>
<th>SUMMER</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Summer</strong></td>
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<tr>
<td>Oatmeal with Raisins—Cream</td>
<td>Uncooked Seasonable Fruit</td>
</tr>
<tr>
<td>Fried Eggs—Potato Cakes</td>
<td>Cream of Wheat—Top Milk</td>
</tr>
<tr>
<td>Corn Muffins with Honey</td>
<td>Eggs Poached in Milk</td>
</tr>
<tr>
<td>Milk for Children</td>
<td>Toast—Marmalade</td>
</tr>
<tr>
<td>Coffee for Adults</td>
<td>Milk—Coffee</td>
</tr>
</tbody>
</table>
Dinner
Roast Pork—Baked Sweet Potatoes  Scalloped Potatoes with Crisp Bacon
Spinach
Whole Wheat Bread—Butter  Fresh Beet Greens
Chopped Pickle  Bread and Butter
Dried Apple Sauce  Baked Custard
Coffee—Milk  Cold Tea

Supper
Cream of Tomato Soup  Spring Salad
Crackers  Bread and Butter
Lettuce and Grated Onion with  Stewed Prunes
Boiled Dressing  Cookies
Hot Cocoa

Menus illustrating generous use of fresh vegetables and fruits

(1) These menus are made up of foods from the home garden and summer market.
(2) They are planned to meet the needs of the day but do not provide leftovers for the following day.
(3) Such recipes have been selected as will enable the housewife to prepare practically all of the evening meal at the same time that she is preparing dinner.
(4) The evening meal should not require more than 30 minutes for preparation.
(5) The menus give substantial breakfasts, as it is assumed that the work of the forenoon will be heavy.
(6) Free use of dairy products with fruits and vegetables gives the proper protein balance.

Breakfast  Dinner
Fresh Figs on Shredded Wheat  Escalloped Cabbage
Cream
Saute of Tomatoes with Cream Sauce  String Beans
on Toast  Boiled Potatoes
Milk—Coffee  Green Onions

Supper  Bread and Butter
Corn Chowder  Rhubarb Pie
Sliced Cucumbers
Japanese Fritters—with Lemon Sauce
Milk

Breakfast  Dinner
Grapes  Hamburger Steak—Boiled Potatoes
Petitjohns with Cream  Summer Squash
Sour Milk Griddle Cakes with Syrup  Radishes—Green Onions
Milk—Coffee  Bread and Butter
Milk

Supper  Junket
Hash—Lettuce
Cinnamon Toast—Green Apple Sauce
Lemonade
Breakfast
Flaked Wheat with Cream
Creamed Codfish
Biscuits
Milk—Coffee

Dinner
Corn Pudding No. 1—New Potatoes
Harvard Beets or Buttered Beets
Apricot Shortcake with Cream or Lemon Sauce

Supper
Scrambled Eggs and Bacon
Cabbage Salad
Toast—Jam
Milk

Breakfast
Bananas Sliced on Cream of Wheat
Cream
Fried Apples—Coffee Cake
Milk—Coffee

Dinner
Beef Vegetable Stew and Dumplings
Pickled New Beets
Chocolate Blanc-Mange
Cream or Custard Sauce

Supper
Corn on the Cob—Potato Salad
Bread and Butter
Stewed Rhubarb
Iced Tea

Breakfast
Fresh Apricots
Corn Flakes with Cream
French Toast—Honey
Milk—Coffee

Dinner
Green Peas and Carrots
Escaloped Tomatoes—Baked Potatoes
Bread and Butter
Baked Custard

Supper
Rice Cooked in Milk—Served with Prunes
Gingerbread
Hot Tea—Milk

MENU FOR SUNDAY

Breakfast
Apple Sauce
Oven Toast with Cream
(Cream may be Whipped)
Coffee

Dinner
Jugged Chicken—Mashed Potatoes
Buttered Carrots
Cabbage Salad
Bread and Butter
Apple Roll

Supper
Lemonade and Wafers
or Bread and Milk

One-dish meals

A one-dish meal is a meal in which the main dish includes sufficient variety so that by adding bread and butter with either a salad, fruit sauce or a simple dessert no other food is needed.

Vegetable Chowder
Rice with Cheese and Tomato Sauce
Bread and Butter
Lettuce and Cucumbers
Fruit Sauce
Bread and Butter

Meat and Vegetable Pie
Sliced Tomatoes

Apple Dumplings with Nutmeg Sauce
Bacon and Egg Sandwiches
Cottage Cheese
(Bread Toasted)
Milk to Drink
Milk
Refreshments for summer afternoon parties
(1) Tea punch—Spiced cup cakes;
(2) Pineapple lemonade—Graham cracker canapes with raisin and peanut butter filling;
(3) Lemon milk sherbet—Sponge cake;
(4) Iced cocoa with whipped cream—Short process cinnamon rolls;
(5) Apricot, pineapple, and marshmallow salad—Nut bread—Iced tea;
(6) Whipped jello with fruit—Sugar cookies;
(7) Cottage cheese tartlets—Fruit punch;
(8) Lemonade punch with sweet sandwiches.

VI—EQUIVALENTS AND ABBREVIATIONS

Table of Equivalents

3 teaspoons are equivalent to 1 tablespoon.
12 tablespoons are equivalent to 1 cup (dry).
16 tablespoons are equivalent to 1 cup (liquid).
2 cups are equivalent to 1 pint.
4 cups flour are equivalent to 1 pound.
2 cups butter or other fat are equivalent to 1 pound.
2 cups sugar are equivalent to 1 pound.

Table of Abbreviations

<table>
<thead>
<tr>
<th>Cup</th>
<th>c.</th>
<th>Pint</th>
<th>pt.</th>
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<tbody>
<tr>
<td>Teaspoon</td>
<td>t</td>
<td>Quart</td>
<td>qt.</td>
</tr>
<tr>
<td>Tablespoon</td>
<td>T</td>
<td>Pound</td>
<td>lb.</td>
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</tbody>
</table>

Baking Powder* B.P.

All measurements are taken level.
Flour is always sifted before measuring. Flour measured unsifted runs as much as 5 tablespoons extra to a cup.

VII—WHITE SAUCE

Materials

<table>
<thead>
<tr>
<th>No.</th>
<th>Fat.</th>
<th>Flour</th>
<th>Milk</th>
<th>Salt</th>
<th>Pepper</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>1 T.</td>
<td>1 T.</td>
<td>1 c.</td>
<td>¾ t.</td>
<td>dash</td>
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<tr>
<td>II</td>
<td>2 T.</td>
<td>2 T.</td>
<td>1 c.</td>
<td>¾ t.</td>
<td>dash</td>
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<tr>
<td>III</td>
<td>3 T.</td>
<td>3 T.</td>
<td>1 c.</td>
<td>¾ t.</td>
<td>dash</td>
</tr>
</tbody>
</table>

Method:

1. Melt the fat.
2. Blend in the thickening material. Remove from fire.
3. Add the liquid slowly, stirring constantly, having bowl of spoon on bottom of dish to prevent lumping.
4. Return to fire and cook five minutes after it comes to boiling point. If cooked directly over the fire it must be
stirred constantly to prevent scorching. The sauce may be placed in a double boiler after being brought to boiling point and should be cooked covered for 20 minutes.

VIII—RULES FOR COOKING VEGETABLES

Vegetables should be cooked in boiling salted water until all parts are equally tender but not mushy. Allow 1 teaspoon salt to 1 quart of water. The water should boil gently, as violent boiling breaks the edges of the vegetables. Vegetables should be cooked in as small a quantity of water as can safely be used, since much of the mineral content is lost if they are boiled in a large quantity of water. If any of the vegetable stock is left it may be cooled and used for soups or sauces. Cabbage, onions, or other vegetables of strong flavor, should be cooked in an open kettle to avoid unpleasant odors.

Practically all fresh vegetables are good when boiled and dressed with a white sauce just before serving. The white sauce (recipe above) may be made with all milk, or part milk and the water in which the vegetable was cooked.

IX—RECIPES

VEGETABLES

Escalloped Cabbage

Materials: 3 c. cooked cabbage,
1 c. white sauce No. II,
% c. bread or cracker crumbs mixed with
2 T. melted butter,
% lb. cheese.

Method: Shred raw cabbage and cook uncovered until tender in boiling salt water. Cook 15-30 minutes. Drain, put in baking dish. Add white sauce and grated cheese and cover with buttered crumbs and bake until crumbs are browned.

Stuffed Cabbage

Use a medium sized cabbage. After removing imperfect leaves take off carefully four or five of the large outer leaves. Drop these in cold water with a little salt until ready to use. Chop the remainder of the cabbage and boil as for creamed cabbage. When tender drain off the water and mix the cabbage with two well beaten eggs, 1 c. of cracker crumbs or soft bread crumbs, % t. of salt and % t. pepper. Fill the large outer leaves with this mixture and arrange so that it looks like a whole cabbage. Tie this in a square of cheesecloth and steam one hour. Serve hot with white sauce No. II poured over and around the cabbage. Grated cheese makes a pleasant addition to this dish.

New Cabbage with Cheese Sauce

Select sound head of new cabbage. Remove imperfect leaves. Score across the top both ways. Tie up in a square of cheesecloth and boil in salted water until tender. There should be enough water to cover the cabbage, and it should boil slowly but steadily for 30 to 45
minutes, depending on the size of the cabbage. When tender remove from cloth and drain in a colander. Place in a serving dish and cover with white sauce No. II in which 1/4 lb. grated or broken cheese has been melted.

**Sauté of Tomatoes**

Select large firm tomatoes. Cut in slices 1/4 inch thick. Dip in egg and milk, then in flour or sifted bread crumbs. Melt 3 T. fat in a skillet. Cook in this 1 T. diced onion. Do not let the opinion scorch. When the onion is light yellow place the prepared slices of tomato in the skillet and cook slowly until the slices are golden brown in color. Turn and brown other side. When done remove slices and place in the skillet 1 T. fat, 1 T. flour, 1 c. milk, 1 1/2 t. salt, 1/2 t. pepper; blend for white sauce. Cook and pour over tomatoes. The tomatoes are nice served on toast with the cream sauce.

**Tomato Cream Toast**

| 1 1/2 c. stewed and strained tomato | 3 T. butter |
| 1/2 c. scalded cream | 3 T. flour |
| 1/4 t. soda | 1/2 t. salt |

6 slices of toast

Put butter in saucepan; when melted and bubbling, add flour, mixed with salt, and stir in gradually tomato, to which soda has been added, then add cream. Dip slices of toast in sauce. Serve as soon as made.

**Escaloped Tomatoes**

3 fresh or 1 can tomatoes 1 t. salt
1/2 c. diced celery 1/2 t. pepper
2 T. chopped onions 1/2 c. fat
2 c. bread crumbs

Add onion and celery and seasoning to tomato. Cook uncovered until slightly thickened. Melt fat and combine with crumbs. Put one-half of the crumbs in bottom of baking dish, add tomatoes. Cover with crumbs and bake until lightly browned.

**Tomato and Onion Scallop**

Place a layer of tomatoes in a baking dish, over this place a layer of onions that have been cut in thick slices and boiled until nearly, but not quite, soft, then a layer of bread crumbs, and continue in this way until the dish is full, having bread crumbs for the top layer. Season with pepper and salt, and dot the top with bits of butter or substitute, or cover it thickly with grated cheese. Bake 20 minutes in a rather hot oven. Serve in dish in which it is baked.

**Baked Tomatoes**

Wipe six smooth, medium-sized tomatoes. Cut out stem, making small hole. Mix 1/4 c. bread crumbs with salt, pepper, and a few drops of onion juice, and place mixture in tomatoes. Place in a greased pan, sprinkle with oiled crumbs, and bake 30 minutes in a hot oven. Two T. each of chopped green pepper and onion are an improvement.

**Viennese Carrots**

| 2 c. diced carrots | 1 c. cooked peas |
| 1 c. cooked carrots | 3/4 t. salt |
| 2 T. fat | 3/4 t. pepper |
| 1 T. flour | 1 T. chopped parsley |
| 2 T. vinegar | 1 c. water in which carrots were cooked |
| 1/2 t. sugar |
Scrape carrots and cut in small pieces and boil till tender in salted water.
Blend fat and flour in saucepan over fire, stir in 1 c. water in which carrots were cooked and boil 5 minutes. Then add sugar, seasonings, vinegar, parsley, peas and carrots and simmer 10 minutes. Serve hot in vegetable dish.

**Creamed Young Carrots**

Scrape enough carrots to make a quart in all. Cook in boiling water until tender, and drain. Now put in the saucepan 2 T. butter and 1 heaping T. finely chopped onion. Cook for 2 minutes, add 2 T. flour rubbed smooth in a little cold milk, mix well and then slowly add 1 scant cup of milk. Stir milk smooth and creamy and then season with salt and a dash of pepper. Pour this sauce over the carrots and sprinkle with chopped parsley.

**Carrots and Peas**

1 c. cooked carrots
1 c cooked peas

2 T. butter, or less
¾ t. salt

Heat the peas and carrots together, season and serve, or serve together with cream sauce.

**Corn Chowder**

1 can corn
4 c. potatoes, cut in ¼ inch
1½ inch cube fat salt pork
1 sliced onion
8 scalded milk
4 c. soda crackers
Salt and pepper

Cut pork in small pieces and try out; add onion and cook 5 minutes, stirring often that onion may not burn; strain fat into a stewpan. Parboil potatoes 5 minutes in boiling water to cover; drain, and add potatoes to fat; then add 2 c. boiling water; cook until potatoes are soft, add corn and milk, then heat to boiling point. Season with salt and pepper; add butter, and crackers split. Remove crackers, turn chowder into a tureen, and put crackers on top.

**Corn Oysters**

2 c. fresh corn or
1 can of corn
2 eggs

¼ t. salt
¼ c. flour
1 t. B.P.

Place corn in mixing bowl. Add eggs and beat thoroughly. Add other ingredients. Drop in teaspoonfuls on hot oiled skillet. When brown turn and cook until done. These are nice with a tart fruit jelly.

**Corn Pudding No. 1**

2 c. fresh grated corn or
1 can corn
Yolks of 3 eggs—white of
3 eggs

¼ c. milk
1 t. salt
¼ c. grated cheese
¾ t. pepper

Combine the corn, egg yolks beaten with the milk and add seasonings and cheese. Fold in stiffly beaten whites of eggs. Bake in buttered baking dish. Bake slowly as for custard. The cheese may be omitted.

**Corn Pudding No. 2**

Empty 1 can of corn into a dish. Add 2 eggs, 1 t. salt, ¼ t. onion salt, ½ t. pepper, 1½ T. fat melted. Beat with egg beater until
well mixed. Add 1 pint milk and mix thoroughly. Pour into large
or individual baking dishes, sprinkle with paprika and bake in a very
slow oven until firm. A layer of coarsely chopped ham on the bottom
of the dish gives a delightful flavor.

Boiled Summer Squash

Wash squash and cut in thick slices or quarters. Cook 20
minutes in boiling salted water, or until soft. Turn in a cheesecloth
placed over a colander, drain, and wring in cheesecloth. Mash, and
season with butter, salt, and pepper.

Fried Summer Squash

Wash, and cut in ¼-inch slices. Sprinkle with salt and pepper,
dip in crumbs, eggs, and crumbs again, fry in hot fat, and drain.

Pittsburgh Potatoes

| 5 potatoes cut in ¼ inch cubes | 2 T. flour  |
| 1 onion | 1½ c. milk |
| 2 c. pimentos | ⅔ lb. cheese |
| 2 T. fat | ⅔ t. salt |

⅛ c. oiled bread crumbs

Cut boiled potatoes in cubes. Melt 2 T. fat, add finely chopped
onion, and 2 T. flour. When slightly brown, add milk and cook until
thickened.

Arrange potatoes, cheese, and pimentos in alternate layers in
well-oiled casserole or baking dish. Pour over sauce, sprinkle with
oiled crumbs and bake until crumbs are brown and mixture is
thoroughly heated.

Hungarian Potatoes

| 1 quart cooked potatoes | 2 c. tomatoes |
| 3 T. fat | 1 t. salt |
| 1 T. chopped onion | ⅔ t. paprika |

Melt fat, add chopped onion and cook until slightly browned. Add
remaining ingredients and place in well-oiled casserole or baking dish;
cover and bake in moderate oven 45 minutes. Serve.

Harvard Beets

Wash 12 small beets, cook in boiling water until soft, remove
skins, and cut beets in thin slices, small cubes, or fancy shapes. Mix
⅔ c. sugar and ½ T. corn-starch. Add ½ c. vinegar and let boil 5
minutes. Pour over beets, and let stand on back of range ½ hour.
Just before serving add 2 T. butter.

Delicious Beet Greens

Best greens are best cooked with a young beet at the end no
bigger than an English walnut. Wash thoroughly in several waters
and cook in boiling salted water until tender. Then drain, cut the
tops from the beets, skin the latter by plunging them quickly into
cold water and then rubbing off the skins. Drain the greens and
chop, season with salt, pepper and a spoonful or more of vinegar;
according to the quantity. Arrange the beets on them and pour over
the beets a T. of melted butter.

Vegetable Chowder

Mixed vegetable chowder makes a substantial dish. Rice and okra
may be substituted for potatoes and carrots, or almost any vegetable
may be used.
FOODS FOR HOT WEATHER

4 potatoes
2 T. fat, or a piece of
2 carrots
salt pork
2 onions
3 level T. flour
1 pt. canned tomatoes
2 c. skim milk
2 t. salt

Cut potatoes and carrots in small pieces, add enough water to cover and cook for 20 minutes. Do not drain off the water. Brown the chopped onion in the fat for 5 minutes. Add this and the tomatoes to the vegetables. Heat to boiling, add 2 c. skim milk and thicken with flour. Celery tops and peppers give good flavor, too. Serve in soup dishes with crackers or toast.

Vegetable Hot Pot
2 c. cooked beans
½ t. salt
2 c. boiled rice
¾ t. pepper
2 c. tomatoes
1 small onion
(fresh or canned)
2 T. fat

Cook onion in melted fat until yellow. Add other ingredients and cook very slowly for about 1 hour.

Lettuce Greens
Lettuce that is too tough to serve in salad can be used in this way. Wash carefully and shred into small pieces. Cover with boiling water and boil slowly for 20 minutes or half an hour. Drain and serve like spinach with vinegar or white sauce.

MEATS AND FISH

Beef Stew
2 lbs. beef, or less
6 medium potatoes
3 onions, sliced
2 t. salt
1 c. diced carrots
Hot water to cover
1 c. diced turnips
Few grains pepper

Wipe the meat, remove the bone and cut the meat into cubes. Dredge with flour and brown in a frying pan with the onion, using a small quantity of fat. Turn the meat to brown it on all sides. Put it into a kettle or double boiler, add the bone and fat, and cover with hot water, stirring the frying pan with some of the water. Cook below the boiling point until tender (2 or 3 hours), adding carrot and turnip 1 hour and potatoes 35 minutes before serving. Season when tender. Remove bones and large pieces of fat. Dumplings may be added to the stew 10 minutes before serving. The gravy may be thickened with a little flour blended with cold water.

Dumplings
2 c. flour
4 t. B.P.
½ t. salt
About 1 scant cup milk

Mix and sift the dry ingredients, and add the milk slowly, mixing with a knife until a soft dough is formed. Drop into boiling stew by spoonfuls, dipping the spoon into the stew each time before taking up the dough. Let the dumplings rest on the meat and potato. Cover closely and cook 10 to 12 minutes without uncovering.

Meat Pie with Vegetables
Cut remains of left-over cooked meat into inch cubes, or grind it. Thicken the gravy with flour and season with salt and pepper. Place meat and gravy in an oiled baking dish. Add ¾ c. each diced cooked carrots, turnips, 1 c. diced potato and 1 onion. Have the mixture hot and cover with B.P. biscuit dough, pie crust or mashed potatoes. Bake in hot oven.
**Hamburger Steak a la Tartare**

1 lb. rump or round steak, ground 1 T. fat, melted

\[ \frac{1}{2} \text{ c. fat} \] \[ \frac{1}{2} \text{ t. salt} \]

\[ \frac{1}{2} \text{ of green pepper} \] \[ 4 \text{ egg yolks} \]

1 slice onion 1 1/2 c. tomato sauce

Chop the onion and pepper very fine and cook in the melted fat until yellowed and softened. Add these to the ground beef, with the salt. Mix thoroughly and roll into four balls. Press the balls into flat cakes with a depression in the center. Melt a T. of fat in an iron frying pan, set the meat in the pan and drop the uncooked yolk of an egg into each depression; baste the yolks with a little hot fat, and set the frying pan into the oven; let cook about 5 minutes, remove to a hot serving dish, pour on the hot sauce and serve at once.

**Tomato Sauce**

3 T. fat \[ \frac{1}{2} \text{ t. paprika} \]

3 T. flour 1 c. tomato puree

\[ \frac{1}{2} \text{ t. salt} \] 1/4 c. rich brown stock

Melt the fat, in it cook the flour and seasonings, add the puree and stock and stir until boiling.

**Jugged Chicken**

Separate a chicken into pieces at the joints. Take two or three T. of flour and \( \frac{1}{2} \text{ t. each of salt and pepper, mix all together thoroughly;} \) in this roll the pieces of chicken, after dipping them into milk or water, then pack them solidly in an earthen baking pot; cover the whole with sweet milk, then adjust the cover and bake until chicken is tender.

Ham may be cooked in the same way.

**Smothered Chicken**

Cut a cleaned chicken down the back and wipe inside and out with a cloth wrung repeatedly out of cold water. Rub the flesh over with salt and pepper, and set in the inner pan of a double roasting pan; pour 1 c. of hot water into the pan, cover and set into a hot oven. Cream 3 T. of fat, beat into this 3 T. of flour and spread over the chicken; let cook 10 or 15 minutes, then baste with the liquid in the pan. Baste each 15 minutes thereafter, until the chicken is cooked. The time of cooking will vary, according to the age of the chicken; from 1 to 2 hours will be needed. When the chicken is tender, remove it to a serving dish, add milk or water in quantity as needed to liquid in pan, and stir until the liquid boils. Pour this over the chicken and serve at once.

**Creamed Codfish**

Pick salt codfish in pieces (there should be \( \frac{1}{2} \text{ c.} \)) and soak in lukewarm water, the time depending upon hardness and saltiness of the fish. Drain, and add 1 c. White Sauce No. 1. Add 1 beaten egg just before sending to table. Garnish with slices of hard boiled eggs. Creamed Codfish is better made with cream slightly thickened in place of white sauce.

**Cheese and Egg Dishes**

**Mexican Rarebit**

\[ \frac{1}{2} \text{ c. cheese} \] \[ 2 \text{ eggs} \]

2 T. butter 1 c. strained tomatoes

2 T. flour \[ \frac{1}{2} \text{ t. soda} \]

\[ \frac{1}{2} \text{ c. milk} \] Salt and paprika to taste
Add soda to tomatoes. Make the usual white sauce of butter, flour, and milk. When thick, add tomatoes and seasoning. Add cheese, and when just melted, stir in slightly beaten eggs, and when thickened, serve on crackers or toast.

**Cheese and Tomato Rarebit**

Use \( \frac{1}{2} \) c. strained canned corn and \( \frac{1}{2} \) c. stewed, strained, canned, tomato in place of milk in plain rarebit. To fat add 2 T. chopped green pepper before adding flour, and stir over the fire until softened somewhat but not browned. Minced onion may be used in place of green pepper or with it.

**Cheese Dreams**

Cut bread as for sandwiches—spread one piece with butter, then with a thick layer of grated cheese seasoned with salt and cayenne, cover with other slice. Sauté in heated butter in a frying pan browning on both sides and cooking until the cheese in the center melts.

**Rice with Cheese and Tomato Sauce**

\( \frac{3}{4} \) c. rice cooked in 2 c. water \( \frac{1}{2} \) t. salt

To 1 c. White Sauce No. II add \( \frac{3}{4} \) lb. cheese grated or crushed in bits and \( \frac{3}{4} \) t. paprika. When cheese is thoroughly blended with the sauce pour over the rice on a deep platter or serving dish. Garnish with tomato sauce and serve hot. Prepare tomato sauce as White Sauce No. I, substituting strained tomato juice for the milk.

**Poached Eggs**

Select a shallow sauce pan or skillet just large enough to allow sufficient space for each egg. Oil the bottom and sides of the pan and nearly fill it with boiling salted water. Break each egg into a saucer and slip it into the water which should be just below the boiling point and deep enough to cover the eggs. Let them cook without boiling until a film has formed over the yolk and the white is firm. Remove with a skimmer or large spoon and place each egg on a slice of hot buttered toast. Season with salt, pepper, and butter to taste. Egg poachers or oiled muffin rings may be placed in the water before putting in the eggs, to keep them in shape.

**Eggs Poached in Milk on Toast**

Follow the directions given for Poached Eggs, using milk in place of water. Pour the hot milk over the toast and eggs.

**Creamed Eggs with Rice**

| 12 eggs | 4 c. cooked rice |
| 1 t. salt | 2 c. White Sauce No. II |
| 1 T. Worcestershire sauce | 2 T. Chili sauce may be added for Chinese eggs |

Bring 2 qts. water to boiling point. Pour over eggs in cold saucepan. Stand in a hot place where they are just below boiling point for 1 hour. The large quantity of water is necessary to retain sufficient heat to insure cooking. The general rules are 1 pt. of water for the first egg and \( \frac{1}{2} \) pt. of water for each additional egg. Put eggs into cold water to slightly chill. Shell and cut lengthwise and sprinkle with salt. Heat rice and arrange in a border on platter. Fill the center with hot cooked eggs and dress with the white sauce.
Breads

**Quick Nut Bread**

- 2 c. unsifted whole-wheat flour
- 1 c. pastry flour
- ¾ c. brown sugar
- 1 t. salt
- 3 t. B.P.
- 2 c. buttermilk or sour milk
- 1½ t. soda
- 1 c. nut meats, finely cut

To whole-wheat flour add pastry flour, sugar, salt, and baking powder. When thoroughly mixed add remaining ingredients. Turn into a buttered bread-pan, cover and let stand 20 minutes. Bake in a moderate oven 45 minutes.

**Coffee Cake**

- ½ c. sugar
- 4 T. fat
- 1 egg
- ¾ c. water
- 2 c. flour
- 3 t. B.P.
- ½ t. nutmeg

Beat to mix and then pour in well-greased pan and spread smoothly. Now prepare the crumbs as follows: 6 T. brown sugar, 4 T. flour, 2 T. fat.

Rub between the hands until crumbly and then spread evenly over the cake. Bake in a moderate oven for 30 minutes. This will serve eight people.

**French Toast**

- 2 c. milk
- 8 to 8 slices of stale bread
- ½ t. salt
- 2 eggs

Beat the eggs slightly and add the salt and the milk. Cut the slices of bread in halves. Dip the pieces, one at a time, in the mixture and sauté. Serve hot, with syrup, if desired.

**Cinnamon Toast**

Cut bread a trifle thicker than for other toast. Toast the bread to a light brown on one side. Spread untoasted side with butter, then sprinkle with sugar and cinnamon. Return to oven or toasting rack until buttered side is brown. Serve hot.

**Marshmallow Gingerbread**

- ¾ c. shortening
- 1 c. molasses
- 1 egg
- 2½ c. flour
- 1 c. sour milk or boiling water
- 1 t. cinnamon
- 1½ t. soda
- 1 t. salt
- 2 t. ginger
- ½ t. cloves
- Marshmallows

Melt shortening (chicken fat may be used to excellent advantage), add molasses, egg, well beaten, flour mixed and sifted with soda, salt, ginger, and sour milk. Beat vigorously, turn into a buttered and floured dripping pan, and bake in a moderate oven 25 minutes. Remove from pan, cut in halves crosswise, and put marshmallows between layers. Put in oven and let stand 3 minutes. Remove to serving dish, cool slightly, cut in squares and serve with whipped cream, sweetened and flavored with vanilla. This can be served as plain gingerbread, without marshmallows or cream.

**Cinnamon Rolls (Quick Process)**

Make baking powder biscuit dough. Roll ¼ inch thick, and spread lightly with melted fat. Sprinkle this with sugar and cinnamon. Roll as for jelly roll and cut in slices. Bake in a quick oven. Serve the same day as they are made.
**Sour Milk Griddle-Cakes**

2 c. flour

\(\frac{3}{4}\) t. salt

2 c. sour milk

1\(\frac{1}{2}\) t. soda

1 egg

Mix sifted flour, salt, and soda; add sour milk, and egg well beaten. Drop by spoonfuls on a greased hot griddle; cook on one side. When puffed, full of bubbles, and cooked on edges, turn and cook other side. Serve with butter and maple syrup.

**SANDWICHES**

**Bacon and Egg Sandwiches**

Hardboil eggs. Chop and season. Spread on slices of buttered bread. Lay on this slices of crisp, cooked bacon and add top slice of buttered bread. A good school sandwich. A variation of this is made by adding a layer of sliced tomatoes with salad dressing. This makes a thick sandwich, and must be eaten with a fork.

**Cheese Sandwiches, Hot**

Spread large slices of bread, cut thin, with butter, then with a layer of grated cheese, dust with a suspicion of French mustard, cover with top slice, press down well, cut in long strips, and toast or bake or saute, and serve hot. Or add French dressing to cream cheese with minced nuts and plenty of paprika and spread on graham bread. Toast and serve hot. Paprika may be used instead of mustard.

**Chicken and Bacon**

Mix equal portions of minced chicken, broiled bacon, and celery, add 1 t. minced green pepper and a few drops of vinegar. Lay shreds of lettuce across sandwich before putting on top rim, and when serving, lay a slice of tomato on each, and cover with salad dressing.

**Ham Sandwiches (Hot)**

Spread thin slices of brown bread with butter, add a thin slice of ham, then a thin slice of cheese, cover with white bread and toast until cheese is soft, and serve hot.

**Salmon**

Mix cold boiled salmon, minced fine, with paprika, olives, minced parsley, and lemon juice, add salad dressing and pimento to soften and put between white bread.

**Cheese and Chili Sauce**

Mix \(\frac{3}{4}\) c. dry, grated cheese and 3 T. chili sauce, and spread between sliced white bread.

**Cheese and Marmalade**

Mix one-half of a small cream cheese with \(\frac{3}{4}\) c. of orange marmalade, add 2 T. minced pecans, and enough cream to make it soft. Use entire-wheat or Graham bread.

**Cheese and Pimento**

Drain pimento, mash with cream, add cream cheese and chili sauce, spread and use lettuce.
Cheese and Pineapple

Mix equal parts of grated pineapple and cream cheese, soften with whipped cream, add salt, paprika, and lemon juice.

Coconut

Mix 1 c. coconut with ¼ c. nut meats, 2 T. sugar, 3 T. thick cream, pinch salt, and a squeeze of orange juice. Spread on white bread.

Dates

Spread entire-wheat bread with butter, then with ½ c. chopped dates mixed with ¼ c. English walnuts, minced fine, ¾ c. cream and a pinch of salt; cut in rounds or hearts, and put a walnut meat dipped in egg white on top of each.

Honey

Mix honey with nuts minced, or with cream cheese, and spread between tiny baking powder biscuits.

Spice

Mix ground spices with sugar, and spread on well buttered entire-wheat bread.

Graham Cracker Canapes

Make a paste of equal parts of ground raisins and peanut butter. Season this with a little lemon juice and blend with salad dressing or thick cream. Spread between Graham crackers. These are especially good for children’s lunch boxes, and picnics.

SALADS

Potato

Potatoes for salad should be chilled and stand in thin salad dressing for several hours before serving. Potato salad may be varied by adding:

1. Diced cucumbers.
2. Diced hard-boiled eggs.
3. Chopped olives or pickles.
4. Green peppers or pimentos.
5. Chopped celery.
8. Nasturtium stems and garnished with flowers and leaves.

All of the above, or any combination, may be used.

Cooked Salad Dressing

6 T. butter
3 T. flour
1 c. sweet milk
1 t. salt
1 t. mustard
¾ t. paprika
1 c. vinegar
¾ c. sugar
Yolks of 4 of whole of 3 eggs

Make white sauce. Add remaining ingredients to white sauce. Cook to a thick custard. This makes 1 pt. May add ¾ c. thick cream, whipped, before serving, if desired.

Plain Cabbage Salad

This salad may be varied by the same ingredients as potato salad. Also, nice combinations are made by adding, to diced or shredded new cabbage:
1. Candied, or Maraschino cherries, chopped
2. Broken nut meats.
3. Cocoanut.
4. Marshmallows.
5. Pineapple, or any combination of these.

Spring Salad
Cut four hard-boiled eggs in halves cross-wise, remove yolks, and cut a thin slice from each end of whites, thus making cups that will stand upright. Mash yolks and moisten with cream salad dressing. Fill cups with % c. tiny cucumber cubes mixed with 3 T. chopped sweet, cucumber pickles, and moistened with cream salad dressing. Garnish top of each with yolk mixture, forced through a pastry bag and rose tube and garnish with diamond-shaped pieces of pickle. Arrange thick slices of tomato on lettuce leaves and on each slice of tomato place an egg cup. Garnish with watercress.

Novel Summer Salad
Peel two medium sized cucumbers and cut them in thick slices; about half an inch is right. Let them stand in very cold water for an hour. Then drain and with a tart-cutter or a sharp knife cut out the centers. Have ready some cold boiled beets left from the day before. Cut rounds from the beets to exactly fit into the cucumber rings. Serve three or four of these on a lettuce leaf surrounding a small mound of mayonnaise.

String Bean and Cheese Salad
Remove the ends and strings from green string beans, but do not cut in pieces. Boil until they are tender. Make a French dressing of 3 T. salad-oil, 1 T. vinegar, % t. salt, and % t. mustard. Blend well and pour over the beans. Arrange in a salad bowl with a cottage cheese "marguerite" on top. To make this, add a little sweet cream to cottage cheese and with a spoon press it into petal shape. Place on top of salad with a little mound of cheese in the middle to represent the flower center. Mayonnaise can be served with it, or it can be eaten with only the French dressing.

Fruit Salads
8 c. diced fruit. The following combinations are excellent:
1. Canned peaches, canned pineapple, white grapes, or white cherries (canned may be used).
2. Fresh cherries, fresh or canned pineapple, fresh apricots.
3. Oranges, strawberries, bananas.
4. Oranges, pineapple, cherries.

Keep the fruit chilled and serve on a lettuce leaf with the following dressing:

Sweet Salad Dressing
½ c. orange juice 2 eggs well beaten
½ c. lemon juice ½ c. sugar
½ c. pineapple juice ½ c. cream, whipped

Make custard of fruit juices, sugar, and eggs. Chill and add whipped cream.

Fruit Salads with Gelatine Base
These may be prepared by adding any desired combination of fruits to a gelatine before it sets. If the gelatine is whipped with an egg beater when it begins to thicken and crushed strawberries are added, it makes a delicious dessert.
FRUITS AND DESSERTS

Green Apple Sauce

Use unripe apples. Wash and quarter the apples and remove the blossom, but do not pare them. Add a small quantity of water and cook, covered, until soft. Press through a colander and sweeten.

Fried Apples

Core and slice several apples; in a frying pan put 8 T. butter and when melted, add the apples; sprinkle ¼ c. sugar over them and cook slowly, taking care that they brown, but do not scorch. When tender and transparent, remove from the fire and serve.

Apple Roll

2 c. flour ¾ c. milk
4 t. B.P. 2 c. chopped apple
2 T. fat ¼ c. sugar
½ t. salt ½ t. cinnamon

Combine first five ingredients as for baking powder biscuits; roll to ¼ inch in thickness; spread with apple, sugar, and cinnamon, and roll as a jelly roll. Cut into 1-inch sections and place in well-oiled pan, flat side up. Place a small piece of fat on center of each piece and bake in moderate oven as for biscuits.

Apricots, peaches or berries can be used in the same way. Omit cinnamon if other fruit is used. Serve with cream or lemon sauce.

Apple Dumplings with Nutmeg Sauce

Use baking powder biscuit dough or pie crust. Roll out and cut into 5-inch squares. In the center of each square, place one small apple, pared and cored, or one-half an apple sliced. Sprinkle with sugar and cinnamon and dot with butter. Draw up the edges of dough over the apples and press them together firmly. Steam for 1 hour, or bake in a hot oven. Serve with hard sauce, or cream and sugar.

If baked, steam the apples before putting them into dough.

Nutmeg Sauce

2 c. hot water ¼ t. salt
¾ c. sugar 1 t. butter
2 T. cornstarch 1 t. vanilla
¾ t. grated nutmeg

Mix the sugar, cornstarch, and salt, add the boiling water, and boil 10 minutes, stirring while it thickens. Remove from the fire, beat in the butter and add the vanilla and nutmeg.

Rice Steamed in Milk

1 c. rice (brown rice is best) 1 t. salt 1 qt. milk

Wash the rice in several waters to remove loose starch. Have the water boiling in upper part of the double boiler and add the salt. Sprinkle in the rice. Boil 5 minutes directly over the fire; then place the upper part of the boiler in the lower part containing hot water, and cool 1 hour or until soft.

Japanese Fritters

Cut crusts from thick slices of stale bread. Cut in fingers 1½ by 4 inches.

Beat 1 egg, add ½ c. milk, ¼ t. vanilla. Dip fingers in this and soak. Drain, roll in fine bread crumbs and fry in fat. Serve with lemon sauce or fruit sauce.
**Lemon Sauce**

1 egg beaten
1 T. cornstarch
1 T. butter

Add 1½ c. boiling water. Stir—Add juice and grated rind of lemon.

**Junket**

¼ c. sugar
1 T. cold water
1 qt. whole or skimmed milk
1 t. vanilla
1 rennet tablet dissolved

Heat the milk in a double boiler until it is just lukewarm. Add the sugar and vanilla, and stir until the sugar is dissolved. Pour into serving dishes and add rennet. Let the mixture stand in a warm room until it begins to thicken; then, taking care not to jar it, put in a cool place and leave until firm. Sprinkle with a little cinnamon or nutmeg if desired, and serve with cream and sugar.

**Chocolate Junket**

Melt one square of chocolate. Heat ¼ c. of milk and add to the chocolate gradually. Stir and cook until smooth. Cool and blend with the remaining milk. Proceed as for Plain Junket, adding ¼ c. more sugar.

**Baked Custard**

4 c. scalded milk
4 to 6 eggs

Few gratings nutmeg

Beat eggs slightly, add sugar and salt, pour on slowly the scalded milk; strain in buttered mould, set in pan of hot water. Sprinkle with nutmeg, and bake in slow oven until firm, which may be readily determined by running a silver knife through custard; if knife comes out clean, custard is done. During baking care must be taken that water surrounding mould does not reach boiling point or custard will whey. Always bear in mind that eggs and milk in combination must be cooked at a low temperature. For cup custards allow four eggs to 4 c. milk; for large moulded custard, six eggs; if less eggs are used custard is likely to crack when turned on a serving dish.

**Cottage Cheese Tartlets**

Use small unsalted wafers. With a fork, cover the edge with cottage cheese, leaving a space in the middle. In this space, drop a teaspoonful of strawberry, raspberry or currant jam. Serve with tea, or iced drink.

**Cottage Cheese Surprise**

Use 2 c. freshly made cottage cheese. Add to this, ¾ c. grated pineapple, from which the juice has been drained. When thoroughly blended, fold in 1 c. of whipped cream. Pipe in sherbet cups, garnish with cherries and serve as you would a fruit ice. The pineapple juice may be poured over the top as a sauce.

**Frozen Cream Cheese and Fig Salad**

2 cream cheeses
10 finely chopped dried figs
2 T. lemon juice

Scald the evaporated milk and beat it into the cheese, which should be mashed. Chill, add the remaining ingredients, transfer to a mould, which has been rinsed in cold water; seal and bury in equal
parts of ice and salt for 4 hours. Unmould and serve with a garnish of lettuce and sliced oranges, if desired. Pass jam sandwiches. Use in luncheon or supper menu, or as the final course at a dinner. In this case accompany the course with black coffee and tiny baking powder biscuits, split and filled with jam. The cheese course should be omitted. This salad is also very well suited to afternoon tea service or for club refreshments.

**Milk Sherbet**

<table>
<thead>
<tr>
<th>4 c. milk</th>
<th>Juice 3 lemons</th>
<th>1 c. sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(½ c. juice)</td>
<td></td>
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</table>

Mix juice and sugar, stirring constantly while adding slowly, the milk; if added too rapidly, mixture will have curdled appearance, which is unsightly, but will not affect the quality of sherbet; freeze and serve.

**BEVERAGES**

**Café au Lait**

Boil ½ c. ground coffee in 5 c. water for 6 minutes. Add 1 c. evaporated milk and let simmer 2 minutes. Strain and serve. Or boil coffee in 4 c. water and add 2 c. whole milk.

**Cocoa**

| 3 c. milk | 3 T. sugar |
| 1 c. water | Few grains salt |
| 3 T. cocoa | 1 T. flour |

Mix the dry ingredients and blend with a little flour. Add to the rest of the water and cook 5 minutes. Add the milk and heat to the boiling point. Beat with a Dover egg beater to prevent a scum from forming. Add a few drops of vanilla, if desired.

**Iced Cocoa**

Prepare cocoa according to recipe given. Cool and add chopped ice and serve with whipped cream.

**Fruit Punch**

Mix ½ pt. pineapple juice, ¼ pt. grape juice, 1 pt. ginger ale, ½ pt. sugar syrup and 1 qt. water. Pour over cracked ice in punch bowl.

**Lemon Tea Punch**

| ½ c. lemon juice | ¼ c. sugar |
| 2½ c. water | 2 c. freshly made tea |

Add lemon juice to sugar and stir until well mixed. Add tea and water and stir until sugar dissolves. Strain into glasses or pitcher, with cracked ice. This make about six glasses.

**Pineapple Lemonade**

| 1 pt. water | 1 qt. ice water |
| 1 c. sugar | 1 can grated pineapple |

Make syrup by boiling water and sugar 10 minutes; add pineapple and lemon juice, cool, strain and add ice water.