

# DWIGHT HENRIETTA LATHAM

THE GOLDEN AGE COOK  
BOOK

Henrietta Dwight

**The Golden Age Cook Book**

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# Henrietta Latham Dwight The Golden Age Cook Book

## Dedication

TO ALL WHO ARE STRIVING TO FOLLOW THE GOLDEN

RULE, “TO DO UNTO OTHERS AS THEY WOULD

HAVE OTHERS DO UNTO THEM,” AND THUS

EXPRESS IN THEIR EVERY-DAY LIFE

THE CHRIST IDEAL WRITTEN

WITHIN, IN THEIR OWN

SOULS, THIS BOOK

IS

**Affectionately Inscribed**

*And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.— Genesis i., 29, 30.*

*Thou shalt not kill.— Exodus xx., 13.*

*For that which befalleth the sons of men befalleth beasts; even one thing befalleth them: as the one dieth, so dieth the other; yea, they have all one breath; so that a man hath no preeminence above a beast: for all is vanity. All go unto one place; all are of the dust, and all turn to dust again. Who knoweth the spirit of man that goeth upward, and the spirit of the beast that goeth downward to the earth?— Ecclesiastes iii., 19, 20, 21.*

*He that killeth an ox is as if he slew a man.— Isaiah lxvi., 3.*

*Then said Daniel to Melzar [the steward], whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah: Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.— Daniel i., 11 to 17.*

## Preface

I send this little book out into the world, first, to aid those who, having decided to adopt a bloodless diet, are still asking how they can be nourished without flesh; second, in the hope of gaining something further to protect “the speechless ones” who, having come down through the centuries under “the dominion of man,” have in their eyes the mute, appealing look of the helpless and oppressed. Their eloquent silence should not ask our sympathy and aid in vain; they have a right, as our humble brothers, to our loving care and protection, and to demand justice and pity at our hands; and, as a part of the One Life, to —

“life, which all can take but none can give;

Life, which all creatures love and strive to keep;  
Wonderful, dear, and pleasant unto each,  
Even to the meanest; yea, a boon to all  
Where pity is, for pity makes the world  
Soft to the weak and noble for the strong.  
Unto the dumb lips of the flock he lent  
Sad, pleading words, showing how man, who prays  
For mercy to the gods, is merciless,  
Being as god to those; albeit all life  
Is linked and kin, and what we slay have given  
Meek tribute of their milk and wool, and set  
Fast trust upon the hands which murder them.”

If the cruelty and injustice to animals are nothing to us, we have still another argument to offer — the brutalization of the men who slaughter that we may eat flesh. Mrs. Besant, in “Why I Am a Food Reformer,” says:

“Lately I have been in the city of Chicago — one of the greatest slaughter-houses of the world — where the slaughter-men, who are employed from early morn till late at night in the killing of thousands of these hapless creatures, are made a class *practically apart from their fellow-men*; they are marked out by the police *as the most dangerous part of the community*; amongst them are committed most crimes of violence, and the most ready use of the knife is found. One day I was speaking to an authority on this subject, and I asked him how it was that he knew so decidedly that most of the murders and the crimes with the knife were perpetrated by that particular class of men, and his answer was suggestive, although horrible. He said: ‘There is a peculiar turn of the knife which men learn to use in the slaughter-house, for, as the living creatures are brought to them by machinery, these men slit their throats as they pass by. That twist of the wrist is the characteristic of most crimes with the knife committed amongst our Chicago population.’ That struck me at once as both a horrible and significant fact. *What right have people to condemn other men to a trade that makes them so readily take to the knife in anger; which marks them out as specially brutalized — brutes amongst their fellow-men?* Being constantly in the sight and the smell of blood, their whole nature is coarsened; accustomed to kill thousands of creatures, they lose all sense of reverence for sentient life, they grow indifferent to the suffering they continually see around them; accustomed to inflict pain, they grow callous to the sight of pain; accustomed to kill swiftly, and sometimes not even waiting until the creature is dead before the skin is stripped from it, their nerves become coarsened, hardened, and brutalized, and they are less men as men because they are slaughterers of animals. *And everyone who eats flesh meat has part in that brutalization; everyone who uses what they provide is guilty of this degradation of his fellow-men.*”

“If I may not appeal to you in the name of the animals – if under mistaken views you regard animals as not sharing *your kind of life*– then I appeal to you in the name of *human brotherhood*, and remind you of your duty to your fellow-men, your duty to your nation, which must be built up partly of the children of those who slaughter – who physically inherit the very signs of this brutalizing occupation. I ask you to recognize your duty as men and women who should *raise* the Race, not *degrade* it; who should try to make it *divine*, not *brutal*; who should try to make it *pure*, not *foul*; and therefore, in the name of Human Brotherhood, I appeal to you to leave your own tables free from the stain of blood and your consciences free from the degradation of your fellow-men.”

That flesh-eating is not necessary to the perfect health of man is attested by many scientists. The following testimonies from some very prominent physiologists and anatomists may prove interesting:

Sir Charles Bell, F. R. S.: “It is, I think, not going too far to say that every fact connected with the human organization goes to prove that man was originally formed a frugivorous animal. This opinion is principally derived from the formation of his teeth and digestive organs, as well as from the character of his skin and the general structure of his limbs.”

Sylvester Graham, M. D.: “Comparative anatomy proves that man is naturally a frugivorous animal, formed to subsist upon fruits, seeds, and farinaceous vegetables.”

Professor Wm. Lawrence, F. R. S.: “The teeth of man have not the slightest resemblance to those of carnivorous animals; and, whether we consider the teeth, jaws, or digestive organs, the human structure closely resembles that of the frugivorous animals.”

Dr. Jozef Drzewiecki: “There is no doubt that fruit and vegetable food purifies the blood, while meat inflames and is the source of many diseases, which are the punishment for breaking the natural law and command.”

Professor Vogt: “The vegetarian diet is the most beneficial and agreeable to our organs, as it contains the greatest amount of carbon hydrates and the best proportion of albumen.”

Sir Henry Thompson, M. D., F. R. C. S.: “It is a vulgar error to regard meat in any form as necessary to life. All that is necessary to the human body can be supplied by the vegetable kingdom... The vegetarian can extract from his food all the principles necessary for the growth and support of the body, as well as for the production of heat and force. It must be admitted as a fact beyond all question that some persons are stronger and more healthy who live on that food. I know how much of the prevailing meat diet is not merely a wasteful extravagance, but a source of serious evil to the consumer.”

The following special cablegram from London to the New York “Sun,” July 3d, 1898, contains a practical illustration of the superiority of a vegetable diet:

“The vegetarians are making a great ado over the triumph of their theory in the long-distance test of walking endurance, seventy miles, in Germany, this week. The twenty-two starters included eight vegetarians. The distance had to be covered within eighteen hours. The first six to arrive were vegetarians, the first finishing in 14 ¼ hours, the second in 14 ½, the third in 15 ½, the fourth in 16, the fifth in 16 ½, and the sixth in 17 ½. The last two vegetarians missed their way and walked five miles more. All reached the goal in splendid condition. Not till one hour after the last vegetarian did the first meat-eater appear, completely exhausted. He was the only one. Others dropped off after thirty-five miles.”

There is no question of the great economy of vegetarianism. Dr. Alcott, in “Arguments for Vegetarianism,” says:

“Twenty-two acres of land are needed to sustain one man on fresh meat. Under wheat that land will feed forty-two people; under oats, eighty-eight; under potatoes, maize, or rice, one hundred and seventy-six; under the banana, over six thousand. The crowded nations of the future must abandon flesh-eating for a diet that will feed more than tenfold people by the same soil, expense and labor. How rich men will be when they cease to toll for flesh-meat, alcohol, drugs, sickness, and war!”

“Suffer the ox to plough, and impute his death to age and Nature's hand.

Let the sheep continue to yield us sheltering wool, and the goats the produce of their loaded udders.

Banish from among you nets and snares and painful artifices,

Conspire no longer against the birds, nor scare the meek deer, nor hide with fraud the crooked hook;..

But let your mouths be empty of blood, and satisfied with pure and natural repasts.”<sup>1</sup>

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<sup>1</sup> Imputed to Pythagoras.

## COMPARATIVE TABLES OF VEGETABLE AND ANIMAL FOODS

	Nitrogenous Matter.	Hydro-carbonate Matter.	Saline Matter.	Water.
Lean beef	19.3	3.6	5.1	72.0
Fat beef	14.8	29.8	4.4	51.0
Lean mutton	18.3	4.9	4.8	72.0
Fat mutton	12.4	31.1	3.5	53.0
Veal	16.5	15.8	4.7	63.0
Fat pork	9.8	48.9	2.3	39.0
Dried ham	8.8	73.3	2.9	15.0
Tripe	13.2	16.4	2.4	68.0
White fish	18.1	2.9	1.0	78.0
Red fish (salmon)	16.1	5.5	1.4	77.0
Oysters	14.010	1.515	2.695	80.385
Mussels	11.72	2.42	2.73	75.74
White of egg	20.4	...	1.6	78.0
Yolk of egg	16.0	30.7	1.3	52.0
Cow's milk (lactin)	4.1	3.9	0.8	86.0
Cream	2.7	26.7	1.8	66.0
Butter	...	83.0	2.0	15.0
Gruyere cheese	31.5	24.0	3.0	40.0
Roquefort	26.52	30.14	5.07	34.55
Dutch	29.43	27.54	...	36.10
Chester	25.99	26.34	4.16	35.92
Parmesan	44.08	15.95	5.72	27.56
Cheddar	28.4	31.1	4.5	36.0

	Carbohydrates.	Nitrogenous Matter.	Hydro-carbonate Matter.	Saline Matter.	Water.
Beans	55.86	30.8	2.0	3.65	8.40
White haricots	55.7	25.5	2.8	3.2	9.9
Dried peas	58.7	23.8	2.1	2.1	8.3
Lentils	56.0	25.2	2.6	2.3	11.5
Potatoes	21.9	2.50	0.11	1.26	74.0
Black truffles	16.0	8.775	0.560	2.070	72.0
Mushrooms	3.0	4.680	0.396	0.458	91.010
Carrots	14.5	1.3	0.2	1.0	83.0
Sea-kale	2.8	2.4	...	(?) 3.0	93.3
Turnips	7.2	1.1	...	0.6	91.0
Cabbage	5.8	2.0	0.5	0.7	91.0
Garden beet	13.5	.4	...	(?) 1.0	82.2
Tomato	6.0	1.4	...	(?) .8	89.8
Sweet potato	26.25	1.50	0.30	2.60	67.50
Water-ress	3.2	1.7	...	(?) .7	93.1
Arrowroot	82.0	...	...	...	18.0
Dry southern wheat	67.112	22.75	2.61	3.02	...
Dry common wheat	77.05	15.25	1.95	2.75	...
Oat-meal	63.8	12.6	5.6	3.0	15.0
Barley-meal	74.3	6.3	2.4	2.0	15.0
Rye-meal	73.2	8.0	2.0	1.8	15.0
Dry maize	71.55	12.50	8.80	1.25	...
Dry rice	89.65	7.55	0.80	0.90	...
Buckwheat	64.90	13.10	3.0	2.50	13.0
Quinoa-meal	56.80	20.0	5.0	(?) 1.0	15.0
Dhoorra-meal	74.0	9.0	2.6	2.3	...
Dried figs	65.9	6.1	0.9	2.3	17.5
Dates	65.3	6.6	0.2	1.6	20.8
Bananas	(?) 19.0	4.820	0.632	0.791	73.900
Walnuts (peeled)	8.9	12.5	31.6	(?) 1.7	44.5
Filberts	11.1	8.4	28.5	(?) 1.5	48.0
Ground-nuts (peeled)	11.7	24.5	50.0	(?) 1.8	7.5
Cocoa-nut	8.1	5.5	35.9	(?) 1.0	46.6
Fresh chestnuts (peeled)	42.7	3.0	2.5	(?) 1.8	49.2
Locust bean	67.9	7.1	1.1	(?) 2.9	14.6
Cocoa-nibs	11.10	21.20	50.0	3.0	12.0
Chocolate					

The analyses are those of Fresenius, Letheby, Pavy, Church, and others.  
From “The Perfect Way in Diet.”

“O Golden Age, whose light is of the dawn,  
And not of sunset, forward, not behind,  
Flood the new heavens and earth, and with thee bring  
All the old virtues, whatsoever things  
Are pure and honest and of good repute,  
But add thereto whatever bard has sung  
Or seer has told of when in trance or dream  
They saw the Happy Isles of prophecy!  
Let Justice hold her scale, and Truth divide  
Between the right and wrong; but give the heart  
The freedom of its fair inheritance.”

– *Whittier.*

## **Bread, Biscuit, and Rolls**

### **BEATEN BISCUIT. – No. 1**

One quart of flour, two teaspoonfuls of baking powder sifted with the flour, a quarter of a teaspoonful of salt, a large heaping tablespoonful of butter, milk enough to make a stiff dough. Beat with a rolling pin or in a biscuit-beater for ten or fifteen minutes until the dough blisters. Roll out about half an inch thick or less, prick well with a fork and bake in a quick oven.

## **BEATEN BISCUIT. – No. 2**

Two quarts of flour, three ounces of butter, a little salt and enough water to make a stiff dough. Beat with a rolling pin or in a biscuit-beater twenty minutes until the dough blisters or snaps. Roll out about half an inch thick, prick well with a fork and bake in a quick oven. This dough rolled very thin, cut with a large cutter, pricked well and baked in a quick oven makes delicious wafers to serve with tea or chocolate.

## **BAKING-POWDER BISCUIT**

One quart of sifted flour, three-quarters of a cup of butter, two heaping teaspoonfuls of baking powder, one teaspoonful of salt, enough milk to make a soft dough. Do not handle any more than is necessary. Roll thin, cut in small biscuits, prick with a fork and bake in a quick oven.

## **CREAM BISCUIT**

One quart of flour sifted, two rounded teaspoonfuls of Cleveland's baking powder, two cupfuls of cream and a little salt. Mix, roll out about a quarter of an inch thick, cut with a small biscuit-cutter, prick with a fork and bake fifteen or twenty minutes in a quick oven.

## **FRENCH ROLLS**

Two quarts of sifted flour, a pint of warm milk, half a cup of butter melted in the milk, a quarter of a cup of sugar, three or four eggs beaten light, a little salt, a half cake of compressed yeast, dissolved in a little warm milk. Make a batter of the milk and flour, add the eggs and sugar, beat hard for fifteen minutes. Cover the pan and set to rise, over night if for luncheon, in the morning if for tea. Knead well, but do not add any more flour. Make them into shape and let them rise again until light. Bake about fifteen minutes in a quick oven. For buns add cinnamon. Sift the flour before measuring, and measure lightly.

## **RAISED FINGER-ROLLS**

Half a pint of milk, half a pint of water, one-third of a compressed yeast cake, one teaspoonful of sugar, two teaspoonfuls of butter, one teaspoonful of salt. Dissolve the yeast cake in a little tepid water, mix as usual, make into a soft dough at night, bake for breakfast or luncheon.

## **WINDSOR ROLLS**

Melt half a cup of butter in three-quarters of a pint of warm milk, dissolve one cake of compressed yeast in a little tepid milk, stir together and add a teaspoonful of salt and enough flour to make like bread dough, set to rise in a warm place. It will rise in about two hours. Roll out the dough, using as little flour as possible to keep it from sticking, and cut with a biscuit-cutter, or mould with the hands into rolls, put them in pans, and set on the shelf over the range to rise about ten or fifteen minutes. Bake fifteen or twenty minutes.

## **ELIZABETTI ROLLS**

One cup of sweet milk, half a yeast cake, an even tablespoonful of butter, two teaspoonfuls of sugar, and one of salt, and flour enough to make as stiff as bread dough. Scald the milk and melt the butter in it, when lukewarm dissolve the yeast cake, sugar and salt and stir the flour in until as thick as bread dough. Set to rise over night. In the morning roll thin, cut with a biscuit-cutter, put a tiny lump of butter on each biscuit, fold in half, set to rise again, and when light bake about twenty minutes in a moderate oven. This quantity will make twenty-four rolls.

## **RYE ROLLS**

Take in the morning from rye bread dough one cupful, add to it a tablespoonful of Porto Rico molasses, one tablespoonful of sour cream, one even tablespoonful of butter. Bake in cups, half fill them, set in a warm place to rise for three-quarters of an hour, and bake fifteen minutes. This quantity will make eight.

## **GLUTEN ROLLS**

Three cups of kernel flour, two even tablespoonfuls of baking powder, half a teaspoonful of salt, two cups of milk. Mix the flour, salt and baking powder together, then stir in the milk, beat well. If baked in iron roll pans heat them well, brush with butter; if granite ware, only grease them. This quantity will make sixteen rolls. Bake from twenty to twenty-five minutes.

## **PARKER HOUSE ROLLS**

Sift two cups of flour with half a teaspoonful of salt and one teaspoonful of sugar, then add a cup of tepid water in which a cake of compressed yeast has been dissolved, two tablespoonfuls of melted butter; when mixed break in one egg and add flour enough to make a soft dough. Knead well, beating the dough upon the board. Set to rise in a warm place, when light knead again, adding only enough flour to keep from sticking to the board, roll out about half an inch thick, cut with a biscuit-cutter, brush with melted butter, fold in half and set to rise again. These rolls can be set at noon if for tea, or in the morning if for luncheon, or they can be made up at night for breakfast, when use only half a yeast cake. This dough can be moulded into small, oblong rolls for afternoon teas.

## **BOSTON BROWN BREAD**

One cup of yellow corn meal, one cup and a half of Graham flour, an even teaspoonful of salt, an even teaspoonful of soda, two cups of sour milk, half a cup of Porto Rico molasses, and butter the size of a large walnut. Sift the corn meal and soda together, add the Graham flour and salt, then the milk and molasses, melt the butter and stir in at the last. Butter a brown bread mould, pour in the mixture, steam for three hours, keep the water steadily boiling, remove the cover of the mould, and bake twenty minutes in the oven to form a crust.

## **BOSTON BROWN BREAD WITH RAISINS**

Follow the [preceding recipe](#), adding a cup of raisins stoned and slightly chopped. Very nice for nut sandwiches and stewed bread.

## **BOSTON BROWN BREAD STEWED**

Cut the bread into dice, and when the milk boils add the bread and stew gently fifteen minutes. The proportion is about a cup of milk to one of bread.

## **GRAHAM BREAD**

Half a pint of milk, half a pint of water, a pint and a half of white flour, an even teaspoonful of salt, half a yeast cake dissolved in tepid water. Scald the milk and add the half pint of boiling water, set away to cool. Put the flour into the bread pan, add milk and water when lukewarm and the dissolved yeast; beat well. In the morning add half a cup of Porto Rico molasses and Graham flour enough to knead well, let it rise for three hours, knead again, make into loaves and set in a warm place to rise. When light bake in a moderate oven nearly an hour.

## **RYE BREAD**

Dissolve half a yeast cake, two heaping teaspoonfuls of sugar and one of salt in a cup and a third of tepid water, then stir into it a pint of white flour, and when smooth add enough rye flour to make a dough rather stiffer than that of white bread. Knead thoroughly about fifteen minutes and set to rise. In the morning make into a loaf and put in a crusty bread pan.

## **QUICK WHITE BREAD**

Three pints of flour, an even teaspoonful of salt, two cakes of compressed yeast dissolved in tepid water and enough milk to make a soft dough. Set in the morning, – it will require about an hour and a half to rise, and, after making into loaves, about ten minutes.

## **DATE BREAD**

Break the dates apart, wash and drain them in a colander, shake them well, set in a warm place to dry. Stone and chop enough to make a cupful, and knead into a loaf of white bread just before setting to rise for the last time.

## **COFFEE BREAD. – No. 1**

One pound of flour, two eggs, six tablespoonfuls of melted butter, six ounces of sugar, a teaspoonful of soda, a teaspoonful of cream of tartar mixed dry in the flour, and one cup and a half of milk. Beat the butter and sugar together, add the eggs well beaten, a few grains of cardamom, half a cupful of raisins seeded, and a tablespoonful of citron cut fine, if liked, then add the milk and flour. Bake in crusty bread pans or shallow pans, as convenient.

## **COFFEE BREAD. – No. 2**

Half a pound of flour, one egg, two teaspoonfuls of sugar, a small pinch of salt, three tablespoonfuls of melted butter, three-quarters of a cup of milk, one even teaspoonful of soda, two scant teaspoonfuls of cream of tartar. Mix and bake in a crusty bread pan in a good oven, not too quick, from twenty to twenty-five minutes.

## NORWEGIAN ROLLS

Two pounds and a half of flour, a pint and a half of milk, half a pound of butter, six ounces of sugar, one even teaspoonful of cardamom seeds pounded fine, and one cake of compressed yeast. Melt the butter in the milk, mix the sugar, flour and cardamom together and stir the butter and milk into it with the yeast cake dissolved in a little milk, mix thoroughly and set to rise. When it is nicely raised, roll out the dough and cut with a biscuit-cutter, put in pans to rise again, – if they can be raised over steam it is better. When light bake in a quick oven. If zwieback are wanted, cut the biscuit in half when cold and set them in the oven to brown. If wanted very nice, brush each half over with white of egg and sprinkle with sugar and chopped almonds. The cardamom seed may be omitted if not liked.

## **RICE MUFFINS**

Boil a scant half cup of rice in salted water half an hour, drain well, and measure out four heaping tablespoonfuls of it into a mixing bowl. Stir into it while hot a heaping tablespoonful of butter. Beat one egg light, add to the rice and butter with a little salt, sift half a pint of flour with half a teaspoonful of baking powder, and stir in alternately with half a pint of milk. Pour the mixture into muffin rings or gem pans, which must be heated thoroughly and well buttered. Bake about twenty minutes.

## **LAPLANDS**

Half a pint of flour, half a pint of rich milk, a quarter of a teaspoonful of salt, three eggs beaten separately and very light. Mix the flour, salt and milk together, then the yolks of eggs, and lastly the whites of eggs beaten to a stiff froth. Have a gem pan very hot, butter well and fill with the batter and bake in a quick oven twelve to fifteen minutes. This quantity will make fourteen gems.

## ENGLISH MUFFINS

Half a pint of hot milk, half a pint of hot water, half a yeast cake, an even teaspoonful of salt and one of sugar, and about a pound and a half of white flour. Dissolve the yeast cake in a little tepid water and add to the batter when lukewarm. The milk and water mixed must be stirred into the flour while hot. Beat the batter very hard, ten or fifteen minutes; it should be a soft dough. Set to rise over night. Flour the board well, drop the dough in large spoonfuls in the flour, flatten with the hands and form into shape. Let them rise on the board in a warm place, and when light bake on a griddle, heated only half as hot as for griddle cakes. Flour the muffins and bake slowly on one side six minutes; then turn and bake the same on the other side. They are very nice split and toasted and buttered immediately and put together again.

## **GRAHAM POPOVERS**

Beat three eggs very light, and add to them one tablespoonful of sugar, one pint of milk, a saltspoonful of salt. Put in a mixing bowl half a pint each of Graham and white flour, stir the eggs and milk gradually into this and beat until perfectly smooth. Then add one tablespoonful of melted butter and beat again for some minutes. Brush the cups over with melted butter; if they are of iron heat them, half fill with the batter and bake in a quick oven fifty minutes at least.

## **GRAHAM GEMS**

To one quart of sweet milk, four cups of Graham flour, a teaspoonful of salt. Stir together and beat well, the longer the better. Have the gem pans very hot, brush well with butter, half fill them with the batter and bake thirty-five minutes.

## **GEMS OF KERNEL (Middlings) AND WHITE FLOUR**

Two cups of kernel flour, two cups of white flour, four cups of milk or two of milk and two of water, one egg; a little salt, a heaping teaspoonful of sugar, two teaspoonfuls of baking powder, two large tablespoonfuls of melted butter. Beat the egg very light in a bowl, add the sugar and salt, the milk and butter, sift the flour together and beat the batter hard for a few minutes. Have the iron gem pans very hot, butter and fill, and bake them in a good, quick oven not less than thirty-five minutes.

## **GEMS OF RYE MEAL**

Mix together three-quarters of a cup of rye meal and a quarter of a cup of white flour and a saltspoonful of salt. Beat two egg yolks and stir into it a cup of sweet milk and one tablespoonful of granulated sugar, add this to the rye meal and flour, beat hard, then add the whites of two eggs beaten to a stiff froth. Heat the iron gem pans, brush with butter and bake thirty-five to forty minutes.

## **CORN BATTER BREAD**

Pour a pint of boiling milk over four heaping tablespoonfuls of yellow corn meal, add a heaping teaspoonful of butter, a heaping teaspoonful of sugar, and a little salt. Beat the yolks of three eggs to a cream and add to the batter, then the whites of three eggs beaten to a stiff froth. Butter a pudding dish, turn the mixture into it and bake from twenty-five to thirty minutes. Serve immediately in the dish in which it is baked.

## **CORN BREAD**

Put half a pint of yellow corn meal in a mixing bowl, pour over it one pint of rich, sweet milk. When cold add two tablespoonfuls of melted butter, half a teaspoonful of salt, one teaspoonful of sugar and four eggs beaten separately, the whites beaten to a stiff froth and added at the last. Pour into a well-buttered shallow pan and bake about half an hour in a good oven.

## **CORN GRIDDLE CAKES**

One cup of yellow corn meal in a mixing bowl, pour over it three cups of boiling milk. When cold add two tablespoonfuls of melted butter, two teaspoonfuls of sugar, one teaspoonful of salt. Sift one teaspoonful of cream of tartar and half a teaspoonful of soda with half a cup of white flour, add to the batter and at the last mix in two well-beaten eggs.

## **WHITE BREAD GRIDDLE CAKES**

Chop as much stale bread as will measure two cupfuls, put it into a bowl and pour over it a cupful of sweet, rich milk, let it soak for an hour. When ready to bake the cakes, mash the bread in the milk with a wooden spoon, add a heaping teaspoonful of sugar, a teaspoonful of salt, two tablespoonfuls of melted butter, two well-beaten eggs, sift into the mixture a cupful of white flour and an even teaspoonful of soda, stir well together, then add a cupful of sour milk and bake on a griddle.

## **BOSTON BROWN BREAD GRIDDLE CAKES**

Crumble enough Boston brown bread to make two cupfuls, pour over it a cup of sweet milk, soak an hour. Then mash fine in the milk, add two tablespoonfuls of melted butter, an even teaspoonful of salt, two well-beaten eggs, and sift into the mixture a cupful of white flour and a heaping teaspoonful of baking powder, beat well; then add a scant half cup of milk and bake as other griddle cakes.

## WAFFLES

Put a quart of milk to warm, melt a quarter of a pound of butter in it and stir in a teaspoonful of salt. When cold add a pint of sifted flour, four eggs, the whites and yolks beaten separately, and just before baking stir in two teaspoonfuls of baking powder.

## EPICUREAN ROLLS

Boil several potatoes and put them through a vegetable press or else grate them, measure one cupful, one tablespoonful of sugar, half a yeast cake dissolved in half a cup of tepid water, half a pint of milk, half a cup of butter, one egg beaten separately, half a teaspoonful of salt, and flour enough to make a soft dough. Set to rise at night. Pour a third of a cup of boiling water over the potato, salt and sugar. Beat smooth, and when tepid add the yeast, cover and set away to rise. In the morning bring the milk to a boil, and melt the butter in it; when cool enough add the beaten yolk and stir all into the potato sponge, beat the white of egg to a stiff froth and add to the other ingredients, with flour enough to make a soft dough; knead well and let it rise again; when very light roll out about half an inch thick, cut with a round biscuit-cutter, prick them with a fork, put in pans for a short time to rise and bake from fifteen to twenty minutes. The most delicate and delicious of rolls.

## **BREAD FROM RUMMER FLOUR**

Two quarts of improved Graham flour, half a pint of boiling water, half a pint of lukewarm water, one-fourth of a yeast cake dissolved in half a pint of lukewarm water, one tablespoonful of granulated sugar added when kneading the dough, one teaspoonful of salt. Put the salt in the flour, make a hole, pour in the boiling water, then the lukewarm water, and last the yeast. Knead well at night at least fifteen minutes, set to rise. In the morning mould into loaves, let it rise until very light and bake until well done.

## **BISCUITS OF KERNEL OR GRAHAM FLOUR**

Follow the recipe for [baking powder biscuits](#), using kernel or Graham flour instead of white flour. If Graham is used sift twice before adding the baking powder. Roll thin, cut with a biscuit-cutter, prick with a fork and bake in a quick oven.

## **Eggs**

### **TO SOFT BOIL EGGS**

Cover the eggs with cold water in a saucepan, place over the fire, and when the water comes to the boiling point the eggs are perfectly cooked; remove at once and serve.

## **TO HARD BOIL EGGS**

Put the eggs in boiling water and boil hard for ten minutes, set them where they will boil gently for ten minutes more, then remove from the fire. Eggs boiled in this way will be tender and digestible.

## EGGS À LA CRÊME

Boil twelve eggs fifteen minutes. Line a dish with very thin slices of bread and fill with layer of eggs cut in slices, strewing them with a little grated bread, pepper and salt; rub a quarter of a pound of butter with two tablespoonfuls of flour, put it in a saucepan with a tablespoonful of chopped parsley, a little onion grated, salt, pepper and half a pint of milk or cream; when hot pour over the eggs; cover the top with grated bread crumbs and put it in the oven, let it heat thoroughly and brown.

## **EGGS AU GRATIN**

Boil twelve eggs hard, shell and cut them in slices and lay them in a deep dish in close circular rows; make a sauce of a tablespoonful of butter, the yolks of four eggs, a little grated cheese, and half a pint of milk; stir this over the fire until it thickens, pour it over the eggs, strew some bread crumbs on top and bake for ten minutes.

## NUN'S TOAST

Cut four or five hard boiled eggs into thin slices; put a piece of butter half the size of an egg in a saucepan, and when it begins to bubble add a teaspoonful of grated onion; let it cook a little without taking color, then stir in a teaspoonful of flour and a cupful of milk and stir until smooth; add pepper and salt to taste, then put in the slices of egg and let them get hot. Have ready some neatly trimmed slices of buttered toast, pour the mixture over them and serve at once.

## EGGS À LA MAÎTRE D'HÔTEL

One-quarter of a pound of fresh butter, half a pint of milk, one tablespoonful of flour, one tablespoonful of minced parsley, half a teaspoonful of onion juice, one-fourth of a teaspoonful of white pepper, salt to taste, the juice of half a lemon, and eight hard boiled eggs. Stir the flour and half of the butter in a saucepan over the fire until the mixture thickens, stir in the milk; when hot add the pepper and let it simmer a minute; cream the rest of the butter and beat in the lemon, onion juice and parsley; cut the eggs in quarters lengthwise, add the creamed butter to that in the saucepan, allow it to heat thoroughly, pour over the eggs and serve.

## EGG TIMBALES

For six persons use half a dozen eggs, three gills of milk, one teaspoonful of salt, one-eighth of a teaspoonful of pepper, one teaspoonful of chopped parsley, and one-fourth of a teaspoonful of onion juice, if liked. Break the eggs into a bowl and beat well with a fork, then add the seasoning and beat for a minute longer; now add the milk and stir well; butter well medium sized timbale moulds, one for each person, pour the mixture into them; put the moulds in a deep pan and pour in enough hot water to come almost to the top of the moulds. Place in a moderate oven and cook until firm in the center – for about twenty minutes – then turn out on a warm dish and pour cream or tomato sauce around them.

## **EGGS STUFFED WITH MUSHROOMS**

Boil half a dozen eggs hard; when done pour cold water over them, shell and cut in half lengthwise; take out the yolks, mash them and add three ounces of fresh mushrooms that have been chopped very fine and cooked tender in a teaspoonful of butter; season with salt and pepper to taste and stir in a dessertspoonful of cream, mix thoroughly. Fill the whites with this mixture, rounding the top to the shape and size of a whole yolk; sift some fine bread crumbs over the top and tiny bits of butter, brown a moment in the oven. Arrange on a dish and pour a white sauce around them in which an ounce of chopped and cooked mushrooms has been stirred, garnish with parsley and serve.

## **EGGS WITH CREAM**

Melt a small lump of butter in a shallow baking dish and break into it carefully six eggs, pour over them a third of a cup of boiling cream, place in a very quick oven long enough to set the whites of eggs and serve at once in the dish in which they are baked. Two or three minutes will cook them.

## **CURRIED EGGS**

Boil six eggs hard, cut in half lengthwise, make a white sauce and stir into it a heaping teaspoonful of curry powder; put the eggs carefully into this sauce, heat thoroughly, lift them out and place in the center of a dish. Arrange boiled rice around them, pour the sauce over the eggs, garnish with parsley and serve.

## STUFFED EGGS

Boil six eggs hard, cut in half lengthwise, take out the yolks and mash them very fine; put aside a heaping teaspoonful of it, add to the rest two teaspoonfuls of butter, three teaspoonfuls of rich cream, a few drops of onion juice, and salt and pepper to taste; mix well, fill the whites of eggs, rounding the top of each to the size of a whole egg. Make a white sauce as follows: Rub a heaping tablespoonful of butter into half a tablespoonful of flour, and stir into it a cup of boiling milk; when it is smooth and thick put the eggs into it carefully, when hot take them out, arrange daintily on a platter, pour the sauce around them, sprinkle the teaspoonful of the yolk reserved over them, garnish with parsley and serve.

## FRIED STUFFED EGGS

Prepare the eggs as in the recipe for [stuffed eggs](#), filling the cavity of the whites evenly, and pressing the two halves together so as to make it appear as a whole egg. Take what is left of the mixture, add to it one raw egg beaten light, roll each egg in this, covering thoroughly every part of it, and fry in boiling fat. Serve around a dish of green peas, or with a cream sauce into which has been stirred, just before removing from the fire, two slightly heaping tablespoonfuls of grated Parmesan cheese.

## **FRICASSEED EGGS**

Put two tablespoonfuls of butter in a spider, when hot add a tablespoonful of flour, stir until smooth, then add a teaspoonful of finely minced parsley and a heaping tablespoonful of fresh mushrooms chopped very fine, and a cup of rich milk or cream. Cook until the mushrooms are tender, then add four or five hard-boiled eggs cut in quarters lengthwise; let it come to a boil and serve.

## EGG CHOPS

Take five or six hard-boiled eggs, rub the yolks through a sieve and chop the whites rather fine; put a cupful of milk in a saucepan over the fire, when hot stir into it a tablespoonful of butter rubbed smooth in two tablespoonfuls of flour with one raw egg, first adding a little of the warm milk, then pepper and salt to taste, and if liked a few drops of onion juice. Stir constantly until thick and smooth, remove from the fire, add the prepared eggs, mix well, and when cold form into the shape of chops, dip in beaten egg and fine bread crumbs and fry in boiling fat until a delicate brown; stick a sprig of parsley in the small end of each chop, arrange in the middle of a platter and serve with a white sauce around them, or green peas.

## **PLAIN OMELET**

Beat six eggs, the yolks to a cream, the whites to a stiff froth, add three tablespoonfuls of warm milk to the yolks and then beat into the whites of eggs. Put a small tablespoonful of butter in a spider, when it is hot turn the eggs into it, stirring gently all the time until the eggs are well set; let it brown, fold and turn out on a hot platter.

## OMELET WITH CHEESE

Follow the recipe for [plain omelet](#); while it is cooking stir in three tablespoonfuls of grated Parmesan cheese and finish as above.

## OMELET WITH MUSHROOMS

Make an omelet as in [preceding recipe](#). Have a quarter of a pound of fresh mushrooms chopped fine and cooked until tender in a little butter and their own juice, seasoned with salt and pepper, and add hot to the omelet just before folding it.

## **OMELET WITH TOMATOES**

A cup of tomatoes, the water drained from them, cooked and seasoned with pepper and salt, a teaspoonful of onion juice, and one of green pepper chopped very fine; have it hot and add to the omelet just before folding it.

## **POACHED EGGS WITH TOMATO CATSUP**

Poach some eggs in boiling water, trim nicely and place each egg on a round of toast buttered and moistened with a little hot milk. Have ready a white sauce, pour it over them and put on the top of each egg a teaspoonful of tomato catsup; garnish with parsley and serve.

## **EGGS POACHED IN CREAM**

Half a pint of cream, six eggs, salt and white pepper, and a small teaspoonful of finely minced parsley. Bring the cream to a boil in a chafing dish, break the eggs carefully, to keep the yolks whole, into the cream and cook until the whites are set – about three minutes. Have a delicate slice of toast for each egg on hot plates, lay an egg on each, pour the cream over them, sprinkle with pepper and salt and the chopped parsley and serve.

## **EGGS POACHED IN TOMATOES**

Put a quart can of tomatoes in a saucepan over the fire with half an onion, three cloves, a bay leaf, a sprig of parsley, a saltspoonful of sugar, and salt and pepper to taste. Cook until the onion is tender – about ten minutes – remove from the fire, press through a sieve fine enough to retain the seeds. Put this in a spider; rub an even teaspoonful of potato flour with a tablespoonful of butter, add to the sauce, and when it boils break in as many eggs as required, keep them from sticking to the pan by running a tablespoon carefully around the edges; when the eggs are set remove from the sauce, place each one on a round of nice toast and pour the sauce around them; garnish with parsley and serve.

## **EGGS IN A BROWN SAUCE**

Boil hard as many eggs as needed and cut either lengthwise in quarters or in round slices. Brown a tablespoonful of butter and one of flour together, add a small onion, cut fine; when thick and smooth add enough vegetable stock to make the sauce the proper consistency, season with salt and pepper and strain. Put the egg slices in the sauce, let it come to the boiling point and serve on a small platter; garnish with parsley. Half a dozen olives boiled in a little water and cut from the stones are a nice addition to the sauce.

## Soups

Bran tea, made in the proportion of a pint of bran to three quarts of water, is used by many vegetarians as a foundation for soup. Butter should be used generously with it.

A broth made from white beans is also good where a white stock is required. Pick over the beans carefully, soak over night, drain and add fresh water in the morning – three pints of water to a pint of beans – cook gently until tender. If it is to be used as a stock, strain without mashing the beans. If the water they are boiled in is hard, a small pinch of soda will soften it.

## **CREAM OF JERUSALEM ARTICHOKES**

Wash and peel enough artichokes to make a pint when cut in slices. Put them in a saucepan with a tablespoonful of butter, let them simmer in this for a few minutes without taking color, then cover with water and boil until tender. Rub through a sieve, put back on the stove with a quart of milk, and a tablespoonful of butter rubbed into a tablespoonful – slightly heaping – of flour, season to taste with salt and pepper, let it come to a boil. Remove from the fire and add two egg yolks, beaten with half a cup of cream, stir rapidly, and serve at once.

## CREAM OF ASPARAGUS

Prepare a bunch of asparagus in the usual way for cooking, cut off the points about an inch in length and put aside. Cover the stalks and half an onion cut in slices, with boiling water, cook until tender and press through a purée sieve with the water they were boiled in. Melt a good tablespoonful of butter in a saucepan, and stir into it half a tablespoonful of flour, add the purée of asparagus and let it come to a boil, season with salt and pepper to taste. Have the asparagus points cooked tender in a little water. Have ready a pint of boiling milk, remove both from the fire and stir the milk into the soup, put the asparagus points into the tureen. Beat two egg yolks with four tablespoonfuls of cream, stir quickly into the soup and pour into the tureen.

## **CREAM OF LIMA BEANS**

Put over the fire a quart of lima beans in boiling water to cover them; when nearly tender add a bay leaf, half a white onion, and salt and white pepper to taste. Let them cook until very tender, remove from the fire, and mash through a colander with the water in which they were boiled. Put back in the saucepan on the range, let it come to a boil, then add a heaping tablespoonful of butter and a pint of boiling milk, stir well, remove and press through a purée sieve that it may be smooth. Beat four tablespoonfuls of cream, add when the soup is in the tureen and serve immediately. This soup is very nice when made from the best canned lima beans, using two cans and following the recipe as above.

## CREAM OF CAULIFLOWER

Cut one small cauliflower into flowerettes, reserve a tablespoonful, put the rest into a saucepan with three cups of boiling water, one small white onion, half a small celeriac cut in slices, and a bay leaf. Cook together ten minutes, drain and put the vegetables into a double boiler with two heaping tablespoonfuls of butter, a heaping tablespoonful of flour, salt and pepper to taste; steam for ten minutes. Put the flowerettes into the water the vegetables were boiled in and cook until tender, remove and put aside to keep warm, measure the water and add sufficient from the kettle to make two cupfuls, pour this over the vegetables, cook until tender and press through a fine sieve. Bring two cups of milk to the boiling point, turn the purée into this, let it boil up once, remove from the fire. Beat two egg yolks and four tablespoonfuls of rich cream together, add some of the soup to this, then mix all together, turn into the tureen, add the flowerettes and serve at once.

## **CREAM OF CELERY**

Take of the coarser parts of celery as much as will make two heads, wash and cut in pieces, put in a saucepan with half an onion cut in slices and cover with boiling water. Cook until tender and press through a sieve with the water in which it was boiled. Make a roux of butter and flour as in other cream soups, add the purée to it and as much boiling milk as will make it the proper consistency. Season with salt and pepper, and finish with a beaten egg yolk and two tablespoonfuls of cream, adding this after the soup has been removed from the fire.

## **CREAM OF CHESTNUTS**

Shell and blanch a pint of large French chestnuts. Put them in a saucepan and almost cover them with boiling water, cook until tender. Before they are quite done add a little salt. When done remove from the fire, rub through a purée sieve with the water they were boiled in. Melt a generous heaping tablespoonful of butter with an even tablespoonful of flour and add to it by degrees a pint of boiling milk, let it cook until thick, then stir in the chestnut purée and salt and pepper to taste. Let it come to a boil and serve.

## CREAM OF CUCUMBERS

Peel and cut into slices four cucumbers and one small white onion, put in a saucepan with enough boiling water to cover them, cook until tender, press through a fine sieve and pour into a saucepan, stand where it will keep hot without cooking. Have a cream sauce ready, made by melting two heaping tablespoonfuls of butter in a saucepan with two tablespoonfuls of flour, let them cook together until the mixture no longer adheres to the pan, then add gradually a quart of milk, an even teaspoonful of white pepper, a heaping teaspoonful of salt, let it boil for a few minutes until thick and pour into the cucumber purée, add two tablespoonfuls of rich cream, let it come to the boiling point, and serve at once. This is a very delicate soup, and cooking or standing on the stove after it is done will spoil it. Groult's potato flour is nicer for thickening cream soups than the common flour, but, if used, only half the quantity called for in the recipes is needed.

## CREAM OF SUMMER SQUASH

Peel the squash, slice thin, put in a saucepan and add boiling water to come nearly to the top of the squash. When nearly tender add an onion, a bay leaf and several sprigs of parsley. When tender mash through a fine sieve, return to the fire, let it come to a boil, stir in a heaping tablespoonful of butter, a heaping teaspoonful of flour, season with salt and pepper and a tiny pinch of mace. Have almost as much boiling milk as purée, remove from the fire and stir together, add two tablespoonfuls of cream, and serve at once.

## CREAM OF LETTUCE

Take two heads of nice, fresh lettuce, wash and drain and chop fine with half a small white onion, put in a saucepan with two heaping tablespoonfuls of butter, cook for about ten minutes, stirring all the time, then add two heaping tablespoonfuls of rice and a quart of milk. Let it boil for twenty minutes until the rice is perfectly tender, remove from the fire and press through a purée sieve, using a small potato masher, then strain and press again through a fine hair sieve; this will make it smooth. Season with salt to taste and a dash of cayenne pepper, and a small half teaspoonful of sugar. Put in a fresh saucepan, rub together two heaping teaspoonfuls of butter and an even teaspoonful of cornstarch and stir into the soup. Let it come to the boiling point and remove from the fire, adding at the last moment a quarter of a cupful of whipped cream. Serve with or without fried croutons.

## **CREAM OF MUSHROOMS**

Wash one pound of mushrooms, skin and stem them. Put the skins and stems in a saucepan with a cup of boiling water and boil ten minutes, strain and add to this water the mushroom flaps chopped very fine, and cook until tender, then press through a fine sieve. Melt two large heaping tablespoonfuls of butter in a saucepan, and stir into it two heaping tablespoonfuls of flour, and when smooth add a quart of rich milk, a whole clove of garlic, salt and pepper to taste. When it boils and thickens add the mushroom stock, let it boil up once, remove the clove of garlic, turn the soup into the tureen and serve.

## **CREAM OF GREEN PEAS**

Put a quart of green peas into a saucepan with a slice of white onion, cover with boiling water and cook until tender. Remove from the fire and press through a purée sieve with the water in which they were boiled. Return to the saucepan, set it back on the stove, let it come to a boil, add a pint of rich milk, salt and white pepper to taste, a dash of cayenne, and a large, generous tablespoonful of butter rubbed into an even tablespoonful of flour, adding a little of the liquid before stirring into the soup. Let it come to a boil, and add two tablespoonfuls of whipped cream just as it is poured into the tureen.

## CREAM OF RICE

Wash carefully a third of a cup of rice and put it on the fire in a pint of boiling water with a white onion and a stick of celery, let it cook slowly for an hour, then stir in a quart of milk and let it come to a boil, add a heaping tablespoonful of butter, and press through a purée sieve. Put the soup back on the fire while beating an egg yolk with two tablespoonfuls of cream and a teaspoonful of parsley minced very fine. Remove the soup from the fire, stir in the egg and cream, pour into the tureen and serve.

## CREAM OF SPINACH

Take two large handfuls of spinach, after it is washed and picked over, a small head of lettuce, a few sprigs of parsley, and a small white onion peeled and sliced. Put in a saucepan over the fire with a tablespoonful of butter, a dozen peppercorns and two cloves, and a very little boiling water, cover and stand it where the vegetables will only simmer. When they are tender rub together a generous heaping tablespoonful of butter and a heaping tablespoonful of flour, and stir it into the vegetables. Add a little boiling water, mash the vegetables smooth and press them through a fine sieve. Have the purée as thick as possible, return to the saucepan. Have ready a pint of boiling milk, beat two egg yolks with four tablespoonfuls of cream, pour a little of the boiling milk into them, and the rest into the purée, remove from the fire at once, then add the eggs and cream, pour into the tureen and serve immediately.

## **CARROT SOUP**

Take half a dozen small French carrots, wash and scrape them, put in a saucepan with boiling water and cook until tender, remove from the fire, mix with milk and press through a sieve. Melt two ounces of butter in a saucepan and rub into it a slightly heaping tablespoonful of flour, add a few grains of cayenne pepper, and stir in a little at a time the carrot purée until smooth like cream, add a few slices of cooked celery root (celeriac), and salt to taste, and pour into the purée. A tablespoonful of sherry, if liked, may be added. Serve with fried croutons.

## CELERIAC SOUP

Wash, peel and slice three celery roots, put them in a saucepan, cover with boiling water, cook until tender, and mash them through a purée sieve with the water in which they were boiled. Melt a good heaping tablespoonful of butter, stir into it a small tablespoonful of flour, and add to it the celery purée, season with a little cayenne pepper and salt to taste. Add three-quarters of a cup of macaroni previously boiled in water. As soon as it comes to a boil remove from the fire and add as much boiling milk as will make it the proper consistency. Beat two egg yolks with half a cup of cream and stir in quickly just before pouring the soup into the tureen. Care must be taken to do this off the fire, as celery soup is liable to curdle.

## MOCK CLAM SOUP

Soak a pint of marrowfat beans over night in water enough to cover them. In the morning drain, and put them on the fire with a small onion and a gallon of cold water, boil until tender and strain. Add to the stock a little summer savory, two ounces of butter and a cup of cream or rich milk, season with salt and pepper. When the soup comes to a boil, cut two slices of toast into dice, and four hard-boiled eggs in slices, put in the tureen and pour the soup over them and serve.

## **CORN AND TOMATO SOUP**

Grate the corn from six ears of sweet corn. Put the cobs into a quart and a pint of water and cook until all the sweetness is extracted – about half an hour. Remove the cobs and add a pint of tomatoes after they are skinned and sliced, a small onion cut in slices, a French carrot cut in dice, a quarter of a green pepper chopped fine, and the grated corn. Let it cook slowly until all are tender. Stir in two good tablespoonfuls of butter, salt and pepper to taste, pour into the tureen and serve.

## SOUP CRÉCY

Take three large carrots, wash and scrape and cut them into slices, put them in a saucepan with half an onion, a stick of celery, and a bay leaf, more than cover with boiling water and cook until tender. Remove from the fire, take out the bay leaf and rub the vegetables through a sieve with the water they were boiled in. Put back in the saucepan. Rub a generous tablespoonful of butter with half a tablespoonful of flour, and stir into the purée, add to it a cup and a half of boiling milk, stir until thick, add pepper and salt to taste. Take from the fire, and stir into it one egg yolk beaten with two tablespoonfuls of cream. Serve at once.

## CURRY SOUP

Prepare for cooking two small white onions, two French carrots and half a turnip cut in slices, and cook slowly in a pint of boiling water until they fall to pieces, cook with them until tender a celeriac root, remove from the other vegetables and put one side. Melt two ounces of butter in a saucepan, and stir in a slightly heaping tablespoonful of flour, an even dessertspoonful of curry powder, mix well together and then add a pint of milk. Strain the vegetables through a fine sieve, but do not press them, and add the stock therefrom to the milk, etc., in the saucepan, and salt to taste. Beat half a cup of cream with two egg yolks until light, remove the soup from the fire, mix a little of it with the eggs and cream, turn it back into the saucepan, stir well together and pour at once into the tureen in which you have already placed the celeriac cut in slices. If liked, two tablespoonfuls of Madeira may be added just before the soup is turned into the tureen. Serve with croutons.

## MOCK FISH SOUP

It is better to prepare the balls for this soup first, as follows: Put in a saucepan a tablespoonful of white flour and two tablespoonfuls of Groult's potato flour, stir together and add a tablespoonful of butter and a cup of milk, mix all together and place on the stove where it is not very hot. Stir constantly until it is smooth and no longer sticks to the pan, remove from the fire, let it cool, and beat in two eggs, one at a time, season with a dash of cayenne, a few grains of powdered mace, a few drops of onion juice, a little salt and half a teaspoonful of sugar. These balls must be seasoned very delicately. Cook and drain as the [spinach balls](#) are done, using a teaspoon instead of a tablespoon. Put to one side while the soup is being made. For the soup take three French carrots, half a parsnip, half a white onion and a little green pepper chopped fine, cover with boiling water and cook until tender. Melt a generous tablespoonful of butter in a saucepan, and when it bubbles stir into it a small tablespoonful of flour, then add three cups of milk and let it come to a boil. When the vegetables are tender stir them into the thickened milk with the water they were boiled in, together with half a teaspoonful of sugar and salt and pepper to taste. Then put the balls in and let the soup come to a boil, add a teaspoonful of finely minced parsley and remove from the fire. Have one egg yolk beaten with two tablespoonfuls of cream and stir in carefully so as not to break the balls just before turning the soup into the tureen.

## **A NORWEGIAN SWEET SOUP**

Put a quarter of a cup of rice into three cups of boiling water with a small stick of cinnamon, and let it boil nearly an hour. About fifteen minutes before it is done add half a cup of raisins stoned. Beat two egg yolks with a heaping tablespoonful of sugar until white and creamy, then stir into them about half a cup of sweet cider, remove the soup from the fire, add a little of it to the eggs and cider, stir well, and mix all together rapidly and serve at once. Two tablespoonfuls of good sherry improves it.

## ONION SOUP

Melt two tablespoonfuls of butter in a spider, when it bubbles add four large onions, washed, skinned and cut in slices, let them simmer without browning about half an hour, then stir in a slightly heaping tablespoonful of flour. When it thickens pour in gradually a pint and a half of boiling milk, season with salt and pepper to taste, press through a purée sieve, and return to the fire. While it is getting hot, beat together two egg yolks and half a cup of cream, remove from the stove and stir the eggs and cream into it rapidly, pour at once into the tureen and serve.

## **SOUP OF GREEN PEAS. – No. 1**

Take from a pint of green peas two heaping tablespoonfuls and set aside. Put the rest in a saucepan with half a white onion, in boiling water. Cover tightly, letting them cook until quite tender, then mash through a purée sieve with the water in which they were boiled and using a little more to take out all that is good of the peas through the sieve. Put back on the stove, rub a good heaping tablespoonful of butter with a small tablespoonful of flour and add to the purée of peas. Have a heaping tablespoonful of turnips and two of carrots cut into dice and cooked in as little water as possible, and the two tablespoonfuls of peas cooked until tender, add to the soup with half a teaspoonful of sugar and pepper and salt to taste. Let all this cook together while enough milk to make the soup the proper consistency is coming to a boil. Mix together, add a teaspoonful of finely minced parsley, pour into the tureen and serve.

## **SOUP OF GREEN PEAS. – No. 2**

Put one quart of green peas over the fire in three quarts of boiling water with three French carrots, a small turnip cut into dice and a small white onion chopped. Cover tightly and let the vegetables cook until tender. Rub two ounces of butter with a small tablespoonful of flour, add a little of the soup to this to thin it and then stir all together, add an even tablespoonful of finely minced parsley, an even teaspoonful of sugar, and salt and pepper to taste; let it come to a boil and then serve.

## **POTATO SOUP**

Take four large potatoes, peel and boil them tender in water, mash very fine with a small tablespoonful of butter, add as much boiling milk as will make it the right consistency. Boil in as little water as possible one tablespoonful of turnips and two of carrots cut into dice; when tender turn all into the soup, add a little cayenne and salt to taste. Just before serving beat a quarter of a cup of cream with one egg yolk, remove the soup from the fire and stir the two together as in other cream soups, and serve at once with fried croutons.

## **PURÉE OF VEGETABLES**

Cut fine three onions, one turnip, two French carrots and four potatoes, put in a saucepan with four tablespoonfuls of butter and a little parsley; let them cook about ten minutes, then add a tablespoonful of flour. Stir well and add two quarts of boiling milk, season with salt and pepper and a tiny bit of sugar, and when it boils take out the parsley, press the soup through a sieve and serve with croutons of fried bread.

## **PURÉE OF TURNIPS**

Peel and slice some young turnips, add an onion and carrot sliced, cover with boiling water and cook until tender. Mash them in the water and press through a fine sieve. To a pint of the purée have a pint of boiling milk. Return the purée to the fire, and stir into it a large heaping tablespoonful of butter and a small pinch of mace. Take the milk from the stove and stir briskly into it two egg yolks beaten with two tablespoonfuls of cream, then remove the purée from the stove and stir the eggs and milk into it, season to taste with salt and pepper and serve.

## VEGETABLE SOUP

One cup and a half of green peas, three small French carrots, and a small cauliflower cut into flowerettes, one pint of milk, half a cup of cream, a good half tablespoonful of flour, one tablespoonful of butter, and the yolks of two eggs. Wash and scrape the carrots, cut in thin slices and boil each vegetable by itself in as little water as possible. When the carrots and peas are done put them together in a saucepan with the water in which they were cooked, add the milk, put the saucepan on the fire and let it come to a boil, rub the butter and flour together, mix with a little milk and stir into the vegetables. Drain the water well from the flowerettes, and just before serving put them in the tureen. Beat the yolks of eggs and the cream together in a bowl, remove the soup from the fire, add a little of it to the eggs and cream, then turn them into the soup, stir well and pour it into the tureen.

## **TOMATO SOUP**

Put a generous tablespoonful of butter in a saucepan, when it is hot add half an onion chopped fine, let it stew gently for a few minutes, then add a pint of canned tomatoes, cook half an hour. Rub a heaping tablespoonful of flour and one of butter smoothly together and stir into the tomatoes. Have ready a pint of boiling milk, pour the tomatoes into a purée sieve with the boiling milk and rub through the sieve. Season with salt and pepper and a very little sugar. Return to the fire, make it hot, but be careful not to let it boil, as it will curdle. Serve at once with croutons.

## **BARLEY SOUP**

Put a quarter of a cup of well washed barley with a bay leaf and a small blade of mace into a pint and a half of cold water, boil slowly for three hours. Take out the bay leaf and mace and add a small onion cut fine, two French carrots cut in dice, and cook until tender, then add a pint of milk, a good heaping tablespoonful of butter, salt and pepper to taste, let it come to a boil, remove from the fire and stir into it one egg yolk beaten with two tablespoonfuls of cream.

## **BLACK BEAN SOUP WITH MOCK MEAT BALLS**

Soak over night a pint of black beans in a quart of water. In the morning drain, and cover with fresh water, set the saucepan on the stove; when the water comes to a boil drain it off and add a quart of fresh water. Cut fine an onion, and with a few slices of carrot and turnip and green pepper fry in a heaping tablespoonful of butter, add to the beans with a bay leaf half a dozen peppercorns, two cloves, cook until tender, press through a sieve, return to the fire, and if it is too thick add more water. Have a hard boiled egg and half a lemon cut into dice, and meat balls made from recipe given for mock meat the size of hickory nuts and boiled in water as other balls are cooked. Drop the balls into the soup, and when hot pour the soup over the lemon and egg in the tureen and serve.

## **Entrées**

### **EGG BORDER WITH RICE AND CURRY SAUCE**

Stir four eggs together, add three-quarters of a cup of rich milk, a few drops of onion juice, and salt and pepper to taste; beat a little. Have a border mould well buttered and sprinkled with finely minced parsley, pour the mixture into it, set in a pan of boiling water in the oven, cover and let it cook until firm – from five to ten minutes. Have ready some rice boiled twenty minutes in plenty of salted water and well drained, and a cream sauce into which a slightly heaping teaspoonful of curry powder has been stirred. Turn the egg border out on a hot platter, fill the center with rice, pour some of the sauce over it, and the rest around the border. Garnish with parsley and serve at once.

## **RICE BORDER WITH VEGETABLES OR HARD BOILED EGGS IN CREAM SAUCE**

Three-quarters of a cup of Carolina rice, picked over carefully and washed. Boil fifteen minutes in salted water. Drain off the water and have one pint and a half of boiling milk in a double boiler, stir the rice into this and cook until all the milk is absorbed, then add a tablespoonful of butter. Butter a border mould well, turn the rice into it, pressing it down so that the form will be perfect, put in the plate heater for five minutes, turn out on a platter and serve with vegetables or hard boiled eggs in a cream sauce.

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