

GOLD MEDAL FLOUR COOK BOOK



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GOLD MEDAL
COOK BOOK



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*Be sure and read the article on White Bread
appearing on page 69*

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*This Book has been Carefully Revised, Rearranged and Amplified
by the Best Talent Obtainable.*

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T A B L E S

All measures are level; leveling done with back of a case knife.

Standard tablespoon, teaspoon and half pint measuring cup are used.

Flour, powdered sugar and soda should be sifted before measuring.

To measure butter, lard, etc., pack into a cup or spoon and make level with case knife.

For a half spoonful divide through center lengthwise.

For a quarter spoonful divide the half crosswise.

For an eighth spoonful divide quarter diagonally.

Table of Measure

A speck.....	$\frac{1}{4}$ saltspoon.
4 saltspoons	1 teaspoon.
3 teaspoons	1 tablespoon.
16 tablespoons.....	1 cup.
2 gills	1 cup.
1 wine glass	$\frac{1}{2}$ gill.
2 tablespoons butter.....	1 ounce.
2 tablespoons granulated sugar.....	1 ounce.
4 cups sifted pastry flour.....	1 pound.
$3\frac{1}{2}$ cups sifted Gold Medal flour.....	1 pound.
3 tablespoons sifted Gold Medal flour.....	1 ounce.
2 cups granulated sugar.....	1 pound.
2 cups butter	1 pound.
2 cups chopped meat, packed.....	1 pound.
2 cups rice.....	1 pound.
1 cup corn meal.....	6 ounces.
1 cup stemmed raisins.....	6 ounces.
1 cup cleaned currants.....	6 ounces.
1 cup stale bread crumbs.....	2 ounces.
10 eggs, average size.....	1 pound.
$\frac{1}{2}$ oz. bottle extract.....	12 teaspoons.

Table of Proportions

1 quart of flour requires $1\frac{1}{8}$ cup of butter, or butter and lard mixed for pastry.
1 quart of flour requires....4 tablespoons of butter for biscuit.
1 quart of flour requires....6 tablespoons of butter for shortcake.
1 quart of flour requires....1 cup of butter for cup cakes.
1 quart of flour requires....1 level teaspoon of salt.
1 quart of flour requires....4 teaspoons of baking powder.
1 quart of flour requires....1 pint of liquid for batters.
1 measure of liquid to3 measures flour for bread.
1 teaspoon of soda to.....1 pint of sour milk.
1 teaspoon of soda to.....1 cup of molasses.
1 teaspoon of salt to.....1 pound of meat.

Time for Baking

Loaf Bread.....	45 to 60 minutes.
Rolls and Biscuit	10 to 20 minutes.
Graham Gems.....	30 minutes.
Gingerbread.....	20 to 30 minutes.
Sponge Cake.....	45 to 60 minutes.
Plain Cake.....	30 to 40 minutes.
Fruit Cake.....	2 to 3 hours.
Cookies.....	10 to 15 minutes.
Bread Pudding.....	1 hour.
Rice and Tapioca.....	1 hour.
Indian Pudding.....	2 to 3 hours.
Steamed Pudding.....	1 to 3 hours.
Steamed Brown Bread.....	3 hours.
Custards.....	15 to 20 minutes.
Pies.....	30 to 45 minutes.
Plum Pudding.....	2 to 3 hours.

Time for Vegetables

Greens—Dandelions	$1\frac{1}{2}$ hours.
Spinach.....	25 to 30 minutes.
String Beans	1 to 2 hours.
Green Peas.....	20 to 30 minutes.
Beets.....	1 to 3 hours.
Turnips.....	1 to 3 hours.
Squash.....	1 hour.
Potatoes, boiled.....	20 to 30 minutes.
Potatoes, baked	1 hour.
Corn.....	20 minutes.
Carrots	$\frac{3}{4}$ to 1 hour.
Asparagus	15 to 25 minutes.
Cabbage.....	1 to 3 hours.

Time for Broiling

Steak, 1 inch thick.....	4 to 6 minutes.
Steak, $1\frac{1}{2}$ inch thick.....	8 to 15 minutes.
Fish, small and thin.....	5 to 8 minutes.
Fish, thick.....	15 to 25 minutes.
Chickens.....	20 to 30 minutes.

Time for Meats

Beef, underdone, per pound.....	9 to 10 minutes.
Beef, fillet of.....	20 to 40 minutes.
Mutton, leg, per pound.....	10 to 12 minutes.
Mutton, stuffed shoulder, per pound.....	18 minutes.
Veal, loin of, plain, per pound.....	15 to 18 minutes.
Veal, stuffed, per pound.....	20 minutes.
Pork, spare rib, per pound.....	15 to 20 minutes.
Pork, loin or shoulder, per pound.....	20 to 30 minutes.
Liver, baked or braised.....	1 to $1\frac{1}{2}$ hours.
Corned Beef, per pound.....	25 to 30 minutes.
Boiled (simmered) Beef, per pound.....	20 to 30 minutes.
Ham, per pound, after water begins to boil.....	15 to 20 minutes.
Racon, per pound.....	15 minutes.
Chickens, baked, three to four pounds	1 to 2 hours.
Turkey, ten pounds.....	3 hours.
Goose, eight pounds.....	3 hours.
Duck, tame	40 to 60 minutes.
Duck, wild.....	30 to 40 minutes.
Grouse, Pigeons, and other large birds.....	30 minutes.
Small birds.....	10 to 15 minutes.
Venison, per pound.....	15 minutes.
Fish, long and thin, six to eight pounds.....	1 hour.
Fish, thick, six to eight pounds.....	$1\frac{1}{2}$ to 2 hours.
Fish, small.....	25 to 30 minutes.



now
Let
Them
Come



THE GUESTS ARE
WELCOME —

With Gold Medal Flour in
the house we can have Sally
Lunn or Gems or Muffins or
Pop-overs, hot and good for
Breakfast. The Bread, Rolls
and Pastry will be a suc-
cess for Lunch and Dinner.
We are well prepared.

THE GUESTS ARE
WELCOME.

SOUPS



SOUP should be an important factor in the dietary of every household, the clear soups are used as stimulants to flagging appetites and as food of easy assimilation for both old and young. The cream soups and purées are most nutritious and hearty.

Soups are grouped into two main classes: soups made with meat stock and soups made without meat stock.

Soups made with meat stock are classified as follows:

BOUILLON: Made from lean beef, clarified and seasoned. Exception, Clam Bouillon.

CONSOMME: Made from more than one kind of meat, highly seasoned with herbs and vegetables, usually cleared.

BROWN SOUP STOCK: Made from lean beef browned and highly seasoned.

Soups made without stock are as follows:

CREAM SOUP: Made of vegetables or fish, with milk and a small amount of cream and seasonings. Always thickened.

PURÉE: Made by adding the pulp of cooked vegetables to milk or cream. The milk is thickened with flour or corn starch in order to bind the solid and liquid parts together. Purée is generally thicker than cream soup. Stock is sometimes added.

BISQUE: Made from shell fish, milk and seasonings.

REMARKS

Meat soups can be made from left-overs, scraps, trimmings, bones, etc., from roasts and steaks, or from cheap cuts of fresh meats. For the latter select fore or hind shins, cuts from neck or shoulder, or lower part of the round. Always select the tougher parts, as they are richer in extractives and soluble albuminoids. Use all parts of meat, bone, lean and fat, and in the proportion of two-thirds lean meat to one-third bone and fat. The meat furnishes the soluble albuminoids or muscle-making food and extractives rich in mineral salts and flavor. The bones yield up gelatine and mineral matter. Gelatine is also obtained from the cartilage, ligaments, skin and tendons.

In soup making some of the fat is absorbed, the remainder should be removed. In general, all albuminoids coagulate much below the boiling point and are soluble in cold salt water, hence the rule: **ALWAYS MAKE MEAT SOUPS WITH COLD WATER TO WHICH SALT HAS BEEN ADDED, AND GRADUALLY HEAT TO BOILING POINT BUT NEVER BOIL.**

There are many useful utensils on the market for soup making; the necessary ones, however, are a four quart porcelain or granite kettle, with a tight-fitting cover, colander, purée strainer, fine sieve, and skimmer.

The modern fireless cooker is an excellent contrivance for soup making.

SOUP MAKING

Wipe the meat with a damp cloth, separate meat, bone and fat. Cut the meat into 1 inch cubes, place all in kettle, allowing 1 pint of cold water to every pound of meat, bone and fat, and 1 teaspoon of salt to every quart of water. Heat gradually to boiling point and cook at low temperature for six or seven hours. Seasoning, except salt, is generally added the last hour of cooking.

During cooking a scum will rise on top of soup, which contains coagulated albuminoid juices. These give to soups the chief nutritive value. Many, however, prefer clear soup and have them removed.

Strain soup and cool quickly to avoid fermentation. A cake of fat forms on stock when cold which excludes the air and should not be removed until stock is used. To remove fat, run a knife around edge of bowl and lift out the fat. If any remains, remove by passing a cloth wrung out of hot water around the edge and over the surface. Save the fat for drippings.

TO CLEAR SOUP: Allow the white and shell of 1 egg for each quart of stock. Break egg, beat slightly; break shell in small pieces, and add to the cold stock. Set over the fire, stirring constantly until boiling point is reached. Boil two minutes, simmer twenty minutes, skim, strain through double thickness of white cheesecloth placed over a fine sieve. This is now ready to serve as clear soup, simply heating to the boiling point. If you wish to season soup more highly add seasoning to stock before clearing.

THICKENING SOUPS: Soups are thickened with flour, cornstarch, or rice flour. Mix the flour with a very little cold water or milk until it is a smooth paste. Then add more liquid until it can be poured easily into the hot soup. Cook the soup fifteen or twenty minutes after thickening is added.

Where butter and flour are used melt the butter and when melted and bubbling stir in the flour quickly; cook together. Then add gradually about a cup of the hot soup, let it cook, thicken, and then stir it into the soup. Cook for 15 minutes.

Soup may be thickened with bread instead of flour. The bread should be dried and browned slightly and added to a small amount of stock, simmered until soft and crushed to a panada. Then dilute with more soup. One-half cup of dried bread for a quart of finished soup will be quite as thick as most people like. The German rye bread is excellent for this purpose.

GLAZE is simply clear stock boiled down to one-fourth of its original amount. Put 2 quarts of rich, strong stock into a saucepan and boil it uncovered until reduced to 1 pint. It should have a gluey consistency and will keep a month if put in a closely covered jar in a cool place. It is useful in browning meats or for enriching a weak stock or gravy, or adding flavor and consistency to sauces.

The water in which vegetables have been cooked is rich in mineral salts and flavoring. This is known as **VEGETABLE STOCK** and should be used whenever possible. Water in which foods as macaroni, rice, barley, etc., are cooked is rich in starch and sugar products and should be retained for soup.

SEASONINGS: With but a small outlay one can keep a supply of what is essential for the seasoning of soup. Sweet herbs, such as thyme, savory, marjoram, parsley, etc., may be dried in the fall and kept in air-tight cans. Celery roots or dried celery leaves are richer in flavor than the stalk. Celery seed or celery salt may be substituted for these. Spices, including cloves, allspice, whole pepper and stick cinnamon, should always be kept on hand.

Flour, corn starch, arrowroot, tapioca, sago, pearl barley, rice, bread, or eggs are added to give consistency and nourishment.



GOLD MEDAL FLOUR—It's a Bread Flour—It's a Biscuit Flour

SOUPS MADE WITH MEAT STOCK

Plain Brown Soup Stock

6 lbs. shin of beef	$\frac{1}{2}$ bay leaf
4 qts. cold water	6 peppercorns
Carrot	4 cloves
Onion	2 sprigs parsley
Turnip	1 tablespoon salt
Celery	

$\frac{1}{2}$ cup each, cut in cubes

Wipe beef with wet cloth and cut in inch cubes. Brown $\frac{1}{3}$ of this in marrow from the marrow-bone. Put this with remaining $\frac{2}{3}$ of meat, with bone and fat, into kettle. Add salt and water. Let stand at least one hour. Then heat very slowly to boiling point. Reduce temperature, cover, and let simmer for six or seven hours. Add vegetables and seasonings the last hour of cooking. Strain and cool quickly.

Bouillon

For receptions or other large parties. It is simply beef tea on a large scale and should be prepared like a plain soup stock, allowing 1 pound of meat and bone to each pint of water. Season with pepper, salt, celery and onion, if liked. It is best made the day before it is served. Set on ice over night, remove every atom of grease, strain and clear according to the directions given, and serve hot or iced.

Consommé

3 lbs. beef, lower part or round	1 tablespoon salt
1 lb. of marrow bone	6 peppercorns
3 lbs. knuckle of veal	3 cloves
3 qts. water	2 sprigs thyme
Carrot	2 sprigs parsley
Turnip	$\frac{1}{2}$ bay leaf
Celery	
Onion	

$\frac{1}{4}$ cup each, cut in dice

Cut the beef in 1 inch cubes and brown $\frac{1}{2}$ of this in fat from the marrow bone. Put remaining $\frac{1}{2}$ in kettle with cold water and salt, add veal cut in pieces, browned meat and bones. Let stand one hour. Heat slowly to the boiling point, let simmer six hours, removing scum as it forms on surface. Scald the vegetables and add with the seasonings the last hour of cooking. Strain, cool quickly, remove fat, and clear.

Beef Purée

1 pt. beef broth	1 egg yolk
1 tablespoon sago	2 oz. raw beef

Soak sago one-half hour in enough water to cover, stir into hot broth and cook until soft, add egg yolk mixed with a little broth and the beef, free from fat, and reduce to a pulp. Cook three minutes.

Winter Julienne

1 qt. brown stock	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{2}$ saltspoon peppercorns
1 pt. mixed vegetables.	celery
	turnip
	carrot
	onion
	cabbage

Cut celery and turnip into dice. Cut carrot into match shaped pieces, slice onion. Cabbage should be coarsely chopped. Cook the vegetables in boiling salted water until tender. Drain them and add to the soup a few minutes before serving. A richer soup may be had by retaining the vegetable stock.

Summer Julienne

To 1 quart consommé add $\frac{1}{2}$ cup each, cooked peas, string beans, asparagus tips, and onion cut in rings, salt and pepper if needed. Heat to boiling point and serve.

Left-Over Soup

$\frac{1}{2}$ teaspoon celery seed	1 clove
1 tablespoon salt	4 peppercorns

Use bones and trimmings from roast beef, beefsteak, bones, and trimmings, mutton chop bones, any cold vegetables, except squash, cold cooked eggs, crusts of bread, and gravies, if any.

For 6 pounds of meat use 4 quarts of cold water, add seasonings, and let simmer six to eight hours, until the meat is in rags and the water reduced to one-half. Strain and set away for stock.

Ox-Tail Soup

1 ox-tail	1 tablespoon salt
1 qt. brown stock	Few grains cayenne

Wash and cut ox-tail in small pieces, dredge one-half of joints with Gold Medal flour, sprinkle with salt and pepper and brown in hot fat. Add to the rest and simmer until perfectly tender, in enough water to cover. Take out the browned joints and boil the rest to rags. Strain, cool, and remove the fat. Reheat this stock, add the brown stock, salt and pepper, and the reserved joints.

Jugged Soup

6 potatoes	$\frac{1}{4}$ cup rice
1 onion	3 qts. water
6 tomatoes, or	1 tablespoon salt
2 cups canned tomatoes	1 tablespoon sugar
1 turnip	$\frac{1}{2}$ teaspoon pepper
1 can peas	1 pinch allspice
1 grated carrot	

Slice vegetables and place with seasonings in alternate layers in the bottom of a stone crock with a cover. Boil any carcasses of cold fowl, bones of waste meat, or steak with trimmings, in 3 quarts water, until reduced to 2 quarts. Strain, cool and remove fat. Pour the broth over the vegetables, put on the cover, and seal with paste to keep in the steam. Set jar in pan of hot water. Place in oven and cook from four to six hours.

Calf's Head or Mock Turtle Soup

1 calf's head	4 tablespoons Gold Medal flour
2 qts. brown stock	6 cloves
2 qts. water	1 blade mace
$\frac{1}{3}$ cup sliced onion	6 allspice berries
$\frac{1}{3}$ cup carrot cut in dice	1 chili
2 tablespoons butter	2 sprigs thyme
	1 tablespoon salt

Clean calf's head thoroughly cut in half and wash in salt water. Remove brains and tie them in coarse muslin, to be cooked separately. Cook calf's head until tender (about five hours), in 4 quarts salted water. Remove meat from bones, return bones to the kettle, add vegetables and seasonings, and boil until the water is reduced to 2 quarts. Strain and cool. Remove fat and add the brown stock. Then melt and brown the butter, add flour, cook until smooth, combine with soup for thickening and simmer for five minutes. Cut tongue into dice.

Chop the meat fine. Cook the brains twenty minutes and pound with the chopped meat. Season with salt, pepper and thyme. Add a little beaten egg to bind it together, shape in small balls and fry them brown in a little butter. Put meat balls and diced tongue into a tureen and strain the hot soup over them.

The soup is usually served with thin slices of lemon and sometimes a teaspoon of catsup is added.

The soup may be put up in sterilized glass jars.

Thick Vegetable Soup

1 qt. sediment	Celery
1 qt. boiling water	Cabbage
Turnip	Potatoes
Carrot	$\frac{1}{4}$ cup cooked pearl barley
Onion	Few grains pepper
	1 teaspoon salt

$\frac{1}{2}$ cup each, diced

Scald turnips, onions, carrots and cabbage in boiling water. Cook in 1 quart boiling salt water for thirty minutes. Add 1 quart of sediment left from clear soup, potatoes, celery, pearl barley, and more salt if needed. Let simmer until vegetables are tender.

Tomato Soup, with Stock

6 tomatoes, or	Bit of celery root, or
1 qt. canned tomatoes	$\frac{1}{2}$ teaspoon celery seed
1 onion	1 tablespoon Gold Medal flour
2 cloves	1 quart of soup
6 peppercorns	1 tablespoon butter

Take bones and trimmings from roast beef and any other scraps of meat or bone. Put in kettle and cover with cold water, twice as much water as meat. Add seasonings and cook for four hours. Skim off fat, add tomatoes, and cook thirty minutes. Skim out bones and meat and strain liquor through a purée strainer, rubbing all tomato pulp through. Heat and thicken with Gold Medal flour, cooked in the butter.



GOLD MEDAL FLOUR—It's a Cake Flour—It's a Pastry Flour.

Okra Soup

- | | |
|---------------------|---------------------|
| 1 qt. okra | 5 qts. water |
| 2 qts. tomatoes | 1½ tablespoons salt |
| 5 lbs. shin of beef | Few grains cayenne |

Cut the okra in short bits, skin and slice the tomatoes, cut meat in thin slices across the grain, and put all together in kettle, with seasonings and water. Bring to a boil and skim well. Simmer steadily six or seven hours. Remove all bones and unsightly pieces. Skim off grease before serving.

White Stock (from Veal)

- | | |
|------------------------|------------------------|
| 6 lbs. knuckle of veal | Celery root, or |
| 4 qts. cold water | ½ teaspoon celery seed |
| 1 tablespoon salt | 1 onion |
| 6 peppercorns | |

Wipe the veal, cut the meat fine and break the bones. Put it into the kettle with the cold water and salt. Skim as it boils, and when clear add the seasonings. Simmer until the bones are clean and the liquor reduced one-half. Strain, and when cool remove the fat. Use it for white or delicate soups.

Velvet Soup

One quart of any kind of good white stock, ½ cup cream; season to taste and pour boiling hot on the beaten yolks of 4 eggs, diluted with ½ cup cream. Reheat and serve at once in bouillon cups.

White Soup (from Chicken)

- | | |
|------------------------------|--------------------------|
| 3 or 4 lbs. fowl | 1 pt. cream |
| 3 qts. cold water | 1 tablespoon butter |
| 1 tablespoon salt | 1 tablespoon corn starch |
| 6 peppercorns | 1 teaspoon salt |
| 1 tablespoon chopped onions | 1 saltspoon white pepper |
| 2 tablespoons chopped celery | 2 eggs |

Singe, clean and wipe the fowl. Cut off the legs and wings, and disjoint the body. Put it on to boil in cold water. Let it come to a boil quickly, because we wish to use the meat as well as the water, and skim thoroughly. The meat may be removed when tender, and the bones put on to boil again. (Use the meat for croquettes or other made dishes.) Add the salt and vegetables. Simmer until reduced one-half. Strain and when cool remove the fat. For 1 quart of stock allow 1 pint of cream or milk. If cream, use a little less flour for thickening. Boil the stock, add the butter and flour, cooked together, and the seasoning. Strain it over the beaten eggs, stirring as you pour, or the eggs will curdle. The liquor in which a fowl or chicken has been boiled, when not wanted for any other purpose, should be saved for white soup. If the vegetables and spices are not boiled with the fowl, fry them five minutes without burning, add them to the stock, and simmer fifteen minutes.—From Mrs. Lincoln's "Boston Cook Book."

Southern Chicken Soup

- | | |
|---------------------------|---------------------------|
| 1 3-lb. fowl | 2 teaspoons salt |
| 2 qts. cold water | ⅛ teaspoon pepper |
| 3 tablespoons cooked rice | 1 teaspoon minced parsley |

Cut all the meat from fowl, reserving the breast whole. Cut the rest into bits, break the bones, and put them with the meat and salt water into the kettle. Place the breast on top of the other meat. Cook four hours. Remove the breast as soon as tender. Skim often at first, strain and add rice and breast cut in dice, also seasonings and parsley.

Soup à la Reine

- | | |
|----------------------|-------------------------------|
| 1 large fowl | 1 small piece mace |
| 3 qts. cold water | 3 tablespoons butter |
| 1 cup rice | 1 tablespoon Gold Medal flour |
| 1 sliced carrot | 1 pt. cream |
| 1 sliced turnip | 1 tablespoon salt |
| 1 small piece celery | ¼ teaspoon pepper |
| 1 onion | |

Cook whole fowl in salt water until tender, skim off the fat. Cook rice and vegetables in butter slowly for fifteen minutes, remove vegetables and add to the broth. Cook flour in the butter and add with mace and pepper to the soup. Cook all together slowly for two hours. Remove fowl. Chop and pound the breast of the fowl very fine. Rub the soup through a fine sieve, add the pounded breast, and again rub the whole through a coarse sieve. Add cream and reheat.

PURÉE

Cream of Asparagus

- | | |
|--------------------------------|-----------------|
| 1 can asparagus | 6 peppercorns |
| 2 qts. white stock | ½ teaspoon salt |
| 2 tablespoons butter | ½ can cream |
| 3 tablespoons Gold Medal flour | |

Cut off tips of asparagus and reserve. Add stalks of asparagus with the seasoning to the stock. Boil thirty minutes. Strain through purée, thicken with Gold Medal flour cooked in melted butter. Add the asparagus tips and cream. Bring to boiling point and serve with croutons.

Cream of Cauliflower Soup

- | | |
|-----------------------------|-------------------------------|
| ½ cauliflower | 1 tablespoon Gold Medal flour |
| 1 pt. chicken or veal stock | ½ teaspoon salt |
| 1 pt. milk | Few grains cayenne |
| ½ cup cream | |

Soak cauliflower head down in cold salt water one hour. Cook cauliflower in boiling salt water twenty-five minutes. Heat stock and milk. Cut off and reserve the flowerlets from the cauliflower. Rub the rest through a purée strainer and add to the hot soup. Thicken with Gold Medal flour cooked in butter, add seasonings and flowerlets and serve with Imperial sticks.

Purée of Chestnuts

- | | |
|-----------------|---------------------|
| 1 pt. chestnuts | 1 tablespoon butter |
| 1 pt. milk | Salt and pepper |
| 1 cup cream | 1 egg |

Scald the milk. Shell and blanch chestnuts. Cook till very soft in boiling salted water to cover. Mash them in the water left in the pan, and rub them through a fine strainer into the scalded milk. Add the cream, salt, pepper and butter. Heat, and when ready to serve stir the beaten egg in quickly and serve at once with croutons.—Mrs. D. A. Lincoln.

Black Bean Soup

- | | |
|--------------------|--------------------|
| 1 cup black beans | 1 oz. fat meat |
| 3 pts. water | 2½ teaspoons salt |
| 1 small onion | 1 clove |
| 2 hard boiled eggs | ⅛ teaspoon pepper |
| 1 small lemon | Few grains cayenne |

Soak beans over night; in the morning drain and add cold water, with meat, onion and clove. Simmer three hours, or until beans are soft. Add more water or stock as water boils away. Rub through a purée strainer. Season with salt and pepper. Be sure the beans are thoroughly cooked or the soup will have a granular feeling to the tongue. Serve in tureen, over the sliced eggs and lemon.

Purée of Lentils

- | | |
|--------------------------------|--------------------|
| 3 pts. of lentils | 1 small onion |
| 2 qts. broth | 1 sprig of parsley |
| 4 oz. salt pork | 1 teaspoon sugar |
| 2 tablespoons Gold Medal flour | 2 teaspoons salt |
| 2 leeks | |

Wash and pick over the lentils and soak over night in cold water. In the morning drain. Put in kettle with cold water to cover, add vegetables and salt pork. Boil until the beans fall to pieces. As the water evaporates, add broth. When tender, rub all through a purée. Remove fat, thicken with Gold Medal flour cooked in butter, add sugar and salt, cook for five minutes and serve.

Purée of Lima Beans

- | | |
|---------------------|-------------------------------|
| 1 pt. Lima beans | 1 tablespoon Gold Medal flour |
| 6 pts. cold water | 2 teaspoons salt |
| 3 small tomatoes | ¼ teaspoon pepper |
| 1 tablespoon butter | Few grains cayenne |

Soak beans over night if dry; in the morning drain and add cold water. Cook until soft, rub through a sieve, add salt, pepper and cayenne. Reheat soup, melt butter, add Gold Medal flour, cook together until perfectly smooth, add 1 cup of soup, stirring all the time. Add to the remainder of the soup. Slice the tomatoes very thin, add to the soup and cook three minutes. Soup stock or the thin part of a can of tomatoes may be used to cook the beans with in place of the water.



GOLD MEDAL FLOUR—It's a Biscuit Flour—It's a Bread Flour.

Mutton Broth

- 3 lbs. mutton
2 qts. cold water
1 teaspoon salt
- Few grains pepper
 $\frac{1}{4}$ cup barley

Wash and soak barley over night. Wipe meat, remove skin and fat, and cut in pieces. Put in kettle with bones and seasonings and cover with cold water. Bring to boiling point and simmer until meat is tender,—strain. Remove fat. Reheat and add barley, and cook until barley is tender.

SOUPS MADE WITHOUT MEAT

In soups made without meat the foundation is usually milk and, as the milk should be cooked below the boiling point, a double boiler is essential. In the following recipes where the expression "scald the milk" is found, it always means cooked in a double boiler.

Foundation for Cream Soups

- 1 qt. milk
1 tablespoon butter
1 teaspoon chopped onion
1 tablespoon Gold Medal flour
- 1 teaspoon salt
 $\frac{1}{2}$ saltspoon white pepper
1 speck of cayenne

Scald milk with the onion. Melt butter, add Gold Medal flour and cook until frothy, but be careful not to let the butter brown; add 1 cup of the hot milk slowly and cook together until thickened. Return to the double boiler. Add seasonings. It is now ready to finish in any way.

Cream of Tomato Soup

(Mock Bisque)

- $\frac{1}{2}$ can tomatoes
1 qt. milk
 $\frac{1}{8}$ teaspoon soda
 $\frac{1}{8}$ slice onion
3 tablespoons butter
- 3 tablespoons Gold Medal flour
1 teaspoon salt
 $\frac{1}{2}$ teaspoon sugar
 $\frac{1}{8}$ teaspoon white pepper
Few grains cayenne

Scald milk with onion, remove onion and thicken milk with Gold Medal flour cooked in melted butter. Cook tomatoes with sugar fifteen minutes, add soda. Rub through purée strainer, add seasonings. Combine mixtures immediately before serving.

Potato Soup

- 1 qt. milk
3 potatoes
2 slices onion
2 tablespoons butter
1 tablespoon Gold Medal flour
 $\frac{1}{4}$ teaspoon celery salt or celery stalk
- 1 teaspoon salt
Few grains pepper
Few grains cayenne
1 teaspoon minced parsley

Cook potatoes in boiling salted water until soft, drain, rub through purée strainer. Scald milk with onion and celery stalk; remove onion and celery and add milk slowly to potatoes, stirring constantly. Melt butter, add dry ingredients, stir until well mixed, then add to hot soup. Add also the minced parsley and cook one minute before serving.

Cream of Celery Soup

Add 1 pint stewed and strained celery to the rule for "Foundation for Cream Soups" (see rule above) and strain slowly the combined mixture over a well beaten egg, stirring well.

Duchess Soup

- 1 qt. milk
1 small onion
3 egg yolks
2 tablespoons butter
- 2 tablespoons Gold Medal flour
1 teaspoon salt
Few grains pepper
2 tablespoons grated cheese

Scald milk. Cook onion in butter until a golden brown, add Gold Medal flour and cook until frothy, blend with scalded milk and cook ten minutes. Rub through strainer and return to fire. Add cheese and seasonings. Beat yolks until light, dilute with $\frac{1}{2}$ cup of soup, put in tureen and pour hot soup slowly over this, stirring briskly.

Cream of Farina Soup

- 1 pt. boiling water
4 tablespoons farina
1 pt. milk
- 3 egg yolks
3 tablespoons cream
 $\frac{1}{2}$ teaspoon salt

Moisten farina with 4 tablespoons cold water, stir slowly into boiling salted water, cover and let cook gently for thirty minutes. Add the scalded milk slowly. Beat yolks, add cream and blend with the soup.

BISQUES

Oyster Soup

- 1 qt. oysters
1 qt. milk
2 tablespoons butter
- 2 tablespoons Gold Medal flour
1 teaspoon salt
Few grains pepper

Drain oysters through wire strainer placed over bowl, reserve the liquor. To wash: Pour over the oysters cold water, using 2 cups water to each quart of oysters. Examine each oyster for bits of shell.

Put the liquor on to boil, skim, and strain through double cheesecloth. Scald the milk, thicken with Gold Medal flour and butter cooked together; cook the oysters in the cleared liquor until they grow plump and the edges curl. Add this to the milk foundation with seasonings, and serve.

Oyster Stew

- 1 qt. oysters
1 cup liquor
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ saltspoon pepper
1 tablespoon butter
1 tablespoon rolled cracker
 $\frac{1}{2}$ cup milk or cream

Clean and pick over oysters as for oyster soup. Heat oyster liquor and water to boiling point, strain and add oysters. Cook until oysters grow plump and edges curl. Add seasonings, butter and cracker crumbs; add scalded milk or cream before serving. A few grains of nutmeg add to the flavor.

Shrimp Soup

- 1 qt. oysters
1 pt. shrimps
1 pt. water or veal stock
1 tablespoon Gold Medal flour
- 1 tablespoon butter
 $\frac{1}{2}$ teaspoon salt
Few grains pepper
 $\frac{1}{2}$ cup cream

Clean and pick over oysters. Boil liquor with water or stock; skim and strain. Thicken with Gold Medal flour cooked in melted butter, add seasonings. Remove black vein or any shells from the shrimps and cut fine. Add shrimps, oysters and cream to the soup and cook until oysters are plump and edges curl.

Bisque of Crab

- 4 large crabs
3 pts. white stock
1 cup rice
1 cup cream
- 1 tablespoon butter
1 tablespoon Gold Medal flour
 $\frac{1}{2}$ teaspoon salt
Few grains pepper

Wash and boil crabs, open them and take out meat. Cut fine and pound in a mortar. Add the washed rice and crabs to the stock and simmer thirty minutes. Rub through a sieve. Bind with butter and flour cooked together; add cream and seasonings, reheat and serve.

Swedish Fish Soup

- 12 small panfish
2 qts. cold water
 $\frac{1}{2}$ cup dry mushrooms
 $\frac{1}{2}$ small cabbage
- 1 small onion
2 leeks, 1 cooked beet
4 sprigs parsley
1 tablespoon salt

Skin and bone fish; cook heads and bones for thirty minutes in cold water with salt and mushrooms. Egg and crumb the pieces of fish and fry in smoking hot fat, drain on brown paper. Cut cabbage fine and cook with chopped onion and leeks in 3 cups of boiling salted water for thirty minutes; the last five minutes add the chopped beet and parsley. Strain the fish broth upon them. Put the fried fish in the tureen and add the soup.

Small dumplings are often added and sometimes part of the fish is minced fine and mixed with them.

Green Turtle Soup

- 1 10-lb. turtle
4 qts. cold water
1 tablespoon salt
 $\frac{1}{3}$ cup butter
4 tablespoons Gold Medal flour
1 cup Madeira wine
- 10 whole cloves
 $\frac{1}{2}$ teaspoon peppercorns
2 bay leaves, $\frac{1}{2}$ bunch herbs
2 onions
2 tablespoons parsley minced
8 hard boiled eggs

Kill the turtle by cutting off head with a very sharp knife. Hang up by the tail and let it bleed for twelve hours. Separate upper from lower shell, being careful not to cut the gall bladder; cut the meat from the breast in slices and reserve; remove the gall bladder and entrails and throw them away. Cut the fins off as near the shell as possible. Place the upper and lower shell in a large kettle, pour over 4 quarts of cold water, simmer gently until bones fall apart. Put into soup kettle the head, fins, liver, lights, heart and all the meat; add all the seasonings, cover with liquor in which the shells were boiled and simmer until meat is thoroughly done; strain the mixture through a fine sieve. Melt the butter and brown in it the onion chopped fine, add the flour and cook together until brown. Add a pint of the soup, a little at a time, and cook until smooth, combine with rest of the soup. Add the cut meat, the hard boiled eggs chopped fine and lastly the wine



GOLD MEDAL FLOUR—It's a Pastry Flour—It's a Cake Flour.

CHOWDERS

Corn Chowder, No. 1

- | | |
|---|--------------------------------|
| 1 doz. ears sweet corn or 1 qt. canned corn | 2 tablespoons Gold Medal flour |
| 1 pt. potatoes diced | 1 qt. milk |
| 1½ inch cube of fat salt pork | 2 teaspoons salt |
| 1 small onion | ¼ teaspoon pepper |
| | 2 hard boiled eggs |

If fresh corn is used cut each row of kernels and scrape corn from cob. Boil cobs twenty minutes with water to cover. Cook potatoes in boiling salted water, drain. Chop the fat and try out in kettle. Add onion and cook five minutes. Dredge with the flour. Add 1 cup of water in which cobs were cooked; potatoes, corn, milk and seasonings. Simmer ten minutes. Cut eggs in rings and add to the chowder when ready to serve.

Corn Chowder, No. 2

- | | |
|----------------------|--------------------------------|
| 1 qt. raw sweet corn | 2 tablespoons Gold Medal flour |
| 1 pt. potato dice | 1 pt. milk |
| 1 teaspoon salt | 1 pt. croutons |
| 1 saltspoon pepper | 2 hard boiled eggs |
| ¼ cup butter | |

Cut each row of kernels, and scrape the raw corn from the cob. Boil the cobs twenty minutes in water to cover. Pare and cut the potatoes into small dice. Pour boiling water over them, drain and let them stand while the corn-cobs are boiling. Remove the cobs, add the potatoes, salt and pepper. When the potatoes are nearly done, add the corn and milk and cook five minutes. Cook the flour in the hot butter, add 1 cup of the corn liquor, and when thick stir it into the chowder. Add the eggs, whites chopped fine, and yolks rubbed through a strainer. Serve with croutons.—Mrs. D. A. Lincoln.

Fish Chowder

- | | |
|---------------------------------------|---------------------|
| 4 lbs. fish | 1 qt. scalded milk |
| 7 large potatoes cut in ⅛ inch slices | 1 tablespoon butter |
| 1 onion minced | 8 butter crackers |
| ¼ lb. salt pork | 1 tablespoon salt |
| | ¼ teaspoon pepper |

Cod, bass or haddock may be used. Remove the skin, but reserve the head and tail, which, with the backbone, should be placed in a kettle, 2 cups of cold water added, and bring slowly to boiling point; cook twenty minutes. Cut flesh in two inch pieces and set aside. Parboil potatoes ten minutes in enough boiling water to cover, and drain. Cut pork in dice and fry in an omelet pan with onion and when a light brown put onion and fat in a kettle; add potatoes, seasonings, liquor drained from the bones, and 2 cups boiling water; add the pieces of fish. Cover and simmer fifteen minutes; add butter and hot milk. Split crackers, put in tureen, and pour the hot chowder over them. A cup of fine cracker crumbs may be added if a thicker broth is desired, or 2 eggs may be beaten light and mixed with the hot milk before it is added to the chowder.

SOUP GARNISHINGS AND FORCEMEATS

Croûtons

Cut one-third inch slices of stale buttered bread, from which crusts have been removed, into one-half inch cubes, brown in oven.

Imperial Sticks

Cut one-third inch slices of stale buttered bread into three-fourth inch strips and brown in oven.

Royal Custard

- | | |
|--------------|--------------------|
| 4 eggs | ½ teaspoon salt |
| 1 egg white | Few grains nutmeg |
| 1 gill cream | Few grains cayenne |

Beat the egg and seasonings together, add 1 gill of cream or the same quantity of milk, strain through fine strainer into buttered timbale moulds. Set these moulds in saucepan with boiling water reaching to one-half their height, bake until firm. Cool, cut in slices or fancy shapes and add to consommé. ½ teaspoon of onion juice may be added before cooked.

Royal Custard with Chestnuts

- | | |
|---------------------------|--------------------|
| 3 egg yolks | ¼ teaspoon salt |
| 3 tablespoons white broth | Few grains cayenne |
| 1 large French chestnut | |

Boil chestnut until mealy, pound and crush to a paste, mix with the broth. Beat eggs and seasonings and combine with the broth mixture, pour in buttered moulds, place in hot water and bake until firm. Cool, remove from moulds and cut into fancy shapes.

Noodles

- | | |
|------------------------------|-------------------|
| ½ lb. Gold Medal flour | 1 teaspoon butter |
| 3 eggs | 1 teaspoon salt |
| 2 tablespoons lukewarm water | |

Sift flour and salt, rub in butter, add gradually the beaten eggs and water, knead the paste for ten minutes, roll out as thin as possible and set aside to dry for fifteen minutes; cut into strips two inches wide, shred each strip into narrow, match-like pieces, let dry on board for thirty minutes. The batter may be rolled as a jelly roll and cut into thin slices. These little, dried whorls when dropped into the hot soup will unroll into ribbons of paste.

When needed, cook twenty minutes in boiling salted water, drain and add to consommé. The noodles may be cooked in consommé, but you will not have as clear a soup.

Noodles may be served as a vegetable. Drain noodles when cooked and mix with ½ cup of coarse bread crumbs fried in butter, reserving part of the crumbs to put over the top. * This is an excellent dish to serve with fried chicken.

Noodles are often prepared like macaroni, with cheese and Tomato Sauce.

Marrow Balls

- | | |
|---------------------------------------|----------------------------|
| 1 tablespoon finely cut marrow fat | 1 teaspoon chopped parsley |
| 3 tablespoons fine stale bread crumbs | 1 teaspoon beaten eggs |
| | Salt and pepper |

Mix ingredients and work to a smooth paste, form in balls the size of a filbert, drop into boiling soup and cook for ten minutes.

Spinach Balls

Equal bulk of finely chopped spinach that has been well seasoned, and very fine dry bread crumbs. Season highly with pepper, salt and cayenne. Add enough white of egg to moisten well, then stand aside to stiffen. Shape in balls size of a hickory nut; poach in the hot soup for five minutes, and serve three or four to each plate of clear soup. They are especially pretty in cream of spinach soup.

Sponge Balls

Put the whites of 2 eggs in a teacup, fill the cup with milk and pour the contents into a stewpan; add 1 teacup of Gold Medal flour and 2 tablespoons of melted butter; stir well over the fire until the batter is thick and smooth; set it to cool, after which stir into it the 2 yolks, a few pinches of salt, a little mace (if liked), and drop into the boiling hot soup, a teaspoonful at a time. Cook from eight to ten minutes.—Mrs. Bayard Taylor's *Letters to Young Housekeepers*.

Pâte à Choux

- | | |
|---------------------|--------------------------------|
| 1 tablespoon butter | 5 tablespoons Gold Medal flour |
| ½ cup water | ⅛ teaspoon salt |
| | 1 egg |

Heat butter and water to boiling point, add Gold Medal flour, all at once, and stir vigorously until mixture leaves the sides of pan; remove from fire, cool, add egg unbeaten, and stir until well mixed. Let paste stand for one-half hour, then drop small pieces from tip of teaspoon into hot, deep fat, fry until crisp and brown; drain on brown paper. To be served in clear soups.

Forcemeat Balls

- | | |
|----------------------------|-------------------|
| ⅔ cup lean veal or chicken | 1 egg white |
| ⅓ cup stale bread crumbs | ¼ teaspoon salt |
| ⅓ cup milk | Few grains pepper |
| 2 tablespoons butter | Few grains nutmeg |

Cook bread and milk to a paste, add melted butter and egg white stiffly beaten, and seasonings. Pound meat and add to the mixture. Then force all through a coarse strainer. Form into almond-shaped balls between two spoons. Cook ten minutes in stock that must only simmer.

Ham Dumplings

Proceed as above, using lean ham with parsley or a few drops of onion juice; leave out salt and nutmeg. Chop fine and pound to a paste. Shape in larger balls and cook in stock. They should be as light as sponge and may be served in consommé.



GOLD MEDAL FLOUR—It's a Bread Flour—It's a Biscuit Flour.

MEATS



MEA**T** is the name given to the flesh of all animals used as food. It is chiefly composed of albuminoids, fat, mineral matter and water. Albumen is a substance found in the blood and muscle. It is soluble in cold water and is coagulated by heat. It begins to coagulate at 134 degrees F. and becomes solid at 160 degrees F.; hence, the meat should be cooked in water below the boiling point, and a high temperature used in broiling and roasting in order to quickly sear the surface and retain the juices.

Meat should be uniform in color, firm and elastic to the touch. In selecting cuts of meat, remember the tender cuts are the most expensive, but the cheaper cuts are the most nutritious and highly flavored.

Remove meat from paper as soon as it comes from the market. Wipe with a damp cloth and keep in a cool place.

METHODS OF COOKING

ROASTING: All meat should be placed at least one inch from the bottom of the baking pan, using trivet or rack made for the purpose. Rub the joint well with salt and pepper, and dredge with a little flour as will insure a dry surface. Very lean meat is improved by having thin slices of fat meat, either bacon or pork, or its own fat, laid over the surface at first until there is sufficient drippings to baste with. The oven and pan should be hot at first, then gradually reduce the heat. Baste frequently with equal quantities of fat drippings and water. (For time see the table.)

When done remove roast to a hot platter, drain off the fat, add enough water to dissolve the glaze left in the pan, and use this for gravy, either "au jus" or thicken slightly with brown roux.

This is a method for all roasts. The time varies with the kind of meat.

BRAISING: Braising is particularly adapted for meats that are lacking in flavor or are tough. A deep pan with a close fitting cover is necessary. The covered pans sold as roasters are really braising pans and owe their excellence to the fact that the two parts fit together so tightly as to confine the steam, thus the meat is cooked in its own vapor. The most stubborn pieces will yield to the persuasion of a braising pan and become tender, especially if a few drops of lemon juice or other acid be added to the gravy in the pan. Braising also affords an opportunity to render coarse pieces savory by laying them upon a bed of vegetables or sweet herbs. Dry meats can be enriched by the process known as daubing.

BROILING: Broiling is cooking by direct exposure to a heat over a gas flame or hot coals. The surfaces are seared by exposing the meat to great heat at first, thus preventing the juices from escaping.

PAN-BROILING: Heat a cast-iron or steel frying pan to a blue heat. Rub it with a bit of fat meat till well oiled. Season the meat and lay in the pan just long enough to sear thoroughly, then turn and sear the other side and continue turning often enough to keep the juices from escaping. Reduce heat and cook more slowly until meat is done.

SAUTEING: To sauté is to cook in a hot, shallow pan with a little fat, browning first one side and then the other.

FRYING: To fry is to cook in hot fat, deep enough to cover the material to be cooked. Test for cooking as follows:

For cooked materials a one inch cube of bread should turn golden brown in forty seconds.

For uncooked materials a one inch cube of bread should turn golden brown in one minute.

All mixtures not containing egg should be dipped in egg and crumbs to prevent food from absorbing fat. The albumen is hardened by the heat and forms a coating. Cook only a few pieces of the article at a time, reheating after each frying. Drain on brown paper.

Utensils: Iron or granite kettle, wire egg beater, and brown paper to drain on. Wire baskets are nice to have, but not essential.

The fats used are lard, cottolene and olive oil.

To clear fat after using cut a raw potato into one-fourth inch slices and add to the cooled fat. Heat gradually and when potatoes are browned strain fat through cheesecloth placed over a strainer. If carefully strained each time the fat can be used repeatedly.

BOILING: In boiling, as in roasting, the general principle is to subject the meat to a high degree of heat at first until a layer of albumen hardens over the entire surface. The temperature should then be dropped much below boiling point and kept there until the gelatine and connective tissues are softened to almost the point of dissolving. Let the meat partly cool in the liquor, and if the slices are served on very hot plates they will be juicy, tender and well flavored.

LARDING: Use a piece of salt pork fat. Shave off the rind as closely as possible, cut the fat in one-fourth inch strips, and cut these into strips the same width. With a larding needle draw these strips into the meat, leaving the stitches evenly distributed and in alternate rows until the whole upper surface is covered.

DAUBING: When the large lardoons are forced through meat from surface to surface the process is called daubing.

GOLD MEDAL FLOUR—It's a Cake Flour—It's a Pastry Flour.





Beef is the meat of a steer, ox or cow. Good beef should be fine grained in texture, bright red in color and well coated and marked with fat.

Roast Beef

A standing roast is one with ribs left in. A rolled roast is one with the ribs removed, the meat rolled and tied.

The tip of the sirloin is considered one of the best pieces for roasting. The pan and rack should both be hot. Wipe and rub the joint with salt and pepper and dredge with Gold Medal flour. Have the oven hot for the first ten or fifteen minutes to sear the surfaces. Reduce heat, add water to cover the bottom of the pan and baste every fifteen minutes if a self-basting roaster is not used. Let the water cook away toward the last. After the meat is done remove this to a hot platter. Add 1 pint of hot water to sediment left in the pan after the fat has been poured off, place on the stove and scrape all the glaze from the bottom and sides of the pan. When it boils add a thickening made of 2 teaspoons of Gold Medal flour rubbed smooth with 4 tablespoons of cold water, pouring it in slowly. Boil well, add salt and pepper to taste, and strain into a hot sauce bowl.

Yorkshire Pudding

2 eggs
1 cup milk
1 cup Gold Medal flour
 $\frac{1}{2}$ teaspoon salt

Mix and sift salt and flour. Add the milk gradually to make a smooth paste. Beat eggs very light and add to the batter; beat well, bake in hot, well greased iron gem pans for thirty-five minutes. Baste with drippings from the beef after they are well risen. This batter may be poured into the roasting pan and baked, basting with beef drippings.

French Roast

If the piece of meat be lean or of second quality it will be improved by rubbing it well with a preparation of 4 tablespoons of salad oil, 2 tablespoons chopped parsley, 1 sliced onion, 2 bay leaves, juice of $\frac{1}{2}$ lemon. Rub meat well and let it lie from eighteen hours to two days, turning in the dressing once or twice. Baste meat with the same dressing, adding salt and pepper to taste. Serve "au jus" as in plain roast.

Fillet of Beef, Larded

The true fillet is the tenderloin. A short fillet, weighing from two and a half to three pounds (the average weight from a very large rump) will suffice for ten persons at a dinner where this is served as one course, and if a larger quantity is wanted a great saving will be made if two short fillets are used. Remove from the fillet with a sharp knife every shred of ligament and thick, tough skin. Draw a line through the center and lard with two rows of pork, having them meet at this line. Dredge well with salt, pepper and Gold Medal flour, and put, without water, in a shallow pan. Roast for thirty minutes in a hot oven. Serve with Mushroom or Tomato Sauce, or with potato balls. If with sauce this should be poured around it. The time given cooks a fillet of any size; the shape being such that it will take one-half hour for either two or six pounds.—Miss Parloa.

Pot Roast

Four to six pounds from the middle or face of the rump, or the round. Wipe with a clean wet cloth. Sear all over by placing in a hot frying pan with fat trimmings from the meat, and turning till all the surfaces are browned. Put in a kettle with 1 cup of water and place it where it will keep just below the boiling point. Do not let the water cook entirely away, but add only enough to keep the meat from burning. Have the cover fitted closely to keep in the steam. Cook until very tender, but do not let it break. Add seasonings after the first half hour of cooking. Serve hot or cold.

Broiled Beefsteak

Wipe with cloth wrung out of hot water and trim off any superfluous fat. Place on hot broiler, which has been rubbed with fat, cook over clear fire, turning every ten seconds the first

minute to sear thface sures. Steak one inch thick requires six minutes if liked rare, eight minutes if well done. Remove to hot platter, season with salt and pepper and serve with Mushroom Sauce, Tomato Sauce, or Maître d'Hôtel Butter.

Pan-Broiled Steak

Wipe and trim as above, heating iron frying pan smoking hot and rub with fat. Lay the steak in the pan, sear each side quickly, then draw back to cook more slowly about four minutes, turning often. When done, lift to a hot platter, add salt and pepper, dissolve the glaze in the frying pan in 2 or 3 tablespoons of hot water, pour over the steak and serve.

Stewed Steak

For this use a cut from the round. First pan-broil till well browned, add water to nearly cover and seasoning. Cover closely and simmer till very tender. Lift the meat to a deep platter, skim the gravy if it shows much fat, add to it 1 tablespoon Gold Medal flour wet in cold water, more salt and pepper if needed, and a few drops of catsup or horse radish.

Beefsteak Pate

Chop 1 pound of best round steak till it is a soft pulp. Season highly with salt and pepper. Add a little of the tender fat also chopped fine. Mix two beaten eggs with 1 pint of milk. Pour this slowly into 1 cup of Gold Medal flour mixed with 1 teaspoon of baking-powder. When well mixed, stir it thoroughly into the meat. Bake in a moderate oven about an hour.

Beef Stew

2 lbs. lean beef from round,
or 2 $\frac{1}{2}$ lbs. if there is a
bone
1 qt. of water
2 cups potatoes cut in $\frac{1}{4}$
inch slices

Turnip } $\frac{1}{2}$ cup each cut in $\frac{1}{2}$
Carrot } inch cubes
 $\frac{1}{2}$ small onion cut in thin
slices
3 tablespoons Gold Medal flour
Salt and pepper

Wipe meat with wet cloth, separate meat, bone and fat; try out some of the fat in frying pan, cut meat into 1 $\frac{1}{2}$ inch cubes, sprinkle with salt and pepper and dredge with Gold Medal flour. Sear the meat in the hot fat, stirring constantly. When all surfaces are well browned put in the kettle; cover and let boil up once, skim and then simmer for two and one-half hours. Add carrot, turnip and onion the last hour of cooking. Parboil the potatoes and add to stew fifteen minutes before taking from the fire. Remove bone, large pieces of fat, and skim; thicken with 3 tablespoons of Gold Medal flour diluted with enough cold water to pour easily. Let the stew come to a boil again and cook ten minutes.

Mutton, lamb or veal can be cooked in this manner. When veal is used, try out 2 slices of pork, as there will not be much fat on the meat. Lamb and mutton should have some of the fat put aside and butter substituted.

Beef Stew with Peas

3 lbs. soup meat
3 qts. cold water
1 large onion
1 tablespoon salt
1 saltspoon pepper

1 slice carrot
 $\frac{1}{2}$ slice turnip
2 potatoes
1 pint split peas

Choose the meat from the under part of the round, face of the rump, aitch-bone or the remainder of roast beef. Remove all the slivers of bone, trim and wipe the meat, cut it into 1 inch cubes, sprinkle with salt and pepper. Sear it in some of the fat, dredge with Gold Medal flour and brown, add water and cook it four hours. When it begins to boil, remove the scum and fat. Cook the peas in another kettle in water to cover, and as the water boils away replenish with water from the meat. Keep the meat covered with water and when half done add the vegetables, all cut fine, and the seasoning. When ready, serve the meat by itself. Rub the peas through a purée strainer and, after removing the fat from the meat liquor, add the peas to the latter. Season to taste and serve very hot.



GOLD MEDAL FLOUR—It's a Biscuit Flour—It's a Bread Flour.

Braised Beef

- | | | |
|------------------------|--------|---|
| 3 lbs. beef from round | Carrot | } $\frac{1}{4}$ cup each cut in
dice |
| 2 slices of salt pork | Turnip | |
| 6 peppercorns | Onion | |
| 3 cups boiling water | Celery | |

Try out fat and remove pieces from frying pan. Trim and wipe meat, season with salt and pepper and dredge with Gold Medal flour. Sear in the fat until all surfaces are brown. Place on trivet in deep granite or earthen dish, surround with vegetables and peppercorns, add 3 cups boiling water. Cover closely and bake slowly four hours. Baste often and turn once. Serve with a brown gravy made from juices in pan.

Beef à la Mode

Four to 6 pounds of beef from the under side of the round, cut thick. Wipe and trim off the rough edges. Put in a deep dish and pour over it spiced vinegar made by boiling five minutes 1 cup vinegar, 1 onion chopped fine, 3 teaspoons salt and $\frac{1}{2}$ teaspoon each whole mustard, pepper, clove and allspice. Let the meat stand several hours, turning it often. Then daub it with several strips of salt pork, one-third of an inch wide and as long as the meat is thick. Tie it into good shape with a narrow strip of cotton. Dredge it with Gold Medal flour and brown all over in hot drippings. Cut 2 onions, $\frac{1}{2}$ carrot and $\frac{1}{2}$ turnip fine and try them in the same fat. Lay the vegetables in a deep braising-pan (of granite ware if possible), the meat on top, with some bits of parsley and thyme, pour over the spiced vinegar, adding enough beef broth or water to half cover. Cover closely and simmer four hours, turning once meantime. Take up carefully, remove the strings and lay on a large platter. Remove fat from the gravy, add more seasoning if needed, thicken with brown roux and strain it over the meat.—Adopted from "Boston Cook Book."

Scotch Roll

Remove the tough skin from about five pounds from the flank of beef. A portion of the meat will be found thicker than the rest. With a sharp knife cut a thin layer from the thick part and lay it upon the thin. Mix together 2 tablespoons of salt, 1 of sugar, $\frac{1}{2}$ teaspoon of pepper, $\frac{1}{8}$ of a teaspoon of clove, and 1 teaspoon of summer savory. Sprinkle this over the meat and then sprinkle with 3 tablespoons of vinegar; roll up and tie with twine. Put away in a cold place for twelve hours; when it has stood this time, place in a covered stew pan, with boiling water to cover, and simmer gently for three and one-half hours. Mix 5 tablespoons of Gold Medal flour with $\frac{1}{2}$ cup of cold water and stir into the gravy. Season to taste with salt and pepper. Simmer half an hour longer. Serve hot or cold.

Broiled Meat Cakes or Hamburg Steak

Chop raw lean beef quite fine, season with salt, pepper and a little onion juice. Make it into small flat cakes and broil on a well greased gridiron, or in a hot frying pan. Serve very hot with butter or Maitre d'Hôtel Sauce. Make the proportion about one-fourth fat to three-fourths lean meat. The seasoning for this is in the proportion of 1 teaspoon of salt, 1 saltspoon pepper and a few drops of onion juice for 1 pint of meat after it is chopped.

Corned Beef

Select a piece of lean beef well streaked with fat that has been corned only three days. Wipe the meat and tie securely in shape. Put in kettle, cover with cold water and bring slowly to boiling point. Boil five minutes, remove scum and cook at a lower temperature until tender. Cool slightly in water in which it was cooked, remove to a dish, cover and place on cover a weight.

Tripe

In whatever way it is to be served, tripe is usually better to be simmered gently until perfectly tender, in clear water. If it has a strong odor add a little vinegar to the water and change several times. Dry carefully on a cloth before broiling or frying.

Fried Tripe

Cut in pieces for serving, roll them in seasoned Gold Medal flour, then in egg, and last in very fine bread crumbs. Fry a golden brown in deep fat. Drain on paper and serve with a leaf of parsley on top.

Tripe in Batter

Cut in pieces for serving, roll in seasoned Gold Medal flour, dip in batter, and sauté in hot butter. Drain on brown paper.

Tripe Batter

- | | |
|------------------------------|----------------------------------|
| 1 cup Gold Medal flour | 1 egg |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ tablespoon vinegar |
| $\frac{1}{2}$ cup cold water | 1 teaspoon melted butter |
- Mix flour and salt, add the water gradually. When perfectly smooth add the beaten egg, vinegar and butter.

Tripe Fricasseeed with Onions

Parboil the tripe. Cook 6 medium sized onions half an hour, drain and slice them and put them into a frying pan with $\frac{1}{4}$ cup of butter. Sprinkle over them 1 teaspoon each of salt, sugar, dry mustard, a saltspoon of white pepper and a speck of nutmeg. Let them cook till there are delicately browned pieces in the hottest parts, then pour them over the tripe, which has been previously thickened with 2 dessert spoons of baked or gluten flour. This should be served at once and very hot.

Hash

The best meat for a hash is from a stew or the sides of a à la mode beef; the corned beef is excellent and any scraps of cold meat can be used if care be taken to first simmer until tender all tough bits. Mince evenly but not too fine, allowing one-quarter fat to lean. Add an equal bulk of chopped, freshly cooked potatoes, mix well together and season with salt and pepper; moisten with cream, gravy or rich broth, add a tablespoon of butter or good beef drippings to a frying pan and when smoking hot add the hash even over the top. Cook over a moderate heat for twenty minutes without stirring so that a brown crust may form over the bottom, fold over and turn out like an omelet on a hot platter. This hash may be baked in the oven instead of over the fire.

Hash, English Style

Chop the meat rather coarsely, season with onion and catsup, salt and pepper, simmer a few minutes in a good gravy. Serve on toast in a deep platter, garnish with toast and parsley.

Boiled Tongue

Use a corned tongue. If very salt, it should be soaked in cold water several hours, or over night before cooking. Wipe, cover with cold water and bring slowly to boiling point. Boil five minutes, remove scum, and cook at a lower temperature until tender. To remove skin blanch in cold water, peel off skin and roots. Reheat and serve. Tongue requires from four to five hours cooking.

Braised Tongue

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| 3 lbs. fresh tongue | Bit of cinnamon |
| $\frac{1}{4}$ cup butter | 1 clove |
| Carrot | Bouquet of sweet herbs |
| Turnip | $\frac{1}{2}$ lemon |
| Onion | 1 teaspoon salt |
| 1 tablespoon cornstarch | $\frac{1}{4}$ teaspoon pepper |

Wash tongue, cover with boiling water and cook slowly two hours. Remove from water, blanch in cold water, and remove skin and roots. Cook vegetables in butter five minutes, remove them to a deep braising pan. Brown tongue in fat and place on vegetables in pan. Add clove, cinnamon and sweet herbs, salt and pepper; cover the tongue one-half way with stock in which it was cooked. Cover the braising pan and bake two hours. At the last half hour the juice of lemon is added. When tender remove to hot platter.

For gravy add cornstarch dissolved in cold water to stock in braising pan, which should be reduced to 1 pint. Boil five minutes and pour around the tongue on hot platter. 1 teaspoon Worcestershire Sauce or tomato catsup may be used in gravy.

Scalloped Tongue

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| 1 pint chopped tongue | 1 teaspoon capers |
| 1 teaspoon onion juice | 1 cup bread crumbs |
| 1 teaspoon chopped parsley | $\frac{1}{2}$ cup stock |
| 1 teaspoon salt | 3 tablepoons butter |

Butter the scallop dish, cover the bottom with bread crumbs. Mix meat with parsley, salt, capers and pepper. Distribute this over bread crumbs. Add some of the butter between layers, pour over the stock and onion juice and add remaining crumbs and butter for top layer. Bake twenty minutes.

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Tongue in Jelly

Boil, trim and skin either a fresh or salt tongue. Have $1\frac{1}{2}$ quarts of aspic jelly in the liquid state. Cover the bottom of a two quart mould about an inch deep with it and let it harden. With a fancy vegetable cutter cut out leaves from cooked beets and garnish the bottom of the mould with them. Gently pour in 3 tablespoons of jelly, to set the vegetables. When this is hard add jelly enough to cover the vegetables, and let the whole get very hard. Then put in the tongue, and about $\frac{1}{2}$ cup of jelly, which should be allowed to harden, and so keep the meat in place when the remainder is added. Pour in the remainder of the jelly and set away to harden. To serve: Dip the mould for a few moments in a pan of warm water and then gently turn onto a dish. Garnish with pickles and parsley. Pickled beet is especially nice.

Fillets of Tongue

Cut cold boiled tongue in pieces about four inches long, two wide, and half an inch thick. Dip in melted butter and in Gold

Medal flour. For 8 fillets put 2 tablespoons of butter in the frying pan, and when hot put in the tongue. Brown both sides, being careful not to burn. Take up, and put 1 more spoon of butter in the pan, and then 1 heaping teaspoon of Gold Medal flour. Stir until dark brown, then add 1 cup of stock, $\frac{1}{2}$ teaspoon of parsley, and 1 tablespoon of lemon juice or 1 teaspoon of vinegar. Let this boil up once and then pour it around the tongue, which has been dished on thin strips of toast. Garnish with parsley and serve. For a change, a tablespoon of chopped pickles or of capers can be stirred into the sauce the last moment.—Miss Parloa.

Baltimore Meat Pie

Cover bottom of small greased baking dish with hot mashed potatoes, add a thick layer of sliced under-done meat, either beef, mutton, veal or chicken, chopped in small pieces; pour over gravy, more salt and pepper if needed, cover with a thin layer of mashed potatoes and bake in a hot oven long enough to heat through.



MUTTON is the meat of sheep and is considered almost as nutritious as beef.

LAMB is the name given for the meat from a lamb. It is less nutritious than mutton. Spring lamb is the meat from a lamb at six or eight weeks.

Roast Lamb

A leg of lamb is usually sent from market surrounded by a thin membrane known as the CAUL. If this peels off easily and the fat is hard, white and flaky the meat is in good condition. Remove the caul, wipe meat with wet cloth, sprinkle with salt and pepper, place in hot roasting pan, dredge the meat and pan with Gold Medal flour, place in a hot oven. Baste with water and drippings as soon as flour in pan browns, and every fifteen minutes afterwards until meat is done. The heat in oven should be reduced after the first thirty minutes of roasting. It will take about one and three-quarters to two hours for roasting. Serve with mint sauce.

The bone may be removed, the meat stuffed and roasted according to the directions given.

GRAVY: Drain off all but 3 tablespoons of fat from the dripping pan, dredge into it 3 tablespoons of Gold Medal flour, and brown well. Add 1 pint of cold water, cook slowly, stirring constantly until thick and smooth. If made carefully this will require no straining.

Saddle of Mutton

For a saddle of mutton the loin is removed whole before dividing into sides. Trim the meat, wipe with wet cloth, sprinkle with salt and pepper, place on rack in hot roaster; dredge meat and bottom of pan with Gold Medal flour, place in hot oven. Baste with water and fat as soon as flour browns and every fifteen minutes afterwards. The meat should cook in one and one-quarter hours. For gravy, follow the directions given above. Serve with mint sauce.

Roast Shoulder of Mutton

Remove the bone and fill the space with a moist stuffing made with grated stale bread crumbs, highly seasoned with butter, salt, pepper and thyme. Add the yolk of 1 or 2 eggs and enough warm water to soften the bread thoroughly. Put the bones and scraps of meat in a kettle with barely enough water to cover, lay the stuffed shoulder on them and let the whole simmer gently for an hour. Lift onto the rack in a roasting pan, dredge with salt, pepper and Gold Medal flour and bake an hour, or till tender. Strain the water in the kettle and use it for basting and for gravy, with a little butter and flour at the last to froth the surface. Garnish with forcemeat balls made from its own trimmings.

Boiled Leg of Mutton

Wipe meat, place in kettle with boiling water, boil five minutes, and skim. Reduce heat and let simmer until meat is tender. When half done add 1 tablespoon salt. Serve with Caper Sauce.

Braised Leg of Mutton

Remove bone, trim, wipe with wet cloth, stuff, sew and tie it up. Put 2 tablespoons of butter in braising pan and when melted add $\frac{1}{2}$ onion, 1 slice carrot, and 1 of turnip, all cut fine. Stir for five minutes and then put in the lamb with a dredging of Gold Medal flour; cover and cook slowly for fifteen minutes; add 1 quart of boiling water or stock and $1\frac{1}{2}$ teaspoon salt, and 12 peppercorns. Cover closely and bake three hours, uncovering for the last half hour. Place meat on hot platter and remove strings. Skim off some of the fat from liquor in braising pan, boil rapidly until reduced to $1\frac{1}{4}$ cup. Strain, thicken with 3 tablespoons butter and 4 tablespoons Gold Medal flour cooked together until well browned.

Stuffing

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| 1 cup bread crumbs | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{2}$ cup melted butter | Pepper |
| 2 tablespoons boiling water | $\frac{1}{4}$ teaspoon thyme |

Leg of Lamb à la Française

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| 7 or 8 lbs. leg of lamb | 12 allspice |
| 1 onion | $\frac{1}{2}$ cup Gold Medal flour |
| 1 small turnip } minced | $1\frac{1}{2}$ tablespoon salt |
| 4 celery leaves | Cayenne |
| 3 sprigs marjoram | 3 tablespoons butter |
| 3 sprigs summer savory | 6 hard boiled eggs |
| 4 cloves | $1\frac{1}{2}$ pt. of veal forcemeat |

Trim, wipe and place meat in kettle. Tie all vegetables and spices into a muslin bag and place in kettle with meat. Pour over this 2 quarts of boiling water. Let this come to a boil and skim carefully. Mix 5 tablespoons of Gold Medal flour, the salt and pepper, with 1 cup cold water until smooth. Add this very slowly to the kettle, cover tight, and simmer for four hours. When tender, remove meat to hot platter, skim and strain broth. Reheat, and thicken with butter and 3 tablespoons Gold Medal flour cooked together until brown.

Chop whites and yolks of eggs separately. Form the forcemeat into balls and fry. Pour gravy over lamb and garnish with chopped eggs, making a hill of whites and capping it with part of yolks. Sprinkle the remainder of yolks over. Place the meat balls in groups around the dish.

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Braised Breast of Lamb

With a sharp knife remove the bones from a breast of lamb, then season it well with salt and pepper, roll up and tie firmly with twine. Put 2 tablespoons of butter in the braising pan, and when melted add 1 onion, 1 slice of carrot and 1 of turnip, all cut fine. Stir for five minutes and then put in the lamb, with a thick dredging of Gold Medal flour. Cover, and set back where it will cook slowly for an hour. Baste often. Take up the meat, skim all the fat off the gravy and then put it where it will boil rapidly for five minutes. Take the string from the meat. Strain the gravy and pour over the dish. Serve very hot with Tomato or Béchamel Sauce. The bones should be put in the pan with the meat to improve the gravy.

Ballotin of Lamb

Bone a shoulder of lamb, leaving the end for a handle. Sew it up with a needle, tie it firmly and boil for five minutes, take out and cool, then lard it. Put a slice of bacon in a saucepan with 1 tablespoon minced onion and 1 of carrot, brown the lamb with these for five minutes, remove meat to a kettle and add a pint of white broth and seasonings, and cook for one and a quarter hours. The sauce should reduce one-half, thicken slightly, pour it over 1 pint boiled green peas and lay the lamb upon them.

Broiled Mutton

Select lean mutton from the leg or any other lean part. Remove the fat and membranes. Put on board and chop or pound with an iron meat hammer until broken to a pulp. Fold over and press into a mass half an inch thick, take it up carefully and broil in a fine wire gridiron well greased. Turn it often and cook it quite rare. Serve very hot with butter and salt.

Haricot

Fry an onion, then cut all the fat from 8 mutton chops, sprinkle with salt and pepper, flour them well and brown them with the onion. Cover with water and stew slowly two hours. Then add tomato or any other vegetable, or cover at first with a quart of sliced tomato instead of water. Add more seasoning if needed.

Sanders

Mince cold mutton with seasoning and enough gravy to moisten. Put into patty-pans, cover with mashed potatoes and crown.

Leg of Mutton or Lamb Rechauffe

Slice the tender part of roast lamb into nice pieces for serving. Cut up the trimmings and bones and stew with an onion in water to cover until tender. Strain, remove the fat, heat again, and thicken the liquid with Gold Medal flour cooked in hot butter. Add 1 teaspoon of mixed mustard and salt and pepper to taste. Simmer ten minutes, then add the sliced meat and 2 tablespoons of capers, and serve as soon as the meat is hot. There should be 1 cup of sauce to a pint of meat.

Lamb Tongue à la Soubise

Parboil, blanch, skin and trim as many tongues as you wish to serve persons. Place in sauce pan with salt, parsley, celery, peppercorns, and water enough to cover. Cook slowly till very tender. Remove to hot platter. Skim fat from liquor, strain and reduce to a demi-glaze. Pour a little Soubise Sauce in a dish, cut tongues in two and arrange in rosette, pour more sauce in center, and the demi-glaze over the meat, and serve.

Lamb's Kidneys

Soak, pare, and cut in pieces 2 pairs of lamb kidneys, sprinkled with salt and pepper. Melt 2 tablespoons of butter in a frying-pan, add the kidneys and cook five minutes; dredge thoroughly with Gold Medal flour and add 1 cup of stock or boiling water. Cook five minutes. Add more salt and pepper, if needed. Onion juice, Worcestershire Sauce or Mushroom Catsup may be used for additional flavor. Kidneys must be cooked a short time or for several hours. They are tender after a few minutes cooking but soon toughen.

Ragoût of Mutton

6 cooked chops	1 tablespoon Gold Medal flour
2 small turnips	1 teaspoon sugar
2 onions	1 teaspoon salt
2 ounces butter	½ pint stock

Slice the vegetables, brown them in the butter, dredging in the flour and sugar, stirring to get an even brown; remove the vegetables; sprinkle the chops with salt and pepper; brown the meat in the same fat the vegetables were browned in; return the vegetables to the pan, add the stock, cover closely and simmer until tender. Meat from a boiled breast of mutton may be cut in squares and used instead of chops. This ragoût may be made with green peas in season and should always be used for a lamb ragoût.



VEAL is the meat of a calf killed when six or eight weeks old. The meat from a younger calf is unwholesome. Veal is not as easily digested as beef and is less nutritious. Good veal should be light pink in color, the fat white. Veal is in season in the spring, but may be obtained throughout the year. Veal requires longer cooking than beef or lamb.

By purchasing the entire fore-quarter of veal we may secure it at a very low price, because of the breast, which, though it is a most delicious cut when properly stuffed and braised, is little known and generally despised. This fore-quarter contains the ribs, which correspond to the favorite rib-roast of beef. From these are cut the best chops, which become less choice in quality the nearer we come to the neck. The rack of veal, as the chops are known to the marketmen, cut entire, makes an excellent roasting piece, equalled only by the loin and the fillet. The neck of the veal, after the scrag end is passed, which is only fit for broth and stews, may be cut into excellent little breakfast culettes. The fleshy portions of the foreleg, or shin of veal, make excellent potpies or stews, and the leg itself may be used for soup or stock.

Roast Veal

Use the rack or the ribs of veal for this roast. Trim and wipe meat. Season with salt and pepper, rub with butter, dredge with Gold Medal flour, and place it in a hot roasting-pan. The oven should be

heated very hot at the beginning and the roast should be turned twice in the first fifteen minutes to thoroughly sear the surface of the meat and seal up its juices. After this a cup of boiling water should be poured in the bottom of the pan, and the meat should be basted with a little broth or stock and roasted steadily for two and one-half hours longer, basting once in every fifteen minutes. After the first basting the liquor in the bottom of the pan may be used for this purpose. If the liquor in the bottom of the pan seems exhausted after the basting add a little more water to it to prevent its burning. Eight potatoes peeled and laid in the pan during the last three-quarters of an hour that the meat is roasting are an excellent garnish and accompaniment. Sweet potatoes are especially good cooked in this way. The potatoes should always be basted when the meat is basted to insure their being well flavored with the juices of the meat and nicely browned.

Shoulder of Veal

Trim and wipe the meat, chop the ends of the ribs into neat, square pieces and use the next day as an entrée. Remove shoulder blade and stuff with well seasoned bread or rice stuffing. Season with salt and pepper, rub with butter and proceed as in directions given above. Roast two to three hours.

To remove the shoulder blade lay the joint on the table, outer or skin part downwards, making incisions on both sides of



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the knuckle until the smallest end is free from the meat; now keep the knife close to the bone, using care not to cut through the outer skin. Pull on the bones firmly with the left hand while cutting. When the bone is quite free disjoint it at the socket and remove it.

Fillet of Veal Roasted

8 lbs. fillet
 1½ cups ham forcemeat
 ½ lb. salt pork
 4 tablespoons butter

3 tablespoons Gold Medal flour
 1½ teaspoon pepper
 2 tablespoons salt
 ½ lemon

Remove the bone from the meat, trim and wipe, and stuff hole from which the bone was taken with the forcemeat. Skewer and tie the fillet into a round shape. Rub the salt and pepper into the veal, cut the pork into thin slices and put them under and over the fillet. Have oven hot enough at first to brown surfaces; baste with water when brown and frequently thereafter until roast is done, keeping the bottom of pan covered with water. Roast for three hours. Reduce oven heat after the first basting. Remove the pork after the first two hours of cooking. Spread the top of fillet with butter and dredge with Gold Medal flour. Repeat this in thirty minutes. The surface should be a rich brown. Remove roast to a hot platter.

GRAVY: Brown 2 tablespoons of butter with 3 of Gold Medal flour. Add 1 cup of water or stock and cook until smooth. Drain fat from roasting pan, add 1 cup of water and boil. Add to this the thickening mixture, more seasonings, if needed, and the juice of half a lemon. Strain and pour around the fillet. Garnish with slices of lemon.

Breast of Veal Roasted

Bone, trim and wipe 6 pounds of breast of veal, pound to uniform thickness. Rub both sides with salt and pepper; spread evenly with stuffing to within an inch of the edges, roll loosely and sew or tie in shape. Place on rack in roasting pan, lay narrow strips of fat salt pork over top and dredge with Gold Medal flour. Cook in a hot oven until brown; baste with 2 tablespoons of melted butter and 1 cup of hot water. Reduce oven heat, finish roasting, allowing a full half hour for each pound of meat, with an extra half hour if the roast is large.

Stuffing

2 cups fine cracker crumbs
 1 teaspoon salt
 1 tablespoon thyme or summer savory
 ½ teaspoon white pepper

½ teaspoon onion juice
 1 egg
 2 tablespoons butter melted in 1 cup hot water

Fricandeau of Veal

3 lbs. veal
 1 carrot } sliced
 1 onion }
 A bouquet of seasonings

1 tablespoon salt
 ¼ teaspoon pepper
 2 cups white broth

Trim and wipe a 3 pound piece of veal from the leg. Remove the sinews and lard the top with small strips of salt pork. Brown it lightly in frying-pan and place in braising pan with vegetables, seasonings and broth, and cook for two hours, basting occasionally. Serve with ½ pint purée of spinach for a garnish.

Veal Cutlets

Use slices from the upper part of leg, wipe meat and trim into pieces for individual servings; sprinkle with salt and pepper, roll in Gold Medal flour, egg and crumbs, fry slowly until well browned, in fat pork or butter. Melt 3 tablespoons of butter in the frying-pan with 3 tablespoons of Gold Medal flour, cook together; add gradually 1½ cups of water or meat stock, with seasonings. Strain this over the cutlets and cook slowly for forty minutes or until cutlets are tender. Serve on deep platter, with gravy, and garnish with slices of tomato.

Veal Cutlets Broiled

Trim and wipe 6 loin cutlets, season with pepper, salt and 1 tablespoon salad oil, turning them several times. Broil over a slow fire five minutes for each side. Serve on hot dish with Maitre d'Hôtel Butter. Veal cutlets may be pan-broiled and served with a highly seasoned sauce, as Spanish, and garnished with stuffed peppers.

Veal Cutlets with Tomato Sauce

Trim and wipe 6 veal cutlets, season with salt and pepper, dip in egg diluted with 1 tablespoon salad oil, drain, dip in Parmesan cheese, and then in fresh bread crumbs. Flatten them and sauté in butter, allowing five minutes for each side, and serve with ½ pint of Tomato Sauce.

Veal Loaf

3 lbs. lean veal
 ⅓ lb. fat salt pork
 1 egg, 4 rolled crackers
 4 tablespoons cream

½ tablespoon lemon juice
 1 tablespoon salt
 1 teaspoon pepper
 Few drops onion juice

Wipe veal, remove skin and membranes, and chop fine with the salt pork. Mix all ingredients together, pack into a bread pan, brush with white of egg and bake slowly for two and one-half hours, basting with melted butter. Remove from pan and cut in thin slices for serving.

Galantine of Veal

Breast of veal 12x14
 ½ lb. fat bacon
 ½ lb. boiled tongue
 ½ doz. truffles
 1 calf's foot
 1 onion

2 carrots
 1 clove of garlic
 1 bunch sweet herbs
 6 cloves
 ½ teaspoon peppers
 2 teaspoons salt

Bone, trim and wipe the meat, remove 1 pound of the meat and pound this in a mortar with bacon; season with powdered spice and sweet herbs, pepper and salt to taste. Pass the mixture through a sieve. Cut the tongue into one inch squares; cut truffles each into three or four pieces. Sprinkle the breast of veal with salt and pepper, lay the pounded meat, truffles and tongue on it, roll it up neatly and tie tightly in a cloth. Place in a stew kettle the trimmings, the calf's foot, vegetables and seasonings. Fill the kettle half full of cold water and bring slowly to a boil, when boiling add the meat roll. Let boil fifteen minutes, skim, reduce heat, and cook for two and one-half hours, or until meat is tender. Place the roll on a hot platter; when slightly cooled take off the cloth and tie up with a fresh one. Press between two plates until cold. When ready to serve, remove cloth, glaze with a cold jelly made from the boiled down liquor.

Calf's Head

1 calf's head
 1 onion
 1 bay leaf

6 whole cloves
 1 tablespoon salt
 1 root of celery

Split the head through the center, remove brains and lay them in ice-cold salted water. Wash the head thoroughly in many changes of cold water.

To remove the skin, begin from under the head, keeping the knife close to the bone, remove as one piece. Singe the skin and place in cold water for one hour, after which scrape it with a knife; singe again and place in cold water.

Scald the cleaned head with boiling water, then place it, with skin on top, in a soup kettle; pour over it 4 quarts of cold water, bring to boiling point, and skim. Reduce heat, cover and let simmer for two hours; add seasonings and let simmer for one hour longer.

Wash the brains in cold water; put in saucepan of boiling water and simmer for twenty minutes, drain, plunge into cold water and cut into pieces. When head is cooked, cut the skin into strips four inches long by two inches wide. Skin and trim the tongue, slice and arrange on a platter with the strips of skin and brains. Serve with Sauce à la Tortue and garnish with new beets sliced, watercress, or parsley.

The broth in which the head is cooked should be saved for mock turtle soup.

Veal Tongues

Lay fresh veal tongues in brine for twenty-four hours, wash and drop into boiling water enough to cover. Boil for five minutes, and skim. Reduce heat and simmer. Allow one hour to each pound of a large tongue. In cooking small ones remove as soon as tender, peel, trim, reheat and serve with Sauce Piquante.

Veal Tongue à la Tartare

Skin and trim 6 boiled veal tongues; roll neatly and press between plates until cold. Dip each in egg and bread crumbs, brown well in hot butter. Dish them upon cold Tartare Sauce, garnish with pickles and serve.

These are delicious when cut in small bits and heated in a Hollandaise or Béchamel Sauce.

Stewed Liver

1½ pint diced liver
 1 pint Brown Sauce
 1 gill of cooking wine

¼ teaspoon seasoning
 ⅛ teaspoon pepper

Parboil liver for twenty minutes, then cut into inch dice, enough for a pint and a half. Combine wine, Brown Sauce and seasonings, add liver and simmer until liver is soft, and serve on thin squares of buttered toast. Garnish with parsley.



Liver and Bacon

Prepare the bacon as directed for breakfast bacon. Cut the liver in slices one-third inch thick, cover with boiling water and let stand for five minutes. Dry well and roll in seasoned Gold Medal flour. Lay the slices in smoking hot bacon fat. When they are browned on each side they will be sufficiently cooked. Serve on hot platter, garnish with slices of bacon.

Braised Calf's Liver

Calf's liver is braised in the same way as a Fricandeau of Veal, except that sweet herbs are added to the broth. Cook for one and one-fourth hours. Thicken broth for gravy. Serve on deep platter with gravy and garnish with boiled onions.

Broiled Liver

Cut eight medium slices of liver, trim, cover with boiling water and let stand for five minutes. Wipe dry and season with salt and pepper. Roll in Gold Medal flour, sweet oil and fresh bread crumbs. Broil over a moderate fire until thoroughly done; dish in a circle, alternating with thin slices of brown bread fried in butter. Pour a Bordelaise Sauce in the center.

Calves' Hearts

Wash, trim, remove the large arteries and clots of blood from four calves' hearts; stuff, allowing for each heart a tablespoon of bread crumbs well seasoned with thyme, onion juice, salt and pepper, and moisten with melted butter. Lard the sides with three rows of fine lardoons; brown them, stand on end in a small, deep baking pan, half covered with boiling water. Cover closely and bake slowly two hours. Baste every fifteen minutes. When done, remove hearts to a hot, deep platter, and thicken the broth with Gold Medal flour moistened in cold water. Boil up and pour gravy over the hearts on the platter.

Calf's Brain

To prepare, follow the directions as given for sweetbreads. When prepared they may be dipped in egg and milk, rolled in bread crumbs and fried slowly in deep fat or added to a cream sauce and served in pate shells. When fried, Tomato Sauce should be served with it.

Veal Soufflés

2 cups chopped cooked meat 1 teaspoon chopped parsley
2 tablespoons Gold Medal flour $\frac{1}{2}$ teaspoon salt
3 beaten eggs, 2 cups milk Few grains cayenne

Melt the butter, add the flour and seasonings, stirring until smooth; pour in the milk, a little at a time, and cook until it thickens. Add the meat. When it is heated through fold in the beaten eggs, pour in a buttered dish and bake twenty minutes.

Veal Pot-Pie

3 cups cooked veal 1 teaspoon chopped onion
 $\frac{1}{2}$ teaspoon salt $\frac{1}{8}$ teaspoon pepper

Pile loosely in a three pint pan, fill to almost cover the meat with gravy, stock or water, cover and set on top of stove to heat.

CRUST

2 cups Gold Medal flour 3 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt 2 tablespoons butter
 $\frac{3}{4}$ cup milk

Sift flour, salt and baking powder, rub into it the butter, add the cold milk slowly, shape into a flat cake to fit the pan, cut a hole to let the steam escape, lay over the boiling meat and bake about forty minutes.

GRAVY

Cover bones and scraps from roast with 1 pint of cold water and $\frac{1}{2}$ teaspoon of salt; simmer until stock is rich. Brown 1 tablespoon of Gold Medal flour in 1 tablespoon of butter, strain the stock over it slowly, stirring well. Boil three minutes and serve with the pie. If the pie is to be eaten cold pour this gravy through the crust to bed the pieces of meat in a jelly.

South Carolina Rice Pie

1 qt. cooked meat 1 onion
1 cup rice 1 large potato
1 cup tomato 1 ounce fat salt pork
2 tablespoons butter 2 teaspoons salt
4 hard boiled eggs $\frac{1}{8}$ teaspoon pepper

If beef or veal is used allow one-quarter fat; if mutton, trim away all fat and substitute 2 ounces of butter. The meat should be cut in shavings and lightly measured. If meat is tough add 1 pint of stock and simmer until tender; if it does not need the simmering add cold gravy freed from all fat and water enough to moisten well. Chop 1 onion, potato and pork; blanch, drain and fry gently to a light yellow; add to the meat with the seasonings; sweet herbs or spice may be added. Let it heat through, stirring carefully. Cook 1 cup of rice, season with 1 cup of stewed and strained tomatoes; add the butter and the egg sliced. Turn the hashed meat into a buttered baking dish, place the rice over top. Handle carefully so as not to crush the rice or break the egg. Cut 2 eggs in 4 pieces each and press them into the rice on top. Put a bit of butter on each slice and set in a moderate oven for half an hour. Do not let the meat get too dry.

Make chicken or rice pie in the same way, but leave out the potato; 1 cup of rich milk may be substituted for the potato.—*Mrs. W. P. Ferguson, Columbus, S. C.*



SWEETBREADS for cooking are glands found in calves. They are sold in pairs, as heart and throat sweetbreads.

Throat sweetbread is found immediately below the throat. It has an elongated form, is not as firm and fat and has not the fine flavor of the heart sweetbread.

The heart sweetbread is attached to the last rib and lies near the heart. The form is somewhat round and it is smooth and firm.

Sweetbread meat is very perishable, and should be prepared for use as soon as possible. Remove from paper as soon as they come from market, place in cold salted water for one hour. Parboil in boiling salted water for twenty minutes. A half teaspoon of vinegar should be added to this water. When done remove and plunge into cold water in order that the meat may remain white and firm. They may now be put aside in a cool place and kept until needed. Sweetbreads prepared this way will keep for two days.

Broiled Sweetbreads

Parboil the sweetbreads, remove any membranes, slice lengthwise, sprinkle with salt and pepper, place slices on hot broiler over quick fire and broil five minutes, turning once; remove to hot platter and serve with peas and toast.

Larded Sweetbreads

Parboil two pairs of sweetbreads, draw through the upper side of each four very thin pieces of pork; spread with butter, sprinkle with salt and pepper, dredge with Gold Medal flour and bake twenty minutes in a quick oven. Serve with green peas, well drained and seasoned with salt and butter and heaped in the center of dish. Lay the sweetbreads around them and pour a cream sauce around the edge of the dish. Garnish with parsley.

Sweetbreads in Cases

2 pairs sweetbreads 1 tablespoon butter
1 can mushrooms $\frac{1}{2}$ tablespoon Gold Medal flour
1 cup cream $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup milk Few grains cayenne

Parboil sweetbreads and remove membranes; separate sweetbreads into small pieces. Trim mushrooms and cut each into four pieces. Melt butter, add flour and seasoning, cook together; add scalded milk and cream slowly, cook together until smooth. To this add the sweetbreads and mushrooms and cook for five minutes. Serve in patty shells or timbales.



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THE main points in buying pork are to purchase from a dealer who has all his meat tested by a microscopist, and then to choose young meat, not over-loaded with fat. In whatever manner pork is cooked it should be thoroughly done, thirty minutes to the pound is none too much.

Pork Chops and Steaks

Chops are cut from the loin and ribs; cuts from the leg and shoulder being known as steaks. Either piece is best cooked by laying them in a hot frying pan, cook slowly until well seared on each side, then drain off all the fat and set into a hot oven for five or ten minutes, according to the thickness of the piece. Season with pepper and salt just before laying in the pan, and serve with fried apples or a pickle gravy.

Pork steaks, chops and even roasting pieces may be cooked ready to serve then covered with lard and kept in a cool place. They will keep perfectly for weeks, and when wanted the lard can be melted, the meat reheated, and any sauce desired served with them.

Roast Pork

The chine, loin and the spare-ribs are the best pieces for roasting. Trim and wipe the meat, rub well with salt, pepper and sage, place in a hot roasting pan, dredge with Gold Medal flour, roast in hot oven until surfaces are brown; baste, reduce heat and roast from three to three and one-half hours, basting every twenty minutes.

Roast Leg of Pork

Trim and wipe the meat. If used with the skin on score it in inch squares, taking care to cut only through the skin. Make a cut just below the knuckle with a boning knife, slide the knife up along the bone and turn it outward, making a half dozen cuts two-thirds of the way to the skin and fill them with stuffing. Sprinkle with salt and pepper, place on rack in roasting pan, dredge with Gold Medal flour. For roasting follow directions given for roast pork. Half an hour before serving sprinkle with 1 tablespoon cracker crumbs seasoned with pepper, salt and sage. Serve with apple sauce.

STUFFING

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| 1 cup grated bread crumbs | 2 tablespoons butter |
| 1 sour apple | 1 teaspoon salt |
| 1 small onion | $\frac{1}{4}$ teaspoon pepper |
| 6 sage leaves | 2 egg yolks |

Chop apple and onion. Melt the butter, add the crumbs, rubbing them hard to distribute the butter evenly, add the seasonings, apple and onion, and 2 beaten egg yolks.

APPLE SAUCE: Wipe, quarter and core 12 tart cooking apples; steam till tender and sprinkle with 4 tablespoons sugar and a little salt. Do not make it too sweet; if the apples are not much sour add the juice of a half lemon.

Roast Loin Ribs

The meat is usually cut quite close from these and used for steaks. Follow the general directions for roasting and allow thirty minutes for each pound. Serve with apples roasted in the same pan or fried, or with canned barberries. Save all the drippings from the baking pan and see that the glaze is all dissolved. If the oven has not been too hot this fat will serve for frying and the gravy can be made to serve with the cold roast when it is really nicer.

Broiled Pork Tenderloin

Trim and wipe meat, split open and broil. Season with pepper, salt and one freshly powdered sage leaf for each one. Place on hot broiler and brown thoroughly, but do not burn. Serve on hot platter with melted butter.

Baked Pork Tenderloin

Trim and wipe the tenderloins. Split them nearly through so that they will lie flat. Rub with salt and pepper. Make a dressing with bread crumbs, butter, salt, pepper, onion and a little sage. Spread the dressing on one-half the tenderloin; turn the other half over it and tie or sew all around. Bake for forty-five minutes, basting often with 3 tablespoons of butter in $\frac{1}{4}$ cup of boiling water. Remove to hot platter; make gravy of the broth and pour over.

Westphalia Loaves

Mix a quarter of a pound of minced ham with 1 pound of mashed potatoes well beaten until light, add a tablespoon of melted butter, 2 tablespoons of cream and 2 eggs; form into balls and fry in a little lard to a light brown. Serve with a brown thick gravy.

Fricatelli

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| 1 lb. raw fresh pork | 1 saltspoon pepper |
| $\frac{1}{2}$ cup stale bread crumbs | $\frac{1}{2}$ teaspoon onion juice |
| 1 teaspoon salt | $\frac{1}{2}$ eggs |

Chop the pork very fine, add seasonings and bread crumbs; beat the eggs, and mix all thoroughly. Shape in small cakes, pan-broil slowly to thoroughly cook. Serve with baked or fried potatoes and garnish with parsley and lemon.

Pork Pie

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| 1 lb. fresh pork | 1 teaspoon salt |
| $\frac{1}{2}$ lb. sausage meat | 1 saltspoon pepper |
| $\frac{1}{2}$ cup sherry or diluted vinegar | |

Cut the pork in pieces the size of an English walnut, add salt and pepper and marinate in the wine for one hour, turning often. Line the bottom and sides of a well-buttered pie mould with pie paste, add a thin layer of sausage to the bottom, then half the pork, another layer of sausage and the rest of the pork, finishing with sausage meat. Wet the edge of the pie, roll the cover to fit, pinch the two edges lightly, brush the surface with egg, cut a two inch hole in the center and fill with a roll of paper to keep it open. Bake in a moderate oven for three hours. The oven should be quick enough to set the paste for the first half hour. As soon as the meat steams reduce the heat. When done, fill with meat jelly, allow it to cool thoroughly in the mould, then remove from the pan and serve in folded napkin.

Breakfast Bacon I

Remove the rind and cut bacon in thin slices, cook in a hot frying pan, turning slices frequently until crisp and brown, drain on a soft paper.

Breakfast Bacon II

Remove the rind and cut the bacon in thin slices. Place the slices on a broiler over a dripping pan and bake in a hot oven until bacon is crisp, turn once during baking. Drain on soft paper. Oysters may be wrapped in thin slices of bacon and baked in this way.

Fried Salt Pork

Remove the rind and cut the pork in quarter inch slices. Freshen, if very salt, and fry slowly and evenly until dry. It is used as a garnish for fish, fishballs, tripe, etc.; may be used as a lunch or breakfast dish with baked potatoes and a white gravy made like white sauce, only the fat from the pork is substituted for butter.

Roast Ham

Soak in cold water over night or for several hours. Wash, scrape and trim carefully, wipe dry. Make a dough with 2 quarts of Gold Medal flour and water enough for a stiff paste. Roll this into a



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sheet large enough to wrap the ham; fold the ham in it and place on a meat rack in the dripping pan. Bake in a moderate oven six hours. When done, remove the paste and skin, sprinkle with fine bread crumbs, dust with cayenne, and return to the oven for half an hour, basting every five minutes with wine, using 1 cup of claret and 2 tablespoons of sherry. Serve with Champagne Sauce.

Boiled Ham

Soak in cold water over night or for several hours, scrape, and trim carefully. Put in a kettle and cover with cold water. Bring gradually to the boiling point and cook slowly until tender. Remove kettle from range and set aside that ham may partially cool. Then take from water, peel the skin carefully in two inch strips, make rings or figures with cloves stuck in the crust, brush with beaten egg and dust thickly with fine bread crumbs. Brown in the oven. Add a paper ruffle to the shank before sending to the table. Garnish with cauliflower, cabbage, sauerkraut, spinach or some sort of greens.

To glaze ham, after cooking and peeling, brush with beaten egg and coat with a paste made of 1 cup cracker crumbs, made into a smooth paste with 1 cup milk and a tablespoon of butter. Brown in a moderate oven. Some cooks add a teaspoon of sugar to the bread crumbs. Vinegar may be substituted for wine. When either vinegar or wine is used the cook should not put it in an iron pot. In any method the main point is to heat gradually, cook slowly, and cool in the liquor.

Stuffed Ham

Soak a ten or twelve pound ham in cold water over night; in the morning wash and trim carefully. Remove the bone and fill with stuffing. Sew up the slit where the bone was taken out and bind the ham firmly in a strong piece of cotton. Cook slowly for three or four hours and cool in the bandage. When cold, remove the bandage, the rind and the brown fat. Sprinkle with sugar and fine crumbs. Bake one hour in a slow oven.

STUFFING

1 lb. chestnuts	2 cucumber pickles
1 can mushrooms	$\frac{1}{2}$ teaspoon allspice
6 truffles	$\frac{1}{4}$ teaspoon cloves
1 slice raw ham	2 tablespoons minced parsley
1 egg	2 teaspoons salt
1 oz. mustard seed	1 tablespoon onion

Boil the nuts till tender enough to chop fine; cut the truffles into strips and chop all the other ingredients. Add seasonings and spices, bind all together with a raw egg.

Broiled Ham

Cut the ham in very thin slices, soak one hour in luke warm water, drain, wipe and broil three minutes.

Potted Ham

Use for this the harder portions and the pieces that do not make presentable slices. Allow one-third fat to two-thirds lean. Mince fine enough to make a smooth paste. Season with salt and cayenne pepper. Heat thoroughly and pack firmly in small pots.

Ham Puffs

3 oz. finely chopped ham	1 pt. Gold Medal flour
$\frac{3}{8}$ teaspoon curry powder	1 pt. boiling water
	$\frac{1}{2}$ eggs

Add the flour all at once to the boiling water and stir briskly until the mixture leaves the side of the pan. Take it from the fire and beat in the unbeaten eggs, one at a time. Stir in the ham and seasonings and fry in deep smoking fat, a dessert-spoon of the batter at a time. Fry a golden brown, drain on paper and garnish with parsley.

Roast Pig

It should be from three to six weeks old. Choose it like a chicken, plump, with small bones. They are always scalded and scraped by the butcher, but this is not half the business of cleaning. If there is a strong animal odor, wash thoroughly in warm water, then in soda and water for five minutes; during this time cleanse all the passages of the head and throat with a wooden skewer, wrapped in a small piece of soft cloth, changing it often; wash again with clear water and wipe inside. If it is not time to cook wrap in a wet cloth to keep the skin soft and white and keep cool. It may be filled with mashed potatoes, veal forcemeat or a stuffing. Stuff the pig into its natural size and shape, sew and truss. Bend the forefeet backward from the knee and the hind legs forward. Prop the mouth open with a potato the size of a lemon. Set in a moderate oven at first and increase the heat gradually. In half an hour begin basting; use melted butter until there is enough fat from the pig; brush thoroughly once in ten minutes, cover the ears and tail with caps of oil paper, serve in a bed of parsley, with a lemon in the mouth. It is quite as agreeable also to serve surrounded with heaps of cauliflower and to put a handful in its mouth; the sprigs hide the shriveled skin better than the lemon does.

STUFFING

1 cup bread crumbs	$\frac{1}{2}$ teaspoon pepper
1 tablespoon chopped suet	Dust of nutmeg
1 teaspoon minced parsley	Dust of thyme
1 teaspoon sage	1 tablespoon lemon juice
1 teaspoon salt	2 tablespoons melted butter
1 teaspoon onion	1 cup oyster liquor or stock
	2 well beaten eggs



HEREVER flour is mentioned in the recipes in this book, Washburn-Crosby's GOLD MEDAL FLOUR should be invariably used. It is the best for all purposes. Its inward goodness counts even when it is only necessary to roll the meat in flour, or sprinkle a little over any dish being prepared, or add a little for thickening. It helps the cook to produce the best gravies, custards, puddings, soup balls, soup paste and dumplings, as well as nutritious, satisfying bread, light, rich cake, uniformly delicate pastry, the best biscuits, cookies, muffins, rolls, waffles, and the many other good things baked in the home.



POULTRY includes turkeys, chickens, ducks, etc. The meat is not as nutritious as beef and mutton but its tenderness and flavor render it most agreeable as a change in the usual bill of fare.

GAME includes the flesh of wild fowl and wild animals.

Game with dark meat should be cooked rare, as venison, canvas-back duck, and almost all birds, while the white fleshed animals, turkeys, chickens, etc., should be well done.

Selecting Poultry

A chicken is known by its soft feet, smooth skin and soft cartilage at the end of the breast bone, and the presence of pin feathers. A fowl has a coarser skin, rough square feet, a rigid breastbone and long hairs. A young chicken has an abundance of pin feathers. Choose spring chicken for broiling; a young, plump chicken for roasting. Cock turkeys are usually better eating than hen turkeys, unless a hen turkey is young, small and plump. A young turkey should be plump, have smooth, dark legs, with the cartilage at the end of breastbone soft and pliable. Geese and ducks should not be more than a year old. The breast should be plump and firm, the fat white and soft, the wings tender, the fat yellow and the webbing tender. Young pigeons have tender, pink legs and light red flesh on the breast. In old ones it is very dark. Squabs are the young tame pigeons. They are as large as old birds, but soft and plump and covered with pin feathers. Grouse, partridge and quail should have full breasts, dark legs and yellowish bills.

To Dress and Clean Poultry

Pick off pin feathers, singe to remove hairs, cut the skin of neck near the head, push skin back and disjoint head at base of neck. Cut the skin around the leg one-half inch below the leg joint, be careful not to cut the tendons. Break the bone with a sharp rap and pull off the foot. Make an incision below the breastbone to the tail. Keeping finger well against breastbone reach carefully into the body until heart is reached. Loosen the membranes and remove the entrails. In this mass are embedded the gizzard, heart and liver, which, together, are called the giblets. The kidneys and lungs adhere closely to the body wall and should carefully be removed afterwards. Cut the skin on under part of throat and remove windpipe and crop. Remove the oil bag on the upper part of tail. Wash bird by allowing cold water to run through it. Do not allow the bird to soak in cold water. Wipe inside and outside, looking carefully to see that everything has been removed.

To Truss Poultry

Draw the thighs and wings close against the body and fasten securely with skewers or tie with string. Draw the skin of neck to the back and fasten with small wooden skewer.

How to Stuff

Use enough stuffing to fill the skin that the bird may look plump when sewed. When cracker stuffing is used, allowance must be made for swelling, otherwise the skin will crack when cooked. The small openings may be closed by a skewer, the larger one sewed with half a dozen stitches, leaving a long end for convenience in pulling out.

To Prepare a Fowl for Broiling

Singe, wipe, and with a sharp knife, beginning at the base of neck, cut along the line of backbone, open and remove the insides, cut out the ribs on the sides, remove the breastbone, pin the wings and thighs closely to the body. Fasten the giblets under the wings. Wipe as dry as possible.

To Cut Up a Fowl

Clean fowl and dress according to directions. With a sharp pointed knife cut the skin and flesh at base of leg, between leg and side of body. Disjoint the leg. Separate upper part of leg, second joint, from the lower part of leg, drum sticks, as the leg is separated from the body. Cut the skin and flesh between the wing and body, bend the wing back, cut through flesh and disjoint the wing. Disjoint the wing at the middle joint in the same manner. Remove leg and wing on the other side. Beginning two inches below the breastbone, make an incision following a line below the ribs to collarbone. Disjoint. Divide the back along the middle line with a cleaver. From the tip of breastbone slice off the wishbone piece and with cleaver divide the remaining breast.

To Prepare Giblets

Do not use the giblets from old fowls, nor from a young one unless thoroughly sound. A healthy liver has a light color and uniform texture. Remove membranes, arteries and clotted blood around the heart. Separate the gall bladder from the liver, taking great care that the bladder is not pierced. Cut the fat and membranes from the gizzard, make an incision through the thick muscle of the gizzard, being careful not to cut the membrane which holds the little grist mill inside. Peel the muscle off. Wash the giblets and cook until tender with neck and tips of wings, placing them in cold water and heating to boiling point. The stock is to be used for gravy. The cooked giblets themselves may be minced fine and added to the gravy.

The smooth legs of a fowl less than a year old may be used. Scald with boiling water and skin and claw cases will peel off like a glove. Place in cold salted water and cook slowly. Three pairs of chicken feet will make a pint of jelly as fine and just as nutritious as the noted calf's feet jelly.

Roast Chicken

Dress, clean, stuff and truss a four pound chicken. Rub with salt and pepper and place in roasting pan. Rub into a paste 3 tablespoons of butter and 2 tablespoons of Gold Medal flour and cover breast and legs with it. Dredge bottom of pan with flour. Place in a hot oven and when flour is browned baste with $\frac{1}{2}$ cup of butter melted in $\frac{1}{2}$ cup boiling water. Reduce oven heat and baste every ten minutes until chicken is done. If water dries from the bottom of the pan add more. A four pound chicken requires one and one-fourth hour to roast. (For stuffing see below.)

GRAVY: Pour off the liquid from the pan in which the chicken roasted. Let this settle, remove 4 tablespoons of the chicken fat and place back in the pan; heat and add 4 tablespoons of Gold Medal flour. When these have cooked and browned together add a little at a time, 2 cups of broth in which the giblets cooked, season with salt and pepper. Chop the giblets very fine and add to the gravy.

Poultry Stuffing

No. 1.

1 cup coarse cracker crumbs $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup butter $\frac{1}{2}$ cup milk
 Few grains pepper

This rule will be sufficient for a roast chicken of three or four pounds. Sage, summer savory or parsley may be added if liked.



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POULTRY STUFFING—No. 2.

4 cups stale bread crumbs 1 teaspoon salt
 $\frac{3}{4}$ cup melted butter $\frac{1}{4}$ teaspoon pepper

This rule is sufficient for an eight pound turkey. Fine herbs may be added if desired. If the fowl is very large and a good deal of stuffing is liked, the body may be filled with thin slices of bread well buttered, sprinkle with seasoning and dip lightly in stock. Do not crowd either crop or body, or the stuffing will be heavy.

No. 3.

2 cups dry bread crumbs 1 teaspoon salt
 $\frac{1}{2}$ cup fine sausage meat $\frac{1}{2}$ teaspoon pepper
 1 tablespoon each } Parsley Few grains nutmeg
 } Onion 2 eggs
 $\frac{1}{4}$ cup butter

Soak the bread in cold water until soft; press out all the water, add the sausage meat, seasonings, melted butter and eggs well beaten. If the sausage meat is quite fat the butter may be omitted, or chopped pork may be substituted. If one objects to pork in any form, use a full cup of butter and an extra cup of coarse crumbs.

No. 4.

$\frac{1}{2}$ lb. lean veal 4 doz. chestnuts
 $\frac{1}{4}$ lb. pork 1 teaspoon salt
 $\frac{1}{8}$ pint broth $\frac{1}{8}$ saltspoon pepper

Chop the veal and pork separately until very fine, then pound vigorously until blended. Shell and blanch chestnuts, cook in boiling salted water until soft, drain and mash. Combine with the meat, moisten with broth and add seasonings. 1 cup of cooked chestnut crumbs may be reserved to thicken the gravy.

Stuffing for Ducks

No. 1.

$\frac{1}{2}$ lb. onions 1 duck liver
 3 tablespoons grated bread 1 teaspoon salt
 crumbs $\frac{1}{4}$ teaspoon pepper
 1 teaspoon sage

Mince, blanch and drain the onions; parboil the liver and chop very fine, combine with the onions, bread crumbs and seasonings. This quantity is sufficient for one medium sized duck.

No. 2.

1 cup bread crumbs 2 minced sage leaves
 $\frac{1}{4}$ cup butter 3 chopped shallots
 1 teaspoon parsley $\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

No. 3.

1 cup chopped celery $\frac{1}{4}$ cup dried bread crumbs
 $\frac{1}{2}$ cup chopped onion $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

Broiled Chicken

Follow directions for broiling poultry. Wipe as dry as possible, sprinkle with salt and pepper and rub with soft butter. Lay on the broiler, cook the inside next to the fire for as long as possible without scorching. Then turn and cook the skin side until a handsome brown. After each side is brown turn often till well done. It will take from twenty to thirty minutes. Covering the broiler with a pan keeps in both heat and steam and finishes the work in less time. Serve on a hot platter with butter. Garnish with water-cress.

Boiled Chicken

Dress and clean according to general directions. Place in a kettle of boiling water to one-half cover. Skim carefully when it begins to boil and after the scums cease to rise cover and set back to simmer gently for three hours or more, until ready to fall apart. Add a handful of rice and a cup of milk to make it look white. Add salt about half an hour before taking it up. Lay on a hot dish while the liquor is reduced to rather more than a pint, skim off all the fat, add chopped parsley, celery and thyme and hard boiled eggs, chopped fine if liked, and send to table in a sauce bowl.

Steamed Chicken

Wipe very dry after cleaning. Rub salt, pepper and plenty of butter in the cavity of the body; fill it with large oysters well seasoned with salt, pepper and celery salt. Tie the legs and wings close to the body and lay in as small a dish as will hold it, and set in a steamer to cook four hours. Meantime cook a pint of chopped celery

till it will rub through a purée sieve. Make a pint of white sauce with the liquor of the oysters, add the celery to it and pour it over the fowl on the platter. Garnish with curly parsley and serve with baked sweet potatoes and boiled rice. This is a delightful way to cook a turkey.

Chicken Pot-Pie

Cut the chicken into nice pieces for serving, drop them into just enough boiling water to cover and skim carefully when necessary. Season lightly. Set back to simmer, closely covered, until tender, taking care that it does not boil dry. While it is cooking cut off one pound of light bread dough, work into it a large tablespoon of butter, shape into small dumplings and set them to rise quickly. Take about 3 cups of potatoes, cut into pieces about half the size of an egg. Parboil them in salted water for ten minutes and add them to the chicken when it is nearly done, tasting and adding more seasoning if necessary. When the potatoes begin to boil, lay on the dumplings, first adding a cup of cold water or milk, to check the boiling and give the dumplings a chance to rise. Cover very closely and do not open the lid till they are done, which will be in from twenty to thirty minutes. Test them by taking out one and breaking open to see if it is cooked enough. If one likes the dumplings dry and very light they may be cooked in a steamer quite separate from the meat and potatoes. Make a gravy as for chicken-pie, adding more water or milk as may be needed. A baking powder dumpling can be used instead of the raised dough, and the sponge balls given to go with the soup on page 9 are excellent with pot-pie. Some recipes call for onion, carrot and turnip, but such strong flavors are too much for the chicken and are better suited to beef or mutton stews. A tablespoon of rice or a half cup of tomatoes are the only vegetables recommended.

Chicken Pie

Dress and clean the chicken, following directions; divide in pieces at the joints, cover with boiling water and cook slowly for twenty minutes, then take out. Fry two or three slices of fat, salt pork, put them in the bottom of a deep pie dish; lay the chicken on them. Add one cup of hot water, $\frac{1}{4}$ cup of butter, 1 teaspoon of salt. Cover the top with a light crust the same as for biscuit. Bake in an oven that is hotter at the top than at the bottom and when well risen and brown, cover with paper or the crust will burn before the pie is baked through. Remove fat from the water in which chicken was cooked, thicken with a little Gold Medal flour, season to taste, add 1 cup good cream, and when pie is done pour the gravy through the holes of the crust.

Chicken Fricassée

1 year old chicken 2 tablespoons Gold Medal Flour
 1 tablespoon butter 1 cup cream
 1 teaspoon lemon juice 1 egg
 $\frac{1}{2}$ teaspoon celery salt $\frac{1}{4}$ teaspoon pepper

Dress, wash and cut up the chicken as directed. Wipe each piece, sprinkle with salt and pepper, roll in Gold Medal flour, brown in butter; cover with boiling water and simmer for forty minutes. Remove the meat, reduce the stock to 1 pint, to be used for sauce.

For the sauce melt butter, add flour and seasonings, cook together; add the broth and lemon juice, a little at a time, and cook until smooth. Add the scalded cream, pour this slowly over the egg well beaten, stir well. Arrange the pieces of chicken on a hot platter in something like the order in which they grow. Garnish with toast points and pour the hot sauce over all.

Fried Chicken

Chickens will do for frying up to six months old if they are plump and in good condition. Dress, singe, clean and wipe with a wet cloth. Cut in quarters and season with salt and pepper. Roll in Gold Medal flour and fry in hot fat from salt pork until brown on both sides. Cover closely and reduce heat to cook slowly for twenty minutes more, or until tender. Dissolve the glaze with 2 or 3 tablespoons of water and pour over the chicken. Serve with some form of corn bread.

Chicken à la Marengo

1 3-lb. chicken 1 small onion minced
 6 mushrooms sliced A few truffles
 $\frac{1}{2}$ cup stewed tomatoes $\frac{1}{2}$ cup Brown Sauce
 1 teaspoon salt

Clean and dress and cut the chicken in small joints; dry it carefully and fry to a good brown in olive oil or butter. Place in a braiser with seasonings and vegetables, cover closely and simmer half an hour, adding more water as it boils away. Serve on a chafing-dish. Garnish with croûtons of puff paste and poached eggs.

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Chicken and Corn Pudding

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| 3 lb. chicken | 1 pt. sweet milk |
| 1 qt. green corn meal | 1 teaspoon salt |
| 3 eggs | $\frac{3}{4}$ teaspoon pepper |
| | Few grains cayenne |

Clean, dress and cut the chicken in small pieces; simmer in a covered kettle until it begins to grow tender, remove to a buttered baking dish, seasoning well with salt and pepper. Combine the corn, scalded milk, seasoning and beaten eggs; pour this mixture over the chicken, cover the top with fine buttered bread crumbs and bake in a moderate oven for twenty-five minutes or until set and a delicate brown. Reduce the stock in which the chicken was cooked to a pint, make a gravy and serve with the pudding.

Chicken Pudding No. 2

Dress, clean and cut up the chicken; make a batter with a pound of Gold Medal flour, 1 teaspoon salt, 1 quart milk and 6 eggs beaten light. Pour over chicken as above. This should be baked in a very gentle heat, and served as soon as done, with a gravy as before.

Deviled Fowl

Cut the thighs and wings from two underdone fowls, either roast or boiled. Score them closely about one-quarter inch deep, and rub in a paste made with 2 teaspoons mixed mustard, 1 teaspoon good salad oil, 1 teaspoon salt, $\frac{1}{2}$ saltspoon cayenne, lay them aside to season while the rest of the meat is chopped fine and stirred into a pint of Béchamel or any good sauce.

Put a good tablespoon of butter in the sautoir and when it browns add 1 teaspoon each vinegar, Worcestershire Sauce and mustard. Broil the legs and wings till a handsome brown, and roll each one in the butter mixture as it is taken from the gridiron. Put the mince in the center of a hot platter, arrange the grilled bones around it and serve piping hot.

Stuffed Chicken Legs

Remove the legs, leaving on them as much of the skin as is convenient. Bone them carefully and fill with any good stuffing or forcemeat. Wrap the half breadth of skin about them and after dressing into a compact shape, sew the edges; lay them on a bed of vegetables in a small braising pan and half cover with broth made from the bones and trimmings, cover closely and cook slowly for one hour. Remove the cover fifteen minutes before finished and brown well. Serve with Béchamel Sauce.

Jellied Chicken

Dress, clean and cut up a four pound fowl. Place in a stew pan with boiling water and cook slowly until meat falls from the bone. When half done add a teaspoon of salt. Remove chicken, pick the meat from bone and skin, sprinkle with salt and pepper and pack into a buttered mould. Reduce the stock to 1 cup, dissolve 2 teaspoons of granulated gelatine in a little cold water, when thoroughly soaked pour over the stock, strained and skimmed of fat. Heat until gelatine is melted and pour over the meat in the mould. Keep in a cold place until firm.

Chicken Terrapin

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| 1½ cup dark meat | 3 egg yolks |
| 1 cup cream or stock | $\frac{1}{2}$ teaspoon dried mustard |
| 2 tablespoons butter | $\frac{1}{4}$ teaspoon salt |
| 1 tablespoon Gold Medal flour | $\frac{1}{4}$ cup of Madeira |

Melt butter, add flour and seasoning, cook together; add a little at a time the cream or stock. Dilute the egg yolks with some of the sauce to thin, then add to the sauce. Cook the meat in this sauce for two minutes, add wine, reheat and serve. The dark meat of cold turkey or grouse may be used.

Chicken Souffle

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| 2 cups of cold chicken chopped fine | 1 teaspoon chopped parsley |
| 2 cups of scalded milk | $\frac{1}{2}$ cup bread crumbs |
| 2 tablespoons butter | 1 teaspoon salt |
| 2 tablespoons Gold Medal flour | Few grains cayenne |
| | 4 eggs |

Melt butter, add flour and seasonings, cook; add gradually the milk, cooking to a smooth cream, add to this the parsley, bread crumbs and the chicken. Combine with beaten yolks; lastly fold in the whites beaten stiff. Turn into a buttered baking dish, bake in a slow oven thirty-five minutes.

Chicken Turn-Over

Chop until very fine some cooked chicken, season highly, add a little finely minced ham, moisten with its own gravy or cream. Roll out trimmings of puff paste or any good pastry and cut in rather large rounds, moisten the edges slightly. Lay a tablespoon of mixture on one-half of each round of the paste, fold the other half over it, press the moistened edges closely together and bake in quick oven or fry in hot fat. When fried these are called Rissoles.

Roast Turkey

Select a turkey which is plump and young. For cleaning, dressing and trussing, follow the general directions as given on page 19. For stuffing use Poultry Stuffing No. 2 or No. 4. Place on its side on rack in a dripping pan. Rub entire surface with salt, brush with soft butter and dredge with Gold Medal flour. Place in hot oven and when well browned reduce the heat. Baste with fat in pan and add 2 cups of boiling water; continue basting every fifteen minutes until turkey is cooked, which will require about four hours for a ten pound turkey. For basting use $\frac{1}{2}$ cup butter melted in 1 cup boiling water and after this is used, baste with fat in pan. During cooking turn turkey frequently that it may brown evenly.

For gravy pour off liquid in pan in which turkey was roasted. From the liquid skim $\frac{1}{4}$ cup of fat, return the fat to pan and brown with five tablespoons of flour; add slowly 3 cups of stock in which giblets were cooked, or add 2 cups of boiling water to dissolve the glaze in bottom of the pan and substitute for broth. Cook five minutes, season with salt and pepper and strain; add the giblets chopped very fine. The giblets may be used for forcemeat balls or chopped fine and mixed with the stuffing.

Braised Turkey

Prepare as for roasting, brown lightly in frying-pan or quick oven, remove to braising pan with onions and sweet herbs or vegetables. Cover and cook slowly for four hours or until tender.

Boned Turkey

Choose a young hen that has been dry picked with skin unbroken. If killed the day before, it should have been washed cleaned, wrapped in a damp cloth and hung in a cool place. The work can be done much easier if the bird is not drawn. Singe, remove pin feathers and head, separate legs and wings at the first joint, lay the bird on a board, breast down.

Begin at neck with a sharp pointed knife, cut through the skin the entire length of body. Scrape away all the meat from backbone and sides, making a cut across the pope's nose, taking it off whole. Turn the flesh back from the bone while working, take off the leg and wing on one side before touching the other, free wishbone and collarbones, at same time removing crop and windpipe. When the ridge of the breastbone is reached it is better to cut off a thin layer of cartilage with the skin than to run any risk of breaking through. Scrape flesh and when the boning is finished lay the bird open on a damp cloth and bring every part to proper position. Where meat is thick shave off slices to place on thinner portions that the meat may be a uniform thickness.

Spread over all a layer of forcemeat an inch thick, place on this a layer of tongue, pork and veal, or pork tenderloin, dotted with truffles cut in small strips, put a layer of very thin slices of fat pork on top; bring the sides together carefully and sew from end to end, roll firmly in cloth and place in a braising pan with 2 sliced onions and carrots, 2 teaspoons salt, trimmings of the meat, parsley, a dozen peppercorns, 3 stalks of celery, a blade of mace and a clove; pack the crushed bones of the turkey around and cover with white stock. Bring to a boil quickly, then cook slowly three to four hours. Cool in the liquor, take off the cloth and roll it again closely, press under a heavy weight. Reduce the stock to 3 pints, strain, cool, remove the fat and clear, reheat.

Soak $\frac{2}{3}$ of a package of gelatine in a cup of cold water for twenty minutes, strain, add the hot broth; strain $\frac{1}{2}$ pint into a mould and the remainder into two pans; color one with 1 teaspoon and the other with 2 teaspoons caramel. Use the jelly when stiff to garnish the turkey, with peas, canned mushrooms and fancy cut vegetables. Garnish also with celery tips and groups of forcemeat balls.

The giblets may be used for forcemeat balls. Chop them very fine, mix with an equal bulk of bread crumbs; allow 1 teaspoon of butter to each cup of the mixture, season highly, moisten with 1 egg yolk, make in balls the size of a hickory nut and brown in hot butter.



Forcemeat for Boned Turkey

2 lbs. lean veal 2 teaspoons salt
2 lbs. fat pork $\frac{1}{4}$ teaspoon pepper
 4 egg yolks

Chop the veal and pork separately, then pound vigorously in a mortar, add seasonings and yolks one at a time, beating and pounding continually. Cut into strips as long as may be and one-quarter inch square, $\frac{1}{2}$ pound of fat pork, red beef tongue, or ham, and lean of veal, or pork tenderloin.

Roast Goose

Singe, remove pin feathers, and scrub a goose in hot soap suds, then remove the insides and rinse well in clear cold water. Wipe dry the inside and out, stuff, truss, sprinkle with salt and pepper, and roast in a hot oven for two hours. For the first hour of roasting the breast should be covered with buttered paper. Baste every fifteen minutes. When done place on a hot platter and remove skewers and strings. Garnish with browned apples and water-cress.

STUFFING: Chop an onion fine, blanch and drain, fry with a little butter, mix it with 2 cups well seasoned mashed potatoes, 1 cup bread crumbs, adding sage if liked.

BROWNE D APPLES: Pare 6 small sour apples and brown in butter and sugar, 1 tablespoon of each. Stew in broth enough to barely cover. Remove apples as soon as tender; boil the broth to a glaze and roll the apples in it.

Roast Duck

To really enjoy domestic duck they should be kept in a small pen for a day or two and fed on barley meal or cracked wheat, with plenty of clean fresh water to cleanse them before they are dressed. As a general rule two small young ducks make a better dish than a large drake, the flesh of which is hard and dry and best adapted for a stew, salmi or braise. Clean and truss according to general directions, except that the feet are generally scalded, skinned and twisted across the back, while the pinions and long neck are entirely removed. Stuff and skewer the wings close to the side to make the breast as plump as possible. Roast from thirty to forty-five minutes, basting often and dredging with Gold Medal flour if it is wished to have a frothy appearance. Serve with a good brown gravy and with apple sauce in a side dish.

Stewed Duck, (Irish)

Singe, draw, and cut into eight pieces each, two spring ducks. Season with pepper and salt and fry to a light brown on both sides in butter. Add a sliced onion and 4 ounces raw, lean ham cut in dice. As soon as these have browned a little dredge with $1\frac{1}{2}$ ounces of Gold Medal flour and fry again till the flour is brown, then add $1\frac{1}{2}$ pints beef broth, a gill of port wine, a bunch of parsley and sweet herbs to taste, cover closely and cook three-quarters of an hour. Remove the herbs, skim off all the fat and serve in a potato border.

Salmi of Ducks, (English)

Stew the giblets of one or more ducks in veal gravy till they are tender, seasoning them highly with cayenne, shallots, pepper and salt. Cut the roast duck into large dice and lay in the stew-pan with the gravy, simmer till hot through, then squeeze a bitter orange into the gravy, strain it over the pieces of duck neatly arranged on bread croûtons and send to table smoking hot.

Braised Duck

See braised fowl, page 21, using green peas instead of other vegetables. Season with salt and pepper and serve with the peas under the duck and the gravy poured over.

Stuffed or Boned Duck

Bone according to general directions, being careful not to break the skin. Fill with a forcemeat made from $\frac{1}{2}$ pound veal, $\frac{1}{4}$ pound suet, parsley, chives and plenty of mushrooms. Add salt and pepper to taste and make into a paste with 2 well-beaten eggs and sufficient water. Fill the inside of the duck, cook in a braising-pan and serve with stewed chestnuts prepared with the gravy from the bones.

Broiled Squab

The birds should be full grown but not yet out of the nest, or not more than a day or two. Singe, draw, split down the back. Crack the large bones, flatten with a heavy cleaver. Season with salt and pepper and broil slowly. Serve on dry toast with hot Maitre d' Hôtel Butter poured over. Garnish with watercress.

Salmi of Duck, (America)

Three small wild ducks, (teal, widgeon or wood duck) roasted and cut in even pieces, free from bones, skin and gristle. Break all the bones and put them with other trimmings in a stew pan with 2 glasses sherry, 1 quart Spanish Sauce, 1 pint beef stock, a sprig of thyme, a bay leaf, 2 cloves, 6 peppercorns, parsley and 1 onion sliced. Cover closely and boil gently for one hour; strain and reduce to a smooth consistency. Dish the duck on a large thick slice of fried bread, add the juice of a lemon and 2 ounces butter to the gravy and pour it over.

Roast Pigeons

Prepare exactly according to the directions for roast chicken, but unless they are surely young and fat they are much better to be steamed for thirty to forty minutes before putting them into the oven. Use a generous measure of butter as the meat is rather dry.

Pigeon or Game Pasties

Lincolnshire and Oxfordshire. Bake these pasties in meat-pie moulds which open and allow the form to be taken out. Make a crust of 1 pound of Gold Medal flour, $\frac{1}{2}$ pound butter, $\frac{1}{2}$ pint of water, the yolks of 2 eggs and a teaspoon of salt. Work all this into a firm paste and line the buttered mould, reserving part for the cover. For a two quart pie remove the large bones from four pigeons, season the inside of each one well with a mixture made of 1 large teaspoon of salt, $\frac{1}{2}$ each of pepper, clove and mace. Spread on each a layer of good forcemeat and lay in the mould, filling in with more forcemeat and bits of veal and ham. Wet the edges and pinch together, ornamenting the top with a cluster of pastry leaves placed over the hole made in the center of the crust. Put in a moderate oven, after brushing it over with yolk of egg and bake four hours. In the meantime boil the bones and trimmings in 1 quart of water till reduced to half a pint, season it highly and pour it into the pie through the hole in the top. These pies are eaten cold, and often truffles or mushrooms are added. Small ones are made with one pigeon and forcemeat. Game of any sort can be used, enormous pies being often served.



WE have always claimed the creamy white loaf made from GOLD MEDAL FLOUR to be the most delicious and at the same time the most desirable of all food products.

It is clean, pure and of a delicate texture, most inviting to the normal, healthy appetite. Its tissue-forming constituents and energy-yielding portion are more nearly in the exact proportions demanded by the human system than any other single ration.

GAME



UNDER this head is included all wild animals and wild fowl used for food. In cooking either apply the same general rules already given for meats and poultry, remembering that all white meated game should be cooked well done; dark meated game rare, and both must be sent to the table very hot, with hot plates. Wild meat contains a much greater percentage of phosphates, and much more lean than fat, while the lean is of much greater density than the flesh of domesticated animals. It follows that they are a strong food and if well digested, very nutritious.

When game is to be kept many days it should be drawn, the inside rubbed with salt and pepper, and it does no harm to put some lumps of charcoal in the cavity. If there is any objection to washing, it must be very carefully drawn and then wiped with a damp cloth until perfectly clean. Neither salt nor pepper should touch the outside of the meat until it is cooked.

Simplicity is the highest perfection of cooking, especially of game, and all seasoning, sauces and accompaniments should be subordinate to the flavor of the meat.

Roast Venison

Roast venison is best to be thoroughly larded, using half a pound of pork to a leg or saddle weighing eight to ten pounds. Cut the flanks from a saddle, and trim the haunch to good shape. Roast according to general directions, basting at the end of the first five minutes and every fifteen minutes after. It is very nice to use claret instead of the dripping of the pan. An hour and a quarter will cook it very rare; for most people an hour and three-quarters will be none too much. Make a good gravy from the drippings in the pan, adding stock made from the bits trimmed away before roasting. Currant jelly is usually served with it, but those who have once tried barberry or wild plum jelly will never be contented with anything else.

Venison Steaks

Venison steaks are prepared and served like beef steak, cutting them only about three-quarters of an inch thick.

Slices of cold rare roast venison are extremely nice when reheated in a brown or curry sauce.

Deviled Venison

Cut thick slices from rare-roasted venison, make slanting incisions and fill them with mixed mustard and salad oil. Brush the slices with melted butter and dredge them with Gold Medal flour. Broil over clear coals till a good brown and serve with butter.

Fillet of Venison

Have as many small steaks as there are to be covers. Trim and flatten into good shape. Lard one side of each steak with tiny strips of pork and lay them in an earthen dish with salt, pepper, an onion, a minced carrot, 2 bay leaves, 2 sprigs thyme, $\frac{1}{2}$ gill of salad oil, a gill of vinegar. Let them steep in this mixture for six hours, turning often. Twenty minutes before serving drain and wipe them. Fry them to a handsome brown in a little very hot salt pork fat. It must be done quickly or they will become hard and tough. Arrange in a circle on a hot dish, the larded side uppermost alternately with heart-shaped croutons of puff paste. Serve with a brown gravy made from the marinade.

Venison Pastry

Use for this the neck, breast, flank and other portions that are not suitable for roasting. Wash with vinegar, rub with sugar and hang in a cool airy place as long as possible. Examine every day and wipe night and morning with a dry cloth. When it is to be used sponge with lukewarm water and dry with a cloth. Bone it and cut the meat free from skin into pieces two inches square. Parboil till the meat begins to be tender, then season well and lay in a baking dish of which the sides have been lined with good pastry. Arrange the pieces of fat and lean together,

adding more seasoning if needed and dot well with bits of butter and enough stock to cover the bottom of the dish well. Cover with a thick crust and bake till the crust is thoroughly done.

While it is being baked put all the bones and trimmings in a covered stewpan with a trip of mace, pepper, salt and cold water to cover the pieces. Simmer till all the goodness is out of the bones and the water reduced one-half. Strain, cool and remove the fat. When the pie is done heat up the gravy with lemon juice and enough port wine to flavor well. Put a funnel through the hole in the crust and pour the gravy in. Good either hot or cold.

Antelope

Antelope meat is prepared like venison and is hardly distinguished from it except by its strong flavor.

Bear

The haunch and saddle of a young bear is very good roasted, tasting almost like pork; but old bear meat is extremely hard and tough, and is only palatable in a highly seasoned ragoût.

Rabbits or Hares

Rabbits or hares are only fit to use when young and their age may be known by their hairs and paws, which should be soft, the edges of the hairs smooth and the paws not worn. They are best in the fall and early winter. They should be drawn as soon as possible after killing, but should not be skinned until ready to use.

Roast Hare

Skin and wipe the hare, stuff and sew up carefully. Truss the forelegs back and the hind legs forward, and put in baking pan; fasten thin slices of bacon over the shoulders and back, put into a quick oven and bake one and one-half hour, basting every ten minutes with $\frac{1}{4}$ cup butter in $\frac{1}{2}$ cup of boiling water. Turn the hare several times when baking. When half done dredge with Gold Medal flour and baste once more. Remove to a hot platter and garnish with slices of lemon and water-cress.

STUFFING; Make a moist stuffing as for chicken, using the water in which the giblets were boiled and working in the minced giblet meat.

Broiled Rabbit

Skin, singe and wipe the rabbit. Prepare for the broiler like chicken and cook over charcoal embers till done. Season with salt and pepper just before it is finished and pour over melted butter mixed with 2 tablespoons vinegar and 1 of made mustard. Serve with Ravigote sauce.

Squirrels

The large gray and fox squirrels are the best for eating and may be prepared cooked in any way suitable for rabbits.

Squirrel Pot-Pie

Prepare squirrels as rabbits, cut in pieces, flour and fry brown in a little good dripping, and place in a stew pan. Add 1 quart boiling water, $\frac{1}{4}$ of a lemon sliced very thin, a teaspoon of salt, a small glass of sherry and 1 minced onion fried brown in a tablespoon of butter. Cover all closely and stew for an hour. Make a delicate biscuit crust, cut in rounds and lay them on the top of the squirrel, let them boil, covered closely, for fifteen minutes; pile the squirrel in the center of a hot platter, arrange dumplings along it. Thicken the gravy with 1 tablespoon of Gold Medal flour browned in 1 tablespoon of butter and pour gravy over meat.

Ducks

The list is almost endless, but they will all bear substantially the same treatment. A few epicures may like (or think they like) their canvas-back kept until upon the point of falling to pieces and served



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scarcely warmed through. But the majority of those who enjoy game like it hung and cooked upon the same principles that govern poultry and other meats. Dark meat of any kind should always be cooked rare, and red juice, not blood, should follow every cut with the knife. The best authorities agree that game birds should be roasted plain, that is, without stuffing, but there is no reason why any of the forcemeats given for poultry should not be used for wild duck, grouse, prairie chickens, etc., if one prefers them so cooked. The following directions, however, will suppose that no stuffing is to be used except when specified.

Canvas-back, Red-head and Mallard

Should be carefully picked, singed, washed, drawn and wiped with a wet cloth, trussed with the neck twisted around to close the opening in the breast, and the rump turned down to close the opening through which it was drawn. Season with salt and roast rare from eighteen to twenty-five minutes. Place them on a hot dish and put a tablespoon of cold water inside to prevent the coagulation of the juice. Serve with currant or plum jelly.

Red-head, Teal or Widgeon Broiled

After cleaning, split down the back and flatten a little with a heavy cleaver. Pare off the neck, pinions and ends of the legs, baste well with salad oil and broil rare over a quick fire. Dish on dry toast. Melt 2 tablespoons of Maitre d' Hôtel Butter with a little brown gravy, pour it over the ducks and serve with any sharply acid jelly, or orange, or olive sauce.

Teal

Teal when roasted sometimes has a plain, dry stuffing as for chicken. Sometimes it is filled with a chopped onion and celery stuffing. Serve with slices of fried hominy and water-cress or with green grape jelly.

Grouse

Pluck with care not to tear the skin. Draw and wipe, but do not wash. Cut off the head and truss like fowls. They are much improved by larding, but if that is not convenient fasten thin slices of salt pork all over the breast and thighs. Baste every five minutes. About ten minutes before taking up lay a thick

slice of toast under each and serve on this. Fry coarse bread crumbs to a handsome brown in butter and strew them on the platter or over the bird. Serve bread sauce or brown gravy. The Scotch fashion is to put 3 tablespoons of butter into each bird instead of larding it. Parboil the liver and pound it to a paste with butter, salt and cayenne and use this to spread on the toast on which the birds are to be served.

Filletts of Grouse

If the birds are badly shot to pieces or much disfigured in dressing, it is sometimes better to serve them filleted. After they have been removed separate the large from the small fillet. Season them with salt and pepper and dip them in a mixture of 1 tablespoon chopped parsley, 1 tablespoon lemon juice and $\frac{1}{2}$ cup melted butter. Let the butter cool on them, then dip in a beaten egg, then in bread crumbs and fry in deep hot fat. Six minutes is enough for the large, four minutes for the small fillets. Drain on brown paper while arranging a mound of vegetables à la jardinière in the center of a hot dish. Rest the fillets against the mound and serve with Béchamel Sauce poured around.

Smothered Grouse

Pick, singe, void and sponge as usual. Split in halves as for broiling; rub well with salt and chili, and baste with salad oil; brown delicately on a hot spider, then cover steam tight and set back to let it cook for half an hour or more in its own steam; Add 1 cup brown stock to the pan in which they were browned; let it simmer to a demi-glaze and pour over the birds. Serve with green peas.

Other Game Birds

Partridge, pheasant, quail and prairie chicken may all be prepared according to the several directions for grouse.

Quail à la Cendre

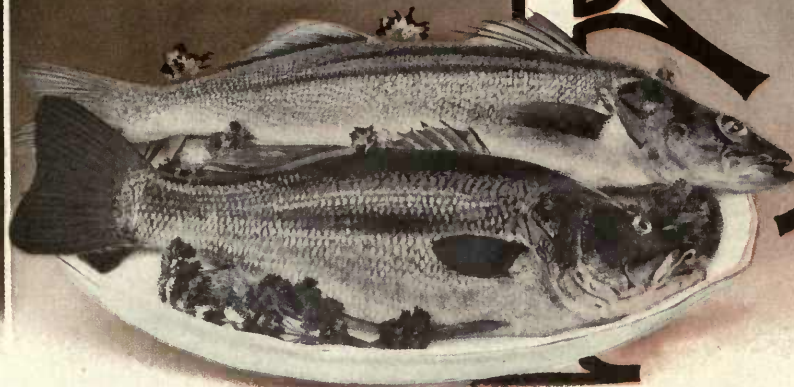
Dress as many quail as there are to be covers. Dry them and put the livers inside again with a little salt and butter. Wrap each in a thin bairde of salt pork, tucking a leaf of sage under each wing. Wrap again in well-buttered thick white paper and toast half an hour in hot wood ashes as you would potatoes. Remove the paper and serve with a sauce bowl of gravy, reduced with sauterne.



WE are anxious that you should know the great satisfaction and saving to be had by using GOLD MEDAL FLOUR. In order that there may be no question that the next flour ordered for your home is GOLD MEDAL, will you please endeavor to impress the name firmly in your mind by saying out loud, five times, slowly and with careful emphasis, thus—“Washburn-Crosby’s GOLD MEDAL FLOUR, GOLD MEDAL FLOUR GOLD MEDAL FLOUR, GOLD MEDAL FLOUR, GOLD MEDAL FLOUR.

This is a very good lesson to learn. It means highest quality in baking—greatest economy, and all round household contentment.

FISH



THIS is an important part of our food supply. The fresh fish is less stimulating and nourishing than meat but is considered more easily digested. Fish makes an agreeable change in the usual routine of a roast, broil, fry and boil. A notable advantage is the short time required to cook fish, another is the great variety of kinds through the long list of fresh and salt water, red or white fleshed, dry, salt or fresh. The white fleshed fish is more easily digested than the red fleshed. Examples are whitefish, haddock, cod, flounder, perch, pickerel, croppies, etc. Examples of red fleshed fish are salmon, shad, lake trout, etc. Very large fish are, as a rule, better when boiled or steamed; medium sized ones should be baked or split and broiled, and small ones fried. Red fleshed fish being richer in fat should not be fried.

A fish is in good condition when the eyes are bright, the gills a bright clear red, scales shiny, the flesh firm and free from a disagreeable odor.

TO CLEAN A FISH: Remove the scales by scraping with a dull knife from the tail toward the head. Head and tail may be left on or removed according to the manner of cooking. Small fish to be served whole have the entrails removed by opening under the gills and pressing out their contents with the thumb and finger; example, smelts. Larger fish are split half way down the belly and the insides scraped and washed with salt and water after it is empty. Wipe the fish inside and out with a cloth wrung out of cold salted water, then wipe with a dry clean cloth.

TO SKIN A FISH: First remove the fins along the back and cut off a narrow strip of skin the entire length of the back. Loosen the skin over the bony part of the gills and slowly work toward the tail. Do the same on the other side.

TO BONE A FISH: Clean fish and remove head; beginning at the tail, run sharp knife close to the backbone, cutting the meat away on one side and working toward the head. Turn and repeat on the other side.

Boiled Fish

Clean the fish according to the directions, wipe carefully and rub with salt. Wrap in a piece of cheesecloth to hold the fish together and to prevent the scum from adhering to the fish. Place it in a kettle half filled with boiling water, cook slowly, allowing fifteen or twenty minutes to the pound. A long fish-kettle with a rack is useful. A wire basket in a kettle may be substituted, the fish coiled about in the basket. The water in which the fish cooks should have salt and vinegar or lemon juice added, 2 teaspoons of salt and 1 of vinegar to a quart of water. The salt gives flavor, the vinegar or lemon juice keeps the flesh white. The fish is cooked when flesh is firm and separates easily from the bone. Take from the water and remove cheesecloth. Garnish with parsley and slices of lemon.

Steamed Fish

Clean carefully but without removing head or fins, rub inside and out with salt and pepper and lemon juice, laying slices of onion inside if liked. Lay on a buttered paper and steam till the flesh falls easily from the bones. Lay on a folded napkin, garnish with lemon and parsley and serve with a Hollandaise Sauce.

Baked Fish

Clean, wipe and dry the fish, rub with salt inside and out; stuff and sew; cut gashes two inches apart on each side so they will alternate and skewer into the shape of an S or an O. Put the fish on a greased baking sheet or if this fish sheet is not at hand place strips of cotton cloth under the fish, by which it may be lifted from the pan. Sprinkle with salt and pepper and place narrow strips of pork lardons in the gashes. Place in a hot oven without water; baste with hot water and butter as soon as it begins to brown and repeat every ten minutes afterwards. For a four pound fish the time would be an hour. Remove to a hot platter; draw out the string, wipe off all water or fat which remains from the fish, remove pieces of pork. Garnish the head of fish with parsley or water-cress.

Stuffing for Baked Fish

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| No. 1 | |
| 1 cup cracker crumbs | 1 teaspoon chopped parsley |
| $\frac{1}{4}$ teaspoon salt | 1 teaspoon capers |
| 1 teaspoon pepper | 1 teaspoon chopped pickles |
| 1 teaspoon chopped onions | 3 tablespoons melted butter |
- This is sufficient for a fish weighing four to six pounds.

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| No. 2 | |
| 1 cup bread crumbs | 1 teaspoon chopped parsley |
| 1 tablespoon minced onion | $\frac{1}{4}$ teaspoon salt |
| 2 tablespoons butter | $\frac{1}{8}$ teaspoon pepper |
| | 1 egg |

Soak bread in cold water, when soft press out all the water; fry onion in butter, add the bread, parsley and seasoning. Add the beaten egg at last.

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| No. 3 | |
| $\frac{1}{2}$ cup lean veal | $\frac{1}{8}$ teaspoon pepper |
| $\frac{1}{2}$ lb. fat bacon | 1 teaspoon onion |
| $\frac{1}{4}$ cup bread crumbs | 1 teaspoon parsley |
| $\frac{1}{4}$ teaspoon salt | |

Chop the meat very fine, add the bread crumbs soaked and pressed, and the seasonings.

Broiled Fish

Large fish should be split through the back to broil, head and tail are usually removed. Salmon, halibut and sword fish are cut in inch slices for broiling. Smelts and other small fish are broiled whole. Clean and wipe fish as dry as possible, sprinkle with salt and pepper, place in a well greased broiler. Broil the flesh side first till almost done, then cook on the skin side just long enough to brown well. Small fish require from five to six minutes, thick ones from twenty to thirty minutes. To remove from the broiler loosen one side from the wires first, turn and loosen on the other side, then slip from broiler to hot platter. Spread with butter and set in warming oven to let it penetrate the fish.

To broil fish in a gas stove, clean and dry as usual, only it is better to remove the backbone. Put under the flames an iron or granite baking dish well greased. Place the fish on this, skin down, sprinkle with salt and pepper, dot with butter and dredge with Gold Medal flour. When nicely browned reduce heat; time required, from twenty-five to thirty minutes.

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Broiled Halibut

Wipe with cloth wrung out of cold water; season the slices with salt and pepper, roll in Gold Medal flour or corn meal and broil for twenty-five minutes. Serve with Maitre d' Hôtel Butter.

Broiled Scrod

Scrod is a young cod, may weigh from two and one-half to five pounds, the best weigh four or five pounds. Clean and wipe as usual, cut down the belly, remove backbone, place on a hot greased broiler, sprinkle with salt and pepper and cook from twenty to twenty-five minutes. Remove to hot platter and spread with butter.

Spanish Mackerel

Clean and wipe, cut down the belly, remove the bone, dry well, season with salt and pepper; brush over with oil and broil slowly twenty-five or thirty minutes, remove to hot dish and serve with melted butter.

Brook Trout

Dress, clean and wipe dry; score a little across the back, rub in oil or butter and broil slowly five to six minutes. Serve on hot platter with Maitre d' Hôtel Sauce.

Small Fish Baked

Dress, clean, wipe dry and rub with salt and pepper, lay in a baking dish with chopped onion, mushrooms and parsley. Dot the fish with butter and pour in enough thin broth to cover the bottom of dish. Add the juice of one-half onion and bake till the flesh parts easily from the bone.

White Fish, Point Shirley Style

Dress and clean the fish, split and lay open with the meat side up. Season with salt and pepper and place in a baking pan on a bed of pork chips. Bake from twenty-five to thirty minutes, brushing it over once or twice with beaten egg while cooking.

Darne of Salmon

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| 1 onion | } minced | $\frac{1}{2}$ teaspoon salt |
| 2 carrots | | 3 tablespoons butter |
| 2 tablespoons minced parsley | | 1 pint claret |
| 1 tablespoon peppercorns | | 1 pint thin broth |

Darne of salmon is the middle cut, there are but two and sometimes three from a large fish. Lay in a stew-pan on a bed of vegetables, dredge with the salt and pour over this the claret and broth. Dot with the butter and cover with buttered paper. Bring quickly to a boil and simmer very gently for one hour. Place on a hot platter, remove the skin and serve with a Hollandaise Sauce.

Boiled Cod with Oysters

Dress and clean fish as directed, place in boiling water slightly salted, add a few white cloves and peppers, a bit of lemon peel. Cook slowly, allowing fifteen minutes to the pound. When done arrange neatly on a folded napkin, garnish with parsley and serve with oyster sauce.

SAUCE

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|----------------------------------|--|
| 1 pint oysters | $\frac{2}{2}$ tablespoons Gold Medal flour |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ teaspoon salt |
| $\frac{2}{2}$ tablespoons butter | Few grains cayenne |
| | Few grains mace |

Drain the liquor from the oysters into a bowl, wash and pick over the oysters, strain the liquor and cook oysters until the gills begin to curl, remove the oysters. Melt the butter, add flour and seasonings, cook together, then add slowly 1 cup of the oyster liquor and milk, cook together, add the oysters and serve in a sauce boat.

Dropped Fish Balls

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| 1 cup salt cod | 1 egg |
| 2 cups diced potatoes | 1 teaspoon butter |
| | Few grains pepper |

Wash fish in cold water and flake in fine pieces. Cook fish and potatoes together in boiling water until potatoes are done. Drain and mash, add butter, pepper and beaten egg. Beat all together thoroughly. Have fat in frying kettle smoking hot, drop the mixture by spoonfuls into fat, fry a golden brown. Drain on soft paper. It is best to first dip the spoon in the fat. Serve with Tomato or Béchamel Sauce and garnish with parsley.

Panned Fish

This method is used for small fish or fish that can be cut in slices. Have the fish well cleaned, seasoned with salt and pepper and dredged with a little Gold Medal flour or rolled in corn meal. Have

a large frying pan smoking hot, with as little grease as will keep the fish from sticking. Brown the fish quickly on both sides then reduce heat and cook more slowly for ten or twenty minutes according to the size of fish.

Fried Fish

Clean fish and wipe as dry as possible; sprinkle with salt and pepper; dip in Gold Medal flour, egg and crumbs and fry in deep fat. (See general directions for frying.) From five to six minutes is sufficient for any but large pieces. Drain perfectly dry on paper and serve on a folded napkin. Fry the parsley that is to garnish the dish, taking care to have it crisp without changing its color.

Fried Smelts

Clean smelts, removing entrails through the gills, leaving on heads and tails, wipe dry, sprinkle with salt and pepper, dip in Gold Medal flour, egg and crumbs and fry three to four minutes in deep fat. Arrange on a hot platter and garnish with parsley and lemon.

Smelts may be baked in the oven or pan-broiled. Directions for cleaning and seasoning the same as above.

Fried Fillet of Cod or Haddock

Dress and clean the fish, remove the skin and backbone, cut flesh in square pieces, season with salt and pepper and roll in fine white corn meal. Try out several slices of salt pork, lay the fish in the hot fat, cook brown on each side, drain on soft paper and serve hot. Serve with butter and garnish with slices of lemon. Any fish having firm white flesh can be prepared in this manner.

Halibut Maitre d'Hôtel

Cut three pounds of halibut steak into three inch squares, wipe with a wet cloth and dry thoroughly. Dip in Gold Medal flour, egg and sifted bread crumbs, fry in deep fat until a rich brown, drain on soft paper and serve with Maitre d' Hôtel Butter.

Planked Shad or Whitefish

Shad are in season from January to June. Jack shad are usually cheaper than roe shad. Clean and split a three pound shad, place skin side down on heated oak plank one inch thick, sprinkle with salt and pepper and brush over with butter. Bake twenty-five to thirty minutes in a hot oven or in a gas stove under the broiling flame. Garnish with parsley and lemon.

Shad Roe

Shad roe may be baked, broiled or fried. To broil, wipe with wet cloth, dry, sprinkle with salt and pepper, place on a greased wire broiler, cook for five minutes on each side. Serve with Maitre d' Hôtel Butter. The roe may be rolled in Gold Medal flour, egg and bread crumbs and fried in deep fat or in a pan with a little fat.

Fish au Gratin

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|----------------------------------|------------------------------------|
| 3 lbs. fish | $\frac{1}{2}$ teaspoon salt |
| 2 cups White Sauce No. 1 | $\frac{1}{4}$ teaspoon pepper |
| $\frac{1}{8}$ cup cracker crumbs | Few grains cayenne |
| 2 tablespoons butter | $\frac{1}{2}$ teaspoon celery salt |
| | 2 tablespoons chopped parsley |

The fish should be freed from skin and bone and broken into little flanks. Melt the butter and combine with cracker crumbs. Butter a baking dish and place alternate layers of fish and cracker crumbs, moisten with sauce and sprinkle with seasonings, sprinkle buttered crumbs over the top and bake in a quick oven for ten or fifteen minutes.

Frogs' Legs

The green marsh frogs furnish the best hams, as they are more tender and have less of the strong, muddy flavor. They are generally liked fried. Cut off the feet and truss them by inserting the stump along the shin of the other leg. Wipe well, sprinkle with salt and pepper, roll in Gold Medal flour, egg and fine bread crumbs, fry a light brown in deep hot fat. Serve with Tartare Sauce. They may also be cooked in a frying pan with butter, allowing 2 tablespoons of butter to a dozen frogs' legs.

Frogs' Legs à la Marinière

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| 3 dozen legs | $\frac{1}{2}$ teaspoon salt |
| 4 tablespoons butter | 1 cup white wine |
| 1 cup chopped mushrooms | 1 cup consommé |
| 4 shallots | Yolks of 4 eggs |
| 1 tablespoon Gold Medal flour | 2 tablespoons cream |

Sauté frogs' legs, mushrooms and shallots in butter. As soon as well colored dredge with flour and seasonings, add wine and consommé, cover and simmer for ten minutes. Mix the yolks of eggs with cream and stir into the boiling mixture. Remove at once from the fire and serve.



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Brown Fricassée of Oysters

- | | |
|--------------------------------|--|
| 1 pint oysters | 1 teaspoon salt |
| 3 tablespoons butter | Few grains cayenne |
| 2 tablespoons Gold Medal flour | $\frac{1}{2}$ teaspoon chopped parsley |
- Drain and clean the oysters, scald and skim the oyster liquor. Parboil the oysters in the oyster liquor. Brown the butter, add flour and stir until well browned, add the oyster liquor slowly, stirring constantly; add the seasonings and oysters. Serve on toast or in patty shells.

Creamed Oysters

- | | |
|----------------|--------------------------------|
| 1 pint oysters | $1\frac{1}{2}$ cup white sauce |
|----------------|--------------------------------|
- Drain and clean the oysters, scald and strain the liquor; cook the oysters in the liquor until plump and the edges begin to curl, and drain; add to the white sauce. Add more seasoning if necessary. Let it heat to the boiling point and serve in Swedish timbales or in patty shells. It is nice used as a filling for shortcake, croustad or on toast.

Oyster Short-Cake

Drain and clean one quart of oysters, scald and strain the liquor, cook the oysters in the liquor until plump and edges curl. Cook 1 tablespoon of Gold Medal flour with 3 tablespoons of butter. When the mixture is light and creamy gradually turn upon it the boiling liquor and season with salt and pepper. After boiling up once stir in 3 tablespoons of cream, also the oysters. Stir over the fire one-half minute. Serve immediately. Have Shortcake No. 1 ready to fill.

Scalloped Oysters

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| 1 pint oysters | $\frac{1}{2}$ cup butter |
| $\frac{1}{2}$ cup grated bread crumbs | 1 cup oyster liquor |
| $\frac{1}{2}$ cup coarse cracker crumbs | 1 teaspoon salt |
| | $\frac{1}{8}$ teaspoon pepper |

Drain and clean the oysters; rub a pudding dish thickly with cold butter, sprinkle the bottom with a layer of bread crumbs. Mix the rest of the bread and cracker crumbs and stir in the butter. Arrange the oysters and bread in alternate layers, season each with pepper and salt. Pour over the oyster liquor, bake twenty-five to thirty minutes in a quick oven.

To Pickle Oysters

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|-------------------|-----------------------------|
| 200 large oysters | 4 teaspoons salt |
| 1 cup vinegar | 6 teaspoons whole peppers |
| 1 cup white wine | $\frac{1}{4}$ teaspoon mace |

Drain and clean the oysters, scald the liquor. Strain and add the above named ingredients. Let boil up once, and pour, while boiling hot, over the oysters. After these have stood ten minutes pour off the liquor, which, as well as the oysters, should then be allowed to get cold. Put into a jar and cover tight. The oysters will keep some time.—*Miss Parloa*.

Clams

There is really no special season for these most nutritious fish, but custom decrees that they shall be served only during the season when oysters are forbidden. Most of the methods of serving oysters can be applied with slight modifications to the cooking of clams.

Select one dozen large Guilford clams, wash thoroughly and plunge them into boiling water for a moment. Drain and open them and use the round plump part only. Put in the chafing-dish or frying pan a pat of butter and when quite hot add a dust of Gold Medal flour and cayenne to suit the taste; simmer the clams till they are slightly cooked, about four minutes, and pour in 1 gill light sherry. Cover and simmer five minutes. Serve on hot toast.

Clam Broth

Twenty-five clams washed and drained. Steam till the shells open easily; save every drop of juice that comes with opening and add enough water to make 1 quart. With a pair of scissors trim off the soft part of the clam and reserve to serve with the broth. Chop the tough portion a little and simmer fifteen minutes in the broth. Strain and add pepper and salt if needed and serve in very small bouillon cups. Send the reserved portion to the table with melted butter and lemon juice poured over them.

Scallops

Scallops are bivalve mollusks. The heavy muscle which holds together the shell, is the only part used as food. They are sold by measure and are usually cooked stewed or fried. In buying, avoid the large

ones that are very white, choosing instead those of medium size, and natural creamy-white color. Rinse them in salt water, dry in a napkin.

To Fry: dip in egg, roll in bread crumbs, dust with salt and pepper and fry in deep fat.

To Stew: make a pint of white sauce, add the scallops and cook ten minutes in a double boiler.

Scallop Broth

Wash and cut in small pieces $\frac{1}{2}$ pint of scallops, add $\frac{1}{2}$ pint each of milk and water, a teaspoon of butter, salt and pepper to taste. Simmer twenty minutes, strain and serve.

Scallops in Shell

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| 1 pint scallops | 1 cup drained liquor |
| 2 tablespoons butter | 4 tablespoons bread crumbs |
| 1 tablespoon Gold Medal flour | 1 slice onion |
| Yolks of 3 eggs | $\frac{1}{2}$ teaspoon salt |
| | Few grains cayenne |

Drain the scallops, toss them with a tablespoon of butter in a sauce-pan, letting them brown lightly for about ten minutes. Drain from the butter and chop fine. Melt 1 tablespoon of butter, add the onion minced fine and brown it lightly, add the flour, cook together and stir in slowly the scallop liquor. Mix the chopped scallops with the bread crumbs and seasonings and add to the sauce. Beat the yolks lightly, add to the mixture and cook together for three minutes. Fill the shells, sprinkle fine bread crumbs over the top, dot with bits of butter and brown in a hot oven for ten minutes.

Loebster

Loebster, to be edible, should be perfectly fresh. One of the tests of freshness is to draw back the tail, if it springs into position again it is safe to think the fish good. The time of boiling varies with the size of the loebster and in different localities. In Boston, Rockport and other places on the Massachusetts coast, the time is fifteen or twenty minutes for large loebsters and ten for small. The usual way is to plunge them into boiling water enough to cover, and to continue boiling them until they are done. There are very few modes of cooking loebster in which it should be more than thoroughly heated, as much cooking toughens it and destroys the fine, delicate flavor of the meat.

Loebster à la Newburg

- | | |
|---------------------------------|--------------------|
| 2 small loebsters | Yolks of 4 eggs |
| 1 cup cream | 1 teaspoon salt |
| 4 tablespoons butter | Few grains cayenne |
| 2 tablespoons brandy and sherry | Few grains mace |

Cut the loebster meat into small pieces, cook them slowly in butter for five minutes, add the seasonings, brandy and sherry, and simmer five minutes longer. Combine the cream with the beaten yolks and pour slowly into the cooking mixture. Stir constantly for one and one-half minutes. Garnish with triangles of puff paste.

Loebster Souffle

- | | |
|--------------------------|---|
| 2 lb. loebster | 1 cup aspic jelly |
| 3 tablespoons mayonnaise | $\frac{1}{2}$ cup Tomato Sauce |
| | $\frac{1}{2}$ teaspoon Tarragon vinegar |

Cut the loebster into small pieces; put bands of writing paper, about two inches high, around as many ramequin cases as you wish to serve. Beat mayonnaise, aspic jelly, and Tomato Sauce together until they begin to look white. Stir in the pieces of loebster, add the vinegar. Fill the ramequin cases and put away to stiffen in a very cold place. When set, take off the papers carefully, garnish with pounded coral or browned crumbs.

Stewed Loebster

Take the meat of two medium loebsters cut in dice, season with salt as needed, $\frac{1}{2}$ saltspoon cayenne, and $\frac{1}{2}$ lemon. Make a white sauce, add another tablespoon butter and the seasoned loebster; let it simmer ten minutes and serve hot.

Crabs

Crabs are in season during the summer months, and crabs, like loebsters, are purchased alive, put in hot water and boiled in precisely the same way. Soft shelled crabs are nothing more than hard shelled crabs shedding their shells.

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Soft Shelled Crabs

Lift each point of the back shell and remove the spongy substance found beneath it, taking care to scrape and cut away every bit. Turn the crab on its back and remove the semi-circular piece of dark, soft shell called the "apron" or "flap" and more of the same spongy substance lying under it. Wash in cold water and dry carefully on a towel. Season with salt and pepper, dip in egg and roll in crumbs. Fry about three minutes in very hot fat, putting in only two at a time, as they should be ice-cold when prepared. Serve with Tartare Sauce.

Broiled Crabs

Prepare as above, but cook in a double broiler over clear, hot coals for eight to ten minutes. Serve with melted butter and lemon juice poured over.

Deviled Crabs

- | | |
|--------------------------------|--------------------|
| 1 doz. crabs | 1 teaspoon salt |
| $\frac{1}{2}$ cup butter | Few grains cayenne |
| $\frac{1}{2}$ teaspoon mustard | Bread crumbs |

Put the meat in a bowl and mix with it an equal quantity of fine bread crumbs. Work the butter to a light cream, add seasonings and stir, a little at a time, the mixed crabs and crumbs. Fill the crab shells with the mixture, sprinkle buttered bread crumbs over the top, brown quickly in a hot oven.

Shrimps

Shrimps are caught in immense quantities along the seashore from early spring till late autumn. They are about two inches long, covered with a thin shell and are boiled and sent to market with the heads removed. They are used in salad; as garnish for boiled fish; they are creamed and served in patty shells. They may be prepared by any of the formulas already given for lobsters or crabs, remembering that the seasoning should be less heavy as the flavor of the shrimp is more delicate. Canned shrimp should always be rinsed in lightly salted water and well drained and aired before they are used. Before using remove any of the shell and the fine black thread of intestine which runs the length of the body.

Crawfish

Crawfish are inhabitants of fresh water streams. They have a striking resemblance to lobster in every respect, and are largely used by caterers for garnishes, sauces, salads, etc. Those that come from Milwaukee have a high reputation in New York and other markets.

Crawfish Bordelaise

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|-----------------------------------|-----------------------------|
| $1\frac{1}{2}$ lbs. crawfish meat | 1 tablespoon minced carrot |
| $\frac{1}{2}$ pint Cream Sauce | 1 tablespoon minced onion |
| $\frac{1}{2}$ tablespoon butter | $\frac{1}{2}$ teaspoon salt |
| 1 glass red wine | Few grains cayenne |
| | Few grains nutmeg |

Cook the carrot and onion in butter, add the wine, the meat and Cream Sauce with seasonings, boil up once and serve hot.



THE foundation for almost all of the common sauces is what the French called a "roux." This is butter and flour cooked together and thinned out slowly with liquid, milk or water. The proportions vary according to the sauce needed. When the butter and flour are allowed to brown it is called a "brown roux," used for soups, stews and gravies.

White Sauce No. 1

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|---|-----------------------------|
| 2 tablespoons butter | 1 cup milk |
| $\frac{1}{2}$ tablespoon Gold Medal flour | $\frac{1}{4}$ teaspoon salt |
| | Few grains pepper |

Melt the butter, add the flour mixed with seasonings, and stir until thoroughly blended. Pour on the milk, one-third at a time, stirring till well mixed, and cook until smooth. Milk may be used cold or scalded.

White Sauce No. 2

- | | |
|--------------------------------|-----------------------------|
| 2 tablespoons butter | 1 cup milk |
| 2 tablespoons Gold Medal flour | $\frac{1}{4}$ teaspoon salt |
| | Few grains pepper |

In making, follow the directions given for White Sauce No. 1.

White Sauce No. 3

(For Croquettes, etc.)

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|------------------------------------|-----------------------------|
| $2\frac{1}{2}$ tablespoons butter | 1 cup milk |
| $\frac{1}{4}$ cup Gold Medal flour | $\frac{1}{4}$ teaspoon salt |
| | Few grains pepper |

For making, follow directions given for White Sauce No. 1.

Drawn Butter Sauce

- | | |
|--------------------------------|-------------------------------|
| $\frac{1}{4}$ cup butter | 1 cup boiling water |
| 2 tablespoons Gold Medal flour | $\frac{1}{4}$ teaspoon salt |
| | $\frac{1}{8}$ teaspoon pepper |
- For making, follow directions given for White Sauce No. 1.

Cream Sauce

Proportions and method for making are the same as in the white sauces; substitute cream for milk.

Velouté Sauce

- | | |
|--------------------------------|-----------------------------|
| 2 tablespoons butter | 1 cup white stock |
| 2 tablespoons Gold Medal flour | $\frac{1}{2}$ teaspoon salt |
| | Few grains pepper |

In making, follow directions for White Sauce No. 1. A half cup of mushroom liquor may be substituted for half the white stock and a few gratings of nutmeg may be added.

Béchamel Sauce

- | | |
|--------------------------------|-----------------------------|
| 2 tablespoons butter | $\frac{1}{2}$ cup cream |
| 2 tablespoons Gold Medal flour | $\frac{1}{4}$ teaspoon salt |
| | Few grains pepper |
| $\frac{3}{4}$ cup white stock | |

In making, follow the directions given in White Sauce No. 1, with the exception of the cream, which is added at the last.

Yellow Béchamel

To the above rule add 3 egg yolks slightly beaten and mixed with half a cup of cream; heat in a double boiler until thoroughly blended.

Spanish Sauce

- | | |
|--------------------------------|---------------------------------|
| 4 tablespoons butter | 1 bay leaf |
| 3 tablespoons Gold Medal flour | 6 peppers |
| 2 tablespoons chopped onion | 1 clove |
| Celery } 1 tablespoon chopped | 2 sprigs parsley |
| Carrot } fine | 1 teaspoon salt |
| | $1\frac{1}{2}$ cups brown stock |

Cook vegetables with butter until brown, add the flour mixed with seasonings, combine the stock, one-third at a time, cook together five minutes and strain.

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Brown Sauce

1½ tablespoons butter ½ slice onion
 2 tablespoons Gold Medal flour ¼ teaspoon salt
 2 cups stock Few grains pepper
 Brown the onion in butter; remove onion and stir butter until well browned. Add flour mixed with seasonings and brown, then add stock gradually. Cook until smooth.

Soubise Sauce

2 tablespoons butter ½ cup cream
 2 tablespoons Gold Medal flour 1 cup white stock
 2 cups sliced onion ¼ teaspoon salt
 Few grains pepper
 Melt butter, add flour and seasonings, cook until smooth; add stock, one-third at a time, stirring constantly, cook all together. Cover onions with boiling water and cook five minutes; drain again, cover with boiling water and cook until tender. Pass through purée strainer and add with cream to the first mixture.

Tomato Sauce

2 tablespoons butter 1 slice onion
 2½ tablespoons Gold Medal flour 2 cloves
 ½ cup water ½ teaspoon salt
 1 cup strained tomato juice ¼ teaspoon pepper
 Boil together water, tomato and onion; brown the butter, add the flour and brown together; add the hot liquid gradually. Boil three minutes and strain.

Curry Sauce

White Sauce No. 2 with 1 teaspoon curry mixed with Gold Medal flour and seasonings.

Maitre d'Hôtel Butter

½ cup butter 2 teaspoons finely chopped parsley
 ½ teaspoon salt
 ¼ teaspoon pepper 1 tablespoon lemon juice
 Work the butter until creamy, add seasonings and parsley, then the lemon juice very slowly.

Caper Sauce

½ cup butter 1½ cups mutton broth
 3 tablespoons Gold Medal flour ½ teaspoon salt
 ½ cup capers Few grains cayenne
 Melt butter, add flour mixed with seasonings; cook smooth, add broth (one-third at a time). Cook together, stirring constantly. When done, add the capers well drained from their liquor.

Sauce Hollandaise

½ cup butter ½ cup boiling water
 Yolks of 2 eggs ½ teaspoon salt
 ¼ teaspoon lemon juice Few grains cayenne
 Add yolks of eggs, lemon juice and seasonings to one-third of the butter; place in a sauce-pan over boiling water and stir constantly till butter is melted. As it thickens add the rest of the butter, a bit at a time, add the water and cook one minute.

Sauce Bordelaise

1 cup sauterne 2 inches cooked marrow
 1½ cup Spanish Sauce ¼ teaspoon salt
 2 tablespoons chopped shallots Few grains cayenne
 Boil the shallots in the wine until reduced one-half, add the Spanish Sauce and cook fifteen minutes, then add seasonings and marrow cut in round slices; boil up once and serve.

Sauce Piquante

1 cup Spanish Sauce 6 peppercorns
 2 tablespoons butter 6 allspice berries
 1 tablespoon onion ½ blade mace
 1 tablespoon carrot minced fine Gherkins }
 ½ cup vinegar Capers } 2 tablespoons
 1 bay leaf Olives } chopped fine
 1 clove Parsley }
 Cook the vegetables in the butter, add the vinegar, spices, seasonings and Spanish Sauce; simmer twenty minutes. Before serving add the gherkins, capers, olives and parsley.

Sauce Champagne

1 cup brown stock 1 tablespoon Gold Medal flour
 1 tablespoon butter 1 cup champagne
 Cook butter and flour together, stir in slowly the brown stock, cook five minutes; remove from the fire and stir in the champagne.

Indian Curry

1 oz. raw lean ham 1 pt. Velouté Sauce
 2 tablespoons butter 2 tablespoons lemon juice
 1 teaspoon curry 1 tablespoon minced onion
 ½ cup cream 1 sprig thyme
 2 egg yolks 12 peppercorns
 Cook the onion, ham, thyme and peppers with the butter until well reduced. Rub the curry into the Velouté Sauce and combine with the butter mixture, boil ten minutes and strain. Dilute the egg yolks with the cream and combine with the sauce. Cook over hot water until it begins to thicken, then add the lemon and serve.

Robert's Sauce

1 cup Spanish Sauce ½ onion sliced
 1 teaspoon mustard 1 tablespoon butter
 4 tablespoons white wine 1 teaspoon sugar
 vinegar
 Cook the onion and sugar with the butter until a golden color, add the Spanish Sauce and simmer ten minutes, then add the mustard rubbed smooth with the vinegar, stir till it comes to a boil, strain and serve.

Lobster

1 small lobster ¼ teaspoon cayenne
 4 tablespoons butter 2 tablespoons lemon juice
 2 tablespoons Gold Medal flour 1 pt. boiling water
 Cut the meat into dice, pound the coral with 1 tablespoon of butter; cook together the flour mixed with seasonings and the remainder of the butter, add the water slowly and the pounded coral, and simmer five minutes. Strain over the lobster meat, boil up once and serve.

Cucumber

Grate 2 good-sized cucumbers and allow all the water to drain away. Add ½ teaspoon salt, a dash of cayenne, a tablespoon of vinegar, and serve at once.—S. T. Rorer.

Cucumber

Peel two cucumbers, cut in four lengthwise; if overgrown, trim off the seeds, cut in slices; there should be 1 pint of this and 1 pint sliced onion; blanch, salt and cayenne to taste; drain and simmer till tender in 1 pint good gravy and pour over broiled steak when ready to serve; or pour the raw vegetables over a pan-broiled steak as soon as browned and simmered.

Horse-Radish

Four tablespoons of freshly grated horse-radish, ½ teaspoon salt, ½ saltspoon pepper, ½ teaspoon made mustard, ½ teaspoon sugar, 1 tablespoon vinegar, mix well together. Add ¼ cup cream whipped very stiff.

Mint Sauce

4 tablespoons minced mint ½ teaspoon salt
 leaves 6 tablespoons vinegar
 1 tablespoon sugar
 Place mint in small covered bowl or cup and cover with sugar; let it stand one hour. Add salt to hot vinegar and pour over the mint; let this infuse for ten minutes before serving.

Mustard

2 teaspoons mustard 1 teaspoon soft butter
 1 teaspoon Gold Medal flour 1 teaspoon sugar
 1 teaspoon salt 1 tablespoon vinegar
 ½ cup boiling water
 Mix in the order given, in a granite sauce-pan, add water and cook till it thickens and is smooth.

Meat Glaze

Is excellent for giving color and flavor to soups and adds the finishing touch to many of the best sauces. Place 8 quarts of well flavored consommé over a brisk fire and reduce it to ½ pint. Put it in a stone jar, cool and cover it, and it will keep in the ice-box for a long time.



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Bouquet

Four stalks parsley, 1 stalk celery, 1 bay leaf, 2 cloves, $\frac{1}{2}$ blade mace, 1 sprig thyme. Wrap all in the parsley and tie closely at each end. Dry for winter use.

Mirepoix

Cook 2 ounces of fat, butter, dripping or chicken oil, 2 small carrots, 1 onion, 1 sprig of thyme, 1 bay leaf, 6 peppercorns, 3 cloves and an ounce of lean ham; bits of the outside of roast meat may be added. Chop the vegetables and cook gently for fifteen minutes, add 2 stalks of celery and $\frac{1}{2}$ parsley root; simmer covered for ten minutes more, add pepper and spice if desired and store for use.

Ravigote Sauce (Cold)

Add 1 tablespoon each of finely minced parsley, chives, chervil, tarragon and shallot to 1 pint of mayonnaise, and add a little spinach green if not colored enough with the herbs.

Ravigote Sauce Hot

1 cup consommé	$\frac{1}{2}$ clove of garlic
$\frac{1}{2}$ teaspoon vinegar	2 tarragon leaves
2 tablespoons Gold Medal flour	2 chervil leaves
1 tablespoon butter	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{2}$ teaspoon pepper

Cook the herbs, chopped fine, with the vinegar and consommé for ten minutes and drain through a cloth. Melt the butter, add the flour, mixed with seasonings, cook together, add the consommé, a little at a time. When it becomes smooth add the chopped herbs.

Ravigote Butter

To the above herbs add $\frac{1}{2}$ teaspoon of essence of anchovy, an ounce of fresh butter and a few drops of spinach green. Rub through a fine sieve and keep in a cold place for general use.

Horseradish Butter

Pound in a mortar 1 teaspoon of grated horseradish with 1 tablespoon of butter. Season with $\frac{1}{8}$ saltspoon of red pepper. Rub through a fine sieve and keep in a cold place. When this butter is added to other sauces it should not boil.

Bread Sauce

$\frac{1}{2}$ cup stale bread crumbs	6 whole peppers
$\frac{1}{2}$ cup cold milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon onion juice	$\frac{1}{2}$ cup cream

Cook milk with fine bread crumbs, onion and whole peppers. Let simmer for five minutes, then pour in the cream, cook for five minutes longer, add seasonings, remove peppers, and serve with brown buttered bread crumbs sprinkled on top. To be served with roast partridge or grouse.

Bohemian Sauce

1 cup fresh bread crumbs	4 tablespoons grated horseradish
$\frac{1}{2}$ cup beef broth	4 tablespoons butter
	$\frac{1}{4}$ teaspoon salt

Add the bread crumbs and seasoning to the beef broth, cook for ten minutes, stirring occasionally. Rub through a purée strainer. Add the horseradish and butter, a little at a time, mix well but do not boil. Serve with beef steak or cold boiled beef or roast veal.

Black Butter

Cook $\frac{1}{4}$ cup of butter in the frying pan until it becomes brown; add 6 parsley leaves, heat again for one minute, then throw in $\frac{1}{2}$ teaspoon of vinegar. Pour it into a sauce bowl and serve.

Tartare Sauce

2 egg yolks	Few grains cayenne
$\frac{1}{2}$ cup olive oil	Capers
2 tablespoons tarragon vinegar	Pickles
1 teaspoon mustard	Olives
$\frac{1}{2}$ teaspoon salt	Parsley
1 teaspoon powdered sugar	$\frac{1}{2}$ shallot finely chopped

In making follow the directions as given for Mayonnaise, adding the pickles, capers, etc., before serving.

Vinaigrette

1 tablespoon vinegar	1 shallot
4 tablespoons olive oil	2 sprigs parsley
$\frac{1}{4}$ teaspoon pepper	2 chives
$\frac{1}{2}$ teaspoon salt	2 sprigs chervil

Chop the parsley, shallots, chives and chervil; place in a bowl with seasonings and vinegar, stir together, then add the oil slowly. Mix well together and serve.

Garnishing Chipolata

Make ready equal quantities of carrots, turnips, chestnuts, mushrooms, pieces of bacon and small sausages, as many as are required to garnish the dish. Roast or boil and peel the chestnuts; fry the pieces of bacon; boil separately all the other ingredients in seasoned broth. When they are ready, drain them and put into a sauce-pan with sufficient Spanish Sauce to cover, add a glass of sherry and it is ready for use. It is better prepared the day before serving.

Garnishing à la Provençale, No. 1

2 cups mushrooms sliced	1 clove of garlic
2 cups Spanish Sauce	2 sprigs parsley
1 cup Tomato Sauce	1 tablespoon butter
1 small onion chopped	Few grains cayenne
	1 teaspoon lemon juice

Chop onion and garlic and fry in butter. Add the sliced mushrooms and fry a little longer. Add the Spanish and Tomato Sauce and simmer for five minutes. Add the red pepper, chopped parsley and lemon juice, and serve.

Garnishings à la Provençale, No. 2

2 white onions	$\frac{1}{2}$ tablespoon grated Parmesan cheese
1 tablespoon butter	1 teaspoon lemon juice
$\frac{1}{2}$ cup White Sauce No. 2	$\frac{1}{4}$ teaspoon salt
Few grains pepper	

Peel and mince fine the onions, scald with boiling water, drain well and brown lightly with the butter in an omelet pan. Rub the spoon with a freshly cut clove of garlic; combine the white sauce, onion, lemon juice, seasonings and cheese, stir well until it comes to the boil and set away to cool.

Béarnaise

3 tablespoons butter	5 peppers
6 raw egg yolks	$\frac{1}{2}$ teaspoon salt
2 shallots	Few grates nutmeg
2 tablespoons chervil vinegar	12 tarragon leaves chopped fine
	1 teaspoon meat glaze

Chop the shallots, cook in vinegar with the crushed peppers; reduce until nearly dry, then cool. Rub into it the egg yolks, beating sharply; then work into it gradually the butter, seasonings, and tarragon leaves. Cook over boiling water, beat briskly; add the meat glaze, drain and serve at once.

Rémolade

2 hard boiled egg yolks	$\frac{1}{4}$ teaspoon white pepper
1 raw egg yolk	1 teaspoon chopped parsley
1 teaspoon mustard	3 tablespoons tarragon vinegar
$\frac{1}{2}$ teaspoon salt	1 cup oil

Rub together the cooked egg yolks, the raw egg yolk, seasonings and parsley; add two tablespoons of vinegar, combine the oil slowly, adding more vinegar until all has been used. Beat with Dover beater until very light and thick.

Sauce à la Tortue

3 cups brown consommé	1 bay leaf
$\frac{1}{2}$ can mushrooms	2 tablespoons butter
$\frac{1}{2}$ can tomatoes	2 tablespoons Gold Medal flour
1 truffle	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup sherry	Few grains red pepper

Combine the consommé, the liquor from the mushrooms, tomatoes and seasonings. Cook these together and strain. Brown the butter, add the flour and brown together; add liquid mixture slowly, then the mushrooms and truffles cut fine. Cook together for five minutes. Add sherry and serve.

Apple Sauce

Wipe, quarter and core twelve tart cooking apples. Steam till tender and sprinkle with four tablespoons sugar and a little salt. Do not make it too sweet. If the apples are not much sour add the juice of a half lemon.



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*Gold Medal Flour
It's a Biscuit Flour
It's a Pastry Flour
It's a Bread Flour
It's a Cake Flour*



**WASHBURN - CROSBY'S
GOLD MEDAL FLOUR**

THE VERY HIGHEST QUALITY - BUY IT



Breakfast Eggs

Should never be boiled. A thin shell of the white is made hard and indigestible, while the bulk of the egg is barely warmed through. The following is a better way: Put six into a vessel that will hold two quarts. Fill with boiling water, cover closely and set on the stove shelf for six to eight minutes, cook very soft; ten minutes for medium; forty to forty-five minutes for hard boiled. Crumple a napkin in a hot dish and serve eggs in its folds.

Poached Eggs

For this the eggs should be new laid and cold. Pour a quart of water, 1 teaspoon salt, and 1 teaspoon vinegar in a shallow pan, arrange in it as many muffin rings as there are eggs to be cooked, and set the pan where the water will bubble at one side only. Break the eggs one at a time and slide them into the rings. If the water does not cover them, gently pour on a little more boiling water till it does. Cook till the white is set over the yolks, then pour off most of the water; with a cake turner lift each egg and lay on a slice of buttered toast, removing the ring after it is in place. Poached eggs may be done in milk, stock or in gravy which can be poured over the toast on which they are served. They may be used with various arrangements of hashed meat or cold fish reheated in white sauce. They are a favorite accompaniment to ham and bacon, and are used as garnish in clear soup, and with Spanish rice, etc.

Griddled Eggs

Heat the griddle almost as much as for baking cakes, butter it lightly and arrange small muffin rings on it. Drop an egg in each and turn as soon as lightly browned. They resemble fried eggs, but are far more delicate.

Steamed Eggs

Cook in an ordinary steamer for five minutes, more or less, to suit the taste; they may also be broken into buttered cups and steamed with any of the variations in seasoning found under poached eggs, as they really are. When different members of the family come to breakfast at different times, it is a great convenience to be able to prepare all the portions at once, and cook and serve when needed. For an invalid, beat light, season and steam only till well warmed through.

Scrambled Eggs

For six persons allow 6 eggs and 1 tablespoon milk, $\frac{1}{4}$ teaspoon salt, a speck of pepper and $\frac{1}{2}$ teaspoon butter to each egg. Break the egg into a bowl, add seasonings and milk, give two or three strong strokes with a fork. Heat butter in omelet pan, add egg mixture; do not stir, but as the egg cooks scrape gently from bottom of the dish, drawing the cooked mass to one side. Remove from the fire before it is quite firm through, turn into a hot dish and serve quickly. This may be varied by using, instead of the milk, strained tomato, soup stock, or gravy.

Plain Omelet

4 eggs $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon salt 4 tablespoons milk or water
 1 teaspoon butter

Break the eggs into a bowl, add seasonings. Give them twelve vigorous beats with the fork and add milk. Melt butter in omelet pan, pour in the egg, shake over a moderate fire until they are set. Roll and turn into a hot dish.

To make jelly, parsley, ham, cheese or chicken omelet, spread the seasoning over the egg just before rolling it.

TO FOLD AND TURN OMELET: Hold an omelet pan by the handle in the left hand; with a knife make two inch cuts opposite each other at right angles to the handle; place knife under omelet nearest handle, tip pan slowly over a hot platter, pass knife under omelet slowly when the omelet will fold out.

Light Omelet

For each egg allow $\frac{1}{4}$ teaspoon salt, a dust of pepper, 1 tablespoon of liquid (milk, cream, stock, tomato, etc.) Break whites and yolks separately, beating each until very light. Add liquid and seasoning to yolks, fold the yolks into the whites, stirring as little as possible. Have the omelet pan hot, melt in it 1 teaspoon of butter, turn in the omelet and cook over a slow fire until well browned on the bottom, then set in the oven until the top is set. Fold carefully, not to break the crust, and turn onto a hot dish. Serve at once.

This omelet is delicious made with ham, green peas, 1 cup grated or chopped sweet corn or asparagus tips. The latter should be well cooked, drained, seasoned and spread on just before folding the omelet; the ham may be folded in or mixed through the whole egg. Oysters should be parboiled and drained; the liquor from them may be strained and used instead of milk to give flavor to the omelet. Other additions may be used as follows:

Three tablespoons of fresh mushrooms, peeled, chopped and fried lightly in just enough butter to keep from sticking.

One cup stewed kidney. Serve with Tomato Sauce, adding to it the extra gravy from the kidneys.

Three sardines, skinned and boned, broken into bits and seasoned lightly with cayenne and lemon juice.

One-half cup Lyonnaise potato.

Chicken Liver Omelet

FOR FILLING

1 cup minced cooked liver 1 tablespoon chopped mushrooms
 1 teaspoon minced onion
 $\frac{1}{2}$ cup Spanish Sauce $\frac{1}{2}$ teaspoon salt
 1 teaspoon vinegar Few grains cayenne

FOR OMELET

4 eggs Few grains cayenne
 $\frac{1}{2}$ teaspoon salt 1 tablespoon butter
 4 tablespoons hot water

Cook together the minced liver and Spanish Sauce or brown gravy, add the vinegar, mushrooms and seasonings. Keep warm while preparing the omelet. Make the omelet, following directions as given for light omelet. Just before folding spread with the liver mixture. Serve with Brown Sauce or Tomato Sauce.

Sweet Omelet

Allow 1 teaspoon powdered sugar to each egg; omit the pepper and proceed as for light omelet. When ready to fold lay in any kind of jelly, marmalade or fresh fruit, allowing 1 tablespoon to each egg. Fold and dust with sugar. The juice or pulp of fruit may be used instead of milk or cream. The surface may be thickly covered with sugar and scored with a hot poker.

Spanish Omelet

6 eggs 1 small onion
 $\frac{1}{2}$ teaspoon salt 1 tomato
 $\frac{1}{8}$ teaspoon pepper 5 mushrooms } chopped fine
 4 ozs. bacon

Cut the bacon in thin slices and then into half inch squares. Fry gently until crisp and add the chopped vegetables. Cook for fifteen minutes. Rub the spoon with a clove of garlic. Break the eggs into a bowl, add seasonings; give them a dozen strong strokes and turn into a frying pan in which a teaspoon of butter has been melted. Bake as usual until nearly set, spread the bacon and vegetables quickly over, fold, set it in the oven for one minute, turn it upon a hot platter and serve with Tomato Sauce.



GOLD MEDAL FLOUR—It's a Bread Flour—It's a Biscuit Flour.

Rice Omelet

- 1 cup milk
- 2 tablespoons butter
- 1 cup cold boiled rice
- 1 cup milk

Warm the milk in a double boiler, add the rice and 1 table-
spoon of butter, stir and beat till well blended; add the well-
beaten eggs and seasoning. Melt a tablespoon of butter in omelet
pan, when hot turn into it the rice mixture and let it brown one
minute; put in the oven to set, fold and serve as usual.

Fried Eggs

Fried eggs may be done in butter, oil or any sweet fat; the
pan should hold fat enough to almost cover the eggs, the eggs
should be slipped into the fat singly from a cup; dip the hot fat
over them; do not let the fat grow hot enough to "frizzle" the
whites. Browned butter with chopped parsley and a few drops of
vinegar may be served poured over them on the platter, also with
poached eggs on toast.

Savory Omelet

- 1 doz. eggs
- 4 tablespoons gravy
- 2 sprigs parsley
- 4 chives
- $\frac{1}{4}$ lemon
- 2 tablespoons butter
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Break eggs into a bowl, add seasonings and gravy. Give the
mixture a half dozen strong beats with a fork. Have the butter
in the omelet pan hot, pour the egg mixture into the omelet pan,
sprinkle the minced parsley and chives over it and cook slowly
till the bottom is browned; fold as directed and turn onto a hot
platter. Squeeze the juice from the lemon over it and serve.

Hard-Boiled Eggs

Cook for forty minutes below the boiling point, when done
plunge into cold water to prevent the yolk from growing dark.
Roll on the table gently till the shell is well crushed and it can be
peeled off without marring the egg.

Scalloped Eggs

- 6 hard boiled eggs
- 2 cups White Sauce No. 2
- $\frac{1}{2}$ cup cracker crumbs
- 4 tablespoons butter
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 teaspoon chopped parsley

Mix the cracker crumbs in the melted butter; slice the eggs
into a buttered baking pan, add seasonings and the parsley minced
fine; pour the white sauce over the eggs and sprinkle the top
with the buttered cracker crumbs. Cook in a moderate oven for
ten minutes. Use 1 cup of scalded oysters to alternate with eggs,
and cover with white sauce.

White stock may be used instead of milk for making the
sauce, 2 tablespoons of cheese or 1 teaspoon of onion juice may
be substituted for parsley.

Curried Eggs

- 6 hard boiled eggs
- 1 cup Curry Sauce
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Cut the eggs in halves, slice enough of the white off the end
of each to make them stand upright. Sprinkle with salt and
pepper. Serve on a hot platter with the sauce poured around
them.

Eggs Beaugard

- 4 hard boiled eggs
- 6 squares of buttered toast
- $1\frac{1}{2}$ cup White Sauce No. 2
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

Separate the yolks and whites; chop the whites fine. Lay the
toast on a hot platter, cover with the white sauce, sprinkle with
the chopped whites; lastly, press the yolks through a ricer, sprinkle
lightly over the chopped whites. Add the seasonings before
serving.

Pickled Eggs

- 6 hard boiled eggs
- 2 cups vinegar
- 1 small cooked beet
- 24 whole cloves
- 1 stick cinnamon
- $\frac{1}{4}$ bay leaf
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon mustard

Stick four cloves into each egg; mix seasonings and moisten
with enough cold vinegar to pour; heat the rest of the vinegar to the
boiling point, add the spice and slowly the mixed seasonings, boil
for a minute. Place eggs in a glass jar, pour the boiling mixture
over them, cover closely. They will be ready to use in about two
weeks.

These are nice for picnics and lunches, or as a garnish for
broiled beef steak.

Stuffed Eggs

- 6 hard boiled eggs
- 1 tablespoon melted butter
- $\frac{1}{2}$ teaspoon salt
- 3 tablespoons minced ham
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon mustard
- 1 tablespoon vinegar

Cut the eggs into halves, crosswise or lengthwise. Rub the
yolks to a paste with the minced meat and seasonings; moisten
with melted butter and vinegar, form into balls the size of the
yolk removed, and pack into the space from which they were taken.
Put over the other half and press together; roll each in a piece of
paper napkin, twist the napkin at each end. A tablespoon of
highly seasoned salad dressing may be substituted for the butter.
These make a nice picnic dish.

Shirred Eggs

- 6 eggs
- 3 tablespoons cream
- 1 tablespoon butter
- Salt and pepper

Butter a pie pan or shallow baking sheet. Melt the butter,
add the eggs, one at a time, taking care not to break the yolks;
pour over this cream, dust with salt and pepper and bake in a
moderate oven for ten minutes or until the white is set. Muffin
rings may be buttered and placed on a buttered pan or baking
sheet and the eggs dropped into the rings and baked as directed.

Ox-Eyes

- 6 eggs
- 6 tablespoons cream
- 6 inch-thick slices of bread
- 4 tablespoons butter

With a three inch cutter, cut bread into rounds. Cut a small
ring one and one-half inch in diameter and take out enough
crumb to replace with egg; brush with melted butter and brown
in quick oven. Moisten each with 1 tablespoon of cream; break
a fresh egg into each, season with salt and pepper and cook in
moderate oven until white is set.



DRAGMATICALLY every grocer in the United States carries
Washburn-Crosby's GOLD MEDAL FLOUR in stock.
However, if by any chance your dealer should be out of
GOLD MEDAL, we will consider it a favor if you will write
to us giving his name and address. GOLD MEDAL FLOUR not only
helps the housewife in her baking, but also adds class and character
to the grocer who sells it.



Fritters

Fritter Batter, No. 1

1 egg
1 cup milk
1 cup Gold Medal flour
 $\frac{1}{2}$ teaspoon salt

Mix the dry ingredients, add the milk gradually and eggs well beaten. When used for a sweet dish add a teaspoon of sugar.

Fritter Batter, No. 2

1 cup Gold Medal flour
 $\frac{1}{2}$ teaspoon salt
1 teaspoon baking powder
 $\frac{1}{2}$ cup milk
2 eggs
1 tablespoon salad oil

Mix the dry ingredients, add the milk slowly, then the olive oil and lastly the egg beaten till stiff.

Batter for Timbales

$\frac{3}{4}$ cup Gold Medal flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup milk
1 tablespoon olive oil
1 egg

Mix the flour and salt, add milk gradually, the beaten egg, and lastly the olive oil. Beat batter five minutes.

Bell Fritters

2 cups Gold Medal flour
1 teaspoon salt
2 cups water
3 tablespoons butter
4 eggs

Heat water, salt and butter to the boiling point; when boiling stir in the flour, all at once, and stir briskly. When the mixture leaves the sides of pan remove from the fire and add 1 unbeaten egg, beat, add another and beat, and so on until you have used the flour. Set aside to cool. Drop by spoonfuls into boiling fat

Chicken Fritters

1 cup chicken stock
3 tablespoons Gold Medal flour
1 tablespoon butter
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon celery salt
 $\frac{1}{2}$ cup cold minced chicken

Melt the butter, add the flour and salt, cook together. Add gradually the chicken stock and cook until smooth and thick. Pour half the sauce onto a small platter and spread the chicken evenly over the top, then cover with the remainder of the sauce. Cool on ice and cut into inch by two inch pieces. Dip them in Fritter Batter No. 2, fry in deep, hot fat until light brown, drain on soft paper and serve hot.

Oyster Fritters

Pick over and parboil the oysters; drain them well and use their liquor in place of milk to make the Batter No. 2, adding more salt and pepper if needed.

Vegetable Fritters

Vegetables of any kind should be thoroughly cooked, drained and either chopped fine or cut in pieces convenient for serving before being added to the batter, using No. 1 or No. 2.

Banana Fritters

3 bananas
1 cup Gold Medal flour
 $1\frac{1}{2}$ teaspoons baking powder
2 tablespoons sugar
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{3}$ cup milk
1 teaspoon lemon juice
1 egg

Mash the bananas fine, mix the flour and seasonings, combine with the bananas, alternating with milk; add lemon juice and lastly the egg beaten light. Drop by spoonfuls into deep fat and fry. Drain on paper and sprinkle with powdered sugar.

Pineapple Fritters

Cut in thin, small sections, sprinkle with sugar and let lie for an hour or two, then drain as dry as possible. Roll each piece in sifted bread crumbs before dipping in Batter No. 1. Fry in deep fat. Drain on soft paper, sift powdered sugar over and serve with pineapple sauce.

SAUCE: Make a heavy syrup with 1 cup sugar and $\frac{1}{2}$ cup water, boiling it till it will spin. Then strain and add whatever juice has drained from the cut pineapple (syrup, if canned pine is used) and enough white wine to make 1 pint in all. Do not boil after adding the wine. Finish with a teaspoon of Santa Cruz, Old Jamaica, or Curaçao.

Apple Fritters

Take soft, tart apples, peel and remove the pips; cut in round, thin slices; plunge them in a mixture of brandy, lemon juice and sugar until they have acquired the taste; drain and dust them with Gold Medal flour. Pour in the chafing-dish 3 tablespoons of butter; when very hot fry the slices on both sides, sprinkle powdered sugar and cinnamon, and serve very hot.



IN ordering flour, failure to mention "GOLD MEDAL FLOUR" often causes an actual loss in dollars and cents and surely makes the task of the home cook more difficult. Next time you order, may we ask that you be careful to say---"Send me a sack of Washburn-Crosby's GOLD MEDAL FLOUR". This means a great deal to all those in your home who eat bread, biscuits, rolls, cake and pastry. From the buying of the wheat to the packing of the flour, we plan good baking---better baking than can be made from other flour.



GOLD MEDAL FLOUR MILLS  WASHBURN

Since GOLD MEDAL FLOUR occupies a most important part in supplying the world with pure food, we believe American housewives and flour buyers generally will be interested to see a picture of the Washburn-Crosby Mills, where GOLD MEDAL FLOUR is made, and read some facts concerning the capacity and operations of this enormous plant.

The daily capacity of the Washburn-Crosby Mills is 40,000 barrels. Each year the equivalent of all the wheat raised on 23,000 farms of 160 acres each is ground into the best flour on earth. Every working day approximately 175 cars of wheat are consumed, and 175 cars of flour and feed shipped out of the Washburn-Crosby Mills. More than 12,000,000 loaves of bread can be made daily from the product of our mills.

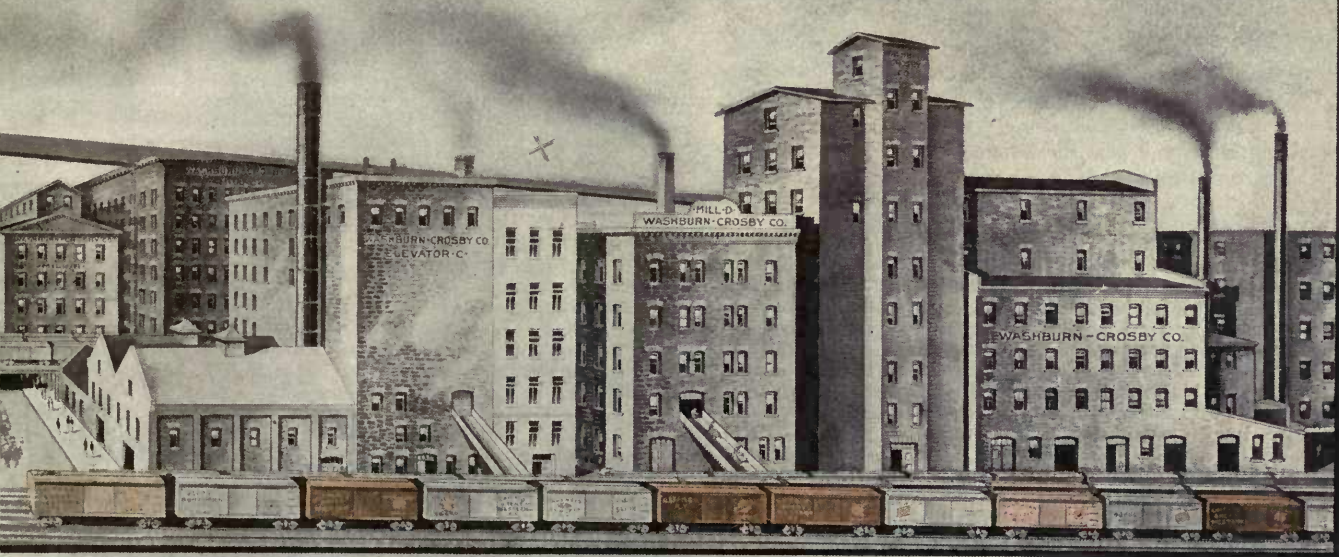
The great grain fields of the west are at our threshold and furnish a never ending supply of wheat fresh and free from the dust of long travel. But even so, nothing is left to chance, and our perfect system, including the washing and scouring process to which each grain is subjected, insures the sweetest and cleanest flour possible to obtain.

For a number of years we have operated in our laboratory a miniature flour mill with daily capacity of scarcely one barrel. This little mill proved itself a valuable adjunct to our testing facilities, enabling us to grind into flour, samples of wheat offered in this market. Thus we could tell before actually making purchase, whether or not the wheat offered was up to GOLD MEDAL standard.

We have been so well pleased with the results obtained from our miniature testing mill that it was decided to erect a six-story building (see x above) in the midst of our plant to hold a new Experimental Mill of 600 barrels daily capacity.

This new mill is a perfect machine for the manufacture of patent flour. Washburn-Crosby experts have searched the world over for the latest and most improved methods, have studied scientific processes and applied this study and research to the construction of our model mill.





CROSBY CO.  **DAILY CAPACITY 40,000 BARRELS**

If an inventor presents to us a new machine which apparently has good points to assist in the manufacture of **GOLD MEDAL FLOUR**, we give the machine a trial in the Experimental Mill, testing and trying the proposition from every standpoint before deciding that it is good enough to have a place in the main system of our big mills. Thus our enormous capacity in the main plant is permitted to grind on uninterruptedly, using systems and processes which have been previously proven and thoroughly tried out.

We have the most expert millers in charge of our grinding floor; we have the most up-to-date milling plant in the world, and by the use of the new Experimental Mill, we need not put a machine in our main plant nor grind a pound of wheat until we know just what the new machine and the wheat will do for **GOLD MEDAL FLOUR**. In addition, our Laboratory and Testing Room, Chemists, Experimental Bakers, Flour Testers and the entire organization are working constantly for the quality of **GOLD MEDAL**.

It will indeed pay any buyer of flour to call at the Washburn-Crosby offices in the Chamber of Commerce building when next visiting Minneapolis, receive a pass through the mills, and see what the making of a barrel of flour fit to carry the **GOLD MEDAL** brand, means to us.

Our ambition is to hold a customer's trade permanently after the first order. Merit, quality and economy to the purchaser is the policy which forms the foundation of our business. That it is successful is evidenced by the fact that we have been for years the largest flour manufacturers in the world.

A trial of **GOLD MEDAL FLOUR** is all we ask of you.
Quality will do the rest.
Your grocer has **GOLD MEDAL FLOUR**.

WASHBURN-CROSBY CO.

MINNEAPOLIS, MINN., U. S. A.



Entrée



FRENCH conventional term for hot side dishes which accompany or follow the soup and relèves.—*J. L. W. Thudichum.*
 Almost all entrées are served with an appropriate sauce and crisp bread. Patties should be served alone, timbales usually with cream sauce and peas, mushrooms or truffles. Croquettes are usually served with peas.

FORCEMEAT

Is used so extensively in the making of garnishes and entrées that a cook should understand the principles of its preparation thoroughly. The finest kinds of forcemeat consist of raw meat or fish, a panada, either butter, suet or veal udder, eggs and seasoning. To prepare the meat or fish, take only clear muscle, chop it fine and pound it to a paste. Then force it through a wire purée sieve with a wooden vegetable masher. Panada is bread and cream or milk or stock, in the proportion of half as much bread as liquid, cooked until a smooth paste is formed. If beef suet is used it must be freed from strings, chopped fine, and pounded with the bread. It is often rubbed through the purée sieve. This is not as delicate as butter or calf's udder and is not so often used, but is somewhat cheaper. To prepare calf's udder, tie it in a piece of netting and boil it in the stock pot for one hour; cool, chop and pound, and rub through a purée sieve; then pound again in a mortar with the other ingredients to make sure that it is perfectly blended. Always try the mixture after it is finished. To do this drop a small ball of it into a sauceman of boiling water and set back where it will not boil, and cook for about ten minutes. If it cuts smooth and fine all through and is tender, it is all right; if it should be tough add 2 tablespoons cream, or better still, of Velouté Sauce, to each cup of forcemeat. If, on the contrary, the forcemeat ball is too soft and shrinks when cut add 1 well-beaten egg to every pint of the forcemeat. The greatest care must be used in cooking. If the water with which the article is surrounded is kept at the boiling point or a little below it, the forcemeat will be smooth, fine grained and delicate. Whenever it is spongy and tough, be sure that the water has been allowed to get too hot.

Forcemeats are used for quenelles, boudins, border moulds, balls to serve in soup, raised pies, timbales, etc.—*Condensed from "Kitchen Companion," by Miss Parloa.*

Chicken Forcemeat, (White)

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|---|-------------------------------|
| 1 cup meat | 3 tablespoons butter |
| 1 cup cream | $\frac{1}{2}$ tablespoon salt |
| $\frac{1}{2}$ cup fine stale bread crumbs | blade of mace |
| 3 egg whites | $\frac{1}{8}$ teaspoon pepper |

Prepare the meat according to general directions, by chopping, pounding and rubbing through a sieve. Boil the bread, mace and cream together until they are cooked to a smooth paste, about ten minutes; then take from the fire, add the butter, then the meat and seasoning. Beat whites of eggs well and add the last thing. Test to make the texture right and set away to keep cool until wanted.

Game and veal forcemeat are prepared in the same way.

Liver Forcemeat

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| 3 cups goose liver | $\frac{1}{8}$ teaspoon pepper |
| 1 cup bread crumbs | Blade of mace |
| 2 cups chicken stock | 1 cup butter |
| 1 teaspoon salt | 3 eggs |

Let the liver stand in hot water fifteen minutes, drain, and cook slowly in salted water for twenty-five minutes, pound and rub through a sieve; cook the bread in the chicken stock, add seasonings, combine with liver, butter and eggs well beaten, mix well together. Chicken, turkey, or veal liver can be substituted.



GOLD MEDAL FLOUR—It's a Pastry Flour—It's a Cake Flour.

Oyster Forcemeat

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| 1 doz. large oysters | 1 teaspoon minced parsley |
| 2 cups bread crumbs | A grate of nutmeg |
| 3 tablespoons butter | 1 tablespoon lemon juice |
| 1 teaspoon salt | 3 tablespoons oyster juice |
| $\frac{1}{8}$ teaspoon pepper | 2 raw egg yolks |

Drain and wash the oysters, scald and strain the oyster liquor; chop the oysters very fine; combine the other ingredients, pound to a smooth paste and rub through a sieve.

Chicken Quenelles

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|-----------------------------|------------------------------------|
| 1 chicken breast | 1 egg |
| $\frac{1}{2}$ calf's brains | 1 teaspoon salt |
| $\frac{1}{4}$ cup cream | $\frac{1}{2}$ teaspoon lemon juice |
| 2 tablespoons bread crumbs | Grate of nutmeg |
| 2 tablespoons butter | Few grains pepper |

Clean the brains, tie in a piece of cheese cloth and cook slowly for half an hour in well seasoned stock. Cool and pound smooth, add to the chicken meat, also chopped and pounded, and rub both through a sieve. Cook the bread and cream together until a smooth panada; add the meat and seasonings and, lastly, the egg, and set away to cool. When ready to use dip two teaspoons in hot water, fill one spoon with the mixture and slip from one to the other until it is smooth and shaped like the bowl of the spoon; slide on a buttered pan. When all are formed, cover with boiling stock and let cook below the boiling point for ten minutes, keeping the dish covered with buttered paper.

Quenelles of Grouse

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|--|------------------------------------|
| 1 cup meat minced fine | 1 egg |
| $\frac{1}{2}$ cup bread crumbs | teaspoon salt |
| $\frac{1}{2}$ teaspoon chopped parsley | $\frac{1}{4}$ teaspoon pepper |
| an anchovy | $\frac{1}{2}$ clove garlic |
| 2 tablespoons butter | $\frac{1}{2}$ teaspoon lemon juice |

Bone the anchovy and chop and pound with meat and bread crumbs. Add the other ingredients and mix all together carefully, cool and shape in balls the size of a small egg. These may be poached and served with a Béchamel Sauce or fried and served with any good Brown or Mushroom Sauce.

Lobster Quenelles

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|-----------------------------|-------------------------------|
| 1 lobster | $\frac{1}{4}$ teaspoon pepper |
| 2 tablespoons bread crumbs | Few grains cayenne |
| 6 tablespoons butter | 2 egg yolks |
| $\frac{1}{2}$ teaspoon salt | 1 egg white |

Pound to a paste the meat and coral of a hen lobster, mix with it the bread crumbs and butter; add seasonings and moisten with eggs; if it proves too soft when tasted, add another white; if too stiff, work in a little water. Shape and poach, and serve with Tartare Sauce. (If served hot, the sauce should be Béchamel.) These may be cooled after poaching, fried in butter and served as a garnish for steamed fish, or in soup.

Croquettes

Care and practice are required for successfully making croquettes. The meat must be chopped fine, all the ingredients be thoroughly mixed, and the whole mixture be as moist as possible without spoiling the shape. Croquettes are formed in pear, round and cylindrical shapes. The last is the best, as the croquettes can be more moist in this form than in the two others.

They are well adapted for using any remnants of meat, fish, or game; for making a savory dish from the more insipid vegetables; and a sweet croquette is often accepted as an entremets or for a lunch dish.

To shape: Take about a tablespoon of the mixture, and with both hands shape in the form of a cylinder. Handle as gently and carefully as if a tender bird. Pressure forces the particles apart

and thus breaks the form. Have a board sprinkled lightly with fine bread or cracker crumbs and roll the croquettes very gently on this. Remember that the slightest pressure will break them. Let them lie on the board until all are finished when, if any have become flattened, roll them into shape again. Cover a board thickly with crumbs. Beat an egg slightly and add a tablespoon of water. Roll in egg and cracker crumbs and fry in deep fat a golden brown. Drain on paper.

Chicken Croquettes, No. 1

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|-----------------------------|------------------------------------|
| 2 cups of chopped cold fowl | Few grains cayenne |
| 1 cup White Sauce No. 3 | 1 teaspoon lemon juice |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ teaspoon onion juice |
| | 1 teaspoon chopped parsley |

Mix the meat and seasonings, combine with the white sauce; cool, shape, crumb and fry in deep fat. Drain on soft paper.

Chicken Croquettes, No. 2, (with Brains)

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| 2 chickens boiled | $\frac{1}{4}$ nutmeg grated |
| 1 pair veal brains boiled | Salt to taste |
| 1 cup suet chopped | 2 sprigs parsley |
| 1 lemon, juice and one-half the rind grated | 1 teaspoon onion juice |
| | Cayenne and white pepper |
| | 1 pint White Sauce No. 3 |

Chop or grind the meat as fine as possible, mix meat and seasoning well together and add as much thick white sauce as you dare; it should be very soft as it stiffens in cooling. Set on the ice until thoroughly cold and firm enough to shape easily. Roll in cork shape about one by two and one-half inches. Roll in sifted bread crumbs, then in beaten egg diluted with 2 tablespoons milk, then in crumbs again, and set away till needed. Fry as in the preceding recipes.

N. B.—The croquettes should be as soft as thick cream in the inside when served, with a delicate gold-colored covering outside. —Condensed from "Good Living" by Madame S. V. B. Brugiere.

Chicken Croquettes, No. 3

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|--|-----------------------------------|
| 1 cup cold cooked chicken | $\frac{1}{2}$ cup chicken stock |
| $\frac{1}{2}$ can mushrooms or 6 large oysters | $\frac{1}{2}$ cup cream |
| 3 tablespoons Gold Medal flour | $\frac{1}{2}$ cup mushroom liquor |
| 2 tablespoons butter | $\frac{1}{2}$ teaspoon salt |
| | $\frac{1}{2}$ teaspoon pepper |
| | 1 teaspoon lemon juice |

Chop the chicken and mushrooms fine. Melt the butter, add the flour, mixed with seasonings, and add slowly the stock and mushroom liquor. Cook until smooth and add the cream. Combine with the meat and mushrooms. Cool, shape and crumb. Fry in deep fat. Drain on brown paper.

Royal Croquettes

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| Half a boiled chicken | 3 tablespoons Gold Medal flour |
| 1 large sweetbread | 1 egg |
| 1 calf's brains | 1 teaspoon chopped parsley |
| 1 cup milk | 1 teaspoon salt |
| $\frac{1}{4}$ cup butter | $\frac{1}{4}$ teaspoon pepper |

Parboil the sweetbread and calf's brains and chop fine with the chicken meat; add the egg well beaten. Melt the butter, add the flour mixed with seasonings, add the cream, a little at a time, and cook until smooth. Combine meat mixture with the sauce and set aside to cool. Shape and roll twice in egg and in cracker crumbs, fry in deep fat. Drain on brown paper.

Croquettes of Calf's Brains

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|----------------------|-------------------------------|
| 1 pair calf's brains | $\frac{1}{2}$ cup boiled rice |
| 1 small sweetbread | 1 cup White Sauce No. 3 |
| 1 can mushrooms | 1 teaspoon salt |
| | $\frac{1}{4}$ teaspoon pepper |

Parboil the sweetbread and brains, chop very fine with a can of mushrooms, combine the rice and white sauce; cool and shape into small rolls. Roll in fine crumbs, egg and crumb again, and fry in deep fat. Drain on brown paper and serve.

Beef Croquettes

Prepare by any of the recipes for chicken or veal croquettes if liked soft, but the following is recommended: Mince fine, but not to make it pasty; add an equal bulk of hot, boiled rice, cook much softer than it is usually served for a vegetable; season highly with salt, pepper, cayenne and onion juice, and set to cool. If it is too stiff, work in a little stock or gravy. Drain on brown paper.

Sweetbread Croquettes

- | | | |
|---------------------------------------|--|------------------|
| 2 cups cooked and chopped sweetbreads | 1 teaspoon salt | 1 cup cream |
| 4 tablespoons chopped mushrooms | $\frac{1}{8}$ teaspoon white pepper | A dust of nutmeg |
| 2 tablespoons butter | $\frac{1}{2}$ teaspoon chopped parsley | 2 eggs |
| 2 tablespoons Gold Medal flour | 1 tablespoon lemon juice | |

Mix the salt, pepper, nutmeg, parsley and lemon juice with the mushrooms and sweetbreads, and set aside to season while making a white sauce according to directions with the butter, flour and cream. Add the meat to the sauce and lastly the beaten egg. Set away to cool or stiffen for two or three hours, then shape, crumb and fry according to directions above. Serve with Mushroom, White Sauce or Béchamel Yellow Sauce. —Miss Parloa, "Kitchen Companion."

Fish Croquettes

- | | |
|----------------------------|-------------------------------|
| 2 cups cold boiled fish | 1 egg |
| 2 cups hot mashed potato | 1 teaspoon salt |
| 1 tablespoon butter | $\frac{1}{4}$ teaspoon pepper |
| $\frac{1}{2}$ cup hot milk | 1 teaspoon chopped parsley |
- Pick the fish over carefully to remove skin and bone; mince fine; combine all the ingredients, mix thoroughly and let cool. When cold, form into balls, dip into beaten egg, roll in bread crumbs, fry in hot fat. Drain on brown paper.

For this rule shad roe may be used instead of fish. If canned salmon is used, substitute bread crumbs for the potatoes and an extra egg, omitting the milk.

Shad Roe Croquettes

- | | |
|--------------------------------|--------------------|
| 4 shad roe | Juice of one lemon |
| 3 tablespoons butter | Few grates nutmeg |
| 4 tablespoons Gold Medal flour | Few grains cayenne |
| 1 teaspoon salt | 1 cup milk |

Boil the shad roe fifteen minutes in salted water, then drain and mash. Melt the butter, add the flour and seasonings, add the milk slowly, cook until thick and smooth. Mix the roe with the sauce, cool, shape and fry as directed.

Lobster Croquettes

- | | |
|-------------------------------|-------------------------|
| 2 cups finely chopped lobster | 1 teaspoon mustard |
| 1 teaspoon salt | Few grains cayenne |
| | 1 cup White Sauce No. 3 |

Combine in the order given, cool, form into balls, roll in beaten egg and bread crumbs and fry in hot fat. Drain on brown paper.

Oyster Croquettes

- | | |
|----------------------|------------------------------|
| 1 cup raw oysters | 3 tablespoons cracker crumbs |
| 1 cup cooked veal | 2 egg yolks |
| 2 tablespoons butter | 1 teaspoon onion juice |

Drain and clean the oysters, scald and strain the liquor; chop the oysters very fine, soak the cracker crumbs in the liquor, then mix all the ingredients and shape; dip in egg, roll in crumbs and fry as usual. Drain on brown paper.

Croquettes of Macaroni

Boil $\frac{1}{4}$ pound macaroni in salted water until very tender. Drain and toss in a sauce-pan with 1 heaped tablespoon butter, $\frac{1}{2}$ ounce Parmesan cheese, $\frac{1}{4}$ ounce cooked tongue cut in fine dice. Spread on a well-buttered platter, about one inch thick, cover with a buttered paper, press it well down and set away to cool. Divide with the back of a knife into six parts, roll each one in grated cheese, then in beaten egg and in crumbs. Fry in very hot fat till well browned. Drain and serve on a folded napkin.

Rice Croquettes

- | | |
|-----------------------|-----------------------------|
| 1 cup hot boiled rice | $\frac{1}{4}$ teaspoon salt |
| 1 teaspoon sugar | 1 egg |
| 1 teaspoon butter | 2 tablespoons milk |

Beat the ingredients together to the consistency of a firm paste. Shape into oval balls and dip in bread crumbs, beaten egg, and again in bread crumbs. Fry in deep fat until browned, drain on soft paper. These are nice with a well plumped raisin or a candied cherry pushed into the center before frying. Serve with maple sauce.



Potato Croquettes

Season hot mashed potatoes with salt and pepper, a little nutmeg; beat to a cream, with a tablespoon of melted butter and 10 drops of onion juice to every pint of potatoes; add 1 beaten egg yolk and some chopped parsley. Roll into small balls, dip in egg and milk, coat them with bread crumbs and fry in hot fat. Drain on brown paper.

Savory Rice Croquettes

Prepare the rice as for plain and then add 2 eggs well beaten to each pint. Shape in oval balls, egg and crumb and fry as usual. Drain on brown paper.

Croustades of Bread

Cut stale bread into four inch slices, cut in squares or circles; remove centers, leaving cases. Fry in deep fat or brush over with melted butter and brown in oven. Fill the centers with cream fish, meat or vegetables.

Patty Shells

(See Puff Paste, page 58.)

Timbale of Macaroni

Cook $\frac{1}{2}$ pound of macaroni in salted water for twenty minutes. Rinse in cold water and cut into short lengths. Cut in pieces one-third of an inch long and line the mould, setting the open ends against the bottom and sides, which have been thickly spread with cold butter. Spread over the macaroni a good forcemeat suitable to whatever is to constitute the filling of the timbale, and afterwards fill up the mould with a highly seasoned mince of game, poultry, fish, oysters or sweetbreads. Moisten with a good sauce, cover with more of the forcemeat, pinching the edges well together lest the gravy should break through in cooking. Set the mould into a pan of hot water or into a steamer, and cook gently until hot through but the water must not boil.

Chicken Timbales

FORCEMEAT

2 cups raw lean veal	6 tablespoons butter
1 cup stale bread crumbs	2 teaspoons salt
2 cups cream	$\frac{1}{8}$ teaspoon white pepper
A blade of mace	4 egg whites

Scrape the veal to a pulp and pound smooth; cook bread crumbs in cream with blade of mace for twenty minutes, remove the mace and with a spoon mash to a firm paste; add the butter, seasonings and pounded meat. Beat all together and, lastly, fold in the egg whites beaten stiff. Set away to cool.

FILLING

1 cup cream	1 teaspoon salt
1 teaspoon butter	$\frac{1}{8}$ teaspoon pepper
2 tablespoons Gold Medal flour	$\frac{3}{8}$ cups diced chicken
	$\frac{1}{2}$ cup sliced mushrooms

Butter the moulds with cold butter, dot the bottom and sides with tiny dice of ruffle and line them with the forcemeat, (take care to have the lining thin at the bottom of the mould and thick around the top, or it will break when turned out).

Fill the moulds to within three-quarters inch of the top with the creamed preparation, and cover with the forcemeat. Place the moulds in a deep pan and pour in hot water to fill almost to the top of the moulds. Cover with a buttered paper and cook in a slow oven for twenty-five minutes. The water must not boil. Serve with Béchamel or Yellow Sauce.

Swedish Timbales

$\frac{3}{4}$ cup Gold Medal flour	$\frac{1}{2}$ cup milk	1 egg
$\frac{1}{2}$ teaspoon salt	1 tablespoon olive oil	

Mix the dry ingredients, add milk slowly, beaten egg; beat with Dover beater. Add the oil last. Beat all together to a smooth batter.

If shells are to be used for sweet filling, add a teaspoon of sugar to the above rule.

Put the timbale iron in a kettle of hot fat, for about twenty minutes. Take the bowl of batter in the left hand and hold it near the kettle of hot fat; with the right hand lift the iron from the fat, wipe it on soft paper, dip it into the batter, coating the iron to within three-quarters of an inch from the top, allow the batter to dry and then dip it in the hot fat, holding the iron a little sidewise until it is in the fat, then turn perpendicularly and cook until the batter is a delicate brown, or about one minute. Take the iron out the same way it is put in, being very careful

not to drop the timbale into the fat, drain the grease off and lay timbale on paper to drain. Wipe the drops of grease from the iron with a soft paper every time it is used.



These may be filled with creamed oysters, creamed fish, green peas, macaroni, oranges, bananas, apricots, strawberries, etc., or mixed fruit, with whipped cream over the top. They may be made at any time and put in a dry, warm place, where they will keep indefinitely.

Rissoles

Rissoles are minced meat, inclosed in paste and fried. Any kind of delicate meat or fish may be used for them with Puff Paste. With care in preparation and skill in flavoring, a great variety of appetizing dainties may be made from remnants of pastry and game.

Chicken Rissoles

1 cup cold cooked chicken	$\frac{1}{4}$ teaspoon salt
2 tablespoons minced mushrooms	Few grains cayenne
$\frac{1}{2}$ cup White Sauce No. 2	$\frac{1}{4}$ the rule for Puff Paste

Mince the chicken very fine, combine with mushrooms, seasonings and sauce; let it cook one minute and set away to cool. Roll puff paste one-eighth inch thick and cut twelve four-inch rounds; divide the chicken paste into twelve parts and put one on each round of paste a little to one side of the center, flatten it slightly, wet the rim of paste a little way from the edge with white of egg; add another egg to the one from which you used and beat with 1 tablespoon of milk. Dip the rissoles in this, taking care not to handle the edges nor separate the cover. Drain them and cook in hot fat till a golden brown. The fat should be hotter than for doughnuts, but not so hot as for croquettes. Dry on paper and serve at once. This gives two for each of the six persons at lunch, but in a course dinner one is quite enough for each person.

Aspic Jelly No. 1.

5 cups strong consommé	$\frac{1}{2}$ cup wine
1 box gelatine	$\frac{1}{2}$ teaspoon salt
1 tablespoon carrot	$\frac{1}{8}$ teaspoon pepper
1 tablespoon onion	2 teaspoons vinegar or lemon juice
Dash of cayenne	

Whites and shells of 2 eggs

Cook consommé, vegetables, lemon juice and one-half the wine for ten minutes. Soak the gelatine in 1 cup of cold water, let stand for twenty minutes. Pour the hot broth over the soaked gelatine, add the remainder of wine to the egg, beat slightly and add to the broth. Stir well together, remove from the fire and let stand for thirty minutes. Strain through flannel or two thicknesses of cheese-cloth. In hot weather reduce liquid 1 cup.

Aspic Jelly No. 2

(Without Meat)

4 cups cold water	Carrot	} 1 tablespoon minced fine
1 cup sherry wine	Turnip	
2 tablespoons each malt, tarra-	Onion	
gon and chili vinegar	1 stalk celery	
Rind of half a lemon	1 teaspoon salt	
Whites and shells of 2 eggs	2 sprigs parsley	
10 peppercorns	1 box gelatine	

Put all the ingredients, except the gelatine and egg, into a stew pan. Put over the fire until it boils. Soak the gelatine in 1 cup of cold water for twenty minutes. Pour the boiling broth over the soaked gelatine and beat slightly. Heat the broth a few minutes after adding the egg; remove from the fire, let stand for thirty minutes, filter through flannel or napkin.

Aspic of Chicken

Once the rule for Aspic jelly:	1 cup Mayonnaise
1 hard boiled egg	3 cups very tender cold chicken
3 slices cooked beet	1 cup cooked vegetables
3 slices cooked carrot	$\frac{1}{2}$ bunch celery

Rinse a three pint border mould in cold water and pour in semi-congealed aspic to cover the bottom, set in ice water to become firm, and as soon as they can be laid on without sinking garnish with the prepared vegetables, bits of parsley and egg. Pour on more of the jelly and harden again. Sprinkle the bits of meat well with salt, pepper and celery salt and mix with them some of the cool aspic. As soon as the vegetables are firmly bedded in their layer fill the mould nearly to the top with the chicken, pour over more liquid aspic to make sure that every crevice is filled, and set to cool again. Lastly, fill brim full with aspic and set on ice for ten or twelve hours. At serving time turn on a flat dish, fill the center with celery finely shaved and dressed with the Mayonnaise. Garnish with delicate celery leaves, laying a star of red beet on each.

Fritters

For Fritter receipts see under special heading page

GOLD MEDAL FLOUR—It's a Cake Flour—It's a Pastry Flour.



CHEESE

Cheese being a food rich in proteid, may be used as a substitute for meat. It is more easily digested when finely divided or melted and cooked with other foods. Soda added to melted cheese assists the melting and makes it more digestible.

Cheese should be kept covered in a cool place. Old cheese should be grated and kept in a cool, dry place.

Cheese Soufflé

- | | |
|---------------------------------|-------------------------------------|
| $\frac{1}{2}$ lb. cheese grated | 3 tablespoons Gold Medal flour |
| 1 cup scalded milk | 4 eggs, $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons butter | $\frac{1}{8}$ teaspoon pepper |

Beat the eggs, yolks and whites separately. Make a white sauce, add the grated cheese, let it cool, then fold in the stiffly beaten whites and bake at once in paper cases or in buttered baking dish. Bake from ten to fifteen minutes. Serve immediately when taken from oven.

Cheese au Gratin

- | | |
|---------------------------------|-----------------------------|
| $\frac{1}{4}$ lb. grated cheese | 2 tablespoons butter |
| 3 slices bread | $\frac{1}{4}$ teaspoon salt |
| 4 eggs, 3 cups milk | Few grains cayenne |

Butter a deep pudding dish; trim off the crust and butter well the slices of bread, place in the dish, butter side down. Add the cheese and seasonings on top, beat the eggs, add the milk, pour over the bread and let it stand an hour. Bake twenty to thirty minutes in a moderate oven.

Cottage Cheese (Schmier-Kaese)

Set a gallon or more of thick sour milk into warm water or in a warm oven until it reaches a temperature of 180 degrees (Fahr.). Let it stand at that temperature for an hour or more, until the whey is well separated and the curd feels firm all the way through. Turn gently on to a coarse thin cloth and hang up to drain several hours. Turn from the bag and chop in dice, dressing with salt and cream, either sweet or sour, according to taste; or mix salt and cream through the mass, working it fine with the hands.

Cheese Ramequins

- | | |
|-----------------------------|--------------------------------|
| 4 tablespoons grated cheese | $\frac{1}{2}$ cup bread crumbs |
| 2 tablespoons butter | teaspoon mustard |
| $\frac{1}{2}$ cup milk | teaspoon salt |
| 2 egg yolks, 3 egg whites | $\frac{1}{8}$ teaspoon pepper |

Cook the milk and bread together until smooth, stirring often. Add cheese and butter, and remove from the fire. As soon as the butter has melted stir in the beaten yolks of eggs and seasonings. Let cool a little before adding the stiffly beaten whites. Bake in buttered ramequins for twenty minutes in a moderate oven. Serve at once.

Cheese Balls

- | | |
|---------------------|-------------------------------|
| 1 cup grated cheese | $\frac{1}{2}$ teaspoon salt |
| 3 egg whites | $\frac{1}{8}$ teaspoon pepper |
- Beat the whites until stiff; fold the grated cheese into whites; add seasonings and let stand for fifteen minutes. Make into balls the size of a walnut, fry in deep fat until golden brown.

Cheese Straws

- | | |
|---------------------------------|--------------------------------|
| 5 tablespoons Gold Medal flour | $\frac{1}{2}$ cup bread crumbs |
| $\frac{1}{2}$ cup grated cheese | 1 tablespoon milk |
| $\frac{1}{2}$ tablespoon butter | $\frac{1}{8}$ teaspoon salt |
| | Few grains cayenne |

Mix flour and seasonings, chop in butter, add the crumbs and grated cheese and mix well, add the milk to make a stiff dough, knead well; roll into a sheet one-quarter inch thick and cut into strips one-third inch wide. Bake in a moderate oven for ten minutes.

Cheese Fritters

- | | |
|---------------------------------|--------------------------------|
| $\frac{1}{2}$ cup grated cheese | 1 measure Fritter Batter No. 2 |
|---------------------------------|--------------------------------|
- Add the grated cheese to the batter, drop by spoonfuls into the hot fat, drain on soft paper and serve with a little grated cheese sprinkled over each.

Welsh Rarebit

- | | |
|-------------------------------------|-------------------------|
| 1 lb. New York cream cheese | 1 egg |
| 1 heaping dessert-spoon corn-starch | $\frac{1}{2}$ cup cream |

Dissolve corn-starch in cream. Beat egg and add to mixture. Cut up cheese and pour in mixture. Put in double boiler and stir until melted and about to thicken. Add glass of beer or ale, continue to stir seasoning with salt to taste and adding paprika liberally. Stir until right consistency for serving. Serve on dark caraway rye bread or toast, as preferred.

Welsh Rarebit au Gratin

- | | |
|--------------------------------|-----------------|
| $\frac{1}{2}$ lb. Swiss cheese | Salt and pepper |
| 6 slices thin toast | Mustard Sauce |

Cut the cheese into slices one inch thick; lay the toast in a dripping pan, cover each with slices of cheese, spread with a made mustard and dust lightly with salt and pepper. Set in a hot oven till well melted, about ten minutes. The addition of a dropped egg to each slice makes what is called a Golden Buck.

Canapés

Canapés are made by cutting one-quarter inch slices of bread into squares, diamonds or circles. These pieces are then dusted lightly with butter and browned in the oven or fried in deep fat until a golden brown. They are then covered with a seasoned mixture of eggs, forcemeat or cheese. They are served hot or cold and usually take the place of oysters at a dinner or luncheon.

Anchovy Canapés

- | | |
|----------------------|------------------------------------|
| 6 anchovies | $\frac{1}{4}$ teaspoon salt |
| 2 hard boiled eggs | Few grains cayenne |
| 4 tablespoons butter | $\frac{1}{2}$ teaspoon lemon juice |
| | 6 croutets of bread |

Wash and bone the anchovies, pound them to a paste with the egg yolks, butter and seasonings; fry the bread, spread with the above paste, and sprinkle over them the whites of eggs chopped very fine.

Ham Canapés

- | | |
|------------------------------|----------------------------|
| $\frac{1}{2}$ cup minced ham | 2 tablespoons butter |
| | 1 teaspoon chopped parsley |

Mix the ham, butter and seasonings to a smooth paste; cut the bread into circles, fry brown and spread with the ham mixture.

Cheese Canapés

- | | |
|-----------------------------|--------------------|
| 1 cup grated cheese | Few grains cayenne |
| $\frac{1}{4}$ teaspoon salt | 6 slices of bread |

Cut the bread into circular pieces, sprinkle with a thick layer of grated cheese, season with salt and pepper; place on a baking sheet and bake in the oven or under the gas flame until cheese is melted. Serve at once.

Clam Toast

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|--------------------|--------------------------------|
| 2 doz. small clams | $\frac{1}{2}$ cup scalded milk |
| 2 egg yolks | 8 slices buttered toast |
| | $\frac{1}{2}$ teaspoon salt |

Clean the clams and cut into small pieces; simmer a few minutes. Beat the egg yolks, add slowly to the scalded milk, combine with clams; add seasoning, pour over buttered toast on a hot platter.

Tomato Toast

- | | |
|------------------------------|-------------------------------|
| 2 tomatoes | A slice of onion |
| 2 eggs | $\frac{1}{4}$ teaspoon salt |
| 1 tablespoon butter | $\frac{1}{8}$ teaspoon pepper |
| $\frac{1}{4}$ cup minced ham | 6 rounds of buttered toast |

Skin the tomatoes and chop; mince the onion and mix with the meat and tomatoes. Cook them with the butter in a saucepan about ten minutes, remove from the fire, add the beaten eggs, stir over the fire until it sets, then serve on the toast.



SALADS



French Dressing

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
4 tablespoons oil
2 tablespoons vinegar

Mix the salt and pepper, add the oil slowly, stirring constantly; add the vinegar. This rule with a green salad will serve six persons. For cooked vegetables use twice or three times the measure.

Mayonnaise Dressing

3 egg yolks
1 teaspoon salt
 $\frac{1}{2}$ teaspoon mustard
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon powdered sugar
2 cups olive oil
2 tablespoons lemon juice
1 tablespoon vinegar

Mix the dry ingredients, add the egg yolks, when well mixed add $\frac{1}{2}$ teaspoon vinegar; beat with a Dover beater until smooth, then add, drop by drop, 2 cups of oil, beating constantly. As the mixture thickens thin with lemon juice, or vinegar; add more oil, alternating with the vinegar and lemon until the proportions are used, stirring or beating constantly. If oil is added too rapidly the dressing will curdle. In this case take a fresh, cold yolk, beat until thick and add the curdled mixture slowly to it.

The oil, for salad dressing, should be thoroughly chilled and in making all utensils and ingredients should be cold. It is helpful to place the bowl in a larger dish of cracked ice.

Mayonnaise should be stiff enough to hold its shape. The size of the eggs and the sharpness of the vinegar are so variable that the sauce made with 2 cups of oil may vary at different times

Cream Mayonnaise

To the rule given above add $\frac{1}{2}$ cup of cream, beaten until stiff. This should be added immediately before serving.

Colored Mayonnaise

Green Mayonnaise is made by the addition of 3 tablespoons of ravigote herbs to the Mayonnaise rule; or chop parsley leaves and pound with a small quantity of lemon juice, strain through a cheese-cloth and add to the rule.

Red Mayonnaise is made by adding 1 tablespoon of lobster coral rubbed through a fine sieve.

White Mayonnaise

$\frac{1}{2}$ cup veal jelly
1 cup oil
6 tablespoons tarragon vinegar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon white pepper
 $\frac{1}{2}$ teaspoon powdered sugar
Dust of cayenne

Set a bowl into a dish of cracked ice; pour the jelly into the bowl and whip to a stiff froth, add seasonings, then, a drop at a time, add the oil, beating constantly and alternating with vinegar. The sauce should be stiff enough to keep its form when dropped from a spoon.

Salad Dressing Without Oil

2 eggs
 $\frac{1}{2}$ teaspoon mustard
1 teaspoon salt
2 tablespoons butter
3 tablespoons vinegar
1 tablespoon sugar

Beat the eggs, add the mixed seasonings, beat a little more, then add the melted butter and vinegar. Set the bowl over boiling water and stir constantly until thick and smooth. Use cold, add a cup of cream, whipped very stiff, before serving.

Melted Butter Dressing

2 raw egg yolks
6 tablespoons butter
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
4 tarragon leaves chopped fine
 $\frac{1}{2}$ teaspoon lemon juice

Put the egg yolks with 2 tablespoons of butter in a saucepan and set over hot water, stir rapidly until the butter is melted and the sauce begins to thicken; add 2 tablespoons of butter and continue stirring to a cream, add the remainder of butter, a bit at a time, seasonings and minced tarragon leaves. The lemon should be added just before serving.

Sour Cream Dressing

1 cup sour cream
1 egg
1 teaspoon vinegar
 $\frac{1}{2}$ teaspoon salt
1 teaspoon sugar
 $\frac{1}{4}$ teaspoon mustard
 $\frac{1}{8}$ teaspoon pepper

Mix dry ingredients, combine with the egg slightly beaten, add cream slowly and cook in double boiler until like custard, when cool add vinegar.

Bacon Fat Dressing

Cut $\frac{1}{4}$ pound very fat bacon or ham into small dice. Fry gently till the oil turns a light brown color; remove from the fire and add $\frac{1}{8}$ vinegar to $\frac{2}{3}$ bacon fat. Pour over a salad already seasoned with pepper, salt and such herbs as are wished. If the bits of bacon are objectional pour through a strainer, but their savory crispness is generally an improvement.

Cream Salad Dressing

3 hard boiled egg yolks
1 teaspoon salt
 $\frac{1}{4}$ teaspoon powdered sugar
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon mustard
2 tablespoons vinegar
2 cups cream

Whip the cream until thick; rub the egg yolks to a smooth paste, add the mixed seasonings, combine with the whipped cream and beat until smooth.

Chicken Salad

2 cups white meat
2 cups diced celery
1 cup Mayonnaise dressing
1 measure of French dressing

The meat should be cut into even pieces, about one-half inch cubes. Marinate with the French dressing and set aside for an hour to season and chill. At serving time add the celery and Mayonnaise. Arrange on torn lettuce and garnish with cress, gherkins or stoned olives. Drop a large spoon of Mayonnaise on the top and fringe around with celery tips.

Veal Salad

The meat may very well be the remainder of a roast of the previous day. Trim away carefully all fat and gristle and cut in dice. Serve on lettuce with a French dressing, or a more elaborate Mayonnaise, as one prefers. Garden cress or pepper-grass is a good addition.

Lobster Salad

1 good sized lobster
1 head of lettuce
 $\frac{1}{2}$ cup Mayonnaise dressing
1 measure of French dressing

Cut the meat into small dice, marinate with the French dressing and set aside to season and chill. Shred the lettuce and chill. At serving time combine meat and lettuce, mix with dressing, place in salad bowl with crisp lettuce leaves and garnish with the small leaves and small claws.

Shrimp, crabs and crawfish are prepared in the same way.

Oyster Salad

2 cups oysters
2 cups diced celery
2 eggs
 $\frac{1}{4}$ cup cream
 $\frac{1}{4}$ cup vinegar
 $\frac{1}{2}$ teaspoon mustard
 $\frac{1}{2}$ teaspoon celery salt
 $\frac{1}{2}$ teaspoon salt
Few grains cayenne
1 tablespoon butter

Drain, clean and parboil the oysters, drain again; beat the eggs, add slowly the cream and vinegar, seasonings and butter. Cook in a double boiler until like soft custard. Add the drained oysters. Cool on ice and at serving time add the celery. Serve on crisp lettuce leaves.

Fish Salad

Break cold cooked halibut or any delicate white fish into convenient pieces, removing all skin, bones and fat, marinate with tarragon or spiced vinegar and set one side for an hour; arrange on leaves of lettuce and serve with Mayonnaise or Sauce Tartare.

GOLD MEDAL FLOUR—It's a Pastry Flour—It's a Cake Flour.



Cabbage Salad

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|-------------------------------|-----------------------------------|
| 1 cabbage head | 1 tablespoon oil or melted butter |
| $\frac{1}{2}$ cup vinegar | |
| $\frac{1}{4}$ teaspoon pepper | $\frac{1}{2}$ teaspoon salt |
- Shred fine the cabbage and heap in a dish; combine the vinegar, butter and seasonings and pour over the cabbage. Mix well through the cabbage, using a silver fork. A boiled dressing may be used.

Potato Salad

- | | |
|-----------------------------------|-------------------------------------|
| 1 qt. cold cooked potatoes sliced | 1 cup diced celery |
| 1 cucumber sliced | 2 cups boiled dressing |
| | 1 teaspoon salt |
| | $\frac{1}{4}$ teaspoon black pepper |
- Arrange in alternate layers the potatoes and cucumber, sprinkled with seasonings. Add the dressing, do not stir, but lift carefully with forks.

Hungarian Potato Salad

- | | |
|-------------------------------|-------------------------------------|
| 2 cups sliced cooked potatoes | A Dutch herring |
| 1 small onion minced | 4 sardines |
| 1 pickled beet minced | 1 tablespoon minced boiled ham |
| 1 cucumber sliced | 1 teaspoon salt |
| | $\frac{1}{4}$ teaspoon black pepper |
| | $\frac{1}{2}$ cup vinegar |
- Pick over and break into pieces the herring and sardines, mix all together and pour over the $\frac{1}{2}$ cup of vinegar, garnish with walnut pickles.

German Potato Salad

- | | |
|-----------------------------|-------------------------------------|
| 6 medium sized potatoes | $\frac{1}{4}$ teaspoon black pepper |
| $\frac{1}{4}$ lb. fat bacon | $\frac{1}{2}$ cup hot vinegar |
| 1 small onion | 2 cup hot water |
| 2 teaspoons salt | 2 tablespoons salad oil |
- Boil the potatoes and after draining set them over the fire to dry. Peel and slice while warm. Cover at once with dressing made as follows:

Cut the bacon into small dice, put in frying pan over a slow fire. Shred the onion into a large bowl, add salt, hot vinegar and hot water. When the fat is a light brown color and the dice well crisped, add the salad oil and pour it into the vinegar and onion, turning it slowly at first lest it spatter. Serve on crisp lettuce leaves, garnish with pickled beets. Best served as soon as made.

Waldorf Salad

- | | |
|-----------------------------|---|
| 1 cup sliced apples | $\frac{1}{2}$ cup walnut meats broken in pieces |
| 1 cup celery diced | |
| 1 tablespoon lemon juice | 1 cup Mayonnaise or boiled dressing |
| $\frac{1}{2}$ teaspoon salt | |
- Mix lightly apples, celery and nuts, being careful not to crush the fruit, sprinkle with salt and add dressing.

Macedoine Salad

Vegetable salads can be made of any kind of cooked vegetables. Some kinds combine better than others—peas, beans, cauliflower, asparagus and young carrots combine well; turnips, carrots, beets, cabbage and tomatoes make another combination. It is generally best to use potatoes for the body of the salad, adding other vegetables to give color and flavor.

Marinate each vegetable separately, add French dressing. Set on ice to cool before serving. Rub the salad bowl with a bruised clove of garlic before arranging the salad. Serve with more French dressing or Mayonnaise. Garnish with nasturtium, gherkins, pickled beets.

Cauliflower Salad

Place cauliflower, head down, in cold, salted water. Let stand for one hour to draw out the slugs or insects. Cook in boiling, salted water, head up from thirty to forty minutes, according to age or freshness. When tender separate the flowerlets, cool, marinate with one measure of French dressing and place on ice to chill. Arrange in a bowl with crisp lettuce leaves and serve with French or Mayonnaise dressing.

Artichoke Bottoms

If fresh artichokes are used prepare as directed under vegetables. If canned artichokes are used drain from the liquor, marinate with a measure of French dressing, chill on ice and at serving time lay small shape of truffled pâté de foie gras on each one or sprinkle with grated cheese. Serve with French or Mayonnaise dressing.

Tomato Salad

- | | |
|----------------|---------------------------|
| 4 tomatoes | 1 teaspoon minced parsley |
| 2 cucumbers | 6 blades of chives |
| 1 head lettuce | 4 green tarragon leaves |
| | 1 measure French dressing |
- Scald and skin the tomatoes by plunging them in boiling water, either slice or divide and chill. Arrange the tomatoes and cucumbers on prepared lettuce leaves, sprinkle with minced parsley, chives and tarragon leaves and serve with French dressing.

Tomato and Cucumber Salad

Peel as many small ripe tomatoes as there are to be covers. Remove the hearts and set shells on ice to chill. Pare cucumbers quite close to the seeds and chop them coarsely. Pour over a French dressing and fill them lightly into the tomato shells. Serve each on a crisp lettuce leaf.

Lettuce Salad

Discard the coarse outer leaves, pick each leaf from the stalk and wash separately in cold water; place washed leaves in wire basket or netting and shake. Chill and serve with French dressing. To keep lettuce: As soon as washed place in a covered pail and keep in a cold place.

Dandelion Greens, Water-cress and Chickory are prepared and kept in the same way. Small herbs, such as chives, borage, chervil, etc., may be cut fine and served with these if liked. Crushed clove of garlic rubbed over the bowl and spoon gives an added flavor. The dandelion greens when washed and chilled should be shredded and served with bacon drippings.

Devonshire Salad

Choose soft, yet firm curd of cottage cheese, cut in inch dice, season with salt, pepper and cayenne and serve on lettuce with Mayonnaise. Garnish with a nasturtium. The curd may be mixed with cream until soft enough to form into small balls. Season with salt and cayenne, roll in finely chopped nuts and serve on crisp lettuce leaves with French or Cream Mayonnaise.

Salad in Jelly

Make Aspic Jelly No. 1. Fill bottom of salad dish with a little of the jelly and set on ice. When hard set in the salad dish on top of the jelly, a bowl large enough to hold the desired amount of salad, and fill bowl with ice; pour jelly around until almost reaching the top of bowl, when the jelly is hard remove ice from bowl and fill with warm water for a moment only; then remove bowl from jelly, being careful not to break the jelly. Make any of the ordinary salads, such as chicken, veal, lobster, shrimp or nice red tomatoes sliced with a little green, as celery, lettuce, etc., mixed through here and there. Place salad in the space left in the jelly and cover salad with the remaining jelly; after it has become a little hard set aside in ice box. When wanted set dish in warm water a moment and turn salad out on a platter; have a Mayonnaise dressing ready to serve with salad. Remember in making this salad the bottom of dish will be the top when turned out.

This is especially pretty to be arranged in a border mould, and after turning out fill the center with more of the meat mixed with Mayonnaise.

Fruit Salad

- | | |
|---------------------------|-----------------------------------|
| $\frac{1}{2}$ lb. almonds | 3 bananas |
| $\frac{1}{4}$ oranges | $\frac{1}{2}$ cup French cherries |
| 1 can pineapple | 1 cup powdered sugar |
- Blanch the almonds and grate or chop very fine; pare and slice the oranges; cut pineapple into small dice; slice the bananas. Alternate the layers of fruit with layers of sugar. Reserve the almonds for the top layer. Garnish with strawberries or other small, bright fruits; then add the following dressing and chill:
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| $\frac{1}{2}$ cup lemon juice | 2 tablespoons sherry |
| | 2 tablespoons Maraschino liquor |
- Or,
- | | |
|-------------------------------|-----------------------------------|
| $\frac{1}{4}$ cup lemon juice | $\frac{1}{4}$ cup pineapple juice |
| | 1 cup granulated sugar |

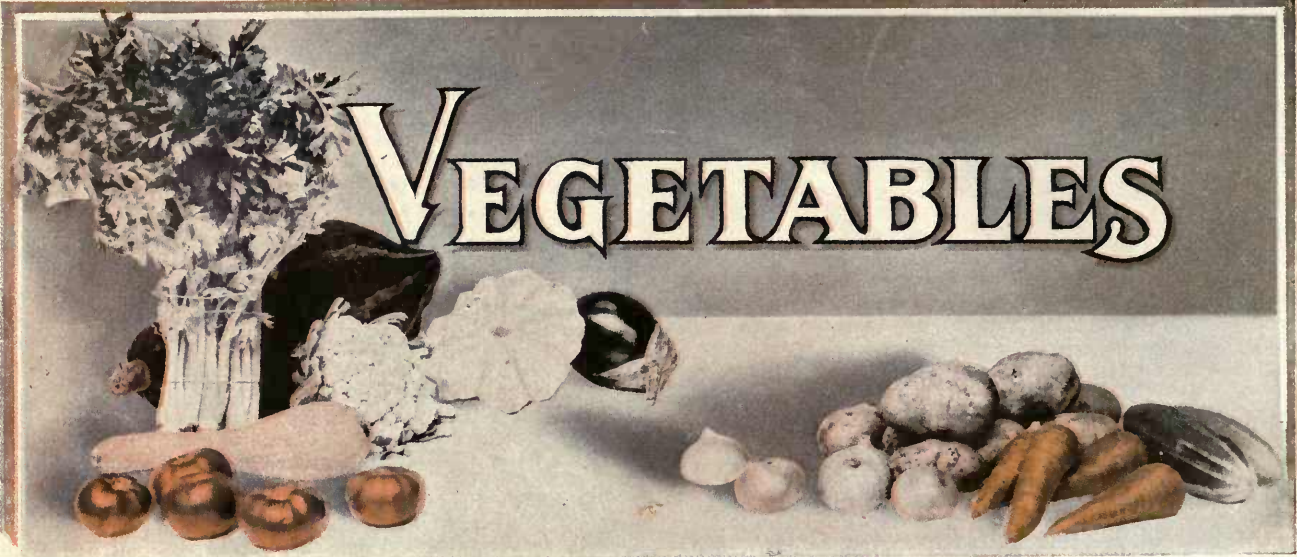
Cook down to a syrup
Grated cocoanut can be used instead of almonds; peaches and pears instead of bananas.

Orange Salad

For six persons pare four rather acid oranges, slice them very thin, cutting down the sides instead of across, and sprinkle sparingly with sugar. Mix 1 tablespoon sherry with 1 of yellow Chartreuse and 1 of lemon juice and pour it over the fruit. Set on ice an hour before using. Serve before the game course.



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VEGETABLES

GREEN vegetables should be cooked as soon after picking as possible, otherwise they should be spread on floor of a dry and well ventilated cellar or placed in the ice box. Lettuce and garnishings, such as parsley, cress, mint, etc., should be picked over and washed and, while wet, placed in a pail with a close fitting cover and kept in a cold place. Wilted vegetables may be freshened by placing in cold water. Winter vegetables, toward the last of the season, should always be soaked in cold water one hour or more before using. Canned vegetables should be opened and emptied from the can at least an hour before using. Canned peas, beans, asparagus, etc., should be drained of their liquor and refreshed by allowing cold water to run over them. Wash vegetables in cold water and cook in boiling water. Allow 1 teaspoon of salt to 1 quart of water. In cooking peas and beans the salt should not be added until the very last of the cooking. Green vegetables retain their color better if cooked uncovered.

Artichokes

Cut the stalks close, clip the sharp points from the leaves; wash and lay, head down, in cold, salted water for one-half hour. Cook in boiling salted water for about forty minutes or till tender enough to draw out the leaves easily. Turn them up side down to drain. Serve hot with Béchamel or Hollandaise Sauce, or cold with French dressing. To keep them green, tie bits of charcoal in muslin and boil with them.

Artichoke à la Barigoule

- | | |
|--------------------------------|---------------------------------|
| 6 artichokes | 1 tablespoon butter |
| 4 oz. fat pork | $\frac{1}{2}$ cup Spanish Sauce |
| 2 cups chopped mushrooms | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons chopped shallots | Few grains cayenne |
| 1 teaspoon minced parsley | Few grates nutmeg |
| 1 tablespoon Gold Medal flour | 1 cup broth |
| | 1 glass white wine |

Prepare the artichokes as directed above, boil them thirty minutes and drain. Mince the pork and fry with shallots; add the mushrooms and parsley and simmer ten minutes. Blend with it the flour, mixed with the butter, add the Spanish Sauce and seasonings. Stuff the artichokes and tie each with a string; brown the outside in a little olive oil, add the broth and wine; cover and cook forty minutes in a moderate oven. When ready to serve remove the strings and arrange on a hot platter and pour the sauce over and around them. Garnish with a whole mushroom on top of each.

Jerusalem Artichokes

These are tubers which grow wild in the eastern part of the United States and Canada; being free from starch, they may be eaten uncooked.

To Cook: Wash and boil with the skins on, in salted water for thirty minutes or until tender; drain, peel and serve with White Sauce No. 1. Let them lie in the sauce for fifteen minutes to season before serving.



To Bake: Boil until about half done then peel and put into a baking dish with 1 tablespoon of butter, salt and pepper to taste. Dust with 1 teaspoon of powdered sugar and bake a good brown. Baste with butter.

Purée: Cook in strong broth instead of water, peel and put through a purée sieve, season with salt, pepper and butter, and serve with braised beef, veal or chicken.

Asparagus, No. 1

Wash carefully two bunches green asparagus, cut the ends until the tender part is reached. Arrange in one large bundle and fasten with a broad band of coarse muslin, pinned at each side. Boil gently in salted water until done, about twenty to thirty minutes. Use only enough water to just cover. Let the water cook down toward the last of the cooking. Serve on slices of buttered toast with Hollandaise Sauce.

Cream Asparagus

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|-------------------------|-----------------------------|
| 2 bunches asparagus | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{2}$ cup cream | Few grains cayenne |
- Cut the tender parts in bits as long as the stems are thick, and cook in a little water until tender. Toward the last of the cooking let the asparagus cook nearly dry, add the cream and let simmer till reduced to a thick sauce. Add seasonings and serve on toast or in sauce dishes.

Asparagus with Eggs

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| 2 bunches asparagus | 2 tablespoons melted butter |
| 4 eggs | $\frac{1}{2}$ teaspoon salt |
| | $\frac{1}{8}$ teaspoon pepper |

Cook the asparagus, cut off the tender tops and lay them on a buttered pie dish, seasoning with salt and pepper and melted butter. Beat the eggs just enough to break the yolks, pour over the asparagus and bake eight minutes in a moderate oven. Serve with slices of boiled ham.

"Asparagus in Ambush"

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|----------------------------|-------------------------------|
| 2 bunches cooked asparagus | 1 tablespoon Gold Medal flour |
| 1 cup scalded milk | $\frac{1}{2}$ teaspoon salt |
| 2 eggs | $\frac{1}{8}$ teaspoon pepper |
| 1 tablespoon butter | 6 rolls |

Cut off the tops of the rolls to serve as covers. Remove the crumb, dust the shells and covers with melted butter and brown in the oven. Make a white sauce of the milk, butter and flour. Cut the tender part of the asparagus fine, cook a few minutes in the white sauce; fill the rolls with the mixture, place on the tops and serve hot.

Shelled Beans

Wash, and cook in boiling soft water for forty-five minutes. Add salt about ten minutes before they are done. Drain and season with butter and salt. Lima and other white beans are improved by adding a little butter or fat salt pork.

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String Beans

- 1 lb. string beans 1 oz. fat salt pork
 1 teaspoon salt

Wash, remove the strings from the beans, then snap or cut with a knife into half inch pieces. If wilted let them stand in cold water an hour before cooking. Cook in boiling water with the salt pork, uncovered, from one to two hours. Add salt the last half hour of cooking. When done the water should be nearly cooked away. Butter may be substituted for the salt pork.

String Beans German Fashion

- 1 qt. beans $\frac{1}{2}$ teaspoon salt
2 tablespoons butter $\frac{1}{8}$ teaspoon pepper
1 teaspoon sugar $\frac{1}{4}$ cup stock
 $\frac{1}{2}$ teaspoon lemon juice

Wash, remove the strings from the beans, then cut each pod through twice lengthwise, then cut into two inch lengths. Parboil the beans for thirty minutes, sauté in a stew pan with the butter and seasonings, cook until butter is absorbed then add stock and lemon juice and simmer until perfectly tender.

Lima Beans and Mushrooms

- 2 cups cooked Lima beans 1 tablespoon butter
2 cups fresh mushrooms $\frac{1}{4}$ cup cream
 $\frac{1}{4}$ teaspoon salt

Use beans that have been cooked and seasoned with salt, pepper and butter. Put butter in a sauce-pan, add beans and mushrooms and cream; let simmer for about ten minutes and serve hot. Dried Lima beans should be soaked over night before using, drained and cooked in boiling water until soft. Season with cream and butter.

Mother's Baked Beans

- 1 qt. Navy beans 1 tablespoon salt
 $\frac{1}{2}$ lb. salt pork $\frac{1}{2}$ teaspoon mustard
 1 tablespoon molasses

Wash and pick the beans over and soak over night. In the morning drain, cover with cold water; bring slowly to the boiling point and parboil for half an hour. To test, take up a spoonful and blow on them, if the skin curls back they are done. Drain in colander; place in a two-quart earthen bean pot a layer of the beans, then add the salt pork, which has been previously washed, and gashed across the top; fill the pot up with the beans. Dissolve the seasonings and molasses in a cup of hot water, pour over the beans, then fill the pot with hot water, cover and bake from six to eight hours, renewing the water as it cooks away until nearly done, then let the water cook away.

Beets

Be sure the beets are young and fresh. Old beets will never cook tender. The time for cooking beets depends on age and freshness. Cut off the tops to within an inch of the tuber; scrub with a vegetable brush, never cut. Cook in boiling water until tender, from one to four hours. When done plunge in cold water to remove the skins. Serve whole or sliced. Season with butter, salt and pepper.

Brussels Sprouts

Cut the sprouts from two medium sized stalks, pick off all tarnished leaves, and lay them for fifteen minutes in salted water. Drain them well and cook in plenty of boiling water, uncovered, till tender, from ten minutes to half an hour, according to their age. Drain in colander and served with Béchamel or Hollandaise Sauce.

Broccoli

Cook like Brussels sprouts, and while draining prepare three-fourths pint of Yellow Béchamel. Lay a slice of buttered toast in a deep platter, arrange the largest head in the middle and smaller ones around it. Pour the sauce over and around them.

Cucumbers Stuffed and Stewed

Cut in half lengthwise, scoop out the seeds and fill the hollow with a bread or meat stuffing, or with quenelle mixture. Lay in a sautoir, with butter enough to keep from sticking. Simmer till the juice flows freely, then add a little good broth, and boil gently till very tender. Lift the slices, reduce the juice to a glaze, which may be dissolved in enough Velouté Sauce to cover.

Fried Cucumbers

Slice, sprinkle with salt and pepper, dip in egg, then in cracker dust; fry brown.

Cabbage

Choose a cabbage like an orange, by its weight. Remove the outside coarse leaves, cut in quarters, take out the inner stem, especially the coarse fibers that run between the leaves and the stem; lay it face down in salted water for an hour—longer if old and wilted; boil in plenty of water, three quarts of water to two pounds of cabbage, drain and fill again with boiling water, cook till tender, when young and crisp forty minutes, longer if old. Drain in a colander; cut, turn, and press repeatedly, keeping hot in an oven. Dress as desired.

No. 1. Allow 1 tablespoon butter to each pound of cabbage; salt, vinegar and cayenne to taste.

No. 2. 1 cup of Cream Sauce No. 1 to each pound.

No. 3. 1 cup Brown Sauce (made like white sauce), but let the butter and flour brown a little, and use good brown stock for milk.

No. 4. Put the cooked cabbage in a buttered baking dish after chopping fine and seasoning with salt, pepper and 2 beaten eggs diluted with 3 tablespoons cream, bake in a quick oven till brown. Serve hot.

No. 5. Au gratin. Put 1 pint plain boiled cabbage in a baking dish well buttered, pour over 1 good cup white sauce, cover with buttered crumbs and grated cheese if liked. Serve in the same dish.

Stuffed Cabbage

- 1 cabbage 1 teaspoon salt
2 oz. fat, salt pork } chopped 1 teaspoon parsley
2 oz. tender beef } fine 1 teaspoon minced onion
2 tablespoons butter Few grains cayenne
2 egg yolks 1 French roll

Parboil cabbage till thoroughly wilted, drain and cool; unfold leaf by leaf, until the heart is reached. Chop the tender leaves. Soak the roll in milk and press dry. Beat the egg and bread together, add the creamed butter and work in the meat, cabbage and seasoning. Form into a ball and place in the cabbage head. Refold the leaves and bake three to four hours, basting with butter and water. Serve on a round, hot platter with the gravy from the pan.

Spring Carrots

Cut the tops close to the roots. Wash with a brush and scrape; cut in slices lengthwise or crosswise, and cook from thirty-five to forty minutes. Season with salt, pepper and butter, or serve in White Sauce No. 1.

Purée of Carrots

- 3 cups sliced carrots $\frac{1}{4}$ teaspoon white pepper
1 teaspoon salt $\frac{1}{2}$ lb. stale bread
1 teaspoon sugar 1 qt. veal broth

Cook the carrots for ten minutes; drain and cook gently again until tender, with 2 cups of water and seasonings. Add the bread, broken into bits, and the broth. Simmer for an hour; pass through a purée sieve. If too soft, allow it to cook away longer; if too dry, add a little more broth or milk. Serve with breast of lamb, chops, or veal cutlets.

Cauliflower

Trim off outside leaves and lay blossoms in cold salted water. Slugs and other insects will drop out, especially if gently shaken in the water. Tie in a piece of mosquito netting and lay, head up, in boiling salted water and cook gently from twenty to thirty minutes or till very tender. Drain and serve with Hollandaise Sauce or Cream Sauce No. 1. This makes a delicious garnish for fried spring chicken or fried sweet breads.

Cauliflower with Parmesan cheese is made as above, adding a teaspoon of Parmesan cheese to the sauce before it is poured over the cauliflower; sprinkle melted butter over it and bake a few minutes in a hot oven.

Summer Squash

Wash and pare the squash and cut in thick slices, and boil or steam till tender.

Mashed: Place cheesecloth over colander. Pour the boiled squash into it and press out all the water; remove to stew-pan, stir and beat, seasoning with butter, salt and pepper.

Fried: Wash and pare the squash; slice about a half inch thick, sprinkle with salt and pepper and dredge with Gold Medal flour, and fry until a nice brown, in half butter and half lard. Cook slowly, with cover over frying pan.

Stewed Celery

Cut the coarse pieces of celery and ends of stalks, using the fine leaves also, into inch (or less) pieces. Pour over boiling water to nearly cover. Boil until tender, from twenty to thirty minutes. Season to taste with salt and pepper and serve with White Sauce No. 1.



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Green Corn

This most delicious of summer vegetables is frequently spoiled by over-cooking. If the corn is fresh and tender, as it should be, fifteen minutes is enough. Wrap at once in a thick napkin and send to table covered, as the skin toughens if allowed to dry while hot. It is sometimes cooked in the inner husk, but this is not necessary except for roasting.

Corn Pudding

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| 1 doz. ears corn | 1 teaspoon sugar |
| 2 cups scalded milk | 2 tablespoons butter |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoons Gold Medal flour |
| | 2 eggs |

Remove the husks from the corn, pick out all the silk; with a sharp knife, cut a thin slice from the kernels; with a dull knife, scrape down the ears. Melt the butter, add the flour and seasonings, combine with milk and corn. Add the beaten eggs last. Pour in a buttered baking dish and bake in a moderate oven for thirty minutes.

Succotash

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| 10 ears of corn | 1 teaspoon salt |
| 1 qt. Lima beans | $\frac{1}{4}$ teaspoon pepper |
| 2 tablespoons butter | 1 cup sweet cream |

With a sharp knife, cut the corn from the cobs and add to the Lima beans the last fifteen minutes of cooking. The mixture should be cooked nearly dry. Add butter, seasonings and cream, and simmer for ten minutes.

Dandelions

Gather only the freshly grown plants; best when the dew is on them. The tenderest leaves make an excellent salad with Bacon dressing. The whole plant, after thorough washing, may be boiled until tender, drained, chopped fine, seasoned with salt, vinegar and a liberal measure of butter. Those who think it too bitter may use half spinach or beet, or sorrel, in which case the dandelion should be partly cooked before the more succulent plant is added. It cannot be too well recommended.

Egg Plant Fried

Peel and cut them in half inch slices, sprinkle with salt and pepper, pile them and place a weight over for an hour or more, tipping the plate slightly that the juice may drain away. Dry each slice by rolling in seasoned Gold Medal flour, and fry crisp in plenty of sweet dripping, or dip in Fritter Batter No. 1 before frying.

Lentils

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| 1 cup lentils | 1 teaspoon salt |
| 1 tablespoon butter | $\frac{1}{4}$ teaspoon pepper |

Wash one cup of lentils, cover with cold water and soak over night. In the morning drain and cook in boiling water one hour, or until tender. Season with butter, salt and pepper.

Lentil Sarmas

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| $\frac{1}{2}$ cup parboiled lentils | $\frac{1}{8}$ teaspoon pepper |
| $\frac{1}{2}$ cup rice | $\frac{1}{8}$ teaspoon powdered coriander seed. |
| cup chopped ham | 12 grape leaves |
| cup chopped veal | 2 egg yolks |
| 1 teaspoon salt | 1 tablespoon tarragon vinegar |

Mix first seven ingredients; scald the grape leaves; form the meat mixture into rolls and roll in the wilted leaves, tie and stew in just enough water to keep them from browning. Cook for about forty minutes. Serve with a thickened sauce made from the stock in which they were boiled, adding the well beaten yolks and a tablespoon of tarragon vinegar.

Onions

Peel under cold water; parboil for five minutes in boiling water and drain; add enough boiling water to cover and cook for one hour. Drain and serve with butter, salt and pepper, or White Sauce No. 1, Bread Sauce or Béchamel Sauce.

Baked: For this use large ones, parboil in boiling water for five minutes, dry carefully; wrap each one in buttered paper, lay in a baking pan and cook in a hot oven until they can be pierced with a straw.

Okra

Cut stems to the tender part of the pod, cook whole in boiling salted water (if cooked in iron they will blacken), until tender drain and return to the sauce pan with plenty of butter, a taste of vinegar, salt and pepper; simmer slowly until they are thoroughly seasoned. They are nice sliced and stewed with an equal bulk of tomato,

seasoned with 1 sweet pepper, 1 teaspoon salt and 1 ounce of butter to each pint. Sometimes $\frac{1}{4}$ cup rice and $\frac{1}{4}$ pound of diced ham are added to a quart of the above stew.

Fried Okra

Slice two onions, and fry with bits of fat bacon. Cut a quart of okra and stir in; fry brown. Sprinkle with salt and cayenne pepper.—*Eliza R. Parker.*

Parsnips

Brush clean and lay in cold water to become crisp. Cook in boiling salted water till tender. Throw into cold water to slip the skins, and serve either plain or mashed; season with butter, salt and pepper, or with a thin cream sauce.

They are more savory if they can be cut in round slices, sprinkled with salt, pepper and sugar, and browned in a little ham or bacon fat, or dipped in Fritter Batter No. 2 before frying.

Peas

Peas should be cooked as soon after picking as possible. If the pods are gritty, wash before shelling. Cook in boiling water enough to half cover; cook in an uncovered dish for twenty minutes or until tender. Add salt the last ten minutes of cooking. Let the water reduce until there is just enough to moisten the peas, add the butter and serve, hot. To one part of cooked peas use $\frac{1}{2}$ teaspoon of salt, $\frac{1}{8}$ teaspoon of pepper and 2 tablespoons of butter. 2 or 3 tablespoons of cream may be substituted for butter.

Stewed Green Peppers

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|-----------------|-----------------------------|
| 6 green peppers | 1 measure chicken forcemeat |
| | 1 cup stock or cold gravy. |

Wash peppers and scald in boiling water for five minutes; rub off the skin with a wet cloth. Cut a slice from the stem for a cover, remove seeds and stuff the peppers with the forcemeat. Replace the cap, place peppers in a small, deep dish, pour in the broth and bake in a moderate oven for half an hour. Sausage meat or cold meat with equal measure of bread may be substituted for chicken forcemeat. Serve in dish in which they were baked.

Tomatoes

To be served raw should be peeled and set on ice at least an hour before using. Have boiling fast a kettle of water large enough to immerse four tomatoes at once. Plunge them in long enough to count five, then remove instantly to cold water. Let the water come to a boiling point before putting in another set, and they will be found to be firm and smooth when the thin outer skin is peeled off. For serving, see Salad. They are also eaten as a fruit with sugar.

Stewed: Cut in slices across the grain and boil gently about fifteen minutes. Season to taste with salt, pepper and butter.

Baked: Do not peel, but cut a small slice from the stem end, leaving the stem on the piece for a handle. Scoop out the middle and mix with an equal bulk of raw rice. Season well with butter, salt, pepper, cayenne and a speck of sugar, fill each tomato moderately full, replace the stems and bake in a quick oven half an hour or till soft. This stuffing may be varied by using crumbs chopped and seasoned meat (ham or chicken is best), or macaroni.

Fried: Cut them in halves and dust each cut surface with salt, pepper, sugar and enough very fine bread crumbs to dry them. Have some hot butter in the frying pan and brown the tomatoes on both sides. Drop bits of butter between them and stand over a moderate fire to cook very slowly. When tender take up carefully with a cake turner and serve on a heated platter. They are sometimes finished with a cream gravy as follows: Pour over them enough cream to nearly cover, let come to a boil, and simmer five minutes. Lift the slices carefully and thicken the gravy with 2 egg yolks beaten with a little cold cream. Do not let it quite boil, but serve as soon as thickened.

Broiled: Slice and broil over a hot fire. Serve with melted butter.

Scalloped: Put in a dish alternate layers of buttered bread crumbs with sliced tomatoes, sprinkled with pepper, salt and sugar. Spread bread crumbs and butter over the top. Bake one hour.

Sarmas

Prepare equal measure of finely minced meat, lamb or veal, and washed rice. Season to taste with salt, pepper, onion and cayenne. Scald grape leaves till they are well wilted. In each leaf roll a little of the meat and rice, rolling small oval balls, stew in just enough water to keep them from browning. Blanched lettuce or cabbage leaves will do; in this case add a few drops lemon juice to the meat.

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Turnips

Serve turnips plain boiled or mashed and season only with salt and pepper. Serve with boiled bacon, roast pork and mutton. Wash and pare the turnips, cut in slices and cook in boiling salted water for forty-five minutes. When done, drain from water, season with salt, pepper and butter, serve hot; or mash, and to 2 cups of vegetable use $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 2 tablespoons butter. Turnips may be cut in half inch cubes, boiled and served in White Sauce No. 1.

Salsify or Oyster Plant

Boiled: Wash, scrape and throw into cold water. Cut into inch pieces and boil rapidly uncovered in a granite stew pan for thirty minutes or until tender. A little vinegar will help to keep it white. Drain them well and serve with plenty of butter and lemon juice, salt and pepper to taste, or dressed with White Sauce No. 1 or Béchamel Sauce.

Fried: Cut cold boiled salsify into convenient lengths, coat each with Fritter Batter No. 2, and fry in deep fat until well crisped.

Spinach

Pick over carefully while dry, throw a few plants at a time into a large pan of cold water, wash well on both sides to dislodge insects, and pass to another pan. They should have at least three separate waters. Put the spinach into a large kettle without water, set it on the stove where it will cook slowly till the juice is drawn, then cook for thirty minutes, or until tender, drain and chop fine. For half a peck of spinach add 2 tablespoons of butter and $\frac{1}{2}$ teaspoon salt. Reheat and serve on buttered toast.

Potatoes

To Boil: Wash and scrape new potatoes but do not peel. Cook in boiling salted water enough to cover two inches; cook from twenty-five to thirty minutes. When done drain, return to the fire and shake for a few minutes to thoroughly dry. Serve in folded napkin.

Winter potatoes should be pared and soaked in cold water, before boiling. Cook in boiling salted water, following the directions for new potatoes.

Baked Potatoes: Wash potatoes of uniform size; cut a thin slice from each end and bake from forty to forty-five minutes.

Mashed Potatoes

6 medium sized potatoes $\frac{1}{2}$ teaspoon salt
3 tablespoons butter $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{8}$ cup hot milk

Boil the potatoes, drain, dry a few minutes, mash until smooth; add butter, seasonings and milk. Beat until very light. Serve in hot dish. The potatoes may be passed through a sieve instead of mashing and then beaten light with seasonings and hot milk.

Stuffed Potatoes

6 medium sized potatoes $\frac{1}{2}$ teaspoon salt
3 tablespoons butter $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{8}$ cup hot milk

Wash the potatoes but do not cut. Bake from forty to forty-five minutes. When done lay the potatoes on the sides, with a sharp knife cut a thin slice from each; scrape out the potato, pass through a ricer or mash, mix with seasonings and beat until very light. Pack lightly into the potato shells, brush with a little white of egg and brown in a quick oven. Serve each with a tiny sprig of parsley on top.

Scalloped Potatoes

1 qt. sliced raw potatoes 3 tablespoons Gold Medal flour
2 cups scalded milk 1 teaspoon salt
4 tablespoons butter $\frac{1}{4}$ teaspoon pepper

Cover the bottom of a buttered baking dish with a layer of sliced potatoes. Sprinkle with salt and pepper, dot with pieces of butter and dredge with Gold Medal flour. Repeat until the materials are used.

Pour over all the scalded milk and bake in a moderate oven from forty-five to fifty minutes.

Lyonnaise Potatoes

6 boiled potatoes 1 teaspoon salt
2 tablespoons butter $\frac{1}{8}$ teaspoon pepper
1 onion chopped fine 1 teaspoon minced parsley
 $\frac{1}{4}$ teaspoon lemon juice

Cook butter and onions in an omelet pan, add the potatoes and seasoning, mix well and sauté a nice brown. Just before serving add parsley and lemon juice.

Hashed Brown Potatoes

1 qt. chopped cooked potatoes $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{4}$ cup cream 1 teaspoon chopped parsley
1 teaspoon salt 3 tablespoons butter

Mix the first five ingredients; melt the butter in an omelet pan and when hot add the potatoes. Pack lightly into a layer of uniform thickness and cook slowly from twenty to thirty minutes. Fold and serve like an omelet.

Potato Puff

2 cups mashed potatoes 2 eggs
2 tablespoons melted butter $\frac{1}{2}$ cup scalded milk
 $\frac{1}{2}$ teaspoon salt

Stir the melted butter into the potato, beat to a white cream; add eggs beaten very light and then the milk and seasonings. Bake in a deep buttered dish, in a quick oven, for twenty minutes, or until nicely browned.

Soufflé: Use 4 eggs, beat yolks and whites separately until stiff; use seasonings and butter as given above. Fold in the yolks and lastly the whites, and cook as soufflé.

Potato Croquettes.

1 rule for mashed potatoes 1 egg
 $\frac{1}{4}$ teaspoon onion juice

Beat the mashed potato until very light, add the beaten egg and onion juice, form while hot into rolls; crumb, egg and crumb again, and fry in deep fat till a golden brown. Serve on folded napkin and garnish with parsley or serve with White Sauce No. 1.

Potato, French (Fried)

Pare the potatoes and throw into cold water for at least an hour. Cut in slices, blocks, strips, balls or any fancy shape, and dry them on a towel. Drop quickly into fat hot enough to brown them by the time they come to the surface. They are done when they float. Drain on soft paper, sprinkle with salt and serve hot.

Sweet Potatoes

Are prepared and cooked as white potatoes, and may be served boiled with skins on or off, mashed or baked.

Sugar Potatoes or Candied Yams

6 sweet potatoes $\frac{1}{4}$ cup water
1 cup white sugar 1 teaspoon butter

Parboil, peel and cut the potatoes in quarter inch slices. Cook the other ingredients to form a syrup. Place the slices of potato in the syrup and simmer gently for an hour, then let the syrup boil away until it is almost dry. Serve with meats.

Boiled Macaroni

$\frac{3}{4}$ cup macaroni broken 2 qts. boiling water
in pieces 1 tablespoon salt

Cook the macaroni in water that is boiling hard to prevent the pieces from sticking together. Cook for twenty-five minutes. Drain in strainer and pour over cold water.

Baked Macaroni, with Cheese

$\frac{3}{4}$ cup macaroni, broken 2 tablespoons butter
in pieces $\frac{1}{2}$ cup grated cheese
2 qts. boiling water $1\frac{1}{2}$ cup scalded milk
1 tablespoon salt $\frac{1}{4}$ cup buttered bread crumbs
2 tablespoons Gold Medal flour

Cook the macaroni in the boiling water for twenty minutes; drain and blanch with cold water. Make a white sauce of the butter, flour and milk. Add seasoning to the sauce. Arrange a layer of cooked macaroni in the bottom of a buttered baking dish; sprinkle with the grated cheese, repeat until all the macaroni and cheese are used; pour over the white sauce, cover the top with buttered crumbs and bake for twenty minutes in a hot oven, or long enough to give the top a nice brown.

Macaroni with Tomato Sauce

$\frac{3}{4}$ cup macaroni 3 tablespoons Gold Medal flour
2 qts. boiling water $1\frac{1}{2}$ cup tomato juice
1 tablespoon salt 1 slice onion
2 tablespoons butter 2 slices green pepper

Cook the macaroni in the boiling salted water for twenty minutes, drain and blanch. Brown the butter, add the flour and seasoning. Cook the tomato juice with slice of onion and green pepper, strain into cooked butter and flour slowly. Cook until smooth and thick and pour over the macaroni.



Macaroni with White Sauce

2 cups boiled macaroni 1½ cups White Sauce No. 1
Heat the macaroni in the white sauce; add more salt if needed.

Boiled Rice

1 cup rice 2 qts. boiling water
1 tablespoon salt
Wash the rice thoroughly in several changes of water; cook in rapidly boiling water for thirty minute or until soft, which is determined by tasting the kernels. Drain in a strainer and pour boiling water over it. Shake slightly and let it stand in a warm place until ready to serve.

Steamed Rice

1 cup rice 2 cups boiling water 1 teaspoon salt
Pick the rice over and wash well. Cook in double boiler for thirty minutes or until soft. If too dry at the end of twenty minutes add a little more boiling water.

Curried Rice

1 cup rice 1 tablespoon salt
2 qts. boiling water 1 teaspoon curry powder
1 cup White Sauce No. 1

In cooking follow the directions as given under boiled rice. Dilute the curry powder and combine with the white sauce; add more salt if necessary, and pour over the drained rice. Serve with veal or mutton.

Hominy

1 cup hominy 3 cups boiling water
1 teaspoon salt

Wash the hominy well, soak over night in one quart of cold water; in the morning drain and cook in the boiling salted water for about three hours. Fine hominy can be cooked in one hour if soaked in warm water, changing it once or twice for warmer. Boil in the last water.

START HOUSEKEEPING RIGHT —



LET DREAMS COME TRUE

It's worry— not work— that tries one's soul, and it's poor bread, a poor table and poor living that adds to the wife's trials and nags the patient husband.

Why not start housekeeping right, you who are far-sighted and learn the wisdom of utilizing at once every possible means for lightening and brightening your housekeeping duties?

GOLD MEDAL FLOUR will make the baking a success. Let's have it a success in your home from the very beginning.

Use—

WASHBURN-CROSBY'S
GOLD MEDAL FLOUR



(All measures are level.)

WHITE BREAD is made from a mixture of flour, liquid and yeast. The most nutritious bread is made from patent flours (See page 69). The liquid used may be pure water, scalded milk, or a combination of the two. The yeast is a fungus and in the process of feeding and growing produces a gas which we depend upon for raising the dough. The conditions for growth are moisture, even temperature, food and air. The temperature best suited for yeast growth is 86 degrees Fahrenheit. Sugar is added to dough to give yeast an easy method of obtaining its food. The yeast attacks the sugar first, then the starch, and lastly the nitrogenous matter; therefore avoid processes of bread making requiring long hours and many risings. Two risings are quite enough if ingredients are carefully blended. The purpose of the first kneading is to thoroughly distribute the yeast; the purpose of the second kneading is to break up the bubbles and to distribute the gas evenly throughout the dough. If the dough is too light the bread will be full of large holes.

TO KNEAD: Push the dough with palm, curving the fingers to keep the ball from flattening too much. With every push turn the dough one-quarter way round and fold over. Do not make it too stiff. A soft dough makes a tender bread, and one that will keep better than a stiff one. Knead until the dough has a silky smoothness, is full of blisters and does not stick to the hands or bowl (about twenty minutes).

TO BAKE BREAD: The best pan for baking bread is made from Russia iron. It should be four inches deep, four and one-half inches wide, and ten long. A new baking pan should always be baked blue in the oven before it is used. Bread should be baked in a hot oven. Use one and one-half pounds of dough to a loaf. The loaf should continue rising for the first fifteen minutes, when it should begin to brown and continue browning for the next twenty minutes. Reduce the heat and finish baking in fifteen minutes. Bread is done when it leaves the sides of the pan. When done remove from pans, lay on a rack, brush over with melted butter if you wish a soft crust. Biscuits require more heat than bread. The time required for baking is from fifteen to twenty minutes. The rolls should continue rising the first five minutes and brown in the next eight minutes. A shallow pan of boiling water placed in the oven under the loaves causes loaves to rise better and produces a more tender crust.

CARE OF BREAD: Bread boxes should be thoroughly washed, scalded and dried over the range before each new baking. When once dried do not leave open, to expose it to germs in the air. Keep dry, old rolls and pieces of bread in an earthen crock. This bread should be ground or rolled and used for crumbing, escallops, etc.

Water Bread

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|----------------------------------|--------------------------------|
| 1 qt. boiled water | 1 tablespoon lard |
| 1 yeast cake dissolved in | 1 tablespoon sugar |
| $\frac{1}{4}$ cup lukewarm water | 3 qts. sifted Gold Medal flour |
| 1 teaspoon salt | |

Put salt, sugar and lard in bread raiser, scald with boiling water. When lukewarm add dissolved yeast cake; mix in the flour slowly, beating constantly and thoroughly. When the dough is sufficiently thick to knead, sprinkle the moulding board lightly with Gold Medal flour and turn dough onto it. Knead, cutting often with a case knife to more thoroughly distribute the yeast. Knead until dough ceases to stick and is smooth and elastic to the touch. Return to bread raiser or greased bowl, cover and let rise over night, at a temperature of 76° Fahrenheit. In the morning cut down and let rise forty-five minutes to one-half its bulk, turn out on moulding board, divide into four parts and shape into loaves; place in pans, cover with clean cloth, and let raise until they double their bulk (one hour). Bake for fifty minutes in a moderate oven.

Bread set over night should be prepared late and moulded into pans early in the morning in order to obtain the best results.

When dividing the dough for baking, reserve one-quarter for Breakfast Rolls. Pull dough into a sheet three-quarter inch thick, cut with biscuit cutter, brush over with melted butter; fold each biscuit through the center and pinch edges together firmly. Let rise to double their bulk and bake in a hot oven from twenty to twenty-five minutes. The amount of yeast should vary with season. In warm weather use one-half this quantity.

Milk and Water Bread

Time, six hours

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|-----------------------------------|--------------------------------|
| 2 cups scalded milk | 1 teaspoon salt |
| 2 cups water | 1 tablespoon sugar |
| 2 yeast cakes dissolved in | 1 tablespoon lard |
| $\frac{1}{4}$ cup luke warm water | 3 qts. sifted Gold Medal flour |
| | Quantity, four loaves |

Put salt, sugar and lard into bread raiser, pour over scalded milk; add water, and when mixture is luke warm add dissolved yeast cakes. Mix in the flour slowly, beating constantly. Continue adding Gold Medal flour until dough is thick enough to knead. Dust the board lightly with flour, turn the dough onto it and knead, cutting often with a case knife to more thoroughly distribute the yeast. Knead until dough ceases to stick and is smooth and elastic to the touch. Return to bread raiser, or greased bowl, cover and let rise in a warm place (84° Fahrenheit) until it doubles its bulk (three hours). Again turn onto board; divide into four parts, mould into loaves, place in well greased bread pan, cover and let rise to double its bulk (one hour at 75° Fahrenheit). Bake for fifty minutes in a moderate oven.

When home made yeast is used the sponge should be made at night, with one cup of yeast. The dough is kneaded early in the morning.



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Milk Bread with a Sponge

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|-----------------------------------|-----------------------------|
| 2 cups scalded milk | 1 tablespoon butter |
| 1 yeast cake dissolved in | 1 tablespoon sugar |
| $\frac{1}{4}$ cup luke warm water | $\frac{1}{2}$ teaspoon salt |
| | Gold Medal flour |

Put butter, sugar and salt in a bowl and add scalded milk. When luke warm add dissolved yeast cake. Add slowly $3\frac{1}{2}$ cups of Gold Medal flour, beat well. Let it rise till very light, then add enough more flour to knead; knead until dough ceases to stick and is smooth and elastic to the touch. Return to the greased bowl, let it rise, cutting down two or three times.

This makes an excellent rule for tea biscuit or rolls and by doubling the measure of butter and adding the white of an egg well beaten you have the delicious White Mountain Rolls.

Milk Rising Bread

Boil $\frac{1}{2}$ cup of new milk at night and add to it enough Southern corn meal to make a soft batter. Let it stand over night at a temperature of about 95° . In the morning boil another half cup of new milk and add cold water till about milk warm, and mix thoroughly with the batter made at night, adding 1 tablespoon sugar, 1 teaspoon salt and enough Gold Medal flour to make a soft batter. Set this mixture in a very warm place (not less than 100°), and let it rise to double its bulk; it will take about three hours. As soon as well risen, add an equal bulk of water in which has been dissolved $\frac{1}{2}$ teaspoon soda, 1 rounded tablespoon of lard, more salt if liked, and flour enough to knead quite soft. Put it into the pans, let rise again to double its bulk, and bake as usual.—Mrs. J. B. S. Holmes, Rome, Ga.

Graham Bread

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|---------------------------|---|
| 2 cups scalded milk | 1 yeast cake dissolved in $\frac{1}{4}$ cup luke warm water |
| 2 tablespoons brown sugar | 2 cups graham flour |
| 1 teaspoon salt | 2 cups Gold Medal flour |

Put the sugar into mixing bowl and add scalded milk. When luke warm add the dissolved yeast; make a batter with the flour and meal, beating vigorously. Let it rise until spongy; add the salt and more meal gradually until it is as thick as can be worked with a stiff knife. Place in greased pans, cover and let rise. In baking it should be set in a quick oven, the heat reduced in ten minutes. This rule is good baked as muffins.

Graham and Rye Bread

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| 2 cups graham flour | 1 yeast cake dissolved in |
| 2 cups rye meal | $\frac{1}{3}$ cup luke warm water |
| 2 cups boiling water | 1 tablespoon molasses |
| 1 teaspoon salt | 1 tablespoon shortening |

Put the molasses, shortening and salt in the mixing bowl, scald with the boiling water. When luke warm add the dissolved yeast cake, make a sponge with the graham; when light make stiff with the rye flour. It does not require long kneading and will be slightly sticky. Bake in greased pans one and one-quarter hours, in a moderate oven.

This is the Brown Bread of the English bakeries and needs only a brick oven to be as good as it is.

Rye Bread

SPONGE

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| 1 pint luke warm water | 1 compressed yeast cake |
| 2 pints sifted rye flour | |

Dissolve yeast in the water then add the flour making it the consistency of a batter. Allow to rise until it is inclined to settle.

DOUGH

To the sponge add:

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|-------------------------|--------------------------|
| 1 pint luke warm water | 3 pints Gold Medal Flour |
| 1 pint sifted rye flour | 2 teaspoons salt |

Mix the dough thoroughly and allow to stand 20 minutes. Mould into loaves and place in pans. Allow to rise in pans about 40 minutes or until it rises one-third its volume. Bake in medium oven. When taken from oven brush with water.

"Rye'n Injin."

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|------------------------|---------------------------|
| 1 cup corn meal | 2 tablespoons molasses |
| 3 cups rye meal sifted | 1 teaspoon salt |
| 4 cups scalded milk | 1 yeast cake dissolved in |
| | 2 tablespoons of water |

Scald the corn meal with the milk, let it cook for fifteen minutes; add the molasses and salt and let it cool. When luke warm add the dissolved yeast cake and beat the batter thoroughly. Mix in the rye meal. Put into an iron or steel pan, bake in a moderate oven for two hours, cover closely if there is danger of browning.

Boston Brown Bread (Steamed)

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|----------------------------|------------------|
| 2 cups rye meal | 1 teaspoon salt |
| 1 cup corn meal | 1 teaspoon soda |
| $\frac{1}{8}$ cup molasses | 2 cups sour milk |

Mix and sift dry ingredients, add the sour milk and molasses; pour into a buttered mould and steam three hours. Brown in oven twenty minutes.

Graham Bread Steamed

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| 3 cups graham flour | $\frac{1}{8}$ cup molasses |
| 2 cups sour milk | 1 teaspoon salt |
| | 1 rounding teaspoon soda |

Mix the dry ingredients, add the sour milk and molasses, beat well and steam three hours in one tall mould or two coffee cans well buttered; set in oven to dry for fifteen minutes.

Christmas Bread

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|---------------------------|-----------------------------|
| Dough enough for one loaf | $\frac{1}{2}$ cup currants |
| 1 cup sugar | 1 egg |
| $\frac{1}{2}$ cup lard | 1 teaspoon mixed spices |
| 1 cup raisins seeded | $\frac{1}{4}$ teaspoon soda |

Beat the sugar, spices and soda into the lard. Fold the mixture into the dough, beat again slightly and cut into the dough; fold in the raisins and currants slightly floured. Bake in two loaves in a moderate oven.

French Bread

Soften a yeast cake in $\frac{1}{4}$ cup of boiled water, cooled to a lukewarmth, stir in about $\frac{1}{4}$ of a cup of Gold Medal flour, to make a kneadable dough. When smooth and elastic, cut across the top in both directions. Have ready a pint of boiled water, cooled to a lukewarmth. Into this put the ball of dough. It will sink, but in fifteen minutes will float, a light, puffy sponge. Turn water and sponge into a mixing bowl, add a teaspoonful of salt and 5 cups of Gold Medal flour; stir together to form dough stiff enough to knead, adding a sixth cup of Gold Medal flour if desired. When the dough is stirred until it does not stick, turn onto a floured board and knead fifteen or twenty minutes. Part of this time it may be lifted as high as the arms will reach and dropped onto the board with force. A very little flour may be used while kneading, but if the bread is properly mixed and handled it will not stick to hands or board. Cover dough and set aside in a temperature of about 82° Fahrenheit until doubled in bulk. Then turn out carefully onto board, upper side down, and cut into halves. Roll these into two long rolls (each will weigh a little less than a pound and a half), place in a French bread pan, press down through the center lengthwise with a round stick, rolling it back and forth to make a furrow. Cover and let stand to become light. Bake about half an hour. When nearly baked, brush surface with the white of an egg beaten with a tablespoonful of cold water, and return to the oven; repeat the glazing if desired. Two tablespoons of cornstarch, diluted with cold water and cooked in a cup of boiling water, may be used instead of the egg; return the bread to the oven each time after using the paste. The starch gives a soft crust, the egg the crisp, tough crust usually seen on French Bread.

Russian Bread (for Three Loaves)

Soften a cake of compressed yeast in half a cup of scalded milk cooled to a lukewarm temperature; stir until evenly mixed, then add to a pint of milk scalded and cooled to a lukewarm temperature; add also 3 cups of sifted Gold Medal flour, mix to a batter, then beat until perfectly smooth; cover and let stand in a temperature of 82° Fahr. until very light and puffy; add 3 eggs and yolk of another (bakers use saffron mixed with water and strained, and fewer eggs), half a cup of sugar, half a cup of butter, mace, cinnamon or nutmeg, according to taste, 1 teaspoonful of salt, and between 6 and 7 cups of Gold Medal flour. This should be mixed to a dough stiffer than that for buns or salad rolls. Then knead, pound, or toss it nearly half an hour, or until very elastic, cover and let stand in a temperature of 70° Fah. until nearly doubled in bulk. Divide it into three parts for three loaves. Divide the dough for each loaf into four equal parts, roll these under the fingers on the board into strips about eighteen inches long, and about half an inch thick at the ends, gradually increasing to an inch and a half in the middle; press the four strips together at one end, then braid them. Dispose on a buttered baking sheet. Cover and let stand to become light. Bake from half to three-fourths of an hour, according to thickness. When nearly baked glaze with white of egg and scatter pounded loaf or cut sugar over the surface; return the bread to the oven to set the glaze.



Breakfast Rolls

Use $1\frac{1}{2}$ pounds of bread dough, when ready to shape into loaves. Make a long, even roll and cut into twelfths. Shape with thumb and fingers into round balls; set in an 11x6 inch pan if liked without crust, or two inches apart on a sheet if wanted crusty. Brush with butter, cover closely and let rise slowly for thirty or forty minutes. Then raise the temperature slightly for another half hour. They should more than double their bulk. Bake in a quick oven twenty to twenty-five minutes.

Tea Biscuit

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|--------------------------|-----------------------------|
| 1 cup scalded milk | $\frac{1}{2}$ teaspoon salt |
| 1 tablespoon sugar | 1 yeast cake dissolved in |
| 2 tablespoons shortening | $\frac{1}{2}$ cup water |
| | 4 cups Gold Medal flour |

Put the sugar, salt and shortening in a mixing bowl, add scalded milk; when lukewarm add dissolved yeast cake; add 3 cups of flour slowly, beating to a light batter, let rise to double the bulk; add 1 cup of flour, rise again, shape on moulding board, brush with melted butter, cover and rise till light. Bake in a quick oven from twenty to twenty-five minutes.

Tea Biscuit with Potato

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|------------------------------------|---|
| $\frac{3}{4}$ cup hot riced potato | 1 cup scalded milk |
| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ yeast cake in $\frac{1}{2}$ cup water |
| 1 teaspoon sugar | 1 egg white slightly beaten |
| 1 teaspoon salt | 4 cups Gold Medal flour |

If set at 10 a. m., it will be ready to shape and bake for tea. Beat together potato, butter, sugar and salt. When the milk is lukewarm add the yeast cake. When yeast is dissolved combine with potato mixture. Add part of the flour slowly, beating constantly, then the white of egg, then more flour until stiff enough to knead. Knead until smooth, return to mixing bowl and let rise; cut the sponge down, let rise the second time, shape into small biscuits, let rise to double the bulk. Bake in a quick oven.

These are excellent to use for croustades.—Mrs. Cheney, Ft. Wayne, Ill.

Finger Rolls

Make "Milk Bread with a Sponge," putting in a generous measure of butter; proceed as usual, but cut down twice. Make a pound and a half of dough into two rolls, cut each into twelfths and make two rows in a biscuit tin, rise and bake as before.

For Pocket Books roll out the same dough after the second cutting to less than a half inch, spread thinly with butter, cut in strips four or five inches wide, fold down an inch or two at one end and then over again, cut off square and begin again, bake separately.

Folded rolls are cut from the same sheet of buttered dough with a two-inch cutter, folded a trifle unevenly and set with edges up three rows of ten each in a biscuit tin.

Salad Rolls

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|---------------------------------------|---------------------------------|
| 1 cup milk | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ yeast cake dissolved in | $\frac{1}{4}$ cup melted butter |
| $\frac{1}{4}$ cup luke warm water | 3 cups sifted Gold Medal flour |
| 1 tablespoon sugar | 1 egg white beaten |

Scald the milk; when lukewarm add the dissolved yeast and one-half the flour. Stir and beat the mixture until very smooth, cover and let stand at a temperature of 84° Fahr. until light; add the beaten egg white, sugar, salt and melted butter; work in slowly balance of flour, turn the dough onto a moulding board, knead until smooth and elastic to the touch; cover and let rise to double the bulk, pull off bits of dough, fold and knead them into balls. As they are shaped, set them on a board lightly dredged with flour, cover closely and let rise. With the handle of a wooden spoon, bring down, nearly through the center of

each ball as though to divide it, brush with melted butter one of the cleft sides and press the roll together. Place rolls on buttered pan, brush outside of each roll with butter, let rise. Bake for twenty minutes in a hot oven. When nearly baked glaze with white of egg.

Bread Sticks

Ordinary bread dough can be used, but that for Salad Rolls is more easily shaped and gives crisper sticks.

When the dough is light, cut pieces from the side and roll under the hands to the length of your pan and the thickness of a lead pencil. Let them rise until light, then bake in a hot oven. When nearly done, glaze with the white of an egg.

Vienna Roll Mixture

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|----------------------------------|-------------------------------------|
| 2 cups scalded milk | $\frac{1}{4}$ cup melted shortening |
| 1 yeast cake dissolved in | 1 teaspoon salt |
| $\frac{1}{2}$ cup lukewarm water | 2 tablespoons sugar |
| 6 cups sifted Gold Medal flour | 1 egg |

When the milk is lukewarm add dissolved yeast cake and 3 cups of flour; beat the mixture between five and ten minutes until very smooth and light; cover, set aside in a temperature of 84° . When light and puffy add the egg well beaten, melted shortening, salt and sugar and work in slowly 3 cups of flour. Turn onto moulding board, using the remainder of flour as needed. Knead for fifteen or twenty minutes or until the dough ceases to stick and is smooth and elastic to the touch. Cover and set aside until double in bulk.

FRENCH TWISTS: When the Vienna Roll mixture is light, turn the dough onto the moulding board, roll it out into rectangular sheet less than one-quarter inch thick, cut this into strips seven inches wide; cut the strips into squares and the squares diagonally into halves. This will form pieces the shape of a triangle. Roll from the side opposite the point of triangle so the point comes below, and bring the ends of the roll together, shaping like a horseshoe. Place on buttered baking sheet some distance apart, let stand until light. Bake in a hot oven fifteen minutes; glaze with white of egg.

Parker House Rolls

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|---------------------|---------------------------------|
| 2 cups scalded milk | 4 tablespoons butter |
| 1 teaspoon salt | 1 yeast cake dissolved in 2 ta- |
| 1 tablespoon sugar | blespoons lukewarm water |
| | 6 cups Gold Medal flour |

Put the salt, sugar and butter in mixing bowl, pour over scalded milk; when cool add dissolved yeast cake and 4 cups of Gold Medal flour. Beat thoroughly. When full of bubbles add slowly two more cups of flour; turn onto a moulding board, dredge lightly with flour, knead until smooth and elastic to the touch. Return to bowl and let rise to twice its bulk; cut down, let rise again; turn onto moulding board, roll or pull out into a sheet a half inch thick, cut with pastry cutter; brush with melted butter, fold so that the upper edge overlaps the under one, press edges together. Let rise for about an hour. Bake from fifteen to twenty minutes in a hot oven.

Buns and Rusks

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|---|--|
| 2 cups scalded milk | $\frac{1}{2}$ cup sifted potato |
| $\frac{1}{2}$ cup butter and lard mixed | 2 yeast cakes in $\frac{1}{2}$ cup water |
| $\frac{1}{2}$ cup sugar | 3 eggs |
| | 6 cups Gold Medal flour |

Place sugar, butter, salt and potato in a mixing bowl, add scalded milk and mix well. When lukewarm add dissolved yeast cake and 4 cups of Gold Medal flour, beat light into a batter; add the eggs well beaten, add flour enough to make a stiff dough. Turn onto moulding board well dusted with flour, knead till smooth and



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elastic to the touch. Return to mixing bowl and let rise, when full of bubbles cut down and when light again shape one-half the dough into small balls; place close together in a greased pan, raise slowly at first and when very light brush over with a syrup made of 1 tablespoon cream and 1 of sugar boiled together one minute. Currants or raisins may be added or 1 teaspoon of cinnamon. Bake from twenty to twenty-five minutes in a hot oven.

HOT CROSS BUNS: Shape remainder of the dough into small balls when light; with a sharp knife cut two gashes at right angles on the top or press deep folds with a long pencil. When nearly baked glaze, dredge the cross with granulated sugar, repeat the glazing and dredging until the cross is filled with sugar and return to the oven. Often cinnamon is mixed with the sugar used to dredge the top of the buns. A half cup of currants could be worked into the dough when kneading.

Lancashire Tea Cakes

- 5½ cups Gold Medal flour ½ lb. currants
 ½ cup butter 2 ounces candied lemon
 2 cups milk 2 eggs
 1 yeast cake in ¼ cup water 2 tablespoons sugar
 A little grated nutmeg

Put the sugar and currants with the flour; melt the butter in the milk which must be scalded, and when cool enough mix with the well-beaten eggs and yeast. Add the dry ingredients, beating all well, and set away to rise. When light put in cake pans to rise again to double its bulk. Bake in a moderately hot oven. These are delicious when fresh, and equally good split and toasted the second day.—Mrs. W. S. Turner, Ashville, N. C.

Crumpets

- 2 cups scalded milk 3 tablespoons melted butter
 1 teaspoon sugar ½ yeast cake
 ½ teaspoon salt 3 cups Gold Medal flour

Put in mixing bowl sugar, salt and butter, add scalded milk. When lukewarm add the yeast cake. When yeast is thoroughly dissolved add the flour slowly, beating constantly. Let the sponge stand in a warm place from two to four hours or until light. Bake in greased muffin rings on a hot griddle or in patty pans in the oven. In either case fill the pans only half full.

Soft Kringles

One-half pound dough from "Milk Bread with a Sponge." Pound 2 cardamon seeds to a powder with 2 good tablespoons sugar and work into the dough with 2 eggs and 2 tablespoons butter; add just enough flour to knead well. Roll into long sticks and cut into sections, shape in rings, links or pretzels.

Prune Kringles

One-half pound dough, 1 tablespoon each butter and sugar kneaded into it. Chop 6 or 8 good prunes in 4 tablespoons sugar; chop first the meat of 3 or 4 of the stones very fine, mix, shape the dough into sticks the size of the little finger, roll in the prunes, bake in oblong rings.

Sugar Kringles are made in the same way, substituting a dozen blanched and chopped almonds for the prunes, roll the sticks rather smaller, make oblong rings with one end crossing at the middle to the opposite side.

Giffles

Take ½ pound Soft Kringle dough, roll one-quarter inch thick, cut in eight equal squares, put a spoonful of any firm jelly near one corner, roll over and over, stretching a little and curve like a Vienna roll. When very light glaze and bake ten minutes in a hot oven.

Biscuit, Shortcake, Muffins,

STRAWBERRY SHORTCAKE

- 2 cups sifted, enriched flour
 1 tablespoon baking powder
 ¾ teaspoon salt
 3 tablespoons sugar
 4 tablespoons lard
 2 egg yolks, beaten
 ½ to ¾ cup milk
 Strawberries sweetened to taste

1 Sift flour with baking powder, salt and sugar. Cut in lard until mixture has a fine, even crumb. Add beaten egg yolks gradually and enough milk to make a soft dough. Turn onto lightly floured surface and knead hot gently for one-half minute. Divide into 2 parts and roll out each part to fit a 9-inch round

KING- POWDER



Biscuits

1 ½ cups Gold Medal flour
 1 ½ cups butter
 1 ½ cups milk
 1 ½ cups sugar
 1 ½ cups lard
 1 ½ cups egg yolks, beaten
 1 ½ cups milk
 1 ½ cups strawberries sweetened to taste

Shortcake No. 2

- 4 cups Gold Medal flour 4 teaspoons baking powder
 1 teaspoon salt ½ cup butter and lard mixed
 ½ cup milk

Mix and sift the dry ingredients; cut and rub the shortening in, add the milk; bake in two long biscuit tins, marking off in squares before baking. Bake in a quick oven until a good brown. Use a generous quantity of fruit for each layer, dust thick with powdered sugar, pile whipped cream on the top layer just before serving.

If it is wanted crisp and short like pastry, the amount of shortening is doubled and water used to mix rather stiffer than before. All butter makes it more crisp than lard.

Old Fashioned Shortcake, No. 3

4 cups Gold Medal flour ½ teaspoon soda
 1 ½ cups Gold Medal flour 1 cup sour cream
 1 ½ cups Gold Medal flour 1 cup sugar
 1 ½ cups Gold Medal flour 1 cup milk
 1 ½ cups Gold Medal flour 1 egg

Rich Shortcake

2 cups flour 3 teaspoons baking powder
 1 cup sugar ½ cup butter
 1 ½ cups flour 1 egg
 1 ½ cups flour 1 egg

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Dumplings for Stews

2 cups sifted Gold Medal flour 3 teaspoons baking powder
1/2 teaspoon salt 1 cup milk

Mix and sift the dry ingredients; mix with the milk and drop by spoonfuls into the boiling stew. Cover tight, cook for ten minutes. These may be dropped on a buttered plate and cooked in a steamer over fast boiling water.

Apple Dumplings, No. 1

1/2 the rule for Shortcake No. 1 5 or 6 tart apples
1/2 cup water

Pare, core and quarter the apples; place in a two quart granite pan with the water and let cook slowly while preparing the crust. Roll the crust out to exactly fit the pan, cut several gashes to let out the steam, lay it over the hot apples; cover with a deep pie plate, cook on top of the stove for half an hour; set the pan on a trivet, if necessary, to keep the apples from burning, then lift the cover and brown the crust in a hot oven. Invert on a large plate and serve with brown sugar sauce or hard sauce. This is excellent also steamed for forty minutes.

Apple Dumplings, No. 2

The rule for Shortcake No. 2 4 tablespoons sugar
3 large apples 1 tablespoon butter

Roll the dough into a sheet and cut in five inch squares. Core and halve the apples. Fold each piece of apple in a square of paste, bringing the corners to the core. Turn dumplings upside down in a well buttered dripping pan. Dot with bits of butter, sprinkle with sugar. Set the pan in a quick oven and after ten minutes pour on boiling water to half cover. Baste often and bake about thirty minutes in a moderate oven. Serve with cream or the syrup from the pan.

Apple Cake

The rule for Shortcake No. 2 2 tablespoons sugar
4 or 5 sour apples 1/2 teaspoon cinnamon

Pare and core and cut apples into eighths. Lay the pieces closely in rows the long way of the biscuit pan. Mix sugar and cinnamon and sift over the apples. Roll shortcake paste to exactly fit the pan, cover the apples and bake in a quick oven for thirty minutes. Serve with hard sauce or with cream.

Peach Cobbler

Rule for Shortcake No. 2 1 qt. peaches
2 cups sugar

Pare and stone the peaches; fill a granite baking dish one-half full, add the sugar; roll the shortcake paste to exactly fit the pan, cut two or three gashes to allow steam to escape; cover the fruit and bake for an hour or longer, or until the peaches show a dark red color. Cool and serve with sugar and cream.

Peach Dumplings

Make one-half the rule for Shortcake No. 1, roll out one inch thick, cut three inch rounds and make a large hollow in the biscuit with a cup, leaving just the rim around the edge, fill with fresh peaches cut in quarters, or nice canned peaches; sprinkle white sugar over the top enough to season well, set the dumplings in a pan and bake thirty minutes in a moderate oven; ten minutes before taking out pour over 1 pint boiling hot syrup (use the juice from the can) and baste twice, increase the heat to glaze the dumplings; if they brown a little, all the better.

One Egg Muffins

1 1/2 cups Gold Medal flour 1/2 teaspoon salt
1 tablespoon sugar 1 egg
3 teaspoons baking powder 1 cup milk
1 tablespoon melted butter

Measure, mix and sift the dry ingredients; add the milk, beaten egg and melted butter; beat vigorously. Half fill well greased muffin tins and bake in a hot oven from twenty to twenty-five minutes.

Corn Muffins, No. 1

1/2 cup corn meal 2 eggs
1 1/2 cups Gold Medal flour 1 tablespoon butter
1 cup milk 2 tablespoons sugar
4 teaspoons baking powder

Mix and sift the dry ingredients, add the milk, beaten eggs and melted butter; beat vigorously. Half fill well greased muffin pans and bake in a hot oven twenty to twenty-five minutes.

Corn Muffins, No. 2

One cup corn meal, 2 tablespoons sugar, 1 teaspoon salt, 1 even tablespoon butter, 5 cups boiling water. At night mix the meal, salt, sugar in top of double boiler; add the boiling water and butter and cook one hour. Turn into a mixing bowl and pour over it 1/4 cup water to keep a crust from forming. In the morning beat it up soft and smooth, mix 1 1/2 cups fine yellow corn flour, 1 1/2 cups Gold Medal flour, 2 even teaspoons baking powder and stir into the mixture. Add 1 egg well beaten, bake in iron gem pans in a hot oven; or, in the morning add 1 cup each of corn, rye and wheat flour; or, 1 1/2 corn, 1 granulated 1/2 cup wheat flour. These are good enough to pay for the extra trouble of cooking the evening before using.

Loaf Corn Bread

2 cups yellow meal 1 tablespoon sugar
2 cups Gold Medal flour 3 eggs
1 teaspoon salt 2 cups milk
4 teaspoons baking powder 3 tablespoons melted butter

Measure, mix and sift the dry ingredients, add milk, eggs well beaten and melted butter. Beat long and hard. Bake in a large round loaf in a moderate oven.

Togus Muffins

1 1/2 cups corn meal 1/2 teaspoon salt
1 1/2 cup Gold Medal flour 1 cup sweet milk
1 teaspoon soda 1 cup sour milk
1/4 cup molasses

Mix and sift the dry ingredients, add the milk and molasses, beat thoroughly; pour in well greased muffin cups and steam for two hours.

White Corn Bread

4 cups white corn meal 2 cups sour milk
1 tablespoon melted butter 1 teaspoon soda
1 teaspoon salt 3 eggs

Scald the corn meal with boiling water. The meal must be moistened but not wet. Add to this butter and salt, eggs well beaten and the sour milk. Beat until smooth. Dissolve soda in a tablespoon of the boiling water and stir into the mixture. Turn into a greased pan and bake in a moderate oven forty-five minutes.

Corn and Rice Cakes

2 cups white corn meal 3 eggs
1 cup boiled rice 2 cups milk
1 teaspoon salt 2 tablespoons melted butter
1 tablespoon Gold Medal flour 3 teaspoons baking powder

Mix the dry ingredients, add the milk slowly; beat in the rice, add the eggs well beaten, the melted butter, beat thoroughly. Bake in greased muffin pans for twenty minutes.

Hominy and Corn Meal Cakes

1 cup corn meal 2 tablespoons sugar
2 tablespoons hominy 2 teaspoons baking powder
1 tablespoon butter 1/2 cup boiling water
1/2 teaspoon salt 1 cup scalded milk
2 eggs

Mix hominy and salt and butter, add boiling water and cook in double boiler until all the water is absorbed. Scald the corn meal with the milk, add sugar and hominy; cool the mixture and add the eggs, yolks and whites beaten separately, and the baking powder. Bake in buttered gem pans for twenty minutes.

Corn Cake with Suet

1 cup corn meal 1/2 teaspoon soda
1 cup Gold Medal flour 1/2 cup chopped suet
1/2 teaspoon salt 2 cups sour milk

Mix and sift the dry ingredients, add suet and the sour milk. Beat well and bake in a moderate oven one-half hour. May be eaten with syrup but is recommended only for zero weather.



GOLD MEDAL FLOUR—It's a Biscuit Flour—It's a Bread Flour.

Johnny Cake

- | | |
|------------------------|-------------------|
| 4 cups corn meal | 3 cups buttermilk |
| 1 teaspoon salt | 2 teaspoons soda |
| 2 tablespoons molasses | 2 eggs |

This rule calls for water milled corn meal. The usual kiln dried meal makes a different quality and the proportions should be 3 cups of meal and 1 of flour. Mix and sift the dry ingredients, add the buttermilk and molasses slowly; add the beaten eggs and beat all together for two minutes with a broad wooden spoon. Bake in two pans for one-half hour in a moderate oven.

Graham Muffins

- | | |
|---------------------------|----------------------------|
| 1 cup graham flour | 1 teaspoon salt |
| 1 cup Gold Medal flour | 1 cup milk |
| $\frac{1}{4}$ cup sugar | 1 egg |
| 3 teaspoons baking powder | 1 tablespoon melted butter |

Mix and sift the dry ingredients; add gradually the milk; the egg well beaten and butter. Bake in hot buttered gem pans twenty-five minutes.

Raised Muffins

- | | |
|-------------------------|-----------------------------|
| 4 cups Gold Medal flour | 1 yeast cake |
| 2 cups scalded milk | 2 tablespoons butter |
| 1 tablespoon sugar | $\frac{1}{2}$ teaspoon salt |
| | 2 eggs |

Put the salt, sugar and butter into a mixing bowl, scald with the milk. When lukewarm add the yeast broken in bits; stir to dissolve the yeast and make a sponge with 3 cups of flour, beat well. When light add the eggs well beaten and 1 cup of flour; raise until light. Bake in greased gem pans or rings in a quick oven for twenty or twenty-five minutes.

English Muffins

- | | |
|------------------------------------|---|
| 4 cups Gold Medal flour | 1 teaspoon salt |
| $1\frac{1}{2}$ cups lukewarm water | $\frac{2}{8}$ yeast cake dissolved in
$\frac{1}{8}$ cup cold water |

Add the salt and the dissolved yeast cake to the warm water and gradually stir in the flour. Beat the dough thoroughly. Cover and let rise in a warm place for five hours. Shape the dough on a floured board into balls about twice as large as an egg, flatten to one-third of an inch thick. Lay these on a warm griddle which has been lightly greased and let them rise slowly. As soon as they have risen a little increase the heat and cook slowly, turning often. They should take twenty minutes to rise and fifteen minutes to bake. Tear them apart and butter while hot.—Miss Parloa.

Raised Graham Muffins

Use the rule for graham bread, but half fill well buttered gem pans. Raise until light and bake twenty minutes in a quick oven.

This rule when baked in a sheet in a flat pan is called Sally Lunn.

Sally Lunn

- | | |
|-------------------------|---------------------------|
| 4 cups Gold Medal flour | 3 teaspoons baking powder |
| 1 teaspoon salt | 3 eggs |
| 2 tablespoons sugar | 2 cups milk |
| | 2 tablespoons butter |

Mix and sift the dry ingredients, add milk slowly, the eggs well beaten, melted butter. Beat well. Bake in sheet or in muffin pans. The rule makes sixteen muffins.

Quick Coffee Bread

Same as above, using $\frac{1}{2}$ cup less of milk, 5 eggs and sprinkling sugar and cinnamon on top.

Yorkshire Toasted Tea Cakes

- | | |
|---|---------------------------------|
| 2 cups scalded milk | 1 teaspoon salt |
| 1 cup butter | 1 egg |
| 1 yeast cake dissolved in
$\frac{1}{4}$ cup lukewarm water | 3 pints sifted Gold Medal flour |

When the milk is lukewarm make a sponge using 3 pints of sifted flour, add the salt and melted butter. Beat these smooth and let rise until very light. Add a beaten egg and enough flour to knead smooth. Make this into flat cakes the size of a tea plate. Let them rise an hour and bake in a moderate oven. The next day split and toast. Butter at once and serve hot.

Brown Muffins

- | | |
|-----------------|-----------------------------|
| 1 cup corn meal | $\frac{1}{4}$ cup molasses |
| 2 cups rye meal | $\frac{1}{2}$ teaspoon salt |
| | $\frac{1}{4}$ yeast cake |

Dissolve the yeast cake in a little lukewarm water. Add enough more to make a soft dough. Let rise over night. In the morning add $\frac{1}{4}$ teaspoon of soda dissolved in as little warm water as possible. Half fill well greased muffin pans, let stand until light, bake in a moderate oven.

Rice Muffins, No. 1

- | | |
|--------------------------------|--------------------------|
| 1 cup boiled rice | 1 cup scalded milk |
| $\frac{1}{2}$ tablespoon sugar | $\frac{1}{2}$ yeast cake |
| 1 tablespoon melted butter | 2 eggs |
| | Gold Medal flour |

Mix the first three ingredients thoroughly; when the milk is lukewarm dissolve the yeast in it and add to the rice mixture. Use flour enough to make a stiff dough. Rise until light, then add the eggs well beaten. Half fill well buttered muffin pans; raise until very light. Bake ten minutes in a hot oven.

Cream Muffins

- | | |
|-----------------------------|---------------------------|
| 2 cups Gold Medal flour | 3 teaspoons baking powder |
| $\frac{1}{2}$ teaspoon salt | 2 eggs |
| | $1\frac{1}{4}$ cups cream |

Mix and sift the dry ingredients four times. Beat the yolks and add with the cream to the flour slowly. Beat the whites very light and fold into the batter. Bake in well greased muffin pans. Serve hot.

Pauline Muffins

- | | |
|-----------------------------|----------------------------|
| 2 cups Gold Medal flour | 2 cups milk |
| 1 tablespoon sugar | 1 tablespoon melted butter |
| 3 teaspoons baking powder | 2 eggs |
| $\frac{1}{2}$ teaspoon salt | |

Mix and sift the dry ingredients, add the milk slowly, the eggs well beaten and the melted butter. Beat rapidly until very light. Fill gem pans two-thirds full and bake in a quick oven.

Harrison Bread

- | | |
|-----------------------------|------------------|
| 2 cups scalded milk | 4 eggs |
| 1 tablespoon lard | 1 yeast cake |
| $\frac{1}{2}$ teaspoon salt | Gold Medal flour |

Scald the lard and salt with milk; when lukewarm add the yeast broken in small pieces. When cold add eggs well beaten. Make a thick batter with flour. Let rise until light and bake in a loaf. Serve hot and slice at the table like cake.

Blueberry Tea Cake

- | | |
|---------------------------|---------------------------------|
| 2 cups blueberries | 1 cup sugar |
| 4 cups Gold Medal flour | $\frac{1}{2}$ cup melted butter |
| 1 teaspoon salt | 2 eggs |
| 4 teaspoons baking powder | 2 cups milk |

Mix and sift the dry ingredients, add milk slowly, melted butter and eggs well beaten. Beat all together thoroughly, dredge blueberries with flour and fold into the batter. Fill greased gem pans three-quarters full and bake one-half hour in a moderate oven. Serve with stewed berries.—Miss Helen Campbell.

Squash Muffins, No. 1

- | | |
|--------------------------|-----------------------------------|
| $\frac{1}{2}$ cup sugar | $1\frac{1}{2}$ cups sifted squash |
| 1 teaspoon salt | $1\frac{1}{2}$ cups scalded milk |
| $\frac{1}{2}$ cup butter | 1 yeast cake |
| | Gold Medal flour |

Cool the milk and dissolve in it the yeast cake. Cream the butter, add the sugar and salt, beat together two minutes. Add squash. Dilute with the milk and dissolved yeast cake; mix stiff with flour (about five cups), knead well and let rise till light. Shape into biscuit, raise slowly. It will take half an hour longer than for plain rolls and they must not be too warm. Bake a half hour in a moderate oven.

GOLD MEDAL FLOUR—It's a Pastry Flour—It's a Cake Flour.

Squash Muffins, No. 2

- | | |
|---------------------------|---------------------|
| 2 cups Gold Medal flour | 4 tablespoons sugar |
| 2 teaspoons baking powder | 1 cup sifted squash |
| 1 teaspoon salt | 1 cup milk |
| | 2 eggs |

Mix and sift the dry ingredients, add the milk slowly, beat in the squash and the eggs, well beaten. Bake like tea cakes.

Popovers

- | | |
|-----------------------------|-------------------------------|
| 1 cup Gold Medal flour | $\frac{7}{8}$ cup milk |
| $\frac{1}{4}$ teaspoon salt | 1 egg |
| | $\frac{1}{2}$ teaspoon butter |

Mix and sift the dry ingredients, add the milk gradually, add egg beaten until light. Beat the batter for five minutes. Have iron gem pans or stone cups well greased and hissing hot, fill half full; bake thirty to thirty-five minutes in a hot oven.

This rule when served with a rich hot sauce for dessert is called "Sunderland Pudding."

Graham Puffs

- | | |
|---------------------|-----------------------------|
| 2 cups graham flour | $\frac{1}{2}$ teaspoon salt |
| 1 teaspoon sugar | 2 cups milk |
| | 3 eggs |

Mix the dry ingredients; beat the eggs till very light; add the milk to the dry ingredients slowly, beat in the eggs and continue beating for three minutes. Turn the batter into well greased warm muffin pans and bake in a moderate oven for half an hour. If the taste of rye be liked half a pint of rye meal may be substituted for the graham.

Whole Wheat Puffs

- | | |
|-----------------------------|-------------|
| 2 cups whole wheat flour | 1 cup milk |
| $\frac{1}{4}$ teaspoon salt | 1 cup cream |
| | 1 egg |

Beat the white to a stiff froth; to the yolk add the milk and cream and beat together until perfectly mingled and foamy with air bubbles. Add the flour sifted with the salt; continue beating vigorously for eight or ten minutes, then fold in the beaten white and turn at once into hot iron gem pans and bake. Fill the irons full, bake from thirty to thirty-five minutes.

Corn Popovers

- | | |
|--------------------------------------|-----------------------------|
| $1\frac{1}{4}$ cups sifted corn meal | 1 tablespoon melted butter |
| 2 cups scalded milk | 3 eggs |
| | $\frac{1}{4}$ teaspoon salt |

Scald the corn meal with the milk, add butter and salt, beat thoroughly. When cool add 3 well beaten eggs, pour into hot iron gem pans and bake from thirty to thirty-five minutes in a hot oven.

Rye Breakfast Muffins

- | | |
|------------------------|-----------------------------|
| 1 cup rye meal | $\frac{1}{4}$ cup sugar |
| 1 cup Gold Medal flour | $\frac{1}{2}$ teaspoon salt |
| 1 cup milk | 3 teaspoons baking powder |
| | 1 egg well beaten |

Mix and sift the dry ingredients, add milk slowly and the egg well beaten; beat all together, bake twenty minutes in muffin tins in quick oven.

Wafers

- | | |
|-----------------------------|----------------------|
| 2 cups whole wheat flour | 2 tablespoons butter |
| $\frac{1}{2}$ teaspoon salt | Milk |

Mix and sift the dry ingredients; cut and rub in the butter. Make a stiff dough with milk. Take bits of dough double the size of an English walnut and roll them the size of an eight inch plate. Bake in quick oven till lightly browned.

Beaten Biscuit

- | | |
|----------------------|------------|
| 3 pints pastry flour | 1 cup lard |
| 1 teaspoon salt | Milk |

Mix and sift flour and salt; cut and rub the lard into the flour. Make a stiff dough with milk or milk and water; knead and beat with rolling pin or mallet for one hour. The dough should be smooth and glossy, bits should break off with a snap. Shape in thin flat cakes, prick all over with a sharp fork and bake in a moderate oven to a delicate brown, until the edges crack a little. They must have time enough to bake thoroughly or they will be heavy in the middle.

Dodgers

- | | |
|-----------------------------|---------------------|
| 1 cup corn meal | 1 cup boiling water |
| $\frac{1}{2}$ teaspoon salt | 1 teaspoon butter |

Scald the corn meal with water, beat until smooth and cook one hour in double boiler, add butter. Drop by spoonfuls on a buttered griddle, pat them flat, put a dot of butter on each before turning. They are good accompaniment to boiled ham. May be used for a winter breakfast cooked in a frying pan after sausage or bacon.

Hoe Cake

- | | |
|------------------------|-----------------|
| 4 cups white corn meal | 1 teaspoon salt |
| | Boiling water |

Mix salt and meal, add boiling water to make a stiff batter. Moisten hands in cold water. Take a tablespoon of the batter in your hand and press it into a thin round cake. If you have an open fire, have before it an oak plank, well heated. Place the cakes on the board in front of the fire. Bake on one side and turn and bake on the other until thoroughly done, about three-quarters of an hour. These can also be baked on a griddle on top of the fire.

When done pull apart, butter and send to the table hot. Good.—Mrs. Rorer.

Thin Corn Cake, called "Splits."

- | | |
|-----------------------------|-----------------------------------|
| 1 cup yellow corn meal | 2 tablespoons melted butter |
| $\frac{1}{4}$ teaspoon salt | $1\frac{1}{2}$ cups boiling water |
| | 1 teaspoon sugar |

Mix and sift the dry ingredients, scald with the boiling water and beat thoroughly. Add the butter and when well mixed spread very thin on buttered tin sheets. Bake slowly about twenty minutes. Pull apart and butter while hot.

Corn Meal Scones

- | | |
|------------------|---------------------------|
| 2 cups corn meal | 2 teaspoons baking powder |
| 1 teaspoon sugar | 2 teaspoons butter |
| 1 teaspoon salt | Milk |

Mix the dry ingredients, rub in the butter, add sufficient cold milk to make a drop batter, bake on a griddle in muffin rings as you would ordinary muffins.

Scotch Shortbread

- | | |
|-------------------------------------|---------------------------|
| 1 lb. Gold Medal flour | $\frac{1}{2}$ lb. butter |
| $\frac{1}{4}$ lb. light brown sugar | 1 tablespoon caraway seed |

Mix flour and butter together with hands, then add sugar and seeds mixed, knead the paste smooth, roll out one-half inch thick and cut in oblong cakes. Prick all over and bake in moderate oven one-half hour.

Griddle Cakes

To bake pan cakes with comfort do not grease the griddle, if the cakes stick add a teaspoon of butter to the batter; it is much better to have it there than on the hot griddle, where it burns and fills the house with vile smoke. Turn the griddle often to keep the heat even. When using a gas range set the cake griddle on two open griddles instead of one. Keep the cake turner free from batter and clear off all drops and crumbs before putting on fresh batter. Let each cake bake until full of holes and dry at the rim, turn only once and let it stand till it has done puffing. Cakes made with a large proportion of cooked material like rice, crumbs, etc., can be cooked more quickly than when made wholly of flour.

Griddle Cakes, No. 1

- | | |
|---------------------------|---------------------------------|
| 2 cups Gold Medal flour | 2 eggs |
| 3 teaspoons baking powder | $\frac{1}{4}$ cup melted butter |
| $1\frac{1}{2}$ cups milk | $\frac{1}{4}$ teaspoon salt |

Mix and sift the dry ingredients, add the milk and beaten eggs. Beat well. Add the butter, beat again and bake by spoonfuls on a hot griddle.



GOLD MEDAL FLOUR—It's a Bread Flour—It's a Biscuit Flour.

Griddle Cakes, No. 2

2 cups Gold Medal flour 2 cups sour milk
 $\frac{1}{2}$ teaspoon salt 2 tablespoons melted butter
 1 teaspoon soda 2 eggs
 Mix the dry ingredients, add milk slowly, beaten eggs, and beat; add melted butter, beat again; and drop by spoonfuls on hot griddle.

One-half graham and one-third corn meal may be substituted. They should cook more slowly.

Add 1 pint of huckleberries cleaned and rolled in flour, or 1 cup peaches cut fine and laid in sugar for an hour, or cherries stewed sweet and drained. When eggs are scarce reduce the number of eggs, diminish the amount of milk and increase the amount of beating.

French Pan Cakes

2 cups Gold Medal flour $\frac{1}{4}$ teaspoon salt
 1 tablespoon sugar 1 cup milk 3 eggs
 Mix and sift the dry ingredients, add milk slowly and the beaten eggs, beat together for five minutes and fry in hot butter; roll up and fill with any kind of fruit, sprinkle with a little powdered sugar and serve hot.

Crumb Pan Cakes

$1\frac{1}{2}$ cups coarse bread crumbs 2 eggs
 2 cups milk 1 cup Gold Medal flour
 1 tablespoon butter 2 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt

Cook the crumbs, milk and butter in double boiler for fifteen minutes, rub through a sieve. When cool add the beaten yolks of 2 eggs and the flour sifted with baking powder and salt. Then fold in the whites beaten very stiff and bake slowly as ordinary griddle cakes.

Pan Cakes with Rice

No. 1.

2 cups boiled rice $\frac{1}{2}$ cup milk
 2 tablespoons melted butter $\frac{1}{2}$ cup Gold Medal flour
 2 eggs

Mix in the order given, beat thoroughly, cook like griddle cakes.

No. 2.

One pint soft boiled rice, if cold heat with 2 tablespoons milk, mixing thoroughly with a fork; add 1 cup sour milk, 1 cup Gold Medal flour in which there is 1 scant teaspoon of soda and 2 well beaten eggs.

No. 3.

One-half pint boiled rice, crushed and beaten gradually into 1 quart milk, 3 cups Gold Medal flour sifted with 3 teaspoons baking powder and $\frac{1}{2}$ teaspoon salt, add 4 tablespoons softened butter and 2 eggs beaten separately, folding the whites in carefully the last thing.

Graham Griddle Cakes

1 cup graham flour 1 teaspoon salt
 1 cup Gold Medal flour 2 cups milk
 1 teaspoon sugar $\frac{1}{2}$ yeast cake

Scald the sugar and salt with the milk; when cool dissolve in it the yeast cake. Make a batter with the graham and white flour, beat well and let it rise over night in a cool place. In the morning add $\frac{1}{4}$ teaspoon soda, dissolved in 2 tablespoons of milk. Bake as ordinary griddle cakes.

Buckwheat Cakes

1 cup buckwheat $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup corn meal 2 cups boiling water
 $\frac{1}{2}$ cup Gold Medal flour $\frac{1}{2}$ yeast cake

Scald the corn meal and salt with the boiling water. Beat well and when cool add the flour and buckwheat, add dissolved yeast. Let stand over night, in the morning pour off discolored water that lies on top of batter and dilute with $\frac{1}{2}$ cup of milk in which $\frac{1}{4}$ teaspoon of soda is dissolved. Butter the griddle lightly and bake in small cakes quickly. Beat the batter and add more milk or soda if needed. A tablespoon of molasses may be added before cooking.

Save a cup of batter to serve as yeast for the next day.

The griddle for these cakes must be well greased.

Potato Pan Cakes

2 cups grated potato $\frac{1}{2}$ teaspoon salt
 2 eggs 1 tablespoon Gold Medal flour
 Few grains of pepper

The potato should be peeled and kept in cold water over night, drained and grated in the morning. Beat the eggs separately; mix all the ingredients, brown in thin cakes in butter. In winter serve with meat, in summer serve with Tomato or Brown Sauce.

Waffles

Any of the recipes for pancakes can be cooked in a waffle iron by adding more butter to make the proportion equal two ounces butter to each pint of Gold Medal flour. Yolks and whites are best beaten separately.

One Egg Waffles

$1\frac{1}{2}$ cups Gold Medal flour $1\frac{3}{4}$ cups milk
 $1\frac{1}{2}$ teaspoons baking powder 1 egg
 $\frac{1}{4}$ teaspoon salt 2 tablespoons melted butter
 Mix dry ingredients, add milk slowly, egg beaten very light and the melted butter. Beat batter for two minutes and drop by spoonfuls on well greased, hot waffle iron.

French Waffles

3 cups Gold Medal flour 7 eggs
 $\frac{1}{4}$ teaspoon salt 1 tablespoon brandy
 1 cup butter Grated peel of $\frac{1}{2}$ lemon
 1 cup sugar 1 yeast cake
 2 cups milk

Cream the butter, add the sugar, add singly the yolks of eggs and grated lemon peel. Add flour and milk alternately, beating until it is full of bubbles. Add the dissolved yeast cake and the stiff whites of eggs. Let it rise three hours and bake as ordinary waffles.

German Waffles

$\frac{1}{2}$ cup butter 2 cups Gold Medal flour
 1 cup powdered sugar 2 teaspoons baking powder
 8 egg yolks $\frac{1}{2}$ teaspoon salt
 $\frac{3}{8}$ cup milk Gratings of lemon

Cream the butter, add the sugar, beating to a cream; beat thoroughly. Sift the flour, salt and baking powder and add with the milk alternately; add the lemon peel.

Doughnuts

1 cup sugar $\frac{1}{2}$ teaspoon salt
 1 cup sour cream $\frac{1}{4}$ grated nutmeg
 1 teaspoon soda 1 egg
 3 cups Gold Medal flour

Combine in the order given, add flour to make dough stiff enough to roll; toss one-third the mixture on floured board, knead slightly, roll out to one-fourth inch thickness; cut with doughnut cutter. Fry in deep fat, take up on a skewer and drain on brown paper. Add trimmings to half the remaining mixture, roll, shape and fry as before. Roll in powdered sugar before serving.

Doughnuts

2 eggs beaten light 3 cups Gold Medal flour
 1 cup sugar 3 teaspoons baking powder
 1 cup milk 1 teaspoon each of cinnamon
 2 tablespoons melted butter and salt

Have board well floured and take on it 1 large spoon of dough, kneading gently till firm enough to roll out and cut. Mix the trimmings with a fresh spoon and roll again, repeating until all are used. Cook in fat hot enough to make them rise instantly to the top

Dropped Doughnuts

$\frac{1}{2}$ cup milk 1 egg, beaten separately
 $\frac{1}{2}$ cup sugar $\frac{1}{2}$ teaspoon salt
 Grated rind of 1 lemon $\frac{1}{2}$ teaspoon nutmeg
 $1\frac{1}{2}$ cups Gold Medal flour 1 heaping teaspoon baking powder

Hold teaspoonful of batter close to fat and the doughnuts will come up in round balls.

GOLD MEDAL FLOUR—It's a Cake Flour—It's a Pastry Flour.

Familiarize Yourself
With This Brand
of Flour



IT IS ALL IMPORTANT IN BAKING.

Pastry



Puff Paste

1 lb. Gold Medal flour 1 lb. butter
1 teaspoon salt Ice water

Keep everything clean and cold; wash the butter in cold water, reserve one-third pound. Divide the remaining two-thirds into four equal parts and pat each into a thin sheet. Set these sheets on ice.

Mix and sift the flour and salt, cut and rub the reserved butter into it and make as stiff as possible with ice water. Dust moulding board slightly with Gold Medal flour, turn the paste onto board and knead for one minute, place on ice and let stand for five minutes. Beat and roll the paste into an oblong sheet one-third inch thick; place one sheet of butter on the middle of the paste, fold the paste, letting the right third fold over and the left third fold under. The paste is now in a rectangular shape and with a little care in rolling can be kept so through all the subsequent foldings and rollings. Roll out to one-quarter inch thick and fold as before, but without butter. The third time of folding enclose the second piece of butter, and continue adding it at every alternate rolling until the butter has all been used; as there were four sheets of butter that will make eight times folding and rolling the paste. Finally give one or two extra turns. Lay on ice until needed for use. It is better to lie for several hours before being baked. If the paste sticks to the board or pin, lay on ice until chilled through, scrape the board clean, polish with a dry cloth and dust with fresh flour before trying again. Use as little flour in rolling as possible, but use enough to keep the paste dry. Roll with a light, even, long stroke in every direction, but never work the rolling pin back and forth, as that kneads the paste and toughens it, besides breaking the bubbles of air. The number of layers of butter and paste make it flaky, and every bubble of air that is folded in helps it to rise and puff in baking.

Patty Cases

Make the rule for Puff Paste; it will be sufficient for twelve large cases or twenty small ones. To shape the paste for patties roll to about one-quarter inch in thickness and stamp out with two and one-quarter inch cutter twice as many pieces as you wish shells. Cut centers from one-half of them, leaving the rim about one-half inch wide. Lay these rings on the whole rounds, pressing them down that they may stick together. In very cold weather it may be necessary to wet the top of the large rounds near the edge to make sure that the rings shall not slip. To make very deep shells roll the paste about one-eighth inch thick and lay on two rings, or even three, but they are troublesome to make as they are apt to slip to one side. The oven should be as hot as for baking white bread.

Patty shells should rise in ten minutes and then take about twenty minutes longer to bake through and brown. There will usually be a little soft dough in the center that should be picked out with a fork, taking great care not to break through the side or bottom crust. Large Vol au Vent cases should be rolled to the thickness of an inch and one-half, and they may be round or oval in shape. Mark out an inner line about two and one-half inches from the

edge, and with a thin, sharp knife blade (dipped first in hot water) cut from two-thirds to three-quarters of the way through the paste. These are much more difficult to bake than the smaller shells and there is always much uncooked paste to be removed from the center. The filling gives the name to the dish, and their names are legion. Any kind of delicate meat, game, fish or shell-fish may be used in connection with Velouté, Béchamel, or Supreme Sauce, or for game and other dark meats a brown Mushroom, Bordelaise or Spanish Sauce at pleasure.

Tarts

Roll puff paste one-quarter inch thick, cut with fluted cutter. Bake. Fill with jelly or jam. They are served cold.

Chopped or Rough Paste

1 lb. Gold Medal flour 1 teaspoon salt
14 oz. butter 1 cup ice water

Sift flour and salt, chop the butter into it with two knives. Add the water slowly, tossing the mass together until a little more than half the flour is moistened. Turn on moulding board. Form with a long knife into a square mould and press down with a cold rolling pin, rolling gently till the mass is three times as long as it is wide. With a broad bladed knife turn over the ends so as to fold it in thirds, roll out again, repeat, gathering all the loose crumbs between the folds at each turn. It will usually need four turns. This can be shaped and baked at once but is more flaky if allowed to chill on ice for an hour.

Plain Pastry

1½ cups Gold Medal flour ½ teaspoon salt
½ cup shortening Cold water

The shortening may be all lard or all butter, or ¼ cup lard and ¼ cup butter. Butter makes more flaky crust than lard. Have everything cold. Mix flour and salt, cut in the shortening until mixture is like fine meal. Make a stiff paste with ice water. All pastry needs a quick oven at first to keep it from melting. Never grease the pie plate. Tin or granite ware plates are the best for use. Cut holes in the upper crust for the escape of steam. The English method of baking fruit pies in deep dishes with no under crust is most wholesome. Their meat and game pies made in this way are excellent.

To make this rule flaky use half lard and half butter. Cut the lard into the flour to a fine meal, add the ice water and roll out to one-third inch thick. Dot on one-half the butter in thin pieces, dust with Gold Medal flour and fold in thirds; pat and roll out again, repeat this till the butter is used and roll up as a jelly roll. Cut from the ends and roll into a sheet.

Pie Plant Pie

3 cups pie plant diced 1 tablespoon Gold Medal flour
1 cup sugar 1 teaspoon butter.

Wash the pie plant, do not skin; cut in small pieces. Mix sugar and flour, put half on the lower crust of pastry, add the pie plant, pour over the remaining half of sugar, dot with butter and cover with upper crust. Bake from forty to forty-five minutes.

GOLD MEDAL FLOUR—It's a Pastry Flour—It's a Cake Flour.

Apple Pie

- 5 or 6 apples
 $\frac{1}{2}$ cup sugar
1 teaspoon butter
- Few gratings of nutmeg
 $\frac{1}{2}$ teaspoon cinnamon
Once the rule for plain paste

Divide the paste, line the plate, prepare the top sheet. Pare and core and cut the apples into eighths, pile into pie tin as high above the edge as the bottom of the plate is below. Add sugar and spices mixed together, dot with butter, brush the rim of paste with cold water; lay the top paste over and press edges together firmly. Bake forty to forty-five minutes in moderate oven.

Creamed Apple Tart

- 3 cups sliced apples
 $\frac{3}{4}$ cup brown sugar
Grated rind of half a lemon
- Juice of half a lemon
2 cups boiled custard
Once the rule for plain paste

Line a small, deep pudding dish with pastry, add the apples, sugar and lemon, cover with the upper paste and bake for forty minutes. When done lift the crust and pour in the boiled custard. Return the cover and serve ice cold. Whipped cream may be used for filling. In this case heap it high and do not put on the cover again.

Custard Pie

- 2 cups milk
1 teaspoon Gold Medal flour
 $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
3 eggs
 $\frac{1}{2}$ teaspoon flavoring extract
- Line a deep pie plate with plain paste. Rub the flour smooth with $\frac{1}{2}$ cup cold milk, add to the remainder of the milk scalded; cook five minutes. Beat the eggs and combine with sugar and salt. Pour the milk mixture over this slowly, add flavoring, strain into the plate. Bake slowly. It is done when the knife blade makes a clean cut.

Pumpkin Pie

- 1 cup sifted pumpkin
 $\frac{1}{2}$ teaspoon salt
1 saltspoon mace
 $\frac{1}{2}$ teaspoon cinnamon
- $\frac{2}{3}$ cup sugar
1 egg
 $\frac{1}{2}$ cup scalded milk
 $\frac{1}{2}$ cup scalded cream

Line a deep pie plate with plain paste. A rim of puff paste may be laid around the edge. Combine the first four ingredients, beat the egg and mix with sugar, pour the milk and cream into this slowly, combine with the pumpkin mixture and pour into the pie. Time, thirty-five to forty minutes.

Squash may be substituted for pumpkin.

For potato pie use sweet potato boiled and sifted.

Sweet Potato Pie

Boil sweet potatoes until well done. Peel and slice them. Line a deep pie pan with good plain paste, and arrange the sliced potatoes in layers, dotting with butter and sprinkling sugar, cinnamon and nutmeg over each layer, using at least $\frac{1}{2}$ cup sugar. Pour over 3 tablespoons whisky, about $\frac{1}{2}$ cup water, cover with pastry and bake. Serve warm.—Mrs J. B. S. Holmes, Rome, Ga.

Lemon Pie, No. 1

- 1 cup sugar 2 eggs
3 tablespoons corn starch
1 cup boiling water
- 1 teaspoon butter
Juice of 1 lemon
Grated rind of $\frac{1}{2}$ lemon

Mix sugar and corn starch, add boiling water slowly and cook until clear; add the butter, beaten egg yolks and lemon; cool the mixture. Line a pie plate with half the rule for plain pastry, with a fork prick the bottom, or use a perforated pie pan. Bake the crust to a light brown, when done pour in the lemon mixture. Whip the whites of eggs very stiff, add 2 tablespoons of sifted powdered sugar. Spread this mixture over the top for a meringue; return to the oven and brown lightly.

Lemon Pie, No. 2

- 1 cup sugar
2 tablespoons cracker dust
 $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup milk
2 eggs
Grated rind and juice of 1 lemon

Use this rule to fill shallow muffin pans lined with rough puff paste, cover each with a meringue.

Brambles

One lemon grated whole, 1 cup raisins, seeded and chopped fine, $\frac{1}{2}$ cup sugar, 1 egg, 1 tablespoon cracker dust, bake in "turnovers" or patty pans, or better still, roll trimmings of puff paste as thin as possible, put a layer on a baking sheet, spread with above mixture and cover with another flat of paste. Mark off with a pastry jagger in strips four inches long by two inches wide and bake in a quick oven. These are nice with a thin icing and are delicious with cocoa for lunch. Another richer filling is made by chopping very fine $\frac{1}{4}$ pound figs, 2 ounces citron, $\frac{1}{4}$ cup pistachio nuts (or almonds), 2 ounces seeded raisins, add 1 egg well beaten and use like the above.

Cherry Tart

Line a deep pie dish with plain paste. Pick over $1\frac{1}{2}$ pounds of cherries; turn a tiny cup upside down in the middle, fill around it with the fruit, add sugar to taste. Lay a wide strip of plain paste around the edge of the dish, cover and press the edges firmly together with a pastry jagger, bake in hot oven and serve with powdered sugar sprinkled thickly on top. All juicy fruits are most excellent cooked in the same way.

Mirlitons

- 6 macaroons
1 tablespoon grated chocolate
2 cups scalded milk
- 3 egg yolks
1 tablespoon sugar
1 teaspoon vanilla

Pound and sift the macaroons, add chocolate and milk, let stand ten minutes then add the egg yolks, sugar and flavoring. Line patty tins with puff or chopped paste, fill with the mixture and bake in a quick oven twenty minutes.

Mince Pie, Plain

Four pounds lean beef from neck, cook in a little water for $3\frac{1}{2}$ hours. Remove gristle and bone and when cold chop fine. Reduce liquor to 1 pint and add to chopped meat. Combine with it the following: $1\frac{1}{2}$ pounds suet chopped fine, 4 teaspoons salt, 2 pounds sugar, 2 pounds raisins, 1 pound currants, $\frac{1}{2}$ pound citron shredded, 3 oranges and 3 lemons, juice and grated rind; 4 teaspoons cinnamon, 2 teaspoons mace, 1 teaspoon clove, 1 quart boiled cider, 5 quarts chopped apple. Cook together thirty minutes, seal in Mason jars and keep in a cool place. This rule makes 8 quarts of mince.

Mince Pie, Plain

Two cups chopped beef, 4 cups sugar, 1 nutmeg, 2 cups boiled cider, 2 lemons, rind and juice, or a sour orange, 4 teaspoons salt, 4 teaspoons cinnamon, 4 cups of chopped fruit (raisins, citron, currants), 1 teaspoon cloves, 1 cup suet, finely chopped. Mix and scald, pack down in jars and pour a little brandy on top. When used add 6 cups chopped apple and stoned raisins, *ad lib.*

Mince Pie, Richer

One pound fresh beef, 1 pound tongue, $\frac{1}{2}$ pound salt pork (scalded) chopped very fine, 1 pound large raisins, seeded, 1 pound Sultana raisins, 1 pound currants, $\frac{3}{4}$ pounds "A" sugar, $\frac{3}{4}$ pounds granulated sugar caramel, 1 pint of rich stock, 1 pint of boiled cider, fruit juice or soft jelly, simmer till well blended. Add 1 tablespoon salt, 2 teaspoons cinnamon, 1 teaspoon allspice, 1 teaspoon clove, 1 teaspoon mace, 1 teaspoon nutmeg, $\frac{1}{2}$ pound citron, shredded. Cool and taste; add more seasoning if liked. Pack in glass jars, pouring 2 tablespoons brandy on the top of each. When ready to use, add $2\frac{1}{2}$ cups of chopped raw apples to each cup of the mince; partly cook and put into the pies hot, adding lemon, (grated rind and juice) and rose water, if liked.

Sour Cream Pie

- 1 cup sour cream
 $\frac{1}{2}$ cup seeded raisins,
chopped fine
 $\frac{1}{2}$ teaspoon cinnamon
- 1 cup sugar
 $\frac{1}{4}$ teaspoon cloves
3 yolks of eggs
1 white of egg

Bake like lemon pie, using the whites of 2 eggs, with 2 tablespoons sugar for the meringue. Put on after pie is baked and brown in oven. If not liked that way, stir all 3 whites in together before baking.

Mock Cherry Pie

Cover the bottom of a pie plate with paste. Reserve enough for upper crust. For filling use 1 cup of cranberries cut in halves, $\frac{1}{2}$ cup raisins seeded and cut in pieces, $\frac{3}{4}$ cup of sugar, 1 tablespoon Gold Medal flour, lump of butter size of walnut. Bake thirty minutes in moderate oven. Some like a little more sugar.

Genoise Pastry

- $\frac{3}{8}$ cup Gold Medal flour
6 tablespoons butter
- $\frac{1}{2}$ cup almond paste
 $\frac{1}{2}$ cup sugar
5 eggs

Melt butter in a bowl, taking care it does not get too hot; break the eggs into another bowl, add the sugar. Stand the bowl in a saucepan of boiling water and whip the mixture for twenty minutes; do not let it get too hot. Take the bowl from the water, add the almond paste crumbled fine, beat until smooth and add the butter and, last of all, sift in the flour, stirring lightly all the time. Line a round jelly cake pan with buttered paper, neatly fitted and standing an inch above the edge. Bake in a rather quick oven for half an hour. When it is done no marks should remain on it when pressed with the finger.





CAKE is classified as, cakes without butter, example: sponge cake, angel food cake; cakes with butter: pound cake, cup cake.

In making cake use only the best of material. Have all utensils ready, an earthen bowl, with a wooden spoon for mixing, a half pint measuring cup for measuring, a Dover beater for the egg yolks, a wire egg whip for the whites, a flour sifter for dry ingredients.

The pan should be greased, using cold lard, dusted over afterwards with flour. Never grease pans used to bake sponge or angel food cake. Large loaf cakes or fruit cakes should be baked in pans lined with greased paper.

The oven should be ready. The tests are: If a piece of white paper turns a deep yellow in five minutes the oven is right for butter cakes; if it turns a light yellow in five minutes it is ready for sponge cake.

All measures are used level. Dry ingredients should be sifted before measuring. Sift flour and baking powder after measuring two or three times before using.

Method of Mixing: 1st—Sponge Cake: Separate the yolks from the whites, beat the yolks until thick, add sugar gradually, continue beating, add flavoring. Beat whites until stiff and dry and add to the first mixture. Mix and sift the flour with the salt and cut and fold in at the last. Do not stir after the flour is folded in. 2nd—For Cake with Butter: Have the bowl slightly warm, measure butter into it and beat butter until creamy, add sugar slowly, the yolks well beaten, flavoring. Mix and sift the flour and baking powder and add to the mixture, alternating with the milk; fold in the egg whites beaten very stiff. Do not stir after the whites are added.

Time for Baking: The time for baking is divided into quarters—1, should rise and not brown; 2, continue to rise and brown in spots; 3, light brown; 4, deeper brown and shrink from pan. Thin cakes need a hotter oven than the loaves and should bake in ten minutes; sheets of cake, in from fifteen to thirty minutes; loaves, from thirty to sixty minutes; fruit cake, two to four hours.

To Remove Cake from Pans: Invert pans as soon as taken from the oven onto a wire netting. If cake sticks to the pan turn upside down and put a damp cloth over the bottom for a few minutes.

To Frost Cake: When cooked frostings are used the cake may be spread when hot or cold. When uncooked frostings are used it is best to have the cake rather warm.

Sponge Cake, No. 1

- 6 eggs
- 1 cup granulated sugar
- 1 cup Gold Medal flour
- $\frac{1}{4}$ teaspoon salt
- Grated rind and juice of 1 lemon

Sift the flour and salt; beat the eggs separately, add the sugar slowly to the beaten yolks, add lemon juice and rind, add the whites beaten very stiff, fold in the flour. Bake in rather deep tin for about fifty minutes. Do not open the oven door for the first fifteen minutes, at the end of that time it should begin to rise, at the end of the next fifteen minutes it should double its bulk, by the end of the next twenty it should be sufficiently browned and baked through.

Sponge Cake, No. 2

- 3 eggs
- $1\frac{1}{2}$ cups sugar
- $\frac{1}{2}$ cup cold water
- 2 cups Gold Medal flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- The grated rind of half a lemon

For mixing, follow directions as given for Sponge Cake No. 1. Bake thirty to forty minutes in a moderate oven.



Jelly Roll

- 1 cup sugar
- 1 cup Gold Medal flour
- $1\frac{1}{2}$ teaspoons baking powder
- 3 eggs
- 6 tablespoons of hot water

Mix and sift the dry ingredients, stir in eggs well beaten, add the hot water, beat the batter well, pour into a smooth, well greased pan. The batter should be put one-fourth of an inch deep, for if thicker the cake will not roll nicely. Bake slowly. When done turn the cake onto a sheet of brown paper, well dusted with powdered sugar. Beat the jelly with a fork and spread on the cake. With a sharp knife trim off all crusty edges, roll it up by lifting one side of the paper. The cake will break, if allowed to cool before rolling. To keep the roll perfectly round, roll it up in a cloth until cool.

Children's Sponge

- $1\frac{1}{2}$ cups Gold Medal flour
- 2 teaspoons baking powder
- 1 cup sugar
- 2 eggs
- Milk or cream

Break the eggs into a cup and fill with milk or cream. Mix and sift dry ingredients, combine with the milk and egg, beat all together for five minutes. Bake ten minutes in muffin pans.

Graham Sponge Cake

Use either Sponge Cake No. 1 or 2, substituting graham meal for flour, making the measure round instead of level.

Sunshine Cake

- 11 egg whites
- 6 egg yolks
- 1 teaspoon cream of tartar
- $1\frac{1}{2}$ cups sifted granulated sugar
- 1 cup Gold Medal flour
- 1 teaspoon orange extract

Beat whites till stiff and flaky, then whisk in one-half the sugar, beat yolks very light; add flavor and one-half the sugar. Combine yolks and white mixture, then fold in the flour and cream of tartar sifted together. Bake fifty to sixty minutes in a slow oven, using angel cake pan.

Angel Cake

- 11 egg whites
- $1\frac{1}{2}$ cups sugar
- 1 cup Gold Medal flour
- 1 teaspoon cream of tartar
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla

Beat whites of eggs until frothy, add cream of tartar and continue beating till eggs are stiff. Then sift in the sugar gradually, fold in the flour mixed with salt and sifted four times. Add the flavoring. Bake forty-five to fifty minutes in angel cake pan. Never try to take out, but stand upside down till it drops of itself.

Cup Cake

- 1 cup butter
- 2 cups sugar
- $3\frac{1}{2}$ cups Gold Medal flour
- 1 cup milk
- 4 eggs
- 3 teaspoons baking powder

Put together according to general directions, bake in two brick loaves or one large one.

Using but half a cup of butter and a scant measure of sugar makes a plain cup cake that is useful for layer. A heaping tablespoon of yellow ginger makes this cake a most delicious ginger bread. Omit the milk and add enough Gold Medal flour to roll out and it can be baked as jumbles, or with half the milk and flour to roll out, as cookies.

White Cup Cake

Same as above, using 8 egg whites instead of four whole eggs. The yolks of 6 eggs with 1 whole one makes an excellent gold cake.

Delicate Cake

- $\frac{1}{2}$ cup butter
- $1\frac{1}{2}$ cups sugar
- 2 cups Gold Medal flour
- $\frac{1}{2}$ cup milk
- 4 eggs (whites only)
- 1 teaspoon baking powder

Almond, vanilla or lemon extract for flavoring. Makes one sheet.

GOLD MEDAL FLOUR—It's a Cake Flour—It's a Pastry Flour.

Orange Cake, No. 1

- 2 cups sugar
- $\frac{1}{2}$ cup butter
- 2 cups Gold Medal flour
- 2 teaspoons baking powder
- 5 egg yolks
- 4 egg whites
- Grated rind of 1 orange
- $\frac{1}{2}$ cup orange juice

Filling and Frosting: White of 1 egg beaten stiff, add alternately powdered sugar and orange juice until the juice of 1 large orange and $\frac{1}{2}$ lemon has been used. It will take from $1\frac{1}{2}$ to 2 cups sugar.

Orange Cake, No. 2

Two eggs, 1 cup of sugar, 1 tablespoon melted butter, $\frac{1}{2}$ cup of milk, $1\frac{1}{2}$ cups of Gold Medal flour, 2 teaspoons baking powder, 1 tablespoon of orange juice, 1 teaspoon grated rind, mix in order given and bake in square pan, split and fill with orange cream.

Orange Cream: Put into a cup the rind of $\frac{1}{2}$ and the juice of 1 orange, 1 tablespoon of lemon juice, and fill with hot water. Strain and put on to boil, add 1 tablespoon corn starch, wet with cold water and cook ten minutes, being careful not to scorch. Beat yolk of 1 egg with 2 heaping teaspoons sugar, add to the mixture with 1 teaspoon butter, let cook until the butter is dissolved and cool. Fill the cake with cream and frost with orange icing.—*Boston Cook Book.*

Lemon Cake

Is made by the above recipe, using lemon instead of orange.

Pineapple Cake, No. 1

Same recipe, using pineapple juice and pulp instead of orange, and frosting the top and sides with Five Minute Frosting.

Pineapple Cake, No. 2

1 cup sugar
1 cup butter
3 egg yolks

2 cups Gold Medal flour
2 teaspoons baking powder
2 tablespoons pineapple juice

Cream the butter and the sugar, add the well-beaten yolks and the flour sifted with baking powder. Add the flavoring, and bake in three jelly cake tins.

Two tablespoons of water and $\frac{1}{4}$ teaspoon mace with $\frac{1}{2}$ teaspoon vanilla may be substituted for the pineapple juice.

Filling: Boil 2 cups sugar with $\frac{3}{8}$ cup cream for ten minutes. Take from the fire and beat till thick and smooth. To $\frac{1}{3}$ of this add 1 cup grated pineapple to spread between the layers. To the remaining $\frac{2}{3}$ add enough pineapple juice to make it spread smoothly for an icing.

Ashland Cake

- $\frac{1}{2}$ cup butter
- 1 cup sugar
- 4 eggs, whites
- 10 drops lemon extract
- $\frac{1}{2}$ cup milk
- 1 cup Gold Medal flour
- $\frac{1}{2}$ cup corn starch
- 1 teaspoon baking powder

Bake in two deep jelly cake tins

Filling: Two cups granulated sugar, $\frac{1}{4}$ cup of boiling water. Boil till it will spin, then pour slowly boiling hot on the well-beaten whites of 2 eggs, beating all the time. Beat till thick enough not to run, then add $\frac{1}{2}$ teaspoon citric acid (powdered), 1 teaspoon each of lemon and vanilla, spread between the layers and over the cake, or, ice with maple fondant.

Plunkets

- 1 cup butter
- 1 cup sugar
- $1\frac{1}{2}$ cups corn starch
- $\frac{1}{2}$ cup Gold Medal flour
- 2 teaspoons baking powder
- 6 eggs
- 1 teaspoon vanilla

Cream the butter, add the sugar gradually; separate the eggs, beat the whites until stiff, beat the yolks and add them to the whites, then to the butter and sugar. Sift the dry ingredients and add gradually to the other mixture. Add flavoring. Bake in patty pans fifteen minutes.—*Mrs. Rorer.*

Quisset Cake

One-half cup butter rubbed to a cream with $1\frac{1}{2}$ cups sugar, add yolks of 3 eggs well beaten with 2 tablespoons of milk, 2 cups Gold Medal flour in which has been sifted 2 level teaspoons baking powder, $\frac{1}{2}$ cup milk, 6 tablespoons chocolate melted over hot water, and lastly 3 whites of eggs. Bake in two narrow loaves.

Frosting: 2 cups granulated sugar, $\frac{3}{4}$ cup milk, 1 ounce butter. Boil fifteen minutes, beat till thick, spread while warm. Is best after the third day.

One-Egg Cake

One-half cup butter, 1 cup of sugar, 1 egg, 2 cups of Gold Medal flour, 1 cup of sweet milk, 3 teaspoons baking powder. Mix as directed and bake in a hot oven.

Pound Cake, No. 1

Wash and dry $\frac{1}{2}$ pound of butter. Beat until it is quite creamy, then add $\frac{1}{2}$ pound of sugar. Beat it until it is like the lightest and whitest hard sauce, then add 1 egg, beat until it is quite incorporated, then add another and beat again, and so on until 5 eggs are used. Take great care that each egg is completely incorporated before the next is added; this requires from three to five minutes' beating between each egg, according as your strokes are vigorous or slow, and on sufficient beating the success of the cake depends.

When eggs, sugar and butter look like thick yellow cream, add gradually a small sherry-glass of wine or brandy and $\frac{1}{2}$ wine glass of rose water. Mix well together, then sift to the ingredients $\frac{1}{2}$ pound of Gold Medal flour, well dried, and very slightly warmed, to which $\frac{1}{2}$ saltspoon of salt has been added. Line a round cake pan with upright sides with buttered paper, neatly fitted, and pour the batter into it, and sift powdered sugar over the surface.

Bake this cake one hour and a half in a very slow oven. It should have a cardboard cover laid on the top for the first hour, which may then be removed and the cake allowed to brown slowly. In turning, be very careful not to shake or jar it.

Pound Cake, No. 2

- 1 lb. sugar
- 1 lb. butter
- 14 oz. Gold Medal flour
- $\frac{1}{2}$ teaspoon salt
- 10 eggs
- 1 lemon, grated rind and $\frac{1}{2}$ the juice, if large

Soda the size of a pea, dissolved in 1 tablespoon of cold water. Beat eggs separately and very thoroughly, adding whites last, folding them in carefully. Citron or other fruit may be added, making yellow fruit cake.

White Pound Cake

- 1 lb. Gold Medal flour
- 1 lb. sugar
- $\frac{3}{4}$ lb. butter
- Whites of 16 eggs
- Flavor to taste

In mixing, follow directions as given under Pound Cake No. 1.

Emma's Wedding Cake

- 1 lb. Gold Medal flour
- 1 lb. butter
- 1 lb. citron
- $1\frac{1}{4}$ lb. dark brown sugar
- 1 lb. lemon and orange peel ($\frac{1}{2}$ lb. each)
- 2 lbs. currants
- 6 lbs. raisins
- 3 tablespoons cinnamon
- 2 tablespoons mace
- 2 tablespoons nutmeg
- 1 tablespoon ginger
- 1 tablespoon allspice
- 1 dessert spoon of cloves
- 1 cup molasses
- 1 pint brandy
- 12 eggs

Bake slowly until a straw will come out clean. This is a very delicious cake and will keep indefinitely.

Election Cake

- 4 lbs. or $12\frac{1}{2}$ cups Gold Medal flour
- 3 lbs. or 6 cups sugar
- 2 lbs. or 4 cups butter
- Whites of 6 eggs
- $1\frac{1}{2}$ teaspoons salt
- 4 nutmegs
- 1 qt. sweet milk
- $1\frac{1}{2}$ lbs. raisins
- $\frac{1}{2}$ pint home-made yeast
- Juice and rind of 2 lemons

Cream the butter and sugar, then divide; with one-half mix all the flour, milk and yeast; when light add the other half of butter and sugar, eggs, raisins and flavoring. Beat thoroughly; put in pans and let rise till light and bake with great care.

Queen's Cake

- 4 cups sugar
- 4 lbs. raisins
- 2 lbs. currants
- $6\frac{3}{8}$ cups Gold Medal flour
- 1 teaspoon soda
- 1 cup sweet cream
- $1\frac{1}{2}$ teaspoons salt
- 8 eggs
- 1 cup wine
- 1 cup brandy
- 3 cups butter
- 2 nutmegs
- 1 tablespoon orange peel or marmalade



GOLD MEDAL FLOUR—It's a Biscuit Flour—It's a Bread Flour.

White Fruit

- | | |
|---------------------------------------|---------------------------------|
| 1 cup butter | 3 level teaspoons baking powder |
| 2 cups sugar | $\frac{1}{2}$ glass white wine |
| 3 cups Gold Medal flour | $\frac{1}{4}$ pound citron |
| 1 teaspoon salt | $\frac{1}{2}$ pound almonds |
| 8 egg whites | 1 cup light Sultana raisins |
| $\frac{3}{4}$ cup desiccated cocoanut | |
- This makes two brick loaves.

Domestic Fruit Cake

Two cups dried apples soaked over night, in the morning chop fine and boil one hour in 1 cup of molasses, then add:

- | | |
|---|---|
| 1 cup sugar | 2 eggs |
| 1 cup sweet milk | 4 cups Gold Medal flour |
| 1 cup butter | 1 heaping teaspoon soda |
| 1 bowl raisins, or more if wanted rich, also currants, etc. | 1 teaspoon (each) cinnamon, mace, nutmeg, cloves, ginger and allspice |

Butternut Fruit Cake

- | | |
|---|---|
| 2 $\frac{1}{2}$ cups Gold Medal flour | 2 tablespoons molasses |
| 1 cup brown sugar | $\frac{1}{4}$ cup butter |
| 1 cup sour cream | 2 eggs |
| 1 cup chopped raisins | 1 teaspoon soda |
| 1 cup chopped butternuts | 1 teaspoon (each) cinnamon, cloves and nutmeg |
| $\frac{1}{4}$ lb. citron, cut very fine | |

Spice Cake

- | | |
|-----------------------------|---|
| 2 cups sugar | 5 eggs |
| 1 cup molasses | 2 nutmegs |
| 1 $\frac{1}{2}$ cups butter | 1 lb. raisins |
| 1 cup sour milk | 5 cups Gold Medal flour |
| 2 tablespoons cinnamon | 1 large teaspoon soda |
| 1 tablespoon cloves | $\frac{1}{2}$ lb. currants, ($\frac{1}{2}$ lb. citron, if wanted rich) |

Ellen's Nut Cake

- | | |
|-----------------------------|--|
| 2 small cups sugar | 3 eggs |
| 3 cups Gold Medal flour | 2 heaping teaspoons baking powder mixed in last cup of flour |
| 1 cup sweet milk | |
| 2 tablespoons melted butter | |
- Bake in layers.

Lemon Cake

- | | |
|-------------------------|---|
| 2 cups Gold Medal flour | 4 tablespoons milk |
| 2 cups sugar | 2 teaspoons cream tartar |
| 6 eggs | 1 teaspoon soda (or two of baking powder) |
| 6 tablespoons butter | $\frac{3}{8}$ teaspoon salt |
- Filling for Cake:
- | | |
|----------------------------|--|
| 1 $\frac{1}{2}$ cups sugar | 4 eggs |
| $\frac{1}{2}$ cup butter | Rind of 3 lemons grated, and the juice |

Beat the butter, sugar and eggs together. Set into a dish of boiling water until heated; then add the lemon and stir until thick. Spread between layers of cake.

Layer Cakes

Make once the rule for pound cake, adding grated rind and juice of $\frac{1}{2}$ lemon, and divide it into quarters; into the first put 3 large tablespoons vanilla chocolate grated; into the second 1 cup almonds blanched and grated; into the third $\frac{1}{4}$ pound each raisins and currants, or $\frac{1}{4}$ pound citron; into the fourth 1 cup butternut meats, cut fine. Put the layers together with boiled icing and ice the sides and top thickly.

Marsh Mallow

Make once the rule for white cup cake, baking in 3 layers; make a boiled frosting with 1 $\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup water, 3 egg whites, $\frac{1}{2}$ teaspoon citric acid, and 1 teaspoon vanilla. Spread a layer of icing between the cakes, and into each layer of icing press marsh mallows cut in halves, setting them as thick as possible; after the top is iced set marsh mallows thickly around the edge. If they are put in while the cake and icing are warm they will soften enough to blend well.

Chocolate Cake

- | | |
|--------------------------|---------------------------------------|
| $\frac{1}{2}$ cup butter | 1 $\frac{1}{3}$ cups Gold Medal flour |
| 1 cup sugar | 3 teaspoons baking powder |
| 3 eggs | 2 oz. Baker's chocolate |
| $\frac{1}{2}$ cup milk | 1 teaspoon vanilla |

Cream the butter, add the sugar, add the beaten egg yolks; sift flour and baking powder and alternate with the milk; melt the chocolate over the tea kettle and stir into the cake before the whites of eggs, add vanilla and fold in the egg whites beaten very stiff. Bake in shallow, square cake tin and frost with fondant. When the frosting is cold spread with melted unsweetened chocolate, or mix to a stiff paste 3 tablespoons of cream, powdered sugar; add flavoring and a square of melted chocolate and spread.

Hickory Nut Cake

- | | |
|---------------------------------------|--|
| 1 cup butter | 2 teaspoons baking powder |
| 2 $\frac{1}{2}$ cups sugar | 2 cups hickory nut meats |
| 1 cup milk | $\frac{1}{2}$ lb. citron |
| 5 eggs | 1 lb. raisins |
| 3 $\frac{1}{2}$ cups Gold Medal flour | 1 oz. each candied lemon and orange peel |
| 1 teaspoon salt | |

In mixing, follow the directions as given for butter cakes. Bake in two sheets for one hour.

Wafers

- | | |
|--------------------------|-----------------------------------|
| $\frac{1}{2}$ cup butter | 3 heaping teaspoons baking powder |
| 2 cups sugar | Nutmeg to taste |
| 1 cup sweet milk | Gold Medal flour to shape stiff |
| 3 eggs | Mrs. J. A. Noyes. |

Soft Jumbles

- | | |
|----------------------------|-------------------------|
| 1 $\frac{1}{2}$ cups sugar | 1 teaspoon soda |
| 1 cup sour milk or cream | 3 cups Gold Medal flour |
| $\frac{2}{8}$ cup butter | 3 eggs |

Flavor to taste
Drop by teaspoonfuls on greased tin and bake.

Bedford Jumbles

Two cups sugar, 1 cup butter, beaten well together; add $\frac{1}{2}$ cup Gold Medal flour and 4 well beaten eggs, 1 tablespoon vanilla and flour enough to roll out; $\frac{1}{2}$ cup grated cocoanut is a delicious addition, or finely shred almonds laid on each cake.

One-half cup stoned and chopped raisins makes Hermits. Bake them one-quarter inch thick.

Ginger Drops

- | | |
|------------------------------|----------------------------|
| 1 cup light brown sugar | 1 egg |
| $\frac{2}{3}$ cup butter | $\frac{2}{3}$ cup molasses |
| $\frac{1}{2}$ cup cold water | 1 large tablespoon ginger |
| | 1 large teaspoon soda |

Gold Medal flour to make thick batter. Drop by teaspoonfuls on a well greased pan, bake in moderate oven. These are very nice if properly made.

Ginger Snaps

- | | |
|-------------------------|------------------------------------|
| 1 cup molasses | $\frac{1}{2}$ cup butter |
| 1 teaspoon soda | 1 tablespoon ginger |
| $\frac{1}{2}$ cup sugar | Gold Medal flour to roll very thin |

Mix molasses, sugar, ginger and butter, stir over the fire until the butter is melted, then stir in quickly 3 cups of Gold Medal flour in which has been sifted the pulverized soda. Knead the dough until it becomes smooth and set on ice, over night if possible. Roll as thin as pasteboard and bake in a quick oven.

Ginger Cookies

- | | |
|----------------------------------|---|
| 1 cup molasses | $\frac{1}{2}$ cup of soft butter |
| 2 tablespoons warm milk or water | 1 teaspoon soda |
| 1 tablespoon ginger | Gold Medal flour to mix soft as can be handled on the board |

Mix in order given, dissolving soda in the milk. Shape on a floured board into balls the size of a hickory nut. Lay on a sheet and flatten with a tin cup or smooth tumbler to one-half inch thick.—School Kitchen Text-Book.

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Ft. Atkinson Ginger Bread

- | | |
|------------------------------------|---------------------|
| 1 cup New Orleans molasses | 1 egg |
| 1 cup boiling water | 1 teaspoon soda |
| 2 cups Gold Medal flour,
heaped | 1 teaspoon ginger |
| $\frac{1}{2}$ cup butter | 2 tablespoons sugar |

Stir butter and sugar together, then rub it into the flour till fine, add molasses and yolk of egg and beat well; lastly, add the boiling water and white of egg beaten stiff. Makes a thick sheet in a biscuit pan.

EASIEST WAY

- | | |
|--------------------------------------|--------------------------|
| 1 cup molasses | $\frac{1}{2}$ cup sugar |
| 1 cup sour cream | 1 egg—beaten |
| $2\frac{1}{2}$ cups Gold Medal flour | 1 teaspoon ginger |
| $\frac{1}{2}$ teaspoon nutmeg | 1 rounding teaspoon soda |

Cream Puffs

- | | |
|-----------------------------|--------------------------|
| 1 cup Gold Medal flour | 1 cup boiling water |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ cup butter |
| | 4 eggs |

Add the salt and butter to the water. When boiling add the flour, all at once, stirring constantly until the mixture leaves the side of the pan; remove from the fire and add the unbeaten eggs, one at a time, beating continually. Drop by spoonfuls onto a buttered pan, about two inches apart. Bake in a moderate oven for twenty-five minutes. When cool, with a sharp knife make a cut in the top or side and with a pastry tube fill with cream filling.

Chocolate Eclairs

Shape cream puff mixture on buttered sheets in oblong pieces about four inches long and one and one-half inches wide, placed four inches apart. As soon as they are done ice with chocolate or vanilla frosting. When icing is cold cut the éclairs on the side and fill either with whipped cream, a custard, or preserved fruits.

CHOCOLATE ICING

- | | |
|--------------------------------|------------------------------|
| 2 tablespoons melted chocolate | 5 tablespoons powdered sugar |
| | 3 tablespoons boiling water |
- Cook over the fire until smooth and glossy; dip the tops of éclairs in this as they come from the oven.

VANILLA ICING

Beat 2 egg whites very stiff, add $1\frac{1}{2}$ cups of powdered sugar, a little at a time, flavor with a teaspoon of vanilla.

CREAM FILLING

- | | |
|----------------------------------|------------------------------------|
| $1\frac{1}{2}$ cups scalded milk | $\frac{1}{4}$ cup Gold Medal flour |
| $\frac{2}{8}$ cup sugar | $\frac{2}{2}$ eggs |
| | $\frac{1}{4}$ teaspoon salt |

Beat the sugar, flour, eggs and salt together and stir into the scalded milk; cook fifteen minutes, stirring often. When cold flavor with vanilla. Cut a small slit in the side of the éclair and fill with a pastry tube.

Meringue Shells

The whites of 2 eggs, beaten until it will not slip out of the bowl, fold into it very gently 3 ounces of powdered sugar, remembering the rule that anything to be mixed with white of egg must be done with a light lifting motion of the spoon, rather than stirring, which may liquify the eggs. Fill a tablespoon with the mixture and turn onto a sheet of white paper placed on a board which has been made a little damp; the mounds should be oval, like half an egg. Put them in a very cool oven for fifteen or twenty minutes, then open the door and leave them ten minutes longer, the idea is to make the crust as thick as possible, which is done by long slow drying; if firm enough, remove them from the paper, take out the moist center very carefully, and when cold fill them with cream, flavored, sweetened, and whipped solid, then put two together; they should be over full, and the cream show considerably between the two sides.—Catherine Owen.



FROSTING

Five Minute Frosting

The white of 1 egg, 1 teaspoon lemon juice, 1 scant cup powdered sugar, stirred together until the sugar is all wet; then beat with a fork for just five minutes. Spread on the cake while warm.—Boston Cook Book.

Boiled Frosting

1 cup sugar	$\frac{1}{8}$ teaspoon cream tartar
$\frac{3}{8}$ cup water	1 egg white

Boil the water, sugar and cream tartar till it forms a soft ball in cold water; pour in a fine stream on the egg white beaten very stiff, beat as you pour; continue beating until stiff and smooth. Spread on a cold cake. Dip knife in warm water.

Ornamental

One cup sifted, powdered sugar, 1 teaspoon lemon juice, the white of an egg; beat the egg until it is all frothy but not dry, then sprinkle over 3 teaspoons sugar and beat five minutes; add 1 teaspoon each five minutes till quite thick, then put in the lemon juice. Beat with a fork and when a point of it will stand in any position it is ready to press through a pastry tube upon the cake, which should be already covered with a smooth plain frosting and dry.

Golden

Beat 2 yolks of eggs with 1 cup sugar and $\frac{1}{2}$ teaspoon old Jamaica rum, add more sugar if not stiff enough to hold its place.

Chocolate

Melt 1 ounce chocolate, add 1 teaspoon powdered sugar, and add to the boiled frosting till it is dark as you wish.

Orange

Grate the thin rind of an orange and soak it one-half hour in 3 teaspoons lemon juice. Squeeze the juice through a fine muslin and use like the lemon in five-minute frosting.

Maple Fondant

One cup yellow or maple sugar, $\frac{1}{2}$ cup thin cream; boil together fifteen minutes, take from fire and stir constantly till it stiffens, spread quickly on warm cake, as it hardens very fast.

Fondant

Two cups sugar, 1 cup water, a bit of cream of tartar half as large as a pea. Boil without stirring until a little dropped into ice water can be gathered into a ball and rolled like wax between the fingers. Cool and stir to a soft cream. Add flavor or coloring while cold, then soften over hot water and spread while warm.

Sugar Glaze

One cup powdered sugar, 1 tablespoon lemon juice, about 1 tablespoon boiling water; beat hard till smooth and semi-transparent. Spread on the cake as soon as taken from the oven.

Chocolate Glaze

Omit the lemon juice from the above recipe and add 3 heaping tablespoons of pulverized chocolate and 1 teaspoon vanilla.

Gelatine

Dissolve 1 teaspoon gelatine in 3 tablespoons warm water, add 1 cup pulverized sugar and beat until smooth. Flavor to taste.



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Chocolate Filling, No. 1

- | | |
|-----------------------------|---------------------------|
| 1 cup sugar | $\frac{3}{4}$ cup milk |
| 2 squares chocolate, grated | 2 tablespoons corn starch |
| 2 tablespoons butter | in $\frac{1}{4}$ cup milk |
| | 1 teaspoon vanilla |

Boil first four ingredients together for five minutes, add corn starch in milk and boil for three minutes more. Beat until cool and add vanilla.

Chocolate Filling, No. 2

- | | |
|----------------|------------------------------|
| 1 egg yolk | $\frac{1}{4}$ cake chocolate |
| cup sweet milk | 1 cup sugar |
- Flavor with vanilla and cook like custard.

Chocolate Filling, No. 3

Melt $\frac{1}{4}$ pound Baker's chocolate over warm water and stir it into twice the rule for boiled icing. Spread while warm, as it stiffens quickly. If too firm, beat in slowly cream until as thin as desired.

Fruit Filling

- | | |
|------------------------------------|--------------------------|
| 1 cup stoned raisins | $\frac{1}{2}$ lb. figs |
| $\frac{1}{2}$ lb. blanched almonds | $\frac{1}{2}$ lb. citron |
- All chopped fine; add enough frosting to make a soft paste.

Lemon Filling

The grated rind and juice of 1 large lemon, 1 cup sugar, 2 eggs (or 4 yolks), 1 tablespoon butter; cook all together over boiling water until thick and use when cool.

Almond Cream Filling

The whites of 2 eggs beaten stiff with 2 cups of XXX sugar, 1 teaspoon extract vanilla, 1 pint blanched almonds, chopped fine. Walnuts, pecans, hickory and butternuts are used in the same way.

Almond Filling, No. 2

- | | |
|---|------------------------|
| 1 cup XXX sugar | 1 cup thick sour cream |
| 1 cup blanched almonds, (pounded or grated) | 1 tablespoon vanilla |



PUDDINGS

English or Christmas Plum Pudding

- | | |
|------------------------------------|--------------------------------|
| $\frac{1}{2}$ lbs. bread crumbs | 2 lbs. raisins |
| 2 oz. citron | 1 lemon, juice and grated rind |
| $\frac{1}{2}$ lb. Gold Medal flour | 2 lbs. sugar |
| 2 oz. shredded almonds | 1 teaspoon salt |
| 2 lbs. suet, chopped fine | 2 oz. candied lemon peel |
| 2 nutmegs, grated | 16 eggs |
| 2 lbs. currants | Milk for stiff paste |
| | $\frac{1}{4}$ cup brandy |

Mix in the order given and let stand over night. In the morning put into buttered moulds and steam for twelve hours or more. When it is to be used steam for two hours more. Garnish with a sprig of holly. Pour 2 tablespoons of brandy over and bring to the table blazing. Serve with English Sauce.

PUDDING SAUCE

- | | |
|--------------------------|---------------------------------|
| $\frac{1}{2}$ cup butter | 2 tablespoons wine |
| 1 cup sugar | $\frac{1}{2}$ teaspoon vanilla |
| 2 eggs | $\frac{1}{4}$ cup boiling water |
- Cream butter, add the sugar, beat for fifteen minutes, add the eggs, beat to a froth. Just before sending to the table stir in the hot water, beat to a foam, add vanilla and wine.

Batter Pudding

- | | |
|--------------------------------|------------------|
| 6 tablespoons Gold Medal flour | 3 eggs |
| 1 tablespoon melted butter | 1 qt. sweet milk |
- Bake one hour.

Steam Batter Pudding

- | | |
|-----------------------------|----------------------------------|
| 1 cup milk | 4 eggs |
| 8 tablespoons melted butter | 2 teaspoons baking powder |
| $\frac{1}{2}$ cup sugar | Gold Medal flour for cake batter |
- Steam for one hour

Whole Wheat Pudding

- | | |
|-----------------------------|----------------------------|
| 2 cups whole wheat meal | 1 cup milk |
| $\frac{1}{2}$ teaspoon soda | $\frac{1}{2}$ cup molasses |
| $\frac{1}{2}$ teaspoon salt | 1 cup stoned dates |
- Sift soda and salt with the meal, add dates till they are thoroughly floured; add milk and molasses. This will make a soft batter but the dry flour absorbs a great deal of the moisture. Steam three hours in a closed mould or five with any plain pudding sauce or whipped cream.

If sour milk is used add one level teaspoon of soda. Raisins, figs, prunes or chopped apples make a pleasant variety.



Suet Pudding

- | | |
|-------------------------|--|
| 1 cup suet chopped fine | 1 cup currants |
| 1 cup sweet milk | $\frac{1}{4}$ cup each citron, lemon and orange peel |
| 2 cups seeded raisins | 1 teaspoon each soda, cinnamon, cloves, nutmeg |
| 1 cup molasses | |
| 2 cups Gold Medal flour | |
- Mix the ingredients and steam for two hours. Serve with hot or cold sauce

SAUCE

- | | |
|-----------------------------|-------------------------|
| 1 tablespoon corn starch | $\frac{3}{4}$ cup sugar |
| 1 cup boiling water | 1 egg |
| $\frac{1}{8}$ teaspoon salt | Flavoring |
- Mix corn starch with a little cold water and cook until clear in the boiling water. Add salt. Beat sugar and egg together until very light, pour the hot starch on slowly, add flavoring and serve.

Angel Pudding

- | | |
|-----------------------------------|---------------------------|
| 1 lb. English walnuts shelled | 3 teaspoons baking powder |
| $\frac{1}{4}$ cups powdered sugar | 9 eggs (mixed with sugar) |
- Whip the eggs
- Break the walnuts fine and grate into fine pieces, add sugar and whites of eggs last. Bake in moderate oven twenty to thirty minutes. Serve with whipped cream.

Poor Man's Rice Pudding

- | | |
|--------------------------|---------------------------------|
| 1 cup rice | 1 qt. milk |
| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ teaspoon salt |
| | $\frac{1}{4}$ teaspoon cinnamon |
- Pick over and wash the rice; mix all the ingredients and bake very slowly for three or four hours in a well buttered pudding dish. Keep covered until the last fifteen minutes, when the pudding may be browned on top. Stir twice during the first hour of cooking. It should be creamy and not dry when done. Grated orange peel may be substituted for cinnamon.

Cottage Pudding

- | | |
|-----------------------------|---------------------------------------|
| $\frac{3}{4}$ cup sugar | 3 teaspoons baking powder |
| 3 tablespoons melted butter | 1 egg |
| 1 cup milk | 2 $\frac{1}{2}$ cups Gold Medal flour |
- Bake for one and one-half hours and serve with liquid sauce. Put in the bottom of a round pudding dish one pint of firm fruit, sliced apples, peaches, cherries, etc. If very acid sweeten to taste. Let them heat through and pour over the above mixture. Bake thirty-five to forty minutes. Invert on round platter. Serve with

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whipped cream or sauce. The fruit may be stirred into the batter and baked in a round loaf. If the fruit is very juicy scant the measure of milk. If bananas are used serve with banana sauce.

Delicate Pudding

- | | |
|-----------------|--------------------------------------|
| 1½ cups water | 3 tablespoons corn starch |
| ¼ cup sugar | 3 egg whites |
| ¼ teaspoon salt | ½ cup lemon juice and
grated rind |

Mix sugar, salt and water and bring to boiling point. Mix the corn starch in a little cold water, stir into the boiling syrup and cook ten minutes. Beat the egg whites to a dry froth and pour the boiling mixture into them; return to the fire one minute to set the egg, adding the lemon juice; turn into a mould that has been wet in cold water and set on ice. Serve with strawberries or other fruit piled high in the center, or pour a soft custard around as a sauce.

Blueberry Pudding

- | | |
|---------------------------|--------------------|
| ¾ cup sugar | 1 teaspoon salt |
| ¼ cup butter | 1 cup milk |
| 2 cups flour | 1 egg |
| 3 teaspoons baking powder | 1 pint blueberries |

In making follow directions for cup cake. Stir in floured berries last and either bake or steam in a fluted tinney mould. Serve with creamy sauce.

PUDDING SAUCES

Baked Bananas (Sauce for Six)

- | | |
|-----------------------------|-------------|
| 2 tablespoons melted butter | ¼ cup sugar |
| 2 tablespoons lemon juice | |

Pour over bananas one-half the sauce. Bake twenty minutes in a slow oven, baste with remainder of sauce.

Hard Sauce

One-half cup butter well beaten; stir in slowly 1 cup fine sugar, and beat to a cream. Pile on a plate and grate over a little nutmeg. Keep cool and add wine or flavoring.

Creamy Sauce

- | | |
|-----------------------|--------------------|
| ¼ cup butter | 1 egg |
| 2 cups powdered sugar | ½ cup thick cream |
| | 1 teaspoon vanilla |

Cream the butter, add the sugar; cream together; add the cream, the egg well beaten, and flavoring. If it should separate set it over hot water and stir until smooth. Serve cold.

Lemon Sauce

- | | |
|--------------------------|----------------------------|
| 1 cup sugar | 1 tablespoon butter |
| 1 cup boiling water | 1½ tablespoons lemon juice |
| 1 tablespoon corn starch | ¼ teaspoon salt |

Mix sugar, salt and corn starch, add water gradually; stir constantly; boil five minutes. Remove from fire, add butter and lemon juice.

Caramel, or Browned Sugar

Brown 1 cup of sugar and dissolve in ½ cup of hot water. This makes a ~~good sauce for~~ files also.

Strawberry

One large tablespoon butter beaten to cream. Add gradually 1½ cup powdered sugar and the yolk of 1 egg. Beat till very light, and just before serving add 1 pint mashed strawberries.

Soft Custard

One pint milk scalded, yolks of 4 eggs, 2 tablespoons sugar, ½ teaspoon salt. Cook over hot water till it will mask the spoon, strain, cool and flavor. Is improved for some things by having the sugar browned as for Caramel Sauce.

Maple Sugar

One-fourth pound maple sugar, ½ cup water, boiled together till it will spin. Whisk boiling hot into the beaten whites of 2 eggs and ½ cup thick cream and a little lemon juice to taste.



Devonshire Cream

Let the milk stand twenty-four hours in winter (twelve in summer), then set it on a stove till almost at the boiling point. It must not bubble. It should show wrinkles and look thick. The more slowly it is made the merrier it will be. On the following day skim it by folding over a cloth over in small rolls, and set them on ice till wanted. This is also known as "clotted cream."

Blanc Mange

One-half cup Irish moss. Wash in tepid water, pick over and put into double boiler with 1 quart milk. Pour it thickens when dropped on a cold plate. Add ½ teaspoon salt; strain, not allowing bits of moss to pass, add flavoring and turn into a mould that has been wet with cold water. Sea Moss may be used—1 level teaspoon to a quart of milk. Pour slowly and stir often.

Baked Custard

1 qt.	6 eggs
½ cup	½ teaspoon salt

Mix eggs and salt; add milk and strain into beat and moulds or cups. Set in a deep pan, filled two-thirds of mixture to the top of the mould with water. Bake in a moderate oven when a knife blade cut into the custard comes out clear custard is done.

CARAMEL CUSTARD

Caramel ½ cup of sugar, add the milk very slowly little Maraschino mixture and add the eggs slightly beaten; add salt and to accent strain into a buttered mould.

Boiled Custard

- | | |
|---------------------|------------------------|
| 1 qt. scalded milk | ¼ teaspoon salt |
| 4 eggs | 1 teaspoon corn starch |
| 4 tablespoons sugar | 1 teaspoon vanilla |

Mix corn starch with a little cold milk and cook in scalded milk ten minutes; beat eggs and sugar together, pour the boiled milk over it and cook until thick enough to mask the spoon. Remove at once and set in cold water, stir often until almost cold; add the flavoring and salt and strain into the dish from which it is to be served. This custard may be used with sliced cake, macaroons, or fruit.

COCOANUT CUSTARD: One cup grated cocoanut peel, added after straining for cocoanut custard; simmer until thick.

CHOCOLATE CUSTARD: Add the cocoa in the sugar. Put in warm hot water and add to the hot custard.

Chocolate Chips

Take a candy of molasses for the filling; 1 cup New York molasses, ½ cup sugar, butter the size of a butternut. Flavor with vanilla. Boil until hard, pull thin, cut in small pieces. When cold dip in hot chocolate flavored with vanilla, if you like, sweetened a little.

Grape Juice

Ten pounds grapes, 2 quarts water. Boil ten minutes, strain and add 2 pounds of sugar. Let it come to a boil, bottle in patent cork bottles. When you strain in the juice do not squeeze.



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Tomato Catsup

For gallon strained tomatoes put,

- | | | | |
|---------------|--------------------------|---------------|-----------------------|
| 4 | tablespoons salt | $\frac{1}{2}$ | tablespoon allspice |
| 3 | tablespoons black pepper | 1 | tablespoon red pepper |
| 3 | tablespoons mustard | 3 | garlic |
| $\frac{1}{2}$ | tablespoon cloves | 1 | pint vinegar |

Boil until of the required thickness; put the dark spices and garlic into a cloth to prevent the catsup from being dark.

Tomato Sauce

To 2 gal. strained tomatoes add 1 doz. onions, 8 green peppers, chopped fine with the onions, add after the juice has been boiled down somewhat; 10 tablespoons brown sugar, the same of salt, 6 large cupfuls white vinegar, or 8 of other vinegar. Boil all together one hour. Bottle and seal.

Spanish Pickles

One pk. green tomatoes, 1 doz. onions. Slice, sprinkle with salt and let stand over night and strain off the juice. Allow 1 lb. sugar, $\frac{1}{4}$ lb. whole white mustard seed, 1 oz. ground black pepper, 1 oz. ginger and one of cinnamon. Mix dry.

Put a layer of tomatoes and onions in a kettle and sprinkle with spice, then tomatoes and so on until all are used. Cover with vinegar and let boil two hours, after which pack in small jars and set in the cellar.

Green Cucumber Pickles

Select 1 pk. of small, fresh cucumbers of uniform size. Wash in cold water. Place in crock and add 1 cup salt with cold water to cover. Let stand twenty-four hours. Drain from brine and scald cucumbers in a vinegar. Drain and pack either in crocks or Mason jars.

Boil together the following:

- | | | | |
|---|--------------------------|---|----------------------|
| 1 | gal. vinegar | 2 | tablespoons allspice |
| 1 | cup brown sugar | 1 | tablespoon cloves |
| 1 | tablespoon powdered alum | 1 | oz. cinnamon |
| 2 | tablespoons peppercorns | | |

Pour this over the cucumbers and seal.

Green Tomato Pickles

- | | | | |
|---------------|--------------------|---------------|-------------------------|
| $\frac{1}{2}$ | bu. green tomatoes | 6 | large peppers |
| 6 | large onions | $\frac{1}{4}$ | lb. white mustard seed |
| | | 2 | tablespoons celery seed |
- or more if liked

Chop all together fine, put in layers, one of tomatoes, and onions and one of salt, using in all $\frac{1}{2}$ cup of salt. Let stand over night, in the morning squeeze dry and put on to boil in 2 qts. vinegar. Cook until tender; when nearly done, add 1 lb. sugar; put in cans.

Currant Catsup

- | | | | |
|---|---------------|---------------|-----------------|
| 5 | lbs. currants | $\frac{1}{2}$ | pint vinegar |
| 3 | lbs. sugar | 1 | teaspoon cloves |
- One teaspoon cinnamon, one of salt and of allspice and one of black and red pepper mixed. Boil one and one-half hour.

Oil Pickles

Slice 100 uniform medium sized cucumbers without paring, slice very thin like shavings. Lay in salt three hours, using $\frac{2}{3}$ sack of table salt; drain off all this liquor and if too salty, wash off with cold water; add 3 pints of small white onion sliced first in water with a piece of alum size of a small nut dissolved in it; prepare onions same time as cucumbers.

- | | | | |
|---|-------------------------|---|--------------------|
| 3 | oz. white mustard seed | 1 | oz. celery seed |
| 2 | oz. white ground pepper | 1 | pt. pure olive oil |

Mix all together with the hands, then cover with cold vinegar. Can be used in a few days. Put in Mason jars. This makes nearly if not quite two gallons.

Peach Pickles

- | | | | |
|---|--------------|---|--------------|
| 8 | lbs. peaches | 1 | pint vinegar |
| 4 | lbs. sugar | | |

Stick 2 or 3 cloves in each peach. Add a few sticks of cinnamon. Cook till tender. Take them out on platter to cool. When cool put in jars. Pour the cold syrup over. Let them stand twenty-four hours then seal up. This is a good rule for all kinds of fruit pickles, if wanted rich; if not, use less sugar.



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