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# Colorado Agricultural College

## EXTENSION SERVICE

Fort Collins, Colorado

H. T. FRENCH, Director

### GIRLS' COOKING CLUB

(SECOND YEAR)

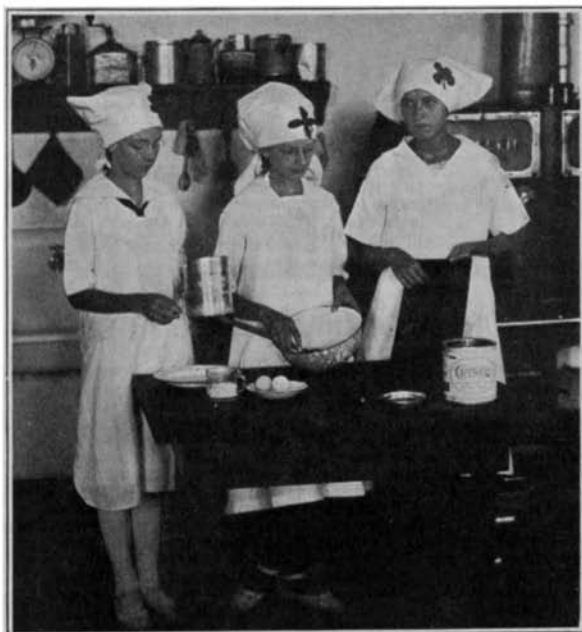
By

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

# Colorado Agricultural College

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# GIRLS' COOKING CLUB

(SECOND YEAR)

By

CHARLOTTE E. CARPENTER

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Assistant State Club Leader of Boys' and Girls' Clubs

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The basic recipes of this bulletin have been selected from various cook books. The substitutions have all been worked out in the laboratory of the Home Economics Department of the State Agricultural College.

## *The Second Year Work*

The second year work will take up the cooking of the breakfast cereals and their uses in cookery; the preparation of egg dishes; the making of desserts other than pie; the making of flour mixtures, such as the quick breads and drop cookies.

Since this bulletin will be in use for several years, it is thought desirable to give the basic recipes with directions for the use of fat, sugar and flour substitutes.

*The basic recipes themselves will not be included in either the required or supplementary work, until after all food regulations have been abandoned.*

It is required that the club member prepare at least one article of food according to recipes given in the bulletin in sufficient quantity for the whole family, at least once a week.

At the completion of the year's work, it is a good plan for the club to serve a meal to the parents and friends and for each member to be responsible for the preparation of some one dish to be served.

The exhibit should consist of one of the following: Muffins, corn bread, steamed bread, ginger bread, or cookies.

Cooking (project).....	100%
1. Work done at club.....	40%
2. Work done at home Required recipes.....	40%
3. Interest in club work.....	20%
Exhibit—(See score card).....	100%
Record .....	100%
Story .....	100%
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	4)400%
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	100%

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

### ***Suggestive Constitution***

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

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

Membership: Any girl from 10 to 18 years of age may become a member by signing the membership roll. Women may become honorary members by vote of the club.

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

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

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

### ***By-Laws***

1. The President shall preside at all meetings.
2. The Secretary shall keep a record of the names of all members, a record of the proceedings of meetings, and shall attend to all correspondence of the members with the County and State Leaders.
3. A Local Leader, the teacher or other interested person, shall be appointed by the County Leader.

4. This club shall hold meetings on.....  
.....of each month. The officers may call such extra meetings as shall be deemed necessary.

5. In connection with the meetings, the club shall entertain their parents and friends with a special program consisting of readings, music, discussion of club matters, lectures by the County Leader or others.

### **Abbreviations**

Teaspoon—t.

Cup—c.

Tablespoon—tb.

Pound—lb.

In the following recipes (R) designates the required work.

Part of the work is made suggestive so no one will be required to use materials which are not available. Any ten of the suggestive recipes are required.

## **Eggs**

Eggs are a valuable substitute for meat. A pound of eggs (nine average sized eggs) is equal in food value to a pound of meat. They contain about the same amount of protein or tissue building material and about the same amount of mineral matter but lack a little in fat. Eggs that are to be cooked for the table should be fresh.

### ***Eggs Cooked in the Shell (R)***

Eggs cooked quite soft: Place the eggs in a pan of cold water, cover and heat gradually to the boiling point.

Eggs cooked less soft: Proceed as in above directions but remove the pan from the stove and allow the eggs to remain in the water two or three minutes.

Eggs cooked hard: Proceed as in directions for eggs cooked quite soft, remove the pan to the back of the stove and let simmer forty-five minutes. If the hard cooked eggs are not to be eaten hot, they should be immediately dropped into cold water.

When eggs are started cooking in cold water the egg is cooked more uniformly and the white is more tender. A high temperature toughens the white.

### **HARD COOKED EGGS**

#### ***Stuffed Eggs (R)***

#### ***Variations***

Shell the hard cooked eggs, cut lengthwise into halves and remove the yolks. Mash the yolks. To each four eggs add: 1 t. vinegar,  $\frac{1}{4}$  t. mustard,  $\frac{1}{2}$  t. salt,  $\frac{1}{2}$  t. sugar, 1 t. butter and a bit

of pepper. When thoroughly mixed, refill the whites. Variations may be made by adding a tablespoon of grated cheese or a couple of tablespoons of finely chopped ham or other meat.

### ***Creamed Eggs (R)***

One cup of medium white sauce, (1 c. milk, 2 tb. fat, 2 tb. corn flour,  $\frac{1}{4}$  t. salt, Bulletin No. 116 "Girls' Cooking Club" (First year) page 10.)

The eggs may be sliced or diced and mixed with the white sauce, or the whites may be cut in small pieces, mixed with the white sauce, and turned into a hot serving dish, and the yolks rubbed through a sieve and sprinkled on the top with a little salt and pepper.

### ***Scalloped Eggs***

3 hard cooked eggs                      1 c. medium white sauce  
1 c. cooked rice or hominy             $\frac{1}{4}$  c. finely chopped ham

Other left-over meat may be substituted for the ham, in which case  $\frac{1}{2}$  t. of salt should be added.

Grease the baking dish, add a layer of rice or hominy, then a layer of sliced or chopped eggs, a sprinkling of chopped meat and the white sauce. Repeat and cover the top with bread crumbs. Put in the oven about twenty minutes or until the bread crumbs are brown and the dish is baked through.

### ***Dropped or Poached Eggs (R)***

Since the whites of eggs dissolve readily in cold water, and hot water hardens the albumen or whites, when the shell has been removed, it is necessary to drop the eggs into boiling water so that an outer covering be immediately formed to protect the remainder of the egg. Use a pan with a large, smooth base and from three to four inches deep; an iron frying pan is excellent.

Fill the pan  $\frac{2}{3}$  full of boiling salt water. Allow  $\frac{1}{2}$  tablespoon of salt to each quart of water. The eggs should be absolutely fresh. Break each egg separately into a cup or small dish and drop carefully into the boiling water. The water in the pan should completely cover the eggs. When the last egg is in, cover and let simmer, but not boil, 3 minutes. There should be a white film over the yolk and the white should be quite firm and jelly-like. When removing from the water, care should be taken not to break the outer covering. Serve on a hot platter. Cold muffins may be sliced across and toasted and the eggs served on the toast when desired.

When one has muffin rings, they may be placed in the pan and the eggs dropped into the rings. If one has plenty of milk, the eggs may be poached in milk and the milk poured over the toast. This is especially good for invalids.

### ***Baked or Shirred Eggs***

Grease small custard cups and sprinkle the bottom and sides with fine bread or cracker crumbs. Break an egg into a small dish and carefully slip into the cup. Sprinkle a little salt and pepper over the top and cover lightly with buttered crumbs. Place cups in a pan of hot water and bake in a moderate oven until the whites are firm. The eggs should be served in the dishes in which they are baked.

### ***Fried Eggs (R)***

Fried eggs are usually cooked in bacon or ham drippings but may be cooked in any hot fat. Have the pan and fat hot. Break eggs and carefully slip into the pan. With a large spoon dip the hot fat over the eggs until the yolks are covered with a white film. Remove eggs carefully, season with salt and pepper, and serve on a hot platter. If desired, the eggs may be turned, but they are much more attractive when the upper surface is cooked by dipping the hot fat over them.

### ***Scrambled Eggs (R)***

Break eggs into a bowl, add one tablespoonful of milk or water,  $\frac{1}{8}$  teaspoonful of salt and a bit of pepper for each egg. Stir all together, have a pan heated moderately, melt just enough fat to thoroughly grease the bottom of the pan; pour the egg mixture into the pan and as soon as it begins to whiten at the bottom, scrape away from the bottom of the pan with a spoon or knife, allowing the uncooked portion to come in contact with the pan. The egg should be removed in large flakes and not finely chopped. The pan should be removed while the egg is quite moist as it will continue to cook some after it has been placed in the serving dish.

### ***Variations***

#### ***French Omelet***

Proceed as for scrambled eggs. When the mass becomes creamy, cease to stir and allow the mass to brown on the under side. Fold and turn onto a hot platter.

#### ***Puffy Omelet (R)***

To each egg add one tablespoonful of milk or water,  $\frac{1}{8}$  teaspoonful salt and a bit of pepper. One egg is usually allowed for each person. Break the eggs carefully, separating the whites and yolks. Beat the yolks until thick and creamy, then add the salt, pepper and milk or water; when well mixed, fold in the stiffly beaten whites.

Have the frying pan well heated and put in about a tablespoonful of fat. When the fat is melted, put the omelet in the

pan. A cover should be placed over the pan and the omelet allowed to cook about ten minutes. Be careful not to have the pan hot enough to burn the omelet on the bottom. If the oven is hot it is well to remove the cover and let the omelet remain in the oven for a few minutes before serving.

When the omelet is ready to be served, a knife should be slipped under the edge of the omelet and the omelet allowed to slip onto the platter until half of the omelet is out on the platter. The knife is then taken out and placed under the opposite edge and this edge brought down and folded over the first, bringing half of the under or browned surface to the top. When the omelet is rather thick it tends to unfold. A cut made lengthwise of the folded edge will help to keep the omelet folded. An omelet should always be eaten as soon as served, as the air contracts it as it cools and the walls of the cells collapse, letting the omelet fall.

### **Variations**

Chopped meat, grated cheese, or well seasoned left-over vegetables, may be heated and spread over the top of the omelet before it is folded.

### **Baked Omelet (R)**

1 cup of medium white sauce, (1 c. milk, 2 tb. fat, 2 tb. flour,  $\frac{1}{4}$  t. salt), (Bulletin No. 116 Girls' Cooking Club (First year) page 10) to each four eggs.

Mix the well beaten yolks of eggs with the white sauce and then fold in the stiffly beaten whites. Have a pan well greased and turn in the mixture. Set in a pan of hot water and bake from 20 to 25 minutes. This omelet is less likely to fall and is very satisfactory for a luncheon dish.

### **Variations**

#### **Cheese Soufflé**

Mix  $\frac{1}{2}$  cup of grated cheese with white sauce and yolks.

#### **Meat Soufflés**

From  $\frac{1}{2}$  c. to 1 c. of finely chopped meat or fish may be added to the puffy omelet.

## **Cereals As Breakfast Foods**

The grains most commonly used as breakfast cereals are: oats, corn, wheat, barley, rice, millet and, in certain localities, kafir corn, milo, feterita and emmer. As most cereals are not easily kept they should be purchased in small quantities and stored in tightly covered glass jars.

All cereals are rich in starch; therefore they require long, slow cooking in plenty of water. The amount of water needed varies

with the age and the way the cereal is prepared. Most cereals are either flaked or in granular form; the latter requires more water.

Cook one flaked and one granular cereal. Try one cereal as a mush or make Virginia spoon bread, cooking in quantities large enough for the family.

### ***Oatmeal***

Since oatmeal contains considerable fat and protein or tissue building material, it is especially good for people doing heavy physical labor. Not only is it good as a breakfast food but also in soups, baked dishes, bread, cookies, and puddings.

### ***Oatmeal Mush***

#### **Coarse Oatmeal**

1 c. oatmeal, 1 t. salt, 4 c. water. Time for cooking: 4 hours.

#### **Rolled Oats**

1 c. rolled oats, 1 t. salt, 2 c. water. Time for cooking: 2 hours.

The rolled oats has been partially cooked in the preparation and hence requires less water and less time for cooking.

Have the water boiling, add the salt and then gradually the oatmeal. Cook over the fire from 10 to 15 minutes, stirring frequently to keep the oatmeal from sticking, and then cook over boiling water 2 hours if rolled oats, and 4 hours, if coarse oatmeal; or cook over night in the fireless cooker. Unless a fireless cooker is used, the double boiler is very desirable. However, the dish containing the cereal may be placed in a pan of boiling water.

The oatmeal mush should be served hot.

### ***Corn Meal Mush***

1 c. corn meal, 1 t. salt, 4 c. water. Time for cooking, 3½ hours.

Mix the corn meal with one cup of cold water, bring the remainder of the water to the boiling point, add the salt and the corn meal mixture. Cook over the fire ten minutes, stirring to keep the mixture from lumping, and then cook over the boiling water three and one-half hours or in the fireless cooker over night.

Serve hot. If one has an abundance of milk, it may be substituted for part of the water. This improves the flavor and increases the food value.

Kafir corn, milo, and emmer may be prepared in the same way but require longer cooking. Cook 4 hours instead of 3½, using the double boiler.

### ***HOMINY***

Hominy is another corn product. The germs and hulls are removed from the corn and the kernels ground, split, left whole, or

flaked. The product is known as hominy grits when the kernel is ground; course hominy, samp or pearl hominy when the kernel is split; lye hominy when the kernel is whole. The last may be made at home.

### ***Hominy Grits***

1 c. hominy grits, 2 t. salt, 5 c. water. Time for cooking: 1¼ hours.

Mix the hominy grits with 1 c. cold water, bringing the remainder of the water to the boiling point, add salt, then gradually the hominy mixture. Boil 10 minutes over the fire, then place over boiling water and cook 1¼ hours, or place in the fireless cooker over night. Serve hot.

This may also be molded and fried as mush.

### ***Coarse Hominy or Lye Hominy***

1 c. coarse hominy, 3 t. salt, 4 c. water. Time for cooking: 3 to 4 hours.

Soak the hominy about 8 hours or over night in water, have the remaining water boiling, add the salt and the soaked hominy. Boil over the fire from 15 minutes to 20 minutes, then place over boiling water and cook 3 hours or place in the fireless cooker over night or about 12 hours. When the hominy is rather old it may be necessary to reheat the hominy and put it back into the cooker a second time.

Hominy may be used in place of macaroni or rice in cheese dishes. Hominy which has been thoroughly cooked, mashed and put thru the ricer is good in griddle cakes and muffins.

### ***Home Made Hominy or Hulled Corn***

Shell one dozen ears of Indian corn, using only the sound kernels; cover with cold water; put one quart of wood ashes in a muslin bag and add to the water; boil until the strength is out of the ashes and remove the bag. Add more hot water and boil until the hulls crack and begin to peel and the germs drop out. Put into cold water and remove all hulls and germs. A clean whisk broom will greatly aid in removing the hulls. Wash in several waters. The hominy may be made in rather large quantities, dried thoroughly and put in sealed jars for future use. The dried hominy may be put through the meat chopper and made into hominy grits if desired. If the hominy is to be used without drying it should be reheated, using ½ c. water and 1 t. salt to 2 cups of the hulled corn, and cooked until the liquid has been absorbed or evaporated and the kernels are separate but moist. It is better to use the double boiler or to steam the hominy as there is less danger of its burning.

When one does not have the wood ashes, hot water may be

poured over the corn and the corn soaked over night. In the morning put the corn in a kettle adding one tablespoonful of baking soda for each pint of corn; cover with hot water and boil until the hulls come off readily. Put in clear water and remove the hulls and germs. Wash the corn in several waters or until the soda taste is entirely gone; then dry or prepare for the table.

### *Fried Mush*

Fried mush is really sautéed as it is browned in a small amount of fat. Any left-over cereal may be put in a pan and molded and when cool cut in  $\frac{1}{3}$  inch slices, placed in a hot pan with a little fat, browned on both sides and served hot, either plain or with syrup. The mush may also be browned in the oven. The oven should be quite hot and the slices either dipped in melted fat or spread on both sides with a soft fat. Any fresh meat drippings or vegetable oil may be used.

When making corn meal mush, especially for frying, it should be made a little stiffer than the ordinary mush. If 1 tablespoon of flour is added to each cup of corn meal and from  $\frac{1}{2}$  to 1 cup less of water used, the mush will hold together much better. Baking powder cans make good molds.

### *Virginia Spoon Bread*

$\frac{1}{4}$ c. cold water	$\frac{1}{2}$ c. wheat or barley flour
$1\frac{1}{2}$ c. boiling water	1 egg
1 t. salt	1 c. grated cheese
$\frac{1}{2}$ c. corn meal	1 t. baking powder

Mix the cold water and the corn meal and slowly add to the boiling salt water, stirring until well thickened; then cook in the double boiler one hour. When cool, stir in the beaten egg, the flour, baking powder, and the grated cheese. Heat bacon or other fat on a griddle or in a skillet. Drop the mixture by spoonfuls onto the hot surface. Brown on both sides and serve hot. Left-over mush may be used in place of making fresh mush.

### *Steamed Rice*

1 c. rice, 1 t. salt, 3 c. water. Time: 1 hour.

Look over the rice and wash in several waters. Place the rice in a strainer, put the strainer in a pan of water, and rub the rice between the hands, lift out the strainer, take fresh water and repeat the process. The rice should be washed in at least three waters and more if the last water seems quite milky. Do not let the rice stand in the water. Have boiling water, add the salt and then gradually add the rice, stirring with a fork to keep the grains from adhering. Boil over the fire from 5 to 10 minutes, then cook over boiling water one hour or longer if the grains seem hard at the center. Remove the cover and let the steam escape.

If the rice is to be used for dessert or one has an abundance of milk, the milk may be substituted for part of the water.

1 cup of uncooked rice makes about 4 cups of cooked rice.

### ***Boiled Rice***

1 c. rice, 1 t. salt, 3 to 4 qts. boiling water. Time: 30 to 40 minutes.

Look over and wash the rice. Have the water boiling, add the salt, add the rice slowly so as not to check the boiling; use a fork for stirring. Test the rice to see that it is cooked at the center. Drain in a strainer; pour over one quart of boiling water; return to the kettle and let stand on the back of the range or where warm about 10 minutes to dry off. This leaves each grain separate.

When rice is cooked in this way the water should be saved to be used in soup or much of the nutriment will be lost.

### ***Desserts***

The word "desserts" refers to the sweets which are served at the end of the meal. Desserts are usually grouped according to the foundational materials as follows: Fruits, gelatines, junkets, custards, frozen desserts, and puddings, which usually contain some form of a starchy material.

Fruits: fresh and cooked.

Gelatines: clear gelatines, fruit puddings, sponges and Bavarians.

Junkets.

Custards: soft and baked.

Frozen desserts.

Puddings, desserts with starchy foundation such as corn starch, tapioca, rice, flour, crumbs and cereals.

Pastry.

### ***Sugar Substitutes***

In this state the principal substitutes for sugar are honey and corn syrup.

A cup of honey weighs about  $1\frac{1}{4}$  times as much as a cup of sugar. About  $\frac{1}{5}$  is water, leaving the solid matter equal in weight to 1 cup of sugar.

Most of this solid matter is sugar so there is about as much sugar in a cup of honey as in a cup of ordinary sugar. However, the sugars are not the same kind and the cane or beet sugars are much sweeter than those found in honey, but on account of its peculiarly penetrating flavor, honey seems to be much sweeter than it really is. In substituting honey for sugar, we use an equal amount except in a few cases like custards where we use a little less honey than sugar.

Corn syrup weighs a little less than honey. It also is about  $\frac{1}{5}$  water so the solid matter weighs a little less than the cup of sugar. Part of this solid matter is the same kind of sugar as found in the honey but part is dextrin which is a substance still less sweet. Corn syrup also lacks the penetrating flavor of honey. For this reason more corn syrup is required than honey. Since it takes so much corn syrup to sweeten the cakes and puddings sufficiently, it means the addition of a large amount of liquid. To avoid this it is well to increase the sweetness by the addition of a little sugar or honey instead of using the amount of corn syrup necessary to make the required sweetness.

When using honey or corn syrup, reduce the liquid  $\frac{1}{5}$  c. for each cup of sweetening. When using small amounts, as in muffins no difference need be made.

### ***Gelatine***

Gelatine is a tasteless, transparent substance obtained from the bones, skin, tendons and muscles of animals. When placed in cold water the gelatine swells and absorbs much of the water but is soluble only when it is heated after being soaked in the cold water. This is usually accomplished by the addition of hot liquid. Never pour hot liquid on the dry gelatine or allow the gelatine to boil any length of time as boiling tends to decompose the gelatine so it will not set. Upon cooling, the gelatine solidifies into a jelly-like mass. This process requires several hours, the time depending on the amount of gelatine used, the temperature, and the amount of moisture in the air.

The juices of fresh currants and pineapple decompose gelatine so it will not solidify. Therefore these fruit juices should be cooked before being used with gelatine. If one wishes gelatine to set quickly they should place it on ice or use a larger amount of gelatine than is given in the recipe.

Ideal gelatine is just stiff enough to hold its shape, is tender, and melts quickly in the mouth.

There are four types of gelatine mixtures; the clear liquids solidified; the fruit puddings, having the pulp as well as the juice of the fruits; the sponges made with the beaten whites of eggs; and the Bavarians made with whipped cream.

### ***To Mold and Unmold Gelatine Dishes***

The gelatines may be placed in one large mold or in several small ones; cups make good individual molds.

Place the gelatine in the molds letting them stand where they will be cool and undisturbed for several hours. When ready to serve, if the gelatine is to be removed from the mold, place the mold in a pan of warm, not hot, water for a minute or two. Place

the dish in which the gelatine is to be served over the mold, hold the two firmly together, quickly bring the upper dish under, and the gelatine will drop to the serving dish with the under side up. Lift the mold and the gelatine is ready to serve.

*Coffee gelatine or one of the fruit puddings.—(R.)*

#### **Coffee Gelatine**

1 envelope or	$\frac{1}{2}$ c. cold water
2 tb. granulated gelatine	3 c. hot strong coffee
$\frac{3}{4}$ c. sugar or	
$\frac{1}{2}$ c. corn syrup and $\frac{1}{4}$ c. sugar or	
$\frac{3}{4}$ c. honey	

When using syrup or honey, use only  $2\frac{3}{4}$  c. coffee. Soak the gelatine in the cold water 5 minutes; add the hot coffee and then the sugar, the corn syrup or the honey; stir until the gelatine and the sweetening are well dissolved; strain into the mold. Serve with whipped cream or thin custard.

This illustrates the clear gelatines.

Fruit juices may be substituted for the coffee, using  $1\frac{1}{2}$  c. of fruit juice and  $1\frac{1}{2}$  c. of boiling water. If the juice is rather mild, a larger percentage of fruit juice may be used. Unless the acidulated gelatine is used, the juice of one lemon is always combined with the other fruit juice. If the fruit juice is rather tart more sweetening may be needed. When combining, do not heat the fruit juice as heat changes the flavor.

In winter when fresh fruit is not obtainable, dried fruit, canned fruit, or jellies dissolved in hot water, may be used. In both cases the amount of sugar should be lessened.

#### **Prune Pudding**

1 envelope or	$1\frac{1}{2}$ c. hot prune juice
2 tb. granulated gelatine	$\frac{2}{3}$ c. sugar or
1 c. cold water	$\frac{1}{2}$ c. corn syrup and 3 tb. sugar
$\frac{3}{4}$ lb. prunes soaked and cooked until tender	or
1 lemon (juice)	$\frac{2}{3}$ c. honey

Soak the gelatine in the cold water 5 minutes, add the hot liquid, the lemon juice, and the sweetening; stir until all is dissolved; strain and set away until it becomes about the consistency of honey. Have the prunes seeded and cut into sections, fold in the fruit pulp, place in mold and put away to set.

Apricots or other dried fruits which are rather tart may be used; also fresh fruits or combinations of fruits and juices. Nuts may be added if desired.

Serve with whipped cream or a soft custard.

• **Snow pudding or Bavarian.—(R.)**

**Snow Pudding or Lemon Sponge**

- |  |                           |
|--|---------------------------|
| ½ envelope or  | ¼ c. lemon juice or about |
| 1 tb. granulated gelatine                                  | two lemons                |
| ¼ c. cold water  | 3 egg whites              |
| 1 c. boiling water   |                           |
| 1 c. sugar or 1 c. honey or 1 c. corn syrup and ⅕ c. sugar |                           |

Soak the gelatine in the cold water, dissolve in boiling water, add sweetening and lemon juice, strain and set aside to cool. When syrupy, beat with egg beater until frothy and then fold in the stiffly beaten egg whites. Place in a mold and when thoroughly set, slice and serve with a soft custard made from the egg yolks.

Use one-half of recipe for thin custard, page 17.

Other sponges may be made by substituting other fruit juices. With the milder juices, cut the boiling water down to ½ cup, using ¾ cup of fruit juice and the juice of one lemon. The bright colored juices, such as grape, cherry and strawberry, are attractive in the sponges.

**Pineapple Bavarian Cream**

- |  |                                 |
|--|---------------------------------|
| 1 envelope or                                | ½ c. sugar or ½ c. honey or     |
| 2 tb. granulated gelatine                    | ½ c. corn syrup and 2 tb. sugar |
| ½ c. cold water                              | 1 tb. lemon juice               |
| 1½ c. grated pineapple<br>(canned or cooked) | 1½ c. whipping cream            |

Soak the gelatine 5 minutes in the cold water, heat the pineapple and add to the gelatine, add lemon juice and sweetening. Cool until the mixture begins to thicken. Have the cream beaten light and fold into the mixture. When well mixed, place in mold. This should be firm enough to slice.

This is very rich and needs no sauce.

**Chocolate Bavarian**

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 envelope or             | ⅔ c. sugar or ⅔ c. honey or     |
| 2 tb. granulated gelatine | ⅔ c. corn syrup and 2 tb. sugar |
| 1 c. cold water or milk   | 2 oz. or squares chocolate      |
| 1 c. milk                 | ¼ t. salt                       |
| 3 egg yolks               | 1½ c. whipping cream            |

Scald the milk, add salt to the egg yolks and beat, slowly add the scalded milk to these, stirring constantly so there will be no danger of the egg cooking before it is thoroughly mixed. Melt the chocolate in the double boiler or a pan set in hot water, add part of the sweetening to the chocolate and then milk and egg gradually, then the remainder of the sweetening. Stir until the mixture begins to thicken and then pour over the softened gelatine

Stir until it is thoroughly mixed and then let stand until cold and until it becomes thick and syrupy, then fold in the beaten cream; put in a mold and let set until firm.

### *Junket Custard—(R.)*

Junket custard is made by adding rennet to flavored and sweetened sweet milk. The rennet causes the casein in the milk to clot.

1 qt. milk	1 junket tablet
$\frac{1}{4}$ c. sugar or	1 t. vanilla
$\frac{1}{4}$ c. corn syrup and 1 tb. sugar or	1 tb. water
3 tb. honey	

Add the sweetening to the milk; heat the milk over hot water until luke warm when a drop on the wrist should feel neither hot nor cold. Crush the junket tablet and dissolve in 1 tb. of water. Add the tablet and flavoring to the milk, pour into a mold and keep in a warm place until the mixture is firm; then place where it will chill. Be careful not to disturb the custard while it is setting.

One square of chocolate may be melted and cooked until smooth and glassy with 2 or 3 tablespoons of boiling water and then added to the milk before the junket is stirred in.

### *Custards*

Custards are wholesome and nutritious desserts made of milk and egg. The egg is used as the thickening agent.

These may be made from condensed milk where fresh milk is not available, using equal parts of water and condensed milk.

1 qt. milk	$\frac{1}{4}$ c. honey or sugar or
4 to 6 eggs	5 tb. corn syrup or
$\frac{1}{4}$ t. salt	maple syrup
1 t. vanilla or cinnamon or	
$\frac{1}{2}$ t. nutmeg	

Beat eggs just enough to mix well the yolk and white. Add salt, then the honey, sugar or syrup, and then the milk and flavoring. If maple syrup is used no other flavoring is needed. Mix thoroughly and pour into cups or into one large dish. Place in a pan of hot water and bake in a moderate oven. When the custard seems done, place a knife down through the center. If the custard is firm none of the mixture will stick to the knife. Serve in the dish in which it was baked. When the custard is baked in one dish, if the eggs are rather small or if it is desirable to have the custard retain its shape so it can be removed from the dish, it is well to use 6 eggs.

These custards may also be cooked in a steamer, if desired.

**Soft Custard (R.)**

1 qt. milk	$\frac{1}{2}$ c. honey or sugar or
yolks of 6 eggs	$\frac{2}{3}$ c. corn syrup
$\frac{1}{2}$ t. salt	

Whole eggs can be used but the yolks make a smoother custard. The custard should be cooked in a double boiler or a pan set in boiling water. Since it is necessary to stir the mixture constantly after the eggs have been added, it is well to scald the milk first. Beat the yolks well and add the salt and sweetening; then gradually stir in the scalded milk. Do not add the eggs to the hot milk as they are apt to cook before they are thoroughly mixed with the milk.

Return the mixture to the double boiler and cook until there is a thin coating on the spoon. Pour through a strainer into a cool dish. If cooked too long the custard will curdle. As soon as it begins to curd, the pan should be taken from the hot water and placed in cold water and the custard briskly beaten with a Dover egg beater.

**Corn Starch Pudding Or Blanc Mange (R.)**

2 c. milk (condensed milk diluted with equal amount of water may be used)	
4 tb. sugar or 4 tb. honey or 4 tb. corn syrup and 1 tb. sugar	
1 egg white	$\frac{1}{16}$ t. salt
$\frac{1}{2}$ t. vanilla	

Reserve  $\frac{1}{4}$  cup milk and put the remainder into a double boiler to heat. Mix the sweetening, salt, corn starch and  $\frac{1}{4}$  c. of milk together. When the milk in the double boiler is hot, add to it the corn starch mixture, stirring constantly until the milk is well thickened. Cook about twenty minutes, stirring occasionally. Have the egg white beaten stiff and stir it and the flavoring in just before removing from the fire. Pour into the mold which has been rinsed in cold water.

Chill and serve with a soft custard made from the egg yolk, 1 cup of milk, 2 tablespoons sweetening and  $\frac{1}{4}$  teaspoon vanilla; or with fruit juice.

**Variations**

- (1) 1 square or 1 oz. of chocolate may be melted and cooked with  $\frac{1}{4}$  c. water and 2 tb. of sweetening, and added to the corn starch just before it is poured into the mold.
- or (2)  $\frac{1}{2}$  c. grated cocoanut may be steamed and added
- or (3) grated pineapple may be added
- or (4) one or two pieces of fruit may be placed in the bottom of the mold before the corn starch is poured into it.

**Rice Pudding (R.)**

4 c. milk	$\frac{1}{3}$ c. sugar or
$\frac{1}{3}$ c. rice	$\frac{1}{3}$ c. honey or
$\frac{1}{2}$ t. salt	$\frac{1}{3}$ c. corn syrup and 1 tb. sugar
$\frac{1}{2}$ t. vanilla or 1 t. cinnamon	

Wash the rice several times, mix the ingredients, pour into a buttered baking dish, set in a pan of water, and bake three hours in a slow oven. Stir several times during the first hour of baking to prevent the rice from settling. If the dish is rather deep and covered the pudding will remain more creamy. One-half cup of raisins or chopped dates may be added if desired.

**One Tapioca Pudding (R.)****Tapioca Pudding**

4 c. scalded milk	1 tb. butter
$\frac{2}{3}$ c. tapioca	$\frac{1}{2}$ c. sugar or
3 eggs	$\frac{1}{2}$ c. honey or
1 t. salt	$\frac{1}{2}$ c. corn syrup and 2 tb. sugar

If pearly tapioca is used, soak 1 hour in cold water to cover; drain, add to the milk, and cook in the double boiler until soft and transparent. If the minute tapioca is used it will not be necessary to soak it. Beat the egg slightly and add the sugar and salt. Gradually pour the hot mixture over the egg, beating continually. Return to the double boiler and cook until the egg thickens the mixture. Pour into a buttered baking dish and bake 30 minutes in a slow oven.

If desired the white of one egg may be reserved and beaten until stiff, a couple of tablespoons of sugar added and the meringue spread over the top and browned in the oven.

**Apple Tapioca Pudding**

$\frac{1}{2}$ c. sugar or	$\frac{1}{2}$ c. sugar or
$2\frac{1}{2}$ c. boiling water	$\frac{1}{2}$ c. honey or
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ c. corn syrup and 2 tb. sugar
	7 sour apples

Soak the tapioca in cold water one hour (unless minute tapioca is used), drain, add to the boiling water and salt; cook in the double boiler until transparent. Pare and core the apples and arrange in a buttered pudding dish, put the sugar in the cavities and pour the tapioca over the apples. Bake in a moderate oven until the apples are soft. Serve with sugar and cream.

Canned or cooked dried fruit such as apricots, apples or peaches may also be used.

**Oatmeal Pudding—(R.)****Oatmeal Betty**

2 c. cooked oatmeal  
 4 apples sliced thin or diced  
 ½ c. raisins  
 ½ c. sugar or ½ c. honey or  
 ¼ c. corn syrup and ¼ c.  
 sugar  
 ¼ t. cinnamon

**or Brown Pudding**

2 c. cooked oatmeal  
 ½ c. molasses  
 ½ c. raisins  
 ½ c. sugar or ½ c. honey or ¼ c.  
 corn syrup and ¼ c. sugar  
 ¼ t. cinnamon

Mix and bake for one-half hour. Serve hot or cold. Any dried or fresh fruits, dates, or ground peanuts may be used instead of apples. Either pudding will serve five people.

Dried fruits such as apricots, prunes and Logan berries, or cherries may be used.

**Either bread pudding may be used (R.)****Chocolate Bread Pudding**

1 c. bread crumbs (left over muffins may be used)  
 2 c. scalded milk  
 1 oz. or square of chocolate ¼ c. boiling water  
 ⅓ c. sugar or 1 egg  
 ⅓ c. honey or ¼ t. salt  
 ⅓ c. corn syrup and 1 tb. sugar ½ t. vanilla

Add the crumbs to the scalded milk and allow them to soak until soft. Add the chocolate which has been cut in small pieces, to the boiling water and cook until a smooth paste is formed. Add the chocolate, beaten egg, sugar, and salt to the milk and crumbs. Put in a greased dish and bake in a moderate oven thirty to forty minutes.

Serve with whipped cream or custard sauce.

**Prune Bread Pudding**

Drain the juice from the prunes, seed, and add one cup of pulp to the pudding, omitting the chocolate and adding 1 tb. of lemon juice. The prune juice may be made into a sauce and served with the pudding (see fruit sauces).

**Steamed or Baked Pudding**

Use substitute flours.—(R.)

**Cottage Pudding****Basic Recipe**

⅔ c. sugar or 2¼ c. flour  
 ⅔ c. honey or ½ t. salt  
 ⅔ c. corn syrup and 2 tb. sugar 4 t. baking powder  
 ¼ c. fat  
 1 egg  
 1 c. milk

Mix the fat and sweetening; add the beaten egg and the milk and stir in the dry ingredients sifted together. Place in a greased dish and bake 35 minutes in a moderate oven or steam 45 minutes to 1 hour. Steaming is to be preferred.

Serve with maple or chocolate sauce.

### **Flour Substitutes**

Substitute for the  $2\frac{1}{4}$  c. of flour any of the following:

1.  $1\frac{1}{2}$  c. emmer and  $\frac{3}{4}$  c. corn starch,
2. 1 c. corn flour, 1 c. barley,  $\frac{1}{3}$  c. rice flour or potato flour
3.  $1\frac{3}{8}$  c. barley, 1 c. corn flour
4.  $1\frac{1}{4}$  c. rye,  $\frac{1}{8}$  c. ground rolled oats
5.  $1\frac{1}{4}$  c. feterita and  $1\frac{1}{4}$  c. corn flour
6.  $1\frac{3}{8}$  c. barley and  $1\frac{1}{4}$  c. kafir corn

### **Variations**

#### **Raisin or Date Pudding**

- (1) Add  $\frac{1}{2}$  c. chopped raisins or dates

#### **Fruit Pudding**

(2) Drain the juice from canned or stewed fruit, place a small amount of fruit in the bottom of the cup, cover with a batter and steam. Remove from the cups so the fruit is on top. Serve with a sauce made from the juice which was drained from the fruit.

#### **Spiced Pudding**

(3) Add  $\frac{1}{4}$  t. cloves,  $\frac{1}{4}$  t. nutmeg, 2 t. cinnamon and  $\frac{1}{2}$  c. chopped raisins. Bake or steam and serve with maple or vanilla sauce.

When baked in muffin pans and served hot, this makes good tea cakes.

#### **Chocolate Pudding**

(4) Grate or melt one square of chocolate and add to the pudding mixture with 1 tb. honey or sugar.

### **PUDDING SAUCES**

#### **Vanilla Sauce—(R.)**

$\frac{1}{2}$ c. corn syrup and	1 t. butter
$\frac{1}{2}$ c. water	1 tb. lemon juice
or	$\frac{1}{2}$ tb. corn starch
$\frac{1}{3}$ c. honey and	$\frac{1}{2}$ t. vanilla
$\frac{2}{3}$ c. water	

Mix the corn starch with a little cold water, then add the lemon juice, corn syrup and the remainder of the water. Stir until the mixture boils, cook five minutes or until clear; add the

butter just before taking from the stove and the vanilla just before serving.

### **Maple Sauce**

Make the same as above using maple instead of corn syrup or  $\frac{1}{2}$  t. of mapleine.

### **Chocolate Sauce**

1 t. butter	$\frac{1}{2}$ tb. corn starch
1 sq. chocolate	$\frac{1}{2}$ t. vanilla
$\frac{1}{2}$ c. corn syrup and 1 tb. honey or sugar and $\frac{1}{2}$ c. water	
or	

$\frac{2}{3}$  c. water and  $\frac{1}{3}$  c. honey

Put butter and chocolate in sauce pan and melt over hot water, add sweetening, water and the corn starch which has been mixed with the cold water. Place over the fire and boil five minutes, stirring constantly. Add the vanilla after the mixture has been taken from the stove.

### **Fruit Sauces—(R.)**

The juices from canned or stewed fruits also make desirable pudding sauces. In many cases the juice may be diluted, using  $\frac{1}{2}$  cup of juice and  $\frac{1}{2}$  cup of water.

Follow the directions given for the vanilla sauce omitting the vanilla and varying the amount of sweetening according to the sweetness of the fruit juice. The entire amount of liquid should equal one cup.

### **Whipped Cream**

Beat cream until stiff then add the sweetening. This may also be sweetened with the corn syrup or honey but the cream should be beaten quite stiff to allow for the extra water found in corn syrup and honey.

**Custard Sauce**—(See soft custard, page 17)

## **Substitutes for Wheat**

In working out recipes for wheat substitutes it is much better to take a recipe which one has used and knows to be satisfactory and make the substitutions in this recipe, than to try out the numerous recipes which are constantly being published.

The substitutions are based on the **weight** of a cup of sifted wheat flour, an equal weight of substitute flour being used instead of an equal measure.

Flours made from the same kind of grain often vary in weight

owing to the difference in the age and dryness and the milling process used.

The table given below is based on the averages taken from a number of weights, and represents the amount of each flour or meal which equals the weight of one cup of sifted flour.

### *Measuring*

All flours except the coarse grains are sifted before being measured. All measures should be level and accurate.

### *Table for Dry Ingredients*

3 teaspoonfuls equal 1 tablespoonful

16 tablespoonfuls equal 1 cupful

2 cupfuls equal one pint

In measuring teaspoonfuls and tablespoonfuls the spoon is filled with the dry ingredient and leveled off with the straight edge of a knife. When measuring a cupful the dry ingredient or sifted flour is put into the cup with a spoon and then leveled off with the straight edge of a knife. When measuring, the cup should never be shaken as this causes the material to pack. Small portions are more accurately measured by the spoonfuls. Some flours thicken more than others when cooking so even though the batter seems thin, changes should not be made until the recipe has been tried.

1 cupful of wheat flour is equaled in weight by:

1 $\frac{3}{8}$  c. of barley flour

1 $\frac{1}{2}$  c. ground rolled oats

1 $\frac{1}{4}$  c. rolled oats

1 c. emmer flour

1 c. kafir corn flour

1 c. rye flour

1 c. less 1 tablespoonful corn flour

9/10 c. milo ground in meat chopper

$\frac{7}{8}$  c. buckwheat flour

$\frac{7}{8}$  c. rice flour

$\frac{7}{8}$  c. corn meal

1 $\frac{1}{4}$  c. feterita

$\frac{3}{4}$  c. cornstarch

$\frac{3}{4}$  c. potato flour

When using the substitutes it is much better to make the quick breads, such as griddle cakes, muffins, steamed breads and baking powder breads, where baking powder or soda is used instead of the yeast breads, as the egg, in a measure, helps to take the place of the gluten which is lacking in most of the substitutes. Rye, emmer, and barley have some of this elastic quality and are good alone or in combination. Barley as well as many other

of the substitute flours has a strong flavor. It is therefore desirable to combine two or more flours so no one flavor predominates.

Dried bread and muffin crumbs, potatoes and cooked cereals such as oatmeal, rice, hominy, cornmeal, and other breakfast foods also make a pleasing addition to griddle cakes and muffins. Since the cooked potato and cereals contain varying amounts of water, it is impossible to give definite directions for their use. Usually when adding them to the mixtures, it is well to omit  $\frac{1}{2}$  cupful of liquid and the equivalent of one cupful of wheat flour for each cupful of cereal.

### **Sour Milk Griddle Cakes—(R.)**

#### Basic Recipe

2 c. sour milk	1 t. soda
1 egg	$\frac{1}{2}$ t. salt
$2\frac{1}{2}$ c. flour	

Beat egg yolk slightly, add the milk, and stir in the salt flour and soda which have been sifted together. Stir in the stiffly beaten white of egg last. The difference in the consistency of the milk makes a difference in the thickness of the batter so always cook a cake before adding extra flour. Drop by spoonfuls on a hot griddle. When brown on the underside, cooked around the edge, and puffed and full of bubbles it should be turned and cooked on the other side. Unless the griddle is soapstone or aluminum it should be well greased before the batter is put on. If the milk is very sour it may be necessary to add a very little more soda; but do not add any extra soda unless the cakes taste sour after being baked.

Make griddle cakes using one of the suggested substitutes instead of wheat flour.

**Substitute for the  $2\frac{1}{2}$  cups of wheat flour any of the following combinations. This gives 100% substitution:**

1.  $1\frac{1}{2}$  c. corn flour less  $1\frac{1}{2}$  tb. and  $1\frac{3}{8}$  c. of barley flour
2. 1 c. less 1 tb. corn flour and 1 c. and 5 tb. of buckwheat
3.  $1\frac{1}{2}$  c. emmer flour and  $\frac{3}{4}$  c. potato flour
4.  $1\frac{1}{2}$  c. corn flour and  $1\frac{1}{8}$  c. ground rolled oats
5.  $1\frac{3}{8}$  c. barley and  $1\frac{3}{8}$  c. corn meal
6.  $1\frac{7}{8}$  c. corn flour
7.  $3\frac{1}{2}$  c. barley flour
8.  $2\frac{1}{2}$  c. emmer flour

### **Sweet Milk Griddle Cakes.—(R.)**

Make sweet milk griddle cakes using one of the suggested substitutions.

## Basic Recipe

2 c. sweet milk	1 t. salt
1 egg	2 t. baking powder
2 tb. melted fat	3 c. flour
1 tb. corn syrup	

Combine as directed above adding the melted fat before stirring in the beaten egg white.

**Substitute for the three cups of wheat flour any of the following combinations:**

1. 2 c. barley and  $1\frac{1}{4}$  c. corn meal
2. 2 c. barley and  $1\frac{3}{4}$  c. ground rolled oats
3.  $1\frac{3}{8}$  c. corn flour and  $1\frac{3}{8}$  c. milo
4.  $1\frac{1}{4}$  c. buckwheat and  $1\frac{1}{2}$  c. corn flour
5.  $1\frac{1}{4}$  c. buckwheat and  $1\frac{1}{8}$  c. potato flour
6.  $1\frac{5}{8}$  c. ground rolled oats and  $1\frac{1}{2}$  c. corn flour
7. 3 c. emmer
8.  $1\frac{3}{8}$  c. corn flour and  $1\frac{1}{2}$  c. emmer
9. 2 c. barley and  $1\frac{1}{4}$  c. rice flour
10.  $2\frac{1}{2}$  c. feterita and 1 c. corn flour

Make one of the variations.—(R.)

**Variations****Bread Griddle Cakes**

All left-over bread and muffins should be dried and saved for crumbs. The bread crumbs may be substituted for  $\frac{1}{2}$  the flour in any of the above.

Scald  $\frac{1}{2}$  c. sweet milk and pour over  $1\frac{1}{2}$  c. bread crumbs, and let stand 15 minutes; mash and beat to a paste. When the crumbs are very dry it may be necessary to add more milk.

Cooked potatoes, oatmeal, corn meal, hominy, rice or any cooked cereal may also be combined with the various flours in making pancakes.

When substituting potatoes or cooked cereals, omit  $\frac{1}{2}$  cup of liquid and the equivalent to  $\frac{1}{2}$  cup of wheat flour. Since the cereals will vary in the amount of liquid contained, it is well to try out the product before adding the full amount of flour.

**MUFFINS**

Make two kinds of muffins selecting any substitutes desired.—(R.)

Basic Recipe  
**One Egg Muffin**

- |                                  |   |
|----------------------------------|---|
| 1 c. milk (sweet or sour)        | $\frac{1}{2}$ t. salt                           |
| 2 tb. fat                        | 4 t. baking powder if sweet<br>milk is used and |
| 1 egg                            |   |
| 2 tb. sugar, honey or corn syrup | $\frac{1}{2}$ t. soda if sour milk is used      |
| 2 c. flour                       |   |

Beat the egg, add milk, fat and sweetening, then add the dry ingredients sifted together. Put in buttered muffin pans and bake in a moderate oven twenty-five minutes.

Muffins made with the substitute flours should be baked a little longer, from 30 to 35 minutes. If one prefers the sweeter muffin, add 1 or 2 extra tablespoons of sweetening. The cooked cereals may also be added to the muffins. Rice, potato and hominy are especially good with barley as the barley alone or in large quantities has rather a strong flavor. Remember to reduce both the amount of liquid and flour. When using the cooked cereals, follow the directions given under griddle cakes.

**Suggested substitutions for the 2 cupfuls of wheat flour:**

1.  $1\frac{3}{8}$  c. barley,  $\frac{1}{2}$  c. corn flour, 1 c. mashed potatoes (reduce liquid  $\frac{1}{2}$  c.)
2. 1 c. rye and  $\frac{3}{4}$  c. corn meal
3. 2 c. emmer
4. 1 c. emmer and  $\frac{3}{4}$  c. corn meal
5. 1 c. milo and  $1\frac{1}{4}$  c. barley
6.  $1\frac{7}{8}$  c. corn flour
7.  $1\frac{3}{8}$  c. barley and  $\frac{3}{4}$  c. corn meal
8.  $1\frac{1}{2}$  c. bread crumbs and  $\frac{3}{4}$  c. barley
9.  $1\frac{1}{8}$  c. ground rolled oats and 1 c. corn flour

**Variations**

Make one of the variations—(R.)

Add 1c. cooked hominy, rice or rolled oats for  $\frac{1}{2}$  c. flour and  $\frac{1}{2}$  c. liquid using any combination given above.

**Pinto Bean Muffins**

- |                             |                     |
|-----------------------------|---------------------|
| 2 eggs, well beaten         | 1 t. salt           |
| 1 c. cold boiled bean pulp  | 2 c. flour (barley) |
| $\frac{1}{2}$ c. milk       | 2 t. baking powder  |
| $\frac{1}{3}$ c. melted fat |                     |

Combine ingredients in order given.

Bake muffins in greased muffin pans from 20 to 25 minutes.

Served with a brown gravy, these may be used as a main supper dish. If served as a bread the addition of a tablespoonful of molasses is desirable.

**Corn Bread—(R.)**

2 c. sour milk	½ t. salt
1½ tb. fat	¾ t. soda
1 egg	¼ t. baking powder
2 c. corn meal	

Beat the egg slightly, add the milk, then the dry ingredients, and stir in the melted fat.

The batter should be rather thin. Bake in a shallow pan from ½ to ¾ hours.

**Johnny Cake—(R.)**

1¾ c. milk	2 c. corn meal
2 tb. fat	1 t. salt
2 tb. syrup	3 t. baking powder
1 c. rye or 1¾ c. barley	

Combine as for corn bread and bake in a shallow pan from ½ to ½ hours.

**Corn Meal Crisps**

3 tb. milk	½ c. corn meal
1 tb. fat	½ c. flour
1 t. salt	

**Substitute ½ c. rye or 11 tb. of barley for the flour.**

Mix flour, corn meal and salt, work in fat, then add milk. The mixture should be very stiff. Roll as thin as possible, cut in 1 to 2 inch squares, sprinkle with salt and bake until brown and crisp in a slow oven.

For a salad accompaniment, the dough may be cut in strips ½ inch wide and 3 or 4 inches long and sprinkled with grated cheese, salt and paprika.

**Boston Brown Bread—(R.)**

2 c. hot milk	3 c. corn meal
1 c. molasses	1 t. salt
3 c. rye flour	2 t. soda

Mix the milk and molasses and then add the dry ingredients. Fill greased cans ⅔ full and steam 3 hours.

1 c. raisins may be added if desired.

**Ginger Bread—(R.)**

## Basic Recipe

$\frac{1}{2}$ c. sugar or	1 c. boiling water
$\frac{1}{2}$ c. honey or	$2\frac{1}{2}$ c. flour
$\frac{3}{8}$ c. corn syrup and 2 tb. sugar	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ c. fat	1 t. soda
1 c. molasses	2 eggs
$\frac{1}{4}$ t. cloves	1 t. ginger
	4 t. cinnamon

Mix sugar, fat, molasses and spices, pour over this the boiling water; add the flour, salt and soda mixed together and then the beaten eggs. This mixture is much thinner than an ordinary cake mixture. Put in bread pans and bake from 45 minutes to an hour in a moderate oven.

**Substitute for the flour: 2 c. of barley and 1 cup of corn flour.**

When honey or corn syrup is used in place of sugar reduce the water  $1\frac{1}{2}$  tb.

**Oatmeal Cookies—(R.)**

## Basic Recipe

1 c. brown sugar or	$\frac{1}{2}$ c. boiling water
$\frac{3}{4}$ c. molasses and $\frac{1}{4}$ c. honey	$1\frac{1}{2}$ c. rolled oats (ground)
or sugar	1 c. flour
$\frac{1}{4}$ c. fat	$\frac{1}{2}$ c. chopped raisins
1 egg	$\frac{1}{4}$ t. vanilla
2 t. cinnamon	$\frac{1}{4}$ t. salt
$\frac{1}{4}$ t. cloves	$\frac{1}{2}$ t. soda

If molasses and honey are used reduce the water to  $\frac{1}{4}$  cup.

Mix the sugar, fat, spices, and boiling water; add the rolled oats, then the egg, the soda, salt and flour sifted together and last the chopped raisins which have been mixed with a couple of tablespoons of the flour.

Drop by small spoonfuls on a shallow pan and bake in moderate oven. This makes about three dozen cookies.

**Substitution— $\frac{3}{4}$  c. barley and  $\frac{1}{2}$  c. corn flour.**

**Chocolate Cookies**

Use one substitution—(R.)

## Basic Recipe

1 c. sugar or	4 t. baking powder
1 c. honey or	½ t. vanilla or
1 c. corn syrup and 3 tb. sugar	1 t. cinnamon
½ c. fat	2 sq. chocolate
½ c. milk	2½ c. of flour
1 egg	
¼ t. salt	
½ c. of nuts may be added if desired.	

Mix the fat, sugar, egg and milk, stir in the dry ingredients sifted together and then add the melted chocolate. When nuts are to be used reserve a couple tablespoonfuls of flour to mix with the nuts.

Drop from a spoon into shallow pan and bake in moderate oven.

This makes about four dozen cookies, depending on the size.

**Substitutions for the 2½ c. flour:**

- 1⅜ c. barley and ¼ c. corn flour
- 1¼ c. rye and 1 c. corn flour.

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## NOTES

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