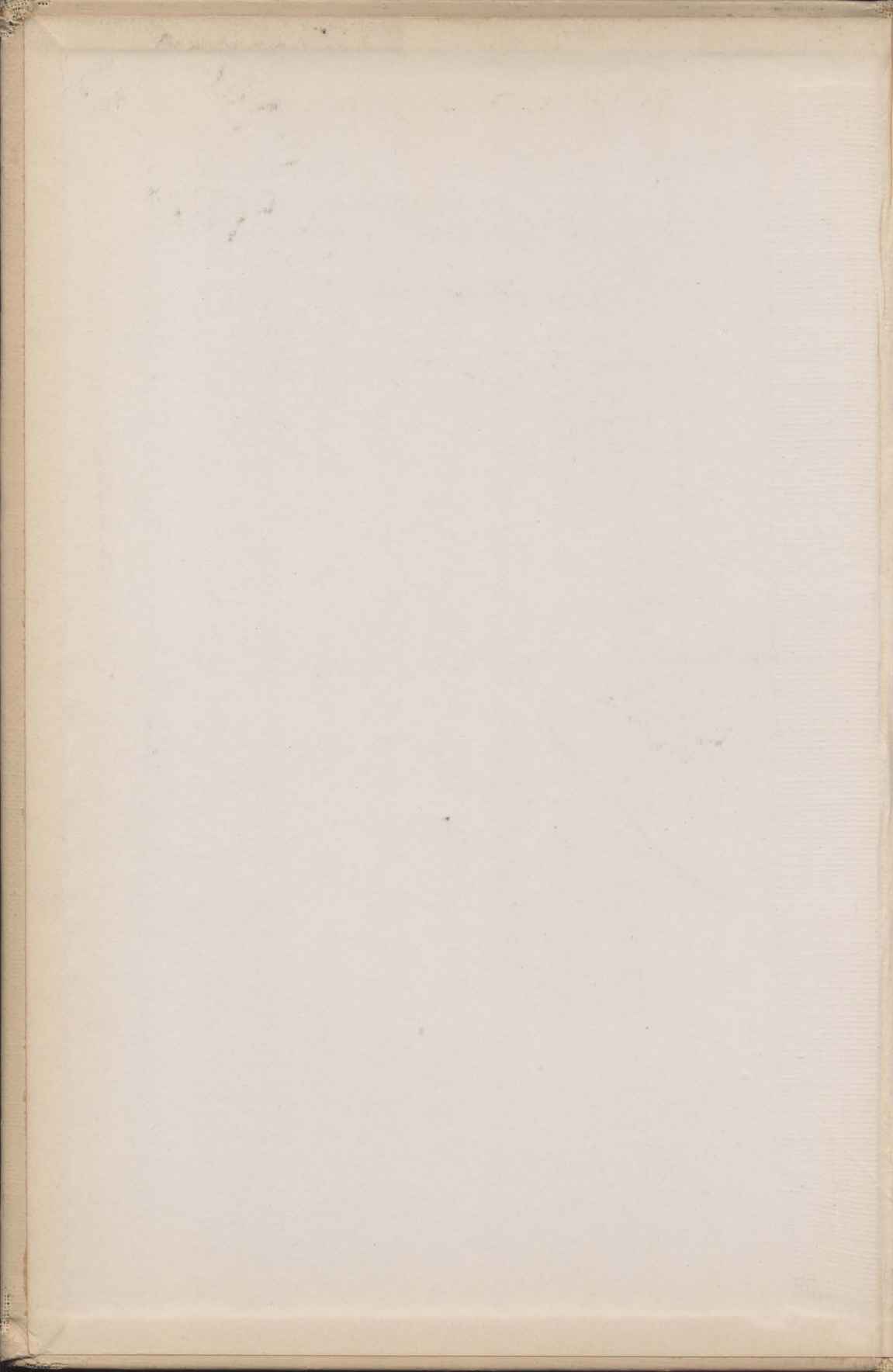


FAMOUS RECIPES
FROM
OLD VIRGINIA



Ginter Park Woman's Club
Richmond, Virginia



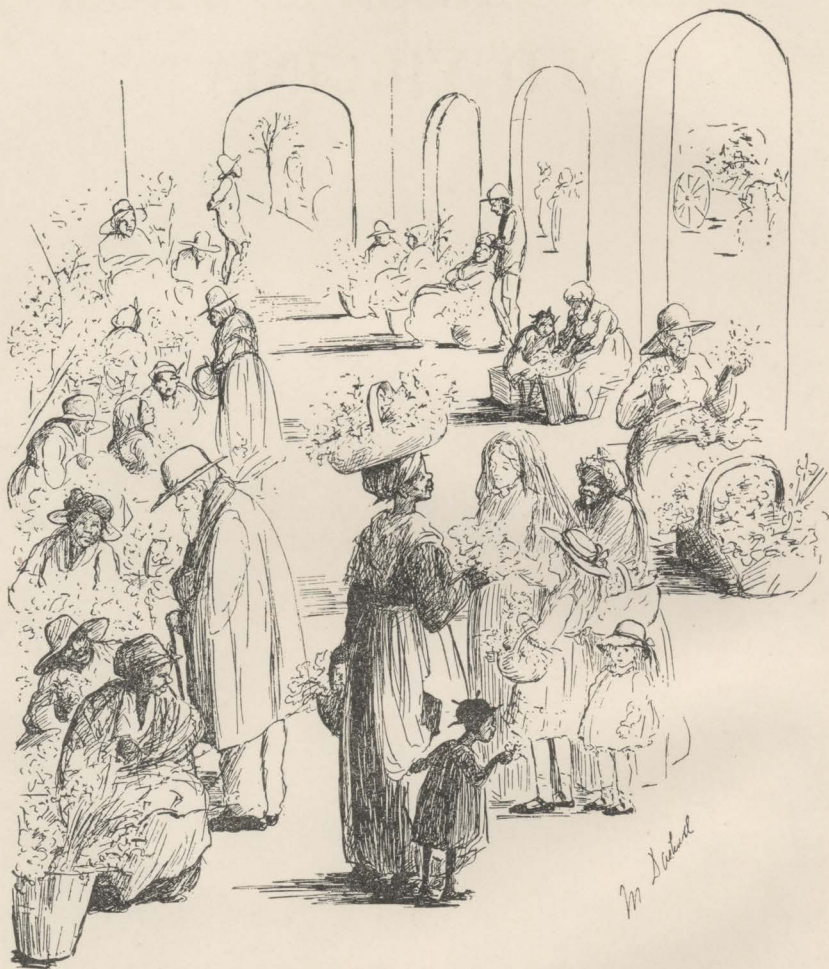
CORBUS

ITT
12-10-93
394



Greetings

pen



*"Dere's mor' dan fruits an' vegterbles at de market yo'll find,
For dere yo' met de quality folks dat air so good an' kind."*

THE OLD VIRGINIA MARKET

FAMOUS RECIPES FROM
OLD VIRGINIA

BY

THE GINTER PARK WOMAN'S CLUB

RICHMOND, VIRGINIA

Illustrated by

MARGARET DASHIELL

1935

SPEC, JBLCA
Cookery
1935
G

FAMOUS RECIPES FROM
OLD VIRGINIA

RICHMOND:
RICHMOND PRESS, INC., PRINTERS
1935

THE GIN
RICHMOND VIRGINIA

1935

A Prayer Found in Chester Cathedral

(This prayer was found in the old Cathedral at Chester, England, on the River Dee, sixteen miles southeast of Liverpool.)

Give me a good digestion, Lord.
And also something to digest.
Give me a healthy body, Lord,
With sense to keep it at its best.
Give me a healthy mind, good Lord,
To keep the good and pure in sight;
Which seeing sin is not appalled,
But finds a way to set it right.

Give me a mind that is not bored,
That does not whimper, whine or sigh,
Don't let me worry over much
About the fussy thing called I.
Give me sense of humor, Lord;
Give me the grace to see a joke;
To get some happiness from life
And pass it on to other folk.



*"De missus done buy de new cook book.
I'se hope she don' think I cjan't cook."*

FOREWORD

In giving to the world another cook book we hope not only to give you what we have learned from our many experiences, but things that have been handed down to us from our parents and grandparents—things they have tried and found true, and things we have tried again and again, and found always equally true. We know that the world has had many cook books offered it, but we do hope that some new ideas may come from this one that the Ginter Park Woman's Club has compiled that will make it an adventure well worth our time. And, to our many friends from far and near who have so gladly contributed of their own, we send our sincere thanks for their co-operation. It is just one more bond to hold Old Virginia to her many children and friends who have wandered far away.

TABLE OF CONTENTS

	<i>Pages</i>
Recipes Popular in Early Virginia.....	9-12
Recipes Popular When Club Was Founded.....	13-21
Favorite Recipes from Interesting People.....	23-58
Recipes Popular in Virginia Today.....	59-224

Beverages.....	41, 53, 54, 58, 63-69
Soup.....	31, 34, 53, 71-75
Fish.....	14, 16, 32, 33, 37, 43, 46, 55, 75-84
Meat.....	10, 13, 14, 24, 27, 30, 31, 33, 39, 40, 42, 46, 48, 49, 89-105
Poultry.....	9, 14, 15, 23, 25, 32, 35, 37, 38, 40, 43, 49, 85-88
Eggs.....	43, 48, 102-104
Vegetables.....	29, 38, 44, 47, 49, 50, 52, 55, 57, 107-119
Breads.....	9, 10, 14, 15, 28, 30, 34, 50, 56, 121-136
Salads.....	35, 57, 137-153
Desserts.....	16, 17, 18, 19, 20, 21, 24, 27, 38, 42, 44, 45, 50, 51, 52, 54, 56, 155-181
Cakes and Icings.....	11, 12, 17, 18, 19, 47, 52, 54, 183-207
Jams, Jellies, Pickles and Preserves.....	17, 45, 209-215
Miscellaneous.....	11, 223
Candies.....	19, 217-220
Sauces.....	14, 16, 56, 215, 220-222
Needful Knowledge and Household Hints.....	59-62

COOK BOOK COMMITTEES

MRS. LELAND L. MILLER, *Chairman*

MRS. H. G. SHIRLEY, *Treasurer*

MRS. J. D. HARRIS, *Art Chairman*

SECTION EDITORS

MISS KATHERINE RHOADS	MRS. J. K. HALL
MRS. THOS. W. GARDNER	MRS. D. HILL STEVENS
{ MRS. MEADE FERGUSON	MRS. COLA POWELL
{ MRS. A. S. WINSTON, JR.	MRS. ARTHUR JACKSON
{ MRS. J. D. HARRIS	MRS. H. J. WARTHEN
{ MRS. J. A. CARSON	MRS. J. B. BOWERS
MRS. H. V. GODBOLD	MRS. PARKE DEANS
MRS. G. E. ALLEN	MRS. R. E. CABELL

FINANCE COMMITTEE

MRS. G. E. ALLEN	MRS. L. L. MILLER
MRS. CLAUDE DAVENPORT	MRS. W. T. RADY
MRS. R. V. FARRAR	MRS. D. HILL STEVENS
MRS. R. L. FIGG	MRS. G. O. TIMBERLAKE
MRS. H. V. GODBOLD	MRS. BINFORD WALFORD
MRS. J. K. HALL	MRS. ERNEST WARRINER
MRS. ARTHUR JACKSON	MRS. J. J. WICKER, JR.
MRS. R. K. McKNIGHT	MRS. FRANCIS WILLIAMS

COMMITTEE ON CLUB RECIPES

MRS. A. D. JACKSON, *Chairman*

MRS. E. F. APPELL	MRS. S. M. COTTRELL
MRS. E. W. ARMENTROUT	MRS. G. H. HILGARTNER
MRS. R. C. BAYLISS	MRS. HENRY MARSHALL
MRS. E. L. BLANKENBAKER	MRS. M. S. McDANEL
MRS. RICHARD BROOKE	MRS. F. H. STEVENS



"Ash cake, sweet 'taters, an' meat on de spit,
In de ole Lee kitchen dey sur' did cook a bit."

RECIPES POPULAR IN EARLY VIRGINIA

MISS KATHERINE RHOADS, *Chairman*

TO MAKE EXCELLENT BREAD WITHOUT YEAST

Taken from "The Virginia Almanack" for the year of our Lord 1795, being the third after leap year and the nineteenth of American independence

Scald about a double handful of Indian meal, into which put a little salt and as much cold water as will make it rather warmer than new milk; then stir in wheat flour till it is as thick as a family pudding, and set it down by the fire to rise. In about an hour it generally grows thin; you may sprinkle a little fresh flour on the top and mind to turn the pot around, that it may not bake on the side of it. In three or four hours, if you mind the above directions, it will rise and ferment as if you had set it with top yeast; when it does, make it up in a soft dough; flour a pan, put in your bread, set it before the fire, covered up. Turn it around to make it equally warm, and in about half an hour it will be light enough to bake. It suits best to bake at home in a Dutch oven, as it should be put into the oven as soon as it is light.

* * *

TO ROAST A TURKEY

From "The Virginia Housewife or Methodical Cook," by Mary Randolph—1828

Make the forcemeat thus: Take the crumb of a loaf of bread, a quarter of a pound of beef suet shred fine, a little sausage meat or veal scraped and pounded very fine, nutmeg, pepper and salt to your taste. Mix it lightly with three eggs; stuff the craw with it; spit it, and lay it down a good distance from the fire, which should be clear and brisk. Dust and baste it several times with cold lard—it makes the froth stronger than basting it with the hot out of the dripping pan and makes the turkey rise better. When it is enough, froth it up as before, dish it, and pour on the

same gravy as for the boiled turkey, or bread sauce; garnish with lemon and pickles and serve it up. If it be of a middle size, it will require one hour and a quarter to roast.

* * *

TO ROAST A PIG

From "The Virginia Housewife or Methodical Cook, by Mary Randolph—1828

The pig must be very fat, nicely cleaned, and not too large to lie in the dish. Chop the liver fine and mix it with crumbs of bread, chopped onion and parsley, with pepper and salt. Make it into a paste with butter and an egg; stuff the body well with it, and sew it up; split it, and have a clean fire to roast it. Baste with salt and water at first, then rub it frequently with a lump of lard wrapped in a piece of clean linen; this will make it much more crisp than basting it from the dripping pan. When the pig is done, take off the head, separate the face from the chop, cut both in two, and take off the ears, take out the stuffing, split the pig in two parts lengthways, lay it in the dish with the head, ears and feet; put the stuffing in a bowl with a glass of wine and as much dripping as will make it sufficiently liquid; put some of it under the pig, and serve the rest from a boat.

* * *

TO DRESS PIGS' PETTY-TOES

From "The Art of Cookery," by Mrs. Glasse—1812

Put your petty-toes into a saucepan with half a pint of water, a blade of mace, a little whole pepper, a bundle of sweet herbs, and an onion. Let them all boil five minutes, then take out the liver, lights and heart, mince them very fine, grate a little nutmeg over them, and shake a little flour on them; let the feet do till they are tender, then take them out and strain the liquor, put all together with a little salt and a piece of butter as big as a walnut, shake the saucepan often, let it simmer five or six minutes, then cut some toasted sippets and lay around the dish; lay the minced meat and sauce in the middle and the petty-toes split round it. You may add the juice of half a lemon or a very little vinegar.

* * *

WHAFLES

From "The Art of Cookery," by Mrs. Glasse—1812

One pound of sugar, one pound of flour, one pound of butter, half an ounce of cinnamon, one glass of rose water. Make it in balls as big as a nutmeg, and put them into your whaffle iron to bake.



RECIPE TO MAKE THE FAMOUS THIEVES VINEGAR

From "The Art of Cookery," by Mrs. Glasse—1812

Take of wormwood, thyme, rosemary, lavender, sage, rue and mint each a handful; pour on them a quart of the best wine vinegar; set them eight days in moderate hot ashes; shake them now and then thoroughly, then squeeze the juice out of the contents through a clean cloth, to which two ounces of camphire add. To use thereof is to rinse the mouth and wash therewith under the armpits, neck and shoulders, temples, palms of the hands and feet morning and evening and to smell frequently thereat has its salutary effects.

N. B.—The above recipe did prove an efficacious remedy against the plague in London when it raged there in the year 1665.

* * *

A RICH FRUIT CAKE

From "The Virginia Housewife or Methodical Cook"—1828

Have the following articles prepared before you begin the cake: four pounds of flour dried and sifted, four pounds of butter washed to free it from salt, two pounds of loaf sugar pounded, a quarter of a pound of mace, the same of nutmegs powdered. Wash four pounds of currants clean, pick and dry them; one pound of sweet almonds, cut them in very thin slices; stone two pounds of raisins, cut them in two, and strew a little flour over to prevent their sticking together; add two pounds of citron sliced thin; break thirty eggs, separating the yolks and whites; work the butter to a cream with your hand and put in alternately flour, sugar, and the froth from both whites and yolks, which must be beaten separately, and only the froth put in. When all are mixed and the cake looks very light, add the spice, with a pint of brandy, the currants and almonds; butter the mould well, pour in part of the cake, strew over it some raisins and citron—do this until all is in; set it in a well-heated oven; when it has risen and the top is colored, cover it with paper; it will require three hours baking—it must be iced.

* * *

GEORGE WASHINGTON WEDDING CAKE

This recipe, as near as can be figured out, is 225 years old. But as it has been handed down from generation to generation, it has been somewhat changed

Cream one and one-half pounds of butter until light; add gradually one and one-half pounds sugar, creaming continuously. Fold in eighteen egg yolks that have been beaten light, thick and lemon colored. Do not stir. Add one-half cup of wine and grated rind of three lemons—then after chopping add two cups

almonds and eight cups currants and one cup candied fruits with which you have sifted five cups flour. Beat well. Add another five cups flour with which spices (such as a fruit cake needs) have been sifted. Beat again, then carefully fold in stiffly beaten egg whites (eighteen). Bake in moderate oven three and one-half to four hours.

* * *

HOW TO MAKE WHITE CAKES LIKE CHINA DISHES

From "The Art of Cookery," by Mrs. Glasse—1812

Take the yolks of two eggs and two spoonfuls of sack and as much rose water, some caraway seed, and as much flour as will make it a paste stiff enough to roll very thin. If you would have them like dishes, you must bake upon dishes buttered; cut them out into what work you please to candy them; take a pound of fine searched sugar perfumed, and the white of an egg, or three or four spoonfuls of rose water; stir it till it looks white, and when that paste is cold, do it with a feather on one side. This candied, let it dry, and do the other side so and dry it also.

* * *

TO MAKE A RICH SEED CAKE CALLED THE NUN'S CAKE

From "The Art of Cookery," by Mrs. Glasse—1812

You must take four pounds of the finest flour and three pounds of double refined sugar beaten and sifted; mix them together and dry them by the fire until you prepare the other materials. Take four pounds of butter, beat it with your hand till it is soft like cream; then beat thirty-five eggs, leave out sixteen whites, strain off your eggs from the threads and beat them and the butter together till all appears like butter; put in four or five spoonfuls of rose or orange flower water and beat again; then take your flour and sugar with six ounces of caraway seeds and stew them in by degrees, beating it up all the time for two hours together. You may put in as much tincture of cinnamon or amber-grease as you please; butter your hoop and let it stand three hours in a moderate oven. You must observe always in beating of butter to do it with a cool hand, and beat always one way in a deep earthen dish.



*"Twenty-five yers ago de ladies starts a club,
Had to mind dey's chilluns in an awful hubbub."*

RECIPES THAT WERE POPULAR WHEN THE CLUB WAS FOUNDED

MRS. THOS. W. GARDNER, *Chairman*

BEEFSTEAK WITH OYSTERS

Wipe a sirloin steak, cut one and one-half inch thick, broil five minutes, remove to flat pan, spread with butter and sprinkle with pepper and salt.

Clean one pint of oysters, cover steak with same, sprinkle oysters with butter. Place pan on grate in hot oven and cook until the oysters are plump.

—MRS. S. H. HAWES.*

* * *

JELLIED VEAL LOAF

1 shin of veal (meaty)	½ stalk celery
1 small slice raw ham	Salt and pepper
2 onions	Parsley

Wash shin, put in pan and partially cover with water. Cut up onions and celery; add 1 teaspoon salt and black pepper. Boil about three-quarters of an hour, then drop slice of ham in; continue cooking until thoroughly done. Cool, then grind meat fine. Boil juice down until about two cups; strain into ground meat. Season to taste with salt, pepper, paprika, 2 teaspoons Worcester sauce, 1 teaspoon tomato catsup. Pack in deep vegetable dish. Put in refrigerator for two or three hours to jell.

—MRS. ALEXANDER F. RYLAND.

* * *

SAUSAGE

Never wash your meat. Cut into small pieces and weigh before seasoning. Mix seasoning in before grinding. To every

*Deceased,

40 pounds of meat mix in 13 ounces of salt, 4 ounces black pepper, one teaspoonful red pepper.

—SALLY CABELL PARKER.

* * *

OYSTER STUFFING FOR TURKEY

Make a stuffing for turkey in the ordinary way of dried bread crumbs, season with parsley, thyme and sweet marjoram, and moisten with melted butter. To this add twenty small oysters chopped fine, and with this stuff the breast of the turkey.

Or to the ordinary seasoned bread stuffing for a turkey add two dozen small oysters, moisten the crumbs slightly with the oyster liquor, and fill the breast of the turkey with the mixture.

—MRS. JOHN H. REED.*

* * *

ROAST LAMB WITH HERBS

1 leg lamb	$\frac{1}{2}$ teaspoon pepper
1 peeled clove garlic, minced	1 bay leaf, crushed
1 teaspoon salt	$\frac{1}{2}$ teaspoon each thyme, ginger,
1 tablespoon olive oil or butter	sage, and marjoram

Wipe lamb with damp cloth; cut small gashes top and bottom. Rub all ingredients except oil into lamb, then cover with oil. Roast twenty-to twenty-five minutes to pound.

—MRS. GEO. CALL.

* * *

MINT SAUCE FOR LAMB

One cup finely chopped mint. Moisten well with boiling water. Cover tight and let stand. When cold stir in one cup orange marmalade.

—MRS. GEO. CALL.

* * *

SALLY LUNN MUFFINS

2 eggs	$\frac{1}{2}$ cup sugar
1 pint milk	1 teaspoon salt
1 quart flour	$\frac{1}{4}$ yeast cake

Butter size of egg

Scald milk and dissolve butter in it. When luke-warm dissolve yeast. Add beaten eggs, sugar and sifted flour. Mix well and let stand until well risen. Work again and put in muffin rings. After they are risen bake in moderate oven.

—MRS. LEE RODEN.

*Deceased.

BATTER BREAD

$\frac{3}{4}$ cup of meal	$\frac{1}{2}$ teaspoonful salt
1 pint milk (or $\frac{1}{2}$ water and $\frac{1}{2}$ milk)	2 eggs

Put meal in milk and put on the fire and let boil. Remove from fire and add eggs and salt and beat all together.

Grease a warm baking dish with one-half inch of a stick of butter. Pour the mixture into this and bake in moderate oven about twenty-five minutes.

—MRS. OSCAR REDFORD.

* * *

RISEN BUCKWHEAT CAKES

$\frac{3}{4}$ qt. Virginia buckwheat	$\frac{1}{4}$ qt. meal
$\frac{1}{2}$ yeast cake	1 teaspoon salt

Beat to a stiff batter in a pitcher and let rise over night. In the morning add 2 eggs well beaten, 1 tablespoon molasses, and enough milk to make a nice consistency.

—MRS. C. E. PICOT.

* * *

CREAM WAFFLES

2 cups of flour	2 teaspoons sugar
4 teaspoons baking powder	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup melted butter	2 eggs
$1\frac{3}{4}$ cups of milk	

Mix and sift dry ingredients; add milk, which has been mixed with egg yolks beaten until thick; then add melted butter. Beat until all lumps have disappeared and there is a smooth, creamy mixture. Fold in the egg whites beaten until stiff. Have your waffle iron hot (it takes about ten minutes to pre-heat waffle iron). Put in the correct amount of batter and bake three minutes or until steam has ceased issuing from the iron. Serve at once. It is best to try a small amount of the batter in the iron at first to get the heat for the waffles.

—MRS. DAVID KEMPER KELLOGG.

* * *

CHICKEN CROQUETTES

1 cup finely minced chicken	1 cup milk
$\frac{1}{2}$ cup bread crumbs	1 egg
Butter size of an egg	Chopped parsley to taste

Let butter heat to bubbling point and to it add a thick cream sauce made with the milk and flour. Cook thoroughly and then add the beaten egg and other ingredients. Season with salt and

pepper. When this mixture is cold form into croquettes, dip in crumbs, then in egg, and finally in crumbs again. Fry in a deep fat. Lobster may be substituted for chicken if desired. This makes twelve croquettes.

—MRS. W. EARL MILLER.

* * *

LOBSTER A LA NEWBURG

1½ cups lobster meat	Yolks of 2 eggs
1 tablespoon butter	½ teaspoon salt
1 tablespoon flour	1 cup rich milk

Mince lobster. Rub flour and butter together. Heat milk, add butter and flour. Add egg yolks and salt; also a few grains of cayenne pepper and nutmeg, then lobster and 2 tablespoons sherry wine. Serve hot.

—JANE MERRETT GOVER.

* * *

BLACK WALNUT CATSUP

Select walnuts when tender enough to pound in a marble mortar. To every dozen walnuts put 1 quart of vinegar. Stir well every day for a week, then put in a bag and press all the liquor through. To each quart put a teaspoon of powdered cloves, one of mace, and six cloves of garlic. Boil fifteen or twenty minutes and bottle or put in a stone jug.

This catsup is delicious on both fish and raw oysters.

—MRS. CHAS. E. PICOT.

* * *

COLD CATSUP—UNCOOKED

One-half peck tomatoes peeled and chopped. Drain for six hours and add: 1 root horseradish (ground), 2 tablespoons celery seed, ½ cup salt, 1 red pepper (chopped), ½ cup sugar, ½ cup yellow mustard seed, ½ cup ground mustard which has been made into a thin paste, 2 teaspoons black pepper, 1 tablespoon ground cinnamon, 1 tablespoon ground cloves, 1 quart vinegar. Put in jars and seal.

—MRS. WALTER WEST.

* * *

AMBROSIA

1 cocoanut	8 oranges
1 cup sugar	

Grate cocoanut, then put oranges, cocoanut and sugar in bowl until it is filled. Pour over cocoanut water and serve.

—MRS. W. P. REDD.

4 eggs	1 pint of flour
$\frac{1}{2}$ teaspoon salt	1 pound seeded raisins
$\frac{1}{2}$ pound citron and a small piece of orange and lemon peel	

Make mixture thick enough to drop. Put in a well-floured bag, tie tight, and boil 3 hours.

—MRS. LEE RODEN.

* * *

NAN'S PUDDING

4 tablespoons corn starch	1 cup sugar
1 tea cup cold water	2 lemons
1 pint boiling water	3 eggs

Dissolve corn starch in cold water and pour slowly into boiling water, stirring constantly for one minute. Then add the sugar and the grated rind of 1 lemon and the juice of 2. Beat this hot mixture gradually into the stiffly beaten whites of eggs. Pour into mold and chill. Serve with cold custard sauce, using the yolks.

—MRS. O. F. OSTERGREN.

* * *

CHESS CAKES

Yolks of 6 eggs	$\frac{1}{4}$ pound butter
1 cup sugar	Juice of 2 lemons

Cream butter and sugar together. Add well-beaten egg yolks. Then add lemon juice and beat thoroughly. Make pastry. Line individual pie pans with pastry, put in filling, and cook all together as pies until brown. This quantity makes about fifteen very small ones.

—MRS. OSCAR REDFORD.

* * *

SPONGE CAKE

1 cup sugar	$\frac{1}{2}$ teaspoon cream of tartar
$\frac{3}{4}$ cup sifted flour	2 teaspoons vanilla, or
6 eggs	1 teaspoon lemon extract

Beat eggs separately; when whites are half beaten add cream of tartar; beat stiff. Add $\frac{1}{2}$ cup sugar to whites and $\frac{1}{2}$ cup sugar to yolks. Mix together and add flour. Bake in cake mold in slow oven not over 300°.

—MRS. A. F. RYLAND.

ALAKUMA

- | | |
|------------------|--------------------------------------|
| Whites of 2 eggs | $\frac{1}{2}$ cup thick corn syrup |
| 2 cups sugar | $\frac{1}{4}$ lb. conserve cherries |
| 1 cup water | $\frac{1}{4}$ lb. conserve pineapple |
| | 1 cup nut meats |

Mix sugar, water and syrup; cook until it hardens in cold water. Stir slowly into well beaten whites of eggs. Add fruit and nuts chopped fine, and beat until it begins to cream. Drop from teaspoon to plates or wax paper.

—MRS. ROBERT M. KENT.

* * *

TIPSY FINGERS

- | | |
|----------------------------------|---------------------------|
| $2\frac{1}{2}$ doz. lady fingers | 1 quart milk |
| 1 doz. macaroons | 5 eggs |
| 1 pint XX cream | $1\frac{1}{2}$ cups sugar |
| | 1 small cup cherry wine |

Make a thick custard with the milk and eggs, and whip the cream. Break lady fingers in half and dip in sweetened wine (allow 2 to each cup). Crumble one macaroon over each cup, and fill cup with custard. Top with whipped cream and put in ice box to chill.

—MRS. G. CARLETON JACKSON.

* * *

POUND CAKE

1 lb. butter creamed well before adding 1 lb. sugar sifted three times. Cream with sugar until very light. 11 eggs added, one at the time. 1 lb. flour sifted three times, with $\frac{1}{4}$ teaspoon baking powder and pinch of salt. 1 teaspoon vanilla. Bake two hours in very slow oven.

—MRS. VANCE TERRELL.

* * *

SYLLABUB

(Same as Sillibub)

- | | |
|----------------------------|---------------------------|
| 1 pint of milk | 2 gills of wine |
| 1 pint of cream (whipping) | 1 tablespoon good whiskey |
| | Sugar to taste |

Mix all together in pitcher. With syllabub churn, churn until bubbles rise on top. Take bubbles off with tablespoon and gradually fill glasses. Serve cold and sprinkle nutmeg on top.

—MRS J. E. COX.

WINE JELLY

1 package gelatine. Pour on it 1 pint cold water and let stand 1 hour. Add 3 pints boiling water, with 2 pounds granulated sugar and a few pieces of mace. Stir until thoroughly dissolved, then add $1\frac{1}{2}$ pints wine and the strained juice of 3 lemons.

—RECIPE OF THE MOTHER OF MRS. C. P. CADOT.

* * *

CHARLOTTE RUSSE

Soak 1 tablespoon gelatine in 3 tablespoons cold water until well dissolved. Add this to 1 pint cream whipped to a stiff froth, into which 2 tablespoons powdered sugar, whites of 2 eggs beaten stiff and $\frac{1}{2}$ teaspoon vanilla have been beaten. Continue the beating until the mixture begins to stiffen and then turn it into a mold lined with sponge cakes.

—MRS. C. P. CADOT.

* * *

FLOATING ISLAND

$\frac{1}{2}$ cup gelatine (granulated or shredded)	$2\frac{1}{2}$ cups water
2 lemons	$1\frac{1}{2}$ cups sugar
	1 orange

Soak gelatine in 1 cup cold water and then add $1\frac{1}{2}$ cups boiling water, the sugar and strained juice of lemons and orange. Place this in the refrigerator until it becomes the consistency of soft jelly. To this add the well beaten whites of 4 eggs and 4 tablespoons of sugar. Pile lightly on dish.

* * *

CUSTARD FOR FLOATING ISLAND

Yolks of 4 eggs	1 cup sugar
1 quart rich milk	

Scald milk; add the sugar and egg yolks well beaten and cook in a double boiler until it is thick. Flavor with vanilla. When this is cold pour around the jelly. Serve cold.

—MRS. J. B. BARKER.

* * *

BLACKBERRY DUMPLINGS

1 qt. blackberries	1 lb. sugar
Pastry dough	

Make a pastry, roll thin, fill with blackberries and sugar. Pinch at top. Bake in hot oven and serve with hard sauce.

—MRS. F. LAWTON CRUTCHFIELD.

LEMON CREAM PIE

3 tablespoons butter	4 heaping tablespoons lemon juice
1 cup sugar	1/3 cup flour
3 eggs	1 cup milk
Grated rind of 1 lemon	1 cup rich cream

Cream together butter and sugar; add yolks of eggs, grated rind of lemon, lemon juice and flour. Stir in milk and last of all, cream. Put in double boiler and cook until thick, stirring constantly. Let cool and then add well beaten egg whites, to which have been added three tablespoons sugar and a pinch of salt. Pour mixture into a baked pie crust. Slip into a slow oven and cook until crusted over.

—MRS. F. V. GUNN.



*"Interestin' folks all likes to cook,
An' dey's sendin' recipes fo' de new cook book."*

FAVORITE RECIPES FROM INTERESTING PEOPLE

MRS. MEADE FERGUSON—MRS. A. S. WINSTON, JR., *Chairmen*

INTERNATIONAL

CHICKEN WATERZOI

1 fat pullet, cut in large pieces	1 onion
2 large leeks	½ stalk of celery
1 teaspoon chopped chervil	Salt and pepper
2 decilitres of cream	2 eggs
1 bunch of parsley root, thyme and bay	

Shred and brown the vegetables in the butter in a covered pan for 10 minutes. Then add the chicken and let it stew for 10 minutes more. Add enough bouillon or water to cover the chicken well. Add salt and pepper, and cook, covered, for 45 minutes. Place the chicken in a soup-tureen. Add to the liquid 1 spoonful of chopped chervil. Let the liquid boil 1 or 2 minutes longer, then remove from the fire and add while stirring 2 decilitres of cream, mixed with the yolks of 2 eggs. Pour into the soup-tureen over the chicken and serve very hot.

—DAVE HENNER MORRIS,
(*U. S. Ambassador to Belgium.*)

* * *

EMPANADAS DE HORNO

4 tazas grandes de harina	1 taza de salmuera
3 huevos	3 cabezas de cebollas
1 taza grande de grasa	1 taza de grasa con aji de color
2 libras de posta	

Se unen las 4 tazas de harina, los tres huevos, la taza de grasa i la taza de salmuera, dejandole caer la grasa y el agua al mismo

tiempo hasta que quede bien unida y dura. Se huslerea la msas hasta que quede bien delgadita; se rellena por partes con el pino poniendole aceitunas, pasas y huevos duros cortado.

El relleno se hace picando bien fina la cebolla y la carne cruda; se frie todo junto (en la grasa con aji de color que se ha puesto a calentar) hasta que la cebolla este bien cocida.

Se cierra aprentando los bordes, y se pone en una sarten con grasa para hornas lentamente.

* * *

BAKED EMPANADAS

(English translation of the above recipe)

4 large cups of flour	1 cup of very salty water (brine)
3 eggs	2 lbs. of chopped steak or chicken
1 large cup of suet, chopped very fine	3 onions

1 cup of finely chopped suet mixed with sweet red pepper

Mix the flour, eggs and suet, while at the same time pouring the salt water into it until it assumes a mass capable of being rolled into very thin sheets.

Then chop 3 onions very fine with 2 pounds of meat or chicken; fry in the cup of suet mixed with red pepper. When the onions are well done fill the thin sheets with it, adding at the same time 1 or 2 olives, a few raisins and small pieces of hard-boiled eggs, to each Empanada.

Close by pressing edges, place in a well-greased pan in oven to bake slowly.

—DON MANUEL TRUCCO,
(*Ambassador to the U. S. from Chile.*)

* * *

DUKATOVE BUCHTICKY SE SEDO

(Sweet Muffins with Wine Sauce)

(Serves 6 persons)

1 lb. of flour	2 tablespoons sugar
2 cakes of yeast	4 egg yolks
4 to 5 tablespoons of milk	3 ozs. of melted butter

Melt 2 cakes of yeast in 4 to 5 tablespoons of lukewarm milk and let rise. Then add to 1 pound of flour and mix well. Add 3 ounces of melted butter, 2 tablespoons sugar, a little salt, the rind of half a lemon (grated) and 4 egg yolks. Work the dough thoroughly. Place in warm spot and let rise for 2 hours. With a small spoon cut small portions and put into a buttered cake pan, brushing each portion of dough with butter. Buttering each piece carefully, it can be placed one on top of another, making

two or three layers of muffins. Bake in medium oven for about 20 to 25 minutes. Separate layers of muffins.

WINE SAUCE

(To be started 10 minutes before serving)

4 egg yolks	Rind of 1 lemon
4 tablespoons sugar	1 stick of cinnamon
1 pint of white table wine	

Mix egg yolks with sugar and add rind of 1 lemon finely cut. Add 1 stick of cinnamon and 1 pint of white wine. Beat quickly and continually over medium flame until mixture foams. It must not boil. When it thickens, pour into a dish or pitcher and serve hot as sauce for muffins.

—DR. FERDINAND VEVERKA,
(Minister to the U. S. from Czechoslovakia.)

* * *

CANARD A L'ORANGE

Bien nettoyer le canard, le ficeler. Mettre un bon morceau de huerre dans la casserole-chauffer-faire revenir le canard avec un oignon et une carotte-dorer-assaisonner avec sel et poivre-ajouter un bouquet (persil, thym, laurier).

Mouiller avec un bon jus de veau, faire braiser c'est-a-dire mettre a couvert dans un four assez chaud pendant 1½ a 2 heures jusqu a complete cuisson.

Retirer le canard-prendre le jus, bien le degraisser ajouter le jus d'une orange et un peu de zest finement coupe-lier le jus avec un peu de farine d'arrow-root delayee a l'eau.

D'autre part preparer 4 oranges epluchees et coupees en quartiers que l'on met a chauffer au bain Marie.

Au moment de servir decouper le canard, dresser sur un plat, egoutter les oranges, les placer autour et napper de sauce. Servir la sauce dans une souciere a part. (1 canard peut faire pour 4 a cinq personnes.)

—MADAME ANDRE DE LABOULAYE, for
MR. ANDRE DE LABOULAYE,
(French Ambassador to the U. S.)

* * *

DUCK A L'ORANGE

(English translation)

Butter	Parsley, thyme and bay leaves
1 onion	Veal stock
1 carrot	Juice of 1 orange
Salt and pepper	Pinch of the rind,
Meal of arrow root	finely peeled
4 oranges, peeled and cut in sections	

Pare and clean a tender duck. Melt a large piece of butter in a roaster, add duck, onion and carrot, and saute until golden in color. Then add salt, pepper, parsley, thyme and bay leaves. Drop little by little some good veal stock. Then put in medium hot oven, covered. Cook from $1\frac{1}{2}$ to 2 hours, until the meat is tender.

Take off the duck; skim the stock for any surplus fat. Add the juice of an orange, a pinch of the rind (finely peeled) and a little arrow root meal, carefully blended with water to make a smooth paste.

Peel and cut 4 oranges in sections, and heat on top of double-boiler.

When ready to serve, cut the duck. Put on a platter, drain the orange sections and place around the meat. Cover with a little of the sauce. Serve the remainder in a sauce-boat. (One duck will serve 4 to 5 persons.)

—MADAME ANDRE DE LABOULAYE.

* * *

REHRUECKEN SAFTIG ZU BRATEN

Man nimmt einen rehruecken (genuegt fuer 10 bis 12 personen), saeubert ihn, haeutet ihn und spickt ihn zierlich mit ziemlich dicken speckstreifen.

In der pfanne laesst man 125 g speck in scheiben ausbraten, legt den gespickten rehruecken darauf, giesst 200 g heissgemachte butter darueber, bestreut ihn mit salz, setzt ihn in den maessig heissen ofen und bratet ihn unter fleissigem begiessen $\frac{3}{4}$ bis 1 stunde. Wird die butter zu braun, so giesst man ein wenig wasser oder besser die entfettete bruehe von ausgekochten Knochen hinzu. In der letzten halben stunde aber giesst man nach und nach 1 grosse tasse saure sahne hinzu, die sich braeunen muss, und schabt dabei den braunen satz von den waenden der pfanne los, damit er mit verkocht. Wird die sahne beim braten zu dick, so giesst man noch ein wenig wasser oder knochenbruehe hinzu.

Nach $\frac{3}{4}$ oder 1 stunde nimmt man den braten heraus, ruehrt den bratensatz mit etwas bruehe von der pfanne los, schoepft das Fett ab, macht ihn, wenn noetig, mit etwas mehl saemig und haelt die sosse warm.

Der ruecken wird von beiden seiten in schoene schraege scheiben geschnitten und mit der sosse oder mit Cumberlandssosse zu tisch gegeben.

Ein rehruecken muss saftig gebraten werden und innen noch rosa sein und kann mit zarten gemuesen, wie spargelspitzen,

jungen karotten, blumenkohl, garniert, oder mit kompott und salat serviert werden.

* * *

ROTE GRUETZE

500 g rote johannisbeeren und 500 g himbeeren werden mit $\frac{3}{4}$ l wasser ausgekocht und durch ein tuch gepresst. Der so gewonnene saft wird mit 180 g zucker und 6 fein geriebenen mandeln aufgekocht, mit 180 g zucker und 6 fein geriebenen mandeln (bittern) aufgekocht, mit 150 g mit wasser angefeuchtetem reisgrieb auf dem feuer zu einem nicht zu dicken brei abgeruehrt, in eine nassgemachte form gefuell, nach dem erkalten gestuerzt und mit suesser sahne oder schlagsahne serviert.

Man kann auch unter den heissen brei den schnee von 4 eiweiss mischen und an stelle des reisgries tapioka oder perlsago verwenden, den man ganz langsam klar und dick ausquellen laest.

SUCCULENT ROAST VENISON

(English translation of the above recipe)

Take venison (enough for 10 to 12 persons), clean it and skin it, interlard it with fairly thick strips of bacon, (fat).

Place about $\frac{1}{4}$ lb. of fat bacon slices in the pan, allowing them to fry, put the roast in the pan and pour about $\frac{1}{4}$ of a pound of melted butter over it. Sprinkle salt on it and roast for $\frac{3}{4}$ to 1 hour, basting it continuously. If the butter becomes too brown pour a little water on it, or better still, the broth of a bone from which the grease has been removed. In the last half hour pour a large cup of sour cream gradually over it, scrape the grease sticking to the sides of the pan off, so that it cooks along. If the gravy is too thick, add a little water or broth.

Take the roast out after $\frac{3}{4}$ to 1 hour, stir the gravy with broth loosening it from the pan, drain the grease off and thicken it, if necessary, with flour, keeping it hot.

The venison can be cut from both sides in nice slanting slices and may be served with the sauce or with Cumberland sauce.

Venison must be moistly roasted and pink inside. It may be garnished with vegetables, such as asparagus tips, young carrots and cauliflower, or may be served with stewed fruit and salad.

* * *

RED GRITS

Boil a pound of red currants and a pound of raspberries in $\frac{3}{4}$ of a quart of water and strain them in a cloth. Boil this juice with $\frac{3}{4}$ pound of sugar and six finely grated almonds and $\frac{1}{4}$ pound of rice meal which has been moistened beforehand. Stir

on the fire, not letting it become too thick. Pour into a wet mould and serve with sweet or whipped cream. The white of 4 eggs, beaten, may also be added, and tapioca or sago may be used instead of rice meal.

—HANS LUTHER,
(*Ambassador from Germany to the U. S.*)

* * *

FRESH PEACHES

Dr. Dodd denies knowing anything of the culinary art, but he kindly sent as his preference of all dishes—

Fresh peaches are certainly one of my favorite dishes. I am fond of them in the many delightful ways that they are served.

—DR. WILLIAM E. DODD,
(*U. S. Ambassador to Germany.*)

* * *

CORN CAKES

1 cup boiling water	$\frac{3}{4}$ cup flour
$\frac{1}{2}$ cup corn meal	Teaspoonful of salt
1 oz. melted butter	3 teaspoonfuls baking powder
1 egg, well beaten	Milk

Boil corn meal in boiling water for few minutes and let cool. Then proceed as for ordinary drop cakes, adding milk enough to make right consistency. Add baking powder last. Cook at once on very hot griddle.

—ROBERT WORTH BINGHAM,
(*Ambassador to Great Britain from the U. S. A.*)

* * *

SPAGHETTI

Per fare dei buoni spaghetti ci vuole della buona pasta. Una libbra e $\frac{1}{4}$ o una libbra e $\frac{1}{2}$ basteranno per 4 persone.

In secondo luogo bisogna cuocere gli spaghetti in un recipiente grande; piu' acqua ci sara', meglio riusciranno. Mettete nell' acqua un cucchiaino di sale e fate bollire per 18 or 20 minuti in modo che gli spaghetti siano cotti bene, ma non troppo molli. Contrariamente a quanto si crede, in questo modo sono piu' digeribili. Fate poi scolare bene l'acqua ma non aggiungete acqua fredda. Versate in un catino e aggiungete una buona quantita' di formaggio parmigliano grattugiato. Mescolate bene e aggiungete la salsa che avrete preparato prima ma che deve essere calda. Gli spaghetti devono infatti essere serviti caldi.

SALSA

2 cipolle di grandezza media	Un poco di basilico
Un po' di prezzemolo	Una manciata di funghi
$\frac{1}{4}$ di libbra di manzo magro	secchi
macinato	1 o 2 peperoncini secchi
Olio d'oliva	schiacciati
1 o 2 spicchi di aglio	Un pizzico di noce moscata
2 scatole grandi di pomodoro in pezzi (o l'equivalente in conserva di pomodoro)	

Triturate insieme cipolla, aglio, prezzemolo e basilico e cuocete in parecchio olio d'oliva fino a che diventino dorati ma non scuri. Aggiungete il pomodoro, le spezie, il sale e un po' di pepe. Lasciate bollire piano per circa 3 ore. Intanto a parte rosolate la carne in un po' di burro. Aggiungetela al pomodoro. Lavate molto bene parecchie volte i funghi e tagliateli a pezzettini. Dopo averli fritti per 2 or 3 minuti in olio, aggiungeteli alla salsa e continuate a cuocere per un' altr' ora.

SPAGHETTI

(English translation of the above recipe)

To make good spaghetti, Italian style, it is necessary first of all to have good paste. About $1\frac{1}{4}$ to $1\frac{1}{2}$ pounds is sufficient for 4 persons.

Second, do not attempt to cook spaghetti in a small kettle. The larger the quantity of water used, the better. An 8 or 10 quart preserving kettle is excellent for the above quantity. Bring the water to a rapid boil. Add about a teaspoon salt and then the spaghetti which must not be broken. Let it boil rapidly for about 18 to 20 minutes. This is sufficient to cook it and yet leave it slightly firm. Contrary to the general belief, it is more digestible this way. Drain well, but do not run cold water over it. Turn into a large bowl and add a generous quantity of grated Parmesan cheese. Mix well and add the following tomato sauce which should have been prepared beforehand and should not be cold. In fact, spaghetti should be served while still hot.

SAUCE

2 medium sized onions	Small sprig of basilico (basil)
1 small bunch parsley	Dried mushrooms—enough to
About $\frac{1}{4}$ lb. of lean beef, ground	hold in the hollow of hand
Olive oil	1 or 2 peppercorns, crushed
1 or 2 cloves of garlic	A dash of ground mace or nutmeg
2 large cans tomatoes (or an equal quantity of diluted tomato puree)	

Chop together onions, garlic, parsley and basilico, and cook in a generous quantity of olive oil until soft but not brown. Add tomatoes, strained (or diluted puree), spices and salt and pepper to taste. Let simmer slowly for about 3 hours. Brown meat in a little butter. Add to above. Wash mushrooms through hot water several times, and chop fine. Cook 2 or 3 minutes in a little olive oil and add to the above. Continue cooking slowly another hour. (Mushrooms may be omitted.)

—AUGUSTO ROSSO,

(*Ambassador from Italy to the U. S.*)

* * *

SUKIYAKI

(Internationally famous Japanese dish)

1½ cup of rice	½ lb. of mushrooms
1¾ cup of water	1½ lb. of sirloin steak
1 lb. of onions	1 small can of bamboo shoots
1 bunch of green onions	½ cup of Showyou sauce
½ lb. of spinach	4 tablespoon sugar

Wash rice thoroughly and drain. Put in water and cover it up tight and cook on very slow fire for 40 minutes. Do not take the cover off while cooking. Fire must be very slow.

Slice onions, mushrooms, bamboo shoots thin and arrange them with other vegetables attractively on a platter. Slice meat thin and put on the platter.

Use electric or gas grill with a heavy frying pan. Put a few pieces of fat and let it sizzle, then put onions and other vegetables and meat in slowly, and when they begin to fry, put in a little Showyou sauce and sugar.

Serve rice in a bowl and take a portion of the cooked sukiyaki on the rice and eat it hot. As soon as there is a little room in the pan, put some more in. The interesting part of this dish is that you cook and eat at the same time, and flavor as you go along to suit your own taste.

The above recipe is enough for 4 to 6 persons.

—HIROSI SAITO,

(*Ambassador from Japan to the U. S.*)

* * *

ICE-BOX ROLLS

1 pt. of milk (scalded)	¼ teaspoon soda
½ cup mashed potatoes	1 cup of lard or butter
½ cup sugar	1 yeast cake
1 level teaspoon baking powder	1 teaspoon salt

DIRECTIONS:

Cool milk; add yeast, potatoes, sugar, baking powder, soda, lard, salt.

Beat enough flour into this mixture to form a batter. Let this stand half an hour, then add enough flour to make a dough that can be handled. Set in ice box overnight. Make rolls out two hours before using. Place rolls in warm place while they are rising.

—FRED MORRIS DEARING,
(*Ambassador to Lima, Peru, from U. S. A.*)

* * *

BARSCH

(The "Barsch" and the Hunter's "Bigos" are among the best known and favorite Polish dishes.)

Prepare a good broth from beef bones, $\frac{1}{4}$ pound of breast of pork, some dried mushrooms (imported from Poland or Hungary); add different vegetables: onions, a few potatoes cut in 1-inch cubes, $\frac{1}{2}$ pound small head of cabbage cut in macaroni fashion, 2 to 3 garden beets cut in $\frac{1}{2}$ -inch cubes. Broil separately in butter 5 tomatoes and then strain. After boiling the broth sufficiently so that vegetables are cooked, mix broth and tomatoes and put in beets. Make a hash of fresh bacon with some parsley and dill, and a well-ground $\frac{1}{2}$ onion, boiling it all with the barsch. Simplest way to get barsch is to add some vinegar to beet juice, making it pleasantly sour. Pour all into the broth and serve hot with hard-boiled eggs, cut in sections and dropped in at the last moment into the soup.

* * *

HUNTER'S BIGOS

An old Polish dish composed of sauerkraut and various kinds of meat. This dish can be made from left-overs.

Take 5 or 6 pounds of sauerkraut. Cook same and add a handful of mushrooms, which after being cooked should be cut into strips and added to the cabbage together with their juice. Season with bacon cut into dice, parsley fried with 2 onions and 2 spoonful of flour. Take different kinds of previously cooked meat as: pork, lamb, veal, also different kinds of game, such as partridge, venison or hare, and some ham. Cut into dices, take $\frac{1}{2}$ pound of sausage and cut into slices and mix into the sauerkraut, and add the gravy, in which the meat was cooked. Salt, pepper and sugar to taste, and let stew for half an hour. Then add a tumbler of Madeira. Let all come to a boil and remove. Cover well and put in a cool place. It can then be warmed up and served when desired. Bigos may be kept for a

few weeks, and the more it is warmed up, the better it is. This should be served with boiled potatoes.

—STANISLAW PATEK,
(*Ambassador from Poland to the U. S.*)

* * *

CHICKEN TAMALES

2½ lbs. of fresh whole corn from the cob
½ cup of chicken stock in which the chicken was cooked
1 lb. of lard
1 cooked chicken

Cook the corn until tender. Wash thoroughly after cooking. Cut the ends off the kernels and grind very fine. Put the dough in an earthenware deep dish and with a wooden spoon beat, pouring at the same time the melted lard and the chicken stock. When the dough is very porous start forming the tamales on dampened corn leaves. Place pieces of chicken in the center, and if desired, add Chili sauce. Finish forming the tamales and wrap them with the corn leaves. Steam them in top of a double boiler, and when very hot serve.

The dough may be made from "Tamalina" instead of fresh corn. "Chili powder" may be mixed with the chicken stock, instead of using Chili sauce.

The tamales are steamed in the same way as hard crabs.

—DR. DON FRANCISCO CASTILLO NAJERA,
(*Ambassador from Mexico to the U. S.*)

* * *

COD BYSCAYENNE

6 shallots, chopped	2 raw potatoes, sliced thin
2 cloves of garlic, chopped	2 tomatoes, peeled and sliced
2 tablespoons olive oil	1 green pepper, chopped
2 lbs. cod, shredded	Salt and pepper
1 cup of water	

Saute shallots and garlic in the olive oil for 5 minutes. Do not let them brown. Add cod and mix thoroughly. If using salt cod, allow to soak in cold water several hours before using. Place one-half of the cod mixture in the bottom of a casserole. On top of the fish place a layer of potato and tomato slices and the chopped pepper. Season and cover with remainder of the fish. Add water, cover and bake in a moderate oven (350° F.) for 1 hour. This makes 8 to 10 servings.

The typical Basque sauce is Piperrade, "peppery" in translation. Hot and spicy, often enriched by eggs, it makes a piquant vegetable melange. The codfish recipe shows that this cuisine

also follows the Southern chives-shallot-leek-onion-garlic route. Its most distinguishing characteristic, however, is the use of peppers in everything. A piperrade omelet is smothered in minced sweet peppers and tomatoes lightly browned in olive oil.

* * *

PASTEL DE SALMON

(Salmon Pie)

En manteca se rehogan trufas, setas, y echalotas, picadas y sazoadas con nuez moscada, sal y pimienta, y luego los filetes de medio kilo de salmon. Se hace una pasta de pastel y se forra un molde. Se llena el pastel con un picadillo de cualquier pescado mezclado a una bechamel espesa, a la que se agregan dos yemas de huevo y colas de cangrejo. De esta masa se pone una capa en las paredes del pastel y otra en su fondo, despues una capa de filetes de salmon y otra de la pasta, y asi hasta llenarlo; entonces se echa la salsa en que se rehogaron las trufas, etc., se cubre con una hoja de laurel y otras de tocino y se tapa con una tapadera de pasta que se decora con recortes de la misma y huevo batido y se mete en el horno un par de horas al cabo de las cuales se le quita el laurel y tocino, poniendo en su lugar las setas y trufas y se sirve bien caliente.—Lo mismo puede hacerse el lenguado o lo que se quiera.

—DON LUIS CALDERON,
(*Ambassador from Spain to the U. S.*)

* * *

TURKEY

RECIPE FOR KEFTIDIS

This is a recipe for small meat balls somewhat under the size of an English walnut, the balls themselves being useful for cocktail parties, picnics, and the like. They may be served hot or cold, but better hot, with a toothpick in each one to facilitate handling.

RECIPE: Cut a clear piece of beef finely, together with a well-cooked onion. Place the mixture in a terrine with cold water, barely enough to cover the contents, together with a piece of butter, salt, and pepper. Allow the mixture to boil down on a lively fire. When the meat is dry allow it to cool throughout the night. The following day add a few bread crumbs previously dipped in milk, then cut two hard-boiled eggs and some Holland cheese, working the two together. Mix the meat with this combination of egg and cheese, form balls either round or oval, and fry in butter.

FISH SOUP

The following is a recipe frequently followed in the islands of the Near East:

Cook selected portions of fish, moistened with $\frac{1}{2}$ glass of wine, over a slow fire. Strain the broth, place in it fresh portions of uncooked fish, as well as a lobster, and allow the moisture to cook over a slow fire. Add vegetables, such as carrots, celery, onions, potatoes, tomatoes, and a little olive oil. When the fish and lobster are cooked, cut slices of bread and place these in the soup. Finally, add the juice of a lemon.

It is altogether probable that the above recipe gave birth to the famous Marseille "Bouillabaisse" celebrated by Thackeray in a poem wherein he announced it a "noble dish," although as a matter of fact he ate it in Paris and probably was provided with a very poor imitation of the real thing.

—ROBERT P. SKINNER,
(*Ambassador to Istanbul, Turkey, from U. S. A.*)

* * *

CHEESE DELIGHTS

Cheese Delights can be used for an entree or a canape

Take 200 grams (2/5 lb.) of cheese grated very fine, 3 heaping tablespoonfuls of flour, $1\frac{1}{2}$ cups of milk, 2 tablespoonfuls of butter, 4 yolks of eggs, the whole seasoned with pepper and salt. First melt the butter and stir in the flour until well mixed. Then pour in the milk and let thicken. Beat constantly, and when the mixture thickens, beat in the yolks of eggs one at a time. Add the cheese and continue to beat until the mixture becomes a soft ball and leaves the sides of the pan. Let cool and spread on thin slices of bread. Let stand until firm and then fry in deep fat until a golden brown, and serve hot.

When served as an entree the pieces of bread used should be about one-fourth of an inch thick and about two inches square, and the serving dish should be garnished with parsley fried in butter. When served as a canape the pieces of bread used can be smaller.

NOTE.—"I have your note stating that the Ginter Park Woman's Club of Richmond, Virginia, is compiling a cook book and that you would like me to contribute a favorite recipe. I am very glad to give you a recipe which Mrs. Messersmith and I have used in our home in South America and various places in Europe and which seems to have given a good deal of pleasure to our friends."

—GEORGE S. MESSERSMITH,
(*U. S. Minister to Austria.*)

GRAPEFRUIT RING

1½ cups grapefruit juice	2½ tablespoons gelatine
½ cup orange juice	(generous measure)
¼ cup lemon juice	1½ cups sugar
1 cup hot water	½ cup cold water

Soak gelatine in cold water 5 minutes. Boil sugar and hot water 3 minutes or until clear; pour over soaked gelatine and stir until dissolved. Let cool, then add fruit juice, a few grains of salt, and pour into ring. Set aside in cool place to harden for several hours. If desired, whipped cream may be piled in center of ring when served.

—MRS. RUTH BRYAN OWEN,
(U. S. Minister to Denmark.)

* * *

ARROZ CON POLLO

Pollo.....1	Pimientos.....1
Arroz.....1 libra	Sal.....a gusto
Salsa de tomate...1 cucharada	Vinagre.....1 cucharada
Cebolla.....1 pequena	Pimienta en Polvo. Un poquito
Perejil.....1 ramito	Agua tibia.....2 botellas
Aceite.....	¼ vaso

MODO DE HACERLO

Se limpia el pollo y despues de bien lavado se sazona con los ingredientes siguientes, cebolla, vinagre, perejil, pimienta, pimientos. Se sofríe en el aceite y se deja cocer; cuando se le agrega el agua tibia, cuando esta hierva se le agrega la salsa de tomate y el arroz que se tendra de antemano lavado; cuando seque el agua se la tapa despues de 10 minutos se le da una vuelta quedando preparado para servirse.

* * *

ARROZ CON POLLO

Chicken.....1	Pimientos.....	small can
Rice.....1 pound	Vinegar.....	1 tablespoon
Tomato sauce. 1 tablespoon	Hot water....	2 pints
Small onion... 1	Oil.....	¼ cup
Pepper	Salt	Parsley

INSTRUCTIONS

Clean and cut in small pieces a whole chicken. Season with minced onion, vinegar, salt, parsley and pimientos. Let stand 10 minutes. Saute chicken in hot oil till well cooked. Add hot water. When boiling add tomato sauce and rice. Cover till ready to serve.

—DON RAFAEL BRACHE,
(Envoy Legation of Dominican Republic, Washington, D. C.)

大蝦 二磅
 醬油 半茶杯
 蔥 一個
 薑 一片
 玉蜀黍粉 一匙
 水 一茶杯
 酒 一匙

清炒蝦仁

將蝦洗淨葱薑切成碎片置於碗中和以料酒及醬油貯冰箱中約一小時然後將蝦提出去汁置熱鍋中炒十分鐘加水及粉並鹽少許再煮數分鐘加糖一匙即可備食

Above recipe in native Chinese

—SAO-KE ALFRED SZE,
 (Minister from China to the U. S.)

RECIPE FOR FRYING SHRIMP

(English translation of Chinese recipe)

2 lbs. of large shrimp	1 piece green ginger
½ cup Chinese sauce	1 tablespoon cornstarch
1 onion	1 cup water or stock
	1 tablespoon sherry

Wash shrimp, slice onion and ginger and put all in bowl with sherry and sauce. Let stand in ice box for 1 hour. Drain shrimp. Fry in sizzling hot pan for 10 minutes. Add cornstarch to stock and pour over shrimp. Add a little salt to taste. Let boil for a few minutes. Add 1 teaspoon sugar before serving.

—SAO-KE ALFRED SZE,
(*Minister from China to the U. S.*)

* * *

PAPRIKASCIRKE

1 csirke	2 evokanal zsir
1 kis fej hagyma	2 csesze savanyu tejfel
1 kis kanal rozsapaprika	So

Vagjunk aprora egy kis fej hagymat es pirtsuk aranyargara ket evokanal zsirban; a jol megozott, darabokra vagott fiatal csirket paroljuk ebben, amig megpuhul, kozben ontsuk fel kis vizzel, nehogy oda egjen—azutan tegyuk bele a paprikat es vegul, ha mar egeszen puha a csirke, keverjuk hozza a savanyu tejfelt. Koritesul adhatunk galuskat vagy rizst.

PAPRIKA CHICKEN

(English translation of the above recipe)

1 chicken (for 4 persons)	2 tablespoons fat
1 onion	2 cups sour cream
1 teaspoonful paprika	Salt

Clean the chicken and cut it into pieces. Heat the fat, stew the finely chopped onion in it until yellow, add the paprika. Put the chicken into the fat, add salt, and leave to stew, adding a little water at a time, until it is tender. Boil the cream with it; if the sauce is too thick, add a drop of water. The chicken is served in this sauce and galuska served (the smallest kind of flour dumplings) with it. Veal or very lean pork may be prepared in exactly the same manner.

—JOHN PELENYI,
(*Minister from Hungary to the U. S.*)

SWEET POTATOES A LA THERESE

Boil, mash, and strain the sweet potatoes; then mix with honey, ground almonds, butter (also a little milk if the sweet potatoes are dry) and cover the top with shredded almonds. Bake in a moderate oven.

—JOHN FLOURNOY MONTGOMERY,
(*Minister from the U. S. to Hungary.*)

* * *

ONTBIJTKOEK

(**Netherland Breakfast Cake**)

8 eggs	½ nutmeg, grated
1 lb. brown sugar	1 oz. candied lemon peel
1 lb. wheat flour	2½ oz. citron
1 teaspoon cinnamon	2 oz. coarsely ground almonds
15 ground cloves	1 teaspoon baking soda

Beat egg yolks and sugar five minutes; sift flour and soda; add slowly to mixture. Add remaining ingredients, stirring constantly, and finally add beaten egg whites. Pour in greased pan and bake in moderate oven.

—JONKHEER H. M. VAN HAERSMA DE WITH,
(*Minister from The Netherlands to the U. S.*)

* * *

OPSKRIFT PA RYPER OG ANDRE FUGLER

Efter at fuglene er rensset og torret og benene og vingene bunnset til kroppen pyntes fuglene med fleskestrimler. Omkring ¼ pund smor til 4 ryper er smeltet og lavet brun i en jernpanne og ryperne lagt i pannen med brystet ned. La fuglene bli pen og brun, dryppende jevnt smorret over dem hele tiden. Nar de har en pen brun farve held litt kokende vann eller melk i pannen og litt sur flote over fuglenes bryst. La dem koke sakte for omkring 1-1¼ time. Fuglene er da ferdig. Legg dem pa et fat og hold varm.

Sausen er lavet i den samme panne ved a helle litt mere flote i stekepannen og tilsettes en teskje koldt smor, salt og litt sukker, eller endda bedre, en skive norsk gjetost. Dette rores alt godt sammen og vedbli a rore i 5 minutter, floten ma nu koke. Dette laver tykk sause.

* * *

RECIPE FOR PTARMIGAN OR OTHER BIRDS

(English translation of the above recipe)

After the birds are cleaned and dried and the legs and wings tied to the body, the birds are trimmed with slices of bacon.

About $\frac{1}{4}$ pound of butter to 4 ptarmigan is melted and made brown in an iron saucepan and the ptarmigan laid in the saucepan with the breasts down. Let the birds get nice and brown, basting them all the time. When they have a nice brown colour pour a little boiling water or milk in the saucepan and a little sour cream over the birds' breasts. Let them simmer gently for about 1-1 $\frac{1}{4}$ hours. The birds are then ready. Put them on a dish and keep warm.

The gravy is made in the same saucepan by pouring a little more cream in the saucepan and adding a teaspoonful of cold butter, salt and a little sugar, or, better still, a slice of the Norwegian goat cheese. This is all stirred well together, and kept on stirring during 5 minutes; the gravy now must boil. This makes a thick gravy.

—WILHELM MUNTHE DE MORGENSTIERNE,
(*Minister from Norway to the U. S.*)

* * *

BREDEE

(An old Malay recipe)

2 lbs. thick rib of mutton	8 potatoes, or
2 onions	2 vegetable marrows
12 ripe tomatoes	A small piece of red chilli
1 head of cabbage or cauliflower	Salt and pepper
2 teaspoons fat	1 teaspoon sugar, if tomatoes are used

Chop the onions finely. Melt the fat in a broad, shallow saucepan. The old-fashioned iron stewing pot with tight-fitting lid is best for making bredees. Add onions, and brown lightly. Cut the meat in small pieces and add to onions. Stir well until all pieces are thoroughly seared. Remove skins from tomatoes by pouring boiling water over them. The skins will then slip off easily. Chop up into small pieces and add to meat. Add the skin of the red chilli finely chopped, cover and simmer on the side of the stove for about 2 hours. Just before serving add sugar, salt and pepper.

N. B.—No water is required if tomatoes are used, as they are sufficiently watery. A little boiling water is added to the meat if a bredee of any of the other vegetables is desired. The meat is simmered in the same way, but the other vegetables are not added until half an hour before serving. They should be cut up into small pieces, added to the meat, and allowed to cook gently, with frequent stirrings. More boiling water may be added, a little at a time, if the bredee becomes too dry, but it should never be allowed to become watery.

"SMOORED" CHICKEN

(Malay recipe)

1 young fowl	2 teaspoons butter
2 onions	White pepper
½ cup water	1 green chilli
	salt

Cut onions finely and fry in butter until a light brown. Cut the chicken in joints. Brown in the butter after removing onions. Place this in stew-pan, adding onions, nutmeg, a little pepper and water. Allow this to simmer for an hour.

Before serving, add the chilli, cut up and salt to taste. Add a little more water or stock, if necessary. Serve on a plate surrounded by mashed potato, forced through a pastry bag.

—RALPH WILLIAM CLOSE, K. C.,

(*Minister from the Union of South Africa.*)

* * *

KURZEMES GALAS EDIENS

(4-5 personam)

400 gr. versa iekseja vai	2 edamkarotes miltu
areja fileja, vai no gurna	½ glaze tomātu biežena
300 gr. tela galas	50 gr. skaba krejuma
200 gr. cukgalas	1 edamkarote sviesta
100 gr. zaveta cukas speka	Sals
	Nedaudz buljona

Versa, cukas un tela galu sagriez skeles, izdauza, sagriez tievas, garas stremelites. Spekim nogriez adu, sagriez tievas stremelites, sajauc; apacep karstos taukos uz atras uguns. Izkause sviestu, pieber miltus, izmaisa, pielej buljonu, tomātu biezeni, uzvara, pieliek skabu krejumu, ieliek galu, pieliek sali. Paniedz ar taukos varitiem kartupeliem.

* * *

LATVIAN MEAT DISH

(English translation of the above recipe)

(For 4 or 5 persons)

1 lb. sirloin steak	1 tablespoon flour
¾ lb. veal cutlet	½ glass of tomato sauce
½ lb. pork chops	½ pt. sour cream
¼ lb. bacon	1 teaspoon butter
Salt	A little bouillon

Cut the steak, veal, pork and bacon into spaghetti-like strips; mix and fry in hot grease or butter on very hot fire.

Melt butter, add flour, stir; pour in bouillon and tomato sauce, boil; add sour cream, meat and salt.

Serve with French-fried potatoes.

—ARTHUR B. LULE,

(*Consul General of Latvia in Charge of Legation, New York.*)

* * *

NACATAMALES

The following recipe makes sufficient for 6 of 1 pound each.

Boil $2\frac{1}{2}$ pounds of white corn until it becomes soft and the husks begin to come off, then grind it as fine as possible, and sift through a flour sifter. Boil $1\frac{1}{2}$ pounds of white potatoes—when cold grind and mix with the sifted corn. $1\frac{1}{2}$ quarts of shortening. This makes the dough.

For the filling, take either 4 pounds of boned chicken, or 3 pounds of pork. Cut the meat into small square pieces. Add small pieces of bacon, potatoes, olives, peas and cow peas or check peas.

Divide the dough into six equal parts and stuff with the filling. Then wrap in banana leaves or waxed paper and tie. Put into pot of boiling water and boil for $1\frac{1}{2}$ hours.

* * *

TISTE

(Nicaraguan national drink)

The national soft drink. Take 1 pound of roasted corn and grind fine. Add 4 ounces of roasted cocoa ground fine. Add $\frac{1}{4}$ ounce of cinnamon. Mix well. Add sufficient water and mix it well, then add sugar to suit taste and ice.

—DR. DON HENRI DE BAYLE,

(*Charge d'Affaires ad interim from Nicaragua, Washington, D. C.*)

* * *

MUSACA

Cantitati:

5-7 Vinete (dupa marime) 4 pfunzi de patlagele rosii

5-6 cepii de marime mijlocie 3 pfunzi carne de vaca

Vinetele se taie in felii subtiri si se prejesc in unt sau untura.

Ceapa se taie in bucati mici si se prajeste pana e rumenita bine, apoi se amesteca cu carnea cruda, tocata la care se adaugase sare si piper dupa gust. Carnea astfel preparata cu ceapa se tine pe foc pana se rumeneste.

Se pune intr'o cratita un strat de patlagele vinete, unul de carne, apoi din nou unul de vinete si asa alternand pana se umple cratita, ultimul strat fiind de vinete. Pe deasupra se pun rosile

fierte si trecute, formand un bulion gros. Cand totul e gata se pune in cuptor si se lasa aproximativ doua ore pana cand zeama de rosii e scazuta.

* * *

MUSACA

5-7 eggplants (depends on size) 3 lbs. of ground steak (beef)
4 lbs. tomatoes 5-6 medium-size onions

Cut the eggplant in thin slices and fry them in butter or shortening.

Cut the onions and fry them until they are golden brown. Mix the ground beef with the fried onions and let it simmer on the fire. Add salt and pepper after taste.

Take a fireproof dish and put a layer of eggplant, then one of the meat, and continue alternating with a layer of each until the dish is filled. The top layer should be eggplant. Then add to the whole, boiled and sifted tomatoes, which should have the consistency of a puree.

Put it into the oven for approximately 2 hours until it has a proper consistency.

—MADAME RADU FLORESCU,

(*Of the Roumanian Embassy.*)

* * *

NATIONAL

CHOCOLATE SOUFFLE

2 teaspoons butter $\frac{1}{3}$ cup sugar
2 teaspoons flour 2 teaspoons hot water
 $\frac{3}{4}$ cup milk 3 eggs
1 $\frac{1}{2}$ squares unsweetened chocolate $\frac{1}{2}$ teaspoon vanilla

Melt butter, add flour, and pour on gradually, while stirring constantly, the milk. Bring to boiling point. Melt chocolate in separate pan, add sugar and water, and stir until smooth. Combine mixtures and add yolks of eggs, which have been well beaten. Cool. Fold in whites of eggs, which have been beaten stiff, and add vanilla. Turn into a buttered baking dish and bake in moderate oven 25 minutes. Serve with cream sauce.

CREAM SAUCE

(For Chocolate Souffle)

$\frac{3}{4}$ cup thick cream $\frac{1}{3}$ cup powdered sugar
 $\frac{1}{2}$ cup milk 1 teaspoon vanilla

Mix cream and milk, beat until stiff, using eggbeater; add sugar and vanilla.

—MRS. FRANKLIN DELANO ROOSEVELT,

(*The White House, Washington, D. C.*)

SOUFFLE FINLANDAISE

2 dried haddocks (about 1 lb. each)	1 oz. flour
9 poached eggs	1 oz. butter
$\frac{1}{4}$ pt. cream	Salt and cayenne pepper to taste
$\frac{1}{2}$ lb. grated Parmesan cheese	4 whole eggs

Skin and bone haddocks. Cut into small squares and poach in cream. When cooked, strain and put into a gratin dish and over same place poached eggs. Put remaining cream back in stewpan and add almost the amount of cheese, flour, butter, and also seasonings, and place in a pan of hot water over stove. Leave to melt, and when ready add yolks of eggs, also whites, which must be whipped very stiffly. Cover eggs and fish with same, sprinkle with remaining cheese, and bake in a moderate oven for 15 minutes. (This recipe sufficient for 8 persons.)

—NANCY ASTOR,

(*House of Parliament, London, England.*)

* * *

CURRIED CHICKEN

$2\frac{1}{2}$ or 3 lbs. chicken	2 small onions
1 teaspoon salt	2 tablespoons butter
$\frac{3}{4}$ teaspoon curry	2 tablespoons flour
Yolk of 1 egg	

Cut up chicken, wash well, and put in stewpan with sufficient water to cover (2-3 quarts). Simmer until tender, add salt, and cook a few minutes longer.

Remove chicken and stock from saucepan. Fry in it 2 small onions in butter until brown. Remove onions and fry chicken. Sprinkle with curry and pour over it the chicken stock (about 1 quart) and cook for a few minutes. To this add flour mixed with a little cold water, cooking for 5 minutes, then stir into well-beaten yolk of egg. Garnish with hot boiled rice and serve.

—DR. LOUISE STANLEY,

(*Chief of Bureau of Home Economics.*)

* * *

CHEESE SOUFFLE

2 teaspoons butter	3 eggs
2 teaspoons flour	$\frac{1}{2}$ cup grated cheese
$\frac{1}{2}$ cup milk	Salt

Melt the butter. Add the flour gradually, stirring constantly until smooth. Add the milk and cook 5 minutes. Add

egg yolks, which have been beaten. Add the salt, then grated cheese, stirring constantly. Do not boil. Remove from fire and add stiffly beaten whites of eggs. Pour into baking dish and cook for 30 minutes slowly, oven temperature 325°, or until it is well risen and brown. Baking dish must sit in pan of very hot water while baking. (Quantity sufficient to serve 4.)

—MRS. WILLIAM A. BECKER,
(*Pres. Gen., D. A. R.*)

* * *

“COU-A-HANY”

(Indian Corn recipe)

1 qt. old-fashioned hominy	1 tablespoon butter
2 qts. corn	Salt and pepper to taste
½ lb. nut meats, well broken	Enough hominy water to moisten

Mix together and cook in slow oven half an hour.

—MRS. ROBERTA CAMPBELL LAWSON,
(*National Pres. General Federation of Women's Clubs,
Washington, D. C.*)

* * *

SNOW PUDDING

1 tablespoon granulated gelatine	1 cup sugar
¼ cup cold water	¼ cup lemon juice
1 cup boiling water	Whites 3 eggs

Soak gelatine in cold water, dissolve in boiling water, add sugar and lemon juice, strain, and set aside in cool place. Occasionally stir mixture and when quite thick, beat with wire spoon or whisk until frothy. Add whites of eggs beaten stiff and continue beating until stiff enough to hold its shape. Mould, or pile by spoonfuls on glass dish. Serve cold with boiled custard.

—MRS. RUSSELL WILLIAM MAGNA,
(*Hon. Pres. Gen. D. A. R., Washington, D. C.*)

* * *

BAKED INDIAN PUDDING

3 tablespoons Indian meal	1 cup molasses
2 qts. milk	2 eggs
Butter the size of an egg	1 tablespoon ginger
	2 tablespoons salt

Boil 1 quart milk and pour it boiling over the meal, then turn in the molasses. Next add the cold milk, butter, ginger, salt and eggs. Bake 5 hours in a moderate oven and serve with whipped cream.

—MRS. GRACE MORRISON POOLE,
(*General Federation of Women's Clubs, Brockton, Mass.*)

GRAPEFRUIT MARMALADE

2 whole grapefruit	3 times as much water
6 halves, only rinds	Equal parts of granulated sugar

Grate off the outer rinds lightly. Take out the seed and cut up all the inside very fine, preferably with scissors. Run three-fourths of the rind through the meat chopper and cut up the other one-fourth very fine. Measure all of this and add to it three times as much cold water, and let stand over night. The next day put this on the fire and let it boil for one-half hour, then measure and to each cup of this hot mixture add one cup of granulated sugar. Dissolve thoroughly and let stand over night. Then put on fire and boil rapidly until it jells, which will take from one-half to one hour and a half, according to the condition of the fruit. Only fresh fruit will give satisfactory results.

—MISS LOUISA B. POPPENHEIM,

(Hon. Vice-Pres., General Federation W. C., Charleston, S. C.)

* * *

PLUM PUDDING

1 lb. seeded raisins	7 eggs
1 lb. currants	1 lb. flour (self-rising)
½ lb. citron, cut very thin	½ lb. beef suet, chopped
1 cup milk	very fine

Beat the eggs all together, then stir in milk. Flour the fruits and suet, all mixed together, and add these gradually to the milk and eggs. The batter must be very stiff. Add a little flour, if necessary.

Have a bag made of heavy sail cloth or awning canvas, shaped mutton leg. Grease and flour this bag carefully. Put pudding batter in so as not to smear the sides. Tie tightly so as to exclude water. Have a pot of boiling water ready, plunge the bag in the pot and boil steadily for 5 hours. This pudding, when hung up from a closet ceiling, will keep two weeks. When ready to use, plunge again into boiling water and boil for 1 hour to heat thoroughly. Turn out on a platter, being careful that no water gets in the platter.

Just before sending to table cover with brandy. Light with match and send to the table with the brandy burning over the top of the pudding.

SAUCE FOR THE PUDDING

1 lb. light brown sugar	1 heaping tablespoon of butter
2 tablespoons of good whiskey	

Cream the sugar and butter together until very light. Add

the whiskey and a dash of nutmeg grated over the top. Serve on the hot pudding.

(This plum pudding recipe has been used in my family for over 100 years, coming from one of my Irish ancestors.)

—MISS MARY B. POPPENHEIM,
(*Past President General U. D. C., Charleston, S. C.*)

* * *

PATE MAISON GERALDINE

1 lb. calf liver	1 cup good bacon fat
6 chicken livers	1 cup finest butter
2 onions, finely grated	1 cup sherry wine

Slice liver and cook in half fat and half butter until well done. Take out of fat, then in same fat put grated onions with $\frac{1}{2}$ cup of sherry. When nicely done put back liver into this fat and onions. Run through machine 3 times and strain in fine sieve. Mix remaining butter, fat, sherry, with salt and pepper to taste. Beat this with liver till smooth, then keep on ice till well chilled.

Serve on lettuce leaves or individual toast.

To complete the liver pate, take young green and red cabbages, cook separately in boiling water, with salt just long enough to eliminate strong taste; shred them fine as if for sauerkraut before boiling. Mix cabbage with well seasoned mayonnaise dressing, and place in alternate white and red mounds around the liver pate in center.

Olives, radishes and parsley can also be added to garnish, if desired.

NOTE.—Miss Geraldine Farrar's cook evolved this preferred pate defoie gras made at home.

—GERALDINE FARRAR,
(*Noted American Singer.*)

* * *

CREAMED FINNAN HADDIE

2 pints cooked Finnan haddie	1 chopped onion
	1 green pepper

Make any good cream sauce in the usual way, and when hot add boned finnan haddie. Fry chopped pepper and onion in butter until partially tender, and add to the creamed fish. Serve very hot.

—MARY PICKFORD,
(*Cinema Actress, Hollywood, Cal.*)

BOZI MILOSTI (From Czechoslovakia)
(God's Blessings)

(A delicacy to serve instead of cake or cookies)

3 eggs	1 tablespoon cinnamon
$\frac{1}{4}$ teaspoon salt	Kettle of deep fat
Flour enough to knead	2 cups confectioners' sugar

Make a soft noodle dough, as follows: Sift at least 1 quart of flour onto a large board or table. Make a deep hole in flour and drop eggs into hole. Add salt. With a broad knife beat eggs, slowly mixing in flour until thick enough to knead with hands (care must be taken not to let eggs break through circle of flour). Lightly knead until thick enough to roll. Cut into 3 pieces and roll into sheets almost as thin as paper, using as little flour as possible. Turn frequently to prevent sticking. Cut into pieces about $2\frac{1}{2}$ by 4 inches. Drop these into very hot fat, and as they come to the top keep them from overlapping. As edges curl turn until they are a golden brown. Remove carefully with fork and drain on paper. Have sugar in sifter and use cinnamon, if you like. Mix these and in a few minutes sift over pieces. In an air-tight container they will keep a week.

—STELLA MAREK CUSHING.
 (Lecturer.)

* * *

AMOS' 'N' ANDY'S FAVORITE DISHES

Amos 'n' Andy have one great favorite in common—broiled spareribs and sauerkraut.

Andy's choice, alone, is homemade pork and beans, with plenty of salt pork. His cook says that he enjoys this, hot or cold, and at any hour.

Amos' choice, in addition to the spareribs and kraut, is lamb stew, with the onions, peas and carrots cooked with the meat. For "company dinner" he enjoys nothing more than baked squab with wild rice.

Because these are more or less simple dishes, we are giving them without the detailed recipes.

—AMOS 'N' ANDY,
 (Messrs. Freeman F. Gosden and Chas. J. Correll),
 Chicago, Ill.

* * *

BAKED SWEET POTATOES (A La Natural)

Wash with a vegetable brush and wipe dry medium sized baking sweet potatoes. Rub over with bacon fat. Place in baking pan and put in moderate oven, about 350° to 400° , and

cook for 50 minutes to 1 hour. The skin of a baked potato should be clean enough to eat.

NOTE.—“I am afraid my favorite dish is too easy to prepare—the recipe too simple for your cookbook. To my notion there is nothing quite so good as sweet potato baked a la natural. Now how can you make an interesting recipe out of this? The second favorite on my list would be watermelon—with a napkin on the side, to wipe off the ears. My third preference is corn on the cob. My fourth preference, blueberries and cream, and my fifth, a mint julep!”

—LOWELL THOMAS,

(*Lecturer and Radio Commentator, New York City.*)

* * *

POT ROAST

4 lbs. of beef	3 or 4 bay leaves
4 sliced carrots	Few springs of thyme
8 potatoes, cut in quarters	$\frac{1}{4}$ teaspoon allspice
6 very small onions	1 teaspoon salt

Dash of pepper

Wipe meat with damp cloth and sear in hot fat. Add one-half cup of water and cook for about 2 hours, covered, either on top of the stove or in a slow oven. Add the vegetables, together with seasoning and spices, and cook 1 hour longer. Remove the meat to a hot platter. Arrange the vegetables around the meat. If necessary, add $\frac{1}{2}$ cup of water to the gravy in the roaster. Add gradually enough flour to make the gravy of the desired consistency. Allow to cook for a few minutes and serve hot.

—WALTER WINCHELL,

(*Columnist and Radio Commentator, New York City.*)

* * *

CHEESE SOUFFLE

1 pint sweet milk	3 eggs, beaten separately
1 cup grated American cheese	Salt and pepper

Scald the milk and pour over the beaten egg yolks. Add the whites, beaten to a stiff froth. Season to taste with salt and pepper. Cook in a double boiler, stirring in the cheese, and when it is quite blended pour into a buttered baking pan and bake in a hot oven.

—ELIZABETH L. OTEY,

(Mrs. Dexter Otey),

(*Director of Bryn Mawr Summer School, New York City.*)

STATE**GREEN CORN PUDDING**

Grate the kernels from 12 ears of corn and stir into them the beaten yolks of 6 eggs and a tablespoonful each of melted butter and granulated sugar. Now beat in a quart of milk, $\frac{1}{2}$ teaspoonful of salt, and, last of all, the stiffened whites of the 6 eggs. Turn into a greased pudding dish and bake, covered, for half an hour, then uncover and brown.

This, when properly made and baked in a quick oven, is a veritable soufflé and incomparable.

—MRS. GEO. C. PEERY.

* * *

BROILED T-BONE STEAK

This is one of the finest ways to cook a T-bone steak.

Have the steak cut from $1\frac{3}{4}$ to 2 inches thick; the thicker, the better. Wipe the steak with damp cloth. Broil on oven broiler next to flame, first greasing the broiler. Have the oven very hot before you put steak in. Sear quickly on one side, then turn and brown other side. It is impossible to tell exactly how long it takes to broil a steak, because of the varying thickness of the cuts. A steak should be almost but not quite burned on the outside, and rare inside, to be perfect. A 2-pound, 2-inch cut will take about 20 minutes in the average oven. This serves 3 people. When the steak is done, it must be removed from the oven, placed on a hot platter, with parsley, and served immediately. May be served with butter and seasoned with salt and pepper to suit individual taste.

—GEORGE C. PEERY,

(Governor of Virginia, Richmond, Va.)

NOTE.—“His Excellency, the Governor’s, favorite Sunday morning breakfast is reputed to be waffles and T-bone steak. Since several good waffle recipes are already included in this book, we offer only the Governor’s Mansion recipe for broiled steak.”

* * *

QUAIL BROILED WITH BACON

6 fat birds	1 gill maitre d’hotel butter
1 tablespoon sweet oil	6 slices bacon, broiled
6 slices toasted bread	Salt and pepper to season

Have 6 fine fat quail. Singe, draw, and wipe them well. Split them through the back without separating the parts, and break the two leg bones. Put them on a dish; season with a pinch of salt, half a pinch of pepper, and a tablespoonful of sweet oil,

mixing them in well, and put them to broil on a moderate fire for 6 minutes on each side. Arrange 6 toasts on a hot dish, lay the quail on top, and pour a gill of maitre d'hotel butter over, decorating with 6 slices of broiled bacon, and serve.

—WESTMORELAND DAVIS,
(Former Governor of Va., "Morven Park," Va.)

* * *

BEATEN BISCUITS

1 quart of flour	2 heaping tablespoons best lard
½ teaspoon salt	A little cold water

Sift salt and flour, rub lard into flour, then mix with as little cold water as possible to make stiff dough. Beat on block until dough blisters, roll out into one-half-inch thickness, cut with very small biscuit cutter. Bake in hot oven, 450°, slowly decreasing heat.

NOTE.—"I still think Virginia ham, fried chicken and beaten biscuits are about the best things in the world; but I have no idea how these wonderful results are accomplished."

—CARTER GLASS,
(U. S. Senator from Virginia.)

* * *

RECIPE FOR MERINGUE

3 egg whites	1 teaspoon vinegar
1 cup of sugar	1 cup rich cream
2 bananas	

Whip whites of 3 eggs as light as possible. Whip into it a tea cup of sugar and season with a teaspoonful of vinegar. Put into a greased pie plate and bake in a very slow oven for 1 hour. Whip a tea cup of rich cream and spread half on the meringue, when cold, then a banana, sliced; then the other half of the cream and another banana, sliced.

Any other fruit or jelly or nuts could take the place of the banana.

—MRS. WESTMORELAND DAVIS,
(*"Morven Park," Va.*)

* * *

HASHED BROWN POTATOES

2 tablespoons drippings	4 good-sized Irish potatoes
1 teaspoon salt	Pepper

Place drippings in iron frying pan, and when hot add cold, boiled, very finely chopped potatoes to the depth of an inch.

Stir while they become hot. Press them down in pan, packing firmly with a knife. Cover and cook slowly until brown underneath. Do not stir, but fold over like an omelet, packing closely together. Turn out on hot platter and garnish with parsley.

—JNO. GARLAND POLLARD,
(Former Governor of Virginia.)

* * *

ICE BOX PIE

½ cup cold water	3 tablespoons of lemon juice
½ tablespoon gelatine	Grated rind of ½ lemon
1 cup sugar	Little salt
4 eggs	1 cup whipped cream

Soak gelatine in cold water, put well-beaten egg yolks, lemon juice, rind and half of sugar in enameled bowl. Set bowl in pan of boiling water until mixture becomes thick and creamy. Fold in gelatine, beat white of eggs stiff. Add second half of sugar to whites. Then add to first mixture. Pour in baked shell. Set in ice box 2 hours. Two hours before serving cover with whipped cream.

—MRS. JNO. GARLAND POLLARD.

* * *

ANGEL FOOD CAKE

Whites of 1 doz. eggs	1 glass of flour
1½ glasses of sugar	½ teaspoon of cream of tartar

Whip the whites stiff, then add the sugar and whip eggs and sugar together slowly. Sift the flour 4 or 5 times, then measure in a water glass and fold in the flour with the eggs and sugar. Bake in a slow oven 45 minutes.

—MRS. E. LEE TRINKLE.

* * *

THE QUEEN OF PUDDINGS

1½ cups sugar	1 quart sweet milk
2 cups fine bread crumbs	5 eggs

Scald milk and pour slowly over beaten yolks of eggs, to which 1 cup of sugar has been added. Into this put the bread crumbs and 1 teaspoon of essence of lemon, pour into a deep baking dish, and bake in a moderate oven (350°) about ½ hour, or until it is set. Beat the whites of eggs until very stiff, add ½ cup of sugar and 1 teaspoon vanilla; draw pudding to front of oven and cover with meringue. Close oven and bake from 5 to 8 minutes until a golden brown. Serve cold, with or without cream.

—DR. W. A. R. GOODWIN,
(Rector Bruton Parish.)

STATE CLUBWOMEN**GLAZED SWEET POTATOES**

6 sweet potatoes (medium size)	Butter
Salt	1 cup brown sugar
Pepper	$\frac{1}{4}$ cup water

Boil potatoes without peeling them and when tender peel off skin. Make a thick syrup of the sugar and water. Cut potatoes in half, dip in syrup. Lay in baking dish. Season each piece with salt, pepper, and a little butter. Bake in quick oven until brown.

—MRS. FRED M. ALEXANDER,
(*Pres. Va. Federation of Women's Clubs.*)

* * *

CHESS PIES

Yolks of 6 eggs	$\frac{1}{2}$ lb. of butter
$\frac{1}{2}$ lb. of sugar	

Cream butter with half of the sugar and beat rest of the sugar into the yolks. Beat well and stir all together. Bake in pastry crusts. After pies are baked make meringue of the whites, using 1 tablespoon of sugar to each white. Spread on pies and return to oven to brown. This makes 3 pies. If you prefer "old-fashioned chess cake," make as above, except use cake dough for pastry, leave off meringue, and stack as layer cake.

—MRS. CHAS. B. KEESEE,
(*Past State Regent of D. A. R., Martinsville, Va.*)

* * *

LOCAL—RICHMOND ARTISTS**JAMES BRANCH CABELL'S FAVORITE CAKE RECIPE**

1 cup butter	3 cups flour
2 cups sugar	1 slight teaspoon baking powder
5 eggs	1 teaspoon vanilla
	Pinch of salt

Beat eggs and sugar together until very light. Cream flour and butter, vanilla, salt and baking powder. Bake in layer pans, making four layers. Bake two layers, then add to rest of mixture $\frac{3}{4}$ lb. seeded raisins (cut fine), 2 teaspoons cinnamon, 1 allspice, 1 cloves. Mix thoroughly and bake in two layers.

MIXTURE FOR PUTTING BETWEEN LAYERS

(Placing light and dark alternate order)

Grate 1 fresh cocoanut in large flat dish, 2 cups sugar, 2 lemons (grate the rind and use juice). Sprinkle over all 2 teaspoons cornstarch, then pour over all 1 cup boiling water, mixing with fork. Sprinkle over cake some powdered sugar and cocoanut.

—PRISCILLA BRADLEY CABELL.

* * *

RISOTTO ALLA MARINARA

(For 4 people)

Prepare a clam broth with 1 quart of clams, using the liquor, too. Season it with sweet basil, enough of it to be distinctly tasted in the broth.

Have 1 segment of garlic (or 2, according to their size) chopped minutely. Fry them in 4 tablespoonsful of olive oil in a saucepan. When the garlic turns golden, drop into it 2 teacupsful of unwashed dry rice. Stir this in the oil for about half a minute, that is long enough for the rice to be thoroughly mixed with the oil but not to start cooking. Then ladle the clam broth onto the rice. Keep on doing this freely at first as the rice swells, stirring all the while until the rice is cooked, that is, in about 20 or 25 minutes. Do not put the clams into the risotto—only the broth.

As its consistency when served should be about that of oatmeal, and as the rice keeps on absorbing the broth after it is dished, it is left to the cook to gauge the ladling of the broth as the dish approaches complete cooking.

No Parmesan cheese is needed on this risotto.

—PRINCESS AMELIE RIVES TROUBETZKOY.

(Author.)

* * *

AN OLD WASHINGTON PUNCH

3 qts. sherry	1 wine glass rum
3 qts. catawba wine	2 cans of shredded pineapple
1 qt. tea	The juice of 12 oranges
	The juice of 12 lemons

Sweeten, if desired. Before serving put a piece of ice, which dilutes it sufficiently. It does not really need the sugar, because the pineapple flavor is delightful and the dry taste is preserved.

—MARGARET DASHIELL,

(Richmond, Va.)

ROMAN PUNCH

1 pt. best green tea	1 qt. standard sherry
1 pt. best French brandy (burnt)	1 qt. Chateau Marjary
$\frac{1}{2}$ pt. rum	1 box Guava jelly

The skin of 2 lemons

The tea must be drawn and cold when used. Add more jelly, if not sweet enough. Weaken to taste with crushed ice. (Chateau Marjary is evidently a light wine of the day.)

NOTE.—This recipe was given by the valet of Pious VII to Constant, valet to Napoleon. It was procured in Paris by Dr. Beall of Richmond, who gave it to the late Mrs. India Sutton, and she gave it to me.

—MARGARET DASHIELL,
Richmond, Va.

* * *

LYDIA'S WINE JELLY

Put a package of gelatine ($\frac{1}{2}$ box) in a granite pan and cover with cold water. After the gelatine dissolves pour 1 cup of boiling water over it. Add $1\frac{1}{2}$ cups of sugar, 1 teaspoon of mace. Bring the mixture to a boil, but the minute it boils take it from the fire, as actual boiling ruins the gelatine. Let cool. Add juice of 4 lemons and $\frac{3}{4}$ of a cup of cooking sherry.

NOTE FROM LYDIA (Mrs. Powell's Cook).—You have to know just how Mr. Powell likes it to get it right. Some lemons are more sour than others, and the sweet must agree with the sour. Better taste it often."

—JOHN POWELL,
(Pianist.)

* * *

COUSIN JANE'S ALMOND CAKE

Whites of 30 eggs

3 cups of butter	9 cups of flour
6 cups of sugar	$1\frac{1}{2}$ cups of cream
3 heaping teaspoons of baking powder, sifted in the flour	
(This makes 4 layers)	

FILLING FOR CAKE

1 pint cream	3 tablespoons pulverized sugar
Yolks of 6 eggs	2 teaspoons of cornstarch

Dissolve starch smoothly in a little sweet milk. Add this to the yolks and sugar after they are creamed together. Boil cream and stir in yolks and sugar and cornstarch. Cook in a double-boiler until it thickens, stirring constantly. Blanch and cut 1 pound of almonds and stir into the filling. Put filling be-

tween layers while it is still soft. Filling may be flavored by vanilla or almond flavoring, as desired.

NOTE.—This Almond Cake recipe was given me by an elderly cousin of mine, who was famous for her delicious cakes. Of course she had an especial "knack," which is the extra touch that all recipes need. It recalls to my mind a poem I knew as a child—

"Kaze cooking's like religion is—
Some's 'lected, and some ain't!
And rules doan no mo mek a cook
Dan sermons mek a saint!"

—MRS. ROBERT B. TUNSTALL,
(Poet.)

* * *

CRAB CROQUETTES

1 pt. of crab meat 1 teacup of stale bread crumbs or
2 eggs cracker crumbs
Salt and pepper to taste

Mix one of the beaten eggs and half of the crumbs with the crab meat. Form into croquettes, and roll the croquettes in the other beaten egg and then in cracker crumbs. Fry in hot, deep fat, and drain.

—NANCY BYRD TURNER,
(Poet.)

* * *

ASPARAGUS SOUFFLE

2 cups of asparagus, 1 cup bread crumbs
 chopped fine 1 cup of white sauce
1½ tablespoons of sugar Yolks of 4 eggs
Salt and pepper

Chop fine 2 cans of asparagus, or its equivalent in fresh asparagus which has been previously cooked in salt water. Season with salt and pepper. Add 1½ tablespoons of sugar, 1 cup of bread crumbs, 1 cup of white sauce, and the yolks of 4 eggs.

Mix and bake ½ hour in a casserole which has previously been placed in a pan of hot water. Stir occasionally, then fold in the beaten whites of the 4 eggs and bake 15 minutes longer. When ready to serve, cover with whipped cream garnished with paprika.

NOTE.—This is perfectly delicious and is an excellent main luncheon or supper dish, served with a cold vegetable salad or accompanying cold meats.

—MRS. CHANNING WARD,
(Musician.)

RICHMOND—PROFESSIONAL

BATTER BREAD

1½ cups corn meal	½ teaspoonful salt
2 eggs	1 teaspoonful baking powder
1 tablespoonful shortening	

Scald meal with enough boiling water to make a thick paste. Thin with cold milk to the consistency of thick cream. Melt shortening in pan and pour into mixture. Pour mixture into hot pan or container and bake in a moderate oven for 35 to 40 minutes until a golden brown.

—MISS CORNELIA ADAIR,
(*Pres. Richmond League Women Voters, Richmond, Va.*)

* * *

COCKTAIL SAUCE

For Oysters, Crab Flakes, Shrimp, Clams or Cold Meats

1 cup tomato catsup	2 teaspoons Worcester sauce
1 cup Chili sauce	1½ teaspoons lemon juice
4½ teaspoons horse radish	2 teaspoons vinegar
1½ tablespoons green peppers, chopped very fine	

Mix ingredients well and sprinkle with salt and tabasco according to taste. Chill in refrigerator before serving.

—GELINE MACDONALD BOWMAN,
(*Honorary Life Pres. National Fed. Bus. and Prof. Women's Clubs.*)

* * *

CHOCOLATE PIES

4 eggs	½ cup rich milk
½ cup butter	2 teaspoons flour or cornstarch
2 cups sugar	1 teaspoon vanilla
4 squares chocolate, grated or melted	

Beat the yolks of eggs and mix with half the sugar. Melt the butter and pour on the sugar and eggs. Melt the chocolate with the other half of the sugar and several tablespoons of hot water. Mix with the eggs, butter and sugar. Last, add the milk with the flour gradually and beat the mixture well. The secret of good pies is to mix as directed above. Use the whites for meringue. This makes 2 pies. Pour mixture into unbaked pastry and bake in medium oven.

—MRS. HENRY W. DECKER,
(*Educator.*)

SWEET POTATOES

With black walnuts and marshmallows

6 medium-sized sweet
potatoes

$\frac{1}{2}$ cup butter *$\frac{1}{4}$ butter*

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon vanilla

$\frac{1}{8}$ teaspoon nutmeg, if desired

1 cup sugar *1 cup pineapple juice*

$\frac{1}{2}$ cup ~~grated black~~
walnut meats *1 egg beaten*

$\frac{1}{2}$ doz. marshmallows *or 2 cups small*

$\frac{1}{4}$ teaspoon cinnamon

Use sweet potatoes of uniform size. Boil, drain, peel, and cut into uniform pieces of about 1 inch in length and $\frac{1}{2}$ of an inch thickness. Place a layer of the sliced potatoes over the bottom of a well buttered baking dish. Sprinkle generously half of the cracked walnut meats over the layer of sweet potatoes. Next sprinkle on $\frac{1}{4}$ of a teaspoon of salt. Spread over this half of the butter. Add another layer of the potatoes and walnuts, with the remainder of the butter and salt. Add the vanilla and other spices, if used. Place in a slow oven, temperature about 350°, for 30 minutes. Remove and cover with the marshmallows and return to the oven to cook for another 15 minutes, or until marshmallows are browned nicely.

—MARK ETHERIDGE,
(*Richmond Times-Dispatch.*)

* * *

FROZEN CALORIES

1 pkge. cream cheese

1 pkge. yellow snappy cheese

1 cup mayonnaise

$\frac{1}{2}$ green pepper

1 small onion

1 can pimentos

12 large olives

1 small bottle Chili sauce

1 teaspoon Worcester sauce

Salt and ceyenne pepper

1 cup XX whipping cream

Mash the cheese to the consistency of butter for cake-making. Grind the green pepper, onion, pimentos and olives with the smallest teeth of the meat chopper. Work all the ingredients into a smooth mixture, folding in the whipped cream last. Freeze in trays of electric refrigerator or pack with ice and salt in old-fashioned freezer. Cut in slices or cubes.

This frozen salad, if garnished with olives and served with additional mayonnaise, is guaranteed to satisfy the most ravenous appetite and to add at least a pound a day to each of its victims.

NOTE.—When I am bereft of a cook, the recipes that I use are those that do not require the application of heat. Therefore in moments of domestic bereavement my family is sustained chiefly by salads that do not have to be watched during the freezing process. Here is one that evokes applause from both orchestra and gallery.

—MRS. EUDORA RAMSAY RICHARDSON, (*Author.*)

OUR FAVORITE EGG-NOG

- 18 eggs
- 1 qt. XX cream
- 1 qt. whiskey
- 1/2 pt. rum
- 18 rounded tablespoons sugar

Beat the yolks and whites separately and thoroughly, then trickle the liquor into the yolks, beating as you do so. Add sugar, beating until thoroughly dissolved. Add the rum, and then the cream, which should be well whipped. Last, add the whites and stir all together. Set in a cool place or pack in ice until ready to serve.

—MRS. STUART MCGUIRE.



*"Missus say dese new-fangle things I'se bleegeed to use,
Kase de meals dey got to balance no matt'r what she chuse."*

MRS. J. D. HARRIS AND MRS. J. A. CARSON, *Co-Chairman*

NEEDFUL KNOWLEDGE

MRS. J. D. HARRIS

Every person engaged with the planning and preparation of food for the nourishment and feeding of the human body should be informed of the chemical elements of which the body and all foods are composed. Of the fifteen or twenty of these elements found, the most important are oxygen, hydrogen, carbon, nitrogen, calcium, phosphorus, and sulphur. These elements combine in the body and in foods, the most important of these compounds being proteins, fats, carbohydrates, mineral matter, and water.

All foods are divided into classes according to the compound they contain, proteins found in lean and gristle of meat, white of egg, gluten of wheat, etc.; fats found in butter, meats, fish, and some vegetable products, etc.; carbohydrates found in starchy foods, sugar, and fiber of plants, etc. The mineral elements and compounds as iron, potassium, phosphorus, calcium, etc., are necessary to life as are also minute substances known as vitamins.

Of the minerals that help make up the composition of the body, those most often lacking are calcium (lime), found most abundantly in milk, dairy products, egg yolk, whole wheat cereals, raw and cooked vegetables; iron found in green leafy vegetables, whole grain products, eggs, lean meat, dried fruits, dried beans and peas; phosphorus found, in meat extracts, milk dairy products, dried fruits, fish and shell fish. Other minerals are usually found in sufficient quantities for health needs in most well balanced meals if the food is properly cooked to preserve them. Iodine being deficient in the soil of some localities, is not present in the foods produced there.

Vitamins have been found by the scientists to be absolutely necessary for growth, development, and functioning of the body, and the lack of them produces certain deficiency diseases.

Vitamin A is found in cod liver oil, fat, egg yolk, most leafy vegetables, and many fruits.

Vitamin B is found in fruits, most vegetables, milk, whole grain products, egg yolk, liver, nuts, and yeast.

Vitamin C is found in all of the citrus fruits, tomatoes, lettuce, apples, carrots, salad greens, and raw cabbage.

Vitamin D, the sunshine product, is also found in cod liver oil, yolk of egg, butter, and whole milk.

Vitamin E is found abundantly in lettuce, whole wheat, salad greens, meat and eggs.

It is, therefore, very important that meals should be balanced to contain all the necessary food elements for maintaining the body in a state of health.

* * *

WEIGHTS AND MEASURES

60 drops.....	1 teaspoon
3 teaspoon liquid.....	1 tablespoon
4 tablespoon liquid.....	1 wineglass— $\frac{1}{2}$ gill— $\frac{1}{4}$ cup
2 gills.....	1 cup— $\frac{1}{2}$ pint
16 tablespoon liquid.....	1 cup
12 tablespoon dry.....	1 cup
2 cups butter solid.....	1 pound
$\frac{1}{2}$ cup butter.....	$\frac{1}{4}$ pound
2 cups granulated sugar.....	1 pound
4 cups sifted flour.....	1 pound
3 cups meal.....	1 pound
2 cups cooked chopped meat (packed).....	1 pound
$2\frac{1}{2}$ cups powdered sugar.....	1 pound
9 large or 10 medium eggs.....	1 pound
1 pint of milk or water.....	1 pound
4 level tablespoon flour.....	1 ounce
2 heaping tablespoon sugar.....	1 ounce

* * *

TIME TABLE FOR BOILING OR WATERLESS COOKING

Asparagus.....	15-20 minutes
Beans, String (young).....	30-40 minutes
Beans (old).....	60-90 minutes
Beans, Lima (fresh).....	30-50 minutes
Beets (young).....	35-60 minutes
Beets (old).....	2-4 hours
Brussels Sprouts.....	15-30 minutes
Cabbage.....	15-20 minutes
Carrots.....	20-40 minutes
Cauliflower.....	20-40 minutes
Celery.....	20-30 minutes
Dandelion Greens.....	20-35 minutes
Green Corn.....	7-12 minutes
Onions.....	30-45 minutes
Peas.....	17-25 minutes
Potatoes, White.....	40-60 minutes
Potatoes, Sweet.....	30-40 minutes
Spinach.....	30-35 minutes
Squash (summer).....	15-40 minutes
Squash (winter).....	50-60 minutes
Tomatoes.....	15-20 minutes
Mutton, Chicken, Turkey, per lb.....	20 minutes
Ham, per lb.....	20 minutes
Tongue, per lb.....	20 minutes
Fish, per lb.....	15 minutes

TIME TABLE FOR BAKING

Beef, rare, per lb.....	12 minutes
Beef, well done, per lb.....	15 minutes
Mutton, per lb.....	15 minutes
Veal, per lb.....	25 minutes
Lamb, per lb.....	15-18 minutes
Pork, per lb.....	20 minutes
Fish, large and whole.....	1 hr. or more
Fish, small.....	20-30 minutes
Large Fowl, per lb.....	20 minutes
Small Fowl, per lb.....	15 minutes
Turkey, per lb.....	20 minutes
Goose, per lb.....	25 minutes
Duck, per lb.....	20 minutes
Squab, per lb.....	20 minutes
Partridge, per lb.....	18 minutes
Potatoes, white.....	40-60 minutes
Potatoes, sweet.....	30-45 minutes
Scalloped or Au Gratin Dishes.....	15-25 minutes
Stuffed Tomatoes or Peppers.....	35 minutes
Boston Baked Beans.....	6-8 hours
Loaf Bread, lb.....	40-60 minutes
Rolls, Biscuit.....	10-30 minutes
Muffins.....	20-25 minutes
Sponge Cake, loaf.....	40-60 minutes
Layer Cake.....	15-20 minutes
Custards.....	20-50 minutes
Steamed Puddings.....	1-3 hours
Pie Crusts.....	30 minutes

* * *

SICK ROOM KNOWLEDGE

Liquid Diet:

- All fruit juices (fresh if possible).
- Fruit soups and purees.
- Gruels of oatmeal, rice, barley.
- Buttermilk, milk.
- Beef tea, broth.

Soft Diet:

- Cereals, milk toast.
- Soft cooked eggs, junkets, custards.
- Jellies made with gelatine.

Convalescent Diet:

- Thin dry toast, creamed toast.
- Soft cooked eggs, asparagus, spinach.
- Baked potatoes, meat broths, oysters.

- Tender chicken, cooked fruit.
- Custards, ice cream.

RUPERT H. BLILEY
PAUL S. BLILEY

THOMAS J. BLILEY
JOSEPH W. BLILEY, JR.

The Joseph W. Bliley Funeral Home

AMBULANCE SERVICE

PHONE 2-7267

THIRD AND MARSHALL STREETS

HOUSEHOLD HINTS

MRS. JAS. A. CARSON

Beating cocoa or chocolate with a rotary egg-beater prevents scum from forming.

To disinfect fruit and raw vegetables—Use one-half ounce of chloride of lime to a gallon of water. Allow fruit or vegetables to remain in solution five minutes and then rinse well.

To take fish odor out of pan—Wash and then pour vinegar in pan and let boil a few minutes.

To cut frosted cake—Put a knife in warm water, dry well, and you will have no crumbs.

To peel oranges easily—Drop into boiling water before cutting.

To remove meat from pecans—Boil fifteen minutes.

To remove grass stains—Saturate spot with kerosene, then wash. Black molasses will do same.

Furniture polish—One tablespoon olive oil, one teaspoon vinegar; mix thoroughly and saturate cheesecloth after cloth has been dipped in cold water and wrung out.

To care for old furniture—Wash once or twice a year in warm water and ivory soap. Dry well, then rub into wood crude petroleum.

To keep poached eggs whole—Put one teaspoon of salt in water.

To efface scratches from walnut or mahogany—Rub with the cut surface of a butternut kernel.

A lemon dipped in salt is an excellent brass polish.

Rub meats and fowls with lemon and they will bake tender.

To iron pongee—Have material dry and use warm iron.

Kerosine oil cleans windows easily and makes them shine. Use just enough to moisten cloth.

To remove cocoa or chocolate stains—Wash in cold water.

Soap rubbed on edge of dresser drawers makes them slide easily.

Sulphur in thin silk bags keeps ants out of bread box.

Heat milk before adding to mashed potatoes.

To measure one-half cup of shortening—Fill cup half full of water, fill with shortening, pour off water.

If your cream refuses to whip add a few drops of honey.

If woolen garments are hung out to dry while dripping wet they will not shrink.



*"Law sake's, chile, dese hot afternoons
Cyan't find 'nuff glasses or ice tea spoons."*

BEVERAGES

MRS. H. V. GODBOLD, *Chairman*

*"May the happiest days of your past
Be the saddest days of your future."*

ALEXANDER COCKTAIL

1 part brandy or gin 1 part Cream de Cacao
1 part fresh sweet cream or ice cream

Shake thoroughly with ice and serve.

—JULIA BENTON HOPKINS,
Washington, D. C.

* * *

A GOOD COCKTAIL

2 glasses grapefruit juice 2 glasses orange juice
4 glasses whiskey (bourbon or rye) 1 glass sugar

Serve ice cold.

—MRS. H. E. PERRY.

* * *

HONEY COCKTAIL

1 portion of lemon juice 2 portions of honey
4 portions of brandy

Dilute with crushed ice and serve.

—MRS. FRANK D. HENLEY.

* * *

AN OLD FASHIONED WHISKEY COCKTAIL

1 wine glass rye whiskey 1 teaspoonful of sugar
2 dashes Angostura Bitters dissolved
2 dashes of orange bitters 2 cubes of ice. Stir well.

Squeeze a slice of lemon on top of glass. Add slice of orange,
a piece of pineapple and a cherry. Serve.

—MRS. H. V. GODBOLD.

TOM COLLINS COCKTAIL

1 wine glass of gin Juice of 1 lemon
1 teaspoonful of sugar syrup

Add crushed ice, shake, and fill with seltzer.

—MRS. H. V. GODBOLD.

* * *

GRAPEFRUIT-MANHATTAN COCKTAIL

Thoroughly chill grapefruit, halve and cut centers out ready to serve. Sweeten to taste (some prefer no sugar), add two teaspoonfuls of brandy, whiskey or wine. Garnish with red cherry.

—MRS. GORDON WALKER.

* * *

ROCK AND RYE

1 wine glass of rye 1 teaspoonful of rock-
Juice of $\frac{1}{2}$ lemon candy syrup

Stir thoroughly and serve.

* * *

HOME-MADE SCOTCH HIGHBALL

1 gallon grape juice 2 lbs. brown sugar
1 lb. raisins 1 yeast cake

Mix together in crock; set in warm place for 21 days. Strain through cloth. It is then ready to serve.

—MRS. C. J. HEATWOLE.

* * *

BLACKBERRY CORDIAL

Mix two ounces cloves, allspice and cinnamon with one-half bushel of berries. Mash all well together and boil for one-half hour. Strain through a cheesecloth bag; add brandy, allowing one quart to a gallon of the juice. Bottle.

—MRS. F. LAWTON CRUTCHFIELD.

* * *

TOMATO JUICE COCKTAIL

2 large cans tomatoes (strained) $\frac{1}{2}$ lemon (juice)
1 dessert spoon salt $\frac{1}{2}$ cup vinegar
2 tablespoons Worcester sauce 1 onion (chopped fine)

Let stand for two hours and strain. Serve ice cold. To make delicious tomato aspic—heat and add sufficient gelatine.

—MRS. HENRY SHIRLEY.

TOMATO JUICE

Boil tomatoes for ten minutes. Put through colander, or is clear is preferred, strain through a jelly bag. Boil juice for ten minutes. Allow one teaspoonful salt to a quart of juice. Pour in sterilized jars or bottles and seal.

—MRS. W. G. SALE.

* * *

MINT JULEP

1 teaspoonful of sugar $\frac{1}{2}$ wine glass of water
1 $\frac{1}{2}$ wine glasses of good whiskey (rye or bourbon)

Take three or four springs of fresh mint. Press well in the sugar and water until the flavor is extracted. Add to this the whiskey. Have tall glasses filled with shaved ice. Pour over the liquid. Insert fresh mint in the ice—stems down to form a bouquet. Arrange berries and small pieces of sliced oranges on top. Dash with Jamaica rum. Serve. Be sure to have real cold—glasses frosted.

—MRS. H. V. GODBOLD.

* * *

MINT JULEP (Kentucky Style)

Put a dozen sprigs of mint in bowl, sprinkle with two teaspoonfuls of powdered sugar and enough water to dissolve sugar. Crush mint gently. Fill a tall glass half full of shaved ice. Pour the liquid over ice. Fill glass to top with shaved ice. Then Pour in a good rye or bourbon whiskey until the glass is full. Place in refrigerator until glass is frosted. Garnish and serve.

Sherry is generally served after the soup. Other wines are served before the course.

At luncheon it is proper to serve only a light red or white wine.

* * *

GRAPE WINE

8 qts. Concord grapes 4 qts. water
7 lbs. sugar

Stem grapes, put into stone jar, cover with sugar, and add water. Tie cheesecloth over jar and let stand for three months. Pour off wine, which will have a rich color and especially good for wine jelly.

—MRS. H. A. TIGGAN,
Portland, Oregon.

Place in an earthenware bowl. Scald with boiling water; place in a sunny window for three days.

Strain and add sugar and proceed as usual to ferment. Add raisins after fermentation is over.

—MRS. HENRY MARSHALL,

* * *

GARDEN PARTY TEA (Punch)

10 teaspoonfuls of tea leaves	3 cups of sugar
½ teaspoonful cloves (ground)	8 lemons (juice)
3 oranges (juice), the grated rind of 1 lemon and 1 orange	

Heat sugar, spice and rinds in two quarts of boiling water; bring to a boil. Steep tea in two quarts of boiling water; blend together. This amount makes two gallons. Serve hot or cold. If served cold it is improved by adding one pint of brandy.

—MRS. FRANK HENLEY.

* * *

PUNCH (Ginger Ale)

3 lbs. of sugar to 1 quart of cold water
Juice of 1 doz. lemons and 1 doz. oranges

Let all come to a boil, rinds included. When cold add two large cans of pineapple juice, one bottle of cherries (large). Just as it is served add four pint bottles of ginger ale.

—MRS. W. G. SALE.

* * *

PUNCH

Juice of 1 doz. lemons 1½ lbs. of sugar
1 pint of water

Boil rinds, sugar and water. Add two large bottles of ginger ale. Put one quart of orange ice in punch bowl; pour over this the liquid. This makes about one gallon, which makes twenty-five cups.

—MRS. E. S. SIMPSON.

* * *

PUNCH

3 1-pt. bottles of ginger ale	1 qt. of tea
1 qt. of grape juice	Juice of 3 lemons
Sugar (sweeten to taste)	

—MRS. ALLEN J. BLACK

Add 3 spoons of sugar to the cream. Beat egg whites stiff. Fold the whites into the beaten yolks. Add remainder of whiskey slowly; then cream. A dash of rum if you like; grate nutmeg over top. Let stand for a while. Serve.

—MRS. H. V. GODBOLD.

* * *

SUMMER EGG NOG

1 quart good vanilla ice cream

1 1/3 cups good bourbon whiskey

Beat together until smooth. Add a little nutmeg. Serves eight.

—MRS. LELAND L. MILLER.

* * *

BEVERAGES SERVED WITH ICE CREAM

Serve ginger ale in tall glasses with a scoop of vanilla ice cream.

To one cup of strong, freshly made coffee allow a generous scoop of either vanilla or chocolate ice cream. Shake well and serve.

Serve "iced" cocoa or chocolate with vanilla ice cream.

Pineapple sherbert is delicious in an orangeade.

Lemon ice improves almost any fruit drink.

* * *

SUGAR SYRUP

Dissolve 7 lbs. of sugar in 2 quarts of water. Boil for five minutes. Add enough water to make 1 gallon.



"I 'se buyin' dese fish an' I'd hab yo' kno'
Dat fish ain't good if dey ain't jes' so."

SOUP AND FISH

MRS. G. E. ALLEN, *Chairman*

CLAM JUICE COCKTAIL

1½ doz. clams in shell	Few grains celery salt
3 tablespoons water	1/3 cup catsup
3 drops tobasco sauce	Finely crushed ice
2 tablespoons lemon juice	

Wash clams thoroughly, put in sauce pan with 3 tablespoons water. Cover and cook until shells open. Remove clams from shells and strain liquor through double cheesecloth. Mix catsup with seasoning and strain through cheesecloth. Add this to clam juice. Shake with crushed ice; put in glasses and add a dash of celery salt to each.

—MRS. WARREN F. CURTIS.

* * *

CLAM CHOWDER

1 pt. clams and juice	2 tablespoons chopped parsley
6 slices bacon	1 tablespoon butter
2 good-sized onions	Salt and pepper to taste
2 good-sized potatoes	1 tablespoon flour dissolved in
1 qt. milk	water for thickening

Put clams, onions, potatoes, bacon and parsley through the meat chopper. Put in sauce pan with juice of clams and cook until onions and potatoes seem done. Heat milk, add butter, salt, pepper and above mixture, then add thickening and serve hot.

—MRS. MILLER JOBLIN.

* * *

CLAM CHOWDER

¼ lb. lean salt pork or bacon	4 or 5 small onions
1 can tomatoes	4 potatoes
25 clams	

Dice salt pork and fry crisp; add minced onion, fry light brown; add this to clam liquor and equal quantity of water and

tomatoes. Salt and pepper to taste. Cook until thoroughly seasoned. Add chopped clams and cook fifteen minutes, and add diced potatoes. Cook until potatoes are done.

—MRS. R. V. FARRAR.

* * *

NORFOLK COUNTY CLAM CHOWDER

2 doz. clams	1 small bunch parsley
4 medium-size potatoes	1 small sprig thyme
4 medium-size carrots	1 very small red pepper
1 cup tomato pulp	(seeds removed)
2 medium-size onions	2 tablespoons flour
¼ lb. lean and fat salt pork	2 quarts water
Butter size of walnut	

Wash and chop salt pork fine, place in heavy kettle, fry until crisp. Lift pork aside. Chop onions and cook tender but not brown in hot pork fat. Add tomatoes, juice of clams, and water.

Put clams, potatoes and carrots through coarse food chopper and add to above with parsley, thyme and pepper. Bring to a boil and cook slowly one hour. Just before removing from fire add a little cold water to the flour, stir well and mix in the chowder, along with fried pork and butter. As water evaporates in cooking, add a little hot water.

—MRS. FRED B. EVENSON.

* * *

CHICKEN SOUP SUPREME

One quart of chicken stock poured over two slightly beaten eggs. Add chopped almonds and whipped cream. Serve hot.

—MRS. GORDON WALKER.

* * *

VEAL SOUP

1 veal shin	1 bunch green asparagus, or
1 large onion, cut fine	1 can green asparagus tips
2 cups finely cut celery	½ cup uncooked rice
Salt and pepper to taste	

Boil veal shin to obtain stock. Add chopped meat, rice and onion. Cook until rice is about done; add celery and fresh asparagus. If canned asparagus is used, do not add until just before serving.

—MRS. EARL L. BROWN.

TOMATO BISQUE

1 qt. canned tomatoes	2 tablespoons butter
1 pt. milk	2 tablespoons flour
1 onion	$\frac{1}{2}$ teaspoon soda
1 cup diced celery	Salt and pepper to taste

Stew tomatoes, celery and onion until tender; pass through a sieve. Blend the butter and flour in a saucepan until smooth; add the hot tomato and stir until boiling. Add soda, and just before serving pour in the previously scalded milk. Garnish each cup or plate with whipped cream and serve with croutons or strips of buttered toast.

—MRS. D. H. STEVENS.

* * *

OKRA AND TOMATO SOUP

1 lb. okra	1 large soup bone
6 large tomatoes	6 qts. water
1 large onion	1 tablespoon salt

Put okra, tomatoes, onions and soup bone in water and cook slowly for four or five hours. Remove soup bone and grind up meat, returning it to soup; thicken, add a little Worcester sauce and more salt if needed. When serving before a dinner strain—but put vegetables back in pot and it makes an excellent luncheon dish for the next day.

—MRS. LELAND L. MILLER.

* * *

OKRA SOUP

1 large can tomatoes (2 lb.)	2 qts. water
1 shank beef ($1\frac{1}{2}$ lbs.)	Pinch of soda
2 qts. of tender okra, cut fine	Salt

Put beef and water on to boil; chop tomatoes; add pinch of soda, and stir into boiling soup. Add okra; simmer for several hours; season to taste, and serve.

—MRS. ARTHUR D. JACKSON.

* * *

CREAM OF CELERY SOUP (Serves Four)

1 small stalk celery	4 tablespoons of top milk, or
3 small potatoes	thin cream
1 teaspoon salt	Butter size of walnut
3 or 4 grains of allspice	3 cups water

Wash celery, tops and all. Cut fine, put in pot with three cups boiling water, add salt, allspice and cook until celery is tender. Then add cubed potatoes. Cook until soft, then put through a

fine strainer, add butter and more salt if needed. Just before serving add the top milk or cream and serve with croutons, or, if preferred, a thin slice of lemon may be added before serving.

—MRS. RUTHERFORD SNELL.

* * *

POTASSIUM BROTH

5 carrots	1 stalk celery
$\frac{1}{2}$ bunch parsley	1 large handful spinach
2 qts. water	Salt to taste after cooking

Dice carrots and celery and boil 20 minutes in 2 quarts of water. Add parsley and spinach, cut fine. Boil 10 more minutes. The broth may be served with vegetables in it, strained and served as a bouillon, or mashed through a coarse sieve and served as a puree. In order to make the broth more tasty, several onions may be added to the carrots and celery in the first cooking; also a few fresh or canned tomatoes and some okra if desired. Make your own combinations with this broth, but carrots, celery, parsley and spinach must be used as the base, adding to this onions, green peppers, turnips, tomatoes, asparagus or okra, as the broth is made at different times.

—MRS. CHAS. GANTT HARRIS.

* * *

GREEN SPLIT PEA SOUP

1 lb. green split peas	3 large onions
$\frac{1}{2}$ qt. water	Celery salt to taste
$\frac{1}{2}$ lb. salt pork	Pepper to taste

After soaking the peas over night, boil two hours with salt pork and onions. Mash through colander and strain through sieve. Season and serve with croutons.

—MRS. B. JETER WOODWARD.

* * *

JUNGLE SOUP

1 cup dry split green peas	1 can tomato soup
3 pts. water	1 can bouillon
Salt and pepper to taste	

Place peas in a large saucepan without a lid; add the cold water. Bring to the boiling point and allow to simmer until water cooks down and the peas are cooked to a soft, wet paste. Then add the two cans of soup, stir, and allow to simmer a few minutes. Season to taste. If too thick add more water.

—MRS. REYNOLDS RACKETT.

MY GRANDMOTHER'S RECEIPT FOR OLD VIRGINIA BRUNSWICK STEW

To 3 quarts of water add 1 tablespoon of salt, the bony parts of 2 chickens and 1 cup of chopped salt pork. Remove chicken from bones after boiling. Add 1 dozen tomatoes that have been scalded and peeled, 1 potato diced, $\frac{1}{2}$ pint of butterbeans. Let boil until reduced to one-half its former quantity, then add 6 ears of tender corn split and cut from the cob. Cook 5 minutes and thicken with bread crumbs, stirring constantly until thick enough to eat with a fork. Turn off heat and season with a heaping tablespoon of butter and black pepper and sugar to taste. (Serves eight.)

—MRS. EDWARD SCOTT BOZE.

* * *

BLACK EYE PEA SOUP

1 cup dried black-eye peas	A dash of red pepper
2 qts. water	1 level teaspoon salt
2 level tablespoons of butter or bacon drippings	1 level tablespoon flour
	Lemon

Wash peas and boil in two quarts of salted water. Soaking is desirable. Cook gently for an hour, then rapidly until the water in the pot is reduced to one quart. Three hours is the time needed for cooking unsoaked peas.

Strain off liquid, mash peas thoroughly, add liquor, and strain through a fine sieve.

Melt butter or drippings, stir in flour, add hot strained puree, boil, add pepper and slices of lemon.

—MRS. LITTLETON FITZGERALD, JR.

* * *

SAUCE FOR SHAD ROE

$\frac{1}{2}$ of a large roe	Dash of red pepper
1 large tablespoon butter	Chopped parsley
	Pinch of salt

Pour in some sherry when mixture has been heated and beat to creamy sauce.

—MRS. RALPH H. JOHNSON.

* * *

BROILED FISH

Have fish split, lay it flat in pan. Grease pan. Open fish, butter, salt, and pepper it. Run under blaze until a nice shade of brown, then run in oven until ready to serve.

—MRS. LELAND L. MILLER.

BAKED SHAD

Open shad down the back, wash well and salt. Wipe dry, and rub inside and out with black pepper.

Prepare a dressing of bread, seasoned with pepper, salt, thyme, parsley, celery seed, a little chopped onion and a piece of butter, size of a walnut. Tie up the fish, put in a baking pan with one pint of water (to a good-sized fish) and butter size of a hen egg. Sprinkle with flour, baste well, and bake slowly one hour and a half.

—MRS. CHARLES J. SHUMAN.

* * *

BAKED BLUE FISH

Split and remove bone from a blue fish and place on a well-buttered pan. Cook in hot oven twenty minutes.

Cream 4 tablespoons butter and add yolk of 2 eggs; mix well. Add $1\frac{1}{2}$ tablespoons each of capers, pickles, onions, parsley (all chopped fine), $1\frac{1}{2}$ tablespoons of lemon juice, 3 teaspoons vinegar, $\frac{1}{2}$ teaspoon salt and a dash of paprika. Sprinkle the fish with salt, spread with mixture, and bake until fish is done. Remove to dish and garnish.

—MRS. C. S. GOLDSTON.

* * *

BAKED HALIBUT

3 lbs. halibut

1 lb. salt pork

2 onions

Slice onions in bottom of baking pan. Cut pork in cubes $1\frac{1}{2}$ inches square. Place fish on cubes of pork with onions underneath. Season with salt and pepper. Put buttered bread crumbs over the fish. Bake $1\frac{1}{2}$ hours, basting often. Lift fish carefully

NO MEAL IS COMPLETE WITHOUT SOME DELICIOUS
SEA FOOD FROM

R. C. JONES

Phone 3-5369

309 North Sixth Street

out of pan. Place on hot platter and serve. Strain liquor and make gravy thickened with a little flour. Serve in gravy boat. Garnish with parsley.

—MRS. J. L. B. BUCK.

* * *

BAKED FISH

Rub shad, rock, or any large fish with salt and pepper; dredge with flour. Pour over fish 1 cup water, $\frac{1}{2}$ cup tomato catsup, 2 tablespoons grated onion, half a stick of butter, and 4 strips crisp bacon. Sprinkle chopped parsley around fish. Bake until a rich brown. Serve on hot platter. Garnish with hard-boiled eggs and sprigs of parsley.

—MRS. PARKE P. DEANS.

* * *

HOLLENDEN FISH

4 lbs. halibut	3 tablespoons butter
1 large onion	2 tablespoons salt
$\frac{1}{2}$ lb. salt pork	3 tablespoons flour

Select a cross-cut of halibut about 3 inches thick. Place 3 or 4 slices each of onion and pork at the bottom of the roasting pan and place fish on this. Cream together flour, salt, and butter. Spread on top of fish. Add 3 or 4 more slices of onion and salt pork. Dust over with crumbs. Bake at 350° for an hour and a half.

—MRS. WARREN F. CURTIS.

* * *

STUFFED OLIVES, BACON AND ANCHOVY

Cut bread in small circles a quarter of an inch thick. Spread with butter, and on top of each place a stuffed olive, around which is twisted one fillet of anchovy and one small strip of bacon. The anchovy and bacon are wound around the olive and held by a tooth-pick stuck through each. Place circles of bread with olives in the oven and bake until bacon is properly cooked.

—MRS. REYNOLDS RACKETT.

* * *

SEA FOOD SALMAGUNDI

1 lb. shrimp	2 tablespoons Worcestershire sauce
1 qt. oysters	2 cups cream
1 lb. crab flakes	$\frac{1}{8}$ teaspoon red pepper

Cook oysters by dropping on hot pan until gills curl. Add to sauce with shrimp and crab flakes. Season with salt to taste, and then add other ingredients. Serve on toast.

—MRS. R. K. McKNIGHT.

LUNCHEON DISH OF SHRIMP

Boil three-quarters of a cup of rice in three quarts of water twenty-five minutes and drain. Drain the liquor of one can of "wet pack" shrimp into a measuring cup and fill up with milk. Melt two tablespoons of butter, add one level tablespoon flour, and slowly stir in the cup of milk and liquor. When this has thickened turn in the drained shrimp and heat, but do not boil. If you cook them in the sauce they will break up and be mushy, whereas if shrimp are merely warmed through, they will retain their shape and flavor. Use no salt. Place in the center of a platter of hot rice. (Serves four.)

—MRS. LITTLETON FITZGERALD, JR.

* * *

SHRIMP SALAD

2 cups cooked shrimp	1 cup peas
3 hard-boiled eggs	1 cup celery
1 cup salad dressing	½ cup whipped cream

Add cream to salad dressing; add other ingredients. Mix thoroughly. Serve on bed of lettuce leaves. Garnish with paprika and parsley.

—HENRIETTA HILGARTNER.

* * *

SHRIMP CREOLE

1 lb. shrimp (cooked)	1 pepper
1 can tomatoes (small)	6 strips bacon
1 large onion	1 tablespoon Worcestershire

Cook tomatoes, onion and pepper for twenty minutes in fat from cooked bacon. Add shrimp and bacon cut in small pieces and seasoned with salt, red pepper and sauce to taste. (Serves six.)

—MRS. R. K. McKNIGHT.

* * *

SHRIMP A LA CREOLE

Saute one pound cooked shrimp in butter; add creole sauce.

1 green pepper	1 can tomato juice (large)
1 onion	Salt and pepper to taste

3 or 4 pieces of celery

Cook until about one-half in bulk.

—MRS. JAMES B. BOWERS.

DEVEILED CRABS

Pick all particles of shell from a quart of crab flakes. Add 1 teaspoon salt, 1 teaspoon Worcestershire sauce, 1 tablespoon butter, and $1\frac{1}{2}$ cups thick cream sauce. Mix and put into shells. Beat 2 eggs, spread over filling, particularly where meat and shells come together. Dust with buttered crumbs. Fry in deep fat or bake until brown.

—MRS. S. T. PULLIAM.

* * *

CRAB FLAKES AU GRATIN

1 lb. crab flakes

Pick over carefully, but leave in as large pieces as possible. Place in rather shallow baking dish and pour over sauce as follows:

1 cup milk	$\frac{1}{4}$ teaspoon salt
2 tablespoons flour	Dash pepper and paprika
2 oz. butter	1 cup grated American cheese

Use double-boiler; melt fat, add flour and seasonings; add cold milk; cook about twenty minutes, stirring frequently to keep smooth. Add grated cheese and stir until smooth; pour over crab flakes and put in oven until top is golden brown. Serve hot.

—MRS. C. B. MYERS.

* * *

HOT CRAB SALAD IN FINGER ROLLS

1 can crab meat	2 tablespoons butter
$\frac{1}{2}$ cup almonds	2 tablespoons flour
2 hard-boiled eggs	1 pt. milk
1 pimento	Seasonings

Leave crab in good-size pieces. Mix lightly with chopped almonds, diced eggs and pimento cut in strips. Make a thin white sauce by stirring flour into melted butter until smooth. Add all at once to the milk heated to boiling point in top of double boiler, beating immediately with rotary beater, cooking until smooth and thick; add seasoning and crab mixture. Serve in hot, hollowed-out finger rolls, which have been toasted.

—MRS. E. S. SIMPSON.

* * *

CREAMED CRAB

2 cups crab meat	$\frac{1}{4}$ cup canned pimento
$\frac{1}{2}$ cup mushrooms	1 cup white sauce

Chop and cook mushrooms until tender. Chop pimentos

in small bits; add crab meat, and combine with white sauce. Season with salt and red pepper. Serve hot. It is very nice on toast.

* * *

WHITE SAUCE

1 tablespoon butter	1 teaspoon salt
1½ tablespoons flour	1 cup warm milk

Melt butter, add flour, and stir until smooth; add salt. Add milk gradually, stirring constantly. Cook until thickened.

—MRS. FRED B. EVENSEN.

* * *

SEA FOOD SHELLS

1 lb. crab meat	½ lb. shrimp
½ cup yellow sauce	2 tablespoons chopped onion
1 tablespoon butter	Parsley
Cracker crumbs	Salt and pepper

Wash; chop shrimp in coarse pieces. Pick carefully any shells from crab meat. Combine shrimp, crab meat, parsley, salt and pepper. Chop onion fine and cook until tender in butter. Add butter and onion to crab and shrimp and mix well; add yellow sauce, mix and pack in sea shells. Cover with cracker crumbs and dots of butter. Brown in oven about one-half hour. Serve in shells.

* * *

YELLOW SAUCE

1½ tablespoons butter	1 teaspoon salt
2 round tablespoons flour	½ cup milk
	1 egg

Beat egg and add to milk with salt. Mix flour with butter and add to egg and milk mixture. Blend until smooth and cook till very thick.

—MRS. FRED B. EVENSEN.

* * *

CRAB CAKES

1 lb. crab flakes	1 egg
2 tablespoons melted butter	Salt and pepper

Season crab flakes. Add butter and bind together with beaten egg. Make into cakes and fry.

—MRS. HENRY U. EBEL.

DEVILED FISH FLAKES

1 can fish flakes (large)	1 cup bread crumbs
2 eggs	1 teaspoon mustard
1 teaspoon Worcestershire	1 cup milk
Lump of butter	Salt and pepper to taste

Separate fish and season. Add well-beaten eggs, butter, mustard, Worcestershire, milk and bread crumbs. Put mixture in individual baking dishes. Sprinkle the tops with finely ground bread crumbs and bits of butter. Bake in hot oven.

—BRANCH S. HEINRICH.

* * *

LOBSTER A LA NEWBURG

1 lobster	2 oz. sherry wine
1 egg yolk	Salt and pepper to taste
Butter size of walnut	

Cut lobster in pieces size of hickory nut. Put in pan with butter, salt and pepper and thicken with heavy cream sauce. Add egg yolk and wine.

* * *

SAUCE

1 oz. butter	2 oz. flour
--------------	-------------

Melt butter; add flour, and thin down to proper consistency with boiling cream.

—MRS. WALTER SHIREY.

* * *

MARY'S FRIED OYSTERS

Make a batter of $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup tomato catsup, 1 teaspoon baking powder, salt and pepper. Dip oysters in batter; roll in cracker meal; fry in deep fat. Drain on brown paper. Serve immediately. Garnish with lemon and parsley.

—MRS. PARKE P. DEANS.

* * *

PANNED OYSTERS

Put two tablespoons of butter in a saute pan. Lay twenty good-sized oysters in it. When edges curl and the oysters plump, dust them with pepper and salt and serve at once on hot toast. Two tablespoons of sherry may be added before serving if desired.

—MRS. A. B. B. HARRIS.

PIGS IN BLANKETS

Thin slices of bacon	Parsley
Oysters	Toast

Cut slice of bacon in halves. Dry oysters and wrap each one with a piece of bacon, fastening with toothpicks. Lay on towels to thoroughly dry them. Brown in very hot fat. Put two pigs on each piece of toast. Garnish with parsley.

—MRS. GARNETT REID.

* * *

SCALLOPED OYSTERS

1 qt. oysters	4 tablespoons bacon fat
$\frac{3}{4}$ cup stewed diced celery	$\frac{1}{2}$ cup liquid (milk or liquor from oysters)
$1\frac{1}{2}$ cups fine dry crumbs	Salt and pepper to taste

Mix all ingredients in casserole after freeing oysters from grit and shell. Top with buttered crumbs and cook until oysters curl and top is brown in moderate oven (30-40 minutes). (Serves four to six.)

—MRS. J. J. BRADFORD.

* * *

JELLIED SALMON LOAF

2 tablespoons gelatin	$\frac{1}{2}$ teaspoon salt
1 can salmon	Dash of red pepper
1 small onion	$\frac{3}{4}$ cup milk
1 egg	4 tablespoons vinegar
1 teaspoon mustard	4 tablespoons sugar

Moisten gelatin with the liquid from salmon. Flake salmon, remove skin and bones. Chop onion very fine. Cook remaining ingredients and while hot add gelatin. Mix this with the salmon. Place in loaf-cake pan to mold. Serve sliced on lettuce. Celery may be used with or in place of onion. (Serves six.)

—MRS. M. D. LECKIE.

* * *

SALMON CROQUETTES

1 can red salmon	2 eggs
Equal amount of mashed potatoes	Salt and pepper
Grated onion	Chopped parsley

Remove bones from salmon and mix with potato and seasonings. Add two beaten eggs and shape into croquettes about three inches long. Roll in crushed rice flakes and fry slowly. The mashed potato and coating of crushed flakes give them a fluffy texture not usually found in a fish croquette.

—MRS. F. H. MORGAN.

ALASKA LUNCH

1 can salmon	1 cup bread crumbs
1 can green peas	3 tablespoons butter
3 or 4 potatoes	Pepper and salt to taste

Drain liquid from salmon and peas. Add part of butter and heat. Place in bottom of baking dish a thick layer of thinly-sliced potatoes, then the salmon, broken up into small pieces; next a layer of peas. Cover with half of the crumbs dotted with butter and salt and pepper. Make a second layer of potatoes, peas and salmon, covering with crumbs, salt, pepper and butter. Pour liquid over all, adding water enough to keep contents from baking too dry. Bake only long enough to thoroughly cook potatoes and brown top. Serve with the usual cream sauce and sprinkle with paprika.

—MRS. W. P. CLEMENTS.

* * *

SCALLOPED TUNA FISH

1 can tuna fish	1 tablespoon flour
Juice of half a lemon	Small onion
1 cup milk	Buttered crumbs
1 tablespoon butter	Salt and pepper to taste

Flake tuna; add lemon. Make white sauce of flour, butter, milk and seasonings. Cover bottom of casserole with crumbs. Add layer tuna, with onion, sauce, and continue until all ingredients are used, top layer being crumbs; dot with butter; bake until golden brown.

—MRS. S. T. PULLIAM.

* * *

TUNA FISH SALAD

1 tablespoon gelatin	$\frac{1}{2}$ cup chopped celery
2 tablespoons cold water	$\frac{1}{4}$ cup pickle relish
2 cups tuna fish	$\frac{1}{2}$ teaspoon salt
$\frac{1}{8}$ teaspoon paprika	$\frac{1}{2}$ cup mayonnaise dressing

Soak gelatin in cold water five minutes and dissolve over boiling water. Flake tuna fish in pieces, add celery, relish, salt, paprika and mayonnaise. Add the dissolved gelatine, mix well, and put into individual molds, which have been dipped in cold water. Place in ice box to chill until ready to serve. Serve in nests of lettuce and garnish with celery curls and rings of green pepper.

—MRS. MYRIL DOUGLASS.

DEVEILED TUNA FISH

1 can tuna	2 tablespoons chopped onion
2 tablespoons butter	3 tablespoons green pepper
2 tablespoons flour	3 tablespoons pickle or capers
1 can tomato soup	$\frac{3}{4}$ cup buttered bread crumbs
	$\frac{1}{2}$ cup of water

Melt butter; add flour and brown; add soup and water; when thick and smooth, add fish and seasonings. Put in baking dish, cover with crumbs, and brown in oven.

—MRS. C. O. SWANN.

* * *

CREOLE TUNA FISH

1 small can tuna fish	Dash of red pepper
2 slices well buttered toast broken in bits	$\frac{1}{2}$ cup chopped celery
1 small onion, chopped	1 egg
$\frac{1}{2}$ large green pepper, chopped	$\frac{1}{2}$ cup milk
1 cup chopped tomato	1 tablespoon Worcestershire
	$\frac{1}{2}$ teaspoon salt

Mix all ingredients together well and pour in well-buttered shallow pyrex pie plate and bake in moderately hot oven (400°).

—MRS. G. O. TIMBERLAKE.

* * *

CLAM FRITTERS

$\frac{1}{2}$ pt. clams	4 eggs
$\frac{1}{2}$ pt. sweet milk	Salt and flour

Beat yolks and whites of eggs separately. Stir yolks, salt and liquid together. Add whites and flour sufficient to stiffen. Add the finely chopped clams. Fry like other fritters.

—MRS. R. V. FARRAR.



*"Guine ter hav' ham an' dese chickens today;
De'se guine to be company, de missus say."*

POULTRY AND MEATS

MRS. JAMES K. HALL, *Chairman*

*"Upon what meat doth this our Cæsar feed,
That he is grown so great!"*

CHICKEN PILAU

1 hen	2 onions
3 slices bacon	1 cup rice

Cover breast of hen with bacon secured by skewers. Place in stew pan with sliced onions. Season with salt, pepper and a little mace, if desired. Cover the hen with the rice (which has been soaked) and pour water over the entire contents. Keep the stew pan closely covered and cook until fowl and rice are quite tender.

—MRS. C. J. HEATWOLE.

* * *

BAKED CHICKEN RING

1 medium-sized chicken	1 6-oz. package of noodles
4 eggs	4 cups boiling water
Salt, pepper and paprika	

Boil chicken until tender and mince it. Cook noodles in boiling water until tender, and drain. Grease a ring mold $8\frac{1}{2}$ inches deep, filling it with alternate layers of noodles and minced chicken. Beat eggs; add $\frac{1}{4}$ cup butter or melted chicken fat and 2 cups stock or milk. Pour this over chicken and noodles. Place mold in pan of hot water and bake 30 minutes in moderate oven. Place on chop plate, filling center with carrot and potato balls, or English peas and mushrooms. Serve with a mushroom sauce.

—MRS. A. B. B. HARRIS.

SMOTHERED CHICKEN

Brown chicken in butter or bacon fat. Pour a cup of hot water in pan and cover. Cook slowly until tender.

—MRS. CARLTON JACKSON.

* * *

SPANISH CHICKEN

1 or 2-lb. chicken	1 onion (sliced)
3 slices bacon	3 carrots (sliced)
1 green pepper (sliced)	4 stalks celery (cut)

Joint chicken, place in roaster and cover with vegetables, sprinkling with salt and pepper. Pour over all a dressing made of 1 cup water, 1 tablespoon flour mixed to a paste, juice of $\frac{1}{2}$ lemon. Bake about an hour; baste and brown.

—MRS. J. H. NOLDE.

* * *

PRESSED CHICKEN

1 5-lb. hen (boiled until tender)	1 cup shelled pecans
6 boiled eggs	3 cups chicken broth
1 large, green pepper (cut)	1 envelope gelatine dissolved in cup cold water
1 cup chopped celery	

Add to this 1 teaspoon lemon juice and 1 small can pimentos. Season. Mix all ingredients except eggs. Wet mold. Slice eggs, placing them in bottom of mold, and put all other ingredients over them, pressing down with spoon. Put away to mold.

—MRS. W. G. SALE.



Brook Hill Coffee Shoppe

BREAKFAST—LUNCHEON—DINNER
DELICIOUS SANDWICHES HOME-MADE PIES
5201 CHAMBERLAYNE AVENUE
RICHMOND, VIRGINIA
Junction U. S. 1 and Virginia State Route 2

CREAMED CHICKEN

2½ cups chicken (cooked and cut)	½ teaspoon salt
1 pimento (cut fine)	1 tablespoon flour
1 cup chicken stock	1 cup mushroom soup

Heat chicken stock; add salt; also flour, which has been mixed to a smooth paste with small amount of cold water. Cook until mixture thickens. Add pimento, chicken, mushroom soup, and heat thoroughly. Serve on toast or in timbale cases.

—MRS. RICHARD ANDERSON.

* * *

CHICKEN OR HAM TIMBALES

2 tablespoons butter	1 cup cooked chicken (chopped)
¼ cup stale bread crumbs	(or 1 cup ham)
⅔ cup milk	2 eggs
½ tablespoon chopped parsley	

Melt butter, adding bread crumbs and milk. Cook five minutes, stirring constantly. Add meat, parsley and eggs (beaten slightly). Add salt and pepper to taste. Turn into buttered individual molds. Set in pan two-thirds full of hot water. Cover with buttered paper. Bake twenty minutes. Turn out on platter and serve hot with Bechamel sauce. (See following recipe.)

—MRS. G. TALBOT FRENCH.

* * *

BECHAMEL SAUCE

½ cup water or white stock	¼ cup butter
1 slice onion	¼ cup flour
1 slice carrot	1 cup scalded milk
Bay leaf and parsley	½ teaspoon salt

Cook water (or stock) twenty minutes with onion, carrot, bay leaf and parsley. Strain; melt butter; add flour; add gradually hot stock and milk; season.

—MRS. G. TALBOT FRENCH.

* * *

MY FAVORITE FRIED CHICKEN

Joint two tender chickens weighing two pounds each, or less. Have ready a paper bag containing ½ cup flour, 1 teaspoon salt, and 1 teaspoon pepper. Put the pieces of chicken into the bag and shake it vigorously, holding it tightly shut. When thoroughly shaken, dip the pieces of chicken into the following: 2 eggs (well-beaten), to which 2 tablespoons of water have been added, ½ teaspoon salt, and ½ teaspoon pepper. Then roll

in cracker meal and fry in hot fat until a golden brown, reducing the heat and frying gently until done.

—MRS. JAMES K. HALL.

* * *

BROILED CHICKEN

Split young chickens down the back and spread open as flat as possible. Crush down the breast bone and pin wings and thighs closely to the body, fastening giblets under the wings. Wipe as dry as possible. Sprinkle with salt and pepper and rub well with soft butter before laying the chickens upon their backs on the hot broiler. Cook until a handsome brown (the way we do it!) After each side is brown, turn often until well done—from 20 to 30 minutes. Covering the broiler with a pan keeps in both heat and steam. Butter well, place on a hot platter, and garnish with water cress. Serve with hot biscuit.

—MRS. C. J. HEATWOLE.

* * *

ROAST TURKEY

Rub turkey all over with butter, seasoning with salt and pepper. Put a little water in the pan to prevent burning. Have the oven rather hot at first so the turkey can be browned nicely. Then reduce the heat, put cover on roaster and cook slowly until tender, basting frequently. The stuffing may be baked separately. Use for stuffing a small stale loaf of bread; crumble it fine, rub into it butter the size of an egg; add a pint of oysters chopped fine (if liked), and season with pepper and salt. The stuffing may be put into pared and cored apples and baked. Chestnuts (boiled and mashed) make a delicious dressing.

—MRS. T. JUSTIN MOORE.

* * *

ROAST PIGEON

Stuff the same as chicken. Put in hot oven. Have 1 gill of water and 1 teaspoon of salt in pan. Bake one hour, basting first with drawn butter and then with the juices.

* * *

SQUABS

Squabs are broiled just as chickens are.

—MRS. AUBREY HAWKINS.

* * *

WILD DUCKS

Prepare for the oven just as you would chicken. If they seem at all "fishy," rub lightly with onion and put a few uncooked

cranberries inside of them. Put a piece of butter the size of a small egg in each duck. Put in a pan in which you have $\frac{1}{4}$ cup of water and 1 teaspoon salt. Baste well with drawn butter. Bake 45 minutes if you wish them rare, and 1 hour if you want them well-done. They are much better not stuffed.

—MRS. B. B. LECOMPTE.

* * *

CURRIED LAMB AND RICE

2½ lbs. lamb (shoulder)	1½ tablespoons curry powder
2 tablespoons shortening	2 tablespoons flour
1 teaspoon salt	2 tablespoons water
$\frac{1}{8}$ teaspoon pepper	3 cups boiled rice

Wipe lamb with damp cloth. Cut into medium-sized pieces and remove fat. Melt shortening in a frying pan, adding lamb and cooking it until it is a delicate brown. Cover with boiling water. Add salt, pepper and curry powder mixed with a little cold water. Cover and simmer for 2½ hours or until lamb is tender. Make a smooth paste of the flour and water, adding enough to thicken the liquid. Mound hot rice in the center of a hot platter and pour the curried lamb around it.

—MRS. FRANCIS BRYAN WILLIAMS.

* * *

LAMB CROQUETTES

1 lb. ground baked lamb	Lump butter
$\frac{1}{2}$ pt. mashed Irish potatoes	$\frac{1}{2}$ teaspoon celery seed
A bit of finely chopped onion	Salt and pepper
1 tablespoon minced ham (if you have it)	

Mix ingredients well; make into balls; dip into beaten egg, then in cracker dust, and fry in boiling fat.

—MRS. CHARLES J. SHUMAN.

* * *

BAKED LAMB LOAF

3 cups ground lamb	1 green pepper (minced)
1 cup milk or stock	2 tablespoons parsley (minced)
1 egg	1½ teaspoons salt
1 cup bread crumbs	1 teaspoon pepper
2 tablespoons minced onion	

Beat egg, adding liquid and crumbs, allowing them to soak ten minutes. Mix ground meat with vegetables and seasonings. Combine the two mixtures, pouring into a well-greased pan and bake in a moderate oven (375° F.) for one hour. Turn out the

loaf and serve with a white sauce containing one-half cup of green peas.

—MRS. KENT W. HOOD.

* * *

SHEPHERD'S PIE

Grind left-over leg of lamb with several stalks of celery, a large onion, parsley, and season with salt and pepper. Add gravy, mix thoroughly, and place in baking dish. Pile an equal amount of mashed potato on top of this mixture, dot with butter, and bake slowly until hot.

—MRS. FREDERICK H. MORGAN.

* * *

CROWN ROAST OF PORK

Have the butcher prepare this roast by tying the ribs from a rack of pork together, forming a circle. Wipe the roast and dredge with seasoned flour, placing a few pieces of fat over the roast, if too lean. Cover the ends of the bones with greased paper to prevent burning. Place the roast on a small wire trivet in the roaster. Pre-heat the oven to 500° F. and sear the meat. Then reduce the heat to 400°, continuing the baking preferably in a covered roaster with a vent. When ready to serve, fill the center with mashed potatoes, boiled rice, bread stuffing or any vegetable you wish.

—MRS. THOMAS F. GILL.

* * *

BOILED AND BAKED HAM

Soak an old, well-cured ham over night in cold water. Put it in cold water, adding two or three sliced apples and a cup of molasses. Boil till tender. Remove skin when cool enough to handle. Cover with bread crumbs and pour sweetened wine over crumbs. Add a little sugar and more crumbs. Stick whole cloves over top and brown in oven.

—MRS. CARLTON JACKSON.

* * *

BAKED SLICE OF HAM (Vermont Style)

One slice of ham, cut one inch thick. Score edges and freshen twice by covering with cold water and bringing to a boil. Pour off second water. Spread with a paste made of 2 tablespoons of brown sugar and 1 tablespoon of mustard moistened with vinegar. Add enough water to simmer. Bake in a slow oven one hour, turning once. Baste twice.

—ANNA D. ALLEN.

BAKED HAM LOAF

1 lb. fresh ground ham	2 tablespoons Chili sauce
½ lb. smoked ground ham	½ teaspoon grated lemon rind
½ cup of milk	¾ teaspoon salt
2 eggs (beaten)	¼ teaspoon pepper
1 cup soft bread crumbs	1 cup canned tomato juice
1½ teaspoons cold water	1 teaspoon minced onion

Combine the fresh and smoked ham; add milk, eggs, crumbs, Chili sauce, lemon rind, salt and pepper. Mix well. Place in greased pan and bake one hour in a moderate oven (375° F.). After thirty minutes' baking, pour tomato juice over loaf and continue baking. Remove loaf from pan, pour liquid into sauce pan, bringing it to a boil, and thicken it with flour. Season it with a teaspoon of bottled condiment sauce and serve with the loaf. Delicious when cold.

—MRS. WYLIE W. TAYLOR.

* * *

SCHENKEN FLECKEN (Hungarian)

2 cups chopped ham	1 teaspoon dry mustard
1 box macaroni	½ cup sweet milk
3 eggs (beaten separately)	1 tablespoon butter

Season with salt and a sprinkling of paprika. Mix all together. Pour into buttered dish and bake.

—MRS. ARTHUR D. JACKSON.

* * *

APPLES AND PORK CHOPS

6 medium-thick chops	1 tablespoon vinegar
3 tart apples	3 cups hot water
3 tablespoons flour	½ teaspoon salt
½ cup raisins	¼ cup brown sugar
¼ teaspoon sage (if desired)	

Sprinkle salt and sage on chops; brown in frying pan and remove to shallow baking pan. Place on each chop half an apple, pared, cored, and filled with brown sugar. Put flour into frying pan and, when lightly browned, add water, stirring constantly while it boils. Next add raisins and vinegar. Pour this over the chops and apples and bake well covered in a moderate oven until the apples are tender.

—MRS. M. D. LECKIE.

HAM STEW

Ham	1 qt. tomatoes
Irish potatoes (3 large)	Thyme
Celery	Salt
1 onion	Pepper

To 2 cups of boiled or baked ham cut into small pieces add 1 quart of water, 1 quart of tomatoes, several good outside stalks of celery, 3 large Irish potatoes cut into small pieces, salt and pepper, chopped onion and thyme. Boil over slow fire one hour. (Serves about eight.)

—MRS. TRAPIER K. MARSHALL.

* * *

BAKED HAM

Remove skin from uncooked ham. Rub over with generous amount of brown sugar and then pour over contents of small can of crushed pineapple. Put it in roaster in a hot oven until the ham is seared; turn the gas down and cook slowly until tender.

—MRS. L. R. REYNOLDS.

* * *

FRIED HAM

Slice ham and beat well until grain is thoroughly broken. Let stand in cold water one-half hour. Wipe dry, roll in flour seasoned with pepper. Have butter or drippings in pan. When hot, put in pan and fry a golden brown. Remove ham to hot platter, put a small piece of butter in pan, add 2 or 3 tablespoons rich cream, pour over meat and serve hot.

—MRS. O. B. DARDEN.

* * *

VEAL LOAF

1 lb. round steak	1 large stale roll (crumbled fine)
1 lb. lean veal	1 teaspoon celery salt
1 lb. lean pork	1 teaspoon salt
2 eggs	½ teaspoon red pepper

Rub bread crumbs, salt and pepper together and mix with eggs well beaten. Add the meats, chopped, and make into an oval shape. Sprinkle over with bread crumbs and bake as you would a small roast of veal.

—MRS. GIBSON WORSHAM.

VEAL BIRDS

2 lbs. veal outlet	Cracker crumbs
½ lb. breakfast bacon	Salt and pepper

Cut veal into small pieces (about two inches square). Beat until tender; sprinkle with salt, pepper and cracker crumbs. Roll, and wrap a slice of bacon around each piece; skew with toothpick and fry until brown. Place in casserole with small amount of water and bacon fat. Bake slowly for about two hours. (Serves six.)

—MRS. WILLIAM E. UPCHURCH.
* * *

BEEF GOULASH (Hungarian)

3 lbs. round steak	½ cup water
cut in inch cubes	1 cup cream
3 onions, sliced	1 teaspoon beef extract
3 potatoes, diced	1 teaspoon salt
¼ cup butter	½ teaspoon black pepper
½ teaspoon paprika	

Put butter in kettle, set it on stove and fry onions. Add meat, cook until brown; dissolve beef extract in water, and add it to contents of kettle. Cover closely, cook slowly until meat is tender, then add seasonings and place potatoes in kettle on top of meat. Cook until potatoes are tender. Add cream and simmer five minutes.

—MARGARET HEATWOLE.

* * *

HOT SCOTCH COLLOPS

Mince fine 1½ lbs. round steak. Season with salt and pepper. Add an onion, chopped fine, if liked. Melt a tablespoon butter in a stew pan. Put in the minced meat and stir to keep from getting into lumps. Dredge flour over it and pour on a little stock. Let simmer a few minutes. Serve very hot on slices of toast.

—CATHERINE ERVIN.

* * *

BRUNSWICK STEW

1 veal shin	1 cup butterbeans
1 small chicken (2 to 3 lbs.)	1 cup diced potatoes
2 cups fresh or canned corn	1 large, diced onion
2 cups tomatoes	Other vegetables, if desired
1 tablespoon bacon drippings	

Cook veal shin and chicken until meat falls from bones. Cool; drain off stock; cut meat into cubes; add meat and vege-

tables to stock; add bacon drippings; cook slowly for an hour. Season to taste and thicken slightly; if too thick add water.

—MRS. FRANCIS BRYAN WILLIAMS.

* * *

ROAST BEEF

5 lb. sirloin tip 1 large onion
Salt and pepper

After wiping the roast well with a damp cloth, rub it thoroughly all over with salt and pepper. Sprinkle a little flour over the top and sides; place in an uncovered roaster, without any water, in an oven pre-heated to 600° F. When brown enough (in about a half hour) add $\frac{1}{2}$ cup water and the sliced onion; place cover on pan and turn oven off (if you have an oven with retained heat), allowing the roast to continue baking according to your taste, as follows: for a rare roast, 12 minutes per lb.; for a medium roast, 15 minutes per lb.; for a well-done roast, 18 minutes or longer per lb.

The important thing is to have a very hot oven at first, then gradually reduce the temperature.

—MRS. J. E. KING.

* * *

STUFFED PEPPERS

6 halves of green peppers	2 cans potted ham, or 1 can veal loaf
$\frac{1}{2}$ cup chopped onion	1 cup tomatoes
$\frac{1}{4}$ cup chopped green peppers	1 cup bread crumbs, or cracker meal
Salt and pepper to taste.	

Put stuffed peppers in a pan in about one inch of water and bake slowly.

—MRS. EDWARD S. REID.

* * *

BROILED TENDERLOIN, SIRLOIN OR PORTERHOUSE

Select a tender, thick steak with fresh, juicy appearance; the fat a creamy white. Wipe dry; cut a few, small pieces of fat from steak and dot over it. Place meat on the broiler in pan and put under the gas flame which has been turned on full previously; sear each side quickly; reduce heat to finish cooking. Place on hot platter with drawn butter and season with salt and pepper.

—MRS. NEWTON C. WING.

TO COOK STEAK ON TOP OF STOVE

Have butcher give you the suet that he has cut from steak; cut it into small pieces and cook in skillet. Have this piping hot and put the steak in, searing it first on one side and then the other. Reduce heat until the steak is done. Add a little water and butter to the skillet after you have removed steak: this makes a good gravy.

—MRS. NEWTON C. WING.

DEALERS IN
CHOICE MEATS
FOR OVER EIGHTY-FIVE YEARS
B. BRAUER'S SONS

SIXTH STREET MARKET

DIAL 3-5328

TENDERLOIN A LA BROADDUS

5 lb. tenderloin	1 tablespoon salt
1 lemon	1 tablespoon pepper
1 egg	1 lb. mushrooms

1 can tomatoes

Rub meat with lemon, letting it stand one-half hour. Wash meat with egg, adding seasonings and a little onion, if desired. Put in roaster; pour tomatoes over meat, adding a little butter. Bake one-half hour in hot oven, basting often. Brown under broiler; remove juices from roaster; add cut mushrooms and cook until thick. Place meat again in roaster; pour sauce over it and cook slowly for one hour.

—MRS. DAVE E. SATTERFIELD.

* * *

MOCK DUCK

Beat well $2\frac{1}{2}$ lbs. round steak without bone and season with salt and pepper.

Make a rich dressing as for fowl, spread thickly over the steak; roll it up, tying it in the middle and at each end. Bake as you would a roast of beef.

—MRS. CHARLES J. SHUMAN.

STUFFED CORNED BEEF

1 loaf stale bread	1 tablespoon black pepper
1 large onion	2 tablespoons celery seed
$\frac{1}{2}$ lb. sliced, salt pork	2 tablespoons powdered sage
$\frac{1}{2}$ lb. beef suet	2 tablespoons thyme
2 tablespoons parsley	$\frac{1}{2}$ teaspoon red pepper

Have an eight pound beef corned six weeks before using. Run bread, suet, pork, parsley and onion through meat grinder; add seasonings and enough water to hold the dressing together. Wipe beef and make small holes with apple corer; stuff each hole with as much dressing as it will hold. Place in pan of cold water, boiling gently for five hours, or until tender.

—MRS. EDWARD S. MCCARTHY.

* * *

TOMATO POT ROAST

4 lb. rump roast of beef	$\frac{1}{4}$ teaspoon dry mustard
1 can tomato juice	1 teaspoon salt
1 teaspoon Worcester sauce	$\frac{1}{2}$ teaspoon pepper

Mix all ingredients together and pour over roast; then lay one bay leaf and three slices of onion over the top; let marinate over night. Remove roast from liquid and brown on all sides in hot fat. Cover with liquid in which the meat was marinated and simmer slowly in covered kettle for $3\frac{1}{2}$ or 4 hours; thicken gravy for serving. Serve with spaghetti or whole, boiled potatoes.

—MRS. C. S. GOLDSTON.

* * *

POT ROAST

Chunk, or rump roast weighing 3 to 6 pounds	
2 or 3 bay leaves	3 or 4 carrots
$\frac{1}{2}$ cup tomatoes	1 large onion

Wash roast and wipe dry. Put in kettle some hot fat, 1 tablespoon for every two pounds of meat; sear roast quickly on all sides and brown. Cover with boiling water and add salt, pepper, paprika ($\frac{1}{2}$ teaspoon for every 2 lbs. of beef), two or three bay leaves, 1 teaspoon celery seed, three or four cloves, a dash of cinnamon and ginger; also one large onion, sliced thin; $\frac{1}{2}$ cup tomatoes, several carrots, scraped and cut. Cook slowly two or three hours. When done, remove meat, thicken gravy and pour over meat.

—MRS. JAMES D. HARRIS.

SCRAP PIE

Cut into small pieces left-over roast of any kind. Dice two large potatoes, 1 large onion, 1 cup carrots, add one large can tomatoes and any other left-over vegetables. Cook together until vegetables are tender. Line baking pan with uncooked biscuit dough and pour meat and vegetable mixture into pan, covering with small pieces of dough. Bake in moderate oven.

—MRS. EMMETT SEATON.

* * *

HASH

1 pt. chopped beef roast 1 pt. chopped, boiled potatoes
1 medium-sized, chopped onion

Mix together, sprinkle with salt, pepper and paprika, heating thoroughly in a hot pan which contains a tablespoon of butter. Add a little milk, if it becomes too dry. Let it cook slowly; when it is brown on the bottom, fold over like an omelet.

Variation in Serving: When it is brown on the bottom, remove to a hot platter; make dents in the hash and drop in a poached egg for each person.

—MRS. JAMES K. HALL.

* * *

EXCELLENT MEAT LOAF

1½ lbs. round steak	1 good-sized onion
½ lb. lean pork	2 teaspoons salt
¾ cup finely crushed corn- flakes	¼ teaspoon pepper
2 eggs	1½ cups sweet milk
	4 slices of bacon

Place two slices of bacon in the bottom of a casserole. Combine all other ingredients except the onion. Put meat mixture in the casserole.

Peel and quarter the onion, lay on top of the meat mixture, and place over it the remaining two slices of bacon. Bake in a moderate oven for 1½ hours. Serve hot in the casserole. This makes a meat loaf that is juicy and less compact than the ordinary meat loaf.

—MRS. G. TALBOT FRENCH.

* * *

CHOPPED MEAT BALLS (With Herbs)

1 lb. chopped meat (beef, veal or pork)	1 teaspoon marjoram
1 teaspoon chopped onions	1 teaspoon chopped parsley
1 teaspoon thyme	Salt and pepper to taste

Mix herbs with the chopped meat, form into balls, roll in a little flour, and fry in butter until well-browned.

—MRS. GEORGE CALL.

* * *

SWEDISH MEAT BALLS

1½ lbs. ground, round steak	Salt and pepper to taste
½ lb. ground pork shoulder	1 teaspoon ground allspice
1 cup bread or cracker crumbs	3 tablespoons minced onion
2 teaspoons sugar	½ cup catsup or chili sauce

Mix all ingredients well, adding water enough to make as smooth a mass as possible. Form into balls and parboil a few minutes in deep, boiling water. Remove from water and fry an even brown in a well-greased frying pan. Serve hot or cold.

—MRS. M. C. ENGSTROM.

* * *

SOUFFLE

2 cups ground meat

2 cups milk, thickened with 2 rounded tablespoons flour

Mix and let cool, after which add the yolks of 2 eggs and whites beaten to a stiff froth. Season to taste and bake in a moderate oven about an hour, depending upon the degree of dryness one likes.

—MRS. FRED W. LEPPER.

* * *

MEAT LOAF

2 cups crumbs	½ tablespoon chopped onion
2 tablespoons flour	½ lb. beef (ground)
2½ teaspoons salt	½ lb. pork (ground)
¾ teaspoon pepper	½ lb. veal (ground)
¼ teaspoon paprika	1 egg
¼ teaspoon mustard	1½ cups milk

Mix well together, shape and place in loaf pan. Cover with two strips of bacon and a can of tomato juice. Bake.

—MRS. E. H. WARREN.

A suggestion in making meat loaf: use oatmeal (uncooked) instead of crumbs and the loaf will be much lighter.

—MRS. J. K. HALL.

SAUER BRATEN

4 or 5 lbs. Top Sirloin	1 teaspoon allspice or pepper
2 sliced onions	corns
4 bay leaves	$\frac{1}{4}$ cup sugar
vinegar	$\frac{1}{4}$ cup raisins

Rub salt and pepper into meat thoroughly. Place in stone crock and pour over a solution made of equal parts of vinegar and water, with the other ingredients added. Let stand four or five days, turning meat each day. Drain and dredge with flour and brown on all sides in a little hot fat. Add a little water and some of the spiced vinegar and cook slowly until tender. Remove from pot, thicken gravy and brown it with a little kitchen bouquet. Just before serving stir in a few crumbled up ginger snaps. Serve with potato dumplings or potato pancakes.

—MRS. R. V. FARRAR.

* * *

MEAT LOAF

1½ lbs. ground beef	2 tomatoes (cut fine), or
3 stalks celery (cut fine)	$\frac{2}{3}$ can tomato soup
1 small, chopped onion	1 green pepper (cut fine)
3 slices bread (crumbled)	1 egg (beaten)

Salt and pepper to taste

Mix together well with long pronged kitchen fork, shape into a loaf and place in oblong pan about 1½ or 2 inches deep. Dot top with small pieces of butter and sprinkle with flour. Put $\frac{3}{4}$ inch of water in pan. Bake one hour.

—MRS. E. W. ARMENTROUT.

* * *

**FRESH BEEF TONGUE (Pickled), WITH GRAVY
AND POTATO DUMPLINGS**

(A good winter-time dish)

1 $\frac{3}{4}$ lbs. fresh beef tongue	1½ tablespoons whole pickling spice
Vinegar	1 large onion (sliced)
Salt	1 dozen ginger snaps
$\frac{1}{8}$ teaspoon pepper	$\frac{2}{3}$ tablespoons sugar
	$\frac{1}{2}$ cup seedless raisins

Place tongue in bowl with enough vinegar to cover. Add spice, salt, pepper and sliced onion and let stand over night. In the morning, place all ingredients in kettle, adding some water, and cook until the tongue is tender. Then lift the tongue

out of the liquid, skin, trim and slice fairly thin. Strain liquid, pour it again into kettle, thicken with ginger snaps, which have been mashed to a paste in a little hot water, and add sugar and raisins. Then put the sliced tongue back into the gravy and let simmer until meat is quite tender.

—MRS. C. L. SCHAAF.

* * *

CHILI CON CARNE

1 lb. round steak	1 small, green pepper
1 can kidney beans	1 can tomato soup
1 small onion	Chili powder to taste

Salt and Pepper

Fry steak in butter, adding onion and green pepper. Put in baking dish with rest of ingredients, cover with cooked noodles and brown in oven $\frac{1}{2}$ or $\frac{3}{4}$ hour.

—MRS. J. E. WARINNER

* * *

CHILI CON CARNE

1 lb. ground beef, and	1 teaspoon chili pepper
$\frac{1}{2}$ lb. boiled ham	1 teaspoon thyme
1 large onion, sliced	$\frac{1}{2}$ teaspoon dry mustard
1 green pepper (ground)	1 teaspoon celery seed
1 qt. canned tomatoes (strained)	1 teaspoon salt
1 small can pimentos (mashed)	$\frac{1}{4}$ teaspoon red pepper
1 can kidney beans	

Fry onion in butter or bacon grease. Add meats and fry thoroughly. Add strained tomatoes, beans and seasonings. Cook until it is as thick as you like it.

—MRS. H. C. TAYLOR.

* * *

ROASTED SWEETBREADS

(This is an old English recipe—dated 1823)

2 large sweetbreads	1 can mushrooms
6 slices bacon	Butter size of egg
Salt and pepper to taste	

Parboil sweetbreads. When cold, lard them with the thin strips of bacon. Roast in Dutch oven. Broil the mushrooms in the butter and place around the sweetbreads when ready to serve.

—MRS. C. J. HEATWOLE.

VENISON

Venison should be hung in a cold, dry place two weeks before using. Lard well with salt pork. (Your butcher will be glad to do this for you.) Place in a very hot oven and roast fifteen minutes to the pound. At first, baste every ten minutes with drawn butter, then with its own juices. Season with salt and pepper. Currant jelly and watercress are nice served with venison.

—MRS. J. B. BAKER.

* * *

SPANISH OMELET

10 eggs	1 small can button mushrooms
1 lb. sliced bacon	$\frac{1}{2}$ cup sugar
1 can tomatoes	1 teaspoon salt
2 good sized onions	1 green pepper

Cook tomatoes, chopped onions, pepper, mushrooms, sugar and salt until onions and pepper are done. Thicken with 3 tablespoons flour mixed with $\frac{3}{4}$ cup water. Set aside until later. Fry bacon crisp and keep it hot. Beat eggs separately and to the yolks add $\frac{3}{4}$ cup of milk and $\frac{1}{4}$ teaspoon salt. Have griddle very hot and put a little bacon grease in it. Pour yolks on griddle and when a little set add stiffly beaten whites. Place in a hot oven until the omelet is done. Then put on hot platter, arranging slices of hot bacon around it and pour sauce over omelet. Serve.

—MRS. MILLER JOBLIN.

* * *

CHEESE SOUFFLE

Temperature 325°; Time 1 hour

4 tablespoons butter	$\frac{1}{2}$ teaspoon salt
5 tablespoons flour	$\frac{1}{2}$ cup cheese
1 cup milk	3 eggs

Melt the butter and stir in the flour. Gradually add the milk, stirring constantly. Add the salt and cheese which has been grated or cut in small cubes. Cook and stir until the cheese is melted. Cool and add the beaten egg yolks, then fold in the stiffly beaten egg whites. Pour into a well-greased baking dish set in a pan containing 1 inch of boiling water and bake at 325° for 1 hour. Yield: 6 servings.

—MRS. J. A. WALFORD.

EGGS IN CHILI

1 cup water	1 teaspoon Worcestershire sauce
1 cup chili sauce	$\frac{1}{2}$ teaspoon salt
1 tablespoon butter	Dash cayenne
Six eggs	

Put all ingredients except eggs in a skillet and bring to a boil. Drop eggs in one by one and poach until whites are set and yolks firm. Serve on toast with sauce poured over it.

—MRS. J. E. WARINNER.

* * *

EGGS WITH CHEESE

4 eggs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup cream	$\frac{1}{2}$ teaspoon paprika
1 tablespoon butter	$\frac{1}{2}$ lb. American cheese

Melt butter, adding unbeaten eggs one at a time, and beat a little. Add cream, seasoning and cheese. Heat and stir until cheese is melted. Serve on buttered toast.

—MRS. F. D. CARPENTER.

* * *

FRENCH OMELET

Beat 6 eggs without separating; add one teaspoon milk for each egg and beat again only enough to mix well. Melt lump of butter in medium hot pan. Pour in mixture and pull from side of pan with cake turner until mixture is set but not dry; sprinkle with salt and turn one half over the other or use omelet pan.

Before turning, cheese, minced ham, chicken livers or pieces of raw tomato may be added, making a delicious dish. The success of this omelet is in the light, quick handling and medium heat. Serve at once.

—MRS. W. A. PAGE.

* * *

ENGLISH MONKEY

(For lunch or Sunday supper)

1 cup bread crumbs	$\frac{1}{2}$ cup soft, mild cheese cut in
1 cup milk	small pieces
1 tablespoon butter	$\frac{1}{2}$ teaspoon salt
1 egg	Dash of paprika

Soak crumbs 15 minutes in milk. Melt butter and add cheese. When cheese melts add the soaked crumbs and beat eggs slightly. Season and cook 3 minutes and serve on toasted crackers (as an entree).

—MRS. G. A. WASHBURN.

A FLUFFY OMELETTE

4 eggs
4 tablespoonfuls of milk
Salt

Chill eggs in refrigerator. Beat yolks, add milk and salt. Beat whites of eggs very stiff and add. Pour into a well-greased and hot skillet and cook on top of stove, then brown in the oven. Fold when ready to serve and pour melted butter over the omelette.

—MRS. ALLEN J. BLACK.

* * *

VENETIAN EGG

1 tablespoon butter
1 small onion
 $\frac{1}{2}$ lb. cheese
1 pt. strained tomato
3 eggs
Salt
Pepper
Dash cayenne

Melt butter in saucepan or chafing dish; add slices of onion; cook; add cheese and melt; then hot tomato; break in eggs and stir until thick. Season and serve on crackers or toast.

—MRS. WALTER SHIREY.

* * *

SAUCE FOR AN OMELET OR HAMBURGER

$\frac{1}{2}$ cup chopped onions
 $\frac{1}{2}$ cup chopped green peppers
2 cups water
1 can tomato soup
Salt and pepper

Boil onions and peppers until tender in the 2 cups of water. Add soup. If wanted thick, add a little flour.

—MRS. EDWARD S. REID.

* * *

MUSHROOMS A LA KING

3 tablespoons butter
 $1\frac{1}{2}$ cups washed mushrooms
3 tablespoons flour
1 cup cooked, diced celery
 $\frac{1}{4}$ cup sliced, stuffed olives
 $\frac{1}{4}$ cup grated American cheese
3 hard cooked eggs
2 cups milk
1 tablespoon sherry wine

Melt butter, add mushrooms and brown. Add flour and blend well. Slowly add milk, cooking until it thickens, and stirring often. Add other ingredients. Heat. Serve in pastry shells.

—MRS. WILLIAM R. SHANDS.

MACARONI MOUNDS

½ lb. macaroni	1 teaspoon salt
3 tablespoons butter	¼ cup chopped pimentos
1 cup milk	1 cup diced chicken
3 tablespoons flour	1 egg
½ cup bread crumbs	

Cook macaroni until tender. Drain, make cream sauce, add macaroni, chicken, pimentos and salt. Shape into balls and dip in egg beaten with milk, then in bread crumbs. Fry in deep fat. Drain on brown paper and serve with Rarebit Sauce, made by adding ½ cup cheese to a rich cream sauce. Stir till cheese melts.

—MRS. R. V. FARRAR.

* * *

ITALIAN SPAGHETTI

(A recipe long in use in the Garibaldi family)

1½ lbs. spaghetti	3 tablespoons olive oil
1 lb. beef and pork, mixed, ground twice or cut fine	or other cooking oil
3 tablespoons cubed green pepper	1 small can tomato paste, or 2 cups tomatoes
1 medium onion, cut fine	1 cup mushrooms (optional)
Pepper or other hot seasoning, as desired	1 teaspoon salt

Cook onion and pepper in olive oil in iron frying pan, stirring constantly, until onion is golden. Add meat, stirring until light brown; add tomato paste, salt and pepper. Cover tightly and let simmer for two hours or more, stirring occasionally and adding water, if necessary, to keep from sticking. Add mushrooms just before removing from fire.

In the meantime, have spaghetti broken in convenient pieces, boiling it in salt water for 20 minutes or a half hour. Drain spaghetti, mound in center of large serving dish and cover with meat sauce. Sprinkle with Parmesan cheese.

MRS. FRANCIS BRYAN WILLIAMS.



*"Beens, sweet 'taters, corn in de basket;
Dey's plenty to eat, if ennybody ask it."*

VEGETABLES

MRS. D. HILL STEVENS, *Chairman*

"Training is everything. The peach was once bitter almond; cauliflower is nothing but cabbage with a college education."—MARK TWAIN.

The fresher all vegetables are the more wholesome. Vegetables should be freshly gathered, washed well, and allowed to lie in cold water half an hour before using. They should be cooked in freshly boiled water until tender, no longer. After water has boiled for a time it parts with its gases and becomes hard. A half teaspoonful of bi-carbonate of soda to every gallon of water renders it soft; soda also preserves color. A teaspoonful of salt added to every gallon of water hardens it at once. A few grains of sugar added to most vegetables is an improvement, especially when the vegetables are poor in quality.

* * *

BAKED ASPARAGUS

2 cans asparagus tips	$\frac{1}{8}$ teaspoonful pepper
2 tablespoonfuls butter	1 cupful soft bread crumbs
2 tablespoonfuls flour	$\frac{1}{3}$ cupful dried buttered crumbs
2 cupfuls milk	4 hardboiled eggs
$\frac{1}{2}$ cupful grated cheese	1 teaspoonful salt

Make a sauce as follows: Melt butter in doubleboiler, remove from heat, stir in flour, milk, bread crumbs and seasonings. Drain asparagus and put in baking-dish in layers of, first asparagus, then sliced eggs, then sauce, repeating until dish is filled. Sprinkle with dried buttered crumbs mixed with grated cheese. Bake twenty minutes.

—MRS. A. C. COPELAND.

ASPARAGUS SOUFFLE

2 cans asparagus	1 tablespoonful flour
3 eggs	Red pepper
1 cupful milk	Grated cheese
1 tablespoonful butter	Parsley

Beat yolks and whites of eggs separately. Make thick cream sauce with butter, flour, and milk. Stir in yolks and fold in whites of eggs. To this add asparagus cut in pieces. Season with red pepper and bake in oven. Turn out and garnish with grated cheese and parsley.

—MRS. P. A. SEATON.

* * *

BAKED BEANS

1 qt. navy beans	1 teaspoonful molasses
1 lb. pork chops	1 teaspoonful sugar
1 teaspoonful salt	Dash red pepper
$\frac{1}{2}$ teaspoonful mustard	1 cupful hot water

Soak beans overnight. Cover with cold water and parboil for one hour. Place chops, or another form of pork in baking dish and put the beans around it. Dissolve salt, mustard, molasses, sugar and red pepper in cup of hot water and pour over beans. Add enough water to cover. Bake covered in slow oven for six hours.

—MRS. FRED W. LEPPER.

* * *

BANANA FRITTERS

4 bananas	$1\frac{1}{4}$ cupfuls sugar
Lemon juice	2 teaspoonfuls baking powder
Powdered sugar	Saltspoon of salt
1 egg	3 tablespoonfuls sugar
	$\frac{3}{4}$ cupfuls rich milk

Peel and divide bananas into halves lengthwise, then each half cross-wise. Dip each portion in lemon juice and powdered sugar. Let stand while preparing batter as follows: Beat egg lightly, add milk gradually, and sift in the flour, baking powder, salt and sugar. Dip portions into batter several times, then fry in deep hot fat, a delicate brown. Drain on unglazed paper and serve with an orange or lemon sauce. Chopped nuts may be added to the sauce.

—MRS. R. V. FARRAR.

* * *

BROCCOLI

$\frac{1}{2}$ cupful butter	2 egg yolks
1 tablespoonful vinegar	$\frac{1}{4}$ teaspoonful salt
	Few grains red pepper

Boil broccoli in salt water until tender. Serve with sauce made as follows: Divide butter into three parts; put one part in sauce pan with vinegar and egg yolks; put sauce pan in pan of

CHAS. H. WOOD

DEALERS IN
STAPLE AND FANCY GROCERIES
FRUITS AND VEGETABLES
FRESH MEATS

WE DELIVER

DIAL 5-3261

1211-13 Bellevue Avenue

hot water and stir with wire whisk. Add second piece of butter, and, when thick add third piece of butter. Remove from fire and add salt and pepper.

—MRS. H. J. WARTHEN.

* * *

BROCCOLI WITH VINEGAR SAUCE

1 teaspoonful salt	6 tablespoonfuls olive oil or butter
$\frac{1}{4}$ teaspoonful paprika	1 tablespoonful minced green pepper
$\frac{1}{4}$ teaspoonful pepper	1 tablespoonful minced cucumber pickle
1 tablespoonful lemon juice	
2 tablespoonfuls vinegar	
1 tablespoonful chives	1 tablespoonful chopped parsley

Cut off tough stalk and coarse leaves from broccoli. Steam or cook uncovered in boiling water from twenty to thirty minutes. Add salt while cooking. Combine all of the other ingredients heat and serve hot over broccoli.

—MRS. FRED EVENSEN.

* * *

CABBAGE

1 large cabbage	1 teaspoonful salt
Cream dressing	

Have sauce pan ready with boiling salted water. Shave cabbage and drop slowly in so as not to stop boiling. Boil ten minutes, drain, pour over this your favorite cream sauce and grate cheese over top.

—MRS. CARLTON JACKSON.

STUFFED CABBAGE

1 large cabbage	1 teaspoonful salt
1 cupful ground ham	1 teaspoonful pepper
2 hard-boiled eggs	1 tablespoonful butter

Unfold cabbage and take out heart, chop up and mix with other ingredients and put back in center of cabbage; tie up and boil one hour. Serve with melted butter poured over the whole.

—MRS. RALPH JOHNSON.

* * *

GLAZED CARROTS

Boil carrots until soft. Put them in a pan where you have melted equal quantities of butter and sugar. (Turn carrots every few minutes) and let them simmer very slowly for about one-half hour. Serve on a platter sprinkled with chopped parsley.

—MRS. STERLING GRIGG.

* * *

STUFFED CARROTS

6 medium carrots	Slice of minced onion
Bits of butter	Cracker crumbs
Pepper to taste	Celery salt to taste

Scrape and boil carrots until tender. While warm, carefully scoop out centers, using apple corer, and leaving outer shell of carrots intact. To the scooped out carrot add butter, minced onion, pepper and celery salt. Stuff carrots with this mixture and just before serving roll carrots in cracker crumbs and fry in hot butter until a delicate brown.

—MRS. EMMETT SEATON.

* * *

LOBSTER AND CAULIFLOWER (Eastern Style)

1 head cauliflower	3 tablespoonfuls butter
1 lemon	1 cupful lobster meat
½ teaspoonful salt	3 tablespoonfuls flour
1 pint water	2 cupfuls milk

Pepper to suit taste

Clean and trim 1 head cauliflower, soak in cold water with the juice of lemon. Put ½ teaspoonful salt into a pan filled with water and place cauliflower erect into the mixture. Steam ½ hour, remove and place in a chop dish. Heat butter in pan and stir lobster meat into butter. Then gradually stir 3 tablespoonfuls flour into butter and lobster meat mixture. When blended, add salt and milk and sprinkle with pepper.

—MRS. W. A. ROPER.

BAKED CORN

2 tablespoonfuls shortening	1 tablespoonful sugar
1½ tablespoonfuls flour	1 teaspoonful salt
1 cupful milk	⅛ teaspoonful pepper
2 cupfuls cooked or canned corn	2 eggs

Melt shortening, add flour and mix well. Add milk gradually and bring to the boiling point, stirring constantly. Add corn, sugar, salt and pepper and heat thoroughly. Remove from fire, add well-beaten eggs and pour into a greased baking dish. Bake in a moderate oven for twenty-five minutes, or until corn is firm.

—MRS. F. B. WILLIAMS.

* * *

CORN BALLS

1 pint corn (cut from tender green corn)	½ cupful flour
4 eggs	1 teaspoonful baking powder
1 cupful milk	1 teaspoonful salt
	Pinch of Pepper

Add corn to well-beaten eggs. Add milk, salt and pepper. Beat thoroughly together, add flour into which the baking powder has been sifted. Pour this into well-buttered cups. Set cups in pan of water and let bake.

—MRS. C. J. HEATWOLE.

* * *

CORN FRITTERS

1 pint canned corn	1 teaspoonful flour
1 egg	½ teaspoonful baking powder
½ cupful melted butter	Salt, pepper to suit taste
Mix and fry in butter.	

—MRS. A. T. LOWMASTER.

* * *

CORN MEXICANO

¼ lb. cheese	1 small onion
¼ cupful sweet milk	1 egg
1 can corn	Lump of butter
1 green or red pepper	Bread crumbs

Melt cheese with milk over hot water. Add corn, minced pepper, well-beaten egg and onion cooked soft in butter. Pour into greased dish, cover with bread crumbs and bake in oven until brown.

—MRS. ARTHUR JACKSON.

CORN PUDDING

2 cupfuls corn	1 tablespoonful sugar
3 eggs	1 teaspoonful salt
2 cupfuls top milk	

Cut corn from cob and put in buttered baking dish. Beat eggs, add milk and seasonings. Pour this mixture over the corn and bake in a pan set in boiling water at 400° for 40 minutes.

—MRS. J. BINFORD WALFORD.

* * *

CRANBERRY ASPIC

2 cupfuls of cranberries	1 package lemon jello
1 orange	½ cupful sugar
1½ cupfuls liquid (juice from berries and orange and finish out quantity with water.)	

Run cranberries and orange through meat-chopper after first removing seed and hard center, but not peeling from orange. Drain off juice. To one package of jello add liquid and sugar. When jello and sugar thoroughly dissolve, add ground berries and orange. Put in individual molds and place in refrigerator.

—MRS. KIRK MATTHEWS.

* * *

BAKED EGGPLANT

1 eggplant	Few grains black pepper
1 onion	Few grains red pepper
1 stem celery	Few grains ginger
1 tomato	Few grains mustard
1 egg	Few grains cinnamon
1 teaspoonful salt	Few grains nutmeg
½ cupful bread crumbs	Few grains all-spice
2 tablespoonfuls melted butter	Few grains cloves
Few grains mace	

Peel eggplant and run through food-chopper with onion, celery and tomato. Add bread crumbs and mix with rest of ingredients. Bind with egg and bake in buttered dish in oven.

—MRS. HENRY U. EBEL.

* * *

EGGPLANT CREOLE

1 eggplant	1 green pepper
2 large tomatoes (fresh)	1 large can tomatoes
1 onion	Salt to taste
Sliced bacon	

Peel and cut eggplant into slices. Sprinkle with salt and place under weight for thirty minutes. Put eggplant in pan

and place a thick slice of tomato on each slice of egg-plant, a slice of onion on tomato, a slice of green pepper on onion, and cross strips of bacon on top; salt well. Chop canned tomatoes and pour around eggplant. Salt again and bake from thirty to sixty minutes, depending upon thickness and tenderness of egg-plant.

—MRS. ROBERT H. SHULTZ.

* * *

SCALLOPED EGGPLANT

1 large eggplant	1 tablespoonful grated onion
$\frac{1}{4}$ cupful water	1 tablespoonful chopped green pepper
3 tablespoonfuls bacon fat	$\frac{1}{2}$ cupful grated American cheese
Salt, pepper to taste	$\frac{2}{3}$ cupful bread crumbs

Peel and cut eggplant into small pieces and cook in water over slow fire until tender. Add other ingredients. Top with sprinkling of bread crumbs and cheese. Bake in moderate oven until brown. Serves six.

—MRS. J. J. BRADFORD.

* * *

STUFFED EGGPLANT

1 eggplant	1 tablespoonful butter
Minced ham	$\frac{1}{2}$ onion minced
2 tablespoonfuls bread crumbs	Salt, pepper to taste

Cut eggplant in halves, remove pulp and put in sauce-pan with a little minced ham. Cover with water and boil until soft, drain off water and add crumbs, butter, onion, and salt and pepper. Stuff each half with the mixture, top each half with bits of butter. Bake twenty minutes.

—MRS. WALTER SHIREY.

* * *

MACARONI SOUFFLE

1 package macaroni	1 tablespoonful chopped parsley
$1\frac{1}{2}$ cupfuls scalded milk	1 teaspoonful onion
1 cupful bread crumbs	1 cupful grated cheese
$\frac{1}{4}$ cupful butter	3 eggs
1 sweet red pepper, or pimento chopped fine	1 tablespoonful salt

Cook macaroni in boiling water. Drain when tender. Pour scalding milk over bread crumbs; add melted butter, red pepper, parsley, onion, salt, cheese, and beaten egg yolks. Pour mixture over macaroni and fold in stiffly beaten egg whites. Put in

buttered baking dish, set in pan of water and bake forty minutes in moderate oven.

—MRS. ROBERT C. BAYLISS.

* * *

GREEN PEAS WITH MINT

1 qt. green peas	Large piece butter
Salt, pepper to taste	2 tablespoonfuls crushed mint
	1 scant teaspoonful honey

Simmer slowly fresh green peas to which butter, salt, and pepper have been added. When cooked, add the mint and honey. Serve hot.

—MRS. GEORGE CALL.

* * *

STUFFED GREEN PEPPERS

5 peppers	1 small can tomatoes
6 cupfuls ground ham	2 medium sized onions
½ lb. grated cheese	1 egg

Pour boiling water over peppers, let stand ten minutes. Cut peppers in halves, remove stems, seeds and pulp. Mix ham, cheese, onions, egg and tomato. Fill peppers and bake in moderate oven.

—MRS. G. O. TIMBERLAKE.

* * *

PEPPER RELISH

1 cupful green peppers	1 tablespoonful salt
1 cupful red peppers	1 cupful vinegar
1 grated onion	½ cupful sugar

Put peppers through meat-chopper. Cover with boiling water, let stand ten minutes. Strain, cover again with hot water and bring to a boil. Let stand ten minutes. Strain dry, add rest of ingredients and cook fifteen minutes. Pack while hot in jars and seal.

—MISS E. D. GARNETT.

* * *

BAKED POTATOES

6 potatoes	½ cupful boiled ham,
2 tablespoonfuls hot milk	chopped fine
1 tablespoonful butter	2 teaspoonfuls chopped pimento
	Salt, pepper

Bake potatoes, cut in halves and scoop out pulp. Mash potato and add milk, butter, ham, pimento, salt and pepper.

Beat until fluffy. Pile into shells and sprinkle generously with grated cheese. Brown quickly in hot oven.

—MRS. T. C. SUBLETT.

* * *

POTATO PAN CAKES

8 potatoes	Pepper
2 eggs	2 tablespoonfuls flour
Salt	Milk

Pare and grate potatoes into cold water. Drain and add beaten egg, flour, and enough milk to make stiff batter. Season with salt and pepper. Drop by spoonfuls into hot fat and cook until crisp and brown.

—MRS. R. V. FARRAR.

* * *

POTATO DUMPLINGS

(Tasty served with gravy of pickled fresh tongue)

6 large potatoes	2 eggs
1 cupful bread crumbs	Salt
2 tablespoonfuls butter	1/2 teaspoonful nutmeg
2 or 3 tablespoonfuls flour	

Boil potatoes in jackets in salt water until thoroughly cooked. Peel and run through potato-ricer. Put bread crumbs in pan with butter and toast until brown. Mix riced potatoes, bread crumbs and flour with eggs, adding salt and nutmeg. Make in to balls. Boil in salt water until thoroughly done. Serve promptly.

—MRS. C. L. SCHAAF.

* * *

SWEET POTATO SURPRISE

2 cupfuls riced sweet potato	1/2 cupful crushed corn flakes
1 egg	8 marshmallows

Boil and peel potatoes. When partly cool, press through ricer. Add beaten egg. If mixture is too dry add a little milk. (Flour hands if necessary.) Form into 8 round balls, with marshmallows pressed inside. Roll in corn flakes and fry in hot fat.

—MRS. ALVIN BAGBY.

* * *

GLORIFIED RICE

2 cupfuls boiled rice	Small can crushed pineapple
Butter	Marshmallows

Mix rice and pineapple. Put in baking dish and dot top with

butter. Cover with marshmallows and bake a light brown. Serve with a molded salad.

—MRS. C. S. GOLDSTON.

* * *

MEXICAN RICE

3 tablespoonfuls lard 1 large can tomatoes
2 large onions 1 cupful uncooked rice

Salt and red pepper to taste

Brown onions in lard and add tomatoes, mashed fine; add rice, salt and pepper to taste. Add a cupful of water slowly until a quart has been used. Let mixture cook almost dry and each grain of rice will be fluffy.

—MRS. C. O. SWANN.

* * *

COLD SLAW

Make a dressing of:

$\frac{1}{2}$ cupful vinegar 1 teaspoonful salt
 $\frac{1}{2}$ cupful sugar $\frac{1}{2}$ teaspoonful pepper

2 eggs

Cook all together in double-boiler. When mixture thickens, add $\frac{1}{2}$ cupful milk slowly. Into the cold dressing, stir 1 lb. head of cabbage which has been shaved and thoroughly chilled. Sprinkle top of each serving with grated carrots and serve on lettuce leaves. Will serve six.

—MRS. I. R. DRURY.

* * *

DRESSING FOR COLD SLAW

(Or any other vegetable salad)

1 tablespoonful sugar 1 teaspoonful flour
 $\frac{1}{2}$ teaspoonful salt 1 tablespoonful butter
 $\frac{1}{2}$ teaspoonful mustard $\frac{1}{2}$ cupful vinegar
 $\frac{1}{4}$ teaspoonful pepper 1 egg

Mix dry ingredients and add to melted butter. To this add heated vinegar. When thick and smooth, add beaten egg. Cook a minute longer, stirring constantly. Pour hot over 1 pint of shaved cabbage and serve at once; or use cold over any other vegetable.

—MRS. W. H. FOY.

* * *

ITALIAN SPAGHETTI

$\frac{1}{2}$ cupful melted butter 2 or 3 large onions
2 cans tomato soup $\frac{1}{2}$ lb. ground beef
1 can tomatoes Salt, pepper, sugar to taste

Cheese

Make sauce as follows: Brown onions in the butter; add tomato soup, can of tomatoes and ground beef. Cook all slowly until mixture is thick. Season with salt, pepper, and sugar. Cook one package of spaghetti until tender. Do not allow it to get too soft. Stir as it cooks. Serve spaghetti with sauce poured over it and two teaspoons grated cheese on each serving.

—MRS. W. E. GRIGG.

* * *

GENUINE ITALIAN SPAGHETTI

1 lb. spaghetti	1 lb. ground beef
1 large can tomatoes	Scant teaspoonful sugar
2 medium onions, chopped	Salt, red pepper to taste
Several sprays parsley	2½ cupfuls boiling water
Few stems celery	Handful dried mushrooms
2 pods garlic	2 tablespoonfuls olive oil

Put all of above ingredients, except mushrooms, into iron skillet. Let mixture come to a boil and cook slowly and thoroughly until mixture turns a rich brown color. Broths from chicken or beef may be added in place of water. Soak mushrooms in tepid water, drain, chop, and add with olive oil to cooked spaghetti; simmer at least 15 minutes after adding mushrooms and oil. (I wash mushrooms and let soak in the 2½ cups of water and use that water for it has the mushroom flavor.) Use the Italian cheese on top.

—MRS. B. JETER WOODWARD.

* * *

SPINACH SOUFFLE

4 cupfuls spinach	4 tablespoonfuls flour
4 tablespoonfuls butter	⅓ cupful milk or cream
3 eggs	

Put spinach through sieve. Keep ⅓ cup of juice from spinach. Melt butter and add flour, then gradually spinach juice and milk, stirring until it boils. Add spinach, season with pepper and salt. Add beaten yolks and fold in stiffly beaten whites. Cook about twenty minutes in greased baking dish.

—MISS KATHERINE RHOADS.

* * *

SCALLOPED SPINACH AND TOMATOES

6 lbs. spinach	1 teaspoonful sugar
6 tablespoonfuls butter	1 whole clove
3 teaspoonfuls salt	1 tablespoonful minced onion
⅛ teaspoonful pepper	½ seeded green pepper
1 large can tomatoes	8 tablespoonfuls flour
1 bay leaf	¼ cup fresh bread crumbs

Wash and cook spinach until tender. Drain and season with 3 tablespoonfuls butter, 1 teaspoonful salt and $\frac{1}{8}$ teaspoonful pepper. Combine tomatoes, bay leaf, 2 teaspoonfuls salt, the sugar, clove, minced onion, chopped green pepper, 3 tablespoonfuls butter and the flour. Mix well and simmer thirty minutes. Remove bay leaf and clove; arrange alternate layers of prepared spinach and tomato sauce in casserole, having sauce on top. Top with bread crumbs.

—MRS. M. C. ENGSTROM.

* * *

FRIED TOMATOES

4 tomatoes	$\frac{3}{4}$ cupful flour or bread crumbs
1 egg	$1\frac{1}{2}$ cupfuls milk
Salt to taste	2 tablespoonfuls butter

Slice tomatoes rather thick, salt, dip in beaten egg, roll in flour or cracker crumbs and fry in butter until brown. Put on platter. Add more butter to pan and make gravy with flour and milk. Pour over tomatoes.

—MRS. J. A. WASHBURN.

* * *

EGGS BAKED IN TOMATOES

6 tomatoes	6 slices bread
6 eggs	Salt, pepper to taste
	Butter

Select tomatoes of uniform size. Cut off stem end and take out enough pulp to leave a space as large as an egg. Sprinkle inside with salt and pepper and drop into each one an egg. Place the filled tomatoes in a baking dish, with a little hot water, and bake about twenty minutes, or until eggs are set and tomatoes are a little softened. Serve tomatoes on rounds of bread browned in butter.

—MRS. A. B. B. HARRIS.

* * *

STUFFED TOMATOES

6 ripe tomatoes	Mayonnaise
3 eggs	Worcestershire sauce
	Salt and pepper

Scald and peel medium-sized ripe tomatoes. Cut piece from stem end and scoop out some of the pulp. Sprinkle with salt and pepper. Hard boil eggs, cut in halves, remove yolks and mash. Add enough mayonnaise to moisten. Season with salt, pepper and Worcestershire sauce. Place egg white in tomatoes

and surround it with gelatine mayonnaise. Fill egg whites with egg yolk mixture, making a piled up effect. Chill and serve on lettuce with either French or Russian dressing.

GELATINE MAYONNAISE

Soften $\frac{1}{2}$ teaspoonful of gelatine in $\frac{1}{2}$ tablespoonful of cold water. Dissolve over boiling water; add to one cup of mayonnaise. Use as soon as it begins to stiffen.

—MRS. R. H. JEFFERIES.

* * *

RED TOMATO RELISH

15 red tomatoes	5 large onions
3 heads celery	1 cupful sugar
2 green peppers	$2\frac{1}{2}$ tablespoonfuls salt
3 cupfuls vinegar	

Cut up or put through meat chopper all of ingredients. Add seasonings and pour vinegar over all. Boil one and one-half hours. Bottle while hot. Excellent with cold meat.

—MRS. E. L. MCQUADE.



"'Lile bread an' biscuit I'se bakin' ebery day;
Yo' knows dey's best de old-fashion way."

BREADS

MRS. COLA POWELL, *Chairman*

BAKING POWDER BISCUIT

(Recipe makes 18 small biscuits)

2 cups flour	1 tablespoon baking powder
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup shortening
$\frac{3}{4}$ cup sweet milk	

Sift flour with salt and baking powder. Work in shortening until mixture resembles coarse meal. Roll to desired thickness and bake in hot oven.

SOUTHERN BUTTERMILK BISCUITS

Follow directions for plain baking powder biscuits, using $\frac{1}{4}$ teaspoon soda and 2 teaspoons baking powder. Substitute buttermilk for sweet milk.

—MRS. GARRETT REID.

* * *

BROWN BISCUIT

1 cup white flour	1 dessert spoon salt
3 cups graham flour	1 teaspoon brown sugar
1 tablespoon butter	$\frac{1}{2}$ teaspoon soda

Mix with sour milk or buttermilk and roll out like ginger snaps.

—MRS. RALPH JOHNSON.

* * *

SWEET POTATO BISCUIT

3 small potatoes (boiled and creamed)	2 eggs (beaten)
1 cup warm milk	1 tablespoon shortening
1 tablespoon butter	1 cake compressed yeast
$1\frac{1}{2}$ teaspoons salt	5 cups flour

Crush yeast in half of milk and let stand 15 minutes. Cream

THE ONLY VACUUM PACKED BAKING POWDER IN THE WORLD



*YOU CAN
IMPROVE
YOUR
BISCUIT
RECIPE, BY
USING - - -*

RICHMOND MAID

PURE PHOSPHATE BAKING POWDER

Biscuit making is not so much a test of your cooking ability or the recipe you follow as it is of the baking powder you use. Only a quality baking powder will give you quality results.

You can improve your favorite biscuit recipe by using RICHMOND MAID PURE PHOSPHATE BAKING POWDER—it has an extra, perfectly balanced leavening strength that works like magic in your batter or dough—causing your biscuit to rise just the right amount at just the right time—once in the mixing, and again in the oven!

And remember this—you need never fear any bitter or disagreeable taste when you use this fine quality baking powder! Your biscuit will be light, white, and fluffy—every time! For better biscuit than you ever baked before, try RICHMOND MAID BAKING POWDER!



VACUUM PACKED!

Which means positive protection to full leavening strength and 100% freshness! This vacuum packing process, exclusive with RICHMOND MAID BAKING POWDER, keeps the baking powder safe forever against the deteriorating effects of heat, air, and moisture.

MANUFACTURED BY THE RICH-MAID MFG. CO., RICHMOND, VIRGINIA

potatoes; add shortening, eggs, milk, salt, then flour, beating with spoon until stiff enough to knead. Let rise 2 hours or until light, then roll and cut with cookie cutter. Let rise again until light. Bake 30 minutes.

—MRS. HENRY G. DICKERSON.

* * *

BROWN BREAD

1 cup yellow corn meal	1 teaspoon soda
1 cup graham flour	1 teaspoon salt
2½ cups bread crumbs	1 cup molasses
2 cups sweet milk	½ cup raisins

Add soda to milk. Stir in other ingredients. Fill greased baking powder cans half full of mixture and steam for three hours.

—MRS. ERNST FARLEY.

* * *

STEAMED BROWN BREAD

1 cup graham flour	1 teaspoon salt
1 cup white flour	1 teaspoon soda
1 cup sour milk	½ cup raisins
¾ cup molasses	

Mix and sift all ingredients; add milk, soda, and molasses. Steam three hours.

—MRS. H. C. TAYLOR.

* * *

CHEESE STRAWS

½ lb. butter	2¼ cups flour
¾ lb. cheese	1 teaspoon salt

Put butter out to soften, run cheese through meat grinder and then mix all ingredients together. Roll or bake, or they do nicely run through a cake tube.

—MRS. E. S. SIMPSON.

* * *

CHEESE STRAWS

1 pint flour	1 teaspoon cayenne pepper
1 lb. cheese	¼ lb. butter
	1 teaspoon salt

Sift salt, flour, and cayenne pepper. Rub grated cheese into flour, mix with melted butter. Roll, cut in strips; bake.

—MRS. H. V. GODBOLD.

CHEESE BISCUIT

$\frac{1}{4}$ lb. butter 1 cup flour
 $\frac{1}{2}$ lb. American cheese

Grate cheese and mix with butter. Add flour. Roll out to $\frac{3}{8}$ inches thick. Cover with floured cloth. Cut and put nut on top of each biscuit. Bake in moderate oven.

—VIRGINIA THORNTON.

* * *

CHEESE BISCUIT

$\frac{1}{4}$ lb. grated cheese $\frac{1}{4}$ lb. flour
 $\frac{1}{4}$ lb. butter (down weight)

Mix and put in refrigerator for an hour or so. Roll out about $\frac{1}{4}$ inch thick and cut with biscuit cutter. Put half of pecan on top and bake.

—MRS. E. L. RUFFIN.

* * *

CHEESE SPOON BREAD

1 cup yellow cornmeal
 3 eggs 2 cups sweet milk
 1 cup grated cheese, 1 cup water
 or snappy cheese 1 teaspoon salt

Heat milk and water in double boiler. Stir in slowly corn meal and add salt. Stir and cook for fifteen minutes. Beat in the beaten yolks and cheese. Fold in stiffly beaten whites. Put in buttered baking dish and bake in moderate oven for 25 minutes. Serve with or without sauce.

Sauce.—Heat undiluted tomato soup with a few salted almonds cut up in it.

—MRS. ROBERT H. SHULTZ.

* * *

CHEESE COOKIES

$\frac{1}{4}$ lb. butter $\frac{1}{4}$ lb. flour
 $\frac{1}{4}$ lb. cheese (grated)

Mix, roll, and cut with biscuit cutter. Put two together with apple jelly between; bake. Better kept in ice box over night before baking.

—MRS. E. L. MCQUADE.

* * *

CHEESE DROP BISCUIT

2 cups sifted flour 4 tablespoons shortening
 2 teaspoons baking powder 1 cup grated cheese
 $\frac{1}{2}$ teaspoon salt $\frac{3}{4}$ cup milk

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening and cheese. Add milk all at once and stir constantly and carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around the bowl. Drop from spoon on ungreased baking sheet. Bake in hot oven (450° F.) 12 to 15 minutes. Makes 18 biscuits.

—MRS. WILLIAM E. GRIGG.

* * *

CHEESE MUFFINS

3 eggs	$\frac{1}{4}$ teaspoon salt
2 cups flour	$\frac{1}{2}$ cup grated cheese
4 teaspoons baking powder	$\frac{3}{4}$ cup milk
2 teaspoons melted shortening	

Sift together flour, baking powder, and salt; add cheese and mix to a smooth batter with shortening, beaten eggs, and milk. Bake in moderate oven until muffins are done.

—MRS. C. R. DAVENPORT.

* * *

CORN MUFFINS

2 cups sweet milk	$\frac{1}{2}$ teaspoon sugar
1 cup corn meal	1 heaping teaspoon baking powder
$\frac{1}{2}$ teaspoon salt	1 heaping tablespoon melted
1 egg	shortening

Add milk to well-beaten egg. Then sift in cornmeal, salt, sugar, baking powder and mix thoroughly. Add shortening and pour in well-greased muffin pans. Bake in moderate oven. Makes six muffins.

—MRS. EDWARD SCOTT BOZE.

* * *

BLUEBERRY MUFFINS

2 cups flour	1 cup sweet milk
3 teaspoons baking powder	4 tablespoons sugar
1 cup berries	2 tablespoons butter
2 eggs	$\frac{1}{2}$ teaspoon salt

Mix and sift dry ingredients and when well blended add berries. Mix until the berries are well coated. Combine all the liquids—milk, butter (melted), and beaten eggs. Slowly pour these into dry ingredients. Mix lightly with a spoon. Place batter in greased muffin pans not more than two-thirds full. Bake in a hot oven 425° F., for 20 to 25 minutes.

—MRS. H. J. WARTHEN.

CORN MEAL MUFFINS

1 egg	$\frac{1}{2}$ cup meal
$\frac{1}{2}$ teaspoon salt	1 cup flour
1 cup milk	2 teaspoons baking powder
2 tablespoons sugar	1 tablespoon shortening

Beat egg with milk, add salt and shortening, then dry ingredients. Bake 20 minutes.

—MRS. RICHARD ANDERSON.

* * *

MAMA'S MUFFINS

2 cups flour	1 tablespoon shortening
$\frac{1}{2}$ teaspoon salt	1 tablespoon sugar
1 teaspoon baking powder	2 eggs

Cut the shortening into the sifted flour, sugar, salt, and baking powder; add milk and beaten eggs. Beat lightly together and bake in a fairly hot oven about 20 minutes.

—MRS. A. H. APPERSON.

* * *

NUT MUFFINS

2 cups flour	1 cup nuts (broken)
1 cup sugar	3 teaspoons cinnamon
1 cup milk	2 eggs
$\frac{1}{4}$ lb. butter	2 teaspoons baking powder

Cream sugar and butter and sift flour, baking powder, and cinnamon. Add a little flour and beat in eggs one at a time. Then alternate flour, milk, and nuts (floured).

—MRS. W. A. PAGE.

* * *

RAISED MUFFINS

$\frac{1}{4}$ cake yeast	1 tablespoon sugar
1 tablespoon mashed potato	2 tablespoons shortening
2 well-beaten eggs	1 pint flour
	$\frac{1}{2}$ teaspoon salt

Mix ingredients and add sufficient scalded milk (which has been set aside to cool) to make a stiff batter. Let rise about four hours in a moderate warm place. An hour before time to serve, put in well-greased muffin pans. Let rise again and bake.

—MRS. D. HILL STEVENS.

* * *

POTATO FLOUR MUFFINS

4 eggs	1 teaspoon baking powder
$\frac{1}{2}$ teaspoon salt	2 teaspoons of ice water
$\frac{1}{2}$ cup white potato flour	1 tablespoon sugar

Beat whites of eggs very stiff and dry. Add salt and sugar to beaten yolks and fold into whites. Sift flour and baking powder twice and thoroughly beat into egg mixture. Add ice water last. Bake in moderate oven 350° , about 20 minutes.

—MRS. J. C. LUMMIS.

* * *

POPOVERS

1 cup flour	$\frac{1}{2}$ teaspoon salt
2 eggs	$1\frac{1}{4}$ cups of milk

Beat eggs. Add milk, the flour and salt; beat well. Grease muffin pans. Use hot oven. This makes sixteen.

—MRS. GEORGE S. KEMP.

* * *

TEA MUFFINS

$\frac{1}{2}$ cup butter	$\frac{3}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon baking powder
1 egg	1 teaspoon cinnamon
1 cup flour	$\frac{1}{2}$ teaspoon sugar
	$\frac{1}{2}$ cup milk

Cream butter and sugar and add egg. Mix flour, salt, and baking powder. Add to first mixture alternately with milk. Cook in small muffin tins and dust top of muffins with cinnamon mixture of sugar and cinnamon. Excellent, served hot with tea or berries.

—MRS. WARREN T. CURTIS.

* * *

QUICK MUFFINS

2 cups flour	1 tablespoon sugar
2 eggs	3 teaspoons baking powder
1 tablespoon butter	$\frac{1}{2}$ pint sweet milk
	$\frac{1}{4}$ teaspoon salt

Beat eggs well; add milk, melted butter, sugar, and salt. Sift flour and baking powder together and add to first mixture. Bake in greased muffin pans in hot oven.

—MRS. E. C. TOONE.

* * *

DATE AND NUT BREAD

1 cup chopped dates
1 teaspoon soda sprinkled on dates

Pour $\frac{3}{4}$ cup of boiling water over this. Let stand and cool.
Mix—

$\frac{3}{4}$ cup brown sugar	$1\frac{3}{4}$ cups flour
1 egg yolk	$\frac{3}{4}$ teaspoon salt
1 teaspoon vanilla	1 egg white

Add dates, $1\frac{1}{2}$ cups nuts and beaten egg white. Bake slowly for one hour. Makes 2 1-pound baking cans full.

—MRS. S. T. PULLIAM.

* * *

GRAHAM NUT BREAD

2 cups sifted white flour	4 teaspoons baking powder
2 cups unsifted graham flour	1 cup nut meats
2 eggs	1 cup raisins
2 cups milk	1 cup sugar

Mix above ingredients and add grated rind from one orange. Fill pans about half full and bake in slow oven about $\frac{3}{4}$ hour. This makes two loaves.

—MRS. W. C. HERBERT.

* * *

GRAPE NUT BREAD

$1\frac{1}{2}$ cups milk	$\frac{1}{2}$ teaspoon salt
1 cup grapenuts	2 teaspoons baking powder
$\frac{1}{2}$ cup sugar	1 egg
1 cup flour	

Scald milk and turn over grapenuts. When cold add sugar and egg and salt. Add flour and baking powder. Bake slowly.

—MRS. FRANCES F. SPENCER.

* * *

NUT BREAD

1 egg	4 cups flour
1 cup sugar	4 teaspoons baking powder
3 tablespoons butter	1 teaspoon salt
$1\frac{1}{4}$ cups milk	$1\frac{1}{2}$ cups broken nuts

Cream butter, sugar and eggs; add milk, flour, and nuts. Let stand 30 minutes before baking in slow oven 40 to 50 minutes.

—MRS. EDMUND CHRISTIAN.

* * *

NUT BREAD

3 cups flour	1 cup milk
3 teaspoons baking powder	1 cup English Walnut meats
2 eggs	1 scant teaspoon salt
1 cup sugar	

Beat eggs; add sugar, milk and two cups of flour; then add other cup of flour into which the baking powder has been sifted. Add salt and finally the chopped walnuts. Let rise for half hour; bake in moderate oven for half hour.

—MRS. C. J. HEATWOLE.

WHOLE WHEAT NUT BREAD

2 cups whole wheat flour	$\frac{1}{2}$ cup sugar
1 cup white flour	1 teaspoon baking powder
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup molasses
1 cup milk	1 cup English Walnuts

Sift dry ingredients. Add molasses and milk, mixing well. Add nuts. Bake one hour in a medium oven.

—BRANCH S. HEINRICH.

* * *

PEANUT BUTTER BREAD

1 cup white flour	1 teaspoon salt
1 cup rye flour	$\frac{1}{4}$ cupful sugar
4 teaspoons baking powder	$\frac{1}{2}$ cupful peanut butter

Sift together the dry ingredients. Add the peanut butter, working in with tips of fingers or knife. Add milk and turn into a small greased bread pan. Allow to rise 20 minutes. Bake in a moderate oven about one hour.

—MRS. G. M. BOWERS.

* * *

PIE CRUST

1 egg yolk	$\frac{1}{4}$ teaspoon salt
Lard size of egg	1 cup flour

Cream lard and egg, sift flour into mixture and add tiny bit of water. This makes a very hard looking mixture but smoothes out when rolled from center four times.

—MRS. H. C. TAYLOR.

* * *

ORANGE BREAD

$\frac{1}{4}$ cup butter or substitute	1 cup sweet milk
1 cup sugar	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	Candied orange peel of 4 oranges
3 teaspoons baking powder	1 cup nuts
	3 cups flour

Cream butter and sugar. Add well-beaten eggs. Sift flour three times with salt and baking powder and add to mixture alternately with milk. Add candied orange peel and nuts. Bake about one hour in buttered loaf pan in moderate oven.

ORANGE PEEL

Cut peels of 4 large oranges in small pieces. Boil in three different waters, draining well each time. The fourth time, use

very little water and add 1 cup sugar. Cook until candied and dry. Before adding to bread, chop fine.

—MRS. THOMAS P. AYRES.

* * *

ROLLS

1 quart flour	1 egg
1 teaspoon salt	2 tablespoons sugar
1 yeast cake	1 heaping teaspoon lard (about
2 cups luke warm water and milk	the size of an egg)

Put yeast to soak in $\frac{1}{2}$ cup of the liquid with the sugar. Sift flour and salt, work in the lard, add yeast mixture, beaten egg and rest of the liquid and work until smooth; add more flour if necessary. Make up about 9:30 A. M. and let rise in moderate warm place, keeping top covered. About 2:30 P. M. form into rolls and put into greased pans to rise for 6 o'clock supper. Grease the top of each roll with lard or butter. Bake in quick oven.

—MRS. A. M. BRYDEN.

* * *

ROLLS

2 quarts flour	2 tablespoons sugar
3 cups warm water	3 tablespoons lard
1 tablespoon salt	1 yeast cake

Put sugar and yeast into warm water and let stand until yeast rises to top. Sift flour and salt and rub in lard; add liquid and mix, then knead until dough is smooth. Place in large bowl and grease top with lard to prevent a crust forming, cover with cloth and let rise in warm place until double its size (about 3 hours). Form into rolls or biscuit, grease with lard and let rise second time (about 3 hours). Bake in a hot oven. This dough will keep in the refrigerator several days if covered closely. When dough has been kept in the refrigerator, allow more time for second rising.

—MRS. ALFRED S. WINSTON, JR.

* * *

ICE BOX ROLLS

2 tablespoons lard	1 teaspoon salt
1 cup hot water	1 yeast cake (dissolved in
3 tablespoons sugar	$\frac{1}{4}$ cup water)
1 egg	1 sifter of flour

Pour hot water over lard, sugar and salt. When this mixture is luke warm, add egg beaten into yeast. Beat in $\frac{1}{2}$ sifter flour until smooth batter then add other half sifter full of flour and put in cold place. Use off as desired.

—MRS. H. C. TAYLOR.

ICE BOX ROLLS

$\frac{1}{2}$ cup shortening	1 yeast cake
$\frac{1}{3}$ cup sugar	1 pint water
2 teaspoons salt	6 cups flour

Dissolve yeast in the water. Cream sugar and shortening together. Add salt. Add flour and water, alternately, to creamed mixture. Put in covered bowl and let stand overnight in ice box. Use as needed, allowing about 3 hours for rolls to rise.

—MRS. FREDERICK A. SAUNDERS.

* * *

TEA ROLLS

1 yeast cake	4 tablespoons melted shortening
1 tablespoon sugar	1 egg
1 cup warm milk	3 cups flour
	1 tablespoon salt

Add yeast, sugar, salt, melted shortening, milk and egg. Beat well, then add flour. Set three hours and then roll out and cut into small rolls. Set one hour and ten minutes. Cook in quick oven.

—MRS. L. H. WARREN.

* * *

HOT CROSS BUNS

1 lb. flour	$\frac{1}{2}$ cup butter
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ lb. currants
1 yeast cake	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ pint warm milk	$\frac{1}{2}$ teaspoon of mixed spice

Mix flour, sugar, spice, currants, yeast and milk, melted butter and salt; beat well. Let rise. Shape in buns 3 apart on baking sheet. Let rise again. Place a cross on each one with back of knife. Bake in quick oven 20 minutes. This makes a dozen buns.

—MRS. A. T. MASSEY.

* * *

RAISIN SCONES

1 lb. flour	2 ounces butter
2 oz. sugar	4 oz. raisins
2 teaspoons baking powder	1 egg
1 teaspoon salt	Milk to make light dough

—MRS. A. T. MASSEY.

SCOTCH BREAD OR SHORTCAKES

1 lb. butter
 1½ lbs. flour (6 cups) 1 cup sugar

Allow butter to get very soft in bowl, then beat to a cream add sugar very gradually, working in well; then sift in flour, a little at a time, working and kneeding thoroughly; pat or roll out to ½ inch thick. Cut with biscuit cutter and bake at 350° until golden brown.

—MRS. C. B. MYERS.

* * *

SCOTCH SCONES

⅓ cup shortening 4 teaspoons baking powder
 1 egg Pinch salt
 2 cups flour 1 tablespoon sugar

Sift dry ingredients; work in shortening with fork. Add egg well beaten, and enough milk to make a stiff dough that does not spread while cooking. Drop from teaspoon on to greased biscuit sheet, about one inch apart. Cook in hot oven ten to fifteen minutes.

—MRS. ROBERT H. SHULTZ.

* * *

SALLY LUNN

1 quart flour 3 eggs
 ½ cup butter 1 heaping tablespoon sugar
 1 heaping teaspoon salt 1 cup milk
 1 yeast cake

Have butter soft and cream with sugar; add to whole eggs and beat. Add flour, salt, and yeast cake, dissolved in ½ glass of warm water with sugar. Add milk gradually and beat until blisters form in dough. Cover tightly and let rise 5 to 6 hours in warm place. Grease muffin pans thoroughly, but sparingly with pure lard. Dip batter with spoon, disturbing as little as possible. Fill pan slightly over half full. Let these rise about 30 minutes. Bake in hot oven until brown. In warm weather, use less yeast.

—MRS. P. JEFFERSON ARCHER.

* * *

SALLY LUNN

1 qt. flour ½ cup sugar
 4 eggs ½ cup butter and lard mixed
 1 yeast cake 1 teaspoon salt
 1½ cups sweet milk

Make into a stiff batter, beating hard. Let rise till it has

doubled in quantity. Beat well and put into a loaf cake pan to rise again. Bake slowly for one hour.

—MRS. W. E. BARRETT.

* * *

YEAST SALLY LUNN

$\frac{3}{4}$ yeast cake	$\frac{1}{2}$ cup sugar
3 eggs	$\frac{1}{2}$ to 1 pt. milk
1 qt. flour	$\frac{1}{2}$ cup butter
2 teaspoons salt	$\frac{1}{2}$ cup lard

Beat eggs and sugar together; then add yeast. Cream butter and lard together and mix with flour; pour other ingredients in and thin with milk like a sponge. Let rise and put in cake mould or muffin rings to rise again before cooking.

—MRS. MARSHALL BOYLE, JR.

* * *

SOUTHERN SPOON BREAD

1 pt. corn meal	3 eggs
1 teaspoon salt	1 tablespoon melted butter
2 teaspoons baking powder	$1\frac{1}{2}$ cups milk
1 cup boiled rice	

Sift together the corn meal, salt, and baking powder. Add the eggs well beaten, then the melted butter, milk (sour milk is better) and rice. Beat thoroughly, pour into deep pan well greased and bake half hour in hot oven.

—MRS. J. O. FITZGERALD.

* * *

EDGEWOOD BATTERBREAD

This recipe, is a very old recipe, containing no baking powders.

1 cup meal	1 teaspoonful salt
1 heaping tablespoon butter	2 eggs

Sift meal and salt and add enough boiling water to mix thoroughly; beat the egg yolks and whites separately; mix meal with the yolks; add butter, which must be melted, and beat well.

Then add the whites (beaten until very light) and enough milk to make a batter the consistency of thin custard.

Heat the pan, place a teaspoon of butter in it and see that the pan is well greased, pour in the batter and if butter rises in the mixture take a fork and run back and forth so as to go over the top, bake in a hot oven but do not cook too rapidly.

—MRS. CHAS. E. BOLLING.

BATTER BREAD

1 teaspoon salt	$\frac{2}{3}$ cup milk
$\frac{3}{4}$ cup meal	2 tablespoons shortening
2 cups boiling water	1 teaspoon baking powder
2 eggs	

Put salt and cornmeal in a bowl, pour boiling water over it, stirring meal constantly. Break the eggs and beat well in teacup. Fill cup with milk. Add baking powder. Bake 20 to 25 minutes.

—MRS. J. S. WALDEN.

* * *

QUICK BATTER BREAD

1 cup meal	2 eggs
2 teaspoons baking powder	2 cups milk
1 teaspoon salt	1 cup boiling water
2 tablespoons sugar	2 tablespoons melted butter

Mix dry ingredients, add milk and beaten eggs. Mix well, then add boiling water and melted butter. Pour into hot greased baking dish and cook about 20 minutes in hot oven (400° F).

—MRS. CLYDE ALLEN.

* * *

VIRGINIA BATTER BREAD

1 pt. buttermilk	$\frac{1}{2}$ teaspoon soda and salt
1 egg	1 tablespoon melted lard
$\frac{1}{2}$ cup sifted meal	

Beat egg, add milk, then soda. Stir until milk stops foaming. Put in meal, salt, and lard and mix thoroughly. Have pan on stove well greased and hot. Bake in hot oven.

—MRS. G. M. BOWERS.

* * *

SOFT SPOON BREAD

1 pt. milk	1 teaspoon salt
$\frac{1}{2}$ cup meal	3 eggs
$\frac{1}{2}$ teaspoon baking powder	1 tablespoon butter

Scald milk; add meal, baking powder, and salt. Stir until it forms a mush. Add egg yolks and butter and fold in egg whites which have been beaten stiff. Pour in hot greased baking dish and bake in hot oven (350° F.) for one-half hour.

—MRS. MARSHALL BOYLE, JR.

WAFFLES

2 eggs (separated)	4 teaspoons baking powder
1 $\frac{1}{4}$ cups milk	$\frac{1}{2}$ teaspoon salt
2 cups pastry flour	6 tablespoons melted shortening

Mix in usual way, folding in whites very lightly last.

—MRS. COLA POWELL.

* * *

RICE WAFFLES

$\frac{1}{3}$ cup rice	1 tablespoon sugar
$\frac{3}{4}$ cup flour	2 tablespoons melted butter
$\frac{3}{4}$ cup milk	2 tablespoons baking powder
1 egg	$\frac{1}{4}$ teaspoon salt

Make in usual way. Beat well. These waffles are delicious with mashed pecans or ginger; 1 tablespoon ginger added to this quantity. If you use nuts, do not use as much butter.

—MRS. J. S. WALDEN.

* * *

DIXIE CORN WAFFLES

1 $\frac{1}{2}$ cups cornmeal	$\frac{1}{2}$ teaspoon soda
$\frac{3}{4}$ cups flour	$\frac{1}{2}$ teaspoon salt
4 teaspoons baking powder	1 $\frac{1}{2}$ cups buttermilk
1 tablespoon sugar	2 eggs
3 tablespoons melted butter	

Mix and sift dry ingredients. Beat eggs, add buttermilk. Combine the mixture and add melted butter. Heat waffle irons six to eight minutes. Pour on 4 or 5 tablespoons of batter and bake to a golden brown.

—MRS. KENT W. HOOD.

* * *

BUTTERMILK WAFFLES

To one egg yolk well-beaten, add one cup of buttermilk, one cup of sifted flour, two tablespoons of baking powder, one-half teaspoon of salt, small pinch of soda, one teaspoon of sugar, one tablespoon of melted shortening. Beat vigorously, and fold in stiffly beaten egg whites. Makes three full size waffles.

—MRS. EDWARD SCOTT BOZE.

* * *

WAFFLES

1 teaspoonful salt (level)	2 cups flour (level)
2 eggs	3 teaspoons baking powder
2 cups milk	(heaping)
4 tablespoons oil	

Beat yolks and whites of eggs separately. Beat milk into beaten yolks. Beat milk and egg mixture into sifted flour and salt. Stir in oil; fold in white of eggs which have been beaten as stiff as possible. Set batter in ice box for several hours. When ready to cook, fold in baking powder. Bake in hot irons until quite brown.

—MRS. W. TALIAFERRO THOMPSON.

* * *

WHEAT CAKES

2 cups sifted flour 1/2 teaspoon salt
1 teaspoon baking powder 1 tablespoon sugar

Sift these ingredients together. Beat one egg and mix with two cups of sour milk; add slowly to first mixture, beating until smooth. Add 1 1/2 tablespoons melted butter. Let stand in refrigerator a while and cook on hot griddle.

—MRS. J. C. LUMMIS.

* * *

BATTER CAKES

1 egg 1 tablespoon flour
1 level teaspoon soda 1 level pint meal
2 cups buttermilk Salt

Beat egg without separating. Dissolve soda in buttermilk and add to the beaten egg. Mix meal, flour, and salt and sift into mixture of egg and buttermilk. The batter should be thin, if too thick, thin with buttermilk or water. Fry on a hot griddle that has been greased with a cloth mop. Too much grease is undesirable. An iron griddle is best.

—MRS. ALLEN J. BLACK.

Very old family receipt for Virginia water ground corn meal.

* * *

CORN MEAL BATTER CAKES

A camp favorite

1 cup cornmeal 1/2 teaspoon salt
1 teaspoon baking powder 1 tablespoon butter
2 eggs 1 cup milk

Mix meal, baking powder, and salt and sift. Add beaten eggs, milk, and melted butter. Have pan hot and greased. Pour batter from spoon. Serve with favorite molasses or syrup.

—MRS. R. W. GUNN.



*"'Tse makes de best salad when de ladies comes to tea,
Kase I wants de missus to be proud as she can be."*

SALADS

Mrs. A. D. JACKSON, *Chairman*

*Salad days are always here,
They wait no season of the year.—I. L. S.*

SALAD DRESSINGS

MAYONNAISE DRESSING

1 teaspoon salt	1 pt. salad oil
1 teaspoon sugar	1 egg
Dash of pepper (cayenne or paprika)	$\frac{1}{2}$ teaspoon mustard
	3 tablespoons lemon juice or vinegar

Mix egg, dry ingredients and vinegar; add oil slowly, beating thoroughly in mayonnaise mixer, or in a deep bowl with rotary beater.

—MRS. THOMAS P. AYER.

* * *

BOILED SALAD DRESSING

1 tablespoon sugar	1 level teaspoon mustard
1 tablespoon flour	1 level teaspoon salt
$\frac{1}{2}$ cup milk	1 egg
$\frac{1}{2}$ cup vinegar	Cream

Mix sugar, mustard, salt and flour; add the beaten egg and milk. Heat vinegar, stir slowly into other ingredients, cook until thick. When cold, and before serving, stir in a small quantity of very thick cream.

—MRS. JOHN G. WEBB.

* * *

TOMATO CATSUP DRESSING

1 part tomato catsup	3 parts mayonnaise
----------------------	--------------------

Mix well; add, if desired, chopped, cooked beats, olives, or hard-boiled egg. Serve on crisp lettuce.

—MRS. C. O. SWANN.

RUSSIAN DRESSING

$\frac{1}{2}$ cup stiff mayonnaise 2 tablespoons tomato catsup
 1 hard-boiled egg, diced 1 tablespoon horseradish
 3 tablespoons chili sauce 2 tablespoons chopped dill pickle
 Mix ingredients, chill and serve on lettuce or tomato salad.

—MRS. GEORGE S. KEMP.

* * *

SALAD DRESSING

2 garlic bulbs $\frac{3}{4}$ teaspoon sugar
 $\frac{3}{4}$ teaspoon salt 1 cup salad oil
 4 or 5 tablespoons wine vinegar $\frac{3}{4}$ to 1 cup catsup
 Slice garlic as thinly as possible. Mix with salt into a paste.
 Add sugar and vinegar; mix thoroughly. Add catsup; mix again.
 Lastly add salad oil.

Use over hearts of lettuce, Avacado pears, etc.

(This recipe was obtained from a famous chef in the Argentine.)

—MRS. JOSEPH B. BAKER.

* * *

FROZEN CHEESE DRESSING

2 packages cream cheese (6 oz.) 1 cup mayonnaise
 $\frac{1}{2}$ cup chopped nuts 1 cup whipped cream
 $\frac{1}{2}$ cup chopped pimentos Rounds of pineapple

Mix cream cheese, mayonnaise and whipped cream; add nuts and pimentos; freeze in 1 lb. baking powder can. Slice and serve on pineapple, garnish with lettuce and top with mayonnaise or whipped cream.

—MRS. A. C. HEINRICH.

* * *

TOMATO SOUP DRESSING

1 can tomato soup $\frac{3}{4}$ cup vinegar
 $1\frac{1}{2}$ cups salad oil $\frac{1}{4}$ cup sugar
 2 teaspoons salt $\frac{1}{2}$ teaspoon white pepper
 1 tablespoon dry mustard 1 tablespoon Worcestershire sauce

Mix well and serve on plain salads.

—MRS. ERNEST W. FARLEY.

* * *

PAUL'S DRESSING

1 square Roquefort cheese (4 oz.) 3 drops Worcester sauce
 3 tablespoons mayonnaise 3 tablespoons tomato catsup
 $\frac{1}{2}$ teaspoon mustard 4 tablespoons chili sauce

Cream cheese and mayonnaise together, add other ingredients, stirring constantly.

Serve on hearts of lettuce.

—MRS. H. C. TAYLOR.

*It is every woman's duty
to always look her best*

BETTY MARGUERITE BEAUTY SHOPPE

*22 West Brookland Park Boulevard
Phone No. 2-2330*

THE BEST QUALITY FOR THE LOWEST
PRICES. EXPERIENCED GIRLS, WHO MAKE
EACH JOB THE BEST POSSIBLE.

NO PARKING WORRIES—DRIVE RIGHT
UP TO THE DOOR.

MARGUERITE WOODWARD, PROPRIETRESS

COLD SLAW DRESSING

2 eggs	1 teaspoon salt
1 cup sugar	$\frac{1}{2}$ teaspoon mustard
$\frac{1}{2}$ teaspoon celery seed	1 tablespoon butter
1 cup vinegar	

Boil ingredients together until mixture thickens, chill and serve on shredded cabbage. —MRS. THOMAS C. RUFFIN.

* * *

CHEESE AND ONION SPREAD

1 cream cheese (3 ozs.)	$\frac{1}{4}$ cup heavy cream
1 tablespoon chopped parsley	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ tablespoon clopped onion	Few grains cayenne
2 or 3 tablespoons top milk	

Mix cheese, cream, parsley, onion and seasoning. Beat until light, thin with milk and spread on crackers. Garnish with pearl onions and parsley. —MRS. T. C. SUBLETT.

* * *

MAYONNAISE FOR FRUIT SALAD

2 tablespoons red raspberry jam	2 tablespoons lemon juice
$\frac{1}{4}$ cup cream, whipped	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ cup mayonnaise	

Break up jam with fork, add lemon juice, salt and mayonnaise. Fold in cream. Serve on fruit salad. —MRS. S. B. HALL.

* * *

CREAMED ROQUEFORT CHEESE

1 cream cheese (3 ozs.)	2 tablespoons cream or
$\frac{1}{4}$ lb. Roquefort cheese	mayonnaise
$\frac{1}{2}$ teaspoon grated onion	

Mix ingredients well, serve on plain salads.

—MRS. R. M. HOLLOWAY.

Pleasants-Hatcher Hardware Co.

HARDWARE, SPORTING GOODS
HOUSEHOLD UTENSILS
PAINTS, VARNISH, TOOLS

Dial 2-6974

214 West Brookland Boulevard

The Colonial Tea Room

3607 Chamberlayne Avenue
MRS. H. E. HAYDEN

THURSDAY NIGHT DINNERS AND
PARTIES A SPECIALTY

4-3118

SALADS

LETTUCE SALAD

1 head of lettuce	1 tablespoon of vinegar
3 tablespoons of oil	Salt to taste

Tear lettuce apart, wash and dry. Bring, in bowl, to table. Mix oil, vinegar and salt, beat until mixture thickens. Pour over lettuce and toss well before serving.

This may be varied by adding a small amount of chopped chives to dressing, or by crumbling in a small section of Roquefort cheese.

—MRS. LELAND L. MILLER.

* * *

CHOPPED VEGETABLE SALAD

2 cups of celery, diced	1 small green pepper, diced
1 cup of raw carrots, diced or grated	1 small onion, diced
2 hard-boiled eggs, chopped	Lettuce
	Mayonnaise

Mix vegetables and eggs lightly with a little mayonnaise. Serve on crisp lettuce leaves garnished with asparagus tips or tomato slices.

Top with mayonnaise. —MRS. MALVERN HILL.

* * *

CABBAGE SALAD

1 medium cabbage	3 tablespoons salad oil
½ cup celery	1 tablespoon powdered sugar
1 small green pepper	1½ teaspoons salt
1 teaspoon minced onion	½ cup mayonnaise
3 teaspoons vinegar	Pimiento strips

Remove wilted leaves from cabbage, soak in salt water thirty minutes. Drain thoroughly and remove center. Discard coarse heart and chop rest very fine, mix with chopped celery, onion and green pepper, add vinegar, salad oil, sugar and salt, chill in ice box, mix with mayonnaise, refill cabbage shell, garnish with pimiento strips.

—MRS. WILLIAM RADY.

* * *

POTATO SALAD

3 cups cooked potato, cubed	2 hard-boiled eggs
1 cucumber, pared and diced	Mayonnaise
1 cupful celery, diced	Oil and vinegar
1 tablespoon green pepper, diced	Salt and pepper

Dress the potato and cucumber separately, with oil and vinegar (1½ tablespoons of oil to ½ tablespoon of vinegar). Let stand thirty minutes, drain thoroughly. Dust with salt and cayenne pepper. Toss together with the chopped egg, celery and green pepper. Moisten thoroughly with mayonnaise. Serve on lettuce garnished with olives or pimiento strips, and mayonnaise.

—MRS. D. H. STEVENS.

* * *

STUFFED TOMATO SALAD

Tomatoes	Lettuce
Mayonnaise	Peanuts

Peel tomatoes, remove a slice from top of each, and scoop out center.

Fill with equal parts of shredded lettuce and chopped peanuts, moistened with mayonnaise. Arrange on lettuce leaves and garnish with stiff mayonnaise and whole peanuts.

—MRS. T. C. SUBLETT.

* * *

TOMATO AND EGG SALAD

Peel and cut into thirds medium-size tomatoes, making the cut just deep enough to hold in each division one slice of hard-boiled egg. Top with mayonnaise and serve on lettuce.

—MRS. I. R. DRURY.

* * *

CHICKEN SALAD

1 cup cooked chicken, diced	½ cup mayonnaise
1 cup celery, diced	1 hard-boiled egg
Stuffed olives	Lettuce

Mix chicken, celery and egg. Combine lightly with mayonnaise. Serve on crisp lettuce; garnish with olives. This is delicious served in tomatoes, on lettuce with mayonnaise.

—MRS. M. S. McDANEL.

* * *

SUMMER CHICKEN SALAD

Your favorite recipe for chicken salad, using half the required amount of celery and substituting for other half fresh (if possible) or canned pineapple, diced. The pineapple gives a delightful flavor, makes a salad lighter in texture, and is a little different.

—MRS. J. T. CROCKFORD.

STUFFED CELERY SALAD

Hearts of fine celery	Paprika
Neufchatel or cream cheese	Onion juice
Cream	Mayonnaise

Lettuce

Cut celery in four-inch lengths. Crisp in cold water. Dry and stuff with cheese that has been softened with cream and seasoned. Chill and serve with mayonnaise. Garnish with lettuce hearts.

—MRS. HENRY B. BAKER.

* * *

SALMON SALAD

1½ cups salmon	3 hard-boiled eggs, diced
1 cup chopped celery	4 tablespoons chopped pickle
½ teaspoon salt	¼ teaspoon pepper
	½ cup mayonnaise

Mix ingredients and chill. Serve on lettuce.

—MRS. THOMAS F. GILL.

* * *

FISH SALAD

2 cups shredded lettuce	½ cup French dressing
1 teaspoon onion juice	½ cup mayonnaise
1 cup finely chopped parsley	1 cup finely cut celery
1 can tuna fish or 1½ lbs. any cold boiled fish	

Line dish with lettuce, place fish in center, pour over French dressing, to which onion juice has been added, and cover with celery. Top with mayonnaise; garnish with parsley.

—MRS. E. L. DELANEY.

* * *

WALDORF SALAD

4 cups diced apples	1 cup walnuts, cut fine
2 cups diced celery	½ lemon

Squeeze lemon over apples, add celery, and mix lightly with a boiled salad dressing. Do not add nuts until ready to serve.

BOILED SALAD DRESSING

3 eggs (yolks)	1 teaspoon cornstarch
5 tablespoons butter	1 teaspoon salt
½ cup vinegar	1 teaspoon mustard
3 tablespoons sugar	

Mix sugar, salt, cornstarch and mustard; add to well-beaten egg yolks. Melt butter and add gradually, beating with rotary beater; add vinegar and cook in double-boiler until thick.

—MRS. R. K. MCKNIGHT.

FRUIT SALAD

2 grapefruit	2 oranges
8 marshmallows	1 cup nuts
1 cup raisins or grapes	

Peel fruit and break into sections, discarding seeds and membranes. Remove seeds from raisins or grapes. Chop nuts, dice marshmallows. Arrange on crisp lettuce leaves and serve topped with mayonnaise.

—MRS. T. B. SCHENK.

* * *

WHITE FRUIT SALAD

1 can white cherries, or	¼ lb. almonds (shelled and blanched)
1 can pineapple (large)	18 marshmallows
1 lb. white grapes	

Cut up above ingredients; make sauce as follows:

1 cup milk	Yolks 4 eggs
½ pt. whipping cream	Juice of 1 lemon
Pinch of salt	

Beat eggs, add milk, and cook until thick. When cold, add lemon juice and salt. Whip cream, fold into milk and egg mixture. Pour over diced fruit and chill. This also may be frozen.

—MRS. W. C. HUBERT.

* * *

PECAN AND GRAPE SALAD

1 lb. Malaga or Tokay grapes	½ lb. shelled pecans
------------------------------	----------------------

Cut grapes in half, removing seeds.

DRESSING

Yolks of 4 eggs	2 tablespoons sugar
½ teaspoon salt	Pinch cayenne pepper
2 teaspoons butter	4 tablespoons vinegar

Beat well and cook in double-boiler until thick. When cold, and just before serving, fold in one pint whipped cream, add grapes and nuts. Serve very cold.

—MRS. W. G. SALE.

* * *

TWENTY-FOUR HOUR SALAD

2 eggs	2 tablespoons vinegar
2 tablespoons butter	2 tablespoons sugar

Cook in double-boiler until thick. Cool and add:

1 cup of cream (whipped)	2 oranges, diced
--------------------------	------------------

2 cups of white cherries, halved 2 cups of pineapple, diced
 2 cups of marshmallows, diced
 Pour in ring mold and place in ice box 24 hours or until firm.

—MRS. RICHARD BROOKE.

* * *

PEAR AND GRAPE SALAD

1 can pears (No. 2 $\frac{1}{2}$) Tokay grapes
 Mayonnaise Cream cheese
 Lettuce Crystallized ginger

Drain juice from pears, place on platter, flat side down. Soften cream cheese with highly seasoned mayonnaise and spread on pears. Cut grapes lengthwise and remove seeds. Arrange on pears to resemble a bunch of grapes, pressing lightly into cheese. Add a small piece of crystallized ginger for stem. Chill well and serve on crisp lettuce, garnished with mayonnaise.

—MRS. LUKE D. DRURY.

* * *

PEAR SALAD WITH COCOANUT

1 large can pears (No. 2 $\frac{1}{2}$) 1 $\frac{1}{2}$ packages cream cheese
 1 can shredded cocoanut (4 $\frac{1}{2}$ oz.)

Soften cheese with cream, fill centers of pears, place halves together with toothpicks and chill. When firm, coat thinly with cream cheese and roll in cocoanut, which has been toasted a golden brown. Serve whole or in slices on lettuce with mayonnaise.

—MRS. ROBT. H. SHULTZ.

* * *

ORANGE TEA SALAD

1 package cream cheese 1 $\frac{1}{2}$ cup thick cream
 (3 oz.) 1 $\frac{1}{2}$ oranges
 1 $\frac{1}{4}$ cup chopped nuts 12 apricot halves

Add to the cheese grated rind of 1 orange, the juice of 1 $\frac{1}{2}$ an orange, and nuts. More juice if required to make cheese creamy. Put this mixture on halves of apricots arranged on lettuce.

To the cream add grated rind of 1 $\frac{1}{2}$ orange and the juice; pour over apricots.

—MRS. WILLIAM R. SHANDS.

* * *

CONGEALED SALADS

NOTE.—In the following recipes

1 pkge. flavored gelatin = 3 $\frac{1}{4}$ oz.
 1 pkge. cream cheese = 3 oz.

PARTY SALAD SUPREME

$\frac{2}{3}$ cup crushed pineapple	Yolks of 3 eggs
1 tablespoon gelatine	Grated rind 1 lemon
$\frac{1}{3}$ cup cold water	2 tablespoons lemon juice
$\frac{1}{2}$ cup whipping cream	$\frac{1}{2}$ cup sugar
Whites of 3 eggs	Pinch of salt

Pecans

Beat egg yolks; add grated lemon rind, juice of lemon, salt and sugar. Cook in double-boiler, stirring constantly until thick. Add gelatine, which has been soaked in cold water, and pineapple. When mixture begins to congeal, add cream, stiffly beaten, and stiffly beaten egg whites. Fill individual molds half full; add 5 or 6 pecan nut halves; finish filling. Chill until firm. Serve on lettuce with mayonnaise.

—MRS. G. O. TIMBERLAKE.

* * *

GRAPEFRUIT SALAD

1 package lemon gelatine	Pinch of salt
2 cups of grapefruit and juice	Juice of $\frac{1}{2}$ lemon
	1 teaspoon sugar
1 cup boiling water	

Dissolve gelatine in water; when cool add grapefruit and other ingredients. Mold and serve on lettuce with mayonnaise.

—MRS. F. B. CARPENTER.

* * *

PEAR SALAD

1 package lemon gelatine	1 cup boiling water
1 package cream cheese	Pear juice
1 can halved pears	Pecans

Stuff pears with cheese and nuts; invert in shallow containers. Dissolve gelatine in boiling water; add pear juice. Cool and pour over pears. Place in ice box to jell. Serve on lettuce with mayonnaise.

—MRS. R. W. GUNN.

* * *

UNDER-THE-SEA SALAD

1 package lime gelatine	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup canned pear juice	1 teaspoon vinegar
2 cups canned pears, diced	$1\frac{1}{2}$ cups boiling water
2 packages cream cheese	$\frac{1}{4}$ teaspoon ground ginger

Dissolve gelatine in boiling water, add pear juice, salt and vinegar. Pour half-inch layer into loaf pan; chill until firm.

Chill remaining mixture until thick; whip. Combine cheese with ginger and add to whipped mixture. Add pears. Pour over first layer and chill until firm. Unmold on lettuce leaves. Serve with mayonnaise.

—MRS. WILLIAM E. GRIGG.

* * *

WHITE FRUIT SALAD

2 tablespoons gelatine	$\frac{1}{2}$ cup almonds, chopped
$\frac{1}{2}$ cup cold fruit juice	$\frac{1}{2}$ cup hot fruit juice
1 cup mayonnaise	1 cup cream, whipped
$\frac{1}{2}$ can pineapple, sliced	$\frac{1}{2}$ can white cherries
$\frac{1}{4}$ cup powdered sugar	Pinch salt

Soak gelatine in cold fruit juice; dissolve in hot juice. Chill. When mixture begins to stiffen, add mayonnaise, cream, sugar, fruit cut in small pieces, and nuts. Mold and serve on lettuce.

—MRS. J. C. LUMMIS.

* * *

TOMATO-CHEESE SALAD

1 can tomato soup	2 tablespoons gelatine
3 packages cream cheese	1 cup mayonnaise
$\frac{1}{2}$ cup cold water	$1\frac{1}{2}$ cups chopped celery

Small quantity of chopped onion, green pepper, vinegar and salt

Bring soup to boiling point, add cheese, stir until smooth, add gelatine, which has been softened in cold water. When partly cold add mayonnaise and vegetables. Mold, serve garnished with olives.

—MRS. C. W. THROCKMORTON, JR.

* * *

GINGER ALE SALAD

1 package lemon gelatine	$\frac{1}{2}$ cup warm water
1 pint ginger ale	1 cup pineapple, diced

1 cup pecan nuts

1 cup white cherries, or Malaga grapes (cut in halves)

Dissolve gelatine in warm water; add ginger ale. When it begins to congeal, add fruit and nuts. Mold. Serve on lettuce, with mayonnaise. Garnish with candied ginger.

—MRS. WILLIAM E. UPCHURCH.

* * *

CRANBERRY SALAD

1 pint raw cranberries	1 cup sugar
Juice of 2 oranges	Rind of half an orange

Grind cranberries and orange rind, add sugar and orange juice;

let stand 1 hour, then add 1 package lemon gelatine ($3\frac{1}{4}$ oz.) dissolved in 1 cup of hot water, 1 tablespoon vinegar. Mold and serve on lettuce.

—MRS. ROBERT WINFREE.

* * *

CRANBERRY SALAD, No. 2

1 pint cranberries	1 cup sugar
$\frac{1}{2}$ cup diced apples	2 tablespoons gelatine
$\frac{1}{2}$ cup diced celery	1 cup water

Cook cranberries in water until tender, add gelatine, softened in a little water, and sugar. Let cool. When mixture thickens add nuts, apple and celery. Pour in molds. Delicious served with turkey.

—MRS. I. T. BENDALL.

* * *

COMBINATION SALAD

1 package lime gelatine	$\frac{1}{2}$ cup vinegar from
1 cup diced celery	sweet pickle
1 cup cabbage, minced	1 cup boiling water
2 carrots cut fine, or	$\frac{1}{2}$ cup cold water
grated	$\frac{1}{2}$ onion, minced
$\frac{1}{2}$ green pepper, minced	

Soften gelatine in cold water, dissolve in boiling water. Add vinegar and other ingredients. Mold. Serve on lettuce with mayonnaise.

—MRS. R. K. MCKNIGHT.

* * *

MOCK WATERMELON SALAD

1 large grape fruit	Almonds, blanched
1 package lemon gelatine	1 pint boiling water
Red coloring	

Cut grape fruit in halves (lengthwise), remove pulp, discarding all membranes and seeds. Dissolve gelatine in boiling water; add enough coloring to make water a deep watermelon pink. When cool, add grape fruit cut in small pieces. Fill the halves and place in refrigerator to set. When ready to serve, cut in four watermelon slices, inserting the almonds to resemble seeds. Serve on lettuce, garnished with mayonnaise.

—MRS. T. O. TIMBERLAKE.

CHEESE LOAF

- | | |
|----------------------------|-----------------------------|
| 1 lb. American cheese | 1 onion |
| 2 green peppers | $\frac{1}{2}$ teaspoon salt |
| 2 pimentos | 1 teaspoon gelatine |
| 1 tablespoon boiling water | |

Dissolve gelatine in boiling water. Put other ingredients through meat grinder, add to gelatine, and pour into oblong mold.

—MRS. THOMAS H. GURNEY.

* * *

JELLIED SHRIMP SALAD

- | | |
|-----------------------|-------------------------------|
| 4 cups shrimp | $\frac{1}{2}$ cup lemon juice |
| 2 cups celery | 2 tablespoons gelatine |
| 4 hard-boiled eggs | $\frac{1}{2}$ cup cold water |
| 2 tablespoons parsley | 3 cups mayonnaise |
| 1 teaspoon salt | |

Dice shrimp, celery and eggs. Mix well. Add minced parsley, lemon juice and salt. Soften gelatine in cold water and dissolve over boiling water. When cool, add gelatine to shrimp mixture and fold in mayonnaise. Serve on lettuce garnished with a dash of paprika.

—MRS. H. E. HADEN.

* * *

CRAB MEAT AND TOMATO SALAD

- | | |
|------------------------|------------------------------------|
| 2 cups canned tomatoes | 2 whole cloves |
| 1 small can crab meat | 1 small onion |
| 1 cup cream | $\frac{1}{2}$ teaspoon celery salt |
| 2 teaspoons sugar | 1 teaspoon salt |
| 1 teaspoon lemon juice | 1 tablespoon gelatine |

Dash of pepper

Combine tomatoes, onion, cloves and dry ingredients. Simmer 15 minutes. Add lemon juice and gelatine. When mixture begins to congeal, beat with egg-beater, fold in cream (whipped) and crab meat. Mold and serve on lettuce with mayonnaise.

—MRS. E. L. McQUADE.

* * *

GOLDEN SALAD

- | | |
|-----------------------------------|--------------------------------|
| 1 tablespoon gelatine | 1 cup pineapple juice |
| $\frac{1}{4}$ cup cold water | $\frac{1}{2}$ cup orange juice |
| $\frac{1}{4}$ cup mild vinegar | $\frac{1}{4}$ cup sugar |
| 1 cup diced orange | 1 cup diced pineapple |
| 1 medium-size raw carrot (grated) | Pinch salt |

Soak gelatine in cold water; dissolve in pineapple juice. Add sugar, salt, orange juice and vinegar. Cool. When jelly begins

to congeal, add other ingredients. Mold. Serve on lettuce with mayonnaise.

—MRS. WILLIAM H. ROSE.

* * *

CUCUMBER SALAD

- | | |
|----------------------------|------------------------|
| 1 large cucumber | 1 small onion |
| 1 medium-size green pepper | 1½ tablespoons vinegar |
| 1 teaspoon salt | 1¼ cups boiling water |
| 1 package lemon gelatine | |

Grind cucumber, pepper and onion through meat chopper (coarse blade); add vinegar, salt, and gelatine, first dissolved in boiling water. Mold. Serve on lettuce with mayonnaise.

—MRS. P. MCK. SHIFLETT.

* * *

WALES SALAD

- | | |
|--------------------------|---------------------------------|
| 1 package lemon gelatine | ½ pint boiling water |
| 1 cup grated cheese | ½ cup blanched almonds |
| ½ cup chopped pimentos | ½ cup stuffed olives,
sliced |
| 1 cup cream, whipped | |
| Pinch of salt | |

Dissolve gelatine in boiling water. When cool, add cheese, nuts, pimentos, olives and salt. When beginning to congeal, add cream. Pour into molds. Serve on lettuce with whipped cream or mayonnaise.

—MRS. B. H. VAN OOT.

* * *

CALIFORNIA SALAD

- | | |
|---|------------------------------|
| 2 tablespoons gelatine | 1½ cups cold water |
| ½ cup pineapple juice | ½ cup sugar |
| 1 pint can sliced pineapple | 1 small bottle German onions |
| 1 pimento, diced | 1 small bottle French capers |
| ½ cup blanched almonds (cut lengthwise) | |

Soak gelatine in ½ cup cold water for 10 minutes. Add pineapple juice, rest of water, and sugar brought to boiling point. When cold, add rest of ingredients and pour in molds to congeal. Serve with mayonnaise and whipped cream.

—MRS. M. S. McDANEL.

* * *

TOMATO ASPIC

- | | |
|---------------------------------|--|
| 1 can tomatoes (3 lbs.) | 3 large green peppers, cut fine |
| 1 small onion, grated | 1 stalk celery, cut fine |
| 4 tablespoons plain
gelatine | ½ lb. nut meats
(almonds preferred) |

Salt and red pepper to taste

Run tomatoes through colander, add gelatine softened in $\frac{1}{2}$ cup of tomato juice and brought to a boil. Add other ingredients and mold. Paper cups can be used if first dipped in cold water. Serve on lettuce with mayonnaise.

—MRS. I. R. DRURY.

* * *

TOMATO ASPIC, No. 2

1 small can tomatoes	1 cup chopped celery
1 teaspoon salt	4 tablespoons sugar
$\frac{1}{2}$ cup vinegar	2 tablespoons gelatine
Cream cheese	$\frac{1}{2}$ cup cold water

Bring tomatoes and celery to a boil, strain, add gelatine softened in $\frac{1}{2}$ cup cold water. Season with salt, sugar and vinegar. Put 1 tablespoon of cream cheese in each individual mold. When tomato mixture is cold, pour over cheese, let congeal, and serve on lettuce, topped with mayonnaise.

—MRS. GEORGE S. KEMP.

* * *

PINEAPPLE AND CARROT SALAD

1 package lemon gelatine	1 cup chopped pineapple
$1\frac{3}{4}$ cups boiling water	1 cup raw grated carrots
$\frac{1}{2}$ teaspoon salt	2 tablespoons chopped pimento

Pour water over gelatine; add salt; dissolve. When cool pour into mold, in which you have put pineapple, carrots and pimentos. Serve on lettuce with salad dressing.

—MRS. R. L. WATKINS.

* * *

CUCUMBER ASPIC

1 package lime gelatine	1 cup boiling water
1 cup grated cucumber	1 tablespoon vinegar
1 teaspoon grated onion	1 teaspoon salt
Dash of pepper	

Dissolve gelatine in boiling water; add seasoning. When partly congealed fold in cucumber. For a party, double the above mixture, pour half in a flat mold; when congealed cover with a layer of cream cheese mixed with an equal quantity of cottage cheese seasoned with salt and red pepper. Pour over this the rest of the aspic; chill. When firm cut in squares and serve on lettuce. The top layer may be of tomato aspic.

—MRS. S. T. PULLIAM.

FROZEN SALADS

SUPREME FROZEN FRUIT SALAD

1 cup whipping cream	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup cooked salad dressing	2 tablespoons lemon juice
$\frac{3}{4}$ cup banana pulp	$\frac{1}{2}$ cup orange pulp
$\frac{1}{2}$ cup peach pulp	$\frac{1}{2}$ cup Maraschino cherries

Whip cream, fold in sugar, salad dressing, lemon juice, fruit pulp and chopped cherries. Freeze in tray of mechanical refrigerator. Serve in slices.

—MRS. ERNEST F. APPEL.

* * *

FROZEN FRUIT SALAD

1 can fruit salad (No. 2 $\frac{1}{2}$ can)	1 can pineapple (No. 1 can)
$\frac{1}{2}$ cup Maraschino cherries	$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ pint cream	$\frac{1}{2}$ cup mayonnaise

Whip cream, fold in mayonnaise, cut up fruit, and add, first draining off juice. Freeze in mechanical refrigerator tray. Serve on lettuce.

—MRS. L. EDWIN HARVIE.

* * *

FROZEN FRUIT SALAD No. 2

1 can mixed fruits (No. 2 $\frac{1}{2}$ can)	12 marshmallows
1 cup whipping cream	2 bananas
$\frac{1}{2}$ cup mayonnaise	

Whip cream, add mayonnaise, marshmallows and fruit cut in small pieces. Freeze in tray of mechanical refrigerator. Serve cut in squares, on lettuce, topped with whipped cream.

—MRS. CLAUDE R. DAVENPORT.

* * *

FROZEN FRUIT SALAD No. 3

$\frac{1}{2}$ cup pears	$\frac{1}{4}$ cup blanched almonds, shredded
$\frac{1}{2}$ cup peaches	1 cup mayonnaise
$\frac{1}{2}$ cup preserved figs	$1\frac{1}{2}$ cups whipping cream
$\frac{1}{2}$ cup shredded pineapple	$\frac{1}{2}$ cup fruit juice

Whip cream and blend with mayonnaise. Add fruits, figs, nuts and fruit juice. Freeze in mechanical refrigerator tray. Cut in slices and serve on lettuce with mayonnaise or whipped cream.

—MRS. J. O. FITZGERALD, JR.

FROZEN PEAR SALAD

1 large can of pears 2 packages of cream cheese (6 oz.)

Work cream into a paste, gradually adding the pear juice. Pour into freezing tray of mechanical refrigerator. Add the pears, cut into oblong strips. When frozen, serve on lettuce. No dressing required.

—MRS. C. O. SWANN.

* * *

FROZEN CHEESE AND PINEAPPLE SALAD

½ cup cream cheese	½ cup candied cherries,
1 cup whipping cream	cut small
2 cups crushed pineapple (little juice)	½ lb. marshmallows, cut small
¼ cup mayonnaise	

Mix cream cheese and mayonnaise; add pineapple, marshmallows, cherries and stiffly-beaten cream. Freeze in tray of mechanical refrigerator. Serve on lettuce with mayonnaise, to which some sweetened whipped cream has been added.

—MRS. W. P. CLEMENTS.

* * *

GINGER SALAD, FROZEN

1 cup preserved ginger	1 cup pecans
1 cup whipping cream	3 bananas
4 tablespoons syrup from preserved ginger	

Mash bananas and mix in syrup from ginger; add nuts and ginger, chopped. Combine lightly with stiffly-whipped cream and freeze in tray of mechanical refrigerator. Serve on lettuce topped with mayonnaise.

—MRS. H. R. TERRELL.

* * *

TOMATO SALAD, FROZEN

2 cups tomato pulp	½ cup mayonnaise
Pepper and salt	(made without sugar)

Peel and core firm, red tomatoes, put through meat grinder, add mayonnaise and season to taste. Freeze in jelly molds, placed in freezing unit of mechanical refrigerator. Serve on crisp lettuce topped with mayonnaise and garnished with stuffed olives.

—MRS. H. E. HADEN.



*"Chillun's love ice cream fo' dey's dinner,
Kase dey's not worrin' or wantin' to be thinner."*

DESSERTS

MRS. H. J. WARTHEN, *Chairman*

GEORGE WASHINGTON'S NUT PIE

3 eggs	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon salt
4 tablespoons melted butter	1 cup chopped pecans
1 cup syrup	

Line pie plate with raw crust. Beat eggs, gradually adding sugar, melted butter, syrup, and salt. Then fold in nuts. Bake in oven at 450° for fifteen minutes, then at 350° to finish, about 25 or 30 minutes.

—MRS. B. H. VAN OOT.

* * *

QUEEN APPLE PIE

1 large apple	$\frac{1}{2}$ cup sugar
Rind of 1 lemon (grated)	2 egg yolks
Juice of $\frac{1}{2}$ lemon	$\frac{1}{2}$ cup sweet cream
2 tablespoons butter	2 egg whites (2 tablespoons sugar)

Pare and grate the apple; squeeze the juice of half a lemon over the apple, adding the grated rind. Cream the butter and sugar; add the egg yolks, cream, and the prepared apple. Pour into a cooked pie shell and bake until firm. Cover with meringue made of 2 egg whites and 2 tablespoons sugar and return to oven until meringue browns.

—MRS. WILLIAM E. GRIGG.

* * *

COCOANUT CUSTARD PIE

1 large cocoanut (grated) and its milk	6 eggs
	3 tablespoons melted butter
2 cups sugar	

Beat eggs; add sugar, milk, butter, and cocoanut. Line pie plate with pastry and bake.

—MRS. H. G. DICKERSON.

COCOANUT CREAM PIE**(with meringue)**

1 pint milk	1 tablespoon butter
2 egg yolks	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	Pinch of salt
3 tablespoons flour	1 can cocoanut (moist packed)

Scald the milk in top of double boiler. Beat egg yolks until light; cream butter, sugar, and flour together and add to eggs. Add salt and pour in hot milk. Return to double boiler and cook until thickened. Remove from fire and allow to cool. Add cocoanut (saving a small amount for meringue). Pour into baked pie shell and cover with meringue, made with 2 egg whites, beaten stiff, and 4 tablespoons sugar, added slowly to the egg whites. Sprinkle with cocoanut and bake in moderate oven about 20 minutes until brown.

—MRS. A. S. WINSTON.

* * *

BUTTERSCOTCH COCOANUT PIE

1 cup brown sugar	1 cup cream
1 tablespoon butter	2 eggs
$\frac{1}{2}$ cup boiled water	2 tablespoons flour
1 can moistened cocoanut	

Mix water, butter and sugar, and cook in a double boiler, moisten the flour in a small quantity of the cream, then add the remainder of cream, and mix in butter, sugar, and water. Cook until thick and add the eggs (yolks and whites beaten together). When cool add $\frac{1}{2}$ can of cocoanut. Fill a baked pie crust that has been cooled. Cover top with whipped cream and other $\frac{1}{2}$ cocoanut sprinkled in it.

—MRS. J. BLANTON BELK.

* * *

LEMON PIE

$1\frac{1}{2}$ cups sugar	4 eggs (yolks and whites beaten separately)
$\frac{1}{2}$ cup butter	1 rounded tablespoon corn meal
Juice of 1 large or 2 small lemons and grated rind	

Cream butter and sugar; add yolks, lemon juice, and corn meal, and lastly beaten whites. Bake on uncooked pastry shell until brown and set.

This makes two small pies and is very nice also for individual tarts.

—MRS. G. M. BRYDON.

ANGEL LEMON PIE

1 lemon
3 eggs

1 cup sugar
1 pinch salt

Mix lemon rind (grated) and juice, $\frac{1}{2}$ cup sugar, salt, and egg yolks in double boiler. Cook, stirring constantly until thick; let cool. Beat whites stiff and dry, add slowly the other $\frac{1}{2}$ cup sugar and fold it into the first mixture. Pour into a crust already baked. Run into the oven until puffed and brown. Delicious. Serves six.

—MRS. I. R. DRURY.

* * *

LEMON PIE (Cracker Crust)

$\frac{1}{2}$ cup lemon juice
3 eggs

Small box vanilla wafers
Pinch of salt

Can condensed milk

Beat up yolks, pour in lemon juice and then condensed milk. Pour into pie crust of rolled vanilla wafers; cover with meringue and bake in slow oven. (Use six tablespoons of sugar to the three egg whites for the meringue). Let stand for three hours in refrigerator before serving.

—MRS. DAVID KEMPER KELLOGG.

* * *

LEMON PIE

1 cup hot water

1 cup sugar

2 tablespoons butter

2 tablespoons (heaping) flour

Grated rind and juice of 1 lemon

2 eggs

Mix sugar and flour first, add all other ingredients (except

PHONE 2-8792

H. V. GODBOLD CO.

Incorporated

INSURANCE SPECIALISTS

FIRE—LIFE—ACCIDENT—HEALTH—AUTOMOBILE

PLATE GLASS—BURGLARY—COMPENSATION

LIABILITY—SURETY BONDS—CREDIT

Special Attention Given to Adjustments

Advice Gladly Given—Inquiries Solicited

SUITE 315, LAW BUILDING,

RICHMOND, VIRGINIA

eggs), and cook until very thick. Take from fire and add well-beaten egg yolks. Fill baked pastry shell. Cover with meringue. Brown slightly in slow oven.

—MRS. P. MCK. SHIFLETT.

* * *

LEMON PIE

½ pt. XX cream	1 cup sugar
4 eggs	Pinch of salt
3 tablespoons lemon juice	Rind of ½ lemon
½ tablespoon gelatine dissolved in ½ cup water	

Beat egg yolks. Add sugar, lemon juice, and rind. Cook in double boiler until thick as custard. Add dissolved gelatine, then beaten egg whites. Pour mixture into baked pie shell and set in refrigerator. Just before serving whip ½ pint cream and spread over top.

—MISS E. D. GARNETT.

* * *

JEFF DAVIS PIES

1 cup butter	1 teaspoon flour
2 cups sugar	1 cup milk
3 eggs	1 lemon (juice and rind)

Cream butter and sugar until light, then mix with eggs, well beaten. (Mix flour with dry sugar first, before creaming with butter.) Then add lemon juice and rind—and milk last. Mix thoroughly and spread on thin pastry.

This quantity makes two large pies or sixteen individual pies.

—MRS. HENRY S. WINSTON, SR.

* * *

GRAHAM CRACKER PIE

17 Graham Crackers, rolled	½ cup melted butter (¼ lb.)
	½ cup sugar

Mix, and line pie plate with crumbs (pat in place); save ¾ cup for top of pie.

FILLING

Mix 3 tablespoons cornstarch in ½ cup milk (cold), ½ cup sugar, 2 egg yolks (well beaten)

Add this mixture to 2 cups scalded milk and cook until very thick in double boiler. Add 1 teaspoon vanilla and pour into plate. Make meringue of egg whites beaten stiff and 4 level tablespoons sugar. Cover custard. Sprinkle remaining crumbs on top and bake in moderate oven until crumbs are browned.

—MRS. C. B. NENZEL.

CHOCOLATE PIE

1 cup sugar	2 eggs
5 tablespoons flour	1½ squares melted chocolate
⅛ teaspoon salt	½ teaspoon vanilla
2 cups milk	

Mix well the sugar, flour, and salt. Add gradually the milk and beaten egg yolks. Cook in double boiler for fifteen minutes. Add the melted chocolate. Cook until thick (about 15 minutes) and add vanilla. Fill a baked shell and cover with meringue. Place in a moderate oven and cook until the meringue is a delicate brown.

Meringue.—2 egg whites and 4 tablespoons sugar.

—MRS. HARRY O. STONE.

* * *

REFRIGERATOR CHOCOLATE PIE

1 cup milk	¼ cup sugar
½ cup sugar	1 cup cream
3 egg yolks	1½ cups vanilla
¼ teaspoon salt	3 egg whites
2 squares chocolate	Wafer crumbs
½ tablespoon gelatine soaked in ¼ cup water	

Make custard of milk, sugar, chocolate, and egg yolks. Add soaked gelatine and dissolve. Cool. Fold in beaten egg whites and add the ¼ cup sugar. Line a buttered pie tin with crushed vanilla wafers; add filling. Cover with waxed paper and place in refrigerator for four or five hours. Serve with whipped cream.

—MRS. MYRIL R. DOUGLASS.

* * *

MOLASSES OR CREOLE PIE

3 eggs (beaten separate)	1 cup sugar
1 cup molasses	2 teaspoons nutmeg
Butter size of an egg	

Beat sugar, butter, molasses, and eggs together. Add whites last. Pour in rich crust, bake in moderate oven. Serve cold with wedge of cheese.

—MRS. PARKE P. DEANS.

* * *

PINEAPPLE CHIFFON PIE

1 envelope gelatine	4 eggs
¼ cup cold water	1 tablespoon lemon juice
1¼ cups crushed pineapple	¼ teaspoon salt
½ cup sugar	

Add $\frac{1}{4}$ cup sugar, lemon juice, pineapple, and salt to slightly beaten yolks. Cook in double boiler to custard consistency. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard and stir until dissolved. When mixture thickens, fold in stiffly beaten egg whites to which other $\frac{1}{4}$ cup sugar has been added. Fill pie shell and chill.

—MRS. ROBERT C. BAYLISS.

* * *

GRAHAM CRACKER PIE CRUST

Mix $1\frac{1}{2}$ cups crushed graham crackers with $\frac{1}{2}$ cup butter and $\frac{1}{2}$ cup powdered sugar.

—MRS. ROBERT C. BAYLISS.

* * *

PRUNE-OR-DATE-CREAM PIE

1 cup sugar	4 eggs
1 teaspoon cinnamon	$1\frac{1}{2}$ cups sour milk
$\frac{1}{2}$ teaspoon cloves	4 teaspoons sugar
$\frac{1}{4}$ teaspoon nutmeg	1 teaspoon baking powder
1 cup chopped fruit soaked in warm water for 2 hours	

Mix above ingredients in order given, saving whites of eggs for meringue. Pour custard in pastry shell and bake in a hot oven the first ten minutes, lowering the temperature to complete baking.

Whip egg whites until very stiff; add 4 teaspoons sugar and 1 teaspoon baking powder, and bake slowly for 15 minutes.

—MRS. WARREN F. CURTIS.

* * *

SWEET POTATO PIE

Boil 1 quart potatoes until well done in water into which 1 teaspoon salt has been added. Mash potatoes and add

$\frac{1}{4}$ lb. butter	1 teaspoon essence of lemon
5 eggs	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup sweet milk	

Make short pastry and roll thin. Fill plates with filling and bake to a light brown. Cover with meringue.

—MRS. R. M. HOLLOWAY.

* * *

WOODROW WILSON PIE

3 eggs	1 cup milk
2 cups sugar	1 heaping tablespoon flour
1 tablespoon butter	1 tablespoon vanilla

Cream sugar and yolks of eggs until light. Melt butter and

mix with flour; add to eggs and sugar, then add milk and vanilla. Add whites, beaten stiff, last. This makes two medium pies.

—MRS. WILLIAM R. MILLER.

* * *

CARAMEL PIE

2 eggs	3 tablespoons milk
2 cups brown sugar	1 rounding tablespoon butter
1 tablespoon flour	1 teaspoon vanilla

Cream butter and sugar; add egg yolks, flour, milk, and fold in beaten whites. Pour into pastry shell and bake in slow oven for 45 minutes.

—MRS. MARSHALL BOYLE, JR.

* * *

CARAMEL PECAN PIE

$\frac{1}{2}$ cup sugar	1 cup syrup
3 eggs	$\frac{1}{4}$ cup pecans
1 tablespoon vanilla	1 tablespoon butter
Pinch of salt	

Cream sugar and butter; add eggs one at a time; then add vanilla, salt, and syrup. Pour in uncooked pastry shell; sprinkle with pecans and cook for 25 minutes in slow oven.

—MISS VIRGINIA THORNTON.

* * *

OLD-FASHION CHESS PIES

2 eggs	Grated nutmeg
$\frac{3}{4}$ cup sugar	$\frac{1}{8}$ teaspoon salt
1 teaspoon lemon extract	

Beat eggs slightly; beat in sugar; add extract and salt. Line muffin rings with rich pastry, put small piece of butter in each ring. Pour in mixture. Grate nutmeg on top. Bake in moderate oven.

—MRS. H. J. WARTHEN.

* * *

OLD ENGLISH PLUM PUDDING

$1\frac{1}{4}$ lbs. raisins	1 gill brandy
$1\frac{1}{4}$ lbs. citron	1 dessert spoon nutmeg
$1\frac{1}{4}$ lbs. currants	1 qt. milk (poured over
$1\frac{1}{4}$ lbs. suet (chopped fine)	large loaf bread, crumbled)
$\frac{1}{2}$ lb. brown sugar	10 eggs

Roll fruit in flour. Boil 4 hours in greased coffee cans.

SAUCE FOR PUDDING

$\frac{1}{2}$ lb. butter	2 lemons
1 lb. brown sugar	1 gill brandy
	2 eggs

Cream butter and sugar. Beat in eggs, lemon, and brandy.
—MRS. RALPH H. JOHNSON.

* * *

SUET PUDDING

1 cup flour	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ teaspoon soda	1 egg
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup sweet milk
$\frac{1}{2}$ cup chopped suet	$\frac{1}{2}$ cup currants and raisins
	2 tablespoons candied fruit peel

Sift together flour, soda, salt; add suet, molasses, egg, unbeaten, and milk. Mix well. Dust raisins with flour. Add fruit. Grease and flour mold. Fill $\frac{3}{4}$ full, leave uncovered. Steam 25 minutes.

—MRS. B. H. VAN OOT.

* * *

TIPSY PUDDING

2 doz. lady fingers	1 teaspoon vanilla
1 pt. boiled custard	$\frac{1}{2}$ pt. whipped cream
1 cup sherry wine	Almonds

Line deep bowl with lady fingers, both bottom and sides. Pour over about $\frac{3}{4}$ cup sherry wine. Put in whole or halved almonds. Then pour boiled custard. Lay another layer of lady fingers, then wine, almonds, custard, until bowl is filled. Pour whipped cream over top and decorate with whole almonds.

BOILED CUSTARD

1 pt. milk	$\frac{1}{2}$ cup sugar
3 eggs	1 tablespoon cornstarch

Scald milk; pour over beaten egg yolks and sugar mixture. Add cornstarch (moistened with water) and beaten egg whites. Cook until thick, stirring constantly.

—MRS. FROST HERNDON.

* * *

DUKE OF CUMBERLAND'S PUDDING

$\frac{1}{2}$ lb. butter	8 egg yolks
$\frac{1}{2}$ lb. sugar	$\frac{1}{2}$ lb. orange peel

Pie crust

Put butter in sauce pan with sugar; melt slowly, stirring all the time. Add well-beaten yolks and finely grated orange peel.

Put this in pan that has been lined with rich pie crust. Cover over with some of the crust and bake in a slow oven. Serve either hot or cold.

—MRS. C. J. HEATWOLE.

* * *

POOR MAN'S PUDDING (Rice)

1 qt. sweet milk	3 tablespoons sugar
2 tablespoons uncooked rice (level)	1 teaspoon vanilla
1 tablespoon butter	Dash of grated nutmeg
Pinch salt	Few seeded raisins

Mix all ingredients except the butter in a baking dish, stirring until sugar is thoroughly dissolved. Dot top with the butter and bake in moderate oven for about two hours, stirring well as often as brown crust forms. When pudding has formed a thick custard, allow crust to brown unbroken. Serve cold, with or without cream, as preferred.

—MRS. CHARLES GANTT HARRIS.

* * *

BREAD PUDDING

1 qt. milk	$\frac{1}{4}$ teaspoon salt
2 cups bread cubes	1 teaspoon vanilla
3 eggs	3 tablespoons butter
	$\frac{1}{2}$ cup sugar

Scald the milk and pour it over the bread which has been cut into $\frac{1}{2}$ -inch cubes. Let stand 10 minutes. Beat the eggs slightly. Add the sugar, salt, and vanilla to them. Put into a buttered baking dish and add the milk and bread cubes. Add the melted butter and stir to mix well. Place the dish in a shallow pan of boiling water. Bake at 350° for 1 $\frac{1}{4}$ hours. Serves 6.

For Chocolate Bread Pudding, add 2 ounces of melted chocolate before the melted butter is put in.

—MRS. J. B. WALFORD.

* * *

LEMON PUDDING OR SOUFFLE

1 cup sugar	2 eggs
1 cup milk	2 lemons
2 tablespoons flour	Butter size of walnut

Cream butter and sugar; grate in rind of lemon; add yolks of eggs and milk, then lemon juice; fold in stiffly beaten egg whites. Cook in a slow oven as a custard 30 minutes or place in pan of water in moderately hot oven.

—MRS. E. L. MCQUADE.

ORANGE MARSHMALLOW PUDDING

1 cup diced orange pulp and juice 1 cup whipping cream
1 cup quartered marshmallows $\frac{1}{4}$ cup sugar

Whip cream until thick. Fold in sugar, marshmallows, orange pulp and juice. Chill thoroughly and serve very cold.

—MRS. R. W. ROBERTS.

* * *

PINEAPPLE PUDDING

3 egg yolks 1 cup sugar
1 pt. milk 3 tablespoons flour

Make custard and flavor with vanilla.

1 large pkg. vanilla wafers 1 can shredded pineapple

Line baking dish with wafers, then pineapple, then custard, and repeat until the dish is full. Make meringue and put it on top and brown in oven.

—MRS. P. A. SEATON.

* * *

NUT PUDDING

1 cup molasses 1 lb. English walnuts
1 cup sweet milk 1 cup raisins
1 cup chopped suet $\frac{1}{4}$ cup chopped figs
1 teaspoon soda $2\frac{1}{2}$ cups flour

1 grated nutmeg

Sift soda, salt, and nutmeg. Mix suet and fruit. Add flour, milk, molasses, and nuts. Put in buttered pan and steam 2 hours. Serve hot.

SAUCE

1 cup sugar 1 cup cream
 $\frac{1}{2}$ cup butter 2 eggs, slightly beaten

Cream butter and sugar. Add cream and eggs. Put in double boiler and stir until smooth and foamy. Cook until thick. Serve at once.

—MRS. WYLIE W. TAYLOR.

* * *

TYLER PUDDING

1 cup butter 4 eggs
3 cups sugar 1 cup cream

Cream butter; add sugar, eggs, and cream. Season with lemon and beat well. Bake in pastry until set. When cold garnish with sweet meats.

—MRS. RICHARD BROOKE.

Scald milk and mix with bread crumbs. Add beaten egg yolks, sugar, chocolate, and other ingredients. Last, add beaten egg whites, folded in lightly. Pour into buttered mold and bake from 20 to 30 minutes in moderate oven. Serve hot with cream sauce seasoned with vanilla. —MRS. M. D. LECKIE.

* * *

HUCKLEBERRY PUDDING

3 eggs (yolks)	1½ tablespoon baking powder
1 cup sugar	¼ tablespoon salt
1 tablespoon hot water	3 eggs (whites)
1 cup flour	1 tablespoon lemon juice
1 pint huckleberries	

Beat yolks of eggs until thick. Add sugar gradually and continue beating. Add water, flour, (sifted with baking powder and salt), then whites (beaten until stiff), folded in, and then lemon juice.

After huckleberries have been washed, dry on towel and sprinkle lightly with flour. Fold into mixture without mashing the berries. Bake in moderate oven for 35 minutes. (Use a cake pan about 2 inches deep, buttered and floured.) Serve with hard sauce. (Serves 8.)

HARD SAUCE

¼ lb. butter	2 tablespoons whiskey or brandy
½ lb. sugar (XXXX)	

Cream butter and sugar thoroughly and season with whiskey or brandy. Serve pudding hot with sauce.

—MRS. ALVIN BAGBY.

* * *

WOODFORD PUDDING

3 eggs (except whites of 2)	1 cup flour
½ cup butter	3 teaspoons sour milk
½ cup blackberry jam or fresh berries	1 teaspoon soda
	Cinnamon to taste
1 cup sugar	

Cream butter and sugar; add well-beaten eggs and milk (into which soda has been dissolved), then flour, jam, and cinnamon. Bake slowly in moderate oven. Serve with the following sauce.

SAUCE

2 egg whites	1 tablespoon vinegar
1 cup XXXX sugar	½ cup XX cream

Beat eggs until stiff; add sugar and vinegar. Fold in whipped cream. —MRS. WILLIAM E. UPCHURCH.

CARAMEL PUDDING

1 cup light brown sugar 1 (scant) pt. milk
 1 tablespoon butter 2½ rounding tablespoons corn-
 ½ cup milk starch

Vanilla

Heat sugar until it browns and has a caramel flavor. Add butter and ½ cup milk. Cook 12 minutes. Add pint of milk and cornstarch, stirring constantly. When very stiff and well cooked, season with vanilla and pour into moulds.

—MRS. WALTER SHIREY.

* * *

MACAROON PUDDING

1 pkg. gelatine (1 envelope) 3 eggs (beaten lightly)
 1 pt. sweet milk ½ cup sugar
 1 doz. macaroons (or more) Wine glass whiskey

Beat egg yolks; add sugar, milk, and gelatine (dissolved in one cup milk). Cook in double boiler until thick. Remove from stove and flavor with one wineglass of whisky. Add egg whites beaten stiff. Pour in mold lined with almond macaroons (1 dozen or more). Put in refrigerator after it cools and let stand over night. Cover generously with whipped cream and serve. Can be sliced as a cake.

—MRS. EDMUND W. CHRISTIAN.

* * *

CARAMEL PUDDING OR PIE

1 cup butter 4 eggs
 ½ cup sugar 1 cup preserved damsons

Cream butter and sugar. Add yolks (well beaten), damsons, and well-beaten egg white. Season with one teaspoon vanilla. Bake in pastry until set. Strawberries or other preserves may be used instead of damsons.

—MRS. RICHARD BROOKE.

* * *

DATE PUFF

½ cup flour 1 cup dates
 2 teaspoons baking powder 1 cup sugar
 ½ cup salt 2 eggs

1 cup nuts

Mix and sift together the flour, baking powder, and salt. Cut the nuts and dates in pieces and add with sugar. Stir in the egg yolks and fold in the whites. Bake in shallow pans in a slow oven for about 40 minutes. Serve with whipped cream.

As the flavor improves with age, this pudding may be kept on hand for emergencies.

—MRS. M. S. MCDANEL.

* * *

OATMEAL MACAROONS

2 tablespoons butter	2½ cups rolled oats
1 cup sugar	1 teaspoon baking powder
2 eggs	¼ teaspoon salt
1 teaspoon almond extract	

Cream butter slightly, add sugar, then the beaten eggs, flavoring, oats, baking powder, and salt. Mix well and drop by spoonful on greased pans. Bake 10 to 12 minutes in a quick oven.

—MRS. H. W. SHELTON.

* * *

COCOROONS

4 egg whites	4 cups corn flakes
1½ cups sugar	1 can (1 cup) cocoanut
1 teaspoon vanilla	

Beat egg whites until stiff. Add sugar, vanilla, corn flakes, and cocoanut. Drop on greased tins and cook in slow oven.

—MRS. C. W. THROCKMORTON, JR.

* * *

ORANGE CHARLOTTE

1 tablespoon gelatine	1 cup orange juice and pulp
⅓ cup cold water	3 tablespoons lemon juice
⅓ cup boiling water	3 egg whites
1 cup sugar	2 cups cream, whipped

LADY FINGERS

Soak gelatine in cold water, then dissolve with the boiling water, and strain. Add the sugar, lemon juice, and orange juice and pulp. Chill. When jelly begins to set, add the egg whites, beaten very stiff. Fold in the whipped cream.

Line a mold with alternate sections of orange and lady fingers (strip of sponge cake may be used.) Pour the charlotte into the mould; chill. Unmould when ready to serve.

—MRS. H. WILLIAM NOLDE.

* * *

MARRON CHARLOTTE RUSSE

1 tablespoon gelatine	1 pt. XX cream
¼ cup cold water	6 macaroons

$\frac{1}{4}$ cup boiling water	12 diced marshmallows
1 cup sugar	$\frac{1}{4}$ lb. candied cherries
	$\frac{1}{2}$ lb. boiled chestnuts

Soak gelatine in cold water and dissolve in boiling water. Add sugar and when the mixture cools add it to a pint of well-beaten cream. Add 6 rolled macaroons, marshmallows, cherries, and broken chestnuts. Put in mould in refrigerator.

—MRS. WILLIAM R. SHANDS.

* * *

BUTTERSCOTCH CHARLOTTE RUSSE

2 tablespoons granulated gelatine (soaked in $\frac{1}{2}$ cup cold water)	
$2\frac{1}{2}$ cups milk	4 tablespoons butter
Dash of salt	1 cup brown sugar
4 eggs	1 pt. XX cream
6 tablespoons sugar	$1\frac{1}{2}$ teaspoons vanilla

Put butter and brown sugar in double boiler and melt over fire. Beat egg yolks and add scalded milk. Pour into mixture in boiler and allow to cook until thick as custard. Add egg whites (beaten stiff) and place in cold water until cold. Add cream whipped, with vanilla added. Set aside in dish to get cold.

—E. D. GARNETT.

* * *

CHOCOLATE BLANC MANGE

1 qt. milk	3 rounded tablespoons corn starch
2 ozs. chocolate	4 heaping tablespoons sugar

Dissolve cornstarch in a little of the cold milk; put remaining milk with sugar and chocolate added on the stove and when about to boil, add cornstarch and one teaspoon of vanilla. Stir constantly until thick. Pour into mould and serve cold with cream. The chocolate will melt during the process of cooking and need not be grated.

—MRS. ALEX C. COPLAND.

* * *

ENGLISH TRIFLE

1 sponge cake layer	$\frac{1}{2}$ cup blanched almonds
$\frac{1}{2}$ cup sherry wine	(ground)
	$1\frac{1}{2}$ cup soft custard

CUSTARD

$\frac{1}{3}$ cup sugar	1 tablespoon corn starch
$\frac{3}{4}$ cup milk	
$\frac{1}{8}$ teaspoon salt	2 egg yolks

Mix sugar and cornstarch. Add scalded milk in small quantities, stirring continuously. Cook about 25 minutes in double-boiler. Combine with well-beaten egg yolks and cook again, stirring continuously until mixture thickens. Cool.

Cut sponge cake to fit casserole. Season cake with sherry wine. Sprinkle over top with ground almonds, then cover all with the soft custard. Garnish with whipped cream. Place in refrigerator until ready to serve. (This may also be arranged in individual servings.)

—MRS. H. WILLIAM NOLDE.

* * *

ORANGE TRIFLE

2 tablespoons gelatine

$\frac{1}{4}$ cup cold water	$1\frac{1}{4}$ cups orange juice
$1\frac{1}{2}$ cups boiling water	$\frac{1}{4}$ cup lemon juice
$1\frac{1}{4}$ cups sugar	A little grated rind,
2 egg whites	orange and lemon

CUSTARD

2 egg yolks	2 tablespoons sugar
2 cups milk	1 tablespoon flour

Soak gelatine in cold water, then dissolve in hot water. Add sugar and fruit juices. When mixture begins to congeal, fold in well-beaten egg whites. Pour custard over congealed substance and add whipped cream on top when ready to serve.

—MRS. W. G. SALE.

* * *

BRIDE'S SUCCESS

$\frac{1}{2}$ lb. graham crackers	1 pt. whipped cream
$\frac{1}{2}$ lb. marshmallows	$\frac{1}{2}$ lb. dates
1 cup nut meats	

Put aside 4 crackers. Cut marshmallows, dates and nuts in small pieces and crush the rest of the crackers. Combine all ingredients and mix well with cream. Roll in sausage form. Crush remaining 4 crackers and cover roll. Place in ice box for at least 1 hour. Slice and serve with whipped cream.

—MRS. THOMAS H. GURNEY.

* * *

PINEAPPLE FLUFF

15 marshmallows	$\frac{1}{2}$ pt. cream, whipped
1 cup walnuts	4 slices pineapple
$\frac{1}{2}$ teaspoon vanilla	$\frac{1}{4}$ cup sugar

Whip cream and add sugar and vanilla. Add nuts, pine-

apple and marshmallows. Cut in small pieces (each marshmallow cut in 4 pieces). Let stand in cool place for 3 hours and serve in glasses. Garnish with nuts or Maraschino cherries.

—MRS. T. C. SUBLETT.

* * *

BANANA DATE ROLL

1 cup heavy cream	3 bananas (sliced)
½ lb. marshmallows (finely cut)	¼ lb. pecans (finely chopped)
1 pkge. dates (finely cut)	8 graham crackers (crumbed)

Whip cream. Fold in other ingredients, except cracker crumbs. Shape mixture into rolls 3 inches thick. Roll in crumbs which have been spread on waxed paper. Chill in refrigerator 3 to 4 hours. Slice about 1 inch thick. Top with whipped cream and cherries, if desired. (Serves 6.)

—MRS. RUDOLPH A. SIEGEL.

* * *

CREME RENVERSE

1 cup granulated sugar	Rind of 1 lemon
3 eggs	1 pt. of milk
Vanilla	Salt (to taste)

Brown the sugar over flame in aluminum saucepan until light brown. Line baking dish with this caramel, add eggs (whites and yolks beaten separate), lemon rind, tablespoon sugar, milk (heated luke-warm), vanilla and salt. Pour this custard mixture into lined baking dish. Set baking dish into deep pan of hot water and bake in a moderate oven for 45 minutes. When cool, chill thoroughly and turn out into plate, not too shallow.

—KATHERINE RHOADS.

* * *

BAKED CUSTARD

1 pt. milk	½ cup sugar
3 eggs	1 teaspoon vanilla
Pinch of salt	

Beat 3 egg yolks and 2 egg whites very light. Add sugar, salt and vanilla. Pour scalding milk into this and add 1 egg white beaten very stiff, mixing well. Set mold in pan of hot water and bake ½ hour in slow oven.

—MRS. F. W. YONKER.

PECAN BALLS

1 cup butter	1 teaspoon vanilla
3 tablespoons powdered sugar	1 teaspoon water
2 cups sifted flour	$\frac{3}{4}$ cup pecans, broken

Cream butter and sugar well; add vanilla, water, flour and nuts. Form in balls size of walnut. Bake 20 minutes in moderate oven. Roll in powdered sugar while hot. Makes 35 to 40 balls.

—MRS. ERNST FARLEY.

* * *

PASTRY DAINTIES

1 cup flour	1 teaspoon baking powder
$\frac{1}{4}$ teaspoon salt	3 tablespoons fat
$\frac{1}{4}$ cup water	

Sift the dry ingredients together; then chop the fat in with two knives until it is like coarse meal. Add the water, a little at a time, and toss together into a ball, finally pressing it together with the fingertips. Allow to stand in refrigerator for several hours. When ready to use roll to desired thickness, using as little flour as possible.

POPPY SEED STICKS

Sprinkle the pastry sticks with poppy seed after brushing them over lightly with beaten egg, to which has been added a tablespoon of water. Fry and drain. Serve hot or cold. Popular for tea or salad.

—MRS. I. R. DRURY.

* * *

BUMBLE BEES

6 saltines	1 cup brown sugar
1 lemon (juice and grated rind)	1 egg
	1 cup raisins

Crumble saltines and add lemon juice and grated rind. Beat egg slightly and add raisins and brown sugar. Cook all together until thick. Allow to cool. Roll out pie crust like old-fashioned apple puffs. Have them very small and dainty.

—MRS. HORACE SHARP.

* * *

GINGER PUFFS

1 cup sugar	1 tablespoon ginger
$\frac{1}{2}$ cup butter	1 tablespoon nutmeg
1 cup dark molasses	$\frac{1}{2}$ tablespoon cinnamon
1 cup water	1 cup chopped nuts

4 cups flour	1 cup raisins
2 eggs	$\frac{1}{2}$ cup figs and citron mixed
1 teaspoon salt	1 tablespoon soda

Cream butter and sugar. Add well-beaten eggs and stir in molasses. Sift salt and soda into half the flour and add alternately with water. To the remaining flour add ginger, nutmeg, and cinnamon, and stir in nuts and fruits until they are well coated. Mix well with other ingredients and pour into well-greased muffin rings. Cook slowly.

—MRS. H. R. TERRELL.

* * *

DATE TARTS

Whites of 4 eggs	$\frac{1}{2}$ lb. dates, cut fine
$1\frac{1}{2}$ cups sugar	1 teaspoon vanilla
$1\frac{3}{4}$ cups nuts (pecans or walnuts)	1 pinch salt

Drop from spoon and cook very slowly.

—MRS. RUDOLPH A. SIEGEL.

* * *

CHOCOLATE ROLL

3 eggs	$\frac{1}{2}$ cup sugar
$1\frac{1}{2}$ heaping tablespoons cocoa	1 level tablespoon flour
	1 pt. whipped cream

Beat egg yolks and sugar together. Mix flour and cocoa and stir into eggs and sugar. Fold in well-beaten whites. Spread on a shallow pan and bake in a hot oven about 5 minutes. Before it gets cool, cover with whipped cream and roll together. If desired, put a little whipped cream and some nuts on top.

—MRS. W. G. SALE.

* * *

APPLE SNOW

2 large apples	1 egg white
$\frac{1}{2}$ cup powdered sugar	

Core and pare apples and grate into bowl containing sugar. Add white of egg and beat with egg-beater until light and stiff. Serve in champagne glasses decorated with candied orange peel and cherries.

—MRS. C. J. HEATWOLE.

* * *

CRYSTALLIZED APPLES

Peel medium-sized apples and leave the stems on them. Make a syrup of 1 cup sugar, 1 cup water, red cinnamon drops. Cook whole apples very slowly in syrup until crystallized.

—MRS. P. A. SEATON.

CRYSTALLIZED APPLES

	2 cups sugar	
½ cup water		1 cup nuts
1 lemon (juice)		1 cup dates (softened with wine or brandy)
6 apples		

Boil sugar and water for 15 minutes together with lemon juice. Then drop in apples that have been peeled and cored. Simmer slowly until the apples have become crystallized. When cold fill each apple with dates and nuts. Serve with whipped cream.

—MRS. H. V. GODBOLD.

* * *

WINE JELLY

1 box gelatine	2½ cups sugar
1 large orange (juice)	⅓ cup wine
2 large lemons (juice)	(sherry or port)
3 pts. water	1 stick cinnamon

Soak gelatine in 1 cup of the water. Put rest of water, cinnamon, some orange and lemon peel on to boil about 5 minutes. Strain. Add gelatine and sugar. Stir until dissolved. Add fruit juice, and when cool, add the wine. Set in ice box to congeal. If more wine is desired, use less water.

—MRS. ARTHUR D. JACKSON.

* * *

GUM DROP BARS

4 eggs	1 tablespoon cold water
2 cups flour	¼ teaspoon salt
2 cups light brown sugar	1 teaspoon cinnamon
1 cup shredded gum drops (assorted flavors; omit licorice)	½ cup chopped pecans

Beat eggs thoroughly. Add sugar and water, then beat again. Sift flour, salt and cinnamon, and sprinkle a portion over pecans and gum drops. Add remaining flour to egg and sugar mixture. Then fold in pecans and gum drops. Spread thin in greased and floured shallow baking pans. Bake in slow oven, 325°, for 30 minutes. While still warm, ice with the following icing.

ICING

3 tablespoons butter	1 teaspoon grated orange rind
2 tablespoons orange juice	Powdered sugar

Melt butter; add orange juice, grated rind, and enough powdered sugar to make a thin icing. Spread thinly over baked

sheets, and while still warm cut into 2-inch squares and remove from the pans.

—MRS. G. O. TIMBERLAKE.

* * *

POLISH MATZIPAN

$\frac{1}{2}$ cup almonds, ground fine $\frac{1}{2}$ cup lemon juice
1 lb. XXXX sugar Cocoa

Make in balls the size of marbles. Dip in dry cocoa.

—MRS. H. J. WARTHEN.

* * *

PENOCHÉ

1 tablespoon butter 2 cups (heaping) brown
 $\frac{1}{3}$ cup rich milk sugar
or cream $\frac{3}{4}$ cup chopped pecans

Melt butter; add sugar and milk. Boil until it forms a soft ball when a little is dropped in cold water. Remove from fire, add chopped nuts. Beat until creamy. One teaspoon vanilla may be added. Pour in buttered pan. When hard, mark in squares.

—MRS. C. R. DAVENPORT.

* * *

RASPBERRY ICE CREAM

1 pt. milk 1 teaspoon gelatine
 $\frac{1}{2}$ pt. XX cream 1 tablespoon cold water
2 cups raspberry juice 2 tablespoons hot water
Pinch of salt

Soften gelatine in cold water. Add hot water, stirring until dissolved. Add milk, then raspberry juice, stirring rapidly, and last, the whipped cream and salt. Freeze in electric refrigerator, stirring once or twice during the process.

—MRS. L. B. ENSLOW.

* * *

CHOCOLATE ICE CREAM

$1\frac{1}{2}$ oz. unsweetened $\frac{2}{3}$ cup sugar
chocolate $1\frac{1}{2}$ teaspoons vanilla
2 cups rich milk 1 cup cream
1 tablespoon cornstarch Pinch of salt

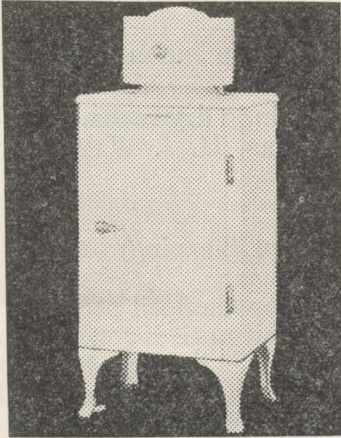
Melt the chocolate on low heat and add scalded milk very slowly. Mix cornstarch with sugar and add to chocolate mixture. Cook for 10 minutes, stirring until thickened. Cool; add vanilla; turn into tray of chilling unit, and freeze to a mush-like consistency. Fold in whipped cream and return to chilling unit and freeze.

—MRS. MYRIL R. DOUGLASS.

3 HOME NECESSITIES---

1. FOOD PRESERVATION
2. FOOD PREPARATION
3. SANITATION

GENERAL ELECTRIC *Solves Them All For You*

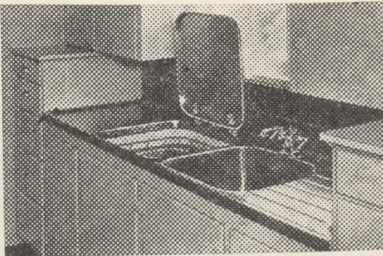
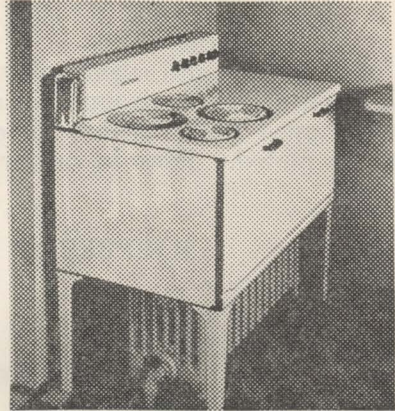


PRESERVATION

The General Electric refrigerator maintains constantly the scientifically correct temperature for good preservation—between 35 and 50 degrees Fahrenheit. . . . Dependable with its hermetically sealed unit in all styles of cabinets. . . . No belts to break. . . . No fans to stick. . . . It operates more economically than any other refrigerator of its size. . . .

PREPARATION

A month's meat bill FREE every year for those that cook on a General Electric range . . . and with the exclusive Calrod units water boils in little or no time. Beets cook in half an hour. Potatoes and other vegetables cook faster. . . . There is no safer way to prepare food, as no breeze can blow out Calrod heat. . . . General Electric cookery is better for your own health and better for everybody in your family.



SANITATION

No other task offers as great an opportunity to check the spread of contagious disease or illness in a home as dishwashing. . . . Germs are not killed in luke-warm water, and no woman can put her hands in scalding water—rinsing dishes is not enough. . . . The General Electric dishwasher can handle water hotter than humans can stand.

R. S. Montgomery, Inc.

205 East Grace Street,

RICHMOND, VA.

PEACH ICE CREAM

1 qt. cream	1 qt. soft peaches
1 teaspoon vanilla	(peeled, mashed with fork, and
1 cup sugar	mixed well with $\frac{1}{2}$ cup sugar)

Mix the vanilla, cream, and cup of sugar thoroughly and place in tray of refrigerator. When mixture begins to freeze around the edges add the mashed peaches. Stir frequently to make cream soft and smooth.

—MRS. G. M. BRYDON.

* * *

MACARON ICE CREAM

3 cups milk	2 teaspoons vanilla
3 eggs	4 tablespoons sherry wine
$\frac{3}{4}$ cup sugar	1 pt. cream
Pinch salt	8 macaroons

Make a custard of milk, sugar, salt and egg yolks. Pour over macaroons, which have been crumbled. When cool, season with vanilla and wine. Add egg whites, beaten stiff, and cream, beaten stiff. Stir thoroughly twice while freezing. (Makes 2 quarts.)

—MRS. C. W. THROCKMORTON, JR.

* * *

ORANGE ICE CREAM

1 pt. cream	1 pt. orange juice
1 cup sugar	

Put one-half the sugar into the cream and place in freezing tray. When it begins to freeze, add the orange juice, in which has been dissolved the other half cup of sugar. Stir frequently while freezing.

—MRS. G. M. BRYDON.

* * *

PEPPERMINT CANDY ICE CREAM

1 cup milk	2 cups XX cream
$\frac{1}{2}$ lb. peppermint stick candy	

Dissolve candy in milk in top of double-boiler. Chill. Pour in freezing tray and freeze until firm. Remove to ice-cold bowl and add whipped cream, beating it in quickly. Return to tray to finish freezing. Stir several times at half-hour intervals.

—MRS. H. C. TAYLOR.

SAUCE FOR VANILLA ICE CREAM

1 glassful of currant jelly	$\frac{1}{2}$ pt. whipped cream
1 qt. strawberries	Grated rind of 1 orange

Beat jelly to a cream; add strawberries (chopped, sweetened, and sprinkled with a few drops of lemon juice); then fold in the cream and grated orange.

—MRS. WILLIAM R. SHANDS.

* * *

ORANGE ICE

1 cup water	$\frac{1}{2}$ cup lemon juice
2 cups sugar	$1\frac{1}{3}$ tablespoons gelatine
2 cups orange juice	dissolved in 2 tablespoons
3 grated orange rinds	cold water

Make a syrup of water and sugar and boil together for 5 minutes. Remove from fire, and add gelatine in order to melt it. Add strained orange and lemon juice. Cool and freeze. (Eight servings.)

—MRS. DAVID KEMPER KELLOGG.

* * *

FIVE THREES SHERBET

1 large can crushed pineapple	3 lemons (juice)
3 pts. water	3 oranges (juice)
3 cups sugar	3 bananas, crushed

Boil sugar and water together for 5 minutes. Add can of crushed pineapple, using all of the juice, then the other fruits. Freeze.

—MRS. RUDOLPH A. SIEGEL.

* * *

ANGEL PARFAIT

$\frac{1}{2}$ teaspoon gelatine	1 doz. cut chrystallized cherries
1 cup sugar	1 ring chopped crystallized
$\frac{1}{2}$ cup water	pineapple
2 egg whites	$\frac{1}{2}$ cup chopped pecans
2 cups cream (whipped)	1 teaspoon vanilla

Soak gelatine in 1 tablespoon water. Boil sugar and water until it spins a thread. Add gelatine and pour over stiffly-beaten egg whites. Beat. When cool, add whipped cream and fruits and nuts. Freeze.

—MRS. R. V. FARRAR.

APRICOT MOUSSE

1 large can apricots	1 cup plain cream
$\frac{1}{2}$ pt. XX cream	Pinch of salt
1 cup sugar	1 egg white

Run apricots through potato ricer. Add sugar and plain cream, then fold in beaten cream. Add egg white, beaten stiff; then salt. Freeze. (Serves 6.)

—MRS. R. W. ROBERTS.

* * *

CARAMEL NUT MOUSSE

1 cup sugar	1 pt. XX cream
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup chopped pecans	$\frac{1}{4}$ teaspoon salt

Melt sugar. Add boiling water. Cool, then add vanilla and salt. Stir in whipped cream. Freeze.

—MRS. L. E. HARVIE.

* * *

ORANGE ICE—ALMOND BISQUE

2 cups sugar	1 cup water
1 envelope gelatine	2 lemons
$\frac{1}{2}$ cup hot water	1 pt. XX cream
1 doz. oranges	$\frac{1}{2}$ cup almonds (chopped)

Dissolve gelatine in hot water. Add syrup and gelatine to juice of oranges and lemons. Place in refrigerator to chill. Add almonds (toasted) to whipped cream, sweeten to taste and season with vanilla. Then pour over orange ice and freeze.

—MRS. GORDON WALKER.

* * *

BUTTERSCOTCH PARFAIT

$\frac{1}{3}$ cup brown sugar	3 egg yolks
1 tablespoon butter	1 teaspoon gelatine
$\frac{1}{4}$ cup milk	$\frac{1}{2}$ pt. XX cream
Vanilla and nuts	

Cream sugar and butter, add milk, and pour over well-beaten egg yolks. Add dissolved gelatine and whipped cream, vanilla, and nuts. Freeze.

—MRS. H. W. SHELTON.

* * *

BAKED ALASKA

$1\frac{1}{2}$ qts. vanilla ice cream	1 teaspoon vanilla
Sponge cake	6 tablespoons powdered sugar
6 egg whites	

Beat egg whites until light; add powdered sugar, and whip until light and dry. Turn ice cream on a round of sponge cake on a board and cover with meringue. Dust well with powdered sugar and set in a hot oven for a moment to brown.

—MRS. R. V. FARRAR.

* * *

RAINBOW DELIGHT

2 cups crushed pineapple 2 tablespoons powdered sugar
1 pt. XX cream 2 teaspoons vanilla
 ½ lb. marshmallows, assorted colors

Cut marshmallows in fourths; add pineapple, and mix well. Let stand overnight in refrigerator. Add vanilla and powdered sugar. Fold whipped cream into fruit and marshmallows. Pour into freezing tray and allow to partly freeze.

—MRS. HORACE SHARP.

* * *

MACAROON CUSTARD

1½ doz. macaroons 1 tablespoon gelatine
1 qt. milk 4 tablespoons sugar
4 egg yolks 3 egg whites

Make custard of milk, sugar, and egg yolks. As it cools, add gelatine dissolved in a little water. When cool, add beaten egg whites. Pour over crumbled macaroons. Mold. Turn out and serve with cream.

—MRS. JOHN G. WEBB.

* * *

STRAWBERRY TARTS

1 cup sifted flour ⅓ cup shortening
 ¼ teaspoon salt

Make pastry of above, mixed quickly with silver fork. Roll out very thin and put in muffin rings. Place in refrigerator to chill, then bake in hot oven. Cool.

1 qt. strawberries 1 cup XX cream, whipped

Chop berries slightly, saving one large one for each tart. Sweeten to taste. Sweeten cream. Place in refrigerator tray until frozen slightly. When ready to serve, place mixture in shells.

—MRS. RICHARD ANDERSON.

PEACH COBLER

1 egg	1 teaspoon baking powder
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup milk	2 tablespoons melted butter
1 cup flour	6-8 peaches

Beat egg, add sugar, and beat again. Add flour, baking powder, milk, vanilla, and then melted butter. Cut up 6 or 8 raw fresh peaches and put in a 9x9 pan or baking dish. Sweeten to taste. Pour the batter over this and bake in a 350° oven about 40 minutes or until batter is cooked through. Serve hot with cream.

—MRS. L. H. MORGAN.

* * *

LEMON SHERBERT (Electric Refrigerator)

1 cup granulated sugar	1 pt. water
$\frac{1}{2}$ cup lemon juice	2 tablespoons orange juice
Pinch of salt	2 egg whites
$\frac{1}{2}$ cup coffee cream	

Cook sugar and water together for 10 minutes and cool; add to strained juices and pour into freezing tray and freeze. Remove from ice box and beat with rotary beater, then add coffee cream and fold in stiffly-beaten egg whites, to which salt has been added. Put tray in ice box and freeze. Serves 6 to 8.

—IRENE BREWSTER.



*"Icin' de cake and biddin' fo' de spoon,
De chilluns' allays somewhar round de room."*

CAKES

MRS. JAMES B. BOWERS, *Chairman*

ANGEL CAKE

Whites of 11 eggs	1½ cups granulated sugar
1 cup flour	1 teaspoon vanilla
1 teaspoon cream tartar	

Sift flour four times, then measure; add cream of tartar and sift again. Beat whites very stiff, add sugar, fold in flour and vanilla. Pour in ungreased pan, with paper in bottom. Bake about 45 minutes in slow oven. Turn pan upside down on something to allow air under it. Leave in pan until cold.

—MRS. WILLIAM R. MILLER.

* * *

APPLE SAUCE CAKE

½ cup butter	1 teaspoon cinnamon
1 cup sugar	¼ teaspoon nutmeg
1 egg, beaten	⅛ teaspoon salt
1 cup unsweetened apple sauce	1 cup raisins
1 teaspoon soda	1 tablespoon cake flour
1¾ cup cake flour	

Cream together butter and sugar; add egg, apple sauce and soda. Sift together 1¾ cups flour, cinnamon nutmeg and salt, and add to mixture. Then add raisins rubbed in 1 tablespoon flour. Bake in moderate oven.

—MRS. ALVIN BAGBY.

* * *

QUICK APPLE CAKE

1 egg	1 tablespoon butter
1 cup flour	1 teaspoon baking powder
¾ cup milk	1 teaspoon vanilla
½ cup sugar	1 teaspoon cinnamon
2 apples	

Cream butter eggs and sugar thoroughly; then add milk, flour

baking powder and vanilla. Place in shallow baking pan. Slice apples on top of this mixture. Sprinkle with cinnamon and 2 tablespoons sugar. Bake about 20 minutes in moderate oven.

—MRS. GAMBLE M. BOWERS.

* * *

DRIED APPLE CAKE

(Excellent)

2 cups dried apples soaked over night.

Chop and stew up in 2 cups of molasses. When cool add one cup of butter, 1 cup of sour milk, 2 eggs, 2 teaspoons soda, 2 teaspoons cinnamon, 1 teaspoon cloves, 1 teaspoon nutmeg and 2½ cups of sifted flour.

A caramel or boiled frosting is delicious on this cake.

—VIOLA BENEDICT SMITH.

* * *

BROWNIES

2 well-beaten eggs	1/3 cup salad oil
1 cup sugar	1/2 teaspoon salt
2 squares melted chocolate	3/4 cup nut meats
1/2 cup flour	1 teaspoon vanilla

Beat half the sugar into well-beaten eggs. Combine the rest of the sugar, salad oil and melted chocolate. Add vanilla. Sift flour and measure; add salt to flour and sift again. Add this to chocolate mixture, also add nuts. Line an oiled shallow pan with wax paper. Pour in batter, and bake in moderate oven for 25 minutes (350° F.).

—MRS. R. W. ROBERTS.

* * *

CARAMEL CAKE

1 cup butter	7 eggs
2 cups sugar	1 cup luke-warm water
3 cups flour	2 teaspoons of baking powder

Cream butter and sugar. Add eggs one at the time. Then flour and water alternately. Put baking powder and vanilla in last.

FILLING

2 cups sugar	Butter size of an egg
3/4 cup milk	

Let come to a boil. While waiting, have ready hot iron frying pan. Dissolve 1/2 lb. of sugar and pour into first mixture while it is boiling. Take off stove and beat until right consistency.

—MRS. H. V. GODBOLD.

CHEESE CAKE

2 lbs. or 1 qt. cottage cheese 2 teaspoons vanilla
 6 eggs 1 pt. plain cream
 1½ cup sugar Pinch of salt
 2 tablespoons flour

Put cheese through ricer, add sifted flour and salt. Beat eggs and sugar till light, then add cheese, then cream, also little grated rind of lemon. Bake in spring form pan 70 minutes in moderate oven.

—MRS. ROBERT C. BAYLISS.

* * *

CHINESE CHEWS

1 cup sugar ½ cup nuts
 3 eggs 1 cup dates (pitted)
 1 cup flour

Beat eggs and add sugar. Add flour, nuts and dates. Pour in lined biscuit pan and cook at 450° a short while. Turn out and cut while warm.

—MRS. STERLING GRIGG.

* * *

CHOCOLATE CAKE

1 cup butter 1 cup milk
 2 cups sugar 3 level teaspoons baking powder
 3 cups sifted cake flour 1 teaspoon vanilla
 4 eggs (beaten separately) ¼ teaspoon salt

Cream butter and sugar; add yolks and alternately the milk and dry ingredients which have been sifted three times. Fold in the whites and bake in four layer pans in quick oven.

CHOCOLATE ICING

½ cake or ¼ lb. chocolate, melted ½ stick of butter
 in bowl set in hot water 1 teaspoon vanilla
 ¾ lb. confectioners sugar

Mix together with milk (preferably evaporated) until the right consistency to spread on the layers.

—MRS. G. M. BRYDON.

* * *

CHOCOLATE CARAMEL CAKE

1 cup sugar ½ cup butter
 1 cup sweet milk 2 eggs
 2½ cups flour 2 level teaspoons baking powder

Cream butter and sugar, add eggs, then milk alternately with flour in which you have sifted baking powder. Then mix the second part.

SECOND PART

1 yolk of egg	1 cup brown sugar
4 oz. chocolate	$\frac{1}{2}$ cup sweet milk

Beat yolk; add sugar, then milk, then chocolate that you have dissolved over steam. Cook this until it thickens then add to first part. Cook in layers. Use any filling you wish.

—MRS. S. M. ATKINSON.

* * *

QUICK COFFEE CAKE

$1\frac{1}{2}$ cups sifted flour	2 tablespoons butter
2 teaspoons baking powder	1 egg
$\frac{1}{2}$ teaspoon salt	1 teaspoon vanilla
5 tablespoons sugar	$\frac{1}{2}$ cup milk

Sift dry ingredients, add butter and unbeaten egg, then milk. Stir to a smooth dough. Turn into shallow pan, and cover with the following mixture.

4 tablespoons sugar	$\frac{1}{4}$ teaspoon salt
2 tablespoons flour	2 or 3 drops vanilla
1 teaspoon melted butter	

Work this together and spread over batter. Bake about 30 minutes in a moderate oven.

—MRS. H. WILLIAM NOLDE.

* * *

CREAM CAKE (Loaf)

$\frac{1}{2}$ cup shortening	1 cup sugar
2 eggs (separated)	1 teaspoon vanilla or lemon extract
$\frac{1}{2}$ cup rich milk or thin cream	1 cup flour (pastry flour)
$\frac{1}{2}$ cup corn starch	3 teaspoons baking powder

METHOD

Cream shortening well, add sugar slowly; add beaten yolks of eggs; add flavoring, milk, a little at the time. Sift flour, corn starch and baking powder together and add. Fold in beaten whites of eggs. Bake in loaf pan in moderate oven 35 or 45 minutes. Spread with the following frosting:

3 tablespoons cream and enough powdered sugar to spread easily. Sprinkle finely chopped nuts on the top.

—MRS. M. C. ENGSTROM.

Fine, Pure Ingredients

... for ...

"Famous Recipes from Old Virginia"

Rich, Fresh Milk

Cream

Sour Cream

Cream Buttermilk

Butter

Fresh Eggs

Dial 5 - 2838

VIRGINIA DAIRY

"The Home of Better Milk"

BOSTON CREAM CAKE

(In muffin rings)

3 eggs	1 cup sugar
1½ cups flour	4 tablespoons cold water
1 teaspoon baking powder	

Beat yolks; add sugar; then water. Add flour and whites last.

FILLING

1 pint of milk; let boil and then add 2 tablespoons cornstarch, rubbed to a smooth paste. 1 or 2 eggs, 1 cup sugar, small piece of butter, vanilla; boil until thick.

—MRS. COLA POWELL.

* * *

CRUMB CAKE

1½ cup brown sugar	1 cup buttermilk
2½ cup flour	1 teaspoon soda
½ cup butter	1 teaspoon cinnamon

Mix sugar with flour, work in butter (softened). Reserve one cup of this mixture. To remainder, add buttermilk, soda and cinnamon. Pour into shallow greased pan. Sprinkle top with cup of reserved mixture. Bake in moderate oven about 35 minutes. Serve warm.

—MRS. F. W. YONKER.

* * *

COOKIES**BROWN SUGAR COOKIES**

4/5 cup butter	½ cup brown sugar
1 egg yolk	Pinch of salt
2 cups flour	½ teaspoon soda
1 teaspoon almond or vanilla extract	

METHOD

Cream together the butter and brown sugar; add egg yolk slightly beaten, salt, flour, soda and flavoring. Roll into small balls, place on buttered cookie sheet and press down with fork. Place a whole pecan in the center of each cookie and bake in fairly hot oven until brown.

—MRS. M. C. ENGSTROM.

BUTTERSCOTCH COOKIES

2 eggs	1 cup nut meats
2 cups brown sugar	1 teaspoon soda
2½ or 3 cups flour	1 teaspoon cream of tartar
½ cup butter	½ teaspoon vanilla

Mix as for cake. Shape in roll and put in ice box (wrapped in wax paper). Let stand 6 hours. Slice thin and bake on cookie sheet.

—MRS. GEO. E. ALLEN.

* * *

CARAMEL NUT BARS

1 lb. brown sugar	1½ cups flour
4 eggs	2 teaspoons baking powder
2 cups nuts	1 teaspoon vanilla

Beat eggs in double-boiler. Mix in sugar. Boil over water 20 minutes, stirring constantly. Cool. Sift flour and baking powder into mixture, add nuts and vanilla. Bake in greased pan in moderate oven about 30 minutes. Cut into squares while hot; let cool in pan.

—V. D. THORNTON.

* * *

FILLED COOKIES

1 cup milk	4 teaspoons baking powder
2 cups sugar	2 teaspoons soda, dissolved in hot water
6 or 7 cups flour	2 teaspoons vanilla
1 cup shortening	
	2 eggs

Cream shortening and sugar; add milk and flour alternately. Sift flour with baking powder four times before mixing, then eggs, vanilla and soda and a pinch of salt. Roll a small portion of the dough at the time (cut very thin), place a spoonful of filling on top, and then another cookie. Bake in quick oven.

FILLING

2 cups chopped raisins	2 tablespoons flour
1 cup sugar	1 cup water
Cook until it thickens.	Preserves or fig paste may be used.

—MRS. B. H. VANOOT.

* * *

FUDGE COOKIES

½ cup butter	1 cup sugar
2 squares chocolate	½ cup flour

$\frac{2}{3}$ cup black walnuts	2 eggs beaten together
Pinch salt	1 teaspoon vanilla

Add sugar and salt to beaten eggs, then butter and chocolate melted together. Stir in flour, vanilla and nuts. Bake in greased tin 30 minutes in moderate oven (350° F.). Cut in squares while hot.

—MRS. F. W. YONKERS.

* * *

GINGER TEA COOKIES

	1½ cups sugar
1 cup butter	Flour
1 teaspoon vanilla	1 egg
½ cup preserved ginger, cut fine	1 teaspoon soda dissolved in a little water

Cream butter and sugar, add beaten egg, soda, vanilla and enough flour to make a stiff dough (2 or 3 cups). Add ginger and make into a roll and let it get cold in ice box. Slice with knife and then cut out with small cookie cutter. Bake in 350° oven about 10 minutes.

—MRS. FREDERICK H. MORGAN.

* * *

GINGER SNAPS

1 cup black molasses	2 teaspoons baking powder
½ cup fat	1 teaspoon salt
3 cups flour	1½ teaspoon soda
	1½ teaspoon ginger

Heat molasses, add fat. Stir in remaining ingredients. Mold. Chill in ice box. Slice very thin with sharp knife. Cook in moderate oven.

—MRS. A. H. WARE.

* * *

ICEBOX COOKIES, No. 1

1 lb. shortening	½ teaspoon soda, dissolved in a little water
1 cup brown sugar	
1 cup white sugar	6 cups flour
3 unbeaten eggs	1 cup chopped nuts
½ teaspoon salt	1 teaspoon vanilla

Cream shortening and sugar. Add eggs, flour and soda. Then nuts, salt and vanilla. Mould and put in ice box. Use as desired.

—MRS. KIRK MATTHEWS.

ICEBOX COOKIES, No. 2

1½ cups fat	1 teaspoon nutmeg
1 cup white sugar	½ teaspoon salt
1 cup dark brown sugar	1 teaspoon vanilla
3 eggs	⅔ cup nuts
3 tablespoons cream	5 cups flour
2 teaspoons cinnamon	2 teaspoons soda
1 teaspoon cloves	

Mix as in recipe No. 1. Make 2 loaves; chill 12 hours in refrigerator. Slice very thin before baking.

—MRS. EMMETT SEATON.

* * *

ICEBOX COOKIES, No. 3

1 cup white sugar	½ teaspoon salt
1 cup brown sugar	1 teaspoon vanilla
½ cup butter	2 teaspoons baking powder
½ cup other shortening	2 cups flour
2 eggs	1 cup chopped nuts

Mix as in icebox cookies No. 1. Leave overnight in refrigerator. Slice thin and bake in quick oven.

—MRS. H. R. TERRELL.

* * *

JUMBLES

1 lb. sugar	1 lb. flour
¾ lb. butter	2 eggs

Juice and rind of 1 lemon

Cream butter and sugar; add eggs, lemon and flour. Mix well and mold with hands or from tube into little cookies. When done sprinkle with powdered sugar.

(Used in family for three generations.)

—MRS. H. G. DICKERSON.

* * *

NUT WAFERS

1 cup butter	1 teaspoon baking powder
2 cups white or brown sugar	½ teaspoon salt
3¾ cups flour	½ teaspoon soda
2 eggs	1 teaspoon vanilla
1 cup nut meats	

Cream butter and sugar well; add beaten eggs; sift dry ingredients; add nuts; mix well and add flavoring. Shape in roll and cover with wax paper. Put in ice box until cold, then slice and bake in oven 350° 7 to 10 minutes.

—MRS. E. L. BLANKENBAKER.

NUT COOKIES

1½ cup brown sugar	1 teaspoon vanilla
1 cup butter	1 cup raisins or dates
3 eggs, unbeaten	1 cup nuts (cut)
½ teaspoon cinnamon	1 teaspoon nutmeg
1 scant teaspoon soda in ⅓ cup boiling water	
1 teaspoon cloves	

—MRS. C. A. TAYLOR.

* * *

NUT WAFER COOKIES

1 cup brown sugar	3 eggs (well beaten)
1 cup white sugar	2 teaspoons soda
1½ cup melted shortening	1 cup chopped nuts
1 teaspoon salt	(blanched almonds best)
5 cups pastry flour	

Cream shortening and sugar. Add beaten eggs, nuts, then dry ingredients sifted together twice. Shape in 3-inch roll. Put in ice box overnight. When ready to bake, slice and bake in hot oven (425° F.). Makes 75 cookies.

—MRS. W. T. RADY.

* * *

OATMEAL COOKIES

¾ cups fat	1 teaspoon nutmeg
1 cup sugar	¼ teaspoon salt
2 eggs	1 cup raisins
1 teaspoon vanilla	2 cups oatmeal
2 teaspoons cinnamon	1 teaspoon soda
5 tablespoons milk	2 cups flour
1 teaspoon cloves	½ teaspoon baking powder

Cream fat and sugar. Add eggs and beat well. Add remaining ingredients. Drop portions off end of spoon onto greased baking sheets. Flatten and bake 12 minutes in moderate oven.

—MRS. A. H. WARE.

* * *

PEANUT BARS

1 cup sugar	2 teaspoons baking powder
1¼ cups flour	2 eggs

Break eggs into a cup, then fill cup with milk. Sift flour, baking powder and sugar together. Add eggs and milk, flavor with vanilla; mix carefully. Pour into floured and greased pan and bake in hot oven 10 minutes. Cut into bars before taking out of pan.

FROSTING

Cream 1 cup of butter and 2 cups of powdered sugar. Add a little cream. Cover bars with this and then roll them in ground peanuts.

—MRS. RICHARD BROOKE.

* * *

ROCKS

½ cup butter	1 cup sugar
1 cup flour (level)	1 cup nuts (pecans or walnuts)
2 eggs	
¼ cake chocolate (½ pound cake size, 2 oz.)	

Cream butter and sugar together. Drop in eggs, add flour, then melted chocolate. A little vanilla. Bake in long, flat pan in medium hot oven.

—MRS. D. K. KELLOGG.

* * *

SUGAR COOKIES

3 cups flour	1 cup shortening
1 teaspoon baking powder	3 eggs
¼ teaspoon salt	1 teaspoon lemon or vanilla extract
1¼ cups sugar	

Sift dry ingredients together, add shortening and mix with fork. Add beaten eggs and flavoring. Roll very thin and cut with cookie cutter. Decorate tops if desired. Bake in moderate oven (375° F.) for 8 minutes.

—MRS. KENT W. HOOD.

* * *

TEA CAKES

2 eggs	½ teaspoon salt
1 cup butter	½ teaspoon baking powder
1 cup sugar	½ teaspoon mace
1 pt. flour, or enough to roll out	

Mix all together and roll thin on flour board; cut with cookie cutter. This makes 100 tea cakes.

—MRS. G. M. BRYDON.

* * *

CRYSTAL BARS

3 eggs, beaten until very light	1 teaspoon baking powder
1 cupful sugar	1 teaspoon vanilla
¾ cupful flour	Pinch of salt
	1 cup chopped nuts
1 cup chopped dates	

Mix ingredients in order given, sift powder with flour before adding, and pour into a pan to the depth of $\frac{1}{2}$ inch. Bake until brown in a hot oven. This will take from 10 to 15 minutes. Cool slightly and cut in strips. Roll strips in powdered sugar.

—MRS. W. P. CLEMENTS.

* * *

CUP CAKE, DELICIOUS

1 cupful sugar	3 tablespoons butter
Yolks 2 eggs	1 cup sour milk
1 teaspoon soda	$1\frac{1}{2}$ cups cake flour
2 teaspoons baking powder	1 teaspoon vanilla

Cream sugar and butter, then add unbeaten egg yolks, then sour milk with soda stirred into it. Next sift baking powder with flour once and add to first mixture. Lastly add vanilla and pour into paper cups which have been placed in muffin pans. Fill about one-half full. The batter will be fairly thin. (This recipe makes 2 dozen little cakes.)

—MRS. W. P. CLEMENTS.

* * *

DATE BARS

1 lb. of seeded dates	1 cup English walnuts
$\frac{3}{4}$ cups sugar	or other nuts
5 tablespoons flour	1 teaspoon baking powder
3 unbeaten eggs	

When thoroughly blended, add 1 teaspoon vanilla, then spread thinly over bottom of a large, flat baking pan, which has been lined with oil paper. Bake in oven heated to 300° F. When cool cut in bars, then dip in powdered sugar.

—MRS. D. W. PETERS.

* * *

DATE CAKE

$1\frac{1}{2}$ cups sugar	Juice of 1 lemon
$\frac{1}{4}$ cup butter (2 oz.)	5 eggs
3 boxes pitted dates	$1\frac{1}{2}$ cups flour
1 heaping teaspoon baking powder	$\frac{1}{2}$ lb. English walnut meats
$1\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ lb. pecan meats
2 teaspoons vanilla extract	$\frac{1}{2}$ lb. crystallized cherries
1 teaspoon almond extract	3 slices crystallized pineapple

A little extra flour for nuts and fruits

- Cream butter and sugar. Beat egg yolks, add lemon juice and combine with the first mixture. Sift flour with the salt and baking powder and stir in next, then the well-beaten egg whites,

the extracts, and, lastly, the nuts and fruits, which have been cut in small pieces and thoroughly floured. Bake 3 hours in a slow oven. A tube pan is best.

—MRS. CHAS. GANTT HARRIS.

* * *

DATE CAKE

Cut up 1 package of pitted dates. Add 1 cup boiling water and $\frac{1}{2}$ teaspoon soda. Let stand until cool.

Cream $\frac{1}{2}$ cup butter with 1 cup sugar. Add 3 well-beaten eggs. Add 2 cups flour sifted with 2 teaspoons of baking powder and $\frac{1}{2}$ teaspoon salt. Mix well and then add date mixture. When thoroughly blended, add 1 cup chopped nuts.

—MRS. FREDERICK A. SAUNDERS.

* * *

DAFFODIL CAKE

WHITE PART

6 egg whites, $\frac{1}{2}$ teaspoon cream of tartar, pinch of salt. Beat until stiff. $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup flour (sift 4 times), $\frac{1}{2}$ teaspoon vanilla.

To be baked in large angel cake tin.

YELLOW PART

6 egg yolks, $\frac{3}{4}$ cup sugar, pinch salt. Beat 3 minutes. $\frac{3}{4}$ cup flour (sift 4 times), $\frac{1}{4}$ cup boiling water, 1 teaspoon baking powder.

Put white part in tin and place yellow part by spoonful on white cake. Bake as angel food in moderate oven about 45 minutes. When cake is done, white cake will be on top.

FROSTING

Cream $\frac{1}{2}$ cup butter in bowl. Add egg yolk and gradually work in 3 cups confectioners' sugar, beating until very smooth and fluffy. Add 1 teaspoon vanilla. (Add a few drops of hot cream if necessary to make good consistency for spreading on cold cake.)

—IRENE BREWSTER.

* * *

DEVIL'S FOOD CAKE

2 eggs (or 3 eggs, saving 2 whites for icing)

$1\frac{1}{2}$ cups sugar

2 cups flour

$1\frac{1}{2}$ cups milk

$\frac{1}{2}$ cup butter

$2\frac{1}{2}$ oz. chocolate

1 teaspoon soda

2 teaspoons vanilla

$\frac{1}{2}$ teaspoon salt

3 tablespoons boiling water

DIRECTIONS.

Put $\frac{1}{2}$ cup sugar into sauce pan, add chocolate and 1 cup milk. Boil 5 minutes, stirring constantly. Add vanilla and let cool.

Cream butter and add remainder of sugar. Add well-beaten eggs and beat 2 minutes. Add remainder of milk, soda (dissolved in boiling water), flour, salt, and last, chocolate mixture. Bake in 2 9-inch pans about 30 minutes in moderate oven. Spread with 7-minute icing.

SEVEN-MINUTE WHITE ICING FOR DEVIL'S FOOD CAKE

2 egg whites (unbeaten)	$\frac{1}{4}$ teaspoon cream of tartar
$1\frac{1}{2}$ cups sugar	
5 tablespoons water	1 teaspoon vanilla

Put egg whites, sugar, water and cream of tartar in double-boiler. Beat with rotary egg-beater until thick enough to stand in peak. Add vanilla, and when thick enough spread on cake.

MRS. H. G. SHIRLEY.

* * *

DEVIL'S FOOD CAKE

2 cups sugar	2 cups flour
$\frac{1}{4}$ lb. butter	1 cup of sour milk
1 rounded teaspoon of soda	4 eggs
4 oz. of chocolate (melted over steam)	$\frac{1}{4}$ lb. of dry cocoanut

Mix butter and sugar, add beaten yolks, then alternately flour and milk, in which you have dissolved soda. If batter is still too thick, add water to right consistency. Have whites well beaten and add, then vanilla and cocoanut.

FILLING

$1\frac{1}{2}$ cups white sugar	2 oz. chocolate
$\frac{1}{2}$ cup sweet milk	Butter the size of a walnut

Cook 2 minutes after it begins to boil. Add a piece of paraffin (size of a small marble). Flavor with vanilla and beat until ready to spread on cake.

—MRS. JOHN MAXWELL.

* * *

WHITE FRUIT CAKE

1 cup butter	2 cups sugar
2 tablespoons lemon juice	1 tablespoon vanilla
4 tablespoons cream	1 cup chopped candied pineapple
1 cup chopped raisins	

$\frac{1}{4}$ cup chopped lemon peel	$\frac{1}{2}$ cup chopped orange peel
$\frac{1}{4}$ cup chopped citron	1 cup almonds, shredded
$\frac{1}{2}$ cup red cherries	4 cups flour
$\frac{1}{2}$ teaspoon salt	1 teaspoon soda
$\frac{1}{2}$ teaspoon baking powder	8 egg whites, beaten

Cream the butter and sugar. Add lemon juice, vanilla and cream. Beat 2 minutes. Add rest of ingredients and blend well. Pour in pan lined with waxed paper and bake 2 hours in slow oven. All measurements level.

—HENRIETTA HILGARTNER.

* * *

LIGHT FRUIT CAKE

$\frac{1}{2}$ lb. chrystallized cherries	1 teaspoon lemon extract
1 lb. fresh cocoanut— grated	1 lb. chrystallized pineapple
8 eggs	1 lb. shelled almonds
1 lb. flour	$\frac{3}{4}$ lb. butter
1 teaspoon baking powder (rounded)	$\frac{1}{2}$ teaspoon salt
1 lb. sugar	$\frac{1}{4}$ lb. orange peel
$\frac{1}{4}$ lb. lemon peel	1 teacup brandy or whiskey
Mix and bake as any other fruit cake.	1 teaspoon ground nutmeg

—MRS. SAMUEL M. COTTRELL.

* * *

WHITE FRUIT CAKE

$\frac{3}{4}$ lb. butter	1 lb. sugar
2 lbs. white raisins	1 lb. pecans, shelled
$\frac{1}{4}$ lb. cherries	1 lb. flour
1 doz. eggs	$\frac{1}{2}$ lb. pineapple
$\frac{1}{2}$ lb. citron	1 cup orange juice
1 teaspoon mace	1 teaspoon vanilla and almond
Grated rind of 2 oranges	

Mix butter and sugar; add flour alternately with well-beaten yolks and orange juice; then fruit, and last well-beaten whites and flavoring.

—MRS. L. D. GUNTER.

* * *

"MY MOTHER'S" FRUIT CAKE

(A very old recipe)

2 lbs. raisins	1 lb. butter
1 lb. figs	1 lb. sugar
12 eggs	1 lb. dates
1 teaspoon cloves	1 lb. citron

1 teaspoon allspice	1 lb. shelled almonds
3 teaspoons cinnamon	1 lb. flour
½ teaspoon nutmeg	1 cup wine

Bake very slowly in tube pan.

—MRS. GEORGE B. STEEL.

* * *

FUDGE CAKE

1½ cups sugar	1 teaspoon salt
3 tablespoons cocoa	1 teaspoon soda in
½ cup melted butter	½ cup sour milk
2 eggs	⅓ cup boiling water
2 cups flour	1 teaspoon vanilla

Mix in order given. Beat well and bake in two layer cake pans. Put layers together with filling.

FILLING FOR FUDGE CAKE

1 cup sugar	1 teaspoon butter
1 tablespoon cocoa	1 teaspoon vanilla
2 tablespoons cornstarch mixed with ½ cup cold water	

Cook in double-boiler until thick.

—MRS. FRANK N. GARLAND,
Newark, N. J.

* * *

FUDGE CAKE SQUARES

1 cup butter	1 teaspoon vanilla
4 squares chocolate melted in	2 cups sugar
1 cup of milk	4 eggs
1½ cups flour	

Cream butter with sugar. Add beaten yolks of eggs, flour, and cooled milk and chocolate. Beat. Add egg whites last. Bake about 40 minutes in moderate oven.

—MRS. SAMUEL M. COTTRELL.

* * *

FUDGE SQUARES

2 oz. cooking chocolate	¼ cup milk
2 eggs	1 cup sugar
1 teaspoon vanilla	½ cup flour
1 teaspoon baking powder	½ teaspoon salt
1 cup chopped nuts	⅓ cup melted shortening

Make a paste of chocolate and milk and let cool. Beat eggs until light, add sugar, then the paste. Add vanilla, flour, baking powder, salt, nuts, and last, shortening. Beat well, turn into

a greased pan and bake in moderate oven for 20 minutes. Cut into squares while still warm.

—MRS. B. H. VAN OOT.

* * *

HERMIT CAKE

6 eggs	$\frac{1}{2}$ lb. butter
3 cups brown sugar	5 cups flour
1 cup milk	2 teaspoons baking powder
4 teaspoons vanilla	1 teaspoon cinnamon
2 lbs. dates	$\frac{1}{2}$ lb. shelled walnuts

Cream butter and sugar, add yolks of eggs, add gradually flour and milk. Fold in well-beaten whites. Lastly, add dates and almonds, which have been cut and mixed with little flour.

—MRS. W. G. SALE.

* * *

GOLD CAKE

$\frac{3}{4}$ cup butter	$2\frac{1}{2}$ cups flour (sifted)
$1\frac{1}{4}$ cups sugar	4 teaspoons baking powder
8 egg yolks	$\frac{1}{8}$ teaspoon salt
$\frac{3}{4}$ cup milk	2 teaspoons lemon extract

Cream butter, then gradually add sugar and cream again. Beat in well-beaten yolks. Sift dry ingredients together 3 times. Add to first mixture alternately with milk. Then add extract.

—HENRIETTA HILGARTNER.

* * *

WHITE CAKE

Whites of 6 eggs	1 cup butter
2 cups sugar (scant)	1 cup milk
$3\frac{1}{2}$ cups Swandown cake flour	$2\frac{1}{2}$ teaspoons baking powder
	1 teaspoon vanilla

Use measuring cup and spoons. Cream butter, add sugar gradually; add milk slowly, then flour and eggs.

—HENRIETTA HILGARTNER.

* * *

SOFT GINGERBREAD

$\frac{1}{2}$ cup sugar	1 egg
$\frac{1}{2}$ cup black molasses	2 cups flour
$\frac{1}{2}$ cup water	$\frac{1}{2}$ tablespoon soda
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ tablespoon ginger or cinnamon

Cream butter and sugar well; add water, molasses, beaten egg, and lastly flour, in which you have sifted soda and spice. Bake 45 minutes in 325° F. oven.

—MRS. D. W. PETERS.

GINGERBREAD

1 egg	2 cups pastry flour
$\frac{1}{2}$ cup sugar	1 teaspoon cinnamon
$\frac{1}{2}$ cup molasses	1 teaspoon ginger
$\frac{1}{4}$ cup shortening	1 teaspoon soda
$\frac{1}{2}$ cup hot water	$\frac{1}{2}$ teaspoon salt

Beat egg until light; add sugar and molasses. Melt shortening in hot water and add. Sift pastry flour with seasonings. Combine mixtures. Beat well. If in individual tins, bake 12 to 15 minutes at 400° F. If in layers, bake about 20 minutes at 375° F.

—MRS. HARRY O. STONE.

* * *

SOUTHERN SPICY GINGERBREAD

2 eggs	2 teaspoons soda
$\frac{3}{4}$ cup brown sugar	2 teaspoons ginger
$\frac{3}{4}$ cup molasses	$1\frac{1}{2}$ teaspoons cinnamon
$\frac{3}{4}$ cup melted shortening	$\frac{1}{2}$ teaspoon each of cloves, nutmeg and baking powder
$2\frac{1}{2}$ cups flour	
1 cup boiling water	

Add beaten eggs to the sugar, molasses and melted shortening, then add dry ingredients, which have been mixed and sifted, and lastly the hot water. Bake in individual pans or in a shallow pan in moderate oven (350° F.) 30 to 40 minutes

—MRS. KENT W. HOOD.

* * *

GINGER BREAD

2 cups flour	1 egg
1 cup molasses	1 cup buttermilk
1 teaspoon salt	1 teaspoon soda
1 teaspoon each of ginger, allspice and cinnamon	$\frac{3}{4}$ cup lard or any good shortening

Cream shortening and sugar. Add beaten egg, molasses, then dry ingredients that have been sifted together. Add milk; beat well. Bake in large, shallow pan or muffin rings.

—MRS. E. W. ARMENTROUT.

* * *

HOT MILK CAKE

(This recipe makes 2 large layers)

2 cups flour	2 cups sugar
4 eggs	$\frac{1}{2}$ stick butter
1 cup milk	1 teaspoon powder
1 teaspoon vanilla	

Beat eggs (whites and yolks together). Add sugar gradually. Then flour and powder. Heat milk and butter. Pour into dry mixture. Bake at 330°.

—BRANCH S. HEINRICH.

* * *

HUCKLEBERRY CAKE

½ cup butter	1½ cups of sugar
1 cup milk	3 cups flour
4 eggs	Juice and rind of 1 lemon
2 teaspoons of baking powder	1 pt. of fresh huckleberries

Beat the butter, sugar and yolks of eggs together until light. Add milk and half the flour. Beat until smooth; then add the well-beaten egg whites, the remainder of flour, seasoning, lemon and baking powder. Last of all, stir in the berries. Bake in turk's head mould in a moderate oven about $\frac{3}{4}$ of an hour. If preferred, can be baked in a sheet in less time. Serve with sauce.

—MRS. A. H. APPERSON.

* * *

MOLASSES CAKE

1 cup butter and lard mixed	4 cups sifted flour
1 egg	1 cup molasses (black)
1 cup boiling water, into which put 1 teaspoon soda	1 cup sugar
1 tablespoon ginger	1 teaspoon cloves
	1 level teaspoon salt

Cook slowly in pan lined with waxed paper.

—MRS. W. E. BARRET.

* * *

NUT LOAF

1 egg	1 cup sugar
1 cup milk	1 cup chopped nuts
2 cups flour	2 teaspoons baking powder
2 teaspoons cinnamon	Pinch of salt

Sift dry ingredients, beat egg well, mix with milk, then add nuts and mix all together.

Bake 1 hour in a very slow oven. This is especially delicious if black walnuts are used.

—MRS. J. M. SEATON.

* * *

NUTRITIOUS CAKE

Cream together 1 cup shortening with 1 cup of sugar; add 1 can tomato soup, to which 1 level teaspoon of soda has been

added, 2 cups flour, 2 teaspoons baking powder, 1 teaspoon each cinnamon, cloves and nutmeg, $\frac{1}{4}$ teaspoon salt, 1 cup nut meats, 1 cup raisins, both cut very fine, 1 teaspoon vanilla. Bake 1 hour in loaf pan, starting in a cold oven.

ICING

1 package white cream cheese; add slowly $1\frac{1}{2}$ cups XXXX sugar, 1 teaspoon vanilla and a very little cream. Cream well; do not cook; and spread on cake.

—MRS. WILLIAM LEIGH MARSHALL.

* * *

ORANGE CAKE

1 cup milk	$\frac{1}{2}$ lb. butter
2 cups sugar	3 cups flour
2 teaspoons baking powder	6 whites of eggs
1 teaspoon vanilla	

Cream well butter and sugar. Sift baking powder with flour and add to butter and sugar alternately with milk. Beat well. Add stiffly-beaten whites and vanilla. Bake in three layers.

ORANGE FILLING

Juice and grated rind of 1 large or 2 small oranges, 3 cups of sugar, 3 tablespoons of flour, 1 tablespoon of butter.

Mix flour and sugar together. Add rind and juice of orange and butter. Cook in double-boiler until the mixture begins to grain a bit on side of container. Take from fire and beat until consistency to spread well.

—MRS. MILLER JOBLIN.

* * *

POUND CAKE

1 lb. butter	1 lb. sifted flour
12 eggs	1 teaspoon vanilla or lemon

Cream butter and sugar, add beaten yolks of eggs, stirring well; then the beaten whites, beating lightly at first, then thoroughly. Add flour, a little at the time. Bake in deep pan well lined with paper, and cook with a very slow heat.

—MRS. A. L. HENNA.

* * *

UN-ORTHODOX POUND CAKE

$\frac{3}{4}$ lb. butter	1 lb. flour
1 lb. of sugar	1 rounded teaspoon
12 yolks of eggs	baking powder
$\frac{3}{4}$ cup of water	1 teaspoon vanilla

Cream well butter and sugar. Beat together yolks and water, and then add alternately with flour, in which you have put baking powder. Add flavoring and bake in a very slow oven until done.

—MRS. LELAND L. MILLER.

* * *

ROCKY MOUNTAIN CAKE

1 cup butter	3 cups flour
2 cups sugar	4 eggs
3 teaspoons baking powder	

The regular 1, 2, 3, 4 cake.

THE ROCKY MOUNTAIN CAKE FILLING

$\frac{1}{2}$ lb. currants, $\frac{1}{4}$ lb. blanched almonds, chopped (leave a few for top of cake), $\frac{1}{2}$ lb. fresh grated cocoanut, 1 lb. raisins.

Mix raisins, currants and chopped nuts with boiled icing. Sprinkle cocoanut on top layer.

—MARGARET NEAL HERNDON.

* * *

SPONGE CAKE (By Weight)

10 eggs, their weight in sugar and one-half their weight in sifted flour. Season with fresh lemon.

—MRS. CHAS. K. BOWERS.

* * *

BOILING MILK SPONGE CAKE

3 eggs	$1\frac{1}{4}$ cups sugar
1 cup pastry flour	1 teaspoon baking powder
$\frac{1}{2}$ scant cup milk	1 spoon vanilla or lemon

Beat eggs until light and creamy; gradually add sugar, beating all the time. Add flour and baking powder; fold in the boiling milk. Bake in sponge cake tin very slowly 1 hour. Increase heat slightly for 10 minutes.

—MRS. FRANCIS H. SPENCER.

* * *

HOT WATER SPONGE CAKE

Yolks of 2 eggs	1 cup sugar
$\frac{3}{8}$ cup hot water or milk	$\frac{1}{2}$ teaspoon lemon extract
Whites of 2 eggs	1 cup flour
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{4}$ teaspoon salt

Beat yolks of eggs until thick and lemon-colored; add one-half the sugar gradually, and continue beating; then add water, remaining sugar, lemon extract, whites of eggs (beaten until stiff),

and flour mixed and sifted with baking powder and salt. Bake 25 minutes in a moderate oven in a buttered and floured shallow pan.

—MRS. J. W. ROGERS.

* * *

YELLOW SPONGE CAKE

6 egg yolks	1 cup sugar
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ teaspoon salt
2 teaspoons baking powder	$1\frac{1}{2}$ cups cake flour
and seasoning you prefer	

Beat egg yolks until light with Dover egg-beater; add sugar gradually, then hot water, beating meanwhile. Add flour, sifted with baking powder and salt, and beat thoroughly. Bake in 2 layers in a moderate oven about 30 minutes. Put layers together with lemon filling and 7-minute frosting over top.

FILLING FOR CAKE

1 cup sugar	2 tablespoons butter
2 eggs	2 lemons (juice)

Stir all together, then cook to consistency of jelly.

—MRS. J. A. CARSON.

* * *

TIPSY CAKE

Place a medium-sized sponge cake that has been baked in tube pan on a round chop plate. Slice all around and tie with narrow white ribbon to hold shape.

Stick each slice full of blanched almonds, then pour Scuppernong wine or brandy toddy over cake. Set in ice box to soak for 2 or 3 more hours. Just before serving pour a rich chilled custard, brandy flavored, over cake. Cover completely with whipped cream and sillabub. Have at least 2 quarts of custard and serve from glass pitcher with the cake.

Use candied cherries if desired and be sure to clip the ribbon when ready to serve.

—MRS. PARKE P. DEANS.

* * *

UPSIDE DOWN CAKE (Pineapple)

3 teaspoons butter	1 cup sugar
--------------------	-------------

Melt in heavy skillet and stir constantly. Lay in slices of pineapple, and pour in the following batter:

3 eggs, beaten	$\frac{1}{2}$ cup cold water
$1\frac{1}{2}$ cups sugar	$1\frac{1}{2}$ teaspoons baking powder
2 cups flour	1 teaspoon salt

Mix in order given. Bake in slow oven 1 hour. Turn out immediately on plate. Place cherry in each ring. Serve with whipped cream.

—MRS. P. H. ALLEN.

* * *

VELVET CAKE

6 eggs (leave out 2 whites for icing), 3 cups flour, 3 teaspoons baking powder, $\frac{3}{4}$ cups boiling water, juice of 1 lemon, $2\frac{1}{2}$ cups sugar.

Beat eggs well, add sugar, then flour, then baking powder, boiling water and juice of lemon. Cook in moderate oven.

ICING

1 cup sugar
 $\frac{1}{2}$ cup water

2 egg whites
1 teaspoon flavoring

Boil sugar and water until it threads; pour slowly over lightly-beaten whites. Beat until thick enough to spread.

—MARGARET NEAL HERNDON.

* * *

WHITE CAKE

$\frac{1}{4}$ lb. butter
2 cups sugar
1 cup milk

$3\frac{1}{2}$ cups sifted flour
6 egg whites
2 level teaspoons baking powder

Cream butter; add sugar gradually. Add flour and milk alternately and beat well. Fold in well-beaten egg whites and then baking powder. Then 1 teaspoon vanilla. Bake 45-50 minutes in a moderate oven.

—MRS. CHAS. WORD.

PEARL LAUNDRY CO.

LAUNDERERS AND DRY CLEANERS
1208-16 Parkwood Avenue

NONE BETTER

Send us your Blankets, Rugs, Draperies, Feather Pillows, Bed and Table Linens. We will return them sanitary clean and nicely ironed. If it can be laundered or dry cleaned, we can do it.

CALL DIAL 5-9113

COCOANUT MARSHMALLOW ICING

1 can cocoanut ($\frac{1}{2}$ lb.)	1 cup sugar
3 tablespoons water	1 egg white (unbeaten)
16 marshmallows	

Put sugar, water and egg white in top of double-boiler and have water boiling underneath. Beat mixture for 7 minutes and pour over marshmallows. Add one-half of cocoanut (spread on cake) and sprinkle other half on top.

—MRS. CHAS. WORD.

* * *

UNCOOKED LEMON ICING FOR POUND CAKE

Cream together $\frac{1}{2}$ box XXXX sugar, lump of butter size of walnut, $\frac{1}{3}$ juice of lemon (or to taste).

Use cream to thin out. Make real stiff icing.

—MRS. STERLING GRIGG.

* * *

WHIPPED CREAM ICING FOR SPONGE CAKE

$\frac{1}{2}$ pt. heavy cream	1 egg yolk (beaten)
1 teaspoon vanilla	Pinch of salt

1 can (small) of chocolate syrup

Whip cream stiff. Add egg yolk, then gradually add syrup. Spread on sponge layer and put in ice box for an hour or more.

—MRS. BEN. A. BURTON.

* * *

LEMON FILLING FOR CAKES

2 eggs (well beaten)	1 cup sugar
Juice of 2 lemons and a little rind, if desired	1 oz. butter
	2 tablespoons boiling water

Mix all together, except butter, and cook in double-boiler until thick. Remove from stove; add butter and beat until thick enough to spread.

—MRS. C. B. MYERS.

* * *

SEVEN MINUTE FROSTING

1 egg white	$\frac{7}{8}$ cup sugar
3 teaspoons water	

Put all in top of double-boiler and beat with egg-beater 5 minutes. Then add 9 marshmallows, 1 at a time. Continue beating for 2 more minutes.

—MRS. J. A. CARSON.

water, using enough alum to taste. Wash in cold water, weigh and cook. When half done, add lemon or ginger. Rind will be transparent when done and syrup thick. Chopped nuts or crushed pineapple may be added if desired.

—MRS. BOYD AYERS.

* * *

PEACH PRESERVES

6 lbs. peaches (peeled and halved)

1 teaspoon soda

5 lbs. sugar

Scald peaches in boiling water, into which has been put the soda. Let boil 1 minute, skim, remove peaches, drop into cold water, wipe off and place in kettle, layer of peaches, a layer of sugar, until all has been used. When the peaches are clear, remove to platter, then place in jars. When juice has boiled down to a jelly, pour into jars and cover for keeping.

—MARY CROCKFORD.

* * *

CONSERVED GRAPEFRUIT PEEL

1 lb. grapefruit peel

1 $\frac{1}{4}$ lbs. sugar

Tear pulp from peel and grate outside until most of yellow is off. Cut into strips, cover with cold water and bring to a boil. Repeat this process 3 times, each time pouring off the hot water and using cold water. Weigh fruit after third boiling. No water is needed if sugar is added to fruit while hot. Be careful not to let burn.

—MRS. JAMES K. HALL.

* * *

MARMALADE

1 grapefruit

2 oranges

1 lemon

5 lbs. sugar

Put fruit through meat chopper. Save seeds and soak in half cup of water. Pour 2 quarts of cold water over fruit and let stand 24 hours. Boil one hour, then add sugar and boil one hour more. Pour water off seeds into mixture before last boiling.

—MRS. E. L. MCQUADE.

* * *

ORANGE MARMALADE

Slice 6 large, juicy oranges and 3 lemons very fine, discarding seed. Cover with water, let stand over night. Next morning boil this mixture 45 minutes, let stand over night again. In the morning measure and bring to a boil. Add 1 $\frac{1}{2}$ times as much sugar as there is fruit mixture. Boil 45 minutes. Just before

removing from stove add 1 cup lemon juice. Pour in small glasses and seal.

—MRS. H. V. GODBOLD.

* * *

PEAR HONEY

1 lb. pears 3/4 lb. sugar
1 can crushed pineapple

Peel pears, put through food chopper using medium blade. Cook until thick and clear. Add pineapple just before removing from stove. Put in glass jars, cover with paraffin.

—MRS. JAMES D. HARRIS.

* * *

GRAPE CONSERVE

3 lbs. grapes 1 lb. seeded raisins
3 lbs. sugar 1/2 cup walnut meats
3 oranges

Cook pulp and skins of grapes separately; strain seed from pulp, then cook grapes, sugar and orange cut in small pieces together with walnut meats added last. Cook slowly until thick.

—MRS. G. TALBOT FRENCH.

* * *

QUINCE JELLY

1 lb. sugar 1 pt. quince juice

Cut quince in small pieces; do not peel nor remove seed. Barely cover with water. Boil slowly until tender. Drain in wet cheese cloth bag. Heat juice, add sugar, cook until juice jells. Put up in glasses; cover with paraffin.

Use same recipe for crab apples, always having fruit under-ripe; never squeeze jelly bag.

—MRS. PARKE P. DEANS.

* * *

CARROT JAM

5 lbs. carrots 8 cups sugar
Juice of 6 lemons

Wash, pare and grate carrots; add lemon juice and sugar. Cook slowly until thick.

—MRS. A. T. LOWMASTER.

* * *

CRANBERRY JELLY

1 qt. cranberries 1 pt. boiling water
2 cups granulated sugar

Cover cranberries with boiling water; cook hard 10 minutes.

Strain and reheat; add sugar—dissolve by stirring. Do not cook after sugar is added.

—MRS. HENRY MARSHALL.

* * *

PEACH CONSERVE

2 lbs. peaches	1 orange
1½ lbs. sugar	1 bottle cherries

Slice peaches, cover with sugar, let stand in bowl over night. Next morning boil until soft; add juice and grated rind of orange. Boil five minutes, then add chopped cherries, boil until thick.

—MRS. FRANCIS H. SPENCER.

* * *

PEAR CONSERVE

4 lbs. pears	½ lb. nut meats
1 cup seeded raisins	3 lbs. sugar
2 oranges	Juice of 1 lemon

Grind fruit fine, add sugar and cook one hour or until thick like jam. Add lemon juice and nuts. Put in jars and seal.

—MRS. ERNEST F. APPEL.

* * *

PEACH PICKLE

7 lbs. of peaches	3 lbs. brown sugar
1 qt. of vinegar	Cloves, stick cinnamon to taste

Peel peaches, place in vessel, pour liquid over peaches. Let come to a boil each morning for nine mornings. After boiling the last time place in jars and seal.

—MRS. WYLIE W. TAYLOR.

* * *

PEAR PICKLE

1 qt. vinegar	½ oz. whole cloves
4 lbs. sugar	1 oz. stick cinnamon
1 oz. allspice	

Boil 20 minutes. Cook until thick and pour over 6 to 8 pounds pears which have been cooked until tender.

—MARY M. HILLSMAN.

* * *

SPICED GRAPES

8 lbs. grapes	4 sticks cinnamon
4 lbs. sugar	1 oz. whole cloves
3 cups vinegar	2 blades mace

Remove and set aside the skins of the grapes. Cook the pulp in the vinegar with the spices tied in cheese cloth until

grapes are soft. Pass through sieve to remove seed. Add skins and return to fire. When boiling put in the sugar and again the bag of spices. Cook until thick and put in glasses; seal.

—MRS. A. B. B. HARRIS.

* * *

SPICED PLUM PICKLE

7 lbs. plums	3 lbs. sugar
1 pt. vinegar	1 teaspoon mace
2 sticks cinnamon	1 teaspoon whole cloves
1 teaspoon whole allspice	

Pick plums before entirely ripe. Cut in half; remove seed. Place plums in stone crock. Make syrup of vinegar, sugar and spices (tied in cheese cloth); pour hot over fruit. Repeat each morning for 9 days. On the last day when juice is boiling, add plums and let come to boil, do not cook. Put in jars.

—MRS. EDWIN S. BOLEN.

* * *

OLD VIRGINIA CRYSTAL PICKLE

(From Westmoreland County)

7 lbs. green tomatoes	2 gals. water
10 teacups sugar	1 qt. dry lime (from drug store)
2 qts. vinegar	
6 pieces stick cinnamon (broken up in inch length)	1 teaspoon grated nutmeg
	1 teaspoon ground ginger

Slice the tomatoes in $\frac{1}{4}$ -inch, thick pieces. Put in a porcelain or granite kettle; cover with the water in which the lime has been dissolved. Let stand 24 hours, then rinse through several waters to remove all lime sediment. Dissolve sugar, vinegar and stick cinnamon, also nutmeg and ginger which have been put into a small cloth bag. Bring this to a boil, then drop slices of tomatoes in and boil rapidly until they are glazed or syrup clings to the spoon or drops in thick drops. Remove spice bag, and fill jars while hot. Seal at once.

—MRS. W. C. GUEST.

* * *

BREAD AND BUTTER PICKLE

1 gal. small cucumbers	2 green peppers
8 small onions	$\frac{1}{2}$ cup salt

Wash cucumbers, slice thin, also onions and peppers. Cover with salt and ice put on a weight. Let stand three hours, then drain and add

5 cups sugar	$\frac{1}{2}$ teaspoon cloves
1 teaspoon celery seed	$1\frac{1}{2}$ teaspoon tumeric
2 tablespoons mustard seed	5 cups vinegar

Scald, but do not let boil.

—MRS. J. S. WALDEN, JR.

SWEET PEPPER RELISH

1 doz. green peppers	1 doz. red peppers
$\frac{1}{2}$ peck green tomatoes	1 qt. onions
1 cup salt	1 qt. water
1 pt. vinegar	3 lbs. sugar
1 oz. mixed spices	1 oz. celery seed
1 oz. mustard seed	

Slice peppers, tomatoes and onions; cover with salt; let stand 48 hours. Drain; run through food chopper. Put in porcelain kettle; add water and vinegar. Cook 20 minutes; drain again; return to kettle; add sugar, spices and mustard, and celery seeds tied up in bag. Cover with cider vinegar and cook 30 minutes. Put in jars; seal.

—MRS. E. D. GUNTER.

* * *

GREEN TOMATO PICKLE

(Mrs. A. Langstaff Johnston's recipe)

1 peck green tomatoes	1 doz. large white onions
-----------------------	---------------------------

Cut in thin slices; sprinkle with salt; let stand 24 hours, then wash off salt. Then mix well the following spices:

$\frac{3}{4}$ lb. ground mustard	1 oz. cloves
$\frac{1}{4}$ lb. white mustard seed	1 oz. celery seed
1 oz. black pepper	

Put in kettle a layer of onions and tomatoes and layer of spices alternately. Cover the whole with 5 pounds sugar and enough vinegar to cover the tomatoes. Let boil well $\frac{3}{4}$ of an hour.

—MRS. W. CATESBY JONES.

Recipe used by Mrs. Jones' mother and her grandmother during the Confederate War.

* * *

SWEET CUCUMBER PICKLE

2 lbs. sugar	1 qt. vinegar
Spices as desired	

Soak brine cucumbers over night in cold water. Make syrup of vinegar, sugar and spices, cover cucumbers entirely. Do not have to seal—keeps perfectly in crock. Ready to use day after making.

—MRS. J. O. FITZGERALD.

BARBECUE SAUCE

100 peppers (long, red, hot peppers)
1 gal. vinegar 3 tablespoons black pepper
3 tablespoons dry mustard 6 tablespoons salt
1 pt. ground onions (grind peppers and onions together)

Cook until onions are done (2 hours). Strain; add 1 bottle
Worcestershire sauce and 1 oz. celery salt. Put in bottles.

This is fine to serve with broiled chicken or roast.

—MRS. B. JETER WOODWARD.



*"All de things dey's lef' here yo'll find;
Hope yo' be feelin' good, now dat yo' hab dined."*

MISCELLANEOUS

MRS. R. E. CABELL, *Chairman*

CHOCOLATE FUDGE

1 lb. brown sugar	$\frac{3}{4}$ cup milk or cream
3 tablespoons butter	1 teaspoon vanilla
$\frac{1}{8}$ teaspoon salt	3 squares unsweetened chocolate

Place sugar, chocolate and milk over low heat and cook until sugar is dissolved. Then continue to cook, without stirring until it will form a soft ball when dropped in cold water. Remove from fire and let cool without stirring. When lukewarm, add butter, salt and vanilla and beat until creamy. Pour into buttered pan, and when firm cut into squares, or, if preferred, drop by spoonfuls on wax paper. To vary, drop cupful chopped nuts, raisins or marshmallows just before the fudge is ready to pour into buttered pan.

—MRS. ALFRED S. WINSTON.

* * *

CHOCOLATE CANDY

1 lb. brown sugar	2 oz. chocolate
1 cup water or milk	$\frac{1}{3}$ stick butter

Stir well before putting on stove. Cook until it forms a soft ball in water. Beat after it gets cold. Nuts may be added if desired. Drop from spoon.

—MRS. W. C. HERBERT.

* * *

FOOL PROOF CHOCOLATE FUDGE

2 squares chocolate	$\frac{2}{3}$ cup milk
$\frac{1}{2}$ cup cold water	2 tablespoons butter
2 cups granulated sugar	1 teaspoon vanilla
2 tablespoons corn syrup	

Mix cut chocolate and water in double-boiler. Stir in sugar

a little at a time. Add milk and syrup. Stir until sugar is dissolved. Boil over medium flame until soft ball forms in cold water. Remove from flame. Add butter and vanilla. Let cool, then beat until thick. Pour at once in damp cake pan. No greasing.
—MRS. E. L. BLANKENBAKER.

* * *

VANILLA CREAM CANDY

2 lbs. sugar	1½ cups cold water
1½ teaspoons vinegar	3 egg whites
1½ teaspoons vanilla	

Boil sugar, water and vinegar until it forms a soft ball in cold water. Pour slowly over the stiffly beaten egg whites, add flavoring and beat until creamy. Drop from spoon on buttered pan or waxed paper. Nuts may be added.

—MRS. A. L. HENNA.

* * *

CHOCOLATE FUDGE

2 lbs. light brown sugar	4 oz. bitter chocolate
¼ stick butter, or 1 oz.	Pinch baking powder
1 cup milk	1 teaspoon vanilla

Put all ingredients, except vanilla, in stew pan and boil until mixture threads on spoon. Remove from fire and place in pan of cold water to beat. Put in vanilla and when candy thickens, pour into greased platters and cut into squares when slightly cool.

—MRS. R. W. GUNN.

* * *

DATE ROLL CANDY

1 lb. white sugar	¾ cup sweet milk
1 pkge. dates (chopped)	1 cup nuts

Cook until it forms a soft ball. Take off and add chopped dates and nuts. Wrap in wet cloth and let stand for 12 hours.

—MRS. W. C. HERBERT.

* * *

NUT CHOCOLATE DROPS

(Quick Recipe)

1½ cakes Dot chocolate	1 cup nuts
1 can condensed milk	Pinch salt

Cut chocolate into small pieces and melt in top of double-boiler. Add condensed milk. Stir until well thickened. Take off and add a few grains of salt. Add 1 cup nut meat and con-

tinue to beat until you can drop on waxed paper or spread in buttered pan and cut in squares. To vary, drop on waxed paper and put nut on each piece.

—MRS. R. M. HOLLOWAY.

* * *

PECAN PRALINES

3 tablespoons water
 $\frac{1}{4}$ lb. butter

2 lbs. light brown sugar
 1 can shelled pecans

Cook until soft ball is formed in cold water. Beat. Stir in pecans and drop in cakes on buttered pan.

—MRS. E. L. RUFFIN.

* * *

VANILLA CARMELS

1 lb. sugar
 1 oz. honey

1 gill cream
 $\frac{1}{4}$ teaspoon butter

$\frac{1}{2}$ gill hot water

Boil until a few drops will crackle slightly when put in ice water. Then add teaspoon vanilla and pour on slab to cool. Cut into squares.

—MRS. S. M. ATKINSON.

* * *

BUTTERSCOTCH CANDY

1 cup sugar
 $\frac{1}{2}$ cup butter

1 cup molasses
 1 tablespoon vinegar

$\frac{1}{4}$ teaspoon soda

Boil all together and stir frequently to prevent burning. When syrup cakes when tested in water, remove from fire and flavor to taste. Pour upon buttered tin in a sheet $\frac{1}{4}$ inch thick; and when nearly cold, mark in squares with sharp knife. Separate the squares when cold, and wrap in waxed paper.

—MRS. S. M. ATKINSON.

* * *

CANDIED GRAPEFRUIT PEEL

Grapefruit peel

Sugar

Water

Soak the peel (which has been cut into strips) overnight in cold water. Pour off water, add fresh water, put over slow fire and let come to a boil. Pour off this water. Repeat 5 times,

adding fresh water each time. Wash the peel in cold water and drain. Then weigh the peel and use an equal amount of sugar and $\frac{1}{2}$ cup water to each 2 cups of sugar. Bring to the boiling point, then add the peel and cook until it is clear. Drain from syrup, cool, and roll in sugar. Set aside to dry.

—MRS. E. S. SIMPSON.

* * *

DIVINITY FUDGE

$3\frac{1}{2}$ cups granulated sugar $\frac{1}{2}$ cup corn syrup
1 cup water 2 egg whites (stiffly beaten)

Boil sugar, water and syrup until a ball is formed in cold water. Cook slowly at first, stirring gently until sugar is dissolved, when heat may be increased. Pour slowly into stiffly beaten egg whites and beat until it will hold its shape when dropped by spoonsfuls on waxed paper. Nuts may be added before placing on paper.

—MRS. J. K. HALL.

* * *

BUTTERSCOTCH SAUCE

1 cup brown sugar $\frac{1}{2}$ cup cream
1 tablespoon butter

Mix sugar and cream; let come to a boil; add butter.

—MRS. J. K. HALL.

* * *

CHILI SAUCE

12 large tomatoes

4 onions 2 cups vinegar
1 cup sugar (more for 4 tablespoons white
sweet sauce) mustard seed
1 tablespoon salt 2 teaspoons ground
4 green peppers black pepper

Cut the tomatoes into small pieces. Remove seeds and fiber from peppers and grind them with onions in food chopper. Mix all ingredients and cook until thick enough to be a sauce, not watery.

—MRS. A. H. APPERSON.

* * *

CHOCOLATE SAUCE

$\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup cocoa
 $1\frac{1}{2}$ cups milk 1 tablespoon butter
1 tablespoon coffee

Mix sugar, cocoa and milk, and boil slowly for 8 or 10 minutes, stirring constantly. Add butter, beat, and add coffee.

—MRS. J. K. HALL.

CARAMEL SAUCE

1 lb. brown sugar 1/4 lb. butter
 1 cup unsweetened evaporated milk
 Cook in double-boiler for 1 hour.

—IRENE BREWSTER.

* * *

CHOCOLATE SAUCE

3 cups water 3 squares or 3 oz. chocolate
 1 1/2 cups sugar
 Cook together slowly until thick.

—MRS. CHAS. WOOD.

* * *

HARD SAUCE

1/3 cup butter 1 cup XXXX sugar
 1 tablespoon cream

Soften butter and mix with sugar. Beat all together and season to taste. Makes a light, fluffy, hard sauce.

—MRS. E. S. SIMPSON.

* * *

HOT CHOCOLATE SAUCE

3/4 cup sugar 1 tablespoon butter
 6 oz. can evaporated milk 1/2 teaspoon vanilla
 Little over 1/4 cake chocolate

Put chocolate in double-boiler, and when melted add butter, then sugar, then milk, and last, vanilla.

—KATHERINE RHOADS.

* * *

HOT LEMON SAUCE FOR CAKE

1 cup water 1 tablespoon cornstarch
 1 egg 1/4 lb. butter (or less)
 1 cup sugar 1 lemon (juice and grated rind)

Cream butter and sugar. Add egg, beaten light, and water. Cook in double-boiler until thick. Add lemon juice and grated rind. Remove from fire. Delicious on hot cake.

—VIRGINIA D. THORNTON.

* * *

COCOA HARD SAUCE

1/3 cup butter 1 cup powdered sugar
 1/4 cup cocoa 1 teaspoon vanilla

Cream butter, add gradually sugar, mixed with cocoa. Then add flavoring. (Serves three.)

—MRS. C. O. SWAN.

LEMON SAUCE (for Fruit Fritters)

1 tablespoon cornstarch	2 tablespoons lemon juice
1 teaspoon grated lemon rind	Sprinkling nutmeg
$\frac{1}{2}$ cup sugar	1 cup boiling water
2 tablespoons butter	$\frac{1}{8}$ teaspoon salt

Mix cornstarch, sugar and grated rind. Add water gradually stirring constantly; boil 5 minutes. Remove from heat; add lemon juice, nutmeg, butter and salt. Serve on hot fritters.

—MRS. HENRY S. WINSTON, SR.

* * *

MINT SAUCE

3 tablespoons fresh mint	4 tablespoons vinegar
1 tablespoon sugar	

Chop mint very fine and stir into mixture of vinegar and sugar. Let stand 1 hour. Serve very cold with lamb roast.

—MRS. E. D. GUNTER.

* * *

PEPPER SAUCE

1 doz. green peppers (seeds taken out)	1 doz. sweet red peppers (seeds taken out)
2 tablespoons salt	1 qt. vinegar
$\frac{1}{2}$ doz. large onions	1 cup sugar

Put all through meat grinder, sprinkle with salt, let stand 10 minutes and drain until dry. Put into kettle vinegar and sugar and boil 30 minutes. When cool, add a few celery seed; put in glasses and seal.

—MRS. W. E. BARRETT.

* * *

PUDDING SAUCE

$\frac{1}{2}$ cup butter	1 cup sugar
1 egg	6 tablespoons hot water

Cream butter, add sugar, then add egg yolks and beat until very light. Pour in 1 tablespoon hot water slowly. Add 5 more in same way. Season to taste. Keep warm over hot water, and when ready to serve add the stiffly-beaten egg white.

—MRS. A. H. APPERSON.

SAUCE

2 eggs (well beaten)

1 cup melted butter

3 cups sugar

1 cup wine

Mix and cook until thick. Serve hot.

—MRS. ELAM C. TOONE.

* * *

"OLD TIME" HOMEMADE MINCE MEAT

 $\frac{1}{2}$ lb. citron

1 can white corn syrup

1 lb. brown sugar

1 lemon

1 pt. sweet cider

1 tablespoon ginger

1 tablespoon ground cinnamon

 $1\frac{1}{2}$ teaspoons salt $1\frac{1}{2}$ lbs. round steak
(ground)

1 pkge. seeded raisins

1 pkge. seedless raisins

1 pkge. currants

 $\frac{3}{4}$ lb. suet $1\frac{1}{2}$ tablespoons nutmeg

1 tablespoon allspice

1 cup good vinegar

 $\frac{1}{2}$ peck apples $\frac{1}{2}$ lb. candied lemon and
orange peel mixed

Peel apples and cut fine. Cook meat and grind in food chopper with suet, candied lemon and orange peel and citron. Mix all ingredients and cook slowly, stirring frequently. When cooked, put in glass jars. 1 tablespoon good brandy in top each filled quart jar just before sealing. Store in fairly dark, cool place. Will keep for two seasons. Makes about 7 quarts.

—MRS. M. E. H. LEWIS.

* * *

GRAPE BUTTER

4 lbs. grape pulp

3 cups vinegar

2 teaspoons allspice

2 teaspoons nutmeg

4 lbs. sugar

2 teaspoons cinnamon

2 teaspoons cloves

Wash grapes, cook, and strain. To 4 lbs. of pulp add spices vinegar and sugar, and cook until it jellies.

—MRS. H. W. SHELTON.

* * *

SANDWICH FILLING

1 teaspoon peanut butter

 $\frac{1}{4}$ lb. butter

1 teaspoon chopped chives

Paprika

Cream butter, about the size of 2 eggs, together with peanut butter, chopped chives and a generous amount of paprika.

—MRS. GEORGE CALL.

STUFFED ORANGES

$\frac{1}{2}$ cup stoned dates 6 oranges
 $\frac{1}{2}$ cup shredded cocoanut $\frac{1}{2}$ cup chopped walnut meats

Cut a slice from end of each orange and carefully remove pulp. Discard all tough membrane. Clean and chop the dates. Mix dates, nuts, orange pulp and cocoanut together and refill the orange shells. Serve with mayonnaise on lettuce leaves or in bed of parsley.

—MRS. I. R. DRURY.




*"'Taint no use to come sellin' things here,
Missus buyin' cook book ads al' dis year."*


—Janet Harris

We hope as you have read through our book you have enjoyed what it had to offer you. And we want you to know that this fulfilment of our dream could not have been possible had it not been for our friends in the business world, who through their interest in us, made it possible. In return for this, won't you can, throw business their way? It is only through reciprocity that all of us gain, and as we have gained, we want them to gain. We thank them, and offer to our readers in the section that is to follow, as we have offered throughout the book, the products that they have for us today.

MRS. LELAND L. MILLER, *Chairman.*



“---till death do us part”




Rarely does the average man think beyond those tragic words, “—till death do us part.” Little do these words reveal to him obligations to be fulfilled. A man may keep the solemn vows of his marriage contract as long as he lives—but does his obligation end there.

It would have been much fairer to his wife and children if some definite provision had been guaranteed in his marriage contract to insure their security in event of his premature death. By every law of love and right and justice, wife and children come first. Do not fail to provide for them.

You can create an estate for your family immediately with life insurance. It is the easiest, quickest and surest way for a man with a moderate income to create an estate for his loved ones.

Home Beneficial Association



ORDINARY AND INDUSTRIAL INSURANCE
HOME OFFICE : RICHMOND, VIRGINIA

COMPLIMENTS

OF

DENNIS-VONDERLEHR

CORNER OF LOMBARDY AND CHAMBERLAYNE

COMPLIMENTS

OF

THE BROOKLAND THEATRE

SHOWING THE OUTSTANDING
PICTURES

FROM HOLLYWOOD'S LEADING PRODUCERS

WE HANDLE EVERY PRODUCT
FROM THE FARM

J. H. Adams & Co.

WHOLESALE

COMMISSION MERCHANTS

1200 East Cary Street

Dial Phone 3-8694

Atkinson & Howard

PRESCRIPTION DRUGGISTS

FRESH TOASTED NUTS
FOR YOUR PARTIES

TALLIES AND GREETING CARDS

2930 North Avenue

Dial 3-9095

Continental Baking Company

BAKERS OF

Wonder Double - Flavor Bread

AND

Hostess Cake

FRIED OYSTERS DEVILED CRABS

Adams Delicatessen

HOME-MADE SALADS

2521 Chamberlayne Avenue

Day, 3-6656; Night, 4-5909

Baber Auto Service

INCORPORATED

2900-2 North Avenue
Richmond, Va.

G. RUSSELL BABER, *President*

SANITARY GROCERY CO., Inc.

OWNING AND OPERATING
SANITARY STORES

Low Price Leaders

Where Quality Counts

It isn't just LOW PRICES that make SANITARY STORES the favorite shopping place of so many women—it's the ASSURANCE that whatever you buy from us MUST be as represented or your money will be refunded.

People like to shop where they may do so with confidence, and it is this policy of consideration for the welfare of our customers that has enabled this company to enjoy uninterrupted growth during the entire 26 years of its existence.

“A Store Near You to Serve You”

WE GROW THE BEST IN FLOWERS, THEREFORE IN ALL RICH-
MOND YOU WILL NOT FIND A FINER, MORE
PROMPT AND DEPENDABLE SERVICE
THAN THAT OFFERED BY

THE HAMMOND CO., Inc.

GRACE AT SECOND

Phone 2-4713

CALL FOR AND DRINK

RICHBRAU BEER

HOME BREWING COMPANY, Inc.

RICHMOND, VIRGINIA

LEONARD REFRIGERATORS

CHAMBERS GAS RANGES

KOLBE, Incorporated

5 WEST GRACE STREET

RICHMOND, VA.

ELECTRIC STOVES

WATER HEATERS

COMPLIMENTS
OF
Brinkley's Bakery
2925 North Avenue
Phone 2-6892

C. P. CARTER R. E. PATRICK
**Barton Heights
Plant Company**
2700 North Avenue
Phone 2-6983 RICHMOND, VA.

CHRYSLER

PLYMOUTH

McKIMMIE

DISTRIBUTORS

MAKING NEW FRIENDS AND KEEPING THE OLD

McKIMMIE MOTOR COMPANY, Inc.

605-621 WEST BROAD STREET

COMPLIMENTS
OF
BINSWANGER

Dial 4-2623 Any Time
Burch Radio Service
Expert ADVICE and SERVICE on Anything
that is Kin to Radio
2510 Chamberlayne Avenue
RICHMOND, VA.

Millinery style starts here—and never stops!

DANFORTH MILLINERY

202 NORTH FIFTH STREET

RICHMOND, VIRGINIA

Dial 5-3243

Dial 5-3243

Coleman-Scales Auto Supply Co., Inc.

1301-1307 West Broad Street

WE NEVER CLOSE

Distributors

GENERAL TIRES AND BATTERIES

REPAIRS
BRAKE LINING
TOWING SERVICE

STORAGE
WHEEL ALIGNING
WASHING AND GREASING

CALL FOR AND DELIVERY SERVICE

Residence Phone 2-5653

20 Years' Practical Experience

W. W. ELLETT

PLUMBING AND HEATING

Estimates Cheerfully Given

Repair Work a Specialty

2111 Miller Avenue

Richmond, Va.

The Eclipse Laundry

M. P. GORDON & CO., Proprietors

1529 West Main Street

COOK WITH SAFETY
BUT
IF ANY ACCIDENTS OCCUR
LET ME PAY

ROBERT L. FIGG

TRAVELERS INSURANCE CO.

ALL LINES OF INSURANCE

Mutual Building—3-1964

Home—4-0120

Phone: Dial 4-4611

Broadus & Lucas

Incorporated

CITY SERVICE GAS, OIL and GREASES
GENERAL AUTO REPAIRS

2500 Chamberlayne Avenue

RICHMOND, : : VIRGINIA

MRS. E. F. BURKHOLDER

PRIVATE AND CLASS PIANO
TEACHER

Post-Graduate American Conservatory
Chicago

PIANO—MUSICAL THEORY
ORCHESTRATION

Certificated by the Virginia State Board
of Education

Studio: No. 6 Corley Bldg. Phone 5-5145

FFV CAKES and CRACKERS

IN THE NEW PARTY PACKAGES

Hors d'Oeuvres Biscuit

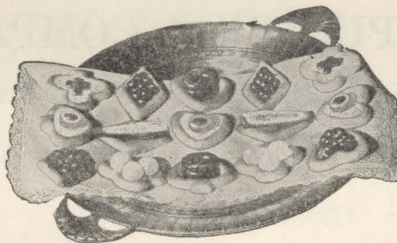
● A short pastry biscuit, made to meet demand for a real canape for anchovy, caviar, pate de foie gras and all types of hors d'oeuvres. 60 or more biscuits to the tin.

Tea Rings

● Like a miniature doughnut in shape—flavored with spices, done to a crisp, ginger-bread brown—they are truly delicious. More than 100 Tea Rings in each airtight tin.



In addition to the above there are many other FFV Cakes and Crackers in the Party Packages . . . Almoroons, Cheese Flakes, Roquefort Squares, Macaroon Krisps, Chocolate Wafers and others.



BETTER THAN THE
FINEST IMPORTED
CAKES

Made by
**Southern Biscuit
Company, Inc.**
Richmond, Virginia

Ask Your Grocer

SHOE REPAIRING

BERNSTEIN

WE DELIVER

424 East Broad Street

Phone 3-4774

CLEANING—BLOCKING—DYEING

BRADLEY BROS.

Knit Garments Blocked to Measure or Form

2920 WEST BROAD STREET

Dial 5-4391

FEYS BROTHERS

HIGH GRADE ICE CREAM

2412 NORTH AVENUE

Phone 2-6640

W. C. GRAY

DEALER IN

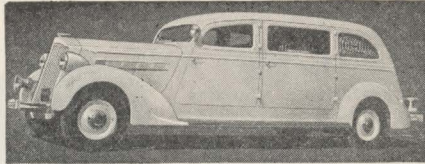
FISH, OYSTERS, POULTRY
AND GAME

Phone Dial 3-3583

404 NORTH SIXTH STREET
RICHMOND, VIRGINIA**BILLUPS FUNERAL HOME**

Established in 1850

CHAS. J., MORTON G., AND STUART L. BILLUPS

NEW
PACKARD
AMBULANCEInstant
Response—
Any Time—
Any Place

2500 East Marshall Street

Phone 3-6711

A. M. PULLEN & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS

RICHMOND, VA.

RALEIGH, N. C.

GREENSBORO, N. C.

**NORTH AVENUE
MARKET***GROCERIES & PROVISIONS*

303 West Brookland Boulevard

Dial 2-5895—2-5896

Griggs BakeriesBELMONT AND CARY
4-9824HARRISON AND MAIN
5-6261618 NORTH LOMBARDY
4-7611

T. GARNETT TABB

THOS. W. BROCKENBROUGH

STUART RAGLAND

TABB, BROCKENBROUGH & RAGLAND

INSURANCE----All Lines

1101 EAST MAIN STREET,

RICHMOND, VIRGINIA

TELEPHONE 2-6546

CALL

WOODSON'S MARKET

5-2847

FANCY GROCERIES, MEATS, FRUITS, VEGETABLES

OUR BEST CUSTOMERS ARE THE ONES
THAT KNOW US BEST

» » » LAUNDRY SERVICE « « «

30 PIECES COMPLETELY FINISHED

\$1.39

HALF FLAT WORK—6 SHIRTS TO BUNDLE
NO EXTRA CHARGE

Dial 4-4915

WEST END LAUNDRY

C. B. MYERS

REPRESENTING

ÆTNA LIFE INSURANCE COMPANY

OF

HARTFORD, CONNECTICUT

MILLER & PATTERSON

L. GORDON MILLER

HENRY C. S. PATTERSON

INVESTMENTS

203 MUTUAL BUILDING,

RICHMOND, VIRGINIA

Members Richmond Stock Exchange

ICE CREAM *It's Super-Creamed*

Dial 5-6758

SATTERFIELD FARM DAIRY

RETAIL—WHOLESALE

2511 CHAMBERLAYNE AVENUE

FANCY MOLDS AND CAKES

OTHER PARTY SPECIALS

SATTERFIELD

Dial 5-6758

JULIA MILDRED HARPER SCHOOL

OF THE

» » » DANCE « « «

3511 CHAMBERLAYNE AVENUE
(Entrance on Walton Avenue)

INSTRUCTION IN ALL TYPES
OF DANCING

CLASSES FOR ADULTS

PRIVATE LESSONS

Phone 4-4841

Everything for Everybody

7:30 A. M. to 9:00 P. M.

**Hudgens
Department Store**

1219 BELLEVUE AVENUE

J. A. HUDGENS

DIAL 2-0810

HOLZBACH

CLEANING AND PRESSING

108 WEST BROOKLAND BOULEVARD
RICHMOND, VA.

B. & L. BRIEL, Inc.

2208 NORTH AVENUE

FOR THIRTY-FIVE YEARS WE HAVE CATERED
TO THE NORTHSIDE, WITH THE BEST
IN MEATS AND GROCERIES

THREE PHONES—DIAL 2-8344

PHONE 5-1361

W. F. GERHARDT

GERHARDT'S PATENTED FUEL SAVER WILL HEAT A HOME WITH OIL
AS CHEAPLY AS THE ORDINARY JOB WITH SOFT COAL
AUTOMATIC DOMESTIC AND COMMERCIAL OIL BURNERS
FUEL OIL, PLUMBING, HEATING, BATH ROOM SPECIALTIES
SUPER AUTOMATIC OIL HEATER

2007 WEST BROAD STREET,

RICHMOND, VA.

ED. KECK

WHOLESALE AND RETAIL DEALER
IN ALL KINDS OF

*Fresh, Salted & Smoked
Meats*

Stall 11, Sixth Street Market

Phone 2-3074

JOHNSON'S DRUG STORE

RELIABLE PRESCRIPTION
DRUGGISTS

HAVE YOU TRIED
JOHNSON'S VANILLA EXTRACT?

ONCE—ALWAYS

Chamberlayne Avenue at Lombardy

DIAL 4-3011



SAUER'S PURE VANILLA

MAKE THE FINEST FOODS
TASTE BETTER

DUKE'S HOME-MADE MAYONNAISE



Nolde Brothers

AMERICAN MAID BREAD and CAKES have been the choice of housewives for more than a quarter of a century.

We want to extend our thanks for the splendid co-operation given us in the past and hope that the quality of our goods will merit a continuance in the future.



SOUTHERN DAIRIES ICE CREAM

. . . is made of the same fine quality ingredients you would use in your own cooking . . . fresh, rich cream, pure cane sugar, natural flavorings, fine fruits and nuts!

Dial 3-8613

I. P. MARTINMILK-FED POULTRY
YEAR ROUND

1208 East Cary Street, Richmond, Va.

Mr. Mayo's StoreTHE SANITARY
RIGHT AT GINTER PARK,
WHERE YOUR EVERY WANT IS FILLED
WITH COURTESY AND
PROMPTNESS

3321 BOULEVARD

A. BISCHOFFFANCY GROCERIES, MEATS, POULTRY
AND VEGETABLES

313 NORTH ADAMS STREET

Phone Dial 3-1948

Dial 5-9774 or 5-9485

Open Day and Night

KELLEY'S SERVICE STATIONW. O. KELLEY, Proprietor
NORWOOD AVENUE AND BROOK ROAD
RICHMOND, VIRGINIA

FURNISHED COTTAGES

SERVICE STATION

LUNCH ROOM

C. E. LEWIS

Dial Phone 2-7121

**Boulevard Cleaning
Company**

122 West Brookland Boulevard

A FULLY EQUIPPED PLANT
ENABLES US TO RENDER YOU
SERVICE AND SATISFACTION**JAS. I. McGIFFIN**

2800 North Avenue

GROCERIES, MEAT AND
VEGETABLES

QUALITY AND SERVICE ALWAYS

Just Dial 2-1607

FOR YEARS GINTER PARK'S NEAREST DRUG STORE
AND ALWAYS READY TO BRING HER THE
BEST OF EVERYTHING AT THE
VERY BEST PRICE

Park View Pharmacy

"You Ring—We Bring"

PRESCRIPTIONS A SPECIALTY

3000 MOSS SIDE AVENUE

Phone 5-2821



PARK HERE

.. in the ..

Centre of Things

FOR THE ULTIMATE IN CONVENIENCE—AVAIL YOURSELF
OF OUR COMPLETE AUTOMOTIVE SERVICE WHILE
YOU SHOP OR ATTEND THE THEATRE

DIAL
3-5361
DAY OR NIGHT

Richmond Garage

PICK-UP
AND DELIVERY
SERVICE

LAUNDRY AND DRY CLEANING SERVICE TO MEET EVERY NEED
QUALITY WORK AT FAIR PRICES, PLUS

Scientific Hygienic Protection

Royal Laundry & Cleaners

Zoric Dry Cleaning System

307-11 North Seventh Street

Dial 3-9157

Mills Hardware Co.

100 West Brookland Boulevard
Phone 2-6968 RICHMOND, VA.

PAINTS—OILS—GLASS
HOUSE FURNISHINGS
LAWN MOWERS, BICYCLES
AND
BABY CARRIAGES SOLD, REPAIRED
AND EXCHANGED

By Selling for Cash, We Sell for Less

MICK or MACK

CASH TALKS

102 West Brookland Boulevard
WHERE YOU CAN BUY
NATIONALLY KNOWN FOODS
FOR LESS

DAVID M. LEA & CO.

Incorporated

RICHMOND, VA.

MANUFACTURERS OF

BEDROOM FURNITURE

MRS. A. J. PYLE

Phone 2-4536

ASHBY B. PYLE, Proprietor

Pressing---French Cleaning---Dyeing

HEMSTITCHING, PLAITING AND CARPET CLEANING

Plant: 2004-10 Chamberlayne Avenue

Main Office: 2004 Chamberlayne Avenue

Mooers Motor Car Company

1114-18 NORTH BOULEVARD
RICHMOND, VIRGINIA

PACKARD

Milton's 5c to \$1.00 Store

Richmond Owned and Operated
119 WEST BROOKLAND PARK
BOULEVARD
RICHMOND, VIRGINIA

LOULA'S

119 NORTH ROBINSON STREET

SPECIAL ATTENTION GIVEN
TO CLUB AND CHURCH
ORDERS

Dial 4-3082

GEO. M. SAWYER

GENERAL AUTO
REPAIRING

FORD AND CHEVROLET REPAIRS
A SPECIALTY

310 West Brookland Boulevard
Dial 2-7076 Night Dial 4-6179

LE GRANDE'S MARKET

219-221 WEST BROOKLAND BOULEVARD

Phone 2-0141-2 or 3

NORTHSIDE'S SERVICE GROCER

TWO PLAIN GARMENTS, \$1.00

NO WHITES OR PASTEL SHADES
CLEANED—PRESSED—CALLED FOR—DELIVERED

Dial 4-7361

613 North Lombardy Street
708 North Sheppard Street 2513 Chamberlayne Avenue

Sunny South Cleaning Company

Incorporated
WHEN WE CLEAN IT—IT'S CLEAN

THE TELEPHONE NUMBER
IN MY STORE IS

5-9569

**Sanitary Grocery
Co., Inc.**

616 North Lombardy Street
C. T. HOWELL, Manager
L. M. SPEARS

All Make Radios Repaired

**Brookland Radio
Service**

104 WEST BROOKLAND BOULEVARD
Dial 2-6676
for
B. W. PATTERSON

PROMPT AND GUARANTEED SERVICE

COMPLIMENTS
OF
MOSMILLER
Florist

**North Avenue Drug
Company**

NORTH RICHMOND'S SERVICE
DRUG STORE

Register No. 5360

R. E. Monroe, Ph. G. R. L. Jarrett, Ph. G.
Phone 2-8421 North Ave. at Overbrook Road
RICHMOND, VA.

F. R. FAIRLAMB

DEALER IN

CHOICE MEATS

STALLS 1 AND 3 SECOND MARKET

RICHMOND, VA.

Dial 2-7239

LANE - BOWLES CO., Inc.

EVERYTHING FOR

AUTOMOBILES

S. E. Corner Boulevard and Broad

Dial 5-0111—4-3232

WILLARD-KELLY TIRES AND PUROLATER

H. S. NUCKOLS

EVERYTHING IN FRESH MEATS
AND GROCERIES
OF THE BEST QUALITY
AT YOUR SERVICE

Dial 2-5893 309 Hopper Street
RICHMOND, VA.

3-1620

J. N. ROYE

PLUMBING AND HEATING
SERVICE

305 West Brookland Boulevard
RICHMOND, VA.

SCOTT DRUG CO.

WE SPECIALIZE IN
PRESCRIPTIONS

1205 BELLEVUE AVENUE
Phone 5-4395

Dial 5-2857

Stamey's Bakery

"LET US DO YOUR BAKING"

W. C. STAMEY, Proprietor
2517 CHAMBERLAYNE AVENUE

FOR QUALITY CLEANING DIAL 2-5721

WE SPECIALIZE IN CLEANING AND BLOCKING BOUCLE SUITS
AND CLEANING EVENING GOWNS

301 PETERSBURG PIKE



RICHMOND, VA.

DELIVERIES TO ALL SECTIONS OF CITY

T. & E. LAUNDRY CO.

Dial 3-1911

931 WEST MARSHALL STREET

LAUNDERING OF EVERY DESCRIPTION
FEATURING FAMILY WASHING

A Service for Every Need at a Price that Will Fit Any Pocketbook

Salsbury's Market

GROCERIES AND PROVISIONS

PROMPT DELIVERIES

620 North Road
(Corner Moss Side Avenue)

Phone 4-6021

The Treasure Box

GIFTS, NOVELTIES

GREETING CARDS

FIFTH STREET, BETWEEN GRACE
AND FRANKLIN

FOR THE KITCHEN GARDEN—
FOR THE FLOWER GARDEN—

WOOD'S TESTED SEEDS

ARE DEPENDABLE

T. W. WOOD & SONS

RICHMOND, VA.

Victory Renovating Works

RUG CLEANERS

SINCE 1892

407 SOUTH CHERRY STREET

DIAL 2-1681

"CALL OUR SHOP TO YOUR DOOR"

W. H. WHITE

106 West Brookland Boulevard

PLUMBING, HEATING AND TINNING

PROGRESSIVE OIL BURNERS

Repair Service a Specialty

Dial 2-6846—Day and Night Service

COMPLIMENTS

OF

L. T. CHRISTIAN

A FRIEND OF GINTER PARK

PARK AND BOULEVARD

TERMINIX

BONDED TERMITE INSULATION



FREE INSPECTION

ORKIN TERMINIX CO., Inc.

1906 West Broad Street

Phone 5-6000

The Party Shop

MRS. EDNA R. MILLER

WE SPECIALIZE IN FAVORS
FOR SHOWERS AND PARTIES
OF ALL KINDS

210 West Brookland Boulevard

Phone 4-0018

G. G. WORSHAM, PRESIDENT

C. A. ZINCKE, SECRETARY-TREASURER

RICHMOND PRESS

PRINTING and PUBLISHING



GOVERNOR AND ROSS STREETS

RICHMOND, VA.

COMMERCIAL PRINTING—BOOK AND
JOB WORK—CATALOGUES AND BRIEFS

PHONE 2-0783

» » **FUEL OIL** « «

FOR
CARE-FREE AND CONTROLLED
HEATING

You wouldn't risk guessing at the right temperature for your cooking. Why do so with your health and comfort?

Let us take over your heating worries. Turn your Fuel Oil requirements over to us. We will check your supply periodically, delivering when needed.

The best grade of Oil available in the most modern equipment by courteous drivers.

SOUTHERN ASPHALT
FUEL OIL COMPANY, Inc.

Dial 4-3611

For Emergency Deliveries Dial 4-4556; 4-4369

SPEC, JBLCA

Gift of Janice B. Longone

35669

2014

