



**WOMAN'S WORLD**  
**CALENDAR COOK BOOK**  
by  
**Mrs. Ida Bailey Allen**

Balanced menus & tested recipes  
Canning charts-Cooking time tables  
Monthly messages on food values

**35 cents**

# Your Convenience When it Rains—it Pours



You can overcome the common fault of over salting food by using Morton's: it can be measured accurately because it pours.

Cube crystals make it pour; the sensible spout enables you to use just the amount you want.

For uniform flavor, everlasting convenience, and constant economy, Morton's—you can't do better.

# Morton's Salt

WHEN IT RAINS—IT POURS



# WOMAN'S WORLD CALENDAR COOK BOOK of BALANCED MENUS

**Showing the most efficient methods of selecting food and the most attractive ways of preparing it. in order to secure the greatest degree of nutrition and economy.**

*Published and Printed by WOMAN'S WORLD MAGAZINE Co., Inc., Chicago, Illinois.*

## Fuel or Clinkers?

**IF YOU** are a woman upon whose knowledge of food values, and upon whose skill and common sense in cookery, no life depends—

If you are one who is satisfied to cook food on the old recipes which may or may not provide the balanced ration—

Or, if you are one who believes that ingredients whose trademark provides no guarantee of nutrition or clean manufacture are just as good as those which do—

**Then—**

This Woman's World Calendar Cook Book will not appeal to you.

But to every woman who is interested to know what good food is, the first necessity of mankind, and its proper selection, preparation, cooking and serving, this book will have a very strong appeal.

Dyspepsia is caused by overfeeding, under-eating, eating irregularly and hurriedly, taking too much of one food and not enough of another, and by not having the balance right.

With too much food, the furnace is stuffed until the fires of life are choked by the excess of good fuel.

With inadequate meals or unbalanced combinations, growth is stunted, and energy dies.

### **The Food That Counts Is the Food That Digests**

The Woman's World Calendar Cook Book points out plainly the scientific selection of foods—

Gives the careful preparation and mixing of ingredients—

Furnishes the practical knowledge of the time required and the manner of cooking, preserving or canning—

Brings out the attractive appearance of food for the satisfaction of the appetite—

Shows hundreds of new combinations of nutritious cookery—

**But—**

Its larger purpose is to bring out clearly the accurate facts on the values of foods and how to retain these values through proper methods of cooking and to emphasize the Economy and Nutrition of the Balanced Ration as against the haphazard choice, in order to prolong life, and to give a greater joy in living.

Woman's World Calendar Cook Book contains Balanced Menus for a week in every month with variations for every meal—every day in the year. It has 250 Tested Recipes, made in a home Kitchen—12 Monthly Messages on good ingredi-

ents and their preparation—Canning and Preserving Charts—Baking, Roasting and Boiling Time Tables—and practical articles on Child Feeding and other vital subjects in Home Economics.

### **Mrs. Ida Bailey Allen**

This Woman's World Calendar Cook Book—containing 100 pages—every page printed in full color to give an appetizing mental meal, has been prepared by Mrs. Ida Bailey Allen, Director of Domestic Science in Woman's World.

Mrs. Allen has had an honored record in the field of Home Economics work for the past 20 years—in the Schoolroom, in the Kitchen, in the Laboratory, in her Cooking School, on the lecture platform, in the newspapers and in the big national magazines.

Every menu and every recipe in the book has been tested under her personal supervision in her own kitchen. Every article, every suggestion, idea and statement are hers, and upon its Nutrition and Economy you may confidently depend.

This book is for the use of—

|                 |                  |
|-----------------|------------------|
| Housewives      | Cooks            |
| Colleges        | Churches         |
| High Schools    | Fraternal Bodies |
| Tea Rooms       | Cafeterias       |
| Institutions    | Restaurants      |
| Cooking Schools | Woman's Clubs    |

In these days of stress, when everyone is more vitally concerned than ever before in the purchasing power of the dollar, the Woman's World Calendar Cook Book will fill a long-felt need.

In conclusion, we wish to state that the Money-Back Guarantee on advertising which appears every month in Woman's World applies to all advertisements contained in Woman's World Calendar Cook Book.

### **Guarantee of Satisfaction**

*We stand back of every advertisement in Woman's World.*

*We guarantee these advertisements to you because we believe advertised goods offer you the fullest protection, quality and service.*

*We will refund your money if you are not satisfied with the value received or treatment given by any advertiser in Woman's World.*

*Harriet H. Manning*  
President, Woman's World.

# Beech-Nut Peanut Butter

**B**ESIDES being an ideal spread for bread, Beech-Nut Peanut Butter is just the filler to give flavor and character to candies, cakes and the like. Truly delicious in itself, it blends agreeably with many kinds of food. Use it in pastry, confectionery, fruit puddings, sandwiches and numerous desserts. You'll be delighted at the really delicious results obtainable from it. Our booklet, "One Hundred and One Recipes," tells you how it can be used. It is yours for the asking.

**BEECH-NUT PACKING CO.**

Canajoharie, New York

## BEECH-NUT

*"Foods of Finest Flavor"*

|                |                    |
|----------------|--------------------|
| Bacon          | Peanut Butter      |
| Macaroni       | Jams and Jellies   |
| Spaghetti      | Ginger Ale         |
| Pork and Beans | <i>Confections</i> |
| Tomato Catsup  | Mints              |
| Chili Sauce    | Fruit Drops        |
| Marmalades     | Chewing Gum        |
| and Preserves  |                    |



## DELICIOUS!

### PEANUT BUTTER FUDGE

- 1 cup brown sugar
- 1 cup granulated sugar
- $\frac{3}{4}$  cup milk
- 1 teaspoonful vanilla
- $\frac{1}{2}$  cup Beech-Nut Peanut Butter

Stir milk and sugar over fire until boiling; cease stirring and allow to boil until candy forms a soft ball when tested in cold water. Let cool, add Beech-Nut Peanut Butter and vanilla. Beat until creamy. Turn into buttered pan and mark in squares.

### BEECH-NUT PEANUT BUTTER LAYER CAKE

- $\frac{1}{2}$  cup butter
- $\frac{3}{4}$  cup milk
- 1 cup sugar
- 2 eggs, beaten separately
- 2 teaspoons baking powder
- 1 teaspoon vanilla
- $2\frac{1}{2}$  cups flour

Cream butter and sugar, add yolks of eggs, beat well, add milk, sifted flour and baking powder, lastly fold in lightly the beaten whites of eggs. Bake in two layers in rather quick oven.

**FILLING:** Boil  $1\frac{1}{2}$  cups shaved maple sugar and  $\frac{1}{2}$  cup water, in which has been dissolved  $\frac{1}{4}$  teaspoon cream tartar, until syrup will thread, pour gradually on the stiffly beaten whites of two eggs, add two tablespoons Beech-Nut Peanut Butter and continue beating until thick and creamy. Spread between layers and on top of cake.

# THE BALANCED RATION

## Your Meals and Good Health

**VARIETY** is the spice of life—and it is also the essence of life.

Our bodies must get from the food that we eat the tissue for its cells—energy for instant use—or storage for the future—mineral salts, vitamins, water and a certain roughage from vegetables and fruits to aid in proper elimination.

When we do not balance our ration, but leave out of our diet any food upon which our bodies depend we throw the machinery out of gear by making it work overtime to secure enough tissue or energy from other foods to repair the loss.

It is of the greatest importance to strengthen our bodies and brighten our minds—by a little common sense in the daily selection and preparation of the food we eat.

Living by the balanced ration is simply giving the body and the brain a chance to do its best as nature intended, by giving it the right nourishment every day in the year.

We have set forth in the Woman's World Calendar Cook Book the correct diet with the newest food combinations—with the idea of providing sufficient nutriment from our food for every one of every age—with the greatest amount of economy in its selection and preparation.

Our bodies are made up of various parts—there's fat, bone, muscle, brain and nerve tissue, all of which are being constantly expended as we think and move, even to repair this waste; and food, plus the right amount of water, has to be regulated.

The following foods should be present in every meal: One protein or muscle-maker, two or three starches or energy foods, one or two fats or reserve-force foods, one sweet or quick energizer, one or two roughage or bulky foods, some minerals, at least one protective food, and a half pint of water.

If you have a boy who can't get "filled up"—a daughter with a blotched skin—a husband who is always tired—and if you, yourself, are nervous and fretty, just give this balanced ration a thorough trial.

### The Balanced Ration

In order to make the proper balancing of meals simple, we have listed the foods according to the special mission they have in the body.

**Muscle-Makers:** (One of these for each meal.)  
Milk, skimmed milk, eggs, meat, fish, dried peas, dried beans, nuts, peanut butter, all kinds of cheese.

**Heat Foods:** (Two of these for each meal.)  
All cereals, all breads—whether made with baking powder, soda or yeast—crackers, macaroni, spaghetti, and noodles, bananas, all puddings that include bread crumbs, flour, cornstarch, tapioca, cereals.

**Quick Energy Foods:** (One of these for each meal.)  
The sweets, all kinds of syrups—such as maple syrup, honey molasses, sorghum and cornsyrup; jellies and preserves, frostings, candies, sweet puddings, plain sugar as served in coffee, tea and on fresh fruit.

**Reserve Foods, that supply stored-up energy:** (Two of these for each meal.)

All the fats—this means butter, nut and animal margarine; peanut butter, cream, top milk, all salad oils, very fat ham, pork or bacon, very fat fish, sausages, cream cheese, all salad dressings, rich gravies, cake and pastry containing a great deal of shortening, most nuts, chocolate, and all puddings and cakes containing much fat—as suet puddings; also fried foods, such as fried potatoes, croquettes, etc.

**Tonic Foods:** (One or more of these for each meal.)  
All fresh green vegetables, as cabbage, cucumbers, celery, tomatoes, all salad plants, etc.; rhubarb, peaches, strawberries, pears, grapes and all fresh and dried fruits, except bananas; all fruit drinks, canned fruits and fruit ices all whole grain cereals, such as cracked wheat, brown rice, cornmeal ground at the mill, etc.

**The Roughage (or bulky) Foods:** (One or more of these for each meal.)

Includes all of the Tonic Foods, as well as all of the coarse breads, such as graham, entire wheat and rye—all the gritty cereals, all the coarse vegetables—as lettuce, onions, asparagus, cabbage, etc.; all unpared fruits or those which are full of seeds—as well as all of the bulky green vegetables.

**The Liquid Foods:** (Two of these for each meal.)  
Water, all soups, small amounts of tea or coffee, skimmed milk, buttermilk, cocoa, all fruit drinks, all other drinks (not alcoholic); gelatines, ices, watery fruits and vegetables.

**Growing or Protective Foods.** (Choose two of these or at least one for each meal.)

Milk, butter, eggs, fresh vegetables, fresh fruits, whole grains.

### Let Each Play Its Part

As we learn to plan and cook rightly we soon become accustomed to thinking of the different materials we put into the dishes and find that it is not necessary to supply eight or ten dishes for each meal, as some may have thought after reading through the list of foods, but rather to think what goes into each one separately.

In the well-planned meal there are no accessories. When sugar, for example, is used in the coffee, tea or cocoa, or on the cereal, that supplies the necessary sweet for the meal. Bread acts as one of the heat foods, and the butter or margarine served on it is one of the foods that supplies stored-up force. It isn't necessary—if large amounts of bread and butter are eaten—to supply any other reserve-force food in the meal.

A balanced meal can be selected by anyone by applying the simple principles I have mentioned. Properly selected meals mean efficiency, keener judgment, clear-headedness, a comfortable feeling after meals—and all it costs is the expenditure of enough time to understand the list of foods and to select them according to the simple laws of harmony and body needs.

All Measurements Are Level.

*Ida Bailey Allen*



# A Page of Special Recipes

## - by Mrs. Knox

ON OTHER pages of this Cook Book will be found a number of very delightful recipes, which show the unlimited possibilities of Knox Sparkling Gelatine.

But here I give three *special* recipes for a dessert, salad and candy with which readers of my book "Dainty Desserts" have had so much success that I believe they will be welcomed by every user of the Woman's World Cook Book.

### Rice Parfait

- |                                      |                         |
|--------------------------------------|-------------------------|
| 1/2 envelope Knox Sparkling Gelatine | 1 cup sugar             |
| 2 cups hot boiled rice               | 1/4 teaspoonful salt    |
| 1 1/2 cups milk                      | 1 cup chopped nut meats |
| 1 cup cream                          | 1 teaspoonful vanilla   |

Soak gelatine in milk ten minutes and dissolve in hot rice. Add sugar and salt and when cool fold in cream, beaten until stiff. Add nut meats and flavoring. Turn into a mold, and pack in ice and salt.

### Perfection Salad

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 1 envelope Knox Sparkling Gelatine | 1/2 cup sugar                      |
| 1 1/2 cup cold water               | 1 teaspoonful salt                 |
| 1/2 cup mild vinegar               | 1 cup cabbage, finely shredded     |
| 2 tablespoonfuls lemon juice       | 2 cups celery, cut in small pieces |
| 2 cups boiling water               | 2 pimentoes, cut in small pieces   |

Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar, and salt. Strain, and when mixture begins to stiffen, add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers, or turn into molds lined with canned pimentoes.

*NOTE—Use fruits instead of vegetables in the above and you have a delicious fruit salad.*

### Marshmallows

- |                                    |                       |
|------------------------------------|-----------------------|
| 1 envelope Knox Sparkling Gelatine | Few Grains salt       |
| 1 1/4 cups water                   | 1 teaspoonful vanilla |
| 2 cups fine granulated sugar       |                       |

Soak gelatine in one-half the water five minutes. Put remaining water and sugar in saucepan, bring to the boiling point and let boil until syrup will spin a thread when dropped from tip of spoon. Add soaked gelatine and let stand until partially cooled; then add salt and flavoring. Beat until mixture becomes white and thick. Pour into granite pans, thickly dusted with powdered sugar, having mixture one inch in depth. Let stand in a cool place until thoroughly chilled. Turn on a board, cut in cubes and roll in powdered sugar. This recipe makes about one hundred marshmallows. Nuts, chocolate, fruit juices in place of part of the water, or candied fruits chopped may be added—or the plain ones rolled in grated coconut before being sugared.

### Send for Free Recipe Books

You will find my books "Dainty Desserts" and "Food Economy" invaluable in getting up delightfully new dishes, for desserts, meat and fish molds, relishes, salads and candies. Copies will be sent you—free—if you will enclose 4c in stamps to cover postage and mention your grocer's name.



This is the plain Sparkling Package for general use.

# KNOX

## SPARKLING GELATINE



This package contains Lemon Flavoring in Separate Envelope.

12 Knox Ave., Johnstown, N. Y.

*"Wherever a recipe calls for gelatine, think of Knox"*



## WOMAN'S WORLD CALENDAR COOK BOOK

## TABLE OF CONTENTS

|  |           |
|--|-----------|
| The Balanced Ration, By MRS. IDA BAILEY ALLEN                                    | 3         |
| <i>Monthly Messages</i>  |           |
| January—About Canned Foods   | 6         |
| February—Yeast Bread Making  | 12        |
| March—The Values in Dried Fruits   | 19        |
| April—Cakes and Cake Making  | 29        |
| May—About Gelatine   | 37        |
| June—Vegetable Oils and Fats   | 43        |
| July—Milk, Condensed, Evaporated and Powdered                                    | 49        |
| August—Beverages   | 59        |
| September—Seasonings and Flavorings  | 65        |
| October—Cereals, Cooked and Uncooked   | 71        |
| November—Nuts, Nut Butter and Margarine  | 77        |
| December—About Sweets  | 85        |
| <i>Balanced Rations—Variations for Every Meal of the Month</i>                   |           |
| January  | 7         |
| February   | 13        |
| March  | 20        |
| April  | 30        |
| May  | 38        |
| June   | 44        |
| July   | 52        |
| August   | 60        |
| September  | 66        |
| October  | 72        |
| November   | 80        |
| December   | 86        |
| <i>Tested Recipes</i>  |           |
| Index to Tested Recipes  | 93 and 95 |
| <i>Special Articles</i>  |           |
| Feeding the Youngsters   | 25        |
| <i>The Proper Kind of Food—And Why</i>   |           |
| Home-Made Candies  | 26-27     |
| Time-Tables in Cookery   | 35        |
| <i>For Cooking Cereals and Vegetables,<br/>For Broiling, Roasting and Baking</i> |           |
| Measurements   | 36        |
| <i>Accuracy Essential to Good Cookery</i>  |           |
| Canning Suggestions  | 50        |
| <i>With Time Tables for Canning Fruits and Vegetables</i>                        |           |
| Preserving, Jam and Jelly Making   | 57        |
| Refreshments for Little Affairs  | 78        |
| The Range and Its Operation  | 91        |
| <i>A Discussion of the Different Types</i>                                       |           |
| Setting the Table for an Informal Dinner   | 96        |
| Fuel or Clinkers, By WALTER W. MANNING   | 1         |



## WOMAN'S WORLD CALENDAR COOK BOOK

# Monthly Message for January

## About Canned Foods

**M**UCH has been said and written about canned foods; but, when finally sifted down, the question really presents the following aspects:

How do canned articles compare in food value with fresh foods?

Are they as clean as foods put up at home?

Are they more expensive?

The food value of canned articles is practically the same as when the foods are prepared at home. However, the process of canning takes away most of the vitamins, and, because of this, it is not advisable to plan a dietary based largely upon canned foods. This means that canned foods should appear in the menu in balanced combination with fresh foods containing vitamins, as milk, eggs, cheese, etc. Example: Cream of spinach soup, escalloped brown rice, tomatoes and cheese.

### Canned Foods Are Usually Cheaper Than Fresh Foods

In most cases it is cheaper to buy canned foods than those that are fresh, even if the cost of preparation and fuel is not considered. Standard brands of canned tongue, veal loaf, pressed beef and corned beef for certain processes of cookery are quite as adaptable as those that are home prepared. As to canned vegetables, they cost about the same as the home-prepared products, provided the latter are not home-grown, but it is a good rule to introduce the fresh vegetable in the menu when it is in season, for the vitamin element, rather than the canned vegetable. When the canned vegetable is used, let it be in the form of a salad into which a fresh, raw vegetable, as lettuce, radishes, celery, cabbage or even raw onions may be featured, or as a milk soup, or with poached eggs.

### Commercially-Canned Products More Economical Than Home Canned Foods

Unless there is a large supply of fresh fruits on the home place, so that it is not necessary to purchase fruit for canning, it is not an economy to put them up at home, for, with the cost of both sugar and fruit, home canned fruit is as expensive as the commercial product. Fresh fruit the year round is the best possible insurance against autointoxication, sluggish livers and frequent head-

aches, although canned fruit is very useful when fresh fruit cannot be had.

With the agitation for pure foods is the necessity for clean products, for that which is not clean cannot be pure.

### The Kind to Buy

The housewife should be sure to buy the known brands which stand for purity in manufacture. The names of reputable firms, whose kitchens are constantly open for inspection, mean cleanliness. I have seen hundreds of home kitchens and have also been through many manufacturing plants producing food products, and in nearly every case the commercial ingredients were of the best grade, and the manufacturing kitchens were cleaner than those in the homes.

### Combining Canned Foods with Fresh—For Vitamines

Canned foods should be combined, if possible, with something which will give either a fresh raw or freshly-cooked taste. Canned pears become another food if sharpened with a little lemon juice; a fruit cup of canned pineapple and cherries is more nutritious with a little sliced orange. Thus fish salad, combined with diced celery or lettuce hearts and garnished with radish roses, is both appetizing and complete. The living principles needed by canned foods are thus introduced, giving the true balance.

All canned foods are better if turned from the can at least a half hour before using and expose to the air to freshen, or re-oxygenize. This applies also to canned soups. Canned fish, as tuna and salmon, should be scalded before using. All vegetables of a firm nature, as asparagus, peas, Lima beans, etc., and canned spinach, should be drained, the liquor being used as sauce or the foundation for a soup.

Many housewives seem to think that because a meat is canned and, therefore cooked, it should be served plain. This makes it seem expensive and not particularly attractive. Canned meat is, however, most adaptable to made dishes. It should never be used entirely in the place of fresh meat. But the made fish from canned meat or fish, if combined with other ingredients, will often solve a luncheon or supper problem. All canned foods should be changed to another container immediately upon opening.



# The Balanced Ration for January

## Tested Menus for One Week

| Days             | Breakfast  | Luncheon or Supper  | Dinner   |
|------------------|--|---|--|
| <b>SUNDAY</b>    | Sliced Oranges<br>Creamed Potatoes and Bacon<br>Entire Wheat Toast Butter<br>Coffee (Adults) Milk (Children)                 | Escalloped Cheese<br>Muffins and Butter<br>Stewed Dried Peaches<br>Hermits Tea                      | Broiled Pork Chops<br>Mashed Potatoes String Beans<br>Bread and Butter<br>Cole-Slaw<br>Upside-down Apple Pies Coffee                     |
| <b>MONDAY</b>    | Sliced Bananas<br>Rice Cooked in Milk Served with<br>Maple Syrup<br>Corn Bread and Butter<br>Coffee (Adults) Milk (Children) | Lima Bean Chowder Hot Crackers<br>Bread and Butter<br>Baked Custard<br>Tea                          | Vegetable Bouillon<br>Meat Loaf<br>Stewed Tomatoes Baked Potatoes<br>Rye Bread and Butter<br>Warm Gingerbread<br>Coffee                  |
| <b>TUESDAY</b>   | Stewed Prunes<br>Corn Flakes Milk<br>Boiled Eggs<br>Rolls and Butter<br>Coffee (Adults) Milk (Children)                      | Celeriac or Potato Salad<br>Bread and Butter<br>Squash Pie Tea                                      | Cream of Corn Soup<br>Nut and Potato Balls Peas<br>Rolls and Butter<br>Lettuce Celery and Canned Grape<br>Salad<br>Fudge Cake Coffee     |
| <b>WEDNESDAY</b> | Grapefruit<br>Prepared Cereal Milk<br>Frizzled Dried Beef on Toast<br>Coffee (Adults) Milk (Children)                        | Poached Eggs with Rice and<br>Cream Sauce<br>Celery<br>Graham Bread and Butter<br>Grape Jelly Cocoa | Broiled Halibut or Mackerel<br>Parsley Sauce<br>Spinach<br>Macaroni and Tomatoes<br>Bread and Butter<br>Cup Cakes Coffee                 |
| <b>THURSDAY</b>  | Oatmeal Cooked with Dates Milk<br>Bacon Muffins and Butter<br>Coffee (Adults) Milk (Children)                                | Boston Baked Beans<br>Steamed Brown Bread and Butter<br>Piccalilli<br>Canned Peaches<br>Tea         | Chicken or Veal Fricassee<br>Mashed Potatoes<br>Buttered Beans Sweet Pickles<br>Bread and Butter<br>Hermits Sliced Oranges<br>Coffee     |
| <b>FRIDAY</b>    | Baked Figs<br>Swedish Omelet<br>Reheated Rolls Butter<br>Coffee (Adults) Milk (Children)                                     | Chicken or Veal Soup<br>Dumplings Tea Mince Pie   | Beef Casserole<br>Buttered Carrots<br>Graham Bread and Butter<br>Lettuce with Russian Dressing<br>Grape Juice Tapioca Coffee             |
| <b>SATURDAY</b>  | Sliced Oranges<br>Cracked Wheat Milk<br>Creamed Codfish on Toast<br>Coffee (Adults) Milk (Children)                          | Baked Bean Soup<br>Hot Toast<br>Orange Shortcake Tea  | Beef Pie (Made from Casserole)<br>Mashed Potatoes Diced Turnips<br>Tomato Jelly Salad<br>Steamed Raisin Pudding<br>Lemon Sauce<br>Coffee |

## Variations of the Basic Menus for Every Meal of the Month

### Breakfast

As this is the season when quite a bit of acid should be gradually introduced into the menu, the citrus fruits and grape fruit can be used plentifully. The dried fruits may be used interchangeably as they give bulk. If the family seems to be suffering from colds, try serving a glass-full of rather sour lemonade, all round, either in the evening, or a half hour before breakfast. The bread, both yeast and quick, should be made up—as far as possible—of whole grains. Fried foods should be avoided as much as possible. Broiled, smoked salmon, or smoked white fish, can be substituted for bacon. The Swedish omelet may be supplanted by tomato, or spinach, omelet; and oven-browned cereal may be served, instead of creamed potatoes.

### Luncheon or Supper

Escalloped eggs, potatoes, or spinach may be substituted for the escalloped cheese—while canned fruit may be used instead of stewed, dried fruit. Corn, potato, or tomato chowder will always be welcomed, and any of the hot desserts

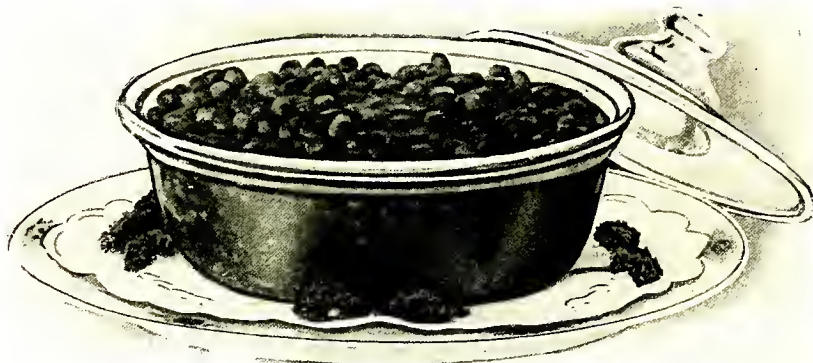
will be delicious, especially on a rather cold day (in this case, a special substitute dish will have to be provided for the youngsters if the dessert is over-rich). As for general use, bread pudding, any form of cereal puddings, warm gingerbread, upside-down pies, or baked fruit dumplings are always acceptable.

### Dinner

Any broiled meat may be substituted for the pork chops; instead of meat loaf, Hamburg steak balls may be provided; and to vary the meatless menu on Tuesday, nut cutlets, or rice and nut loaf may be provided. Any broiled fish may replace the broiled mackerel, or halibut. A fricassee of lamb may be used instead of that of chicken, and a casserole of chicken, veal, or lamb may be used instead of beef. As to vegetables, try to put in those which are bulky, and introduce as many of the fresh vegetables as possible. Serve fruit freely as dessert, or introduce fruit juices in the form of tapiocas, gelatine, and so on. Salads should be used frequently, the French dressing being made with lemon juice, instead of vinegar, to stimulate the liver.

# Tested Recipes for January

Nutrition and Economy



*Baked Beans with Chili Sauce*

## Baked Beans With Chili Sauce

- |                         |                       |
|-------------------------|-----------------------|
| 1½ cups dried beans     | 1 teaspoon salt       |
| ½ teaspoon soda         | ¾ teaspoon pepper     |
| 1 teaspoon minced onion | 2 slices salt pork    |
| 1½ cups Chili sauce     | 1 tablespoon molasses |

**SOAK** beans overnight, drain them, add soda, cover with fresh water and bring to boiling point. Cook five minutes, then turn into deep baking dish, add seasonings and molasses, lay slices of salt pork over top, cut into dice and mix with beans. Pour Chili Sauce over all, add water to barely cover and bake in slow oven—325° to 350° F.—three hours. Add a little water occasionally should beans appear dry.

## Onions Supreme

- |                             |                              |
|-----------------------------|------------------------------|
| 8 medium sized white onions | ¾ teaspoon pepper            |
| 3 tablespoons butter        | 1½ cups hot stock or milk    |
| ¼ cup flour                 | ¾ cup thin cream or top milk |
| 1 teaspoon lemon juice      | 3 hard-cooked eggs           |
| ½ teaspoon salt             |                              |

**B**LEND together butter and flour until smooth, add stock or milk a little at a time, stirring while adding. Allow sauce to cook three minutes,

after it begins to boil; then put in cream or top milk, salt, pepper, and lemon juice, and onions which have been steamed or boiled until tender in salted water, then thoroughly drained. Add hard-cooked eggs, which have been sliced or cut in quarters, and heat but do not boil. Serve in deep dish or arrange around mound of mashed potatoes as the main dish in a meatless meal.

## Nut and Potato Balls

- |  |                                     |
|--|-------------------------------------|
| 3 cups mashed potatoes                   | ¼ teaspoon pepper                   |
| 2 tablespoons butter or vegetable fat    | Slight grating of nutmeg            |
| 1 cup finely chopped nut-meats, any kind | 2 teaspoons chopped parsley         |
| 1 egg                                    | ½ teaspoon grated onion, if desired |
| ½ teaspoonful salt                       |                                     |

**S**EE that potatoes are entirely free from lumps, add butter, seasonings, nuts, and moisten with egg, which has been beaten. Spread on plate to cool, divide into ten equal sized portions, roll into balls, brush over with beaten egg, coat with bread crumbs, and either fry in deep fat or bake until golden brown in quick oven—375° F.

*Onions Supreme*



# Tested Recipes for January

All Measurements Are Level

## Macaroni in Cheese Sauce

- |                                       |  |
|---------------------------------------|--|
| 3 cups cooked macaroni                | 2 cups milk                              |
| 3 tablespoons butter or vegetable fat | $\frac{1}{2}$ teaspoon salt              |
| $\frac{3}{4}$ cup grated cheese       | $\frac{1}{4}$ teaspoon pepper or paprika |
| 3 tablespoons flour                   |  |

**B**LEND together flour and butter until smooth, add milk, stir until boiling, cook three minutes after boiling point is reached. Add salt, pepper and cheese, also macaroni, cut into convenient sized pieces. Let all become thoroughly hot to melt cheese, but do not let sauce boil, after cheese has been added.

## Escaloped Oysters With Spaghetti

- |                               |                                       |
|-------------------------------|---------------------------------------|
| 1 quart oysters               | $\frac{1}{2}$ cup minced celery       |
| 2 tablespoons flour           | 1 cup milk                            |
| 1 teaspoon salt               | 2 tablespoons butter or vegetable fat |
| $\frac{1}{4}$ teaspoon pepper | $\frac{1}{2}$ cup dry bread crumbs    |
| 3 cups cooked spaghetti       |                                       |

**D**RAIN oysters and roll each one in flour, salt and pepper which have been mixed together on a plate. Oil a baking dish and put into it a thin layer of crumbs, then one of oysters, next a little celery, then a layer of spaghetti, continuing in this way till all is used. Pour in milk and sprinkle over top the bread crumbs, moistened with remaining butter, melted. Bake half hour in moderate oven, 350° F.

## Chicken, Salmon or Tuna Croquettes

- |  |   |
|--|---|
| 1 can chicken or two cups cold minced chicken (or use salmon or tuna fish) | The grated rind of one-half lemon               |
| 3 tablespoons butter or vegetable fat                                      | 1 tablespoon chopped parsley                    |
| 3 tablespoons flour  | $\frac{1}{2}$ teaspoon salt                     |
| 1 cup milk or stock  | $\frac{1}{2}$ teaspoon pepper                   |
|  | $\frac{1}{2}$ teaspoon grated onion, if desired |

**P**REPARE a thick white sauce by blending butter and flour together, after which add milk and cook for three minutes after boiling point has been reached. Sauce must be stirred constantly while cooking. Add salt, pepper, lemon rind, parsley and onion, if used, also minced chicken. Mix very thoroughly and spread one-half inch thick on plate to cool. Divide into ten or twelve por-

tions. Roll into cone or cork shape, brush over with beaten egg, roll in bread crumbs or cracker crumbs and fry in deep fat, or bake until golden brown in quick oven—375° F.

## Upside-Down Fruit Pies

**T**HOROUGHLY oil muffin pans and fill with sliced apples or fresh, canned or stewed-dried peaches, mixed with a half cup sugar to two and a half cups sliced fruit. Top each section with round of crust, cut half inch thick, and made of your favorite baking powder biscuit mixture. Bake for twenty-five minutes in moderate oven. In the meantime put fruit peelings on to boil in one and a half cups hot water. Boil twenty minutes, then strain, add half cup sugar, a few grains of salt, a little nutmeg and thicken with one and a fourth tablespoons each of flour and butter, or margarine, which have been creamed together. Serve this sauce with the pies, turned crust-side down.

## Baked Bean Soup

- |  |                                      |
|--|--------------------------------------|
| From 2 to 3 cups left-over baked beans | $1\frac{1}{2}$ teaspoons sugar       |
| 1 pint canned tomatoes                 | 3 tablespoons flour                  |
| $\frac{1}{2}$ cup sliced onion         | 2 tablespoons bacon or ham drippings |
| 6 cups water or soup stock             |                                      |

**P**UT beans, tomato, onion and liquid together and simmer until soft. Thicken with flour and drippings, creamed together, and after mixture has been boiled rub through a sieve. Add sugar, and salt and pepper, as needed and serve with croutons or hot toast.

## Welsh Rarebit

- |  |                                |
|--|--------------------------------|
| 2 cups well-flavored dairy cheese, diced or put through food-chopper | 1 teaspoon salt                |
| 3 tablespoons flour  | $\frac{1}{4}$ teaspoon paprika |
| 1 tablespoon butter  | $\frac{1}{4}$ teaspoon mustard |
|  | 2 eggs                         |
|  | 2 cups milk                    |

**C**OMBINE the cheese, flour, butter, seasonings, and eggs, unbeaten, in top of chafing dish. Stir thoroughly together until well mixed, then set dish over boiling water and gradually stir in milk.

*Ready to Make Welsh Rarebit in the Chafing Dish*





# Tested Recipes for January

Nutrition and Economy



*Baked Stuffed Fish*

As milk heats, mixture will thicken and become rich and creamy. Serve on hot toast or toasted crackers.

## Baked Stuffed Fish

- |   |                                       |
|---|---------------------------------------|
| 1 haddock, whitefish or bluefish            | 1 tablespoon chopped parsley          |
| 2 cups stale bread                          | $\frac{1}{2}$ teaspoon salt           |
| $\frac{1}{4}$ cup chopped suet or drippings | $\frac{1}{4}$ teaspoon pepper         |
|   | 1 small egg or $\frac{1}{4}$ cup milk |

**SOAK** bread in cold water until soft, press out all water possible, add seasonings, parsley, and if liked, a little finely-minced onion. Moisten with egg or milk. Fill the fish, sewing up opening to keep the stuffing in place. Lay the fish in an oiled baking dish, put a little meat dripping or two or three slices of bacon or fat salt pork over it, and pour a cup of water into pan. Bake three-quarters of an hour in moderate oven—350° F.—basting occasionally with water in pan. Remove carefully to platter, garnish with parsley, slices of lemon and small piles of fluffy mashed potato.

## Toasted Devilled Ham Sandwiches

- |                                 |                      |
|---------------------------------|----------------------|
| 1 can devilled ham              | Butter               |
| $\frac{1}{2}$ cup grated cheese | Mustard              |
| Slices of bread                 | Worcestershire Sauce |

**CUT** slices of bread one-quarter inch thick. Cream the butter and for six full-sized sandwiches add one-half teaspoon dry mustard, and one teaspoon Worcestershire Sauce to butter. Spread half the slices of bread with this and spread other half thickly with devilled ham and grated cheese mixed together. Form into sandwiches, pressing slices together firmly. Toast slowly, then cut into strips and tuck into a folded napkin to keep hot.

## Baked Chicken Maryland

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1 chicken                       | $1\frac{1}{2}$ teaspoons salt |
| A few slices bacon or salt pork | $\frac{1}{2}$ teaspoon pepper |
|                                 | 2 tablespoons flour           |
|                                 | 1 cup water                   |

**CUT** the chicken into convenient sized pieces, rub each one over with bacon drippings, butter or oil, then roll in the flour, salt and pepper which

*Assorted Cookies and Cranberry Ade. Recipes on Page 89*



# Tested Recipes for January

All Measurements Are Level

have been mixed together. Place skin side up in a roasting pan and put a small slice of bacon or salt pork on each piece of chicken. Cook ten minutes in a quick oven—375° F.—add the water and cook until chicken is tender (about an hour), basting every fifteen minutes. When delicately browned, cover pan to prevent drying out. Arrange on serving platter, pour a rich cream sauce round it and garnish with small corn fritters.

## Quick Corn Fritters

- |                            |                                 |
|----------------------------|---------------------------------|
| 1 cup flour                | 1 egg                           |
| 1½ teaspoons baking powder | 1 cup canned or fresh corn pulp |
| ¼ teaspoon salt            |                                 |

**SIFT** together the flour, salt and baking powder, add the corn pulp and the egg, well-beaten. Drop by spoonfuls into a frying pan containing two tablespoons of hot fat and fry golden brown on both sides.

## Celeriac or Potato Salad

- |  |                                      |
|--|--------------------------------------|
| 3 cups diced boiled celeriac or potato | Mayonnaise or boiled salad dressing  |
| 2 hard-cooked eggs, chopped            | 3 tablespoons salad oil              |
| 2 teaspoons grated onion               | 1 tablespoon vinegar                 |
| Salt and pepper to taste               | 1 teaspoon minced parsley (optional) |

**COMBINE** the celeriac or potato, while warm, with the oil, stir and add vinegar, seasonings and egg. Chill, add enough salad dressing to blend, arrange in salad bowl, border with lettuce and put a little extra salad dressing on top, sprinkling with parsley.

## Rice Cooked in Apricot Juice

- |                             |            |
|-----------------------------|------------|
| 2 cups canned apricot juice | ½ cup rice |
|-----------------------------|------------|

**BRING** fruit juice to boiling point, heating in inner vessel of double boiler. Wash rice thor-

oughly, turn into boiling juice, add one-half teaspoon salt and steam an hour. Serve either hot or cold, garnished with halves of canned apricots and crystallized cherries.

## Grape Juice Tapioca

- |                   |                             |
|-------------------|-----------------------------|
| 1 cup grape juice | ¾ cup quick-cooking tapioca |
| 2½ cups water     | ¼ teaspoon ground clove     |
| ¼ teaspoon salt   | Juice 1 lemon               |
| ¼ cup sugar       |                             |

**BRING** the grape juice, water, salt and sugar to boiling point, then stir in the tapioca and clove. Cook gently until the tapioca is clear (for about twenty-five minutes), stirring occasionally; then add the lemon juice. Chill and serve with plain or whipped cream, or diluted marshmallow creme.

## Peanut Butter Ball Salad

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 1 cream cheese              | ½ teaspoon salt                      |
| 3 tablespoons peanut butter | ½ teaspoon paprika                   |
| 1 teaspoon lemon juice      | ¾ cup raisins, cut into small pieces |

**CREAM** together cheese, peanut butter, lemon juice, salt and paprika. Add raisins and form into balls the size of a large marble. Place three or four on a crisp lettuce leaf and serve with French dressing.

## Meat Loaf

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 1 pound beef                | ½ cup water or milk                  |
| 1 slice onion               | 1 egg                                |
| 2 sprigs parsley (optional) | 1½ teaspoons salt                    |
| ½ pound fresh pork          | 1 teaspoon sage or poultry seasoning |
| ½ pound veal                | Few grains pepper                    |
| ¾ cup soft bread crumbs     |                                      |

**GRIND** together meat, onion, and parsley, if used. Combine crumbs and water and cook until a thick paste is formed. Add this to meat, together with the slightly beaten egg and seasonings, pack into an oiled bread pan and bake for an hour in moderate oven—350° F.

*Rice Cooked in Apricot Juice*







## WOMAN'S WORLD CALENDAR COOK BOOK

# Monthly Message for February

## Yeast Bread Making

**T**HE exact science of bread making is a chemical one, consisting of the proper blending of flour, liquid, salt and yeast into a dough which is raised by the growth in it of the yeast fungi. During that raising the action of the yeast converts part of the starch into a form of sugar; and the yeast cells, feeding on this, produce fermentation; and as the dough is fermented and raised, thousands of little cells, or pockets, are formed in it. During the baking, however, the fermentation is stopped by the heat, the result being the light, porous bread with which we are familiar.

Bread making is a process which needs the utmost care. There is nothing difficult about it, but it must be done with exactness in regard to measurements, mixing, temperatures and cooking.

Unfortunately, most of us use but one kind of bread, quite forgetting that "variety is the spice of life" and that there are various forms of bread, which would give the much needed change to our diet—whole wheat, graham, rye or corn bread—or breads made of a combination of grains, such as Boston Brown Bread. These grains introduce vitamins into the diet, making it unnecessary to use so many other mineral foods. They give greater bulk, which is also necessary, and we should look upon bread as a food and not merely as an accessory. It is our best food if properly made of the right ingredients.

### Proper Kind of Ingredients

What are these ingredients? Flour, salt, liquid and yeast. These four we must have, others we may have, and even with these four some variations are possible. As already stated, the flour may be of more than one variety, but some wheat flour we must have for good bread. The liquid may be plain water, water in which potatoes have been cooked, or milk, or two of these in combination. The yeast may be compressed or dry yeast according to convenience. Other ingredients may be potatoes, shortening and a little sugar or syrup.

Whereas, the methods of making bread by both dry and compressed yeast are practically identical, the process when making it with dry yeast is facilitated if a soft sponge is first made, so that the little yeast plants may have all possible assistance in their growth. It is also advisable to make such a sponge when preparing coffee cake or rolls, or whenever a fine textured result is desired or when rich ingredients are being used, no matter what kind of yeast is chosen. Success in bread making

consists in the use of a reliable recipe; care in keeping the rising dough at a temperature of not less than 70° F., nor more than 95° F.; shielding the dough from draughts, and the proper baking.

### The Sponge

So in making a sponge, or in starting bread without a sponge, the liquid must be merely tepid—or blood heat. If milk is used, it should be first scalded to kill any bacteria that might cause it to sour while the bread-rising process is going on.

To this liquid is added the yeast, first softened and dissolved in a little liquid reserved for the purpose or an extra amount specified in the recipe. Then in making the sponge a little of the sugar, the salt, and a small portion of flour are added, usually twice as much as liquid. When light and spongy, the remaining ingredients are added, the mixture kneaded, set covered to use until doubled in bulk, then "cut down," shaped, and set to rise until doubled again, when it is ready to bake.

### Baking

The baking process must be fairly slow at a moderate heat, so that the vitamins will be preserved and the bread be dried out thoroughly, 375° F. being the best temperature to maintain. During the last five minutes of the baking the oven should be cooled off—so that no further browning takes place—the steam being merely dried out.

The use of a bread-mixer facilitates bread making, obviating kneading by hand and actually saving a fourth of the flour. As these mixers may be obtained in both small and large sizes they are practical for use in every family. And once the housewife has learned how to make not only the delicious loaf breads, but dainty rolls, raised muffins, raisin and nut breads, coffee cake of many kinds, brioche the "bread dessert" and other delightful dishes learned by yeast, by accurate and simple processes, she will look upon the day she bakes with yeast not only as a triumph of good cookery—but as a milestone on the road to good health for her family.

It is just as essential that the bread be properly cared for after it is baked as during the cooking process. Place the fresh loaves on a wire rack or on the shelf of the gas range—and let them be perfectly cold before putting into the bread box or crock. This, by the way, should be scalded twice a week and thoroughly dried, preferably in the open air.



## Balanced Ration for February

Tested Menus for One Week

| Days                   | Breakfast   | Luncheon or Supper  | Dinner   |
|------------------------|---|---|--|
| <b>SUNDAY</b> .....    | Apples<br>Shirred Eggs<br>Baking Powder Biscuits and Butter<br>Coffee (Adults) Milk (Children)                                    | Salmon Salad Chili Dressing<br>Biscuits (Reheated) and Butter<br>Apple Sauce Cake<br>Cocoa                      | Short Ribs of Beef en Casserole<br>Mashed Potatoes Diced Turnips<br>Celery<br>Bread and Butter<br>Cottage Puffs Rich Cocoa Sauce<br>Coffee                       |
| <b>MONDAY</b> .....    | Bananas with Lemon Juice<br>Fried Mush Scrambled Eggs<br>Coffee (Adults) Milk (Children)  | Tomato Bouillon<br>Potato and Peanut Salad<br>Bread and Butter<br>Crumb Griddle-Cakes Sugar Syrup<br>Tea        | Thick Oxtail Stew<br>Baked Potatoes Diced Turnips<br>Bread and Butter<br>Cold Slaw with Onions<br>Cherry Spanish Cream Coffee                                    |
| <b>TUESDAY</b> .....   | Stewed Prunes<br>Fried Oysters Creamed Potatoes<br>Toast and Butter<br>Coffee (Adults) Milk (Children)                            | Corn and Lima Bean Soup<br>Crackers<br>Warm Gingerbread with Butter<br>Stewed Dried Peaches<br>Tea              | Roast Spareribs Stuffing Gravy<br>Oven-fried French Potatoes Beets<br>Sweet Pickles<br>Bread and Butter<br>Orange Blanc Mange Top Milk<br>Coffee                 |
| <b>WEDNESDAY</b> ..... | Oranges<br>Hash from Left-over Meat<br>Johnny Cake and Butter<br>Coffee (Adults) Milk (Children)                                  | Cream of Potato Soup<br>Toasted Salmon Sandwiches<br>Stoned Stewed Prunes and<br>Blanc Mange (Left-over)<br>Tea | Pork Reheated in Gravy<br>Savory Rice Browned Parsnips<br>Cold Slaw with<br>Savory French Dressing<br>Bread and Butter<br>Little Cream Tarts Coffee              |
| <b>THURSDAY</b> .....  | Grapes<br>Honeycomb Tripe Rice Cakes<br>Reheated Rolls and Butter<br>Coffee (Adults) Milk (Children)                              | Vegetable Stew with Grated Cheese<br>Boston Brown Bread and Butter<br>Stewed Apricots Spice Cookies<br>Tea      | Casserole of Lamb Stewed Tomatoes<br>"Lady Cabbage" Bread and Butter<br>Lettuce with French Dressing<br>Prune and Orange Fruit Cup<br>Coffee                     |
| <b>FRIDAY</b> .....    | Oatmeal Top Milk<br>Baked Crumb Omelet<br>Toasted Brown Bread and Butter<br>Marmalade<br>Coffee (Adults) Milk (Children)          | Split Pea Soup Toasted Crackers<br>Apple, Nut and<br>Shredded Lettuce Salad<br>Spice Cookies Tea                | Old-fashioned Fish Pie<br>Boiled Onions Bread and Butter<br>Tomato Jelly Salad Steamed Carrots<br>Pineapple Pudding<br>Brown Sugar Sauce<br>Coffee               |
| <b>SATURDAY</b> .....  | Grapefruit<br>Hominy Top Milk<br>Pan-Broiled Beef Liver and Bacon<br>Reheated Rolls and Butter<br>Coffee (Adults) Milk (Children) | Soup from Stock Pot and<br>Left-overs<br>Bread and Butter<br>Upside Down Apple Dumplings<br>Nutmeg Sauce<br>Tea | Thinned Split Pea Soup (Reheated)<br>Baked Macaroni Hamburg<br>String Beans<br>Bran Bread and Butter<br>Water Cress French Dressing<br>Lemon Snow Pudding Coffee |

## Variations of the Basic Menus for Every Meal of the Month

## Breakfast

There are many ways of introducing different foods into this meal. Take baking powder biscuits, for instance, they can be very quickly made if the dry ingredients are sifted together the night before and the shortening is rubbed into them. In the morning, one has merely to add the moistening, pat them out on a floured board, shape them, and bake them while the table is being laid and the other foods are being assembled. They can be served not only hot with butter, with honey, syrup, jam, or jelly, but are particularly good if split open and served with a cream gravy and a garnish of fried salt pork or bacon, with frizzled dried beef, or with flaked salt codfish heated in a cream gravy.

## Luncheon or Supper

Luncheon and supper are the meals at which left-overs can be utilized to good advantage and in which made dishes appear. Take, for instance, the menu for Monday, with its Tomato Bouillon made of left-over canned tomato, a little carrot, some onion and some bouillon cubes; the salad made of left-over potatoes and the crumb griddle cakes containing ground dry bread crumbs. These may be varied by the substitution of similar left-overs in the different dishes. On Tuesday we have Corn and Lima Bean Soup—again, of left-overs; this might well be supplanted by a Cream of Celery, Pumpkin, or Spinach Soup.

As to desserts, the Apple Sauce Cake may be varied by prune or peach cake; the griddle cakes by waffles or hot muffins; the stewed dried peaches by figs, dates, prunes, or apricots; the blanc mange by any tapioca or cornstarch pudding, the spice cookies with ginger snaps, cream cookies, or peanut cookies; and the dumplings by a cobbler, shortcake, or fruit pie.

## Dinner

The short ribs of beef may be varied by the use of a pot roast, flank steak, or meat loaf; the thick oxtail stew by a lamb or veal stew, or fricassee; the roast spare ribs by ham baked in milk, or fresh roast shoulder of pork; the casserole of lamb by a casserole or fricassee of chicken, veal, or beef; the old-fashioned fish pie by a fish loaf, oyster chowder, or escallop of salmon, or tuna fish; the baked macaroni Hamburg by meat balls, braised round steak, or veal, or pork chops.

For dessert, use warm gingerbread or cereal pudding instead of cottage puffs; snow pudding or jellied fruits instead of cherry Spanish cream; any tapioca dish instead of blanc mange; butter-scotch or chocolate pie instead of cream tarts; pineapple or fig and orange fruit cup instead of prune and orange cup; steamed fig or chocolate pudding instead of steamed carrot pineapple pudding; and grape juice or coffee sponge instead of lemon snow pudding.

# Tested Recipes for February

## Nutrition and Economy

### Pork Spare-Ribs with Dressing

- |                                  |                              |
|----------------------------------|------------------------------|
| 1½ cups soft bread crumbs        | 2 teaspoons minced onion     |
| 4 tablespoons bacon or other fat | 1 teaspoon chopped parsley   |
| ½ teaspoon salt                  | 1 teaspoon poultry seasoning |
| ½ teaspoon pepper                | A little water or stock      |

**C**OMBINE the bread, seasonings and fat melted, and add just enough liquid to moisten. Pile this dressing high in center of a roasting pan, lay spare-ribs over it and bake three-quarters to one hour, time varying according to weight of meat, having oven moderately hot—350° F.

### Beet Cups with Horseradish Slaw

**C**HOOSE well-shaped beets, wash, but do not bruise them. Cook in boiling water until tender, then rub off skins and remove the centers to form cups. Shave thinly two cups of cabbage, boil rapidly ten minutes in well salted water, drain and stir in one tablespoon of pickled or fresh grated horseradish. Pile in beet cups and top with parsley.

### Baked French Potatoes

**P**ARE, wash and dry good-sized potatoes and cut into finger lengths as for French frying. Lay in a baking pan and pour over them two tablespoons vegetable oil to a pint of prepared potato. Bake about three-quarters of an hour in moderate oven—350° F., sprinkling with salt when about half done. Toss about in pan two or three times while cooking so all sides may be equally browned.

### Apple Cake

- |                            |                          |
|----------------------------|--------------------------|
| 3 tablespoons shortening   | ½ teaspoon salt          |
| ¾ cup sugar                | 1½ cups pastry flour     |
| 1 teaspoon vanilla         | ½ cup milk               |
| 1 egg                      | 2 apples                 |
| 1½ teaspoons baking powder | Extra sugar and cinnamon |

**C**REAM shortening till soft, stir in alternately sugar, vanilla and egg, well-beaten. Sift together baking powder, salt and flour. Add this, with milk, to first mixture and transfer to medium-sized oiled pan, making mixture about an inch and a quarter deep. In the meantime, pare the apples, cut them in eighths and lay on batter

in overlapping rows. Sprinkle with granulated sugar, dust with cinnamon and bake thirty-five to forty minutes in an oven, hot at first—375° F.—then moderated.

### Jellied Waldorf Salad

- |                                       |  |
|---------------------------------------|--|
| 1 pint tart lemon gelatine mixture    | ½ cup coarsely-chopped English walnuts |
| 1 cup apples, peeled, cored and diced | ½ teaspoon salt                        |
| ¾ cup diced celery                    | ¼ teaspoon paprika                     |
|                                       | Mayonnaise or boiled dressing          |

**L**ET gelatine stand until just about to set. Mix together and season apples, celery and nuts, stir into jelly and place in small oiled molds to set. Unmold and garnish with Mayonnaise or boiled dressing and lettuce.

### Cheese and Potato Croquettes

- |   |                              |
|---|------------------------------|
| 2½ cups hot, well-seasoned, mashed potatoes | 1½ teaspoons minced parsley  |
| 1 egg yolk                                  | ¾ cup grated American cheese |
| Few drops onion juice                       |                              |

**C**OMBINE the ingredients in the order given, shape into balls, roll in dry, fine bread crumbs, then in an egg beaten and diluted with a fourth cup of milk or water, then in crumbs again. Fry in deep hot fat enough to brown a bit of bread in forty counts, drain on crumpled paper and serve with tomato sauce, or with creamed asparagus.

### Little Cream Tarts

- |                  |               |
|------------------|---------------|
| 2 cups flour     | Ice water     |
| ½ teaspoon salt  | Cream filling |
| ¾ cup shortening |               |

**T**O PREPARE pastry sift together flour and salt and rub shortening in with tips of fingers until mixture feels and looks like coarse bread crumbs. Moisten with ice water, using just enough to make a dough which is soft but not sticky—about half a cup. Turn onto a floured board, work with fingers until smooth and roll out once. This crust may be used for any pies or tarts.

For Little Cream Tarts—cut pastry into rounds with large biscuit cutter, bake over inverted muffin pans, pricking with a fork before baking to avoid blisters. When baked fill with Cream Filling and cover with a meringue.

*Roast Spare-Ribs, Beet Cups with Horseradish Slaw and Baked French Potatoes*





# Tested Recipes for February

All Measurements Are Level

## "Dog Biscuit"

- |   |   |
|---|---|
| 3 cups flour                              | About 1 cup milk                          |
| 2 teaspoons baking powder                 | $\frac{1}{2}$ pound uncooked sausage meat |
| 1 teaspoon salt                           | Tomato sauce or brown sauce, if desired   |
| $\frac{1}{2}$ cup butter or vegetable fat |   |

**SIFT** together flour, baking powder and salt. Rub in shortening, then mix to light dough with milk. Divide into two portions and roll out thinly. Spread one portion with sausage meat and cover this with remainder of dough. Cut into squares, prick with fork and bake in moderately hot oven—350° F. Serve with a sauce.

## Creamed Potatoes with Sausage

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| 3 tablespoons butter or vegetable fat | $\frac{1}{2}$ teaspoon salt        |
| 2 tablespoons flour                   | $\frac{1}{4}$ teaspoon pepper      |
| $\frac{1}{2}$ cups milk               | $\frac{1}{4}$ teaspoon onion juice |
|                                       | 3 cups cold cooked potatoes        |

**PREPARE** white sauce by blending together butter and flour in saucepan, then adding milk and stirring continuously until sauce boils, after which cook three minutes. Put in salt, pepper and onion juice, then potatoes cut into dice; allow these to heat through and serve with sausages which have been baked or fried.

## Stuffed Baked Apples

- |         |       |
|---------|-------|
| Apples  | Sugar |
| Raisins | Water |
| Nuts    |       |

**SELECT** good firm apples which will retain their shape. Core and peel them and put in a deep baking dish. Stuff cavities from which cores were removed, with seeded raisins and chopped nuts. Make a sugar and water syrup using one-half cup sugar to one cup water, pour this into pan around apples and bake in moderate oven—350° F.—until tender, basting occasionally with syrup. Serve plain or with garnish of whipped cream or marshmallow creme.

## Apple Orange Marmalade

- |           |              |
|-----------|--------------|
| 6 apples  | 4 cups sugar |
| 3 oranges | 3 cups water |
| 1 lemon   |              |

**PEEL** and core the apples and cook skins and cores in water until tender. Strain and press

as much as possible of pulp through a strainer. Meanwhile chop or grate apples, grate orange and lemon rind and chop lemon and orange pulp finely. Add these with sugar to water, stirring until sugar has dissolved, and simmer gently till thick like ordinary marmalade. Pour into sterilized jars and when cold seal with paraffin wax.

## Southern Puffed Sweet Potatoes

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 3 cups mashed sweet potatoes         | 1 tablespoon sugar                    |
| 1 tablespoon butter or vegetable fat | 1 egg, well beaten                    |
| $\frac{1}{4}$ teaspoon salt          | Extra butter and brown or maple sugar |

**WHIP** together mashed sweet potatoes, butter, salt, sugar and beaten egg; transfer when very light, to a well-oiled baking dish, dot with a little extra butter, sprinkle with brown or maple sugar and bake until brown in fairly hot oven—375° F.

## Cherry Spanish Cream

- |   |   |
|---|---|
| 1 $\frac{1}{2}$ tablespoons granulated gelatine | 3 eggs  |
| 1 cup juice from canned cherries                | $\frac{1}{2}$ cup sugar                         |
| 2 cups milk                                     | A few grains salt                               |
|   | $\frac{1}{4}$ teaspoon almond or cherry extract |

**SOAK** gelatine in cherry juice. Scald milk and pour it over softened gelatine. Beat yolks of eggs and sugar, and pour milk and gelatine mixture over them, return to the double boiler and cook until slightly thickened, like soft custard. Add salt and flavoring and pour over the egg whites which have been beaten until stiff, turn into mold which has been dipped in cold water, chill, unmold and garnish with stoned canned cherries, if desired.

## Apple Sauce Cake

- |                                   |  |
|-----------------------------------|--|
| 1 scant cup sugar                 | 1 $\frac{1}{2}$ teaspoons minced ground spice      |
| 6 tablespoons shortening any kind | $\frac{1}{2}$ cup equal parts raisins and currants |
| 2 cups flour                      | $\frac{1}{2}$ cup tart apple sauce                 |
| $\frac{1}{2}$ teaspoon salt       | 1 teaspoon soda                                    |

**STIR** sugar and shortening together until creamy. Sift flour, salt and spice and add fruit; then dissolve soda in a tablespoon of warm water and stir it into apple sauce. Beat this

## Cherry Spanish Cream





# Tested Recipes for February

Nutrition and Economy



## A Balanced Dinner

### Menu

Tomato Bouillon

String Beans

Entire Wheat Bread and Butter

Jellied Cabbage Salad

Baked Stuffed Apple with Marshmallow Raisin Cream Sauce

Black Coffee

Creamed Potatoes with Sausage

Diced Turnips

alternately with flour mixture into creamed shortening and sugar. Bake in three small layers in moderate oven—350° F.—about thirty minutes, and put together with Apple Whip Frosting.

been softened in remaining half cup cold water. When nearly cold, half fill small molds with mixture, then whip remainder until light and fluffy and fill molds with this. Unmold when stiff.

### Apple Whip Frosting

2 egg whites      Few grains salt  
 ¾ cup powdered sugar      2 teaspoons gelatine  
 2 grated tart apples      2 teaspoons cold water

**P**UT the egg whites in a bowl, add the sugar, grated apples and salt. Beat with a wire whisk until stiff, and then beat in the gelatine which has been allowed to stand in the cold water a few moments and then melted over steam. Spread this on the bottom layer to within half an inch of the edge; wait a few moments, then spread on the next layer and continue until the three layers are in place and the whip has been used up.

### Pound Cake

¾ cup butter or vegetable fat      1½ cups pastry flour  
 1 cup sugar      ¼ teaspoon salt  
 4 eggs      ½ teaspoon baking powder  
 ½ teaspoon each—vanilla, lemon and orange extract      1 tablespoon milk or evaporated milk

**S**TIR shortening until creamy, beat in sugar and eggs, unbeaten, one at a time. Add extracts, then the remaining dry ingredients, sifted together and last of all the milk. Transfer to a medium-sized oiled cake pan and bake forty-five minutes in moderate oven—350° F.

### Molded Cranberry Jelly

1 cup cranberries      1 cup sugar  
 2½ cups water      2 tablespoons granulated gelatine  
 2 tablespoons lemon juice

**C**OOK cranberries until tender with two cups water, rub through a sieve and use for cranberry pulp. Return to saucepan and when boiling, add lemon juice, sugar and gelatine which has

### White Sauce

**T**HERE are three White Sauces commonly used in cookery, the difference between them being in their thickness. Here are three with definitions as to their uses and the method of making them:

#### Thin White Sauce

(For use in creaming vegetables)

1 tablespoon butter      Few grains pepper  
 1 tablespoon flour      1 cup milk  
 ¼ teaspoon salt

#### Medium Thick White Sauce

(For use in creaming meats, fish, eggs, in making creamed vegetable sauces for meats, and in certain scalloped dishes.)

2 tablespoons butter      Few grains pepper  
 2 tablespoons flour      1 cup milk  
 ¼ teaspoon salt

#### Thick White Sauce

(For use in binding together croquettes, certain scalloped dishes and fish and meat loaves.)

4 tablespoons butter      ¼ teaspoon pepper  
 ½ cup flour      1 cup milk  
 ¼ teaspoon salt

All of these sauces are made as follows: Melt butter in a medium-sized saucepan, lift it over to edge of range, and stir in flour and seasonings. Return to heat and add milk, a little at a time, stirring with each addition so that flour will take up all of liquid before more is added. Continue in this way until all liquid is in, then bring sauce to boiling point, and let it simmer a moment or two, when it is ready to use.

# Tested Recipes for February

All Measurements Are Level

## Tomato Cream Stew

- |  |                          |
|--|--------------------------|
| 3 cups canned tomato or<br>4 fresh tomatoes and 1<br>cup water | 1/4 teaspoon paprika     |
| 1 teaspoon grated onion  | 3/4 teaspoon baking soda |
| 1 teaspoon salt  | 3 tablespoons butter     |
|  | 3 tablespoons flour      |
|  | 1 1/2 cups milk          |

**COOK** tomatoes and onion together fifteen minutes. Add salt, paprika, and soda which has been dissolved in tablespoon of boiling water. Blend butter and flour smoothly together, add milk and stir until boiling. Combine mixture and serve with buttered toast, crisp whole-wheat crackers or croutons for supper or as main dish of a meatless meal.

## Orange Sponge Cake

- |                    |                                  |
|--------------------|----------------------------------|
| 3 eggs             | 1 teaspoon baking powder         |
| 1 cup sugar        | The grated rind of one<br>orange |
| 1/4 teaspoon salt  | 4 tablespoons orange juice       |
| 1 cup pastry flour |                                  |

**BEAT** yolks of eggs until light. Add sugar, orange rind and juice and the salt. Continue to beat until light and foamy. Sift and add flour and baking powder. Lastly, fold in whites of eggs stiffly beaten. Turn into oiled pan and bake in moderate oven—350° F.—thirty-five to forty minutes, having the cake covered with a sheet of paper during the first ten minutes of cooking.

## Hermits

- |  |  |
|--|--|
| 1 cup brown sugar                        | 1/4 teaspoon baking soda                       |
| 1/2 cup shortening (any<br>kind)         | 1 1/2 tablespoons milk or<br>water             |
| 3/4 cup chopped raisins                  | 1/4 teaspoon nutmeg                            |
| 2 well-beaten eggs                       | 1/2 teaspoon each ground<br>cinnamon and clove |
| 1/2 cup chopped nut-<br>meats (optional) | 1/2 teaspoon salt                              |
| 3 cups flour                             |  |

**CREAM** the shortening, gradually work in the sugar, raisins and the eggs, well-beaten, then stir in the dissolved soda. Sift together the salt,

flour and spices, stir into the first mixture, cover and let stand for an hour or more; then roll to one-fourth inch thickness and shape with a round cutter. Bake in a rather quick oven, 375° F., for about twelve minutes.

## Corn Chowder

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 3 tablespoons diced fat<br>salt pork | 2 cups corn, canned or<br>fresh |
| 1 small onion                        | 1 teaspoon salt                 |
| 2 large potatoes, thinly<br>sliced   | 1/2 teaspoon pepper             |
|                                      | 1 quart scalded milk            |
|                                      | 3 tablespoons flour             |

**PUT** the salt pork into saucepan and let fat fry out of it. Add onion and cook until tender, but not brown. Add potatoes, with one and one-half cups of boiling water and cook until potatoes are tender. Then add corn, seasonings, and milk and bring to boiling point. Thicken just before serving with the flour mixed smoothly with a little cold water.

## Maple Bavarian Cream

- |   |                            |
|---|----------------------------|
| 1/2 cup maple syrup or 1<br>cup brown sugar syrup<br>combined with 1 tea-<br>spoon maple flavor | 4 egg yolks, beaten light  |
| 1/2 teaspoon vanilla  | Few grains salt            |
|   | 1/2 cup milk               |
|   | 1 pint cream, beaten stiff |
|   | 1 tablespoon gelatine      |

**HEAT** the syrup in a double-boiler top, then pour it slowly into the egg yolks, stirring constantly. Return to the double-boiler and cook until the mixture coats the spoon, as a custard. In the meantime, let the gelatine stand for five minutes in the milk, add it to the hot syrup mixture, together with the salt and vanilla, let stand in a cool place until the mixture begins to congeal, then fold in cream, whipped stiff. Transfer to mold, rubbed lightly with salad oil, and when ready to serve unmold and garnish with whipped cream or marshmallow creme and nut-meats, or maraschino cherries.

Tomato Cream Stew





# Be Lavish With Raisins

## *It's Justified by Dietetic Worth*

Raisins are a fruit-food that you should serve in many ways, because of their nutrition and health values.

They furnish 1560 units of energizing nutriment per pound. More energy than eggs, milk, meat or fish.

They are 75 per cent pure fruit sugar in practically pre-digested form, so their good is almost immediately assimilated.

They also furnish food-iron and valuable organic salts. Children especially, shouldn't get all their iron from meat.

Put raisins in oatmeal and in their cookies, cakes and breads.

Serve bread puddings, boiled rice and stewed prunes with raisins.

Raisins make plain foods delicious, so people welcome them. Thus raisins will help you keep the food bills down.

Be lavish with them—you can afford to, when they bring you such returns.

Get a package now and use them freely.

# SUN-MAID RAISINS

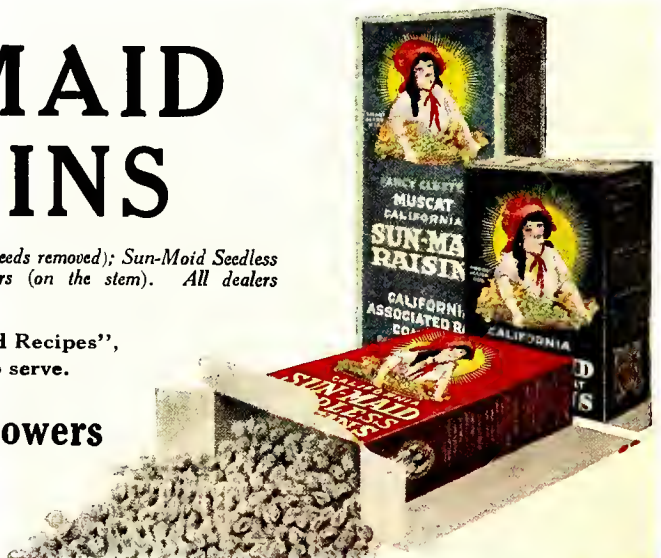
*Three varieties:—Sun-Maid Seeded (seeds removed); Sun-Maid Seedless (grown without seeds); Sun-Maid Clusters (on the stem). All dealers sell them.*

Send for FREE book, "Sun-Maid Recipes",  
describing scores of ways to serve.

## Sun-Maid Raisin Growers

Membership 14,000

Fresno, California







## WOMAN'S WORLD CALENDAR COOK BOOK

## Monthly Message for March

## The Values of Dried Fruits

**A**LTHOUGH a great deal has been said about the value of dates, figs, raisins, dried peaches, prunes and other dried fruits, there are too many households in which these foods are only occasionally served.

These dried fruits mentioned are bulky, and, further, they all contain certain laxative principles, particularly prunes and figs. They are all mineral foods and have a fine effect upon the blood and assist in digestion.

Dates and coconuts come from palms, the fibre of which has much the same use, but the date is rich in sugar, while the coconut surpasses in oil. The milk of the coconut and its soft, fleshy pulp make it one of our best body builders.

The fruit sugar in dates, figs, prunes and raisins is easily assimilated. Therefore, these foods are especially good for children, and being natural sugars they do not add flesh.

When these fruits are used, the amount of sugar specified in the recipe may be reduced. Locke, in "Food Values," says that "ten large dates contain 58.61 grams of carbohydrates; ten large figs contain 144.69 grams; ten very large prunes contain 124.41, and ten very large raisins contain 17.31 grams." This tells its own story.

## Ways to Vary the Diet

The following menus illustrate some new ways in which these fruits may be introduced:

## Breakfast

Prunes, Figs, Raisins or Dates Cooked with  
Cracked Wheat, Hominy or Brown Rice  
Top Milk                      Toast and Butter  
Coffee with Hot Milk (Adults)  
Cocoa (Children)

## Luncheon or Supper

Eggs Shirred on Creamed Rice  
Bran Muffins and Butter  
Tomato Salad

Dried Peach or Norwegian Prune Pudding  
Tea (Adults)

## Dinner

Oven Braised Steak                      Escalloped Potatoes  
Corn on the Cob                      Bread and Butter  
Pickled Beets  
Fig Pudding Melted Jelly Sauce  
Coffee (Adults)

## Sunday Night Supper—No. 1

Toasted Minced Ham Sandwiches  
Date and Orange Salad

Coconut Drops                      Molasses Cookies                      Tea

## Sunday Night Supper—No. 2

Welsh Rarebit on Crackers                      Celery  
Dried Peach or Raisin Pie                      Coffee

## Afternoon Tea

No. 1: Date and Cream Cheese Sandwiches Tea  
No. 2: Date Kisses                      Hot Chocolate

## Here Are Some New Ideas

Prunes, at last, have come into their own. Pitted, stewed, or soft uncooked prunes, combined with sliced peaches and honey salad dressing, served on lettuce.

French Toast for luncheon, served with a sauce made of pitted, stewed prunes and their juice, thickened with a tablespoon each of butter and flour rubbed together, to each cup of liquid.

Raw prunes, ground or chopped fine, added to veal, tongue, or chicken and used as stuffing for green peppers.

## Figs Are Delicious

Try them baked en Casserole and served warm with marshmallows.

Or, in Ice Cream, made with three cups of rich custard, a cup of heavy cream or evaporated milk undiluted and one and a half cups of chopped, dried figs cooked for half an hour with a cup of water.

Short Cake, made of rich biscuit dough, baked in two layers, well buttered and put together with figs stewed until soft, with a grating of orange rind—served with whipped or plain cream has a new delicious flavor.

Dates can be more quickly used than many of the dried fruits, because they are so tender and need no soaking. Try:

Stirring halved, stoned dates into orange gelatine just as it begins to congeal.

Spread saltines with cream cheese and butter creamed together, then lay on halved stoned dates.

Put equal parts of stoned dates and English walnut meats through the food-chopper. Add a little butter and use as a filling for whole wheat or graham bread sandwiches.

The pleasant tartness of raisins and peaches makes them adaptable to combination with meats.

## Try This

Combine one-half cup of tart jelly and one-half cup of boiling water. Add one-fourth cup of raisins, or diced soaked peaches, cook until tender and thicken with one-half tablespoon of cornstarch, dissolved in a little cold water.

Or: Apples, cored, filled with halved raisins or cooked dried peaches or apricots and baked with brown sugar syrup.

A salad of equal parts of diced apples and celery and a generous number of raisins, a few nut-meats and boiled dressing to blend.

## Balanced Ration for March

Tested Menus for One Week

| Days                   | Breakfast  | Luncheon or Supper  | Dinner  |
|------------------------|--|---|---|
| <b>SUNDAY</b> .....    | Oatmeal Prunes Top Milk<br>Baked Sausages<br>Toast Butter<br>Coffee (Adults) Milk (Children)                         | Tuna Fish Salad<br>Bread and Butter<br>Waffles Syrup Tea  | Cream of Lettuce Soup<br>Casserole of Chicken with Rice<br>Browned Parsnips Stewed Tomatoes<br>Bread and Butter<br>Jellied Fruits Cream Cookies<br>Coffee |
| <b>MONDAY</b> .....    | Flakes Stewed Figs Top Milk<br>Creamed Codfish<br>Baking Powder Biscuit Butter<br>Coffee (Adults) Milk (Children)    | Substantial Cabbage Soup<br>Toasted Crackers<br>Fried Oatmeal Syrup<br>Tea                                  | Chicken Stew (from Casserole) with<br>Dumplings and Peas<br>Buttered Carrots Bread and Butter<br>Chocolate Marshmallow Pudding<br>Coffee                  |
| <b>TUESDAY</b> .....   | Hot Spiced Grape Juice<br>Cracked Wheat Top Milk<br>Boiled Eggs<br>Toast Butter<br>Coffee (Adults) Milk (Children)   | Rice and Tomatoes au Gratin<br>Peanut Butter Sandwiches<br>Molasses Drop Cookies<br>Tea                     | Broiled Fish<br>Mashed Potatoes Creamed Onions<br>Grisham Bread Butter<br>Pickled Peaches<br>Baked Indian Pudding Hard Sauce<br>Coffee                    |
| <b>WEDNESDAY</b> ..... | Grape Fruit<br>Scrambled Onions and Eggs<br>Potato Cakes<br>Reheated Rolls Butter<br>Coffee (Adults) Milk (Children) | Tomato Soup<br>Potato Nut Loaf with<br>Brown Sauce<br>Raised Raisin Bread Butter<br>Cocoa                   | Roast Virginia Ham<br>Baked Potatoes Canned Spinach<br>Cole-Slaw<br>Bread and Butter<br>Orange and Date Cakes<br>Coffee                                   |
| <b>THURSDAY</b> .....  | Stewed Peaches<br>Boiled Rice Top Milk<br>Bacon French Toast<br>Coffee (Adults) Milk (Children)                      | Broiled Ham with Tomato and<br>Spaghetti Loaf<br>Bread and Butter<br>Canned Peaches Cake (Left over)<br>Tea | Spiced Beef with Noodles<br>Peas String Beans<br>Bread and Butter<br>Deep Dish Prune Pie<br>Coffee  |
| <b>FRIDAY</b> .....    | Oranges<br>Fried Beef on Toast<br>Boiled Potatoes<br>Coffee (Adults) Milk (Children)                                 | Escalloped Potatoes with Bacon<br>Bread and Butter<br>Deep Dish Prune Pie (Left-over)<br>Tea                | Lima Bean Soup<br>Fish Balls Chili Sauce<br>Diced Rutabaga Turnips<br>Bread and Butter<br>Mince Pie Coffee  |
| <b>SATURDAY</b> .....  | Sliced Bananas<br>Ham Hash<br>Entire Wheat Muffins Butter<br>Coffee (Adults) Milk (Children)                         | Creamy Welsh Rarebit on<br>Toasted Crackers<br>Fruit Salad<br>Gingerbread Tea                               | Boston Baked Beans Brown Bread<br>and Butter<br>Mashed Potato Beet Salad<br>Steamed Dried Apricot Roll<br>Foamy Sauce<br>Coffee                           |

## Variations of the Basic Menus for Every Meal of the Month

## Breakfast

Any seasonable fruit, or stewed, dried fruit may be used. Vary the cereals by the use of corn-meal mush, cracked wheat and brown rice. Use scrambled eggs with tomatoes, or raisins, or ham; or creamed dried beef, or fish cakes. Occasionally, make coffee cake, or some other raised bread.

## Luncheon or Supper

Substitute salmon, or codfish salad for the tuna fish. Use griddle cakes, or French toast, instead of waffles. Use any kind of substantial vegetable soups, instead of those enumerated. Try baked cheese, instead of Welsh Rarebit, and Escalloped Potatoes with Sausage, instead of bacon. Vary

the cookies from week to week and use a simple sponge cake, instead of gingerbread.

## Dinner

Substitute veal for chicken; fried, for broiled fish; fresh pork, for roast Virginia ham; boiled lamb, for spiced beef; creamed oysters, for fish balls; and Lima beans and tomato sauce, for Boston baked beans. Try caramel marshmallow pudding for Monday; cereal pudding for Tuesday; a cream or chocolate cake for Wednesday; baked custard, or pumpkin pie for Thursday; a simple steamed pudding or apple cake for Friday; and a fruit shortcake for Saturday. On Sunday the dessert should be simple—a floating island, fudge pudding, or Bavarian cream being suitable.

## Tested Recipes for March

All Measurements Are Level

### Spiced Beef With Noodles

- |   |   |
|---|---|
| 3 pounds shin or top sirloin of beef in one piece | 1 small minced onion                      |
| $\frac{1}{2}$ teaspoon pepper                     | $\frac{1}{4}$ cup celery leaves or        |
| 1 tablespoon sugar                                | $\frac{1}{2}$ teaspoon celery salt        |
| $\frac{1}{4}$ teaspoon ground cloves              | 2 bay leaves                              |
| $\frac{1}{4}$ teaspoon allspice                   | 3 pints water or stock                    |
| $\frac{1}{2}$ cup vinegar                         | $\frac{1}{2}$ cup beef or bacon drippings |
| $\frac{1}{2}$ package noodles                     | 2 tablespoons grated cheese               |
| 1 tablespoon salt                                 |   |

**MIX** together spices, seasonings and vinegar, rub well into meat, let stand together in cool place in deep dish for two days, turning meat around in spicy mixture occasionally. Remove meat from pickle and wipe dry. Heat drippings and brown meat in them, add water or stock, cover closely and cook very gently for two hours, or until meat is tender. At end of this time add more water or stock to replace that which has evaporated, put in noodles and simmer until they are tender. Serve meat in center of dish surrounded by noodles, sprinkling with grated cheese.

### Broiled Cooked Ham

Slices of boiled ham about one-third inch thick  
Few grains sugar

**TRIM** the slices of ham without removing any more of the fat than is absolutely necessary. Heat a frying pan and just before placing the ham in it, sprinkle a very little sugar—not more than one-half teaspoon—over the bottom of the pan. Fry the ham gently—the sugar will help it to brown and will give a rich and delicate flavor.

Ham which has been boiled before frying is very much more tender than when uncooked ham is used.

If the ham is very lean, put one tablespoon of fat into the pan before frying.

### Tomato and Spaghetti Loaf

- |  |                         |
|--|-------------------------|
| 3 cups canned tomato pulp, well seasoned | 4 eggs                  |
|  | 3 cups cooked spaghetti |

**S**LIGHTLY beat the eggs, add the remaining ingredients, transfer to a well-oiled bowl or mold. Steam an hour, then unmold and serve with or without a garnish of broiled ham or bacon.

The tomato should be very thick and well-seasoned with salt, pepper, a little sugar and onion juice.

### Chocolate Marshmallow Pudding

- |                                |                               |
|--------------------------------|-------------------------------|
| 3 cups milk                    | $\frac{1}{2}$ cup marshmallow |
| $\frac{1}{2}$ cup cornstarch   | Creme                         |
| $\frac{1}{2}$ cup sugar        | 2 squares chocolate or 3      |
| $\frac{1}{2}$ teaspoon vanilla | tablespoons cocoa dis-        |
| $\frac{1}{2}$ teaspoon salt    | solved in a little milk       |
| $\frac{1}{2}$ cup cold water   |                               |

**PLACE** milk and chocolate or cocoa in inner vessel of double boiler and cook until chocolate is melted. In the meantime, mix together cornstarch, sugar and salt and moisten with cold water. Pour scalded milk and chocolate over these and return to saucepan. Cook over a direct heat, stirring constantly, until thick, then set double boiler over hot water and cook twenty minutes. Remove from heat, beat in Marshmallow Creme, and vanilla, and when cool turn into serving dish. Serve plain or with cream or custard.

### Hot Spiced Grape Juice

- |                              |                              |
|------------------------------|------------------------------|
| 1 quart grape juice          | 6 cloves                     |
| A two-inch stick of cinnamon | A small piece of root ginger |

**TIE** spices in piece of cheese-cloth and drop into grape juice. Scald both spices and grape juice in inner vessel of double boiler but do not let them boil. Remove spices before serving.

Half a cupful of sugar may be added to the scalding juice if desired.

### Molasses Drop Cookies

- |   |                             |
|---|-----------------------------|
| $\frac{1}{2}$ cup molasses                | 1 egg                       |
| $\frac{1}{2}$ cup brown sugar             | 2 cups pastry flour         |
| $\frac{1}{4}$ cup butter or vegetable fat | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup sour milk               | 1 teaspoon mixed ground     |
| $\frac{1}{2}$ teaspoon soda               | spices—cloves, nutmeg,      |
| $\frac{1}{2}$ cup raisins                 | cinnamon and ginger         |

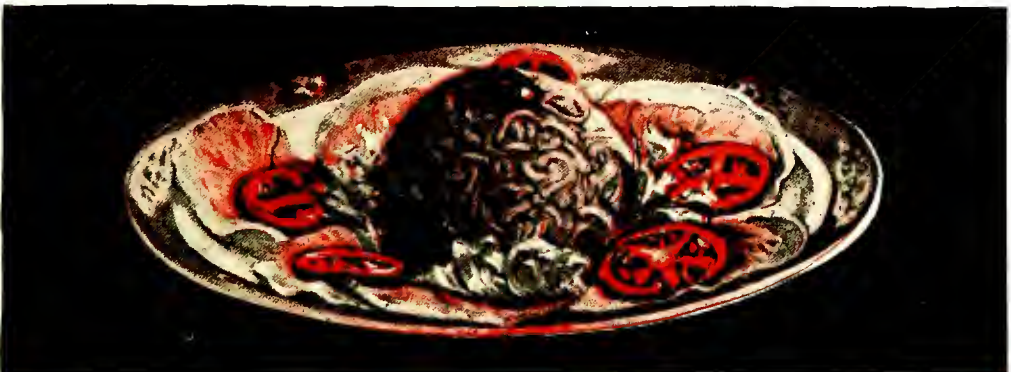
**PUT** molasses, sugar and melted shortening into a bowl, add milk and egg, lightly beaten, sift and add all dry ingredients. Drop by spoonfuls on an oiled pan, having cookies two or three inches apart to allow for spreading. Put a seeded raisin on top of each cookie and bake in moderate oven—about 350° F.—ten to twelve minutes.

### Sweet Potato Nut Loaf

- |                                   |   |
|-----------------------------------|---|
| 3 cups mashed sweet potatoes      | $\frac{1}{4}$ cup butter or vegetable fat |
| 1 cup chopped nut-meats, any kind | $\frac{3}{4}$ cup dry bread crumbs        |
| 1 small egg, well beaten          | 1 teaspoon salt                           |
|                                   | $\frac{1}{4}$ teaspoonful pepper          |

**MASH** potatoes while hot, add to them two-thirds of nut-meats, butter, salt, pepper, half

Broiled Ham and Tomato Spaghetti Loaf





# Tested Recipes for March

## Nutrition and Economy

of crumbs and beaten egg. Thoroughly oil mold or pan and sprinkle it thickly with remaining bread crumbs and nuts mixed together, shaking out any which do not adhere to mold. Turn in potato mixture, packing closely into mold, cover top with any remaining bread crumbs and nuts, bake half an hour in moderately hot oven—350 to 375° F. Unmold and serve with brown sauce, tomato sauce or nut gravy.

### Substantial Cabbage Soup

- |                                       |                       |
|---------------------------------------|-----------------------|
| 1½ cups shredded cabbage              | 1½ teaspoons salt     |
| 3 tablespoons butter or vegetable fat | ¼ teaspoonful paprika |
| 3 pints boiling water or stock        | 2 eggs                |
|                                       | 2 tablespoons cream   |
|                                       | just turning sour     |

**S**ELECT firm, crisp cabbage, shred finely, wash thoroughly and place it in a saucepan with butter. Cook for five minutes, then add boiling water or stock and the salt. Simmer three-quarters of an hour, then pour soup over eggs and cream which have been beaten together, stirring while pouring. Add paprika and serve with croustons or toast.

As this soup contains a large proportion of egg it is better to use it in a meal where protein is lacking.

### Jellied Salmon Mayonnaise

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 pound can salmon                | ½ cup sour cream                  |
| 2 tablespoons minced pimiento     | whipped                           |
| 1 teaspoon minced parsley         | ½ teaspoon salt                   |
| 1 hard-cooked egg, finely chopped | ¼ teaspoon pepper or paprika      |
| 2 cups mayonnaise                 | 2 tablespoons granulated gelatine |
|                                   | 3 tablespoons cold water          |

**P**ICK over salmon very carefully and remove all skin, bone and oil. Add to it parsley, pimientos, salt, pepper and hard-cooked egg. Soften gelatine by letting it stand for ten minutes covered with cold water, then set cup containing it over boiling water until gelatine is liquefied. Add this to mayonnaise with whipped cream and when beginning to set add two-thirds cup of this jellied mayonnaise to salmon. Put a layer of plain jellied mayonnaise in bottom of mold or bowl, allow it to become firm, then put in layer of jellied salmon, and when this is firm, more jellied mayonnaise, and so on until mold is full. Set aside to become thoroughly firm, turn out and

garnish with strips of pimiento and with center of minced yolk of egg which will form a pimiento, or garnish with strips of green pepper and slices of hard-cooked egg; or with slices cut from boiled beets, or with any other garnish you prefer.

The slices of lemon shown round the mold form a garnish with lettuce leaves; the lemon juice may be squeezed over the salad if desired.

### Raised Raisin Bread

- |                          |               |
|--------------------------|---------------|
| 1 quart flour            | ¾ yeast cake  |
| 1 teaspoon salt          | 1 cup raisins |
| 2 tablespoons sugar      | 1½ cups milk  |
| 3 tablespoons shortening |               |

**S**IFT together flour and salt, rub in shortening and add raisins and sugar. Scald and cool milk, and when it is lukewarm dissolve yeast cake in it. Pour this mixture into a hollow in center of flour and mix to a light dough, adding a little more flour if necessary. Cover and set in a warm place to rise for about three hours or until dough has doubled its bulk. Divide into two portions, knead until smooth, place in oiled pans and again set aside to rise until doubled in bulk. Brush over tops of loaves with melted butter or vegetable fat and bake in a moderate oven—350° F.—from forty-five minutes to one hour.

### Steamed Dried Peach Roll

- |                             |                       |
|-----------------------------|-----------------------|
| Baking powder biscuit dough | Cooked, dried peaches |
|                             | Sugar                 |

**P**REPARE a biscuit dough just as for Baking Powder Biscuits. Roll out on a floured board about one-third inch thick, lay on it halves of stewed, dried peaches, sprinkle thickly with sugar, wet the edges of the dough and roll up. Place in a cloth which has been dipped in boiling water and then sprinkled with flour. Tie ends loosely, leaving room for roll to rise. Steam for one hour, then turn onto platter and serve with sauce made by thickening the stewed fruit juice with a little cornstarch moistened in water, or with Foamy Egg Sauce.

### Foamy Egg Sauce

- |                     |                           |
|---------------------|---------------------------|
| 1 egg               | ¼ teaspoon almond extract |
| 2 tablespoons sugar |                           |
| ½ teaspoon salt     |                           |

**B**EAT egg—yolk and white together—until light. Add sugar and salt, continue to beat until quite thick. Add flavoring and serve at once.

*Jellied Salmon Mayonnaise*



# Tested Recipes for March

All Measurements Are Level

## Orange and Date Cake

|                               |                                   |
|-------------------------------|-----------------------------------|
| ½ cup butter or vegetable fat | 2½ teaspoons baking powder        |
| 1 cup sugar                   | 1 cup stoned dates                |
| 2 eggs                        | The grated rind of half an orange |
| ½ cup milk                    | 1½ cups pastry flour              |
| ¾ teaspoon salt               |                                   |

**C**REAM butter and sugar, add eggs, yolks and whites beaten together, then dates, orange rind and milk, lastly the flour, baking powder and salt sifted together. Beat thoroughly and bake in two oiled layer cake pans in a moderate oven—about 350° F. When cool, fill and frost.

## Filling and Frosting for Orange and Date Cake

|                                   |   |
|-----------------------------------|---|
| 2½ cups confectioner's sugar      | ½ cup dates   |
| The grated rind of half an orange | A few sections of orange and perfect dates for decorating |
| Strained juice one orange         |   |

**S**IFT confectioner's sugar, add grated orange rind and moisten with orange juice. (If orange is a very large one entire juice may not be needed. On the other hand, if orange is small a little water may be needed to moisten frosting sufficiently.) To one-half of this mixture add dates, cut into small pieces, and use as filling for cake; frosting with the remaining mixture and decorating with sections of orange and perfect dates.

## Plain Confectioner's Frosting

|                                    |                                  |
|------------------------------------|----------------------------------|
| 3 tablespoons boiling water        | 1 teaspoon any desired flavoring |
| About 1½ cups confectioner's sugar |                                  |

**S**IFT sugar and add to boiling water until of a consistency which will spread easily. Add ex-

tract (or fresh fruit juice if preferred) and spread between layers and on top of cake.

## Chocolate Frosting

Use Plain Confectioner's Frosting Recipe above and add two tablespoons powdered cocoa or one square melted chocolate.

## Coffee Frosting

Substitute two tablespoons of very strong coffee and one tablespoon of evaporated milk for the water in the above recipe.

## Coconut Frosting

To recipe for Plain Confectioner's Frosting add two-thirds cup grated or shredded coconut, beating it in after frosting is made.

## Rich Short Pie Crust

|                            |                            |
|----------------------------|----------------------------|
| 1½ cups pastry flour       | ¾ teaspoon salt            |
| ¾ cup vegetable shortening | About ½ cup ice cold water |

**S**IFT flour and salt together and rub in shortening with tips of fingers. When mixture looks like coarse bread crumbs, moisten, using only just enough water to wet flour—not enough to make it at all sticky. Turn onto a floured board, roll out once and use for any rich pie.

## Deep Dish Prune Pie

|   |                                   |
|---|-----------------------------------|
| 3 cups sweetened stewed prunes with their juice | ¼ cup cold water                  |
| 1½ tablespoons cornstarch                       | The grated rind of half an orange |
|   | Rich short pie crust              |

**D**RAIN the juice from the prunes and bring it to boiling point with the orange rind, thickening it with the cornstarch which has been

## Orange and Date Cake





# Tested Recipes for March

Nutrition and Economy



*Casserole of Chicken and Rice*

moistened with the cold water. Boil thoroughly, then pour the thickened juice over prunes in deep baking dish, cover with a rich, short crust and bake twenty to twenty-five minutes in moderate oven—350° F. Serve hot or cold.

## Rice and Tomato Au Gratin

2½ cups cold cooked rice    ½ teaspoon salt  
1½ cups grated cheese    1½ cups stewed, sifted  
½ teaspoon paprika    tomatoes

**OIL** a baking dish and place in it alternate layers of rice and grated cheese, reserving two tablespoons of cheese. Add salt and paprika to stewed, sifted tomatoes, pour these over rice and cheese, sprinkle remaining cheese over top and bake in moderate oven—350° F.—for half an hour.

## Scrambled Onions and Eggs

4 eggs    ½ teaspoon paprika  
1 tablespoon butter    1 cup left-over creamed  
½ teaspoon salt    onions

**CHOP** or cut up onions coarsely. Melt butter in inner vessel of double boiler, put in eggs, lightly beaten, stir until they begin to set. Add seasonings and onions and continue to cook until eggs are set as for ordinary scrambled eggs. Pile high on slices of toast or garnish with fried cornmeal mush.

This is a good luncheon dish and the addition of the left-over onions is an excellent extender when eggs are costly. Creamed celery, creamed oyster plant or creamed turnips may be substituted for the onions.

## Casserole of Chicken and Rice

1—3 to 4 pound chicken    ¼ cup flour  
¾ cup rice, boiled    ¼ cup chicken fat  
3 cups chicken stock    1 small onion, grated  
1 cup milk    Salt and pepper, as needed

**COOK** chicken until nearly tender in salted water to cover, using a closely-covered kettle and simmering slowly, or cooking in fireless cooker. When done, separate it into sections and thicken stock with chicken fat and flour mixed, adding the milk and more salt and pepper, if necessary. Mix together the boiled rice and thickened stock, add onion and place in casserole in layers with chicken. Set the whole in oven and cook slowly from forty to fifty minutes longer.

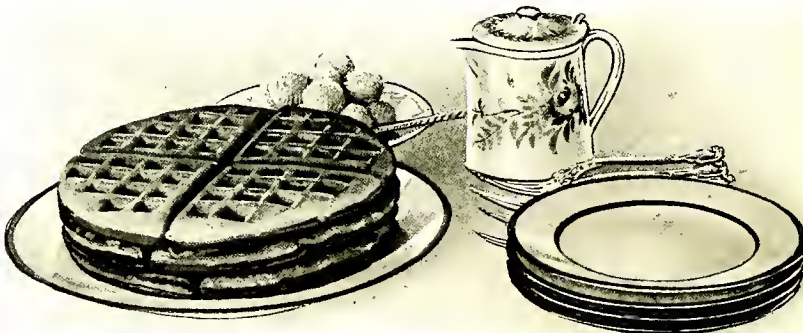
If desired, the chicken can be baked until tender in a slow oven, if it is first disjointed, then placed in a bean pot, covered with salted water and cooked gently for about four hours.

## Waffles

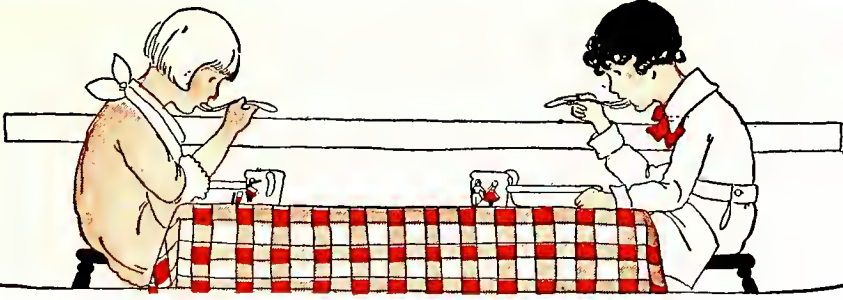
2 cups flour    2 eggs  
1 teaspoon salt    1½ cups milk  
3 teaspoons baking powder    3 tablespoons melted butter or vegetable fat

**SIFT** together all dry ingredients. Beat yolks of eggs until light, add milk and pour into a hollow in center of dry ingredients. Add butter and beat until light and smooth. Just before baking fold in stiffly beaten whites of eggs. Bake in hot, well oiled waffle irons and serve as soon as cooked.

*Waffles*







## WOMAN'S WORLD CALENDAR COOK BOOK

# Feeding The Youngsters

## Proper Kinds of Food—And Why

**F**ROM the time the child is, one pertinent principle governs his feeding—the ration must be balanced. That is why the child thrives best, in the early months, on milk—mother's milk, if possible—modified, cow's milk, if it is necessary to use a substitute. As the child grows older, less and less dilution is put into the cow's milk, until it is given to him in its natural form.

But, when a modification is used, what is most generally chosen? After the first two or three months, when other modifications are generally used, barley water, oatmeal water, or something of like nature is added to the plain milk. This is to make up a perfectly balanced ration, or a series of meals for the child, in which food will be provided in the right proportion to nourish every part of the body—every bone; every muscle; every nerve; every morsel of tissue;—and, at the same time, to build up reserve force and strength.

### Solid Foods

After the child is weaned from the breast or the bottle and begins to take solid food, how should the meals be planned? First, a protein, or muscle-maker, should be provided; there should be a starch or two; a fat that will be easily digested; plenty of minerals and roughage foods; a little sweet for energy, and an ample supply of the protectives that the child may have sufficient vitamins upon which to base a splendid growth and future good health. This general proportioning of foods is the same whether the child is nine months old, or whether he is of high school age.

Until the child is five or six years old, he should not be given meat every day—three times a week being sufficient. He should also be provided with a quart of milk a day, which may be taken plain, or in the form of soups or puddings, or with cereals. All of his bread should be of the whole grain variety, such as genuine entire wheat—bread of genuine cornmeal, and the like. Plenty of brown rice should appear; there should be an ample supply of raisins, prunes and figs, and of the citrus fruits.

A wide variety of vegetables should be provided and they, by the way, should be steamed whenever possible, to conserve all of the food value. Eggs should be provided for use on days when meat does not appear in the menu. The child should never be given tea or coffee, but cocoa may be served once a day, in which case it should be made with one-half milk.

It is generally possible to include in the

family meals the foods that the children should eat—these, supplemented by the milk, forming a balanced ration. It is safe to say that the foods which are good for children are best for adults. For instance, let us consider a day's menu for a family in which there are several small children:

### Breakfast Menu

Stewed Prunes or Figs  
Cracked Wheat with Milk  
Bacon or Eggs      Toast      Coffee

The adults would normally eat all of the foods enumerated; the children would eat everything except the bacon and coffee, being given, in addition to the milk on the cereal, a glassful to drink; if the weather is extremely cold, this could be given in the form of cocoa. Children over six, who are playing outdoors and are very active, might like a little bacon, baked until it is dry and crispy.

### Mid-day Menu

Tender Boiled Beef  
Steamed Potatoes      Carrots, Butter Sauce  
Entire Wheat Bread and Butter  
Celery      Tapioca Cream      Coffee

There would be a most excellent soup resulting from the liquid in which the meat was boiled. This could be used as broth for the very young children. They could also be given the potato, mashed, and the carrots, diced fine. Children over three could have the celery; the bread and butter would, of course, be given to them, as would the tapioca cream, and they would have a balanced meal, if it is supplemented by a glassful of milk. As boiled beef is one of the most digestible of meats, a very little of it could be finely minced and given to the youngsters over two and a half years of age. In other words, the children will be properly fed without a bit of extra cooking.

### Supper

As to the supper—suppose that the following meal was provided:

Cream of Potato Soup  
Hot Entire Wheat Bread Toast and Butter  
Cold Meat or Fish Loaf  
Pickled Beets  
Baked Apple Sauce      Gingerbread      Tea

The children would have the soup, toast, apple sauce, and gingerbread. Moreover, this would all be prepared ahead of time and they could be finished with their supper and into their little pajamas, ready for father's good-night kiss when he comes home, and his supper would be ready, too.



## WOMAN'S WORLD CALENDAR COOK BOOK

## Home-Made Candies

## Delicious and Economical Recipes

## Scotch Kisses

|                          |                             |
|--------------------------|-----------------------------|
| Marshmallows             | 2 tablespoons butter        |
| 1 cup sugar              | $\frac{1}{4}$ teaspoon salt |
| 4 tablespoons corn syrup | 1 teaspoon vanilla extract  |
| $\frac{1}{2}$ cup water  |                             |

**PUT** all ingredients, except butter, into saucepan and cook until a little dropped in cold water forms a hard ball—if using a thermometer cook to 260° F. Then add butter and continue to cook until a little of candy poured into cold water cracks and is quite brittle—if using a thermometer cook to 284° F.—stirring constantly after butter has been put in. Remove from heat, add vanilla and dip marshmallows, one at a time, into candy, lifting out with a fork and turning upside down on waxed paper or table oilcloth to cool.

## Nut Caramels

|                               |                                |
|-------------------------------|--------------------------------|
| $\frac{1}{2}$ cup white sugar | 3 tablespoons butter           |
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{2}$ cup walnut meats |
| $\frac{1}{2}$ cup corn syrup  | 1 teaspoon vanilla             |
| $\frac{1}{2}$ cup cream       | $\frac{1}{2}$ teaspoon salt    |

**PUT** the sugar, syrup, salt and cream in a saucepan and cook until a little lifted from the pan on a spoon shows a hanging "thread"—if using a thermometer cook to 230° F. Add the butter and continue to cook until a little dropped into cold water forms a firm but not hard ball—if using a thermometer cook from 238 to 240° F. Cool slightly, add the nuts and vanilla and pour into oiled pan, having caramels two-thirds of an inch thick. When cool, cut into squares and wrap in waxed paper.

## Caramel Variations

For Plain Vanilla Caramels omit the nuts.  
For Chocolate Caramels add two tablespoons of melted chocolate with the butter.

## Chocolate Almonds

**ROAST** unblanched almonds in a moderate oven 325 to 350° F.—until golden brown. Cool, then dip into confectioner's chocolate, which has been melted in the inner vessel of a double boiler, set over hot water. Lift each almond separately out of chocolate with fork and turn each upside down on waxed paper or table oilcloth to dry and set.

## Chocolate Nougat

|                              |                     |
|------------------------------|---------------------|
| 1 cup chopped nuts, any kind | 2 tablespoons honey |
|                              | 1 cup sugar         |
|                              | Melted chocolate    |

**SPREAD** nuts thinly on baking pan and roast until golden brown in a moderate oven—325 to 350° F.—turning about with fork that all may be evenly colored. Meanwhile melt honey in saucepan, add sugar to it and allow this also to melt. The heat must be very gentle or sugar will brown too much. When melted, add roasted nuts and pour candy onto an oiled slab or platter. Cut into squares when cool. Have ready melted chocolate in saucepan, dip each piece of nougat into chocolate, lift out with fork and turn upside down on waxed paper or table oilcloth to cool and set.

*A Tempting Basket of Scotch Kisses  
Nut Caramels, Chocolate Nougat and Chocolate Almonds*





# Home-Made Candies

All Measurements Are Level

## Chocolate Popcorn Balls

6 cups popped corn      1 teaspoon vanilla extract  
1½ cups sugar          4 tablespoons melted  
¼ cup water              chocolate

**P**UT sugar and water in a saucepan and boil until a little dropped in cold water forms a hard ball—if using thermometer cook to 258° F. Cool slightly, add vanilla and melted chocolate. Have popped corn all ready in large bowl (it will take about one and one-half cups uncooked corn), pour boiling syrup over corn, tossing it about thoroughly so that every grain receives its share of syrup. As soon as cool enough to handle, mold popped corn into small balls.

## Fruit Paste

1 cup stoned dates      The grated rind of one  
1 cup seeded raisins      orange  
½ cup figs              1 teaspoon orange or  
1 cup confectioner's sugar      lemon extract  
1 cup nut-meats, any      ½ teaspoon salt  
kind

**P**ASS fruit and nuts twice through food chopper. Add grated orange rind, flavoring and salt, then work in the sugar, adding more if necessary to make paste stiff. Press into lightly oiled pan; baking paste two-thirds of an inch thick. Cut into squares and roll each in granulated sugar.

## Uncooked Fondant

White of one egg      1½ cups confectioner's  
½ teaspoon any flavoring      sugar

**B**EAT egg white slightly, add flavoring and work in sugar until firm enough to knead. Divide into three portions, leaving one white, color another pink, and the third pale green.

Fondant thus prepared may be used as a base for many candies, a few of which are as follows:  
*Cream Walnuts*

Press half a walnut into each side of a small ball of fondant and set aside to dry.

## Stuffed Dates

Remove pits and fill cavities with fondant. Sprinkle with chopped nut-meats, if desired.

## Fig, Nut, Date or Raisin Bars

Add three-fourths cup finely-cut figs, dates, nuts or raisins to above quantity fondant, mold with hands into a thick bar, cut into squares or diamonds with a sharp knife.

## Uncooked Fudge Balls

2 teaspoons butter      1 egg  
½ cup sweet chocolate,      1 teaspoon vanilla extract  
melted      1 cup finely-chopped nut-  
¼ cup confectioner's      meats, any kind  
sugar

**M**ELT chocolate over hot water, add butter, vanilla, stir in confectioner's sugar, and egg beaten. Work with hands until quite smooth, then roll into balls the size of a large marble. Put chopped nut-meats on paper, drop fudge balls, one by one, into nuts and roll about to coat the surface thickly. Set aside to ripen for one day at least before using.

## Fruit Creams

1½ cups confectioner's      About 3 tablespoons fresh  
sugar      fruit juice—orange,  
1 teaspoon lemon juice      raspberry, peach, etc.

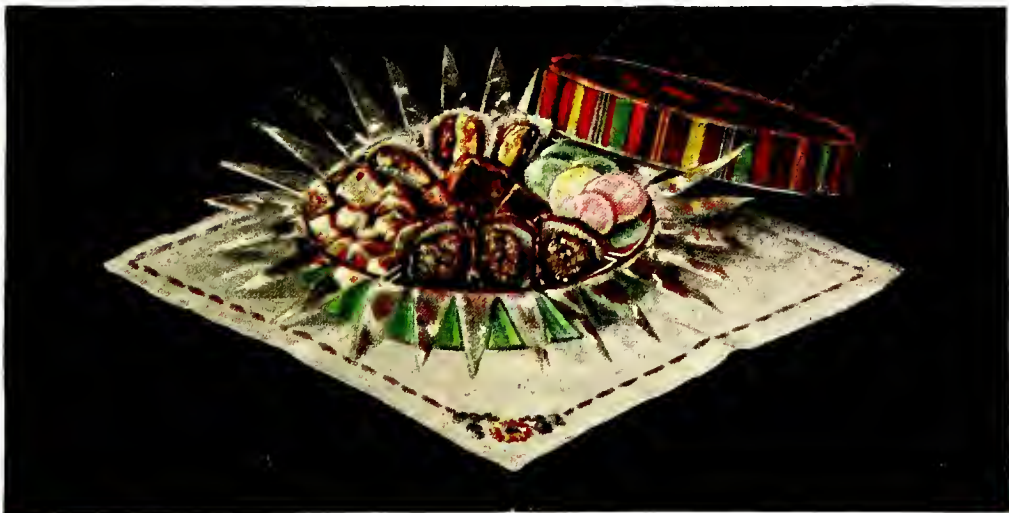
**S**IFT sugar, add lemon juice and fresh fruit juice to moisten. Knead smoothly, place on board, sprinkle with confectioner's sugar and roll out into thin sheet. Cut with small round cutter, work fragments together and roll out again. The cream may be delicately colored with a drop or two of vegetable coloring.

## Turkish Delight

1 package gelatine      ¼ cup orange and lemon  
1½ cups cold water      juice, mixed  
4 cups sugar      1 cup nut-meats, any  
Grated rind of one orange      kind  
Few grains salt

**S**OAK gelatine in water, bring slowly to boiling point, add sugar and salt, boil twelve minutes. Add fruit juices and grated orange rind. Stir in nut-meats, pour into buttered pans, let stand over night, cut in squares and roll in powdered sugar.

*Home-Made Candies—Fruit Creams, Fondant and Turkish Delight—in a Home-Made Box*



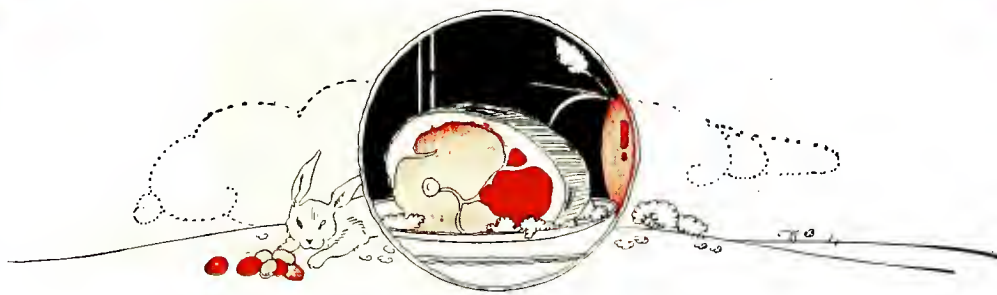


**I**N ALL recipes in this book calling for baking powder use "Royal." Better and finer food will be the result, and you will safeguard it against a possible dangerous compound.

In any recipes calling for one teaspoonful of soda and two of cream of tartar, use two spoonfuls of Royal, and leave the cream of tartar and soda out. You get better food and save much trouble and guess-work.

Look out for baking powders containing any ingredient that is not in itself wholesome. Do not permit them to come into your house under any consideration. They may add an injurious substance to your food, destroying in part its digestibility. Doctors will tell you this.

To be certain of using baking powder that is absolutely pure and which may be depended upon to give the best and most wholesome results, insist upon Royal Baking Powder—standard the world over.



## WOMAN'S WORLD CALENDAR COOK BOOK

## Monthly Message for April

## Cakes and Cake Making

**T**HERE is no department of cooking in which failures prevail more than in the making of cakes. The principal causes are lack of care in understanding the recipe, carelessness in measuring or an inaccurate recipe. The type of recipe that is handed from housekeeper to housekeeper and calls for a "heaping teaspoon" or "a rounding tablespoon" or "butter the size of an egg" usually means failure. If the measurements are "level" specified in the recipe, it is probable that the recipe is properly proportioned.

Concerning the selection of the ingredients for cake, only the "best" give superlative results. But what are the best ingredients? "The highest-priced eggs, the most costly butter and the creamiest milk?" Not necessarily; for we all learned during the War that excellent results could be obtained with other materials, such as margarine, one of the solidified cooking fats, or a liquid fat. We learned that storage or dried eggs, or a good, reliable egg powder, would give good results, and that skim milk, evaporated milk or even milk and water could be used to produce good cake.

We found that whereas cheaper ingredients may have been substituted for the materials called for in the recipe, the choice was always the best of its kind.

Granulated sugar is the best sweetening for cake-making. Brown sugar makes a moist cake, however, with longer keeping qualities; powdered or confectioner's sugar makes a dry cake.

Pastry flour always gives the best results, because it is not so rich in gluten as a spring wheat flour.

## Good Extracts

Cake should be flavored with good extracts. In recently conducting a cake contest I found that ninety-five per cent of the cakes submitted were poor in this respect.

Cakes which contain no shortening, as angel or sponge cake, may be baked in an un-oiled pan, but cakes containing fat should be baked in a pan rubbed with unsalted fat. For loaf cake, line the bottom of the pan with a thin piece of manilla paper.

The temperature of the oven for baking depends upon the cake; fruit or rich wedding cake demanding two and a half hours, with a very slow heat, about 225 degrees F. Sponge or angel cakes need a higher temperature, about 300 degrees F. A loaf cake, containing shortening, demands a heat of about 350 degrees F. and layer and cup cakes call for

375 degrees F. In baking cake in the gas or kerosene oven, a small pan of cold water should be put in a corner of the oven, away from the cake.

## Cake Baking

The time needed to bake a cake is divided into four periods. During the first quarter, little bubbles should appear all over the top. The second quarter, the cake should rise to full height and brown in freckles. The third quarter, it should brown evenly all over, and during the last quarter the steam should dry out. The last few minutes the heat may be decreased. If a properly-proportioned recipe and a good baking powder have been used, no particular care is necessary to avoid jarring the cake.

Cake is done when it has shrunk away from the sides of the pan, when it springs back when touched with the finger and when it does not hiss, steam or crackle. The cake may be tested by a clean common steel hat-pin; if done, the point when inserted will come out perfectly clean.

After removing from the oven the cake should be allowed to stand for a few minutes in the pan and then carefully loosened about the edges with a limber knife, then tipped out on a cake cooler.

## Good Cake

Good cake is of fine texture, or even thickness; it should be level, light, tender and moist, but not sticky. It should not be crumbly, although it should break easily into pieces. The crust should be tender and of a uniform brown color.

If the cake breaks open on the top, too much flour has been used or the cake has been carelessly put into the pan. Sogginess or heaviness is usually caused by too little flour, too much sugar, too much fat or undercooking. A cake that "runs all over the pan" shows the presence of too much baking powder.

Cake may be covered with either a cooked frosting or an uncooked icing. If the first, it should be put on the cake while the latter is still warm.

If not to be iced, the cake may be sprinkled with a little cocoanut or some chopped nut-meats and a little granulated sugar before being put into the oven.

Cake occupies a definite place in the meal and acts as a sweet and a starch; and in case of sponge cake, where a large number of eggs are used, or a cake rich in nut-meats, it is a protein, or muscle-maker.

# Balanced Ration for April

## Tested Menus for One Week

| Days                   | Breakfast  | Luncheon or Supper   | Dinner  |
|------------------------|--|--|---|
| <b>SUNDAY</b> .....    | Stewed Raisins<br>Prepared Cereal Top Milk<br>Fish Cakes (Left-over)<br>Cream Sauce<br>Rolls and Butter<br>Coffee (Adults) Milk (Children) | Scrambled Eggs with Dried Beef<br>Entire Wheat Muffins<br>Butter Celery<br>Canned Pears Tea                      | Lamb Chops Creamed Macaroni<br>Diced Turnips<br>Lettuce Dressed at the Table<br>Bread and Butter<br>Orange Gelatine Ginger Snaps<br>Coffee                                      |
| <b>MONDAY</b> .....    | Cornmeal Mush with Dates and<br>Top Milk<br>Plain Puffy Omelet<br>Toast and Butter<br>Coffee (Adults) Milk (Children)                      | Soup (from Dinner Left-over)<br>Savory Cottage Cheese Salad<br>Rye Bread and Butter<br>Grape Jelly Tea           | Roast Ham Currant Sauce<br>Baked Potatoes Stewed Tomatoes<br>Bread and Butter<br>Celery, Green Pepper and<br>Cabbage Slaw<br>Apple Cake Coffee                                  |
| <b>TUESDAY</b> .....   | Oranges<br>Fried Mush (Left-over) Syrup<br>Boiled Eggs Toast<br>Coffee (Adults) Milk (Children)  | Tuna Fish with Cream Sauce on<br>Boiled Rice<br>Bread and Butter<br>Sliced Tomatoes<br>Doughnuts Cheese<br>Tea   | Bouillon<br>Cold Ham Potatoes au Gratin<br>Spinach Rye Bread and Butter<br>Chocolate Blanc Mange<br>Marshmallow Sauce<br>Coffee   |
| <b>WEDNESDAY</b> ..... | Dananas with Lemon Juice<br>Poached Eggs on<br>Boston Brown Bread Toast<br>Coffee (Adults) Milk (Children)                                 | Ham and Potato Cakes<br>Cream Sauce<br>Dressed Lettuce Bread and Butter<br>Jellied Prunes (Left-over)<br>Tea     | Broiled Steak Savory Rice<br>Corn String Beans<br>Bread and Butter<br>Pineapple and Canned Grape Salad<br>Currant Dressing<br>Coffee  |
| <b>THURSDAY</b> .....  | Grapefruit<br>Boiled Potatoes with<br>Old-time Creamed Codfish<br>Rolls Butter<br>Coffee (Adults) Milk (Children)                          | Spaghetti Italian<br>Bread and Butter<br>Canned Apricots<br>Sour Cream Drop Cookies<br>Tea                       | Baked Beans<br>Boston Brown Bread and Butter<br>Mashed Potatoes<br>Tomato Jelly Salad<br>Prune Custard Coffee   |
| <b>FRIDAY</b> .....    | Stewed Figs<br>Bacon Creamed Potatoes<br>"Hoe Cake" Butter<br>Coffee (Adults) Milk (Children)  | Roumanian Potato Soup Croutons<br>Egg and Lettuce Salad<br>Warm Baking Powder Biscuit<br>Butter and Honey<br>Tea | Roast Stuffed Breast of Veal Gravy<br>Mashed Potatoes Creamed Cabbage<br>Bread and Butter<br>Chow Chow<br>Canned or Dried Peach Pie<br>Coffee                                   |
| <b>SATURDAY</b> .....  | Oatmeal Cooked with Prunes<br>Top Milk<br>Minced Veal on Toast<br>Coffee (Adults) Milk (Children)  | Corn Chowder Crisped Crackers<br>Bran Cookies Cheese<br>Tea  | Salmon Loaf Creamed Peas<br>Mashed Potatoes<br>Raised Oatmeal Muffins and Butter<br>Asparagus and Lettuce Salad<br>French Dressing<br>Baked Fruit Pudding Lemon Sauce<br>Coffee |

## Variations of the Basic Menus for Every Meal of the Month

### Breakfast

Introduce as much acid fruit as possible; rhubarb is coming in season and can be used either plain stewed, or baked with raisins or prunes. Grape juice, grapefruit and stewed, dried peaches or apricots will make considerable variety. The lighter cereals will be enjoyed, such as those that are ready prepared. The main dish should be light, few fried foods being used. Meat is too heavy at this season, eggs in various forms; fish, and even vegetables being welcome; creamed asparagus on toast, for instance, is an excellent breakfast dish.

### Luncheon or Supper

On cool days, substantial stews or chowders will be enjoyed, as clam chowder; Lima bean chowder; or corn chowder. As many of the green vegetables as possible should be introduced so, when days are warm, try various salads. The

stereotyped dessert may be relieved by the introduction of waffles or griddle cakes, cooked on an unnoiled griddle.

### Dinner

The same rule applies to dinner foods, as to the other meals; few fried dishes should be introduced. This is the time to serve broiled chops; flank steak; Hamburg steak; and lamb cutlets—in other words, meats which are easy of digestion. Do not forget to make use of the turnip tops, the carrot tops and the beet tops, which accompany those vegetables. As to asparagus, be sure to save the butt ends to use as a basis in the making of soup. When making dessert, remember that the family will welcome foods that are tart, so have a preponderance of such desserts as lemon snow pudding, fruit salads, canned pineapple with marshmallow, jellied fruits and lemon tapioca cream.



# Tested Recipes for April

All Measurements Are Level

## Baked Rhubarb with Raisins

6 stalks rhubarb  
1 cup raisins  
1 cup sugar  
 $\frac{1}{4}$  cup water

**CUT** the rhubarb into pieces about one-and-one-half inches long. Place in a baking dish with the raisins, sugar and water, cover closely and bake until tender—about half an hour—in a moderate oven—350° F.

## Old-fashioned Gingerbread

$\frac{1}{4}$  cup shortening  
1 cup boiling water  
1  $\frac{1}{2}$  cups molasses  
 $\frac{3}{4}$  cup brown sugar  
3 cups flour  
1 teaspoon salt  
1 teaspoon baking soda  
1  $\frac{1}{2}$  teaspoons ground ginger

**PLACE** the shortening—which may be of any kind—in a mixing bowl, pour the boiling water over it to melt it, and add the molasses and sugar. Sift and add the flour, salt, soda and ginger. Beat thoroughly, turn into a baking pan which has been lined with oiled paper and bake in a moderate oven—350° F.—from thirty to forty minutes.

A cake containing both molasses and sugar burns quite readily and the oiled paper is used to protect the surface of the cake and render it less liable to scorching.

## Strawberry Cornstarch Pudding

1 cup strawberries  
A scant half cup sugar  
 $\frac{1}{2}$  cup cornstarch  
2 cups boiling water  
2 tablespoons lemon juice  
 $\frac{1}{4}$  teaspoon salt  
1 cup marshmallow creme

**CRUSH** the strawberries so that the juice flows freely. Stir into the sugar and cornstarch which have been previously blended together and pour this mixture into the boiling water, boil up thoroughly, and then cook in a double boiler for at least twenty minutes. Cool, add the lemon juice and salt and pour onto the marshmallow creme, beating while pouring. Mold in small cups which have been dipped into cold water, chill, and serve with additional strawberries, if desired, slightly crushed and sugared.

## Cream of Asparagus Soup

1 can or bunch of asparagus  
 $\frac{1}{2}$  small onion  
3 cups boiling water  
2 tablespoons butter  
3 tablespoons flour  
1 pint hot milk  
 $\frac{3}{4}$  teaspoon salt  
A slight grating of nutmeg  
 $\frac{1}{4}$  teaspoon paprika

**REMOVE** the tips from the asparagus and reserve these for some other dish, such as Asparagus Tips on Toast, Asparagus Salad or Eggs with Asparagus Tips. Simmer the remainder of the stalks with the onion in the boiling water until tender—about twenty minutes—then pass through a sieve, rubbing through it as much as possible of the pulp. Prepare a white sauce by blending the butter and flour and when these are smooth adding the milk and the seasonings. Combine the sifted asparagus and water with this sauce, bring to boiling point and add the nutmeg. If desired, a half cup of hot cream or evaporated milk may be added just before serving and will enrich the soup. Serve with croutons or crackers.

## Toasted Cheese Sandwiches

Slices of bread  
Butter  
Thin slices of cheese  
Mustard

**CUT** the bread at least one-quarter of an inch thick, butter half of the slices and spread the remainder with thin slices of cheese. Season the cheese with mustard, or if preferred, cream the butter and mustard together so that one spreading suffices. Press the slices of buttered bread firmly over the cheese and toast slowly, thus giving opportunity for the cheese to heat and slightly melt. Cut into strips and tuck between the folds of a napkin to keep hot.

## Salt Codfish with Shirred Eggs au Gratin

1 cup salt codfish  
1  $\frac{1}{2}$  cups White Sauce  
 $\frac{1}{4}$  teaspoon paprika  
4 eggs  
2 tablespoons grated cheese

**FRESHEN** the codfish slightly by soaking it in warm water—the length of time needed will vary according to the saltiness of the fish. Add it to the White Sauce and cook until the

## Baked Rhubarb with Raisins and Coconut Ginger Bread



## Tested Recipes for April

Nutrition and Economy



*Sliced Oranges, Orange Mint Cocktail and Individual Orange Shortcake*

fish is tender. Pour into a shallow, oiled baking dish, or into individual oiled baking dishes. Break in carefully the raw eggs; sprinkle with grated cheese and paprika and bake in a moderate oven—350° F.—until the whites of the eggs are set.

### Chocolate Bread Custard Pudding

- |                              |  |
|------------------------------|--|
| 6 thin slices buttered bread | $\frac{1}{2}$ teaspoon vanilla extract |
| 2 cups milk                  | 2 eggs                                 |
| $\frac{1}{4}$ cup sugar      | $\frac{1}{4}$ teaspoon salt            |
| 1 square chocolate           |  |

**B**UTTER the bread, cut it into finger lengths, and lay these in an oiled baking dish. Melt the chocolate in the inner vessel of a double boiler, add to it the milk, flavoring and sugar and bring to scalding point. Pour this mixture over the well-beaten eggs and when mixed turn it over the slices of bread. Bake in a moderate oven—350° F.—until the custard is set. Serve hot or cold.

It is preferable to place the dish containing the pudding in a pan of hot water while baking so that the eggs may not separate through too rapid cooking.

### White Layer Cake

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 4 tablespoons butter or vegetable fat | $\frac{1}{4}$ teaspoon salt |
| 1 cup sugar                           | 2 teaspoons baking powder   |
| 1 teaspoon vanilla extract            | $\frac{1}{2}$ cup milk      |
| $1\frac{1}{2}$ cups pastry flour      | Whites of two eggs          |

**C**REAM the butter, add the sugar gradually, then the vanilla. Sift the flour, salt and baking powder and add these alternately with the milk. Last of all add the whites of eggs which have been beaten until stiff. Fold these in gently and bake the cake in two layers in well oiled pans. Have the oven moderately hot—about 325° to 350° F. Put together with cooked cream filling, and cover with orange or coconut icing.

### Sliced Oranges

**S**ELECT a seedless orange for each person, pour boiling water over it, let stand for a minute, then peel immediately. The boiling water loosens the white pith so that it will come away easily with the orange rind. Cut into the

thinnest possible slices and arrange on a plate overlapping each other. If desired, a small heap of powdered sugar may be piled in the center of the plate.

### Orange Mint Cocktail

- |                                  |                            |
|----------------------------------|----------------------------|
| 3 juicy oranges                  | 3 tablespoons sugar        |
| 1 tablespoon finely chopped mint | 6 maraschino cherries      |
|                                  | 2 tablespoons cherry juice |

**D**IVIDE the oranges into sections and remove all skin and pith. Add the sugar and maraschino cherry juice and set aside to chill for one hour. Chop the mint finely, mix it with the oranges, pile high in small glasses and place a cherry on top of each.

### Individual Orange Shortcake

**P**REPARE a dough as for Baking Powder Biscuits but use twice the amount of shortening. Roll or pat thinly, cut into rounds as for biscuits, brush the tops with melted shortening and lay two rounds on top of each other. Bake about fifteen minutes in a moderately hot oven—360° to 375° F.

Prepare the fruit by removing all skin, pith and seeds, break or cut the oranges into small pieces and allow them to stand well sugared for one hour that the juice may flow freely. Pile the oranges thickly between and on top of the shortcakes which have been split and buttered. Serve with or without whipped cream.

### Creamed Young Onions on Toast

- |                        |                                |
|------------------------|--------------------------------|
| 3 bunches young onions | $\frac{1}{4}$ teaspoon salt    |
| 2 tablespoons butter   | $\frac{1}{4}$ teaspoon paprika |
| 2 tablespoons flour    | $1\frac{1}{2}$ cups milk       |

Slices of toast

**W**ASH the onions very thoroughly, cut off the roots, and remove the tops sufficiently to leave the onions about five inches long. (The tops can go into the stock pot.) Tie together in bunches and boil until tender in slightly salted water. Meanwhile make a white sauce of the butter, flour, milk and seasonings. Drain the onions thoroughly, lay them on slices of toast and pour the sauce over them.



# Tested Recipes for April

All Measurements Are Level

## Asparagus Omelet

3 eggs  
3 tablespoons cold water  
¼ teaspoon salt  
¼ teaspoon paprika  
1½ tablespoons butter  
1 cup asparagus tips

**BEAT** the eggs lightly, yolks and whites together, add to them the water and seasonings. Melt the butter in a medium-sized frying pan and when hot pour in the eggs. Cook until just beginning to set, then spread over the surface the asparagus tips, cut into inch lengths. When the omelet is almost set, double the omelet over on itself and turn onto a hot platter.

If preferred, a plain omelet may be made and the asparagus tips, heated in a little White Sauce or in melted butter, may be poured round it as a garnish.

## Baked Fruit Pudding

¼ cup butter or vegetable fat  
¼ cup sugar  
2 eggs  
¼ teaspoon orange extract  
¼ teaspoon salt  
¼ cup milk  
1½ cups flour  
3 teaspoons baking powder  
9 halves canned apricots or peaches, well-drained

**CREAM** the shortening, add the sugar, the eggs—well-beaten, and the extract. Sift together the flour, salt and baking powder and add alternately—with the milk to the first mixture. Transfer to a well oiled muffin pan, containing nine medium-sized compartments. Place in each a fruit half, cavity-side up, sprinkle with granulated sugar and bake for thirty minutes in a hot oven—375° F. Serve either hot or cold with lemon sauce.

If desired, left-over stewed figs or well-drained stewed prunes may be substituted for the peaches or apricots.

## Cinnamon Toast

**CUT** white bread that is twenty-four hours old into slices one-fourth inch thick. Toast quickly, spread lightly with butter and dust thickly with powdered sugar and cinnamon in the proportion of two teaspoons of cinnamon to a cup of sugar. If possible, let stand in a warm place for two or three minutes for the butter and sugar mixture to blend.

## Savory Cottage Cheese Salad

1 pound cottage or pot cheese  
1½ tablespoons salad oil  
1 tablespoon finely-minced parsley  
1 teaspoon salt  
¼ teaspoon paprika  
2 minced pimientoes  
2 tablespoons minced green peppers  
½ cup broken walnut meats  
Lettuce  
Chili Salad Dressing

**BLEND** the cheese with the seasonings, pimientoes, green peppers and nut-meats. Chill and arrange in a mound in the center of a platter. Garnish with lettuce and sliced cucumbers or tomatoes, asparagus tips, or pickled beets. Serve with Chili Salad Dressing.

## Chili Salad Dressing

To one and a half cups of Mayonnaise or thick boiled salad dressing add one-half cup of Chili Sauce and a little grated onion.

## Tuna Fish with Cream Sauce and Rice

1 pound can tuna fish  
Few drops onion juice  
3 tablespoons minced green pepper (optional)  
2 tablespoons flour  
1 tablespoon butter or vegetable fat  
1½ cups milk  
¼ teaspoon pepper  
½ teaspoon salt  
3 cups boiled rice

**MELT** the fat, add the green peppers and cook for a minute, then stir in the flour and seasonings and gradually the milk. To this sauce add the flaked tuna fish. Transfer it, after it has become hot, to a platter, surround with spoons of the rice and dust the latter with paprika.

Three-fourths of a cup of raw rice will be sufficient to make three cups cooked.

## Prune Custard

1½ cups stoned cooked prunes  
3 eggs  
3 cups milk  
6 tablespoons sugar  
½ teaspoon vanilla  
Few grains salt  
3 slices buttered bread

**BEAT** the eggs, add the sugar, salt, vanilla and the milk. Place the prunes in the bottom of a baking dish, pour in the milk mixture, lay on the bread—buttered side up—and place in a moderate oven—350° F. Cook until the mixture is firm and the bread brown and crusty—for about thirty minutes. Serve half warm.

## Cinnamon Toast





# Tested Recipes for April

## Nutrition and Economy

### Pimiento Potato Souffles

- |                          |                                   |
|--------------------------|-----------------------------------|
| 3 cups mashed potatoes   | 1 teaspoon finely chopped parsley |
| 1 tablespoon butter      | 2 eggs                            |
| 1 finely minced pimiento | 1/8 teaspoon pepper               |
| 1 teaspoon salt          |                                   |

**BE SURE** that the potatoes are absolutely free from lumps, and add the butter, salt, pepper, parsley and minced pimiento. Beat and add the yolks of the eggs and lastly fold in the egg whites beaten until stiff. Pile high in individual baking dishes, and if liked, sprinkle with grated cheese. Bake twenty minutes in a hot oven—350° F. Garnish with strips of pimiento and stuffed olives.

One-half cup of grated cheese, may, if desired, be added to the potato mixture in addition to the cheese sprinkled over the top.

Two or three tablespoons of minced meat heated in a tomato sauce, brown sauce or cream sauce, may be placed in each individual baking dish, then covered with the potato souffle mixture.

Left-over fish blended with a white sauce or tomato sauce may be substituted for the meat.

### Veal Chops Italian Style

- |   |                     |
|---|---------------------|
| 6 veal chops, about three-quarters inch thick | 2 tablespoons fat   |
| 1/2 teaspoon salt                             | 1 cup canned tomato |
| 1/4 teaspoon paprika                          | 1 small onion       |
| 2 tablespoons flour                           | 1 small bay leaf    |
| 1 green pepper, finely chopped                | 2 cloves            |

**TRIM** any superfluous fat from the chops; mix together the salt, paprika and flour and pound these into the chops by laying these on a board, putting a little of the seasoned flour onto each and pounding it in with a rolling pin or wooden potato masher. Melt and heat the fat and brown the chops in it. Pour the tomatoes over the meat (if fresh tomatoes are in season use four sliced tomatoes and half a cup of water in place of the canned tomatoes), add the onion, bay leaf, cloves and chopped green pepper, cover closely and simmer from one to one and one-half hours. Serve with plain boiled macaroni or spaghetti.

If preferred, the chops may after browning, be placed in a casserole, the tomatoes and seasonings added and the whole baked in a moderate oven—350° F.—for one and one-half hours instead of being cooked on top of the stove.

### Danish Rice Pudding

- |                                       |                              |
|---------------------------------------|------------------------------|
| 1/2 cup rice                          | 1/4 cup cold water           |
| 1 pint milk                           | 1 cup whipped cream          |
| 1 tablespoon butter                   | 1/2 teaspoon vanilla extract |
| 4 tablespoons sugar                   |                              |
| 1 1/2 tablespoons granulated gelatine |                              |

**WASH** the rice and cook it with the milk, butter and sugar over hot water (double boiler) until the rice is tender. Soften the gelatine in the cold water, then dissolve it by placing the cup containing it over hot water. Add this to the rice mixture, cool, then fold in the whipped cream flavored with the vanilla. Turn into a mold which has been dipped in cold water, chill, turn out and serve with soft custard or with a fruit sauce.

### Flemish Carrots

- |                                       |                            |
|---------------------------------------|----------------------------|
| 6 large carrots                       | 1/2 teaspoon salt          |
| 2 tablespoons butter or vegetable fat | 1/2 teaspoon pepper        |
| 1 small onion                         | 1 cup soup stock           |
| 1 teaspoon sugar                      | 1 teaspoon chopped parsley |

**SCRAPE**, slice and cook the carrots in boiling salted water until tender; drain. Heat the butter or vegetable fat, slice the onion into it and cook until tender but without allowing it to brown; add the carrots, sugar, salt and pepper and cook these together for ten minutes, shaking the pan occasionally that the carrots may be tossed about in the butter. Add the stock, cover and simmer for twenty minutes. Turn into a serving dish, sprinkle the chopped parsley over the top and serve hot.

If stock is not available, substitute for it one cup of boiling water in which one teaspoon of meat or vegetable extract has been dissolved.

### Pimiento Potato Souffle





## WOMAN'S WORLD CALENDAR COOK BOOK

## Time Tables in Cookery

## For Cooking Cereals

Boiled 15 minutes over a direct heat—then steamed in a double boiler the remainder of the time, unless otherwise designated.

| KIND                     | TIME       |
|--------------------------|------------|
| Farina .....             | 45 minutes |
| Rolled Oats .....        | 45 minutes |
| Rice Steamed .....       | 45 minutes |
| Brown Rice Steamed ..... | 45 minutes |
| Plain Boiled Rice .....  | 25 minutes |
| Brown Rice Boiled .....  | 45 minutes |
| Irish Oatmeal .....      | 3 hours    |
| Fine Hominy .....        | 1 hour     |
| Coarse Hominy .....      | 3 hours    |
| Cornmeal .....           | 3 hours    |
| Cracked Wheat .....      | 2½ hours   |

## For Broiling

| ARTICLE               | TIME  |
|-----------------------|---|
| Steak.....            | { 1 inch thick, 6-8 minutes<br>1½ inch thick, 7-9 minutes |
| Small Thin Fish.....  | 5-8 minutes   |
| Thick Fish .....      | 12-15 minutes   |
| Chops .....           | 6-8 minutes   |
| English Chops .....   | 20 minutes  |
| Broiled Chicken ..... | 20-25 minutes   |
| Cutlets .....         | 15 minutes  |

Note.—Heat should be hot and clear.

## For Cooking Vegetables

| VEGETABLE                     | BOILING OR STEAMING   |
|-------------------------------|-----------------------|
| Artichokes .....              | 30 to 50 minutes      |
| Asparagus .....               | 20 to 30 minutes      |
| Beans, Lima .....             | 40 to 60 minutes      |
| Beans, String .....           | 45 to 60 minutes      |
| Beets, New .....              | 30 to 45 minutes      |
| Brussels Sprouts .....        | 20 to 30 minutes      |
| Cabbage .....                 | 25 to 45 minutes      |
| Carrots .....                 | 20 to 30 minutes      |
| Cauliflower .....             | 30 to 40 minutes      |
| Corn .....                    | 7 to 12 minutes       |
| Kale, Spinach and Endive..... | 30 minutes            |
| Cucumbers .....               | 30 minutes            |
| Egg-plant .....               | 25 minutes            |
| Onions .....                  | 45 minutes            |
| Okra .....                    | 25 to 30 minutes      |
| Parsnips .....                | 1 hour                |
| Peas .....                    | 25 to 30 minutes      |
| Radishes .....                | 30 minutes            |
| Summer Squash .....           | 30 minutes            |
| Turnips .....                 | 45 minutes to an hour |
| Tomatoes .....                | 15 to 20 minutes      |

## For Roasting

| ARTICLE                | TIME                                   | THE HEAT                         |
|------------------------|--|----------------------------------|
| Beef .....             | { Rare—15 minutes to the lb.....       | 400° F., then reduced to 350° F. |
|                        | { Well-Done—20 minutes to the lb.....  | 400° F., then reduced to 350° F. |
| Lamb, Veal, Pork.....  | 20 to 25 minutes to the lb.....        | 400° F., then reduced to 350° F. |
| Duck.....              | 1 hour to 1½ hours, according to size. | 400° F., then reduced to 350° F. |
| Turkey—(10 lbs.) ..... | About 3 hours.....                     | 400° F., then reduced to 350° F. |
| Chicken .....          | 20 minutes to the lb.....              | 400° F., then reduced to 350° F. |

## For Baking

| ARTICLE                               | TIME                                  | THE HEAT               |
|---------------------------------------|---------------------------------------|------------------------|
| Bread (Loaf) .....                    | 45-60 minutes (according to size).... | 350-375° F.            |
| Yeast Rolls, Biscuits and Muffins.... | 25 minutes .....                      | Quick Oven, 375° F.    |
| Baking Powder Biscuits.....           | 10 minutes .....                      | Quick Oven, 375° F.    |
| Baking Powder Muffins.....            | 25-30 minutes .....                   | Moderate Oven, 350° F. |
| Cookies .....                         | 9-12 minutes .....                    | Moderate Oven, 350° F. |
| Ginger Bread .....                    | 25-30 minutes .....                   | Moderate Oven, 350° F. |
| Layer Cakes .....                     | 25-30 minutes .....                   | Moderate Oven, 350° F. |
| Loaf Cakes .....                      | 40-60 minutes .....                   | Moderate Oven, 350° F. |
| Fruit Cake .....                      | 2-3 hours .....                       | Slow Oven, 300° F.     |
| Fish—Thick .....                      | 15 minutes per lb.....                | Moderate Oven, 350° F. |
| Small Fish .....                      | 20-30 minutes .....                   | Moderate Oven, 350° F. |



## WOMAN'S WORLD CALENDAR COOK BOOK

## Measurements

## Accuracy Essential to Good Cookery

**M**EASURING spoons and cups are not to be chosen at random, for should this be done, poor results will almost certainly follow. Obviously, if one size spoon and cup are used to measure the ingredients for the cake you make today, and another size used in making the same cake next week, the proportions will not be the same, nor are the results likely to be uniform; so be careful to keep at least a standard pint and half-pint cup and a standard tablespoon and teaspoon in your kitchen equipment for use in measuring.

Better still, in addition to the pint cup, have two of half-pint size, one of these being of glass so that the quantity of any ingredient it contains—liquid or solid—can easily be seen.

Measuring cups, both of glass and metal, are clearly marked so as to show one-third, one-quarter, one-half and three-quarters, so there need be no guess work in measuring.

Then there are sets of spoons made expressly for measuring, fastened together at the top for safe keeping. These spoons hold respectively—one tablespoon, and one-quarter, one-half and one teaspoon.

## Level Measurements the Basis

All standard recipes are based on the slogan—"All Measurements Are Level," and "level" means that after a cup or a spoon is filled with the required ingredient—flour for instance—the contents are leveled off with the straight edge of a knife resting upon both edges of the utensil, pushing off all of the extra flour and leaving the utensil level full. To measure a half spoon—fill the spoon level full, then divide the contents lengthwise of the spoon. Half of this crosswise will measure one-quarter, etc. Remember, too, that flour and all dry solid ingredients such as baking powder, soda and spices, should be sifted before being measured because they "pack" in the containers in which they are kept, and unless sifted we are liable to get more than we need and by so doing possibly spoil the dish being prepared.

In measuring liquids, a "cupful" or a "spoonful" means that the spoon or cup is to be filled to the brim, but not so full that it cannot be carried without spilling.

The expression "butter the size of an egg" is often used in a recipe. This means one heaping tablespoon or two ounces or one-quarter of a cup.

Again, one is sometimes puzzled when reading a recipe—one tablespoon of melted butter—or—one tablespoon of butter, melted. The

former wording indicates that the butter is to be melted first then measured, while a tablespoon of butter, melted, indicates that the cook is to measure her butter first and to melt it afterwards.

Here is a table of weights and measures which will enable you to change a recipe in which the ingredients are given by weight into the right proportions, if you have only cups and spoons with which to measure, instead of scales:

|                                    |        |   |
|------------------------------------|--------|---|
| 3 teaspoons                        | equals | 1 tablespoon  |
| 1 cup                              | "      | $\frac{1}{2}$ pint                                    |
| 4 cups                             | "      | 1 quart   |
| 16 tablespoons of liquid           | "      | 1 cup   |
| 2 cups of butter (packed solid)    | "      | 1 pound   |
| 16 tablespoons of dry material     | "      | 1 cup   |
| 9 large or 10 medium-sized eggs    | "      | 1 pound   |
| 4 cups sifted flour                | "      | 1 pound   |
| 2 cups granulated sugar            | "      | 1 pound   |
| $2\frac{1}{2}$ cups powdered sugar | "      | 1 pound   |
| 60 drops                           | "      | 1 teaspoon  |
| A pinch of salt                    | "      | About $\frac{1}{8}$ teaspoon                          |
| A speck of nutmeg or cayenne       | "      | Only as much as can be taken up on the tip of a knife |

## Combinations of Ingredients

It is often puzzling to an inexperienced cook to know the right proportions of one ingredient to use in combination with another. Here are a few useful suggestions:

- 1 measure of liquid to 3 cups of flour for making a dough as for bread.
- 1 measure of liquid to 2 cups of flour for a drop batter, as for muffins.
- 1 scant measure of liquid to 1 full measure of flour for a pour batter as for pancakes.
- 2 level teaspoons of baking powder to one cup of flour for biscuits or muffins.
- 1 teaspoon of soda to one cup of molasses for gingerbread.
- 1 teaspoon of soda to 2 cups of sour milk.
- 1 teaspoon of flavoring extract to 3 cups of custard or sauce.
- $\frac{3}{4}$  teaspoon of spices to one loaf cake made with 3 cups of flour.
- 1 teaspoon of salt and  $\frac{1}{2}$  teaspoon of pepper to 1 quart of stock or gravy.





## WOMAN'S WORLD CALENDAR COOK BOOK

# Monthly Message for May

## About Gelatine

**V**ERY few housewives appreciate the great value of gelatine—and know the many ways in which it can be used.

Gelatine may be used in innumerable ways, which include not only the familiar jelly, but in jellied soups; the various delicious jellied entrees; the dainty jellied salads, which are so easy to make, as well as the more decorative, delicious desserts.

There is no food in cookery which can be more easily used than gelatine. Soluble though it is, when it comes in contact with the stomach, it belongs to the muscle-making group discussed in "The Balanced Ration."

Gelatine is always used with some other food product. When a jellied soup is served, we add a dissolvent; when an entree is made, such as jellied salmon, meat loaf or egg and vegetable jelly, we add bulk, liquid and protein; when a jellied fruit salad is used, bulk, liquid and acid, as well as sweet, are added, and if the jellied salad is of vegetable nature, it strengthens the balance and the mineral of the meal. In the form of jellied chicken salad it may be classified as a muscle-maker.

The gelatine dessert may be made to balance almost any lacking element of the meal. For a luncheon that is deficient in fat—a raspberry Bavarian Cream which contains whipped cream will fill the gap. Or, if the meal is deficient in muscle-making properties, then the addition of a coffee sponge which contains eggs will make it balance.

As a gelatine dish cannot be stiffened in a minute, the time to make it is in the morning before the washing of the breakfast dishes if you wish to serve for dinner in the evening.

### Molding Gelatines

Many women have asked me how they can duplicate the beautiful molds they have seen at gelatine booths in food shows.

If the mold is very elaborate, use a little less liquid, say an eighth. The mold itself should be rubbed with a little salad oil, then wiped out with tissue paper. The gelatine mixture may then be poured in and, after becoming stiff, if loosened carefully about the edges, may be easily turned out. The gelatine is placed upon a paper doily on the serving platter, and it may then be moved about as desired. If fruit, vegetables or flowers are to be molded in the jelly, it is first necessary to pour in a thin film of the mixture. Set the mold in ice water, and when the film is barely congealed, place the beginning of the design upon it. Pour in a little more of the mixture until the desired result is gained.

If fruit or vegetables are to be stirred into the gelatine, the prepared food should be stirred into the gelatine when it becomes slightly thickened like an egg white. It is then sufficiently firm so that the pieces of food will not be precipitated to the bottom.

The molds for ordinary gelatine may be rubbed with a salad oil or rinsed with cold water, and, while wet, the gelatine should be poured in.

### Gelatine Desserts

To make any plain fruit or coffee gelatine mixture into a "sponge," prepare a pint, using either your own recipe or making a pint of prepared gelatine. When it begins to congeal, but before it has begun to stiffen, set the vessel in ice water or cold water and beat it until fluffy, with an egg beater, and then beat into it one or two egg whites, whipped stiff. Turn into a mold and, when firm, serve with cream, top milk or sweetened, fresh fruit that will harmonize with it.

Excellent combinations are coffee sponge and cream, grape juice sponge with sliced peaches, or oranges, lemon sponge with fresh, sugared berries, raspberry sponge with sugared raspberries, etc.

A delicious result may be gained by preparing the gelatine as described in the preceding paragraphs, but instead of adding the two stiffly-beaten egg whites, add a half cupful of any good marshmallow creme, barely softened with a little boiling water, then proceed as directed.

Bavarian creams are really "second cousins" to those rich and delicious frozen desserts, known as mousses. Strawberry, raspberry or peach Bavarian cream may be made as follows:

Crush sufficient raspberries or strawberries, then sift them to make two cupfuls of fruit and juice, or use two cupfuls of sifted peach pulp. Add to one and a half tablespoonfuls of gelatine, cold water to barely cover; let stand five minutes, then dissolve it over steam, and add to the prepared fruit. Then stand it in cold water until it barely begins to congeal. Whip two cupfuls of heavy cream, beating in one and a half cupfuls of powdered sugar. Fold the cream into the gelatine mixture and fill a mould with it, after rinsing it with cold water. When stiff, unmould and serve, garnished with sugared fruit of the same kind as that used in the cream. This may replace ice cream at any function. If the peaches are not of a very distinct flavor, a half tablespoonful of lemon juice should be added to the pulp.

# Balanced Ration for May

Tested Menus for One Week

| Days                   | Breakfast   | Luncheon or Supper  | Dinner  |
|------------------------|---|---|---|
| <b>SUNDAY</b> .....    | Stewed Rhubarb<br>Farina Top Milk<br>Bacon Toast and Butter<br>Coffee (Adults) Milk (Children)                              | Stuffed Egg Salad Mayonnaise<br>Bread and Butter Sandwiches<br>Cup Cakes Tea Preserves  | * Roast Beef Gravy<br>Yorkshire Pudding<br>Franconia Potatoes Asparagus<br>Bread and Butter<br>Strawberry Tapioca Cream<br>Coffee   |
| <b>MONDAY</b> .....    | Grape Juice<br>Flaked Cereal Top Milk<br>Hot Rolls Scrambled Eggs<br>Coffee (Adults) Butter<br>Milk (Children)              | Grilled Sardines on Toast<br>Lemon Garnish<br>Reheated Rolls Butter<br>Cup Cakes (Heated) Jelly Sauce<br>Tea                              | Tomato Bouillon Crackers<br>Cold Roast Beef Sweet Pickles<br>Asparagus Hollandaise Sauce<br>Mashed Potatoes Bread and Butter<br>Steamed Ginger Pudding<br>Lemon Sauce<br>Coffee |
| <b>TUESDAY</b> .....   | Sliced Oranges<br>Oatmeal Top Milk<br>Roast Beef Hash Toast Points<br>Bread and Butter<br>Coffee (Adults) Milk (Children)   | Macaroni Soup Croutons<br>Cheese and Lettuce Sandwiches<br>Coffee Jelly Cream<br>Tea  | Peanut Canapes<br>Broiled Lamb Chops Mint Jelly<br>French Fried Potatoes Peas<br>Cheese Straws<br>Lettuce with Savory Dressing<br>Strawberries Coffee                           |
| <b>WEDNESDAY</b> ..... | Stewed Prunes<br>Baked Salt Mackerel in Milk<br>Corn Bread Butter<br>Coffee (Adults) Milk (Children)                        | Cheese Souffle<br>Bread and Butter Lettuce Salad<br>Boiled Rice with Raisins<br>Cinnamon Hard Sauce<br>Tea                                | Vegetable Soup Crackers<br>Baked Beef with Tomatoes<br>Boiled Potatoes Spinach<br>Bread and Butter<br>Chocolate Cornstarch Pudding<br>Coffee                                    |
| <b>THURSDAY</b> .....  | Flaked Cereal Top Milk<br>Boiled Eggs<br>Toast Marmalade Butter<br>Coffee (Adults) Milk (Children)                          | Egg and Potato Salad<br>Date and Apple Salad<br>Cookies Patti Bread Butter<br>Tea   | Veal Cutlet Gravy<br>Potato Pancakes Spinach<br>Sour Pickles<br>Lettuce and Radish Salad<br>Strawberry Whip Custard Sauce<br>Bread Butter Coffee                                |
| <b>FRIDAY</b> .....    | Grapefruit<br>Oatmeal Cream or Top Milk<br>Herring Omelet<br>Rolls Butter<br>Coffee (Adults) Milk (Children)                | Canned Corn Custard<br>Whole Wheat Bread Butter<br>Warm Gingerbread<br>Tea  | Baked Stuffed Fish Tomato Sauce<br>Duchesse Potatoes Pickled Beets<br>Escalloped Oyster Plant or<br>Asparagus<br>Bread Butter Doughnuts<br>Coffee                               |
| <b>SATURDAY</b> .....  | Sliced Bananas with Lemon Juice<br>Flaked Cereal Top Milk<br>Baked Bacon Popovers Butter<br>Coffee (Adults) Milk (Children) | Baked Macaroni and Cheese<br>Lettuce Salad French Dressing<br>Bread and Butter<br>Gingerbread (Left-over)<br>Tea (Adults) Milk (Children) | Hamburg Steak with Onions<br>Mashed Potatoes<br>Bread and Butter<br>Jellied Cabbage Salad Mayonnaise<br>Lemon Pie Coffee  |

## Variations of the Basic Menus for Every Meal of the Month

### Breakfast

Remember that breakfast can make or mar the day. Now that the warm weather is coming on, try serving some orange juice a few minutes before breakfast. It is cleansing, cooling and full of vitamins. The stewed rhubarb can be varied with prunes, dried apricots, peaches, or figs; the oranges, with strawberries, or grapefruit. Cornmeal mush and any of the lighter, wheaten cereals may be used instead of farina. Salt fish may be substituted for bacon.

### Luncheon or Supper

As to this meal, whereas it must be substantial and balanced, it should be kept light. Any of the fish, egg and dainty meat salads are suitable, so are such dishes as escalloped asparagus with eggs; potatoes and dried beef, creamed together;

potato and clam pie; escalloped salmon or tuna fish. As to dessert, remember that in case a muscle-making food does not appear in plenty in the main part of the meal, this balance must be made up in the dessert. If there is no other way to do it, cocoa made with milk will turn the trick.

### Dinner

Any roast meat may be used instead of roast beef. White potatoes, macaroni, or rice in any form may be used as the starch. Asparagus, onions, or young carrots may replace the spinach. The salads should always be light and should be served with French dressing—mayonnaise being the exception, rather than the rule. Be sure to serve enough strawberries and sufficient foods in season, for they have been put there by Nature with a specific reason—they contain what the body needs.



# Tested Recipes for May

All Measurements Are Level



Parker House Rolls

## Parkerhouse Rolls

- |                          |                    |
|--------------------------|--------------------|
| 1 pint milk              | 1 teaspoon salt    |
| 2 tablespoons shortening | 1 yeast cake       |
| 2 tablespoons sugar      | About 6 cups flour |

**SCALD** the milk, add the shortening, sugar and salt, then cool until lukewarm. Soften the yeast cake in one-third cup of lukewarm water, add this to the milk and with a spoon beat in half of the flour. This will make a soft, spongy mixture. Cover and set aside to rise. The batter must be kept in moderate temperature, not over seventy degrees and must be free from draughts. When very light and spongy, add enough flour to make a dough which can be kneaded easily—this will probably be about three cups. An absolutely exact quantity cannot be stated as flours vary somewhat. When the dough has risen to double its bulk, turn out onto a floured board, roll to one-third inch in thickness, cut into rounds with a large biscuit cutter, brush each over with melted butter and fold half of the roll over the other, pressing the edges well together. Place in an oiled pan about one and one-half inches apart, let the rolls rise until very light, brush the tops with melted butter and bake in a quick oven—360° to 375° F.—fifteen to twenty-five minutes, according to size.

## Evaporated Milk Mayonnaise

- |                               |                             |
|-------------------------------|-----------------------------|
| 4 tablespoons evaporated milk | ½ teaspoon salt             |
| ½ cup oil                     | 1 teaspoon sugar (optional) |
| 3 tablespoons lemon juice     |                             |

**MEASURE** the evaporated milk into a bowl and add the oil to it slowly, as in the making of ordinary mayonnaise. Add the lemon juice alternately with the oil as soon as the mixture is very thick and beat in the salt, and sugar, if used. Serve with any fruit salad.

## Stuffed Egg Salad

- |                           |   |
|---------------------------|---|
| 4 eggs                    | ½ teaspoon paprika  |
| 1 tablespoon butter       | 2 tablespoons minced ham or other meat, or sardines or smoked herring |
| 1 teaspoon minced parsley |   |
| A few drops onion juice   |   |
| ¼ teaspoon salt           |   |

**TO HARD-COOK** the eggs put them on in cold water, bring to boiling point and boil rapidly for ten minutes. Then chill in cold water, cut into halves with a sharp knife, remove the yolks and either mash these with a fork or

pass them through a sieve. Blend the meat and seasonings together, moistening if dry with a tablespoon of mayonnaise. Form the mixture into balls and pile high in the hollows from which the yolks of the eggs were taken. Arrange on crisp lettuce leaves or in a nest of watercress and garnish with lemon fans or strips of pimiento and serve with Mayonnaise or Boiled Salad Dressing.

## Hollandaise Sauce

- |                            |                             |
|----------------------------|-----------------------------|
| ½ cup butter               | ½ teaspoon salt             |
| 4 egg yolks                | ¼ teaspoon pepper (Cayenne) |
| 1½ tablespoons lemon juice | ½ cup boiling water         |

**CREAM** the butter with a fork; add the yolks of eggs one by one, beating after each is added until like Mayonnaise. Then add the lemon juice, salt and cayenne. Put in a double boiler and add the water, and heat with a rotary egg beater until like a thick, boiled custard.

## Patti Bread

**CUT** stale bread into the finest possible slices—almost waferlike. Lay on a pan or rack in the oven and dry out rather than cook until the bread is golden brown. If to be kept from one meal to another, store in a tightly closed tin to preserve crispness.

## Potato Pancakes

- |                          |                                   |
|--------------------------|-----------------------------------|
| 2 large potatoes         | ¾ teaspoon salt                   |
| 1 egg                    | ½ teaspoon pepper                 |
| ½ cup flour              | 1 teaspoon finely chopped parsley |
| ½ teaspoon baking powder |                                   |

**GRATE** the potatoes coarsely; add the flour, baking powder, seasoning and parsley, and lastly, the egg beaten light. Mix all thoroughly and drop by spoonfuls into a frying pan containing a little hot fat. Flatten slightly, brown on both sides and serve as desired.

## Baked Beef with Tomatoes

- |                             |                                   |
|-----------------------------|-----------------------------------|
| 3 cups minced cold beef     | 1 teaspoon sugar                  |
| 1 onion                     | ½ teaspoon salt                   |
| 1½ cups canned tomatoes     | ¼ teaspoon pepper                 |
| 2 tablespoons flour         | 1½ cups any flaked cereal         |
| ½ cup gravy, stock or water | 2 tablespoons butter or drippings |

**PASS** the meat and onion together through the food chopper or mince finely in a chopping bowl. Add to them the flour, sugar, salt and



# Tested Recipes for May

Nutrition and Economy



*Charlotte Russe*

pepper. Place in a saucepan with the tomatoes and gravy or water, and bring to boiling point, stirring while heating. Oil a baking dish and sprinkle the bottom of it with half of the flaked cereal, then pour in the meat mixture, cover with the remaining flakes, dot with butter or drippings and bake thirty minutes in a moderate oven—350° F.

If liked, one-third cup of grated cheese may be mixed with the top flakes, or instead of dotting the top with butter or drippings, these may be melted in a pan and the flakes stirred into them. In this way the fat will be more evenly distributed.

## Spiced Prunes, Peaches or Apricots

|                       |                           |
|-----------------------|---------------------------|
| 1 pound dried prunes, | 1 cup sugar               |
| peaches or apricots   | An inch stick of cinnamon |
| 1½ cups mild vinegar  | 8 cloves                  |

**SOAK** the fruit overnight in enough cold water to cover. Cook in the same water until tender. Boil the vinegar, sugar and spices (tying the spices in a cheesecloth bag) for ten minutes. Drain from the fruit all but one cup of the liquor in which it was cooked. Pour the spiced vinegar over the fruit and remaining juice and when cold, store in jars and keep closely covered.

## Yorkshire Pudding

|                     |            |
|---------------------|------------|
| 6 tablespoons flour | 2 eggs     |
| ½ teaspoon salt     | 1 cup milk |

**PLACE** the flour and salt in a bowl. Make a hollow in the center, break in the eggs and add just enough milk to moisten. Beat thoroughly until perfectly smooth, and then add the remainder of the milk. Melt 3 tablespoons of drippings in a shallow baking pan; let this become thoroughly hot; pour in the batter and bake in a moderate oven—375° F.—about half an hour. Cut into square pieces and serve with Roast Beef.

## Charlotte Russe

**MAKE** up plain cup cakes by your favorite sponge cake recipe, or according to the recipe for Coconut Marshmallow Cake. When cold, hollow these out, put in a teaspoon of raspberry or strawberry jam, and heap with a charlotte mixture made as follows:

Beat one cup of heavy cream and three tablespoons of marshmallow creme until nearly stiff. Add a hint of salt and a few drops of vanilla and beat until stiff.

Decorate the charlotte russes with shredded, candied cherries.

## Canned Corn Custard

|                   |                              |
|-------------------|------------------------------|
| 1 cup canned corn | ¼ teaspoon pepper            |
| 1½ cups milk      | 1½ tablespoons melted butter |
| 2 eggs            |                              |
| ¾ teaspoon salt   |                              |

**SCALD** the milk; add the seasonings and pour onto the eggs slightly beaten. Stir well and mix with the corn; turn into an oiled baking dish, set this in a pan containing hot water and bake in a slow oven—350° F.—until “set” or firm in the center.

## Grilled Sardines on Toast with Lemon Garnish

|                                   |                          |
|-----------------------------------|--------------------------|
| 1 large can sardines              | 2 tablespoons salad oil  |
| ½ teaspoon salt                   | Strips of buttered toast |
| ¼ teaspoon paprika                | Slices of lemon          |
| 1 tablespoon Worcestershire Sauce | Finely chopped parsley   |

**REMOVE** the sardines from the can carefully to avoid breaking them. Scrape off the scales and marinate the fish in a seasoning of salt, paprika and Worcestershire sauce for an hour. Heat the oil in a hot frying pan or chafing dish (the oil from the can of sardines may be used if desired). Cook the sardines in it; then lay them on strips of toast and garnish with slices of lemon cut in quarters, with the tips dipped in finely chopped parsley.

# Tested Recipes for May

All Measurements Are Level

## Jellied Cabbage Salad

1 tablespoon granulated gelatine  
 ¼ cup cold water  
 ¼ cup weak vinegar  
 1 cup boiling water

½ teaspoon salt  
 1½ cups cabbage, shredded fine  
 3 tablespoons sugar  
 ½ tablespoon lemon juice

**SOAK** the gelatine in the water five minutes, then add the vinegar, lemon juice, boiling water, sugar and salt. Strain, and, when beginning to set, add the cabbage. Let set again. Chill and serve on lettuce or cress with mayonnaise; garnish with finely chopped pimientos or sliced red radishes.

## Boiled Rice with Raisins

1 cup rice  
 Boiling salted water

1 pint scalded milk  
 1 cup seeded raisins

**WASH** the rice thoroughly and cook it for ten minutes in boiling water, salted. Drain thoroughly (save the water for soup). Add the rice and milk to the raisins; cover closely and cook very gently until all the milk is absorbed. Serve hot with Cinnamon Hard Sauce.

## Cinnamon Hard Sauce

½ cup butter  
 1 cup powdered sugar

2 tablespoons boiling water  
 ¼ teaspoon cinnamon extract

**BEAT** the butter in a bowl till creamy, then add half of the sugar and water; beat well, and add the remainder of the sugar and water. When light and fluffy add the flavoring, and set aside in a cool place till wanted.

## Strawberry Tapioca

½ cup quick cooking tapioca  
 2 cups boiling water

1½ cups crushed strawberries  
 1 cup sugar  
 ½ teaspoon salt

**COVER** the tapioca with the cold water and allow it to soak for one hour. Pour the boiling water over the tapioca and cook in the inner vessel of a double boiler until the tapioca is clear. Add the salt, sugar and strawberry pulp, and cook five minutes more. Serve cold with

cream, custard or additional strawberries which have been sliced and sugared.

## Peanut Canapes

Rounds or slices of fried or toasted bread  
 Peanut butter  
 Salt and Cayenne pepper

Mayonnaise or cream  
 Stuffed olives  
 Strips of pimiento

**BROWN** the bread in fat or toast it lightly. Spread thickly with Peanut Butter moistened with cream or Mayonnaise, and seasoned rather lightly with salt and cayenne.

Place a stuffed olive in the center of each canape and decorate with strips of pimiento in any preferred design.

## Steamed Ginger Pudding

1½ cups flour  
 ½ cup stale bread crumbs  
 2 teaspoons baking powder  
 ½ teaspoon salt

2 teaspoons ginger  
 1 cup finely chopped suet  
 1 cup molasses  
 1 egg  
 1 scant cup milk or water

**SIFT** the dry ingredients thoroughly together. Add the suet and molasses and the egg, beaten, and then moisten with the water or milk, making the batter of a consistency that will drop easily from the spoon. Pour into an oiled mold, cover closely, and steam for two hours.

## Veal and Ham Loaf

3 cups ground raw veal  
 1 cup ground raw ham  
 ½ cup stale bread crumbs  
 ¼ cup milk  
 1 egg  
 1 teaspoon salt

¼ teaspoon pepper  
 ½ teaspoon grated lemon rind  
 1 teaspoon onion juice  
 1 teaspoon minced parsley

**SCALD** the milk, add the bread crumbs to it and cook to a paste. Add to this the meat and the seasonings and bind with the egg lightly beaten—yolk and white together. Thoroughly oil a baking pan and sprinkle it thickly with stale bread crumbs, pack the meat loaf into it and bake one hour in a moderate oven—350° F. Serve hot with brown gravy or tomato sauce, or cut into thin slices when cold.

*Veal and Ham Loaf*



# Tested Recipes for May

## Nutrition and Economy

### Savory Salad Dressing

- |                             |                           |
|-----------------------------|---------------------------|
| 3 tablespoons salad oil     | 1 tablespoon finely chop- |
| 1 tablespoon vinegar        | ped sour pickles          |
| $\frac{1}{2}$ teaspoon salt | 1 teaspoon Worcestershire |
| Few grains paprika          | Sauce                     |
| Few grains pepper           | 1 tablespoon chopped      |
|                             | green pepper (optional)   |

**B**EAT the first five ingredients until thoroughly emulsified, then just at the time of serving add the chopped pickles, the green pepper (optional), and the Worcestershire Sauce. Serve with a plain Lettuce Salad.

### Strawberry Mousse

- |                                  |                          |
|----------------------------------|--------------------------|
| 1 pint heavy cream               | 1 teaspoon lemon juice   |
| $\frac{3}{4}$ cup powdered sugar | 1 tablespoon gelatine    |
| $\frac{3}{4}$ teaspoon salt      | 2 tablespoons cold water |
|                                  | 1 box strawberries       |

**R**ESERVE a few perfect strawberries for garnishing. Hull and crush the remainder and add half of the sugar to them, and when the juice flows freely, press through a coarse sieve. Add the lemon juice, salt and the remainder of the sugar to the strawberry pulp. Beat the cream, stir it into the strawberry mixture and add the gelatine, which has been softened in the cold water, then dissolved over hot water. Turn into a mold and seal by placing over the join of the lid and mold, a strip of cloth which has been dipped in melted fat. Bury in equal parts of ice and salt for four hours. Unmold and garnish with the berries reserved for this purpose.

### Fricassee Chicken

- |                           |                          |
|---------------------------|--------------------------|
| 1 good-sized chicken      | Salt and pepper          |
| 1 small onion             | A little chopped parsley |
| A few slices of salt pork | A few mushrooms (op-     |
| 2 tablespoons flour       | tional)                  |
| 1 tablespoon butter or    | Boiling water to cover   |
| vegetable fat             |                          |

**C**UT the chicken into good-sized pieces and wipe with a damp cloth. Cut the pork small and try it out in a saucepan. When the fat runs freely put in the chicken, a few pieces at a time, and cook till slightly colored, but not browned. Put the tougher parts of the bird at the bottom of the pan, then add the onion and cover with boiling water. Cover closely and cook very slowly till tender, adding the seasoning at the end of an hour. It is not possible to give the exact length of time required for the cooking, as some chickens take longer than others.

A few minutes before serving, remove the meat from the pan, and thicken the gravy with the butter and flour rubbed smoothly together. Cook five minutes after adding the thickening, then pour the gravy over and around the chicken. If mushrooms are used, add them when the cooking is about half done. Sprinkle the parsley over the chicken after dishing.

### Quick Nut Bread

- |                             |                                 |
|-----------------------------|---------------------------------|
| 2 cups flour                | $\frac{1}{2}$ cup sugar         |
| 2 teaspoons baking powder   | $\frac{1}{2}$ cup broken walnut |
|                             | meats, any kind                 |
| 1 tablespoon shortening     | 1 cup milk                      |
| $\frac{1}{2}$ teaspoon salt | 1 egg                           |

**S**IFT together the flour, salt and baking powder, rub in the shortening, add the sugar and the nut-meats and mix to a light dough with the egg and milk. Turn into a baking dish, let stand for fifteen minutes, then bake from one-half to three-quarters of an hour in a moderate oven—325° to 350° F.

### Prune Almond Cake

- |                                 |                           |
|---------------------------------|---------------------------|
| 2 eggs                          | 2 teaspoons baking powder |
| 1 cup sugar                     |                           |
| $\frac{1}{2}$ cup milk or water | 1 teaspoon almond ex-     |
| 2 cups flour                    | tract                     |
| $\frac{1}{4}$ teaspoon salt     |                           |

**B**EAT the eggs and sugar until very light, add the milk and the flavoring, then the flour, salt and baking powder which have been sifted together. Bake in two oiled layer cake pans in a moderate oven—325° to 350° F.—about twenty minutes, and put together with Prune Almond Filling.

### Prune Almond Filling

- |                                 |                           |
|---------------------------------|---------------------------|
| 1 cup sugar                     | $\frac{1}{2}$ cup prunes  |
| $\frac{1}{2}$ cup boiling water | $\frac{1}{3}$ cup almonds |
| 1 egg white                     |                           |

**B**OIL the sugar and water together, without stirring, till a little lifted on a spoon forms a thread—if using a thermometer cook to 230° F. Pour this over the beaten white of egg, beating while adding. Add the prunes which have been cooked till soft, stoned and cut in small pieces; also the almonds, blanched and finely chopped. When cold spread between the layers of cake.

*Strawberry Mousse*







## WOMAN'S WORLD CALENDAR COOK BOOK

## Monthly Message for June

## Vegetable Oils and Fats

**T**HE various cooking oils should be considered under the head of butter substitutes, in so far as they are used instead of butter in cookery. These oils are extracted variously from peanuts, corn, cotton-seed, coconuts, and so on, and while they are, one might say, a comparatively recent discovery, the vegetable oil itself has been used for cookery, since time immemorial, in the form of olive oil.

Probably the best known usage of the vegetable oil is for the making of salad dressings and salads. These oils lend themselves particularly well to this phase of cookery, either singly, or in combination with one-third their quantity of rather highly-flavored olive oil.

The method of using the vegetable oils in the making of salad dressing is the same as when olive oil is used. A good vegetable oil is so pure and so highly refined that it is practically tasteless, so, in case the salad dressing may seem a little "empty" in taste, add a bit more seasoning. It is much easier to make a mayonnaise with these other vegetable oils than with olive oil as it is not nearly so liable to break down. In fact, vegetable oil may be used in the making of this dressing at room temperature, instead of icy cold.

It is the greatest possible help in salad making to keep on hand a jar of French dressing, a jar of mayonnaise and a jar of cooked salad dressing. It takes no longer to make up these foods in quantities of a pint or a quart than in smaller amounts and during the Summer months, especially when the salad dressing is already made up, the putting together of a substantial salad for luncheon or supper is the work of but a few moments.

## Vegetable Oils for Cooking

The war, with its necessity for fat conservation, did a great deal toward introducing these fats into general cooking. But, here again, prejudice, in many cases, has halted the march of a really excellent cooking product. The woman who, for instance, is accustomed to "creaming her butter" for cake, often finds it difficult to merely add the liquid oil! Apparently, she had rather spend the five minutes necessary for the creaming process than to get out of her rut! Again, many women say that they can "taste" the difference. Under certain conditions this may be possible, but if the vegetable oil IS USED IN PROPER PROPORTIONS, AND IF SUFFICIENT SALT IS ADDED TO THE MIXTURE ANY DIFFERENCE IN TASTE CAN-

## NOT BE DETECTED—EXCEPT IN THE IMAGINATION.

When substituting a vegetable oil for butter in the ordinary recipe, use from a fourth to a fifth less. In making cake, cream together the oil and sugar according to the usual method, then add the salt, flavoring and egg yolks. In making pastry, sift together the dry ingredients, stir in the oil and add the wetting, and proceed in the same way for baking powder biscuit mixtures.

Whenever a recipe calls for melted butter, add the proper proportion of the oil. The vegetable oils are also especially good for deep-fat frying, as they can be heated to a high temperature without smoking. Always test them with a cube of bread, never wait for smoking point.

The tests are as follows:

Croquettes and oysters—40 counts, or seconds.

Doughnuts, fritters and fish balls—60 counts, or seconds.

French-fried white or sweet potatoes, or onions—90 counts, or 1½ minutes.

Raw meat, or small fish—120 counts, or 2 minutes.

Solidified vegetable fats are nothing more than vegetable oils in solidified form. Sometimes they are used singly and sometimes in combination. When used in place of butter in cooking they may be termed a butter substitute, and should be manipulated like butter. Extra salt must always be added and the general proportion is from a fourth to a fifth less than would be used of butter. They are not generally adapted to the seasoning of vegetables, although they may be used for this purpose, and are not so malleable, in the making of salads, as the liquid oils. In using them as a frying medium the same directions must be observed as with the liquid oils.

Peanut butter is considered primarily a butter substitute, as a spread only. It contains twenty-five per cent of protein and only approximately forty-six per cent of fat, the balance being made up in carbohydrates and minerals. It is therefore more than a mere butter substitute; it is a general food and, when used as a spread, may replace part of the other food elements in the meal. It is also excellent as a butter substitute in cooking, but when it is used a small proportion of other fat should accompany it, in order to make the batter sufficiently short. It cannot be indiscriminately used in any recipe calling for butter, because of its pronounced flavor, but its food value should be kept in mind when planning the meal.

## Balanced Ration for June

Tested Menus for One Week

| Days             | Breakfast  | Luncheon or Supper   | Dinner   |
|------------------|--|--|--|
| <b>SUNDAY</b>    | Stewed Rhubarb<br>Bacon and Eggs<br>Muffins Butter<br>Coffee (Adults) Milk (Children)  | Fruit and Nut Salad<br>Cream Cheese and<br>Entire Wheat Bread Sandwiches<br>Hot or Iced Cocoa                  | Pot Roast of Veal<br>Mashed Potatoes<br>Creamed New Turnips Lettuce Salad<br>Bread and Butter<br>Raspberry Sherbet Fudge Brownies<br>Coffee                  |
| <b>MONDAY</b>    | Strawberries<br>Oatmeal Cooked in Milk<br>French Toast<br>Coffee (Adults) Milk (Children)  | Cheese Fondue<br>Entire Wheat Bread and Butter<br>Dressed Lettuce<br>Rice Muffins Butter Honey<br>Tea          | Minced Veal on Toast<br>Boiled Rice Creamed Carrots<br>Peas<br>Bread and Butter<br>Pickles<br>Coconut Cake Coffee  |
| <b>TUESDAY</b>   | Halves of Oranges<br>Creamed Potatoes<br>Boiled Salt Mackerel<br>Toast and Butter<br>Coffee (Adults) Milk (Children)             | Asparagus in Cream Sauce with<br>Rice and Poached Eggs<br>Baking Powder Biscuits Butter<br>Oatmeal Cookies Tea | Ham Baked in Milk<br>Baked Potatoes Spinach<br>Bread and Butter<br>Buttered beets with Lemon Juice<br>Radishes<br>Banana Pudding Coffee                      |
| <b>WEDNESDAY</b> | Stewed Prunes<br>Flakes Shirred Top Milk<br>Eggs<br>Reheated Rolls Butter<br>Coffee (Adults) Milk (Children)                     | Beet and Egg Salad<br>Bran Bread and Butter<br>Jellied Stewed Rhubarb<br>Tea                                   | Broiled Steak<br>Oven French Fried Potatoes<br>Creamed Onions on Toast<br>Butter<br>Floating Island<br>Coffee  |
| <b>THURSDAY</b>  | Strawberries<br>Farina Top Milk<br>Creamed Dried Beef on Toast<br>Coffee (Adults) Milk (Children)                                | Lettuce Soup Croutons<br>Rye Bread and Butter<br>Noodles with Prunes and Apricots<br>Tea                       | Chicken Fricassee with Dumplings<br>String Beans Beet Top Greens<br>Bread and Butter<br>Old-fashioned Rice Pudding with<br>Creamy Strawberry Sauce<br>Coffee |
| <b>FRIDAY</b>    | Rice with Raisins<br>Potato Pancakes<br>Graham Muffins Butter<br>Coffee (Adults) Milk (Children)                                 | Tuna Fish Salad<br>Hot Buttered Toast<br>Sliced Bananas with Lemon Juice<br>Tea                                | Oven-cooked Fish<br>Baked Potatoes Peas<br>Dressed Lettuce<br>Rye Bread Butter<br>Strawberry Fruit Cup<br>Coffee   |
| <b>SATURDAY</b>  | Stewed Peaches<br>Ready-cooked Cereal Top Milk<br>Brown Bread Milk Toast with<br>Poached Eggs<br>Coffee (Adults) Milk (Children) | Asparagus Short Cake<br>Lettuce and Radish Salad<br>Baked Caramel Custard<br>Tea                               | Chicken Soup<br>Baked Beans with Chili Sauce<br>Bread and Butter<br>Vegetable Salad Jellied Fruits<br>Marshmallow Creme Sauce<br>Coffee                      |

## Variations of the Basic Menus for Every Meal of the Month

## Breakfast

This is the month when the adjustment of the body from Spring to warm weather is quite complete. Nature calls out for light, cleansing foods, but this does not mean that substantial dishes of meat should be entirely omitted, neither does it mean that when the hot days come on, quantities of ice-cold liquid and cold foods should be eaten; in fact, if this is done, the body is so chilled that the perspiration is checked and, therefore, one feels still hotter.

Try having as great a variety of fruits as possible; use plenty of milk with the cereal and, if possible, cut down on some of the more substantial courses. Try introducing a little lettuce, or a few radishes for a change, and on a Sunday morning, serve a great, big, delicious strawberry shortcake—and plenty of it!

## Luncheon or Supper

Do not forget that on cool days soups will still be enjoyed. A salad should form the main portion of the meal at least three times a week. Children should be given the plain lettuce with a French dressing over it—made with salad oil and lemon juice, instead of vinegar—or they can eat the lettuce plain. When the grown folks have a substantial salad, the youngsters should have a good barley broth, some scraped meat, eggs, or

something suited to their age. On a very hot day, serve iced tea—not with the ice in it, but chilled next to the ice. For a change, try an egg nog as the main dish, varied by a fruit salad and delicious cheese or nut sandwiches. The vegetable shortcakes are always good, but when they are served, remember to be sure to put in an egg or milk dessert to keep up the muscle-making balance.

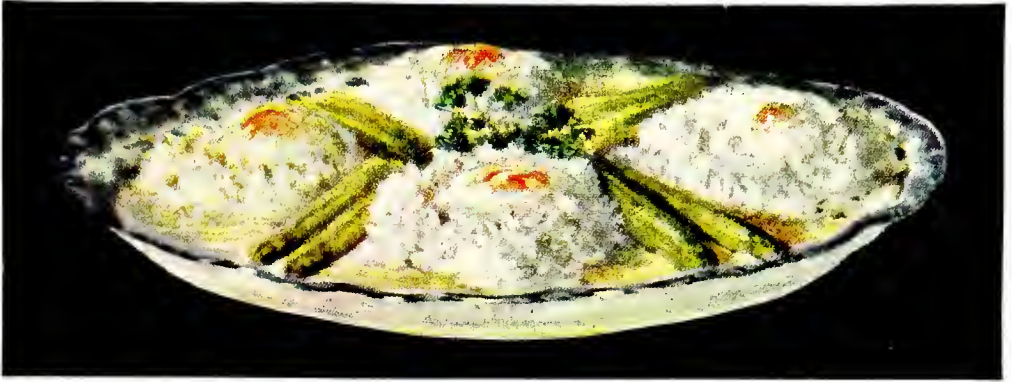
## Dinner

Any pot roast, such as beef or lamb, may be substituted for the veal. The vegetables may be cooked with it—all in the same pot. If raspberry sherbet is too much trouble, try a raspberry gelatine or Bavarian cream. Instead of ham baked in milk, substitute trout—if you are lucky enough to have them—or mackerel. Any broiled meat can be used instead of a broiled steak for Wednesday; a veal fricassee would be delicious for Thursday; and salmon loaf would be good for Friday. Any seasonable vegetables may be substituted, provided they are similar in food value. As to desserts, put in just as many fruits as you can. Any cake may be used instead of the coconut cake for Monday; floating prune whip would be good for Tuesday; strawberry shortcake for Wednesday; unecooked fruit pies for Thursday; jellied rhubarb for Friday; and a good fruit shortcake for Saturday. Just let your imagination run riot!



# Tested Recipes for June

All Measurements Are Level



*Poached Eggs in Rice Nests*

## Poached Eggs in Rice Nests

1 cup rice                      ½ cup grated cheese  
4 or 6 eggs                    1 cup Cream Sauce  
A few stalks of asparagus

**COOK** the rice until tender in boiling salted water, drain, stir the cheese into it and divide into four or six portions on a platter, piling these as high as possible to form nests. Place on each a poached egg, having made a little hollow to contain it. Pour the Cream Sauce round the nests and garnish with asparagus.

Tomato Sauce may be used in place of the Cream Sauce.

String beans, wax beans or spinach may be substituted for the asparagus.

## Oven-cooked Fish with Onion and Stewed Tomato

1 thick slice halibut or 2    2 tablespoons minced  
or 3 thick slices cod or    onion  
other white fish            2 tablespoons vegetable  
2 cups canned tomato or    fat or bacon or fat  
4 fresh tomatoes and    drippings  
1 cup water                1 teaspoon salt  
                                     ½ teaspoon paprika

**MELT** the fat, fry the minced onion in it and when golden brown add the canned tomato

or the fresh tomatoes sliced and the water. Add the salt and paprika and cook all together for ten minutes. Lay the fish on an oiled baking dish, pour the tomato mixture round it and bake in a moderate oven—350° F.—for half an hour. When the fish is half done sprinkle it thickly with buttered crumbs. Serve garnished with plain boiled rice.

## Raspberry Sherbet

4 cups raspberries            1 pint water  
1½ cups sugar                2 tablespoons lemon juice  
Whites of two eggs

**CRUSH** the raspberries, add half of the sugar and set aside for one hour to allow the juice to flow freely. Then strain through a fine cheesecloth. Make a syrup by boiling together the remaining sugar and the water until the sugar has dissolved. Chill, add the lemon juice and stir into the raspberry juice. Freeze, using three parts of ice to one part of salt. When about half set, stir in the whites of the eggs unbeaten and complete the freezing.

*Raspberry Sherbet and Fudge Brownies*





# Tested Recipes for June

Nutrition and Economy



*Fruit Salad Jellied, Individual Service*

## Fudge Brownies

- |                                |                             |
|--------------------------------|-----------------------------|
| 1 cup sugar                    | 1 cup chopped nut-meats     |
| 5 tablespoons butter or        | —any kind                   |
| vegetable fat                  | 2 eggs                      |
| A scant $\frac{1}{4}$ cup milk | 4 tablespoons cocoa         |
| $\frac{3}{4}$ cup pastry flour | $\frac{1}{4}$ teaspoon salt |
| 1 teaspoon vanilla extract     |                             |

**BEAT** the butter and sugar until light and creamy, add the eggs lightly beaten, next the milk, then the flour, salt and cocoa sifted together. Lastly, stir in the nuts and flavoring. Spread one-quarter of an inch thick on a shallow pan and bake fifteen minutes in a moderate oven—350° F. While still warm, cut into squares like fudge.

## Bran Bread

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 1 yeast cake                       | $\frac{1}{2}$ teaspoon baking soda |
| $3\frac{1}{2}$ cups lukewarm water | 4 cups bran                        |
| 5 tablespoons molasses             | About 5 cups whole                 |
| 2 teaspoons salt                   | wheat flour                        |

**DISSOLVE** the yeast in a half cup of the water and when soft add it to the remaining three cups of water into which the molasses, soda and salt have been stirred. Beat into this mixture enough of the flour and bran mixed, to make a thick batter. Let this rise until light and spongy and then add the remainder of the bran and sufficient additional quantity of flour to make a dough stiff enough to be easily handled. Knead thoroughly and set aside to rise until it has doubled its bulk. Divide into loaves, again knead slightly, place in oiled pans, filling these about half full and let rise until the dough has again doubled its bulk. Bake from fifty minutes to an hour in a slow oven—340° to 350° F.

Bran bread may be made either with compressed or dry yeast, but in the event of dry yeast being used, it is well to make the dough up over night to allow ample time for it to rise.

## Buttered Beets with Lemon Juice

- |               |                 |
|---------------|-----------------|
| Beets         | Lemon juice     |
| Melted Butter | Salt and pepper |

**WASH** the beets thoroughly, but be careful not to bruise the skins. Leave about three inches of stalks on the beets that they may not "bleed," and boil until tender. (New beets will cook in one hour; old beets may take four hours.) When tender, plunge into cold water,

rub off the skins, cut into crosswise slices and add the salt and pepper to season, using three tablespoons of melted butter and one-half tablespoon of lemon juice to each three cups of beets. Let the beets and seasonings stand together for a few minutes and make them thoroughly hot before serving.

## Mixed Fruit Salad Jellied

- |                             |                               |
|-----------------------------|-------------------------------|
| 6 slices canned pineapple   | $\frac{1}{2}$ cup sugar       |
| 1 large orange              | $\frac{1}{4}$ cup lemon juice |
| 1 cup strawberries          | 1 cup boiling water           |
| 1 cup any other fresh fruit | $\frac{1}{2}$ cup cold water  |
| in season or other fruit    | Lettuce                       |
| if preferred                | Mayonnaise                    |
| 2 tablespoons gelatine      |                               |

**SOFTEN** the gelatine in the cold water, pour the boiling water over it and when the gelatine is entirely dissolved, add the lemon juice and sugar and set aside to cool. Meanwhile oil individual molds and arrange the cut and small fruit in them, using enough to about half fill the molds. When the gelatine is cold but not set fill the molds with it, chill and unmold on the slices of pineapple and garnish with the lettuce and mayonnaise.

## Pot Roast of Veal

- |                           |                               |
|---------------------------|-------------------------------|
| 5 pounds shoulder of veal | 1 teaspoon mixed whole        |
| 6 onions                  | spices                        |
| 6 carrots                 | 2 teaspoons salt              |
| 4 tablespoons drippings   | $\frac{1}{4}$ teaspoon pepper |
| 3 cups water              | 2 tablespoons flour           |

**HAVE** the bone removed from the veal and if desired, replace it with stuffing, then roll and tie in compact shape—the butcher is usually willing to do this. Peel the onions, scrape the carrots, and wipe the meat with a damp cloth. Melt the drippings in a large cooking kettle, brown the meat in them, then remove the meat and brown the flour in the same drippings. Add the water, stir until boiling, then return the meat to the pan. Add the spices, tied in a small piece of cheesecloth, and simmer for an hour, after which add the seasonings and vegetables. Continue the cooking until these are tender, then serve with the meat in the center of the platter and the vegetables around it.

Plain boiled rice or noodles are a good accompaniment to a Pot Roast of Veal.

If desired, one cup of canned tomato may be substituted for one cup of the water.

# Tested Recipes for June

All Measurements Are Level

## Oatmeal Cookies

- |                               |                            |
|-------------------------------|----------------------------|
| ½ cup butter or vegetable fat | About ¼ cup milk           |
| ¾ cup sugar                   | 1 cup flour                |
| 1 egg                         | ¼ teaspoon salt            |
| ¾ cup oatmeal or rolled oats  | 2 teaspoons' baking powder |
|                               | ¾ cup seeded raisins       |

**BEAT** the butter and sugar until creamy, add the egg, beaten, then the milk, oatmeal, raisins and lastly the remaining dry ingredients sifted together. Roll out on a floured board, cut into rounds or squares and bake from ten to fifteen minutes in a moderate oven—350° to 360° F.

## Savory Cheese Custard

- |                             |                      |
|-----------------------------|----------------------|
| 4 eggs                      | 2 teaspoons salt     |
| 1¼ cups grated dairy cheese | ¼ teaspoon paprika   |
| 1½ teaspoons onion juice    | Few grains soda      |
|                             | 3 cups milk, scalded |

**BEAT** the eggs, add the seasonings, the soda and the cheese. Pour in the milk, which should be boiling hot, transfer to an oiled baking dish, place in a dripping pan, half surround with hot water and bake until firm in the center, in a moderate oven—350° F. Serve hot, as the main dish at luncheon or supper. If desired, thin slices of buttered bread may be placed on the top of the custard before it is baked.

## Strawberry Fruit Cup

- |                      |                          |
|----------------------|--------------------------|
| 1 quart strawberries | 2 cups crushed pineapple |
| Juice of one lemon   | 2 cups sugar             |
| Juice of one orange  | 6 cups water             |

**COOK** the sugar with half of the water until the sugar is dissolved. Add it with the remaining water and the orange and lemon juice to the fruit which has been crushed and placed in a bowl or pitcher. Set aside in a cool place for three hours, stirring occasionally, then strain into a pitcher or punch-bowl and serve. Add plenty of ice and garnish if convenient with extra halved strawberries, pineapple and any fresh fruits in season.

The pineapple used in a Strawberry Fruit Cup may be either canned or fresh. If canned fruit is used, substitute one cup of the juice from the can for a cup of water.

## Strawberry Fruit Cocktail

- |  |  |
|--|--|
| 1 cup diced, canned or fresh pineapple | 2 tablespoons water                          |
| 1 cup halved strawberries              | ½ cup sugar                                  |
| 2 oranges, divided into sections       | ½ tablespoon lemon juice                     |
|  | Whole and halved strawberries for garnishing |

**COMBINE** the pineapple and the cupful of halved berries with half of the orange sections—from which the pith and membrane have been removed—the sugar, water and lemon juice. Cover and let stand for several hours in a cool place, then arrange in small sherbet or fruit cocktail glasses, piling up the mixture in the center, and decorate the cocktails with the remaining sections of orange and the strawberries.

## Beet and Egg Salad

- |                               |  |
|-------------------------------|--|
| 3 cups diced cooked beets     | 1 teaspoon chopped capers or chopped pickles |
| 1 teaspoon onion juice        | Salt and pepper                              |
| 1 teaspoon chopped parsley    | Lettuce                                      |
| 2 tablespoons French dressing | Boiled Salad dressing                        |
| 3 hard-cooked eggs            |  |

**COMBINE** the diced beets and onion juice with a measure of French Dressing. Hard cook the eggs, cut them into halves crosswise, mash the yolks and season with salt, pepper and the chopped capers or pickles. Pile the beets in six mounds on lettuce leaves, refill the cavities in the whites of the eggs with the seasoned yolks, place half an egg on top of each mound of beets, and serve with Boiled Salad Dressing passed in a separate dish

## Beet Relish

- |                           |                |
|---------------------------|----------------|
| 1 dozen small-sized beets | Vinegar        |
| 1 firm head cabbage       | Spices         |
| Grated horseradish        | Sugar and salt |

**COOK** the beets until tender, then rub off the skins. Seal the cabbage by pouring boiling water through it, then draining it immediately. Chop both beets and cabbage finely or pass both through a food chopper, using the coarse cutter. Measure, and for each cup add one tablespoon of grated horseradish, one-half teaspoon salt and

Strawberry Fruit Cocktail





# Tested Recipes for June

## Nutrition and Economy

one tablespoon sugar. Place in jars and cover with vinegar which has been spiced and scalded, allowing a teaspoon of mixed pickling spice to each cup of vinegar. This is an excellent relish to make when other pickles are running low.

### Beet Noodles (Italian Recipe)

- |  |   |
|--|---|
| 12 medium-sized beet leaves and stems                    | 4 eggs                                    |
| chopped fine   | $\frac{1}{2}$ cup fine dried bread crumbs |
| $\frac{1}{4}$ pound ( $\frac{1}{2}$ cup cottage cheese)  | Salt, pepper and nutmeg to taste          |
| $\frac{1}{4}$ pound ( $\frac{1}{2}$ cup) Parmesan cheese |   |

**B**EAT the eggs, stir in the remaining ingredients and cook gently over a slow heat until the mixture is thick enough to be handled. Then turn on a well-floured board, roll out to finger thickness, cut in two-inch lengths, flour them again and drop into a kettle either of boiling soup stock or beet bouillon made from the beet roots. When the noodles have risen to the top, drain them, dust with a hint of nutmeg, sprinkle with grated cheese, add a little butter and serve as the main dish at luncheon or omit the butter and serve them in the soup.

### Cream of Lettuce Soup

- |  |  |
|--|--|
| 2 medium-sized heads lettuce shredded or outer leaves of four heads shredded | 1 tablespoon minced parsley                          |
| 3 tablespoons butter or vegetable fat  | $\frac{1}{4}$ cup uncooked rice                      |
| 1 tablespoon minced onion  | 2 quarts meat or vegetable soup stock                |
| $\frac{1}{2}$ teaspoon celery seed   | $\frac{1}{4}$ cup cream or undiluted evaporated milk |
|  | Salt and pepper to taste                             |

**M**ELT the butter in a saucepan, add the onion and the lettuce and cook gently together until the lettuce begins to slightly change color, then add the parsley, celery seed, rice and stock, cover and cook gently until the rice is perfectly tender. Then rub the mixture through a sieve, season with salt and pepper, and add the cream and serve.

### Coconut Marshmallow Cake

- |                                |                                  |
|--------------------------------|----------------------------------|
| 3 eggs                         | $1\frac{1}{2}$ cups pastry flour |
| 1 cup sugar                    | $\frac{1}{4}$ teaspoon salt      |
| 4 tablespoons milk or water    | 1 teaspoon baking powder         |
| $\frac{1}{2}$ teaspoon vanilla |                                  |

**B**EAT the eggs and sugar together until very light. Add the milk or water, the flavoring, then the flour, salt and baking powder which have been sifted together twice. Bake in oiled pans in a moderately hot oven— $360^{\circ}$  to  $375^{\circ}$  F.—from twelve to fifteen minutes. When cold fill and frost with Coconut Marshmallow Frosting.

### Coconut Marshmallow Frosting

- |                         |                           |
|-------------------------|---------------------------|
| 2 cups sugar            | 1 cup marshmallow creme   |
| $\frac{1}{2}$ cup water | $\frac{1}{2}$ cup coconut |
| Whites of 2 eggs        |                           |

**B**OIL the sugar and water until it threads—if using a thermometer cook to  $230^{\circ}$  F. Pour this mixture steadily but slowly onto the egg whites which have been beaten until stiff and dry. Add the marshmallow creme and beat until thick enough to spread. Use one-third of this frosting to make a thick filling between the layers, of cake and use the remainder to frost the top and sides. Sprinkle thickly with the grated coconut as soon as the cake is frosted.

### French Cocoa

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 3 teaspoons cocoa                 | $\frac{1}{8}$ teaspoon salt         |
| 2 tablespoons sugar               | $\frac{1}{2}$ cup marshmallow creme |
| $1\frac{1}{2}$ cups boiling water |                                     |
| $1\frac{1}{2}$ cups milk          |                                     |

**M**IX the cocoa, salt and sugar together thoroughly, add the boiling water, turn into a saucepan and cook for five minutes. Scald and add the milk, then put in the marshmallow creme and beat vigorously with an egg beater to produce a foam on top of the cocoa and serve very hot. If the cocoa is served in cups an additional teaspoon of marshmallow creme may be put into each cup and a very slight dusting of cinnamon sifted over the top.

Coconut Marshmallow Cake with Coconut Marshmallow Frosting—French Cocoa







## WOMAN'S WORLD CALENDAR COOK BOOK

# Monthly Message for July

## Milk—Condensed, Evaporated and Powdered

**S**OME folks have the idea that milk is just for children; that because it is a liquid easily assimilated and lacking in bulk it belongs merely to the infants of the household. To be sure, it is the paramount food for them, but just as it nourishes and helps them to grow, it nourishes and sustains the adult.

Just to drink a glass of milk in addition to an otherwise scanty meal will not mean satisfaction to a hungry man, but it will when served in some other way, as in a substantial cereal and raisin pudding, an escallop of vegetables with a generous allotment of cheese, or in a corn or bean chowder.

Milk is a protein, or muscle-making food. In itself it is less expensive than meat, eggs, or nuts, and on a par with fish. When used as a protein in the diet in connection with inexpensive fillings, such as rice, hominy, vegetables from the garden, dried vegetables or odds and ends of left-overs, its use becomes a real economy.

During the last few years we have not only learned what milk is, its mission in the body and of the wonderful vitamins, or life-giving elements, which it contains, but we have also learned how it can be marketed in tins, as well as in dried or powdered form.

### Evaporated Milk—Its Preparation and Uses

Many housewives do not understand about these various kinds of milk. Evaporated milk is unsweetened—just pure, fresh milk from which half the water has been evaporated. It is then placed in small and large cans, sealed and sterilized so that it will keep. It will keep for some hours after opening, without ice. To bring it up to the food value of ordinary milk, add an equal quantity of water. If a good grade of evaporated milk is selected there will be no scalded, pronounced taste when the milk is used undiluted instead of cream in coffee.

Evaporated milk may replace cream in cooking, but it must be clearly understood that it does not have the food value of cream, which is nearly all fat, though it will replace cream in many instances, as far as consistency and general effect is concerned. Certain kinds of evaporated milk, when sweetened and flavored, may be used like whipped cream.

### Condensed Milk—When and How to Use It

Condensed milk is a very different product, for it contains sugar, weight for weight. It can only be used in cases where sweetening and milk combined are to be introduced, as in making custard fillings, milk desserts and ice cream. Two tablespoons of condensed milk are dissolved in a scant cup of water to produce milk containing butter fat equivalent to that of fresh milk and at the same time sugar in the same proportion as when the actual product is used.

### Powdered Milk

Then we have dried milk in two forms—dried skimmed milk and whole milk. While left in dried form it requires no refrigeration.

Many housewives do not understand what dried milk is. It is merely fresh milk from which the water has been entirely removed, leaving the solids, which are sold in powdered or crystalline form. When the powdered milk is skimmed before it is prepared for market, it contains all the food value of fresh milk except the butter fat. But when whole milk is powdered, the butter fat is retained. Roughly, one-quarter cup, or four tablespoons, of powdered milk dissolved in a cup of cold or warm water equals fresh whole or skimmed milk in food value, according to the kind that has been prepared. It can then be used just as fresh milk in any way desired.

"But what of the vitamins?" you ask. "Is it safe to give my family evaporated, condensed or powdered milk?"

The subject of vitamins is still in an embryonic state, but well-known authorities, such as Doctors Mendel, Osborn and McCollum have stated that the heating of milk does not interfere with its life-giving and growth-promoting properties.

So why skimp milk for brother's cereal? Why put too much water in father's soup? Why make the rice pudding with half water? This is not economy. This is an absolute undermining of the most precious of all possessions—the family health.

Cut the excess sugar. We all eat too much of it. Regulate the number of starches, as nearly all of us suffer from autointoxication. Cut down meat to once a day and introduce some of those delicious casseroles and made dishes from the cheaper cuts, so that you may increase the milk.



## WOMAN'S WORLD CALENDAR COOK BOOK

### Canning Suggestions

**W**HEN there is an over-abundance of fruits, vegetables, and sometimes of meat, it is absolutely necessary that they be conserved by home canning. This process may be made simple or difficult, according to whether the day chosen to accomplish it is sufficiently free of other duties and to the way in which the work is carried on.

Again there are times when a considerable quantity of different foods may be prepared at one time, as baked beans, or thick pea soup, then canned ready for use later on.

The principles underlying successful canning are absolute cleanliness, foods of good quality and sufficient sterilization to kill all germ life.

The simplest outfit used for canning is a stout wash-boiler, a wire rack to fit into it to hold the jars—good jars, new rubbers, a big colander for blanching and dipping and a steamer top to use in steaming bulky vegetables before jarring them. However, if much canning is to be done, it will pay to purchase a pressure cooker, as the right use of this utensil will save time, fuel and energy. General instructions accompany the cooker.

The canning tables give time directions for the cooking process; with both wash-boiler outfit and pressure cooker, the preliminary work is as follows:

1. Wash the fruit or vegetable in cold water.
2. Blanch—that is, scald in boiling water, from five to ten minutes, or steam from fifteen to twenty minutes.
3. Plunge into cold water for two minutes.
4. Peel or skin—as needed. For example, one peels carrots or tomatoes—strawberries and plums do not need it.

Time Table for Canning Fruits

| KIND                 | WASH BOILER<br>OUTFIT | PRESSURE<br>COOKER<br>5 LBS. |
|----------------------|-----------------------|------------------------------|
| Small Juicy Berries  |                       |                              |
| as Strawberries      | 16 minutes            | 8 minutes                    |
| Firm Small Berries   |                       |                              |
| as Blueberries       | 20 minutes            | 10 minutes                   |
| Cherries             | 18 minutes            | 10 minutes                   |
| Peaches and Apricots | 13 minutes            | 8 minutes                    |
| Pineapple            | 35 minutes            | 25 minutes                   |
| Pears                | 20 minutes            | 10 minutes                   |
| Apples               | 20 minutes            | 10 minutes                   |
| Citron               | 35 minutes            | 25 minutes                   |

5. Remove seeds, stems and blossom ends according to common sense.

6. Pack as much as possible into absolutely clean scalded jars.

7. Cover with cold water containing a teaspoonful of salt to the quart for vegetables—sugar syrup or plain water for fruit.

8. Place a new rubber on each jar, and partly close down the covers.

9. Place the cans in the boiler, cover with cold water until the jars are submerged at least two inches.

10. Put on the boiler lid, bring to boiling point, and boil steadily the length of time allowed in the canning table.

11. Then remove, close permanently without opening, no matter how much the material in the can may have shrunk. If more convenient, cool in the water.

12. Turn upside down on a cloth and cool, away from draughts. If the jars leak, new rubbers will have to be put on and the process repeated.

13. Store in a dark place, moderately cool.

The syrups used to cover fruits are made by boiling granulated sugar and water together for five minutes. A syrup of medium sweetness or heaviness is used for canning juicy fruits, a thin moderately sweet syrup being reserved for rather dry fruits needing long cooking. A pound of sugar to one and one half quarts of water is correct for juicy fruits, one and one-fourth pounds of sugar to three quarts of water may be used for firmer fruits.

Time Table for Canning Vegetables

| KIND                                | WASH BOILER<br>OUTFIT | PRESSURE<br>COOKER<br>5 LBS. |
|-------------------------------------|-----------------------|------------------------------|
| Asparagus                           | 1 hour                | $\frac{3}{4}$ hour           |
| Greens                              | 1½ hours              | $\frac{3}{4}$ hour           |
| Beets                               | 1½ hours              | 1 hour                       |
| Rhubarb                             | 20 minutes            | 15 minutes                   |
| String Beans                        | 2 hours               | 1 hour                       |
| Young Limas                         | 2 hours               | 1 hour                       |
| Corn                                | 3 hours               | 1 hour                       |
| Squash and Pumpkin                  | 1 hour                | $\frac{3}{4}$ hour           |
| Carrots                             | 1½ hours              | 1 hour                       |
| Tomatoes                            | 25 minutes            | 10 minutes                   |
| Brussels Sprouts and<br>Cauliflower | 1½ hours              | 50 minutes                   |
| Egg Plant                           | 1 hour                | $\frac{3}{4}$ hour           |
| Peas                                | 2 hours               | 1 hour                       |

# The Most Inexperienced Housewife Can Make Perfect Jelly by the New Amazing Certo Process

*It Never Fails—Quick and Economical*

By Ann Proctor

Certo has revolutionized jelly and jam making. It has taken away the uncertainty as to "jellying" and made it as accurate a process as two and two make four. It has extended the season of jelly-making to cover every month of the year. Moreover, with Certo you can have as many kinds of jam and jelly as there are species of fruit. With Certo all fruit juices "jell."

And Certo is a pure fruit product—nothing else. It contains no preservative or gelatine. It is Mother Nature's jell-maker, the concentrated form of that element found in varying and uncertain quantities in fruit juices which make them "jell." In following the Certo recipes you measure out your Certo as you measure your sugar and fruit—the most inexperienced housewife can't go wrong.

Before Certo jelly-making was difficult, laborious, uncertain. No recipe would provide for every condition. An over-dry or wet season would affect the jelling properties of the fruit. Currants picked late wouldn't "jell." Grapes must be taken before fully ripened. Some fruits, such as strawberries, cherries, raspberries, would hardly "jell" at all.

Certo not only makes the process sure, but reduces time and expense and results in jams and jellies of better flavor and color. By the Certo Process the boiling time is cut down to one minute instead of boiling away flavor and fruit juice for a period of twenty minutes or much longer. This is an economy: the short boiling period gives more jam or jelly from the same amount of fruit and preserves all color and ripe fruit flavor. Nothing is lost.

By the Certo Process you can make delicious jelly of bottled fruit juices—a few glasses at a time as you need it. You can make jelly and jams of all canned fruits and of dried fruits, such as prunes, raisins, apricots and peaches. And you can easily put up marmalade from the winter grapefruit and oranges at far less cost than buying these dainties.

You can understand, therefore, why Certo is so highly recommended by cookery editors and teachers as well as by expert housewives that have tried it.



## Grape Jelly

### Now Easily Made Anytime

Measure 7  $\frac{1}{2}$  leveled cups (3  $\frac{1}{4}$  lbs.) of sugar and 4 cups of bottled grape juice into large saucepan, stir, and bring to boil. At once add one bottle of CERTO (scant cup) **stirring continually**, and bring again to hard boil for one minute. Stir constantly. Remove from fire, skim and pour into sterilized glasses. Makes 11 half-pound glasses.

## Strawberry Jam

**Crush well**, in single layers about 2 quarts of ripe berries with wooden masher. Measure 4 level cups (2 lbs.) of crushed berries with 7  $\frac{1}{2}$  leveled cups (3  $\frac{1}{4}$  lbs.) of sugar into preserving kettle, mix well, stir constantly and bring to hard boil over hottest fire. **Boil hard one minute**, continually stirring. Take from fire and add one-half bottle of Certo (scant  $\frac{1}{2}$  cup) stirring it in well. From time jam is taken off fire let stand five minutes only, **by the clock**, before pouring into glasses. In meantime skim, stir a little to cool slightly, then pour quickly.

## Pineapple Jam

To give your family or guests a surprise, you need: —1 large can Pineapple, 7  $\frac{1}{2}$  level cups (3  $\frac{1}{4}$  lbs.) of sugar and 1 bottle of CERTO. Use grated pineapple or put sliced pineapple through the food chopper. Mix the juice and chopped pineapple and measure out four cups into a large saucepan. If necessary, add water to fill the fourth cup. Add sugar, mix and bring to a vigorous boil, stirring constantly. **Boil hard one minute**. Remove from fire, and add Certo stirring well. Skim and pour into glasses. Makes 11 half-pound glasses.

## Orange Jelly

Use 12 oranges. Grate off the yellow part of the rinds into a dish. Cut fruit into halves and squeeze out the juice. Mix the juice with the grated rind and squeeze the mixture through a strong fine cloth to remove rind and pulp. Measure 3 cups of juice (1  $\frac{1}{2}$  lbs.) and 7 level cups (3 lbs.) of sugar into a large saucepan, stir and bring to boil. At once add Certo, stirring constantly. Continue to stir and bring to a **hard boil** for one-half minute, stirring constantly. Remove from fire, skim and pour quickly into glasses.

The above recipes and nearly 100 others are found in the Certo Book of Recipes. This will tell you how to make a year-round variety of jams, jellies and marmalades.

Your grocer carries CERTO, or can order it for you. Or, you can get a bottle by parcel post prepaid for 35 cents. Please send with order your grocer's name and address so that hereafter you can obtain Certo promptly. Get a bottle of Certo right away and see how easy it is to surprise your family with toothsome dainties made with little expenditure of time and money.

PECTIN SALES CO., Inc.

400 East Avenue

Rochester, N. Y.

# Mother Nature's year-round jell maker



# Balanced Ration for July

## Tested Menus for One Week

| Days             | Breakfast   | Luncheon or Supper   | Dinner  |
|------------------|---|--|---|
| <b>SUNDAY</b>    | Sugared Currants<br>Broiled Bacon and<br>Fried Cornmeal Mush<br>Rolls and Butter<br>Coffee        | Vegetable and Egg Salad<br>Bread and Butter<br>Individual Berry Shortcakes<br>Hot or Iced Tea  | Veal Chops Hashed Brown Potatoes<br>String Beans<br>Bread and Butter Radishes<br>Bread and Butter Pudding with<br>Fresh Fruit<br>Hot or Iced Coffee                     |
| <b>MONDAY</b>    | Blackberries<br>Flaked Cereal Top Milk<br>Boiled Eggs<br>Whole Wheat Muffins and Butter<br>Coffee | Macaroni and Cheese<br>Fruit Salad<br>Oatmeal Cookies Hot or Iced Tea  | Roast Beef<br>New Potatoes Corn on the Cob<br>Bread and Butter<br>Vegetable Salad<br>Fruit Charlotte Russe<br>Hot or Iced Tea   |
| <b>TUESDAY</b>   | Cereal Served with Fruit<br>Creamed Codfish<br>Entire Wheat Bread Toast and<br>Butter<br>Coffee   | Corn Pudding (Left-over)<br>Peanut Butter Salad Sandwiches<br>Fruit Cookies<br>Tea   | Vegetable Soup<br>Cold Roast Beef Lyonnaise Potatoes<br>Sweet Pickles<br>Baked Stuffed Tomatoes<br>Bread and Butter<br>Fruit Shortcake Hot or Iced Coffee               |
| <b>WEDNESDAY</b> | Plums<br>Salt Pork with Cream Gravy<br>White Mountain Muffins<br>Bread and Butter<br>Coffee       | Potato Soup Crackers<br>Sliced Tomato Salad<br>French Dressing<br>Reheated Muffins and Butter<br>Jelly or Fresh Fruit<br>Hot or Iced Tea | Broiled Lamb Chops<br>New Potatoes in Cream Sauce<br>Young Carrots<br>Bread and Butter Radish Roses<br>Tapioca Cream<br>Hot or Iced Coffee                              |
| <b>THURSDAY</b>  | Molded Cereal with<br>Fruit Garnish (Left-over)<br>Roast Beef Hash on Toast<br>Coffee             | Escalloped Potatoes with Cheese<br>Graham Bread and Butter<br>Gingerbread Fruit<br>Hot or Iced Tea                                       | Boiled Codfish Tomato Sauce<br>Mashed Potatoes Summer Squash<br>Cucumber Salad Bread and Butter<br>Peach Roll Hard Sauce<br>Hot or Iced Coffee                          |
| <b>FRIDAY</b>    | Blackberries<br>Plain Omelet with Bacon<br>Cereal Muffins and Butter<br>Coffee                    | Stuffed Eggs Bread and Butter<br>Cookies Watermelon<br>Hot or Iced Coffee or Tea   | Beefsteak and Potato Pie<br>Lima Beans Bread and Butter<br>Tomato and Green Pepper Salad<br>Cooked Salad Dressing<br>Coffee Bavarian Cream<br>Lemonade                  |
| <b>SATURDAY</b>  | Red Raspberries in Cream<br>Eggs Scrambled with Tomatoes<br>Reheated Rolls and Butter<br>Coffee   | Salmon Loaf with Mayonnaise<br>Bread and Butter Sandwiches<br>Cup Cakes Fruit<br>Hot or Iced Tea   | Leg of Spring Lamb Mint Sauce<br>New Potatoes Buttered Beets<br>Bread and Butter<br>Watercress Salad French Dressing<br>Lemon Sherbet Spice Drops<br>Hot or Iced Coffee |

## Variations of the Basic Menus for Every Meal of the Month

### Breakfast

Bread is one of our best foods and we should eat more of it during the Summer months than at any other time. Because of the body's call for something light, our bread should be made as nourishing as possible. Now is the time to introduce plenty of entire wheat bread—yes, made with one hundred per cent entire wheat. It is sheer nourishment—vitamines, and all. Then there is old-fashioned cornmeal—the kind that is ground at the mill. Try introducing some corn bread—plenty of it—made with sour milk or buttermilk; or use spoon bread made with cornmeal. Lighten up the heavy main dishes and see how the family responds. Try serving hot muffins containing left-over cereal, such as cooked brown rice; or raised oatmeal muffins, for a change; French toast; plain milk toast; toasted Boston brown bread with hot milk poured over it; raisin coffee cake—all of them offer a wide selection. And if you serve a cereal with *plenty* of milk, so that everybody will have at least a glassful, you will find that the family menu will balance with minimum labor on your part.

### Luncheon or Supper

It is oftentimes possible to make luncheon or supper a picnic meal, even if it's only on the

piazza or in the backyard. A picnic means, first of all, a good time; incidentally, "eats," but if you will learn to put a loaf of substantial home-made bread in a basket or on a tray, together with a bread knife and board, and some cream cheese, plain butter or peanut butter, plenty of milk to drink, some bland fruit—not too acid—and some cookies or cake then betake yourself and the children out into the open, to eat the self-same luncheon from paper dishes, you will find that it is no bother at all, but a great refreshment. Try some of these picnic luncheons for this month.

### Dinner

In planning the menus for this month I have kept the dinners substantial. You will notice that they contain a preponderance of vegetables; in fact, there is no reason why entire vegetable meals cannot be introduced, providing you prepare a suitable muscle-making food to keep up the family nourishment, such as plenty of good homemade ice cream; baked custard made with milk and eggs; iced cocoa made with milk; milk or egg shake. It is a safe rule to follow, to have two meatless dinners a week. For suggestions as to how you can introduce the muscle-making elements see "Your Meals and Good Health," then let your imagination do the rest.

# Tested Recipes for July

All Measurements Are Level

## Cheese Straws

Scraps of left-over pie crust

Grated cheese  
Salt and paprika

**R**OLL the pastry out thinly, sprinkle half of it thickly with the grated cheese, salt and paprika. Fold the other half of the pastry over this and roll out again thinly. Cut into long strips and twist together as shown in the illustration. Lay on a baking sheet, brush over the tops with milk to glaze them and bake ten minutes in a moderately hot oven—350° to 375° F.

## Salad Dressed at the Table

**W**HEN salad is to be dressed at the table, be sure that the lettuce has been thoroughly washed, drained and placed in a bag in the refrigerator to crisp for two or three hours before serving. Also be sure that the salad bowl in which it is placed is large enough to permit proper mixing and blending of the salad with the dressing.

For the dressing allow one tablespoon of oil, one-third tablespoon of vinegar, one-quarter teaspoon of salt and one-eighth teaspoon of pepper for each two persons to be served.

To dress the salad, measure the oil, pour it over the salad and add the salt and pepper. Then toss the salad about with the fork and spoon until the leaves begin to look a little wilted, after which add the vinegar and continue the mixing.

Mint, tarragon or other vinegars may be used to give variety of flavor, while minced celery, thinly shaved onion, or finely chopped green peppers, etc., may be strewn among the salad greens to give further variety.

## Radish Roses

**S**ELECT perfectly shaped radishes. Wash them thoroughly, then with a sharp knife make five incisions through the skin, running from root to crown. Insert the point of a small knife in

these and cut down to form petals, making the cuts extend about three-quarters of the length of the radish. Place in a bowl of ice water for at least two hours, when the sections of skin will open leaving a white center with pink leaves surrounding it. Leave one or two of the smallest leaves on the radishes as foliage for your "rose."

## Iced Coffee with Orange

The rind and juice of 1 quart coffee  
two oranges ½ cup light cream,  
1 cup water Whipped cream, optional  
½ cup sugar

**P**EEL the rind of the orange thinly, cook it for ten minutes in the water, add the sugar and allow it to dissolve. When cold mix with the coffee, chill thoroughly and at serving time add half a cup of light cream and orange juice. Remove the orange rind before serving; and put a spoon of whipped cream on top of each glass or cup.

## Grape Juice and Orange Mint Julep

6 or 8 mint leaves 2 cups water  
2 cups grape juice ½ cup orange juice  
2 tablespoons sugar Crushed ice

**B**RUISE the mint leaves, pour the grape juice over them and allow the two to steep together for at least half an hour. Boil together the sugar and one cup of the water, add this with the orange juice and the remaining cup of water to the grape juice mixture and pour into glasses which have been half filled with crushed ice. Put a sprig of fresh mint in each glass and serve.

## Nut Mayonnaise

1 cup mayonnaise dressing ½ cup toasted nut-meats, chopped coarsely

**C**OMBINE ingredients and use as desired. This dressing will keep at least a week. Any kind of nut-meats may be used.

*Cheese Straws with Lettuce Dressed at the Table*





# Tested Recipes for July

Nutrition and Economy



*Cottage Puffs with Rich Cocoa Sauce*

## Cottage Puffs

- |                               |                            |
|-------------------------------|----------------------------|
| ½ cup butter or vegetable fat | 1½ teaspoons baking powder |
| ½ cup sugar                   | ½ teaspoon salt            |
| 1 egg                         | 1 teaspoon vanilla extract |
| ½ cup milk                    |                            |
| 1½ cups flour                 |                            |

**CREAM** butter, add sugar, flavoring and egg, lightly beaten. Sift and add flour, baking powder and salt and beat all thoroughly. Bake in well-oiled individual pans in moderate oven—350° F.—about twenty minutes. Serve with rich hot sauce.

## Rich Cocoa Sauce

- |                       |                                    |
|-----------------------|------------------------------------|
| 1½ cups boiling water | 1½ tablespoons flour or cornstarch |
| ½ cup sugar           | ½ teaspoon vanilla extract         |
| 3 tablespoons cocoa   |                                    |
| ¼ teaspoon salt       | 1 teaspoon butter                  |

**MIX** together cocoa, sugar, cornstarch or flour and salt. Pour boiling water over these, stirring constantly. Return all to saucepan with butter and cook three minutes. Add flavoring, after sauce has cooled slightly.

## Baked Stuffed Tomatoes

- |                           |                              |
|---------------------------|------------------------------|
| 4 tomatoes                | 1 teaspoon grated onion      |
| 1½ cups soft bread crumbs | ½ teaspoon grated lemon rind |
| ½ teaspoon celery salt    | 1 teaspoon chopped parsley   |
| ¼ teaspoon pepper         |                              |

**CUT** a slice from the tops of the tomatoes, hollow out most of the pulp and to this add the bread crumbs, flavorings and seasonings. Fill each hollow in the tomatoes with this dressing, and put a teaspoon of butter on top of each. Replace the slice which was cut off and bake the tomatoes from twenty to thirty minutes in a moderate oven—350° F.

## Strawberry, Raspberry or Peach Bavarian Cream

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 scant tablespoon gelatin      | A pinch salt               |
| 1 cup soft fruit pulp and juice | 1 cup fruit pulp and juice |
| 1½ tablespoons cold water       | 1 cup cream                |
|                                 | ½ cup powdered sugar       |

**SOFTEN** the gelatin in the cold water, then dissolve by placing the cup containing it in a pan of hot water. Add it with the salt to the fruit juice and pulp, and set aside until it is just beginning to jelly. Meanwhile, beat the cream stiffly adding the sugar to it while beating. Fold the cream into the gelatin mixture, blending all thoroughly together and turn into a mold which has been rinsed with cold water. When firm, unmold and serve garnished with sugared fruit of the same kind as that used in the Bavarian. If the fruit has not a very distinct flavor a

half teaspoon of lemon juice may be added to the pulp to "tone it up."

## Broiled Devilled Tomatoes

- |                                       |                       |
|---------------------------------------|-----------------------|
| 4 tomatoes                            | ½ teaspoon pepper     |
| 4 tablespoons butter or vegetable fat | 1 teaspoon cornstarch |
| Toast                                 | 1 tablespoon sugar    |
| 1 teaspoon dry mustard                | 1 egg                 |
| ½ teaspoon salt                       | ½ cup vinegar         |

**CUT** the tomatoes into thick slices, and cook them in the butter or vegetable fat until tender but not broken. Lay on slices of toast and keep hot while the sauce is being prepared. Do this, by adding to the butter remaining in the pan, the mustard, salt, pepper, cornstarch and sugar, stir until smooth, add the egg lightly beaten, also the vinegar and cook over hot water (double boiler) until thick. Pour over the tomatoes just before serving.

If the tomatoes have absorbed most of the butter, an extra tablespoon may be added before mixing in the seasonings.

## Norwegian Sauce

- |                                       |                       |
|---------------------------------------|-----------------------|
| 2 tablespoons butter or vegetable fat | ½ teaspoon pepper     |
| 1½ cups milk                          | Juice of half a lemon |
| 2 tablespoons flour                   | ½ cups mayonnaise     |
| ½ teaspoon salt                       | 1 egg                 |

**PREPARE** white sauce with the butter or vegetable fat, milk, flour, salt and pepper. Add the lemon juice and while the sauce is boiling pour it into the mayonnaise, beating while pouring. As soon as the two are blended, pour them over the egg which has been beaten until light. This is a delicious sauce for service with either fish or vegetables.

## Pressed Veal Loaf

- |                           |                              |
|---------------------------|------------------------------|
| 3 pounds knuckle of veal  | 1 teaspoon lemon juice       |
| 1 teaspoon pickling spice | ½ teaspoon grated lemon rind |
| ½ teaspoon salt           |                              |
| ½ teaspoon pepper         |                              |

**BE SURE** that the veal bone is thoroughly cracked. Simmer the meat, bone and spices (the latter tied in a small piece of cheesecloth) in enough water to cover until the meat is very tender. Chop the meat finely or pass through the food chopper, adding the salt, pepper, lemon juice and rind. Boil down the liquor in the pan until only one cup is left. Add this to the seasoned meat and when cold and just about to set, turn into a brick shaped mold or bread pan which has been dipped in cold water. Chill, unmold and garnish with parsley, watercress or lettuce and slices of lemon.



# Tested Recipes for July

All Measurements Are Level

## Molded Coffee Tapioca

- |   |  |
|---|--|
| $\frac{1}{2}$ cup quick-cooking tapioca | 1 pint coffee                            |
| $\frac{1}{2}$ teaspoon salt             | $\frac{1}{2}$ cup walnut meats, any kind |
| A scant half cup sugar                  | $\frac{1}{2}$ teaspoon vanilla           |

**P**UT the tapioca, salt, sugar and coffee—cold—  
together in the inner vessel of the double  
boiler, and allow to stand one hour. Set over  
boiling water and cook, stirring occasionally,  
until the tapioca is clear. Stir in the nuts, cool,  
add the vanilla and turn into molds which have  
ben wet with cold water. When cold and set,  
turn out and serve with cream or custard.

## Scrambled Eggs with Eggplant

- |  |                                |
|--|--------------------------------|
| $\frac{1}{2}$ of a medium-sized eggplant | 4 eggs                         |
| 4 tablespoons butter or vegetable fat    | 1 teaspoon salt                |
|  | $\frac{1}{4}$ teaspoon paprika |
|  | A dash of nutmeg               |

**P**EEL the eggplant and cut it into half-inch  
dice. Dust with the seasonings and roll  
lightly in flour. Melt the butter or vegetable  
fat and fry the eggplant in it until it is tender  
and golden brown. Add the eggs which have  
been beaten, yolks and whites together, and cook  
until set. Serve on hot buttered toast, garnish-  
ing with parsley and sections of cut lemon.

## Dairy Cheese Salad

- |                                |                            |
|--------------------------------|----------------------------|
| 2 hard-cooked eggs             | 1 teaspoon sugar           |
| 2 tablespoons salad oil        | 2 cups grated dairy cheese |
| A few drops onion juice        | 1 tablespoon vinegar       |
| $\frac{1}{2}$ teaspoon salt    | Watercress or lettuce      |
| $\frac{1}{2}$ teaspoon paprika |                            |
| 1 teaspoon dry mustard         |                            |

**P**RESS the yolk of the egg through a sieve or  
mash it smoothly. Add to it the oil, onion  
juice, salt, paprika, mustard and sugar. Stir in the  
cheese and work to a paste, adding the vinegar to  
help moisten it. Form with the hands, or butter  
paddles into balls about the size of large marbles,  
place on lettuce leaves or garnish with watercress  
and sprinkle with the white of the egg finely  
chopped.

If desired, three cheese balls may be placed on  
a thick slice of tomato that has been peeled and  
moistened with French Dressing.

## Creamed Cucumbers

- |                                 |   |
|---------------------------------|---|
| 3 large cucumbers               | A dash of nutmeg                              |
| $1\frac{1}{2}$ cups white sauce | $\frac{1}{2}$ teaspoon finely-chopped parsley |
| 1 teaspoon lemon juice          |   |

**P**EEL the cucumbers thickly, remove the seeds  
and cut the cucumbers into inch squares.  
Boil them until tender in salted water (this will  
probably take about half an hour). Drain very  
thoroughly, and reheat in the White Sauce to  
which the lemon juice and nutmeg have been  
added. Sprinkle with parsley over the cucumber  
in the serving dish and serve at once.

## Peanut Butter Salad Sandwiches

- |                                       |                 |
|---------------------------------------|-----------------|
| Slices of buttered entire wheat bread | Lettuce         |
| Peanut butter                         | French dressing |

**S**PREAD half of the slices of buttered bread  
with peanut butter, which has been seasoned  
with salt, pepper and a tablespoon of French  
Dressing to each half cup of peanut butter. Over  
each of these slices lay a leaf of lettuce which  
has been dipped in French Dressing, then cover  
with the remaining slices of bread, and cut across  
to form triangular sandwiches.

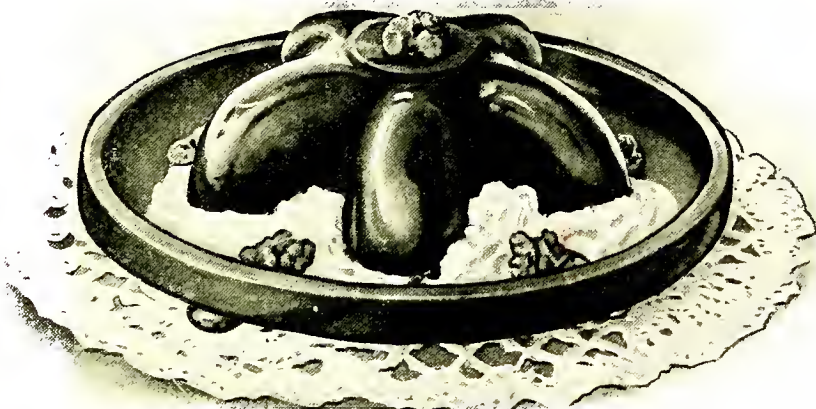
A little minced green pepper, minced pimiento  
or a few chopped olives may be sprinkled over  
the lettuce leaves if desired.

## Quick Graham Bread

- |                           |                                    |
|---------------------------|------------------------------------|
| 3 cups graham flour       | 1 tablespoon sugar                 |
| 1 teaspoon salt           | 1 tablespoon shortening            |
| 4 teaspoons baking powder | About 1 cup milk or milk and water |

**S**IIFT the flour, salt and baking powder, add the  
sugar and rub in the shortening with the tips  
of the fingers. Mix to a light soft dough with  
the milk or milk and water. Knead until smooth,  
turn into an oiled bread pan, let stand for ten  
minutes to rise, then bake in a moderate oven—  
325° to 350° F.—about forty minutes.

*Molded Coffee Tapioca with a Garnish of Whipped Cream  
Put Through a Pastry Bag, and Nuts*



# Tested Recipes for July

## Nutrition and Economy

### Blackberry or Raspberry Pudding

- |                        |                           |
|------------------------|---------------------------|
| 2 cups crushed berries | ½ cup cornstarch          |
| 1 pint boiling water   | 2 tablespoons lemon juice |
| ¾ cup sugar            | Whites of two eggs        |
| ¼ tablespoon salt      |                           |

**CRUSH** and scald the berries, then sift, passing all the pulp possible through the sieve—just keeping back the seeds. Combine this pulp with the boiling water, sugar and salt, stir in the cornstarch which has been moistened with a quarter cup of boiling water, place over the heat and stir constantly until the mixture boils and thickens. Set over hot water and cook for thirty minutes, cool slightly, add the lemon juice and pour the whole over the egg whites which have been beaten quite stiffly. Transfer to a mold which has been dipped in cold water, chill, unmold and serve plain or with additional sweetened fresh fruit, custard or whipped cream.

### Jellied Chicken and Vegetable Loaf

- |                                    |  |
|------------------------------------|--|
| 1½ tablespoons granulated gelatine | ¾ cup shredded cucumber or crisp cabbage               |
| ¼ cup cold water                   | 1 cup cooked peas or                                   |
| ¾ teaspoon salt                    | diced cooked asparagus                                 |
| 1 cup boiling chicken stock        | 1 cup minced left-over chicken or 1 cup canned chicken |
| 1 cup diced string beans           |  |
| ½ cup thinly-sliced radishes       |  |

**SOFTEN** the gelatine in the cold water, then add it with the salt to the boiling stock. Add also the prepared vegetables and the chicken, cool and when about to set pour into an oiled, brick-shaped mold. (A glass or aluminum bread pan is excellent for this.) Let the loaf stand for a few hours until stiff. Unmold and garnish with lettuce and mayonnaise.

Cold left-over veal or a combination of veal or chicken with a little chopped ham or tongue may be substituted for the chicken. Canned chicken broth may be substituted for the stock.

### "Uncooked Fruit" Pie

- |  |                               |
|--|-------------------------------|
| 1 pastry shell   | Sugar                         |
| 4 cups ripe fruit—apricots, peaches, blackberries or raspberries | 1 cup sweetened whipped cream |

**MAKE** pie crust as for any pie, roll it thinly and bake over an inverted pie plate, pricking

it well before baking so that it will keep its shape and not blister. Just before serving fill it with the uncooked fruit sweetened to taste, pile the sweetened whipped cream high on the top and serve at once.

Fragments of pie crust which are left-over from baking large pies may be cut into rounds, baked over inverted muffin pans and filled with fruit in the same way.

It is well worth while to make a little extra pie crust and use what is left over from your large pie for a supply of little tartlet shells which can be filled with fruit as needed.

### A Vegetable Meal

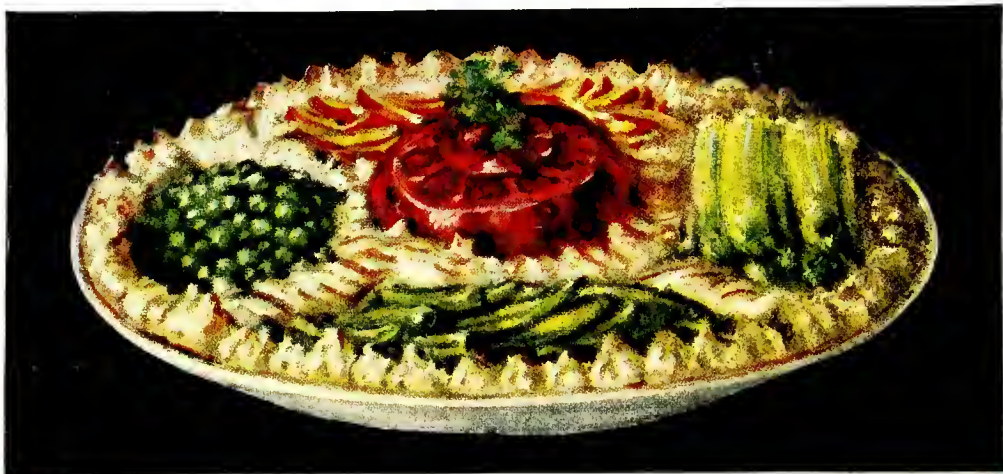
**THE** illustration shows a one plate meal including Baked Stuffed Tomatoes, Creamed Asparagus, String Beans, Peas, Buttered Carrots and Duchesse Potatoes.

Some of these vegetables may be left-overs, for it is often possible to cook on one day a sufficient quantity of vegetables to serve for more than one meal. The potatoes may be just plainly mashed, but if prepared as shown they make a very attractive garnish and serve as boundaries or divisions for the different vegetables.

For six persons two cups of peas, the tips of one bunch of asparagus, half a dozen young carrots, two cups of string beans, six tomatoes and three cups of mashed potato will be needed.

**Duchesse Potato**—To prepare the Duchesse Potatoes have the required quantity of potato thoroughly mashed and free from lumps, season with salt, pepper, butter and a little hot milk. The yolk of an egg may be added as it helps to brown the potato more prettily, but its use is optional. Place the hot mashed and seasoned potatoes in a pastry bag which has been fitted with a star tube. Press the potato out to form a border and divisions or nests for the vegetables. Bake in a moderate oven just until the tips of the potatoes are tinged golden brown. Potatoes prepared in this way can be used as a garnish for steak, baked fish, minced meat or indeed in almost any service which calls for mashed potatoes.

### A Vegetable Meal







## WOMAN'S WORLD CALENDAR COOK BOOK

# Preserving, Jam and Jelly Making

### Preserves

**T**O PREPARE preserved peaches, pears, apricots, plums, strawberries, raspberries, etc., follow the general directions for canning those fruits, with this exception—use a heavy syrup made of the following proportions of sugar and water—two and a half pounds of granulated sugar to three quarts of water—boiled together for five minutes.

Various blends of flavoring may be used in preserving, as a little stick cinnamon or a few whole cloves in the syrup for citron, apples, pears, peaches, currants, or fresh figs; lemon or orange rind with that for apples, pineapples, prunes, figs or blackberries, etc. Sometimes in preserving, it is possible to blend fruit flavors by using a contrasting fruit juice instead of water in making the syrup, as currant juice for raspberry preserve, rhubarb juice for pineapple preserve, etc.

### Jams and Conserves

Jams are made of fruit pulp with the addition of only a little, if any, water, and then only in case firm fruits like apples are being used. The right amount of granulated sugar to use in jam making is three-fourths of a pound to a pound of fruit weighed after the fruit is prepared, or a half pound of granulated sugar and a fourth pound of white corn syrup may be substituted.

The sugar, and water, if used, should be added to the prepared fruit, the whole covered and allowed to stand in a cool place for several hours to extract the juices. The mixture should then be gradually brought to boiling point and gently boiled, uncovered, until a little, dropped on a cold plate, will stiffen. The mixture should be poured boiling hot into clean glasses which have been boiled, and when cold and stiff covered with melted paraffin and preferably with tin covers.

Plain fruits, cooked in this way are called jams—conserves usually containing a blend of two or more fruits, and often nuts. It is often possible, by making such a combination, to extend a costly fruit, with one less expensive, as in the Apple Orange Marmalade given elsewhere in this book.

### Jellies

Jelly making is wrongly considered a difficult department of cookery. In reality there are only two or three principles underlying its success. First, good fruit free from all decay, and not at all overripe. Second, good judgment.

Whatever the fruit the general process of making it into jelly is as follows:

1. Wash fruit in cold water, but do not remove cores, seeds or skins.

2. If small fruit, like currants, crush in preserving kettle and add no water.

3. If large, like apples, cut in small pieces and add a quart of water to each quart of prepared fruit.

4. Cook gently until fruit is soft and the juice running freely.

5. Drain through a flannelette jelly bag, allowing at least two hours for the juice to drip through. If the bag is squeezed, the jelly will be cloudy and therefore less attractive in appearance. The residue in the jelly bag can always be used for the making of fruit butter.

6. Measure the juice by means of a standard pint or half pint cup.

7. Bring to boiling-point, and boil rapidly for twenty minutes, counting the time from the commencement of the boiling.

8. Add to this juice three-fourths the amount of granulated sugar measured by the same cup used for the juice. The sugar should be measured as soon as the juice is put on to boil, and be placed in a very slow oven, with the door open, to warm through.

9. Then bring to boiling-point again, and boil briskly for five minutes counting the time from when the mixture begins to boil. Remove any scum that may appear.

10. Lift up the spoon, and hold it side-wise in the air—if jellifying point is reached, two rows of drops will form on the end of the spoon.

11. Pour into glasses that have been thoroughly washed, then boiled.

12. Set aside to cool, away from draughts, and at the end of 24 hours, cover with melted paraffin.

Certain fruits are better suited to jelly-making than others because they contain a larger proportion of pectin—the vegetable starch that causes the cooked fruit juice to stiffen or solidify. These fruits are: Apples, grapes, red currants, gooseberries, blueberries, blackberries, cranberries, crab apples, green apples, plums, quinces, raspberries and barberries.

In making jelly from apricots, cherries, black currants, peaches, pineapple, pears, rhubarb, and strawberries, it is necessary to add pectin—either by combining them with some fruit rich in this constituent, as oranges or apples, or by the addition of liquid pectin which may be purchased. No matter what fruit is used, care should be taken to select that which is very firm, sound, and if possible, a little underripe.



# THIS IS THE TRICOLATOR SIMPLIFIED COFFEE-MAKER



The fibre silk wafer filters the sediment, insoluble fats, *everything undesirable*, from coffee you drink.

Makes coffee that is pure, delicious, appetizing and that aids digestion, *producing the beverage so that it cannot disturb you after retiring.*

You need no recipe to make the best coffee with a Tricolator. *Used everywhere by those who serve the best coffee.*

We show below the method of making individually the most perfect coffee ever produced. Cups and saucers not included.

*Price \$4.00 east of the Mississippi includes Tricolator, China Coffee Server and 100 fibre silk filters.*

*100 fibre silk wafers go with each Tricolator regardless of size.*

*Tricolators, Tricolettes and Portable Urns are all pure aluminum.*



**Aluminum  
TRICOLETTE**

for Cup Service  
\$5.00 per set of 6  
\$1.00 each

## The TRICOLATOR CO.

TRICOLATORS FOR EVERY  
COFFEE SERVICE

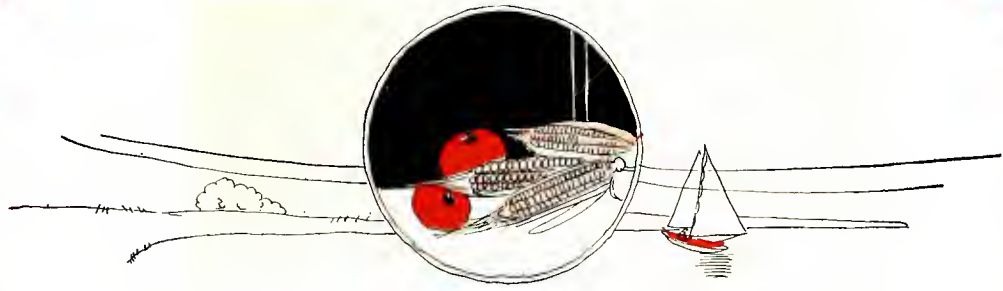
99 Water Street

New York City



**TRICOLATING  
PORTABLE URN**

\$9.60 to \$96.00—15 cup to 400  
cup size



## WOMAN'S WORLD CALENDAR COOK BOOK

## Monthly Message for August

## Beverages

OUR three favorite beverages—tea, coffee and cocoa—form an excellent basis for iced drinks. To make good tea use a china pot; a teaspoon of tea for each individual and a cup of freshly-boiling water for each person should be poured upon the leaves, which should stand for three minutes. Then it should be poured from the leaves.

For icing or chilling, use more for each person. To be at its very best, it should be poured boiling onto freshly-cracked ice and served with powdered sugar, sliced lemon and a sprig of mint. If prepared ahead of time, it should be chilled next to the ice, in a tightly-corked bottle. Iced tea is delicious with a tablespoon of lemon sherbet to each serving.

## Essentials of Good Coffee

Coffee is our favorite national drink. First, the utensils must be clean. The pot must be thoroughly scrubbed after using, with soap and hot water, then rinsed and scalded to remove any trace of oily film. If a percolator is used, the tube should be cleansed with a brush; and if a cloth bag or filter is used, it should be cleansed in hot water, rinsed and dried in the sun.

Second, boiling water must be used to retain the true coffee flavor—the delicate, aromatic oils, on which flavor depends, cannot be retained if cold water is used.

Third, a full tablespoon of coffee roasted to just the right brown must be allowed for each person.

It should be ground like coarse cornmeal. The coffee itself should be of good quality and free from chicory.

## How to Make It

There are three methods of making. The best is by filtration, because less caffeine is extracted from the coffee. The next best is used by coffee tasters; a full tablespoon of coffee for each person is measured into a heated pot, the freshly-boiling water (a cup for each person) is poured into it—the whole is closely covered and allowed to stand in a warm place for ten minutes. The third method calls for the use of the percolator.

Serve the coffee clear for best results; with a little sugar if desired. A little cream may be added or undiluted evaporated milk or whole milk heated to the temperature of the coffee, to bring up the food value.

Cocoa has a place in the menu as a beverage and as a food, for it contains considerable fat, a little starch, and invariably, some sugar; and when taken as plain beverage it

should be made with at least half milk. The cocoa and water themselves should be thoroughly boiled together, in order to cook the cocoa; as per directions the milk should be added and the whole, together with the sugar and a little salt, be brought to boiling point. If the cocoa is to be iced, as in tea, it should be made a little stronger than when served hot. To make iced cocoa or cocoa milk shake syrup, dissolve three pints of cocoa which is deficient in fat in a scant four cups of tepid water. Add four cups of granulated sugar and a few grains of salt, bring to boiling point, boil hard for ten minutes, transfer to sterilized bottles, fill to overflowing, seal and use as desired.

For cocoa milk shake take one-fourth cup of this syrup with sufficient milk to fill a tumbler. For a cocoa egg nog combine four tablespoons of syrup, one-half cup of milk, a few drops of vanilla and a well-beaten egg.

All the drinks containing egg or milk, or malted milk are food drinks, so are butter-milk and kumiss. When they are used in the luncheon or supper menu they help to furnish the muscle-making balance. Egg drinks and simple milk shakes are excellent for children.

There are two other food beverages which can be used with profit. One is a good "cereal coffee," containing plenty of hot milk; the other is a malted milk, containing a high food value. Both of these beverages may be served cold and can help to vary the Summer drinks for both adults and children.

## Summer Drinks

For a taste of something acid there should be plenty of lemons in the icebox, and other fresh fruits to make up refreshing drinks. Oftentimes there are a few left-overs, such as a dish of raspberries, some peaches, half of an orange, a few currants, which can be brought to boiling point with a little water and strained—to which can be added a little lemon juice, sufficient iced water for dilution and either sugar or syrup to sweeten.

Then there is grape juice, ginger ale, the juice from canned pineapple, bottled loganberry—lime—grape and apple juice may be secured and kept on hand. These refreshing drinks belong in the menu, because of their acidity, which whips the liver into action and helps to cleanse the blood, and because they are a means of introducing more water, which helps to induce perspiration and coolness. If they are used in a meal, however, cream or milk should not appear.

# Balanced Ration for August

## Tested Menus for One Week

| Days             | Breakfast   | Luncheon or Supper   | Dinner   |
|------------------|---|--|--|
| <b>SUNDAY</b>    | Cantaloupe<br>Oatmeal Cooked in Milk Top Milk<br>Corn Fritters Bacon<br>Coffee (Adults) Milk (Children)               | Fried Tomatoes with Milk Gravy<br>Muffins and Butter<br>Baked Custard. Hot or Iced Tea                         | Braised Steak<br>Mashed Potatoes "Lady" Cabbage<br>Bread and Butter<br>Beet Salad<br>Peach Shortcake<br>Hot or Iced Coffee   |
| <b>MONDAY</b>    | Pears<br>Flakes Top Milk<br>Meat and Potato Cakes (Left-overs)<br>Rolls and Butter<br>Coffee (Adults) Milk (Children) | Tuna Fish Salad with<br>Evaporated Milk Mayonnaise<br>Blackberries Ginger Cookies<br>Hot or Iced Tea           | Broiled Veal Chops<br>Creamed Potatoes Corn on the Cob<br>Bread and Butter<br>Fruit Betty Hard Sauce<br>Hot or Iced Coffee   |
| <b>TUESDAY</b>   | Grapes<br>Farina Top Milk<br>Shirred Eggs<br>Corn Muffins and Butter<br>Coffee (Adults) Milk (Children)               | Potato and Egg Salad<br>Boiled Dressing<br>Graham Rolls and Butter<br>Caramel Bread Pudding<br>Hot or Iced Tea | Nut Loaf Peanut Cream Sauce<br>Cauliflower or Brussels Sprouts<br>Bread and Butter<br>Cucumber Salad<br>Blueberry Mold Cream<br>Hot or Iced Coffee                             |
| <b>WEDNESDAY</b> | Watermelon<br>Nut Loaf (Browned)<br>Toast and Butter<br>Coffee (Adults) Milk (Children)                               | Creamed Salmon<br>Lettuce Dressed at the Table<br>Coffee Cake Hot or Iced Tea                                  | Brown Fricassee of Chicken<br>Mashed Potato String Beans<br>Bread and Butter<br>Cole-Slaw<br>Charlotte Russe Hot or Iced Coffee  |
| <b>THURSDAY</b>  | Baked New Apples<br>Hominy Top Milk<br>Boiled Eggs<br>Toast and Butter<br>Coffee (Adults) Milk (Children)             | Stewed Fresh Lima Beans<br>Sliced Tomatoes with<br>French Dressing<br>Raisin Bread and Butter<br>Iced Cocoa    | Chicken Stew with<br>Dumplings (from Fricassee)<br>Fried Egg Plant<br>Lettuce and Pepper Salad<br>Sponge Cup Cakes (Left-overs)<br>with Rich Cocoa Sauce<br>Hot or Iced Coffee |
| <b>FRIDAY</b>    | Peaches<br>Frizzled Dried Beef with Potatoes<br>Rolls Butter<br>Coffee (Adults) Milk (Children)                       | Macaroni in Cheese Sauce<br>Rye Bread and Butter<br>Grapes<br>Hot or Iced Tea                                  | Beefsteak Pie Buttered Carrots<br>Bread and Butter<br>Sliced Tomatoes<br>Old-fashioned Baked Apple Sauce<br>with Cream<br>Hot or Iced Coffee                                   |
| <b>SATURDAY</b>  | Watermelon<br>Flakes Top Milk<br>Codfish Cakes Chill Sauce<br>Toast and Butter<br>Coffee (Adults) Milk (Children)     | Tomato and Cheese Stew<br>Crackers and Butter<br>Warm Gingerbread<br>Hot or Iced Tea                           | Baked Stuffed Fish<br>Potatoes en Casserole<br>Stewed Onions<br>Bread and Butter<br>Salad of Left-over Vegetables<br>Uncooked Fruit Pie<br>Hot or Iced Coffee                  |

## Variations of the Basic Menus for Every Meal of the Month

### Breakfast

Remember that when a cereal is served, a rather bland fruit should be selected. Instead of cooking oatmeal always in milk, substitute for it corn-meal, hominy, rice, or farina. This will give a change for each week in the month. Instead of always serving corn fritters, try new apple fritters, peach fritters, or clam fritters. Substitute ham for bacon; fish for meat in the meat and potato cakes; tomato omelet for shirred eggs; potato and nut balls for nut loaf; thin slices of broiled ham for boiled eggs; creamed salmon for frizzled dried beef; and baked bacon for codfish cakes.

### Luncheon or Supper

Occasionally, for the main dish, try fried egg plant with creamed corn; salmon salad made with peas and shredded cabbage; cottage cheese balls on slices of tomato; creamed tuna fish combined with cooked macaroni; stewed corn; Italian spaghetti; or escalloped potatoes and cheese. For dessert, use any of the custard mixtures instead of baked custard, as bread custard; floating island; cereal custard pudding. For the ginger cookies, use bran or oatmeal cookies, or any simple cake; for the caramel bread pudding, try an old-fashioned bread and fruit pudding; instead of coffee cake, try individual peach shortcakes; and instead of raisin bread and butter and warm

gingerbread, use a cornstarch pudding, a fruit tapioca, sponge cake, or peach cobbler.

### Dinner

Plan occasionally to have a pot roast, a small baked Virginia ham, or corned beef. From the pot roast you can serve cold, sliced beef with horseradish sauce; the ham can be used up in various ways, several of which are given in this book; and what is left of the corned beef may be served cold for the next day at luncheon. Instead of potatoes, use boiled rice; creamed noodles, or spaghetti. For vegetables, the market or garden must be dictator. It is a good rule to follow, that at least one vegetable of pronounced color should be introduced into a menu, so draw liberally upon string beans, carrots and tomatoes; and if you have a salad with a high aesthetic touch, use a vegetable that is less decorative, as corn, creamed cucumbers, or cabbage. For dessert, draw heavily upon the fruits—they are cooling and therefore appetizing. Any kind of shortcake may be substituted for peach shortcake, such as blueberry or blackberry shortcake. Any fruit "Betty" may be used, as cherry, peach, or apple; blackberry mold may be substituted for blueberry mold; the charlotte russe may be varied by heating a little dry cocoa into the cream; the sponge cup cakes may be served with stewed blackberries, instead of cocoa sauce.



# Tested Recipes for August

All Measurements Are Level

## Spoon Bread

|  |                     |
|--|---------------------|
| 2 cups cornmeal                        | 1 teaspoon soda     |
| 1½ tablespoons butter or vegetable fat | 2 teaspoons salt    |
| 1½ cups sour milk or buttermilk        | 2 eggs, well beaten |

**SCALD** the cornmeal with boiling water until it is the consistency of thick mush. Then add the butter, the sour milk and soda stirred together, and the remaining ingredients. Transfer to a well-oiled pie plate or shallow pudding dish and bake for thirty-five minutes in a moderate oven—350° F.

## New Potatoes en Casserole

**SELECT** medium-sized new potatoes, scrape off the skins, rinse the potatoes in cold water and place in a casserole, allowing two for each person. Dust them with salt and on each potato place a half spoon of bacon drippings, clarified ham fat, butter, or margarine. Pour enough water into the casserole to barely cover the bottom, cover and bake gently for about forty-five minutes in a moderately hot oven—from 350° to 375° F.

## Sponge Cup Cakes

|                      |                          |
|----------------------|--------------------------|
| 4 eggs               | ¼ teaspoon salt          |
| 1 cup sugar          | 1 cup flour              |
| Grated rind ½ lemon  | 1 teaspoon baking powder |
| Juice ½ lemon        |                          |
| Grated rind ¼ orange |                          |

**SEPARATE** the eggs, beat the yolks till light, and add the sugar, fruit rinds and lemon juice. Beat until very creamy, add the salt and whip the egg whites stiff. Sift together the flour and baking powder and add this alternately with the

beaten egg whites to the first mixture, folding them in. Transfer to slightly oiled cup cake pans and bake from twenty-five to thirty minutes in a moderate oven—350° F.

If desired, the cup cakes may be sprinkled lightly with a little shredded coconut or a few broken nut-meats, before baking.

## Potato and Egg Salad

|                               |                        |
|-------------------------------|------------------------|
| 3 hard-cooked eggs            | ¼ teaspoon paprika     |
| 3 diced cooked large potatoes | ¼ cup French dressing  |
| ½ teaspoon salt               | 1 cup Chili Mayonnaise |

**CUT** the eggs into slices or chop them coarsely. Blend with the potatoes, add the seasonings and pour the French dressing over all. Set aside for at least half an hour. Turn into a salad bowl, garnish with Chili Mayonnaise, Cole-Slaw, and a few strips of pimiento, and with olives, ripe, plain or stuffed.

## Chili Mayonnaise

|                        |                         |
|------------------------|-------------------------|
| ½ teaspoon salt        | ¾ cup oil               |
| ¼ teaspoon pepper      | 3 tablespoons vinegar   |
| ¼ teaspoon dry mustard | ¼ cup Chili sauce       |
| ¼ cup evaporated milk  | ½ teaspoon grated onion |

**PUT** all the seasonings together in a bowl and mix well. Add the evaporated milk, then beat in the oil slowly with an egg beater. Add the vinegar just as in making ordinary mayonnaise and last of all stir in the Chili Sauce and grated onion.

## Cole-Slaw

**CHOOSE** firm, crisp cabbage, shave it as finely as possible with a very sharp knife and add to two cups, one-quarter teaspoon of celery salt

*Potato and Egg Salad with Chili Mayonnaise and Cole-Slaw*



# Tested Recipes for August

## Nutrition and Economy

Here are a few  
foods recently put  
up by this method



The Pressure Cooker  
is an excellent device  
to speed up canning

or one-eighth teaspoon of celery seed, or one-half cup of finely chopped fresh celery. If celery seed or chopped fresh celery is used, add one-quarter teaspoon of salt to each two cups of cold slaw. Then stir in a third cup of French or cooked salad dressing.

### Nut Loaf

|                          |                           |
|--------------------------|---------------------------|
| 2 cups ground mixed nuts | 1 1/2 teaspoons sage      |
| 2 3/4 cups bread crumbs  | 1 tablespoon ground onion |
| 1 cup milk               | 1 1/2 teaspoons salt      |
| 1 cup tomato juice       | 1/2 teaspoon pepper       |
| 2 eggs                   |                           |

**COMBINE** the ingredients in the order given and let stand for half an hour. Then shape into a loaf, place in a well-oiled pan and bake for forty minutes in a hot oven—375° F.

### Peanut Cream Sauce

|                                      |                     |
|--------------------------------------|---------------------|
| 1 tablespoon butter or vegetable fat | 3/4 teaspoon salt   |
| 2 tablespoons peanut butter          | 1/4 teaspoon pepper |
|                                      | 2 tablespoons flour |
|                                      | 1 1/2 cups milk     |

**MELT** the butter, add the peanut butter and seasonings and, when liquefied, the flour. Gradually stir in the milk, bring to boiling point, and let the mixture boil for three minutes.

### Peach and Pear Salad

|                         |   |
|-------------------------|---|
| 3 peaches               | 1 tablespoon finely-chopped mint (optional) |
| 3 pears                 | Nut mayonnaise                              |
| French fruit dressing   | Lettuce                                     |
| 6 cherries              |   |
| 6 almonds or hazel nuts |   |
| 6 cream cheese balls    |   |

**PEEL** the peaches and pears, cut into halves and remove the pits and cores. Lay the fruit in a dish, pour a measure of French Fruit Dressing over it to moisten and let these stand together for half an hour in a cool place. In the meantime, remove the stones from the cherries and replace with an almond or hazel nut. also make cream cheese balls the size of a large marble and roll these in the finely chopped mint.

Line a salad bowl with lettuce, arrange the peach and pear halves in it alternately, putting a cream cheese ball in the cavity of each peach

and a cherry in the cavity of each pear. Pass Mayonnaise or Nut Mayonnaise in a separate bowl.

### French Fruit Dressing

|                   |                            |
|-------------------|----------------------------|
| 3 tablespoons oil | 2 teaspoons powdered sugar |
| 1/2 teaspoon salt | 1 tablespoon lemon juice   |

**MEASURE** the oil, add the salt and sugar and beat the lemon juice in thoroughly. Serve only with Fruit Salads.

### "Lady" Cabbage

**CHOP** or shave the cabbage finely, then plunge it into boiling water, containing a teaspoon of salt to the quart, and boil it rapidly for twelve minutes. Drain, and season with pepper and a little butter, sweet cream, or slightly soured cream, and serve.

### Pineapple with Lemon Juice and Sugar

**SELECT** a pineapple which is thoroughly ripe—the test for this being to pull one of the leaves out of the crown of the pineapple. If it comes away easily the fruit is ripe. Peel the whole fruit, remove the eyes and shred the fruit with a fork, beginning at the base and working up to the crown. In this way you will not have any of the core left in the shredded fruit. Sprinkle generously with sugar and pour one tablespoon of lemon juice over the shreds from one pineapple. Let stand in a cool place for an hour before serving.

### Graham Muffins

|                           |                              |
|---------------------------|------------------------------|
| 1 cup white flour         | 2 tablespoons sugar or honey |
| 3/4 teaspoon salt         | 1 egg                        |
| 3 teaspoons baking powder | 1 cup milk                   |
| 1 cup graham flour        | 2 tablespoons shortening     |

**SIFT** together the white flour, salt and baking powder, add the graham flour, then the sugar or honey, the egg beaten lightly, milk and melted shortening. Beat all thoroughly and bake about twenty minutes in well-oiled heated gem pans. Have the oven moderately hot—about 350° F.



# Tested Recipes for August

All Measurements Are Level

## Frozen Fruit Cream

- |   |               |
|---|---------------|
| 2 cups fruit—peaches,<br>strawberries, raspber-<br>ries or apricots | 1½ cups cream |
| 1 cup sugar   | Ice<br>Salt   |

**CRUSH** the fruit thoroughly, add the sugar to it and let both stand together for an hour, stirring occasionally to help in the dissolving of the sugar. Beat the cream until thick but not too stiff, combine it with the fruit and freeze, using three parts of ice to one of salt.

## Griddle Scones

- |                                |                          |
|--------------------------------|--------------------------|
| 3 cups flour                   | 2 tablespoons shortening |
| 1 teaspoon salt                | 1 egg                    |
| 3 teaspoons baking pow-<br>der | About ¾ cup milk         |

**SIFT** together the flour, salt and baking powder, rub in the shortening with the fingers, beat the egg, yolk and white together, and use it with the milk to make a light soft dough; divide this into three portions, pat or roll into rounds half an inch thick and cut these across to make four triangular shaped cakes. Bake on a heated, slightly oiled griddle quite slowly (about twelve minutes in all), that the cakes may be thoroughly done in the center. Turn when browned on one side.

## Stewed Fruit with Dumplings

- |  |                 |
|--|-----------------|
| 1 quart blackberries or<br>huckleberries | 2 cups water    |
| 1 cup sugar                              | Dumplings       |
|  | Few grains salt |

**PICK** the fruit over carefully and wash it. Add the sugar, salt and water and cook until the juice flows freely, then drop into it small dumplings, cover closely and cook for twenty minutes without removing the lid of the pan. Serve all together in a deep dish with or without a hard sauce.

## Dumplings

- |                 |                               |
|-----------------|-------------------------------|
| 1½ cups flour   | 1 teaspoon baking pow-<br>der |
| ½ teaspoon salt | About ½ cup milk              |

**SIFT** together the flour, salt and baking powder, mix to a dough with the milk and drop with a spoon into the boiling fruit, using about one tablespoon of dough to each dumpling.

## Boiled Salmon with Tomato Cream Sauce and Fried Tomatoes

- |                                    |                             |
|------------------------------------|-----------------------------|
| 2 pounds salmon                    | ¾ cup cooked tomato<br>pulp |
| ¼ cup butter or vege-<br>table fat | 2 tablespoons flour         |
| 3 firm tomatoes                    | ¾ cup milk                  |

**WASH** the salmon and cook it in boiling salted water for three-quarters of an hour. While it is cooking melt the butter or vegetable fat and fry the tomatoes in it having first sliced them thickly and dipped each slice in a mixture of one tablespoon of flour, one-quarter teaspoon of pepper and one-third teaspoon of salt. Cook gently until golden brown, and set aside to keep hot while making the sauce. To prepare this add two tablespoons of flour to the butter remaining in the frying pan, cook until smooth, then stir the milk in slowly and last of all add the tomato pulp. Cook until thick, strain and pour round the salmon on a serving dish. Garnish with the fried tomatoes and ripe olives.

## Oatmeal Cooked in Milk

**IT IS** often convenient to serve cereal as the main dish at breakfast. This is a good plan, if sufficient milk is served with it to balance the meal. In many cases cream is preferred by various members of the family, so, in order to add sufficient muscle-making nutriment, it is necessary to add milk to the oatmeal or cereal while cooking.

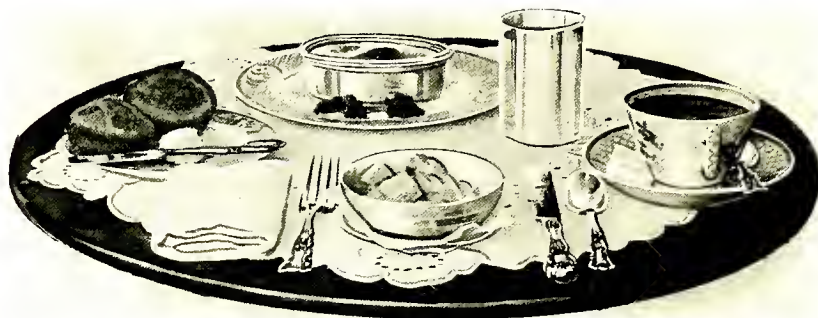
## Boiled Salmon with Tomato Cream Sauce and Fried Potatoes





# Tested Recipes for August

Nutrition and Economy



## A Balanced Summer Breakfast Menu

Sliced Pineapple  
Graham Muffins and Butter

Egg Shirred on Creamed Ham  
Coffee with Cream and Sugar

To do this, follow the usual recipe on the package, substituting half milk for the amount of water called for, or prepare the oatmeal with three-fourths the amount of water called for, adding a cup of undiluted evaporated milk to the oatmeal while it is cooking.

### Fruit Betty

3 cups tart apples, chopped fine, or stewed apricots, peaches, plums or cherries, well drained  
 $\frac{3}{4}$  cup light brown sugar  
 $\frac{3}{4}$  teaspoon each ground cloves and cinnamon  
3 cups soft bread crumbs  
2 tablespoons butter or vegetable fat

**OIL** a baking dish and put in a layer of the fruit. Sprinkle with part of the sugar mixed with the spice and cover with crumbs. Repeat until all is used, making the last layer of crumbs. Sprinkle over the remaining sugar and dot with the butter. Cover and bake for forty-five minutes in a moderate oven—350° F.—then remove the lid and brown the pudding quickly. Serve half warm with cream, or hard or lemon sauce.

### Eggs Shirred on Creamed Ham

1½ cups minced left-over ham  
2 cups white sauce  
6 eggs  
Paprika

**MINCE** cold boiled ham or left-over frizzled beef and add this to the White Sauce. Oil a large fire-proof baking dish or six individual baking dishes, pour in the creamed ham and break the eggs over it. Dust with paprika and bake in a moderate oven—350° F.—for about twelve minutes—until the whites of the eggs are set.

### Cucumber Sandwiches

2 cucumbers  
1 teaspoon onion juice  
 $\frac{1}{2}$  cup mayonnaise  
Salt and pepper  
Slices of buttered whole wheat or Graham bread

**PEEL** and chop the cucumbers finely, drain thoroughly and add the onion juice, seasonings and mayonnaise. Spread between the slices of buttered bread.

### Lamb Terrapin

2 cups cold lamb cut into dice  
2 tablespoons butter  
1 teaspoon dry mustard  
 $\frac{3}{4}$  teaspoon salt  
1 tablespoon flour  
1 tablespoon Worcestershire Sauce  
1 cup water or stock  
 $\frac{1}{2}$  cup cream  
2 hard-cooked eggs

**PREPARE** a sauce by blending together the butter, flour, mustard and salt, adding the stock or water, cream and Worcestershire Sauce and cooking five minutes after it reaches boiling point. Next, put in the yolks of the eggs rubbed through a sieve, also the meat. Heat gently, add the whites of eggs cut small and serve on toast.

### Baked Rice Omelet

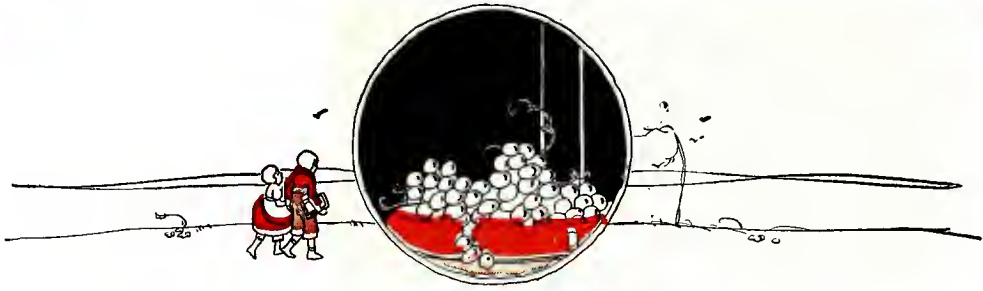
1 cup cold boiled rice  
1 cup warm milk  
2 tablespoons melted butter  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper  
2 eggs

**POUR** the milk over the rice, add the salt, pepper and one tablespoon of the melted butter, then stir in the eggs which have been beaten until light. Heat the remaining tablespoon of butter in a frying pan and when hot pour the omelet into it. Bake in a moderately hot oven—about 350° F.—until the eggs are set. Fold together, turn onto a hot platter and serve with a Cheese Sauce.

### Rice Muffins

2½ cups flour  
 $\frac{3}{4}$  teaspoon salt  
3 teaspoons baking powder  
3 tablespoons sugar  
 $\frac{3}{4}$  cup milk  
1 cup left-over cooked rice  
1 egg  
3 tablespoons melted butter or vegetable fat

**SIFT** together the flour, salt and baking powder, mix the rice and sugar in with the fingers of fork and moisten with the egg, milk and melted shortening. Beat thoroughly, turn into well-oiled muffin pans and bake twenty to twenty-five minutes in a quick oven—375° F.



## WOMAN'S WORLD CALENDAR COOK BOOK

# Monthly Message for September

## Flavorings and Seasonings

**T**HE difference between cooking and good cooking has always been a matter of the proper seasoning and flavoring. Spices and herbs of all kinds were sought after in such degree that the discovery of our western hemisphere was in part due to the quest of the old explorers for the fragrant spice lands of the East.

But it has taken years of scientific experimentation to bring us to the point where we can have them bottled in liquid form on the kitchen shelf.

Not long ago it was necessary to stock the pantry with all kinds of dried seasonings and a long array of spice boxes, but it is all a part of progress that the selfsame spices and many of the much-used seasonings, as celery, onion, garlic and the like, as well as a bewildering array of extracts, can be purchased in liquid as well as other forms and at the same time be both economical and practical.

### Modern Flavorings Conserve the Housewife's Time

In everything pertaining to the home the modern tendency is toward condensation and efficiency. It has become necessary, on account of the ever-increasing help problem, to minimize the housewife's labor in every possible way. This is probably why seasonings, as well as flavorings, have been put in essence form. They take up little space, fit equally well into the kitchenette or pantry, do not deteriorate on standing, and may literally be used in "a jiffy." Think of the time, for instance, it takes to patiently scrape up onion juice from the surface of a cut onion in comparison with the moment it takes to open a bottle and add a drop or so of onion extract to the dish that is being prepared.

### Varying the Flavor

My pupils, many of whom are experienced housewives, study with interest the array of flavorings and seasonings that may always be found in my experiment kitchen. There are not only vanilla, lemon, orange, pistachio, almond and rose, but, in addition, a group of bewildering fruit flavorings, and spices and spice essences as well. "For what are all these used?" they ask. "I only find it neces-

sary to buy vanilla and lemon." Then I explain that one of the newest things about modern cookery is the use of the flavorings and seasonings that great manufacturers are preparing for the betterment and simplifying of cooking.

Every family becomes tired of the "same old thing." I frequently visit households in which the taste of the food is always the same. The family appetites are generally flagging, and the housewives complain of the monotony of their work. These households need a change of food, not necessarily to strange and bizarre dishes, but a change in the usual diet, such as a little cherry or raspberry extract instead of so much vanilla in the tapioca pudding; a carefully-blended mixture of spices in the grape-juice gelatine; or a hint of vanilla, lemon and rose in combination in the everyday recipe. At first this may sound a little extreme, but it is really nothing but good, sound psychology. It has been proved, over and over again, that when a family tires of a certain kind of food they will still like it in another form.

### Seasoning Balance

Neither is it an extravagance to keep on hand a variety of extracts. It simply means a small outlay at the beginning. A little experimentation will soon show you how they can be used in flavoring and making delicious those economical dishes that the family usually disdains!

### A Seasoning Basket and What It Should Contain

I always keep a seasoning basket beside my kitchen stove. In it is a salt shaker, a pepper shaker and still a third one, containing a blend of seven parts of salt to one of pepper—just the right proportion for general seasoning—some poultry seasoning, dried powdered parsley, a bottle of mace, one each of celery, onion and garlic extract or salt, together with catchup and Worcestershire. Whenever a soup is made of left-overs or I make up one of those nondescript dishes of meat left from the baby's broth, this seasoning basket is called upon to make the food delicious and appetizing. Salt and pepper, alone, would not be enough. Sometimes a mixture of two or three in sparing quantities will save the day. The seasonings which go into the various dishes and make them what they are when they appear on the table are both the spice and essence of life.

## WOMAN'S WORLD CALENDAR COOK BOOK

## Balanced Ration for September

## Tested Menus for One Week

| Days                   | Breakfast  | Luncheon or Supper  | Dinner   |
|------------------------|--|---|--|
| <b>SUNDAY</b> .....    | Grapes<br>Steamed Rice Top Milk<br>Creamed Dried Beef<br>One-Egg Muffins and Butter<br>Coffee                                | Egg Salad Cooked Dressing<br>Bread and Butter<br>Bran Cookies Cocoa   | Tomato Soup<br>Hamburg Steak Boiled Potatoes<br>Spinach Bread and Butter<br>Molded Rice (Left-over) with<br>Marshmallow Creme Sauce<br>Coffee                |
| <b>MONDAY</b> .....    | Sliced Peaches<br>Plain Omelet<br>Graham Muffins and Butter<br>Coffee  | Cream of Tomato Soup and<br>Croutons<br>Toasted Cheese Sandwiches<br>Stewed Blueberries Drop Nut Cakes<br>Tea | Broiled Pork Chops<br>Creamed Potatoes Succotash<br>Bread and Butter<br>Lettuce Salad<br>Doughnuts Coffee  |
| <b>TUESDAY</b> .....   | Prunes<br>Cornmeal Mush<br>Corned Beef Hash with Peppers<br>(from Canned Corned Beef)<br>Toast and Butter<br>Coffee          | Corn Chowder<br>Banana and Nut Salad<br>Bread and Butter<br>Cookies Cocoa                                     | Baked Fish Creamed Spaghetti<br>String Beans Pickled Beets<br>Bread and Butter<br>Baked Indian Pudding Cream Sauce<br>Coffee                                 |
| <b>WEDNESDAY</b> ..... | Apple Sauce<br>Creamed Potatoes Broiled Bacon<br>Reheated Rolls and Butter<br>Coffee   | Stuffed Potatoes<br>Lettuce with French Dressing<br>Bread and Butter<br>Baked Custard Milk or Tea             | Little Beef Rolls Boiled Rice<br>Cauliflower with Cream Sauce<br>Bread and Butter<br>Sliced Tomatoes with<br>French Dressing<br>Chocolate Blanc Mange Coffee |
| <b>THURSDAY</b> .....  | Oranges Top Milk<br>Wheat Cereal Poached Eggs<br>Rye Muffins and Butter<br>Coffee  | Creamed Tuna Fish on Toast<br>Fried Potatoes<br>Bread and Butter<br>Snow Pudding Custard Sauce<br>Tea         | Cream of Spinach Soup<br>Boiled Halibut White Sauce<br>Boiled Potatoes Corn on the Cob<br>Bread and Butter<br>Sliced Peaches Coffee                          |
| <b>FRIDAY</b> .....    | Molded Cereal (Left-over)<br>with Fruit Top Milk<br>Potato and Halibut Cakes<br>(Left-overs)<br>Muffins and Butter<br>Coffee | Dairy Cheese Salad<br>Bread and Butter<br>Doughnuts Coffee  | Ham Baked in Milk<br>Baked Sweet Potatoes<br>Baked Onions Pickles<br>Bread and Butter<br>Apple Pie Coffee  |
| <b>SATURDAY</b> .....  | Iced Melons<br>Boiled Eggs Waffles and Honey<br>Coffee   | Egg Salad<br>Boiled Dressing or Mayonnaise<br>Bread and Butter<br>Plain Cake Stewed Fruit<br>Tea              | Fricassee Chicken<br>Boiled Rice Fresh Lima Beans<br>Homemade Pickles<br>Bread and Butter<br>Orange and Date Ice Cup Cakes<br>Coffee                         |

## Variations of the Basic Menus for Every Meal of the Month

## Breakfast

Now that the weather is becoming cooler, breakfast can be more substantial. All of the hot muffins will be welcome, and what a list there is! Corn muffins, nut-raisin—graham—rye—entire wheat—cereal muffins and plain muffins into the batter for which a little left-over cooked bacon or minced ham may be stirred. Baking powder biscuits are in order—either plain with butter, or with syrup or honey. Spoon bread—French toast, corn fritters, pancakes baked on an unoled griddle, waffles, either plain or containing a little left-over rice or corn scraped from the cob, are easily made. With a list of such suggestions, why should breakfast ever become monotonous!

## Luncheon or Supper

As the fall comes on the noon luncheon must change in character. At least three times a week a substantial soup may constitute the main dish—and if sufficient variety is introduced, the family will welcome it. When this is done, it is possible to provide adequately for all members of the family with almost no extra cooking. There are all the substantial soups of legumes as split pea,

dried lima beans, lentils and kidney beans, that are meat substitutes; cream soups made with milk also belong in this classification. When any of these are served, a fruit dessert is apropos—but if a plain vegetable soup is introduced, the muscle making balance must be made up in the dessert. Baked custard, rice and raisins cooked in milk, nuts in the shell, junket and almost any milk or egg desserts will accomplish this.

## Dinner

There is no greater help in dinner getting than to have a meal that can be at least partly prepared in the morning while the general work is going on. Nearly all desserts can be at least started in the morning. All of the desserts scheduled for these September dinner menus, can be done ahead—so in substituting others to create variety for the month, choose dishes of like character, as for instance, molded farina instead of rice; cup cakes or jelly balls for doughnuts; baked fruit tapioca for Indian pudding; caramel, coffee or lemon blanc mange for chocolate blanc mange; any fresh fruit instead of peaches; peach or grape pie instead of apple, and peach or lemon sherbet instead of orange and date ice.



# Tested Recipes for September

All Measurements Are Level

## Braided Coffee Cake

|                                       |                                  |
|---------------------------------------|----------------------------------|
| 1 pint milk                           | 1 yeast cake                     |
| 4 tablespoons butter or vegetable fat | $\frac{1}{4}$ cup lukewarm water |
| $\frac{1}{2}$ cup sugar               | About $5\frac{1}{2}$ cups flour  |
| $\frac{3}{8}$ teaspoon salt           | 2 eggs                           |
|                                       | 1 cup seeded raisins             |

**SCALD** the milk, add to it the butter or vegetable fat, the sugar and salt, cool and when tepid add the yeast cake which has been dissolved in the water; add also half of the flour to make a thick batter. Let this rise until light and spongy, then beat and add the eggs, next the raisins and the remainder of the flour. Knead until smooth and elastic and set aside to rise. When the dough has doubled its bulk turn out onto a floured board, divide into three portions and work each with the hands into a long roll. Braid these three portions together, place in a ring mold and allow to rise until the dough has again doubled its bulk, then brush over with melted butter, sprinkle with sugar and bake in a moderate oven— $350^{\circ}$  F.—from half to three-quarters of an hour.

## Bran Cookies

|   |  |
|---|--|
| $\frac{1}{2}$ cup sugar                   | 2 cups bran                            |
| $\frac{1}{2}$ cup butter or vegetable fat | $1\frac{1}{2}$ teaspoons baking powder |
| $\frac{1}{2}$ cup molasses                | 2 cups flour                           |
| 2 eggs                                    | $\frac{1}{2}$ teaspoon salt            |
| $\frac{1}{4}$ cup milk                    | $\frac{1}{2}$ teaspoon ground ginger   |
| 1 cup raisins                             |  |

**CREAM** the sugar and butter, add the molasses, next the beaten eggs and milk, then the raisins and bran, and lastly the remaining dry ingredients which have been sifted together. Drop

by teaspoons onto a well oiled cookie sheet and bake from twelve to fifteen minutes in a moderate oven— $350^{\circ}$  F.

## Baked Indian Pudding

|                            |                             |
|----------------------------|-----------------------------|
| 1 quart milk               | $\frac{1}{2}$ teaspoon salt |
| A scant half cup corn-meal | 1 teaspoon ground ginger    |
| $\frac{1}{2}$ cup molasses |                             |

**SCALD** the milk, stir the cornmeal in very slowly and cook in a double boiler for half an hour. Add the molasses, salt and ginger, pour into an oiled baking dish and bake two hours in a slow oven— $300^{\circ}$  to  $325^{\circ}$  F.

If desired, one and one-half cups of chopped apples may be added to the pudding just before placing it in the oven.

## Cauliflower with Hollandaise Sauce

**CUT** off the leaves and the stalks, wash the cauliflower thoroughly, remove any discolored portions, separate into flowerets and soak in salted water (one tablespoon salt to one quart of water) for one hour. Boil rapidly until tender in boiling salted water—this will probably take about half an hour—drain and serve with White Sauce or with Hollandaise Sauce.

Although cauliflower may appear a somewhat expensive vegetable to buy it is really economical provided one uses it to the best advantage. The flower may be boiled and served with a sauce as suggested; the leaves can be boiled, chopped and seasoned with butter or bacon drippings; the

Braided Coffee Cake



# Tested Recipes for September

Nutrition and Economy



## Using a Pastry Bag and Tube

stalks may be peeled, cut into lengthwise strips or into dice, boiled and served with a cream sauce, Hollandaise Sauce or Cheese Sauce; while the liquor in which the cauliflower was cooked can be used as a base for a cream soup. The stalks of the flower may be cooked at the same time the flower is cooked and then reserved for a subsequent meal. In this way the liquor will have more strength and flavor and cooking time and fuel will be saved.

### Savory Beef Rolls

- |                           |                         |
|---------------------------|-------------------------|
| 1½ pounds round steak     | 1 teaspoon salt         |
| cut very thin             | ¼ teaspoon pepper       |
| ¾ cupful rice             | 4 tablespoons drippings |
| A dash of ground cloves   | 2½ tablespoons flour    |
| 1 tablespoon mixed herbs  | 3 cups water            |
| or poultry dressing       | 1 tablespoon minced     |
| 1 tablespoon minced onion | parsley                 |

**CUT** the meat into pieces about four inches square. Combine the rice with the seasonings and flavorings, put a spoon of this mixture on each square of the meat, roll up and tie with white thread. When all the rolls are made, brown them in the drippings, which have been heated in a frying pan or sauce pan, after which brown the flour in the same drippings adding a little more if necessary. Add the water and stir until boiling, and cook the meat in it until tender—from one to one and one-half hours. Serve with plain boiled potatoes, boiled rice or plain boiled macaroni.

### Peach-Cobbler

- |                 |                                  |
|-----------------|----------------------------------|
| 1 quart peaches | 1 teaspoon baking powder         |
| 1½ cups water   | der                              |
| 1 cup sugar     | 2 tablespoons sugar (additional) |
| 1½ cups flour   | 1 egg                            |
| ¼ teaspoon salt | ½ cup milk                       |

**PEEL** the peaches, remove the pits and cut the fruit into thick slices. Cook with the water and cup of sugar in a baking dish either over the heat or in the oven until the peaches are tender. Meanwhile, sift the flour, salt and baking powder, add the two tablespoons of sugar, and mix to a light batter with the beaten egg and milk. Pour this over the cooked fruit and bake in a moderate oven—350° F.—for half an hour.

Serve the cobbler in the dish in which it was cooked and if desired pass with it a hard sauce or lemon sauce.

### Nut Muffins

- |                           |                                    |
|---------------------------|------------------------------------|
| 3 cups flour              | ½ cup chopped walnut meats         |
| 4 teaspoons baking powder | 1½ cups milk                       |
| ¾ teaspoon salt           | 1 egg, well beaten                 |
| 3 tablespoons sugar       | 3 tablespoons shortening, any kind |

**SIFT** together the dry ingredients, add the walnut meats and then the milk and egg well beaten, and the shortening melted. Beat well, transfer to oiled muffin pans and bake from twenty-five to thirty minutes, in a moderate oven—350° F. If desired, a few chopped raisins may be combined with the nuts. To make plain muffins omit the nuts.

### Tomato and Lima Bean Salad

- |                           |  |
|---------------------------|--|
| 4 tomatoes                | ½ cup nuts, finely chopped                 |
| 1½ cups cooked lima beans | 2 tablespoons minced celery or celery salt |
| 1 small onion, grated     | Salt and pepper to taste                   |
| 1 tablespoon parsley      | Lettuce                                    |
|                           | French dressing                            |

**CUT** a slice from the top of each tomato and with a teaspoon remove the pulp. To the beans (if very large, cut in halves), add the onion, parsley, nuts, celery and seasonings. Mix a little French Dressing with these ingredients and fill the tomatoes with the mixture. Pour more dressing over the top or serve it separately. Garnish with lettuce.

The tomatoes may be peeled and cut in thick slices, and the other ingredients piled on them if preferred.

### Escalloped Finnan-Haddie with Egg

- |                                     |                         |
|-------------------------------------|-------------------------|
| 1½ cups minced boiled finnan-haddie | 1½ cups buttered crumbs |
| 2 hard-cooked eggs                  | 1½ cups White Sauce     |

**SEE** that the fish is absolutely free from small bones, mince it finely and chop the eggs coarsely. Oil a baking dish and place in it a layer of buttered crumbs (using three tablespoons of melted butter or vegetable fat to one and one-



# Tested Recipes for September

All Measurements Are Level

half cups of stale bread crumbs), then a layer of fish and egg which have been stirred into the White Sauce, next a further layer of fish and so on until the dish is filled, having crumbs for the top layer. Bake fifteen minutes in a quick oven—375° F.

## Sautéed Corn with Green Peppers

6 ears corn  
 2 green peppers  
 ½ teaspoon salt  
 2 tablespoons butter or vegetable fat  
 ¼ teaspoon pepper

**SCORE** the corn along each row and then cut from the cob with a knife. Press out all the pulp from the cobs and season with the salt and pepper. Remove the seeds and white connecting fibre from the peppers, mince them finely and cook for five minutes in the butter or vegetable fat. Add the corn and cook, stirring occasionally, for fifteen minutes.

## Polenta

1 quart boiling water  
 1 cup cornmeal  
 ¾ teaspoon salt  
 ½ cup grated cheese

**HAVE** the water boiling rapidly and sift the cornmeal and salt into it a little at a time, stirring constantly. It is best to do this in the inner vessel of the double boiler, but putting this over a direct heat while the cornmeal is being added. As the mixture begins to thicken, place the pan containing it over boiling water and continue to cook for half an hour, by which time the mixture should be firm. Turn out onto a plate, cut into slices, sprinkle each thickly with grated cheese and turn one slice over the other. Bake ten minutes in a quick oven—375° F.—by which time the cheese will have melted. Serve with a good brown gravy or Tomato Sauce.

## Orange and Date Ice

1½ cups sugar  
 4 cups water  
 1 cup finely-chopped dates  
 3 tablespoons lemon juice  
 2 cups orange juice  
 Grated rind of one orange  
 ¼ teaspoon salt

**BOIL** the sugar and water together, add the dates and salt and simmer for five minutes. Cool, then add the lemon juice, orange juice and orange rind and freeze rather soft, using three parts of crushed ice to one of salt.

## Sally Lunn

2 eggs  
 ½ cup sugar  
 3 tablespoons melted shortening  
 2 cups flour  
 3 teaspoons baking powder  
 ½ teaspoon salt  
 1 cup milk

**BEAT** the eggs until light, then stir in the sugar and shortening. Sift together the remaining dry ingredients and add alternately with the milk to the mixture. Transfer to an oiled pan, preferably of the tube type, and bake for forty minutes in a quick oven—375° F.

## Stewed Eggplant and Tomatoes

1 large eggplant  
 1 onion  
 2 tablespoons butter or bacon fat  
 1 Pint canned tomatoes  
 or 4 fresh tomatoes and  
 ½ cup water  
 1 teaspoon salt  
 ¾ teaspoon pepper

**PARBOIL** the eggplant and boil about half an hour. Cool, skin and cut into half-inch squares. Mince the onion finely and brown it in the butter or bacon fat. Add the tomato, salt and pepper (also the water if fresh tomatoes are used) bring to boiling point, put in the eggplant and simmer for half an hour, stirring occasionally. Serve in a deep dish garnished with toast points.

Convenient Seasoning Box





# Tested Recipes for September

## Nutrition and Economy

### Doughnuts

3 cups flour  
 ½ teaspoon salt  
 2 teaspoons baking powder  
 ½ teaspoon grated nutmeg  
 ¾ cup sugar  
 1 small egg  
 1 cup milk  
 1 tablespoon melted shortening

**SIFT** together the flour, salt, baking powder and nutmeg, add the sugar, beat the egg lightly, add to it the milk and the melted shortening and use these ingredients to form a soft, light dough when bleuded with the dry ingredients. Roll out about half an inch thick on a well floured board, cut and drop each doughnut gently into hot fat, hot enough to brown a bit of bread in a minnte, turn immediately and when golden brown lift one by one from the fat and drain on crumpled soft paper. The doughnuts should take about three minutes to cook. Sprinkle with powdered sugar before serving.

A good way to sugar the doughnuts is to put three tablespoons of powdered sugar into a strong paper bag, drop six or eight doughnuts into this sugar, shake the bag thoroughly, then lift out and repeat the process until all have been sugared.

### Coddled Apples or Pears

6 firm apples or hard pears  
 2 cups boiling water  
 1 cup sugar  
 3 or 4 cloves or an inch stick of cinnamon, or thinly-peeled rind of half a lemon

**WASH** the fruit, remove the stems and blossoms but do not peel or core. Place in a shallow baking dish or stew-pan, add the water and sugar which have been boiled together five minutes with the cloves, cinnamon or lemon rind, whichever is being used, and let the fruit and syrup simmer gently until the fruit is tender, turning occasionally so that all may be cooked. The skins should not burst during the cooking. When cool, place the apples or pears in a serving dish, pour the syrup over them (it should form a jelly) and serve cold, either plain or with cream or soft custard.

### Cream Puffs

1 cup boiling water  
 ½ cup butter or vegetable fat  
 1 cup pastry flour  
 4 eggs

**BOIL** the water and butter together in a saucepan. Sift and add the flour and stir until the mixture leaves the sides of the pan clean. Remove from the heat, cool, then add the eggs, unbeaten, one at a time. As each egg is added the mixture will appear rather sticky and unmanageable, but a little beating quickly incorporates the egg into it. When all of the eggs are beaten in, drop the mixture by tablespoons, three inches apart on an oiled baking sheet and bake half an hour in a moderate oven—about 350° F.

The above quantity will make about ten Cream Puffs.

### Cream Puff Filling

4 tablespoons sugar  
 3 tablespoons flour or cornstarch  
 1 cup milk  
 1 egg  
 ½ teaspoon vanilla extract  
 ¼ teaspoon salt

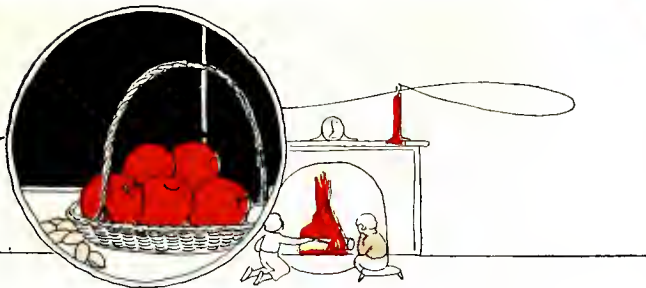
**BLEND** the sugar and flour or cornstarch in a bowl, pour the milk which has been scalded, over these, stirring constantly. Return to the saucepan, cook until thick, add the eggs slightly beaten and the salt and cook a minute longer. When cool, add the vanilla and use as a filling for the Cream Puffs, making an incision in the sides of these and removing any soft portions which may be in them, before putting in the filling. If desired, the tops of the puffs may be decorated with chopped nut-meats.

**Coffee Cream Filling.**—Scald the milk with one tablespoon of ground coffee, then strain and proceed as in the above recipe.

**Chocolate Filling.**—Melt half an ounce of cooking chocolate in a small saucepan, add the milk and bring to boiling point, then proceed as above.

### Cream Puffs





## WOMAN'S WORLD CALENDAR COOK BOOK

# Monthly Message for October

## Cereals—Cooked and Uncooked

**C**EREALS, although among our most important foods, are not used sufficiently, with the exception of wheat, which is, of course, found on nearly all tables three times a day. When we speak of cereals most of us think of the more familiar oatmeal, cornmeal, rice and the better known fine wheaten cereals. We forget about entire wheat, brown rice, cracked wheat, whole oatmeal, hominy and samp, all of which can be used advantageously to increase one's cereal vocabulary.

Then there are the pastes—macaroni, spaghetti, noodles and their colleagues, which also belong to the cereal family, because they are made of a certain kind of wheat which is very rich in muscle-making properties.

In addition to these cereals we have the wide variety of ready-prepared cereal foods in the form of flakes, granules and puffed grains. Regarding the whole gamut of cereals, however, there seems to be considerable lack of true knowledge. I frequently hear women say: "Flakes should not be given, as they have no food value." On the other hand, they will feed the child white bread!

### Food Value Explained

Now, just what is meant by this term, "food value," in connection with cereals? Cereals are classified primarily as starches, or energizing foods. It is under this classification that we find white flour, as well as all flours, bread, crackers, etc. (See "The Balanced Ration.") Nearly all of these foods, during the process of preparation, have some of the food value removed, and it is to this that so many women refer.

In making up some of the ready-to-eat cereals, as well as in the making of white flour, many oatmeal and cornmeal preparations, and the milling of white rice, the vitamins are removed along with the husks and, in some cases, the hearts of the grains. That is the reason why, whenever possible, brown rice, whole oatmeal, old-fashioned, water-ground cornmeal, and entire wheat flour should be used.

But, if it is not possible to use these foods, all of the food value has not been taken out of the cereal that remains, for the starch—a certain percent of protein—many of the minerals and some of the ash and fat have been left, and if the cereals are served with milk, with butter or cream, part of the missing vitamin element is made up.

Most cereals which need cooking, no matter in what form they are to be served, are first cooked by the usual method; that is, they are

put on in salted boiling water for a prescribed length of time—fifteen minutes over a direct heat—to burst the starch grains, of which they are largely composed, and anywhere from thirty minutes to three or four hours in a double boiler—the time depending upon the cereal. (See Time Table for Cooking Cereals.)

When a hot cereal is to be used for the main dish at breakfast, it should be cooked, at least partly, in milk (see recipe for Oatmeal Cooked in Milk) for this, together with the additional milk used in its service, is sufficient to provide the muscle-making element of the meal.

### Other Uses for Cereals

But cereals can be used at other meals besides breakfast. Rice, oatmeal or fine hominy cooked in milk with a few raisins, dates or figs make an excellent luncheon or supper dish for children, or dessert for the whole family. On the other hand, instead of using milk, fruit juice may be substituted—when the cereal takes on a very different character. If any of the cereals are left over they may be mixed with very few bread crumbs and an egg yolk to two cups of cereal, made into flat cakes, rolled in flour, then browned and served instead of potato, or as a dessert with melted jelly, preserves or syrup. It is a waste of both time and fuel to cook only enough cereal for one meal.

Again, a substantial luncheon soup may be made up very quickly, if one keeps on hand some soup stock, a jar of diced vegetables, which have been cooked and are kept, together with the cooking liquid, and left-over cereal; they simply have to be put together, then heated and served with or without grated cheese, as they do in Italy.

As to the cereal breads, one can add cold cooked cereal to almost any of the plain hot-bread mixtures to achieve quite unusual results. The cereal muffins in this book are an example of this type of cookery. Any of the grain-cooked cereals can be added to a gridle-cake mixture, to a waffle mixture, or to fritters, changing the flavor and the texture by introducing something a little different. In other words, the family will not get tired of cereals if they are only used with intelligence.

One of the most delightful "company" desserts I ever had served to me (and this was at a "real dinner") was plain farina cooked in milk, molded and chilled, and served with crushed strawberries, which had been sweetened, and plenty of whipped and sweetened cream.



## Balanced Ration for October

Tested Menus for One Week

| Days                   | Breakfast   | Luncheon or Supper  | Dinner   |
|------------------------|---|---|--|
| <b>SUNDAY</b> .....    | Grapes<br>Ready-prepared Cereal Top Milk<br>Friszled Dried Beef on Toast<br>Coffee (Adults) Milk (Children)                               | Cheese Fondue<br>Sliced Peaches Cinnamon Toast<br>Cocoa   | Roast Chicken<br>Potatoes en Casserole Peas<br>Bread and Butter<br>Tomato and Lettuce Salad<br>Fudge Mocha Cake<br>Coffee  |
| <b>MONDAY</b> .....    | Sliced Peaches<br>Cornmeal Mush Top Milk<br>Boiled Eggs Rolls and Butter<br>Coffee (Adults) Milk (Children)                               | Cream of Lima Bean Chowder<br>Fried Croutons<br>Cucumber and Lettuce Salad<br>Baked Custard<br>Tea            | Chicken a la King<br>Boiled Rice Buttered Carrots<br>Bread and Butter<br>Lettuce, Olive and Pimiento Salad<br>Floating Prune Whip<br>Coffee                              |
| <b>TUESDAY</b> .....   | Apples<br>Fried Cornmeal Mush<br>Broiled Ham<br>Toast and Butter<br>Coffee (Adults) Milk (Children)                                       | Thick Pea Soup<br>Reheated Rolls and Butter<br>Noodlea with Stewed Prunes and<br>Apricots<br>Tea              | Pork Tenderloins Brown Sauce<br>Spinach<br>Mashed Potatoes Diced Turnips<br>Celery Bread and Butter<br>Sliced Oranges with Coconut<br>Coffee                             |
| <b>WEDNESDAY</b> ..... | Oranges<br>Flaked Cereal Top Milk<br>Plain Omelette<br>Toast and Butter<br>Coffee (Adults) Milk (Children)                                | Peanut Butter Soup<br>Entire Wheat Bread and<br>Cream Cheese Sandwiches<br>Afternoon Tea Biscuit<br>Tea       | Hamburg Steak Spaghetti, Italian<br>String Beans<br>Rye Bread and Butter<br>Date and Apple Salad Mayonnaise<br>Cream Cookies Coffee                                      |
| <b>THURSDAY</b> .....  | Pears<br>Cracked Wheat Top Milk<br>Fried Liver and Bacon<br>Bread and Butter<br>Coffee (Adults) Milk (Children)                           | Escalloped String Beans with<br>Sausages<br>Corn Muffins and Butter<br>Jam<br>Grapes Tea                      | Boston Baked Beans<br>Creamed Potatoes<br>Boston Brown Bread and Butter<br>Tomato Jelly Salad Boiled Dressing<br>Grape Pie Coffee  |
| <b>FRIDAY</b> .....    | Apple Sauce<br>Farina Cooked in Milk Top Milk<br>French Toast<br>Coffee (Adults) Milk (Children)  | Macaroni Soup<br>Buttered Toast Scrambled Eggs<br>Cracked Wheat (Reheated with<br>Sliced Apples) Cream<br>Tea | Codfish Cakes Bacon<br>Tomato Sauce<br>Lady Cabbage Onions<br>Pickles Bread and Butter<br>Pumpkin Custard Pie<br>Coffee  |
| <b>SATURDAY</b> .....  | Grapes<br>Farina (Reheated) Top Milk<br>Boston Baked Beans (Left-over)<br>Boston Brown Bread (Toasted)<br>Coffee (Adults) Milk (Children) | Baked Potatoes Bacon<br>Oatmeal Bread and Butter<br>Cracked Nuts Pears<br>Cocoa                               | Pot Roast of Beef Brown Gravy<br>Potatoes Cooked with the Meat<br>Creamed Turnips<br>Bread and Butter<br>Apple and Celery Salad<br>Caramel Coffee Jelly<br>Whipped Cream |

## Variations of the Basic Menus for Every Meal of the Month

## Breakfast

Now that the cold weather is coming on, do not make the mistake of cutting out fruit from the breakfast menu. For it is only by serving sufficient fruit from October to March that we are able to keep in perfect physical condition. There are pears, grapes, the late cantaloupes, oranges, grapefruit, delicious apples, and all of the dried fruits to offer variety. Occasionally if the morning seems particularly sharp, give the children cocoa instead of milk. Many mothers notice that as the cold weather comes on, children do not seem to like to drink as much milk as they should. This is often because it is served cold to them, instead of warm, so be sure to take off the chill, if you expect them to thrive.

## Luncheon or Supper

The old-fashioned luncheon or supper dessert of cooked fruit and cake or cookies is now being frequently superseded by the serving of simple cooked dessert in which the two, one might say, are combined. Examples of such desserts are: Apple Betty, Oatmeal Pudding with Raisins. Old-Fashioned Rice Pudding, Baked Indian Pudding, Warm Gingerbread with Marshmallow Creme Sauce, or any of the fruit shortcakes. It will give

the family a pleasant surprise if you substitute some of these simply-made desserts for the sauce and cake with which they have been served so long.

## Dinner

If you study these menus closely, you will notice that we are now beginning to think about pork again. During the summer months it is not so desirable a food as when the weather is cooler, because it is over-rich in fat for the warm weather. On Tuesday I have planned Pork Tenderloins; these may be obtained either fresh or smoked, and in case one lives some distance from a market and can shop only once or at most, twice a week for meat, it is necessary to fall back during part of each week on some form of smoked meat.

Instead of the tenderloins one could substitute Smoked or Pickled Tongue, Smoked Ham, or Salt Mackerel plain broiled, or served with lemon, or baked in milk.

It will be noticed that all of these dinner menus are especially economical in that the meats chosen are not costly, with the exception of the Roast Chicken scheduled for Sunday. In case chicken is expensive, I would suggest the substitution of Roast Breast of Lamb or Veal prepared with a moist, well-seasoned bread stuffing.



# Tested Recipes for October

All Measurements Are Level

## Apples on a Stick

**C**HOOOSE bright red apples, wash and dry thoroughly and insert a wooden skewer into stem end of each. Prepare a glaze sugar by boiling together two cups of sugar and one of boiling water until a little dropped in cold water is brittle; if using a candy thermometer cook to 315° F. Dip each apple into this boiling syrup having it in a small pan so that apples may be completely submerged. Stand apples on oiled plate to harden the glaze.

## Cream of Lima Bean Chowder

|                         |                           |
|-------------------------|---------------------------|
| ½ cup diced salt pork   | 3 cups scalded milk       |
| 1 small minced onion    | 1 teaspoon finely-chopped |
| 1 pint fresh lima beans | parsley                   |
| 3 cups water            | Croutons                  |
| 2 tablespoons flour     |                           |

**P**UT salt pork into saucepan and cook until crisp; remove pieces of meat and cook onion in the fat. Add lima beans and water and cook until beans are tender. Thicken with flour which has been rubbed smooth with just enough water to moisten it. Cook three minutes, add milk and bring to boiling point. Season with salt and paprika and sprinkle parsley over the chowder just before serving.

## Afternoon Tea Biscuits

|                           |                          |
|---------------------------|--------------------------|
| 3 cups pastry flour       | 4 tablespoons shortening |
| ¾ teaspoon salt           | 2 tablespoons sugar      |
| 3 teaspoons baking powder | ½ cup currants           |
|                           | ¾ cup milk               |

**S**IFT together flour, salt and baking powder. rub in shortening with fingers, add sugar and currants and mix to a soft, light dough with milk. Pat or roll out on a floured board, to half an inch thickness, cut into small rounds and bake in oiled pan in quick oven—375° F.—ten to twelve minutes. Serve hot.

## Cheese Crackers

**S**PREAD plain crackers with butter or margarine, sprinkle thickly with grated cheese which has been seasoned with paprika and salt if needed. Lay crackers close together on a flat pan and bake until cheese has melted and slightly browned. Serve as an accompaniment to plain salad.

## Cranberry Ice

|                     |                   |
|---------------------|-------------------|
| 1 pound cranberries | 2 cups sugar      |
| 2 cups water        | Juice of 2 lemons |

**W**ASH and cook cranberries with water until tender. Sift, add sugar and stir until thoroughly dissolved. Cool, put in lemon juice, and freeze using three parts ice to one of salt. Serve as a dessert or in sherbet glasses as an accompaniment to poultry.

## Fried Cornmeal Mush

|                      |                |
|----------------------|----------------|
| 3 cups boiling water | ¾ cup cornmeal |
| 1 teaspoon salt      |                |

**P**UT water and salt into the inner vessel of a double boiler, add cornmeal slowly, cook over direct heat ten minutes, then over boiling water thirty minutes. Pour into an oiled bread pan and cool. Cut into slices, roll in dry cornmeal and fry slowly on both sides until crisp and brown.

If used with bacon or sausage season the mush with sage, and fry in bacon or sausage fat, but if used as a dessert or with maple syrup, do not add sage, and fry in butter, or vegetable fat.

## Clear Macaroni Soup

|                         |                                 |
|-------------------------|---------------------------------|
| ½ cup minced carrot     | 2 cloves                        |
| 1 minced onion          | 1 teaspoon salt                 |
| ½ cup minced celery     | ¾ teaspoon pepper               |
| 2 tablespoons butter or | 1 teaspoon Worcestershire sauce |
| vegetable fat           |                                 |
| 5 cups boiling water    | 2 teaspoons beef extract        |
| ½ bay leaf              | or vegetable fat                |

**C**OOK the carrot, onion and celery in the butter for ten minutes. Add the boiling water, bay leaf and cloves and simmer until the vegetables are tender. Season, strain and add the Worcestershire Sauce and extract. Garnish with half inch pieces of cooked macaroni. Four and a half cups stock may be used in place of extract and water if desired.

## Cheese and Lettuce Salad Sandwiches

|                      |                            |
|----------------------|----------------------------|
| 1 snappy cheese or 1 | 6 slices of buttered bread |
| cream cheese         | 1 cup Chili Mayonnaise     |
| Fresh, crisp lettuce |                            |

**D**IVIDE cheese into nine portions and form each into a ball. See that the lettuce is

## Apples on Sticks



# Tested Recipes for October

## Nutrition and Economy

thoroughly dry, place two or more leaves on a slice of buttered bread and pour onto it a large spoon of Chili Mayonnaise. Cover with another slice of buttered bread and put three cheese balls in a little pile on top of each sandwich.

### Caramel Coffee Jelly with Cream

$\frac{3}{4}$  cup granulated sugar      4 tablespoons cold water  
3 cups boiling coffee       $\frac{1}{2}$  teaspoon vanilla  
 $1\frac{1}{2}$  tablespoons granulated gelatine      Whipped cream

**C**ARAMELIZE one-quarter cup of sugar by placing it, dry, in a heavy frying pan and stirring it over a gentle heat until golden brown. The sugar must be watched carefully as it readily burns. As soon as melted, add the boiling coffee to it—use a long handled vessel to pour it from as caramelized sugar is intensely hot and the steam rising from the coffee as it is poured out might easily burn the hand if it were too close. Cook until smooth. Meanwhile soften gelatine in cold water, dissolve in hot coffee, add remaining sugar and when partly cooled, the vanilla. Turn into molds which have been dipped in cold water, chill, unmold and serve with garnish of whipped cream.

### Pumpkin Custard Pie

3 eggs       $1\frac{1}{2}$  cups milk  
 $\frac{1}{2}$  cup brown sugar      1 cup steamed or baked  
 $\frac{1}{4}$  teaspoon salt      sifted pumpkin  
 $\frac{1}{4}$  teaspoon ginger      Pastry  
 $\frac{1}{4}$  teaspoon cinnamon

**B**EAT eggs until light, add sugar, salt, spices, milk and pumpkin. Line a pie plate with pastry, pour pumpkin custard into it and bake in moderate oven— $350^{\circ}$  F.—until set—about thirty minutes.

### Floating Prune Whip

1 tablespoon gelatine       $1\frac{1}{2}$  cups chopped stewed  
 $\frac{1}{2}$  cup prune juice      prunes  
1 tablespoon lemon juice      1 cup heavy cream or  
evaporated milk

**S**OFTEN gelatine in prune juice, then melt over hot water. Add with lemon juice to chopped prunes. When almost cold add cream or evaporated milk which has been whipped stiffly. Beat

thoroughly together and drop by tablespoons into a deep dish containing soft custard.

To whip evaporated milk—set the can containing it in a pan of cold water, bring to boiling point rapidly, chill at once and whip as you would ordinary cream.

### Smoked Pork Tenderloins with Spinach

**I**F TENDERLOIN appears very dry soak it over-night in cold water. Scrub thoroughly and place in a pan with cold water to cover, bring slowly to boiling point and if water is very salt, replace with fresh, otherwise continue cooking in same water. As soon as water boils add a tablespoon of mixed whole pickling spices—cloves, bay leaves, pepper corns, mace, etc. The length of time needed for cooking will depend on size of tenderloin—two pounds will probably take about one and one-half hours. Serve with boiled spinach which has been cooked until tender, finely chopped, seasoned, then packed into small molds or cups and allowed to stand ten minutes before turning out. Serve with Horseradish Brown Sauce.

### Horseradish Brown Sauce

2 tablespoons bacon fat       $1\frac{1}{2}$  cups water or stock  
or vegetable fat      1 tablespoon grated or  
1 teaspoon minced onion      evaporated horse-  
 $2\frac{1}{2}$  tablespoons flour      radish

**M**ELT fat in frying pan, cook onion in it until it begins to turn yellow, add flour and continue cooking until both are golden brown. Pour in stock or water, stirring constantly while it is being added. Bring to boiling point, cook five minutes longer and if not sufficiently browned, add a drop or two of Kitchen Bouquet or caramel. Add horseradish and serve.

### Cucumber Sweet Pickle

12 large cucumbers      1 quart vinegar  
 $3\frac{1}{2}$  pounds sugar       $\frac{1}{2}$  cup mixed spices

**P**EEL cucumbers, remove seeds and cut flesh to convenient-sized pieces. Place in a large open vessel, sprinkle generously with salt and set aside overnight to draw out water. In the morning drain thoroughly, weigh, and for seven pounds

*Floating Prune Whip*





# Tested Recipes for October

All Measurements Are Level

of cucumber use the above proportions of sugar, vinegar and spices. Boil sugar, vinegar and spices ten minutes and add cucumbers. Cook until tender and turn into jars. Cover closely and keep a month before using.

## "Eggs of Provence"

- |  |                    |
|--|--------------------|
| 6 rounds of bread                              | 6 eggs             |
| 3 tablespoons chopped green pepper or pimiento | 1 cup Creole sauce |

**TOAST** rounds of bread or fry until crisp and brown in a little vegetable fat. Chop the peppers or pimiento, and fry also. Lay on each round of bread a poached or fried egg, sprinkle with the fried peppers or pimiento and pour around Creole Sauce.

## Creole Sauce

- |   |                                 |
|---|---------------------------------|
| 1 small minced onion                          | 1 cup sifted stewed tomato      |
| 1 tablespoon minced green peppers or pimiento | $\frac{3}{4}$ teaspoon salt     |
| $1\frac{1}{2}$ tablespoons flour              | $\frac{1}{2}$ teaspoon paprika  |
| 2 tablespoons butter or vegetable fat         | 1 teaspoon Worcestershire sauce |

**FRY** onion in butter until yellow, add minced pepper and cook three minutes. Stir in flour, then add tomato slowly, bring to boiling point and cook three minutes, then add salt, paprika and Worcestershire and use as desired.

## Fudge Mocha Cake

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| $\frac{1}{2}$ cup milk                | 1 teaspoon vanilla                  |
| 2 eggs                                | $1\frac{1}{2}$ cups pastry flour    |
| 3 tablespoons cocoa                   | $\frac{1}{4}$ teaspoon salt         |
| 1 cup sugar                           | 1 teaspoon baking powder            |
| 3 tablespoons butter or vegetable fat | $\frac{1}{2}$ cup milk (additional) |

**SCALD** milk and pour it over beaten egg yolks, cook in double boiler until mixture thickens like custard, add cocoa and beat thoroughly into the custard. Put sugar and butter in a bowl, add

custard mixture and stir thoroughly. Add vanilla, then flour, salt and baking powder sifted together, and additional milk. Fold in egg whites which have been beaten until stiff, and pour into a well-oiled cake pan. Bake in a moderate oven—350° F.—about forty minutes. Frost sides with Mocha Frosting, sprinkle thickly with finely chopped nut meats and use additional Mocha Frosting to decorate top of cake. This is done by putting the remaining frosting into a pastry bag and forcing it out in a fancy design. (See page 68.) Crystallized cherries or other fruits may be used as an additional decoration.

## Mocha Frosting

- |                             |                            |
|-----------------------------|----------------------------|
| 6 tablespoons butter        | 3 tablespoons coffee       |
| 2 cups confectioner's sugar | 1 teaspoon vanilla extract |
| 4 tablespoons cocoa         |                            |

**BEAT** butter to a cream, adding one cup of sugar; then sift and add cocoa, coffee, remaining sugar, and vanilla.

## Escalloped String Beans

- |                                |                         |
|--------------------------------|-------------------------|
| 1 pint cold string beans       | 2 teaspoons lemon juice |
| 1 cup thin White Sauce         | Buttered crumbs         |
| $\frac{1}{8}$ teaspoon paprika |                         |

**USE** left-over string or wax-beans, add to White Sauce, season with paprika and lemon juice, turn into an oiled baking dish and sprinkle crumbs over top. Bake fifteen minutes in hot oven—350° to 375° F.

## Peanut Butter Soup

- |   |                                 |
|---|---------------------------------|
| 1 minced onion                                  | 1 pint water or stock           |
| 2 cups canned tomato or 4 fresh stewed tomatoes | $\frac{1}{4}$ cup hot water     |
| $\frac{1}{2}$ cup outside celery stalks         | $\frac{1}{2}$ cup peanut butter |
|   | 2 tablespoons flour             |
|   | $1\frac{1}{2}$ teaspoons salt   |
|   | $\frac{1}{4}$ teaspoon pepper   |

**COOK** onion and tomatoes fifteen minutes with celery, if obtainable, otherwise use part celery salt for the seasoning. Rub through a sieve, re-

*Fudge Mocha Cake*





# Tested Recipes for October

Nutrition and Economy



*Noodles with Stewed Dried Apricots and Prunes*

heat this pulp with water or stock (if water is used one teaspoon beef or vegetable-extract may be added). Add hot water to peanut butter and rub the two together until smooth. Blend with flour and add to the tomato mixture. Season, stir until boiling and cook ten minutes.

## Savory Tomato Jelly Salad

|                                    |  |
|------------------------------------|--|
| 2 cups stewed sifted tomato        | 1 tablespoon granulated gelatine             |
| 1 teaspoon onion juice             | $\frac{1}{4}$ cup cold water                 |
| $\frac{1}{2}$ teaspoon celery salt | $\frac{1}{2}$ cup minced ham or tongue       |
| $\frac{1}{4}$ teaspoon paprika     | $\frac{1}{2}$ cup cooked macaroni, cut small |
| 1 tablespoon vinegar               |  |

**BRING** tomato, onion juice and seasonings together to boiling point, soak gelatine in cold water ten minutes, then add it to boiling tomato, stirring in gelatine. Cool, and when just about to set, stir in minced ham and macaroni. Turn into molds which have been dipped in cold water, chill, unmold and serve either on lettuce leaves or surrounded by shredded cabbage. Pass Mayonnaise or Boiled Salad Dressing.

## Noodles with Stewed Prunes and Apricots

|                      |   |
|----------------------|---|
| 1 package noodles    | 1 pint prunes and dried apricots, which have been stewed together |
| 2 tablespoons butter |   |

**BOIL** the noodles until tender, in salted water and drain well. Take out  $\frac{3}{4}$  cup, dry on a towel, and fry until crisp and golden brown in

the butter. Put cooked noodles, which should have been kept hot, in a bowl. Pour the sweetened stewed prunes and apricots, heated, over them and about the edges, and garnish with fried noodles.

## Thick Pea Soup with Croutons

|   |   |
|---|---|
| 1 $\frac{1}{2}$ cups split peas                       | 3 pints liquor from boiled ham or corned beef |
| $\frac{1}{2}$ teaspoon fresh or dried mint (optional) | 1 tablespoon flour                            |
|   | $\frac{1}{4}$ teaspoon pepper                 |

**WASH** the peas very thoroughly, soak overnight in cold water, and bring to boiling point in the water in which they were soaked. Add with mint to the meat liquor which has been skimmed and from which all superfluous fat has been removed. Cook until the peas are tender, then rub through a sieve. Moisten the flour with a little cold water, stir into the boiling soup and boil three minutes. Add pepper (and salt if needed—the meat liquor may be salt enough), and serve with croutons.

## Croutons

**CUT** a slice of bread into small dice, bake in a slow oven until golden brown, then sprinkle a few over the soup or send to the table on a separate plate.

If preferred, melt a tablespoon of fat or oil in a frying pan and cook the diced bread in it until crisp and golden brown.

*Thick Pea Soup with Croutons*





WOMAN'S WORLD CALENDAR COOK BOOK

## Monthly Message for November

### Nuts, Nut Butters and Margarine

**J**UST what is margarine? There are two kinds—one consists of highly purified oleo oil, obtained from the fat of prime beef, combined with neutral, which comes from pork of the best quality. Sometimes a little vegetable oil, as peanut oil, is included. To these are added cream from inspected dairy herds and all this is churned in whole milk, then worked with salt, like butter. The gradation depends upon the amount of cream in the product.

The other type consists of one or more vegetable fats, as coconut fat, and so forth, which have been especially prepared and, like the other margarine, are churned in milk and worked with salt. The best grades contain no preservatives. Neither type of margarine is colored, the housewife herself coloring it, if she wishes, with the capsule of vegetable coloring which usually is given out with the package.

#### Some of the Many Uses of Margarine in Cooking

In using margarine instead of butter in the everyday menu, it must be kept in mind that margarine contains a minimum of vitamins and so, when it is used, a larger proportion of milk, whole grain cereals, citrous fruits and leafy vegetables must be provided, lest the diet be lacking in protectives.

Although most widely known as a spread for bread, margarine is equally good for seasoning vegetables and for use instead of butter in the making of pastry, sauces, cakes, etc. It goes farther than butter as it is more concentrated, so—when substituting it in a recipe calling for butter—use a fifth less. It is not at all suited to frying as it contains too much moisture.

#### Nuts as a Valuable Source of Vitamines

Since time immemorial, nuts have been among our best foods. Because of their well-balanced composition they make excellent meat substitutes. All nuts are rich in fat, peanuts being especially so. It is an interesting fact that peanut oil is extremely

rich in vitamins; that is one of the reasons why peanut butter is such a valuable food. It is merely ground-up peanuts with the oil left in. The only well-founded objection to the eating of nuts, one might say, is based upon laziness, for if they are not well masticated they are liable to be a bit hard to digest, because of the fat which they contain, but when they are ground up into nut butter this objection is overcome.

Peanut oil is often added to margarine of either type. If peanut butter is a little dry it can be softened by the working in of a little peanut oil or good salad oil and forms an excellent spread for the children's bread. It is also very well adapted to the making of various meat substitute dishes, such as Potato and Peanut Butter Croquettes, Sweet Potato and Peanut Butter Loaf, Nut Cutlets, Macaroni with Peanut Butter Sauce, Peanut Butter Soup, and so on.

It must be kept in mind, whenever nuts are served, or whenever a nut butter is introduced, that the foods are highly concentrated and must be served in the menu with some bulky foods, such as a coarse grain bread, lettuce, fruit, or celery.

#### The Function of Coconuts in the Family Diet

While speaking about nuts we must not overlook the coconut, which is very rich in oil. This oil, as I have stated before, is often extracted and used in the making of nut butters. The dry coconut contains some forty per cent. of fat, as well as nearly twenty-five per cent. of sugar and starch. This brings up an interesting situation. When dry coconut is introduced into a dish, the amount of fat and sugar, generally used in it, can be decreased proportionately—a little point, but just another argument in favor of a definite knowledge of food values.

November is usually a cold and blustery month; the body fires are taxed to their utmost, so serve plenty of the fat foods to your family that they may store up reserve force, to keep them warm during the ensuing months of winter and to draw upon if a slight cold or other illness happens their way.



## Refreshments for Little Affairs

**M**ORE and more, the tendency of the times is toward simplicity—simpler homes; simpler clothing; simpler food! In fact, it is positively unfashionable to serve elaborate meals, a six or seven course dinner being a breach of etiquette.

Let us consider a little dinner of four courses:

### Suggestive Menu

**First Course:** An unthickened soup; a fruit cocktail; raw oysters; canapes; or a fish cocktail.

**Second Course:** A substantial meat dish, as a roast; chicken a la Maryland; baked Virginia ham; or baked stuffed fish; or a nut loaf, in case a vegetarian meal is being provided.

This main dish would be accompanied by a starchy vegetable, as white or sweet potato; rice; or spaghetti; or samp; and one or two vegetables of contrasting color and flavor, as tomatoes and spinach.

**Third Course:** A simple salad, as a vegetable salad; or lettuce with shredded ripe olives and celery, put together with French dressing—not mayonnaise—and served with toasted crackers; cheese crackers; or cheese straws.

**Fourth Course:** A simple dessert, which must be of fruit or acid character in case a fat meat or fish has been provided. Little individual pies; Bavarian creams; fruit sponges; ice cream; little assorted cakes and baked custard with caramel sauce—all are suitable. Black coffee follows as soon as the dessert is served.

Bread and butter are served throughout the meal up to dessert.

Relishes are passed between the courses; up to dessert and individual, small baskets of salted nuts may be provided, if desired.

There is nothing in such a meal that is elaborate; it can be made extremely simple—but the cooking must be perfect.

### Luncheon for Ladies

In case of a ladies' luncheon, we could combine the main and the salad course, using a substantial salad as the main dish, such as:

Tuna fish, celery and pimiento salad, put together with Chili mayonnaise.

Chicken and celery salad with or without a few seeded Malaga grapes, or bits of diced pineapple.

Stuffed egg salad.

Little bread and butter sandwiches, or buttered rolls could be used as an accompaniment.

In planning for little affairs, when one desires just "a bite," the question of refreshments is very easily solved—two foods being sufficient.

Suggestive suitable combinations for such little gatherings are:

1. Individual Apple Pies piled with Whipped Cream. Coffee.
2. Cream Puffs filled with ice cream and served with Rich Cocoa Sauce. Grape Juice Punch.
3. Charlotte Russe. Iced Tea or Iced Coffee.
4. Toasted Cheese Sandwiches. Hot Coffee.
5. Fruit Salad. Crisp Crackers. Coffee.
6. Fudge Mocha Cake. Strawberry Punch.







THOUSANDS of discriminating guests visit the Copley Plaza in Boston for the tasteful delights prepared by the famous chef, JEAN JETON. The recipe printed on the left is his.

### Banana Snow Whip

SLICE 3 bananas. Add  $\frac{1}{2}$  cup of powdered sugar and 2 table-spoons lemon juice. Set in cold place at least 1 hour. Mash and beat until light. Add 1 cup of cream, whipped, stiffly beaten whites of 2 eggs and 1 cup of DROMEDARY COCOANUT. Pour into serving dish. Sprinkle with cocoanut. Serve plain or with custard sauce.

SEND for the free Dromedary Booklet "One Hundred Delights." It tells how DROMEDARY COCOANUT, DROMEDARY TAPIOCA and DROMEDARY DATES can bring to the commonest dishes a touch of tropical elegance. Address Department W.

## Give the recipes in this book an added thrill

THE FAMILY always want something different. And it is so easy to satisfy them.

A sprinkling of Dromedary Cocoanut over an ordinary dish makes it new. With all of the cocoanut recipes in this Book—use Dromedary. To many of those that do not specify cocoa-

nut, Dromedary may be added. Try it. The taste gives an added thrill.

Packed in ever-sealed containers, Dromedary always stays tender and moist. Cocoanut is cocoanut; but cocoanut with all its original flavor—that is Dromedary.



DROMEDARY PRODUCTS  
TAPIOCA that is ready in an instant; COCOANUT that keeps fresh to the last shred; GOLDEN DATES from the Garden of Eden.

# Dromedary Cocoanut



THE HILLS BROTHERS COMPANY - 375 WASHINGTON STREET - NEW YORK  
NEW YORK - LONDON - BUSSORAH - SAN JUAN - SMYRNA - PARA  
THE OLDEST AND THE LARGEST BUSINESS OF ITS KIND IN THE WORLD

## WOMAN'S WORLD CALENDAR COOK BOOK

## Balanced Ration for November

## Tested Menus for One Week

| Days                   | Breakfast  | Luncheon or Supper   | Dinner  |
|------------------------|--|--|---|
| <b>SUNDAY</b> .....    | Grapefruit<br>Corn Fritters      Bacon<br>Toast and Butter<br>Coffee (Adults)   Milk (Children)                        | Potato and Cheese Casserole<br>Bread and Butter<br>Lettuce and Grape Salad<br>Cottage Pudding   Lemon Sauce<br>Tea | Carrots, Potatoes, Onions and<br>Turnips<br>Bread and Butter<br>Apple Dumplings   Orange Sauce<br>Coffee                                |
| <b>MONDAY</b> .....    | Stewed Dried Fruit<br>Poached Eggs on Toast<br>Coffee (Adults)   Milk (Children)                                       | Lamb Soup (from Left-over Stew)<br>Entire Wheat Bread and Butter<br>Waldorf Salad<br>Tea                           | Veal Chops (Broiled)<br>Creamed Noodles   Canned Asparagus<br>Graham Muffins and Butter<br>Tapioca Cream      Coffee                    |
| <b>TUESDAY</b> .....   | Sliced Oranges<br>Cracked Wheat   Top Milk<br>Codfish Cakes      Rolls and Butter<br>Coffee (Adults)   Milk (Children) | Cream of Celery Soup<br>Crackers<br>French Toast      Canned Peaches<br>Tea  | Hamburg Steak Patties   Gravy<br>French Fried Potatoes<br>Baked Winter Squash<br>Rye Bread and Butter<br>Grape Juice Sponge      Coffee |
| <b>WEDNESDAY</b> ..... | Stewed Figs<br>Baked Omelet<br>Sour Milk Corn Bread   Butter<br>Coffee (Adults)   Milk (Children)                      | Oyster Stew      Crackers<br>Canned Peach Salad<br>(Left-over Peaches)   Tea<br>Squash Pie                         | Liver and Bacon<br>Mashed Potatoes   String Beans<br>Pickled Beets<br>Fudge Cake      Coffee  |
| <b>THURSDAY</b> .....  | Sliced Bananas<br>Flakes      Top Milk<br>Creamed Dried Beef<br>Coffee (Adults)   Milk (Children)                      | Lentil Soup      Toast<br>Cold Slaw<br>Pudding (from Left-over Cake)<br>Melted Jelly Sauce<br>Tea                  | Oven-fried Flounder or Whitefish<br>Baked Potato      Tomato<br>Bread and Butter<br>Fig Souffle      Coffee                             |
| <b>FRIDAY</b> .....    | Stewed Prunes<br>Cornmeal Mush      Top Milk<br>Scrambled Eggs on Toast<br>Coffee (Adults)   Milk (Children)           | Escalloped Potatoes   Sausage<br>Rolls and Butter<br>Floating Island<br>Tea  | Beef a la Mode      Spaghetti<br>Turnips      Spaghetti<br>Bread and Butter<br>Tomato Jelly Salad<br>Old-time Rice Pudding      Coffee  |
| <b>SATURDAY</b> .....  | Apples<br>Salted Mackerel in Milk<br>Baking Powder Biscuit   Butter<br>Coffee (Adults)   Milk (Children)               | Vegetable Hash<br>Cheese Toast<br>Prune and Orange Salad<br>Tea  | Beef a la Mode (Reheated)<br>Baked Potatoes<br>Escalloped Egg Plant<br>Bread and Butter<br>Pickles<br>Chocolate Tapioca      Coffee     |

## Variations of the Basic Menus for Every Meal of the Month

## Breakfast

Whenever an acid fruit appears, a similar acid fruit may be substituted; in case dried fruit is used, any other dried fruit may be put in. In case a fried food appears, such as corn fritters, a similar, starchy, fried food may be substituted—such as fried potatoes, or clam fritters. Whenever a cooked cereal is used, a similar cooked cereal may be substituted, such as brown rice, instead of cracked wheat; if an uncooked cereal is called for, any uncooked, ready-prepared cereal may be substituted. In case a menu calls for a fish dish, any other fish dish may be used, such as creamed salmon, broiled salt mackerel, panned oysters, etc.

## Luncheon or Supper

Any cream or vegetable soup may be used, such as cream of canned pea, spinach, oyster plant, or potato, instead of cream of celery. Griddle cakes,

waffles, or muffins may be used, instead of French toast. Clam chowder, or a fish bisque may appear, instead of oyster stew; dried bean, or pea, soup, instead of lentil soup, and so on.

## Dinner

Veal may be substituted for lamb; plain sirloin, or flank steak, for Hamburg steak; sliced heart, instead of liver; and mutton, instead of beef. The vegetables may be varied according to those in market or in the canned goods closet—if care is taken to use those of similar food value (see "Your Meals and Good Health"). Any gelatine dessert may be used, instead of grape juice sponge; any type of fruit dumplings, or biscuit shortcake, instead of apple dumplings; any sort of custard dessert, instead of tapioca cream; marble, nut, or raisin cake, instead of fudge cake; any fruit whip, instead of fig soufflé; and any type of cereal pudding, instead of rice pudding.



# Tested Recipes for November

All Measurements Are Level

## Baking Powder Biscuits

2 cups flour  
4 teaspoons baking powder  
½ teaspoon salt  
2 tablespoons shortening  
About ¾ cup milk or milk and water

**SIFT** thoroughly all dry ingredients, rub in shortening with tips of fingers, add liquid and mix to a light dough, as soft as possible without being sticky. Roll or pat out on a floured board from one-half to three-quarters inch thick. Cut into biscuits and lay on an oiled or floured baking pan, close together but not actually touching. Bake in quick oven—375° F.—about twelve minutes.

## Cranberry Conserve

2 quarts cranberries  
1 pint water  
2½ cups sugar  
Grated rind and juice of 2 oranges  
2 cups seeded raisins

**WASH** cranberries thoroughly and cook in water until they begin to burst. Add raisins, orange rind and juice, and sugar. Cook slowly until thick, turn into jars and seal.

If desired, one cupful of chopped walnut meats may be added to the conserve five minutes before removing it from the fire.

## Banana Salad

Bananas  
Lettuce  
Chopped nut-meats  
Dressing

**PEEL** and scrape bananas and cut each cross-wise in three portions. Roll each portion in finely-chopped nut-meats, any kind, arrange on lettuce leaves and serve with Currant Jelly Salad Dressing and crisp toasted crackers.

## Currant Jelly Salad Dressing

½ cup currant jelly  
1 tablespoon lemon juice  
¼ teaspoon salt  
2 tablespoons oil

**BEAT** jelly with fork until soft. Add oil, lemon juice, salt, beating in thoroughly.

Any tart fruit jelly may be substituted for the currant jelly.

## Raisin Griddle-Cakes

2 cups flour  
½ teaspoon salt  
3 teaspoons baking powder  
½ cup raisins  
1½ tablespoons melted butter or other fat  
1 tablespoon sugar  
1½ cups milk  
1 egg

**SIFT** dry ingredients together and add raisins. Beat egg light, add milk, and pour slowly into first mixture, beating continuously until perfectly smooth. Add melted shortening, and fry as usual on a griddle.

## Dried Bean and Celery Salad

2 cups cooked, dried beans  
1 cup diced celery  
2 teaspoons finely minced onion  
1 tablespoon chopped parsley  
1 chopped green pepper or 1 chopped pimiento  
4 tablespoons salad oil  
1½ tablespoons vinegar  
½ teaspoon salt  
½ teaspoon pepper  
Lettuce or watercress

**MIX** thoroughly the beans, celery, onion, green pepper or pimiento and parsley. Add to them the oil, vinegar, salt and pepper and stir and toss the salad about, that every portion may receive its share of the dressing. Let the salad stand at least half an hour before serving. Garnish with lettuce or watercress, and sprinkle minced pimiento or chopped beets over the top to give a note of color.

## Cocoa Tapioca Cream

1 pint milk  
1 pint boiling water  
½ cup sugar  
¼ cup cocoa  
Few grains salt  
½ teaspoon vanilla  
¾ cup quick-cooking tapioca  
¼ cup marshmallow creme

**COMBINE** milk and water, bring to boiling point and add tapioca. Stir in cocoa, sugar and salt, well mixed, and cook gently until tapioca is translucent. Add vanilla, stir in marshmallow creme, chill and serve with light cream.

## Baking Powder Biscuit with Cranberry Conserve





# Tested Recipes for November

## Nutrition and Economy

### Cream of Celery Soup

- |  |   |
|--|---|
| 2 cups ground celery<br>leaves, tips and outer<br>stalks | Bit of bay-leaf<br>3 tablespoons flour<br>2½ tablespoons butter or<br>vegetable fat |
| 3 cups milk  | 1½ teaspoons salt   |
| 2 cups water   | ¼ teaspoon pepper   |
| 2 tablespoons ground<br>onion                            | 1 egg (optional)  |

**PUT** celery, bay-leaf, onion and water together and simmer thirty minutes. Add an extra half cup water, to allow for evaporation. Add milk, bring to boiling point and thicken with flour and butter, which have been creamed together. Add seasoning, let boil, strain. If desired, just before serving, pour soup onto well-beaten egg, stirring while pouring.

### Baked Winter Squash

**SCRUB** squash, cut in halves crosswise and scrape out seeds and pulp. Cut squash in four-inch squares and place in good-sized pan, containing a little water. Place in moderate oven (350° F.), bake until pulp is soft, basting squash occasionally with a little hot water and butter. When nearly done, sprinkle quite thickly with brown sugar, dot with butter, and sprinkle over it a little parsley. Finish baking and serve square to each person.

### Entire Wheat Bread

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 1 pint milk or milk and<br>water | 1 yeast cake<br>¼ cup lukewarm water |
| 2 tablespoons molasses           | About 6 cups entire<br>wheat flour   |
| 2 tablespoons shortening         |                                      |
| 2 teaspoons salt                 |                                      |

**SCALD** milk and shortening together and allow to cool until lukewarm. Add salt and molasses, dissolve yeast cake in the lukewarm water and add this to the milk. Stir in flour and knead until smooth and elastic. Cover closely and allow dough to rise until it has doubled its bulk. Divide into two portions, form into loaves, place in oiled bread pans. Allow to rise again, until the bulk has doubled, then bake from three-quarters to one hour in moderate oven—350° F.

The dough for Entire Wheat Bread must be made a little softer than White Bread dough and the baking must also be a little slower.

*Entire Wheat Bread*



The same rule may be used with compressed yeast and with dry yeast, but with the latter almost twice as much time must be allowed for the rising.

### Salt Mackerel in Milk

**SOAK** mackerel over night; in the morning, drain it and lay in dripping pan—flesh-side up. Dredge with flour, sprinkle over a little pepper and nearly cover with equal parts milk and boiling water. Bake until tender, about twenty-five minutes in hot oven (375° F.).

### Potato and Cheese Casserole

- |                                       |  |
|---------------------------------------|--|
| 5 cups well-seasoned<br>mashed potato | 1½ cups diced dairy<br>cheese<br>1 egg |
|---------------------------------------|--|

**THOROUGHLY** oil two-quart casserole and line with three cups mashed potato. Mix together cheese and egg, fill in the hollow with it and heap remaining potato over it. Brush lightly with milk and bake uncovered in hot oven, 375° F., thirty minutes. The mixture should be heaped up in the center.

### Fudge Cake

- |                                  |   |
|----------------------------------|---|
| 2½ squares (ounces)<br>chocolate | 2 tablespoons butter or<br>other shortening |
| 1 cup milk                       | 1½ cups pastry flour                        |
| 1 egg and 1 egg white            | ½ teaspoon salt                             |
| 1 cup sugar                      | 1 teaspoon vanilla<br>¾ teaspoon soda       |

**MELT** chocolate and add one-half cup of the milk. Cook over hot water until mixture is smooth, then stir it into the egg, well beaten. Set over hot water again and, when thick like a custard, add sugar, shortening and vanilla. Pour into bowl and stir in—alternately—flour, salt and soda (sifted together), and balance of milk. Then fold in egg white whipped stiff, transfer to medium-sized, oiled dripping pan and bake about forty minutes in moderate oven (350° F.). Cover with Fudge Icing and sprinkle with nut-meats, if desired. Cut in squares for serving.

# Tested Recipes for November

All Measurements Are Level

## Cinnamon and Nut Fingers

|                               |                           |
|-------------------------------|---------------------------|
| ¾ cup butter or vegetable fat | 3 cups pastry flour       |
| 1 cup sugar                   | ¾ teaspoon cinnamon       |
| 2 eggs                        | ½ teaspoon salt           |
| 4 tablespoons milk            | 2 teaspoons baking powder |
| 1 cup chopped nuts            |                           |

**CREAM** butter and sugar together, add eggs, well beaten, then milk and nuts. Sift and add flour, cinnamon, salt and baking powder. Dough should be rather stiff—if too dry, add extra spoonful milk. Turn onto floured board, roll thinly, cut into finger lengths, brush over with milk and sprinkle with granulated sugar. Bake on oiled baking sheet in moderate oven—350° F.—about ten minutes.

## Little Iced Sponge Cake

|                          |                            |
|--------------------------|----------------------------|
| 3 eggs                   | 1 cup pastry flour         |
| 1 cup sugar              | 1½ teaspoons baking powder |
| ½ teaspoon salt          | 1 teaspoon flavoring       |
| 6 tablespoons cold water |                            |

**BEAT** eggs, yolks and whites together, until light. Add sugar, continue to beat until creamy, then add water and flavoring and stir into egg mixture. Sift flour, salt and baking powder and fold these in very gently. Turn into oiled, shallow pan, bake about thirty minutes in moderate oven—350° F. When cold, cut in small squares or diamonds and ice.

## Icing for Sponge Cakes

**WHEN** part of sponge cakes have been iced, add two drops of pink vegetable coloring to remaining icing, beating it well in that color may be even. Then after icing some of cakes with this pink icing, add one square of melted chocolate and an additional tablespoon of sugar to balance of icing for further variety.

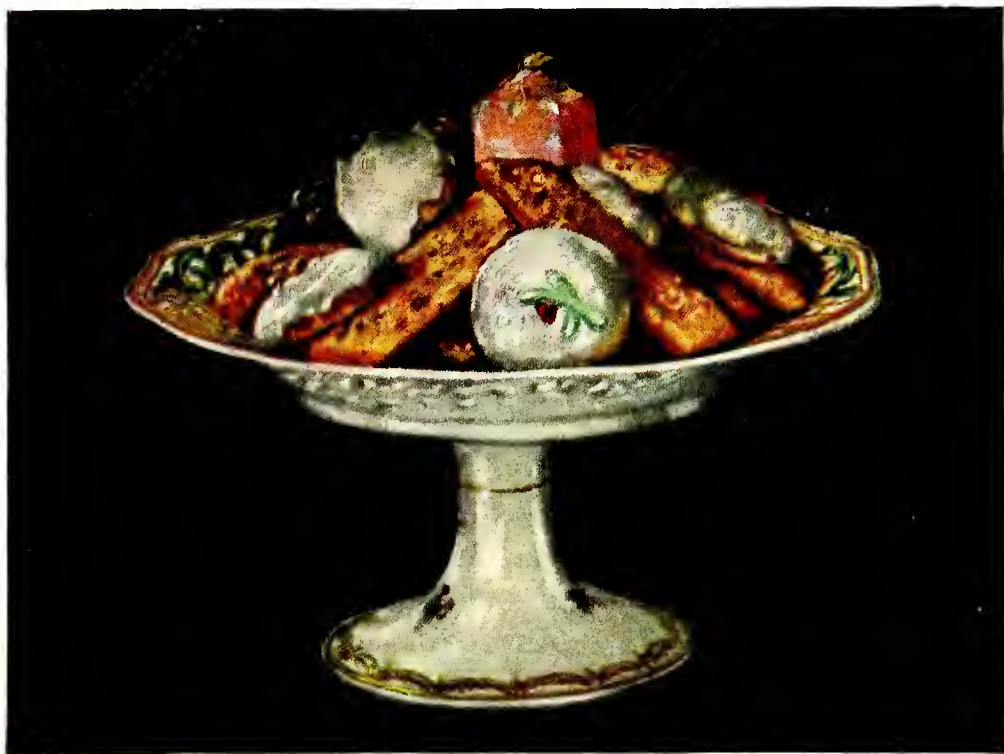
Halves of walnuts or pecans, nut-meats, any kind, crystallized cherries or ginger may be used to further decorate the little cakes.

## Nut Drop Cookies

|                               |                                   |
|-------------------------------|-----------------------------------|
| ¾ cup butter or vegetable fat | 1½ cups pastry flour              |
| ½ cup sugar                   | 1 teaspoon baking powder          |
| 1 egg                         | ¼ teaspoon salt                   |
| 2 tablespoons milk            | ¾ cup chopped nut-meats, any kind |

**BEAT** butter and sugar until light and creamy, add egg, well beaten, and milk. Sift and add salt, flour and baking powder, and last of all stir in coarsely chopped nut-meats. Drop by teaspoonfuls on well-oiled pan, two or three inches apart, sprinkle with more chopped nut-meats or decorate with halves of nuts, and bake about ten minutes in moderate oven—350° F.

*Cinnamon and Nut Fingers, Little Iced Sponge Cakes, Nut Drop Cookies*



# Tested Recipes for November

Nutrition and Economy



## A Balanced Luncheon

### Menu

Macaroni Soup

Cheese and Lettuce Salad Sandwich

Caramel Coffee Jelly with Whipped Cream Tea

### Jellied Canned Peaches

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 2 tablespoons granulated gelatine | 2 tablespoons lemon juice         |
| 2 cups sliced peaches             | 1 pint boiling syrup from peaches |
| $\frac{1}{2}$ cup cold water      |                                   |

**SOAK** gelatine in cold water until softened. Pour boiling peach syrup over this and stir until gelatine is entirely dissolved. Add lemon juice and when beginning to set, stir in sliced peaches. Turn into oiled mold and set aside to chill. Serve with whipped cream or with a garnish of more sliced peaches in their own syrup.

### Turkey Salad Sandwiches

**SLICE** white or rye bread one-fourth inch thick, then lightly butter it. Lay on half of the slices a lettuce leaf, spread this with Russian dressing; lay on some thinly-sliced turkey (chicken or boiled ham may be substituted), top with the remaining slices, cut in triangles and serve.

### Toasted Cheese Sandwiches

**CUT** white or rye bread, with or without caraway seed, in slices one-fourth inch thick and

lightly spread with butter. On half of them lay thin slices of highly-flavored American or dairy cheese; spread with a little made-mustard, lay on remaining pieces of bread, toast, and serve hot. If desired, sandwiches may be fried in part butter and part vegetable fat, instead of being toasted.

### Baked Virginia Ham

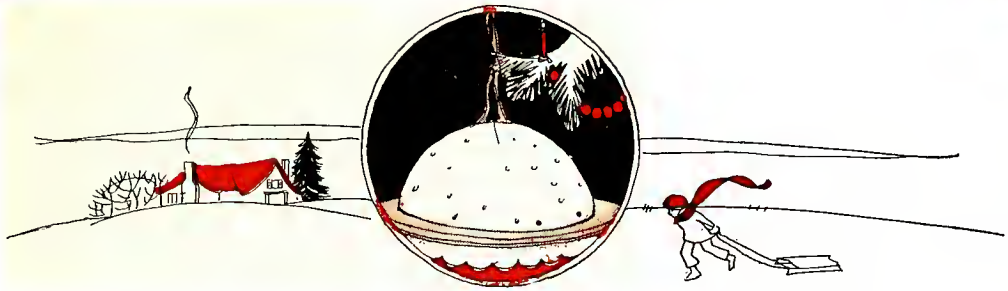
- |                   |                          |
|-------------------|--------------------------|
| 1 rather lean ham | 2 teaspoons mixed spices |
| Cloves            | —cinnamon, cloves,       |
| Brown sugar       | peppercorns, celery      |
| Bread crumbs      | seed, mace, allspice     |

**WASH** and scrub the ham thoroughly, place it in a large kettle, cover with cold water and add the spices, tied in a cheesecloth bag. Simmer until the ham is tender—probably four or five hours. When tender put ham in a baking pan, pare off part of skin, as shown in illustration, sprinkle ham with brown sugar and bread crumbs, and stick cloves, at even distance, over surface. Bake three-quarters of an hour in slow oven—325° F.—serve either hot or cold, garnished with celery leaves, parsley, or watercress, and slices of lemon.

### Baked Virginia Ham







## WOMAN'S WORLD CALENDAR COOK BOOK

## Monthly Message for December

## About Sweets

"Only buttered bread will do—  
Inches thick, with sugar, too."

**EUGENE FIELD** certainly had a great knowledge of child life or he never would have added, "Inches thick, with sugar, too." In grandmother's time it was molasses, instead of sugar, and years before that it was honey that gummed the kiddies' fingers. At that time sugar was not only very expensive, but honey was thought to be more wholesome than products "of forced invention." And unless sugar is eaten in moderation, this rule still holds true, for it is a well-known fact that sugar and lime have a remarkable affinity, so that when more sugar is consumed than can be used up in energy, the sugar takes up the soluble lime from the blood, which, in turn, finally takes it from the bones and teeth. Sugar does not act directly on the teeth; it has no effect directly on the enamel, the mischief coming from the inside out.

Sweets other than those planned in balanced menus must be added to the diet with discretion. They should never be eaten in large quantities unless there is a corresponding amount of physical exercise. Usually an abnormal desire for sugar is an indication that the diet is not properly balanced.

## The Two Branches of the Sugar Family

Sugars may be divided into two groups—the sucroses, which include cane sugar, beet sugar, maple sugar, etc., and the glucoses, which include honey, corn syrup, etc. Beet sugar and cane sugar can be used identically in cooking, and there is no evidence for the statement so often made that beet sugar is more injurious to health than the cane. To the chemist they are identical. Neither is there any chemical difference between maple sugar and that derived from the cane or beet. But it contains ethereal substances which give it flavor. It also is rich in vitamins, which is not true of granulated sugar.

Treacle and molasses are by-products resulting from the manufacture of sugar. A general analysis of molasses shows it to consist of forty-seven percent of cane sugar, twenty and four-tenths percent fruit sugar, two and seven-tenths percent salts and twenty-seven and three-tenths percent water, according to Hutchison. Honey is our best syrup; it does not irritate the stomach, because its sugar is in predigested form, ready for immediate assimilation. Honey is very rich in vitamins, and can be safely given to very little children—as well as to the family in general.

## Corn Syrup for Jams and Jellies

Fruit jams and jellies may be described as fruit and fruit juice, preserved in a large amount of sugar. In these, the acids of the fruit, plus the high temperature of the cooking, bring about the conversion of a considerable proportion of the sugar into invert form, and the larger the proportion of sugar inverted, the more digestible the jam. Corn syrup or glucose is also used in making jams and jellies. It is composed of about one-half dextrin and one-half glucose, and is sweet, nutritious and easily digested. In fact, the commission appointed recently by the Mayor of New York for the investigation of high prices brought about by the war, recommended corn syrup most highly as a sugar substitute, not only for jams and jellies, but for all sorts of sweetenings.

## Sugar An Energy Builder

It does not seem much to add a lump of sugar to a cup of coffee or tea, or a spoonful or two to the cereal, but when one realizes that four ordinary lumps of sugar, weighing about five grams each, contain nearly as much carbohydrate as a medium-sized white potato, it is clear that it contributes in no small way to the supply of energy needed. It is said that a pound of butter will yield about twice as much energy as a pound of sugar, but the cost is nearly four times as much, for sugar is cheap food. However, it cannot replace fat in the diet, for it is more rapidly burned up. Guides and explorers and soldiers have long since been familiar with the value of sugar as a stimulant to muscular effort, while athletes are using it more and more during times of stress.

## Amount of Sweets Required Varies with the Seasons

It is almost impossible to state the exact amount of sweets needed daily by each person. As they are heating foods, they should be eaten sparingly in summer and more heartily in winter. The best form in which they can be introduced is as sweetening to tea, coffee and cocoa; jams and jellies, simple, sweet desserts, and the pure candies. It is a common fault to put sugar into everything, from lettuce to baked beans. That not only sets up indigestion, which is too often attributed to other causes, but also destroys the natural flavors of the foods.

## WOMAN'S WORLD CALENDAR COOK BOOK

## Balanced Ration for December

## Tested Menus for One Week

| Days                   | Breakfast   | Luncheon or Supper   | Dinner   |
|------------------------|---|--|--|
| <b>SUNDAY</b> .....    | Oranges<br>Frizzled Beef Baked Potatoes<br>Graham Muffins Butter<br>Coffee (Adults) Milk (Children)                                 | Tomato Rarebit Crackers<br>Bread and Butter Sandwiches<br>Preserves<br>Tea                                       | Roast Lamb Mint Sauce<br>Browned Potatoes Peas<br>Bread and Butter<br>Lettuce and French Dressing<br>Apple Pie<br>Coffee                       |
| <b>MONDAY</b> .....    | Stewed Dried Apricots<br>Flaked Cereal Top Milk<br>Shirred Eggs<br>Toast Butter<br>Coffee (Adults) Milk (Children)                  | White Bean Soup Toasted Crackers<br>Entire Wheat Bread and Butter<br>Apple Pie (Left-over)<br>Cocoa              | Panned Roast Lamb Gravy<br>Baked Potatoes Carrots and Peas<br>Bread and Butter<br>Baked Cabinet Pudding Hard Sauce<br>Coffee                   |
| <b>TUESDAY</b> .....   | Winter Pears<br>Oatmeal Cream or Milk<br>Fried Salt Pork with Cream Gravy<br>Hot Biscuits Butter<br>Coffee (Adults) Milk (Children) | Lamb Broth with<br>Vegetables and Rice<br>Bread and Butter<br>Jelly or Jam<br>Cocoa                              | Spiced Beef Macaroni<br>Spinach Ripe Olives<br>Bread and Butter<br>Apricot Fritters from Dried Fruit<br>Egg Sauce<br>Coffee                    |
| <b>WEDNESDAY</b> ..... | Grapefruit<br>Cornmeal Mush Top Milk<br>Baked Bacon<br>Reheated Rolls Butter<br>Coffee (Adults) Milk (Children)                     | Lamb and Pepper Hash<br>Rolls Butter<br>Diced Bananas<br>Tea   | Onion Soup<br>Nut Croquettes Peanut Sauce<br>Stewed Tomatoes Celery<br>Bread and Butter<br>Molded Spinach Salad<br>Orange and Date Cake Coffee |
| <b>THURSDAY</b> .....  | Cereal Cooked with Dates<br>Eggs Dropped on<br>Graham Bread Toast Butter<br>Coffee (Adults) Milk (Children)                         | Fried Cornmeal Mush with<br>Cheese Sauce<br>Bread and Butter<br>Lettuce French Dressing<br>Baked Custards<br>Tea | Casserole of Chicken and Rice<br>Stewed Tomatoes Celery<br>Bread and Butter<br>Peach, Cream Cheese and<br>Nut Salad<br>Coffee                  |
| <b>FRIDAY</b> .....    | Sliced Oranges<br>Ready-cooked Cereal Top Milk<br>Broiled Ham<br>Rice Muffins Butter<br>Coffee (Adults) Milk (Children)             | French Toast with<br>Veal, Heated and Minced in<br>Tomato<br>Grapes Peanut Cookies<br>Tea                        | Boiled Codfish Parsley Sauce<br>Escalloped Potatoes Lima Beans<br>Bread and Butter<br>Cole-Slaw<br>Grape Juice Sponge Coffee                   |
| <b>SATURDAY</b> .....  | Baked Apples<br>Parsley Omelet<br>Toast or Rolls Butter<br>Coffee (Adults) Milk (Children)  | "Dog" Biscuits<br>Cole-Slaw<br>Assorted Fresh Fruit<br>Peanut Cookies<br>Tea                                     | Tomato Soup<br>Broiled Pork Chops Fried Apples<br>Mashed Potatoes Celery<br>Bread and Butter<br>Fruit Betty Cherry Hard Sauce<br>Coffee        |

## Variations of the Basic Menus for Every Meal of the Month

## Breakfast

For frizzled beef on Sunday substitute creamed oysters, creamed codfish, or any left-over meat—heated in gravy; for the shirred eggs on Monday substitute a baked omelet, poached eggs on brown bread toast, boiled eggs, or potato and egg omelet. For the fried salt pork with cream gravy on Tuesday substitute sausages, liver, or tripe. Instead of bacon on Wednesday use broiled ham, minced meat on toast, or smoked salmon. For the eggs on Thursday substitute shirred eggs, or scrambled eggs with onions. For the broiled ham on Friday substitute fish cakes, hash from left-over meat, or bacon. For the omelet on Saturday substitute an asparagus, tomato, cheese, or raisin omelet.

## Luncheon or Supper

Instead of the tomato rarebit on Sunday substitute creamed crab flakes, plain rare or devilled canned lobster. Instead of the bean soup on Monday substitute soup from left-over baked beans, dried peas, lentils or kidney beans. Instead of the lamb broth on Tuesday use beef broth, cream of salmon soup, or veal broth with barley. On Wednesday use creamed lamb, meat loaf from left-over meat, or meat and potato balls. For the

fried mush on Thursday use coarse cooked hominy or samp, baked cheese pudding, or potato and cheese croquettes. For the French toast on Friday substitute griddle cakes or waffles with creamed dried beef, bacon, or sausages. For the "dog biscuits" on Saturday use a sausage and potato loaf, toasted devilled ham sandwiches, or escalloped potato with sausage meat.

## Dinner

To reduce the bills, substitute roast breast of lamb or veal for roast lamb; casserole or beef for spiced beef, which would be made from the round; casserole of lamb or beef instead of chicken and rice; fish cakes or escalloped tuna fish for boiled codfish; and Hamburg steak or lamb stew for broiled pork chops.

As to desserts, any of the following may be used to advantage:

Orange shortcake; popovers filled with canned fruit and served with marshmallow sauce; chocolate bread pudding; apple or banana fritters; apple sauce cake; cottage pudding; orange and date salad; cherry Spanish cream; caramel coffee jelly; escalloped apples with raisins; bananas with lemon juice and sugar.



# Tested Menus for December

Nutrition and Economy



*A Festive Christmas Cake*

## A Christmas Cake

- |                            |                               |
|----------------------------|-------------------------------|
| 3 cups flour               | 1½ cups raisins               |
| 1 teaspoon soda            | ½ cup chopped walnut meats    |
| ¼ teaspoon ground nutmeg   | 2 cups light brown sugar      |
| 1 teaspoon ground cinnamon | 4 eggs                        |
| ½ teaspoon ground cloves   | 1 cup sour milk               |
| ¼ teaspoon salt            | 1 cup butter or vegetable fat |

**SIFT** together flour, soda, spices and salt, and stir in raisins and nut-meats until well coated; beat shortening to a cream, adding gradually sugar and eggs, beaten light. To this add flour mixture alternately with sour milk, transfer to oiled, round pan and bake in moderate oven, 350° F., about fifty minutes. When cold, cover with plain white icing and decorate with rows of whole raisins and halved walnut meats, as illustrated.

## Diced Rutabaga Turnips

**PARE** a large yellow turnip, cut into small dice and boil in salted water until tender. Season well with salt, pepper and butter, margarine or bacon fat.

## Steamed Plum Pudding

- |  |  |
|--|--|
| 1 cup chopped beef suet                    | ¼ teaspoon salt                                |
| ¾ cup currants                             | ¾ cup sugar                                    |
| ¾ cup seeded raisins                       | 1 cup stale bread crumbs                       |
| ½ teaspoon ground cinnamon                 | 4 eggs   |
| 1 teaspoon cloves, nutmeg and ginger mixed | ¼ cup grape juice                              |
| ½ cup entire wheat flour                   | The grated rind of one lemon                   |
|  | ½ cup candied orange peel or citron cut finely |

**CHOP** suet, add the fruit, then spices, flour, salt, sugar and bread crumbs. Add the eggs, beaten, and the grape juice and lemon rind. Turn

*Steamed Plum Pudding with Cherry Hard Sauce*





# Tested Recipes for December

Nutrition and Economy



*Nut Croquettes with Peanut Sauce*

into a well oiled mold or bowl, cover and steam five hours.

## Cherry Hard Sauce

- |                             |  |
|-----------------------------|--|
| 4 tablespoons butter        | ¼ cup crystallized cherries coarsely chopped |
| 1 cup powdered sugar        | ½ teaspoon vanilla or almond extract         |
| 2 tablespoons boiling water |  |

**BEAT** the butter until creamy, add half of sugar and one tablespoon of boiling water. Beat again, then add remaining sugar and water and continue beating until sauce is light. Stir in cherries and flavoring and set aside to become firm.

## Raisin Puffs

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| 1 tablespoon butter or vegetable fat | ½ teaspoon cinnamon and nutmeg mixed |
| ½ cup sugar                          | ½ teaspoon salt                      |
| 1 egg                                | ¼ cup chopped raisins                |
| 1½ cups flour                        | ½ cup milk                           |
| 2 teaspoons baking powder            |                                      |

**CREAM** shortening and sugar, beat egg slightly and add it a little at a time. Add flour, baking powder, spices and salt which have been sifted together, next raisins, and moisten with milk. Half fill small oiled cups with batter and steam three-quarters of an hour. Serve with any desired sauce.

## Nut and Rice Croquettes

- |  |                    |
|--|--------------------|
| ½ cup thick White Sauce                              | ½ teaspoon salt    |
| ½ cup finely-ground nuts, any kind, or peanut butter | ½ teaspoon paprika |
| 1½ cups cooked rice                                  | Egg                |
|  | Bread crumbs       |

**WORK** into sauce the nuts or peanut butter, rice and seasoning. When thoroughly blended, spread three-quarters inch thick on plate and set aside to cool. Divide into six or eight portions and form into either cork or cone shapes. Dip each in slightly beaten egg to which a tablespoon of water has been added, then roll in stale bread crumbs or crushed vermicelli or shredded wheat crumbs. Fry golden brown in hot fat, drain on crumpled white paper and serve with Peanut Cream Sauce made by adding one-half cup finely chopped peanuts and a few drops of lemon juice to one cup thin White Sauce.

## Turkey, Chicken or Ham Salad Sandwiches

**SLICE** white or rye bread one-fourth inch thick, then lightly butter it. Lay lettuce leaves on

half of the slices, spread with Russian Dressing, lay on some thinly sliced meat, and top with the remaining slices, cut in triangular pieces.

## Candied Orange or Grapefruit Peel

**CUT** orange or grape fruit peel in long strips a fourth of an inch wide, place in a saucepan, cover with cold water and bring to boiling point. Drain off this liquid and repeat three times. Then pack the orange peel into a measuring cup, return to the saucepan with as much sugar as there is peel and enough boiling water to almost cover. Simmer until the peel begins to look translucent and is very tender, when the liquid should be almost entirely gone. Drain, then roll in granulated sugar.

## Hamburg Casserole

- |                          |  |
|--------------------------|--|
| 3 cups canned tomatoes   | ¾ pound Hamburg steak                    |
| 1 teaspoon salt          | 3 minced onions                          |
| ¼ teaspoon pepper        | 1 cup grated American or Parmesan cheese |
| 1 teaspoon sugar         |  |
| ½ pound macaroni, boiled |  |

**SEASON** the tomatoes with the salt, pepper and sugar. If very liquid strain off part of juice. Thoroughly oil a baking dish, put in a layer of cooked macaroni, then one of tomatoes, and a thin layer of meat to which onion has been added. Sprinkle with a very little cheese, and continue in this way until all ingredients have been used. Cover with remaining cheese, and bake in moderate oven—350° F.—for an hour.

## Caramel Ice Cream

- |                            |  |
|----------------------------|--|
| 1 cup sugar                | 2 egg yolks                                    |
| 3 cups milk                | ¾ cup heavy cream or undiluted evaporated milk |
| 1½ tablespoons corn-starch | 1 teaspoon vanilla                             |
| ½ teaspoon salt            |  |

**CARAMELIZE** half sugar. Scald milk, combine it with caramel and cook until caramel is melted. Mix together remaining sugar, corn-starch and salt, pour boiling milk over them, strain into double boiler and cook fifteen minutes stirring occasionally. Beat egg yolks, add them to mixture in the boiler, stir and cook for a further two minutes. Cool, then add cream or evaporated milk and flavoring and freeze in three parts ice to one of salt.

# Tested Recipes for December

All Measurements Are Level

## Fried Salt Pork with Cream Gravy

$\frac{3}{4}$  pound salt pork       $1\frac{1}{2}$  cups milk  
2 tablespoons flour     $\frac{1}{2}$  teaspoon butter or  
A little dry mustard, if    vegetable fat  
desired

**CUT** pork into slices and fry golden brown. Drain and pour off all fat except two tablespoons. Add to this flour, butter and mustard, if used. Blend smoothly and add milk slowly as for White Sauce. Pour over pork and serve with Griddle Cakes or on Toast.

## Apricot Fritters from Dried Fruit

$\frac{1}{4}$  teaspoon salt       $\frac{1}{2}$  teaspoon melted short-  
1 cup flour            ening  
 $\frac{3}{4}$  cup water and fruit     $1\frac{1}{2}$  cups stewed dried ap-  
juice mixed               ricots  
2 eggs

**MIX** salt and flour and add the water and apricot juice. Stir in egg yolks beaten till lemon colored; add the melted fat and the egg whites beaten stiff. Add the apricots, cover with batter and drop one at a time in deep fat hot enough to brown a bit of bread in a minute. Drain on crumpled, unglazed paper and dust with powdered sugar.

## Molded Spinach Salad

1 pint cooked spinach    Dash nutmeg  
 $\frac{3}{4}$  teaspoon salt            Salad green  
 $\frac{1}{2}$  teaspoon pepper       1 hard-cooked egg  
1 tablespoon lemon juice   Mayonnaise

**CHOP** spinach fine and drain thoroughly. Season, add lemon juice and nutmeg, pack into small cups which have been wet with cold water and set aside to chill. Turn out and garnish with lettuce or water-cress, the egg finely chopped, and Mayonnaise.

## Cream Cookies

2 eggs       $\frac{1}{4}$  teaspoon baking soda  
1 cup sugar    1 tablespoon water  
 $\frac{1}{2}$  teaspoon salt    3 cups flour  
 $\frac{3}{4}$  cup sour cream    Raisins

**BEAT** eggs and sugar until light, add salt, then cream to which soda, dissolved in water, has been added. Sift and add flour. When well mixed turn onto a floured board, roll out a quarter of an inch thick, and cut out with a fancy cutter, lay on an oiled pan and put a seeded raisin in center of each. Bake about fifteen minutes in moderate oven— $350^{\circ}$  F.

## Peanut Cookies

$\frac{3}{4}$  cup sugar       $1\frac{1}{2}$  cups pastry flour  
 $\frac{1}{2}$  cup butter or vegeta-     $\frac{1}{2}$  teaspoon salt  
ble fat                $1\frac{1}{2}$  teaspoons baking  
1 egg               powder  
3 tablespoons milk     $1\frac{1}{2}$  cups chopped peanuts

**CREAM** together sugar and shortening, add egg, well beaten, and milk. Sift flour, salt and baking powder and add with one cup chopped peanuts. Beat all thoroughly and drop by teaspoons onto oiled baking pan about three inches apart, to allow for spreading. Sprinkle remaining nuts over cookies and bake ten to fifteen minutes in moderate oven— $350^{\circ}$  F.

## Cranberry-, Raspberry- or Currant-ade

1 pint cranberries, rasp-    3 cups boiling water  
berries or currants       The juice of two lemons  
1 cup sugar

**WASH** cranberries and cook with two cups of water until they burst; cool, strain and add lemon juice and sugar which has been dissolved in remaining cup of water. At serving time dilute

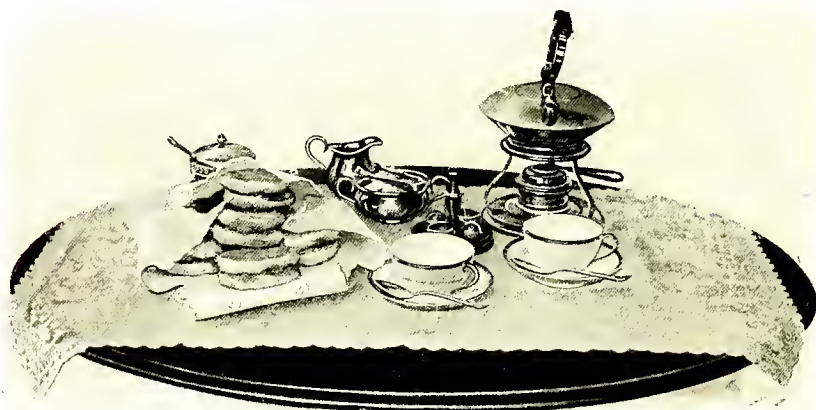
Table Set for Christmas Dinner with Dessert Course in Position





# Tested Recipes for December

Nutrition and Economy



## Afternoon Tea

*English Muffins with Apple Orange Marmalade*

*Tea Served from a Samovar*

with ice water to desired strength, pour into glasses, garnish with slices of lemon and sprigs of mint, if obtainable.

### Butterscotch Pie

- |                                   |  |
|-----------------------------------|--|
| 2 tablespoons granulated sugar    | $\frac{1}{4}$ cup cold water                     |
| $1\frac{1}{2}$ cups boiling water | $1\frac{1}{2}$ teaspoons butter or vegetable fat |
| $1\frac{1}{2}$ cups brown sugar   | 3 eggs   |
| $\frac{1}{4}$ teaspoon salt       | Pastry shell                                     |
| $\frac{1}{4}$ cup cornstarch      | $\frac{1}{2}$ teaspoon vanilla                   |

**C**ARAMELIZE granulated sugar, add the boiling water and brown sugar and cook five minutes. Then add the salt and cornstarch which has been moistened with the cold water. Stir constantly until the mixture thickens, put in butter, cool slightly and add the beaten egg yolks. Pour into a pastry shell which has been baked over an inverted pie plate, and if possible cover with a meringue made of egg whites beaten with three tablespoons of powdered sugar, and bake ten minutes in a slow oven— $325^{\circ}$  F.

### Boston Brown Bread

- |                            |                                  |
|----------------------------|----------------------------------|
| $\frac{3}{4}$ cup molasses | 1 teaspoon salt                  |
| 2 cups buttermilk          | 1 cup raisins (optional)         |
| 1 teaspoon baking soda     | 1 cup whole wheat or graham meal |
| 2 cups cornmeal            |                                  |
| 1 cup rye meal             |                                  |

**STIR** together molasses and buttermilk, add soda dissolved in a little hot water and then beat in cornmeal, rye meal and salt stirred together. Lastly add raisins with whole wheat or graham meal, beat well, transfer to a three pound pail, well-oiled, cover and steam five hours.

### English Muffins

- |                     |  |
|---------------------|--|
| 1 yeast cake        | 4 tablespoons melted butter or vegetable fat |
| 1 cup tepid water   | 1 cup milk, scalded and cooled               |
| 1 teaspoon salt     | 6 cups sifted flour                          |
| 2 tablespoons sugar |  |

**SOFTEN** yeast in water, add with salt, sugar and shortening to milk, sift in half of flour and beat until smooth. Add remaining flour, or

enough to make a soft, pliable dough. Knead until elastic, cover the bowl with a cloth and set aside in a warm place to rise for about two hours when dough should have doubled its bulk. Divide into twelve portions, roll or pat out with the hand until round and about three-quarters of an inch thick. Let rise again until light, and bake on a hot ungreased griddle, preferably in muffin rings. As they brown, move to a cooler part of griddle so they will cook more gently. Split and butter, or if all are not used at once, split, toast and butter.

### Grilled Sardines in Chafing Dish

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1 can large sardines              | $\frac{1}{4}$ teaspoon salt    |
| 1 tablespoon Worcestershire sauce | $\frac{1}{4}$ teaspoon paprika |
| 1 tablespoon lemon juice          | 2 tablespoons butter or oil    |

**DRAIN** and scrape skin from sardines. Lay them on a plate and pour over them lemon juice, Worcestershire Sauce, salt and paprika which have been mixed together. Allow them to remain in this mixture two hours, turning them once or twice. Melt butter or oil in chafing dish pan and when thoroughly hot, lay sardines in it and brown delicately. Have ready strips of toasted bread, lay one sardine on each, garnish with parsley and sections of lemon.

### Bisque of Fish

- |                                   |   |
|-----------------------------------|---|
| 3 cups fish stock                 | 1 tablespoon chopped parsley                      |
| 2 tablespoons butter or bacon fat | $1\frac{1}{2}$ cups cold cooked whitefish, minced |
| 1 tablespoon minced onion         | $\frac{1}{2}$ teaspoon salt                       |
| 2 tablespoons flour               | Few grains pepper                                 |
| 1 pint milk                       |   |

**BOIL** the bones and trimmings of the fish in two cups of water for twenty minutes, to make the stock. Melt the butter, add the onion and cook until yellow. Then add the flour and stir until smooth. Pour in the milk slowly, stirring continuously and when boiling add the salt, fish and stock. Simmer twenty minutes, and add parsley just before serving.





## WOMAN'S WORLD CALENDAR COOK BOOK

# The Range and Its Operation

### A Discussion of the Different Types

**A** LITTLE thought and care will result in materially reducing the cost of cooking by gas. For instance, a steam cooker which operates over one burner makes it possible to cook two or three things at one time, and even without a steam cooker one can still do this by the use of double and triple saucepans, all of which can be placed over one burner.

The newest style of gas range has a solid top like that of a coal range, the heat from each burner radiating so that a large surface of the stove top around it is heated, and this materially reduces the gas bill, because two or three things can be cooking by this radiated heat.

There are three sizes of burners on almost all gas ranges:

- A—The simmerer.
- B—The regular-sized burner.
- C—The giant burner.

The simmerer is actually used less than any other burner, whereas it should be the hardest worked, for its heat is quite enough to carry on cooking operations after the boiling point has been reached. The giant burner should be employed only when very large cooking utensils are being used.

Most gas-range directions instruct us to make toast on the broiling burner of the oven, but why use this large burner when the toast can be just as well made on a gas toaster placed over one of the top burners, which use only about one-fourth as much gas as the boiling burner? Gas can also be saved by boiling only just as much water in the tea kettle as will be actually needed. In other words, do not boil two quarts when only two cupsful are needed.

Be sure that the mixer is properly regulated, so that enough air is burned with the gas to give a blue flame and not a red one. The latter wastes gas, soils the pans and gives off less heat than the blue flame.

### The Coal Range

To get the best results from a coal range it is necessary to understand thoroughly its drafts and mechanism. A little practice will soon show you how to adjust these so as to economize on fuel.

In no part of one's housekeeping is proper planning of greater value than in connection with the range, whether it be gas or coal. On ironing day, when a hot fire is needed to heat the irons, plan an oven meal of the kind

which needs little actual attention—Baked Potatoes, Poor Man's Rice Pudding or some Casserole dish. Then, on your regular baking day, plan for further baked dishes which can be held over for a subsequent day's meals, because the same heat which will bake your pie will also bake potatoes, or will cook the cereal.

As far as the care of the coal range is concerned, there are only two things which must be given serious consideration:

- A—Keep a clear fire by shaking down the greater part of the burned-out ashes which collect in the lower part of the grate, that the air may circulate freely, making the coals glow and give off their stored-up power.
- B—Keep the flues clean and clear of soot and dust, for if these are not kept clean you cannot have proper heat in the oven.

### The Kerosene Stove

A kerosene stove is invaluable, especially for Summer use, where gas or electricity are not available. It is sometimes stated that oil is a dangerous form of fuel to use. All fire is dangerous unless intelligently handled, and there is no more reason for banishing an oil stove than any other stove.

A three-burner oil stove with a portable oven will do the necessary cooking for a small family. Give it the same care that you would give to oil lamps. See that the oil tank is properly filled, that the wicks are trimmed, that they are long enough to reach properly into the oil, and be careful that the saucepans placed on the oil stove are not over-filled so that there is no danger of boiling over.

Baking can be done just as thoroughly with oil as with any other fuel. In baking, use the upper shelf of the oven as much as possible, especially in the baking of pies with an under crust, because if baked too close to the flame the under crust may become overdone before the top and filling are cooked.

### Oven Temperatures

In baking with any form of fuel—electricity, gas, coal or oil—remember that more food is spoiled by too much heat than by too little.

Accustom yourself to the use of an oven thermometer. It is inexpensive, and it does give a feeling of assurance.

- A very slow oven, 250° to 300° F.
- A moderate oven, 325° to 350° F.
- A hot oven, 350° to 375° F.
- A very hot oven, 375° to 450° F.

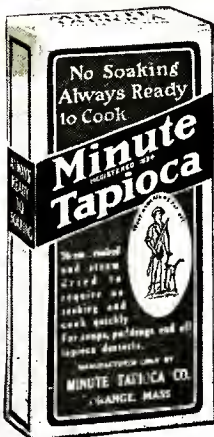


**Minute Tapioca Cream**

Scald 2 cups milk in double boiler. Add  $1\frac{1}{2}$  heaping tablespoonfuls of Minute Tapioca; cook 15 minutes. Beat yolks and whites of 2 eggs separately. Divide  $\frac{2}{3}$  cup sugar, putting  $\frac{1}{2}$  in the milk; add the rest to yolks with  $\frac{1}{4}$  teaspoonful salt. Pour hot mixture slowly into yolks; mix well. Cook in double boiler till thick. Flavor with vanilla; pour into pudding dish. Cover with stiffly beaten whites of eggs and brown in oven. Serve cold.

# Minute Tapioca

## Serve it Often



**M**INUTE Tapioca Cream continues to be the chief favorite among desserts. Easy to make, it is a time-saver for the busy housewife. Easy to digest, it is good for children and grown-ups. Served once a week, it will help keep your family well nourished and happy.

Minute Tapioca may be thoroughly cooked in fifteen minutes. It requires no soaking. Be sure that the familiar red and blue package is always on your pantry shelf.

Minute Gelatine always jells—it is measured for use. It, too, comes in a red and blue package which is easily identified on your grocer's counter.

*The Minute Cook Book has many receipts for the use of Minute Tapioca and Minute Gelatine. We shall gladly send it to you on request.*

**MINUTE TAPIOCA CO., 123 W. Jefferson St., Orange, Mass.**

*Makers of Minute Tapioca, Minute Gelatine, and Star Brand Pearl Tapioca*





## WOMAN'S WORLD CALENDAR COOK BOOK

## INDEX TO RECIPES

## Beverages

|   |    |
|---|----|
| Cranberry, Currant and Raspberry Ade... | 89 |
| French Cocoa .....                      | 48 |
| Grape Juice and Orange Mint Julep ..... | 53 |
| Hot Spiced Grape Juice .....            | 21 |
| Iced Coffee with Orange .....           | 53 |
| Strawberry Fruit Cup .....              | 47 |

## Bread, Waffles and Muffins

|   |    |
|---|----|
| Afternoon Tea Biscuits .....            | 73 |
| Baking Powder Biscuits .....            | 81 |
| Boston Brown Bread .....                | 90 |
| Braided Coffee Cake .....               | 67 |
| Bran Bread 46, Rice Muffins .....       | 64 |
| Cinnamon Toast .....                    | 33 |
| "Dog Biscuits" .....                    | 15 |
| Doughnuts .....                         | 70 |
| English Muffins .....                   | 90 |
| Entire Wheat Bread .....                | 82 |
| Graham Muffins .....                    | 62 |
| Griddle Scones .....                    | 63 |
| Individual Orange Short Cake .....      | 32 |
| Nut Muffins .....                       | 68 |
| Old-Fashioned Ginger Bread .....        | 31 |
| Parkerhouse Rolls and Patti Bread ..... | 39 |
| Quick Corn Fritters .....               | 11 |
| Quick Graham Bread .....                | 55 |
| Quick Nut Bread .....                   | 42 |
| Raised Raisin Bread .....               | 22 |
| Raisin Griddle Cakes .....              | 81 |
| Sally Lunn .....                        | 69 |
| Spoon Bread .....                       | 61 |
| Waffles .....                           | 24 |

## Cakes—Large

|                                |    |
|--------------------------------|----|
| Apple Cake .....               | 14 |
| Apple Sauce Cake .....         | 15 |
| Christmas Cake .....           | 87 |
| Coconut Marshmallow Cake ..... | 48 |
| Fudge Cake .....               | 82 |
| Fudge Mocha Cake .....         | 75 |
| Orange and Date Cake .....     | 23 |
| Orange Sponge Cake .....       | 17 |
| Pound Cake .....               | 16 |
| Prune Almond Cake .....        | 42 |
| White Layer Cake .....         | 32 |

## Cakes—Small

|   |    |
|---|----|
| Bran Cookies .....                      | 67 |
| Cinnamon and Nut Fingers .....          | 83 |
| Cream Cookies and Peanut Cookies .....  | 89 |
| Fudge Brownies .....                    | 46 |
| Hermits .....                           | 17 |
| Iced Sponge Cakes and Nut Cookies ..... | 83 |
| Molasses Drop Cookies .....             | 21 |
| Oatmeal Cookies .....                   | 47 |
| Sponge Cup Cakes .....                  | 61 |

|             |               |
|-------------|---------------|
| Candy ..... | 88, 26 and 27 |
|-------------|---------------|

## Cereals

|                              |    |
|------------------------------|----|
| Baked Rice Omelet .....      | 64 |
| Fried Cornmeal Mush .....    | 73 |
| Oatmeal Cooked in Milk ..... | 63 |
| Polenta .....                | 69 |

## Cheese Dishes

|  |    |
|--|----|
| Cheese and Potato Croquettes .....             | 14 |
| Cheese Crackers .....                          | 73 |
| Cheese Straws .....                            | 53 |
| Macaroni in Cheese Sauce .....                 | 9  |
| Potato and Cheese Casserole .....              | 82 |
| Rice and Tomato au Gratin .....                | 24 |
| Salt Codfish with Shirred Eggs au Gratin ..... | 31 |
| Savory Cheese Custard .....                    | 47 |
| Savory Cottage Cheese Salad .....              | 33 |
| Welsh Rarebit .....                            | 9  |

## Desserts

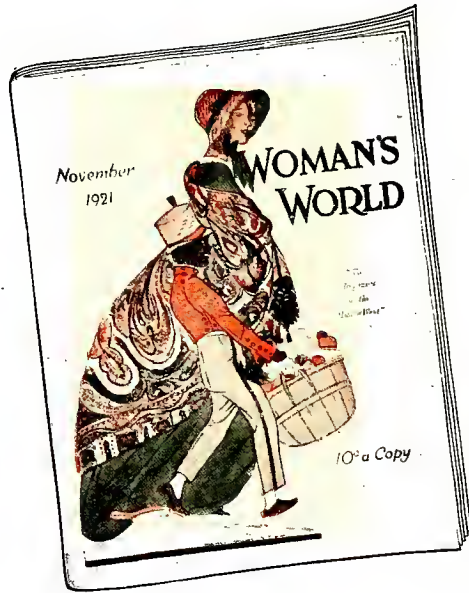
|   |    |
|---|----|
| Baked Fruit Pudding .....                           | 33 |
| Baked Indian Pudding .....                          | 67 |
| Blackberry or Raspberry Pudding .....               | 56 |
| Boiled Rice with Raisins .....                      | 41 |
| Caramel Coffee Jelly with Cream .....               | 74 |
| Caramel Ice Cream .....                             | 88 |
| Charlotte Russe .....                               | 40 |
| Cherry Spanish Cream .....                          | 15 |
| Chocolate Bread Custard Pudding .....               | 32 |
| Chocolate Marshmallow Pudding .....                 | 21 |
| Cocoa Tapioca Cream .....                           | 81 |
| Cranberry Ice .....                                 | 73 |
| Deep Dish Prune Pie .....                           | 23 |
| Floating Prune Whip .....                           | 74 |
| Frozen Fruit Cream .....                            | 63 |
| Fruit Betty .....                                   | 64 |
| Grape Juice Tapioca .....                           | 11 |
| Maple Bavarian Cream .....                          | 17 |
| Molded Coffee Tapioca .....                         | 55 |
| Molded Cranberry Jelly .....                        | 16 |
| Orange and Date Ice .....                           | 69 |
| Peach Cobbler .....                                 | 68 |
| Prune Custard .....                                 | 33 |
| Raisin Puffs .....                                  | 88 |
| Raspberry Sherbet .....                             | 45 |
| Rice Cooked in Apricot Juice .....                  | 11 |
| Steamed Dried Peach Roll .....                      | 22 |
| Steamed Ginger Pudding .....                        | 41 |
| Steamed Plum Pudding .....                          | 87 |
| Strawberry Cornstarch Pudding .....                 | 31 |
| Strawberry Mousse .....                             | 42 |
| Strawberry, Raspberry or Peach Bavarian Cream ..... | 54 |
| Strawberry Tapioca .....                            | 41 |
| Yorkshire Pudding .....                             | 40 |

## Eggs

|                                    |    |
|------------------------------------|----|
| "Eggs of Provence" .....           | 75 |
| Eggs Shirred on Creamed Ham .....  | 64 |
| Poached Eggs in Rice Nests .....   | 45 |
| Scrambled Eggs with Eggplant ..... | 55 |
| Scrambled Onions and Eggs .....    | 24 |

(Continued on page 95)





**Fiction**  
**Needlework**  
**Domestic Science**  
**Fashions**

**Published Monthly**  
**1,000,000**  
**Paid-in-advance**  
**Subscribers**

# Woman's World of Chicago

*The Magazine of the Middle West*

**Balanced Reading for the Entire Family**

**DOMESTIC SCIENCE**—Mrs. Ida Bailey Allen writes exclusively for Woman's World. Her monthly articles and recipes founded on Nutrition and Economy are attracting nation-wide attention.

**NEEDLEWORK**—The beauty and originality of Woman's World needlework commend it to all needlework lovers. Woman's World shows more needlework in colors than any other magazine.

**FICTION**—Woman's World stories are clean and wholesome—free from sordidness and questionable morality. During the year there will be three book length novels and more than fifty brilliant short stories.

**FASHIONS**—Suitability, style and economy characterize all Woman's World fashions. The famous Peerless patterns are shown exclusively in Woman's World.

## **Authors and Artists Whose Work Appears in Woman's World**

Frank Crane  
 Katharine Reynolds  
 Alice Garland Steele  
 William Dudley Pelley  
 Madeleine Sharps Buchanan  
 Ellis Parker Butler  
 Alma and Paul Ellerbe  
 Louise Platt Hauck  
 Alma Boise Holland  
 Jean M. Thompson

Maginel Wright Enright  
 Victor C. Anderson  
 Hanson Booth  
 J. Henry Bracker  
 Frank Snapp  
 J. Clinton Shepherd  
 William Hottinger  
 Charles Livingston Bull  
 Thornton D. Skidmore  
 W. V. Chambers

## **Woman's World Neighborhood Club Extends an Opportunity to You**

Through our liberal Neighborhood Club plan, hundreds of women are turning their spare moments into money.

If you have a few moments every day or week let us show you how easily and pleasantly you can turn them to account.

May we send you more information? No obligation, just mail the blank below.

*Woman's World is a bright, wholesome magazine for every member of the family—instructive, inspirational, progressive*

### **NEIGHBORHOOD CLUB INQUIRY BLANK**

**WOMAN'S WORLD,**  
 107 S. Clinton St., Chicago, Ill.

Please give me full details of your Neighborhood Club plan. It is understood this does not obligate me in any way.

Name \_\_\_\_\_

Full Address \_\_\_\_\_

*When you introduce Woman's World to a friend you perform a triple service—to yourself, your friend and to us*

## INDEX TO RECIPES (Continued from page 93)

**Fish and Oysters**

|  |    |
|--|----|
| Baked Stuffed Fish .....                       | 10 |
| Boiled Salmon with Tomato Cream Sauce .....    | 63 |
| Escalloped Finnan Haddie with Egg .....        | 68 |
| Escalloped Oysters with Spaghetti .....        | 9  |
| Grilled Sardines in Chafing Dish .....         | 90 |
| Grilled Sardines on Toast .....                | 40 |
| Oven Cooked Fish with Onion and Tomato .....   | 45 |
| Salt Codfish with Shirred Eggs au Gratin ..... | 31 |
| Salt Mackerel in Milk .....                    | 82 |
| Tuna Fish with Creamed Sauce and Rice .....    | 33 |

**Frostings and Icings**

|  |    |
|--|----|
| Apple Whip Frosting .....  | 16 |
| Coconut Marshmallow Frosting .....   | 48 |
| Filling and Frosting for Orange and Date Cake (also Chocolate and Coconut) ..... | 23 |
| Icing for Sponge Cakes .....   | 83 |
| Mocha Frosting .....   | 75 |
| Prune Almond Filling .....   | 42 |

**Fruits**

|   |    |
|---|----|
| Apples on a Stick .....                       | 73 |
| Apricot Fritters from Dried Fruit .....       | 89 |
| Baked Rhubarb with Raisins .....              | 31 |
| Coddled Apples or Pears .....                 | 70 |
| Cranberry Conserve .....                      | 81 |
| Jellied Canned Peaches .....                  | 84 |
| Noodles with Stewed Prunes and Apricots ..... | 76 |
| Orange Mint Cocktail .....                    | 32 |
| Pineapple, with Lemon Juice and Sugar .....   | 62 |
| Sliced Oranges .....                          | 32 |
| Steamed Fruit with Dumplings .....            | 63 |
| Strawberry Fruit Cocktail .....               | 47 |
| Stuffed Baked Apples and Marmalade .....      | 15 |

**Meats**

|   |    |
|---|----|
| Baked Beef with Tomatoes .....            | 39 |
| Baked Chicken Maryland .....              | 10 |
| Baked Virginia Ham .....                  | 84 |
| Broiled Cooked Ham .....                  | 21 |
| Casserole of Chicken and Rice .....       | 24 |
| Chicken, Salmon or Tuna Croquettes .....  | 9  |
| Fricassee Chicken .....                   | 42 |
| Fried Salt Pork with Cream Gravy .....    | 89 |
| Hamburg Casserole .....                   | 88 |
| Jellied Chicken and Vegetable Loaf .....  | 56 |
| Lamb Terrapin .....                       | 64 |
| Meat Loaf .....                           | 11 |
| Pork Spare-ribs with Dressing .....       | 14 |
| Pot Roast of Veal .....                   | 46 |
| Pressed Veal Loaf .....                   | 54 |
| Savory Beef Rolls .....                   | 68 |
| Smoked Pork Tenderloin with Spinach ..... | 74 |
| Spiced Beef with Noodles .....            | 21 |
| Veal and Ham Loaf .....                   | 41 |
| Veal Chops (Italian style) .....          | 34 |

**Nuts**

|                               |    |
|-------------------------------|----|
| Nut and Potato Balls .....    | 8  |
| Nut and Rice Croquettes ..... | 88 |
| Nut loaf .....                | 62 |
| Peanut Canapes .....          | 41 |

**Pastry**

|                               |    |
|-------------------------------|----|
| Butter Scotch Pie .....       | 90 |
| Cottage Puffs .....           | 54 |
| Cream Puffs and Filling ..... | 70 |
| Dumplings .....               | 63 |
| Little Cream Tarts .....      | 14 |
| Pumpkin Custard Pie .....     | 74 |
| Rich Short Pie Crust .....    | 23 |
| Uncooked Fruit Pie .....      | 56 |
| Upside-down Fruit Pies .....  | 9  |

**Pickles and Relishes**

|  |    |
|--|----|
| Beet Relish .....                        | 47 |
| Cucumber Sweet Pickles .....             | 74 |
| Spiced Prunes, Apricots or Peaches ..... | 40 |

**Salad and Salad Dressings**

|                                       |    |
|---------------------------------------|----|
| Banana Salad .....                    | 81 |
| Beet and Egg Salad .....              | 47 |
| Beet Cups with Horseradish Slaw ..... | 14 |
| Celeriac or Potato Salad .....        | 11 |

|                                    |    |
|------------------------------------|----|
| Chili Salad Dressing .....         | 33 |
| Chili Mayonnaise, Cole-Slaw .....  | 61 |
| Currant Jelly Salad Dressing ..... | 81 |
| Dairy Cheese Salad .....           | 55 |
| Evaporated Milk Mayonnaise .....   | 39 |
| French Fruit Dressing .....        | 62 |
| Jellied Cabbage Salad .....        | 41 |
| Jellied Salmon Mayonnaise .....    | 22 |
| Jellied Waldorf Salad .....        | 14 |
| Lettuce Dressed at the Table ..... | 53 |
| Mixed Fruit Salad Jellied .....    | 46 |
| Molded Spinach Salad .....         | 89 |
| Nut Mayonnaise .....               | 53 |
| Peach and Pear Salad .....         | 62 |
| Peanut Butter Ball Salad .....     | 11 |
| Potato and Egg Salad .....         | 61 |
| Savory Cottage Cheese Salad .....  | 33 |
| Savory Salad Dressing .....        | 42 |
| Savory Tomato Jelly Salad .....    | 76 |
| Stuffed Egg Salad .....            | 39 |
| Tomato and Lima Bean Salad .....   | 68 |

**Sandwiches**

|   |               |
|---|---------------|
| Cheese and Lettuce Salad Sandwiches .....     | 73            |
| Cucumber Sandwiches .....                     | 64            |
| Peanut Butter Salad Sandwiches .....          | 55            |
| Toasted Cheese Sandwiches .....               | 31 and 84     |
| Turkey, Chicken or Ham Salad Sandwiches ..... | 10, 84 and 88 |

**Sauce**

|                               |    |
|-------------------------------|----|
| Cherry Hard Sauce .....       | 38 |
| Cinnamon Hard Sauce .....     | 41 |
| Creole Sauce .....            | 75 |
| Foamy Egg Sauce .....         | 22 |
| Hollandaise Sauce .....       | 39 |
| Horseradish Brown Sauce ..... | 74 |
| Norwegian Sauce .....         | 54 |
| Peanut Cream Sauce .....      | 62 |
| Rich Cocoa Sauce .....        | 54 |
| White Sauce .....             | 16 |

**Soup**

|                                    |    |
|------------------------------------|----|
| Baked Bean Soup .....              | 9  |
| Bisque of Fish .....               | 90 |
| Clear Macaroni Soup .....          | 73 |
| Corn Chowder .....                 | 17 |
| Cream of Asparagus Soup .....      | 31 |
| Cream of Celery Soup .....         | 82 |
| Cream of Lettuce Soup .....        | 48 |
| Cream of Lima Bean Chowder .....   | 73 |
| Peanut Butter Soup .....           | 75 |
| Substantial Cabbage Soup .....     | 22 |
| Thick Pea Soup with Croutons ..... | 76 |
| Tomato Cream Stew .....            | 17 |

**Vegetables**

|  |    |
|--|----|
| Asparagus Omelet .....                   | 33 |
| A Vegetable Meal .....                   | 56 |
| Baked Beans with Chili Sauce .....       | 8  |
| Baked French Potatoes .....              | 14 |
| Baked Stuffed Tomatoes .....             | 54 |
| Baked Winter Squash .....                | 82 |
| Beet Noodles (Italian Recipe) .....      | 48 |
| Broiled, Devilled Tomatoes .....         | 54 |
| Buttered Beets with Lemon Juice .....    | 46 |
| Canned Corn Custard .....                | 40 |
| Cauliflower with Hollandaise Sauce ..... | 67 |
| Creamed Cucumbers .....                  | 55 |
| Creamed Potatoes with Sausage .....      | 15 |
| Creamed Young Onions on Toast .....      | 32 |
| Diced Rutabaga Turnips .....             | 87 |
| Escalloped String Beans .....            | 75 |
| Flemish Carrots .....                    | 34 |
| "Lady" Cabbage .....                     | 62 |
| New Potatoes en Casserole .....          | 61 |
| Onions Supreme .....                     | 8  |
| Potato Pancakes .....                    | 39 |
| Radish Roses .....                       | 53 |
| Sauted Corn with Green Peppers .....     | 69 |
| Southern Puffed Sweet Potatoes .....     | 15 |
| Stewed Eggplant and Tomatoes .....       | 69 |
| Sweet Potato Nut Loaf and others .....   | 21 |



## Setting the Table for an Informal Dinner

**T**HE menu should be thought out some time ahead, in order to have it delicious, easily prepared and simple to serve. Like everything else that is well done, the success of the maidless company dinner, luncheon or supper, depends upon forehandedness.

In just what way would one go about preparing and serving a company dinner menu without extra assistance? Assuming that the brunt of the weekly cleaning was completed two days before the affair, the actual preceding day's work could be simplified—the extra time being given over to the preparation of a generous part of the dinner itself.

If much of the actual cookery has been done the day before, there will be ample time on the day itself to set and decorate the table.

For a dinner, it is customary to use a full-sized tablecloth, as this makes a plain background, and the silence-cloth underneath acts as protection for the table top. Twenty inches of space should be allowed to each cover.

For a luncheon or supper, doilies or runners are usually selected, and for a supper either these may be used, or a yard, or a yard and a half tea cloth is considered good form.

### Arrangement of Silver

The silver for the meal, up to dessert, should be put in place a half inch from the edge of the table,—the spoons and knives being arranged at the right in their order of use, from right to left, the forks being placed at the left in their order of use, from left to right.

The napkins should be placed at the left and the bread and butter plates, with the spreaders laid horizontally across the lower edges, should be set above the forks. A set of salts and peppers should be allowed for each two people. Goblets are generally used for a dinner, tumblers for other affairs; and individual nut cups may be provided if salted nuts are

served, in which case they should be placed above the service plates, which are put in position when the table is laid, ready for the first course, and later for the soup. It is permissible, when no maid is in attendance to lay the fork and spoon for the dessert service above the plates.

The central decoration should not be over high, nor very large. Candles are used for evening dinners and suppers.

Place cards, which may be attached to favors mark the places for the guests.

The buffet or serving-table should contain an extra supply of butter balls, bread, a pitcher of water, the salad appurtenances and the coffee service arranged on a tray.

After the first course is eaten, the hostess—or better still, some member of her family—should quietly rise and clear the table. The plates for the main part of the meal should then be set in front of the host, and the main dish put before him for serving; the vegetables may be served by a close friend or relative who is sitting at the left, then follow the good old-fashioned rule of "passing along."

When the main course has been finished, it should be quietly and unostentatiously removed,—the next course then being put in position. If a salad, it may be arranged in a bowl and served by the hostess at the table, the salad accompaniments being passed informally,—or if a more elaborate salad is provided, it may be arranged beforehand.

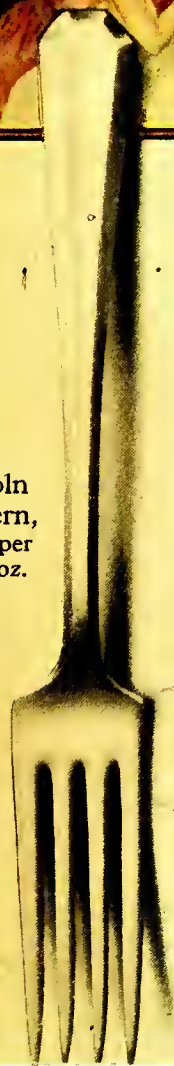
After the removal of the salad course, the table should be crumbed by means of a soft napkin onto a plate,—the dessert, with the serving dishes, set in position, and served by the hostess; this is followed by coffee, preferably in the living-room. Candies may be passed at this time.

*Table Set for Informal Dinner—Showing First Course in Position*





Lincoln  
Pattern,  
\$3.50 per  
half doz.



**T**he simplicity and reasonable price of Wm. Rogers & Son silverplate make it suitable for everyday living and entertaining.

Yet the beauty of design and richness of appearance will satisfy the pride of the most particular hostess.

Lincoln pattern, here illustrated, is a good example.

"THE BEST AT THE PRICE"

**Wm. Rogers & Son  
Silverplate**

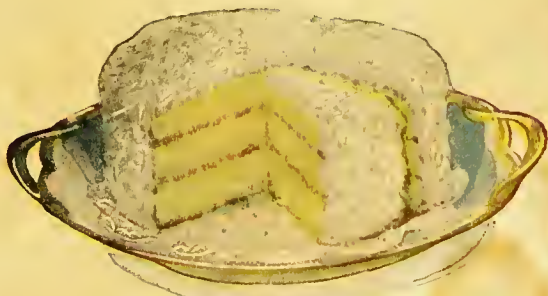
*Made and guaranteed by Wm. Rogers Mfg. Co., Meriden, Conn. Succeeded by*

**INTERNATIONAL SILVER CO.**

Also made in Canada by  
Wm. Rogers Mfg. Co., Limited  
Niagara Falls, Ont.



For perfect results  
in following a cake recipe  
always use the  
Perfect cake flour—  
**SWANS DOWN**



Recipe in "Cake Secrets"



## Don't Waste Good Cake Ingredients!

By far the largest proportion of cake—and therefore the most important ingredient—is the flour. You use the same choice eggs and butter and flavoring whether you make ordinary substantial cake or a light, fluffy delicacy that's a real treat.

The use of **SWANS DOWN CAKE FLOUR** practically guarantees that soft, fine-grained consistency which is the very essence of good cake. To assure the uniform velvety smoothness of Swans Down, selected soft winter wheat is specially ground and sifted through closely woven silk. No drying cornstarch or other ingredient is added—one reason why Swans Down cake keeps moist and fresh to the last tempting morsel. Of course, such cake is always whiter and far more delicate than it is possible to make with a comparatively heavy bread flour.

If you wish the satisfaction of making delicious cake *every* time you bake—at the same time doing away with the expensive waste of failures—use

IMPORTANT! Do not confuse  
Instant Swans Down with  
Swans Down Cake Flour. They  
are two different products.

## SWANS DOWN

*Prepared (Not Self-Rising)*

## CAKE FLOUR

Preferred by Housewives for 28 years

Send 10c to Igleheart Brothers, Evansville, Ind.,  
for "Cake Secrets"—an authoritative recipe  
book on cake and pastry making by Janet Mc-  
Kenzie Hill, of the Boston Cooking School.



## IGLEHEART BROTHERS

ESTABLISHED 1856

EVANSVILLE

INDIANA

INSTANT SWANS DOWN is  
dry cake batter. Add water and  
bake a cake. The only product  
of its kind made with the fa-  
mous Swans Down Cake Flour.