The College Woman's Cookbook

First Edition

The compiling and publishing of this book of recipes has been the work of a group of college women, living in and near Evanston, Ill., most of whom are graduates of Northwestern University.

A portion of the profit accruing from the publishing of this cook-book is to be given each year for the support of a summer camp in Michigan, where unfortunate kiddies from the cities are given a real vacation.

Over 2,500 college women, most of them housewives, were asked for their best tested recipes. From those submitted, 500 of the best and most unusual have been selected and published in this handy volume. By following the names under each recipe, it will be observed that leading colleges in all parts of the United States and Canada are represented.

Published by

THE COLLEGE WOMAN'S COOK-BOOK ASSOCIATION

911 REBA PLACE EVANSTON, ILLINOIS, U.S.A.
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MEASUREMENTS

All measurements for all materials called for in the recipes in this book are level. The standard measuring cup holds one-half pint and is divided into fourths and thirds. To make level measurements fill cup or spoon and scrape off excess with back of knife. One-half spoon is measured lengthwise of spoon.

TABLE OF MEASURES

1 saltspoon = ⅛ teaspoon
3 teaspoons = 1 tablespoon
16 tablespoons = 1 cup
2 cups = 1 pint
2 pints = 1 quart
4 cups = 1 quart
2 cups granulated sugar = 1 pound
4 cups flour = 1 pound
2 cups butter = 1 pound
2 tablespoons butter = 1 ounce
2 tablespoons liquid = 1 ounce
4 tablespoons flour = 1 ounce
1 square unsweetened chocolate = 1 ounce
3½ tablespoons cocoa = 1 ounce

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COLLEGE WOMAN'S COOK-BOOK ASSOCIATION
Evanston, Illinois

Printed in U. S. A.
WAFFLES

2 cups flour
1/4 teaspoon salt
2 eggs
2 1/2 teaspoons baking powder
1 1/2 cups milk

Sift together flour, baking powder and salt; add milk to slightly beaten egg yolks. Mix well and add to dry ingredients. Add melted shortening and fold in stiffly beaten whites of eggs.

Evelyn Leander, Corvallis, Ore.
Oregon Agricultural College.

GRIDDLE CAKES

2 eggs
2 1/2 teaspoons baking powder
2 cups flour
2 tablespoons sugar
2 cups milk

Mix and sift dry ingredients. Beat eggs, add milk, stir slowly into first mixture. Beat batter until perfectly smooth; stir in salt and melted butter. No grease with aluminum griddle. This recipe is for about four or five people.

Helen Hoyt, Los Angeles, Cal.
University of California.

GRAHAM PANCAKES

1 cup white flour
Level teaspoon salt
Heaping teaspoon baking powder
1 cup graham flour
1 1/2 cups milk
1 teaspoon sugar
1 egg

Sift flour, salt and baking powder; add milk, sugar and well-beaten egg. Fry like ordinary pancakes on hot greased griddle. This serves three.

Bernice Woehler Taylor, Minneapolis, Minn.
University of Minnesota.

POP OVERS

1 cup flour
1/4 teaspoon salt
3/8 cup milk
2 eggs
1 teaspoon melted butter or fat

Mix salt and flour; add eggs and milk gradually. Beat with egg beater and turn into hot greased muffin tins and bake in hot oven. Note: Have oven very hot for first fifteen minutes, then reduce heat and continue baking about thirty minutes. Makes one dozen.

Charlotte Carpenter, Oakland, Cal.
University of California.

ENTIRE WHEAT MUFFINS

1 cup entire wheat flour
1/4 cup sugar
1 cup milk
3 tablespoons melted shortening
1 cup flour
1 teaspoon salt
1 egg
4 teaspoons baking powder

Mix dry ingredients; add milk gradually, egg well-beaten and butter; bake in hot oven in buttered muffin tins about twenty minutes.

Helen Faull, Alameda, Cal.
University of California.
GRAHAM NUT MUFFINS

1 cup graham flour 2 cups wheat flour
1 teaspoon salt 2 teaspoons baking powder
1 teaspoon baking soda 2 tablespoons butter
1 cup brown sugar 1 cup nuts
2 cups sour milk

Mix dry ingredients; add butter, nuts and sugar. Beat in two cups sour milk. Grease and flour pans. Bake in moderate oven fifteen to twenty minutes.

Mary Fetzer White, Ottumwa, la.
Northwestern University.

ENGLISH MUFFINS

Set latè the night before, for breakfast next morning, one cake Fleischmann’s yeast, dissolved in three-quarters cup lukewarm water, one and one-half cups of milk and water, one and one-half tablespoons sugar, one egg, one and one-half tablespoons melted butter, one-half teaspoon salt and flour for stiff batter (about four cups). Mix butter, sugar, salt, egg, milk, yeast, water and flour. Let rise over night. In the morning, drop from spoon in ungreased muffin tins and bake in moderate oven. Makes 20.

Helena Olesen, Humboldt, Iowa.
University of Wisconsin.

BRAN GEMS

Sift together:
1 cup bran 1/2 cup whole wheat flour
2 level teaspoons baking powder Pinch of salt
1 tablespoon sugar

Beat one egg with one-half cup sweet milk and a teaspoon of melted butter and stir into dry ingredients. Bake in hot buttered gem pans in moderate oven.

Mildred Brown, Cedar Rapids, la.
Coe College.

DATE MUFFINS

1/2 cup butter 1/2 cup sugar
1 egg 2 cups pastry flour
1/2 cup milk 3 level teaspoons baking powder
1/2 teaspoon salt Scant 1/2 pound dates cut rather fine

Cream butter, add sugar and egg beaten light; sift flour, salt and baking powder three times. Add these to mixture alternately with the milk. Beat thoroughly and then add dates. Put in well-buttered muffin pan and bake in hot oven fifteen or twenty minutes. Makes twelve muffins.

Lillian Wilson Vogt, Chicago, Ill.
University of Illinois.

CORNMEAL MUFFINS

1 cup flour 1 cup cornmeal
2 tablespoons sugar 4 teaspoons baking powder
1/2 teaspoon salt 1 egg
1 cup milk 2 tablespoons melted fat

Sift dry ingredients. Beat eggs slightly, add milk, fat and combine with dry ingredients. Bake in greased muffin tin in moderate oven twenty to twenty-five minutes.

Blanche Bobbitt, Los Angeles, Cal.
University of California.
OATMEAL MUFFINS

1 cup milk  
1 egg  
1 tablespoon sugar  
3 teaspoons baking powder  
Scald milk and pour over rolled oats; cool and add well-beaten egg, then salt, flour, sugar and baking powder sifted together, and lastly melted fat. Beat well, place in muffin tins and bake in a moderate oven. Makes twelve muffins.

Lois Denman Stubblefield, Bloomington, Ill.  
Illinois Wesleyan University.

ROCK BUNS

2 cups flour  
¼ teaspoon salt  
½ teaspoon ginger  
3 tablespoons lard  
1 egg  
Mix as for baking powder biscuits.

M. Carrol Gumm, Marseilles, Ill.  
University of Illinois.

CREAM SCONES

2 cups flour  
3 teaspoons sugar  
Sift three times. Rub in four rounding tablespoons butter with tips of fingers. Add two eggs beaten (reserving small amount of unbeaten white) with one-third cup sweet milk. Toss, on floured board and pat to one-half inch thickness. Brush over with egg white; sprinkle with sugar; cut and bake fifteen minutes in quick oven.

Helen Binnie, Kenosha, Wis.  
University of Wisconsin.

SCOTCH SHORTBREAD

2 pounds or 8 cups flour  
½ pound or 1 ½ cups fruit or brown sugar.  
Sift flour and sugar; rub in butter until smooth. Roll out three-quarter inches thick and cut in squares or with fancy cutter. Bake in a moderate oven.

Irene Madill, Toronto, Can.  
University of Toronto.

QUAKER OATS BISCUIT

Take one cup Quaker Oats, over which pour one pint boiling water; let cool. Add one tablespoon butter and lard, one-half cup molasses, one level tablespoon sugar, one-half teaspoon salt, one yeast (compressed). Mix with wheat flour as for biscuit. Let rise over night. Bake in moderate oven.

Katherine Wilson, Evanston, Ill.  
Northwestern University.

DROP CHEESE BISCUITS

2 cups flour  
¼ teaspoon salt  
½ cup milk  
Sift dry ingredients; rub in fat; add milk and grated cheese. Shape and place on buttered tin and bake in hot oven.

Ethel Lawlor Davis, Chicago, Ill.  
University of Wisconsin.
DIXIE BISCUITS

1 cup hot mashed potatoes 1 cup potato water
1 cup cold water ½ cup sugar
1 scant cup lard, melted 1 cake Fleischman's yeast

Mix above ingredients; let stand two hours, then add:
1 tablespoon salt 2 well-beaten eggs
Flour to make very stiff dough

Knead well; grease top thoroughly and set in cold place until needed. Make out biscuits three hours before baking. Make in form of pocket book rolls. Dough can be kept for several days if kept cold, and thoroughly greased.

Vina Freitag Kilby, Jefferson City, Mo. University of Illinois.

PINWHEEL BISCUITS

2 cups flour 4 teaspoons baking powder
½ teaspoon salt 2 tablespoons sugar
2 tablespoons butter or substitute ¾ cup milk
½ teaspoon cinnamon ½ cup finely chopped raisins or currants
2 tablespoons finely chopped citron

Mix as baking powder biscuit. Roll to one-quarter inch in thickness. Brush over with melted butter. Sprinkle with fruit, sugar and cinnamon. Roll like jell roll. Cut off pieces three-quarters inch in thickness. Place on buttered tin and bake twelve minutes in hot oven. Currants may be substituted for raisins and citron.

Frances House Swan, Livonia, N. Y. Syracuse University.

MAPLE ROLL BISCUIT

3 cups flour 6 teaspoons baking powder
3 tablespoons melted fat 1 teaspoon salt
Sweet milk to make soft dough

Roll out without much handling about one-half inch thick and sprinkle thickly with brown sugar and roll up like cinnamon rolls. Cut the roll in slices one and one-half inches thick and bake one-half hour in slow oven. Fine with coffee.


QUICK TEA ROLLS

1 yeast cake 1 cup scalded milk
½ cup tepid water 1 tablespoon sugar
3 cups flour 2 tablespoons lard or butter
1 teaspoon salt

Add shortening to milk and let cool until lukewarm. Soften yeast cake and dissolve sugar in water; combine mixtures. Beat in half of flour until very smooth; add balance with salt; knead thoroughly. Roll out, place in pan and let rise two hours. Bake fifteen minutes in moderate oven.

PARKER HOUSE ROLLS

2 cups scalded milk 2 tablespoons butter
2 tablespoons sugar 1 teaspoon salt
1 yeast cake dissolved in Flour
$\frac{1}{4}$ cup luke warm water

Add butter, sugar and salt to the milk when lukewarm; add yeast and three cups of flour. Beat thoroughly, cool and let rise until light. Add enough flour to knead. Let rise again, toss on a lightly floured board, knead and roll out to one-half inch in thickness. Shape with a biscuit cutter, first dipped in flour. Crease through the middle, brush over with butter, fold and press together. Place in a greased pan (one inch apart), cover, let rise and bake in a hot oven twelve to fifteen minutes.

Doris Morton, Akron, Ohio.

LUNCHEON ROLLS

1 yeast cake 1$\frac{1}{4}$ cup milk
1 tablespoon sugar 1 teaspoon salt
2 tablespoons lard or butter 1 egg
4 cups sifted flour

Scald and cool milk until tepid; add yeast cake and sugar. When dissolved, add lard and two cups flour. Beat well with spoon. Add well-beaten egg, salt and remainder of flour. Knead, using as little flour as possible. Place in greased bowl and let rise two hours or until light. Form into biscuit size of walnut. Place in greased pan. Let rise for about one-half hour or until about double size. Brush over with milk or butter and bake for ten minutes in hot oven. This will make forty rolls.

Julia Rowley Rogers, Syracuse, N. Y.

CINNAMON COFFEE CAKE

2 Pans

1 beaten egg 1 cup sugar
1 tablespoon melted butter

Beat the above ingredients together.
1 cup sweet milk or butter-
$\frac{1}{2}$ teaspoon soda
milk 2$\frac{3}{4}$ cups flour
Pinch of salt

If sweet milk is used, use three teaspoons baking powder. Beat egg, sugar and butter; add milk; lastly, flour sifted with salt and baking powder. Place on buttered pan and brush top with mixture. Bake in moderate oven.

Top Mixture

3 tablespoons sugar 2 tablespoons flour
1 teaspoon cinnamon 1 tablespoon melted butter
Mix well.

Mary Clendenin, East Orange, N. J.

Allegheny College.
CINNAMON FLOP

1 cup sugar 2 tablespoons butter
1 scant cup milk 2⅔ cups flour
3 teaspoons baking powder

Cream butter, add sugar, half the milk, half the flour sifted, then the remainder of each, then salt and baking powder. Bake in moderate oven in pan for sheet cake. When partly cold spread with the following icing:

1 cup sugar 

Cinnamon to taste

Cream butter, add sugar and cinnamon.  

Jean Curley Wilcox, Baltimore, Md. Goucher College.

COFFEE CAKE

1½ cups flour ½ cup sugar
½ cup sugar 2 teaspoons baking powder
3 tablespoons melted shortening 1 egg
2 tablespoons melted shortening ½ cup milk

Sift first four ingredients together; rub in melted shortening. Beat egg with milk and stir into above mixture. Put in shallow pan. Mix well, last four ingredients and spread on dough. Bake twenty minutes.

Louise Whitmore Arthur, New Haven, N. Y. Boston University.

QUICK COFFEE CAKE

2 cups sifted flour ½ teaspoon soda
2 teaspoons baking powder ½ teaspoon salt
½ teaspoon nutmeg ½ teaspoon cinnamon
1 cup sugar 1 well beaten egg
1 cup thick sour milk 2 tablespoons melted butter

Cream sugar and butter; add soda dissolved in milk; beaten egg and flour sifted with spices. Shape, place on buttered pans and spread with following mixture.

⅛ cup sugar

1 teaspoon cinnamon
⅛ cup chopped nuts

Dot with pieces of butter and bake in moderate oven 20 minutes.  


SOUTHERN EGG BREAD

1 cup buttermilk ½ teaspoon soda
1 egg ½ teaspoon salt
1 tablespoon lard Commeal

Mix all together and add enough cornmeal to make a stiff batter (about 1½ cups). Pour into hot, greased muffin tins and bake.

Margaret Thompson Castleberry, Gainesville, Ga. Brenau College.

CORN BREAD

1 cup white flour ½ teaspoon salt
1 cup cornmeal 1 cup milk
4 teaspoons baking powder 1 egg
⅛ cup sugar 4 tablespoons melted fat

Mix and sift dry ingredients. Add milk, well beaten eggs and fat. Bake in greased muffin tins in a hot oven. May be baked in a shallow pan.  

SOUTHERN SPOON CORN BREAD
Add one and one-half teaspoons salt to three cups of boiling water. Set over hot fire and gradually stir in one-third cup breakfast hominy. Let cook three or four minutes while stirring, then let cook undisturbed over boiling water thirty minutes. Add three tablespoons butter, three-fourths cup milk, three eggs beaten light and one and one-half cups corn meal sifted with two teaspoons baking powder. Turn into buttered baking dish and let bake three-fourths of an hour. Serve while hot with a spoon. This serves six or seven people.

Virginia Clybourne Norris, Minneapolis, Minn. University of Minnesota.

DATE BREAD
3 cups graham flour 1 cup brown sugar
1 teaspoon baking powder 1 teaspoon soda
2 cups sour milk 1 cup chopped dates
1 cup chopped walnuts
Combine in order mentioned. Beat well and turn into bread pans and bake in moderate oven for about forty-five minutes. Makes 2 loaves.


GRAHAM BREAD
2 cups graham flour or 1 cup graham flour and 1 cup corn meal
2 level teaspoons soda 1 cup white flour
1 level teaspoon salt 1 1/2 cups sour milk
1/2 cup molasses Add raisins, nuts or dates according to taste
Mix flours, salt; add milk, then molasses and soda. Raisins or nuts should be added last. Turn into greased bread pan and bake three-quarters hour in moderate oven.


BROWN BREAD
One cupful sour milk, one-half cup molasses. Mix and add one level teaspoon baking soda. Stir well and add one-half cupful of sugar, one well-beaten egg, one-half teaspoon of salt, one and one-fourth cupfuls graham flour, one and three-fourths cupfuls white flour, one-half cupful nuts, and one-half cupful raisins. Bake in a slow oven for one hour.

Catherine Hope, Jefferson City, Mo University of Missouri.

STEAMED BROWN BREAD
2 1/2 cups graham flour 1 1/2 cups cornmeal
1 cup molasses 2 cups buttermilk
2 teaspoons soda
Dissolve soda in buttermilk. Mix in order named. Steam three hours.


BOSTON BROWN BREAD
1 1/2 cups cornmeal 3/4 cup molasses
1 1/2 cups graham flour 1 1/2 teaspoons soda
1 teaspoon salt 2 cups sour milk
Combine ingredients in order named. Beat well and pour into greased bread pan and bake in moderate oven about one hour.

Helen Murray, Los Angeles, Calif. University of California.
NUT BREAD

4 cups flour 1 cup nuts (chopped)
1 cup sugar 2 cups sweet milk
4 teaspoons baking powder 1 egg
1 teaspoon salt

Sift the dry ingredients together. Add to these the milk. Mix well. Add the nuts, then the well beaten egg. Pour in buttered pans. Let stand for 20 minutes. Bake in a moderate oven for one-half hour.

Gertrude Murray, Ames, Iowa. Iowa State College.

OATMEAL BREAD

1 cup flour 1 1/2 cups cornmeal
1 teaspoon salt 5 teaspoons baking powder
2 tablespoons sugar 1 cup cooked oatmeal
2 tablespoons shortening 1 1/4 cups milk

Mix well and turn into greased pans and bake forty to forty-five minutes.

Evelyn M. Satrum, Buffalo, N. Y. University of Buffalo.

PEANUT BREAD

1 cup salted peanuts, shelled and ground in meat grinder 4 teaspoons baking powder
1 cup sugar 4 cups flour
1 egg 1 teaspoon salt
1 1/2 cups milk

Beat well, pour into long, high bread tin and let stand twenty minutes. Bake in moderate oven 45 minutes. Slice when a day old. Good for bread and butter sandwiches.

Alice Mundorf Johns, Berkeley, Calif. University of California.

GRAPE-NUT BREAD

1 1/2 cups grape-nuts 2 cups milk
1 cup sugar Handful raisins
1 egg 3 1/2 cups bread flour
1/2 teaspoon salt 4 teaspoons baking powder

Combine ingredients and put in bread tins and let stand one and one-half hours before baking in moderate oven. If sour milk is used, add two teaspoons soda. The above makes two medium-sized loaves. Let loaves stand several hours after baking before they are cut.


CORN PONE

3 pints cornmeal (half cooked to a mush) Water enough to make stiff mush
2 teaspoons salt 2 eggs
1/4 cup sugar 2 tablespoons fat
1/2 cake yeast

Cook half of cornmeal with water enough for soft mush. Add remainder of cornmeal and cook until a stiff mixture. Add salt, yeast and sugar and allow mixture to stand over night. In morning mixture is very light. Add fat and well beaten eggs and bake in buttered dishes.

Margaret Middlekauf, Chicago, Ill. Northwestern University.
GLUTEN BREAD

1 pint water 1 1/2 teaspoons salt
1/2 cake yeast 1 tablespoon butter
5 to 6 cups gluten flour 1/4 cup luke warm water

Add salt and butter to water. Add yeast dissolved in lukewarm water and sufficient flour to knead. Knead well. Put in bowl, cover, and set in warm place to rise. When double in bulk, bake 50 minutes in an oven with decreasing heat.

1 cup nut meats may be added to dough just before putting into pans. Good for people with Diabetes.

Lucile Robertson, Evanston, Ill.
University of Wisconsin.

RUSK

To two cups light bread dough, add nutmeg and work in one beaten egg. Heat one-half cup sugar, one tablespoon shortening, one-half cup milk till shortening dissolves. Add flour to make stiff as biscuit dough. Let rise till very light (four or five hours). Cut off and shape into biscuits. Let rise again till very light and bake in moderate oven forty minutes. Brush top with cloth moistened with equal parts of milk and molasses.

Agnes Inglis, Middletown, Conn.
Wesleyan University
Soups

VEGETABLE SOUP WITHOUT STOCK

\[
\begin{align*}
\frac{1}{4} \text{ cup carrot} & \quad 1 \text{ quart water} \\
\frac{1}{2} \text{ cup turnip} & \quad 5 \text{ tablespoons of butter} \\
\frac{1}{2} \text{ cup celery} & \quad \frac{1}{2} \text{ tablespoon of} \\
1\frac{1}{2} \text{ cup potato} & \quad \text{chopped parsley} \\
\frac{1}{2} \text{ cup onion} & \quad \text{Salt and pepper}
\end{align*}
\]

Wash and scrape small carrot. Cut in quarters, lengthwise; cut strips thus made in thin slices, crosswise. Wash and pare half a turnip and cut in slices same as carrot. Wash, pare and cut potatoes in small pieces; cut celery in quarter inch pieces. Cut onion in thin slices. Prepare vegetables before measuring. Mix vegetables (except potatoes), cook 10 minutes in 4 tablespoons of butter, stirring constantly. Add potatoes, cover and cook 2 minutes. Add water and boil 1 hour. Beat with a fork to break vegetables, add remaining butter, parsley, salt and pepper.

Ruth S. Hadden, Otisco, Minn.
University of Minnesota.

NOODLE SOUP
(Noodles)

\[
\begin{align*}
3 \text{ eggs} & \quad \text{Flour} \\
\frac{1}{2} \text{ teaspoon salt} & \quad \text{Brown soup}
\end{align*}
\]

Beat eggs and add salt. Add flour gradually until a stiff dough is made. Knead for 15 to 20 minutes. Roll into a sheet as thin as paper. Cover and allow to stand 30 minutes. Roll down into roll and cut into strips \( \frac{1}{4} \) inch wide. Heat soup stock, add noodles to boiling water and boil for 15 minutes, and then place them in hot stock and serve.

Opal Wind, Omaha, Nebr.
Iowa State College.

FRENCH ONION SOUP

To chicken soup, add fried onions, 3 or 4 tablespoons of grated parmesian cheese, bay leaf; cook \( \frac{1}{2} \) hour. Serve with croutons, sprinkle with grated cheese on the top.

Grace Pugh, Philadelphia, Pa.
University of Wisconsin.

OKRA GUMBO

\[
\begin{align*}
1 \text{ large onion} & \quad 1 \text{ can shrimps} \\
1 \text{ pound okra} & \quad 1 \text{ pint oysters} \\
2 \text{ cups tomatoes} & \quad \text{Salt} \\
6 \text{ cups boiling water} & \quad \text{Pepper}
\end{align*}
\]

Paprika

Fry onion in bacon drippings or lard. With this fry the okra cut in small slices. Cook over slow fire (covered). Add tomatoes and cook well. Add boiling water, cook one hour. Then add the shrimps and oysters. Season with salt, pepper and paprika. As soon as oysters are done, serve gumbo with hot cooked rice. Chicken may be used in place of shrimps and oysters, but in that case the chicken must be cut in small pieces and fried before the okra.

Bernice Grantham, Chicago, Ill.
Northwestern University.
CREAM OF MUSHROOM SOUP

\[
\frac{1}{2} \text{ cup cream} \quad 1 \text{ tablespoon butter} \\
1 \text{ qt. milk} \quad 2 \text{ tablespoons flour} \\
\frac{1}{2} \text{ lb. mushrooms} \quad \text{Salt, pepper}
\]
Place milk and cream in double boiler to heat; grind mushrooms in food chopper and add to milk; cream butter and flour with a little of the milk in separate pan and use it to thicken soup. Season to taste. Cook at least 20 minutes.

Elizabeth Manker Dobbin, Wilmette, Ill.
Northwestern University.

ESAÚ’S POTTAGE

\[
4 \text{ small onions} \quad 2 \text{ tablespoons shortening} \\
\frac{1}{3} \text{ teaspoon soda} \quad 1 \text{ quart can tomatoes} \\
1 \text{ pint can red kidney beans} \quad 1 \text{ pint hot milk} \\
\text{Salt and pepper}
\]
Chop onions and cook in shortening till yellow. Add beans and tomatoes. Simmer till soft enough to force through a strainer. When ready to serve, add soda and hot milk. Season to taste. More milk may be added if desired.

Vesta B. Simpson, Winnetka, Ill.
Northwestern University.

CORN TOMATO CHOWDER

\[
\frac{1}{2} \text{ -inch slice of fat salt pork} \quad 1 \text{ large onion, chopped} \\
(\text{ground}) \quad 1 \text{ pint canned corn} \\
1 \text{ pint canned tomatoes} \quad 1 \text{ pint boiling water} \\
\frac{1}{2} \text{ teaspoons salt} \quad 1 \text{ cup (or more) parboiled,} \\
\text{diced potatoes}
\]
Cook pork and onion till they are softened and yellowed. Then add corn, water, and tomatoes. Cover and let simmer about an hour. Then add potatoes and cook till they are done. When ready, if too thick, add boiling water or scalded milk.

Vesta B. Simpson, Winnetka, Ill.
Northwestern University.

LIMA BEAN CHOWDER

\[
1 \text{ cup dried baby lima beans} \quad 1 \text{ small onion} \\
\frac{1}{2} \text{ can tomatoes} \quad \frac{1}{3} \text{ teaspoon soda} \\
\text{Salt and pepper} \quad 2 \text{ tablespoons butter} \\
1 \text{ tablespoon flour} \quad 1\frac{1}{2} \text{ cups milk}
\]
Brown onion in butter. Simmer beans till tender with seasoning. Make a white sauce of remainder of butter, flour and milk. Heat all up together till thickened. Add tomatoes and soda just before serving.

Ethel Bell, Chicago, Ill.
Northwestern University.

WASHINGTON CLAM CHOWDER

\[
4 \text{ slices bacon} \quad 1 \text{ small onion} \\
1 \text{ medium sized potato} \quad 1 \text{ tall can minced clams} \\
1 \text{ cup rich milk} \quad \text{or 1 cup chopped fresh clams} \\
\text{and nectar}
\]
Cut bacon in fine pieces and fry. Add onion and cook slowly, stirring often for six or eight minutes. Peel potato and cut in half-inch dice. Add to the bacon and onion and pour over two cups boiling water. Simmer ten minutes or until potato is nearly done. Then add clams and milk and bring to a boil. Season with salt and pepper. Add two or three crushed crackers just before serving. Serves four people generously.

Erminie Lamb, Tacoma, Wash.
University of Washington.
MOCK LOBSTER SOUP

1 quart milk 1 slice onion
1 piece bay leaf—parsley Few shreds lemon
1 cup codfish 2 cups tomatoes
2 tablespoons butter 2 tablespoons flour
Paprika Salt if necessary

Put milk in double boiler. Parboil codfish and add to milk. Scald 20 minutes and strain off fish. Cook seasoning and tomatoes 20 minutes. Melt two tablespoons butter, add two tablespoons flour and add the milk. Cook until thick. Strain in tomato, add rest of butter in small bits and some of the codfish if desired.

Mary E. Rowe, Poultney, Vt.
Syracuse University.

BAKED BEAN SOUP

2 cups cold baked beans 3 cups cold water
1 tablespoon onion 2 cups tomatoes
1 teaspoon salt Spk. pepper

Mix the beans, water, and onion, and simmer the mixture until the beans are soft. Add the tomato. Rub the mixture through a strainer, adding more water or tomato to make it the right consistency. Season it, heat it to the boiling point, and serve it with toasted crackers.

Mildred Mitton, Dorchester, Mass.
Boston University.
Fish & Meats

DEVILED SARDINES
(Chafing Dish)

2 tablespoons oil (drained from sardines)
\( \frac{1}{2} \) tablespoon vinegar
1 teaspoon lemon juice
\( \frac{1}{4} \) teaspoon Worcestershire sauce
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{4} \) teaspoon paprika

Put the sardines in chafing dish; pour over the above mixture, and cook, turning frequently. Serve on wafers. Serves twelve.

University of Wisconsin.

SHRIMP WIGGLE
(Chafing Dish)

2 cans shrimps
1 pint cream
1 cup cooked rice
\( \frac{1}{2} \) can tomatoes
1 tablespoon chopped onion
Butter, half size of an egg

Cook onion in butter and add tomatoes and rice; when hot add shrimp cut in thirds. Add cream, season with salt and pepper, and serve on crackers. Serves ten.

Harriet Kintzley Campbell, Pittsburgh, Pa.
Iowa University.

PILAFFE
(Casserole Dish)

1 cup rice
1 lb. Hamburg steak
Butter, size of an egg
1 can Campbell’s tomato soup
Salt, pepper
Strips of bacon

Boil cup of rice twenty minutes; brown Hamburg steak in butter; mix with rice; add soup, salt and pepper; lay strips of bacon on top; bake three-quarters of an hour.

Frances Ingalls Shinn, Lawrence, Kansas.
Syracuse University.

SPICED HAM

\( \frac{1}{2} \) cup water
\( \frac{1}{2} \) cup brown sugar
Clove

Boil ham for four hours; remove skin; mix water, vinegar and brown sugar and pour over ham, then place about a dozen cloves in top of the ham and bake 1\( \frac{1}{2} \) hours.

Zula Speece, Bloomington, Illinois.
Illinois Wesleyan.

HAM LOAF

1 pound beef
1 pound smoked ham
6 crackers
Pepper
3 eggs

Grind beef, ham and crackers; add well-beaten eggs and pepper—no salt. Form into a loaf and bake one hour.

Ruth Anne White, La Fayette, Ind.
De Pauw University.
BAKED HAM WITH APPLES
Thick slice of ham
6 medium sized apples
10 whole cloves

Wash ham, trim off most of the fat and rub in as much of the sugar as it will take; lay in pan and sprinkle with cloves; pare apples, cut in quarters and lay around ham. Sprinkle remaining sugar over apples and add water. Cover and bake until ham is tender.

Lottie B. Crow Porter, Chickasha, Okla.
Brenau College.

BAKED HAM
(Southern Style)
Slice of ham 1 inch thick or more
2 tablespoons flour
1 tablespoon sugar
1 tablespoon mustard
1/4 teaspoon pepper

Mix dry ingredients and pat into the ham. Barely cover with milk and bake at least forty-five minutes.

May Willis Whitney, Cleveland, Ohio.
University of Wisconsin.

HAM MOUSSE
2 cups finely chopped cooked ham
1 teaspoon gelatin, dissolved in 1/4 cup water
1 cup boiling water
Salt, paprika, 1/4 teaspoon dry mustard

Cool; fold in 1/4 cup cream, whipped. Mould.

DRESSING
1 cup mayonnaise
3/4 cup chili sauce
1/2 cup cream, whipped
2 pimentos, chopped
Handful chives cut up fine

Elsie Biddleman, Factoryville, Pa.
Syracuse University.

HAM WITH PINEAPPLE
Soak a slice of ham about 1 inch thick in warm water for at least 1 hour. Drain and sprinkle with flour. Melt a little fat in baking pan, preferably a piece cut from ham, and brown meat in it. Pour 1 cup crushed pineapple and 1/2 cup water over the ham and bake slowly until tender. Remove to hot platter and pour pineapple around it.

Doris Bunnelle, Corvallis, Ore.
Oregon Agricultural College.

SALMON CROQUETTES
1 can salmon, chopped fine
1 cup mashed potatoes
4 hard-boiled eggs (chopped)
Seasonings

Mix well; form into croquettes; dip in beaten egg; roll in cracker crumbs and fry.

Marguerite Blachley Boyd, Gary, Ill.
University of Wisconsin.
SALMON LOAF WITH CUCUMBER SAUCE
(Excellent Summer Dish)

Soak \( \frac{3}{4} \) tablespoon gelatine in 2 tablespoons cold water and stir this into 2 tall cans of salmon—flaked. Make the following boiled dressing and stir into the above and then pour into loaf tin to set.

<table>
<thead>
<tr>
<th>1 tablespoon sugar</th>
<th>( \frac{3}{4} ) cup milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>( \frac{1}{4} ) teaspoon salt</td>
<td>Yolks of 2 raw eggs</td>
</tr>
<tr>
<td>2 tablespoons flour</td>
<td>( \frac{1}{4} ) cup vinegar</td>
</tr>
<tr>
<td>1 teaspoon dry mustard</td>
<td>Dash of paprika</td>
</tr>
</tbody>
</table>

CUCUMBER SAUCE

Whip 1 bottle cream, add salt and paprika. Gradually stir in 2 tablespoons vinegar and \( \frac{1}{2} \) cucumber which has been diced and drained.

Margaret Chase Schmidt, Evanston, Ill.
Northwestern University.

CHARTREUSE OF SALMON

<table>
<thead>
<tr>
<th>1 cup rice</th>
<th>1 tablespoon curry powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups milk or stock</td>
<td>( \frac{1}{4} ) cup butter</td>
</tr>
<tr>
<td>( \frac{1}{4} ) teaspoon salt</td>
<td>1 pound cooked salmon</td>
</tr>
<tr>
<td>1 teaspoon onion juice</td>
<td>2 tablespoons lemon juice</td>
</tr>
</tbody>
</table>

Boil rice five minutes; drain off the water, add the salt and milk and let steam until tender. Cream the butter with onion juice and curry powder and lightly stir this into the rice. Butter a two-quart mold and line the bottom and sides with rice; fill the center with salmon, flaked and seasoned with salt, pepper and lemon juice; cover it with rice and let steam \( \frac{1}{2} \) hour. Serve with drawn butter sauce to which has been added hard boiled eggs cut into eighths.

Eleanor Murray, Ames, Iowa.
Iowa State College.

MOCK DUCK

2 pounds round steak, cut about \( \frac{1}{2} \) inch thick, salted and peppered. Sew up the meat leaving place large enough to put in the dressing. After dressing is in, sew up the rest of way and put in roasting pan and bake for about an hour. Baste with fat.

DRESSING

Soak small loaf of white bread; add to this 1 egg, salt and pepper. Flavor with onion, fried in small bits of bacon. Some milk can be added to make the mixture moister.

Ethel Bell, Chicago, Ill.
Northwestern University.

CHICKEN PIE

Crust

| 2 cups flour | 2 tablespoons lard |
| 2 scant teaspoons baking powder | 1 egg, beaten light |
| \( \frac{1}{4} \) teaspoon salt | 1 cup sweet milk |

Filling

Mince boiled chicken in baking dish and cover with thin batter. Bake in quick oven.

Laura Sanders, Evansville, Ind.
De Pauw University.
KROP KAKOR
(Swedish)
4 cooked potatoes (grated) 2 cups flour
4 raw potatoes (grated) Pinch of salt
Filling
1 lamb chop 1 onion
½ lb. salt pork (lean) Allspice
Pinch of salt, pepper and sugar
Grate the potatoes; add the salt and enough flour to make a dough that can be formed. Cut finely the lamb chop, salt pork and onion; add salt, pepper and sugar and sprinkle freely with allspice. Dip the hand in warm water, form a patty in the hand, fill with the filling and close the patty making a ball. Cook the balls in boiling salt water about half an hour. Serve with butter.

Evelyn Oberg, Chicago, Ill.
Northwestern University.

HUNGARIAN GOULASH
3 bunches carrots 2 large cans tomatoes
4 stalks celery ½ lb. best butter
2 large green peppers 1½ lbs. chopped beef
1 lb. mushrooms Grated cheese to suit taste
2 large Spanish onions Salt to taste
Brown meat in butter, also onions. Put tomatoes in large kettle; add carrots, cut in cubes. Celery, peppers, mushrooms, butter, cheese, meat and onions. Cook until tender. Boil macaroni in salt water until tender; then wash in cold water. Put in large pan. Add sauce, mix and serve. Add a little more cheese while hot.

Evelyn Ewert, Chicago, Ill.
Northwestern University.

PORTO RICAN POT ROAST
3 lbs. cheap cut of beef 1 large onion, chopped
1 small bottle stuffed olives 1 pint canned tomatoes
½ lb. salt pork 2 teaspoons salt
With a sharp knife make incisions in beef and stuff them with the olives and salt pork cut in pieces. Brown the beef on all sides in hot fat to which the onion has been added. Add one cup boiling water and the tomatoes and simmer for 3 hours. Thicken juice for gravy.

Bernadine Haller McCall, Pullman, Washington.
University of Washington.

CHILI CON CARNE
1 onion 1 pound round steak, ground
1 quart tomatoes 1 can cooked kidney beans
2 peppers, small and chopped fine Mexican chili beans are better if obtainable
Chop onion very fine and brown; add the meat and brown. Stir into this 1 quart of tomatoes, the beans and the peppers. Season well with salt and pepper and 2 teaspoons of chili powder. The amount of chili powder is increased if desired. Cook slowly until peppers are cooked through and the desired thickness is obtained.

Elizabeth Barnes, Akron, Ohio.
University of Akron.
BAKED SAUSAGE  
(With Apples)  
Select 6 red apples, wash and cut in halves, crosswise. Place in baking pan with enough water to keep from burning. Sprinkle each apple with sugar, lemon juice, nutmeg and cinnamon. Lay small part of sausage in each apple. Bake in moderate oven.  
Ardis Hessong, Indianapolis, Ind.  
De Pauw University.  

CHOPS FOR LUNCHEON  
Cut lamb chops rather thick, salt and pepper them; roll in flour, then in egg, and then in bread crumbs. Cook eight minutes in butter, turning often. Place in hot oven for five minutes to finish cooking. Arrange on hot platter and place a broiled mushroom on each. Serve with jelly sauce.  

Sauce  
1 glass currant jelly  
½ cup orange juice  

Marie Hunter Calhoun, Pittsburgh, Pa.  
Ohio University.  

SOUTHERN OYSTERS  
2 tablespoons butter  
1 tablespoon flour  
½ sweet green pepper  
1 piece of peel cut very fine  
2 teaspoons chopped mint  
1 pint fresh oysters, drained  
1 cup cream  
½ pimento, chopped fine  
½ cup milk  
½ teaspoon salt  
Gaila Robertson, Evanston, Ill.  
University of Wisconsin.  

OYSTER SCALLOP  
3 cups cooked rice  
1 pint fresh oysters  
1 cup chopped celery  
1 cup milk  
1 tablespoon cornstarch  
1 tablespoon fat  
½ teaspoon salt  
½ teaspoon pepper  

Lucile Robertson, Evanston, Ill.  
University of Wisconsin.  

SAVORY ROAST BEEF  
(With Dressing)  
Four pounds lean part of shoulder or upper round. Cut gashes in meat in which place thin slices of fresh or salt pork. Make dressing of bread seasoned with onion, parsley, cloves, red pepper and salt; stuff in beside pork.  

Sauce  
One tablespoon flour; 1 tablespoon butter; rub together over fire and add 1 pint water. Place meat in beside sauce and add 1 pint tomatoes, 2 tablespoons Worcestershire Sauce (Lea & Perrins). Cover all with hot water and simmer 1 hour to each pound of meat. Serve meat with sauce around it.  
Helen Burgert, Cedar Rapids, Iowa.  
Coe College.
PRESSED CHICKEN
Boil a chicken, in as little water as possible, till the bones slip out and the gristly portions are soft. Remove the skin, pick the meat apart and mix the dark and white meat. Remove the fat and season the liquor highly with salt and pepper; also with celery salt and lemon juice, if you desire. Boil down to one cup and mix with the meat. Butter a mold and decorate the bottom and sides with slices of hard-boiled eggs, also with slices of tongue or ham cut in fancy shapes. Pack the meat in and set away to cool with a weight on the meat, and when ready to serve, dip mould in warm water and turn out carefully. Garnish with parsley, strips of lettuce or celery leaves and radishes or beets.

Marguerite Oatman, Berkeley, Calif.
University of California.

TAMALE LOAF
1 onion
1 can tomatoes
1 can corn
Salt and cayenne pepper to taste
3/4 cup salad oil
Cook 15 minutes, then add:
1 cup sweet milk
3 eggs, well beaten

Cook altogether 15 minutes more and then add 1 cup olives (ripe). Put in greased bread pan. Bake 1 hour. Pour a little olive oil on top before putting in oven. May be served either hot or cold.

Alice Mundorf Johns, Berkeley, Calif.
University of California.

MEAT LOAF
Two pounds round steak
1/2 pound salt pork
(Chopped together)
2 cups bread crumbs
1 egg
1 cup milk
Juice of one lemon
Salt, pepper, onion and sage to taste

Bake slowly 3/4 to 1 hour.

Josephine Compton, Ann Arbor, Mich.
University of Michigan.

MEAT LOAF
1 pound hamburger
1/2 pound veal
1/2 pound pork
1 onion
1 can tomatoes
Salt and pepper
8 crackers

Mix all together, using the juice from the tomatoes to moisten with. This is very good cold.

Merry Mueller Fischer, Minneapolis, Minn.
University of Minnesota.

JELLIED VEAL LOAF
3 pounds veal
2 hard cooked eggs
1 teaspoon gelatine
Cook veal until tender, season and chop fine. Dissolve gelatine in one tablespoon cold water and add seven tablespoons boiling water. Cool and add veal and egg alternately in mold, pressing well into corners. Add speck of cayenne pepper to meat stock and pour over loaf hot. Slice and serve as cold meat or salad.

Kathryn Wilson, Evanston, Ill.
Northwestern University.
STUFFED PORK TENDERLOIN

1 1/2 pounds pork tenderloin  1 1/2 cups fresh bread crumbs
1 tablespoon onion, chopped   1 teaspoon chopped parsley
3/4 teaspoon salt            1/4 teaspoon paprika
3 tablespoons melted butter  2 tablespoons water

Mix crumbs, onion, parsley, salt, paprika, butter and water. Place this mixture on top of the tenderloin which has been flattened out. Now roll it up and tie with string. Place in buttered baking dish and add one inch water. Cover with lid and bake in a moderate oven one hour. Serves four.

Beth Round Harrington, Maquoketa, Iowa.
Northwestern University.

FLANK STEAK

Slice flank steak
Whole potatoes, peeled
1 can tomatoes

Brown flank steak in Crisco or bacon fat on top of stove (in skillet). Then place in roasting pan; add a little water to remaining fat and pour over meat; surround with potatoes and onions; entirely cover with macaroni; dot top with tomatoes. Season meat and each vegetable separately. Roast in oven 1 1/2 to 2 hours.

Beth Menker Dobbin, Wilmette, Ill.
Northwestern University.

VEAL BIRDS

One pound veal steak. Cut each piece about four inches square. Fill with dressing and fasten the meat with two toothpicks to resemble the legs of a bird. Cloves may be used for eyes when served. Bake in oven for about one hour.

PIGS IN BLANKET

Substitute round steak wound with bacon in above recipe. Cover with 1/2 cup boiling water and let simmer.

Grace Johnson, Chicago, Ill.
Northwestern University.

APPLES ON PORK CHOPS

6 pork chops
3 tablespoons flour
1/4 teaspoon sage
1/2 teaspoon salt
2 cups cold water
3 tart apples
1 tablespoon parsley
1/4 cup brown sugar
1/2 cup raisins

Sprinkle the chops with sage and salt and brown them in the frying pan. Remove to a shallow baking dish. On each place one-half an apple, pared, cored and filled with brown sugar. Into the fat in the frying pan put the flour and salt, and when slightly browned add the water. Bring to the boiling point, stirring constantly, and add vinegar and raisins. Pour over the chops and bake until apples are tender.

J. C. McRuer, Toronto, Canada.
University of Toronto.

TURKEY DRESSING

One quart chestnuts put in hot water and boiled until skins are soft; drain and skin; boil in water until soft; put them through food chopper and season with:

1 tablespoon butter
1 teaspoon salt
1 1/4 teaspoon pepper
1 teaspoon grated lemon rind
1 tablespoon parsley
1 tablespoon ham, chopped
1 tablespoon ham

Giblets, if you wish
2 tablespoons bread crumbs
2 well-beaten eggs

The above is sufficient for a large turkey.

Selma M. Day, Toronto, Canada.
University of Wisconsin.
CHOP SUEY
2 lbs. lean pork, diced
2 cups diced celery
1 cup diced onions
2 tablespoons flour
Brown meat in butter quickly; then add celery and onions. Stir easily for two or three minutes; add molasses, chop suey sauce and water. Simmer slowly for 1 hour, stirring occasionally. Just before removing from fire add paste made of the flour and water. Mushrooms may be added if desired. Serve with rice cooked Southern style.

Esther Weir, Urbana, Ill.
University of Illinois.

CHICKEN CHOP SUEY
1 quart diced cooked chicken
¼ cup chopped salt pork
1 pt. water or chicken stock
1 onion, chopped
2 cups celery, cut up
¼ tablespoon salt
2 tablespoons molasses
Cook meat in the pork fat till brown; add water, onion, celery, salt and molasses. Simmer 1 hour. Mix flour and water and add to mixture to thicken. Then add molasses, Chinese sauce and mushrooms. Cook 10 minutes.

Grace Pugh, Philadelphia, Pa.
University of Wisconsin.

MOCK CHOP SUEY
1 pound beef, cut in small pieces
1 tablespoon butter
¾ pound pork cut in small pieces
Brown thoroughly in frying pan; then cover with water and simmer for 25 minutes; then add:
1 cup chopped celery
3 or 4 onions, sliced
Season and baste. Cook all for 20 minutes longer. Serve with boiled rice.

Clara Haubold, Gary, Ill.
Northwestern University.

CHOW MIEN
Cook thoroughly 1 lb. noodles. To this add:
1 lb. bamboo shoots
½ lb. bean sprouts
1 lb. mushrooms, cut in small pieces
Season with 1 cup of Soy Bean Sauce. Mix altogether with the noodles in an iron fry pan and fry well in peanut oil, or any other oil if the peanut oil cannot be obtained. This amount will serve 12 people.

Marguerite Oatman, Berkeley, Calif.
University of California.

SHRIMP A LA CREOLE
Fry a large onion in butter. Add one can shrimps cut fine. Stir two or three minutes. Add one cup cooked rice. Mix well. Serve with chili sauce on top.

Charlotte Dines, Evanston, Ill.
Northwestern University.
CHOP SUEY

½ pound fresh pork shoul-
der, cut in small cubes ¼ pound veal, cut in small cubes
Put one tablespoon butter in frying pan and add one-half cup chopped onions and two cups chopped celery. Let this brown thoroughly. Then push to one side and brown meat. Add two tablespoons molasses, two tablespoons chop suey sauce, or one of Worcestershire sauce and one teaspoon salt, Cook ten minutes. Then add one-half cup water and let simmer. If it gets too thick add more water. Thicken with one tablespoon flour.

Chopped mushrooms may be added. Serve with rice. Serves five people.

Vesta Blodgett Simpson, Winnetka, Ill. Northwestern University.

TAMALE PIE

⅔ pound ground ham 1 small can tomatoes
bunger steak 1 onion
1 tablespoon chili powder 1 cup cornmeal
4 cups water 1 teaspoon salt
Cut onion into small pieces and fry. Add the hamburger. After the meat has been well-fried add the tomatoes and chili powder and cook about five minutes. Make a cornmeal mush and cook about fifteen minutes. Put a quarter of an inch of mush in a well-greased baking dish, add a layer of hamburger and tomatoes, then a layer of mush, alternating until the top layer is mush. Bake in the oven for twenty minutes. Serves six.

Dorothy Meyer, Columbia, Mo. University of Missouri.

BAKED FISH

Clean fresh fish thoroughly; roll in flour; lay in greased pan and season inside and out with salt, pepper, and dots of butter. Make dressing of one quart bread crumbs, one teaspoon salt, pepper and sage to taste, two hard-boiled eggs sliced, one finely sliced potato, one finely minced onion, and water enough to mix together. Lay the dressing around the fish in spoonfuls and add boiling water enough to cook. Bake in moderate oven one hour.

Helen Bowman, Oran, Mo. University of Missouri.

VEAL AND TOMATO

2 pounds veal steak 1 can tomatoes
Place veal in baking dish; cover with tomatoes, season with butter, salt and pepper; and cover top with buttered bread crumbs. Bake one and one-half hours.

Kathryn Wilson, Evanston, Ill. Northwestern University.

CRAB TOAST

2 tablespoons butter 1 pint crab meat
1 tablespoon flour 1 teaspoon lemon juice
⅔ teaspoon mustard, salt, pepper 1 hard cooked egg
⅔ cup milk
Make a white sauce of butter, flour, milk and seasonings in double boiler. Add lemon juice, diced egg and crab meat. Mix well and serve on toast.

Muriel Durgin, Berkeley, Calif. University of California.
CRAB MEAT A LA CASSEROLE

1 large can crab meat (re-move bones) 1 cup table salt
1 bottle cream 1 tablespoon butter
2 tablespoons flour Salt, pepper

Chopped parsley

Make a cream sauce of butter, flour and cream. Add nutmeg, salt, pepper, parsley and yolks of eggs cut in small pieces. Mince crabmeat and add to cream-sauce. Put into baking dish and sprinkle with cracker crumbs. Bake till thoroughly heated.


OYSTERS PATTIES

2 dozen large oysters 1 tablespoon green sweet pepper, minced
2 cups milk or thin cream 2 tablespoons pimentos minced
2 tablespoons butter
2 tablespoons flour
Salt, pepper

Make white sauce by blending butter and flour over slow fire (without browning). Add the milk and minced seasoning; cook five minutes. Heat the oysters in their own liquor until edges curl slightly. Lift the oysters out on a warm dish while you strain about one cupful of the liquor into the white sauce. Add salt and pepper. Then put oysters into the sauce, heat one minute and put four oysters and plenty of the sauce into each pattie shell. Serve immediately.

PATTIE SHELLS

1 pound good butter 1 teaspoon salt
1 pound flour Ice water

Put flour and half of the butter in a cold bowl and chop until mixture is fine, like meal. Wet with ice water; mix and roll out on a floured bowl. Have the other half of the butter rather soft and spread a portion of it over the dough. Fold dough from the outside toward the middle, roll again and spread with butter and repeat until all butter is used. Put near ice until next day. Then roll rather thin; cut in rounds with fluted cookie cutter, put four or five together one on top of another and with a small cutter cut out the centers of all but the bottom two. Put in baking dish with groups not touching. Brush with beaten egg and bake in hot steady oven. Watch carefully and do not scorch. These shells may be made ahead of time as they keep well if kept in a cool dry place. Put in a warm oven and heat before filling with oysters.

Edith Joesting, Baltimore, Md. Goucher College

CREAMED ROUND STEAK

(Serve two)

1/2 pound ground round steak 1 cup or more milk
1 small onion chopped fine Flour
Salt and pepper to taste

Brown onion in hot bacon fat. Brown steak in same fat stirring quickly to keep soft. Dredge with flour and when brown add milk and season.

Marion Brown Corneliussen
University of Illinois.
HEAVENLY HASH
1 pound hamburg steak 1 cup tomatoes, or 2 fresh tomatoes
3/4 pound fresh pork 1 green pepper (chopped fine)
10 milk crackers 1 tablespoon melted butter
2 chopped onions Mix, form in loaf and bake one hour in moderate oven.
1 egg

Charlah Ireland, Oneonta, N.Y.
Syracuse University.

ENCHALADAS (Mexican)
Batter
2 cups flour 2 tablespoons cornmeal
1 teaspoon salt
Enough water to make a very thin batter. Make cakes size of large pan. Cook cakes over slow fire.

Filling
3 pounds of meat, (either beef and veal or beef and chicken)
Boil meat until well done. Then grind and put back in broth to keep hot. Meat may be secured from butcher ground and then boiled.

Sauce
2 cans of hot tomato sauce Equal amount of water
Boil one tablespoon of cumin seed in water. Add sauce, dash of red pepper, mustard and salt. Thicken if necessary.

How to Serve
Have everything hot. Bake cakes as you need them. Lay cake on plate. Put two tablespoons meat on one side of cake and flap other side to cover meat. Cover with sauce. Sprinkle with grated cheese. Garnish with parsley or lettuce and olives. Serve with salted wafers and coffee.

Virginia Kilgore, Oakland, Calif.
University of California.

BAKED BREADED VEAL
Cut veal in pieces the right size for each person. Dip in crumbs, egg and crumbs again. Brown in drippings in frying pan. Place in large pan or baking dish and cover with cream gravy made in the pan in which veal was browned. Bake one and one quarter hours or until meat can be cut with a fork.

Dorothy Duval, Chicago, Ill.
Northwestern University.

BUTTER AND PARSLEY SAUCE
(Not Cooked)
2 tablespoons parsley 2 tablespoons lemon juice
2 tablespoons melted butter 1 teaspoon salt
1/4 teaspoon pepper
Combine, and use at once if desired. Lemon juice may be omitted.

Helen Gelhar, Glencoe, Ill.
Northwestern University.

MINT SAUCE FOR MEATS
1/2 cup mint leaves chopped 2 tablespoons powdered sugar
fine
1 cup hot vinegar
Dissolve the sugar in the vinegar and pour over the chopped mint leaves. Let stand thirty minutes to infuse. If the vinegar is very strong, dilute with water. Serve hot. Especially good on roasted lamb.

Mabel Osborne, Pasadena, Calif.
University of Illinois.

COLLEGE WOMAN'S COOK BOOK
EGGS & CHEESE

OMELLETTE
2 eggs
2 tablespoons grated cheese
1/4 teaspoon salt
1/2 cup whipping or rich cream
Pepper
Beat eggs well, add cream and cheese and beat in. Add seasoning and bake in moderately hot oven for twelve minutes. Serves two.
Maud Klasgye, Long Beach, Calif. University of Southern California.

STUFFED EGGS
Cut hard cooked eggs in halves, lengthwise. Remove yolks, and put whites aside in pairs. Mash yolks and add half the amount of devilled ham and enough melted butter to make of consistency to shape. Make in balls size of original yolks and refill whites. Form remainder of consistency into a nest, arrange eggs in the nest and pour over one cup of white sauce. Sprinkle with buttered crumbs, and bake until crumbs are brown.
Pearl Mitchell Bower, Bloomington, Ill. Illinois Wesleyan University.

BAKED EGGS
Butter muffin pans well, leaving inch of melted butter in each section. Break an egg into each section. Season, and then add layers of bread crumbs and grated cheese until pan is full. Put a dash of paprika on top. Bake in moderate oven about ten minutes or until eggs are set. Serve with sauce containing chopped pimentos or pickles.
Virginia Green, Berkeley, Calif. University of California.

BAKED EGGS
Beat four eggs; add one cup milk, little salt and pepper. Bake in buttered ramekins or muffin tins and serve with a white sauce.

TOMATO NEST
Skin and scoop out tomatoes. Break an egg in each tomato and lay slice of bacon on top. Place on slice of buttered toast in a buttered pan and bake about fifteen minutes in a moderate oven.
Grace Johnson, Chicago, Ill. Northwestern University.

ROYAL SCALLOPED EGG
6 hard cooked eggs
1 pint cream sauce (4 tablespoons butter, 4 tablespoons flour, 2 cups milk)
1 cup chopped cooked ham
1 cup cracker crumbs
1/4 cup butter (melted)
Make white sauce
Moisten cracker crumbs with the melted butter. Remove yolks of eggs and put through a potato ricer. Chop the whites fine. Into a buttered baking dish put layers of crumbs, chopped whites, cream sauce, ham and yolks, and continue until the dish is filled. Cover top with crumbs and bake until brown in a moderate oven.
Cora Nichols Fearon, Syracuse, N. Y. Syracuse University.
WELSH RAREBIT

\[
\begin{align*}
\frac{1}{4} \text{ pound cheese (grated)} & \quad \text{Cayenne} \\
\frac{1}{4} \text{ cup milk or cream} & \quad 1 \text{ egg} \\
\frac{1}{2} \text{ teaspoon mustard} & \quad 2 \text{ teaspoons butter} \\
\frac{1}{2} \text{ teaspoon salt} & \quad \\
\end{align*}
\]

Put cheese, milk into a double boiler. Mix mustard, salt, and cayenne; add egg and beat well. When cheese is melted, stir in egg mixture and butter and cook until it thickens. Serve on hot toast.

Sidonie Sewald Larrance, Chicago, Ill.
Northwestern University.

TOMATO RAREBIT

\[
\begin{align*}
\frac{1}{2} \text{ cup tomato pulp} & \quad 2 \text{ tablespoons flour} \\
\text{Pinch soda} & \quad \frac{1}{2} \text{ cup grated cheese} \\
\frac{1}{2} \text{ cup milk} & \quad 4 \text{ slices toast} \\
\end{align*}
\]

Heat tomato pulp, add soda, then milk. When hot, thicken with flour to which enough cold water has been added to make a smooth paste. Add grated cheese and stir until smooth. Serve on toast. The flavor may be varied by cooking a little onion and green pepper with the tomatoes before putting through the sieve.

Ethel Frank Holcombe, Chesterton, Ind.
De Pauw University.

SARDINE RAREBIT

\[
\begin{align*}
2 \text{ tablespoons butter (melted)} & \quad 2 \text{ teaspoons mustard} \\
\frac{1}{4} \text{ teaspoon paprika} & \quad \frac{1}{4} \text{ teaspoon salt} \\
1 \text{ cup milk} & \quad 6 \text{ sardines well boned and cut up} \\
1 \text{ cup mild cheese} & \quad \\
\end{align*}
\]

Melt butter, add two teaspoons mustard; paprika, and salt and blend well. Add one cup milk (or half milk and half cream) and cook for two minutes, stirring well; add cheese cut up, stir well, then add sardines (cut up) and serve hot on buttered toast.

Grace Phillips, Elgin, Ill.
University of Illinois.

OYSTER RAREBIT

\[
\begin{align*}
1 \text{ cup oysters} & \quad 2 \text{ tablespoons butter} \\
\frac{1}{2} \text{ pound milk cheese cut in small pieces} & \quad 2 \text{ eggs} \\
& \quad \text{Few grains of cayenne} \\
\end{align*}
\]

Melt butter, add cheese and seasoning. As cheese melts, add gradually oyster liquid and eggs (slightly beaten). When mixture is smooth, add soft part of oysters from which tough muscle has been removed. Serve hot on toast.

Sadie MacDowell, Seattle, Wash.
University of Washington.

CHEESE SOUFFLE

\[
\begin{align*}
2 \text{ tablespoons butter} & \quad 3 \text{ tablespoons flour} \\
\frac{1}{2} \text{ cup scalded milk} & \quad \frac{1}{4} \text{ teaspoon salt} \\
\text{Sprinkle cayenne} & \quad \frac{1}{4} \text{ cup grated cheese (Amer-} \\
\text{Yolks 3 eggs} & \quad \text{ican)} \\
\text{Whites 3 eggs} & \quad \\
\end{align*}
\]

Melt butter, add flour, mix well. Scald milk gradually and add cheese and seasonings. Remove from fire. Add well beaten egg yolks. Cool mixture before folding in stiffly beaten egg whites. Turn into buttered baking dish, place in a pan of warm water and bake in moderate oven until firm.

Elizabeth Manker Dobbin, Wilmette, Ill.
Northwestern University.
**DRIED BEEF RAREBIT**

- 1 cup chipped dried beef
- ½ cup grated or chopped cheese

Melt butter in frying pan, add chipped beef and allow to crisp. Pour in tomatoes and heat thoroughly, add cheese and stir until melted. Break eggs into mixture and stir until thick. Serve hot on crisp crackers.

_Gladys Parks Dennis, Versailles, Ill._
_Illinois Wesleyan University._

**SAVORY TOAST**

- 2 cups canned tomatoes
- 1 cup water
- 2 cloves
- 3 allspice berries
- 3 peppercorns
- 2 sprays parsley
- 2 tablespoons fat

8 slices toast

In a covered saucepan simmer the tomatoes in water, cloves, allspice, berries, peppercorn, and parsley for at least fifteen minutes. Brown the onion in the fat, and add the flour, mustard, salt, and cayenne which have been previously mixed. Mix well before adding the tomatoes. As soon as the mixture reaches the boiling point, strain and stir while adding the cheese, until the latter is perfectly blended. Beat the egg, add a part of the hot tomato mixture and mix thoroughly; repeat until all the tomato has been used. Stir and cook over hot water till egg thickens mixture. Serve on toast at once.

_Ruth Anne White, La Fayette, Ind._
_De Pauw University._

**RICE OMELET WITH PEAS**

- 2 eggs
- 1 cup cooked rice
- 1 tablespoon fat
- 1 cup peas (at least)

Heat and season peas with salt, pepper and a teaspoon of sugar. Beat whites and yolks well, separately. Mix the rice with half a teaspoon of salt through the yolks, then fold in whites. Melt fat in a hot omelet pan. Cook in moderate oven till egg is done. Score through center and fold and pour hot peas around it.

_Marie Bellinghausen, Chicago, Ill._
_Northwestern University._

**CHEESE BALLS**

- 1 cup mild creamy cheese
- 1 egg
- ½ cup bread crumbs
- Pepper
- Dash salt

To cheese add bread crumbs, salt, and pepper and the well beaten egg. Mix well and roll into small balls. Roll these in fine cracker crumbs and just before serving place in a wire basket and fry in deep fat till they are a delicate brown. Serve with salads.

_Birdie Bruns, Dayton, Ohio._
_De Pauw University._

**HOT CHEESE CAKES**

- 1 pound grated cheese (sharp American)
- 2 egg whites (stiffly beaten)
- Paprika
- 1 heaping teaspoon baking powder
- 1 cup cream
- Worcestershire sauce if liked

Beat all together and spread on slices of bread. Place on broiler and toast a light brown. Serve very hot.

_Bernice Grantham, Chicago, Ill._
_Northwestern University._
FOAMY OMELET

2 eggs 1 tablespoon milk
\( \frac{1}{4} \) teaspoon salt Cayenne pepper
1 teaspoon butter

Beat egg yolks until light; add seasonings and milk. Beat whites very stiff and cut into yolks. Put into buttered pan and cook over low flame. Do not remove cover from dish during first five minutes of cooking or omelet will be heavy. When set, remove lid and put in hot oven to brown top. Serve at once.

Viola Michel, Chicago, Ill. Northwestern University.

SWISS EGGS

6 eggs 1 onion, cut in small pieces
1 cup tomato soup 1 green pepper, cut fine
or canned tomatoes (Thyme, savory, salt, to taste)

Warm tomatoes, onion, pepper, herbs in pan. Beat eggs and fold in mixture. Will serve four or five people. Bake in moderate oven.

Grace Pugh, Philadelphia, Pa. Wisconsin University.

EGG CHOPS

4 eggs 1 cup milk
1 tablespoon butter Salt
2 tablespoons flour Pepper
Onion juice

Hard cook four eggs. Make a thick white sauce of the other ingredients; add the eggs, chopped up. Shape into eight patties with the hands, set in ice box to stand for several hours. Then fry in deep fat, or saute in lard or butter. Add one cup of cold cooked macaroni cut small to make it go farther when eggs are scarce.

Margaret Chase Schmidt, Evanston, Ill. Northwestern University.

CREAMED CELERY IN CHEESE SHELL

3 cups cooked celery \( \frac{1}{2} \) cup cracker crumbs
1 pint white sauce 2 tablespoons melted butter

Cut the cleaned celery stalks in pieces, one inch long, and let cook in boiling water to cover until tender. For three cups of pieces, make one pint of white sauce, using the water in which the celery was cooked, with cream as the liquid. Turn into the shell of an Edam cheese, cover the top with cracker crumbs mixed with melted butter and let brown in the oven. Serve a light scraping of cheese with each serving of celery.


CHEESE AND CORN SOUFFLE

2 cups scalded milk 2 tablespoons chopped
1 cup boiled corn green pepper
1 cup stale bread crumbs \( \frac{1}{2} \) teaspoon salt
1 cup cheese, grated 3 eggs
1 tablespoon fat 1 tablespoon catsup

Mix first seven ingredients and catsup; add well-beaten yolks of eggs, fold in stiffly beaten whites. Bake in well greased baking dish for twenty minutes in moderate oven. Serve at once.

Grace Pugh, Philadelphia, Pa. Wisconsin University.
Vegetables

CANDIED SWEET POTATOES

- 6 medium sized sweet potatoes
- 2 large sour apples
- ½ cup brown sugar

Parboil, peel and cut the potatoes into slices. Cover the bottom of a buttered baking dish with a layer of sliced potatoes. Sprinkle with brown sugar and dot with pieces of butter and a few grains of salt. Add a layer of thinly sliced peeled apple. Alternate potatoes and apples, adding butter and sugar until materials are used. Add water. Cook in oven until apples are mushy. (Serves six.)

Mildred Newman Neasmithe, Buffalo, N. Y. Syracuse University.

MARSHMALLOWSWEET POTATO

Boil sweet potatoes, peel, mash; add seasoning and butter. Put in buttered baking dish; cover top with marshmallows and place in oven until marshmallows are melted; then put under flame and brown.

Charlotte Dines, Evanston, Ill. Northwestern University.

CORN FRITTERS

- 1 egg beaten light
- 2 tablespoons flour
- 1 cup corn
- Salt and pepper to taste

Mix and sift dry ingredients; add milk gradually and egg well-beaten. Mash eggplant and remove large pieces of skin. Add warm eggplant to batter and beat mixture until thoroughly mixed. Fry either in deep fat or in a large amount of fat in a frying pan.

Mary Jane Weir Colmey, Kirkwood, Mo. University of Illinois.

EGGPLANT FRITTERS

Wash a medium sized eggplant and cook in salted water until soft. Make a fritter batter of

- 1 ½ cups flour
- 2 teaspoons baking powder
- 1 egg

Mix and sift dry ingredients; add milk gradually and egg well-beaten. Mash eggplant and remove large pieces of skin. Add warm eggplant to batter and beat mixture until thoroughly mixed. Fry either in deep fat or in a large amount of fat in a frying pan.

Lucile Robertson, Evanston, Ill. University of Wisconsin.

STUFFED EGGPLANT

(Southern Style)

- 1 eggplant
- 1 small onion, chopped fine
- 2 or 3 tablespoons bread crumbs

Scoop out eggplant and soak in salt water one hour. Pour off water and parboil ½ hour. Mix with egg, butter, salt, onion and bread crumbs and refill shell. Bake in pan with a little water 30 to 40 minutes.

Elizabeth Manker Dobbin, Wilmette, Ill. Northwestern University.
BAKED ASPARAGUS
1 bunch fresh asparagus  
1 cup soft bread crumbs  
½ cup dried buttered crumbs  
2 cups milk  
½ cup grated cheese  
¾ teaspoon pepper  
2 tablespoons butter  
2 tablespoons flour  
4 hard cooked eggs  
1 teaspoon salt

Boil or steam asparagus until tender; drain and cut in 1-inch pieces. Make a sauce of butter, flour, milk, seasonings and crumbs. Put a layer of asparagus in bottom of casserole; add sauce and hard cooked eggs, chopped. Repeat until dish is filled. Sprinkle with dried buttered crumbs, mixed with the cheese. Bake about 20 minutes in moderate oven.

Lucile Robertson, Evanston, Ill. University of Wisconsin.

CREOLE SPAGHETTI
1 large pkg. Red Cross Spaghetti  
Boil together 2 onions, 1 lb. can tomatoes  
chopped beef  
Salt and paprika  
1 tablespoon Worcestershire sauce

Cook ¾ of an hour; last five minutes add 1 large can mushrooms if desired. Mix with spaghetti. Put on platter. Sprinkle with cheese. Put in oven till cheese is melted. Serves eight.


MACARONI CROQUETTES
4 tablespoons grated cheese  
2 cups boiled macaroni (chop)  
Sauce
1 teaspoon butter  
1 tablespoon flour
¾ cup sweet milk  
Mix with sauce. Pour on buttered platter and let cool several hours. Cut into squares and fry in deep fat. Cook until thick and season. (Serves four.)

Frances Morris, Corvallis, Ore. Oregon Agricultural College.

MACARONI OR SPAGHETTI WITH TOMATO SAUCE
1 package of macaroni or spaghetti  
1 green pepper (cut fine)  
Pinch of sugar  
1 tablespoon flour  
¾ pound of bacon (cut fine)  
1 onion (cut fine)  
1 small can of tomatoes  
Salt and pepper to taste  
1 tablespoon butter

Cook macaroni or spaghetti in rapidly boiling salted water until tender; drain, rinse in cold water and drain again. In another pan fry the finely cut bacon; add the onions and green pepper and fry again. Add the tomatoes, salt and pepper to taste, and sugar to this mixture and let come to a boil. When boiling add to it a gravy made of the flour, butter and sufficient water to make it smooth. Pour this mixture made in the frying pan over the macaroni or spaghetti. (Serves eight.)

Myrtle Meyer, Chicago, Ill. Northwestern University.

SPANISH RICE
Fry several minutes in casserole two tablespoons rice, one onion sliced and two tablespoons butter. Add one pint of tomatoes and one green pepper and season. Bake until rice is soft.

Virginia Stevenson Mershon, Pittsburgh, Pa. Syracuse University.
MACARONI LOAF
1 cup hot milk, over 1 cup bread crumbs
1 cup cooked macaroni cut 1 cup grated cheese
fine (or Creamettes)
Little onion juice 1 green pepper cut fine or
Salt put through grinder
Bake in a pan set in another pan of hot water, as for custards. Pimento-
toes and parsley may be added if desired. Serve with tomato sauce or mushroom sauce.

Eliza Dickey Manning, Wayzata, Minn. University of Minnesota.

STUFFED GREEN PEPPERS
10 good sized peppers with 2 large ears of corn
tops cut off
4 medium-sized tomatoes 1 onion
1 green pepper Handful of bread crumbs (or
1 tablespoon butter more according to moist-
Season to suit taste with pepper and salt
Chop the onions, tomatoes and pepper fine. Add \frac{1}{3} pound of
Hamburg steak (or leftover roast) to the chopped ingredients and
mix all together. Make about the consistency of turkey dressing.
Serve with tomato sauce, grated cheese, and ripe olives.

Alice M. Johns, Berkeley, Calif. University of California.

VEGETABLE LOAF (LEFTOVERS)
Essentials
1 cup cooked tomatoes 1 egg
1 teaspoon each salt and sage 1 cup uncooked sausage (\frac{1}{4}
And onion if desired pound)
Add any other leftovers you happen to have, such as cooked pota-
toes, carrots, peas, beans or moistened stale bread. Enough to fill
a loaf tin. Bake about one hour.

Vesta B. Simpson, Winnetka, Ill. Northwestern University.

BOSTON ROAST
Cook two cups dry kidney beans until tender, or use one can of
kidney beans. Chop beans, add one cup bread crumbs, two cups
grated cheese, one tablespoon onion. Salt to taste. Bake with slices
of bacon on top of loaf until firm. Baste occasionally with hot
water and fat. Serve with tomato sauce.

TOMATO SAUCE
Heat one can tomatoes and one teaspoon minced onion. Rub
through sieve. Melt one tablespoon fat, add two tablespoons flour
and seasoning of one teaspoon salt and pepper. Add tomato, cook
ten minutes.

Eleanor Svoboda, Cedar Rapids, la. Coe College.

CREAMED CAULIFLOWER WITH HAM
1 head of cauliflower 3 well beaten eggs
2 cups of white sauce \frac{1}{4} cup of finely chopped
3 well beaten eggs cooked ham
Trim the cauliflower and boil it in boiling salted water until it is
tender; drain and rub through a sieve. Add the eggs and one cup-
ful of the white sauce to the cauliflower and pour the mixture into
a buttered mold. Bake until firm. Turn out on a hot, flat dish,
cover with remainder of the sauce and sprinkle over with the ham.

Louise Brownell, Cedar Rapids, la. Coe College.
BEANS A LA TOMATO

1 pint navy beans  1 tablespoon sugar
1 pint tomatoes  1 onion
1 cup cream  Salt

Pepper

Pour off most of the water after cooking beans. Add other ingredients, salt and pepper to taste. Cook all together till onion is tender. Brown in oven. (Serves six.)

Vesta Knott Larrimore, Tipton, Ind.
De Pauw University.

GREEN STRING BEANS
(A LA SOUTHERN)

String, snap and wash beans. Put beans in kettle, salt, cover with water and strips of bacon. Add three or four medium sized onions and boil for two hours, or until beans are very tender. Beans are best when cooked very slow but need to be watched carefully.

Marion Spangler, Bradford, Pa.
Allegheny College.

CORN TAMALE

1 can corn  1 1/2 can tomatoes
1 cup yellow cornmeal  1 teaspoon Grandma’s pepper (spice)
1 bottle stuffed olives  1 clove garlic
1 cup milk  Salt to taste

Mix and bake one hour in moderate oven.

Rita Benedict, Lodi, Calif.
University of California.

SQUASH MASH

Beat two or three eggs. Stir into eggs, one cup grated cheese, a little garlic, parsley, and green pepper chopped fine. Add a slice of soaked bread, a little sweet marjoram, one tablespoon olive oil, and salt. To this add squash after it has been boiled tender. Bake in dripping pan until brown.

A good way to serve the leftover vegetables.

Alice M. Johns, Berkeley, Calif.
University of California.

VEGETABLE CHOP SUEY

1 cup spaghetti  1 can tomatoes
1 large onion  1/2 cup celery
1/2 cup meat—fresh or left-overs

Boil spaghetti in salted water until tender. Drain and rinse with cold water. Add to remainder of mixture, which has been prepared in meantime. Put in buttered baking dish and bake one-half hour. Stuffed olives are a good addition. (Serves four.)

Winifred Montgomery, Marseilles, Ill.
University of Illinois.

FRIED TOMATOES

Wash and cut in half six ripe unpeeled tomatoes. Place in frying pan, cut-side up. Season each tomato with 1/4 teaspoonful sugar and salt and pepper. Put a little water in bottom of pan and boil slowly until tomatoes are tender. Then remove tomatoes to a platter and boil down juice until brown. Add four level tablespoons butter, four level tablespoons flour, and two cups of milk. Make like cream sauce, and pour over tomatoes and serve.

Margaret Dow, Toronto, Can.
University of Toronto.
STUFFED ONIONS

Remove skin of onions. Parboil ten minutes in boiling salted water to cover, turn upside down to cool. Then remove part of center. Fill cavities with equal parts of equally fine chopped cooked chicken or meat, stale bread crumbs and onion that has been removed from onion shells. Season with salt and pepper and moisten with cream or melted butter, place in a shallow buttered baking pan. Sprinkle with buttered bread crumbs and bake until onions are soft.

Frances Linn, Sumner, la.
Iowa State College.

BOSTON BAKED BEANS

Soak one pound of navy beans twelve hours. Drain. Place in a three-quart earthen receptacle. Add four tablespoons of brown sugar, one tablespoon of salt, one bottle of catsup, one sliced onion, \( \frac{1}{4} \) pound of bacon, sliced. Fill the receptacle with cold water. Bring to a boil and keep at boiling point for twelve hours. Bake until dry.

Edith V. Grupe, Buffalo, N. Y.
University of Buffalo.

SPINACH

2 pounds spinach  
1 onion  
2 tablespoons fat  
1 tablespoon flour

Boil spinach till tender. Drain and rinse in cold water. Put on chopping board and chop very fine. While spinach is boiling, heat fat and put in finely chopped onion. Heat onion slowly so it gets soft without getting fried. When onion is soft, add tablespoon of flour and seasonings. Add water. Stir thoroughly till blended. Put in spinach and let cook gently for five minutes.

Penn Shelton, Chicago, Ill.
University of Wisconsin.

CARROT TIMBALES

Wash and scrape carrots. Cut in thin slices lengthwise. There should be one quart, packed solidly. Cook in two tablespoons of butter, stirring constantly, for ten minutes. Then cover with boiling water or stock and cook until soft. Drain and force through strainer. Add two whole eggs and one egg yolk slightly beaten. Season with salt and pepper. Fill buttered timbale moulds two thirds full and garnish with hard boiled egg cut in fancy shapes. Set in pan of hot water. Bake fifteen minutes.

Marion Edgerton Simpson, Fulton, N. Y.
Syracuse University.

SPAGHETTI A LA NEW ORLEANS

1\( \frac{1}{2} \) pounds spaghetti  
1 can tomatoes  
3 small cloves of garlic

\( \frac{1}{4} \) pound grated cheese

Chop pork, put in pan; when hot put in meat; sear well and brown; add chopped onion, garlic, parsley. When onion is yellow add a little water and let simmer. Cook tomatoes separately to one-half its contents. Add meat, season, cook until meat is tender.

To four quarts water (boil) add spaghetti and gravy and cheese.

Charlotte Dines, Evanston, Ill.
Northwestern University.
BAKED SQUASH
1 large onion (cut up fine) 2 pieces garlic (cut up fine)
½ bell pepper (cut up fine) Small cup parsley (cut up fine)
1 tablespoon lard

Melt lard and fry above ingredients. Boil squash cut in halves. When soft scoop out interior; mix with other ingredients in frying pan, and add about 2 slices of soaked bread. Mix thoroughly and fry a long time. Fill shells of squash with this mixture. Put bread crumbs on top of all and bake in oven for about 20 minutes.

Blanche Bobbitt, Los Angeles, Calif.
University of Southern California.

FRIED RICE

Orie generous cup boiled rice. Dice two or three slices of bacon, fry, add one-half onion cut fine—fried brown. Add rice, then push all that to one side in the pan. Beat two eggs well and fry in same pan. Scramble all together. Salt. Serve at once.

Mildred Hadley Baker, Evanston, Ill.
Northwestern University.

SPANISH RICE
Wash one cup rice. Cook in one tablespoon of butter until coated. Add two cups strained tomato juice, two cups water, and one onion chopped fine. Salt and pepper. Add pimentoes and celery if desired. Bake two hours. Serves eight.

Edith Whaples, Neponset, Ill.
Northwestern University.

ONIONS AND TOMATOES
Slice onion and cook in water with a very little red sweet pepper or chili pepper, until soft. Use no more water than necessary to cook the onion soft. Add to boiling tomatoes in about the proportion of a tablespoonful of the cooked onion to a cup of the boiling tomatoes. Add a very small pinch of salt and four or five times as much sugar, and a little butter.

Marion Brown Comeliussen,
University of Illinois.

EGG PLANT A LA CREOLE
Peel egg plant and dice large. Cover with clear cold water and bring to a boil. Then grain and add a little salt and enough fresh water to cook nearly soft. When nearly soft and still hot, add hot tomato sauce and simmer till soft or put in fireless cooker. Let stand awhile to mellow before serving.

Tomato Sauce
Fry some sliced bacon, then drain the bacon and use the fat to fry some onion, stirring all the time. Fry until golden brown and soft. At the same time have tomatoes with a little sweet pepper or chili pepper, simmering. Crush the bacon very small, add to the tomatoes, and then add the fried onion while hot. Be sure the tomatoes and onions are both hot when they are put together.

Marion Brown Comeliussen,
University of Illinois.

HARVARD BEETS OR FRENCH BEETS
2 cups cooked beets
½ cup vinegar
3 tablespoons butter

Salt
Black pepper

Cut cooked beets in strips or cubes. Make sauce of other ingredients. When done add beets, heat and serve. If vinegar is strong use less and dilute it with water.

Doris Bunnelle, Corvallis, Ore.
Oregon Agricultural College.
SCALLOPED EGGPLANT

Peel and cut into short strips, place in cold salt water for one hour. Boil until clear and soft, but not broken. Drain, put strips in buttered baking dish. Add butter, pepper and salt, then layer of fine bread crumbs, and so on until dish is full. Make last layer thicker than others, and soak with cream. Bake covered one-half hour, then remove cover to brown.

Ella Record, Cambridge, Ill.
University of Illinois.

SPANISH RICE

One large onion chopped fine and fried in brown grease. One cup rice—cook well and dry. Boil two cups tomatoes and 1/4 teaspoon red pepper together. Mix all. Season with salt. Add one teaspoon of butter. Bake until thoroughly heated.

Blanche Bobbitt, Los Angeles, Calif.
University of Southern California.

SCALLOPED CARROTS AND TOMATOES

Slice carrots and tomatoes and lay in casserole, first a layer of one, then the other, with addition of finely chopped onion. Add a little water and lay several strips of bacon over top and bake in moderate oven.

Jeanette Moore, Corvallis, Ore.
Oregon Agricultural College.

CABBAGE SLAW

Chop very fine in chopping bowl 1/2 head white cabbage, 1/2 green pepper, one small onion, four stalks celery and one medium size carrot (all raw vegetables). Salt to taste and mix well with dressing made of 1/2 cup granulated sugar and 1/4 cup cider vinegar (dilute if very strong).

Josephine Compton, Ann Arbor, Mich.
University of Michigan.

BAKED PARSNIPS

Boil parsnips until soft. Drain off water and mash smooth. Season with salt and pepper and turn into a small buttered baking dish. Cover with rolled crackers and pieces of butter. Brown in a hot oven.

Helen R. Murray, Los Angeles, Calif.
University of Southern California.

STUFFED TOMATOES

6 medium sized tomatoes 2 tablespoons melted butter
1 cup soft bread crumbs 1 tablespoon salt
1/8 teaspoon pepper

Wash tomatoes, cut thin slices from stem end of each, take out seeds and pulp and drain off most of the liquid. Mix the crumbs, butter and seasoning and add to tomato pulp. Sprinkle inside of tomato cup with salt and pepper. Refill the tomatoes with the mixture. Place in a buttered pan. Sprinkle with buttered crumbs. Bake twenty minutes in hot oven.

Note: Chopped meat, oysters, green peppers, sweet corn or celery may be added to the stuffing.

Cora Wendt, Bloomington, Ill.
Illinois Wesleyan University.
STUFFED PEPPERS WITH CHEESE

6 green peppers
4 1/2 tablespoons rice (uncooked)
3/4 tablespoons flour
3/4 cup grated cheese

Cook rice and add flour (which has been mixed well with tomato juice), tomato and onion juices, salt and crumbs. Mix well and place inside peppers. Put grated cheese on top. Bake in moderate oven about 45 minutes.

Doris Bunnelle, Corvallis, Ore. Oregon Agricultural College.

CABBAGE AU GRATIN

3/4 head cabbage
5/8 cup white sauce
3 tablespoons cheese
3/4 cup grated cheese

Make white sauce in double boiler. In a casserole, put in alternate layers of finely chopped cabbage, white sauce and crumbs. Season. Grate cheese on top and put in hot oven long enough for cheese to melt. Serves six.


FRANCONIA POTATOES

Wash and peel small potatoes and cook until almost done. Drain and let stand until cold. Heat frying pan and put in a large amount of fat. When hot, add potatoes and fry until a golden brown. Remove from fire and season with salt and pepper. Serve hot.

Note: Potatoes may be immersed in fat and fried as doughnuts, but frying pan method produces just as good results.

Charlotte Geer Wilcox, Stockbridge, Mass. Wesleyan University.
Salads & Dressings

GOOD SALAD TO SERVE WITH BAKED FISH
2 oranges (cut into small sections) ½ cup chopped celery
½ cup boiled salad dressing

Josephine Eddy, Evanston, Ill.
Michigan Agriculture College.

TUNA FISH SALAD
Six or eight potatoes diced, one can tuna fish, one cup chopped celery, add little cucumber, three tablespoons chopped green pepper or parsley, moisten with mayonnaise. Season to taste. Serve on cup shaped leaves of lettuce. Garnish with radish roses.

Ethel Krauter Bell, Chicago, Ill.
Northwestern University.

TOMATO TUNA FISH SALAD
1 envelope gelatine, soaked in ½ cup cold water
2 tablespoons vinegar
Pint can tomatoes
Salt tomatoes and boil for ten minutes. Add gelatine and vinegar. When dissolved strain. When chilled enough that it begins to set, add small can of Tuna fish, flaked. Mix thoroughly and pour into mold dipped in cold water. Serve on lettuce with salad dressing.

Ruth M. Bielby, Syracuse, N. Y.
Syracuse University.

SALMON SALAD
1 can salmon
⅔ cup olives
3 hard cooked eggs
Use a cooked dressing. Mix everything just before adding salmon. Do this by tossing the materials with a fork. Be careful that pieces of salmon are not too fine or mushy. Serve on lettuce leaves.

Jessie Richman, Villa Grove, Ill.
Illinois Wesleyan University.

MOULDED SALMON SALAD
1 can or 1 cup salmon
½ teaspoon salt
½ tablespoon mustard
Cayenne
⅔ cup cold water
Make soft custard of milk, eggs, dry ingredients and vinegar. Soften gelatine in cold water and dissolve in custard. Add salmon. Mould, chill and serve with mayonnaise.

Irene Madill, Toronto, Can.
University of Toronto.

CRAB SALAD LOAF
1 cup crab meat
1 cup cabbage
1 cup celery
1 cup whipping cream
1 cup mayonnaise
1 tablespoon gelatine
Cut up crab meat into small pieces. Chop celery and cabbage. Whip the cream and add the mayonnaise and gelatine which has been dissolved over hot water. Combine with celery, cabbage and crab. Place in wet mold and chill thoroughly. Serve on lettuce leaves.

Margaret Stout Keeley, Tillamook, Ore.
University of Minnesota.
SALMON LOAF WITH CUCUMBER SAUCE
(Excellent Summer Dish)
Soak ¼ tablespoon gelatine in 2 tablespoons cold water and stir this into 2 tall cans of salmon—flaked. Make the following boiled dressing and stir into the above and then pour into loaf tin to set:
- 1 tablespoon sugar
- ½ teaspoon salt
- 2 tablespoons flour
- 1 teaspoon dry mustard
- ¼ cup milk
- Yolks of 2 raw eggs
- ¼ cup vinegar
- Dash of paprika

CUCUMBER SAUCE
Whip 1 bottle cream, add salt and paprika. Gradually stir in 2 tablespoons vinegar and ½ cucumber which has been diced and drained.

Margaret Chase Schmidt, Evanston, Ill.
Northwestern University.

CRAB SALAD
Remove meat from two fresh crabs leaving pieces as large as possible. For dressing take one cup of mayonnaise to which add:
- ¼ cup of catsup
- ½ cup minced celery
- ¼ cup minced green peppers
- ¼ teaspoon prepared mustard
- ¼ teaspoon horseradish
Mix well and pour over crab meat. Garnish with fresh tomatoes and hard cooked eggs.

Leah Kahn, Seattle, Wash.
University of Washington.

SHRIMP SALAD
Prepare shrimps by cutting into small pieces. Add one-half cup cold peas, one-half cup celery cut fine. Mix well with mayonnaise and serve on lettuce.

Mabel Osborne, Pasadena, Calif.
University of Southern California.

TOMATO SALAD
1 pint canned tomatoes
Salt and red pepper
1 cup chopped white grapes and nutmeats
1 large tablespoon gelatine
¼ cup finely chopped celery
1 green pepper, shredded
Stew and strain tomatoes. Season with salt and red pepper. Add other ingredients and mold. Serve on lettuce with mayonnaise dressing.

Thorborg Swenson, Rockford, Ill.
University of Wisconsin.

SHAMROCK SALAD
(Six Servings)
3 green peppers
1 cup cream cheese
6 stuffed olives
Lettuce
Stuff well washed and scraped peppers with cheese seasoned and mixed with chopped olives. Chill one hour. Cut in slices, serving three or four on each leaf of lettuce.

Ruth Kennish, Kewanee, Ill.
Iowa State College.

BEET AND CELERY SALAD

Edith V. Grupe, Buffalo, N. Y.
University of Buffalo.
KIDNEY BEAN SALAD
3 stalks celery 1 dozen sweet pickles
1 can kidney beans
Dressing
2 tablespoons vinegar 1/2 teaspoon salt
2 tablespoons sugar 1 egg
1 tablespoon (scant) mustard
Mix dry ingredients, add vinegar to them. Bring to the boiling point, cool slightly and add egg well beaten. Bring to boiling point again, stirring constantly. Cool, pour over salad and serve.
Fern Mauer, Bloomington, Ill.
Illinois Wesleyan University.

PEA SALAD
1 can peas
2 hard cooked eggs
3 sweet pickles
Chop or slice eggs, pickles, and radishes. Add a little salt to peas. Combine all ingredients together with mayonnaise.
Gladys Pierce, Greencastle, Ind.
DePauw University.

ROBIN’S EGG SALAD
(Six Servings)
1 cup cream cheese
3/4 cup almond meats
In a nest of shredded lettuce, place five or six small balls of cheese rolled in parsley, an almond being placed in the center of each ball. Serve with French dressing.
Helen Vinson, Algona, Iowa.
Iowa State College.

EGG LILY SALAD
Cut whites of hard cooked eggs from small end nearly to base, into six or eight petals. Do this while the eggs are still warm to prevent egg white from breaking.
Arrange each on a bed of lettuce leaves.
Mix yolks with a good salad dressing, form mixture into cone shaped balls, and place in center of the whites.
Around the edge of yellow ball sprinkle finely chopped parsley.
Now put a little cone of salad dressing at one side and a green olive to represent buds, and the result is a most attractive dish.
Katherine Jeanne Flanagan, Evanston, Ill.
Northwestern University.

CART WHEEL SALAD
Cut tomato down about one half way. Take sliced cucumber and place in each division. Place on cup shaped lettuce leaf. Serve with oil mayonnaise.
Poinsetta Salad is made in the same way only cutting down farther and separating each section. Cut strips of cucumber or celery and put in between each section radiating from the center. Garnish with a salad dressing in the center and a dash of paprika.
Dorothy Dehde, Long Beach, Calif.
University of Southern California.

CUCUMBER SALAD
1 package lemon jello
3/4 pint boiling water
1 medium sized cucumber cut in squares
Pour water on jello, add vinegar and salt. When jelly is cool drop in cucumber. Serve with chopped sweet green peppers, and pimentos and mayonnaise dressing.
Marian Medland, Toronto, Can.
University of Toronto.

COLLEGE WOMAN’S COOK BOOK
40
**PINEAPPLE CUCUMBER SALAD**

1 flat can grated pineapple (half size)  
1 cucumber (about 6 inches long)  
2 tablespoons gelatine (1 envelope Knox)

Soak gelatine in one-half cup cold water. Add to hot fruit juice in which sugar has been dissolved. Chop fruit fine. Mix. Pour in mold and chill. Serve with mayonnaise. Serves ten.  

Russella Cooper Hoven, Chatfield, Minn.  
University of Minnesota.

**FRUIT CHEESE SALAD**

6 dates  
3 figs  
1/2 cup blanched almonds (chopped)

Mix ingredients to a paste and make into balls, serve four to each person on a nest of lettuce leaves, with a mayonnaise to which has been added an equal quantity of whipped cream.  

Colette Humphrey, Jamaica, Mass.  
Boston University.

**CHEESE SALAD**

Line bread pan with an inch layer of tomato aspic jelly; let harden slightly; cover with inch layer of cottage cheese and continue alternating jelly and cheese until pan is filled. Mould. Cut in slices and serve on lettuce with mayonnaise.  

Cassie Wells Woods, Phoenix, N. Y.  
Syracuse University.

(For tomato aspic jelly see Gladys A. Hanna’s recipe—Syracuse, N.Y.)

**SILVER SALAD**

Remove skin and seeds from white grapes and add equal amount of chopped celery and nuts. Mix with mayonnaise to which whipped cream has been added. Garnish with maraschino cherry and lettuce.  

Josephine Compton, Ann Arbor, Mich.  
University of Michigan.

**PEACH SALAD**

1/2 peach on lettuce leaf  
1 cup whipped cream

When cold add:  
1 1/2 cups diced celery  
1 cup chopped salted almonds

Mix with thickened juice and cream and fill in 1/2 of peach. Garnish with cherries if desired.  

Janet Baughman, Akron, Ohio.  
University of Akron.

**LUNCHEON DELIGHT**

One cup chopped pimentos or olives, one half cup chopped almonds; added to two cups well seasoned cottage cheese; place lettuce leaves on large platter; place pears quartered all around and in the center pile the cottage cheese mixed with olives, pimentos and nuts; garnish with long narrow strips of red pimento.  

Margaret Taylor, Kewanee, Ill.  
Northwestern University.

**PEAR SALAD**

Use either fresh or canned pears, halved. Fill the center with a mixture of ground dates, nuts, maraschino cherries and salad dressing. Sprinkle mild ground cheese over whole, and garnish with whole cherries.  

Brad Coppinger Kruger, Berkeley, Calif.  
University of California.
JEWEL SALAD

½ envelope gelatine, soaked in ¼ cup cold water.

Pare, chop and drain cucumber. There should be ½ cup. Chop and drain ¼ cup pineapple. Add gelatine, dissolved in ¼ cup boiling water. Then add following ingredients:

- ½ cup sugar
- ⅓ cup vinegar
- ⅔ cup pineapple syrup
- 1 tablespoon tarragon vinegar
- 1 tablespoon lemon juice
- Few grains salt

Turn into individual molds, dipped in cold water. Chill. Serve on lettuce leaf with salad dressing.

Edith Crounse Kolb, Bethlehem, Pa.

Syracuse University.

ARGYLE SALAD

(Apricot)

Dressing:

- 4 egg yolks beaten
- 4 tablespoons vinegar
- 1 teaspoon butter
- 1 teaspoon salt
- 1 teaspoon mustard
- 1 tablespoon sugar
- Little red pepper

Mix together in double boiler and cook for five minutes after it begins to thicken. Stir constantly. When cool add one cup whipped cream, twelve marshmallows cut fine and one-half cup cut pecans. Drain one can of apricots. Arrange halves on lettuce leaves and serve with above dressing. This serves eight.

Bernice Woehler Taylor, Minneapolis, Minn.

University of Minnesota.

BLACK CHERRY SALAD

- 1 can black cherries
- Small quantity of blanched almonds
- Small bottle pimento stuffed olives
- 2 boxes lemon jello.

Take juice from cherries, add enough water to make a quart of liquid. Bring this to boiling point and dissolve jello in it. Cool, add pitted cherries, olives sliced in thin slices and the half almonds. Pour in shallow pan and when cold cut in squares and serve on lettuce with salad dressing.

Patra M. Houg, Princeton, Minn.

University of Minnesota.

PRUNE SALAD

Large prunes

Creamed cheese

Chopped nuts

Lettuce

Mayonnaise or oil dressing

Stuff prunes with creamed cheese and nuts. Serve in lettuce nests with desired dressing.

Gladys Becker Murphy, Chicago, Ill.

Northwestern University.

FROZEN SALAD

- ¾ pound green grapes
- ¼ pound English walnuts
- ½ pound almonds
- 1 cup salad dressing

Method: Cut fine the seeded grapes, cherries and nut meats. Grind oranges and a small piece of citron. Dissolve gelatine; whip cream and add to salad dressing and fruit mixture. Put in mould. Let it stand four hours. (Put piece of oil paper in mould as it helps to get it out.)

Helen G. Burgert, Cedar Rapids, Iowa

Coe College.
CHERRY SALAD

1 package lemon jello  
1 quart can red cherries  
1 cup chopped celery  
½ cup broken black walnuts

Mix one pint heated cherry juice with the jello (or cherry juice and water); when beginning to harden add two cups strained cherries, walnuts, one cup celery and pimento olives sliced. Put in individual molds. Serve on lettuce leaves with mayonnaise and whipped cream on top.

Margaret Middlekauf, Chicago, Ill.  
University of Wisconsin.

NIPPY SALAD

1 package lemon jello  
2 stalk celery  
2 dill pickles  
1 apple

Cut jello in squares, place on a lettuce leaf on a salad plate. Cut up pickles, apple and celery. Mix together and put a couple of teaspoonfuls around the jello. Put on mayonnaise and sprinkle nut meats on the top.

Florence Chestnutt, Akron, Ohio.  
University of Akron.

SALAD

Slice top from large red apple and scoop out the pulp. Mix with finely chopped celery, broken walnut meats, and mayonnaise made without mustard. Fill apple shells, put on lids, serve on lettuce leaves.

Leonore Berlin, Coudersport, Pa.  
Allegheny College.

DATE SALAD

1 pound dates  
3 oranges  
1 head lettuce

Clean and stone dates, cut in thin strips; mix apples, celery and half dates with dressing, place the sliced orange on shredded lettuce, spread evenly with apple and celery mixture, continue until all is used, and top with dressing, and garnish with the rest of the dates.

Margaret Brainard, Brookline, Mass.  
Boston University.

PINEAPPLE SALAD

1 can sliced pineapple  
Dates  
English walnuts  
Maraschino cherries  
Whipped cream

Put lettuce on plate, then a slice of pineapple, three dates which have been stuffed with walnut meats and rolled in powdered sugar. Cover with whipped cream and put a cherry on top.

Ruth Palmer, Akron, Ohio.  
University of Akron.

FLUFFY SALAD

Cabbage  
2 cups shredded pineapple  
3 dozen marshmallows  
6 tablespoons mayonnaise

Salt six cups of shredded cabbage to taste, add two cups of shredded pineapple. Stir in the whipped cream to which the mayonnaise has been added.

Aloha Mehl Carlin, Goshen, Ind.  
De Pauw University.
BUTTERFLY SALAD
Take one slice of pineapple cut in half, lay on lettuce leaf so the two rounded sides meet in middle. Take a seeded date and use for body and broken Trilby sticks or orange peel for feelers. Put sliced stuffed olive on each corner of wings. Put a spoonful of salad dressing between feelers for the honey.


TWENTY-FOUR HOUR SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 large can sliced pineapple</td>
<td></td>
</tr>
<tr>
<td>½ pound marshmallows</td>
<td></td>
</tr>
<tr>
<td>1 pound almonds (in shell)</td>
<td></td>
</tr>
<tr>
<td>blanched</td>
<td></td>
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<tr>
<td>2 pint whipping cream</td>
<td></td>
</tr>
<tr>
<td>½ pint cream</td>
<td></td>
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<tr>
<td>Pinch of salt</td>
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</tbody>
</table>

2 tablespoons of sugar

Place over fire in a double boiler one-half pint of ordinary cream. When partially heated, add the well beaten yolks of four eggs, pinch of salt and two tablespoons of sugar. When thick, remove from fire and set aside to cool.

While this custard is cooling, drain the juice from the pineapple and cut the fruit into long slices. To the cut up pineapple add the cut almonds and marshmallows (each cut in six pieces).

Fold pineapple, almonds and marshmallows together with a fork. Then pour over this mixture the cold custard. When thoroughly mixed, fold in one-half pint of whipped cream.

A tablespoon of lemon may be added if you prefer.

Set in a cool place until the next day, or you can make it in the morning and put it in the ice-box until evening. This serves from twelve to fifteen persons.

Clotilde Paulson Walstad, Minneapolis, Minn. University of Minnesota.

CANDLE SALAD

Place a slice of pineapple on a nest of lettuce leaves. Slice a banana into four parts lengthwise, and stick one section upright in the hole in the center of each piece of pineapple. Shake a spoonful of mayonnaise and whipped cream mixed over the top of the banana to represent the wax of the candle running down. Then on the very top place a maraschino cherry for the light.

Doris Dyer, Portland, Me. Boston University.

CRANBERRY SALAD

2 cups cranberries 2 cups sugar

Cook five minutes

Dissolve one package lemon jello in ¼ cup boiling water. Pour together the cooked cranberry and jello. Add one cup chopped celery; nuts. Cool and serve with salad dressing.

Helen G. Burgert, Cedar Rapids, Ia. Coe College.

CALIFORNIA FRUIT SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 large slices of pineapple</td>
<td></td>
</tr>
<tr>
<td>3 halves of pears</td>
<td></td>
</tr>
<tr>
<td>3 halves of peaches</td>
<td></td>
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<tr>
<td>1 orange</td>
<td></td>
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<tr>
<td>1 grapefruit</td>
<td></td>
</tr>
<tr>
<td>½ can wax cherries</td>
<td></td>
</tr>
<tr>
<td>½ pound marshmallows</td>
<td></td>
</tr>
<tr>
<td>½ pint maraschino cherries</td>
<td></td>
</tr>
<tr>
<td>1 pint whipped cream</td>
<td></td>
</tr>
</tbody>
</table>

Dice pineapple, pears, peaches, orange, grapefruit, and wax cherries and mix thoroughly. Serve on lettuce leaves and garnish with whipped cream, maraschino cherries and marshmallows. Color scheme is red, buff and green and makes an attractive salad.

Margaret Calder Leib, Baltimore, Md. Goucher College.
CANTALOUPE SALAD, A LA MEXICAN STYLE

2 cantaloupes  
Salt  
Paprika  
⅛ cup bread crumbs

Cut the edible portions of the cantaloupes into small pieces. Sprinkle with seasonings. Add the cream beaten very stiff, to which the dissolved gelatine has been added. Beat well until thoroughly mixed. When it begins to set turn into melon mold, which has been wet in cold water. Bury in ice and salt for at least two hours. When ready to serve wipe the mold with a cloth wet in cold water, and turn on a bed of lettuce, surrounded with a very delicate, pink mayonnaise.

Emily M. Brown, Honesdale, Pa.
Syracuse University.

ORANGE PEANUT SALAD

1 banana  
2 oranges  
½ cup peanuts  
Lettuce

French dressing

Remove skin from banana; scrape, and cut in quarters (lengthwise), and thirds (crosswise), and roll in peanuts, finely chopped. Pare oranges, cut in slices (crosswise); stamp out center, and insert a piece of banana through each slice. Arrange on bed of lettuce, and serve with French dressing.

Gladys Duvall, Corvallis, Ore.
Oregon Agricultural College.

MAYONNAISE DRESSING

1 teaspoon mustard  
1 teaspoon salt  
1 teaspoon powdered sugar  
Sprinkle of cayenne pepper or paprika  
Yolks of 2 eggs  
2 tablespoons lemon juice  
2 tablespoons vinegar  
1⅔ cups olive oil

Mix dry ingredients, add egg yolks and when well mixed, add ⅛ teaspoon vinegar. Add oil gradually (drop by drop), beating constantly. As mixture thickens, thin with vinegar or lemon juice. Add oil and vinegar alternately, until all is used, beating constantly.

Note: Dressing will separate if oil is added too rapidly. A smooth consistency may be restored by taking another egg yolk and slowly adding curdled mixture to it or by adding the curdled mixture very slowly to ice water (one teaspoon to one tablespoon—depending on degree of separation of dressing). Any salad oil may be substituted for olive oil.

Lucile Robertson, Evanston, Ill.
University of Wisconsin.

THOUSAND ISLAND SALAD DRESSING

2 egg yolks  
1 pint salad or olive oil  
Small bottle olives  
2 canned red pimentos  
2 hard boiled eggs  
2 blades chives or a little onion juice  
Vinegar  
Salt  
Paprika

Put egg yolks in bowl and beat with either fork or egg beater. Then add oil a few drops at a time beating constantly. When all the oil is used this mixture should be very thick. Then add vinegar to the consistency of whipped cream. Add salt and paprika to taste. Then add other ingredients—olives, pimentos, eggs and chives, all chopped very fine.

Bernice Grantham, Chicago, Ill.
Northwestern University.
POPULAR "COOKED" MAYONNAISE

Make a white sauce of one cupful water, ½ cupful flour, one tablespoonful salad oil. Cook thoroughly (about thirty minutes) in a double boiler. Place in a bowl
1 egg or 2 egg yolks 1 cupful vinegar
1 teaspoonful salt ½ teaspoonful paprika
Mix the seasonings thoroughly with the egg yolks. Add ⅔ cupful of vinegar slowly to the mixture. Pour one cupful of oil over this mixture; do not stir. Then pour the hot white sauce over this mixture. Beat with an egg beater or wire whisk for three to five minutes. Serve as you would the regular mayonnaise.

Note: Two tablespoonfuls of lemon juice and two tablespoonfuls of cider vinegar may be substituted for the ⅔ cup of vinegar.

Lucile Robertson, Evanston, Ill. University of Wisconsin.

EGYPTIAN SALAD DRESSING

1 cup cooked salad dressing 1 hard cooked egg, diced or sliced
½ cup olive oil
¼ cup Heinz chili sauce Dash of paprika
2 or 3 tablespoons chopped green peppers

Add olive oil gradually to cooked dressing; then add chili sauce, peppers, egg and paprika. A good dressing for head lettuce and serves from four to six persons.

Carro Buchanan Musberger, Minneapolis, Minn. University of Wisconsin.

FRENCH DRESSING

⅔ teaspoon salt 1 tablespoon vinegar
½ teaspoon paprika 3 tablespoons olive oil

Mix ingredients and stir until well blended.


SALAD DRESSING (Boiled)

1 tablespoon mustard ¼ teaspoon white pepper
4 tablespoons flour ¼ cup vinegar
6 tablespoons sugar 2 eggs
1 teaspoon salt 1⅔ cups hot milk

Mix dry ingredients in order given, add vinegar, beaten eggs and milk. Cook in double boiler until thick. When ready to use, thin with cream.

Marguerite Rickert Jones, St. Louis, Mo. University of Wisconsin.

SALAD DRESSING

2 cups sour milk or cream 1 teaspoon mustard
4 eggs 1 teaspoon salt
1 tablespoon sugar to 1 cup cream 1 teaspoon pepper

Beat eggs and cream. Cook in double boiler until thick. Remove from fire, cool and add ⅔ cup vinegar to every cup sour cream used.


ONE MINUTE SALAD DRESSING (Uncooked)

2 eggs 1 teaspoon dry mustard
½ cup melted butter 1 can Leder or Eagle Brand condensed milk
Salt 1 cup vinegar

Directions: Beat eggs well, add butter, salt, mustard, milk, and then vinegar. Beat well.

ROQUEFORT CHEESE DRESSING  
(For Salads)
6 tablespoons olive oil  
3 tablespoons vinegar or lemon juice  
½ teaspoon salt  
½ teaspoon paprika  
1 tablespoon finely chopped Roquefort cheese

Stir well, or pour ingredients into a bottle, cork, and shake well. The proportions of oil and vinegar may be reversed if desired.

Marguerite Rickert Jones, St. Louis, Mo. University of Wisconsin.

SWEET CREAM DRESSING

1 egg  
6 tablespoons sugar  
1 tablespoon butter  
3 tablespoons of sweet milk  
Juice of one-half lemon

Add sugar to egg and whip until thoroughly mixed. Add lemon juice, butter, and sweet milk. Cook in double boiler, stir constantly until thick. Cool. Serve with any salad.

Ruth Cook, Poplar Bluff, Mo. University of Missouri.

PINEAPPLE SALAD DRESSING  
(For Fruit Salad)
1 ½ tablespoons butter  
½ cup sugar  
1 tablespoon flour  
2 eggs  
Pineapple juice  
½ pint whipped cream

Cream butter and sugar, add flour and the beaten eggs. Heat juice of one large can sliced pineapple and add to above mixture. Cook until thick (about three minutes over flame—longer in double boiler). Cool and add whipped cream. This makes dressing enough for salad for twelve people.

Virginia Green, Berkeley, Calif. University of California.

FRUIT SALAD DRESSING

½ cup pineapple juice  
½ cup orange juice  
Juice of ½ lemon  
½ cup sugar  
1 tablespoon flour  
3 tablespoons water  
1 egg  
½ cup whipped cream

Scald fruit juices, mix sugar, flour and water to paste. Add beaten egg, stir in juice. Cook in double boiler until thick. When ready to use add whipped cream. Serves ten or twelve.

Helen Bayne, Bloomington, Ill. Illinois Wesleyan University.
**Sandwiches & Fillings**

**PYRAMID SANDWICH**

Strawberry jam  
Cream cheese  
Lettuce  
Mayonnaise  
Caviar  
Bit of pimento  
Slice cucumber  
Slice tomato  
Slice chicken  
Chopped olives  
Chopped nuts

Slice seven pieces sandwich bread, remove crusts, cutting each successive slice a little smaller than the last.

**Bottom layer:** On largest slice spread strawberry jam.

**Next layer:** Spread with cheese, sprinkle chopped nuts in center. Place on first layer and stick together with toothpicks.

**Third layer:** On bit of lettuce spread mayonnaise, add slice of tomato. Place on second layer and stick with toothpicks.

**Fourth layer:** On lettuce spread mayonnaise, add slice of chicken. Fasten on other layers with toothpicks.

**Fifth layer:** On lettuce spread mayonnaise, add slice of cucumber. Toothpicks.

**Sixth layer:** Spread with cheese, sprinkle with chopped olives in center. Toothpicks.

**Seventh and top layer:** Spread with cheese, sprinkle caviar in center, add bit of pimento. Stick firmly with toothpicks.

**DENVER SANDWICHES**

1 quart ground raw ham  
6 eggs beaten up (carry in pint jar)  
1 cut ground onion

Fry onions in butter until tender. Put in raw ham and cook slowly until done, but not very brown. Put in beaten eggs and cook until right to spread between slices of bread. Serve with coffee. Good for picnics—cooked over open fire.

**LUNCHEON SANDWICHES**

Cut a loaf of sandwich bread lengthwise into four slices. Cut off outer crusts. Between each slice put a thick layer of cottage or cream cheese. Cover top and sides with thick layer of tomato aspic jelly which has been allowed to cool but not become stiff. Use a broad knife or spatula to manipulate the jelly.

Serve in cubes or any desired shape on lettuce with mayonnaise.

**Tomato Aspic Jelly**

2½ cups cooked tomato  
1 slice of onion  
Stalk of celery  
2 tablespoons gelatine  
2 or 3 cloves  
Bay leaf  
Salt and pepper  
2 tablespoons sugar  
1½ tablespoons vinegar

Cook tomato and seasonings (not vinegar) then strain into 2 tablespoons gelatine, soaked in ¾ cup cold water and dissolved over hot water. Add vinegar and pour into shallow pan. When beginning to set, put in asparagus tips, olives or other cooked vegetables sliced thin or diced.

**Gladys Adams Hanna,** Hemlock, N. Y.  
Syracuse University.
TOASTED CHICKEN SANDWICHES
Place sliced chicken between buttered slices of bread, spread with a little finely chopped Roquefort cheese, and toast on both sides in oven.

Marguerite Rickert Jones, St. Louis, Mo.
University of Wisconsin.

ST. PATRICK’S SANDWICHES
Cut the bread thin and butter the slices, then spread cream cheese over them. Add either finely chopped green peppers or chopped parsley. The latter can be arranged in the shape of a tiny tree or shamrock. These sandwiches should be open ones.

Mary Louise Brown, Appleton, Wis.
De Pauw University

SNAPPY SANDWICHES
Small jar of peanut butter 1 green pepper (chopped finely)
6 slices of crisply fried and cooled bacon (chopped finely)
Mix these ingredients with sufficient mayonnaise so that it will spread easily. This will make thirty sandwiches.

Mary Louise Brown, Appleton, Wis.
De Pauw University.

FAIRMOUNT SANDWICHES
Spread three oblong pieces of bread with butter on both sides, two slices on one side. Put together with a mixture of chopped green and red peppers, celery and mayonnaise. Wrap in cheese cloth and press under a weight. Cut into slices.

Bessie Alford, Bloomington, Ill.
Illinois Wesleyan University.

CLOVER LEAF SANDWICHES
2 green peppers 1 loaf sandwich bread
½ pound English walnut meats ¼ pound butter
1 package Philadelphia cream cheese
Remove the center of the peppers. Chop the walnuts and mix with the cream cheese. Fill the peppers with this paste of cream cheese and nuts and cut the peppers crosswise in thick slices. Cut the loaf of bread in thin slices, butter very sparingly and place a slice of stuffed pepper between the bread.

Margaret Calder Leib, Baltimore, Md.
Goucher College.

CHECKER SANDWICHES
Cut three thick slices each of white and brown bread. Spread one white with butter and cream cheese and place brown on it. Spread this slice and place a white slice on it. Repeat this process, starting with a brown slice. Put each in cheese cloth under weights. Trim and cut each in 1½-inch slices. Spread with butter and put together so that a white block alternates with a brown. Press again and slice thinly.

Josephine Eddy, Evanston, Ill.
Michigan Agricultural College.

DAINTY SANDWICHES
Slice sandwich bread thinly.
Cut circles from the slices with a cookie cutter.
Spread with butter; add a slice of lettuce and cream cheese.
Place a strip of pimento across the center of the slice.
Cut a hole in the upper slice about the size of a thimble.
Place on top of lower slice so that the red pimento shows through this hole.

Helen C. Pierson, Syracuse, N. Y.
Syracuse University.
OLIVE AND NUT SANDWICHES
One bottle of stuffed olives ground with enough walnut meats to
make about half and half. Mix with mayonnaise and spread on
bread for sandwiches.  

Leona Smith, Akron, Ohio. 
University of Akron.

CHECKERBOARD SANDWICHES
Cut three slices each of white and graham bread one-half inch thick.
Spread a slice of white bread with creamed butter and put a slice
of graham on it; spread this with creamed butter and put a slice of
white on top. Repeat, beginning with a slice of graham. Put both
piles in a cool place under a light weight. When butter has become
firm, trim each pile evenly and cut each pile in three one-half-inch
slices. Spread these with butter and put together in such a way that
a white block will alternate with a graham one. Place again in a cool
place under a weight and when butter has become perfectly hard,
cut in thin slices for serving.

Harriette Fisher Allen, Watkins, N. Y. 
Syracuse University.

TASTY SANDWICHES 
(Individual Service)
2 slices of toast 
1 thick slice of cheese 
1 tablespoon chopped chives
Make toast. Fry tomato in bacon drippings and place on first slice of
toast. Place cheese on second slice and place under broiler or in
hot oven until cheese melts and then place on top of tomato and
sprinkle with chives.

Margaret Stout Keeley, Tillamook, Ore. 
University of Minnesota.

SOUTHERN SWEETS SANDWICH

<table>
<thead>
<tr>
<th>1/2 pound raisins</th>
<th>1/2 pound dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound pecan nuts</td>
<td>1 loaf sandwich bread</td>
</tr>
<tr>
<td>1/4 pound butter</td>
<td>1/4 pound conserved pineapple</td>
</tr>
</tbody>
</table>

Cut bread in thin slices and spread with butter. Chop the raisins,
dates and pecans and mix thoroughly. Spread thickly on the buttered
bread and garnish with triangular pieces of conserved pineapple.

Margaret Calder Leib, Baltimore, Md. 
Goucher College.

TOMATO CLUB SANDWICH

Minced ham 
Mayonnaise 
Green pepper 
Tomato 
Lettuce 
Toast
On slice of toast spread layer of minced ham mixed with mayonnaise.
Then one slice of tomato covered with mayonnaise. Cover with
another slice of toast, then one slice of tomato. Top with spoon of
mayonnaise and ring of green pepper. Serve on cup of lettuce leaves.

Gladys Becker Murphy, Chicago, Ill. 
Northwestern University.

OYSTER SANDWICH

<table>
<thead>
<tr>
<th>1/2 cup white sauce</th>
<th>Seasonings (salt, pepper)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup oysters</td>
<td>4 slices toast</td>
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</table>

Add oysters to white sauce and cook until their edges begin to curl.
Spread mixture between two slices of toasted bread. Garnish with
parsley. Serves two.

Muriel Durgin, Berkeley, Calif. 
University of California.
FIG SANDWICH FILLING
Chop fine one cupful of figs. Cook to a paste with half a cup of hot water. Add a teaspoonful of lemon juice and set away to cool. Spread on the prepared bread and dust with finely chopped nuts. Edna Mumford, Warren, Pa. Allegheny College.

ORANGE HONEY SANDWICH FILLING
\[
\begin{align*}
\text{sugar} & : \frac{1}{4} \text{ cup} \\
\text{water} & : \frac{1}{4} \text{ cup} \\
\text{orange juice} & : \frac{1}{4} \text{ cup}
\end{align*}
\]

SANDWICH FILLING
Dried beef
Cheese
Pimento
2 hard cooked eggs
Peanuts
Grind all together and mix with salad dressing. Spread between thin slices of bread. Helen Reidy, Rockwell City, Iowa. Iowa State College.

PEANUT BUTTER SANDWICH FILLING
Mix chile sauce with peanut butter until it is of a creamy consistency to spread. Spread between thin slices of bread. Lois Bunnelle, Corvallis, Ore. Oregon Agricultural College.

SANDWICH FILLING
1 cup diced cheese
2 tablespoons of butter
2 teaspoons cornstarch
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) cup sweet milk
Put together and stir in a double boiler. Add one-half can of pimentos (diced). Cook until cheese is melted, stirring constantly to prevent lumping. Evelyn Hart, Blairesville, Pa. Allegheny College.

CHEESE-DELIGHTS SANDWICHES
Grate two cups of fresh, soft cheese. Add one tablespoon butter, one well beaten egg, dash of salt, dash of paprika, two or three grains cayenne, one teaspoon mustard, and one teaspoon table sauce. Mix to paste. Pile thickly on neat squares of bread. Top each with slice of bacon. Heap paste up towards center of slice. Arrange in pan, and place in very hot oven for 5 to 10 minutes. Serve on lettuce leaf with spoonful of mayonnaise and pickle or olive. Marian Foss, Los Angeles, Calif. University of Southern California.

SPANISH MUSTARD
\[
\begin{align*}
\text{dry mustard} & : 3 \text{ teaspoons} \\
\text{dry chili powder} & : 3 \text{ teaspoons} \\
\text{sugar} & : 1 \text{ teaspoon}
\end{align*}
\]
Yolk of one egg
SANDWICH FILLING

2 cups pecan nut meats 1 dozen sweet pickles or
1/2 cup mayonnaise 1 cup sweet relish
Chop nuts and pickles well and mix with dressing.

Esther Weir, Urbana, Ill.
University of Illinois.

SANDWICH FILLING

1/2 pound boiled ham 3/4 pound cream cheese
4 or 5 sour pickles Salt and pepper to taste
1 cup chopped peanuts Mayonnaise
Grind cheese, ham and pickles in food chopper. Add peanuts and
mayonnaise—pimentos if desired.

Esther Weir, Urbana, Ill.
University of Illinois.

SANDWICH FILLING

Moisten cream cheese with a little orange juice, season and add two
tea spoons grated orange rind.

Beth Round Harrington, Maquoketa, la.
Northwestern University.

SANDWICH FILLING

1 package dates (chopped) 1 cup nuts
Enough cream to give pas- 1/2 tablespoons sugar
ty mixture

Esther Weir, Urbana, Ill.
University of Illinois.

SANDWICH FILLING

2 cups cold roast or boiled 1 1/2 cups sweet relish
pork and veal (chopped)
Mix well with enough salad dressing to make soft paste.

Esther Weir, Urbana, Ill.
University of Illinois.

DATE SPREAD

1 pound dates 2 tablespoons peanut butter
6 tablespoons currant jelly
Remove seeds and put dates through meat grinder. Add peanut
butter and jelly, mix well. Spread on crackers and serve with salad.
Will serve eight.

Elizabeth Manker Dobbin, Wilmette, Ill.
Northwestern University.
**Desserts**

**PINEAPPLE TORTE**

In the bottom of an iron frying pan or torte pan, spread 1½ cups brown sugar, dotted with two tablespoons butter. Place slices of canned pineapple (five or six) on top of sugar. Pour over this the batter made as follows and bake slowly for one hour.

**Batter**

Beat 1½ cups sugar and three eggs together for fifteen minutes. Add alternately one-half cup water and 1½ cups pastry flour until used. Then add 1½ teaspoons baking powder, one teaspoon vanilla and a pinch of salt. Invert cake when removing from pan. Put maraschino cherries in centers of pineapple. Serve with whipped cream. (Serves twelve.)

*Viola Van Kirk Hardy, Orland, Calif.*
*University of California.*

**SCHAUM TORTE**

To the whites of eight eggs beaten very stiff, add gradually (by folding in) two cups sugar, three-quarters teaspoon cream of tartar and one teaspoon vanilla. Bake slowly for one hour and fifteen minutes. When cool, fill with whipped cream and decorate with fresh strawberries. (Serves eight persons.)

*Helen A. Binnie, Kenosha, Wis.*
*University of Wisconsin.*

**CHOCOLATE PUDDING**

| 3 egg whites | 3 tablespoons boiling water |
| 1 cup powdered sugar | 1 teaspoon baking powder |
| 3 egg yolks | 1 cup flour |

Beat egg whites stiff, add sugar, yolks beaten light, boiling water and baking powder sifted with flour. Bake in oblong pan in moderate oven. Spread while hot with filling and roll.

**Filling**

| 1½ tablespoons cornstarch | ½ cup milk |
| ½ cup sugar | ½ cup water |
| 1 teaspoon butter | 2 squares of chocolate |

**Vanilla**

Mix cornstarch and milk, add sugar, water, butter, and chocolate. Cook until thickened; add vanilla. Cool and spread on pudding. Cut pudding and serve in individual dishes with following sauce.

**Sauce**

| ½ cup sugar | 2 tablespoons cornstarch |
| 1 cup water | 2 tablespoons butter |

**Vanilla**

Mix sugar and cornstarch; add water; boil five minutes. Remove from fire and add butter and vanilla. Beat well.

*Wilda Ferris La Gallez, Slingerlands, N. Y.*
*Syracuse University.*

**GRAPE NUT PUDDING**

| 1 cup grape nuts | 1 quart scalded milk |

Put grape nuts in hot milk. Let stand until cold. Add two eggs.

| 1 cup raisins (chopped) | 2 tablespoons cornstarch |
| ½ cup sugar | 1 teaspoon vanilla |

Combine ingredients and bake in slow oven for one hour.

*Mina Lane, Turtle Creek, Pa.*
*Allegheny College.*
DATE PUDDING
Whites of four eggs, beaten stiff; add one cup chopped English walnuts, one-half teaspoonful of baking powder, one-half cup sugar, one cup chopped dates. Put in a buttered pan and bake in a moderate oven for twenty or twenty-five minutes until nicely browned. Note:—After the eggs are beaten, the other materials should be added quickly and folded or beaten into the egg whites. Do not stir mixture.

Custard for Pudding
Heat one quart of milk until hot, but not boiling. Add one cup of sugar. Stir this into the beaten yolks of four eggs; then return to the pan and cook until it thickens. (Do not cook too fast.) Stirring occasionally while cooking prevents a scum gathering on the top. If thicker than desired, a little cream may be added. Flavor with maple.

Serve by putting a spoonful of pudding in custard, rather than custard over the pudding. It may be topped with whipped cream and garnished if desired. (Will serve eight to ten persons.)

Anna Jane Walker, Bruin, Penn.
Allegheny College.

DATE PUDDING
2 eggs, beaten separately, and to yolks add:
1 cup chopped dates
1 cup sugar

1 teaspoon baking powder
Add beaten whites of eggs. Bake one-half hour in shallow cake tin and serve with whipped cream.

Margaret A. Dutting
Boston University.

GRAHAM CRACKER PUDDING
Cream: ¼ cup sugar
2 tablespoons butter
Add
1 egg, well beaten
½ cup milk
½ cup nut meats
½ teaspoon vanilla
1 teaspoon baking powder
1 heaping cup graham cracker crumbs
Bake in moderate oven. Serve with lemon sauce. (Serves six persons.)

Mary F. White, Ottumwa, Iowa.
Northwestern University.

PEACH COBBLER
1 quart can of peaches
Make a batter of:
6 tablespoons of melted butter or substitute
2 teaspoons of baking powder
Drop over fruit and bake. Serve hot or cold with whipped cream. (Serves eight or ten persons.)

Virginia Kerr, Oakmont, Pa.
Allegheny College.

POOR MAN’S RICE PUDDING
6 cups milk
¾ cup sugar
1 cup raisins or cut dates
Bake in a slow oven for two hours. Be sure to stir from bottom occasionally. Serve with cream. (Serves ten persons.)

Vesta Blodgett Simpson, Winnetka, Ill.
Northwestern University.
PINEAPPLE DESSERT

1 medium sized can grated pineapple
\[\frac{3}{4}\text{ cup water}\]
\[\frac{1}{2}\text{ cup nut meats}\]
\[\frac{3}{4}\text{ cup grated pineapple}\]
\[\frac{1}{4}\text{ cup sugar}\]
\[1\text{ cake}\]

Heat the pineapple, to which has been added the sugar and water. Dissolve the cornstarch in a little of the water; add to the mixture and cook till all thicken and looks clear. Allow to cool. Spread about an inch thick on a white or yellow cake which has been baked in two layers. Top this with stiffly whipped cream and sprinkle with ground nuts. Cut in squares and serve.

Leila Foresman Hanson, Brook, Ind.
De Pauw University.

FUDGE PUDDING

2 ounces chocolate
\[\frac{3}{4}\text{ teaspoon salt}\]
1 1/2 pints milk
\[2\text{ cups sugar}\]
1 pint bread crumbs
\[\frac{3}{4}\text{ cup dates or nuts}\]
2 eggs
\[3\text{ tablespoons butter}\]

Heat milk, butter, chocolate and salt and pour over the crumbs. Cool slightly and add beaten eggs. Then add sugar, or it may be put in with milk when heated. Add fruit. Bake in buttered dish for fifty or sixty minutes in moderate oven. Serve with sauce:

1 cup sugar
1 tablespoon flour
1 cup sweet milk
1 tablespoon butter

Vanilla

Boil for few minutes and let cool.

Edith Speckman Kern, Chicago, Ill.
University of Minnesota.

STEAMED DATE PUDDING

3 tablespoons butter
\[\frac{3}{4}\text{ cup molasses}\]
\[\frac{1}{2}\text{ cup milk}\]
\[\frac{1}{2}\text{ cup dates cut in small pieces}\]
\[\frac{1}{2}\text{ teaspoon soda}\]
\[\frac{1}{2}\text{ teaspoon allspice}\]
\[\frac{1}{2}\text{ teaspoon cloves}\]
\[\frac{1}{2}\text{ teaspoon nutmeg}\]
\[\frac{1}{2}\text{ pound dates cut in small pieces}\]
\[\frac{1}{2}\text{ teaspoon salt}\]
\[\frac{1}{2}\text{ teaspoon salt}\]

Melt butter, add molasses and milk. Then add all the dry ingredients which have been sifted together, and the dates. Steam for two and one-half hours.

Golden Sauce

Put in a double boiler
1 cup sugar
\[\frac{1}{2}\text{ cup butter}\]
\[\frac{1}{2}\text{ cup milk}\]

When dissolved, beat in the yolks of two eggs. Add one teaspoon of vanilla and beat with Dover egg beater to keep from lumping. Serve hot with the Date Pudding.

Esther Hunter Ong, Champaign, Ill.
University of Illinois.

APRICOT SOUFFLE

6 whole apricots, cooked and strained through sieve
\[\frac{3}{4}\text{ cup sugar}\]
\[\frac{3}{4}\text{ cup milk}\]
\[\frac{3}{4}\text{ cup water}\]
2 tablespoons butter
4 eggs

Put butter in saucepan on stove, add milk and stir till it boils. Add fruit, boil eight minutes. Remove from fire. Add beaten egg yolks slowly. Fold in beaten egg whites. Pour into buttered pan and bake in moderate oven until firm. Serve at once.

Ella Record, Cambridge, Ill.
University of Illinois.
CHOCOLATE SOUFFLE

\[ \frac{3}{4} \text{tablespoon butter} \quad 2 \text{tablespoons sugar} \]
\[ \frac{3}{4} \text{tablespoon flour} \quad \frac{3}{4} \text{tablespoon hot water} \]
\[ \frac{1}{4} \text{cup milk} \quad 1 \text{egg} \]
\[ \frac{1}{2} \text{square bitter chocolate} \quad \text{Vanilla} \]

Melt butter, add flour; while stirring add milk slowly. Cook until boiling point is reached. Melt chocolate over hot water, add sugar and water, stir until smooth. Combine the mixture and add well beaten yolk. Cool. Fold in stiffly beaten whites and add vanilla. Bake twenty-five minutes in moderate oven. Serve with whipped cream.

Evelyn Woodward, Berkeley, Calif.
University of California.

LEMON SOUFFLE

Yolks 4 eggs \quad 1 \text{cup sugar}
Grated rind and juice 1 lemon \quad \text{Whites of 4 eggs}

Beat yolks until thick and lemon colored, add sugar gradually and continue beating; add lemon rind and juice. Fold in egg whites. Turn into buttered dish, place in pan of warm water and bake in a moderate oven until firm. Serve with hot sauce.

Sauce

1 cup sugar \quad 1 egg
Juice of \frac{1}{2} lemon

Beat and pour into six tablespoons hot milk. Let come to boiling point.

Margaret Roberts Jones, Coldwater, Minn.
University of Wisconsin.

SAILOR’S DUFF

\[ \frac{1}{2} \text{cup molasses} \quad 1 \text{egg} \]
\[ 2 \text{tablespoons sugar} \quad 2 \text{tablespoons melted butter} \]
\[ 1 \text{teaspoon soda} \quad \frac{1}{2} \text{cups flour} \]
\[ \text{in a little} \quad \text{in} \]
\[ \text{hot water} \quad \text{water} \]

Beat well and add one-half cup boiling water and steam one hour.

Sauce

1 cup brown sugar \quad \frac{1}{2} \text{cup butter}
1 tablespoon cornstarch in cold water to make a smooth paste. Pour over this two cups boiling water. Cook till it thickens and flavor with vanilla.

Josephine Compton, Ann Arbor, Mich.
University of Michigan.

CARMELIZED APPLES

Dissolve 1 tablespoon gelatine in \frac{1}{4} \text{cup cold water} \quad \frac{1}{4} \text{cup cream or milk}
Select 6 Wine-Sap or Jonathan apples \quad \frac{1}{4} \text{cup chopped walnuts}
1 cup brown sugar \quad 1 \text{cup water}
1 \text{tablespoon butter} \quad 1 \text{cup sugar}

Peel and core apples, leaving them whole. Cook till tender in the syrup made by boiling the white sugar and water ten minutes. Cook brown sugar and milk and butter till it will form a soft ball when tested in cold water. Remove from fire and add nuts. Place apples in dishes ready to serve. Fill centers with nut mixture. Add gelatine to water in which apples were cooked, and pour it around apples.

Serve with whipped cream. Serves six.

Vera Flack, Macomb, Ill.
Northwestern University.

COLLEGE WOMAN’S COOK BOOK
REFRIGERATOR CAKE

1/2 pound unsalted butter 1 cup confectioner’s sugar
Juice of 1 lemon Juice of 1 orange
2 dozen lady fingers 2 eggs

Cream butter and sugar until fluffy; add eggs, one at a time; then lemon and orange juice, beating constantly until very light. Line sides and bottom of mold with split lady fingers and pour in one-half of the mixture; cover with layer of lady fingers; pour in rest of mixture and again cover with layer of lady fingers. Let stand in refrigerator twenty-four hours. Before serving cover with whipped cream. This recipe will serve twelve.

Thorborg Swenson, Rockford, Ill.
University of Wisconsin.

FIG AND MARSHMALLOW DESSERT

1 lb. cooking figs Marshmallows
Whipping cream

Stew figs until tender without sugar. When soft, drain off liquid; add one cup sugar to three cups liquid and simmer down to a rich syrup. When ready to serve cut figs in halves, insert one-half of a marshmallow in each portion of fig; place eight or ten of the stuffed figs in a sherbet glass, cover with syrup and then whipped cream.

Marguerite C. Lund, Seattle, Wash.
University of Washington.

MARSHMALLOW PUDDING

2 cups milk 2 tablespoons cornstarch
1 teaspoon sugar 16 marshmallows
2 egg whites 1 teaspoon vanilla

Add cornstarch (rubbed smooth in little cold milk) to scalded milk; cook about fifteen minutes in double boiler; remove from fire and add sugar and beat in marshmallows. Add vanilla and fold in egg whites. Cool.

Margaret Taylor, Kewanee, Ill.
Northwestern University.

DATE PUDDING

4 cups water 1 cup sugar
1 cup graham flour 1 pound dates
1 cup nuts

Boil the sugar and water together for five minutes; add graham flour slowly, stirring constantly; add dates, ground or chopped, and boil for fifteen minutes. Remove from fire and add nuts. Serve cold with whipped cream or ice cream. Serves fourteen.

Faye Thornton Havens, Bloomington, Ill.
Illinois Wesleyan University.

PRINCESS PUDDING

Yolks of 3 eggs 3/4 cup sugar
Grated rind 1/2 lemon 2 tablespoons lemon juice
3/4 tablespoons granulated gelatine dissolved in 3 tablespoons of boiling water
Whites of 3 eggs

Beat egg yolks until thick and add sugar gradually; then add rind of lemon, lemon juice and dissolved gelatine. As soon as mixture begins to thicken, fold in stiffly beaten egg whites. Serve with whipped cream. This recipe will serve six people.

Thorborg Swenson, Rockford, Ill.
University of Wisconsin.
STEAMED PUDDING

2 tablespoons sugar
2 teaspoons melted butter
1 egg
1/2 cup dark molasses

Mix together and add very slowly 1/2 cup boiling water.

Steam 3/4 of an hour.

This pudding is good after being steamed a second time.

Sauce

1 cup powdered sugar
1 cup cream

Beat eggs and sugar together. Whip cream and add a little at a time to mixture. Flavor. Serves ten people.

Helen E. Heggie, Evanston, Ill.
Northwestern University.

PARSONS PUDDING

Combine in the following order:

1/2 cup melted butter
1 cup cold water
1 cup molasses

3 cups flour

Steam in funnel pudding mold for three hours. Serve with sauce.

Sauce

Cream thoroughly
1/2 cup butter
1 teaspoon boiling water

Add yolks of three eggs. Then add slowly, creaming all the time, the stiffly beaten egg whites. Flavor with vanilla.

Helen Gelhar, Glencoe, Ill.
Northwestern University.

ORANGE PUDDING

1 cup bread crumbs and
juice and rind of 1/2 orange

Yolks of 2 eggs and whites of 4

1/2 cup sugar

Cover the bread crumbs with milk. Add orange juice and rind, and beaten yolks of two eggs.

Beat whites stiff, add the sugar, beat and add to the mixture. Bake in buttered molds in a pan of hot water.

Sauce

1/2 cup butter
1 cup sugar
Yolks of the 2 remaining eggs

Grated rind of 1/2 orange (and a little of the juice) 3/4 cup scalded milk

Marion Brown Corneliusen, University of Illinois.

MAPLE RICE PUDDING

1/4 cup rice
2 cups milk
1 1/2 tablespoons cornstarch
3/4 cup maple syrup
2 eggs

Boil rice till tender. Scald milk in double boiler. Stir the cornstarch smooth in one-half cup of the maple syrup and stir into the hot milk. When mixture thickens, cover and let cook fifteen minutes. Add the rice, which has been cooked till grains are dry and distinct and beat in the yolks of eggs beaten light. Beat whites of eggs till dry and gradually add remainder of maple syrup and spread over pudding. Bake in moderate oven about ten or fifteen minutes.

Mabel Mason Carleton, Cambridge, Mass.
Northwestern University.
MOCHA PUDDING

1 1/2 cups scalded milk  1 1/2 cups coffee
1/2 cup sugar

Cook ten minutes in double boiler and add:
2 tablespoons gelatine  Yolks 2 eggs, well beaten
2 squares melted chocolate  1/4 cup sugar

Let cool a few minutes and then fold in the stiffly beaten whites of two eggs; flavor with vanilla. Cool in individual molds and serve with whipped cream. Serves eight persons.

Emily Gleason Perkins, Oklahoma City, Okla.
Boston University.

STEAMED CARROT PUDDING

1 cup grated raw carrot
1 cup grated raw potato
1 cup sugar
Butter size of an egg
1 cup flour
1 cup raisins

Mix well and steam three hours. Serve with sauce.

Marjorie L. Miller, Kewanee, Ill.
Northwestern University.

CHOCOLATE RICE PUDDING

Boil rice until very soft. When nearly soft add chopped nuts, cocoa and sugar (as much as is desired). Boil all together. Beat an egg and add an equal quantity of canned milk. Stir into boiling rice mixture. Mix thoroughly and as soon as it begins to bubble, remove from stove, so as not to boil the milk. Add vanilla flavoring.

Marion Brown Corneliussen, University of Illinois.

DATE PUDDING

1/2 cup of pearl tapioca
1 cup of dates, chopped
1 teaspoon of vanilla

Soak the tapioca for two hours in enough water to cover and cook until clear in two cups of water seasoned with a pinch of salt and one-quarter cup of sugar. Fold this in the stiffly beaten egg whites and let the mixture cool. Sugar the dates lightly and mix with the tapioca. Then fold in one-half cup of whipped cream. Garnish with whole fruit.

Lucile Peck, Menomonie Falls, Wis.
Northwestern University.

FLOAT

1 quart milk
1/2 cup sugar
3 eggs
1 teaspoon vanilla

Scald milk in double boiler, saving a little to mix cornstarch with eggs. Mix slightly beaten eggs, sugar, cornstarch together and add to hot milk. Cook until mixture thickens on spoon. Remove from fire, cool and fold in stiffly beaten egg whites and flavoring. Let stand before serving cold.

Marian Van Ness, Chicago, Ill.
University of Michigan.
CHARLOTTE RUSSE

Dissolve one-third box Cox gelatine in one cup milk. Beat the yolks of three eggs with one-half pint of sugar until creamy and flavor with vanilla. Combine the egg yolk and sugar mixture with the dissolved gelatine and fold into one quart of cream whipped to a froth. Add the beaten whites of three eggs. Line a deep dish with sponge cake or lady fingers and pour over the mixture.

Charlotte Reed, Martinez, Calif.
University of California.

QUICK DESSERT

2 cups brown sugar 2 cups water
2 teaspoons cornstarch Nuts or cocoanut
Whipped cream

Boil first three ingredients together five minutes. Set aside and cool. Add nuts or cocoanut. Serve with whipped cream.

Beth Manker Dobbin, Wilmette, III.
Northwestern University.

JELLED APPLES

Pare and core ten or twelve small apples, put on deep pan with two and one-half cups water, and one and one-half cups sugar, pinch salt, cook on top of stove until tender. Place each apple in separate mold and cover with the following jelly mixture:—one-half box or two tablespoons granulated gelatine dissolved in a little cold water, juice of two lemons, add syrup in which apples were cooked, enough to make a scant quart in all. Color pink if desired. Serve with whipped cream.

Doris Munsey, Swampscott, Mass.
Boston University.

PEACH MELLOWS

Take peach halves, fill the cavity with marshmallow, and pour over them the following:

1 cup peach juice 1/4 cup sugar
1 yolk of an egg 1 teaspoon cornstarch dissolved in water

Let juice and sugar come to a boil. Add the egg yolk and cornstarch to the boiling juice and let come to a boil but do not boil hard. Pour over peach halves while still hot. Sufficient for 6 peaches.

Ruth Cordes, Los Angeles, Calif.
University of Southern California.

CHERRY COBBLER

Fruit Mixture

2 cups cherries (pitted) 2 teaspoons flour
3/4 cup sugar 1 tablespoon water
1/8 teaspoon salt

Dough

1 cup flour 1 tablespoon sugar
1 teaspoon baking powder 2 tablespoons shortening
1/4 teaspoon salt 6 tablespoons milk

Mix the cherries, sugar, flour and salt. Allow to stand five minutes. Add the water. Pour the mixture into a deep baking dish. Mix the flour, baking powder, salt and sugar. Cut in the shortening with a knife. Add the milk, mixing until a soft dough is formed. Shape it with the hands to fit over the cherries and make three slits in the dough to permit the steam to escape. Place in a moderate oven and bake for thirty minutes. Serve with whipped cream. Six portions.

Ruth Foley, Paris, Ill.
Northwestern University.
WAR PUDDING

1 1/2 cups brown sugar
2 cups water
2 heaping tablespoons cornstarch
6 (or more) walnuts
Dates or figs
1 teaspoon vanilla

Bring to boil sugar and water. Add cornstarch mixed with a little cold water, and stir constantly until mixture has thickened. Remove from fire. Add broken walnut meats and dates or figs which have been cut in small pieces. Add vanilla. Let cool. Serve with whipped cream, if desired.

M. L. Patterson, San Francisco, Calif.
Wesleyan University.

APPLE CRISP

Cover an uncooked pie crust with halves of apples, turned with rounded side up.
Sprinkle tops of apples with following mixture:
1/2 cup flour
1 tablespoon butter
1/2 cup sugar

Bake in a slow oven until thoroughly done. Serve with whipped cream. Serves six.

Helen Gelhar, Glencoe, Ill.
Northwestern University.

BELGIAN BANANAS

6 or 8 bananas
1 orange
1/2 lemon
1/2 cup sugar

Peel, scrape and lay bananas in baking dish. Grate over them the rind of the orange and half lemon; mix together the juice of the half lemon, the orange and sugar. Pour over bananas. Bake in a quick oven until soft.

Marie Bellinghausen, Chicago, Ill.
Northwestern University.

ORANGE TRIFLE

Soak together one package (1/2 box) Knox Gelatine with one-half cup cold water. After five minutes combine with one-half cup boiling water, one cup sugar and one cup orange juice and let set. Whip three half-pint bottles of cream and add to above when it starts to harden. Beat all thoroughly with an egg beater. Top each individual serving with one teaspoonful whipped cream. Serves twelve.

Vesta Blodgett Simpson, Winnetka, Ill.
Northwestern University.

PINEAPPLE CHARLOTTE

2 tablespoons gelatine
1 can of grated pineapple
1 cup of pineapple juice
Whip 2 cups of cream

1/2 cup cold water
1 tablespoon lemon juice
1/2 cup sugar
6 or 8 lady fingers

Cherries for garnishing

Soak gelatine in cold water. Heat pineapple juice and sugar, then add to gelatine; add lemon juice and grated pineapple. Cool, and when it starts to thicken, fold in whipped cream. Pour in moistened mold, lined with lady fingers.

Doris Madill, Toronto, Can.
University of Toronto.
CARAMEL CREAM DESSERT

1 cup granulated sugar 1 tablespoon gelatine
\[ \frac{3}{2} \text{ pint cream} \]
Caramelize sugar, adding sufficient boiling water to make one pint of liquid. Soak gelatine in half cup of cold water and add to hot caramel liquid, mixing thoroughly. Allow mixture to cool and begin to set. When but slightly set, add the cream which has been well whipped. Pour into sherbet glasses and serve very cold. Will serve six or eight, depending on size of glasses.

Louise Leonard, Syracuse, N. Y. Syracuse University.

NESSELRODE PUDDING
(Frozen)

3 cups cream 2 cups sugar
5 egg yolks Pinch of salt
2 cups milk \[ \frac{3}{2} \text{ cup pineapple syrup} \]
1 pint nuts 1 cup candied pineapple
Make a custard of the milk, sugar, eggs and salt. Strain, then cool. Add the pineapple syrup, cream. Then freeze. When partly frozen, add the nuts and fruits cut up. Serves twelve.

Lillian Hanson Halgren Menominee, Wis. University of Minnesota.

PEACH SHERBET

1 quart water 10 peach kernels
2 cups sugar Juice 2 oranges
1 teaspoon gelatine Juice 1 lemon
1 pint peach pulp
Boil water, peach kernels, and sugar ten minutes. Add gelatine softened in two tablespoons cold water and strain. When cool add the peach pulp (fresh peaches pared, stoned, and pulp passed through a ricer or sieve), the lemon and orange juice. Remove peach kernels and freeze.

Marjorie Sibley, Chicago, III. Northwestern University.

GRAPE SHERBET

1 quart water 1 pint grape juice
1 pint sugar Juice 2 lemons
1 teaspoon gelatine
Make a syrup of the sugar and water, add grape and lemon juice. Hydrate gelatine in a small amount of cold water, add to hot liquid, and when dissolved, freeze as usual.

Olga H. Six, Broadlands, Ill. Northwestern University.

FRUIT CUP

1 cup white grapes \[ \frac{3}{4} \text{ cup orange juice} \]
1 cup orange sections \[ \frac{3}{4} \text{ cup pineapple syrup} \]
1 cup pineapple diced Sugar
Few grains salt
Remove skins and seeds from white grapes, and membrane from orange sections. Mix fruit, orange juice and pineapple syrup or fresh pineapple juice, salt and sugar to sweeten. Put in freezer, pack in ice and salt, and stir occasionally until juice begins to freeze. Serve in champagne glasses garnished with maraschino cherries. Makes eight small or six large servings.

Lois Bunnelle, Corvallis, Oregon. Oregon Agricultural College.
LONDON SHERBET

Juice of 6 oranges
Juice of 3 lemons
1 small can grated pineapple
4 cups sugar

Mix all together; let stand a few minutes; put into a gallon freezer.
Add enough whole milk to fill freezer three-fourths full and freeze.

Harriet E. Smith, Avoca, Iowa.
Iowa State College.

FRUIT SHERBET

3 oranges
3 lemons
3 cups water
3 bananas
3 cups granulated sugar
3 egg whites

Prepare juice from the oranges and lemons, mash the bananas, put all through a strainer; add water and sugar; stir until dissolved.
Put into a freezer and freeze to the consistency of mush, then open the top and quickly stir in the stiffly beaten egg whites. Repack and finish freezing. Makes two quarts.

Ruth Hickox, Barberton, Ohio.
University of Akron.

FROZEN APRICOTS

1 quart canned apricots
2 cups sugar
1 quart water
Juice from apricots.

Remove skins from apricots and cut pulp in quarters or eighths; add the juice, water, and sugar which has been made into a syrup.
Cool and add apricots. Freeze. Allow mixture to stand an hour before serving.

Lenore Stafford, Genesee, Ill.
Northwestern University.

APRICOT FRAPPE

1 can apricots
1 pint sugar
1 quart water
½ pint whipped cream

Mash the apricots and press them through a sieve, then add sugar and water. Put in freezer and turn until nearly frozen. Fold in cream, freeze and pack.

Irina Strassen Brady, Chicago, Ill.
University of Wisconsin.

ANGEL PARFAIT

1 cup sugar
3 egg whites
¾ cup water
1 pint whipping cream
1 tablespoon vanilla

Cook sugar and water together until it forms a soft ball in cold water. Pour over stiffly beaten egg whites and beat until cool.
Add whipped cream and flavoring. Put in a mold with a tight lid and pack in ice and salt for several hours.

Bernice Granthem, Chicago, Ill.
Northwestern University.

GRAPE JUICE MOUSSE

1 pint cream (whipping)
1 cup grape juice
½ cup powdered sugar

Whip cream, add sugar and grape juice, turn mixture into a mold, pack in ice and salt, and let stand for four hours.
Note: Strawberry mousse may be made by substituting
2 cups mashed strawberries for grape juice
Chocolate mousse may be made by substituting
4 squares Baker’s chocolate (melted) for grape juice

Lucile Robertson, Evanston, Ill.
University of Wisconsin.
NEAPOLITAN ICE CREAM
1 pint milk and 1 pint cream, or 1 quart rich, creamy milk 4-6 egg yolks 1 1/2 cups sugar 1 tablespoon vanilla

Beat the egg yolks until light colored and creamy. Add sugar and milk, or milk and cream which has been scalded. Return to the double boiler and cook as boiled custard. Strain the mixture into a dish set in cold water (to cool quickly), flavor and freeze. The Neapolitan method is considered best for making vanilla, coffee, chocolate, and caramel creams.

Ruth Trice, Kansas City, Mo. Northwestern University.

PEPPERMINT ICE CREAM
1 pint milk 1 pint cream 1/2 pound striped peppermint candy
Crush candy and dissolve in milk. When this mixture is half frozen, add the one pint of cream beaten stiff and finish freezing.


CHOCOLATE ICE CREAM
2 squares chocolate 1/2 teaspoon salt 1 cup water 1 cup cream 1 cup sugar 1 teaspoon vanilla
Melt chocolate; add hot water and heat five minutes; add sugar, salt and cool. Add cream and vanilla and freeze.

Doris Bigelow, Chicago, Ill. University of Wisconsin.

PINEAPPLE ICE CREAM
1 can grated pineapple 2 cups water 1 cup sugar 2 cups whipping cream
Make a syrup by boiling sugar and water ten minutes; cool; add pineapple and freeze to a mush. Fold in whipped cream; let stand thirty minutes before serving. Serve in frappe glasses and garnish with candied pineapple.

Elsie Goodman, Evanston, Ill. Northwestern University.

BUTTER SCOTCH SAUCE
1 cup sugar (white or brown) 2 cups sugar 2 tablespoons flour 2 or 3 tablespoons cold water 2 tablespoons butter
Cook sugar till caramelized. Add one cup water carefully. When caramel is melted and again boiling, stir in two tablespoons flour smoothed with two or three tablespoons cold water. Continue to stir till boiling, then let simmer ten minutes. When cool add two tablespoons of butter.

Pearl Rainey, Mt. Vernon, Ill. Northwestern University.

CHOCOLATE SYRUP FOR VANILLA ICE CREAM
1 ounce chocolate 2 inches of stick cinnamon 4 tablespoons sugar 1 3/4 cups sugar 1 cup boiling water 1 teaspoon vanilla
Melt chocolate over hot water; add four tablespoons sugar and the boiling water gradually, stirring constantly. When smooth and glossy, add the sugar and cinnamon and stir until boiling begins; let boil five minutes, strain, cool, and add the vanilla.

Ruth Vielehr, Chicago, Ill. Northwestern University.
Pies & Fillings

PLAIN PASTRY

1 cup flour
½ cup lard
Sift flour and salt. Cut in shortening with two knives. Add just enough water to make a stiff dough. Roll out on floured board. (Be careful not to use too much flour.)

Louise Nottingham, Evanston, Ill.
Northwestern University.

OPEN APPLE PIE

1 pie crust
2 tablespoons flour
4 tablespoons sugar
3-4 apples
½ cup sugar
1 tablespoon butter
Sift two tablespoons of flour and four tablespoons of sugar over bottom crust. Fill with sliced apples. Sprinkle ½ cup sugar over these and dot butter over sugar. Add nutmeg and salt. Fill with a custard made of sugar, 1 tablespoon flour, egg and water. Bake till custard.

Ethel Reed, Brook, Ind.
De Pauw University.

CARAMEL NUT PIE

Put two tablespoons of butter in a shallow vessel; let melt; pour into it ½ cup sugar. Cook until dark brown. Pour into the caramel 1½ cups creamy milk. Let boil until caramel is dissolved in milk. Empty into double boiler. Beat yolks of two eggs. Dissolve 1½ tablespoons of cornstarch in a little cold milk. Add this and ½ cup of sugar to egg yolks. Beat all together; then pour into caramel mixture. Cook until thick. Remove from fire and add one teaspoonful vanilla. When cool add ½ cup English walnut meats and pour into baked pie crust. Beat whites of two eggs and add two tablespoons sugar. Spread over top of pie and bake in moderate oven until light brown.

Thorborg Swenson, Rockford, Ill.
University of Wisconsin.

MOCK MINCE MEAT

1 peck tomatoes—wash and grind in food chopper
2 pounds raisins—whole
Cook 2½ hours, then add one pound dates, a little cinnamon, cloves, allspice, nutmeg, salt. Add chopped apple either now or when using mince meat.

Rhoda Weingartner,
University of Wisconsin.

PINEAPPLE PIE

½ cup sugar
½ teaspoon salt
Cook in double boiler until thick. Pour onto two egg yolks; return to boiler and cook until eggs thicken. Cool and add one cup crushed pineapple. Pour in baked crust in hot oven.

Evelyn Leander, Corvallis, Ore.
Oregon Agricultural College.
ORANGE PIE FILLING
1 cup sugar 1/2 cup flour
1/4 teaspoon salt Grated rind 1 orange
Juice 1/2 lemon 2 tablespoons butter
3 egg yolks
Mix sugar and flour, salt and grated rind; add fruit juice, and cook in double boiler ten minutes, stirring until thickened, and afterward occasionally. Add butter and egg yolks beaten light. Cook two minutes and cool. Put in crust that has been baked and cover with meringue. Place in hot oven long enough to brown meringue. 

Helen Heggie, Evanston, Ill. Northwestern University.

CAKE TOP LEMON PIE
Line a pie tin with rich pie dough and add the following filling:
1 cup sugar 1 tablespoon butter creamed
Add 2 tablespoons flour and well with the sugar
juice of 1 1/2 lemons Yolks of 2 eggs
1 cup milk Pinch of salt
Fold in beaten egg whites and bake in moderate oven thirty minutes.

Rachael Reed Deming, Los Angeles, Calif. University of Washington.

LEMON CREAM PIE
1/2 cup flour 3 egg yolks
1 1/4 cups sugar 3 egg whites
Butter size hickory nut Juice 1 1/2 lemons
1 cup hot water 2 tablespoons sugar
Mix flour with cold water to form a thin paste. Add to it sugar, butter and hot water. Cook until thick, then add yolks of three eggs, well beaten, and cook again until mixture boils. Add juice of lemons and pour in baked pie crust. Beat whites of eggs thoroughly, add two tablespoons sugar, put on top of pie and place in hot oven until frosting is nicely browned.


BUTTERSCOTCH PIE
1 cup hot milk 1/4 teaspoon salt
1/2 cup cold milk 4 tablespoons cornstarch
1 cup brown sugar 2 tablespoons butter
2 egg yolks 1 teaspoon vanilla
Combine milk, cornstarch, sugar, salt and beaten egg yolks. Cook until thick. Add butter and vanilla. Pour into a baked pastry shell. Spread with a meringue made of two egg whites and two tablespoons of sugar. Brown in oven.

Doris Bunnelle, Corvallis, Ore. Oregon Agricultural College.

CRANBERRY PIE
1 cup sugar 1 tablespoon flour
1/2 cup cold water 1 tablespoon butter
2 cups cranberries 1/2 teaspoon vanilla
2 eggs
Boil sugar and water. When sugar is dissolved, add cranberries. Cook until they all pop. Cool. Mix in a bowl, yolks of eggs and one tablespoon flour and three tablespoons of cooked berries. Add to cooled berries and simmer for few minutes until it thickens. Cover with meringue. Add butter and vanilla. Put in baked crust.

CHESS PIEs (INDIVIDUAL)
Make a good pie crust and put in gem pans; drop about one tablespoon of the following in each:

1 cup sugar (brown)  
1/2 cup butter creamed  
2 yolks of 2 eggs

Juice of 1 lemon  
1 cup chopped English walnuts  
1 cup chopped raisins

Bake in moderate oven. When done whip whites of two eggs, add sugar and spread on each and brown.

Frances Owen, Cedar Rapids, la.  
Coe College.

FRENCH PEACH PIE
Line a pie tin with a crust.

Filling for large pie:
1 cup sugar  
3/4 cup flour  
4 tablespoons butter  
Mix well

Peaches peeled and halved. Put half the filling on the unbaked crust, then lay the peaches in. Sprinkle the other half of filling over the top. (No top crust.) Bake in moderate oven about half an hour.

Irma Strassen Brady, Chicago, Ill.  
University of Wisconsin.

CHARLOTTE PIE
Butter a pie plate well and line with bread crumbs. Fill to overflowing with sliced apples. Sugar as desired and cinnamon. Cover with bread crumbs and press down all over. Dot with butter and sprinkle over 3/4 cup water. Bake in moderate oven thirty to forty minutes or until apples are soft. Serve with whipped cream after inverting whole pie on platter.

Edith Speckman Kern, Chicago, Ill.  
University of Minnesota.

MOCK CHERRY PIE

1 cup cranberries, chopped  
not very fine  
1 heaping tablespoon flour  
3/4 cup boiling water poured over the whole

1 cup sugar  
1/2 cup seedless raisins  
2 tablespoons vanilla

Stir the above well before filling the pie. Bake between two crusts.

Mildred Decker Rolfe, Malden, Mass.  
Boston University.

NEVER FAIL MERINGUE
(For Pie or Pudding)
Blanc of two eggs, beaten stiff and dry. For each white add three tablespoons of sugar—add gradually and beat thoroughly. Spread on pie or pudding and then place in a slow oven for fifteen minutes or until a delicate brown.

Vera Bagot MacGee, Piedmont, Calif.  
University of California.

RHUBARB PIE
Pour boiling water on two cups chopped rhubarb. Drain after four or five minutes. Mix and add:

1 cup sugar  
1 egg  
1 piece of butter (size of walnut)  
1 tablespoon flour  
3 tablespoons water

Bake with lower crust only and make meringue of the egg white by beating it until stiff and adding three tablespoons of sugar. When the pie filling is baked spread the meringue on top and brown in the oven.

Lucile Ridgway, Chicago, Ill.  
Northwestern University.
Cakes, Fillings, Frostings

BLACK WALNUT CAKE

\[ \frac{1}{2} \text{ cup butter (scant)} \]
\[ \frac{1}{2} \text{ cup water (cold) or milk} \]
\[ 4 \text{ egg whites} \]
\[ 1 \text{ teaspoon vanilla} \]

Cream the butter and sugar; add \( \frac{1}{2} \) the water and one cup flour; beat thoroughly and add second cup flour; into the last cup of flour add the baking powder and then remainder of water and beat well. Add the nuts and flavoring and lastly very carefully fold in stiffly beaten egg whites. Bake in three round tins in moderate oven. Put together with fig and black walnut filling and top with boiled frosting.

Lois Denman Stubblefield, Bloomington, Ill., Illinois Wesleyan University.

MARBLE CAKE

Light

\[ \frac{1}{2} \text{ cup sugar} \]
\[ \frac{1}{2} \text{ cup milk} \]
\[ 1 \text{ teaspoon baking powder} \]

Whites of 2 eggs

Dark

\[ \frac{1}{2} \text{ cup sugar} \]
\[ \frac{1}{3} \text{ cup molasses} \]
\[ \frac{1}{2} \text{ cup milk} \]

Cream sugar with butter, add milk, flour which has been sifted with baking powder and flavorings. In making the light part, fold in the beaten egg whites. Drop in alternating spoonfuls of light and dark batter in round or square buttered pan. Bake thirty-five minutes in moderate oven.

Edith V. Grupe, Buffalo, N. Y., University of Buffalo.

BURNT SUGAR CAKE

Flavoring Syrup:

\[ 1 \text{ cup sugar burned until it smokes blue; then add} \]
\[ 1 \text{ cup boiling water} \]

Boil until the sugar is all dissolved and the syrup is clear.

Cake:

\[ \frac{1}{2} \text{ cup butter} \]
\[ \frac{1}{2} \text{ cups sugar} \]
\[ 2\frac{1}{2} \text{ cups flour} \]

Beat all together for five minutes and then add:

3 tablespoons flavoring syrup 1 teaspoon vanilla 3 egg whites beaten stiff

Bake in moderate oven. This makes two layers.

Frosting:

\[ 1 \text{ cup sugar} \]

Boil until it spins a thread and add:

3 tablespoons flavoring syrup and boil again

Pour over two egg whites stiffly beaten.

Frances Domack Richey, Birmingham, Mich.
QUICK LAYER CAKE

Sift together the following:

1 1/2 cups flour
1/3 teaspoon salt

In measuring cup melt 1/4 cup butter. Add one egg, one teaspoon flavoring, and fill cup with milk. Stir liquids into dry ingredients and beat until well mixed and light. Bake in moderate oven.

Emily H. Butterfield, Farmington, Mich.
Syracuse University.

PINEAPPLE CAKE

1/2 cup butter
2 egg yolks
2 cups flour

Beat two egg whites very stiff and fold in last.

Pineapple Cream Filling

1/2 cup milk
1 egg
1 cup grated pineapple
1 teaspoon lemon juice
1/2 teaspoon salt

Scald milk and pour over cornstarch and sugar. Cook ten minutes, then add pineapple, egg and salt. Cook until it thickens. For the icing, use four times as much sugar as pineapple juice, one teaspoon lemon juice.

Evelyn Austin, Wayne, Mich.
University of Michigan.

APPLE SAUCE CAKE

1/2 cup shortening
1 cup sugar
1 egg, beaten
1 1/4 cups flour
1 teaspoon soda
1 teaspoon cinnamon

Cream shortening and sugar, add beaten egg. Mix soda with apple sauce and add flour, spices, vanilla and fruit. Beat for one minute. Turn into pan and sift granulated sugar over top. Bake forty minutes.

Louise Whitmore Arthur, New Haven, N. Y.
Boston University.

CHEESE CAKE

Crust—cream 1/2 cup sugar and 1 1/2 tablespoons butter; add one egg, 1/4 teaspoon baking powder, flavoring and enough flour to roll. Roll thin and line two pie pans or square cake pans.

Cake—one pound cottage cheese creamed through sieve, one cup sugar, 1 tablespoon flour, yolks four eggs, one pint cream, stiffly beaten whites last. Vanilla. Bake until firm.

Leah Kahn, Seattle, Wash.
University of Washington.

SPONGE CAKE

Put into a deep baking bowl
1 small cup granulated sugar
Salt
1 cup flour sifted with
2 teaspoons baking powder

Beat all ingredients together five minutes. Bake in unbuttered loaf pan in slow oven.

M. Jeannette Martin, Syracuse, N. Y.
Syracuse University.
SPONGE CAKE

4 egg yolks (beaten) 1 cup sugar
4 tablespoons cold water ½ teaspoon vanilla
2 tablespoons cornstarch 1½ teaspoons baking powder
¾ cup flour 4 egg whites

Beat egg yolks, add sugar gradually and continue beating. To flour add baking powder and cornstarch. Sift into yolks and sugar; add water, also vanilla and beat thoroughly. Fold in stiffly beaten whites of eggs. Pour into ungreased tube pan and bake forty minutes in slow oven. When done, invert pan on cake cooler but do not remove cake until cold.

Beth Manker Dobbin, Wilmette, Ill.
Northwestern University.

CREAM PUFFS

1 cup hot water... ½ cup butter
1 cup pastry flour 4 eggs

Heat the butter and water until the mixture boils. Add the flour all at once and beat thoroughly. Cook three to five minutes, until mixture clings to spoon and leaves sides of saucepan. When cool add the eggs, unbeaten, one at a time. Beat until thoroughly mixed. Drop by tablespoon on buttered baking sheets and bake in a moderate oven about forty-five minutes. (Be sure they are thoroughly done. Will be dry on outside.) Open at the side and fill with cream filling and dust with powdered sugar.

Cream Filling

1/2 cup flour 2 cups scalded milk
2 eggs ¾ cup sugar
½ teaspoon salt 1½ teaspoons butter
1 teaspoon vanilla

Moisten the flour with some of the cold milk. Add this to the hot milk. Cook fifteen minutes in double boiler, stirring constantly until thickened. Beat the eggs, sugar and salt together. Add to them the hot liquid and butter. Return to double boiler and cook until the egg thickens, stirring constantly. When cool add flavoring.

Charlotte Martin, Syracuse, N. Y.
Syracuse University.

ORANGE CREAM LAYER CAKE

¼ cup shortening ¼ teaspoon salt
1 egg 4 teaspoons baking powder
1 ¼ cup flour 1 teaspoon vanilla
1 cup sugar 1 cup sweetened flavored whipped cream
1 cup milk

Cream shortening; add sugar gradually, beating well; add beaten egg, one-half milk—then mix. Add one-half flour sifted with salt and baking powder; add remainder of milk, flour and flavoring. Mix after each addition. Bake in two greased tins in moderate oven for twenty minutes. Spread whipped cream thickly between layers and cover top with:

Orange Frosting

1 tablespoon cream ½ teaspoon orange flavoring
1 cup confectioner’s sugar Pulp and rind of 1 orange
1 tablespoon melted butter

Add sugar to the cream slowly. Then add orange pulp, rind, flavoring and melted butter. Beat until smooth and spread on top of cake.

Edith Morgan, Evanston, Ill.
Northwestern University.

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ORANGE SHORTCAKE

2 cups bread flour 6 tablespoons shortening
6 teaspoons baking powder 2 egg yolks
1 teaspoon salt Milk
1 tablespoon sugar Oranges

Mix flour, baking powder, salt and sugar, and sift together four times. Work in shortening, using tips of fingers. Beat egg yolks; add milk to make three-fourths of a cup; stir into flour, mixing with a knife. Put on board, knead slightly, roll, cut out with a large biscuit-cutter, and bake in a hot oven. Split shortcakes, butter generously, fill with oranges that have been pared, cut in thin sections and sweetened. Serve with whipped cream, marshmallow cream, or ice cream.

Evelyn Leander, Corvallis, Ore.
Oregon Agricultural College.

ORANGE LOAF CAKE

2 cups sugar 1/2 cup butter
2 cups orange juice Grated rind of one orange
4 eggs 21/2 cups flour
3 teaspoons baking powder 1/2 teaspoon salt

Cream butter, add sugar and egg yolks, beating constantly. Mix and sift flour with salt and baking powder and add alternately with liquid to the batter. Do not grease tin but line pan with waxed paper and bake in moderate oven thirty-five to forty minutes. Cover with orange frosting or use unfrosted.

Sidonie Sewald Larrance, Chicago, Ill.
Northwestern University.

ORANGE TEA CAKES

1 1/2 teaspoons baking powder 1 1/2 cups flour
1 tablespoon orange juice 3 eggs—separate the yolks
1 1/2 cups sugar from the whites
1/2 teaspoon salt 1/2 cup boiling water


Ruth Cordes, Los Angeles, Calif.
University of Southern California.

PINEAPPLE CAKE

1/4 cup fat 1/4 teaspoon salt
1 cup sugar 4 teaspoons baking powder
2 egg yolks 3/4 cup syrup drained
2 cups flour from crushed pineapple
2 egg whites


Icing

2 egg whites stiffly beaten 2 cups powdered sugar
3/4 cup crushed pineapple

Beat well and add powdered sugar until mixture holds its shape.

Doris Bunnelle, Corvallis, Ore.
Oregon Agricultural College.
ANGELFOOD CAKE
Whites of 11 eggs 1 1/2 cups sugar sifted 6 times
1 cup pastry flour sifted 6 1 level teaspoon cream of
times tartar
1 teaspoon of vanilla 1/4 teaspoon almond extract
Beat eggs until stiff. When about half beaten add cream of tartar
and finish beating. Fold in sugar, add flavoring. Then fold in flour. Pour in ungreased pan and bake very slowly forty-five to sixty
minutes.

Mildred Brown, Cedar Rapids, Ia.
Coe College.

MOCK ANGEL FOOD CAKE
3/4 cup milk 1 cup sugar
1 cup Swan's Down cake 3 teaspoons (level) baking
flour powder
1 pinch salt
Heat milk to boiling point. Sift flour, salt, sugar five times and
stir into hot milk. Add flavoring and fold in egg whites. Do not use a
greased pan. Bake 20 to 30 minutes in slow oven, increasing heat
when cake is at top of pan. When done invert.

Charlotte E. Dines, Evanston, Ill.
Northwestern University.

DEVILS FOOD CAKE
Part I—Chocolate Sauce
1 cup bakers chocolate 1 cup brown sugar
(grated) 1 cup milk
Boil until thickened. When cool, add two teaspoons vanilla.

Part II
1 cup brown sugar 2 cups flour
3/4 cup butter 1/2 cup sour milk—1 tea-
2 eggs spoon soda
Cream sugar and brown, add beaten egg yolks, milk in which soda
has been dissolved and flour. Add cooled chocolate sauce and fold
in beaten whites of eggs. Place in greased tins and bake in a
moderate oven. Use a mocha frosting.

Frosting
1 cup powdered sugar 1 tablespoon cocoa
1 tablespoon butter 3 tablespoons coffee
Cream butter and add sugar gradually, continuing the beating;
then add cocoa and coffee until stiff enough to spread.

Margaret Roberts Jones, Coldwater, Mich.
University of Wisconsin.

DEVIL'S FOOD CAKE (POTATO)
2 cups granulated sugar 3/4 cup crisco
4 eggs, yolks 1 cup hot mashed potatoes
2 squares Baker's Chocolate 1/2 teaspoon nutmeg
(grated, about 3/4 cup) 2 teaspoons cinnamon
3 teaspoons baking powder 1/2 cup milk
2 cups flour 1 cup nut meats
Cream together sugar and crisco, then cream with the yolks of the
eggs. Stir in the mashed potatoes, grated chocolate and nut meats.
Sift together the flour, nutmeg and cinnamon and stir in alternately
with the milk. Beat thoroughly and lastly fold in the beaten white
of eggs. Makes large cake.

Lois Walker, Berkeley, Calif.
University of California.
FUDGE CAKE

1 1/2 cups sugar
1/2 cup chocolate dissolved in water
2 1/2 cups flour
1 cup nuts—cut fine
3 egg whites, beaten light—added last

Cream sugar and butter; add chocolate, egg yolks, milk and flour (sifted with baking powder). Fold in the chocolate, vanilla and beaten egg whites. Bake in buttered pan in moderate oven.

Elva Moore Christophersen, Rockford, Ill. University of Illinois.

CHOCOLATE CAKE

Part I

1/2 cup grated chocolate
1/2 cup strong coffee
1/2 cup brown sugar

Put in a saucepan and cook until thick. Cool.

Part II

1 cup brown sugar
1/2 cup butter
1/2 cup coffee
2 eggs

Cream butter and sugar; add coffee, egg yolks and chocolate sauce (Part I). Add flour sifted with soda and baking powder, vanilla. Fold in stiffly beaten egg whites. Use mocha frosting between layers of cake.

J. Dickson, Toronto, Can. University of Toronto.

BUTTERLESS, EGGLESS, MILKLESS CAKE

2 cups sugar (use brown if preferred)
1 teaspoon salt
1 teaspoon cinnamon
1/2 cup crisco, or meat drippings

Boil three minutes and cool. Add to this cold mixture:

4 cups flour sifted with 2 teaspoons baking powder
1 teaspoon soda

This makes a stiff batter. Instead of all raisins, 1/2 cup nuts may be substituted; if so, put them in with the flour after mixture is cool. Bake slowly for one and one-half hours.

Mary More, Berkeley, Calif. University of California.

PRUNE CAKE

1 cup sugar
1/2 cup chocolate
1 teaspoon baking powder
1 teaspoon nutmeg
2 eggs

Flour enough to make stiff batter

Cream sugar with butter; add milk, chocolate and flour, which has been sifted with soda and baking powder. Add spices and prunes. Bake in buttered pan in a moderate oven.

Icing

1/2 cup butter
1 teaspoon strong black coffee
1 cup powdered sugar
1 tablespoon chocolate

Cream butter and add sugar gradually. Add coffee and chocolate.

Virginia Kilgore, Oakland, Cal. University of California.
SUNSHINE CAKE

Whites of 6 eggs  
1 cup sugar  
Yolks of 6 eggs  
Beat whites until stiff and dry, then add sugar gradually, beating constantly; then add well beaten yolks and vanilla. Cut and fold in flour sifted with baking powder. Bake 45 minutes in moderate oven.

Margaret Roberts Jones, Coldwater, Mich.  
University of Wisconsin.

ENGLISH SPICE CAKE

1 package raisins  
1 1/2 cups sugar  
1/2 cup butter  
2 eggs  
2 teaspoons soda  
Simmer raisins for 20 minutes in just enough water to cover. Drain, saving one large cup of water to cool. Cream sugar and butter. Add beaten egg yolks; also raisin water and flour in which soda and spices have been sifted. Add raisins and citron (carefully dredged in flour) and nutmeats. Fold in egg whites. Bake slowly in greased angel food tin for 60 minutes.

Helen Pfeiffer Higgs, Peoria, Ill.  
Northwestern University.

WASHINGTON PIE

3/4 cup sugar  
1 egg yolk  
1/2 cup fat  
3/4 cup flour  
3 teaspoons baking powder  
1/2 cup milk  
1 beaten egg white  
1/2 teaspoon salt  
Cream fat with sugar. Sift together the flour, baking powder and salt. Beat sugar, fat and egg yolk together, and add alternately with milk. Then fold in vanilla and stiffly beaten egg white. Pour into buttered tin and bake in moderate oven.

Custard

2 cups milk  
4 tablespoons cornstarch  
1/4 cup sugar  
3/4 teaspoon salt  
1 egg yolk  
3/4 teaspoon vanilla  
Combine and cook in double boiler until thick. Cool. Spread on top of cake and serve.

Rose Shepherd, Corvallis, Ore.  
Oregon Agricultural College.

POTATO CARAMEL CAKE

2 cups sugar  
1/2 cup butter  
2 cups flour  
1 cup hot mashed potato  
3/4 cup sweet milk  
4 eggs  
2 teaspoons baking powder  
1 cup grated chocolate  
1 cup chopped nuts  
3/4 teaspoon cloves  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
Cream butter and sugar. Add yolks of eggs, then add milk, potatoes, spices, and chocolate. Mix baking powder in with flour. Beat the batter well. Add the well beaten whites of the eggs and the nuts last. This makes a large loaf.

Helen R. Murray, Los Angeles, Calif.  
University of Southern California.
YELLOW LOAF CAKE
2 cups sugar
1 cup milk
2 teaspoons baking powder
1 scant cup butter
3 cups flour
4 whole eggs—separated
Cream butter with sugar; add milk; and flour which has been sifted three times with baking powder. Fold in stiffly beaten eggs. Bake forty to forty-five minutes in moderate oven.

Elsie Gaiser Mitchell, Charleston, Ill.
University of Illinois.

HOT WATER GINGERBREAD
1 cup molasses
2 2 1/2 cups flour
1/2 teaspoon ginger
1 1/2 tablespoons boiling water
1 1/2 teaspoons salt
4 tablespoons melted butter
Pour water over molasses and add the dry ingredients (sifted together). Beat for about two minutes and bake in a buttered pan for thirty minutes in moderate oven.

Frances Barron, Wilmette, Ill.
Northwestern University.

ANGEL GINGERBREAD
1/4 cup sugar
1 tablespoon shortening
1/2 cup boiling water
1/4 teaspoon cloves
1/2 teaspoon nutmeg
1/2 cup molasses
1 teaspoon cinnamon
1/4 teaspoon salt
Mix well and bake in moderate oven. Serve hot with whipped cream—when used as a dessert. Serves six persons.

Louise Whitmore, New Haven, N. Y.
Boston University.

CRUMB CAKE
3 cups flour
2 cups sugar
1 cup butter
Rub all together like pie crust. Reserve about 1/4 cup of this and to remainder add:
2 well beaten eggs
1 teaspoon soda
1 teaspoon cinnamon
1 1/2 teaspoons molasses
1/2 teaspoon salt
Put in cake tin and sprinkle the 1/4 cup of crumbs on top and bake slowly. Do not frost.

Josephine Compton, Ann Arbor, Mich.
University of Michigan.

CRUMB CAKE
1 cup sugar
1/2 teaspoon allspice
1 lemon rind
1 large spoon molasses
1 teaspoon soda
1/2 cup butter and lard
1 teaspoon cinnamon
2 eggs beaten separately
1 cup sour milk
2 cups flour
1 cup raisins dredged with flour
Bake in two layers twenty-five minutes in a moderate oven. Sprinkle one-half cup crumbs on top of one layer before it is baked.

Cream Filling
1 cup scalded milk in a
1 beaten egg with 1/2 cup double boiler
1 sugar
3 level teaspoons cornstarch
Stir until thick; let cool; flavor with vanilla extract.

Evelyn M. Ewert, Chicago, Ill.
Northwestern University.
DATE CAKE

I cup sugar 2 tablespoons crisco
1 egg 1 cup cut dates
1 teaspoon soda sprinkled over dates and then fill 1 cup cut nuts
cup with boiling water 1 ½ cups flour

May be made by beating all ingredients together for about two minutes or by usual method of creaming sugar and butter; adding water, soda, dates, nuts, and flour; and lastly adding beaten egg. Bake slowly in buttered tin.


MARSHMALLOW ICING

1 ½ cups sugar ¾ cup water
1 tablespoon corn syrup

Boil until it spins a thread, drop in six marshmallows, then pour slowly on one stiffly beaten egg white, add one-half teaspoon lemon extract and beat until nearly cold.

Vina Freitag Kilby, Jefferson City, Mo. University of Illinois.

MOCHA FILLING

6 tablespoons butter 2 cups confectioner’s sugar
4 tablespoons dry cocoa 2 tablespoons warm liquid
cup vanilla coffee


Mary Clendenin, East Orange, N. J. Allegheny College.

BUTTERSCOTCH FILLING

1 tablespoon butter 1 cup brown sugar
¾ cup warm milk 1 tablespoon cornstarch
two tablespoons cold milk 1 egg
1 teaspoon vanilla Confectioner’s sugar

Place butter and brown sugar in saucepan and stir over fire until they form a candy. Then pour in ¾ cup milk. Let simmer until candy is melted. Now thicken with one tablespoon cornstarch mixed with two tablespoons milk. Beat up egg and add, stirring until it thickens. Add vanilla. Use more than half for filling and to the rest add enough confectioner’s sugar to make a paste for icing top and sides of cake.


PINEAPPLE FILLING FOR CAKE

1 small can grated pine-apple ¼ cup sugar
1 egg yolk 1 tablespoon flour
1 teaspoon lemon juice

Cook until thick, let cool and spread on cake. Cover with any boiled icing.

Vina Freitag Kilby, Jefferson City, Mo. University of Illinois.

SEVEN MINUTE FROSTING

Have water boiling in bottom of double boiler. In upper part, put white of one raw egg, three tablespoons cold water and one cup cane sugar. Beat for seven minutes with a double Dover egg beater. Frosting should be the consistency of marshmallow cream.

Note:—Be sure water in bottom of boiler boils all the time while beating.

Viola Michel, Chicago, Ill. Northwestern University.
CHOCOLATE SAUCE
Good for ice cream, boiled rice, puddings, etc.

1 1/2 cups sugar 1 cup boiling water
3/4 cup cocoa 1/2 teaspoon vanilla
Mix sugar and cocoa, add boiling water, and stir and cook till it boils. Let boil five or six minutes. Use hot or cold. Do not flavor till ready to use.

Violet Long, Dudley, Ill.
Northwestern University.

BAVARIAN CREAM (Cake Filling)
Bake your favorite Sunshine or Sponge Cake in tube pan. Cover over with the following Bavarian Cream:

| 1 envelope (scant) Knox gelatine | 1/2 cup water—warm |
| 1 cup sugar | 6 egg yolks |
| 1 1/2 bottles whipping cream | 1 1/2 bottles plain cream |
| Pinch salt | Vanilla to flavor |
| 1 cup chopped almonds |
Dissolve gelatine in water. Heat plain cream and mix. Add this to eggs and sugar, creamed together. Whip whipping cream, add vanilla and salt, and add to other mixture. When cool, spread thick over cake. Blanch, chop and brown almonds and sprinkle over all. Will serve sixteen. Can be made the day before. Keep cool.

Beth Manker Dobbin, Wilmette, Ill.
Northwestern University.

LADY FINGER TORTE

6 eggs 1 cup almonds (ground)
1 cup sugar 6 stale lady fingers (grated and browned for a minute in oven.)
3/4 teaspoon baking powder
1 teaspoon vanilla
Beat eggs well. Add sugar gradually (constantly beating mixture); then almonds and finally the lady fingers and baking powder. Flavor.

FILLING

1 cup cream 1 cup chopped almonds
3 egg yolks 1/2 cup sugar
1 teaspoon cornstarch
Cook in double boiler until thick; stir occasionally. Serve between the layers of cake and top with whipped cream to which has been added a small amount of sugar and vanilla.

Vera Gifford Nott, Byron, Ill.
Northwestern University.

DATE TORTE

1 cup dates (stoned) 1 1/2 cups flour
1 cup sugar 1 1/2 teaspoons baking powder
1 tablespoon butter 1/2 cup chopped walnuts
1 egg
1 scant teaspoon soda dissolved in little boiling water
Cook stoned dates in 1 1/2 cups boiling water for ten minutes. Cool. Cream sugar with butter and add soda and one cup of the flour. Add dates (dredged in flour), walnuts and one-half cup of flour with baking powder. Bake in two layers in moderate oven and put together with butter filling and top with whipped cream.

Butter Filling
Cream butter size of walnut, add one cup powdered sugar and enough milk to give it the consistency for spreading.

Marguerite Rickert Jones, St. Louis, Mo.
University of Wisconsin.
Cookies & Doughnuts

**SUGAR COOKIES**

- 1/2 cup butter
- 1 cup sugar
- 1 egg
- 1/2 cup milk

Cream butter with sugar; add egg; milk and dry ingredients (sifted together). Roll thin and bake in moderate oven.

Violet MacLeod, North Tonawanda, N. Y. University of Buffalo.

**SWEDISH COOKIES**

- 1 1/2 cups sugar
- 1/2 cup butter
- 1 cup sour cream
- 2 eggs, well beaten
- 1 teaspoon baking powder
- 3/4 cup flour

Cream butter and sugar, add eggs. Sift baking powder with flour and add to mixture alternately with sour cream. Sprinkle cookies with sugar. Bake 10 minutes in a quick oven.

Helen E. Heggie, Evanston, Ill. Northwestern University.

**SWEDISH COOKIES**

- 1 cup of brown sugar
- 1 cup of granulated sugar
- 1 cup of butter or fat
- 2 eggs
- 3 1/2 cups flour
- 1/2 cup nuts
- 1/4 cup hot water with 1 teaspoonful soda dissolved in it
- 1/4 teaspoonful salt
- 1 teaspoonful vanilla

Form dough into a roll, let stand over night, or for several hours in ice box, slice, and bake in moderate oven.

Helen Hartsook, Winterset, Iowa. Northwestern University.

**FUDGE SQUARES**

- 3 tablespoons butter
- 1 egg
- 1 cup flour
- 1 teaspoon baking powder
- 1/2 cup walnuts
- 1/2 cup brown sugar
- 3/4 cup milk
- 2 tablespoons cocoa
- 1 teaspoon salt
- 1 teaspoon vanilla

Melt the butter, add sugar and egg unbeaten. Add nuts with the cocoa, flour, salt, and baking powder which have been sifted altogether. Add the milk alternately with the dry ingredients. Put in shallow pan and bake in moderate oven. Cut in squares before removing from pan.

Esther Hunter Ong, Champaign, Ill. University of Illinois.

**NUT COOKIES**

- 1 cup brown sugar
- 1/2 cup melted shortening
- 1 egg
- 1/2 cup sweet milk
- 2 squares chocolate, melted

Drop with spoon and bake in hot oven.

**CHOCOLATE COOKIES**

1 cup sugar  
⅔ cup butter  
⅔ cup milk  
1 beaten egg  
1 ½ cups flour  
2 squares melted chocolate

Make as cake. Drop from a spoon on greased pan. Bake in moderate oven.  
Frost as follows:  
1 cup sugar  
Butter size of egg  
Cook until it sticks together in water (like fudge)—beat and spread before too thick. Add yolk of egg, beaten in slowly when frosting is partly cold.

Vera Gifford Nott, Byron, Ill.  
Northwestern University.

**CHOCOLATE DIPS**

6 eggs separated  
1 cup sugar  
1 cup flour  
⅓ cup cocoa  
2 cups sugar  
1 cup water  

Beat egg whites until stiff. Add sugar and beat well, then add beaten yolks and sifted flour. Flavor. Bake in square pan in hot oven and cool. Cut in small squares. Dip in following icing.  

Boil until a thick syrup. Let cool and dip squares. Then roll in powdered sugar. This will make 36 small cakes.

**GINGER COOKIES**

½ cup sugar  
1 cup shortening  
½ cup molasses  
1 heaping teaspoonful baking powder  
1 teaspoonful cinnamon  
1 egg  
⅓ teaspoon soda  
3 cups flour  
⅓ teaspoonful cloves  
1 tablespoonful ginger  
1 cup milk  

Mix the sugar, beaten egg and melted shortening. Stir soda into molasses and add. Sift flour, baking powder and spices together and add. Pour in milk and beat well. Bake in a moderate oven. This cake may be baked in a biscuit pan, muffin tins, or rolled out thin for cookies. It makes a dozen and a half small cakes. If sour milk is used, stir in ¼ teaspoonful of soda.

Boston University.

**BOSTON COOKIES**

1 cup butter  
2 cups sugar  
3 eggs  
3 cups flour  
⅓ teaspoon salt  
1 teaspoon cinnamon  
1 cup chopped nuts  
½ cup chopped raisins  
½ cup currants  
1 ¼ teaspoons baking powder

If eggs are not large, one or two tablespoons milk or water should be added to make a stiff batter. Cream butter with sugar; add beaten eggs; add gradually the flour sifted with other dry ingredients. Wash and dredge currants and raisins and add with nuts (alternating with flour). Drop by spoonfuls on greased tin and bake in moderate oven. Makes about six dozen cookies.

Dorothy Joesting Lundvall, Baltimore, Md.  
Goucher College.
WINE DROPS
1 cup molasses
1 cup shortening
1 egg
3/4 cup chopped raisins
1 teaspoon cinnamon and cloves

Cream butter with sugar; add molasses and soda and then hot water; wash and dredge raisins with flour and add with egg; add flour gradually. Drop from spoon on well greased tins and bake in a hot oven.

Isabelle Rae Copleston, Coxsackie, N. Y.
Syracuse University.

WINE AND ROSEWATER COOKIES
1/2 pound butter
3 eggs
1 glass red wine
3 teaspoons rosewater or vanilla
1 pound sugar
Rind of 1 lemon
2 teaspoons baking powder
3 or 4 cups of flour, enough to roll out

Cream sugar and butter; add wine, flavoring; sift flour and baking powder together and add gradually to the dough, alternating with well beaten eggs. Roll out thin and bake in a hot oven. Makes six to seven dozen.

Evelyn M. Ewert, Chicago, Ill.
Northwestern University.

BUTTER SCOTCH COOKIES
2 cups brown sugar
3 eggs
1 teaspoon soda
Pinch of salt
1/2 cup butter
1 teaspoon vanilla
1 teaspoon cream of tartar
4 cups flour

Cream butter with sugar; add beaten eggs and vanilla; sift salt, soda and cream of tartar with flour and add gradually to the dough. Mix at night and make into a long roll. In the morning, cut into slices and bake in moderate oven. A cup of nut meats can be added if less butter is used.

Loretta Heilman, Akron, Ohio,
University of Akron.

ALMOND COOKIES
1 cup white sugar
3/4 cup melted butter
4 1/2 cups flour
3 eggs
Small teaspoon soda in flour
1/2 pound blanched almonds
1 cup brown sugar
3/4 cup melted crisco or butter substitute
1 tablespoon cinnamon and salt

Mix and put in loaf. Let stand in buttered tins over night. Cut in thin slices and bake as wanted. Will keep in the ice box for some time.

May Willis Whitney, Cleveland, Ohio.
University of Wisconsin.

PECAN FIVE O'CLOCK TEAS
Beat the white of one egg stiff. To this add one cup of brown sugar (be sure that there are no lumps) and one cup salted pecans. Drop portions about the size of a large walnut into a well buttered pan and cook in a moderate oven about twenty or thirty minutes. You may use the unsalted pecans, in which event add a little salt to the ingredients. Walnuts may be substituted for pecans.

Mildred Horn Hall, Minneapolis, Minn.
University of Minnesota.
MOLASSES FRUIT COOKIES

1 cup sugar  
2 eggs  
1 teaspoon soda in water  
\(\frac{1}{2}\) teaspoon cloves  
\(\frac{3}{4}\) cup molasses  
\(\frac{1}{2}\) cup shortening  
1 teaspoon cinnamon  
2\(\frac{1}{2}\) cups flour  
2 cups raisins

Drop from a spoon on greased pan and bake in moderate oven. Makes about three dozen large cookies

Vera Gifford Nott, Byron, Ill.  
Northwestern University.

DATE BARS

1 cup brown sugar  
2 eggs  
\(\frac{1}{4}\) teaspoon soda  
\(\frac{1}{2}\) teaspoons cinnamon  
\(\frac{1}{4}\) cup nut meats  
1 tablespoon butter  
\(\frac{1}{2}\) teaspoon baking powder  
\(\frac{3}{4}\) cups flour  
1 cup dates

Mix and roll one-quarter inch thick and cut in strips. Place on buttered tin and bake in a moderate oven.

Mary Hoy Lonnsbury, Crawfordsville, Ind.  
De Pauw University.

DATE BARS

3 eggs  
1 cup flour  
\(\frac{1}{2}\) teaspoon salt  
1 cup walnut meats, chopped  
1 cup sugar  
1 teaspoon baking powder  
1 pound dates, chopped  
Vanilla

Beat the egg yokes stiff and then add sugar and beat. Add the stiffly beaten whites and the dry ingredients alternately to the dough. Add the vanilla, dates and nuts to the mixture and spread in a large flat pan and bake about thirty minutes. Cut in bars as soon as taken from the oven.

E. Violet MacLeod, North Tonawanda, N. Y.  
University of Buffalo.

PALMER COOKIES

Dough

1 cup granulated sugar  
1 egg  
1 teaspoon soda  
1 teaspoon vanilla  
\(\frac{3}{4}\) cup dates, ground  
\(\frac{3}{4}\) cup figs, ground  
\(\frac{3}{4}\) cup black walnuts, chopped  
Grated rind and juice of one lemon  
\(\frac{3}{4}\) cup butter  
\(\frac{3}{4}\) cup sweet milk  
\(\frac{3}{4}\) teaspoon salt  
4\(\frac{3}{4}\) cups flour  
2 teaspoons cream of tartar

Filling

\(\frac{3}{4}\) cup raisins, ground  
\(\frac{3}{4}\) cup English walnuts, chopped  
1 tablespoon cornstarch, dissolved in water  
1 cup granulated sugar  
\(\frac{3}{4}\) cup water

Mix all together and cook until thickened. Set away to cool. Make dough like any butter cake. Roll dough quite thin and cut with cookie cutter. Put one teaspoon filling in center of cookie and place another cookie on top. Press firmly around the edges. Bake in moderate oven. Black walnuts may be omitted if desired.

Elizabeth Barnes, Akron, Ohio.  
University of Akron.
**FILLED COOKIES**

**Cookie**

- 2 cups flour
- 1 cup sour cream
- 1 cup shortening
- 3 eggs
- 1 teaspoon vanilla
- ½ teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon soda

Add enough flour to roll. Line pan with very thin layer. Spread with filling, and cover with another thin layer. Bake in a moderate oven. Cut in squares.

**Filling**

- 1 cup sugar
- 2 tablespoons flour
- 1 cup boiling water

Cook slowly ten minutes.

Vera Smollett Rogers, Minneapolis, Minn. University of Minnesota.

**DATE FILLED COOKIES**

- 1½ cups sugar
- 2/3 cup butter
- 1 cup thick sour cream
- ½ cup sugar
- ½ cup warm water
- 1 cup chopped dates
- 2 teaspoons soda
- 2 eggs
- 3½ cups flour

Cook and cool. Roll cookies one-eighth inch thick, spread with a teaspoon of filling and cover with second cookie; press the edges together and bake in hot oven. Filling may have walnuts added or may be made with raisins or figs.

Mildred Strong Castle, Joliet, Ill. Illinois Wesleyan University.

**BROWNIES**

- 1 cup granulated sugar
- 2 eggs
- ¾ cup flour
- ½ cup melted butter
- 2 tablespoons cocoa
- 1 teaspoon vanilla
- 1 cup chopped walnut meats

Mix sugar, cocoa and butter; add eggs, flour, vanilla and nut meats. Put in a greased pan so that batter is one-half inch thick. Bake in a slow oven. When cool, cut in oblong slices.


**HERMIT COOKIES**

- 2 cups sugar
- 1 cup butter (soft)
- 4 tablespoons sweet milk
- ½ teaspoon soda
- 3 eggs
- 1 cup chopped raisins
- 1 teaspoon each of cloves, cinnamon and allspice

Flour to roll

Cream sugar and butter; add eggs and beat; then dredged raisins, milk and spices, soda. Add enough flour to roll dough and bake in moderate oven. Do not have much flour on cutting board.

Georgia Dickover, Wilkes-Barre, Pa. Syracuse University.

**TORTONS**

Whites of seven eggs beaten stiff; two cups pulverized sugar sifted three or four times with half teaspoon cream tartar; flavor. Beat twenty minutes. Put in well-greased muffin pans. Bake for one hour in a slow oven.

OATMEAL COOKIES

3⁄4 cup fat 1 cup sugar
2 eggs 1 cup raisins
5 tablespoons water 1 teaspoon soda
1 teaspoon cinnamon 2 cups flour
2 cups oatmeal 1⁄2 cup nut meats, chopped

Cream fat, add sugar, then beaten eggs. Cook raisins in the water until tender. Add cinnamon and flour in which the soda has been sifted. Add the oatmeal; lastly, raisins and nut meats dredged in flour. Drop from a spoon on a greased pan and bake in hot oven. Makes three dozen.

Lorraine Best Dietz, Ames, la.
Iowa State College.

RUSSIAN ROCKS

1 1⁄4 cup brown sugar 1 cup butter
3 eggs (beaten separately) 2 3⁄4 cups flour
1 teaspoon soda (in a little 2 teaspoons cinnamon
hot water) 3⁄4 teaspoon cloves
2 cups pecan nuts

Mix in the order given and drop on buttered tins and bake in a moderate oven.

Gwendolyn Morris, Corvallis, Ore.
Oregon Agricultural College.

ROCKS

1 cup sugar 1 cup butter
3⁄4 teaspoon soda dissolved 2 eggs, well beaten
in 3⁄4 cup sour milk 2 cups oatmeal
1 cup raisins 1 teaspoon cinnamon
1⁄2 teaspoon baking powder sifted with 2 cups flour

Cream butter with sugar; add sour milk and soda. Then add rest of ingredients in the order given. Drop by tablespoons on greased tin and bake in moderate oven. Makes three dozen.

Elizabeth Banta, Low Point, Ill.
University of Illinois.

CHINESE CHEWS

1 1⁄4 cup sugar 3⁄4 cup pastry flour
1 teaspoon baking powder 3⁄4 teaspoon salt
1 cup chopped dates 1 cup walnut meats
2 eggs

Mix dry ingredients. Add nuts and dates and beaten eggs. Spread in thin sheet. Bake and do not allow to bake hard on the edges. Cut in squares about 1 1⁄4 or 1 1⁄2 inches. When cool enough to handle roll in balls and roll in granulated sugar. Makes about 36.

J. McRuer, Toronto, Canada.
Toronto University.

VANITIES

2 eggs (well beaten) 3⁄4 teaspoon salt
3⁄4 teaspoon vanilla or rose Flour to mix very stiff
water

Mix and roll as thin as possible; cut in squares and fry in hot lard; drain and sprinkle on both sides with powdered sugar.

Irma Strassen Brady, Chicago, Ill.
University of Wisconsin.

MACAROONS

Two egg whites, beaten stiff; add one cup sugar, one cup cocoanut, three cups corn flakes and one cup chopped nuts. Drop from teaspoon onto a buttered pan and bake in a slow oven until a golden brown. Allow to cool and remove with a knife. Makes 20.

Irma M. Fraser, Bloomington, Ill.
University of Illinois.
SOFT GINGERBREAD

1 cup brown sugar  
3 cups flour sifted with  
1 tablespoon ginger  
½ teaspoon grated nutmeg  
1 cup sour milk

½ cup shortening  
1 teaspoon cinnamon  
1 teaspoon baking powder  
½ teaspoon salt  
3 eggs

Cream butter and sugar. Sift flour and spices and add alternately with the milk in which soda has been dissolved; then add one egg at a time, beating vigorously with each additional egg. Pour into buttered tin and bake in moderate oven.

Melba Burden, Sonora, Calif.  
University of California.

GINGER BREAD

Put one cup molasses in bowl with one-half cup butter and one-half cup granulated sugar. Pour over this one cup boiling water with one large teaspoon soda dissolved in it, and let cool. Add one teaspoon each of cinnamon and ginger, 2½ cups flour, two well-beaten eggs (1 cup walnuts and one cup raisins if desired).

Josephine Compton, Ann Arbor, Mich.  
University of Michigan.

DOUGHNUTS

1 cup sugar  
3 eggs  
4 teaspoons baking powder  
½ teaspoon grated nutmeg

2½ tablespoons butter  
1 cup milk  
½ teaspoon cinnamon  
1½ teaspoon salt

Flour to roll

Cream butter with sugar; add beaten eggs and mix well. Add 3½ cups flour mixed and sifted with baking powder, salt and spices, alternately with milk. Add enough more flour to make dough stiff enough to roll. Roll one-fourth inch thick; cut and fry.

Boston University.

DOUGHNUTS

3 eggs  
1 cup milk  
About 5 cups flour  
1 teaspoon soda

1 cup sugar  
½ teaspoon nutmeg or mace  
2 teaspoons cream tartar  
1 teaspoon salt

Beat eggs; add sugar and beat; then add milk, flavor and dry ingredients. Dough should be as soft as can be handled. Roll to one-quarter thickness, cut in rings and fry in hot fat until brown. Drain and cool. Note. Fat is hot enough for frying when doughnuts come quickly to the top of fat. Avoid turning more than once. Do not use old fats.

Ruth Gifford Vielehr, Chicago, Ill.  
Northwestern University.

DROP CAKES

1 cup sugar  
½ cup shortening  
1 cup milk  
1 egg

3 teaspoons baking powder  
2 cups flour  
½ teaspoon salt  
1 teaspoon vanilla

Sift sugar, flour, baking powder and salt together; add melted shortening to the milk, egg, and flavoring, mixed together. Combine the dry and liquid mixtures and mix well. Bake in individual tins for 20 minutes. Cover with

Jelly Meringue

White of 1 egg  
½ cup currant or grape jelly

Put egg white and jelly together and beat with egg beater until stiff.

Edith Morgan, Evanston, Ill.  
Northwestern University.
Candies

PLAIN CARAMELS

\[ \frac{1}{4} \text{ cup cocoa} \]
\[ 1 \text{ cup of corn syrup} \]
\[ \frac{1}{4} \text{ cup of milk} \]

Melt cocoa in the butter and stir until smooth, add corn syrup, brown sugar and milk and boil, stirring constantly until it will form a soft ball when tested in cold water. Remove from fire, add vanilla and beat until thick and creamy. Pour into buttered pans and cut into squares when cold.

Margaret Warren, Chicago, Ill.
Northwestern University.

ICE CREAM CANDY

\[ 1\frac{1}{2} \text{ cups sugar} \]
\[ \frac{1}{2} \text{ teaspoon cream of tartar} \]
\[ \frac{1}{2} \text{ cup water} \]

Boil fifteen minutes, take from stove, add one teaspoon of vanilla, let it cool and pull. Do not stir while cooking.

Regina Brown, Bloomington, Ill.
Illinois Wesleyan University.

PATIENCE

Carmelize one cup sugar. Add one cup milk and stir until the sugar is melted. Add two cups sugar and one cup milk. Cook until a soft ball forms when tried in cold water, stirring constantly. Add two-thirds cup of chopped nuts and one tablespoon butter. Beat until it begins to thicken, then pour it into a greased pan.

Ruth Scott Cooley, Pittsburgh, Pa.
Goucher College.

POTATO CHOCOLATE CREAMS

One baked potato or more, according to the amount of candy desired. Peel, mash well and add powdered sugar until the mixture will take no more. Work until it is a smooth white mass, then break off small pieces, roll into balls, and dip in melted chocolate, to which a small piece of paraffin has been added. Place on oiled paper to harden. Halves walnut meats may be placed on top if desired.

Madge Runey, Bismarck, N. D.
University of Minnesota.

COCOANUT FUDGE CANDY

Soak one-half envelope Knox Gelatine in three tablespoons of cold water five minutes. Put two cups sugar and one cup milk in a saucepan, bring to the boiling point and let boil until it forms a soft ball in cold water. Remove from range, add soaked gelatine, one-half tablespoon of butter, one teaspoon vanilla. Beat until creamy and add one cup shredded cocoanut. Turn into a buttered pan.

La Vona Alford, Bloomington, Ill.
Illinois Wesleyan University.

KNEADED FUDGE

\[ 2 \text{ cups sugar} \]
\[ 2 \text{ tablespoons flour} \]
\[ 3 \text{ tablespoons butter} \]
\[ 1 \text{ cup water} \]
\[ 4 \text{ tablespoons cocoa} \]
\[ \text{Pinch salt} \]
\[ 1 \text{ teaspoon flavoring} \]

Mix dry ingredients well. Add water and cook till it forms a soft ball when tested in cold water. Remove from fire and add butter. Let stand till almost cold. Add flavoring and beat until stiff enough to be kneaded. Knead and form into a long roll and slice.

Eugenie Shoup, Battleground, Ind.
De Pauw University.

COLLEGE WOMAN'S COOK BOOK

85
DIVINITY CREAM

3 cups sugar 1 cup corn syrup
1 cup cold water Whites of 2 eggs
2 cups nuts (finely chopped)

Boil sugar, syrup and water until stiff ball forms in cold water. Add gradually to whites of eggs stiffly beaten. Beat until cold and then add nuts. Chill on buttered platter.

Geraldine Walker, Baltimore, Md.
Goucher College.

PENUCHE

3 cups brown sugar 1 cup cream
3 tablespoons butter

Stir while cooking and cook until it forms a soft ball in water. Beat until very stiff.

Elizabeth Barnes, Akron, O.
University of Akron.

WALNUT KISSES

1 cup maple syrup ½ cup granulated sugar
¼ cup cold water 1 egg white
1 cup nuts

Boil syrup, sugar and water until it forms a firm ball in cold water. Do not stir while cooking. Beat egg whites stiff. Pour sugar slowly on eggs and beat. Add nuts and drop on a buttered plate.

Esther Schultz, Akron, O.
University of Akron.

PEANUT BRITTLE

3 cups granulated sugar 2 cups raw peanuts
1½ cups Karo syrup (white) 1½ cups water
1 tablespoon Karo syrup white 1 teaspoon vanilla
1½ rounded teaspoons soda, in the water

Put sugar, syrup and water in deep kettle over hot fire, stirring until it boils—then cook until very hard and brittle when dropped in cold water. Immediately stir in butter and the peanuts, stirring briskly until the mass turns light brown and the nuts pop apart and give off a blue smoke. Remove from fire and stir in the vanilla, soda and water which have been previously mixed. Turn out on buttered slab.

M. Carrol Gumm, Lovington, Ill.
University of Illinois.

NUT BRITTLE

Melt one pound sugar in an iron skillet and pour over chopped nuts (not too finely chopped). Have candy thin, not more than one-eighth-inch thick.

Virginia Stevenson Mershon, Pittsburgh, Pa.
Syracuse University.

BUTTER SCOTCH CANDY

1 cup Karo syrup ½ cup of butter
1 cup granulated sugar 1 teaspoonful of vinegar

Boil well until it is brittle when dropped into cold water.

Elda Swenson, Irwin, Pa.
Allegheny College.

BUTTER SCOTCH

1 cup sugar 1 tablespoon vinegar
¼ cup molasses 2 tablespoons boiling water
½ cup butter

Boil until brittle, when dropped in cold water. Pour into buttered pan and while cooling, mark it in squares.

Mary Perkins, Malden, Mass.
Boston University.
DATE KISSES

2 egg whites beaten stiff       1 cup of confectionery sugar
1 cup walnut meats chopped     1 cup chopped dates

Drop from a spoon and bake until slightly browned. (They burn easily on the bottom.) If you grease the pan do it slightly. This recipe makes about thirty kisses.

Helen Millhoff, Johnstown, Pa. Allegheny College.

PEPPERMINT CANDY

Boil two cups of molasses, one cup of brown sugar, one tablespoonful vinegar to the soft ball stage. When it gets cool enough to handle, I put one and one-half or two teaspoonfuls extract of peppermint in the candy and stir it in just before pulling it. I cut the candy after pulling it out into light yellow strips. I cut the candy into inch cubes. Each piece can be wrapped in a twist of paraffin paper before packing into the box.


LOLLY-POPS

1½ cups white sugar         ½ cup white Karo syrup
¾ cup water                Any flavor

Boil all ingredients except flavoring until it will become brittle in cold water. Remove from stove and add flavoring and coloring if desired. Cool in buttered pans. When cool enough to handle, make into balls, or other shapes and place on sticks. Meat skewers may be used.

Frances Cooper, Chatfield, Minn. University of Minnesota.

TAFFY APPLES

1½ cups sugar         ½ cup water
¾ cup corn syrup       4 tablespoons butter

Apples and spit sticks

Cook all but apples to soft ball stage when tested in cold water. Insert sticks in apples and dip apples in hot syrup. Hold apples in air a minute or so until the taffy sets a little. Lay on greased paper.

Eunice Prutsman, Chicago, Ill. De Pauw University.

RED CROSS CANDY

¼ cup raisins         ¼ cup peanuts
1 shredded wheat biscuit

Run through food chopper and then add one-half pound melted sweetened chocolate and mix thoroughly. Pour out in buttered tin and mark in bars when cold.

Ella Krans Stephens, Whitestone, Malba, L. I. Syracuse University.

PARISIAN SWEETS

1 pound prepared dates   2 tablespoons orange juice
1 pound figs             ½ cup honey
1 pound nuts

Cleanse fruits and nuts. Put through meat chopper and mix thoroughly. Add orange juice and honey. Shape, roll in chopped nuts, cocoanut or chocolate.

Marjorie Beebe, Wakefield, Nebr. Iowa State College.
FIG LOAF

2 cups sugar  
\( \frac{3}{4} \) cup of cream  
1 pound of figs chopped

Boil sugar and cream until soft ball forms in cold water, then pour on buttered platter, when cool enough to handle, knead with fingers and roll into a loaf after kneading in the figs.

Laura Kiehl, Seattle, Wash.  
University of Washington.

FRUIT CANDY

3 cups sugar  
\( \frac{1}{2} \) cup nut meats  
\( \frac{3}{4} \) cup shredded cocoanut  
12 dates

Cook sugar and milk until a soft ball is formed when dropped in cold water. Add chopped dates and let simmer until dates soften. Remove from fire and after adding nuts and cocoanut, beat until creamy. Pour into wet cloth and leave till candy hardens; then slice.

Bess Kessner Capps, Emporia, Kan.  
De Pauw University.

CANDIED APPLES

2 cups sugar  
1 cup water  
Apples

Boil to heavy syrup. Pare apples, cut in slices one-fourth inch thick, cored whole or cut in round slices. Drop in syrup. Cook until transparent. Place on platter in open. Dry twenty-four hours. Roll in granulated sugar. Let stand another twenty-four hours. Roll in granulated sugar again. May be colored blue, red or green if desired.

Alma Hansen, Atlantic, Iowa.  
Iowa State College.

CANDIED ORANGE PEEL

2\( \frac{1}{2} \) cups sugar  
1 cup water

Peel from 6 oranges

Cut orange peel into long strips. Put in saucepan, cover with cold water. Boil gently until peel is tender but not broken. Drain and spread on broad platter to cool while making syrup.

Boil one and one-half cups sugar and water fast for ten minutes. Put in cooled peel and cook fast until syrup is very thick and reduced to half the original quantity. Take from fire and carefully stir in one cup granulated sugar. When nearly cold pick peelings apart and spread upon a sieve to dry. Pack in paper boxes strewing granulated sugar between layers.

Helen P. Higgs, Peoria, Ill.  
Northwestern University.

CANDIED GRAPEFRUIT PEEL

1 grapefruit  
1\( \frac{1}{4} \) pounds sugar to 1 quart peel

Cut grapefruit rinds in pieces and soak in slightly salt water a day and a half. Drain water off and put cold water on, and boil rapidly about ten minutes. Change the water and boil again. Continue changing the water and boiling four or five times. Then drain off all water carefully, leaving rinds as dry as possible. Add sugar and stir, cooking very slowly over a slow, steady heat. Stir well—do not allow to scorch. When it begins to crystallize, stir rapidly. Then empty upon oiled paper, sprinkling well with sugar.

Clara Jakes, La Fayette, Ind.  
De Pauw University.
STUFFED FRUIT

Dates  Figs  Prunes
Prepare fruits, stuff with fondant, peanut butter, nuts, cherries, fruits, marmalade, etc. Press in shape, roll in granulated sugar, nuts or mixture of cocoa and cinnamon.

Pearl Apland, Ames, Iowa. Iowa State College.

GLACE NUTS AND FRUITS

Drop blanched nuts, two or three at a time into the glace syrup. Remove with a fork and place on oiled paper or marble slab. Do not stir the glace.

For glace fruits, grapes, strawberries, sections of mandarins and oranges and candied cherries may be used. Be sure all materials are thoroughly dry before dipping. These will only keep for a day and should only be done in clear, cold weather.

GLACE

(A thin film of heavy sugar syrup)

1 pound sugar 1 cup cold water 1/2 teaspoon cream of tartar

Put ingredients into a saucepan and heat slowly to boiling point, stirring constantly until sugar is melted. Boil without stirring until syrup begins to discolor (310°). (Wash off sugar from sides of saucepan as in making fondant.) Remove saucepan from fire and place in large pan of cold water to instantly stop the boiling. Remove from cold water and keep pan in hot water while dipping.

Grace Johnson Taylor, Toledo, Ohio. Syracuse University.

TUTTI FRUTTI

3/4 cup figs  1 1/4 cup nut meats
3/4 cup raisins  Juice of 1/2 lemon
3/4 cup stoned dates  1/4 teaspoon salt
Rind of 1/2 orange

Chop fruit and nuts or put through coarse grinder. Press in sheet about 1 inch thick. Press into pan lined with oil paper. Use weight if necessary in order to get firm cake. Cut in bars. This may be made into balls and either balls or bars rolled in cocoanut or chopped nuts or dipped into chocolate or sugar.

Lucile Peck, Menomonie Falls, Wis. Northwestern University.

ITALIAN CREAMS

2-1/4 or 3 cups sugar  1 cup nuts
1 cup milk (diluted canned)  1 teaspoon butter
1/2 teaspoon vanilla

Caramel one cup of sugar. Boil the rest of the sugar with the milk. Let boil awhile and then add the caramel very gradually, stirring briskly. Let it boil until a small bit dropped in cold water forms a soft ball. Add butter and vanilla. Cool, beat, pour out on platter and cut in squares. Nuts may be added if desired and are an improvement.

Marion Brown Corneliusen. University of Illinois.

COLLEGE WOMAN'S COOK BOOK
FONDANT
3 cups sugar
\( \frac{3}{4} \) teaspoon cream tartar
1 cup water
Cook slowly and remove from fire when a soft ball is formed in cold water. Do not stir while on the fire. Remove from fire, when cold, beat until creamy and of consistency to shape.

BUTTER SCOTCH
1 cup sugar
2 tablespoons vinegar
1 cup water
1 heaping tablespoon butter
1 teaspoon vanilla or lemon juice
Boil steadily without stirring until a brittle mass is formed in cold water. Remove from fire and add flavor and turn into buttered pan and mark off into squares.

Beryl Warnary, Chicago, Ill.
Northwestern University.

GUMDROPS
Soak six and one-half tablespoons granulated gelatin in one and one-fourth cups cold water until liquid is absorbed. In saucepan put one and one-third cups sugar, one-half cup white corn syrup, and one tablespoon water. Stir until well mixed, color with green or red color and bring to boiling point. Boil without stirring until mixture forms a soft ball when tried in cold water. Add gelatin, stir over fire one minute, add three tablespoons lemon juice, strain and add a few drops oil of lime or cinnamon. Let stand 5 minutes in cool place. Sift cornstarch lightly into a shallow cake pan placed in a large pan or tray. Very gently level off the top with a knife. Make impressions in starch with end of knife handle. Pour gumdrop mixture into impressions, using a teaspoon or a confectioner’s funnel—leave until firm. Place in sifter and shake off extra starch, hold a moment in steam and roll in coarse granulated sugar. (While one batch is hardening the rest will become hard, heat again so will pour into molds.)

Helen Burgert, Cedar Rapids, Iowa.
Coe College.

PATIENCE
2 cups of sugar
1 cup of condensed milk
1 cup nut meats
1 small package marshmallows
Melt one-half cup of the sugar and at the same time let one and one-half cups of the sugar and the cream come to a boil. Add the melted sugar slowly, Stirring constantly. Test, when done beat nearly hard, add nuts and cut up marshmallows, beat until hard.

Mabel Flanley, Boston, Mass.
University of Washington.
Pickles & Sauces

**CHUNK PICKLES**
Cut cucumbers in thick slices and put in salt water over night (or three hours will do). Drain. For one quart of cucumbers, take one pint of vinegar, one cup sugar, one teaspoon mustard seed, two teaspoons mixed spices and a little stick cinnamon. Put vinegar and sugar on fire. When hot put in cucumbers and stir until they turn color. Then put in cans and cover tightly. When they have cooled, pour off the juice and heat, pour over pickles and seal.

Louise Merriman Winner, Cleveland, Ohio.

**PICKLES**
Small pickles are preferable. Wash cucumbers and dry perfectly. Fill jars with pickles. Mix:
- 1 gallon cider vinegar
- 1 cup ground mustard
- 1 cup brown sugar
Heat through and pour over the pickles in the jars. Seal while hot.

Helen Fornecker, Akron, Ohio.

**FRENCH PICKLES**
20 cucumbers (not larger than three inches) sliced
- 1 pint vinegar
- 1 cup brown sugar
- ½ cup ground mustard
- 1 teaspoon each of celery seed, mustard seed, pepper, cinnamon, salt and tumeric.
Slice cucumbers, sprinkle with salt, let stand one hour. Then drain add other ingredients and let come to a boil. Seal in Mason jars.

Marguerite Richert Jones, St. Louis, Mo.

**SPICED PRUNES**
1 pound prunes
- 3-inch stick cinnamon
- ½ cup cider vinegar
Soak prunes over night. Cook them slowly in the water in which they have been soaked with a bag of spices and two slices of lemon. When tender, add vinegar and brown sugar. Cook slowly until syrup is thick.

Clara Jakes, La Fayette, Ind.

**SPICED CURRANTS**
5 pounds currants—picked
- 4 pounds sugar
- 1 pint vinegar
- 1 wine glass stick cinnamon
Boil one-half hour. Put in sterile glasses and seal.

Louise S. Woods, Oakland, Calif.

**BEET PICKLE**
1 quart cooked beets
- 1 quart raw cabbage, chopped fine
1 cup horseradish
- 1 tablespoon salt
2 cups sugar
- ¼ teaspoon red pepper
1 teaspoon pepper
Vinegar to cover
Place chopped beets and cabbage in large bowl. Mix thoroughly the horseradish, seasonings with some vinegar and pour over mixture. Add enough more vinegar to cover pickle. Makes about one gallon.

Elizabeth Banta, Low Point, Ill.

**COLLEGE WOMAN’S COOK BOOK**
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OLIVE OIL PICKLES

Wash and slice thin
4 dozen small cucumbers
1 quart vinegar
½ cup yellow mustard seed
1 tablespoon celery seed

Pour over cucumbers and let stand over night. Seal in jars. No cooking.

Rhoda Edmonds Weingartner, Kiel, Wis.
University of Wisconsin.

CELERY SAUCE

12 stalks celery
12 large onions
1 peck ripe tomatoes
4 red peppers
4 cups sugar
5 tablespoons salt
7 cups vinegar

Chop celery, onions and peppers fine. Add sliced tomatoes and other ingredients. Cook two hours or until thick. Makes nine quarts.

Eunice Prutsman, Chicago, Ill.
De Pauw University.

CHILE SAUCE

5 dozen red tomatoes
6 large onions
10 cups sugar
1 tablespoon ginger
1 dozen green peppers
10 cups vinegar
5 tablespoons salt
1 tablespoon cloves
1 tablespoon pepper

Slice onion fine; chop tomatoes, peppers and onion all together and boil one hour without any water. Then add remaining ingredients and cook two hours longer. Place in jars and seal.

Marsha Allee Pearson, Chicago, Ill.
De Pauw University.

RHUBARB PICKLE

1 quart stewed rhubarb
1 quart chopped onions
1 tablespoon ginger
1 quart sugar
1 quart vinegar
1 tablespoon salt

Cook half an hour. Before taking off fire, add a little cinnamon, allspice and cloves.

Margaret Dow, Toronto, Can.
University of Toronto.

MUSTARD PICKLES

1 quart large cucumbers
sliced
1 quart large onions, sliced
2 heads raw cauliflower, cut in sections
2 quarts tiny cucumbers, whole
2 quarts small onions, whole
3 green peppers
3 red peppers

Cover with brine made of one cup salt to one gallon of boiling water. Let stand twenty-four hours.

Paste

1 cup flour
4 cups sugar
½ gallon cider vinegar

Cook paste ten minutes. Cook all together ten minutes. Drain salt water off pickles and add to paste. Seal in pint mason jars. Makes about eleven pints.

Helen Mc Illvaine, Los Angeles, Calif.
University of Southern California.
PEPPER PICKLES

6 onions
6 red peppers
1 cup sugar

Put onions and peppers through grinder together. Then pour boiling water over and let stand five minutes and drain. Add the vinegar, sugar and salt. Cook twenty minutes and seal while hot.

Viola Thurmond, Seattle, Wash.
University of Washington.

YUMMY PICKLES
(Uncooked)

½ peck ripe tomatoes
3 ripe peppers
3 green peppers
Large bunch celery (cut in bits)

Dice vegetables and add seasoning mixed with vinegar. Pour over all.

Gladys Murphy, Chicago, Ill.
Northwestern University.

INDIAN RELISH

2 quarts green tomatoes (chopped and drained)
1 cup celery (chopped fine)
4 red peppers
¼ teaspoon cloves

Combine ingredients (tomatoes, celery and peppers). Cover with two cups boiling vinegar to which has been added salt, sugar, mustard seed and spices. Bottle.

Kathryn Wilson, Evanston, Ill.
Northwestern University.

MUSTARD PICKLES

1 quart small cucumbers
1 quart small button onions
4 red peppers (cut fine)

Make a brine of four quarts water and one pint salt, pour it over the vegetables, and let soak twenty-four hours. Heat just enough to scald and turn into a colander to drain. Mix one cup flour, six tablespoons ground mustard, one tablespoon tumeric with enough cold vinegar to make a smooth paste, then add one cup sugar and enough vinegar to make two quarts in all. Boil this mixture until it thickens and is smooth, stirring all the time, then add the vegetables and cook until well heated through.

Mildred Mitton, Dorchester, Mass.
Boston University.

SPANISH PICKLES

1 peck green tomatoes thinly sliced
4 onions thinly sliced
1 cup salt
¾ ounce cloves
4 green peppers finely chopped

Sprinkle alternate layers of tomatoes and onions with salt, and let stand over night. In the morning drain, and put into a preserving kettle; add the remaining ingredients using enough vinegar to cover all. Heat gradually to boiling point and boil one-half hour.

Mary Matkin, Flatriver, Mo.
University of Missouri.

COLLEGE WOMAN'S COOK BOOK 93
Marmalades

AMBER MARMALADE
1 orange 1 lemon
1 grapefruit
Slice fruit very thin, rejecting only seeds and core of the grapefruit. Measure fruit, and add to it three times the quantity of water. Let it stand in an earthen dish over night, and next morning boil for ten minutes only. Leave until next day, then boil two hours. Measure, add an equal amount of sugar, and boil, stirring occasionally that it may not burn. Boil for about an hour or until it sheets from spoon. Pour into sterile glasses, let stand until cold, then cover with melted paraffin.

Ora Strong-Davies, Topeka, Kans. Illinois Wesleyan University.

ORANGE MARMALADE
Take equal number of oranges and lemons. Wash and take off little ends. Weigh, quarter and slice as thin as possible; to every pound of fruit add 2 1/2 pints of cold water and let stand twelve hours. Cook until rinds are very tender. Do not cover while cooking. Measure liquid and to every pint add 1 1/2 pounds white sugar, which has been heated. Cook until it jellies.

Ruth Gillespy, Columbia, Mo. University of Missouri.

PEACH CONSERVE (Meat Relish)
One dozen firm, but not too ripe peaches, cut small. An equal weight of sugar. One small bottle of maraschino cherries (about 5 inches high). Use both cherries and liquor. Cut up the cherries and add to the peaches and sugar and simmer until thick. Then put in one tablespoonful of brandy just before putting in jars.

Marion Medland, Toronto, Can. University of Toronto.

1-2-3-4 CONSERVE
1 quart currants (use only juice) 2 quarts red raspberries 3 quarts cherries
4 pounds sugar
Boil until it thickens like jelly. Ethel Bell, Chicago, Ill. Northwestern University.

PEACH CONSERVE
6 pounds peaches 6 pounds sugar
4 oranges 1 bottle maraschino cherries
Dice peaches and oranges. Add sugar and cherries. Boil slowly until a portion cooled is of desired consistency.

Jessie T. Peet, Laurens, N. Y. Syracuse University.

PLUM CONSERVE
16 cups plums, seeded 2 oranges
2 lemons, juice 1 cup chopped nuts
Sugar
Wash the plums, cut in small pieces and cook until soft in one-half as much water as fruit. Then add orange pulp and lemon juice and cook a few minutes longer. Measure the mixture, then add 1/2 quantity of warmed sugar. Continue cooking until thick. About two minutes before product is finished add chopped nuts. Stir often to prevent burning. Pour into sterilized jars and seal.

Cora Wendt, Bloomington, Ill. Illinois Wesleyan University.
WATERMELON RIND PRESERVES

Rind of one watermelon  
1 pint cider vinegar  
1 stick cinnamon, broken up

Pare rind, remove red meat and cut in small strips. Boil in salt water till tender—twenty or thirty minutes. Let drain over night. Boil sugar and vinegar five minutes; add cinnamon and cloves; add rind and boil fifteen minutes. Remove rind to jars with perforated spoon, boil syrup down a little and pour in jars. Cover air-tight and keep in a cool place.

Marguerite Oatman, Berkeley, Calif. University of California.

PUMPKIN PRESERVE

5 pounds pumpkin  
3 lemons—grated rind and juice

Remove peel, and cut raw pumpkin in small pieces. Place in stone covered jar or earthen vessel and add sugar.* Let mixture stand over night. Drain pumpkin from the liquid and boil liquid until it spins a thread. Add the pumpkin, oranges, and lemons, and a few grains of salt. Cook until thick and clear and seal in jars.


PUMPKIN MARMALADE

6 pounds pumpkin—cut  
very thin slices  
1/4 pound ground ginger root

Mixed sliced pumpkin and sugar and let stand over night. In morning add grated rind and juice of lemons and ginger root. Let boil until thick when cool seal in sterile glasses.

Irma Bullis, Syracuse, N. Y. Syracuse University.

HARLEQUIN CONSERVE

25 peaches  
10 red plums  
1/4 pound chopped almonds (blanched)

Cup up fruit and cook until soft. Add 3/4 cup sugar for each cup of fruit. Do not add sugar until fruit is half cooked. Cook until thick and fruit is clear. Add almonds when conserve is almost done.

Genevieve Bond Gelein, Mt. Vernon, N. Y. University of Wisconsin.

PLUM JAM

(1 qt.) 1/2 bushel Damson plums  
(1/2 teaspoon) 2 tablespoons grated orange rind

Prepare fruit and cook according to directions for cooking jam. When it has cooked sufficiently, remove from fire and add grated orange rind, juice and chopped nuts. Stir well, pour into jars and seal.

Margaret Dow, Toronto, Can. University of Toronto.
APRICOT CONSERVE

1 cup dried apricots
2 tablespoons lemon juice
2 tablespoons blanched almonds (chopped)

Cook apricots until soft, shred, add pineapple, lemon juice, orange peel and sugar. Cook until thick and clear. Add almonds and cook two minutes, then turn out into glasses. Makes three glasses.

Dorothy Morris, Logan, Iowa
Iowa State College.

CRANBERRY CONSERVE

1 quart cranberries
Sugar to equal amount
Pulp and grated rind of 3 oranges
1 cup seeded raisins

Cook the cranberries in barely enough water to float them. When all the berries are broken and the fruit has cooked to a mush, measure the mixture and add an equal amount of sugar, the oranges and raisins. Simmer the conserve until thick. Then pour into hot sterilized glasses.

Mildred Decker Rolfe, Malden, Mass,
Boston University.

POLychrome CONSERVE

½ pound evaporated peaches
½ pound evaporated apricots
Grated rind ½ orange
½ cup nut meats
Juice 1 orange
1½ pounds sugar

Wash, soak over night, and simmer dried fruit till tender. Press through sieve. Grate peel of one-half orange, add juice to the pressed fruit, then raisins and sugar. Simmer all ten minutes or more till thick. Makes six glasses.

Virginia Cravens, Hardinsburg, Ind.
De Pauw University.

PEAR CHIPS

8 pounds pears
¾ pound Canton ginger
4 pounds sugar
4 lemons

Wash pears, remove stems, quarter and core and cut in small pieces. Add sugar and ginger and let stand over night. In the morning add lemons cut in small pieces. Cook slowly for three hours being careful not to burn. Pour into glasses, when cool seal with paraffine.

Marjorie Flynn Matthew, Woodland, Calif.
University of California.

FIG FILLING

3 pounds apple or pear
1 pound figs
3½ pounds sugar
Juice of 1 lemon

Makes eight glasses. Will keep like jelly.

Genevieve Betts.
University of Washington.

GRAPE CONSERVE

3 pounds grapes
1 pound raisins, seeded
2 orange pulps
3 pounds sugar
1 pound English walnuts
Part orange rind, grated

Seed grapes, chop raisins, make as a jelly.

Margaret Brainard, Brookline, Mass.
Boston University.