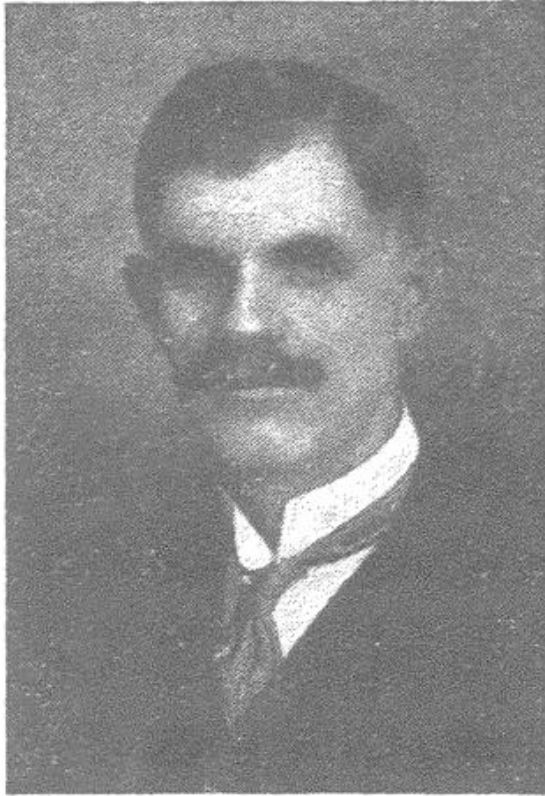


# Nazareth Alumnae Cook Book

1923





J. C.  
**CANTRILL**

(Scott County)

Candidate for Democratic  
Nomination for

**GOVERNOR**

Primary Election Aug. 4, 1923

—  
A FARMER AND THE  
FARMERS' FRIEND

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Fibre Plaster and  
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Brook and River  
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# BEST WISHES

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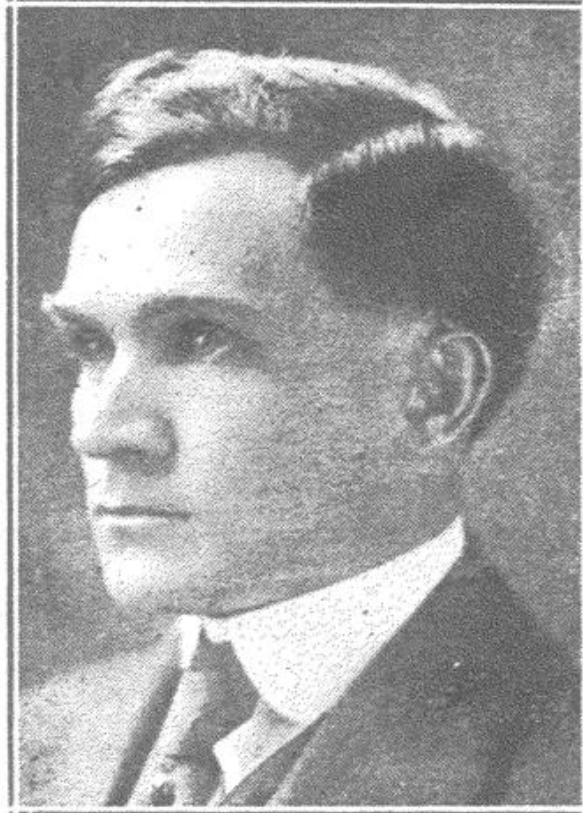
# OHIO RIVER SAND CO.

Incorporated

Elevator and Yards:  
Brook and Fulton Streets  
LOUISVILLE, KY.

Roofing Gravel

Crushed Granite



## CHAS. I. DAWSON

No Republican candidate for Governor of Kentucky has displayed more fitness for the honor he seeks than Attorney General Charles I. Dawson. Mr. Dawson has established a splendid reputation for devotion to duty and loyalty to his party and undertakes nothing of importance without giving the matter long and careful consideration. Everything that he has done spells the word Efficiency. He has worked tirelessly in the interest of the Republican cause, he is proud of the State and its people and has labored in many ways to contribute to the welfare of the Commonwealth and the material progress and prosperity of its citizens. During the period time he has filled the position of Attorney General of the State, he has acquitted himself of his responsibilities in the most honorable and impartial manner, and won for himself the good will and approbation of all classes, irrespective of party affiliations. If we judge the future by the past it is plain to be seen that a man who has proved himself so trustworthy in one position of trust will do even better in a greater office.



### **MRS. MARY T. FLANNERY**

One of the most popular members of the Democratic party is Mrs. Mary T. Flannery, candidate for Secretary of State. This is the first time within the history of the State that a woman has aspired to the office but Mrs. Flannery, while representing her district in the Legislature, proved herself to be a most capable and efficient worker, always at her post, a ready and witty speaker, and thoroughly abreast of the times. She brought to the discharge of her duties strong common sense, a knowledge of the political situation, personal integrity and a desire to do everything possible for the good of her constituents and the State itself.

### **HON. J. W. WAGERS**

There has never been a time when old Madison county has failed to have splendid representation in political circles, and her citizens who have held office have ever been distinguished for their ability, civic pride and tireless efforts to do all that was possible within their sphere of influence. The Democratic party has no truer son than James W. Wagers, who is a candidate for Clerk of the Court of Appeals. Mr. Wagers is a resident of Richmond, Ky., and comes of a family of well-known and public-spirited people.

### **HON. EDWARD DISHMAN**

One of the most tireless and efficient workers among the Democrats of the State is Edward Dishman, of Barbourville, candidate for State Auditor. Mr. Dishman is splendidly qualified to discharge the duties of this office and give the people of Kentucky a good accounting of his duties. He is a good financier, a man well abreast of the times and is desirous of saving the State all unnecessary and wasteful expenses. He is well known not only in his own section of the Commonwealth, but throughout Kentucky, and has a fine following among the voters of the section in which he lives who are working hard for his success.

### St. Anthony's Hospital

St. Anthony's Hospital conducted by the Sisters of the Franciscan Order and located on Barret Avenue and St. Anthony Street, is one of the best patronized institutions for the care of the sick in Louisville. It occupies a large space of ground in one of the highest and most healthful sections of our city, and the visiting staff embraces the names of the leading physicians and surgeons of the state. There are large airy rooms and corridors, splendid operating rooms, equipped with the most modern surgical appliances, the diet kitchen and cuisine are all that could be desired and the institution has gained for itself an enviable reputation for devotion to the care of the sick and suffering.

This magnificent hospital has become so popular with the public and its fame has increased so steadily that from time to time it has been necessary to enlarge the building which is now one of the architectural ornaments of this section of our city.

### St. Mary's College

St. Mary's College at Marion, Ky., is one of the leading educational establishments in the state and has a splendid record for the great work it has done and is still doing. This college is located in one of the most beautiful and healthful sections of the state. The buildings are superbly equipped with every modern comfort and improvement. There is a fine gymnasium and spacious grounds for out of door exercise while the curriculum has been most carefully planned with the view of keeping in touch with all modern ideas and improvements. Every professor is a man of ability and experience, who takes a keen interest in the welfare and progress of his charges and character building, is never neglected in the education of youth at this grand institution. The Rev. Father Jagloitz, president of St. Mary's is one of the most learned men in the country. A man of great ability, also under whose able direction the college has prospered wonderfully and steadily advanced the high standard set for itself at the beginning of its career.

## Success

# Frank Daugherty

### Sts. Mary and Elizabeth Hospital

ONE of the most magnificent institutions for the care of the sick is Sts. Mary and Elizabeth Hospital, located at Twelfth Street and Magnolia Avenue. This superb hospital is equipped with every modern comfort and convenience and a training school for nurses is conducted by the Sisters of Charity of Nazareth. There is a fully equipped diet kitchen, with practical and theoretical teaching, and courses of lectures by the leading physicians and surgeons upon the visiting list. Nothing that can conduce to the comfort and welfare of the sick and suffering is lacking.

### Birds, Pets, Cages and Supplies

Highest Quality Seeds for all  
Cage Birds

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City 1370-2243

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### To Aid in Your Success

## E. J. O'BRIEN

*Compliments*

## W. H. SHANK



## HON. J. WM. STOLL

The announcement of the Hon. J. Wm. Stoll for Governor of Kentucky was hailed with delight by those who have long desired to have the office of Chief Executive filled by a business man of high standing, sterling integrity and a thorough knowledge of the needs of the people and the best means of placing the old Commonwealth on a sound and prosperous basis. Mr. Stoll is eminently the man for the place. He is widely known, stands high in the community and has every qualification for the proper discharge of the duties of the office he seeks and which he is so splendidly equipped to fill. The success in life which he has attained has been won by his own efforts, he is abreast of the times in every respect. His State pride and labors along civic lines are well known and as a speaker he is lucid, in absolute command of his subject and gifted with a magnetic personality which wins friends for him among all classes of people. He would make a superb Chief Executive of the old Commonwealth, and since his announcement of his candidacy has been overwhelmed with assurances of support and congratulations upon his prospects of victory at the polls.

*"One of the South's Great Banks"*

# Liberty Insurance Bank

FIVE BANKING OFFICES

Main Office: Market at Second

648 S. Fourth    18th and Oak    1224 S. Shelby    7th and Hill

Insure your House, Auto and other Property  
in this 69-year old Home Company

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# SCHLANGE & YENNER

Groceries - Meats - Vegetables

1606 BARDSTOWN ROAD



# Dedication



This book is affectionately  
dedicated to all the  
daughters of Nazareth, past,  
present and future.

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# Nazareth Boarding School

— for —

## Girls and Young Women

Near Bardstown, Ky.

=====  
**Founded in 1814 by The Sisters of Charity of Nazareth**  
=====

Chartered December, 1829, and empowered to confer  
Academic Honors and Collegiate Degrees.

Powers confirmed and extended in 1921.

Accredited Standard High School by the University of  
Kentucky in 1913.

Affiliated with the Catholic University of America in  
1914.

Membership in the Southern Association of Colleges  
and Secondary Schools in 1920.

Accredited Standard Junior College by the University  
of Kentucky and the State Department of Education in  
1922.

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# Foreword

The Nazareth Alumnae Cook Book will, we predict, be a welcome addition to the culinary department of many a home. When the mater familias is too busy to risk an experiment, she may safely rely on the collective skill of her associates, herein so generously unfolded, for the solution of some of the vital problems of Domestic Science, a science which has problems innumerable.

This volume records the experience of those who have long dealt with this department of housekeeping, upon which the physical well-being and a large share of the good cheer of the family depend—for with the poet we hold:

“We may live without friends;  
We may live without books,  
But civilized man cannot  
Live without cooks.  
He may live without loving—  
What is passion but pining?  
But where is the man  
That can live without dining.”

Fortunately, the importance of this branch of Home Economics is becoming so fully realized, that an intelligent and practical knowledge of the selection and preparation of food is raised to the status of an art, and rightly counts in College and University credits toward the acquisition of the distinguished degrees.

May the success of this united endeavor of the Alumnae in a worthy cause encourage other commendable efforts for the general good.

*Sister Mariella.*

Nazareth, Kentucky, May 11th, 1923.

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BALLARD'S FLOUR IS BETTER

## BEVERAGES

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### CHERRY WINE

Take 4 quarts fruit, either sweet or sour; place in a mortar; slightly bruise without crushing stones. To this add 3 quarts of water and let stand in a jar 48 hours. Strain and to each 4 quarts of juice add 3½ pounds of sugar if fruit is acid, 3 pounds if fruit is sweet. Fill jugs, reserving a bottle of the liquid with which to keep jars filled while fermenting. The opening of the jars should be kept covered with a thin cloth. After fermentation ceases, cork lightly and keep in a cool place, then drain off carefully and bottle.

### SPICED GRAPE JUICE

1 quart of lemonade, 1 quart of orangeade, 1 quart of grape juice, 1 quart of water with about 2 tablespoons of cloves tied up in a thin piece of muslin. Bring to a good boil, cool and serve with crushed ice.

### INVALID'S COFFEE

For the strengthening of an invalid instead of coffee with milk only an excellent recipe is: 1 egg, ¼ of a quart of milk, 1 dessert spoon of sugar (for one cup).

Beat the egg and sugar and pour in the boiled milk slowly and add coffee to taste.

### TEA

Mrs. Theodore Roosevelt's Tea Receipt. Served at the White House, Washington, D. C.:

½ pound Oolong, ¼ pound Suchong, ⅛ pound Orange Pekoe,  
⅛ pound finest quality green tea.

They must be carefully mixed to achieve a genuine blend, not with a spoon, but with clean dry hand, mingling carefully without breaking or leaving a sediment of tea dust in the caddy. To improve the flavor add one vanill bean and stir around in the caddy, once in a while.

MONOGRAM BRAND WHITE PICKLING VINEGAR



**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00  
FOR BAKING POWDER**

## BREAD

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### "BANNOCK" BREAD

**1 quart water, 1 ounce yeast, 1 ounce salt, 2 ounces sugar,  
4 ounces lard flour**

Dissolve the salt, sugar and lard in 1 quart warm water. Dissolve yeast in half cup warm water. Add yeast to other liquid solution. Add flour until dough can be hadled without its sticking. Knead on bread board. When sufficiently kneaded, put back in pan, and let rise 4 to 5 hours in warm place. Then work down, and lay it as a flat sheet about an inch thick in baking pan. When it has doubled its bulk bake about 40 minutes. Oil with butter or lard a few minutes before taking from oven, and after taking out.

### BROWN BREAD

**2 cups graham flour, 2 cups corn meal, 2 cups buttermilk,  
2 teaspoons soda, 1 cup molasses, 1 cup raisins, 1 cup lard  
and 1 teaspoon salt.**

Strain in moulds or 1-pound coffee cans till done.

### NUT BREAD

1 egg, 1 cup sugar; beat together to a paste; add 1 cup of milk; add 1 cup of pecans; sift in three cups of flour with two heaping teaspoons of baking powder. Let rise from 40 to 50 minutes. Bake for an hour in a moderately slow oven. This made into thin buttered sandwiches is good with tea.

### NUT BREAD

**1 egg, well beaten; 1 cup sugar, 1 teaspoon salt, 1 cup water,  
2¾ cups flour, 2 heaping teaspoons baking powder, 1½ cup  
nut meats, cut fine.**

Bake 1 hour in slow oven in bread loaf pans.

**MONOGRAM BRAND SWEET PICKLES**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

### NUT BREAD

3 cups flour,  $\frac{1}{2}$  cup sugar, 1 cup sweet milk, 1 cup nuts, 4 teaspoons baking powder (level),  $\frac{1}{2}$  teaspoon salt, 1 egg.

Let stand 20 minutes before putting in oven. Bake 40 minutes.

### NUT BREAD

$2\frac{1}{2}$  cups of flour,  $2\frac{1}{2}$  teaspoons of baking powder,  $\frac{1}{2}$  teaspoon of salt, 1 cup of chopped nuts, 1 cup of chopped raisins,  $\frac{1}{2}$  cup sugar, 1 tablespoon of butter (scant), 1 beaten egg, 1 cup of sweet milk.

(1) Sift flour, baking powder and salt. Dredge in nuts and raisins.

(2) Cream butter and sugar. Then add milk and egg.

Put together (1) and (2). Grease tin cans. Steam  $1\frac{1}{2}$  hours. Put in oven to dry or slightly brown.

### GRAHAM BISCUIT

1 pint of graham flour, 1 pint white flour, 2 good tablespoons of lard,  $\frac{3}{4}$  cup of brown sugar, 1 teaspoon of salt, 1 teaspoon of soda, 1 teaspoon of baking powder sifted in flour.

Mix with sour milk to a stiff dough. Bake in a moderate oven. After sifting the graham flour and looking over the husks, be sure to put them back into the flour as the success of the biscuit depends upon their presence.

### LIGHT BISCUITS

2 cups flour, 1 cup cold water, salt, 3 heaping teaspoons of baking powder

Sift flour, baking powder and salt. Stir in water until mixed. Bake in hot larded pan for 20 minutes.

MONOGRAM BRAND SWEET SLICED PICKLES



**BALLARD'S SELF RISING FLOUR IS OBELISK FLOUR WITH PURE WHOLESOME BAKING POWDER ADDED**

### DIXIE BISCUIT

1 quart of flour, 2 eggs, leaving out the yolk of 1; 2 teaspoons of sugar,  $\frac{1}{2}$  teacup of good yeast, 1 tablespoon of butter,  $\frac{1}{2}$  teaspoon of salt, 1 cup of new milk.

Make into dough and knead well; let it rise, work again, then roll out thin and cut into biscuit; lard the top and place another on that already greased with lard. The upper biscuit should be cut a trifle smaller; set them in a well-greased pan to rise again and bake in rather quick oven. Serve buttered, piping hot.

### BUNS

1 pint milk, 6 ounces shortening (4 oz. lard, 2 oz. butter), 1 pound sugar, 1 egg

Beat the sugar, shortening and egg together. Heat the milk and put in  $\frac{1}{2}$  of the mixture,  $\frac{1}{2}$  of the yeast cake, and flour enough to make a batter. When light put in the balance of the shortening, the other half of the yeast cake and flour enough to make a soft dough. Next morning make them out, set them in a warm place until light and bake in a moderate oven.

### POTATO ROLLS

$\frac{3}{4}$  cup boiled white potato,  $\frac{1}{4}$  cup lard,  $\frac{1}{4}$  cup sugar, 1 spoon salt, 1 egg, 1 cup water potatoes boiled in, 1 cup milk, 1 cup flour,  $\frac{1}{2}$  yeast cake.

Let rise for about 3 hours. Stir in one quart of flour and remainder of yeast cake. Let rise.

### LIGHT ROLLS

Mix 2 beaten eggs, 1 tea cup mashed potatoes, 2-3 cup sugar, 1 teacup flour, 1 teacup of boiled milk, 1 cake of Fleischman's yeast dissolved in cup tepid water.

Let rise till bubbles appear on top. Then mix with 1 kitchen spoon lard, 1 teaspoon salt, and flour enough to make soft dough. Let dough rise about 3 hours and make into rolls 1 hour before baking like biscuits.

**MONOGRAM BRAND SALAD DRESSING**

**BALLARD'S FLOUR IS BETTER****SOFT CORN BREAD**

One cup corn meal scalded, 1 tablespoon lard and butter,  $\frac{1}{2}$  teaspoon salt, 1 cup boiled grits (F. & S. grits boiled 2 hours), 3 eggs, beaten until very light; 2 teaspoons baking powder mixed in a little corn meal; milk enough to make a soft batter. Bake.

**VIRGINIA CORN BREAD**

One quart of fresh buttermilk, to which add 1 teaspoonful of soda, 3 tablespoons of meal, 2 eggs, 1 tablespoon of butter. Pour into a well greased pudding pan and bake till of the consistency of stiff mush. This is called by some spoon bread, as a spoon is used in serving it.

**CORN MEAL MUFFINS**

2 eggs beaten light, 1 pint of buttermilk, 1 teaspoon soda, 1 teaspoon salt,  $\frac{1}{4}$  cup melted lard,  $\frac{3}{4}$  cup to 1 pint sifted meal.

Add milk with soda dissolved in it to the eggs and other ingredients. Bake in a moderate oven.

**LIGHT MUFFINS**

$\frac{1}{4}$  cup butter, 1 egg,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  cup sugar,  $\frac{3}{4}$  cup milk, 2 cups flour, 4 teaspoons baking powder.

Cream butter and sugar well, add egg, milk, flour, salt and baking powder. Bake in hot oven.

**MUFFINS**

3 cups of flour, 1 heaped kitchen spoon of shortening, 2 or 3 eggs beaten separately, 2 rounded teaspoons of baking powder, 1 tablespoon of sugar, salt to taste.

Sweet milk to make a batter that pours readily from spoon. Beat till light and foaming. This makes 12 large muffins.

**BALLARD'S SELF RISING FLOUR SAVES \$3.00 TO \$5.00 FOR  
BAKING POWDER**

### WAFFLES

Beat the yolks of 2 eggs very light, add 1 quart of buttermilk, 3 teaspoons of soda,  $\frac{1}{2}$  teaspoon of salt, lard about the size of an egg. Beat all well together and add the whites of eggs beaten to a stiff froth just before baking. Let the batter be as thick as good cream.

### QUICK SALLY LUNN

1 cup sweet milk, 1 tablespoon butter, 2 heaping teaspoons baking powder, 3 cups flour, 2 eggs,  $\frac{1}{4}$  cup sugar

Cream butter and sugar, add eggs, flour, into which baking powder has been sifted, and milk alternately. Bake in deep, square pans. Cut and serve hot.

### SALLY LUNN

1 quart of flour,  $\frac{3}{4}$  teacup of sugar, 1<sup>1</sup> teacup of yeast, 1 teacup of sweet milk, 1 teacup of lard, 1 teaspoon of salt, yolks of 4 eggs.

Cream the lard and sugar together, add eggs after being well beaten, milk, salt and lastly flour. For 6 o'clock dinner make it up at 10 a. m. and let it rise till 3 o'clock, then put in pudding pans and when sufficiently risen again, place in oven and bake 1 hour.

**MONOGRAM BRAND SWEET PLAIN PICKLES**



OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

## EGGS

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### DRESSED EGGS

After boiling, cut the eggs the long way. Mash the yolks with a small quantity of butter and minced ham; season highly with salt, pepper and mustard. Fill in the whites with this.

### AMERICAN EGGS

Hard boil 6 eggs, when cold cut in half lengthwise; take out yolks and mix with seasoning as stuffed eggs and some caviar. Make a white cream sauce same as for creamed sweet breads. When sauce is cold, add chopped celery, 1 small onion, 1 cucumber pickle. Beat well and pour into eggs. Set in icebox until ready to serve.

### SWISS EGGS

Line a pie pan with thin slices of cheese. Break in 6 eggs, make a sauce of mustard, pepper, salt and cream and pour over eggs. Bake till eggs set. Very good.

### EGGS BENEDICTINE

Split English muffin. Toast one side, slice of ham on top. Poached egg on ham. Hollandaise sauce.

### POACHED EGGS A L'ORLEANS

Lay slices smoked tongue on a round of toast, poached egg on top. (Bearnaise Sauce.)

### EGGS TIVOLI

Fry in butter, slices of homemade bread with centers removed. Fill centers with poached eggs. Pour over cream sauce, sprinkle with grated cheese. Bake brown. It makes the bread soft and nice to soak it in cream for 1 minute before dropping eggs; instead of frying in butter for a change.

MONOGRAM BRAND IMPERIAL MUSTARD



**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME  
BAKING POWDER ADDED**

## SOUPS

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### GUMBO

Fry 2 chickens, cut up 1 quart of okra, 4 or 5 large tomatoes, 1 large onion and parsley to taste and fry. While still frying pour in a pint or more of boiling water and let them all stew until the bones can be picked out of the chickens; add 2 or 3 slices of cold ham cut fine, 1 teacup of cream and 1 of rice boiled soft with cayenne and black pepper and butter to taste. Simmer till ready to serve.

### TOMATO SOUP WITHOUT MEAT

1 quart can of tomatoes, 2 heaping tablespoons of flour, 1 of butter, 1 tablespoon of salt, 1 of sugar, 1 pint of hot water.

Let tomatoes and water come to a boil. Rub flour, butter and 1 tablespoonful of tomato together. Stir into the boiling mixture and season. Boil all together 15 minutes, rub through a sieve and serve with toasted bread. This bread should first be cut in thin slices, then buttered, cut into little squares, placed in a pan, buttered side up, and browned in a quick oven.

### POTATO SOUP

1 quart of milk, 6 large potatoes, 1 stalk of celery, 1 onion, 1 tablespoonful of butter.

Put milk to boil with onion and celery. Pare potatoes and boil 30 minutes. Turn off the water, mash and beat very light. Add boiling milk and butter; pepper and salt to taste. Rub through a strainer and serve immediately. A cupful of whipped cream added when in tureen is a great improvement. This soup must not be allowed to stand, even if kept hot.

**MONOGRAM BRAND TOMATO CATSUP**

**BALLARD'S FLOUR IS BETTER**

## **SOUP**

### **(For One Plate of Soup)**

**1 egg, 1 teaspoon of flour, 1 teaspoon of grated cheese. bouillon.**

Mix the egg, the flour and the cheese. When well mixed or stirred throw the mixture into the boiling bouillon and let cook about three minutes, stirring continually with a spoon. Pour into a soup plate and add a little grated cheese to taste.

## **ONION SOUP**

### **(Ex-President Taft's Favorite Soup)**

**6 potatoes, 6 slices of bacon, 6 onions, 1½ cups of cream,  
Enough flour to thicken.**

Cut bacon and onions in small pieces and fry until brown. Slice potatoes. Put layer of bacon and onions, then layer of sliced potatoes until pan is about half full. Cover with water and boil until done. Add about 1½ cups of cream and enough flour to thicken. Season with salt and pepper. This will serve about six people.

## **BEETROOT SOUP**

### **(For Five or Six People)**

**2 large beetroots, the outside pieces of 1 head of celery, 2 ounces flour, 2 ounces butter, 2 pints stock or water, 1 pint milk, cayenne pepper and salt, a little lettuce.**

Wash and dry lettuce, shred it and put it into the soup tureen before heating it. Peel and slice the raw beetroots and chop the celery. Heat butter in a saucepan, add the flour. Stir well and when this is boiling, but not browned, add stock by degrees, boiling up between each addition. Add vegetables and seasoning, cook for half an hour, no longer, or the color will be spoiled. Strain through a sieve (do not force any vegetables through). Add the milk and reheat. Serve when hot.

**MONOGRAM BRAND YORKSHIRE RELISH**







**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

## POULTRY

### CHICKEN A LA KING

Breast of 1 boiled hen cut in blocks, 1 green pepper and 1 pimento cut up and cooked till tender, 1 small can mushrooms, 1 can truffles sliced. Add all this to the cream sauce and serve on toast, smoking hot.

**Cream Sauce.**—One tablespoon butter blended with 1 tablespoon of flour and melted in a double boiler. Add to this gradually 1 quart of cream, pepper and salt to taste; a little onion juice may be added if desired.

### CREME DE VOLAISE

Boil a chicken, pick the meat from the bones and grind. To 3 cups of ground chicken add half a can of champignons, grind together, mix with 1 cup of cream sauce, add 3 eggs, 1 at a time, beating as for cake. Beat in 1 full tablespoon of butter, season with chopped parsley, a very little onion, cayenne, pepper and salt. Put in greased mold and steam 1½ hours. Serve hot with cream sauce, to which the remaining half can of champignons should be added.

### CHICKEN CUTLETS

Cook a chicken thoroughly done, mince the meat and season with pepper and salt. Dissolve some gelatine in the water and stir the chicken into it. Pour in a dish to congeal, then slice in squares, roll in egg and crumbs and fry.

### BRUNSWICK STEW

**1 chicken, 3 cans tomatoes, 2 cans corn, 1 quart of mashed Irish potatoes, ½ dozen medium-sized onions, ¼ or ½ pound butter, red pepper to taste.**

This stew should be cooked 8 hours. When done it should be a paste, to be eaten with a fork. The corn and mashed potatoes should be added to the stew 1 hour before it is done, as they stick very readily and are apt to scorch. Remove all bones before serving.

**MONOGRAM BRAND SWEET RELISH**



OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

## FISH

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### SALMON LOAF

To the beaten yolks of 2 eggs add 1 cup of sweet milk and 1 cup of bread crumbs. Pick the bones and skin from 1 can of pink salmon and stir into the above mixture with juice of  $\frac{1}{2}$  lemon. To this add the stiffly beaten whites of 3 eggs and butter about the size of an egg, after melting it. Season well with pepper and salt, pour in a well-greased mold and steam 2 hours. For the sauce take the remaining yolk of egg and beat light together with 1 cup of milk and the saved juice from the can of salmon, 1 tablespoon of butter, 1 tablespoon of flour and boil till thick, adding, when done, the juice of remaining half of lemon. Place the loaf in a platter, pour the sauce around it and serve steaming hot. This makes a delicious and beautiful dish if garnished with an outer row of sliced lemon and parsley.

### SALMON LOAF

Pick up the salmon from a pound can; rub with 2 tablespoonfuls of butter, 2 eggs well beaten and half a cup of bread crumbs, a fourth of a cup of cream, a half a tablespoonful of minced parsley; cayenne pepper and salt to taste. Mix thoroughly, put into mold and steam three-quarters of an hour.

### TUNA FISH A LA KING

Put 4 tablespoons butter in chafing dish or double boiler and add a finely chopped green pepper. Cook until tender, but not brown. Stir in 2 tablespoons flour and when mixed add 1 cup milk. When boiling add 1 can tuna fish broken in pieces and 2 hard boiled eggs, chopped fine. Serve on toast garnished with parsley.

MONOGRAM BRAND CATSUPS (Hot)

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME BAKING POWDER ADDED**

### **BAKED FISH**

Bake a fish weighing 4 or 5 pounds, making a dressing as you would for turkey. Stuff fish and place in baking pan. Use plenty of salt and pepper and sprinkle a little flour on top of fish, adding water to keep from sticking. On top of the stove in a stewpan make sauce of 1 can tomatoes, 1 onion, celery and parsley. Pour over fish before serving.

### **BAKED HALIBUT**

Have fish cut in a slice 2 to 3 inches thick. Place in baking pan and cover with one-third of a cup of butter, 1 small carrot cut in dice, 1 small onion sliced, 1 tablespoon chopped celery,  $\frac{1}{2}$  cup stewed tomatoes, 1 slice lemon and small piece of parsley, 6 peppercorns, small piece of bay leaf and salt to taste. Add just enough water to keep bottom of pan from burning. Bake  $\frac{1}{2}$  hour, basting every five minutes.

### **SIMPLE WAY TO COOK OYSTERS**

$\frac{1}{2}$  cup butter, when melted pour in 1 quart of oysters; let come to a boil. Skim off the white that rises to the top. Put in a cup of cream, 1 teaspoon of butter and 2 teaspoons of flour for thickening. Salt and pepper to taste. Serve on toast.

### **SHRIMP ON TOAST**

1 tablespoon butter, 2 tablespoons Worcestershire sauce, 3 tablespoons tomato catsup, 2 tablespoons flour,  $\frac{1}{2}$  pint boiling milk, salt and pepper to taste, 2 small cans shrimp.

Melt butter in saucepans, add catsup and Worcestershire sauce; add flour; mix very slowly with boiling milk. Cook 3 minutes. Add shrimp and pour over toast and serve immediately.

**MONOGRAM BRAND RIKA RELISH**

**BALLARD'S FLOUR IS BETTER**

### **OYSTERS AND CELERY**

**1 lump butter, size of an egg; 3 tablespoons finely chopped celery,  
1 teaspoon chopped onions.**

Into this pour a quart of oysters and let come to a boil; add 1 teacup cream. Have a teaspoon butter and two teaspoons flour creamed together and the yolks of two eggs well beaten and last the juice of 1 lemon,  $\frac{1}{2}$  glass sherry wine and salt and pepper to taste.

### **TUNA FISH CROQUETTES**

Chop very fine 1 onion and pour into one egg well beaten and mix with 1 can of tuna fish. Thicken  $\frac{1}{2}$  cup sweet milk with 1 level tablespoon flour and 1 level tablespoon of butter. Mix this with the tuna fish and form into cone shapes and roll in cracker crumbs and fry in lard and butter.

**MONOGRAM BRAND MIXED SOUR PICKLES**





**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

## MEATS

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### VEAL LOAF

3 pounds lean veal,  $\frac{1}{3}$  pound fat pork, 1 egg, 4 rolled crackers, 4 tablespoons cream,  $\frac{1}{2}$  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  $2\frac{1}{2}$  hours, basting with melted butter. Remove from pan and cut in thin slices for serving.

**SOUTHERN STAR HAMS AND BACON**

### SCALLOPED SWEETBREADS

Cut parboiled sweetbreads into small dice. Have ready some thick, well-seasoned cream sauce. Butter a baking dish, put in the bottom of it a layer of bread crumbs rather coarse. Then a layer of sweetbreads, then enough cream sauce to moisten the sweetbreads and crumbs. Fill the dish with alternate layers of crumbs sweetbreads and cream sauce, topping the dish with fine buttered crumbs sprinkled over the last layer of cream sauce. Bake brown in a brisk oven.

### CREAMED SWEETBREADS WITH PEAS

For the cream sauce, melt a tablespoon of butter in a saucepan, when it is bubbling add 1 tablespoon of flour, then gradually add  $\frac{1}{2}$  cup hot cream, stirring all the time until it is thick and smooth, seasoning with salt and pepper.

Cut parboiled and blanched sweetbreads into dice. Heat 1 tablespoon of butter in a saucepan and put in the sweetbreads about a cupful. Heat quickly over the fire; have ready a cupful of canned peas, heated in a double boiler. Drain them and season with butter, pepper and salt. Put them in a mound in the center of a dish and put the sweetbreads covered with the sauce around them.

**MONOGRAM BRAND YORKSHIRE RELISH (For Sauce)**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

### SWEETBREAD CROQUETTES

Mince a parboiled sweetbread and add enough minced cooked chicken to measure 2 cupfuls. Melt  $\frac{1}{4}$  cup butter and add  $\frac{1}{2}$  cup of flour gradually; when this bubbles add gradually 1 cup of chicken stock, well seasoned and concentrated. Stir all the time and when it is smooth add  $\frac{1}{3}$  cup of cream. Add the sweetbread and chicken, and when it is hot add a beaten egg, salt and cayenne pepper. Cool and form into croquettes. Roll these in sifted bread or cracker crumbs, then in beaten eggs and again in crumbs. Fry brown in deep fat and serve with cream or mushroom sauce.

SOUTHERN STAR LARD

### BRAIN TIMBALE

6 sheeps' brains, parboiled and pressed through a sieve; 2 slices stale bread soaked in milk and made quite fine; salt, pepper and paprika; 1 tablespoon Worcestershire sauce.

Pour this mixture into 4 well-beaten eggs; steam in well-buttered mold 1 hour; serve with following sauce:

1 tablespoon flour blended with 2 tablespoons butter,  $\frac{1}{2}$  pint of cream, 2 tablespoons tomato catsup, salt, pepper and 1 pint drained oysters or fresh mushrooms.

### BAKED CALF LIVER

Have the butcher lard with breakfast bacon 3 pounds of calf liver. Pour scalding water over it, drain and put in roasting pan. Dredge with flour, season with pepper and butter. Fill pan half full of water and bake three-quarters of an hour. Baste every 10 minutes. Add more water if not enough left in pan for gravy.

MONOGRAM BRAND LARGE SOUR PICKLES

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME  
BAKING POWDER ADDED**

## SAUCES

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### SAUCE

1 cup of sugar,  $\frac{1}{2}$  cup of butter, yolk of 1 egg, 3 teaspoons of corn starch,  $1\frac{1}{2}$  cups of hot water; last, stire in the beaten white of egg.

### FOAMY SAUCE

Cream 2 tablespoons butter and beat into it 1 cup sugar and 1 egg. Add pinch salt, teaspoon vanilla and 1 cup cream whipped stiff.

### TOMATO SAUCE

Cut a small onion and a small garlic into small pieces and also a piece of chopped celery and put on the stove, with a small quantity of oil and salt and pepper. Cut up about 1 dozen tomatoes and pour on the above mixture and stir while cooking until completely cooked and pass through a sieve. The sauce should be like a liquid cream.

### SOUTHERN STAR SAUSAGE

### MUSTARD SAUCE

$\frac{1}{2}$  cup white stock,  $\frac{1}{2}$  cup cream or rich milk, 1 large tablespoon butter, 1 large teaspoon flour, 1 tablespoon vinegar, 1 teaspoon mustard, 1 teaspoon sugar, yolk of 1 egg and dash of red and white pepper.

Put milk and stock to heat in double boiler. Melt butter, add flour to butter; pour on boiling stock and beat well. Add yolk of egg last.

### DRESDEN SAUCE

8 green peppers, 8 red peppers, 8 yellow peppers, 2 heads of cabbage.

Chop and put in brine over night. Squeeze out next morning and rinse well, then add 3 pints of vinegar mixed with  $1\frac{1}{2}$  pints of brown sugar, 3 tablespoons of celery seed and 2 tablespoons of white mustard seed. Diced celery may be added if desired.

### MONOGRAM BRAND JAMESTOWN SWEET RELISH

**BALLARD'S FLOUR IS BETTER**

### **BECHAMEL SAUCE**

Put on the fire in a sauce pan a tablespoon white flour and piece of butter the size of an egg. Mix the butter and flour well and pour on slowly  $\frac{1}{2}$  quart milk, stirring continually, until it becomes like a liquid cream.

### **BERNAISE SAUCE**

Mix thoroughly yolks of 4 eggs, 4 tablespoons olive oil, 4 tablespoons water, 1 tablespoon vinegar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{5}$  teaspoon olive juice, 2 teaspoons chopped parsley, place in a double boiler and cook for 3 minutes, beating constantly with an egg beater. Take from the fire at the end of 3 minutes and add the chopped parsley. The sauce should be served as soon as finished.

**SOUTHERN STAR EGGS**

### **ANCHOR SAUCE**

Work a teaspoonful of Anchor paste with two teaspoons of olive oil until very smooth, then work in a little at a time 4 tablespoonfuls of olive oil; into this add a tablespoon lemon juice, a pinch of salt, a pinch of paprika and teaspoon chopped parsley or olives. As the Anchor paste is salted one must taste the sauce to ascertain how much salt to use.

### **HENRY'S SAUCE**

Major Grey's Chutney,  $1\frac{1}{2}$  bottles; 1 pint bottle Worchester-shire sauce,  $\frac{1}{4}$  bottle walnut catsup, 2 bottles chili sauce,  $\frac{1}{2}$  bottle tobasco sauce, 1 teaspoon paprika, 2 teaspoons mixed mustard. Put in large bowl, stir until thoroughly mixed, and serve.

### **HORSERADISH SAUCE**

Equal parts of grated horseradish and fresh bread crumbs. Small pieces of fresh butter; salt, a pinch of sugar. Mix with fresh cream; heat all together in a double boiler.

**KNADLER & LUCAS' APPLE VINEGAR**

**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

### **CHILI SAUCE UNCOOKED**

**1 pint ripe tomatoes, 1 onion, 1 green pepper, 3 teaspoons salt, 2 teaspoons each ground cloves, all spice and cinnamon, ½ teacup sugar, 1 teacup vinegar; chop fine; mix well and do not cook.**

### **RIPE TOMATO SAUCE**

To 1 peck of ripe tomatoes, peeled, chopped fine and allowed to drain for two hours, add 8 large onions, 1 clove of garlic and 6 red peppers, all chopped fine, to which add 1 quart of vinegar, 1 cup of salt, 2 cups white sugar, 1 cup of horseradish, 2 tablespoons of ground mustard, 1 tablespoon of black pepper, 1 tablespoon cinnamon, 2 of celery seed and 1 teaspoon of mace. Stir well and bottle without cooking. It is ready for immediate use and will keep for some time.

#### **SOUTHERN STAR HAM**

### **CHILI SAUCE**

**4 large onions, 4 large green peppers, 1 dozen tomatoes, 1 cup vinegar, 1 cup sugar, 1 tablespoon salt, 1 tablespoon cinnamon, 1 teaspoon cloves, 1 teaspoon allspice.**  
Boil until thick and bottle hot.

### **CHILI SAUCE**

**(With very little spice, yet appetizing.)**

**1 peck ripe tomatoes, 6 onions, 4 sweet red peppers, 12 long stalks celery, all chopped; ½ cup salt, 2 pounds granulated sugar, 2 ounces white mustard seed, 2 quarts cider vinegar.**  
Boil 2 hours.

### **CHILI**

Soak ½ pound of red (kidney) beans over night, then cook until soft, add 1 pound of ground beef; chop 2 onions fine and add to beef and beans. Cook 1 box of spaghetti (4-oz. box), broken small, in salted water until tender, then add 1-quart can tomatoes and cook 10 minutes; add meat and beans and cook slowly for 2 hours, seasoning with salt and red pepper to taste.

#### **MONOGRAM BRAND MAYONNAISE DRESSING**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

### CHOCOLATE SAUCE

Put 1 pint of milk in a double boiler with a tiny pinch of soda. As the milk heats stir into it 3 heaping tablespoons of grated chocolate and cook till thoroughly blended. Have ready 3 well-beaten eggs mixed with  $\frac{1}{2}$  cup of sugar, over which pour slowly the hot mixture, returning all to the fire and cook until thick as cream. Then remove immediately, flavor with  $\frac{1}{2}$  teaspoon of vanilla and set aside to cool.

### PUDDING SAUCE

To 1 well-beaten egg add 1 cup of sugar, beat together until creamy, add 3 tablespoons of boiling hot milk. Steam for a few minutes, stirring constantly. Flavor according to taste.

### CREAM SAUCE

To 1 tablespoon of melted butter when bubbling in the saucepan add 1 tablespoon of flour, then gradually  $\frac{1}{2}$  cup of hot cream, stirring constantly till thick and smooth. Season with salt and pepper.

### WHITE SAUCE

Whites of 2 unbeaten eggs, 1 cup of white sugar beaten together, add 1 teaspoon of vinegar. Beat well and add 3 tablespoons of wine or any preferred substitute. Just as it goes to the table add  $\frac{2}{3}$  cup of sweet cream. No cooking.

MONOGRAM BRAND PURE APPLE VINEGAR

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME  
BAKING POWDER ADDED**

## VEGETABLES

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### CAULIFLOWER AU GRATIN

Wash and separate the florets, boil in salted water. Put layer in baking dish, cover with cream sauce, then grated cheese, then another layer of cauliflower, sauce and cheese. Bake carefully.

**SOUTHERN STAR BACON**

### ASPARAGUS PIEMENTO

**2 cans best large size skinned asparagus, 1 set sweetbreads,  
½ can piementoes.**

Parboil and break small the sweetbreads, cut asparagus into 2-inch pieces. Put where it will keep hot, but not cook. Mince the piementoes fine and add to asparagus. Combine all with a rich cream sauce just before serving. Serve on pastry rosettes, patties or on toast.

### PEAS AND CARROTS

**1 can small peas, 2 good-size carrots.**

Peel carrots and cut very small—cook tender. Add to peas with cream sauce.

### ARMY BAKED BEANS

Soak beans over night, boil over a slow fire 4 or 5 hours. Fill a bean crock half full of cooked beans, pour over this 1 can of tomatoes, 2 tablespoons brown sugar, 1 tablespoon of Worcester sauce, 2 tablespoons tomato catsup or chili sauce; quarter a large onion and place in the middle. Put the rest of the beans in the crock, cover with the above ingredients except the onion and lay about 4 strips of bacon on the top. Bake in a slow oven about 4 hours.

**EVERYBODY'S GRAIN VINEGAR**

**BALLARD'S FLOUR IS BETTER**

### **PINK BEANS**

Soak 2 teacups beans over night. Next morning put in skillet ham grease, 1 onion, 1 pepper and cook a few moments. In one-half cup vinegar put tablespoon sugar,  $\frac{1}{4}$  teaspoon salt, pinch of mustard. Add this and can of tomatoes to grease. When hot add to beans that have already cooked 2 hours and cook a short while longer.

### **O'BRIEN AU GRATIN POTATOES**

Dice 4 large potatoes and boil. Cream sauce, by stirring into tablespoonful of melted butter 1 heaping tablespoon of flour. When thoroughly mixed pour in 1 cup of milk or cream and allow to thicken (stirring constantly to avoid lumping). To this sauce add 1 cup of American cheese, cut fine, and  $\frac{1}{2}$  cup pimentoes, cut fine;  $\frac{1}{2}$  teaspoon of salt and pepper. Drain water off potatoes, mix with sauce and put in baking pan. Over all sprinkle  $\frac{1}{2}$  cup of dried bread crumbs and put in oven to brown.

**SOUTHERN STAR LARD**

### **POTATOES AU GRATIN**

Six cold potatoes,  $\frac{1}{2}$  pint of cream; 1 tablespoonful of flour, yolks of 4 eggs,  $\frac{1}{2}$  pint of stock, two tablespoonfuls of butter, 4 heaping spoonfuls of cheese,  $\frac{1}{2}$  tablespoonful of salt and a salt spoonful of white pepper. Melt butter, add flour, mix until smooth, add stock and cream and stir continually until it boils. Take from fire, add cheese, egg yolks, well beaten; salt and pepper. Put layers of this sauce in baking dish, then layer of potatoes and so on, having last layer of the sauce.

### **POTATOES AU GRATIN**

**1 green pepper, 6 large potatoes,  $\frac{1}{2}$  pound cream cheese, 2 pimentoes, white sauce.**

Cut up green pepper with potatoes and cook half done. Make white sauce. Dice cheese in sauce and cook until dissolved. Pour over potatoes, add pimentoes and bake in oven 20 minutes or more.

**MONOGRAM BRAND WHITE DISTILLED VINEGAR**



**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

## CAULIFLOWER

Boil (without the leaves) a whole cauliflower. Put the cauliflower on a plate and pour over it Bechamel sauce (recipe below) and dress the plate with hard boiled eggs cut in quarters.

## SPAGHETTI

### (In Tomato Sauce)

2 packages spaghetti, 1 can tomatoes, 1 can Campbell's tomato soup, 1 large stalk celery, 2 green peppers, 1 large onion, 1 can small peas, 1 pound pork steak, 1 pound veal steak.

Boil spaghetti in salted water 30 minutes and drain.

## SAUCE

Grind celery, peppers and onion. Cut fat of meat and brown in skillet, grind meat raw; add meat and vegetables to fat and brown; then tomatoes, soup and salt and pepper to taste. Stew for 3 hours, add peas hot and drained, then spaghetti; mix well. Place same on hot platter and cover with grated cheese—Parmesan is best, but American cream is good. Three tablespoons of olive oil may be added, if desired.

## SPAGHETTI LOAF

2 packages spaghetti,  $\frac{1}{2}$  pound cream cheese, 6 eggs, 1 pint milk, 1 cup cracker crumbs, 2 green peppers, 2 large onions, 2 cans tomato soup for sauce.

Boil spaghetti in salted water for 30 minutes and drain. Simmer onions and green peppers separately. Beat eggs slightly and add milk. Grate cheese. Put in layer of spaghetti, then onions and peppers, cheese. Stir through it milk and eggs and cracker crumbs. Repeat until pan is filled, putting cracker crumbs and bits of butter on top last. Bake 15 or 20 minutes in well-buttered pan,  $9\frac{1}{2} \times 5\frac{1}{2} \times 3$  inches. Serve on hot platter.

**MONOGRAM BRAND PURE APPLE VINEGAR**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

### ITALIAN SPAGHETTI

1 small box of spaghetti, 1 pound of round steak,  $\frac{1}{4}$  pound of country bacon, 1 large can of tomatoes, 1 large onion, 4 table-spoons sapsago cheese.

Chop onion fine and fry in hot skillet until a light brown. Into this put chopped meat and bacon, allowing all to fry until brown; then put in tomatoes, salt and pepper and let cook slowly until tomatoes are well cooked. Boil spaghetti for 30 minutes in separate pan. When spaghetti is cooked mix all in baking pan. Cover with the grated cheese and place in oven to bake.

### RISSOTTO

1 pound rice, 1 pound butter, 1 pound cheese.

Pour the rice on the melted butter; when the rice has absorbed the butter pour on the rice slowly some hot water, and when the rice is half cooked, pour tomato sauce on the rice (recipe below), and let the rice cook completely. Pour the rice on a dish and let fall the grated cheese.

PIASA PEPPER SAUCE

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME  
BAKING POWDER ADDED**

## SALADS

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### SALMON SALAD

Remove skin and oil from salmon, add to it, after shredding, 1 onion and  $\frac{1}{2}$  dozen parsley leaves, cut fine;  $\frac{1}{2}$  cup of chopped pickle. Just before serving add an equal quantity of rolled cracker crumbs. Serve with mayonaise.

### TUNA FISH SALAD

**1 green pepper, 1 small bunch of celery,  $\frac{1}{2}$  cup of pecans.**

Chop fine. Pour into a can of tuna fish and mix with  $\frac{1}{2}$  cup salad dressing. Serve this salad on a lettuce leaf. This also makes excellent sandwiches.

### OLD FASHIONED SOUTHERN CHICKEN SALAD

Cut the meat into small bits with scissors or knife. Leave out skin and gristle. Take  $\frac{2}{3}$  cup of vinegar and  $\frac{1}{3}$  cup water, temper with sugar to suit the taste. It should be very mellow, not at all sharp. Mash the yolks of 6 or 8 hard boiled eggs to a powder; add a rounded teaspoon of dry mustard and  $\frac{1}{2}$  teaspoon of salt. When perfectly smooth, add the rest of the vinegar. To the minced chicken, which has been salted in boiling, add  $\frac{1}{2}$  cup of melted butter (less will do if the chicken is fat), garlic, the size of a grain of corn, chopped into small bits;  $\frac{1}{2}$  dozen parsley leaves and  $\frac{1}{2}$  cup of chow chow pickle, not too sour, and red pepper till it tastes. Moisten thoroughly with the liquid in which the chicken has been boiled, then pour over the dressing. Just before serving stir into the chicken one-half its quantity of celery or cabbage. If desired very rich, put on top of each individual serving 1 tablespoon of salad dressing, half mayonnaise and half whipped cream.

**MONOGRAM BRAND MAYONNAISE DRESSING**

BALLARD'S FLOUR IS BETTER

### MOLDED FRUIT SALAD

1 cup oil mayonaise, very stiff; 1 cup stiff whipped cream (measured after whipping); 1 can sliced pineapple (cut in cubes), 1 can white cherries (halved and seeded), 4 oranges (remove skin and pulp, break in small pieces), 1 cup gelatine (in hot weather  $1\frac{1}{2}$  cups).

Mix mayonaise and whipped cream thoroughly, add gelatine while hot, then fruit; turn into molds, put in cool place—will mold in 2 hours.

### FROZEN COTTAGE CHEESE SALAD

1 pint case cottage cheese, 1 can white cherries, halved and seeded; 1 can sliced pineapple, broken in cubes; 6 oranges, remove skin and pulp and break in small pieces; 1 pound Malaga grapes, halved and seeded;  $\frac{1}{2}$  pound pecan meats, 1 pint cream.

Whip  $\frac{2}{3}$  of pint of cream; stir into cheese, then rest of cream; add fruits, sweetened if desired, and nuts. Mix well and turn into molds, or this amount fills a three-quart ice cream freezer. Pack in  $\frac{2}{3}$  salt and  $\frac{1}{3}$  ice for 4 hours.

### PRUNE SALAD

In the center of a bed of lettuce leaves lay half of a canned peach (largest size), 4 large prunes, which have been cooked by simmering, the seeds removed and a nut meat inserted. Then place prunes around peach. Top with mayonaise and keep in cool place until served.

### FROZEN FRUIT SALAD

1 cup of oranges, 1 cup of bananas, 1 cup of nuts, 1 cup of pineapple, 2 cups of peaches, 1 cup of cream, whipped very stiff.

#### Dressing

Yolks of 3 eggs, beaten very light; 3 tablespoons of sugar, 1 small teaspoon of salt, 1 teaspoon of white pepper, 1 teaspoon of dry mustard,  $\frac{1}{2}$  cup of vinegar.

Beat all well and cook in a double boiler until smooth and

MONOGRAM BRAND 1,000-MILE DRESSING

**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

thick. Remove from the fire and add a tablespoon of butter, and then beat until smooth. When cold add fruit and then fold into cream well whipped.

Pack in molds, using plenty of greased paper before putting the top on the mold. Pack in ice and salt for 4 or 5 hours, using plenty of salt.

### **GRAPE FRUIT SALAD**

Cut fruit in half, crosswise. Carefully remove pulp, discarding seed and tough fiber. Let the pulp drain after sprinkling sugar over it; add diced bananas, chopped nuts and halved Malaga grapes. Grate an apple into a bowl of mayonnaise; mix well. Serve in halves of grape fruit rind, with the applied mayonnaise on top.

### **CHEESE AND PINEAPPLE**

and

### **CHEESE AND BANANA SALADS**

Convenient and palatable salads are made of grated cheese over slices of pineapple or bananas, with mayonnaise dressing.

### **FRUIT SALAD**

$\frac{1}{2}$  dozen bananas, 4 oranges, 1 pound of grapes, between  $\frac{1}{4}$  and  $\frac{1}{2}$  pound pecans, 4 stalks of celery chopped.

### **DRESSING FOR ABOVE**

4 eggs, 3 teaspoons sugar, 1 of mustard, 1 of salt, pinch of red pepper, cup of vinegar (or  $\frac{1}{2}$  cup vinegar filled with lemon juice).

Cook. When cold add 2 tablespoons olive oil and some whipped cream.

**MONOGRAM BRAND PURE APPLE VINEGAR**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

## PINEAPPLE JELLY SALAD

(Original and Tested)

2 cups grated pineapple, 1 cup sugar, 1 package Knox's gelatine, 2 cups hot water, juice 1 lemon, salad dressing.

Heat pineapple, sugar and water to boiling point; add gelatine, which has been dissolved in cold water; add strained lemon juice and stir all until dissolved. Pour into individual molds. Unmold on shredded lettuce nests, top with good fruit salad dressing and garnish with candied cherries.

## TOMATO JELLY SALAD

Simmer 1 can of tomatoes with 1 clove, 1 small onion, piece of green pepper, about 20 minutes. Strain and add salt to taste and dash of tobasco. Soak 1 package Knox's acidulated gelatine in cold water (1½ cups). Add hot tomato juice and stir till dissolved. Add 1 tablespoon sugar and ½ (scant) cup of vinegar. Cool and set on ice. When ready to congeal add 1 cup blanched almonds, ½ cup shredded pimento, 1 cup celery, diced. Pour in individual molds; let harden and serve on lettuce with oil mayonnaise.

## PINEAPPLE GELETINE SALAD

Make a lemon gelatine with Knox's acidulated gelatine by recipe in package; only use the juice from 1 can of pineapple instead of the same amount of boiling water. Add juice of 1 lemon and pinch of salt. When ready to congeal stir in the can of pineapple cut in small pieces and 2 cups of chopped marshmallows. Pour into individual molds and serve on lettuce with mayonnaise.

## FROZEN FRUIT SALAD

2 large cans pineapple (sliced), 2 cans white cherries, 1 big bottle Marochino cherries, 1 quart whipped cream, same amount of mayonnaise.

Cut fruit, mix whipped cream and mayonnaise; then mix with fruit; put in tins lined with oil paper. Place top over oil paper. Pack in buckets of ice and salt three hours. Slip from tins and slice. One Maxwell House coffee can serves ten persons.

MONOGRAM BRAND JAMESTOWN SWEET RELISH

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME  
BAKING POWDER ADDED**

### **FROZEN FRUIT SALAD**

Melt 1 pound butter and add the yolks of 2 eggs slightly beaten and 3½ pounds flour mixed with 3 pounds sugar; 1 teaspoon salt; ⅓ paprika and a pinch of cayenne. Add gradually, while stirring constantly, ⅔ cup milk and ¼ cup vinegar. Cook in double boiler, stirring constantly until mixture thickens. Time required about 10 minutes. Remove from boiler, beat 2 minutes and set aside to cool. Cut candied cherries in small pieces. There should be ⅓ cup. Add ¼ cup each of orange pulp, canned sliced pineapple, cut in small cubes, and bananas cut in thin slices; add 1 tablespoon lemon juice to fruit. Mix all ingredients; add 1 cup heavy cream, beaten stiff, and 2 pounds pineapple juice. Pack in a brick mold to overflow; adjust cover, pack in salt and ice, using equal parts, and let stand 2 hours. Remove from mold, cut in slices and serve on head lettuce.

### **TOMATO LILY SALAD**

Take 6 fine, firm, red tomatoes, plunge them into boiling water for 1 minute; drain in a cloth and remove the skins; now with a very sharp-pointed knife begin at the center of each tomato and cut down to the stem end and turn down each section, just exactly as you would an orange; this will leave a ball of seeds in the center and your tomato will look like a red lily. Place them on ice till ready to serve and serve with either French dressing or mayonnaise.

### **TOMATO JELLY SALAD**

To the contents of 1 can of tomatoes, add a few bay leaves, pepper corns, a tablespoonful of sugar and a half teaspoonful of salt; boil 20 minutes. Strain and add to the juice 2 tablespoonfuls of dissolved gelatine. Mold and when firm serve on a lettuce leaf with mayonnaise dressing.

### **TOMATO ASPEC SALAD**

Strain 1 can of tomatoes and put in saucepan with a slice of onion, 2 bay leaves, a few celery tops, 1 teaspoon of salt, ½ teaspoon cayenne pepper. Bring this to a boiling point and add ¾

**MONOGRAM BRAND SALAD DRESSINGS**

**BALLARD'S FLOUR IS BETTER**

of a box of gelatine which has been soaked for half an hour in  $\frac{1}{2}$  cup of cold water. Stir until dissolved, add the juice of  $\frac{1}{2}$  lemon and strain again. Mold in small cups size of a tomato, serve on lettuce leaf with mayonnaise dressing.

**VEGETABLE SALAD**

Cut in small cubes boiled Irish potatoes and add to them peppers and tomatoes, cut as much as possible like the potatoes. Let tomatoes drain. Chop a Bermuda or other mild onion very fine with parsley. Put a layer of potatoes in salad bowl or plate, then one of peppers and one of tomatoes, sprinkling the onions and parsley and salt over each layer. Put a generous supply of mayonnaise over the whole. The preparation of the different vegetables does not matter and any one may be left out.

**SOUTHERN STAR HAMS****BEAN SALAD**

Drain the left-over string beans, add onion and parsley chopped fine and serve with mayonnaise. The onions may be omitted.

**DELICIOUS SALAD**

$\frac{1}{2}$  head of cabbage finely shredded, 1 cup celery cut in  $\frac{1}{2}$ -inch pieces, 2 medium-sized apples cut in small squares, juice of half a lemon, 1 teaspoonful of sugar.

Mix with the following dressing while dressing is hot:

Dressing.—To 1 cup of vinegar add 2 tablespoonfuls of sugar, 1 teaspoonful of dry mustard, a generous pinch of salt and a sprinkling of black pepper. Put on fire to boil. Cream 4 tablespoonfuls of flour, add to the boiling vinegar, stirring constantly to prevent lumping. Cook 5 minutes and as soon as taken from the fire add two eggs well beaten.

**MONOGRAM BRAND PURE APPLE VINEGAR**



**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

### **CABBAGE SALAD**

**1 pint of good vinegar, 4 well-beaten eggs, ½ cup of butter.**

Put on the fire and stir constantly until the mixture begins to thicken, then add a tablespoonful of mustard, 2 tablespoons of salt and 1 of black pepper. Chop 1 head of cabbage very fine with one bunch of celery. After dressing is cooked thick, put it over cabbage and celery and mix well. This will keep all winter in a cool place if well covered. By mixing chicken or lobster with this salad it improves it much.

**SOUTHERN STAR BACON**

**MONOGRAM BRAND MUSTARD CHOW CHOW**



OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

## DRESSINGS

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### DRESSING FOR LETTUCE SALAD

Three tablespoons of mayonnaise, 1 spoon of Chili sauce, small amount of chopped chives or green onions; mix and stir well together.

### DRESSING FOR LETTUCE AND TOMATO SALAD

One tablespoon of sweet pickles chopped fine, 1 teaspoon of Chili sauce, 3 teaspoons of olive oil, 1 teaspoon of vinegar; salt and pepper; mix.

### DRESSING FOR SLICED TOMATOES

Three tablespoons of mayonnaise, pinch of mustard,  $\frac{1}{2}$  green pepper,  $\frac{1}{4}$  pickled walnut,  $\frac{1}{4}$  pimento, 2 tablespoons of sweet cream, salt and pepper.

#### SOUTHERN STAR BACON

### DRESSING FOR COLD FISH OR CRABMEAT

Three tablespoons of mayonnaise, 1 tablespoon of Curry powder, a pinch of mustard, 2 tablespoons of cream; mix well together.

### DRESSING FOR COLD MEATS OR GAME

Small portion of currant jelly and dried mustard, few drops of olive oil, a few drops of Worcestershire sauce; mix until dressing becomes smooth.

### DRESSING FOR FRIED HAM

Tablespoon of mustard, mix with Worcestershire sauce until becomes smooth, 1 tablespoon of maple syrup; dip ham in dressing and fry.

#### MONOGRAM BRAND WORCHESTER SAUCE

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME  
BAKING POWDER ADDED**

### **SPECIAL DRESSING**

Crush whole white pepper very fine, chipped chives, malt vinegar and pinch of sugar; small amount of tabasco and Worcestershire sauces, Chili sauce and olive oil; mix well together.

### **ROQUEFORT CHEESE DRESSING**

Small piece of Roquefort cheese crushed smooth in a bowl, add salt, paprika and vinegar; stir till smooth; drop in a small piece of ice; add olive oil.

### **THOUSAND ISLAND DRESSING**

1 can pimentos, 6 green peppers, 1 pound cream cheese, 8 dill pickles, 1 large onion, 1-pint bottle tomato catsup, 1 cup chopped pecans, 1 pint oil dressing.

Serve on head lettuce or you may add gelatine dissolved in a little warm water and then mold as desired and serve as a salad.

### **OIL DRESSING**

Mix 1 cup Wesson oil, yolks of 2 eggs, 1 tablespoon vinegar,  $\frac{1}{2}$  teaspoon mustard,  $\frac{1}{2}$  teaspoon red pepper. Put in a pan  $\frac{1}{2}$  cup flour and 1 cup cold water and cook to a stiff paste. Beat into the mixture with egg beater until stiff.

### **MAYONNAISE**

1 cup of oil, 2 egg yolks,  $\frac{1}{4}$  teaspoon mustard,  $\frac{1}{4}$  teaspoon red pepper, 1 teaspoon salt, juice of 1 lemon.

To yolks of eggs add red pepper, add mustard and beat slightly. Then add oil a little at a time until all is used, beating constantly. After all the oil is used add lemon juice and then salt. If by any chance the dressing should not thicken properly add the whites of the eggs and beat well, or make a new lot and add the dressing that did not thicken.

**MONOGRAM BRAND DILL PICKLES**

**BALLARD'S FLOUR IS BETTER**

## **MAYONNAISE**

Put into a saucepan 1 cup of cold water and bring to a boil; add the juice of 1 lemon with enough vinegar to make  $\frac{1}{2}$  cupful and let come to a boil again. Into another saucepan put 2 tablespoons of flour and mix to smooth paste with 2 tablespoons of olive oil, over which pour the boiling mixture gradually, to prevent lumping, stirring all the time. Leave this on back of stove about 5 minutes in order to cook the flour, then pour slowly on 2 well-beaten egg yolks. Let it cook, but not too cool, then add a few drops of olive oil, beat well; add more oil in larger quantities till one whole cup has been used. Season with salt, cayenne pepper and paprika. This makes 1 pint and can be kept in closed jar some time.

## **MAYONNAISE DRESSING**

**Yolks of 5 eggs, 1 level teaspoon of mustard, 1 heaping teaspoon of salt, a good pinch of baking powder, cayenne pepper, 1 tea-cup of sugar,  $\frac{1}{2}$  cup of flour, 1 cup of vinegar, 1 cup of cream or fresh milk.**

Mix well until smooth. Then cook in double boiler until very thick. When removed from the fire beat quite a bit to make light and nice. When ready for use thin with cream if necessary.

## **FRUIT SALAD DRESSING**

**Delicious on any fruits.**

**$\frac{1}{4}$  cup lemon juice,  $\frac{1}{4}$  cup orange juice.**

Heat in double boiler. Beat 2 eggs and add  $\frac{1}{2}$  cup sugar. Beat this into the hot juice and cook till it thickens enough to coat the spoon. When cold, beat into it 1 cup whipped cream. Can be made the day before and cream added an hour or so before serving.

## **SWEET DRESSING**

**1 cup sugar, 2 heaping tablespoons flour, 2 eggs, pinch salt, lump butter, 1 cup milk**

Cook in double boiler until thick, then thin with lemon juice.

**MONOGRAM BRAND WHITE DISTILLED VINEGAR**

**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

### **SALAD CREAM DRESSING**

**4 tablespoons of melted butter, 1 tablespoon of flour, 1 tablespoon of sugar, 1 teaspoon dry mustard, 1 teaspoon of salt, 1 cupfull of cream, ½ cup vinegar, 3 eggs (yolks), a pinch of cayenne pepper.**

Let butter melt, add flour, stir until smooth, add cream and let boil, then put saucepan in hot water. Beat eggs, salt and mustard and sugar together; add vinegar and stir into pan until it thickens. If too thick it may be thinned with cream.

**MONOGRAM BRAND IMPERIAL MUSTARD**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

## DESSERTS

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### LEMON SHERBET

Three lemons. Take out seed and pour 1 pint of boiling water over rind and juice, then let stand half hour. Strain and add  $\frac{3}{4}$  pound of sugar and 1 pint of cold water. After it begins to freeze add 1 teacup of rich cream and the beaten whites of 3 eggs. I generally double this recipe.

### SIMPLE DELICIOUS SHERBET

1 quart sweet milk, 1 pint sugar, juice three lemons (squeezed in teacup filled with water), 1 quart grated pineapple.

Mix milk and sugar and when half frozen add pineapple and lemon juice; finish freezing and pack.

### APRICOT CREAM

3 pints of rich cream, yolks of 3 eggs, 1 can of apricots, 1 pint of sugar.

Make a thick syrup of the sugar, adding the apricots, which have been put through a sieve, then the eggs, which have been well beaten. Put back on stove and stir till it thickens. When cool put in the cream and freeze.

### STRAWBERRY ICE CREAM

1 quart milk, 1 tablespoon flour stirred smoothly into milk.

Cook 10 minutes. The egg yolks of 5 eggs well beaten, and cook a few minutes only. Set aside to cool and when coll add  $\frac{1}{2}$  pint of cream. If flavored with strawberries (any other fruit will do as well) take 1 pint of berries and  $1\frac{1}{2}$  cups sugar; let stand over night, wash well and add juice of 1 lemon. When the cream begins to freeze, add the fruit, juice and finish freezing.

MONOGRAM BRAND JUMBO PICKLES

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME BAKING POWDER ADDED**

### MAPLE FRAPPE

**4 eggs beaten separately, 1 cup maple syrup.**

Beat yolks, add to syrup, boil until thick. Let cool, add 1 pint whipped cream and whites of eggs. Beat very stiff. Freeze.

### MAPLE PARFAIT

Beat yolks of 6 eggs, pour over them a cup of maple syrup, cook in a double boiler until it makes a thick coating on the spoon. Pour into a bowl, beat with a wire egg beater until light, add 1 quart of cream whipped and put in a mold, then pack in ice and salt for four hours.

### CHOCOLATE SAUCE FOR ICE CREAM

One cup milk, nearly a cup of sugar, teaspoon corn starch, teaspoon grated chocolate. Cook in double boiler.

### GELATINE ICE

Let one ounce of gelatine stand one hour in a pint of cold water, then add 3 pints of boiling water, 1½ pints of sugar, 1½ pints of wine, and the juice of 3 lemons. Freeze before it congeals.

### ORANGE CHARLOTTE

Pour ½ cup of boiling water on ⅓ box of gelatine which has been dissolved in ⅓ cup of cold water. Add 1 cup of sugar, 1 cup of orange juice with pulp of 2 oranges and juice of 1 lemon; whites of 3 eggs beaten stiff, folded into the whole when nearly congealed.

### CREME BRULE

**1 quart new milk, 4 yolks of eggs beaten light, 1 tablespoon flour mixed with a little milk and added gradually to the eggs and milk, beating all thoroughly.**

Put 1 cup of brown sugar in a skillet and stir until it melts and boils a little; do not use any water; add slowly the egg and milk mixture and cook till it thickens like custard, stirring all the time. Add 2 teaspoons of cinnamon if you like. When cool freeze.

**KNADLER & LUCAS' OLIVES**







BALLARD'S FLOUR IS BETTER

## CAKE FILLINGS

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### PINEAPPLE FILLING

Yolks of 2 eggs, 2 scant cups of sugar, 1 cup of grated pineapple, butter size of an egg. Cook to thick paste.

### CHOCOLATE FILLING

Yolks of 2 eggs, 1 pint of milk, 1 cup of sugar.

Beat sugar and eggs together; add milk and let this get warm; add  $\frac{1}{2}$  pound of Baker's chocolate and boil till thick. Spread on cake, then cool.

#### FILLING

1 pint milk boiled, 2 eggs, 1 cup sugar,  $\frac{1}{2}$  cup flour.

Beat eggs, add sugar and flour and pinch of salt; then some of the hot milk. Stir into hot milk and cook in double boiler. Flavor and spread between and over the cakes.

### CHOCOLATE FILLING FOR LADY FINGERS

Put chocolate, sugar and water in double boiler and melt; add beaten yolks of eggs very slowly, stirring constantly. When cool fold in beaten whites. Before serving cover with whipped cream and decorate with maraschino cherries. Make night before. Set pan in hot water before turning out on platter.

### CHOCOLATE FILLING

3 cups granulated sugar, 2 squares Baker's chocolate,  $1\frac{1}{2}$  cupfuls of water.

Boil until it makes a soft ball when dropped in cold water. Add  $\frac{3}{4}$  cup butter. Let come to boil, take from fire and beat until creamy; add 1 teaspoon vanilla. Should it show tendency to set quickly add a little milk or cream.

### LEMON BUTTER

4 eggs, 1 cup of sugar, 1 dessertspoon of butter.

Beat all well together, add the juice of 2 lemons and grated rind of 1. Stir constantly over a slow fire till the mixture thickens. When cold it is ready for use between layers of cake.

MONOGRAM BRAND RIKA RELISH



**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

## SANDWICHES

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### MUSHROOM SANDWICHES

Mince beef tongue and boiled mushrooms together; add French mustard and spread between buttered bread. Very good for lunch or afternoon tea.

### SANDWICH FILLING

1 cake of Philadelphia cream cheese or Neuschatel cheese,  $\frac{1}{4}$  pound of Rochquefort cheese, a little onion, 3 tablespoons of cream, salt and paprika to taste.

### TOASTED PIMENTO CHEESE SANDWICH

$\frac{1}{2}$  pound of American cheese,  $\frac{1}{2}$  can of red pimentos.

Put these through a meat grinder and season with salt and cayenne pepper. Mix this with enough mayonnaise to spread well on your bread. Just before serving, toast light brown on both sides. This is delicious when served with tea, hot chocolate or coffee.

### RAISIN SALAD SANDWICHES

(Original and Tested)

1 cup fancy seeded raisins,  $1\frac{1}{2}$  cups nut meats, 1 tablespoon of lemon juice.

Use any good salad dressing with equal amounts of heavy cream, pulverized sugar and a tablespoon of lemon juice. To prepare raisins and nut meats run through food chopper. Mix all into a paste. Serve on thinly cut slices of bread and crisp lettuce leaf. Serve with cheese balls or straws.

**MONOGRAM BRAND MUSTARD CHOW CHOW**



OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

## CAKE ICINGS

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### CHOCOLATE ICING FOR LAYER CAKE

$\frac{1}{2}$  cake Baker's chocolate, 1 pint granulated sugar, butter size of an egg.

Put chocolate broken in double boiler, cover scantily with water and put on stove, not stirring till it is thoroughly soft when stir and add sugar. To expedite matters it might be put directly on stove out of boiler after being mixed, watching carefully, till a little on a saucer begins to gram from stirring. Add butter before removing from stove. When desired flavor with vanilla and whip or beat with a gem stirrer, till it begins to get heavy, when spread between and on cake.

### CREAM CAKE ICING

4 tablespoons of water thickened with pulverized sugar.

### BOILED ICING

1 cup sugar,  $\frac{1}{2}$  cup water boiled till it ropes when dropped from fork; pour over stiffly whipped whites of 2 eggs, beating hard.

Use at once.

### MARSHMALLOW ICING

Heat 10 marshmallows. While warm and puffed add to white icing.

### ICE CREAM (Economical)

To 3 quarts of boiling milk add the beaten yolks of 3 eggs,  $\frac{2}{3}$  of a teacup of flour,  $1\frac{1}{2}$  pints of sugar (mixed in part of the hot milk) and boil till a thick custard. Strain and when cool add 1 quart of cream and beaten whites of eggs. Flavor, freeze and pack.

LOOK FOR MONOGRAM BRAND

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME  
BAKING POWDER ADDED**

### **CHOCOLATE ICING**

**½ cup chocolate, 1½ cups milk or cream, ⅓ cup butter, ½ tea-  
spoon salt.**

Beat together. Cook till it drips from the spoon. Beat and spread quickly on cake.

### **WHITE ICING**

**Whites 4 eggs, 2 cups sugar, rolled and sifted, 6 tablespoons hot  
water, 1 teaspoon vinegar, 2 teaspoons lemon juice.**

Blend sugar with water and vinegar and boil till it threads from spoon. Do not stir syrup. Beat whites very stiff and gradually pour in the syrup (a little at a time), steadily beating. Add lemon juice and cook in double boiler, beating all the while until stiff enough to stand in shape when dropped from spoon. Add ⅓ teaspoon baking powder, flavoring and beat five minutes.

**SOUTHERN STAR BACON, HAM**

**MONOGRAM BRAND YORKSHIRE RELISH**



BALLARD'S FLOUR IS BETTER

## CANDIES

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### COCOANUT CANDY

1 cocoanut, 3 pints sugar.

Dissolve sugar in the milk of cocoanut and add water if necessary. Cook till it threads quickly from a spoon, a long thread; pour slowly over the finely-grated cocoanut, stirring constantly till it begins to cream, when pour in shallow pans, marking in squares and putting half an English walnut on each.

### DIVINITY FUDGE

2½ cups sugar, ½ cup water ½ cup corn syrup (crystal white),  
3 egg whites, 1 teaspoon vanilla, 1 cup chopped nut meats.

Mix sugar, water and corn syrup thoroughly before putting on fire. Cook until it forms hard ball when dropped in cold water. Pour slowly on well-beaten white, beating constantly. Add vanilla and nuts. Continue beating until it begins to grain slightly, then pour quickly on greased dish.

### PRALINES

2 cups sugar, ¼ cup milk, 1 tablespoon butter, 2 cups pecans.  
1 cup sugar (melted)

Put sugar and milk on fire, at same time putting on 1 cup sugar in another boiler and melting. When thoroughly melted add to the other mixture, which must be boiling. Cook until forms soft ball in water. Remove from fire, add pecans and beat until it thickens. Drop from spoon on greased paper.

### CHOCOLATE FUDGE

4 cups sugar, 2 cups milk, 4 squares chocolate.

Melt butter and chocolate together. Cook sugar and milk 10 minutes, then add chocolate and butter and cook 8 minutes.

MONOGRAM BRAND SALAD DRESSING

**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

### **CREAM FUDGE**

Mix well 2½ cups of light brown sugar and 2 tablespoons of cocoa. To this add 1 small can evaporated milk and mix thoroughly. Place on stove and allow to boil 10 minutes. Remove from stove, put in butter the size of an egg and 2 tablespoons of marshmallow cream. Beat well. Put in pan of cold water for a few minutes. When mixture becomes thick and creamy pour into well-buttered pan.

### **CREAM CARAMELS**

**3 pounds C sugar, ¼ pound butter, 1 pint cream, 1 tablespoon of vinegar.**

Cook as for any other candy, only not over too quick a fire as it burns quickly; pour into buttered pans.

### **CHOCOLATE CARAMELS**

**2 cups of brown sugar, 1 cup of molasses, 1 cup of milk, butter the size of an egg, ½ pound of Baker's chocolate, unsweetened.**

Boil for 10 minutes, all the ingredients except the chocolate, which then add and boil till done, adding 1 teaspoon of vanilla after removing from fire. Pour into buttered pans and mark in squares when nearly cold.

### **CHOCOLATE LOAF**

**3 pounds of brown (C) sugar, 1 cup of rich cream, ½ cake of Baker's chocolate, unsweetened; 1 tablespoonful of vinegar.**

Put all on together and cook until by dropping a little in water you find it gathers well. Then take off, pour into a bowl, add ½ teaspoon of vanilla, stir and beat until it becomes thick as thin much, then pour into a napkin that has been wet in cold water and wrung dry, gather up the corners and form into a loaf by rolling the napkin about it as tight as possible, put away on small meat dish to cool. Chopped blanched almonds or pecans can be added to part of the mixture before forming into loaf, thereby making 2 varieties and 2 smaller loaves.

**MONOGRAM BRAND CATSUP**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

### CREAM PULL CANDY

**3 cups white sugar, 3 tablespoons sweet cream, 1 teaspoon vinegar,  
2 cups hot water, butter size of walnut and pinch of salt.**

Cook till hardens in water. Pour on buttered platter and when cool pull.

### CHARLOTTE RUSSE

**1 box gelatine, 1 quart double cream, 1 cup water, 1 cup sugar,  
2 eggs.**

Soak gelatine in  $\frac{1}{2}$  of the water; place sugar in pan and cover with rest of the water. Let this begin to boil, then stir into gelatine. Gently pour this over the yolks of two eggs, well beaten. Add 1 tablespoon of vanilla. Have the cream well whipped and beat cream into the mixture while it is warm. Line the pan (a bread pan preferred) with lady fingers or sponge cake stuck together with the whites of the eggs slightly beaten. Add cherries or nuts if desired. This serves 16 people.

### CHARLOTTE RUSSE

**1 quart of good cream (to be whipped), 1 package of Knox's  
gelatine, 1 egg, 1 pint of milk (new milk), sugar to suit  
taste and flavor with vanilla.**

Put gelatine to soak in little fresh milk. Let pint of new milk come to a boil. Beat egg, gelatine and sugar and pour slowly into the boiling milk; let come to a boil and when cold mix well with the whipped cream. Line bowl with "Lady Fingers" before pouring in mixture. Set in cold place till ready to serve.

### CHARLOTTE RUSSE

**6 eggs, 1 quart cream, 1 $\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  box gelatine,  $\frac{1}{2}$  pint  
boiling water.**

Dissolve gelatine in water and keep hot on stove until ready to use. Beat egg yolks and sugar, add whites well beaten and cream, then gelatine. Pour in mold lined with lady fingers and set away to chill.

**MONOGRAM BRAND PEPPER SAUCE**

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME  
BAKING POWDER ADDED**

### **MOCK CHARLOTTE RUSSE**

3 pints milk, sugar to taste, 4 full teaspoons corn starch, 6 eggs.

Line pan with lady fingers. Make a custard, leaving out 3 whites, then after filling this lined pan with custard, make meringue of these three whites and add, returning to oven to brown. When cool dot over top with tiny bits of an acid jelly.

**MONOGRAM BRAND SOUR PLAIN PICKLES**

BALLARD'S FLOUR IS BETTER

## PIES

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### HOT WATER PIE CRUST

Into  $\frac{1}{2}$  cup boiling water put 1 cup shortening. Beat till melted. Stir into that 3 cups flour, into which you have sifted  $\frac{1}{2}$  teaspoon baking powder and 1 teaspoon salt.

### CHESS PIE

1 cut butter, 2 cups sugar, 5 yolks and 1 white of egg,  $\frac{1}{2}$  cup cream.  
Kitchen spoon of flour.

Cream butter and sugar, add flour, eggs beaten light, and cream. Bake in open crusts.

### PICNIC PIES

$\frac{1}{2}$  cup creamed butter, 3 cups sugar, 5 eggs beaten separately,  
1 teaspoon flavor,  $\frac{1}{2}$  cup cream or milk, 2 teaspoons vanilla.

Bake on pastry in small pans or in 1 large pie pan.

### FOOLISH PIE

Whites of 5 eggs, 1 $\frac{1}{2}$  teaspoonfuls vinegar, strawberries, peaches,  
fresh or canned, whipped cream.

Beat the whites of 5 eggs. When stiff add 1 $\frac{1}{2}$  cups sugar, beat in slowly, then add the vinegar. Use cake size baking dish greased well with butter. Place in cold oven and bake slowly from 30 to 45 minutes. Cool in oven. Serve cold. Cup of strawberries or use any fruit in season and serve with whipped cream.

### CARAMEL PIE

2 yolks of eggs, 2 cups brown sugar, 2 cups cream, 1 tablespoon  
of butter, 2 tablespoons of flour.

Cook in double boiler till thick, pour into pans of baked pastry and put on maringue if preferred.

MONOGRAM BRAND SWEET RELISH

**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

### **BUTTERMILK PIE**

**3 eggs, 2 cups sugar, juice and grated rind of 1 lemon, 1 pint of buttermilk, 1 tablespoon of butter.**

Use whites of eggs for maringue, with 1 cup of sugar. This makes 3 pies.

### **CHOCOLATE PIE**

**4 eggs, 1 cup of butter, 1 cup cream or new milk, 2 cups sugar, 2 tablespoons flour, ½ cake Baker's chocolate.**

Cook in double boiler till thick, then put in cooked pastry, when cool put on meringue and bake.

### **COCOANUT PIE**

**2 cups of sugar, 4 yolks of eggs, 2 tablespoons of butter, 1 box of cocoanut, ½ tablespoon of flour, ¼ cup of milk.**

Maringue made with whites and cup of sugar. This makes 2 pies.

### **BASTAN'S CREAM PIE**

**3 eggs beaten separately, 1 cup sugar, 1½ cups sifted flour, 1 full teaspoon baking powder, 2 tablespoons of milk or water.**

Divide into 2 parts and cook in 2 pie pans.

### **SPICED CUSTARD PIE**

**1½ cups sugar, ¾ cup butter, yolks 3 eggs, 2 tablespoons flour, 1 cup milk, ½ teaspoon each of cloves, cinnamon and spice.**

Beat sugar and butter to a cream; mix in spices; add beaten yolks of eggs; then flour; then milk. Bake for an hour in a moderate oven. When nearly done add meringue. Let get cold before serving. This is delicious.

### **BUTTER SCOTCH PIE**

**1 cup of dark brown sugar, yolks of 2 eggs, 1½ cups sweet milk, 2 tablespoons of butter, 2½ tablespoons of flour.**

Beat all together and boil. Flavor with vanilla. Beat the whites for the top.

**MONOGRAM BRAND YORKSHIRE RELISH**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

### BISQUE PIE

Yolks of 6 eggs, 1 pint of cream or new milk, 6 tablespoons of chopped raisins, 2 tablespoons of candied cherries, 2 of whisky or flavor with vanilla, and 6 rolled macaroons. Meringue on top. This makes 2 pies.

### PINEAPPLE PIE

Yolks of 2 eggs, 1 cup of white sugar, 1 heaping tablespoon of flour,  $\frac{1}{4}$  teaspoon of melted butter, a small can of pineapple (about 1 cupful). Mix and put into crust before baking. Meringue on top.

### LEMON PIE

Juice and grated rind of 1 lemon, 1 cup sugar, 3 level teaspoons flour, 1 cup boiling water, 3 eggs.

Beat egg yolks and sugar, add lemon juice and grated rind, flour, then boiling water. Put in double boiler and cook until thick. Put in previously cooked crust. Cover with meringue made from beating whites of 3 eggs; add  $\frac{1}{2}$  scant cup sugar and beat until thoroughly dissolved. Add  $\frac{1}{2}$  teaspoon vanilla. Bake until golden brown.

### JELLY PIE

4 eggs beaten separately, 2 cups of granulated sugar, 1 cup of butter, 1 cup of sweet cream or new milk, 1 cup of acid jelly, 2 teaspoons of vanilla.

Beat the yolks of eggs and sugar together till light, cream the butter and add the jelly and cream. Use the whites to make a meringue. This makes 3 pies.

### MOLASSES PIE

4 eggs, 2 teacups of molasses, 1 teacup of sugar, 2 tablespoons of butter, 2 tablespoons of corn meal.

Flavor with vanilla. Makes 2 pies.

MONOGRAM BRAND SWEET SLICED PICKLES

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME  
BAKING POWDER ADDED**

### **ORANGE PIE**

Juice and pulp of 2 oranges, grated rind of 1,  $\frac{1}{2}$  cup of butter, 2 cups of sugar, yolks of 4 eggs, white of 1,  $\frac{3}{4}$  cup of cream (or new milk), in which is dissolved 2 heaping tablespoons of corn starch.

Mix butter and sugar, then add other ingredients. Cook till thick and put in pans of baked pastry. Cover with meringue made of 3 whites and 1 cup of sugar.

**MONOGRAM BRAND PINEAPPLE VINEGAR**



BALLARD'S FLOUR IS BETTER

## RELISHES

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### CHEESE STRAWS

1 cup grated cheese, 1 cup flour,  $\frac{3}{4}$  cup milk, 1 tablespoon butter, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon paprika.

Sift flour, baking powder, salt and paprika into bowl, rub in the butter very lightly and mix the cheese through. Add the milk slowly, knead lightly; dust board with flour, roll out  $\frac{1}{4}$  inch thick, cut in narrow strips about 4 or 5 inches long; bake in moderate oven for 12 or 15 minutes or until light brown. If dough is too moist add flour. Roll so will not stick to board.

### RECIPE FOR BLACKBERRY CHEESE

Place any quantity of blackberries and apples (not peeled, but cut into slices) into a stone jar, and put the jar into the oven until the fruit is soft. Then it can be rubbed through a wire sieve. To each pound of pulp put  $\frac{3}{4}$  of a pound of loaf sugar and boil the fruit and sugar together until the preserve is set. Then it can be put into small jars and covered. When the preserve is turned out of the jars it should stand up firmly in a compact shape.

### CHEESE SOUFFLE

Put a lump of butter size of an egg into a saucepan and melt, being careful not to scorch; rub one tablespoon of flour into the butter and add 1 quart of sweet milk slowly, stirring all the time; then add  $\frac{1}{2}$  pound of cheese, grated. Beat yolks of 3 eggs and stir into mixture and cook slowly until thick as custard. Then remove from fire and add the well-beaten whites of eggs, stirring all the time. Season with salt and cayenne pepper. Pour into long pan and bake 20 minutes. Half of this quantity can be baked in pudding dish for small family.

MONOGRAM BRAND SWEET MIXED PICKLES

**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

## **CHEESE SOUFFLE**

**2 tablespoons of butter, 1 heaping tablespoon of flour, ½ coffee cup milk, 1 cup of grated cheese, 3 eggs, ½ teaspoon salt, 2 little cayenne peppers.**

Put butter in pan, when hot add flour and stir until smooth, but not brown. Add milk and seasoning; cook 2 minutes, then add well-beaten yolks, then cheese. Set away to cool. Add the whites, turn into a buttered baking dish and bake 20 or 25 minutes. This dish should hold a quart. Serve immediately.

## **BATTER APPLES**

### **A Simple Dessert**

Peel and cut out the cores of 1 dozen medium-sized apples. Place in baking pan; fill each apple with sugar and a little cinnamon and nutmeg. Make a cake batter of 1 cup of sugar; 1 tablespoon of butter; 1 cup sweet milk, 2 eggs, 2 teaspoons baking powder, and 3 cups of flour. Beat this well; pour over the apples; bake three-quarters of an hour in moderate oven. Serve with brown sugar sauce.

## **STUFFED APPLES**

Pare and core 6 large apples. Put in baking pan with a little butter, lemon rind and stick of cinnamon. Bake till tender, stuff with chopped almonds and raisins. Serve hot or cold with whipped cream.

## **AN ENTRE OF APPLES AND CUSTARD**

Bake firm apples after peeling and taking out cores. When done stuff the centers with mixed chopped nuts (pecans) and raisins chopped. Pour over this cooked custard, the golden gleam of the apples making a good appearance through the yellow of the custard. Over all sprinkle grated coconut.

**MONOGRAM BRAND WHITE WINE VINEGAR**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

### TOMATO CATSUP

Boil 1 bushel of tomatoes until soft; squeeze through a fine sieve; add half a gallon of vinegar, small cup of salt; 2 ounces whole cloves, 2 ounces allspice, 1 tablespoonful cayenne pepper, 1 tablespoonful black pepper, 5 heads of garlic skinned and separated. Put spices and garlic in thin muslin bag. Boil all together until reduced one-half. Bottle while hot.

### CUCUMBER CATSUP

Put peeled cucumbers into cold water, grate them and season well with salt. Tie up in a thin cloth and let drain all night. In the morning season some good vinegar with black and cayenne pepper, celery seed, a little sugar and white mustard seed, then pour over the cucumbers. Use all cold and seal hermetically. This is a delightful relish, having the flavor of fresh cucumbers and will keep for some time.

### PEPPER CATSUP

1 peck bell peppers (red), 1 peck tomatoes,  $\frac{1}{2}$  gallon white vinegar, 3 teacups light brown sugar, 3 tablespoons salt; 10 large white onions.

Chop tomatoes, bell peppers and onions in food chopper; put all the ingredients in kettle; boil two hours, stir thoroughly and often. Strain through sieve; bottle and seal.

### CREAM CHOW CHOW

One quart large cucumbers peeled, cut in thick pieces, these into thirds; 1 quart small cucumbers, whole; 1 quart white button onions, 1 quart green tomatoes, sliced; measure all after cut up. 1 large head cauliflower, 4 large green peppers. Lay all over night in brine made of 1 cup of salt to 1 gallon water. Scald in same brine and drain well. Make a paste of 1 cup of flour, 6 tablespoons ground mustard, mixed smooth with vinegar; 1 tablespoon tumeric. Put 2 quarts of vinegar on stove, let come to boil; add 2 cups of sugar, stir in the paste and let boil until thick, stirring all the time; add the pickles while on the stove and let all come to a good boil, when it is done.

MONOGRAM BRAND TOMATO CATSUP

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME  
BAKING POWDER ADDED**

### **FRESH CUCUMBER PICKLE**

Cut large cucumbers into 1-inch blocks, with  $\frac{1}{4}$  as much sliced onions. Let stand in strong brine 24 hours; rinse in cold water, scald in equal parts of vinegar and water and drain. To each quart of vinegar add  $\frac{1}{2}$  cup sugar, 1 pepper pod, cinnamon and celery. Boil and pour cucumbers and onions.

### **RIPE CUCUMBER PICKLE**

Pare and remove seed from 24 large, sound, ripe cucumbers, chop fine, mix thoroughly with 6 white onions and large red peppers chopped fine, add 1 cup of salt, 1 ounce of white mustard seed and place in a bag to drain twenty-four hours. Cover with cold vinegar and seal in glass jars. It will keep a long time

### **CHOPPED PICKLE**

**1½ dozen cucumbers, 1½ dozen onions, 2 heads of cabbage,  
8 green peppers**

Chop and sprinkle with salt, stand over night. Squeeze well and put in kettle with 1 ounce of tumeric, 1 ounce of celery seed, 1 ounce of white mustard seed,  $\frac{1}{4}$  pound of Coleman's mustard and 1 pound of sugar. Cover with vinegar and boil until it thickens.

### **SPANISH PICKLE**

Cut in 1-inch slices, some round and some long, 2 dozen large cucumbers; chop 2 large heads of cabbage, 1 dozen large onions, quartered; 3 dozen small onions put in whole, and 8 green peppers cut up. Sprinkle all with salt and let stand over night. Next morning squeeze well, rinse in cold water and drain, then add 1 ounce each of white mustard seed, celery seed and tumeric;  $\frac{1}{4}$  pound of Coleman's mustard, 2 pounds of brown sugar, 4 or 5 red peppers cut up and vinegar enough to cover all. When it comes to a good boil, add 1 pint of flour mixed with a little vinegar and let boil for about 5 minutes longer.

**MONOGRAM BRAND CALIFORNIA DISTILLED VINEGAR**

**BALLARD'S FLOUR IS BETTER**

### **FRENCH PICKLE**

Pare and slice very thin 4 pounds fresh cucumbers and 2 pounds large onions. Cover with salt 24 hours. Rinse thoroughly. To  $\frac{1}{2}$  gallon vinegar add  $1\frac{1}{2}$  quarts of brown sugar, 6 small pepper pods, 2 tablespoons each celery seed and white mustard seed and 1 ounce of tumeric. When it boils add cucumbers and onions and boil 5 minutes. When cold add 5 tablespoons of olive oil. Put in jars and seal.

### **HUNGARIAN PEPPERS**

**1 dozen green peppers, 1 pound round steak,  $1\frac{1}{2}$  cups of rice,  $\frac{1}{4}$  pound of bacon, 1 large onion, 1 large can of tomatoes.**

Cut tops of peppers and remove seeds; then wash thoroughly in cold water; grind raw meat and bacon in chopper. Mix thoroughly rice and chopped meats. Season with tablespoonful of salt and fill peppers. Then place peppers in deep pan and cover with tomatoes. If juice of tomatoes does not cover peppers completely, add a small amount of water. Over top of this slice onion. Cook with a very slow fire.

### **SWEET PEPPER RELISH**

**1 dozen sweet green peppers, 1 dozen sweet red peppers, 4 good-sized onions.**

Grind all and pour boiling water over it. Let stand a few minutes and drain thoroughly. Scald in weak vinegar water, then drain well again. Add 1 pint of best vinegar, 2 cups sugar, 2 scant tablespoons of salt. Heat thoroughly and add 1 common red pepper, ground. Seal in glass jars and keep in a dark, cool place.

### **PEPPER RELISH**

**1 large head of cabbage, 2 red peppers, 6 medium-sized onions,  $1\frac{1}{2}$  dozen sweet green peppers.**

Chop or grind all very fine; sprinkle with  $\frac{1}{2}$  cup of salt and let stand for 24 hours. Then pour off juice and allow to drain for 24 hours, after which add 1 tablespoon of celery seed;  $\frac{3}{4}$  cup of white mustard seed; 1 quart of granulated sugar. Cover well with vinegar and place in glass jars.

**MONOGRAM BRAND SWEET RELISH**

**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

### **STUFFED PEPPERS**

Remove the top and inside from 12 sweet peppers, soak several hours in cold, salted water, parboil. Boil a chicken until perfectly tender, grind it with a sprig of parsley and a small piece of onion. Soak and parboil a set of sweet breads, when cool add to the ground chicken. Take one teacup of the inside of a loaf of bread, soak it in cream, put this on the stove and stir into it the beaten yolks of 2 eggs. When cool mix with the chicken and sweet breads, to which add a teacup of blanched almonds chopped very fine. Pour on the mixture cream enough to make it very soft, stuff the peppers. Put them in a pan and into the stove until slightly browned.

### **SAUCE**

One pint of Knadler & Lucas' tomato catsup, a piece of butter, size of a walnut, 1 teaspoon of sugar, 3 tablespoons of Sherry. Boil until thick, pour on the peppers and serve hot.

**MONOGRAM BRAND PEPPER SAUCE**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

## PRESERVES AND JELLIES

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### QUINCE HONEY

To each medium-size quince use 1 pound of granulated sugar. Wash and remove core from quinces. Do not peel. Grind in a meat grinder. Add sugar and let stand for a little while, then cook for twenty minutes. After it begins to boil remove from the stove and pour into jelly glasses. Stir well while cooking.

### QUINCE HONEY

Three pints of sugar, 2 pints of water, 4 pints of grated quinces. Cook till consistency of marmalade.

### RHUBARB CONSERVE

5 cups rhubarb cut in small pieces, 1 large or 2 small pineapples, 1 orange grated rind and juice, 1 lemon grated rind and juice, 10 cups granulated sugar.

Let stand over night, then cook 20 minutes; add 1 cup nuts and seal.

### DAMSON PLUM CONSERVE

3 pints Damson plums, seeded; 3 pounds sugar,  $\frac{1}{2}$  pound raisins, washed and separated; 1 orange, peel and remove seeds. 1 cup nut meats, English walnuts best.

Grind fruits together, add sugar and boil down. Seal in quart jars.

### STRAWBERRY PRESERVES

Cover 2 quarts of berries with scalding water and soak till water turns pink, drain and boil 3 minutes. Add 3 cups of sugar and cook 3 minutes; add 2 cups sugar and cook 3 more minutes. Let stand 2 days, stirring occasionally. Then put in jelly glasses and seal.

### MONOGRAM BRAND SOUR PICKLES

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME  
BAKING POWDER ADDED**

### QUINCE PRESERVE

Pare and quarter as many quinces as you wish to preserve. Then boil in enough water to keep wholly covered. When tender take out and add equal parts of sugar to the quinces. Let stand over night when syrup will be clear as amber. Boil 20 minutes and seal. The water the quinces were boiled in will make good jelly. Use  $\frac{3}{4}$  pound of sugar to 1 pint of juice. Boil till it jells.

### ASPEC JELLY

Three pints of clear soup, 1 box of gelatine,  $\frac{1}{2}$  pint of wine, 1 tablespoon of vinegar, whites and shells of 3 eggs, 6 whole cloves, salt to taste, 1 lemon. Put the soup, egg shells and other ingredients into a saucepan. Bring to a boil, stir in the well-beaten whites of the eggs. Boil for 20 minutes, let it settle for 5 minutes and strain through a jelly bag.

### HOW TO MOLD ASPEC JELLY

Put the mold on ice, pour in until about  $\frac{1}{3}$  full; when this is stiff place thin slices of cooked sweetbreads, champignons and truffles on the jelly with some cooked peas here and there. Pour on more jelly; let it get stiff; put on some more champignons, etc., and so on till the mold is full. This is a delicious dish to be served as a course for lunch, dinner or supper.

### ORANGE MARMALADE

**6 oranges, 1 grape fruit, 4 lemons.**

Wash the fruit, slice very thin, first cutting in quarters to remove the seeds. To each pound of sliced fruit add 3 pints cold water, let this stand 24 hours, then boil 2 hours or until peel is perfectly tender. Let stand until next day. To each pint of boiled fruit add 1 pint of granulated sugar, boil together for 2 hours or until it jellies. This rule makes 20 glasses.

**MONOGRAM BRAND SWEET PICKLES**



BALLARD'S FLOUR IS BETTER

**PINEAPPLE AND PEAR MARMALADE**

**1 gallon pears, 3 cans grated pineapple,  $\frac{3}{4}$  pound sugar to each pound of pears.**

Peel and cut pears small, add sugar and cook down as for preserves. Remove from fire, add the 3 cups of pineapple; cook down again about 20 minutes. Seal in quart jars. This makes 4 quarts.

**GRAPE FRUIT MARMALADE**

**1 grape fruit, 1 orange, 1 lemon.**

Peel fruit; put peeling through meat chopper. Cut fruit with scissors, after taking off white covering between peel and fruit. Add as much water as you have fruit and peel. Let stand one day. Then add as much water as there is fruit and water mixed. Let stand one day. Add as many pints of sugar as there are pints of mixture, and one teacup extra of sugar. Let stand short time, then cook slowly till all sugar is melted. Cook till it thickens like honey. Advise cooking in very large pan to avoid boiling over.

**MONOGRAM BRAND SWEET SLICED PICKLES**



**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

## PUDDINGS

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### ENGLISH PLUM PUDDING

**7 eggs beaten separately, 1 cup butter, 1 cup white sugar, 1 cup sour cream or buttermilk, 1 teaspoon soda, 4 cups flour.**

Beat sugar and eggs together, then add other ingredients, lastly 1 pound raisins dredged with flour. Grease and flour mold and steam 3 hours.

### DELMONICO'S PLUM PUDDING

**1 quart flour, 1 pound beef suet chopped fine, 1 pound raisins, ½ pound currants, ½ pound citron, 1 cup molasses, 1 pint water, 1 teaspoon of soda, 2 heaping teaspoons baking powder.**

Grease and flour a mold, pour in the mixture and steam three hours. Dredge the fruit.

### PLUM PUDDING

**1 cup suet, 1 cup molasses, 1 cup bread crumbs, 1 teaspoon baking powder, 3 cups flour, ½ pound raisins, ½ pound currants, 1 teaspoon finely cut orange peel, 1 teaspoon finely cut lemon peel, ½ teaspoon ground cinnamon, ½ teaspoon ground cloves, ½ teaspoon ground ginger, ½ teaspoon ground nutmeg, ½ teaspoon salt, 1 cup grape juice or wine.**

This should be a stiff dough. If there is not enough moisture add more grape juice or wine. Boil 6 hours and let set away a few days before serving, then boil 1 hour longer.

### SUET PUDDING

**1 cup of beef suet chopped fine, 2 cups of raisins, 4 cups of flour, ½ cup of sugar, 1 cup of sweet milk, 1 cup of molasses, 2 teaspoons of baking powder, 1 teaspoon each of cinnamon, cloves and nutmeg.**

This makes a soft dough, which roll in a cloth, securing the ends well and boil 3 hours. When done turn out on a dish and set in oven a few minutes to dry. Serve with hot sauce.

**MONOGRAM BRAND SALAD DRESSING**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

### DATE PUDDING

1 cup dates cut fine, 1 cup nuts cut fine, 2 tablespoons flour (no more), 1 teaspoon baking powder,  $\frac{1}{2}$  cup granulated sugar, 2 eggs well beaten, 2 tablespoons cold water,  $\frac{1}{2}$  teaspoon vanilla,  $\frac{3}{4}$  teaspoon salt and cinnamon.

Mix together well and pour in a buttered pan, then set in another pan filled with water. Bake in a slow oven.

### COLD LEMON PUDDING

Beat the yolks of 8 eggs and  $\frac{1}{2}$  pound of sugar well together, then add the grated rind of 1 lemon and stiffly beaten whites; into this stir  $\frac{1}{2}$  ounce of gelatine dissolved in the juice of 2 lemons. Set on ice, serve with whipped cream.

### FROZEN PUDDING

4 eggs, yolks and whites;  $\frac{1}{2}$  cupful sugar, 1 tablespoonful corn starch, 1 quart new milk (make custard out of this, leaving out the whites of eggs; let custard cool); 1 cupful strawberry preserves, 1 pound raisins, chopped fine; 1 cup of thick cream.

After making the custard and letting it cool, mix well the cream, preserves and raisins and then add the custard. Flavor with vanilla and freeze. Beat the whites of the eggs to a stiff froth and add to the pudding when it is half frozen. Serve with sweetened whipped cream, but this is not necessary.

### CHOCOLATE PUDDING

3 squares chocolate, 4 tablespoons water, 8 tablespoons sugar, 5 eggs, 2 teaspoons vanilla, 1 box lady fingers, 6 cocoanut macaroons.

Melt the chocolate, sugar and water together. Add yolks of eggs, one at a time, then the whites beaten very stiff, then the vanilla.

Grate the macaroons and crumble the lady fingers and mix together. Line a dish with wax paper, then put in a layer of the chocolate mixture and a layer of the crumbs and so on until all is used. Serve with whipped cream.

MONOGRAM BRAND YORKSHIRE RELISH

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME  
BAKING POWDER ADDED**

### **STEAMED CHOCOLATE PUDDING**

Beat 1 egg well with  $\frac{1}{2}$  cup of sugar and mix with 1 scant cup of milk. Pour this gradually over 2 cups of flour, sifted with 3 teaspoons of baking powder and a pinch of salt. Add last 2 squares of melted bitter chocolate. Place in buttered mold and steam for an hour and a half.

### **ORANGE MARMALADE PUDDING**

**1 cup fine bread crumbs,  $\frac{1}{2}$  cup sugar, 1 cup milk or cream,  
4 eggs, 2 teaspoons butter.**

Beat butter and sugar together; add yolks of eggs, well beaten, the milk, bread crumbs and last the whites of eggs beaten very stiffly. Put a layer of this into a well-buttered mold, spread thickly with some stiff marmalade, then another layer of mixture, leaving custard on top. Bake in moderate oven, turn out and serve with sweetened whipped cream.

### **SWEET POTATO PUDDING**

To 1 very large sweet potato boiled, mashed and beaten light add 1 pint of sugar, 1 pint of cream,  $\frac{1}{2}$  pint butter, 1 tablespoon of flour, 3 eggs well beaten. Baked in a pudding dish without crust and serve with sauce flavored with nutmeg and whisky.

### **MARSHMALLOW PUDDING**

Soak 1 round teaspoon of gelatine in  $\frac{1}{2}$  cup cold water, when dissolved add  $\frac{1}{2}$  cup of boiling water. When cool add slowly to the stiffly beaten whites of 4 eggs and 1 cup of sugar, beating all the time. When thick add 1 cup of pecans, or almonds chopped, 1 small can of pineapple cut in chunks, 6 or 8 marshmallows, quartered, and  $\frac{1}{2}$  cup of Maraschino cherries. Pour into mold when nearly congealed; place on ice till ready to serve. Place on platter, cover with whipped cream, garnished with Maraschino cherries.

**MONOGRAM BRAND WORCHESTER SAUCE**

**BALLARD'S FLOUR IS BETTER**

### **WOODFORD PUDDING**

**1 cup sugar, big lump butter, little more than  $\frac{1}{2}$  cup flour, 1 cup preserves (dark are better), 1 teaspoon soda dissolved in 3 tea spoons sour milk, nutmeg, 1 cup raisins, 3 eggs well beaten.**

Serve warm with hot sauce, wine or brandy sauce.

### **COTTAGE FRUIT PUDDING**

Place in a deep baking dish a layer of fresh berries; mix 1 cup of sugar, 1 tablespoon of butter, 1 egg, 1 teacup of sweet milk, 3 cups of flour, 2 teaspoons of baking powder and pour over the berries. Bake until brown, remove from the oven and turn out on a platter as you would a cake; this brings the berries on top. Serve hot with sauce.

### **PINTER PUDDING**

Yolks of 3 eggs, beaten light, with 1 cup of sugar and  $\frac{1}{2}$  pound of grated chocolate,  $1\frac{1}{2}$  tablespoons of flour mixed smooth in a little milk. Add all to 1 quart of new milk and boil till smooth and thick; add well-beaten whites. Beat thoroughly, put in a bowl and serve icy cold with whipped cream.

### **MACAROON PUDDING**

Beat the whites of 6 eggs to a stiff froth; add powdered sugar, 1 pint of rolled macaroons. Flavor with almonds. Butter a mold and bake the mixture, putting mold in pan of hot water. Serve with sweetened whipped cream.

### **MACAROON PUDDING**

**1 dozen macaroons, 4 eggs, 1 scant cup sugar, 1 quart sweet milk,  $\frac{1}{2}$  box Knox plain gelatine, 1 teaspoon vanilla.**

Beat egg yolks well, add sugar and gelatine; add to warm milk and cook until it curdles. Remove from fire. Add vanilla and well-beaten egg whites. Place macaroons in mold and pour mixture over them. When cool put in ice box. Turn from mold and serve with plain or whipped cream.

**MONOGRAM BRAND PEPPER SAUCE**







**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

## CAKES

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### DATE ROLL

**3 cups sugar, 1 cup sweet milk, 1 tablespoon butter, 1 package dates, 2 cups nuts (add raisins or ½ cup figs if you like).**

Boil sugar, milk and butter 3 minutes. Add seeded dates and let cook till it falls from spoon like jelly. Remove from fire and beat till cool and stiff, then add nut meat. Pour on damp napkin and roll. When hard, sprinkle with powdered sugar and slice.

**SOUTHERN STAR LARD**

### BLACK CAKE

**3 eggs, 3 cups flour, 1½ cup sugar, ¼ cups butter, 1 cup jam, 1 heaping spoon cloves, 1 heaping spoon allspice, 1 heaping spoon nutmeg, 1 heaping spoon cinnamon, 1 cup buttermilk, 1 teaspoon soda dissolved in the milk.**

Beat egg whites and yolks together, cream, butter and sugar, add jam, add flour, into which has been put spices.

### WHITE CAKE

**2½ cups sugar, 1 cup butter, 1 cup sweet milk, 4 cups flour, 4 teaspoons Royal baking powder, whites of 7 eggs, 1 teaspoon vanilla or lemon.**

When beating butter and sugar put in a little of the flour before adding milk. Sift baking powder with 1 cup of the flour several times and add it just before putting in to bake. Can be baked as a loaf or layer cake.

### WHITE FRUIT CAKE

**¾ of a cup of butter, 2 cups of sugar, 1 cup of whisky, 5 cups of flour, whites of 8 eggs, 2 teaspoons of baking powder, ½ pound of candied pineapple, ½ pound of candied cherries, 1 pound of raisins, ¼ pound of citron, English walnuts and almonds.**

Mix all thoroughly before adding the fruit. Dredge fruit with flour. Bake three-quarters of an hour.

**MONOGRAM BRAND DILL PICKLES**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

### FRUIT CAKE

6 pounds seeded raisins, 1 pound dates, 1 pound sliced citron,  $\frac{1}{2}$  pound orange and lemon peel each, 1 pound shelled pecans, 1 pound almonds, 1 pound crystalized pineapple stirred in batter.

Cream together 1 pound of butter and 1 pound sugar. Beat 1 dozen eggs separately. Stir yolks with creamed sugar and butter. Fold in white and 1 pound browned flour, alternately, with 3 teaspoons baking powder in the flour. Add 1 teaspoon soda dissolved in water, a glass of jelly, 2 teaspoons each of cinnamon, cloves, allspice and nutmeg. Soak fruit 24 hours in whisky or wine.

Strain 4 hours and bake slowly 3 hours afterward.

### BLACK FRUIT CAKE

1 pound of butter, 1 pound of powdered sugar, 1 dozen eggs, whites and yolks beaten separately,  $1\frac{1}{4}$  pounds of flour, 2 pounds of raisins, 2 pounds of currants,  $\frac{3}{4}$  of a pound of citron,  $\frac{3}{4}$  of a pound of lemon peel,  $\frac{3}{4}$  of a pound of orange peel, 2 glasses of jelly,  $1\frac{1}{2}$  glasses of whisky, 1 glass of molasses; 2 tablespoons each of cinnamon and cloves and 1 tablespoon of allspice.

Stir butter and sugar to a cream, add spices, molasses and jelly. Stir all well, then put in the beaten yolks and whisky, mix well and add whites of eggs and flour alternately. Dissolve a level teaspoon of soda in a tablespoon of water and add to the mixture. Mix the fruit together and stir into it 4 heaping tablespoons of flour. Then put in the cake. Bake 3 hours in a tolerably hot oven and with steady heat.

### ICING FOR WHITE FRUIT CAKE

3 cups sugar, 1 cup water.

Boil till it threads from spoon. Beat into beaten whites of 4 eggs with teaspoon cream of tartar.

MONOGRAM BRAND SOUR PLAIN PICKLES

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME BAKING POWDER ADDED**

### **WHITE FRUIT CAKE**

5 teacups flour, 4 teacups sugar, 2 of butter, 1 of sweet milk, whites of 14 eggs, 4 teaspoons of baking powder, 2 pounds each of raisins, figs and almonds blanched,  $\frac{1}{2}$  pound of citron.

Prepare fruit and nuts, dredging well with extra flour, bake slowly as other fruit cake. This is improved by adding  $\frac{1}{2}$  teacup of old whisky, brandy or wine. If a medium-sized cake is wanted use only half of this recipe, as the given quantity makes a large one.

### **BUTTERMILK CAKE**

Whites of 8 eggs, 2 cups sugar, 1 cup butter,  $\frac{1}{2}$  cup buttermilk, a pinch of Arm and Hammer baking soda in the milk, 1 teaspoon Royal baking powder,  $3\frac{1}{2}$  cups flour.

### **LADY BALTIMORE WHITE CAKE OR LADY CAKE**

6 eggs (whites only),  $\frac{1}{2}$  cup of butter,  $1\frac{1}{4}$  cup sugar,  $\frac{1}{4}$  cup milk,  $1\frac{3}{4}$  cups flour,  $1\frac{1}{2}$  teaspoons of baking powder, 1 teaspoon of vanilla, lemon or orange extract.

Bake in layers, putting white icing between them and ice the top of the cake, as well as the sides with white icing.

### **SOUTHERN STAR LARD**

### **CREAM CAKE**

1 dozen eggs, 1 pound sugar,  $\frac{1}{2}$  pound flour, 1 lemon.

Beat the whites of the eggs very light, then add sugar. Beat the yolks and lemon together.

$\frac{1}{2}$  pint milk,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  cup flour.

### **MARIETTA CAKE**

Whites of 12 eggs, 1 cup of butter, 2 cups sugar, 2 cups flour, 1 cup corn starch, 2 teaspoons baking powder and 1 teaspoon of vanilla.

Bake in layers. For the filling make a heavy syrup and when thick add the stiffly beaten whites of 4 eggs, finely chopped figs, seeded raisins, thinly sliced and chopped citron. Cover with plain icing.

### **MONOGRAM BRAND DILL PICKLES**

BALLARD'S FLOUR IS BETTER

### JAM CAKE

2 cups of white sugar, 5 cups of flour, 2 cups of buttermilk, 1 cup of lard, 2 teaspoons of soda, 1 teaspoon each allspice, cinnamon and nutmeg, 1 cup raisins, 1 cup of blackberry jam.

### JAM CAKE

1½ cups sugar, ¾ cups butter, 1 cup jam, 1 cup raisins (use 2 cups of jam if you do not use raisins), 1½ teaspoons soda in ¾ cup sour cream, whites and yolks of 5 eggs, 3 cups flour, 2 teaspoons mixed spices (mostly cinnamon).

### BLACKBERRY JAM CAKE

1 cup sugar, ½ cup butter, ¾ cup sour milk, 2 cups flour, 1 cup blackberry jam, 1 teaspoon cinnamon, ½ teaspoon allspice, 1 teaspoon soda, ½ teaspoon nutmeg, 4 egg yolks, 2 egg whites beaten light. Use other 2 whites for icing.

### SIMPLE ANGEL CAKE

Whites of 7 large eggs, 1 teaspoon cream of tartar, 1 cup sugar, ¾ cup flour, ¼ teaspoon salt, ½ teaspoon vanilla.

Beat eggs until frothy, add cream of tartar and beat until very stiff and dry; then add sugar a little at a time, fold in flour, mixed with salt and sifted five times and add vanilla. Bake in angel cake tin 55 or 60 minutes in very slow oven. Do not grease tin.

### JELLY ROLL

4 eggs, 1 cup sugar, 1 cup flour, 1 teaspoon cream of tartar, ½ teaspoon soda, pinch of salt and flavor with lemon.

Spread thin on large tin. As soon as baked turn from tin, spread jelly over the cake and roll.

MONOGRAM BRAND SOUR PLAIN PICKLES

**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

### **JELLY ROLL**

**3 eggs beaten separately, 1 cup sifted sugar, 1 cup sifted flour, ½ cup hot water, 1½ teaspoons baking powder, juice of ½ lemon.**

Sift flour 3 times with baking powder; beat yolks, add sugar and beat light; add pinch of salt to whites and beat stiff. Mix with the beaten yolks and sugar and add hot water, then fold in flour lightly. Bake in thin layer, turn out in a damp napkin, spread with jelly and roll quickly, while hot.

### **ANGEL FOOD CAKE**

**1 cup egg whites, 1¼ cup fine granulated sugar, 1 cup sifted flour, 1 teaspoon cream of tartar, 1 teaspoon flavoring, pinch of salt.**

Add salt to egg whites and beat until well broken, then add cream of tartar and beat until whites are stiff and dry. Fold in sugar, then flour and add flavoring. Bake 1 hour in moderate oven. Sift flour and sugar 5 or 6 times before measuring.

### **ANGEL FOOD CAKE**

**1 glass running over eggs (whites), 1½ glasses sugar (sifted 5 times), 1 glass flour (sifted 5 times), 1 teaspoon cream tartar.**

Beat cream tartar into eggs when stiff; sift in sugar. Fold in flour and flavor.

### **FIG FILLING FOR CAKE**

**1 cup sugar, 4 tablespoons of milk.**

Boil 5 minutes, then add the white of an egg beaten to a froth and half a pound of chopped figs.

### **DEVIL CAKE**

**1 cup sugar, ½ cup butter, 1 egg, ¼ cup sour milk, 1 teaspoon soda, 1 teaspoon vanilla, 2 squares melted chocolate, 1½ cups flour, ½ cup boiling water (last).**

**MONOGRAM BRAND SWEET MIX PICKLE**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

### DATE STICKS

1 cup chopped dates, 2 eggs, 1 cup sugar, 1 cup chopped nuts, 1 cup flour sifted with 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon vanilla.

Beat whites of eggs and sugar until stiff. Add yolks beaten well and then the rest of the ingredients. Bake in hot oven 15 minutes.

### DATE TARTE

3 eggs well beaten, 1 tablespoon milk in eggs, 1 cup granulated sugar, 1 cup dates, 1 tablespoon flour on dates, 1 cup nuts, 1 tablespoon flour on nuts, 1 tablespoon flour with a teaspoon baking powder in it.

Flavor with vanilla. Bake in slow oven about 40 minutes. Serve with whipped cream.

### POTATO CHOCOLATE CAKE

$\frac{1}{2}$  cup grated chocolate, 1 cupful mashed potatoes, 4 eggs, 4 level teaspoons baking powder, 1 cupful chopped nuts, 1 teaspoon vanilla,  $\frac{1}{2}$  teaspoon grated nutmeg,  $\frac{1}{4}$  teaspoon powdered allspice,  $\frac{1}{2}$  teaspoon powdered cloves,  $\frac{1}{8}$  teaspoon powdered cinnamon.

Beat butter and sugar together until creamy, add potatoes, milk, baking powder, spices, vanilla, nut meats, whites of eggs beaten stiffly. Mix carefully, bake in 2 layers, spread with chocolate filling.

### VELVET SPONGE CAKE

2 cups of sugar,  $2\frac{1}{2}$  cups flour, 1 cup boiling water, 6 eggs, 2 teaspoons baking powder, 1 teaspoon of lemon extract.

Beat the sugar and egg yolks together for 15 minutes, to which add whites of 3 eggs beaten to a stiff froth, then the cup of boiling water and last the flour, into which the baking powder has been sifted, then the lemon extract. Bake in layers and put together with cream filling, using the remaining whites of eggs toward icing the whole if you wish.

MONOGRAM BRAND SALAD DRESSING

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME BAKING POWDER ADDED**

### **CREAM FILLING**

Beat the yolks of 2 eggs light, adding 1 cup of sugar, 1 cup of cream or new milk and 1 tablespoon of butter. Cook in double boiler, thicken with 2 tablespoons of flour dissolved in a little milk. Flavor with vanilla.

### **SOFT MOLASSES COOKIES**

Put 1 cupful of molasses into a bowl with 1 tablespoon of ginger. Dissolve 1 teaspoon of soda in a little warm water and stir into the molasses. Add two heaping tablespoons of butter and sufficient flour to make a soft dough. Roll out about half an inch thick, cut into shapes and bake in a hot oven.

### **SOFT MOLASSES COOKIES**

Stir 1 tablespoon of ginger into 1 cupful of molasses; add 1 teaspoon of soda, dissolved in a little warm water, then 2 heaping tablespoons of butter and sufficient flour to make a soft dough. Roll out about  $\frac{1}{2}$  inch thick, cut into shapes and bake in a hot oven.

### **SPONGE CAKE**

**Beat 4 eggs, 2 cups sugar, 2 cups flour, 2 heaping teaspoons baking powder sifted in flour.**

Mix all together thoroughly, then add a little lemon and  $\frac{2}{3}$  cup of boiling water. Beat well and bake, and you will have as fine a cake as was ever eaten.

### **SIMPLE SPONGE CAKE**

Beat yolks of 2 eggs till they are light yellow and quite thick; add gradually  $\frac{1}{2}$  cup of sugar, beating all the time, stir in a scant half cup of hot water and another half cup of sugar, next add lemon extract and the whites of eggs beaten stiff. Lastly stir in one cup of flour sifted with  $1\frac{1}{2}$  teaspoons of baking powder and  $\frac{1}{4}$  teaspoon of salt. Bake for 25 minutes in a moderate oven in a buttered and floured pan.

**MONOGRAM BRAND TOMATO CATSUP**

BALLARD'S FLOUR IS BETTER

### NUT DROP CAKE

Beat the whites of 6 eggs to a stiff froth, add 2 cups of sugar and continue to beat, then add  $\frac{1}{2}$  cup of flour and 2 cups of chopped nuts. Cover a baking pan with greased paper, drop batter in small mounds from a teaspoon and bake 20 minutes.

### NUT CAKE

1 cup butter, 2 cups sugar (1 white and 1 brown), 3 cups flour, 1 cup sweet milk, 2 teaspoons baking powder, 4 eggs, 2 pints hickory nuts (or others), 1 pound currants, 2 pounds raisins,  $\frac{1}{2}$  pound citron, 1 tablespoon of whisky.

Take another cup of flour and put the fruit in and rub well together so they will not sink. Bake 4 hours.

### CHOCOLATE LADY FINGERS

2 cakes sweet chocolate ( $\frac{1}{2}$  pound), 2 tablespoons sugar, 3 tablespoons water, 5 eggs,  $1\frac{1}{2}$  dozen lady fingers.

Line pan or mold with buttered paper. Separate a dozen and a half fresh lady fingers. Put one layer on bottom of pan, adding alternately chocolate filling and lady fingers.

### EGGLESS CHOCOLATE CAKE

1 cup brown sugar, 1 spoon of lard, 2 tablespoons of cocoa,  $1\frac{1}{2}$  cups of flour, 1 teaspoon of soda in hot water, 1 cup of sour milk.

### GINGER SNAPS

1 cup molasses, 1 teaspoon soda,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup butter, 3 cups flour.

Mix molasses, sugar, ginger and butter, stir over fire until melted, then stir in quickly flour in which has been sifted the soda. Knead dough until it becomes smooth, and set on ice over night if possible. Roll as thin as pasteboard and bake in quick oven.

MONOGRAM BRAND YORKSHIRE RELISH



**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME BAKING POWDER ADDED**

### **SOFT GINGER CAKE**

**1 cup of brown sugar, 1 cup of sorghum molasses, 1 scant cup of butter, pinch of salt, 2 heaping teaspoons of ginger, 1 teaspoon of cinnamon, beat all thoroughly; 2 teaspoons of soda dissolved in 1 cup hot water, 3 level cups of flour.**

In adding soda and flour to the mixture of other ingredients, first add  $\frac{1}{4}$  of soda water, then  $\frac{1}{2}$  of flour,  $\frac{1}{4}$  of soda water and a little more flour, then rest of soda water and all the flour; 2 eggs, whites and yolks beaten separately, and added last.

### **GINGER BREAD**

**1 cup butter, 1 cup molasses, 1 cup sugar, 1 cup sour cream, 1 teaspoon baking soda, 1 teaspoon of ginger, 1 teaspoon cinnamon, 2 eggs, flour to make as stiff as pound cake.**

### **CHEESE LOAF**

**1 cake of New York cream cheese, 1 can pimentos, 1 bottle of olives.**

Mix with rich mayonaise dressing, add nuts if desired. Work till stiff batter and then put in mold, set on ice for 3 hours.

### **CHEESE PUFF**

**6 tablespoons grated cheese, 1 tablespoon butter, 2 tablespoons flour,  $\frac{1}{2}$  pint milk, 5 eggs, salt and pepper to taste.**

Melt butter, then add flour and milk and cook for a moment. Add cheese, salt, pepper and beaten yolks of eggs. Beat whites until stiff, then fold in. Pour mixtures in buttered, fireproof dish, bake 15 minutes and serve hot.

### **CHESS CAKES**

**1 teacup sugar,  $\frac{3}{4}$  cups butter, 1 tablespoon flour creamed with 1 tablespoon milk, yolks 6 eggs.**

Do not beat, but stir eggs into mixture. Bake in slow oven on thin pastry, removing from oven while custard shakes on crust.

**MONOGRAM BRAND PIASA PEPPER SAUCE**

**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

### SCOTCH CAKES

1 cup of butter and lard mixed, 2 eggs, 2 cups of sugar, 1 cup of black molasses,  $\frac{1}{2}$  teaspoon each of nutmeg, cinnamon and spice, 5 cups of flour, 4 teaspoons of soda.

Mix butter and sugar, then eggs and molasses, spices, then flour and soda.

### GEM CAKES

2 eggs, 1 cup of sugar,  $\frac{1}{2}$  cup of butter,  $\frac{1}{4}$  cup of corn starch, 1 teaspoon of baking powder,  $1\frac{1}{2}$  cups of flour; bake in gem pans.

### EGGLESS SPICE GEMS

1 cup of butter, 1 cup of sugar, 2 cups of flour, 1 cup of buttermilk, 1 heaping teaspoon of soda, 1 teaspoon each of allspice and cinnamon.

### PLUM CAKE

Whites of 16 eggs, 1 pound flour, 1 pound sugar, 10 ounces butter, 2 pounds raisins, well dredged.

Cream the butter and flour together, beat the whites of eggs to a stiff froth and add to this, then stir in lightly the raisins. This is excellent, making a very large cake.

### FLANNEL CAKES

Beat 3 eggs separately, add 1 pint of buttermilk and 1 teaspoon each of salt, sugar and soda,  $\frac{1}{2}$  teaspoon baking powder, 1 tablespoon melted lard and 3 cups flour. Mix and let stand 1 hour. Add soda dissolved in tablespoon of hot water just before baking.

### GOOD PECAN CAKE

6 eggs,  $\frac{1}{2}$  pound butter, 1 pound granulated sugar,  $\frac{1}{2}$  pound of flour, 1 of pecans, 2 of raisins, 1 teacup of whisky (or equivalent),  $\frac{1}{3}$  cup of molasses,  $\frac{1}{2}$  cup of orange peel, 2 nutmegs, 1 teaspoon baking powder.

Cream butter and sugar, add yolks, molasses, flour and whites of eggs, then whisky, baking powder in a little flour last; then fruit, with  $\frac{1}{2}$  pound more flour mixed through it. Bake  $3\frac{1}{2}$  hours.

**MONOGRAM BRAND PURE APPLE VINEGAR**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

### PECAN CAKE

Six eggs, 1 pound of shelled pecans, 2 pounds of raisins,  $\frac{3}{4}$  pound of butter, 1 pound flour, 1 pound sugar, 3 tablespoons of baking powder sifted in flour, 1 cup of whisky,  $\frac{1}{2}$  cup of black molasses,  $\frac{1}{2}$  cup of orange peel preserves, made by soaking the peel, cut in fine strips, over night in salt and water, rinsing off with cold water the next morning and adding to a cup of peel 1 cup of sugar and a little water, boiling low like candy. Bake cake 3 hours in slow oven.

### OAT MEAL COOKIES

5 cups of oat meal, 4 cups of flour,  $2\frac{1}{2}$  cups sugar, 4 eggs, 1 good cup of butter or meat grease,  $\frac{1}{2}$  rind of orange grated, juice of 1 orange, 1 teaspoon of soda,  $\frac{1}{2}$  cup warm water, 1 heaping teaspoon each of cinnamon, allspice and cloves, 1 package of raisins, 1 cup of nuts if you have them.

Mix flour, sugar, butter and oat meal and rub well together; add chopped nuts and raisins and spices and orange peel and juice. Add beaten eggs and soda dissolved in the warm water. Drop from teaspoon about 1 inch apart on well-greased pan.

### OATMEAL RAISIN COOKIES

1 cup sugar, 1 cup butter, 2 eggs (yolks and whites), 1 scant teaspoon soda, 4 tablespoons sweet milk, 2 cups flour, 2 cups oats (uncooked), 1 teaspoon cinnamon, 1 cup of raisins or currants, pinch of salt and few drops of vanilla.

Mix in order named and form in balls, the size of walnuts. Place in greased pans about 1 inch apart and bake in a hot oven.

### CLOVE CAKE

2 cups of flour,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sour milk, 2 eggs, 2 cups raisins, 1 tablespoon soda,  $\frac{1}{2}$  teaspoon each of cloves, cinnamon and nutmeg.

MONOGRAM BRAND CATSUP (Hot)

**BALLARD'S FLOUR IS BETTER**

### **RICE GRIDDLE CAKES**

**2 cups cold boiled rice, 1 pint flour, 1 teaspoon sugar,  $\frac{1}{2}$  teaspoon salt,  $1\frac{1}{2}$  teaspoons Royal Baking Powder, 1 egg, a little more than half pint of milk.**

Sift together flour, salt, sugar and baking powder, add rice, free from lumps, diluted with beaten egg and milk. Mix into smooth batter and bake on a hot griddle. Bake a nice brown and not too thick.

### **SUGAR COOKIES**

**1 cup butter,  $1\frac{1}{2}$  cups sugar, 2 eggs, 3 tablespoons of sour milk, 1 small spoonful of soda, flour enough to roll them out well.**

Sprinkle sugar over them before cutting out and press it in slightly with the rolling pin.

### **BROWNIES (COOKIES)**

**2 squares chocolate, 1 cup sugar,  $\frac{1}{2}$  cup melted butter, 1 egg, well beaten,  $\frac{1}{2}$  cup flour, 1 cup nut meats, pinch of salt.**

Bake 25 or 30 minutes in slow oven.

### **CANDY CAKES**

**Whites of 4 eggs, 1 scant cup sugar,  $\frac{1}{2}$  cup dates,  $\frac{1}{2}$  cup English walnuts.**

Beat whites and sugar until stiff. Add nuts and dates slowly. Butter the pan and pour in about 1 inch thick. Bake slowly 40 minutes.

### **LEMON SNAPS**

**2 cups sugar, 1 cup butter (or good lard), 1 cup buttermilk, 1 teaspoon soda, 2 teaspoons lemon extract; flour enough to make a stiff dough.**

Roll thin, cut small and bake in hot oven. Colored sugar or grated nuts, or cocoanut sprinkled on cakes before baking adds to them.

**MONOGRAM BRAND WORCHESTER SAUCE**

**BALLARD'S SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

### **OLD FASHIONED SOUTHERN TEA CAKES**

**6 eggs, 2 cups sugar, 1 cup butter, 3 teaspoons baking powder, well heaped.**

Sift powder in flour, beat eggs well, cream butter and add sugar. Add enough flour to make dough stiff enough to roll out. Cut out and bake on greased tins.

### **COCOANUT DROPS**

**1 pound grated cocoanut, ½ pound of white powdered sugar, whites of 6 eggs beaten to a stiff froth.**

Drop on buttered pans and bake.

### **CHOCOLATE ICE BOX CAKES**

**1 package sweet chocolate, 2 eggs, 1 cup sugar, 2 tablespoons water, 2 dozen lady fingers, 1 cup whipped cream.**

Melt chocolate in double boiler. Add well-beaten eggs slowly, sugar and water. Let cool and fold in whipped cream. Split lady fingers and cover bottom of dish with them. Then put layer of filling and layer of lady fingers until they are all used. Have a layer of lady fingers on top. Set in ice box 12 hours and serve in sherbert glasses with whipped cream.

### **CHOCOLATE FRUIT CAKE**

**2 cups of sugar, 3½ cups of flour, ¼ cup of butter, 1 cup of grape juice, 1 cup of blackberry jam, 1½ cups pecans, ½ of a half-pound box of cocoa, 4 slices of pineapple cut up, 1 pound of raisins, 3 eggs, 1 tablespoon of baking powder, pinch of salt.**

Dredge fruit and nuts with extra flour and stir lightly in the cake after all the other ingredients have been well mixed and beaten. Grease a cake mold well, pour in and bake slowly until thoroughly done.

**MONOGRAM BRAND RIKA RELISH**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

### CHOCOLATE CAKE

1 cup sugar, 1 teaspoon butter, 1 tablespoon lard, 1 egg, 1 cup buttermilk, 1 teaspoon soda, 1½ squares chocolate.

#### ICING

¾ pound XXXX sugar, 3 tablespoons cocoa, 1 tablespoon butter, ⅓ cup hot milk.

### COCOANUT LAYER CAKE

2 cups sugar, 1 cup butter, 5 eggs, 1 cup of sweet milk, 2½ cups flour, 2 heaping teaspoons baking powder.

Bake in layers. To make filling for same take:

1 cup sugar, whites of 2 eggs beaten stiff.

Add 4 tablespoons of cold water to the sugar and boil until it waxes when dropped in cold water. Then pour hot sugar over beaten whites of eggs, beating the mixture all the time. Beat till cool enough to spread on cake. Sprinkle cocoanut on each layer. If desiccated cocoanut is used soak it for a few minutes in a small quantity of boiling milk.

### ORANGE ROLY POLY

Roll good, light pastry in oblong sheets and lay oranges peeled, sliced and seeded thickly all over it; sprinkle with white sugar, scatter a teaspoonful or two of grated orange peel over all and roll up closely, folding down the ends securely to prevent juice from running out. Boil in a cloth 1½ hours or bake if preferred. Eat with lemon sauce made as follows:

6 eggs, leaving out the white of 2, 2 cups of sugar, 1 cup of butter, juice and grated rind of 2 lemons.

Cook over slow fire or in double boiler till thick like honey. This is very fine.

MONOGRAM BRAND MIXED SOUR PICKLES

**BALLARD'S SELF-RISING FLOUR IS OBELISK WITH PURE, WHOLESOME BAKING POWDER ADDED**

### CARAMEL CAKE

**Whites of 8 eggs, 2 cups of sugar, 1 cup sweet milk, 1 cup butter, 4 cups flour, 2 teaspoons of baking powder, flavor to taste.**

Cream the butter and sugar, add the milk, next the flour, that has been sifted with the baking powder three times; then add the flavoring, and lastly the stiffly beaten whites of the eggs. Bake in layers and put together with the filling.

### CARAMEL FILLING

**2 cups brown sugar, 1 cup cream, ½ cup butter.**

Put all into a granite saucepan over the fire and allow to cook until it is the consistency of thick cream.

### ANGEL MOUSSE (Delicious)

**1 tablet gelatine, ¼ cup cold water, ¼ cup boiling water, 1 cup sugar, 1 pint heavy cream, ½ dozen cocoanut macaroons, 2 tablespoons candied cherries, 1 cup chopped pecans, 1 teaspoon vanilla extract.**

Soak gelatine in cold water; add boiling water and sugar. When nearly ready to congeal fold in whipped cream and add rest of ingredients. Chop the cherries and crumble the macaroons. Set on ice and serve with whipped cream.

### LITTLE CAKES

**1 cup of dates chopped fine; 1 cup nuts chopped fine; ¼ cup shredded cocoanut, whites of 10 eggs beaten stiff, 1 cup of granulated sugar.**

Drop on buttered tins and bake in slow oven over 25 minutes.

### WAFFLES

**2 eggs well beaten, 2 cups of sweet milk, 2 cups of flour, 2 tablespoons of corn meal, 2 tablespoons of melted lard, 1 tablespoon of sugar, 2 teaspoons baking powder.**

Salt to taste. Have iron hot and well greased. Beat till batter is like velvet.

**MONOGRAM BRAND IMPERIAL MUSTARD**

**BALLARD'S FLOUR IS BETTER**

### **COCOA CAKE**

**¼ cup butter, 1 cup sugar, ½ cup sour milk or buttermilk, 1 egg, 1½ cups flour, 2 tablespoons cocoa, 1 small teaspoon soda, ¼ cup hot water.**

Cream butter and sugar, add sour milk and soda dissolved in hot water, then flour and cocoa mixed. Beat in egg after half the flour has been added. Bake in layers or one pan and ice.

### **FEATHER CAKE**

**Whites of 4 eggs or 2 whole eggs, 2 cups of sugar, 4 cups of flour, ¾ of a cup of Crisco, 1 cup of water, 2 teaspoons of baking powder.**

### **DOUGHNUTS**

**1 cup sugar, 2½ tablespoons of butter, 2 teaspoons of baking powder, 1½ spoons of salt, ¾ cup of milk, enough flour to make a stiff dough.**

Roll, cut out and fry in deep fat. Drain on paper.

### **DOUGHNUTS**

**1 pint of sweet milk, 3 eggs, 2 cups of granulated sugar, ½ cup of butter, 3 heaping teaspoons of baking powder, 1 even teaspoon of salt.**

Flour enough to make a soft dough and avoid working more than possible. Flavor with nutmeg or cinnamon. Have very hot lard in something quite deep as there must be sufficient lard to swim the cakes, which will be more delicious and delicate thereby. They will soon brown, then take out gently with a fork and roll in sugar and cinnamon.

**MONOGRAM BRAND SWEET RELISH**







**BALLARD SELF-RISING FLOUR SAVES \$3.00 TO \$5.00 FOR BAKING POWDER**

## MISCELLANEOUS

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### PUMPKIN CHIPS

Cut your pumpkin into strips and peel, then cut those strips into chips about the thickness of a dollar. To every pound of chips put a pound of sugar and the juice of one lemon. Let stand over night, by morning it will have drawn juice of its own sufficient to cook them. Take your lemon skins and cut them into little strips and boil until tender, then add to your pot of preserves and let boil until the chips look clear. Cook on a slow fire.

### RINKTUM DITTY

**1½ lbs. American cheese grated, 1 small onion grated finely,  
1 can tomato soup, the whites of 4 eggs.**

First melt butter the size of a walnut; add onion, stir well until cooked brown, stir in cheese gradually, alternately with ½ cup of beer and 1 cupful of tomato soup. Afterward season with mustard, Worcestershire, paprika, salt and lastly the whites of eggs. The secret is in the stirring. Serve on toast and then drain.

### CHAFING DISH RECIPE (Scotch Woodcock)

**1-quart can tomatoes, 4 eggs beaten light, ½ pound grated American cheese, ½ teaspoon salt, 1 salt spoon pepper, ½ teaspoon sugar.**

Heat tomatoes, cheese and seasoning till well blended. Stir in beaten eggs and serve with plain crackers on warmed plates.

### “HEAVENLY HASH”

Beat together 1 cup sugar and 3 eggs. Add 1 pound dates, ground or chopped; ½ pound walnuts, chopped coarsely, 4 scant tablespoons flour, 1 teaspoon baking powder, grated rind of 1 lemon. Bake about 30 minutes in slow oven. Serve broken in small pieces in sherbet glasses with whipped cream sweetened and flavored.

**MONOGRAM BRAND EVERYBODY'S GRAIN VINEGAR**

OBELISK FLOUR IS MADE FROM THE CREAM OF THE WHEAT

### CHOP SUEY

1 pound lean pork (loin preferred), 1 bunch celery, 3 green peppers,  
2 or 3 large onions.

Cut in small pieces and put in frying pan with about 1 cup water; salt to taste. Cover tightly and let simmer. Add more water if it cooks off. When done add Chinese sauce and serve hot with boiled rice.

### TAMALE TIMBLES

1 can granulated corn,  $\frac{1}{2}$  can tomatoes, 1 cup Eastern grated cheese, 3 eggs, separate (add beaten whites), 1 cup milk, 1 cup yellow corn meal, 5 chopped green peppers, 1 piece garlic, 1 chopped onion, several pimentos chopped, salt, pepper, 2 tablespoons Grandma's pepper.

Bake slowly 1 hour.

### FROSTING TO ORNAMENT A CAKE

2 cups sugar, whites 3 eggs, 1 cup water,  $\frac{1}{4}$  teaspoon tartaric acid.

Boil sugar and water until syrup and when dropped from spoon forms a thread. Pour syrup gradually on beaten whites of eggs, beating constantly; then add acid and continue beating. Put a thin coating over cake. Beat remaining frosting until cold and stiff enough to force through a pastry tube. After first coating on cake has hardened, cover with a thicker layer. If frosting is too stiff, thin with a few drops.

### CHOCOLATE ICING

$1\frac{1}{4}$  cups sugar ( $1\frac{1}{2}$  if small),  $\frac{1}{2}$  cake chocolate, grated, 1 egg.

Mix these together and add  $\frac{1}{2}$  cup milk.

Dissolve slowly and let cook up twice. Take off stove and beat until it will not run off cake. Do not beat until hard.

MONOGRAM BRAND WHITE WINE VINEGAR



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# OSCAR VEST

CARROLLTON

CANDIDATE FOR

**Railroad  
Commissioner**  
(Second District)

**Subject to Action of  
Democratic Party**

In submitting my candidacy for this office, I pledge, if nominated and elected, to exert every effort for service in the interest of the people and the shippers.

As chairman of the Railroad Committee in the 1922 Legislature, I supported and favorably reported out of committee the bill enlarging the powers of the Railroad Commission and giving it jurisdiction in the fixing of joint rates. It became a law and ended a fight against it that had lasted for fifteen years.

Owning and operating an Ice and Cold Storage Plant and shipping ice and coal, I know the needs of the Manufacturers and Shippers, and am in touch with their transportation problems.

The only elective office I ever aspired to, or held, was Representative of the Carroll-Gallatin District, for which I was unopposed at the General Election.

I solicit and will appreciate any support given me.

# STANDARD OIL COMPANY

INCORPORATED

## Crown Gasoline Polarine Oils and Greases

The Service Stations with the Red Pump and the Crown Sign are located at many points for your convenience.

*Patronize them.*

### Mother's Bread AND Betsy Ross

—are quality products of Louisville's oldest modern bakery. Bread of fine texture, nutritious, inviting, that retains the native flavor of the wheat.

**WHITESIDE  
BAKERY CO.**  
INCORPORATED

THE BEST IN BASE BALL  
**Louisville Slugger Bats**

THE BEST IN GOLF  
**Par-X-L Golf Clubs**  
**Par-X-L Bing-go and Zing Balls**

Manufactured Exclusively by  
**HILLERICH & BRADSBY CO.**  
INCORPORATED  
LOUISVILLE, KY.

**HASKIN MOTOR CO.**

AUTHORIZED  
**Ford Dealers**  
**Lincoln - Ford - Fordson**  
BUECHEL, KY.

WE DO REPAIRING

*A careful selection of the proper  
food products is essential in  
the preparation of  
nutritious repast*

**HAM  
BACON  
LARD**

**Southern Star**  
PRODUCTS

**BEEF  
PORK  
MUTTON**

*Represent a particular unequaled quality  
that is unsurpassed, a delicious flavor  
An appetizing effect.*



**LOUISVILLE PROVISION CO.**

**914-936 EAST MARKET STREET**

**LOUISVILLE,**

**KENTUCKY**

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THIRD AND JEFFERSON ST.

*Louisville's Most Homelike Hotel*

FIREPROOF      MODERN      CENTRALLY LOCATED

250 ROOMS WITH BATH

**Bosler Hotel Company**

Incorporated

Proprietors

EDW. J. BOSLER and NICHOLAS BOSLER, Jr., Managers

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GET YOUR LUNCH

**Sandwiches, Salads and Soft Drinks**

AT THE

**Majestic Sweet Shoppe**

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*From a Friend*

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*Compliments*

**Louisville Grocery Co.**

# Jasper College



FOUNDED in 1889 by the Benedictine Fathers of St. Meinrad's Abbey, Jasper College has grown to be one of the greatest educational institutions in the South and West. Centrally located at the beautiful little town of Jasper, Indiana, on the Louisville and St. Louis Division of the Southern Railway, it offers the student every advantage, and many of the leading business and professional men of the country claim this school as their alma mater. The town is noted for healthfulness, splendid citizenship and everything necessary for the moral and hygienic welfare of the scholars, while the college buildings are equipped with every modern comfort and convenience. Large, airy class rooms, a fine library, a curriculum that leaves nothing to be desired, while every instructor is noted for ability, experience and a special gift for character building among the students.

The Rev. F. Bernard, O. S. B., who is at the head of this superb institution of learning, is one of the finest scholars in the country, and under his able management the College has extended its sphere of influence and kept thoroughly abreast of the times in every way. Every scholar is given an education that fits him for the battle of life, his moral, religious and physical welfare is safeguarded, and, knowing these facts it does not seem surprising that parents and guardians are almost unanimous in entering their charges upon the roster of Jasper College.

# **GRADUATES!**

**Begin life right—Make Kentucky a better place to live in—Help to Nominate**



**ALBEN W. BARKLEY FOR GOVERNOR**

**In the August DEMOCRATIC PRIMARY—"You know me, Al"**