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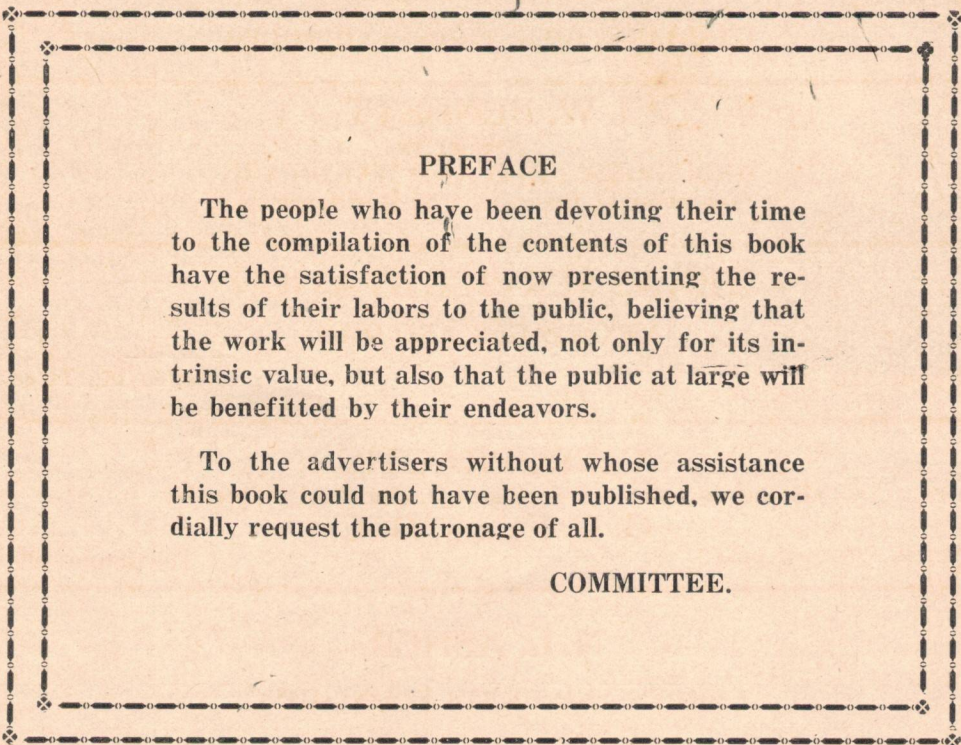
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**Preparation of Food for the Sick**

**CREAM LEMONADE**

Fill bottom of glass with cracked ice. Beat white of 1 egg to stiff froth and sugar to taste. To this add juice of 1 lemon, stirring all the while, and then add one-half cup of cream. This will make two glassfuls.

**FLAXSEED LEMONADE**

Tablespoonful of flaxseed, pint of water. Boil one hour, then add juice of 1 lemon. Strain and sweeten to taste.

**MILK LEMONADE.**

Tablespoonful of sugar, juice of 1 lemon, half cup of milk, half cup of water.

**JUNKET.**

Heat half pint of fresh milk. Add teaspoonful of essence of pepsin. Stir enough to mix. Pour into custard cups, and let stand until firm. Serve plain or powder with sugar or nutmeg.

**BEEF TEA.**

Free a pound of lean beef from fat, skin, etc. Chop up fine. Put into a pint of cold water to digest two hours. Simmer for three hours but do not let boil. Make up for water lost by adding cold water. Press and strain. The best meats for beef tea are the round and rump. Cold water draws out the albumen; boiling water coagulates it.

**BEEF JUICE.**

Cut thin, juicy meat into pieces one and one-half inches square; broil one and one-half minutes over a hot fire. Squeeze with a hot lemon squeezer; season with salt and pepper. May be added to milk or poured over toast.

**BEEF EXTRACT.**

Heat a select piece of round steak so that the juice may be freely pressed. Cut steak into pieces that will fit into a lemon squeezer and squeeze juice into a cup. Set cup in a dish of warm water, which must not be allowed to boil. Season to taste. May be served on toast.

**CHICKEN AND VEAL EXTRACT.**

Make chicken broth from an old hen and cook down until it jellies. Cook neck of veal until broth jellies, cool and skim off fat. As needed, use equal parts of each. The nourishment is in the veal and the chicken gives it flavor.

N. B.—The most delicate stomach can digest this.

**SCRAPED BEEF SANDWICH.**

From a piece of steak scrape all the fibre from the connective tissue with a knife. Season with salt and pepper. Serve spread between slices of buttered toast.

**CORNMEAL GRUEL**

Mix two tablespoonfuls of cornmeal, tablespoonful of flour, teaspoon of salt, teaspoonful of sugar, into a thin paste with a little cold water. Add quart of boiling water and cook three hours. Add cup of milk and serve.

**OATMEAL GRUEL.**

Two tablespoonfuls of rolled oats; teaspoonful of salt, teaspoonful of sugar, cup of boiling milk. Mix oatmeal, sugar and salt; add boiling water; cook in a saucepan 30 minutes, or in a double boiler for two hours. Strain and add hot milk. Bring to a boil and serve hot.

**CREAM TOAST**

One pint of milk, 2 tablespoonfuls of butter, 2 tablespoonfuls of flour, half teaspoonful of salt, half teaspoonful of pepper. Put milk into a double boiler to heat. Put butter in granite saucepan, and when it begins to bubble, slowly shake in the flour; then add hot milk, a small quantity at a time, and season with salt and pepper. Toast bread a rich brown and dip into salt water. Lay on a dish and pour sauce over it. Grated egg may be added.

**STEWED PRUNES.**

Pound of prunes, half pint of water, quarter cup of sugar, juice of one lemon. Soak prunes in warm water for 15 minutes, then wash and stew in a covered pan for two hours; add water as needed. When done add the lemon juice.

**FROZEN CUSTARD.**

Pint of milk and pint of cream, cup of sugar, two pinches of salt, yoke of three eggs (and ounce of brandy.)

**BRAN BREAD FOR CONSTIPATION.**

Bran flour, 1 quart; white flour, 1 pint; 1 teaspoonful of salt. Mix thoroughly. Dissolve 1 teaspoonful of baking soda in water, put in ½ cup of molasses, and stir the mixture into the flour. Add 1 pint of buttermilk. Bake in a moderate heated oven.

**BRAN BISCUITS FOR CONSTIPATION.**

Four cups whole wheat bran, 2 cups graham flour, 1 teaspoonful of soda, 1 teaspoonful of salt, 1 cup molasses, 1 cup sour milk or water, ¼ cupful of lard or butter, 1 cupful chopped figs. Spices to taste.

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**Diet for Weight Control**

**A LIST OF FOODS TO AVOID.**

Appetizers—catsups, pickles, olives, horse-radish, etc.

Rich foods made with fat or oil bases—cream soups and sauces, oil salad dressings.

Carbonaceous meats—pork and pork products; sausage, scrapple, etc. Such vegetables and cereals as potatoes, hominy, rice, cornmeal mush, oatmeal, parsnips, beets, turnips, and other starchy foods.

Sweets—candies, cakes, puddings, pastry.

Beverages—tea and coffee may be used, but with a minimum of sugar and cream, far better without either. Avoid cocoa and unskimmed milk

**WHAT TO EAT.**

**For Breakfast.**

Fruits—oranges, grapefruit, peaches, pears, apples, grapes, cherries, etc.

Berries—fresh strawberries, blackberries, huckleberries or blueberries, etc.

Bread or Cereal—one piece toast, bran or graham bread; or, 1 cup (scant) puffed whole cereal, with skimmed milk.

Beverages—tea or coffee without cream and sugar.

**For Dinners.**

Clear soups or broths.

Lean meat, chicken, or white fleshed fish.

Green and succulent vegetables—spinach, cabbage, cauliflower, tomatoes, string beans, cress, celery, etc., without butter or cream dressing.

Salads with a very little French dressing.

Fruit desserts; as prunes, pineapple.

Beverages—lemonades with little sugar, or tea or coffee.

**For Luncheons or Suppers.**

Thin soup; as, tomato, or consomme.

One glass skimmed milk or buttermilk, or poached egg, or spinach with egg, or fish.

Bread or cereal as for breakfast.

Fruit or plain salad.

**Diet List**

**LIQUID DIET**

Consists of:

Water of all kinds	Ginger ale
Lemonade	Orangeade
Albumen water	Broths
Tea	Coffee
Cocoa	Kumiss
Buttermilk	Milk Punch
Malted Milk	Milk
Cream	Egg-Nogg

**TYPHOID DIET.**

As soon as food is ordered, is as follows:

**First Week—**

Coffee for breakfast	
Tea for dinner	
Cereals (well cooked and strained)	
Eggs lightly boiled	
Poached eggs and soft toast	
Broths (chicken, oyster and meat)	
Scraped beef	Custards
Bread without crust	Ice Cream
Milk toast	Orange juice
A glass of milk three times daily	
To the foregoing may be added for	

**Second Week—**

Dry toast	Chicken
Baked Potato	Whitefish
Baked apple	Rice
Asparagus	Farinaceous puddings
Chops	Milk soup
Steak	Purees
No vegetables, pastry, or raw fruits are allowed.	

**Liquid—**

1. Milk, three parts  
Lime-water, one part
2. Albumen-water
3. Clear chicken or beef broth may be given three times in 24 hours.

**DIABETIC DIET.**

White of eight eggs      Dry oatmeal      Butter  
 Procedure:—Cook oatmeal two hours. When done beat into it the melted butter. Then fold in the beaten whites of eggs.

**SOFT DIET.**

Consists of:

Liquids of all kinds	
Soups (vegetables and strained)	
Milk toast	Oysters
Gravy toast	Baked apple
Bread without crusts	Apple sauce
Cereals	Stewed fruits (no seeds)
Custard	Mashed potato
Rice	Baked potato
Ice Cream	Purees and milk
Milk pudding	Toast
Plain	Soft-poached eggs
Soft boiled eggs	

**LIGHT DIET.**

Consist of soft diet, including:

Whitefish	Sweetbreads
Codfish	Chicken
Finnan Haddock	Chops
Bacon	Steak
Scraped beef	Vegetables only when ordered
Squab	

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SALES AND SERVICE

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## Key to Calories

### MEATS.

Average chops	150-130 C.
Bacon, crisp, ½ oz.	100 C.
1 small slice, crisp	25 C.
Beefsteak, lean, round, 2 oz.	100 C.
Ah., 3½ oz.	185 C.
Beefsteak, tenderloin, 1 oz.	100 C.
Ah.	285 C.
Beef roast, very lean, 3 oz.	100 C.
Ah.	150 C.
Chicken roast, 1 2-3 oz.	100 C.
1 slice	180 C.
Chops, lamb-mutton, 1½ oz.	100 C.
Frankfurters, 1 sausage, 1 oz.	100 C.
Ham, boiled, 1 1-3 oz.	100 C.
Ah. 3 oz.	250 C.
Ham, fried, ¾ oz.	100 C.
Ah., 3 oz.	400 C.
Pork Chops, 1 ½ oz.	100 C.
Medium	160-300 C.
Pork Sausage, 1 oz.	100 C.
1 small crisp	60 C.
Turkey, 1 1-3 oz.	100 C.
Ah., 3 1-3 oz.	260 C.

### FISH.

Clams, long, 8	100 C.
1 clam	12 C.
Fish, lean, cod, halibut, 3 oz	100 C.
Ah., 4 oz.	135 C.
Fish, fat, salmon, sardines, 1½ oz.	100 C.
Ah., 4 oz.	260 C.
Lobster, 4 oz.	100 C.
Ah.	100 C.
Oysters, 12	100 C.
1 oyster	8 C.

### SOUPS

Cream soups, average, 3 oz.	100 C.
Ah., 4 oz	125 C.
Consommés, no fat, 30 oz.	100 C.
Ah., 4 oz.	15 C.

### DAIRY PRODUCTS AND EGGS.

Butter, 1 level tbsp., scant ½ oz	100 C.
1 ball	120 C.
Buttermilk, natural, 9½ oz.	100 C.
1 glass	80 C.
Cheese (American, Roquefort, Swiss, etc.)	
1 1-8 cu. 3-4 oz.	100 C.
Cottage Cheese, 3 oz.	100 C.
Ah.	100 C.
Condensed, unsweetened, 2 oz.	100 C.

1 tbsp.	35 C.
Condensed, sweetened, 1¼ tbsp.	100 C.
Cream, average, 1 1-3 oz.	100 C.
1 tbsp.	50 C.
Cream, whipped, 1 1-3 oz.	100 C.
1 h. tbsp.	100 C.
Koumiss, 6 oz.	100 C.
1 glass	130 C.
Malted milk (dry), 1 h. tbsp.	100 C.
Eggs, 1 large	100 C.
Average egg	80 C.
Boiled or poached; if fried, C. depends upon fat adhering.	
Skim milk, 9½ oz.	100 C.
1 glass	80 C.
Whole milk, 5 oz.	100 C.
1 glass	160 C.

### VEGETABLES

When not otherwise indicated, the method of cooking is by boiling. The caloric value of sauces served with them is not included.

Asparagus, large stalk, 20	100 C.
1 stalk	5 C.
Beets, 1 lb.	100 C.
2 h. tbsp.	30 C.
Beans, baked, home, 1½ oz.	100 C.
3 h. tbsp.	300 C.
Beans, baked, canned, 2½ oz.	100 C.
3 h. tbsp.	150 C.
Beans, lima, 3 oz.	100 C.
2 h. tbsp.	130 C.
Beans, string, 1 lb.	100 C.
2 h. tbsp.	15 C.
Cabbage, 1½ lb.	100 C.
3 h. tbsp.	10 C.
Carrots, 1 lb.	100 C.
3 h. tbsp.	20 C.
Cauliflower, 1 lb.	100 C.
3 h. tbsp.	20 C.
Celery, uncooked, 1 lb	100 C.
6 stalks	15 C.
Corn, canned, 3½ oz.	100 C.
2 h. tbsp.	100 C.
Corii, green, 1 ear, 3 1-3 oz.	100 C.
(Medium Size)	
Cucumber, 1½ lb	100 C.
8 thin slices	10 C.
Lettuce, 1½ lbs.	100 C.
Ah.	5-10 C.
Mushrooms, 8 oz.	100 C.
Onions, 2 large, 8 oz.	100 C.
Parsnips, 8 oz.	100 C.
Ah., 2 oz.	25 C.

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**Appetizers**

Appetizers, which are served at the beginning of a meal, are invitations to the feast, as it were, because their piquant flavors or high seasonings, stimulate digestion to wait on appetite. Native oysters and clams on the half-shell, or imported caviar (the salted roe of sturgeon), or anchovies (tiny fish) served as canapes, constitute this course at formal dinners; but for other meals the fruit cocktail forms a pleasing introduction, especially at luncheons. This dainty appetizer, served in its appropriate glass, set on a linen or paper doily on a plate, is not only very palatable, but may form part of the table decorative scheme.

**OYSTER COCKTAIL NO. 1**

12 oysters	sup
1 teaspoon grated horseradish	1 saltspoon salt Dash of red pepper
1 teaspoon tomato cat-	1 teaspoon tabasco
2 tablespoons	lemon juice

Put three oysters in each glass. Mix the horseradish and seasonings and pour the sauce over the oysters.

**OYSTER COCKTAIL NO. 2**

12 oysters	tershire sauce
1 tablespoon lemon juice	1 tablespoon tomato catsup
½ saltspoon paprika	1 saltspoon salt
1 tablespoon Worces-	5 drops tabasco

Put three oysters in each glass. Make a sauce of the other ingredients and pour over the oysters.

**LOBSTER COCKTAIL**

Cut the lobster into small pieces; mix well with tomato catsup, lemon juice and salt. Serve in cocktail glasses.

**CLAM COCKTAIL**

Follow either of the recipes for oyster cocktails, using little neck clams.

**MIXED FRUIT COCKTAIL**

Cut into small pieces as many different kinds of fruits as you have in the house; sweeten to taste and set on the ice to chill. At serving time fill the cocktail glasses and place a maraschino cherry or ripe strawberry on the top of each.

Fresh or canned pineapple is one of the most refreshing fruits for cocktails.

**RASPBERRY COCKTAIL**

Mash a pint of ripe, red currants; strain them through a cheesecloth; pour the juice over a pint of red raspberries and set on the ice to chill. At serving time sweeten to taste and pour into the glasses, putting a teaspoon of powdered sugar on the top of each.

**GRAPE-FRUIT COCKTAIL**

Cut the grape-fruit into halves, crosswise, and scoop out the pulp, rejecting the white inner skin as well as the seeds. Clean the shells; cut the edges with a sharp knife into scallops and throw them into cold water. Set the pulp on the ice. At serving time put a teaspoon of cracked ice in the bottom of each shell; fill with the pulp, mixed thoroughly with powdered sugar and white grapes, if desired; and place a maraschino cherry or bit of bright-colored jelly in the center of each. Lay on paper doilies or surround with bits of asparagus fern.

**STRAWBERRY COCKTAIL**

Slice five or six large strawberries into each glass and squeeze over them the juice of an orange. At serving time add a heaping teaspoon of powdered sugar and a tablespoon of shaved ice.

**PINEAPPLE AND BANANA COCKTAIL**

Take equal parts of banana and fresh or canned pineapple; cut into small cubes and cover with lemon or pineapple juice. Serve in glasses or orange shells placed on autumn leaves or sprays of green fern.

**PEACH COCKTAIL**

Fill the glasses with sliced peaches; cover with orange or lemon juice, sweeten to taste; add a little shaved ice and serve.

Apricot and cherry cocktails may be made in the same way.

**AMBROSIA**

Fill the glasses with alternate layers of sliced orange and cocoanut; cover with powdered sugar and place a maraschino cherry on the top of each.

**CAVIAR CANAPES**

6 squares toast	1 teaspoon chopped onion
6 teaspoons Russian caviar	1 teaspoon chopped parsley
	1 hard-boiled egg

Cut the bread about one-quarter of an inch thick and two inches square (or round) and after it is toasted spread over each slice a teaspoon of ice-cold caviar. Mix the other ingredients; spread the mixture over the caviar and serve with quarters of lemon.

**ANCHOVY CANAPES**

Cut the bread as for caviar canapes and spread with anchovy paste. Chop separately the yolks and whites of hard-boiled eggs and cover the canapes, dividing them into quarters, with anchovies split in two lengthwise, and using yolks and whites in alternate quarters.

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## Meats and Fish

### FRIED CHICKEN

Drain chicken, but do not wipe dry. Season with salt and pepper and dredge well with flour. Put three tablespoons lard in a frying pan and when hot place chicken in pan; cover and allow to steam for 10 minutes. Uncover, and allow chicken to brown, taking care to turn frequently. Serve on hot platter, garnished with parsley, and serve with cream gravy.

### CHICKEN FOR PATTIES

One pint of cooked chicken cut in small pieces. Piece of butter the size of an egg, 1 small onion cut fine, pinch of salt, 2 tablespoons parsley cut fine, 1 cup cream, 2 eggs well beaten;  $\frac{1}{2}$  teaspoonful of celery salt. Heat thoroughly and serve in pattie shells.

### PATTIE SHELLS

Three-fourths cup flour  $\frac{1}{2}$  cup milk, 1 egg,  $\frac{1}{2}$  teaspoonful sugar,  $\frac{1}{2}$  teaspoonful olive oil,  $\frac{1}{2}$  teaspoonful salt. Sift dry ingredients. Add milk gradually, then the well beaten egg and oil. Stir until very smooth and the consistency of thick cream, but do not beat. Place the batter in a coffee cup or bowl so the iron can be inserted into the batter to within one-half inch of the top of the iron. Heat the timbal iron in hot fat, which is deep enough to entirely cover it without touching the bottom of the kettle. Lift it from the fat, brush lightly with a piece of cheesecloth to remove the surplus fat. Dip it into the batter then quickly into the hot fat and fry until a golden brown. Enough for 30 shells.

### DEVILED EGGS

Six eggs boiled for 20 minutes; remove shell and cut in two lengthwise. Remove yolks. With yolks mix one teaspoon butter, a little salt, and mustard if liked. Mix this fine, add vinegar to taste and roll in little balls and place back in the white.

### CHICKEN A LA KING

One small chicken,  $\frac{1}{2}$  pint cream or milk; 2 pimentos, 1 small can mushrooms, 1 cup peas; boil chicken cut in cubes, put in pan, stir in cream, add pimentos and peas; let simmer until hot. Season with salt and pepper to taste. Serve in patties.

### SPICED MEAT LOAF

Three lbs. round steak ground, 3 beaten eggs, 4 tablespoonfuls milk, 3 soda crackers, rolled; 1 tablespoon salt,  $\frac{1}{2}$  tablespoon pepper,  $\frac{1}{2}$  tablespoon allspice. Baked in bread pan. (Good cold in hot weather.)

### GIBLET DRESSING

Two quarts stale bread crumbs, 4 teaspoonfuls salt,  $\frac{1}{4}$  teaspoon pepper,  $\frac{1}{2}$  cup melted butter. Cook giblets of fowl until tender in pint of water. When done chop and add with water in which they are cooked into the above.

### CLEANING AND STUFFING TURKEY OR GOOSE

Select a young fowl. Remove head and feet. Loosen skin from neck and push back. Cut off neck close to body. Remove pin feathers and cut oil bag from tail. Remove internal parts from fowls unless already done. Cut the giblets from the entrails. Wash the poultry inside and out. Wash the giblets. Prepare stuffing for fowl, using the following ingredients:

**Oyster Dressing:** Two quarts stale bread crumbs, 4 teaspoonfuls salt,  $\frac{1}{4}$  teaspoon pepper,  $\frac{1}{4}$  cup melted butter, 1 pint oysters. Mix all ingredients thoroughly and sew up the incision in skin through which stuffing was inserted.

### BROWN SAUCE OR GRAVY

One tablespoon butter or fat in which meat was cooked, 1 tablespoon flour, 1 cup beef stock or boiling water; salt and pepper. Brown butter in saucepan, add flour and brown; add liquid and stir until smooth and thick; season to taste and simmer five minutes.

### CLUB SANDWICHES

Place crisp lettuce leaves on toast. Add a slice of tomato; cover with thin slices of cold chicken (roasted or boiled). Over this place thin slices of bacon. Add a tablespoon of mayonnaise dressing to each sandwich and cover with a slice of toast.

### OYSTER STUFFING

15 oysters	2 cups broken bread
$\frac{1}{2}$ teaspoon chopped parsley	2 tablespoons melted butter
$\frac{1}{2}$ teaspoon sweet marjoram	Salt and pepper

Wash the oysters; drain them; mix thoroughly with the other ingredients and use.

### GOULASH

One lb. round steak, ground; 1 cup rice, 1 can Campbell's tomato sauce, fry meat in butter and season with salt, pepper, chili powder; cook rice until done, season with milk, salt and butter. Put meat in bottom of casserole; next put in rice, which must not be too thick. Then pour over this the can of tomato soup and add a little pepper and butter. Bake for one-half hour in hot oven.

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## Salads and Salad Dressings

### A CREOLE SALAD

Cut a firm, white cabbage in half, slicing it fine, a mere shave, then cut across but do not chop. The finer it is the better. Put the cabbage in a covered dish, pour on it one cup of vinegar, about a teaspoonful of salt; toss with fork and mix thoroughly. In a skillet put  $\frac{3}{4}$  of a cup of milk, a small tablespoon of butter and  $\frac{3}{4}$  cup sugar. Beat 2 eggs light, let the milk come to a boil, and take a little out and mix with the egg; then add the hot milk, which makes a custard. Stir it well and when done take from fire and pour on the sliced cabbage and set aside for several hours to cool. Very fine.

### PEAR SALAD

Pears, salad dressing, lettuce and walnut meats.  
6 ripe pears                      Walnut meats  
Salad dressing                  Lettuce  
Peel and quarter pears, removing core; lay on lettuce leaf, cover with salad dressing and sprinkle with walnut meats. This will serve six people. Canned pears may be used.

### LOBSTER SALAD

Be very sure that lobsters are alive when you purchase them. Have ready a pot of boiling water, with a handful of salt in it; drop them in it, and if they are large, boil them steadily for half an hour, if small, 20 minutes. When they are cold and you are ready to dress them, break them in half across the middle of the body, twist off the claws, crack them and take out the meat; then split the body and tail open, take out all the meat from them; put all the green fat on a plate by itself; cut the meat into small pieces, but do not chop it; put the yolks of three eggs into a large bowl, stir them round with a wooden or silver spoon, and with your left hand hold the bottle of oil, and drop in slowly and steadily, stirring all the time with your right hand, until you have used a flask of oil. (This is enough for two or three lobsters.) Then the dressing will be stiff enough to bear the spoon; then dust in a very little cayenne pepper, the same of black, two or three tablespoonfuls of mixed mustard, according to your taste, and two tablespoonfuls of sharp vinegar. Lastly stir in the salt a little at a time, still stirring hard; then add the green fat you have reserved. If there is a great deal of it, put in only about two tablespoonfuls, stirring in well. Take only the bleached leaves of two or three heads of lettuce, which has been lying in cold water for several hours; wipe each leaf dry, lay on dish, put a lobster on them and pour the dressing over, and serve.

### FRUIT SALAD

2 cups pineapple  
2 oranges  
1 grapefruit  
2 cups white sugar  
 $\frac{1}{2}$  cup English walnut meats  
Dissolve 2 packages of jello; when cool pour over fruit, serve with whipped cream and mayonnaise.

### CELERY SALAD

2 cups celery  
2 oranges cut fine.  
2-3 cup raisins, seeded and halved  
Toss together and cover with 1 cup of grated apple added to 1 cup of mayonnaise.

### SPINACH AND EGG SALAD

1 lb. spinach  
6 lettuce leaves  
2 eggs.  
Prepare spinach and cook 20 minutes and drain. Add salt and pepper to taste,  $\frac{1}{2}$  teaspoon butter, tablespoon vinegar. Place on lettuce leaf. Boil the eggs 20 minutes, slowly. Then grate the yolks and place in center of spinach. Slice the whites and place around the edge of spinach. This will serve six.

### WHITE GRAPE SALAD

2 oranges.  
3 bananas.  
1 pound white grapes.  
4 slices pineapple, cubed  
12 walnuts  
Mix fruit and serve salad dressing on top or add whipped cream to fruit salad dressing with bits of cream cheese beaten in it. May be served in orange cups.

### LUNCHEON SALAD

1 envelope gelatine  
1 cup cold water  
1 $\frac{1}{2}$  cups boiling water  
1 cup celery, cut in small pieces  
 $\frac{1}{2}$  cup pecan nut meats  
 $\frac{1}{2}$  cup lemon juice  
 $\frac{1}{2}$  cup sugar  
3 tart apples  
Soak gelatine in cold water five minutes and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, sliced in small pieces; chopped celery and broken nut meats. Turn into mold, first dipped in cold water, and chill. Accompanying with mayonnaise dressing. This mixture may be served in cases made from bright red apples.

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## Breads, Rolls and Cookies

### MARYLAND BEATEN BISCUIT

Milk  
4 cups flour  
 $\frac{1}{2}$  cup lard  
1 teaspoon salt  
Water

Mix and sift flour and salt, cut lard in with knife, or work in lightly with finger tips. Mix a little milk and water together, chill thoroughly and add enough dry ingredients to make stiff dough. Everything should be as cold as possible. Beat with rolling pin until dough blisters. Roll to 1-3 inch in thickness and cut in small biscuits, prick in center and set in refrigerator before baking. Place biscuit in greased tins and bake in moderate oven 30 minutes, allow to remain 10 minutes in cooling oven to dry out.

### NUT BREAD

$\frac{3}{4}$  cup sugar  
1 tablespoonful shortening  
1 egg  
1 cup sweet milk  
2 cups flour  
2 teaspoons baking powder  
 $\frac{1}{2}$  cup English walnuts  
Let raise 20 minutes and bake slowly 1 hour.

### GRAHAM NUT BREAD

1 tablespoon lard  
1 egg  
1 tablespoon baking soda  
1 cup sour milk  
 $\frac{1}{2}$  cup sugar  
Put into milk and beat, mix egg, lard and salt together before adding milk. Graham flour enough to make batter little thicker than cake dough. Nuts and raisins. Bake one hour.

## Cakes and Pies

### GINGER BREAD WITHOUT EGGS

1 cup sour milk  
1 cup molasses  
Salt  
1 teaspoon cinnamon  
2 teaspoons ginger.  
1 teaspoon soda  
 $2\frac{1}{2}$  cups flour  
 $2\frac{1}{2}$  tablespoons shortening

### WHITE CAKE

2 cup sugar  
 $\frac{1}{2}$  cup butter  
1 cup sweet milk  
2 teaspoons baking powder  
Whites of four eggs  
3 cups flour

### DARK CAKE

Two cups of brown sugar,  $1\frac{1}{4}$  cups sour milk or buttermilk, one teaspoon soda,  $\frac{1}{2}$  teaspoon cloves, 2 teaspoons cinnamon,  $\frac{1}{2}$  cup lard, 2 eggs (yolked),  $2\frac{1}{2}$  cups flour, teaspoon vanilla, add nuts and raisins if desired.

### LAYER FRUIT CAKE

One cup white sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk, 1 cup raisins,  $1\frac{1}{2}$  cups flour, 2 eggs,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{3}{4}$  teaspoon each of spices, nutmeg, cloves, cinnamon. Formula: Cream sugar and butter, add the yolks and one white of egg well beaten. Add the raisins which have been cooked a few minutes. Mix baking powder with the flour and add alternately with the milk and spices. Bake in two layers using one egg white for frosting.

### SMALL DEVIL'S FOOD CAKE

Yolk 1 egg, 1 cup sugar, 1 tablespoon butter, 1-3 cup cocoa, fill to half full with boiling water, stir and fill cup with sour milk,  $1\frac{1}{2}$  cups of flour, 1 teaspoon baking powder, 1 teaspoon soda, vanilla.

### WHITE CAKE

1 cup sugar  
 $\frac{1}{2}$  cup butter  
2 tablespoons baking powder  
Pinch salt  
Whites of three eggs  
1 cup milk  
2 cups flour

Cream butter and sugar, add salt. Sift flour and baking powder three times, add milk and flour alternately and beat well each time. Fold in egg white, stiffly beaten; last, bake in two layers in a very moderate oven, at first, gradually adding heat to finish baking.

### SPICE CAKE

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup sour milk  
1 teaspoon soda in milk  
1 teaspoon baking powder in 2 cups flour.  
1 teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon ground cloves  
1 $\frac{1}{2}$  cups brown sugar  
Just before putting in pan add a tablespoonful of vinegar.

### STRAWBERRY SHORT CAKE

One egg,  $\frac{1}{2}$  cup each of sugar and sweet milk, butter size of an egg, one teaspoon baking powder, one cup flour and bake in layers.

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**Selected Menus**

**NO. 1**  
Breakfast:  
Cantaloupe  
Cooked Cereal  
Bacon  
Hot Rolls                      Butter  
Coffee

Luncheon:  
Cold Sliced Ham  
Beet Salad  
Bread                      Butter  
Cup Cakes                  Apple Sauce                  Iced Tea

Dinner:  
Fried Chicken  
New Boiled Potatoes  
Corn on the Cob  
Whole Wheat Bread                  Butter  
Tomato and Cucumber Salad  
French Dressing  
Ice Cream with Pineapple  
Cake                                  Coffee

**NO. 2**  
Breakfast:  
Stewed Figs  
Poached Eggs on Toast  
Coffee

Luncheon:  
Corn Fritters  
Head Lettuce Salad  
Bread                      Butter  
Tea

Dinner:  
Clam Chowder  
Creamed Chicken on Toast  
Sliced Tomatoes  
Salad Dressing  
Fresh Rolls                      Rhubarb Pie  
Coffee

**NO. 3**  
Breakfast:  
Fresh Raw Eggs in Orange Juice  
Bacon and Eggs  
Hot Biscuits                      Butter  
Coffee

Luncheon:  
Baked Beans                      Chile Sauce  
Whole Wheat Bread                  Butter  
Strawberries and Cream  
Tea

Dinner:  
Cream of Tomato Soup  
Stuffed Veal Breast  
Bread Stuffing  
Brown Potatoes  
Sliced Tomatoes  
French Dressing  
Rolls  
Pineapple Preserves  
Coffee

**NO. 4**

Breakfast:  
Blackberries and Cream  
Corn Flakes and Cream  
Muffins  
Coffee

Luncheon:  
Meat Pie  
Vegetable Salad  
Rolls                      Butter  
Raspberries and Cream  
Iced Tea

Dinner:  
Cream of Potato Soup  
Roast Veal                      Brown Gravy  
Baked Potatoes  
Corn on Cob  
Radishes  
Ice Cream                      Coffee

**NO. 5**  
Breakfast:  
Stewed Prunes  
Griddle Cakes  
Muffins                      Coffee

Luncheon:  
Salmon Croquettes  
Rolls and Butter  
Strawberry Shortcake  
Milk

Dinner:  
Vegetable Soup  
Breaded Lamb Chops  
Baked Potatoes  
Creamed Carrots  
Sliced Tomatoes  
Salad Dressing  
Steamed Date Pudding  
Lemon Sauce  
Coffee

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