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ONE HUNDRED-PORTION WAR TIME RECIPES

WHEATLESS ECONOMICAL TESTED

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INTRODUCTION

IN the effort to plan menus which comply with suggestions and requirements of the Food Administration and which at the same time meet financial ends, the resources of the Institutional Manager or Lunch Room Director are taxed to the utmost. While much has been done to aid the homemaker, little has been published, in practical form, to meet the need of the larger institutions.

This bulletin has been arranged with the idea of meeting the multiplicity of demands caused by the increasing number of inexperienced young people going direct from college or training school to more or less responsible positions now being created to fill the great demand for group feeding in military hospitals, canteens and community kitchens. The aim and purpose is to furnish recipes and suggestions helpful to those who are trying to cope with the present situation by increasing the variety of dishes which are palatable, nutritious, economical and practicable.

By listing the recipes under group headings, foods are roughly classified according to types, that is, meats, including left-overs, meat substitutes, salads, etc. This arrangement makes easy the selection of dishes for each course in a meal. It is not expected that the variety is sufficiently complete to meet all the needs of the menu maker; but with the variety available in different localities it is hoped that these combinations will suggest other ways of making attractive the unusual foods and also, means of stretching those which should be conserved.

As planned, these recipes allow for one hundred generous portions sufficient for the substantial part of the meal, as is

INTRODUCTION

usually the case where an á la carte menu is used. However, care has been taken to state the weight or measure of each portion so that one using the recipe may judge whether or not it is suited to the needs of the particular group. The recipes are adapted to the use of a practical cook or chef, and have been used by many with equally good results. Weights rather than measures are given for the dry ingredients to insure accuracy and to save time. Cooks who are not used to scales soon learn to use them very successfully. In a small kitchen balance or dial scales, and in a large one table-size platform and balance scales have proved adequate and practical.

Because cooks are apt to be inaccurate in measuring small amounts and because it is safer to under-season when catering to large numbers of people, only the minimum amounts of such seasonings as salt, pepper, onions, spice, etc., are given. It is expected that the cook will taste the dish and season it to please those to whom she caters.

The recipes are chosen from those used and found popular at the Horace Mann Lunch Room, Teachers College. If they prove of value to others the purpose of the writer will have been accomplished.

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ONE HUNDRED-PORTION WAR TIME RECIPES

SOUPS

(Portions One-half Pint)

BOSTON FISH CHOWDER

Fish heads and bones	8 lbs.	Potatoes, diced	6½ qts.
Water	15 qts.	Rice flour	10 oz.
Celery leaves	12 oz.	Cornstarch	10 oz.
Onions	1½ lbs.	Fat	1¼ lbs.
Salt	2½ oz.	Milk	5 qts.
Pepper	¼ oz.	Cooked fish	2¾ lbs.

Cook fish heads and bones with celery and onions twenty minutes to one-half hour, strain stock, add potatoes and seasonings, cook twenty minutes, thicken, add hot milk and picked fish.

CORN CHOWDER

Water	12 qts.	Pepper	1 tsp.
Celery leaves	8 oz.	Rice flour	14 oz.
Onions, chopped	8 oz.	Cornstarch	14 oz.
Potatoes, diced	4 qts.	Fat	1¾ lbs.
Corn No. 2 cans	10	Milk	6 qts.
Salt	3 oz.		

Cook celery leaves in water one-half hour. Strain and add potatoes and onions, cook twenty minutes. Add corn and seasonings, and when mixture has boiled, thicken and add milk before serving.

CREAM OF CELERY SOUP

Celery leaves . . .	3½ lbs.	Cornstarch . . .	14 oz.
Onions	1 lb.	Fat	1¼ lbs.
Carrots	1¼ lbs.	Milk	8 qts.
Water	18 qts.	Salt	4 oz.
Rice flour	14 oz.	Pepper	¼ oz.

Cook celery, onions and carrots in the water three-quarters of an hour. Strain out vegetables, thicken with fat and flour mixture, add milk and seasonings.

CREAM OF SPINACH SOUP

Spinach water . .	17 qts.	Cornstarch . . .	14 oz.
Onions	1 lb.	Rice flour	14 oz.
Celery leaves . .	12 oz.	Fat	1¾ lbs.
Salt	1 oz.	Spinach, chopped	3 lbs.
Pepper	¼ oz.	Milk	8 qts.

Cook onions and celery in stock one-half hour, strain, thicken and season. Add milk and chopped spinach just before serving.

Note:—Water in which at least a half barrel of spinach has been cooked is needed to make the stock strong enough to flavor the soup.

MONGOL SOUP

Split peas	4 lbs.	Carrots, cut in	
Water	26 qts.	strips	1½ qts.
Onions	1 lb.	Salt	6 oz.
Celery leaves . .	12 oz.	Fat	1¼ lbs.
Tomatoes	5 qts.	Rice flour	10 oz.
Milk	8 qts.	Cornstarch	10 oz.
Cabbage, shredded	1½ qts.		

Soak split peas over night, drain, add fifteen quarts water, onions, salt and celery tops. Cook two hours, add tomatoes and cook one-half hour longer. Press through a purée sieve. Cook cabbage and carrots ¾ hour in remaining water, combine the two mixtures, thicken and season. Add the milk before serving.

POTATO CHOWDER

Potatoes, diced .	6¼ qts.	Salt	4 oz.
Tomatoes	5 qts.	Red pepper . . .	½ tsp.
Onions, ground .	1 lb.	Fat	1 lb.
Cabbage, shredded	2½ qts.	Rice flour	8 oz.
Celery leaves . .	12 oz.	Cornstarch	8 oz.
Water	16 qts.		

Tie celery in bag and add the boiling water with cabbage and onions, cook one-half hour, add potatoes and tomatoes, cook fifteen minutes, season and thicken.

SOUTHERN BISQUE

Tomatoes	10 qts.	Baking soda . . .	¼ oz.
Water	8 qts.	Rice flour	7 oz.
Onions	1 lb.	Cornstarch	7 oz.
Celery leaves . .	12 oz.	Fat	14 oz.
Salt	4 oz.	White sauce No. 1	6 qts.
Pepper	1½ tsp.	Corn	5 qts.

Cook first seven ingredients together one-half hour, add thickening and strain. Add corn and white sauce before serving.

MEXICAN SOUP

Meat stock	22 qts.	Onions, ground .	1 lb.
Baked beans, . . .		Salt	4 oz.
ground	5 qts.	Red pepper	1½ tsp.
Carrots, diced . .	3 qts.	Rice flour	8 oz.
Green peppers, . .		Cornstarch	8 oz.
ground	2 lbs.	Fat	1 lb.
Tomatoes	5 qts.		

Cook carrots and onions in stock one-half hour, add other vegetables and cook one-half hour. Season and thicken.

SCOTCH BROTH

Mutton stock . .	30 qts.	Salt	4 oz.
Celery leaves . . .	1 lb.	Pepper	¼ oz.
Carrots, diced . .	2½ qts.	Rice flour	10 oz.
Green peas	2 qts.	Cornstarch	10 oz.
Onions	1 lb.	Fat	1¼ lbs.
Barley	2 lbs.		

Cook barley in stock one and one-half to two hours. Tie celery in bag and cook with barley, add the carrots one-quarter hour before barley is cooked. Season and thicken.

SPANISH SOUP

Baked beans	6½ qts.	Salt	4 oz.
Onions	1¼ lbs.	Red pepper	1 tsp.
Celery leaves	1 lb.	Rice flour	10 oz.
Water	19 qts.	Cornstarch	10 oz.
Tomatoes	7 qts.	Fat	1¼ lbs.

Cook all vegetables in water 1 hour, thicken and season. Strain through a purée sieve.

TOMATO RICE SOUP

Tomatoes	8 qts.	Salt	5 oz.
Water	20 qts.	Red pepper	1½ tsp.
Onions	1 lb.	Rice flour	8 oz.
Celery leaves	8 oz.	Cornstarch	8 oz.
Rice	1½ lbs.	Fat	1 lb.

Cook onions and celery in water one-half hour, strain, add tomatoes and rice. Cook forty-five minutes, thicken and season.

VEGETABLE SOUP

Stock	24 qts.	Tomatoes	6 qts.
Carrots, diced	2 qts.	Rice flour	12 oz.
Turnips, diced	1½ qts.	Cornstarch	12 oz.
Onions, diced	1 lb.	Fat	1½ lbs.
Celery leaves	1 lb.	Salt	6 oz.
Cabbage, shredded	1½ qts.	Pepper	1½ tsp.
Rice	1½ lbs.		

Cook vegetables in the stock one hour. Tie celery in bag and cook with vegetables. Add rice and tomatoes, cook one-half hour. Season and thicken.

AMERICAN VEGETABLE SOUP

Stock	24 qts.	Tomatoes	6 qts.
Celery, diced	2 qts.	Salt	5 oz.
Pea beans	1½ lbs.	Pepper	¼ oz.
Lima beans	1½ lbs.	Fat	1 lb.
Carrots, diced	2 qts.	Rice flour	8 oz.
Onions, ground	1 qt.	Cornstarch	8 oz.

Soak beans over night, heat stock and cook beans in it two hours. Add other vegetables and cook one-half hour. Season and thicken.

MEATS

CORNEB BEEF HASH

Corned beef, ground	12 lbs.	Salt	1 oz.
Potatoes, ground	24 lbs.	Pepper	½ oz.
Onions, ground	8 oz.	Stock	7 qts.

Mix all ingredients thoroughly, add extra moisture if needed. Pack into greased pans, and brown in hot oven.

Any cooked meats or combination of meats may be used, and the product called Meat and Potato Hash. Chopped peppers may be added for seasoning.

ROAST BEEF CROQUETTES

Cooked beef	14 lbs.	Onions	5 oz.
Mashed potatoes	14 lbs.	Pepper	1 tsp.
Cream sauce	2 qts.	Salt	4 tbsps.

Grind meat and onions, mix with potatoes, add other ingredients, mould, two and one-quarter oz. each. Roll in egg and crumbs and fry in deep fat. Serve two croquettes to the order with Tomato Sauce or Gravy.

Any cooked meat may be used, and the mixture named for that meat. The seasoning may be varied by omitting the peppers and onions or by adding poultry seasoning, etc.

BRAISED BEEF HEARTS WITH VEGETABLES

Beef hearts	22 lbs.	Salt	1½ oz.
Stock	6½ qts.	Pepper	¼ oz.
Carrots, diced	2½ qts.	Rice flour	6 oz.
Green peas	1¼ qts.	Cornstarch	6 oz.
Onions	6 oz.	Cold water	1 qt.

Clean hearts carefully in a dish of water, drain and wipe dry. Brush generously with melted fat, and put into a hot oven 15 to 30 minutes or until brown. Cook in kettle of water to which onions have been added two to three

hours, or until tender. Cook carrots and use one qt. of the water with five and one-half qts. of strained stock from hearts for the gravy. Add the vegetables after the gravy is thickened. Slice the hearts and serve the vegetable gravy over them.

STUFFED HAMBURGER ROLL

Ground beef . . . 21 lbs. Pepper 1/4 oz.
Salt 5 oz. Potato stuffing . . . 7 1/4 lbs.

Mix salt and pepper with the meat and work mixture until it is smooth and pasty feeling. Divide into three pound portions. Flatten each portion into ten inch squares and spread one pound of stuffing onto each, leaving one and one-half inches on all sides. Loosen from board by using a spatula under the meat and roll rather loosely, pressing all edges together firmly. Bake in a moderate oven one to one and one-quarter hours. Serve with Gravy or Tomato Sauce.

POTATO STUFFING

Mashed potato . . . 5 qts. Salt 1/2 oz.
Onions, ground . . . 1/4 cup Fat, ham or but-
Sage, ground . . . 1/4 oz. terine 4 oz.
Celery salt 1/2 oz. Eggs 10

Beat egg slightly, add to the potato with seasonings, mix thoroughly, and pack into greased pans. Brown in the oven or use for stuffing meats or fowl.

MEXICAN STEW

Kidney beans . . . 5 lbs. Tomatoes 4 qts.
Beef, cut in cubes 15 lbs. Red pepper . . . 1 1/2 tsp.
Water 9 qts. Rice flour 10 oz.
Salt 6 oz. Cornstarch 10 oz.
Onions 12 oz. Fat 10 oz.
Green peppers . . . 2 lbs.

Soak beans overnight, drain, add water and salt, and when boiling add meat. Cook two and one-half hours, add other ingredients and tomatoes. Cook one-half hour and thicken. Serve six portions to a quart.

BRAISED SHORT RIBS OF BEEF

Ribs of beef . . . 25 lbs. Water 10 qts.
Carrots, diced . . . 3 lbs. Rice flour 8 oz.
Turnips, diced . . . 3 lbs. Cornstarch 8 oz.
Onions, sliced . . . 3/4 lb. Salt 4 oz.
Potatoes, diced . . 12 lbs. Pepper 1 1/2 tsp.

Saw ribs across twice and cut in two between each rib. Brown in a quick oven. Put into a kettle of boiling water. Cook slowly two and one-half hours or until tender. Add carrots, turnips and onions one hour before meat is cooked and potatoes one-half hour. Season and thicken. Serve one piece meat to a portion.

BEEF STEAK PIE WITH POTATO CRUST

Beef, lean, cut in Fat 1 1/2 lbs.
cubes 21 lbs. Hot mashed
Water 18 qts. potato 25 lbs.
Salt 5 oz. Eggs 14
Pepper 1/4 oz. Butterine 8 oz.
Rice flour 12 oz. Salt 3 oz.
Cornstarch 12 oz. Pepper 1/4 oz.

Put beef in baking dish and cover with melted fat, brown fifteen to twenty minutes in a very hot oven. Put into kettle, add water and cook slowly one and one-half to two hours. Thicken and season.

Season potatoes and beat until fluffy. Put meat mixture into baking dishes and spread potatoes on top. Brown in oven.

Note.—Lamb, mutton or chicken may be used in this way.

SCALLOPED BEEF WITH RICE AND TOMATO

Beef, cooked and Onions, chopped 2 oz.
diced 7 1/2 lbs. Salt 2 oz.
Rice, dry 4 1/2 lbs. Rice stock 3 qts.
Tomatoes 6 qts. Bread crumbs . . . 12 oz.
Green peppers, Fat 4 oz.
chopped 8 oz.

Cook rice, drain, and mix with meat and tomato, adding seasonings and rice stock. Put in pans, sprinkle with buttered crumbs and brown in oven. Serve six to seven ounces to a portion.

Note.—Other meats may be substituted for beef.

BRAISED OX JOINTS WITH VEGETABLES

Ox tails, cut at joints	20 lbs.	Bay leaf	2
Water	12 qts.	Salt	8 oz.
Carrots, diced	3 lbs.	Pepper	$\frac{1}{4}$ oz.
Onions, diced	1 lb.	Rice flour	7 oz.
Turnips, diced	3 lbs.	Cornstarch	7 oz.
Potatoes, diced	6 lbs.	Fat	14 oz.

Brown ox tails in hot oven, put into kettle with water, and cook two hours. Add carrots, onions, turnips, bay leaf and salt. Cook thirty minutes after it begins to boil, and add potatoes. Cook twenty minutes. Thicken and add seasoning if needed.

HAMBURGER ROAST

Cooked meat	12 lbs.	Pepper	$1\frac{1}{2}$ tsp.
Potatoes, cooked	12 lbs.	Sage	1 oz.
Onions, ground	2 oz.	Stock	5 qts.
Salt	$2\frac{1}{2}$ oz.	Mashed potato	10 lbs.

Grind meat and potatoes, season and mix thoroughly. Spread in baking pans and cover with about a half inch layer of the mashed potato. Brown in oven. Serve six to seven ounce portions with gravy.

SCALLOPED CHICKEN AND CORN

		GRAVY	
Cooked chicken	$5\frac{1}{2}$ lbs.	Stock	4 qts.
Corn No. 2 cans	14	Rice flour	5 oz.
Salt	5 oz.	Cornstarch	5 oz.
Pepper	$\frac{1}{2}$ oz.	Fat	10 oz.
Bread crumbs	12 oz.	Salt	1 oz.
Fat	4 oz.		

Dice chicken, add corn, gravy and seasonings. If corn is watery make gravy thicker or add a few bread crumbs. Put into baking dishes, sprinkle with buttered crumbs and brown in oven.

Note.—Twenty pounds of undressed chicken is needed.

MOLDED CHICKEN LOAF

Cooked chicken	7 lbs.	Gelatine	6 oz.
Stock	5 qts.	Salt	$2\frac{1}{2}$ oz.
Parsley, chopped	$\frac{1}{2}$ cup	Pepper	$1\frac{1}{2}$ tsp.

Grind dark meat and dice light meat of chicken. Soak gelatine and dissolve it in stock. Add meat and seasonings. Mold and chill. Serve with Mayonnaise dressing or jelly.

MUTTON LOAF

Mutton, ground	12 lbs.	Salt	$2\frac{1}{2}$ oz.
Bread crumbs	3 lbs.	Pepper	$\frac{1}{4}$ oz.
Eggs	10		

Soak bread in cold water and wring dry, add the raw mutton, season, and shape into three and one-half pound loaves. Bake one hour in a moderately hot oven, basting with melted fat and water. Serve with Gravy or Tomato Sauce.

MUTTON STEW WITH VEGETABLES

Mutton, lean	15 lbs.	Salt	$3\frac{1}{2}$ oz.
Water	8 qts.	Pepper	$\frac{1}{4}$ oz.
Carrots, diced	3 qts.	Rice flour	7 oz.
Turnips, diced	$2\frac{1}{2}$ qts.	Cornstarch	8 oz.
Onions, sliced	1 qt.	Fat	
Potatoes, diced	6 qts.		

Cut the meat into cubes and put into kettle of boiling water. After it has cooked one and one-half hours add turnips and onions, cook forty minutes, and add potatoes. Cook twenty minutes, thicken and season. Serve six portions to a quart.

SCALLOPED CHICKEN WITH POTATO
AND GRAVY

		GRAVY	
Cooked chicken	7 lbs.	Stock	10 qts.
Potatoes, peeled	18 lbs.	Salt	2½ oz.
Bread crumbs	12 oz.	Pepper	1 tsp.
Fat	4 oz.	Fat	1¼ lbs.
		Rice flour	10 oz.
		Cornstarch	10 oz.

Cut potatoes into coarse dices and cook. Dice chicken. Make gravy, mix with potatoes and chicken, and season. Put into baking dish, sprinkle with buttered crumbs and brown in oven. Serve 5½ oz. to a portion.

SOUTHERN CHICKEN STEW

Chicken, un-dressed	54 lbs.	Stock	7 qts.
Lima beans, dry	4¾ lbs.	Rice flour	5 oz.
Corn No. 2 can	7	Cornstarch	6 oz.
Tomatoes	4 qts.	Salt	3 oz.
		Pepper	¼ oz.

Clean and cook chicken, soak lima beans over night and cook in some of chicken stock. Drain, measure stock, and add enough to make the 7 qts. Thicken. Add all the vegetables and season. Cut chicken as for fricassee allowing about 2 oz. of chicken and two-thirds cup vegetable mixture to a portion.

CREAMED HAM AND EGGS

Ham, cooked	7 lbs.	White sauce No. 1	9 qts.
Eggs, hard cooked	50		

Grind or dice ham. Cut eggs in half, lengthwise, or chop. Add the white sauce and serve on toasted mush or with steamed hominy or rice. Serve 6 to 7 portions to a quart.

SCALLOPED HAM AND EGGS WITH RICE

Ham, ground	4 lbs.	Red pepper	¾ tsp.
Eggs, hard cooked	50	Bread crumbs	12 oz.
Rice, dry	4 lbs.	Fat	4 oz.
White sauce No. 1	8		

Cook rice, and mix with ham and white sauce, season. Slice eggs, put mixture and eggs in baking dishes in alternate layers, having rice mixture on bottom and top. Sprinkle with buttered crumbs, and brown in oven. Serve 6 to 7 oz. to a portion.

HAM AND POTATO CROQUETTES

Ham, ground	12 lbs.	Red pepper	1 tsp.
Potatoes, mashed	24 lbs.	White sauce	
Salt	1 oz.		

Mix potatoes and ham and seasoning. If mixture seems stiff, add white sauce. Shape into 2 oz. croquettes, roll in egg and crumbs and fry in deep fat. Serve two croquettes to an order with white sauce.

Note.—Green peas or parsley may be added to the sauce if desired.

SAUTED LIVER WITH ONIONS

Beef liver	15 lbs.	Onions	8 qts.
Water	10 qts.	Rice flour	8 oz.
Salt	2½ oz.	Cornstarch	8 oz.
Fat	1 lb.		

Slice liver into ¾ inch slices, lay on greased baking pan and brush with melted fat (bacon or ham fat preferably). Put under a broiler or in a very hot oven ten to fifteen minutes to brown. Cool, and cut into cubes. Slice onions and put into roasting pan from which liver was taken and brown slightly. Cook liver in part of the water one and one-half hours, add onions, and rinse roasting pan with remaining water to dissolve all meat juices. Cook one-half hour, thicken and season. Serve 7 portions to a quart.

MOLDED TONGUE

Tongue, cooked	7 lbs.	Green peppers, chopped	12 oz.
Stock	5 qts.	Gelatine	7 oz.

Soak gelatine, heat stock and dissolve gelatine in it. Add parsley and tongue, mold. Cut into 3 oz. slices and serve on lettuce leaf.

LIVER LOAF

Beef liver	12 lbs.	Salt	3 oz.
Hamburger meat, raw	6 lbs.	Onions	2 oz.
Eggs	12	Poultry dressing	1/4 oz.
		Bacon fat	8 oz.

Cook liver in salted water to which a few onions, carrots and celery tops have been added. Cool and grind, add the beef and seasonings, and mix thoroughly. Shape into three pound loaves, brush with melted fat, and bake one-half hour in hot oven, basting with some of the liver stock. Serve with Tomato Sauce No. 1.

FISH

SCALLOPED FRESH COD AND RICE

Fresh cod, raw	30 lbs.	White sauce No. 2	8 qts
Rice, dry	4 1/2 lbs.	Bread crumbs	12 oz.
Salt	4 oz.	Fat	4 oz.
Pepper	1/4 oz.		

Cook and pick fish, cook rice, and mix all with sauce and seasonings. Put into baking dishes, sprinkle with buttered crumbs, and brown in the oven. Serve 6 to 7 oz. portions.

Note.—Any fresh fish or combination of fishes may be used in place of the cod.

SCALLOPED SALT COD AND RICE

Salt cod	9 lbs.	Pepper	1 tbsp.
Rice, dry	4 1/2 lbs.	Bread crumbs	12 oz.
White sauce No. 2	8 qts.	Fat	4 oz.
Salt			

Soak cod over night, drain, cover with cold water and let come slowly to a boil, remove from fire at once. Cook rice, mix sauce, seasonings and flaked fish with it. Put into baking dishes, cover with buttered crumbs and brown in the oven. Serve 6 to 7 oz. to a portion.

FISH CAKES

Salt cod	7 1/2 lbs.	Salt, if needed	
Potatoes, raw and peeled	22 1/2 lbs.	Pepper	1/2 tbsp.
Eggs	15	Butterine	4 oz.

Soak cod over night, drain, cover with cold water, and let come slowly to a boil, remove from fire at once. Cook and mash the potatoes, add ground fish and seasonings. Mold into two oz. cakes and fry in deep fat. Serve two cakes to the order with Tomato Sauce No. 1, or Egg Sauce.

FRESH FISH CROQUETTES

Fish, cooked	14 lbs.	Pepper	1/4 oz.
Potatoes, mashed	14 lbs.	Onion juice	3 oz.
Parsley, chopped	1 cup	White sauce No. 3	2 qts.
Salt	4 oz.		

Grind the fish, add potato, white sauce and seasonings, mix thoroughly. Shape into two oz. croquettes, roll in egg and crumbs, and fry in deep fat. Serve two croquettes to the order with Parsley Sauce.

SALMON LOAF

Salmon	12 lbs.	Pepper	1 1/2 tsp.
Bread crumbs, dry	3 3/4 lbs.	White Sauce No.	
Eggs	12	3, if needed.	
Salt	1 oz.		

Soak bread, wring dry, add fish and seasonings, mix thoroughly, working it to a pasty consistency. Put into buttered baking dish and brown in the oven. Serve 3 1/2 oz. portions with Parsley, Celery, or Green Pea Sauce.

CREAMED SHRIMPS WITH GREEN PEPPERS

Shrimps, dry (No. 1 cans)	5 lbs.	White sauce No. 2	10 qts.
Green peppers, chopped	1 1/2 qts.		

If canned shrimps are used, soak them one-half hour in ice water, drain and mix with other ingredients. Serve with steamed rice or hominy or on toasted mush.

Note.—Green peas may be used in place of the peppers. Salmon or other highly flavored fish may be substituted for the shrimps.

GRILLED SARDINES

Sardines No. $\frac{1}{4}$ cans. 32
 Tomato Sauce No. 1 10 qts.

Arrange sardines on flat sheet and broil five to ten minutes to heat through. Serve on Toasted Mush with Tomato Sauce.

MEAT SUBSTITUTES

BAKED KIDNEY BEANS

Kidney beans, dry 14 lbs.
 Salt 3 oz.
 Pepper 1 oz.
 Sugar 1 lb.
 Water
 Fat $1\frac{1}{4}$ lbs.

Soak beans over night, drain, add water to cover, let boil fifteen minutes. Add seasonings, put into covered pots and bake ten to fourteen hours in a slow oven. Add water as needed to keep beans covered. Bacon, ham or beef fat may be used. Serve six portions to a quart.

BAKED LIMA BEANS

Lima beans, dry. $12\frac{1}{2}$ lbs.
 Salt 4 oz.
 Bacon or ham fat 8 oz.
 Water to cover
 Pepper $\frac{1}{4}$ oz.

Soak beans over night, drain, and cook in salted water until tender, about one and one-half hours. Add fat and seasonings, put into open baking dishes with liquid to cover and bake one-half hour in hot oven. Serve six ounce portions with Mock Hollandaise Sauce.

Note.—Yellow split peas may be baked in same way and served with bacon or cold slaw.

CARROT AND GREEN PEA LOAF

Green peas, dry . $6\frac{1}{2}$ lbs.
 Carrots, cooked . $10\frac{1}{2}$ lbs.
 Rice, cooked . . $6\frac{1}{2}$ lbs.
 Onions, ground . 6 oz.
 Salt 4 oz.
 Pepper $\frac{1}{4}$ oz.
 Bacon fat 12 oz.
 Eggs. 20

Soak peas over night, drain and wash. Cover with salted water and cook two to three hours or until soft. Grind all vegetables, add seasonings and eggs, pack into greased pans and bake one-half to one hour in moderate oven. Serve 5 to 6 oz. portions.

SWEET POTATO CROQUETTES

Potatoes, peeled. $32\frac{1}{2}$ lbs. Fat 4 oz.
 Salt $3\frac{1}{2}$ oz. Pepper $\frac{1}{4}$ oz.

Cook, mash and season potatoes, shape into two ounce croquettes, roll in egg and crumbs, and fry in deep fat. Serve two croquettes to an order with bacon or White Sauce No. 1.

FRIED CORN MUSH WITH CHEESE

Corn meal (granulated). 5 lbs.
 Water 15 qts.
 Salt 4 oz.
 Cheese. $4\frac{1}{2}$ lbs.
 Red peppers, chopped 12 oz.

Cook corn meal in salted water two hours or more, grind cheese and add. When cheese is melted season and mold. Cut into two ounce slices, roll in egg and crumbs and fry in deep fat. Serve two slices to an order with Tomato Sauce No. 1 or White Sauce No. 1.

Note.—The cheese may be omitted from the mush and used for Cheese Sauce to serve with it in place of the Tomato Sauce.

VEGETABLE HASH

Potatoes, cooked 14 lbs.
 Carrots, cooked . $4\frac{1}{2}$ lbs.
 Turnips, cooked . $4\frac{1}{2}$ lbs.
 Cabbage, cooked $4\frac{1}{2}$ lbs.
 Onions, ground . 2 lbs.
 Beets, cooked. . $4\frac{1}{2}$ lbs.
 Bacon fat. 1 lb.
 Salt 4 oz.
 Pepper 1 tbsp.

Chop vegetables coarsely, mix all together and season, adding stock in which vegetables were cooked if moisture is needed. Put into buttered baking dishes and bake in hot oven to brown. Serve 6 oz. to a portion.

GREEN PEA LOAF

Green split peas, dried	11 lbs.	Pepper	½ oz.
Bread crumbs . .	3¼ lbs.	Eggs	12
Onion juice . . .	⅓ cup	Bacon fat	1 lb.
Vegetable stock .	7 qts.	Bread crumbs . .	12 oz.
Salt	5 oz.	Fat	4 oz.

Soak peas over night, drain and wash, add 9 qts. of water, 2 oz. of salt and cook 2½ to 3 hours or until soft. Drain, grind, add other ingredients and mix thoroughly. Put into baking dishes and sprinkle buttered crumbs on top. Bake one-half hour in moderately hot oven and serve 5 oz. to a portion with Tomato Sauce No. 1.

TOMATO RAREBIT

White Sauce No. 1	5 qts.	Baking soda . . .	½ oz.
Cheese	8 lbs.	Cornstarch	13 oz.
Red pepper	2 tsp.	Rice flour	13 oz.
Mustard	1 oz.	Fat	1½ lbs.
Tomato juice . . .	8 qts.	Salt	6 oz.

Melt cheese and add to White Sauce, season. Thicken tomato juice, add baking soda and salt. Combine the two mixtures. Serve on Toasted Mush. Yield 6-7 portions to a qt.

RICE CROQUETTES

Rice, dry	8 lbs.	Salt	4 oz.
White sauce No. 2	2½ qts.	Green peppers, chopped	6 oz.
Red peppers, chopped	5 oz.	Red pepper	1½ tsp.

Cook and drain rice, mix with other ingredients, mold into two oz. croquettes, roll in egg and crumbs and fry dry in deep fat. Serve two croquettes to a portion with Cheese Sauce.

Note.—Omit peppers and serve as fritters with jelly.

SCALLOPED RICE AND EGG WITH CHEESE

Rice, dry	5 lbs.	White sauce No. 2	10 qts.
Eggs, hard cooked	50	Salt	5 oz.
Cheese	5 lbs.	Red pepper	2 tsp.

Cook and drain rice, melt three pounds cheese into sauce, season and add to rice. Put into baking dishes in alternate layers with sliced eggs, having rice mixture at bottom and top. Grate or chop remainder of cheese, and sprinkle on top of pans. Brown in the oven. Serve 6 to 7 oz. to a portion.

SCALLOPED RICE AND WALNUTS

Rice, dry	5 lbs.	Red pepper	2 tsp.
Walnuts, chopped	2½ lbs.	Bread crumbs . . .	12 oz.
White sauce No. 2	10 qts.	Butterine	4 oz.

Cook and drain rice, mix with white sauce, walnuts and seasonings. Put into baking dishes, sprinkle with buttered crumbs and brown in the oven. Serve six to seven oz. to a portion.

BAKED FRESH TOMATOES ON TOASTED MUSH

Tomatoes, large .	50	Bread crumbs . . .	12 oz.
White sauce No. 2	10 qts.	Fat	4 oz.

Wash tomatoes, cut out stem and blemishes. Cut in half, crosswise, and put on buttered baking sheet, cut surface up, sprinkle with buttered crumbs. Bake in quick oven until heated through. Serve on Toasted Mush with White or Cheese Sauce over them.

SAVORY VEGETABLE LOAF

Pea beans, dry . .	10 lbs.	Eggs	12
Bread crumbs . . .	4 lbs.	Sage	1½ oz.
Bacon fat	1 lb.	Salt	2 oz.
Stock from beans	4 qts.	Pepper	¼ oz.

Soak beans over night, cook, drain, saving the stock, and grind. Mix all ingredients, add extra stock, if needed. Put mixture into greased pans, and bake one-half to one hour in moderately quick oven. Serve with tomato sauce.

VEGETARIAN ROAST

Corn pulp No. 2 can 6	Celery salt 1¼ oz.
Cheese, ground . . . 2½ lbs.	Eggs 12
Bread crumbs . . . 4 lbs.	Water, or vege- table stock . . . 2¾ qts.
Walnuts, ground . . 2 lbs.	Salt 2 oz.
Onions, ground . . . 5 oz.	

Mix all ingredients thoroughly and season. Put into baking dishes and bake one-half to three-fourths hour in moderate oven. Serve with White Sauce No. 1.

VEGETABLE STEW

Kidney beans, dry . 1¼ lbs.	Tomatoes 3 qts.
Lima beans, dry . . 1¼ lbs.	Rice flour 5 oz.
Carrots, diced . . . 2 qts.	Cornstarch 5 oz.
Turnips, diced . . . 2 qts.	Fat 10 oz.
Celery, diced 2 qts.	Water 10 qts.
Onions, chopped . . ¾ qt.	Salt 3¼ oz.
Potatoes, diced . . 4 qts.	Pepper ¼ oz.

Soak beans over night, drain, add water and cook one hour. Add carrots, turnips, onions and salt, bring to boiling point, and cook thirty minutes. Add other vegetables, and cook twenty minutes. Thicken and season. Serve six portions to a quart.

WELSH RAREBIT

White sauce No. 2 14 qts.	Worcestershire sauce 3 tbsps.
Cheese 9 lbs.	Red pepper 2 tsp.
Mustard 1½ oz.	Salt 4 oz.

Melt cheese, add to White sauce and season mixture. Strain sauce if cheese makes it lumpy. Serve six to seven portions to a quart on Toasted Mush.

SCALLOPED POTATO WITH EGG AND CHEESE

Potatoes, peeled. 18 lbs.	White sauce No. 2 11 qts.
Eggs, hard cooked 50	Salt 4 oz.
Cheese 5 lbs.	Red pepper 2 tsp.

Slice potatoes thin, cook slightly, add White Sauce in which three pounds of the cheese has been dissolved and seasonings. Put into baking dishes in alternate layers with sliced eggs, having potato mixture on bottom and top. Grate or chop remaining cheese and sprinkle on top, brown in oven. Serve six to seven ounces to a portion.

POTATO AND NUT CROQUETTES

Hotmashed potato 32 lbs.	Paprika ¼ oz.
Walnuts, chopped 3¾ lbs.	Eggs 8
Salt 2½ oz.	

Mix potatoes, nuts, eggs and seasonings, thoroughly. Mold into two ounce croquettes, roll in egg and crumbs and fry in deep fat. Serve two croquettes to an order with White Sauce.

Note.—Six pounds of Peanut Butter can be substituted for the walnuts, or all nuts may be omitted and the croquettes served with Cheese Sauce.

TOASTED MUSH

Cornmeal 3 lbs.	Water 1 cup
Water 9 qts.	Corn flour 1½ lbs.
Salt 2¼ oz.	Melted fat 1½ pts.
Eggs 8	

Add cornmeal to boiling, salted water, and boil 20 minutes. Cook in steamer 3 hours or more, and mould. Cut into ⅓ inch slices, weighing 3 oz. each, roll in beaten egg, to which water has been added, then in corn flour and lastly in melted fat. Arrange on baking sheet and brown on both sides under a broiler.

Note.—Hominy may be used in place of corn meal.

GRAVIES AND SAUCES

CHEESE SAUCE

White sauce No. 1 9 qts.	Red pepper 1 tsp.
Cheese 4 lbs.	Mustard ½ oz.
Salt 1 oz.	

Melt cheese, add to sauce and season. Strain, if sauce is not smooth, and add Worcestershire Sauce, if desired. Serve ten to twelve portions to a quart.

CREAM OF GREEN PEA SAUCE

White sauce No. 1 7 qts. Salt $\frac{1}{2}$ oz.
 Green peas . . . $2\frac{1}{2}$ qts. Pepper 2 tsp.

Add peas and seasonings to the White Sauce. Serve twelve portions to a quart.

MOCK HOLLANDAISE SAUCE

Water $7\frac{1}{2}$ qts. Lemon juice . . . 2 cups
 Butterine $1\frac{1}{2}$ lbs. Salt 1 oz.
 Rice flour 6 oz. Red pepper . . . 1 tsp.
 Cornstarch 6 oz. Egg yolks . . . 36 (3 cups)

Make a sauce of the water, flour and butter. Pour slowly on beaten yolks, beating constantly, cook to thicken, and add lemon juice and seasonings. Keep in hot water bath. Serve twelve portions to a quart.

MEXICAN SAUCE

Tomatoes 4 qts. Green peppers,
 Water 2 qts. chopped $1\frac{1}{4}$ lbs.
 Rice flour 4 oz. Salt $2\frac{1}{2}$ oz.
 Cornstarch 5 oz. Red pepper . . . $\frac{3}{4}$ tsp.
 Fat 9 oz. Mixed spice . . . $\frac{1}{2}$ oz.
 Onions, chopped 8 oz. Brown gravy . . . 3 qts.

Tie spice in a bag and cook with onions and peppers in the water, add tomatoes and thicken. Combine with gravy and season. Serve ten portions to a quart.

SPANISH SAUCE

Tomatoes 5 qts. Salt $2\frac{1}{2}$ oz.
 Onions, chopped. $1\frac{1}{4}$ qts. Whole mixed spice $\frac{1}{2}$ oz.
 Green peppers,
 chopped 1 lb. Water $3\frac{1}{2}$ qts.
 Pimientos,
 chopped 12 oz. Cornstarch 9 oz.
 Fat 9 oz.

Tie spice in bag and cook with tomatoes, water, and onions fifteen minutes, add peppers and seasonings, and thicken. Serve ten to twelve portions to a quart.

TOMATO SAUCE NO. 1

Tomatoes $7\frac{1}{2}$ qts. Red pepper . . . $\frac{3}{4}$ tsp.
 Onions, ground . 12 oz. Water 6 qts.
 Mixed spice . . . $\frac{3}{4}$ oz. Cornstarch . . . 1 lb. 2 oz.
 Salt $2\frac{1}{2}$ oz. Fat 1 lb.

Cook tomatoes and seasonings together one hour. Thicken and strain. Serve twelve portions to a quart.

TOMATO SAUCE NO. 2

Tomatoes 7 qts. Celery leaves . . . 8 oz.
 Onions, ground . 12 oz. Water 4 qts.
 Salt $2\frac{1}{2}$ oz. Cornstarch . . . 1 lb.
 Red pepper . . . $\frac{3}{4}$ tsp. Fat 12 oz.

Tie onions and celery leaves in a bag, cook with tomatoes and seasonings for one-half hour. Thicken and season, removing bag of celery and onions. Serve ten to twelve portions to a quart.

WHITE SAUCE NO. 1

Milk, scalded . . $9\frac{1}{2}$ qts. Fat 1 lb.
 Rice flour 8 oz. Salt $1\frac{1}{2}$ oz.
 Cornstarch 8 oz. Pepper 1 tsp.

Blend fat and flour, remove from fire, and slowly add the hot milk, beating the mixture smooth between each addition. When all milk is added and mixture is smooth, cook one-half hour in hot water bath.

WHITE SAUCE NO. 2

Milk, scalded . . 9 qts. Cornstarch . . . 10 oz.
 Fat $1\frac{1}{4}$ lbs. Salt $1\frac{1}{2}$ oz.
 Rice flour 10 oz. Pepper 1 tsp.

See directions for White Sauce No. 1.

SALADS

The following recipes give the proportions of mixture required to make three to four ounce salads. Lettuce is used for a garnish, and mayonnaise dressing, being the most universally popular, is the one which it is assumed will be served unless the recipe specifies a dressing, although any desired dressing may be substituted.

FRESH FISH SALAD

Fish	15 lbs.
French dressing No. 1	1 qt.
Pick fish into coarse flakes and add dressing.	
Garnish with	
Cucumbers, sliced (8 to 10)	4 lbs.
or	
Tomatoes, cut in sections	10 lbs.

SARDINE AND CABBAGE SALAD

Cabbage, chopped 11 qts.	French dressing	
Green peppers, chopped	No. 2	1 3/4 qts.
Pimientos, chopped	Salt	1/2 oz.
	Sardines No. 1/4	10 cans

Mix cabbage with seasonings and dressing, and serve sardines on the side of mold.

MOLDED SALMON SALAD

Salmon No. 1 cans (17 lbs.)	18	Gelatine	8 1/2 oz.
Sugar	8 oz.	Vinegar	4 1/2 cups
Cornstarch	2 oz.	Water	4 1/2 cups
Egg yolks (3 cups) 36		Mustard	1 1/2 oz.
Oil or butter	12 oz.	Salt	3 oz.
Milk	4 1/2 qts.	Red pepper	1 1/2 tsp.
		Eggs, hard cooked 30	

Scald milk, mix dry ingredients, add yolks, and gradually add to milk. Cook until thick, and add soaked gelatine, lastly add vinegar and salmon. Mold and chill. Serve on lettuce and garnish with eggs.

Note.—Potato salad may be served with it.

MOLDED SHRIMP SALAD

Shrimps No. 1 1/2 cans (6 lbs.)	12	Sugar	10 oz.
Olive meat, chopped	2 cups	Cornstarch	2 oz.
Sweet pickles, chopped	2 cups	Oil or butter	12 oz.
Spanish onions, sliced	8 oz.	Egg yolk	8
Vinegar	1 pint	Pimientos, chopped	12 oz.
Water	5 qts.	Gelatine	10 oz.
		Salt	4 oz.
		Red pepper	1 tsp.

Heat vinegar, water and sugar together, mix flour, fat and seasonings and add to first mixture. Cook until thickened and pour slowly on beaten yolks, reheat to cook eggs, and dissolve soaked gelatine, then add olive meats, pickles and other seasonings. Divide shrimps among molds, and fill up with the cooked mixture. Chill, and serve on lettuce with dressing.

MEXICAN POTATO SALAD

Potatoes, diced	8 qts.	Pimientos chopped	12 oz.
Cucumbers, diced	6 lbs.	Green peppers, chopped	1 lb.
Onions, cut fine	3/4 qts.	French dressing No. 1	2 qts.
Salt	2 oz.		

Mix potatoes, cucumbers, onions and salt with dressing, arrange on lettuce in three ounce portions, and garnish with one tablespoon of pimientos and peppers mixed.

VEGETABLE SALAD NO. 1

Carrots, diced	3 qts.	String beans	3 qts.
Potatoes, diced	3 qts.	French dressing No. 1	1 qt.
Lima beans cooked	3 qts.	Beets, chopped	2 qts.
Green peas	3 qts.		

Mix all vegetables except beets, and marinate with French dressing. Arrange on lettuce and garnish with chopped beets.

VEGETABLE SALAD NO. 2

Cucumbers, diced (8 to 12)	4 lbs.	String beans	4 qts.
Celery, diced	4 qts.	Spanish onions, sliced	1 1/2 lbs.
Tomatoes	4 lbs.	French dressing No. 2	1 qt.

Mix all vegetables except tomatoes, add dressing, arrange on lettuce and garnish with tomatoes cut in sections. Serve twelve portions to a quart.

PEACH AND PRUNE SALAD

Prunes, dry	6 lbs.	Cooked peaches, sliced	8 qts.
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Soak, cook and stone prunes, arrange on lettuce with peaches in the center of mold.

Note.—If 50–60 prunes are used serve three to the order.

PEAR AND CHEESE SALAD

Pears, canned. 9 qts. Cheese, cottage 7 lbs.

Season cheese as desired, arrange pears on lettuce and put a ball of cheese in hollow where core was removed, or make into one ounce balls and serve on lettuce beside the pears.

Note.—Fresh pears may be used for salad in this way. It is not necessary to remove skin of pears.

PRUNE AND CHEESE SALAD

Prunes. 12 lbs. Cottage cheese 7 lbs.

Soak, cook and stone prunes, being careful not to spoil their shape. Season cheese as desired, and shape into one ounce balls with spoon and arrange on lettuce with prunes around it, or stuff the prunes.

EGG AND BEET SALAD

Beets, chopped 12 lbs. Eggs, hard cooked. 50
French dressing

No. 1 3 cups

Mix beets with French dressing and arrange in two ounce molds on lettuce. Garnish with half an egg, cut in sections or chopped.

LIMA BEAN AND CARROT SALAD

Lima beans, French dressing
cooked. 8 qts. No. 1 1½ pts.
Carrots, diced. 6 qts. Salt 2 oz.

Mix beans and carrots with dressing and season. Serve two to three ounces to a portion.

CABBAGE, CELERY AND OLIVE SALAD

Cabbage, shredded 8 qts. French dressing
Celery, diced 4 qts. No. 1 1½ qts.
Olives, chopped 2 qts.

Mix all ingredients with dressing, and serve three ounces to a portion.

COTTAGE CHEESE SALADS

Cheese 15 lbs.
Season as desired and moisten with milk or cream, if needed. Garnish with

(1) Beets, chopped 4 lbs. (3) Green peppers, chopped or cut in rings 1½ lbs.
mixed with
French dressing 1 cup or

(2) Pimientos cut in strips . 14 oz. (4) Walnuts, chopped . 1¼ lbs.

TOMATO SALAD

Tomatoes (50 to 70) 17 lbs.

Cut tomatoes into quarters, if small, or eighths, if large, and arrange on lettuce, using three to four pieces to a portion. Garnish with

(1) Olive meats, chopped 3 lbs.
or
(2) Green peas 4 qts.
Use heaping tbsp. to a portion.

(3) Cottage cheese . 5 lbs.
Use rounded tbsp. to a portion.
or
(4) Celery, diced . 4 qts.
Use heaping tbsp. to a portion.

HONOLULU RELISH

Raw carrots 9 lbs. Vinegar 1½ cups
Salt 2½ oz. Mayonnaise 2 qts.

Grate the carrots, add seasonings and serve two ounces to a portion.

SALAD DRESSINGS

BOILED SALAD DRESSING

Eggs. 12 Salt 1½ oz.
Rice flour 1¾ oz. Mustard 1 oz.
Cornstarch 2 oz. Vinegar 6 cups
Sugar 12 oz. Red pepper ½ tsp.
Oil ¾ cup Milk. 2 qts.

Mix dry ingredients, heat vinegar and pour on the dry ingredients, mix smooth and cook until thickened. Pour slowly on to the beaten yolks, and cook in water bath until eggs are cooked. When mixture is cold, add the milk.

Note.—For Cream Dressing, add whipped cream instead of milk.

FRENCH DRESSING NO. 1

Cottonseed oil . . . 1 qt. Salt 1 oz.
Vinegar 1 pt. Red pepper 1 tsp

Mix all ingredients and beat thoroughly, or shake in bottle or jug to completely emulsify the fat and vinegar mixture. Use to marinate mixtures.

FRENCH DRESSING NO. 2

Cottonseed oil . . 1 qt. Salt 1 oz.
Vinegar 1 pt. Red pepper . . . ¾ tsp
Sugar 1 oz. Mustard ¼ oz.

Mix sugar, salt, mustard and pepper thoroughly, add vinegar and oil and beat as for French dressing No. 1. Use at once as a dressing for any desired salad, or if kept, beat before using.

MAYONNAISE DRESSING

Oil 2 qts. Salt ½ oz.
Vinegar ½ cup Sugar ½ oz.
Egg yolks . . . 4 Red pepper . . . ¾ tsp
Mustard ½ oz.

Mix seasonings in the vinegar, beat yolks and add oil very gradually, beating constantly. When mixture becomes stiff, add vinegar a little at a time, as needed. Serve on salads, using 16 to 18 portions to a cup.

PEANUT BUTTER DRESSING

Peanut butter . . 3 lbs. Salt 2 oz.
Lemon juice . . 1½ cups Mustard ¾ oz.
Thin cream . . . 1½ qts. Red pepper . . . ½ tsp.

Add the cream to the peanut butter slowly, making the mixture smooth between each addition. Mix the seasonings with the lemon juice and add last. Serve ten portions to a cup.

RUSSIAN DRESSING

Mayonnaise . . . 7½ cups Salt ½ oz.
Chili sauce . . . 2½ cups Whipped cream . 2½ cups
Pimientos,
chopped 1 cup

Drain pimientos and chili sauce, add to the mayonnaise and fold in the cream. Serve eight to ten portions to a cup.

PUDDINGS

APRICOT SPONGE

Apricots, dried . . 3 lbs. Gelatine 4 oz.
Water 7 qts. Egg whites 3 cups
Sugar 2½ lbs.

Wash apricots, add water and soak over night. Cook until soft, add sugar and soaked gelatine. Cook until mixture begins to stiffen. Beat eggs stiff, add to mixture, and continue beating until well mixed. Mold and serve with Whipped Cream, serving four ounces to a portion.

APPLE SNOW

Apples, peeled Gelatine 5 oz.
and cored . . . 10 lbs. Lemon juice . . . 1 cup
Water 3½ qts. Egg whites 1½ pts.
Sugar 4 lbs.

Cook apples until soft, add sugar and lemon juice. If apples are uniformly soft, and mixture is smooth it is not necessary to sift them. Add soaked gelatine and cook mixture until stiffened, then add beaten whites and mix thoroughly. Chill and serve three and one-half ounce portions with Custard Sauce or Whipped Cream.

JELLIED PRUNES WITH NUTS

Prune juice . . . 9½ qts. Walnuts, chopped 9 oz.
Prunes, dry . . . 3 lbs. Lemon rind . . . 1½ tbsps.
Sugar 1¾ lbs. Lemon juice . . . ½ cup
Gelatine 9½ oz.

Soak prunes over night, cook, drain and stone. Measure the juice and add water to make $9\frac{1}{2}$ qts., heat with sugar and lemon rind, and add soaked gelatine and lemon juice. Divide prunes and juice into the molds and sprinkle walnuts on top. Serve four ounce portions with Whipped Cream or Custard Sauce.

Note.—Apricots may be used instead of prunes, and nuts omitted.

BAKED INDIAN PUDDING

Cornmeal.	2 lbs.	Cinnamon	$\frac{1}{2}$ oz.
Milk.	13 qts.	Nutmeg	$\frac{1}{2}$ oz.
Beef suet, ground	$1\frac{1}{2}$ lbs.	Raisins.	2 lbs.
Molasses.	$2\frac{3}{4}$ qts.	Salt	$1\frac{1}{2}$ oz.

Cook cornmeal and milk in double boiler one hour. Add other ingredients, put in baking dishes and bake in slow oven two hours or more. Serve four ounces to a portion with Cream.

BAKED INDIAN APPLE TAPIOCA PUDDING

Cornmeal.	1 lb.	Cinnamon	$\frac{1}{4}$ oz.
Tapioca	12 oz.	Nutmeg	$\frac{1}{2}$ oz.
Milk.	8 qts.	Salt	1 oz.
Molasses	2 qts.	Butterine.	4 oz.
Apples, sliced.	4 qts.		

Soak tapioca two hours or more and drain. Scald cornmeal in milk one hour, add tapioca and seasonings. Arrange apples in baking dishes and pour mixture over them. Bake in slow oven two hours. Serve four ounce portions with Sterling Sauce or Cream.

PRUNE WHIP

Prunes, dry.	$2\frac{1}{2}$ lbs.	Gelatine	$6\frac{3}{4}$ oz.
Prune juice.	$6\frac{3}{4}$ qts.	Egg whites	$2\frac{1}{4}$ cups
Sugar	2 lbs.		

Soak, cook, stone and chop prunes. Add water to the juice to make $6\frac{3}{4}$ qts., heat with sugar, dissolve soaked gelatine, add lemon juice and prunes. Chill until mixture begins to stiffen, add beaten whites. Serve with Whipped Cream. Serve $3\frac{1}{2}$ oz. to a portion.

CHOCOLATE BLANC MANGE

Milk.	10 qts.	Chocolate	1 lb.
Cornstarch	$1\frac{1}{2}$ lbs.	Salt	1 oz.
Sugar	$3\frac{1}{4}$ lbs.	Vanilla.	2 oz.

Scald milk, mix cornstarch, salt and sugar and add. Melt chocolate over hot water, and add a part of cornstarch mixture to it, making a smooth paste, then stir into main mixture. Cook one hour, flavor and mold. Serve with Whipped Cream. Serve 4 oz. to a portion.

CORN PUDDING

Cornmeal.	12 oz.	Cinnamon	$\frac{1}{2}$ oz.
Cornstarch	13 oz.	Citron, ground	$1\frac{1}{2}$ lbs.
Milk.	$12\frac{1}{2}$ qts.	Salt	$1\frac{1}{4}$ oz.
Sugar	$1\frac{3}{4}$ lbs.		

Mix all dry ingredients thoroughly and add to hot milk, cook one and one-half to two hours, add citron and mold. Serve cold with Raisin Sauce. Portions, four ounces each.

TAPIOCA CREAM ✓

Tapioca	3 lbs.	Salt	$\frac{1}{2}$ oz.
Milk.	$11\frac{1}{2}$ qts.	Vanilla.	1 oz.
Sugar	3 lbs.	Lemon extract	$\frac{1}{2}$ oz.
Eggs.	15		

Soak tapioca two hours or more, drain and add to scalded milk, to which one-half the sugar has been added. Cook one hour or until tapioca is transparent. Beat egg yolks with remaining sugar and add part of tapioca mixture slowly to them, return mixture to kettle and cook five minutes. Remove from heat, and add beaten whites, mixing thoroughly, flavor. Cool and serve with Whipped Cream. Four ounces to the portion.

APPLE BROWN BETTY

Sugar	6 lbs.	Butterine.	2 lbs.
Cinnamon	$\frac{1}{2}$ oz.	Salt	$\frac{1}{2}$ oz.
Lemon juice	1 cup	Water	2 qts.
Apples, sliced.	10 qts.	Lemon rind,	
Bread crumbs.	3 qts.	grated	1 oz.

Mix sugar, salt and cinnamon. Arrange in baking pans, a layer of crumbs, apples, sugar mixture and cover with crumbs. Melt butterine and pour over crumb layers and mix lemon juice and rind, pouring it over mixture before putting in oven. Bake in moderate oven one to two hours or until apples are soft. Serve three to four ounce portions with Sterling Sauce or Plain Cream.

Note.—Cake or muffin crumbs can be substituted for the bread crumbs. If cake crumbs are used, half the sugar should be omitted.

COTTAGE PUDDING

Crisco	1¼ lbs.	Rice flour	2¼ lbs.
Sugar	3 lbs.	Baking powder	4 oz.
Eggs	12	Salt	2 tsp.
Milk	4¾ pts.	Vanilla	1 oz.
Barley flour	2 lbs.		

Mix and bake as butter cakes. Serve with Chocolate or Fruit Sauce.

BAKED CHOCOLATE PUDDING NO 1

Cake crumbs	5 lbs.	Salt	1 oz.
Hot water	3 qts.	Eggs	10
Milk	8 qts.	Chocolate	1¼ lbs.

Soak crumbs in hot water, scald milk, melt chocolate and mix to a smooth paste with a little of the hot milk. Beat eggs and mix all ingredients. Bake in slow oven until mixture is set. Serve 4 ounce portions with Hard Sauce or Whipped Cream.

BAKED CHOCOLATE PUDDING NO. 2

Cracker crumbs	1¾ lbs.	Eggs	14
Hot water	3 qts.	Chocolate	1¼ lbs.
Milk	9 qts.	Butterine	8 oz.
Salt	1¼ oz.	Sugar	2¾ lbs.

Soak crackers in hot water one-half hour or more. Scald milk, melt chocolate and mix to a smooth paste with hot milk and add. Beat eggs slightly, mix all ingredients. Bake in moderate oven one hour or until set like a custard. Serve four ounce portions with Vanilla Sauce or Whipped Cream.

Note.—All kinds of crackers may be used. If saltines are used, omit the salt, and if there is a large percentage of ginger or spiced crackers, omit the chocolate and make a Cabinet or Spice Pudding.

BAKED SPICE PUDDING

Cake crumbs	5 lbs.	Eggs	10
Hot water	3 qts.	Cinnamon	1¼ oz.
Milk	8 qts.	Nutmeg	1 oz.
Salt	1 oz.		

Mix and bake as Chocolate Pudding No. 1. Serve with Lemon or Hard Sauce.

CARMEL RICE PUDDING

Milk	14 qts.	Caramel syrup	1 pt.
Rice	2¼ lbs.	Salt	1 oz.
Brown sugar	2¼ lbs.	Vanilla	2 oz.

Wash rice, and mix all ingredients. Use more or less Caramel syrup as needed to make a light brown color. Bake two hours in a moderate oven. Stir three times during first hour. Serve five ounce portions with Cream.

PUDDING SAUCES

CHOCOLATE SAUCE

Sugar	4 lbs.	Chocolate	12 oz.
Hot water	8 qts.	Butterine	4 oz.
Cornstarch	8 oz.	Vanilla	1 oz.
Salt	¾ oz.		

Mix cornstarch with part of sugar. Add remaining sugar to hot water, and when it boils, add cornstarch. Melt chocolate and butterine together, pour hot sauce slowly on to it, beating smooth between additions. Serve twelve portions to a quart.

CUSTARD SAUCE

Milk	8 qts.	Sugar	1½ lbs.
Cornstarch	3 oz.	Salt	¼ oz.
Egg yolks	24 (2 cups)	Vanilla	¾ oz.

Mix flour with half of sugar, add to scalded milk, and when thickened add slowly to egg yolks which have been beaten with remaining sugar. Cook to thicken eggs, and cool. Serve twelve portions to a quart.

FRUIT SAUCE

Butter 1 lb. Fruit jam or jelly 2½ lbs.
Confectionery
sugar 1½ lbs.

Cream butter and sugar together thoroughly, and beat in the jam or jelly. Serve ten portions to a cup.

LEMON SAUCE

Water 8 qts. Lemon juice . . 1½ cups
Cornstarch 9 oz. Lemon rind . . . 1 oz.
Sugar 4 lbs. Butterine 4 oz.
Salt ½ oz.

Mix cornstarch with part of sugar, and add to boiling water to which remaining sugar and lemon rind has been added. Add lemon juice and butterine last. Serve twelve portions to a quart.

RAISIN SAUCE

Raisins, chopped 2 lbs. Cornstarch 8 oz.
Sugar 2½ lbs. Salt ½ oz.
Water 8 qts. Lemon extract . 2 tbsp.

Mix cornstarch with part of sugar, add to boiling water to which remaining sugar and raisins have been added. When thickened, add lemon extract. Serve twelve portions to a quart.

STERLING SAUCE

Butter 1 lb. Cinnamon ½ oz.
Brown sugar . . . 2½ lbs. Nutmeg ½ oz.
Thin cream 1½ cups

Cream butter and gradually add sugar and spices mixed, creaming thoroughly after each addition. When sugar is all in, add the cream in very small amounts beating thoroughly after each addition as in making Mayonnaise. Serve twelve portions to a cup.

CAKES

CHOCOLATE CAKE

Butterine 1½ lbs. Baking powder . 2¾ oz.
Sugar 3¾ lbs. Chocolate 1 lb.
Eggs 14 Milk 1¼ qts.
Barley flour . . . 4½ lbs. Salt ½ oz.
Corn flour 1½ lbs. Vanilla 1½ tbsp.

Mix as Butter cakes, adding the melted chocolate when cake is mixed. Bake in loaves, or as cup cakes. Yields two and one-half ounce portions.

CORN MEAL LAYER CAKE

Sugar 5½ lbs. Barley flour . . . 3 lbs.
Butterine 2 lbs. 5 oz. Cornmeal 4 lbs.
Eggs 10 Baking powder . . 5 oz.
Milk 3¾ qts.

Mix as butter cakes. Yields seventeen double layers (in nine inch pans) of ten and one-half ounces each. Fill with jam or a cream filling.

PLAIN CAKE

Sugar 4 lbs. Barley flour . . . 2 lbs.
Butterine 1 lb. 6 oz. Baking powder . . 4¾ oz.
Eggs 20 Cinnamon 1 oz.
Milk 1⅓ qts. Nutmeg ½ oz.
Salt ¼ oz. Cloves 2 tsp.
Rice flour 2¼ lbs.

Mix as Butter cakes.

Note.—Nuts and raisins may be added, or any desired flavoring may be substituted for the spice in this mixture.

OATMEAL COOKIES

Butterine 4½ lbs. Corn flour 2½ lbs.
Eggs 14 Oatmeal 3½ lbs.
Milk 2½ cups Baking soda . . . 4 tbsp.
Molasses 1 cup Cloves ¼ oz.
Brown sugar . . . 4½ cups Nutmeg ½ oz.
Barley flour . . . 2½ lbs. Cinnamon ½ oz.

Cream butter and sugar, add eggs and beat thoroughly. Mix molasses and milk, and add alternately with the dry ingredients which have been mixed together. Drop heaping tablespoonful on to greased baking sheets and flatten them out somewhat. Bake in moderately quick oven. Makes two hundred, one and one-half ounce cookies.

GINGERBREAD

Corn flour . . .	2½ lbs.	Fat	1 lb.
Barley flour . . .	2½ lbs.	Eggs	4
Baking soda . . .	2½ oz.	Milk	2 qts.
Salt	¼ oz.	Ginger	1½ oz.
Sugar	1 lb.	Cinnamon	¼ oz.
Molasses	1 qt.	Cloves	2 tsp.

Mix as butter cake, adding molasses to the creamed butter and sugar after eggs are added. Bake in thin sheets in a moderate oven. Yields 100 portions 2 oz. each.

SPONGE DROP CAKES

Eggs	30	Potato flour . . .	2½ lbs.
Egg yolks	30	Salt	2 tsp.
Sugar	2½ lbs.	Lemon extract . .	1 tbsp.

Beat eggs, yolks and sugar together until mixture is stiff, fold in sifted flour and salt, flavor and bake 15-25 minutes in moderate oven.

PASTRY

WHEATLESS PASTRY

Barley flour . . .	2 lbs.	Butterine	1¼ lbs.
Potato flour . . .	1 lb.	Egg whites	1 cup
Corn flour	2 lbs.	Water	1 pt.
Crisco	1¼ lbs.		

Work fat and flour together, add beaten egg and water mixed together, work very thoroughly to develop all the gluten possible. Yields covers for 18 to 20 nine-inch tins.

QUICK BREADS

BARLEY MUFFINS

Barley flour . . .	7½ lbs.	Salt	1¼ oz.
Rice flour	3 lbs.	Eggs	20
Molasses	1½ cups	Milk	6¾ qts.
Baking powder . .	9 oz.	Fat, melted	2¼ cups

Mix and bake as Rye muffins No. 2. Yields two hundred muffins, two ounces each.

CORN MUFFINS

Cornmeal	13½ lbs.	Eggs	22
Baking powder . .	10 oz.	Milk	5¼ qts.
Salt	2½ oz.	Fat, melted	1 qt.
Boiling water . . .	4¼ qts.		

Scald 4 lbs. of cornmeal with boiling water, add milk and beaten egg, combined, and sifted and mixed dry ingredients. Beat thoroughly, and add melted fat. Bake in rather quick oven one-half hour or more.

Note.—If coarse meal is used, it will be better if one-third corn flour is used. This mixture is very nice baked in shallow tins as corn bread.

RYE MUFFINS NO. 1

Rye meal	7½ lbs.	Sugar	1½ lbs.
Barley flour	3 lbs.	Milk	5¾ qts.
Baking powder . .	14 oz.	Eggs	20
Salt	4 oz.	Butterine, melted	10 oz.

Sift barley flour with salt and baking powder, and add rye meal. Beat eggs, add milk and dry ingredients. Add fat last. Bake in moderately quick oven. Yields two hundred muffins, two ounces each.

RYE MUFFINS NO. 2

Rye flour	8 lbs.	Salt	2 oz.
Barley flour	2 lbs.	Molasses	1 lb.
Corn flour	2 lbs.	Eggs	20
Baking powder . . .	12 oz.	Milk	6 qts.

Sift dry ingredients together, beat eggs and add liquid. Add dry ingredients, mixing only enough to make mixture smooth. Bake in a moderately quick oven. Yields two hundred muffins, two ounces each.

Note.—This recipe calls for no fat.

WHEATLESS BISCUIT

Barley flour	4 lbs.	Salt	2 oz.
Corn flour	5 lbs.	Crisco	2 lbs.
Mashed potato . . .	5 lbs.	Eggs	16
Baking powder . . .	11 oz.	Milk	3¼ qts.

Sift dry ingredients together, rub in potatoes and fat, and add beaten eggs and milk combined. Roll three-fourths inch thick and cut with two inch cutter. Bake in a rather quick oven fifteen to twenty minutes. Makes two hundred biscuit.

Note.—If a white biscuit is preferred substitute rice flour for the barley flour.

OATMEAL MUFFINS NO. 1

Rolled oats	8¼ lbs.	Salt	2¼ oz.
Barley flour	5½ lbs.	Milk	9 qts.
Baking powder . . .	10 oz.	Molasses	2 cups
Eggs	13	Fat, melted . . .	1¼ cups

Scald milk and pour over oatmeal, let stand one-half hour or more, and add beaten eggs, molasses, dry ingredients and lastly the fat. Bake twenty to thirty minutes in a moderately hot oven. Yields two hundred muffins, two oz. each.

OATMEAL MUFFINS NO. 2

Rolled oats	6 lbs.	Salt	2¼ oz.
Barley flour	4¼ lbs.	Milk	9 qts.
Corn flour	4¼ lbs.	Eggs	22
Sugar	1¼ lbs.	Fat, melted . . .	2¼ cups
Baking powder . . .	11 oz.		

Mix and bake as Oatmeal Muffins No. 1.

PRUNE BREAD

Barley flour	7 lbs.	Salt	3 oz.
Rolled oats	2½ lbs.	Eggs	14
Baking powder . . .	8 oz.	Fat, melted . . .	1 cup
Milk	4 qts.	Prunes, cooked	
Sugar	1½ lbs.	and chopped . .	4 qts.

Scald milk and pour over oatmeal, let stand one-half hour or more, add beaten eggs, and mixed and sifted dry ingredients, lastly add melted fat and prunes. Put into bread tins, let rise ten minutes. Bake in moderate oven one hour or more. Keep eight to twelve hours before cutting. Yields eight loaves weighing three pounds each.

BARLEY NUT BREAD

Barley flour	8 lbs.	Sugar	2½ lbs.
Rolled oats	3 lbs.	Walnuts	4 lbs.
Baking powder . . .	8 oz.	Eggs	14
Salt	3 oz.	(No fat)	
Milk	4½ qts.		

Scald milk and pour over oatmeal, let stand one-half hour or more, beat eggs and add, mix and sift dry ingredients, and combine the two mixtures. Put in bread pans and let rise fifteen minutes before baking. Bake in moderate oven about an hour. Keep eight to twelve hours before cutting. Yields eight loaves weighing three pounds each.