

Keep a-J-J

ACID AND SALT SUPPLYING FOODS

PINEAPPLE DRESSING

$\frac{1}{4}$ c sugar	2 eggs
$\frac{1}{4}$ c lemon juice	1 c thick cream
$\frac{1}{4}$ c pineapple juice	

Mix sugar, lemon and pineapple juice. Put in sauce-pan, bring to boiling. Add beaten eggs. Cool, add whipped cream. Serve with fruit, as bananas, oranges, pineapples, etc.

BOILED DRESSING

Melt 2 tbsp butter in sauce-pan, add 2 tbsp flour, cook until frothy, but not browned. Add $\frac{1}{2}$ c vinegar, continue cooking until mixture thickens, remove from stove. Thoroughly mix 1 tsp each of salt, sugar, mustard and a few grs. of paprika or cayenne and sift into the vinegar sauce, stirring in smoothly. Heat 1 c milk in double boiler, add 2 beaten egg yolks or 1 egg, cook like soft custard stirring constantly. When slightly thickened, remove upper part of boiler and gradually mix custard with vinegar sauce. Beat two parts together until smooth, with Dover egg beater, strain.

FRENCH DRESSING

Use 2 or 3 tbsp oil to 1 of vinegar or lemon juice, season with salt and pepper, mix thoroughly adding vinegar gradually. Tarragon vinegar or a few drops of onion juice may be used.

MAYONNAISE DRESSING

Few grs. paprika	2 tbsp lemon juice	$\frac{1}{2}$ tsp salt
2 tbsp vinegar	yolk of 2 raw eggs	1 tbsp powdered sugar
1 pt olive oil	$\frac{1}{2}$ tsp mustard if desired	

Mix salt and paprika, add yolks of eggs which must be fresh. Beat until yolks are well thickened, then gradually beat in lemon juice and vinegar. Beat in oil a tsp at a time using Dover egg beater. Beat thoroughly between each additional tsp of oil. Stand in cool place until time for serving.

White mayonnaise is made by using whites of eggs in place of the yolks and lemon juice instead of vinegar, and Wessen's Snow Drift oil in place of olive oil.

GINGER ALE SALAD

Soak 2 tbsp gelatine in 2 tbsp cold water, Dissolve in $\frac{1}{3}$ c boiling water, 1 c ginger ale, 1 c lemon juice, 2 tbsp sugar, little salt. Let stand until mixture begins to set. If desired, fold in apples, cherries, pineapple, etc. Turn in small mold and chill. Serve with white mayonnaise to which has been added whipped cream. Lemon juice is better in the white mayonnaise than vinegar. Tarragon vinegar may be used.

Arranged by Mary E. Sutherland, Extension Specialist in
Home Economics.

ICES, ICE CREAMS, AND OTHER FROZEN DESSERTS.

Ices and other frozen dishes comprise the most popular desserts. Hygienically speaking they cannot be recommended for the final course of a dinner, as cold mixtures reduce the temperature of the stomach, thus retarding digestion until the normal temperature is again reached. But how cooling, refreshing and nourishing, when properly taken, and of what inestimable value in the sick room.

Frozen dishes include:

- WATER ICE- Fruit juice sweetened, diluted with water, and frozen.
- SHERBET - Water ice to which is added a small quantity of dissolved gelatine or beaten whites of eggs.
- FRAPPE - Water ice frozen to a consistency of mush. In freezing equal parts of salt and ice being used to make it granular.
- PUNCH - Water ice to which is added fruit juice and spices.
- SORBET - Strictly speaking, frozen punch. The name is often given to a water ice where several kinds of fruit are used.
- PHILADELPHIA ICE CREAM - Thin cream, sweetened, flavored and frozen.
- MOUSSE - Heavy cream, beaten until stiff, sweetened, flavored, placed in a mold, packed in salt and ice (using two parts crushed ice to one part salt), and allowed to stand three hours; or whip from thin cream may be used folded into mixture containing small quantity of gelatine.

HOW TO FREEZE DESSERTS.

The prejudice of thinking a frozen dessert difficult to prepare has long since been overcome. With ice cream freezer, burlap bag, wooded mallet or ax, small sauce pan, sufficient ice and coarse rock salt, the process neither takes time nor patience. Snow may be used instead of ice, if not readily acted on by salt, pour in one cup cold water. Crush ice finely by placing in bag and giving a few blows with mallet or broad side of ax, if there are any coarse pieces, remove them. Place can containing mixture to be frozen in wooden tub, cover, adjust top. Turn crank to make sure can fits in socket. Allow three level measures of ice to one of salt, repeat until ice and salt come to top of can, packing solidly, using handle of mallet to force it down. If only small quantities are to be frozen, the ice and salt need come only a little higher in the tub than the mixture. These are found the best proportions of ice and salt to insure smooth, fine grained cream, sherbet, or water ice, while equal parts of salt and ice are used for freezing frappe. If a larger proportion of salt is used, the mixture will freeze in shorter time and will be of granular consistency, which is desirable only for frappe.

The mixture increases in bulk during freezing, so the can should never be more than $\frac{3}{4}$ full. By over-crowding the can, cream will be coarse grained. Turn crank slowly and steadily to expose as large a surface of mixture as possible to ice and salt. After frozen to a mush, the crank may be turned more rapidly, adding more ice and salt as needed. After freezing is accomplished, draw off salt water remove dasher, and with spoon pack solidly and cover. Repack freezer using four measures ice to one of salt. When serving time comes, remove can, wipe carefully, and place in vessel of cool water, let stand one minute, remove cover, run knife around edge of cream, invert can on

serving dish and frozen mixture will slip out.

VANILLA ICE CREAM

1 1/2 c. scalded milk	2/3 c. sugar	1 qt. thin cream or whole milk.
1 tbs. flour	1/8 tsp. vanilla	
2 tbs. salt	1 egg	

Mix flour, sugar and salt, add egg slightly beaten, and milk gradually. Cook in double boiler 20 minutes, stirring constantly at first. Should custard have curdled appearance, this will disappear in the freezing. When cool, add flavoring and cream. Strain and freeze. Fresh fruits maybe cut up and served with the cream. Chopped nuts may be added to mixture before freezing.

CHOCOLATE ICE CREAM

Melt 4 oz. unsweetened chocolate, add 1 c. water and boil 3 min. Add this to vanilla ice cream mixture.

CARAMEL ICE CREAM

Prepare same as vanilla ice-cream, using 1 1/2 c. sugar. Caramelize 1 c. of the sugar.

To caramelize sugar, put sugar in frying pan and stir all the time until sugar is melted and of light golden brown color. In caramel ice-cream add the melted sugar to the milk and stir until it is all dissolved.

MILK SHERBET

2 c. sugar	1/2 c. lemon juice	1 qt. milk
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Mix sugar and strained lemon juice. Pour the milk into the freezer can, add the lemon mixture. Stir, cover and freeze.

ORANGE ICE

4 C. water	1 c. orange juice	Grated rind 1 orange
2 c. sugar	1/2 c. lemon juice	" " 1 lemon

Boil sugar and water 30 min. Add fruit juice and rind, cool, strain and freeze. Do not grate rind of orange or lemon too much, just lightly on the outside.

LEMON ICE

4 c. water	3/4 c. lemon juice	rind 1 lemon & orange
2 1/2 c. sugar	juice 1 orange	

Follow directions for making orange ice. Do not grate rind of orange or lemon too much.

PINEAPPLE SHERBET

2 c. grated pineapple juice	2 c. sugar	1 tsp. gelatin soaked in 1/4 c. cold water
1 lemon	4 c. water	

Boil sugar and water 15 min. Add it to the soaked gelatine. When dissolved, add fruit juices. Cool and freeze.

MAPLE PAREAIT

4 eggs 1 c. hot maple syrup 1 pt. thick cream
 Beat eggs slightly and pour on slowly maple syrup. Cook until mixture thickens; cool, add cream beaten until stiff. Mould, pack in salt and ice, let stand three hours.

- CAKES -CREAM SPONGE CAKE

Yolks 4 eggs 1 tbsp cornstarch $\frac{1}{4}$ tsp salt
 1 c. sugar 1 c. flour (scent) Whites 4 eggs
 3 tbsp cold water $1\frac{1}{2}$ tsp baking powder 1 tsp. lemon extract

Beat yolk until thick; add sugar gradually, beat 2 min., add water. Mix and sift cornstarch, flour, baking powder and salt, add to first mixture. Fold in stiffly beaten whites and flavoring. Bake about 20 min. in moderate oven. This cake may be made with 2 eggs 2 tsp. baking powder, 3 tbsp. water.

CHEAP SPONGE CAKE

Yolks 2 eggs $\frac{2}{3}$ c. flour Whites 2 eggs
 $\frac{2}{3}$ c sugar 1 tsp baking powder $\frac{1}{2}$ tbsp vinegar
 2 tsp hot water $\frac{1}{6}$ tsp. salt

Beat yolks until thick, add sugar gradually and continue beating add water, flour mixed and sifted with baking powder and salt. Fold in stiffly beaten whites of eggs and vinegar. Bake 35 min. in moderate oven.

ANGEL'S FOOD

whites 8 eggs 1 c sugar (sifted 4 times) $\frac{1}{4}$ tsp. salt
 1 tsp cream tartar $\frac{1}{2}$ c pastry flour (sifted 4 times) $\frac{3}{4}$ tsp vanilla

Beat whites until frothy, add cream of tartar, continue beating until stiff. sift flour and sugar separately 4 times, then together fold into the stiffly beaten whites, adding it at the side of the bowl; add vanilla, bake in un buttered tin about 45 minutes.

SUNSHINE CAKE

Whites 5 eggs Yolks 3 eggs $\frac{1}{2}$ c pastry flour
 $\frac{1}{4}$ tsp salt $\frac{3}{4}$ c sugar
 $\frac{1}{2}$ tsp cream tartar $\frac{1}{2}$ tsp almond extract

Add salt to whites of eggs, beat until light. Sift in cream of tartar, beat until stiff. Beat yolks of eggs until thick and lemon colored, add 2 heaping tbsp beaten whites. To remaining whites add gradually sugar measured after 5 siftings. Add almond extract and combine mixtures. Cut and fold in flour measured after 5 siftings. Bake in angel cake pan, first dipped in cold water, in slow oven 1 hr. Have a pan of hot water in oven during baking. Remove from pan, frost and decorate.

PLAIN CAKE

$\frac{1}{4}$ c butter 1 egg $1\frac{1}{2}$ c flour
 $\frac{1}{2}$ c sugar $\frac{1}{2}$ c milk $2\frac{1}{2}$ tsp baking powder

Cream the butter, add sugar gradually and egg well beaten. Mix and sift flour and baking powder, add alternately with milk. Bake 10 min. in a shallow pan.

CHOCOLATE CAKE

1/2 c butter	1/2 c milk	2 6z. chocolate
1 c sugar	1 1/2 c flour	1/2 tsp vanilla
2 eggs	2 1/2 tsp baking powder	

Cream the butter, add sugar gradually, eggs well beaten and milk. Add flour mixed and sifted with baking powder. Beat thoroughly add chocolate and vanilla. Bake in layers. Frost with White Mountain Cream Frosting to which 3 tbsp of grated chocolate have been added.

CAKE FROSTINGS

WHITE MOUNTAIN CREAM

1 c sugar	white 1 egg	1/2 tsp lemon juice
1/3 c boiling water	1 tsp vanilla	

Boil sugar and water in a sauce-pan until it forms 2 in. "threads" when tried with a fork, or until it forms a soft ball in cold water. Pour syrup gradually into beaten white of egg, beat constantly until of right consistency to spread. Add flavoring and pour over cake.

CHOCOLATE FROSTING

1 1/2 c sugar	1 sq. chocolate	1 tsp vanilla
2/3 c milk	1 tsp butter	

Put butter in a sauce-pan, when melted add sugar, milk, and chocolate. Boil 15 min. or until it makes a soft ball when tried in cold water. Let stand until cooled. Beat until creamy. Add flavoring and pour over cake.

LEFT OVERS

GENERAL DIRECTIONS

MEAT CROQUETTES -

The usual mixture consists of two parts of meat to one part of well seasoned, thick white sauce. Use 2 tbsp. of mixture for each croquette. Shape into balls, cylinders, etc. Put a heap of fine crumbs on a plate. Break an egg, add tbsp. water, beat slightly. Roll the shaped croquette mixture in crumbs, dip in egg, mix in crumbs again. Fry in hot vegetable fat until a light brown, drain on soft paper. Garnish with parsley, etc. A cube of bread should brown in 40 seconds.

2c. chopped meat	Few grains cayenne	Few drops onion sauce
$\frac{1}{2}$ tsp. salt	1 c. white sauce pepper	Yolk of one egg

Mix in order ~~given~~ and fry according to directions.

WHITE SAUCE

2 tbsp. butter or Crisco	4 tbsp. flour	1 c. liquid
$\frac{1}{2}$ tsp. salt	Few grains pepper	

Melt butter in sauce pan. Add flour, salt and pepper. Add milk or white stock and stir until smooth.

POTATO CROQUETTES -

2 c. riced potatoes	Pepper	1 tsp. celery salt
2 tbsp. butter	8 drops onion juice	$\frac{1}{2}$ tsp. salt
1 tsp. chopped parsley		1 egg yolk

Follow directions for meat croquettes.

RICE CROQUETTES -

2 c. steamed rice	$\frac{1}{2}$ tsp. salt	Few grains paprika
1 well beaten egg	Pepper	$\frac{1}{2}$ tbsp. butter
2 tbsp. chopped parsley		

Follow directions for meat croquettes.

SALMON LOAF-

$\frac{1}{2}$ lb. canned salmon or,	$\frac{1}{2}$ c. scalded milk	2 tbsp. melted
1 lb. fresh salmon	1 tbsp. lemon juice	butter
1 tsp. chopped parsley	$\frac{1}{2}$ tsp. salt	2 egg yolks
pepper	2 stiffly beaten egg whites.	
$\frac{1}{2}$ c. soft crumbs		

MEAT SOUFFLE.

Add 1 c. finely chopped meat to $\frac{1}{2}$ c. hot Medium White Sauce; season, add beaten yolks of 2 eggs; remove from fire, cool, fold in whites of 2 eggs beaten stiff. Turn into buttered baking-dish, place in a pan of water and bake 40 minutes.

Arranged by MARY E. SUTHERLAND,
Extension worker in Home Economics,
EXTENSION DEPARTMENT, STATE COLLEGE.

USE OF GELATINE AS A PROTEID SPARER

Gelatine is not soluble in cold water, it should always be soaked 10 or 15 min. in cold water; it is then soluble in hot water. Gelatine should never be cooked, as it will not solidify on cooling. Gelatine is a proteid sparer, but not a tissue builder. Gelatine is very easily digested, hence is valuable in invalid cookery.

CREAMED LEMON JELLY

$2\frac{1}{2}$ tbsp granulated gelatine $\frac{1}{2}$ c sugar $\frac{1}{2}$ c cold water
 $2\frac{1}{4}$ c boiling water $\frac{1}{2}$ c lemon juice rind of 1 lemon

Soak gelatine 15 min. in cold water, then dissolve by pouring boiling water over it; add sugar, lemon juice and rind. Just before the mixture comes to set, beating with a Dover egg beater will make it light and fluffy, before the mixture becomes too firm, put in moulds.

SNOW PUDDING

Take $\frac{1}{2}$ lemon jelly recipe. when jelly begins to set, beat with Dover egg beater until frothy, add stiffly beaten whites of three eggs, put into moulds. Leave until it becomes firm. Serve with custard sauce.

MANHATTAN PUDDING

1 pt. fruit juice, sweeten to taste; 1 pt beaten cream, sweetened and flavored with $\frac{1}{4}$ c sugar and $\frac{1}{2}$ tsp. vanilla. Put fruit juice in mould, beaten cream on top. Do not mix; let stand on ice 3 or 4 hrs.

COLD CABINET PUDDING

1 tbsp gelatine soaked in $\frac{1}{4}$ c cold water; 1 pt. milk; $\frac{1}{2}$ cup sugar; yolks 3 eggs; $\frac{2}{3}$ tsp vanilla; $\frac{1}{2}$ tsp lemon.

Make custard of yolks of eggs and milk; add gelatine; when it begins to thicken pour over lady-fingers or sponge cake in moulds. Garnish with angelica and cherries.

PINE APPLE BAVARIAN

$1\frac{1}{2}$ to 2 tbsp gelatine; 1 c pine apple juice; $\frac{1}{2}$ c boiling water
 $\frac{1}{2}$ c sugar; whites of 2 eggs; whip from 5 c cream.

Soak gelatine in $\frac{1}{2}$ c cold water, dissolve in boiling water; combine sugar and fruit juice; add gelatine; add beaten whites of eggs then fold in whip from cream. For Panachee, line mould with sponge cake and fill with Pineapple Bavarian.

Arranged by Mary E. Sutherland, Specialist in Home Economics
Extension Department.

CANDY

Sugar ranks first as energy giving food. It passes quickly into the circulation so that it produces energy in a very short time. It forms part of the rations of the soldiers of this and other countries. Eaten at proper times, pure candy is a useful article of food. It should not be eaten to excess, or before meals as it will cause fermentation in the stomach. 3 or 4 oz. per day may be considered the right amount for the adult. In making candy useagate or iron pan as it is less liable to burn. Acid substances like lemon juice or cream taitar added to candy while cooking, will keep it clear.

PINOCCHIO

2 c light brown sugar $\frac{1}{2}$ c milk 1 tbsp butter
17 drops vanilla

Boil first 3 ingredients until soft ball forms in water. Remove from fire, cool, add nut meats, vanilla, beat until creamy. Pour into buttered pan, cut in squares. The butter may be omitted and 1 c of milk used in place of $\frac{1}{2}$ c of milk.

CHOCOLATE FUDGE

$\frac{1}{2}$ c sugar $\frac{2}{3}$ c milk 2 tsp butter
1 square Bakers Chocolate $\frac{1}{2}$ tsp vanilla

Boil first 4 ingredients until soft balls form in cold water. Remove from fire, let stand 10 minutes. Beat until mixture thickens, then add vanilla. Pour quickly into buttered pan, cool, cut in squares.

SEA FOAM

2 c sugar $\frac{1}{2}$ c boiling water $\frac{1}{2}$ c corn syrup
 $\frac{1}{2}$ c chopped nut meats whites 2 eggs $\frac{1}{2}$ tsp vanilla

Boil first 3 ingredients until hard ball forms in cold water; or until it spins a 4 in. thread. Pour syrup very gradually into stiffly-beaten whites. Add nut meats and beat until creamy. Pour into buttered pan to cool, or drop by spoonfuls on buttered paper.

PEANUT BRITTLE

1 qt. peanuts 2 c sugar $\frac{1}{2}$ tsp salt

Shell, remove skins, and finely chop peanuts, sprinkle with salt. Put sugar into perfectly smooth pan, stir until melted, and golden brown, taking care to keep sugar from sides of pan. Add nut meats or pour sugar over them.

TARTS

$\frac{1}{2}$ c light brown sugar 1 c molasses 1 tbsp butter
 $\frac{1}{2}$ tsp soda

Boil together first 3 ingredients until hard ball forms in cold water. Add soda and pour into buttered pan. Pull when slightly cooled.

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