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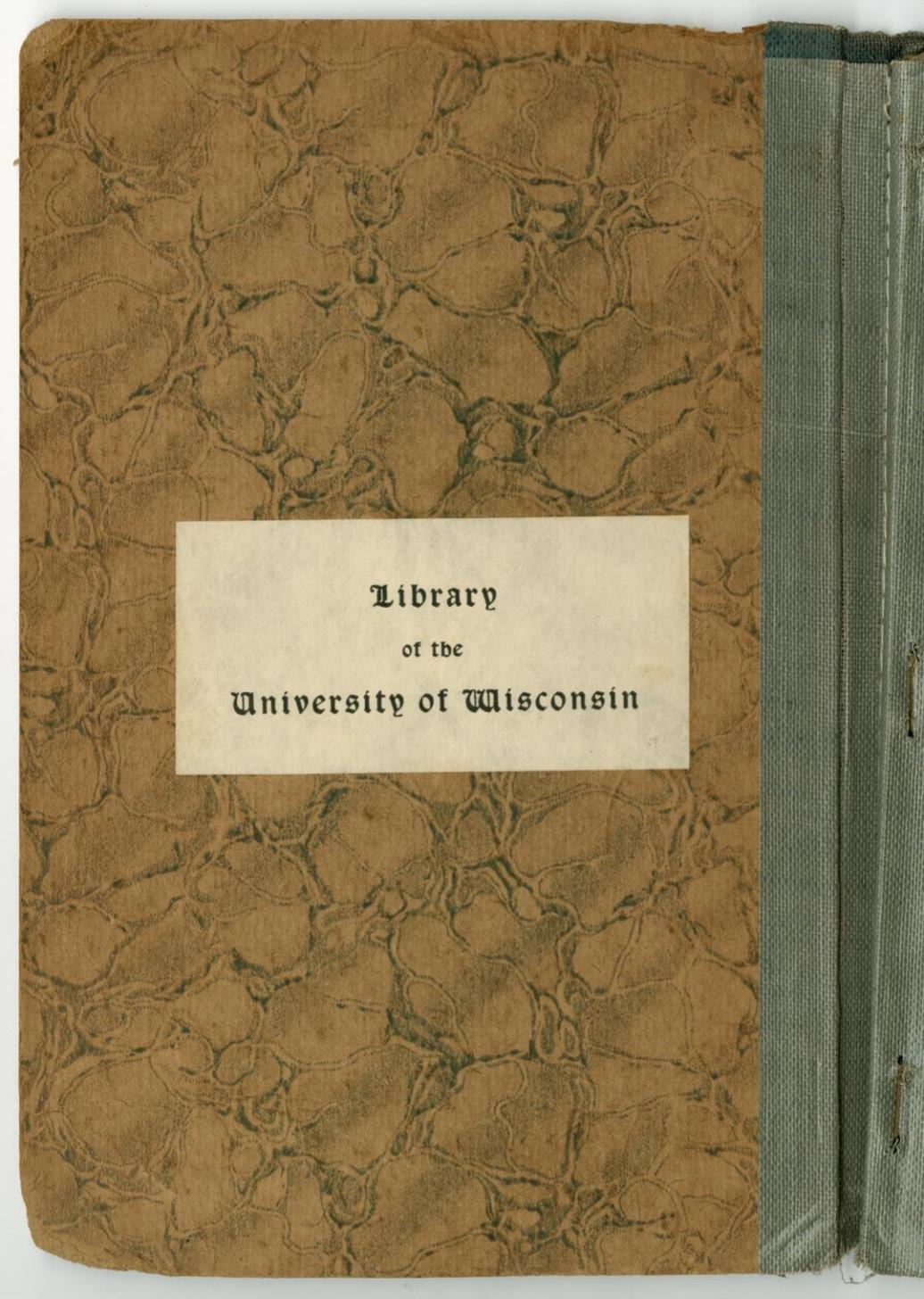
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THRIFT FOR TROUBLED TIMES



THIRD EDITION

Compiled in July, 1915, during the Great War, by the Staff
of the National Training School of Cookery and Domestic
Subjects, 72, Buckingham Palace Road, London, S.W. 1

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INTRODUCTION.

IN time of stress and trouble such as this, in the great War of 1914 and 1915 for the life and liberty of our country and its dependencies, we, whose life-work it is to teach all classes of His Majesty's subjects how to make the best use of the materials required in our homes for food and clothing, etc., naturally turn our attention to the present urgent need for the utmost economy in all branches of household management.

We are all anxious to know how to choose the foods which will give us the most nourishment for the smallest outlay; how to choose cheap materials for clothing which will be warm and durable; how to make up these materials for ourselves, and how to lengthen their lives by washing them ourselves; how to reduce the gas bill, the coal bill, the butcher's bill, and the wood bill; and also how to "gather up the fragments that nothing be lost." The staff teachers of this, the National Training School of Cookery and other branches of domestic economy, have therefore conjointly written this book, which, I think, from their years of very varied experience as teachers among all classes of the community, they have every reason to believe will be welcomed by the public as offering them some very practical suggestions and hints in the form of recipes for cooking and other domestic matters.

I have allowed the staff to include in their book a chapter of my "Cheap Fish Recipes," which had its origin in the Fisheries Exhibition of 1883, because it will, I trust, bring once more before the public several very excellent fish which seldom find their way to our markets, but which are cheap and very good to eat. The thousands of people who found their way to the sixpenny fish dining-room in 1883 bore testimony to this. I wish this little book all success, and hope it may bring some measure of comfort to many households.

EDITH CLARKE,

Principal.

VARIOUS HOUSEHOLD ECONOMIES.

Fuel.—To economise firewood, which is now so dear, save old matchboxes, used matches, candle-ends, greasy paper, bacon rinds, scraps of old linoleum, cotton reels, spoilt photographic films, tea-leaves, potato parings, orange-peel (dried), twisted newspaper, tied into knots, and other things which formerly were thrown away. Potato parings, if dried in the oven, are excellent for lighting a fire.

A small piece of naphthaline (albo carbon) revives a neglected fire and costs less than firewood.

When a fire has to be kept in, and is no longer required for cooking, coal may be saved by using coal-blocks—"briquettes"—which may be bought from 1d. each, according to size.

The coal dust—"slack"—which, even with careful management, accumulates from time to time, may be damped and used to back a fire. Rubbish usually consigned to the dustbin may be turned to account in the same way. During illness, when hot water is likely to be required at any hour, it is very convenient to keep the kitchen fire alight all night by these means.

The Hay-box or Fireless Cooker (see page 12)—The hay-box may be regarded as a real fire-saver, for when the cooking of food has been begun on a fire or gas ring, the hay-box can be used for completing the cooking.

Economy of Gas.—An oven shelf, or any piece of sheet-iron, placed over a gas ring, but sufficiently close to the flame to receive the heat, makes one ring do the work of two at least, as several saucepans or flat-irons can be thereby heated.

Lamps.—A piece of frayed stocking-web tacked to a short lamp-wick enables the entire wick to be used.

A pinch of naphthaline, or a few shreds of camphor, make the oil burn more brightly.

Soap.—Put all odds and ends of soap into an old coffee tin, or other tin pot, the bottom of which should be pierced with holes, pour boiling water into the pot, and so make a soapy solution for washing up, or for fine laundry work.

Metal Polish.—This, though cheap, is dear if extravagantly used. Moisten the rubber with paraffin before using. This economises time, labour, and metal polish.

Windows.—A mixture of methylated spirit and water in equal proportions, with a small amount of whiting, kept in a corked bottle, cleans and polishes windows and mirrors with ease.

Apply with linen rag, polish with a ball of newspaper. No chamois leather is needed.

Water in which Rice has been Boiled.—This may be used to stiffen delicate lingerie.

Copper Fire.—House rubbish may be made into parcels for the dustbin, to avoid attracting flies. When the copper fire is once alight, it may be kept going with these parcels, adding a very small amount of coal.

Ashes.—Sift through a fine strainer, and use the siftings, moistened with a little water, paraffin, or turpentine, for scouring steel, brass, or zinc. Use dry for cleaning irons and removing stains from crockery.

Old Carpet.—Utilise for stair-pads, backing thin slip-mats, or as kneeling pads, or to cover worn out knife-boards.

Old Kid Gloves.—Use for interlining iron and kettle holders. The arms of white evening gloves may be made into first shoes for a baby.

Hearthstone.—After use let water in pail stand till stone has settled. Pour off the water and preserve stone for future use.

HOMELY SUBSTITUTES FOR VARIOUS HOUSEHOLD ARTICLES.

Zinc Pails now cost from $10\frac{1}{2}d.$ Instead, buy a margarine pail ($4d.$). Paint outside. Keep water in when not in use.

Dustpan.—Stiff cardboard, *e.g.* lid of hatbox, cut to the shape and size required, and secure the folded parts with paper-fasteners. Hang it up when not in use.

Lavatory Brush.—A rag mop, securely tied on to any strong wooden stick. Mop to be burnt, and renewed frequently.

Smaller mops are useful for washing up; larger ones for use on the scullery floor, etc.

Boot-Cleaning :—

Provide (1) $1d.$ nail brush for removing mud.

„ (2) Tin of boot cream and rag.

„ (3) A polishing pad made of old hat velvet stuffed with rag.

Blackleading :—

- Provide (1) Small home-made mop for applying blacklead.
 „ (2) One brush (3½d. bazaar).
 „ (3) Rag pad, or ball of newspaper for polishing.

Floor Polishing.—Use a pair of old stocking feet, slipped on the hands with a pad in the palms.

Stocking Legs.—Pad a worn-out broom-head with any pieces of rag. Cover, lastly, with split open stockings, fastened with tinned tacks.

Boxes.—Paint and label for storing all cleaning requisites, and in place of housemaid's box.

Tins which have contained tea, cocoa, golden syrup, Cerebos salt, etc., may be painted and labelled for various stores. Jam jars, with odd saucers, used as lids, make excellent store jars.

Kitchen Cloths.—Avoid buying, unless absolutely necessary. Instead, use old print aprons, sheets, roller towels, counterpanes.

Dusters.—Cheap flannelette, bought by the yard, costs less than cotton dusters, and is more efficacious.

Newspapers.—The value of newspaper seems to be little grasped. In all branches of household work its use saves other articles.

In many districts inquiry will elicit the fact that the local troop of Boy Scouts or Church Lads' Brigade has undertaken to collect surplus newspapers for return to the paper mills at waste-paper price. The National Relief Fund has already benefited largely by this scheme.

Save **grease-proof paper** from bacon, lard, butter, etc., and use for top of basin when steaming puddings (saves kitchen paper and grease).

Dry **coffee grounds** in oven, and use to clean knives (saves knife polish).

Save **candle ends**, and melt with turpentine for floor polish (saves buying polish).

Grind **egg shells**, and use for cleaning enamel (saves Sapolio).

A visit to the Penny Bazaar will suggest many economies in the matter of latches, door buttons for safes, window and blind fittings, etc., thus saving the need of calling in a carpenter.

THE FIRELESS COOKER OR HAY-BOX.

HOW TO MAKE THE BOX.

1. Use a large strong wooden box ; a Tate's sugar box is good both for size and durability.
2. Line the inside of the box and the lid with 12-15 layers of newspaper, which may be covered with felt or flannel, though this is not absolutely necessary.
3. Fill the box almost to the top with tightly-packed hay, and then, when required, scoop out a place or places for the utensil or utensils which hold the food.
4. Make a cushion of felt or flannel, filled with hay or cork such as grapes are packed in, to fit the top of the box.
5. Fasten the lid by a strap or cord round the box, *or*
6. Fix the lid to the box with hinges, with a fastener in the front to keep it tightly closed.
7. The hay may be put into small bags of different shapes if preferred. Finely torn up newspapers may be used if hay is not procurable.
8. The outside of the box may be covered with American cloth, canvas, or cretonne.

HOW TO USE THE HAY-BOX.

1. Use fireproof jars, tins, or jam jars, with tightly fitting lids. Marmites are the best. If saucepans are used they should have short handles.
2. The food must be at *boiling point* when put into the Box, the principle of the Fireless Cooker being to retain the heat which has been established in the food, so that it may cook in that heat.
3. Foods must usually be cooked five minutes to half-an-hour before they are placed in the Box.

4. Wrap the cooking-jar or saucepan in newspaper before placing in the Box—this should be done as quickly as possible.
5. Cover the jar with plenty of hay and the cushion, and close the Box tightly.
6. Do not open the Box until the food is to be served. Shake out all the hay frequently in the open air, adding fresh when necessary. Soiled hay should be removed *at once*.

AVERAGE TIMES FOR COOKING FOODS.

PEAS AND BEANS.—Boil for 30 minutes and leave in the Box 4 hours.

LENTILS.—Boil for 15 minutes and leave in the Box 2 hours.

POTATOES.—Boil for 5 minutes and leave in the Box 1 hour.

PORRIDGE.—Boil for 5 minutes and leave in the Box all night.

RICE.—Bring to boiling point and leave in the Box 45 minutes.

A MEAT STEW.—Cook for 15 minutes to $\frac{1}{2}$ hour and leave in the Box at least 3 hours. Beef needs longer cooking than mutton.

FRUIT.—Bring to boiling point and leave in the Box 1 or 2 hours according to the hardness of the fruit used.

DRIED FRUITS.—Pour over them boiling water and soak overnight, and leave in the Box 4 hours.

N.B.—As a general rule, cook twice as long in the Box as by the usual method.

ADVANTAGES OF THE HAY-BOX.

1. It saves coal and gas.
2. It saves time and labour.
3. The food cannot burn.
4. The food retains its full flavour.
5. The jars do not become black and are easily cleaned.
6. The evening meal may be started in the morning and left in the Hay-Box all day, and the breakfast may be put in overnight.
7. The Box may be made from 2s. 6d. to 6s., according to the size and make.

SUBSTITUTES FOR KITCHEN UTENSILS.

Measures for Liquids:—

1 breakfast cup	=	$\frac{1}{2}$ pint.
1 teacup	=	$\frac{1}{4}$ pint or 1 gill.
1 tumbler	=	$\frac{1}{2}$ pint.
20 liquid oz.	=	1 pint, therefore
20 tablespoonfuls	=	1 pint.
10 „	=	$\frac{1}{2}$ pint.
5 „	=	$\frac{1}{4}$ pint.
1 „	=	1 oz.

In measuring medicines, 1 dessertspoonful equals 1 ounce.

Measures for Dry Ingredients:—

1 heaped breakfastcupful or 1 tumblerful of flour, cornflour, etc.	=	$\frac{1}{2}$ lb.
1 breakfastcupful of sugar	=	$\frac{3}{4}$ lb.
1 „ „ or tumblerful of rice and sago, etc.	=	10 oz.
1 breakfastcupful of breadcrumbs	=	$\frac{1}{4}$ lb.
2 breakfastcupfuls of breadcrumbs	=	$\frac{1}{2}$ lb.
1 tablespoonful of flour (as much <i>above</i> the bowl of the spoon as <i>in</i> the spoon)	=	1 oz.
1 level tablespoonful of sugar	=	1 oz.
1 „ „ of rice	=	$1\frac{1}{2}$ oz.
2 tablespoonfuls (slightly piled) of breadcrumbs		=	1 oz.
1 breakfastcupful of treacle	=	1 lb.
1 level tablespoonful of butter or fat	=	1 oz.

N.B.—(1) 2 dessertspoonfuls = 1 tablespoonful.

4 teaspoonfuls = 1 „

(2) Always take a *level* spoonful when measuring carbonate of soda.

(3) When mixing flour for suet crust, scones, or a dough, $\frac{1}{2}$ pint of liquid to the lb. is the *usual* proportion.

Pastry Board.—The side of a box rubbed smooth with coarse glass paper.

Rolling Pin.—A glass bottle full of water.

Dredger for Flour or Sugar.—A mustard or other tin pierced with holes in the lid.

Pastry Cutters.—The lids of round tins, pierced with one or two small holes to allow air to escape and thus prevent suction.

Kitchen Fork.—A skewer given away with a joint of meat.

Frying Pan.—The bottom of an old meat baking-tin.

Stock Pot.—A seven-pound jam jar.

Funnel.—Egg shell with a hole pierced in it.

Stewing Jars for Stews, etc.—A two-pound jam jar.

Basin for Boiling or Steaming Puddings.—A jam jar.

A Steamer.—Use a large tongue tin with holes pierced in the bottom. Care should be taken that the tin fits on the top of the saucepan; the saucepan lid forms the cover for the steamer.

Meat Safe.—Buy a yard of butter muslin, join the selvedge sides, hem the top and bottom, and insert tapes for drawing up. Sew a ring of split cane on to the muslin about half-way down. At the top put an S shaped hook, and draw tape tightly round its waist. When meat is hung in the muslin on the hook, put in a plate and draw up the bottom tape.

Dutch Oven.—A very good substitute for a Dutch oven can be made from a seven-pound biscuit tin, by having the bottom removed, and a hole pierced at either side about $1\frac{1}{2}$ inches from the top, through which a stout piece of wire is passed and secured at either end. Hang one or two S shaped hooks on the wire. When in use place the lid lightly in position, so that it can be easily removed for basting purposes.

Roasting Jack.—Strands of worsted and two S shaped hooks, one to hold the meat and one to fix to the mantelpiece.

Strainer for Gravy.—A piece of muslin.

Bread Box.—A margarine box, and for a lid a piece of wood with holes pierced in it can be used.

Double Saucepan.—A jam jar, with a cover of greased paper, standing in a saucepan.

Sink Basket.—A long-shaped corned beef tin, with holes pierced in the bottom.

Cake Tin.—Biscuit tin.

Jam Tart Tin.—Lid of biscuit tin.

FOOD VALUES AND ECONOMY IN THE KITCHEN.

The all-important subject of economy in diet has been the subject of many discussions of articles in the newspapers. Everyone has been cautioned to be thrifty and to save expense. It is not practical to carry out many of the drastic changes suggested by many economists. Vegetarianism cannot be forced upon the ordinary household, but the sensible housewife asks herself first what it is absolutely necessary to economise in, and secondly, how can it be done without causing the meals to decrease in food value to the body, and providing meals that are wholesome and appetising.

First, what is it essential for the patriotic Briton to economise in, so that more money than is necessary need not be spent on food? Meat certainly, as it has increased so much in price. Meat contains flesh-forming substances which build up the body and repair the tissues of the body constantly being used up in the process of living. The flesh-forming substances are not easy to obtain inexpensively in the diet, but are found in certain vegetables, as well as in fish and animal products, such as cheese, eggs, etc. The housewife should know something of food values even though she knows very little about science :—

Foods.—Meat, milk, fish, eggs, bread, etc., are made up of food-stuffs or food substances which have some *special* work to do in the body.

These food-stuffs are :—

1. *Proteids*, which principally build up the tissue.
2. *Starches*, which give heat and energy.
3. *Sugars* " " "
4. *Fats and Oil* " " "
5. *Mineral Salts and Acids*, which purify the blood and make bone, teeth, hair, nails, etc.

Foods contain two or more or sometimes *all* of these food-

stuffs, but are classified according to the predominating or most important of these.

Flesh-forming Substances are found in the following foods:—

1. Meat (expensive). Fish (varying in price, but more expensive than before the war). Eggs (much more expensive).

2. Haricots and broad beans, butter and soy beans. Peas, in any form, dried or fresh. Lentils. Cheese (a highly concentrated food). Oatmeal. Milk nuts.

All these are very nutritious flesh-forming foods.

Macaroni, spaghetti, vermicelli, bread (standard or whole-meal especially), all contain flesh-forming substances to a lesser degree, and are usually classed with the starchy foods.

Many of these vegetable foods sound dull and uninteresting, but a little care on the part of the housewife, to realise that without meat a tasty dish *must* take its place, and that meat once a day, or even once in two days, is sufficient, should be the maxim preached in every household for the times of trouble and distress that are before us.

Heat-giving Foods.—These are less expensive than flesh-forming foods, and much more easily obtained in the diet. They are starches, sugars, fats and oils. Bread, potatoes, lentils, corn-flour, sago, rice, etc., give the starch. *Sugar* is obtained from fruits such as raisins, figs, prunes; in milk, and in cane or beet sugar, but the most valuable of all, *Fats and Oils*, from the animal and vegetable kingdoms. These are especially valuable in winter-time, and if given in suitable and not overwhelming quantities, should provide heat for the body during the coldest winter day, and do away with the necessity of sitting over the fire to obtain artificial warmth. Bacon, pork, suet puddings, salad oil, butter, lard, nut butter, and margarine are most suitable in winter. The prejudice against margarine is fortunately dying out; it is useful for most purposes in cooking, though some brands contain more water than butter, so are not so good for frying; pastry and cakes made from it are light and digestible, and as nourishing as if made with butter.

The Bone-Forming Foods are found in common salt, in the lime that is contained in water, in green and other vegetables—these all contain valuable ingredients which keep the blood in good condition and the body in good health.

In the average diet the following proportions should be present:—

Flesh-forming substances	4½	ozs.
Heat-giving substances	{starch, sugar	14½	„	or more.
	{fat	3	„	
Mineral substances	1	„

Water about 5½ lbs., taken mostly in food, but 2½ pints taken in milk, tea, coffee, or other beverages, is a good average allowance.

It is important that a certain amount of liquid is taken; it carries off the impurities from the body, and enters into the composition of blood, the carrier of the digested food products to all parts of the body.

Every housewife should aim at providing meals which give these necessary food substances in the best proportions, and on pages 22 and 23 menus have been drawn up with this in view.

Economy in the Kitchen.—Not in the diet only, but in the kitchen and the actual cooking, a cook may economise in many points.

1. *Jam-Making and Bottling Fruit.*—Where there is a means of obtaining fruit inexpensively and of a good quality, it is very essential that it should be made into jam; preserving sugar or white crystallised sugar is not very much more expensive than formerly if bought by the dozen pounds (July, 1915).

2. *Bread.*—Never allow pieces to accumulate. Use up all crusts possible at the table. Finish one loaf before beginning another. Cut off the crusts, if required; it is less wasteful. Use wholemeal bread as well as white bread, as it is more wholesome. Have a separate box for pieces, and use them up in one of the following ways:—

Breadcrumbs.—(a) *White*, made from crumb of bread dried, pounded, or crushed with an old rolling pin, and sifted. These are useful for fish, or for coating mixtures light in colour.

(b) *Medium* crumbs from crust and crumb, cut in small pieces and pounded, crushed and sifted through a sieve. Most useful for all purposes where coating is required.

(c) *Brown* crumbs from crusts cut in pieces and browned in the oven a golden brown colour, and pounded and sifted. Useful for meat balls and for improving the outside of ham, bacon, or baked fish.

Keep all in covered jars, and after use, dry, sift, and return to jars. Do not use dried crumbs inside mixtures.

Puddings.—Bread and butter puddings may be made with thin slices of bread and butter from bread too stale for table use and yet not hard. If bread is soaked in cold water, squeezed and beaten with a fork until free from lumps, it can be used instead of fresh breadcrumbs in all stuffings and puddings.

3. *Meat.*—Avoid buying veal or lamb—not only is it expensive and not as nourishing as beef or mutton, but the animals should be left to mature for use when meat is scarcer. Arrange for a meat meal only once a day, or once in two days.

4. *Fish.*—Do not arrange what to buy until the fish-shop is visited and the prices ascertained. Prices vary much in this war-time from day to day, and some days fish would form an inexpensive meal.

5. *Vegetables.*—Again study the market prices. Much comes from abroad in all large towns. They come in by train and are delayed in transit. Serve vegetables in different ways. An unsavoury, watery cabbage, which formerly represented the English cooking, should no longer be tolerated. Toss them in butter or some fat to add to their food value, and flavour and season them. Do not soak them for a long time before cooking as it drains out and drowns their flavour, and do not leave them a minute in the water after they are cooked. Steam them when possible, though it spoils the colour of green vegetables, but it preserves their food value. Cook potatoes in their skins, whether boiled, steamed, or baked, as it retains their flavour and food value; if liked, cut a strip all round the potato, and after cooking the skin will come off easily. Use up all cold potatoes, as part of salad, or mashed with butter and milk and made into mixtures with grated cheese, cold meat or fish.

Parsley.—To keep parsley fresh from seven to ten days, wash it, dry in a cloth, and keep in a tightly-covered tin box. It will be quite fresh and good, whereas if kept in a basin of water it goes bad very quickly.

6. *Cheese* is almost invaluable as a flesh-forming food, but it is indigestible to many persons. It is much better grated, or introduced into a sauce for coating poached eggs or with cooked macaroni, spaghetti, or even a cauliflower. Every small, dry piece can be grated and kept until required.

7. *Milk* is essential, especially for children. In the country,

where skim milk may be obtained, add fat, such as finely-chopped suet, to a milk pudding, or a few pieces of butter. Keep it in very wide mouthed jugs or in shallow basins, as it keeps better. It is safer to boil it in very hot weather. Milk should be very lightly covered, so that air may get to it. Muslin weighted at the corner with beads is very suitable.

8. *The Stock-pot* may be an extravagance in the kitchen, as pieces that can be utilised for making into dishes suitable for supper or luncheon will be put into it, unless there is a strict supervision. On the other hand, all bones cooked and uncooked, gristle, and pieces of vegetables, bacon rind free from fat, trimmings from cutlets, clear gravies, and small scraps of meat, can be put in, and soups made from the stock by the addition of flavourings and thickenings, or as a foundation for more elaborate soups.

Vegetable Stock.—Vegetable peelings, if clean, can be covered with cold water, and cooked for two or three hours, and will form a nicely flavoured stock containing valuable mineral salts, suitable for soups. Too much potato or green vegetable must not be put in, or the stock is a dark colour, but apple skins in moderation, carrot, onion, turnip skins and a little green vegetable are most suitable. This stock will keep only for a day or two.

Management of Stock.—1. Strain the stock each night into a large clean basin.

2. Keep the bones and meat separate; throw away the vegetables if they are soft.

3. In hot, close weather do not add fresh meat unless it has been scalded first.

Care of Stock-pot.—1. Scald the stock-pot each day with boiling water and soda.

2. Scour every other day.

Pieces Unfit for Meat Stock-pot.—1. Fat in any form.

2. Pork.

3. Green vegetables.

4. Bread, or any farinaceous substances, sauce, etc.

These turn the stock sour; and fat can be utilised in other ways.

If any stock is over it can be reduced for glaze, though it takes a large quantity to make a small amount of glaze. The

stock is strained and reduced to the consistency of a thick syrup, skimmed constantly, care being taken that it does not burn.

It is used for coating meat rolls, galantines, ham, and is valuable as a colouring and flavouring for gravies.

9. *Correct Proportions in Cooking.*—For example, when making milk puddings, use 1 oz. of the starchy food to 1 pint of milk, and for cornflour and other moulds, $1\frac{1}{2}$ ozs. to 2 ozs. to the pint. So many people take too large a proportion of the starchy food. When making barley water the barley used for clear barley water should be used again for thick barley water, and yet again for a barley pudding.

10. Use the method of cookery most suited to the food which is to be cooked, with a view to digestibility as well as economy. For example—(a) Stew tough pieces of meat.

SIMPLE MENUS.

Everyone is cautioned to be thrifty, but where money is scarce and the expenditure must of necessity be frugal, the difficulty is to make that expenditure intelligently judicious. To substitute cheaper articles of food for commodities at present so expensive without some sound principles to work from could prove the falsest of economy. It is impossible to make very definite statements on diet, for so much depends on the age, sex, and work of the individual. No single food, except milk for young children, is able to support life, but various foods must be combined in such proportion as will supply the waste given off by the body. Diet to be inexpensive need not perforce be vegetarian. There need be no cranks or fads introduced into it, but the free use of cheap kinds of fish, pulse foods, eggs, cheese, macaroni, etc., will make frugal expenditure judicious. It must, however, be clearly borne in mind that the nutritive value of food does not depend only on the constituents it contains, but largely upon its digestibility. The value of careful balancing and cooking of a hot meal cannot be overestimated.

These are some well-balanced extremely inexpensive meals, showing that variety is by no means dependent on great cost. Greenstuff, vegetables and fruit should be used as much as possible.

	PAGE
1. Herring pie 	35
Savoury rice 	56
Boiled fruit pudding (any recipe book).	
2. Liver and Bacon and Beans 	47
Carrot-top Spinach 	27
Jam tarts (any recipe book).	
3. Continental soup 	27
Curried fish 	33
Baked apples.	
4. Salmagundi broth 	29
Tomato and cheese pudding 	60
Gingerette pudding 	69
5. Skate soup 	36
Beef Rolls	39
Stewed fruit and rice pudding (any cookery book).	

	PAGE
6. Cabbage soup	26
Mince patties and green peas	50
Fruit pudding (to save fruit)	69
7. Marrow stuffed with butter beans	49
Baked potatoes in jackets.	
Watkyn Wynn pudding	76
8. Pea-pod purée	28
Eggs and cheese	44
Apple, spice, and currant roll	63
9. Substitute for steak pudding	60
Boiled parsnips, turnips, or carrots.	
Stewed prunes and rice.	
10. Lentil soup.	
Fried bread.	
Cold-vegetable cakes and gravy	67
Fresh fruit in season when cheap.	
11. Brown fricassee of fish	31
Rice and cheese pudding	54
Banana tart	65
12. Potato Casserole	53
Carrot-top spinach	27
French pudding	68

Where the housewife cannot afford the time, fuel, or saucepans for providing three-course meals, any two courses can be chosen, and served in correspondingly larger quantities. Perhaps the most interesting meals to prepare are those where the dinner must consist of one course, often cooked in one vessel, and served with bread or potatoes—interesting because of the thought and ingenuity that can produce the perfect thing.

	PAGE
1. Herrings and fried potatoes with bread.	
2. A stew, with small amount of meat, plenty of gravy, vegetables and suet crust, with bread.	
3. Beans, rice, and cheese pudding	38
4. Macaroni and liver pie with potatoes	48
5. Egyptian pie	45
6. Stuffed and baked mackerel or herring and savoury rice	59
7. Lentil soup with suet dumplings.	
8. Sheep's head pie and broth	58
9. Liver and bacon and beans, with bread	47

SOME HINTS ON CATERING.

DECEMBER, 1916.

1. Use good ingredients to ensure the maximum of nourishment and the minimum of waste.
 2. Avoid monotony in the kinds of food ordered and in the method of cooking it.
 3. Avoid waste by good carving and careful serving.
 4. Arrange menus to use up any food "left over" before ordering fresh ingredients.
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AVERAGE AMOUNTS.

SOUP	1—1½ gills per person for a three-course dinner. ½—1 pint per person for a dinner of soup and pudding. 1—1½ pints per person for a dinner of soup only ; in this case the soup should be a "thick" soup, and suet dumplings may be in it, or pieces of bread browned in the oven.
FISH	3 ozs. per person in a three-course dinner. 6—8 ozs. per person if the principal course.
MEAT	4—6 ozs. per person if solid meat. 6—8 ozs. if meat with bone.
POTATOES	Usually two medium-sized per person.
SPROUTS	1 lb. per two or three persons.
PEAS	½ peck yields 1½ pints for six persons.
CABBAGE	One medium sized for three—four persons.
PUDDINGS (Pastry and Boiled Pdgs.)	2 ozs. flour per person. ½—1 oz. suet or fat per person.
MILK	1 gill milk per person.
PUDDINGS	¼—½ oz. of the grain.

TEA	4—6 ozs. per person per week ; if Pekoe Fannings, 1/6 or 2/- a pound, is used, half this quantity. It is an excellent tea, as well as economical.
COFFEE	$\frac{1}{2}$ lb. per week if taken only once a day.
SUGAR	Usually 1 lb. per person per week ; <i>less in War time.</i>
BUTTER	6—10 ozs. per person per week.
BREAD	6—12 ozs. per person per day.
BACON	3 ozs. per person per meal.

*In catering for large numbers, rather less in proportion
can be allowed.*

SOME QUANTITIES FOR 100 MEN.

ROAST OR BOILED MEAT	50—60 lbs. without bone. 70 lbs. with bone.
SUET	
CRUST OR PASTRY	8 lbs. flour, $1\frac{1}{2}$ —4 lbs. suet or fat, 1 oz. baking powder, $\frac{1}{4}$ oz. salt, $3\frac{1}{2}$ —4 pints water.
FRUIT	2 lbs. currants or raisins, and $1\frac{1}{2}$ lbs. sugar.
PUDDINGS	20 lbs. fresh fruit } Sugar according to fruit ; aver- 8—10 bdles. rhubarb } age amount, 2 ozs. to 1 lb. fruit.
RICE	
PUDDINGS	4 lbs. rice, 12 quarts milk.
STEWED BEEF	20—25 lbs. meat, 8 lbs. carrots, 4 lbs. onions.
N.B.—If pulse food (beans) is added, less meat is needed.	
YORKSHIRE PUDDING	5 lbs. flour, 5 quarts milk, 12 eggs or egg powder, <i>or</i> fewer eggs and some baking powder.
POTATOES	50—60 lbs.
CABBAGES	20—40, according to size.
PORRIDGE	6 lbs. oatmeal, 6 gallons water, 3 ozs. salt.
TEA	$1\frac{1}{2}$ lbs.
COCOA	$1\frac{1}{2}$ lbs.

RECIPES.

NOTES.—1. Since the Nation has been rationed (February, 1917), wherever flour is mentioned in the following recipes, wheaten flour should not be used *alone*, but $\frac{1}{3}$, $\frac{1}{2}$, or $\frac{3}{4}$ of the total quantity should be of maize, barley, or rye flours, or fine oatmeal, and these supplements should be used *in turn* to prevent a shortage or rise in price of any one.

2. The prices given were the average during the years 1915-16; 1917 sees a 50% rise in the cost of most food-stuffs.

SOUPS.

BROAD BEAN BROTH.

INGREDIENTS.

One pound of shells from broad beans.	bacon or ham has been boiled.
Half teaspoonful of salt, pinch of pepper.	One ounce of corn or rice flour.
A bacon or ham bone or rind.	One and a half pints of water from the beans.
One parsley root.	A pinch of sugar.
One small onion.	A small pat of butter or little cream enriches the soup at the finish if desired.
Enough boiling water to cover shells or the water in which	

METHOD.—Well wash the shells and strip off the stalk and fibre, throw them into the boiling water, add the salt, parsley, onion, ham bone, and boil for one hour.

Strain off and rub the shells through a fine sieve; mix the $1\frac{1}{2}$ pints of water on to the cornflour; return to pan, and boil well. Stir in the purée made from the shells and bring again to the boil. Season to taste.

Serve fried croutons with the soup, and garnish with a few of the beans if any have been left over or reserved for the purpose.

CABBAGE SOUP.

INGREDIENTS.

One cabbage.	Salt and pepper.
Three ounces of rice.	Crusts of bread.
One ounce of dripping.	One onion.
Two ounces of grated cheese.	Six pints of water or stock.

METHOD.—1. Wash the cabbage in several waters.

2. Shred very finely.

3. Boil the vegetable stock, or water, and put in the cabbage, and onion cut small, salt, pepper, and fat.

4. Wash the rice and add to other ingredients.
5. Cook gently about $\frac{3}{4}$ to 1 hour.
6. Put in tureen a few pieces of crust of bread, and pour over the soup.
7. Sprinkle the grated cheese over the top.

Sufficient for six people.

CARROT-TOP SOUP AND CARROT-TOP SPINACH.

Average cost, 2d. per quart.

Average cost of spinach, 1d.

INGREDIENTS.

One pound of tops from carrots.	One small onion.
Boiling water.	Pepper, salt, and sugar.
One carrot if old, three or four if young.	One ounce of cornflour.
	One teacupful of milk.

METHOD.—Wash the carrot-tops well in several waters; strip off as much stalk as possible, throw them into a pot of boiling water; add one teaspoonful of salt; add the carrot and onion, and boil for 1 hour or a little longer; skim from time to time. When the carrot is tender strain through wire sieve, measure 1 quart, return it to saucepan. Mix the milk and cornflour together, pour into the soup and stir until boiling; boil four or five minutes. Season to taste with more salt, pepper and a pinch of sugar. Cut the carrot into neat pieces and garnish the soup with it. Serve with fried or buttered bread toasted.

Note.—Cream or butter may be used if the soup is wished richer.

SPINACH.—Pass the carrot-tops through a wire sieve and reheat with $\frac{1}{2}$ oz. of butter, margarine, or dripping. Season with pepper, salt, and a little nutmeg.

CONTINENTAL SOUP.

INGREDIENTS.

Six pints of vegetable stock or pot liquor from boiled meat.	Four ounces of rice.
Two carrots.	Head of celery.
Two turnips.	A teacupful of green peas.
Two onions.	Few leaves of lettuce.
Two potatoes.	Salt and pepper.
	One ounce of fat.

METHOD.—1. Put the stock on to boil.

2. Wash vegetables, and prepare them by scraping or peeling.
3. Shred lettuce and celery very thinly.
4. Shell peas.
5. Chop the potato, onion, carrot and turnip finely.
6. Wash the rice.
7. Add all the ingredients to the boiling stock.
8. Simmer gently for $1\frac{1}{2}$ hours.
9. Serve in a hot tureen with fried bread.

Sufficient for six people.

PEA-POD PURÉE.

INGREDIENTS.

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| One pound of green pea pods. | One sprig of mint. |
| One quart of boiling water. | One sprig of parsley. |
| One lump of sugar. | Salt. |

METHOD.—Well wash the pods, strip off the stalks, throw into the boiling water with the mint, sugar, parsley, salt, and cook until tender, about $\frac{3}{4}$ to 1 hour; strain the shells and rub through a fine sieve. Mix the flour with the water and return to pot and boil, adding the purée from the shells. Season pleasantly with salt, pepper, sugar; add half a gill of cream or milk if liked, turn into hot tureen and scatter a very little chopped fresh mint on top. Serve with fried croutons.

PORK RIND SOUP.

INGREDIENTS.

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|-----------------------------|-------------------------------|
| Half pound of pork rinds or | One turnip. |
| bacon rinds. | One potato. |
| Two onions. | Three ounces of rice. |
| One carrot. | Six pints of vegetable stock. |

METHOD.—1. Put rinds and stock on to cook.

2. Add salt and pepper, and bring to the boil.
3. Add rice and vegetables, chopped finely.
4. Simmer gently for 2 hours.
5. Pour in basin and allow to cool.
6. Remove fat (leave a little).
7. Stir into the soup two tablespoonfuls of lentil or pea flour, first mixed with a little water.
8. Reheat soup and boil till it thickens, stirring all the time.
9. Serve with pieces of bread crisped in the oven.

Sufficient for six people.

SALMAGUNDI BROTH.

INGREDIENTS.

Potato peelings.	Pieces of bread or toast.
Cabbage leaves.	Fried or raw bacon, bacon rind
Trimnings from celery or any other vegetable, cooked or raw.	or bone.
Fried potatoes.	Any remains of sauce or gravy.
Crusts of bread.	Meat boilings.
Pieces of meat or fish.	Pepper and salt.
	Boiling water, sufficient to well cover ingredients.

METHOD.—Thoroughly clean the vegetables and soak in cold water over night, or even a few hours before using, as peelings, etc., may be put aside from one day until the next. Put everything in a pot or, better still, a marmite; bring to the boil, skim and simmer until vegetables are soft. Pass through a fine sieve, reheat, and season to taste. Serve very hot. A little boiled rice may be added after or before sieving. Milk may be added while reheating, and a pat of butter stirred in just before serving.

Note.—1. The above is a nourishing meal in itself, costing the housekeeper practically nothing.

2. Soup for almost any number of persons may be prepared, as the ingredients will stand plenty of water.

3. Average cost nothing.

4. Suitable for any number of persons.

SUMMER LENTIL SOUP.

INGREDIENTS.

One pint cooked green peas.	One quart of cold water.
Half pint of Egyptian lentils.	One ounce of dripping or
One small onion.	margarine.
One small carrot and turnip.	Salt and pepper.

METHOD.—Melt the dripping, and when hot add the lentils (washed) and the carrot, turnip and onion cut in thick slices. Stir till the fat is absorbed, add one quart cold water and some salt, let it come to the boil, and boil gently $1\frac{1}{2}$ to 2 hours till vegetables are tender.

Rub through a wire sieve, reheat, season, and lastly add the cooked peas.

Serve with croutes of fried bread.

VEGETABLE STOCK.

Wash and thoroughly cleanse the peelings of vegetables, such as potatoes, carrots, turnips, onions, artichokes, tomatoes, etc.; also the outside leaves of green vegetables (cabbage, sprouts), cauliflower and celery. Cover all well with cold water, add a little salt. Bring slowly to boiling point, skim well, and simmer for 2-3 hours. Strain and use for soups or gravies.

N.B.—Parings from all vegetables may be used, and if liked the rind and bones of bacon may be added.

FISH.

(Taken from Mrs. Clarke's "*Cheap Recipes for Fish Cookery*, 1883.")

Owing to the war many kinds of fish are daily becoming very costly and difficult to get. There are several kinds of fish not often seen in London, but which should become more generally known than they are at present, because they are quite as nourishing and as good for food as the cod, soles, whiting, and many other of our old friends, daily becoming more costly. They are :—

Coal-fish.	Skate.
Cat-fish.	Weavers.
Hake.	Dog-fish.
Ling.	Gurnard.
Conger.	Plaice.
Roker.	Dabs.

Of these cat-fish is very nice, steamed or fried in slices. Conger makes delicious pies or soup. Coal-fish rather wants flavour, but curries well. Hake is a nice fish; it makes a good pie, and is nice fried in batter. Roker is very good steamed or fried. Ling makes very good soup. Skate is good in various ways as fricassee, or plain boiled with parsley and butter sauce, or as kedgeree, etc. Weavers are good, plainly baked or fried. This fish must be skinned, and the heads and the dorsal fins must be cut off, as they are injurious. The flesh is very firm and white, like a sole. Gurnard are best stuffed and baked like haddocks. Dog-fish should be salted, or split open and grilled,

or plainly baked, with pepper and salt sprinkled over them, and a little piece of butter put on them when they are hot. The more watery and less firm kinds of fish are better steamed than boiled ; in fact, I think all fish is better steamed than boiled, and not so likely to break. Cold fish makes many delicious dishes, such as fish-cakes, kedgeree, salad scallops, fish pudding, fricassee, etc. Always take the fish off the bones, and take away the skin while it is hot, as this is very difficult to do when it is cold and more wasteful. The bones make stock and liquor for sauces, and should not be thrown away. Of fresh-water fish the best are perch, pike, tench, gudgeon, roach, dace ; carp, chub, and barbel are inferior, they are woolly and often muddy in flavour. All fresh-water fish should be cleaned as soon as it is caught, and filled with salt, to take away the taste of mud, and make the flesh firm ; the salt must be washed out before cooking.

Fresh-water fish, from the character of its flesh, does not boil or steam well ; the smaller kinds should be well fried, and the larger baked. The stuffing used for stuffed and baked haddock is equally good for pike. Large perch make good water souché, small ones should be fried like whitebait, well dried in flour, and fried in very hot fat.

Gudgeons are really delicious well fried. Roach and dace should also be fried. Tench, if caught in clean waters and of good size, make a very good stew. Perch have such large gills that it is as well to clean them through the gills, and not to cut them open. I will conclude by asking the public to remember that the object of these recipes is to make cheap fish palatable at the smallest possible cost of materials, utensils, and labour ; the dishes prepared here are nourishing, wholesome, and tasty as they can be made, and are brought within reach of the smallest household.

BROWN FRICASSEE.

INGREDIENTS.

One pound of fish.	Blade of mace, teaspoonful of
One ounce of flour.	lemon-juice.
One ounce of butter or fat.	One onion, half-pint of fish
Pepper, salt, bunch of sweet	stock and water.
herbs.	

METHOD.—Cut up the fish and roll each piece in a little flour and fry it a nice brown. Fry 1 ounce flour in 1. ounce butter or fat and stir in a little pepper, ground mace, one onion

chopped up, a small bunch of herbs and a little salt. When this has all fried a good brown, add $\frac{1}{2}$ pint of fish stock or water, and stir all together till the flour thickens and is cooked ; then strain it, add a teaspoonful of lemon juice or vinegar. Put the pieces of fried fish into this sauce, make all hot together, and serve.

BOUILLABAISSE.

INGREDIENTS.

One Spanish onion.	Twelve whole peppers.
Two pounds of fish of all kinds.	One carrot.
One quart of fish liquor or water.	Parsley, thyme, marjoram and bay leaf.
A clove of garlic.	Two ounces of oil.
Four cloves.	

METHOD.—Shred the onion, garlic, and carrot nicely, and fry a light brown in the oil ; then add the water or stock and the fish cut into neat pieces. Tie parsley and herbs together and add ; let all boil gently together for about 20 minutes. Take out the bunch of herbs, and pour the soup into a tureen on to some fried sippets of bread, and serve.

CONGER EEL PIE.

INGREDIENTS.

One pound of conger.	One teaspoonful of chopped suet.
One teaspoonful of chopped parsley.	One teaspoonful of flour.
One teaspoonful of chopped onion.	Pepper, salt, nutmeg, and mixed herbs.

METHOD.—Mix the above ingredients together ; cut the fish into neat pieces, and lay them in a pie-dish, sprinkle a little of the seasoning between each layer of fish till the dish is full ; put 2 ounces of butter on the top in little pieces. Make a paste as follows :—

One pound of flour.	A teaspoonful of baking powder.
Five ounces of clarified fat or butter.	Salt.
	Water.

Rub the fat well into the flour ; add baking powder, a little salt, and enough water to make a paste. Flour a board and roll the paste out two or three times. Wet round the edge of the

pie-dish with cold water, cut a slip of the paste, and lay it on the edge of the dish, wet this edge of paste again, and cover over the dish with the rest of the paste, close the edges neatly round, cut off the remaining paste, make a hole in the top of the pie, and bake in a moderate oven 1 hour. Make a richer crust if you like by using $\frac{3}{4}$ pound of flour and $\frac{1}{2}$ pound of fat or butter, and no baking powder.

CURRIED FISH.

INGREDIENTS.

One pound of fish.	One tablespoonful of curry
One apple or a stick of	powder.
rhubarb.	One tablespoonful of flour.
Two ounces of fat or butter.	Salt and pepper.
Two onions ; one pint of water	A teaspoonful of lemon juice or
or fish liquor.	vinegar.

METHOD.—Cut up the onion, apple, or rhubarb into small pieces, and put them into a saucepan with the butter or fat, and let them fry till they are brown. Then stir the curry powder and flour to them. Add the salt and pepper, and stir in gradually 1 pint of water or fish liquor. Let this all boil up and simmer gently for half an hour. Just at the last, stir in the lemon juice or vinegar. Then strain it, returning it to the saucepan with the one pound of fish cut up into nice pieces to get hot through. If you have no cold fish, but cook some on purpose to curry, boil it in 1 pint of water, and use this water to make the curry of. Serve the curry in a border of boiled rice.

CURRY SOUP FROM FISH.

INGREDIENTS.

*Three pounds of fish or fish	A bunch of herbs, thyme,
trimmings.	marjoram, bay-leaf, and
Two ounces of butter or fat.	parsley.
Three cloves.	Three tablespoonfuls of flour.
Two onions or leeks.	Two ounces of curry powder.
One apple or a stick of	Four quarts and half a pint of
rhubarb.	water.
One carrot.	Salt.

METHOD.—Cut up the fish and wash it clean. Put it into a saucepan with the fat or butter, the apples and the vegetables

washed, peeled and cut up, and the herbs. Let all this cook for about 10 minutes. Then add 4 quarts of cold water, and mix the flour and curry powder into a smooth paste with $\frac{1}{2}$ pint of cold water and stir it into the soup. Stir till it boils, then skim it well, and let it boil gently for $1\frac{1}{2}$ hours. Strain it into a tureen and add to it one pint of cooked rice and some pieces of cooked fish neatly cut up.

FISH AND POTATO SALAD.

INGREDIENTS.

A tablespoonful of mashed potato.	One tablespoonful of vinegar.
A tablespoonful of milk.	Dessertspoonful of mustard ready made.
Two tablespoonfuls of salad oil.	Pepper and salt; a little sugar.
	Cold fish. Salad as in season.

METHOD.—Mash the potatoes while they are warm, and stir to them the oil, vinegar, mustard, pepper, salt, sugar and milk; mix well and stir to a smooth dressing. Well wash the salad, lettuce, etc., according to the season, shake the water well off the leaves and dry lightly in a clean cloth. Then tear up the leaves lightly with your hands—salad should not be cut up—put this on a dish, break up any pieces of cold cooked fish you may have and put on the salad, pouring the dressing of potato, oil, etc., over it all.

FISH SOUP (BROWN).

INGREDIENTS.

Three pounds of fish or fish trimmings.	One leek, three sticks of celery.
Two ounces of fat.	One small carrot.
Bunch of herbs, parsley, bay-leaf, marjoram, thyme, and basil.	Twelve whole peppers, salt.
One onion.	Two ounces of rice.
	Three quarts of water.
	Three ounces of flour.

METHOD.—Chop up the onion, leek, celery and carrot. Add the flour, pepper, salt, herbs, and fry them a nice brown in the fat. Put the lid on the saucepan, and let these cook for about 10 minutes. Take care it does not burn. Then add 3 quarts of cold water, and the fish cut up. Stir till it boils. Let it boil

for 1 hour, then strain it, and put into the tureen about 2 ounces of rice, previously boiled, and a little shredded carrot, cooked separately. Pour the soup on these, and serve.

FISH SOUP (WHITE).

INGREDIENTS.

Three pounds of fish, bones and fins.	One bay-leaf.
Three quarts of cold water.	One sprig of thyme.
A teaspoonful of salt.	Three or four sticks of celery.
One leek.	Three cloves.
One onion.	One small blade of mace.
One carrot.	One pint of milk.
A good bunch of parsley or parsley roots.	One ounce of fat or butter.
	Three tablespoonfuls of flour.

METHOD.—Do not use herrings or mackerel for soup; ling, conger, hake, or skate are best. Take 3 pounds of fish—bones and fins do very well—chop them up, wash them, put them into a saucepan with 3 quarts of cold water and a teaspoonful of salt, when it boils skim it well, and then add the vegetables, previously washed and cut up, also the cloves, mace and herbs. Let this all boil gently for an hour and a half. Mix the flour into a smooth paste with a gill of milk, stir this into the soup, stir till it boils again to cook the flour, then add the rest of the milk and the butter or clarified fat, and when it has boiled for another 10 minutes, strain it into a soup tureen or basin into which you have previously put a teaspoonful of finely chopped parsley and a little cooked carrot nicely shredded.

HERRING PIE.

INGREDIENTS.

Three herrings.	One teaspoonful of chopped parsley.
One blade of mace, ground.	Half gill of water or fish liquor.
One apple.	
One onion.	Half ounce of fat or butter.
Pepper and salt.	

METHOD.—Cut off the heads and tails of the herrings, and sprinkle a little pepper, salt and ground mace over them. Grease a pie dish, and lay the fish in it. Cover the fish with

chopped apple, onion and parsley, and put little pieces of fat or butter on the top. Add $\frac{1}{2}$ a gill of fish liquor or water. Cover with a nice crust as in conger-pie, and bake 1 hour.

SALT FISH PIE.

INGREDIENTS.

One pound of salt fish.	One teaspoonful of mustard.
Two ounces of breadcrumbs.	One ounce of butter or fat.
Parsley, nutmeg and pepper.	Two gills of milk.

METHOD.—Soak the fish all night, then boil it. Take away the skin and bones, and mince it up finely. Boil the crumbs in the milk with the butter, mustard, pepper, grated nutmeg, and a teaspoonful of chopped parsley, mix all this with the fish, grease a pie-dish and put the mixture into it, cover with a crust of mashed potato, and bake in a quick oven till the potato is a golden brown.

SKATE FRICASSEE (WHITE).

INGREDIENTS.

One pound of fish.	One ounce of butter.
Half pint of water.	One ounce of flour.
Quarter pint of milk.	Teaspoonful of lemon juice.
Mace, nutmeg, sweet herbs.	

METHOD.—Cut up the fish in nice pieces and boil for a few minutes (about 5 minutes) in $\frac{1}{2}$ pint of water, with a blade of mace, a bunch of sweet herbs, a little nutmeg, and a little salt. Take out the herbs and the mace, add $\frac{1}{4}$ pint of milk and the butter and flour worked together; stir till the flour is cooked. Add a teaspoonful of lemon juice and serve.

SKATE SOUP.

INGREDIENTS.

Two pounds of skate.	Parsley.
Two pounds of ling.	Horse-radish.
One lemon peel.	The crust of a penny roll.
Bunch of sweet herbs.	One ounce of vermicelli.
Two blades of mace.	Six quarts of water.
Whole peppers.	

METHOD.—Boil 2 pounds of skate in 6 quarts of water. When cooked, take out the fish and pick it from the bones ; put the fish on one side, and return the bones to the liquor with two pounds of ling, the peel of a small lemon, a bunch of sweet herbs and parsley, two blades of mace, a piece of horse-radish, and the crust of a penny roll. Let this all boil for 3 hours till reduced to 2 quarts, then strain it off ; add 1 ounce of vermicelli to the liquor and let it boil gently till cooked. Just before serving put in some nice pieces of the skate. The rest of the skate can be served separately with parsley and butter sauce.

WATER SOUCHÉ (SIMPLE WAY).

INGREDIENTS.

Plaice, dabs, or flounders.
Water.

Salt.
Parsley.

METHOD.—Take plaice, dabs, or flounders, wash them clean, cut off the fins, and put the fish into a stewpan with just enough cold water to cover them ; add a little salt and a good bunch of parsley ; boil gently till the fish is cooked. Strain the liquor into a tureen, put in the fish and a teaspoonful of finely chopped parsley. Hand parsley and butter sauce.

MEAT, MEAT SUBSTITUTES AND SAVOURIES.

BACON ROLL.

INGREDIENTS.

Nine ounces of flour.
Salt.
One teaspoonful of baking powder.

Three ounces of suet.
Cold water to mix.
Four ounces of bacon.

METHOD.—1. Chop the suet and mix with the flour, salt and baking powder.

2. Cut the bacon into rough pieces and drop into the flour.
3. Mix to a soft dough.
4. Steam 2 hours or boil $1\frac{1}{2}$ hours.

Sufficient for six people.

BATTER (WITHOUT EGGS).

INGREDIENTS.

Four ounces of flour.
Half a pint of milk.

Half a teaspoonful of carbonate
of soda (level).
Two teaspoonfuls of vinegar.

METHOD.—Put the flour and soda in a basin and mix with the milk gradually until smooth, beat as usual and allow to stand. Add the vinegar just before cooking.

Treat exactly as for ordinary batter for pancakes.

BEANS, RICE, AND CHEESE PUDDING.

To take the place of meat.

INGREDIENTS.

Six ounces of rice (unpolished).	One and a half pints of skim
Eight ounces of butter beans,	milk.
or flaked maize.	One and a half ounces of
Salt and pepper.	dripping.
Four ounces of cheese.	

METHOD.—1. Soak, cook, and skin beans.

2. Cook rice in the milk.

3. Add seasoning and beans, half the cheese (grated), and dripping.

4. Turn into a greased pie-dish.

5. Sprinkle top with few breadcrumbs and the rest of the cheese.

6. Put into an oven to brown the top.

Sufficient for six people.

BEAN STEW.

In place of meat.

INGREDIENTS.

One pint of haricot beans.
Two slices of fat bacon.
Two onions.

Carrot and turnip.
Two tomatoes.
Seasoning.

METHOD.—1. Soak the beans over night.

2. Put them in a jar with the bacon, cut in pieces, and the tomatoes and onion sliced.

3. Season, and cover with some of the water the beans were soaked in.

4. Cover with grease-proof paper and cook slowly in *moderate* oven until the beans are tender (2 to 3 hours).

5. Thicken with little flour browned in oven.

6. Serve with toast or fried bread round the top of the jar.

Sufficient for six people.

BEEF ROLLS.

INGREDIENTS.

Slices of cold beef.

Chopped onion, parsley, and herbs.

Pepper and salt.

METHOD.—Flatten out some slices of cold beef. Spread on each one a little finely chopped onion, parsley, herbs, pepper and salt. Place a *very* thin slice of bacon over this. Roll up and tie.

Make a thick sauce as follows:—

Fry a little onion in half ounce of dripping. Stir into this 1 tablespoonful of bisto, and add nearly $\frac{3}{4}$ pint of stock. Boil a few minutes, and add the rolls. Simmer gently for 40 minutes.

BOSTON BAKED BEANS.

INGREDIENTS.

One and a half pounds of bacon One quart of haricot beans (to
—back or streaky. be soaked over night).

Stock, seasoning.

METHOD.—Take a hot-pot dish, put in the piece of bacon, and fill up the dish to within 4 inches from the top with the beans. Add stock to cover or water. Cover with a plate and cook for 24 hours in a very slow oven, renewing the stock from time to time as it evaporates.

This could be cooked perfectly in a hay-box.

Sufficient for six to eight people.

BRAWN.

INGREDIENTS.

One ox foot.	One carrot, onion, and turnip.
One pound of shin of beef.	Six cloves.
Four quarts of cold water.	One teaspoonful of salt.
Bunch of herbs.	

METHOD.—1. Wash the foot and put in a saucepan with the water and salt.

2. Cut the meat into three and add to the saucepan.

3. Bring to boiling point, skim, and add the vegetables, left whole (stick the cloves in the onion), and the bunch of herbs.

4. Simmer gently till the meat comes easily off the foot (about 5 to 6 hours).

5. Strain, put liquor back in saucepan, set vegetables aside, cut the meat into small pieces, add to liquor, season, boil up and pour into moulds rinsed out with cold water.

6. Leave till set, and turn out as required.

BULLY BEEF ROLL.

INGREDIENTS.

One pound of bully beef or tinned meat.	Three tablespoonfuls of sauce or one egg and a gill of stock.
Six ounces of fat bacon.	Seasoning.
Nine ounces of soaked bread.	
One small onion.	

METHOD.—Mince the meat and bacon. Add the other ingredients. Roll up in a cloth and boil for 2 hours.

“BULLY” STEW.

INGREDIENTS.

One pound of bully beef cut up in slices or minced.	Two tablespoonfuls of bisto or browned flour.
One onion.	One pint of stock.
One ounce of fat.	Seasoning.

METHOD.—Melt fat, fry onion slightly, add bisto and stock. Boil for 6 minutes, and simmer the meat for $\frac{1}{2}$ hour.

CHEAP BROWN SAUCE.

INGREDIENTS.

Two tablespoonfuls of bisto.	One outside stick of celery.
One pint of stock.	Half an ounce of dripping.
Half an onion.	A few parsley stalks.

METHOD.—1. Melt the dripping in a saucepan.
 2. Fry the onion and celery lightly.
 3. Mix the bisto and stock together and add to the vegetables.
 4. Add the parsley stalks, and simmer for ten minutes.
 Strain, but do not season, as the bisto is already seasoned.

CHEESE AND POTATO PIE.

To take the place of meat.

INGREDIENTS.

Three pounds of potatoes.	Four ounces of cheese.
One egg, hard boiled.	Three ounces of breadcrumbs.
Half ounce of dripping.	} To make a thick sauce.
One and a half ounces of flour.	
Pint of milk.	
Salt and pepper.	

METHOD.—1. Cook potatoes until almost tender.
 2. Slice the potatoes ($\frac{1}{4}$ inch thick).
 3. Grate the cheese.
 4. Cut the egg into slices.
 5. Make a sauce with flour, dripping, milk, salt, and pepper, and add to it half the grated cheese.
 6. Grease a pie-dish and put in alternate layers of potato, egg, and sauce.
 7. When the dish is full, sprinkle the top with the crumbs and the rest of the cheese mixed together.
 8. Put three or four small pieces of butter or dripping on the top and cook in an oven for 15 to 20 minutes until a nice brown colour.

Sufficient for six people.

CROQUETS OF SEMOLINA OR MAIZE MEAL.

INGREDIENTS.

One pint of milk.	Three yolks of eggs.
One dessertspoonful of flour, or cornflour, or maize meal.	Four ounces grated cheese.
Three ounces semolina.	Seasoning.
Half ounce butter.	Egg and breadcrumbs.
	Use of fat for frying parsley.

METHOD.—Mix the flour with a little of the milk, and then add to the rest when boiling. Sprinkle in the semolina, add the seasoning, cook 10 minutes. Add the cheese and butter, and when well mixed in, the yolks of eggs.

Pour this mixture on to a wet baking dish. When cold, stamp it out into shapes—squares, rounds, fingers, or form into cork-shaped rolls. Coat with egg and breadcrumbs and fry a golden brown. Sprinkle over grated cheese and decorate with parsley.

CURRIED LENTILS (INDIAN).

To take the place of meat.

INGREDIENTS.

Half pint of lentils.	Six ounces of rice.
One onion, chopped.	One teaspoonful of curry powder.
One ounce of dripping.	One pint of vegetable stock.
Salt and pepper.	

METHOD.—1. Wash the lentils, and put them on with the stock to cook. Add the onion.

2. Cook gently for $\frac{3}{4}$ hour.
3. Add the dripping, salt, pepper, and curry powder.
4. Serve with a border of rice.

Sufficient for six people.

DEVILLED SAUSAGE PUDDING.

INGREDIENTS.

One pound of beef sausages.	Salt to taste.
One teaspoonful curry powder.	One tablespoonful vinegar.
Half level teaspoonful mustard (dry).	Two pounds potatoes.

METHOD.—1. Remove the skin from the sausages and put the meat in a basin.

2. Mix in well the curry powder, salt, mustard, and vinegar.

3. Form into a roll.

4. Cook potatoes, mash them, adding one ounce dripping, and one gill milk.

5. Put a layer of potato in a pie-dish, and rest the sausage roll on it.

6. Put the rest of the potato on top, and tuck it all round the sides.

7. Cover with a piece of greased paper.

8. Steam $1\frac{1}{2}$ hours.

9. Serve with a thickened brown gravy poured over.

Sufficient for six people.

DEVILLED SEMOLINA.

Semolina being a small grain should always be sprinkled in boiling water or milk and cooked for 10 to 15 minutes, stirring constantly. One tablespoonful to each half pint of liquid is the usual quantity, but if it can be cooked for a longer time, less semolina might be used. The above can be made into a sweet or savoury dish or a blanc-mange.

For Devilled Semolina make as above, and, when cooked, add chutney or curry powder, a little grated nutmeg, and one teaspoonful lemon juice and seasoning. Mix well and put into castle moulds, serve on salad, and put a little horseradish sauce over each.

N.B.—The quantities of chutney and curry powder are not stated, as it is quite a matter of taste, and some would like it far hotter than others. For a first trial it is always better to under-season than to add too much.

HORSERADISH SAUCE.—Dissolve one teaspoonful of Heinz's evaporated horseradish in one dessertspoonful of milk or water for 10 minutes, then add one teaspoonful vinegar, half saltspoonful of mustard and salt.

DRIED HADDOCK AND CHEESE PASTIES.

INGREDIENTS.

Small dried haddock.	One ounce of butter.
Three ounces of cheese.	One hard-boiled egg.
Salt and pepper.	

Pastry.

Six ounces of flour.	Salt.
One teaspoonful of baking powder.	Two ounces of fat.
	Water to mix.

METHOD.—1. Put the haddock into a tin, pour on boiling water, leave ten minutes.

2. Drain and cook in an oven with the butter for 5 minutes.

3. Flake off all fish from the bones and put in a basin.

4. Add the grated cheese, salt, pepper, and egg (chopped finely).

5. Mix the ingredients and divide into equal portions, according to rounds of pastry.

6. Make the pastry and roll it out. Cut into rounds, and on each round put some of the mixture.

7. Wet the edges of the pastry and fold over to form a turnover.

8. Bake about 10 minutes in a hot oven.

EGGS AND CHEESE.

A nourishing Supper Dish.

INGREDIENTS.

Three eggs.	Salt and pepper.
Grated cheese.	One ounce of butter.
Breadcrumbs.	

METHOD.—Sprinkle the bottom of a greased gratin dish with breadcrumbs, then a layer of grated cheese. Break the eggs separately into a cup, keeping yolk whole, and lay each one on to the cheese. Sprinkle lightly with cheese and crumbs, season well, and add a few lumps of butter. Bake in a hot oven till the eggs are set. Serve hot.

EGYPTIAN PIE.

To take the place of meat.

INGREDIENTS.

Eight ounces of Egyptian lentils.	One teaspoonful of chopped parsley.
Four ounces of grated cheese.	Two teaspoonfuls of flour.
Two onions, chopped.	Three pounds of potatoes.
One and half ounces of dripping.	One pint of stock or water.
Salt and pepper.	

METHOD.—1. Wash lentils, chop onion, and cook till tender in the stock.

2. Remove from the fire, season, and add the dripping, half the cheese and parsley, and stir in the flour.

3. Cook the potatoes and mash them with a little milk, season, and add rest of cheese.

4. Line pie-dish with potato.

5. Put in mixture, which should not be too stiff.

6. Cover with potato, reheat and brown the top of the potatoes.

7. Serve with a thick gravy.

Sufficient for six people.

GROATS PUDDING.

INGREDIENTS.

Two pounds of shin of beef with bone with marrow in it.	One onion.
Three-quarters of breakfast-cupful of groats.	One stick of celery.
	Seasoning.
	Water to cover.

METHOD.—1. Wipe meat, cut it up, peel onion, cut up celery.

2. Place in a jar with the bone in the oven with the groats, and cover with water.

3. Cook for 3 to 4 hours, stirring occasionally.

4. Take out the bone, bruise the meat with a fork in the jar.

5. Season well.

6. Heat thoroughly before serving.

HARICOT BEAN PIE.

To take the place of meat.

INGREDIENTS.

One pint of haricot beans.	Salt and pepper.
One onion.	Quarter of a pound of bacon.
One tomato.	

Short crust.

Six ounces of flour.	Two ounces of fat.
Salt.	Water to mix.
A teaspoonful of baking powder.	

METHOD.—Wash the beans, and soak in cold boiled water over night.

2. Cook the beans until tender in the water in which they have been soaked.

3. Put the beans, seasoning, bacon (cut up), sliced tomato, and chopped onion into a pie-dish.

4. Add some of the water the beans were soaked in, thickened with little a flour.

5. Cover with the pastry.

6. Cook in a hot oven for about 30 minutes.

Sufficient for six people.

HARICOT CASSEROLE.

To take the place of meat.

INGREDIENTS.

Three-quarters pint of haricot beans.	Chopped onion, hardly any.
Six ounces of breadcrumbs or soaked bread pieces.	One egg.
One and a half ounces of dripping or butter.	Seasoning.
	Brown breadcrumbs.

To fill the casserole.

Half pint of any good sauce.	Fresh vegetables as in season.
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METHOD.—Soak the haricots all night. Put them on in the water in which they have been soaked, and with them a little salt, and $\frac{1}{4}$ of an ounce of dripping. Simmer them until

soft. Strain them, and rub them through a hair sieve. Melt the dripping, fry the onion without browning. Throw in the breadcrumbs, or soaked pieces, broken finely with a fork. Season the mixture and make it thoroughly hot. Add enough egg to bind, saving some of it for brushing over. Cook quickly until it leaves the sides of the pan.

Grease and coat a cake tin with brown crumbs. Line this with the haricot paste to the thickness of $\frac{1}{2}$ to $\frac{3}{4}$ of an inch. Brush the inside and top edge with egg. Bake in a moderate oven till firm, about $\frac{3}{4}$ of an hour. Carefully turn it out on to a hot plate. Have ready some fresh vegetables, green peas, young carrots, etc., cooked and made hot in a good sauce. Fill the casserole with this.

Sufficient for six people.

LENTIL BATTER PUDDING.

INGREDIENTS.

Eight ounces of flour.	A quarter teaspoonful of mixed
Six ounces of lentils.	herbs.
Salt and pepper.	Two eggs.
One onion (chopped).	One pint of milk and water.
	One ounce of suet.

METHOD.—1. Wash the lentils and cook with the onion in small quantity of water till tender; drain off all water not absorbed.

2. Make a batter with milk, flour, seasoning, herbs, and eggs.
3. Add the lentils, onion, and suet chopped finely.
4. Put into greased basin and cover with greased paper.
5. Steam 2 hours.
6. Serve with a good gravy.

LIVER AND BACON AND BEANS.

INGREDIENTS.

One pound of sheep's liver.	One teaspoonful of chopped
Four rashers of bacon.	sage and parsley.
One onion.	One pound of boiled haricot
	beans.

METHOD.—Boil the beans until quite tender. Cut the bacon into dice and liver into slices about $\frac{1}{4}$ inch thick and 1 inch long.

Pass the liver through seasoned flour. Fry the bacon and take from pan; fry the liver and take from pan; fry the onion. Return all to pan with the boiled haricot beans, sage and chopped parsley. Make thoroughly hot and serve with brown gravy.

MACARONI AND CHESTNUTS.

INGREDIENTS.

Twelve chestnuts.	One large onion.
Quarter pound of cooked macaroni.	One tablespoonful of milk.
Three ounces of butter.	One teaspoonful of salt.
	Breadcrumbs.

METHOD.—Roast the chestnuts in the shells; peel and pound them to a paste; melt 2 ounces of the butter in a stew-pan, add the salt, milk, and paste. Put in the macaroni (cooked) and the onion (uncooked). Shake all together for 10 to 12 minutes. If too dry, add a little more milk. Remove the onion; put the mixture on a dish; cover with breadcrumbs and a few pieces of butter. Put into a hot oven until a golden colour, or place under a grill.

MACARONI AND LIVER PIE.

INGREDIENTS.

Six ounces of macaroni.	Salt and pepper.
Four ounces of liver.	One onion (cooked).
Three-quarters pint of vegetable stock.	} Sauce.
Half an ounce of dripping.	
Half an ounce of flour (browned in the oven).	

METHOD.—1. Cook the macaroni and cut into pieces about $\frac{1}{2}$ inch long.

2. Chop the onion.
3. Make a sauce with the fat, flour, and stock.
4. Fry the liver and cut into very small pieces.
5. Mix everything together, season well, and put in a greased pie-dish.
6. Bake about 20 minutes.
7. Serve small croutes of fried bread round the edge of the pie-dish.

Sufficient for six people.

MACARONI SAVOURY. '

(Supper Dish.)

INGREDIENTS.

Half pound of macaroni.	Two teaspoonfuls of curry
One small onion.	powder.
One small apple.	Salt to taste.
One tomato.	Three gills of the water the
One ounce of dripping.	macaroni was cooked in.
One ounce of flour.	

METHOD.—1. Boil the macaroni in salted water till tender, cut into small pieces.

2. Melt the fat in a saucepan and fry the chopped onion a golden-brown.

3. Add the flour, curry powder and salt.

4. Mix with the 3 gills of liquid and bring to the boil.

5. Chop apple after peeling, peel tomato and cut into pieces, and add both to the saucepan.

6. Pour into a greased pie-dish and bake for about 20 minutes.

7. Serve tippets of fried bread or toast round edge of pie-dish.

Sufficient for six people.

MARROW STUFFED WITH BUTTER BEANS.

(To take place of meat.)

INGREDIENTS.

Half pint of butter beans.	Quarter teaspoonful of mixed
Salt and pepper.	herbs.
One ounce of dripping.	Two ounces of grated cheese.
	One marrow.

METHOD.—1. Wash and soak beans.

2. Boil them until soft in the water in which they are soaked.

3. Remove the skins and wash them.

4. Add all ingredients.

5. Mix with a little stock.

6. Cut the marrow in half and remove seeds and peel.

7. Put the stuffing mixture into the marrow, place the two halves together, and tie with tape.

8. Boil $\frac{3}{4}$ of an hour, or until tender. It may be steamed, but will then require a longer time.

9. Serve with good gravy.

Sufficient for six people.

MEAT KEDGEREE.

INGREDIENTS.

Savoury rice as in recipe 1 on page 56.

Cold meat, poultry, ham, tongue or fish.

METHOD.—Mix all well together and serve on a hot dish, with or without sauce.

Note.—The flavour of the rice may be varied with cheese, saffron, tomato, curry.

MEAT ROLL.

To make the meat go further.

INGREDIENTS.

Nine ounces of flour.

A pinch of salt.

A teaspoonful of baking powder.

Three ounces of suet.

Water to mix.

Four ounces of minced steak or
topside.

A little chopped onion.

METHOD.—1. Chop the suet and add to the flour, salt, and baking powder.

2. Mix to a dough and roll out, forming an oblong shape.

3. Spread with the mixed steak and sprinkle with the chopped onion, salt and pepper.

4. Roll up and tie in floured cloth.

5. Boil 2 hours.

6. Serve with a thickened gravy.

Sufficient for six people.

N.B.—Minced pork with a little sage makes a change from steak.

MINCE PATTIES AND GREEN PEAS.

Using up scraps of cold meat.

INGREDIENTS.

Trimnings of pastry.

Seasoning.

Half a pound of cooked meat.

Some cooked green peas.

Little stock, gravy, or sauce to moisten.

METHOD.—Roll out the pastry and fill as many patty tins as required, also cut out a small round of pastry ($1\frac{1}{2}$ inches across). Bake in a hot oven. Mince the meat finely, moisten with some

of the gravy and season carefully. Fill the patties with mince and put a cap on each. Warm the peas in the rest of the gravy and pour round the patties, or serve separately.

Peas can be added to the mince if liked.

NUT ROLL.

To take the place of meat.

INGREDIENTS.

One and a half pounds of cooked potatoes. One and a half pounds of chopped nuts (any kind).

Salt, pepper, and one egg.

METHOD.—1. Mash the potatoes, season, and add a little milk.

2. Chop the nuts first, removing the skins, and add to the potato.

3. Moisten with the egg beaten up well.

4. Form into a roll.

5. Bake in a tin until a nice brown colour.

6. Serve with tomato sauce.

Sufficient for six people.

OATMEAL PUDDING.

INGREDIENTS.

Four ounces of medium oatmeal. One level tablespoonful of Demerara sugar.

Five ounces of flour. Two ounces of suet.

One teaspoonful of baking powder. Half a gill of milk.

Pinch of salt. Two tablespoonfuls of syrup.

METHOD.—1. Chop the suet finely.

2. Mix all dry ingredients.

3. Add syrup and milk (beaten together first).

4. Mix and put into a greased Yorkshire-pudding tin.

5. Bake $\frac{1}{2}$ hour, or steam in a greased basin for 2 hours.

Sufficient for six people.

OX CHEEK PIE.

INGREDIENTS.

Short crust pastry.	One teaspoonful of chopped
One ox cheek.	parsley.
Four ounces of bacon.	Seasoning.
One hard-boiled egg.	Carrot.
	Onion.

METHOD.—1. Wash the ox cheek in several waters, and soak four hours.

2. Stew gently in small quantity of water (until the meat leaves the bones easily) with the carrot and onion.

3. Cut meat from bones and put in a pie-dish.

Add bacon (cut in pieces), parsley, the egg (sliced), seasoning, and vegetables cut into slices.

5. Thicken a little of the liquid in which the cheek was cooked and pour into pie-dish.

6. Cover with the short crust pastry.

7. Bake about 20 to 30 minutes.

Note.—The rest of the liquor and bones from the cheek put in stock pot.

Sufficient for six people.

PASTRY BEEF ROLL.

METHOD.—Make a paste with 6 ounces of flour, 3 ounces of margarine, lard, or butter, and a little water.

Chop half a pound of meat and two slices of bacon, add two parboiled potatoes and an onion (chopped), salt and pepper, and moisten with little stock or water.

Roll out the pastry, arrange meat, etc., on it, damp the edges, roll up and bake in a hot oven for 40 minutes. Serve with gravy.

To serve cold.—Cut in slices and arrange neatly on a dish with salad.

PORLOCK PIE.

INGREDIENTS.

One pound of mutton, neck or trimmings.	One teaspoonful of chopped parsley.
Four potatoes.	Half a teaspoonful of salt.
Two onions, medium sized.	Quarter teaspoonful of pepper.
One egg, hard-boiled.	About one teacupful of water.

Pastry.

Half pound of flour.

Two ounces of margarine.

Quarter teaspoonful of salt.

Two ounces of lard or dripping.

Quarter teaspoonful of baking powder.

METHOD.—Wipe, trim and cut up the meat in neat pieces, boil the onion and potatoes for 5 minutes, drain and cut up in slices, slice the egg, arrange all in layers in a pie-dish, season well, add the water. Cover with pastry and bake in moderately hot oven for $1\frac{1}{2}$ hours.

METHOD FOR PASTRY.—Sieve the flour, baking powder and salt in a basin, rub the fat well in, and make into a firm dough with cold water. Roll out and cover pie.

The above is sufficient for five to six persons. Average cost, 1s. 6d.

POTATO CASSEROLE.

To take the place of meat.

INGREDIENTS.

Two pounds of potatoes, boiled.

Seasoning.

One ounce of butter or margarine.

One egg.

Brown crumbs.

One teaspoonful of chopped parsley.

For the centre.

Half pint of milk.

One and a half gills of haricots (boiled).

One ounce of butter.

Seasoning.

One ounce of flour.

Three ounces of cheese.

METHOD.—Rub the cooked potatoes through a wire sieve. Make them hot in the butter with the parsley and seasoning. If the potatoes are moist, cook them well at this stage. Add the egg, saving some of it for glazing, and cook until the mixture leaves the sides of the pan.

Grease a round cake tin and line it first with brown crumbs, then with the potato mixture. Glaze the inside and edges and bake in a moderate oven to set it, about $\frac{3}{4}$ hour. Turn it out on to a fireproof dish.

Make a white sauce and season it, stir in half the cheese, and the beans, previously boiled. Fill the casserole with this, sprinkle the rest of the cheese on top and brown it under a grill or before the fire.

Sufficient for six people.

RICE AND CHEESE PUDDING.

INGREDIENTS.

One quart of skimmed milk.	A few breadcrumbs.
Four ounces of rice.	Pepper and salt.
Four ounces of cheese.	A little fat or suet.
One hard-boiled egg.	

METHOD.—Cook the rice in the milk until the milk is nearly absorbed. Add shredded fat, pepper and salt, grated cheese and chopped hard-boiled egg. Pour into a greased pie-dish, sprinkle breadcrumbs on top and a little grated cheese. Brown in a hot oven.

SAUSAGE ROLL.

INGREDIENTS.

Nine ounces of flour.	Three ounces of suet.
A pinch of salt.	Water to mix.
One teaspoonful of baking powder.	Two beef or pork sausages.

METHOD.—1. Skin sausages and add a few drops of stock to moisten the sausage-meat.

2. Mix flour, salt and baking powder together.
3. Shred the suet and chop it finely.
4. Mix to a dough and roll out about a $\frac{1}{4}$ inch in thickness.
5. Spread with sausage-meat.
6. Wet edges and roll it up.
7. Tie in a floured cloth and boil $1\frac{1}{2}$ to 2 hours.
8. Serve with thickened gravy.

Sufficient for six people.

SAVOURY BREAD PUDDING.

To take the place of meat.

INGREDIENTS.

Three-quarters of a pound of scraps of bread.	One teaspoonful of sage.
Four ounces of oatmeal.	Milk.
Three onions.	Salt and pepper.
Two ounces of suet.	Fat for tin.

METHOD.—1. Soak bread over night. Strain off water and break up the bread with a fork.

2. Chop onions and sage.

3. Mix all ingredients together and season.

4. Stir in sufficient milk to make a moist dough.

5. Grease a Yorkshire-pudding tin and put in the mixture.

6. Bake $\frac{3}{4}$ hour to 1 hour. Cut in pieces.

7. Serve with good gravy.

Sufficient for six people.

SAVOURY MEAT ROLL.

Cold breakfast dish.

INGREDIENTS.

Half pound of beef trimmings, minced or chopped finely.	One small shallot, finely chopped.
Quarter pound of fat bacon (cooked or uncooked).	Half teaspoonful of chopped parsley, pinch of herbs.
Three ounces of soaked bread (soak in water and squeeze dry).	Pepper and salt.
	One egg, well beaten.
	Half gill of stock.

METHOD.—Mix all well together, and tie up in a pudding cloth like a roly-poly. Boil for $1\frac{1}{2}$ hours. When cold, glaze with liquid meat glaze.

Substitute for Meat Glaze.

Half pint of stock.	Sufficient caramel to colour.
Quarter ounce dissolved gelatine.	

SAVOURY POTATOES.

To take the place of meat.

INGREDIENTS.

Three pounds of cooked potatoes.	One tablespoonful of chopped parsley.
One gill of milk.	One ounce of dripping.
Salt and pepper.	Six ounces of grated cheese.

METHOD.—1. Mash the potatoes and beat in the other ingredients.

2. Put into a greased pie-dish.
3. Bake in a moderate oven for 20 minutes.
4. Serve with tomato sauce or brown gravy.

Sufficient for six people.

SAVOURY RICE (1).

INGREDIENTS.

Three or four ounces of whole rice.	Pepper and salt.
One small onion.	A few shreds of saffron, if liked.
Half ounce of butter.	Three-quarters to one pint of meat boilings, stock, or water.

METHOD.—Well wash the rice. Melt the fat and fry very slightly the onion, add the rice, and fry for a few minutes, add half the stock and seasoning, and cook until quite tender, adding stock as the rice absorbs the moisture, season well, and at the end a little cheese may be added. Turn out on to a hot dish, and serve with a sauce, or in the form of a kedgeree, or as a foundation to serve fish, meat, or vegetables upon.

SAVOURY RICE (2).

INGREDIENTS.

A teacupful of cooked rice.	Seasoning.
Two ounces of cheese in thin slices.	Few breadcrumbs.
One gill of white sauce.	Pieces of butter.

- METHOD.—1. Grease a small pie-dish.
 2. Mix rice with sauce and season well.
 3. Place layers of rice and cheese alternately until pie-dish is full.
 4. Place a few crumbs and butter on the top.
 5. Bake in a hot oven a few minutes, until brown on the top, and very hot.
 6. Serve immediately.

SAVOURY ROLLS.

Minced meat in pastry rolls.

INGREDIENTS.

Mince.

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| Quarter pound of minced
cooked meat. | Pepper and salt.
One teaspoonful of flour. |
| A little chopped onion and
parsley. | Half a gill of stock.
Piece of dripping the size of a
walnut. |
| A pinch of mixed herbs. | |

METHOD.—Melt the dripping. Fry the onion. Add flour and slightly brown. Add stock, parsley and seasoning. Simmer a few minutes, then add the meat.

Pastry.

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| Half pound of flour. | Half teaspoonful of baking
powder. |
| One and half ounces of lard. | Little water. |
| One and half ounces of dripping. | Pinch of salt. |

METHOD.—Mix flour, salt, and baking powder together. Rub into this the dripping and lard. Mix with water into a stiff paste. Roll out about $\frac{1}{8}$ inch in thickness. Cut into strips about 4 inches wide and divide into squares.

Grease some wooden rolls (the handles of old wooden spoons, cut into convenient lengths, are excellent for this purpose). Place a piece of pastry neatly round each roll, moistening the piece with water. Lightly brush each roll with milk or beaten egg and bake in an oven for 15 minutes. Remove gently from the wooden rolls and fill with the hot mince.

Savoury Pie.

Prepare mince as above, using a little more stock.

Place the mince in a pie-dish, and cover with short crust (same proportions as for savoury rolls). Bake in a hot oven for $\frac{1}{2}$ hour.

SAVOURY "WASTE BREAD" OMELET.

Excellent with Roast Meat.

INGREDIENTS.

Four ounces of waste bread pieces.	One egg.
One pint of milk.	Half ounce of butter.
One onion.	Quarter teaspoonful of mixed herbs.
Half a teaspoonful of chopped parsley.	Salt, pepper and a little nut- meg.

METHOD.—Soak the bread in the milk for about 1 hour. Then put it in a saucepan with the onion finely chopped, the butter, plenty of seasoning and the parsley. Just bring to boiling point. Then let it cook a little. Stir in the egg (well beaten).

Turn into a pie-dish and bake till nicely browned on top in a moderate oven.

SHEEP'S HEAD PIE.

INGREDIENTS.

Half a sheep's head.	Salt and pepper.
Carrot, turnip, onion, and potato.	Stock.
	Short crust pastry.

METHOD.—1. Cut the meat from a sheep's head and put in a pie-dish (the head must be cooked).

2. Cook vegetables and cut into rough pieces.
3. Thicken the stock with a little flour and season.
4. Line a tin plate with pastry.
5. Put in the meat, vegetables and stock.
6. Cover with pastry.
7. Bake in a hot oven about 20 to 30 minutes.
8. Serve with gravy.

(The sheep's head can be bought at a tripe dresser's for 3d. the half head, ready cooked.)

Sufficient for six people.

SPAGHETTI AND TOMATOES.

INGREDIENTS.

Two ounces of spaghetti.	One tablespoonful of tomato
Quarter ounce of butter.	sauce.
Quarter ounce of flour.	One gill of tinned tomato purée.
One gill of milk.	Seasoning.
One ounce of cheese.	A little butter.
	A few crumbs.

METHOD.—1. Boil spaghetti until tender and drain.

2. Melt butter, stir in flour, add milk and boil well.

3. Stir in spaghetti.

4. Add three-quarters of the cheese and season well.

5. Add tomato purée or sauce.

6. Place in a greased pie-dish or in some greased scallop shells with the rest of the cheese on the top with a little butter.

7. Bake until brown and very hot.

STUFFED AND BAKED MACKEREL OR HERRING
AND SAVOURY PIE.

To take place of meat. Average cost, 10d. to 1s.

INGREDIENTS.

One very fresh mackerel or herring.	A few raspings, brown crumbs, or fine oatmeal.
One tablespoonful of dripping.	

Stuffing.

One tablespoonful of white breadcrumbs.	Pinch of herbs.
One dessertspoonful of chopped suet or marrow or half an ounce of melted fat.	Pepper, salt, and nutmeg.
Half a teaspoonful of chopped parsley.	One yolk or white of egg or a little milk.
	The roe of the fish scalded and bruised.

METHOD.—1. Mix all well together until it binds, but it must not be too stiff.

2. Wash the fish in cold water, remove the head and back bone and as many small bones as possible. Season the fish, put in the stuffing, and put the fish back into shape; dry it with a little flour. Put it into a deep tin with the melted dripping, baste the fish, and sprinkle over a few brown crumbs, raspings or fine

oatmeal. Put into a moderately hot oven and bake for 15 to 20 minutes. Baste from time to time, lift up and place the fish on a bed of savoury rice, and pour anchovy sauce round.

Anchovy Sauce.

Half ounce of flour.

Half pint of water.

Half ounce of butter or dripping.

Half teaspoonful of anchovy essence.

METHOD.—Melt the fat, stir in the flour, add the water and essence, and boil for 3 or 4 minutes.

SUBSTITUTE FOR STEAK PUDDING.

INGREDIENTS.

One pound of raw beef pieces.

One teaspoonful of salt.

Two ounces of kidney.

Half a teaspoonful of pepper.

Six or eight ounces of suet.

One good teaspoonful of baking powder.

One pound of flour.

One onion chopped.

METHOD.—Cut beef and kidney into very small pieces. Shred and chop suet. Mix all ingredients together in a basin, make a well in centre, add water to mix to stiff paste. Put into greased basin, cover with greased paper and steam for 4 hours or boil for 3. Serve with brown sauce poured over and round the pudding.

TOMATO AND CHEESE PUDDING.

INGREDIENTS.

One small tin of tomatoes.

Four ounces of Dutch cheese.

Salt and pepper.

Slices of bread and dripping.

METHOD.—1. Cut slices of bread and butter ($\frac{1}{8}$ inch thick).

2. Grate the Dutch cheese.

3. Slice the tomatoes.

4. Grease a pie-dish.

5. Put bread, cheese, tomatoes, and seasoning in layers, and let the whole soak for 1 hour.

6. Bake in moderate oven for $\frac{1}{2}$ hour.

Sufficient for six to eight people.

VEGETABLE GOOSE.

INGREDIENTS.

A marrow.	One tablespoonful of milk.
Two large onions.	Two ounces of butter.
One dessertspoonful of sage.	Pepper and salt.
Four tablespoonfuls of bread-crumbs.	

METHOD.—Peel the marrow and cut off each end. Scoop out the seeds without breaking the marrow. Blanch the marrow and onions (peeled) for five minutes in boiling water. Make a seasoning of the sage and onion, breadcrumbs and seasoning, and mix with the milk. Stuff the marrow with this, put on a greased tin, and bake 30 to 40 minutes. Baste frequently with the butter.

YORKSHIRE PUDDING.

To save eggs.

INGREDIENTS.

Four ounces of flour.	Two tablespoonfuls of chopped suet.
Pinch of salt.	
Half pint of milk.	Half ounce of fat.

METHOD.—1. Put the flour and salt in a basin.
 2. Add half the milk gradually.
 3. Beat for 5 minutes.
 4. Add the suet and rest of the milk.
 5. Allow to stand.
 6. Melt 1 ounce of fat in a baking tin, add the batter, and bake $\frac{1}{2}$ hour.

MISCELLANEOUS.

A GOOD WAY OF USING UP COOKED VEGETABLES.

To be served hot.

INGREDIENTS.

Cold vegetables.

Half ounce of cheese.

Cold sauce.

Seasoning.

Half ounce of butter.

Any kind of cold vegetables can be used, and any kind of sauce one has to hand.

METHOD.—Cut the vegetables into neat pieces (peas or beans of course are left whole). Mix them with the sauce, season to taste. Turn them into a gratin dish. Grate the cheese, sprinkle it on top, adding the butter at the same time. Cook till nicely browned in a moderate oven.

APPLE AND PINEAPPLE JAM.

INGREDIENTS.

Six pounds of apples (after preparing). One large tin of pineapple chunks.

Six pounds of sugar. Half pint of water.

- METHOD.**—1. Peel, core, and cut the apples into small rough pieces.
2. Put the apples, water, and syrup from the pineapple into a preserving pan.
 3. Cook very slowly till the apples are tender.
 4. Draw aside, add sugar, and allow to dissolve.
 5. Cut up pineapple small, and put with other ingredients.
 6. Bring to boiling point, and cook till it thickens and changes to a light brown colour.
 7. Put into clean jars, and tie down in the usual way.

APPLE JELLY.

(To use apple peelings.)

INGREDIENTS.

Two pounds of apple peel and cores.	The rind and juice of a lemon.
Six pints of cold water.	Six cloves.
	Granulated sugar.

METHOD.—1. Put peelings, lemon rind thinly cut, cloves, and water in a preserving pan.

2. Bring to boiling point and simmer gently till all goodness is out of the peel ($2\frac{1}{2}$ to 3 hours).

3. Turn a chair upside down, rest a basin on the upturned seat, and tie a clean teacloth at the corners to the legs of the chair.

4. Pour in all from saucepan and allow to drip through—do not squeeze.

5. Measure liquor in basin.

6. Add one pound of sugar to each pint of liquor.

7. Boil in preserving pan, until it sets to a jelly on a plate when cool (about $\frac{1}{2}$ hour).

8. Pour into bottles, tie down when cold.

Note.—The peelings can be saved for a few days until there are sufficient to use. Cover with water in the above proportion, so that water can be used when the peelings are.

APPLE, SPICE, AND CURRANT ROLL.

INGREDIENTS.

Eight ounces of flour.	One large or two small apples (chopped).
Three and a half ounces of dripping.	One ounce of currants.
One teaspoonful of baking powder.	Saltspoonful of mixed spice.
	One ounce brown sugar.
	Water.

METHOD.—Put the dripping into flour previously mixed with the baking powder. Add sufficient water to mix into a paste. Roll out.

Sprinkle over with the chopped apple, sugar, currants, and spice. Roll up. Boil for $1\frac{1}{2}$ hours.

APPLE TART (SPICED).

INGREDIENTS.

Three-quarters of a pound of flour.	Two and a half ounces of dripping.
Small teaspoonful of baking powder.	Two apples.
Two and a half ounces of lard.	One ounce of Demerara sugar.
	A little spice.
	Little water.

METHOD.—Mix flour and baking powder together. Put into this the dripping and lard. Mix together with sufficient water to form a paste.

Divide the paste, roll out, and cover a greased plate completely. Sprinkle over this 2 apples (chopped), 1 ounce brown sugar, and a little spice. Cover with the rest of the paste. Brush over with water and sprinkle with castor sugar. Bake for 30 to 40 minutes.

APRICOT PIE.

(*Canadian.*)

INGREDIENTS.

Half pound of dried apricots.	Sugar to taste.
One and a half pints of cold water.	The juice of half a lemon.

Pastry.

Nine ounces of flour.	One teaspoonful of baking powder.
Three ounces of suet (chopped).	
Pinch of salt.	

METHOD.—1. Wash and soak apricots in water for 48 hours.
 2. Put fruit with juice of lemon and sugar in a saucepan.
 3. Bring to the boil.
 4. Make suet crust with flour, salt, baking powder and suet.
 5. Roll out to a size a little smaller than the saucepan.
 6. Put crust on top of fruit.
 7. Stew very gently for $1\frac{1}{2}$ hours.
 8. Cut crust across into eight divisions, lift out, and put on saucepan lid.
 9. Turn fruit into a dish, put crust on the top of fruit with the points towards the middle.

Sufficient for six people.

BANANA TART.

INGREDIENTS.

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| Nine ounces of flour. | Five bananas. |
| Pinch of salt. | One tablespoonful of Demerara |
| One teaspoonful of baking | sugar. |
| powder. | Water for mixing. |
| Three ounces of dripping. | |

- METHOD.—1. Rub fat into the flour.
2. Add salt and baking powder.
 3. Mix with water to a stiff dough; divide into two, and roll out both pieces into two rounds.
 4. Line a tin plate with one piece.
 5. Peel and slice bananas (not too thinly).
 6. Put bananas, then sugar, then bananas, on the pastry, and sprinkle with little water.
 7. Cover with the other round of pastry.
 8. Decorate and bake in quick oven 20 to 30 minutes.

Sufficient for six people.

TO BOTTLE FRUIT WITHOUT SUGAR.

1. Wide-necked bottles or stone jars are necessary, and they must be clean and perfectly dry and without any flaws.
 2. The fruit must be clean, and not too ripe and not bruised or cracked, and should be graded according to size.
 3. The bottles should be completely filled with the fruit and placed in a warm oven until the fruit is just beginning to crack.
 4. Then the bottles should be filled immediately with boiling water to 1 inch from the top, just allowing room to pour over rendered mutton fat or olive oil, which should reach to the rim, to exclude the air.
 5. Great care must be taken not to shake the bottles, or the water will come above the fat and the bottles will not be air-tight, and the fruit will not keep.
- If this should happen more fat must be poured on the top.
6. The bottles are covered as for jam, or 2 or 3 layers of tissue paper previously dipped in milk may be used. Be careful not to move the jars until cold.
 7. Store in a cool, dry place.

N.B.—All fruits (except strawberries) and tomatoes are excellent if bottled this way. Apples and pears should be peeled, cored, and cut in quarters, and rhubarb in short blocks. Other fruits should be prepared as for jam and bottled whole.

The fruit should be handled as little as possible, and a silver knife should be used.

BOTTLING FRUIT PULP does not economise fruit, and is not to be recommended except where there is an enormous quantity of fruit grown—too much for bottling or jam making only, on account of the number of bottles and jars which would be necessary, and storage room.

Making fruit into pulp uses far more fruit than bottling the whole fruit does. Moreover, fruit pulp, to keep successfully for any length of time, must be sterilised, which takes much fuel, or the sulphur method must be used.

CHRISTMAS PUDDING.

INGREDIENTS.

Half pound of pieces of bread.	Half pound of suet.
Half pound of flour.	A pinch of salt.
Half pound of currants.	One teaspoonful of spice.
Half pound of sultanas.	Two eggs.
Quarter pound of peel.	A little milk.
Six ounces of brown sugar.	

METHOD.—1. Soak the bread, squeeze out all the water, and beat it up with a fork.

2. Chop the suet and peel.

3. Clean and pick the currants and sultanas.

4. Mix all dry ingredients together.

5. Add the eggs beaten up and a little milk.

6. Put into a greased basin, cover with floured cloth.

7. Boil 6 hours.

Sufficient for six people.

CHUTNEY FROM "WINDFALL" APPLES AND TOMATOES.

INGREDIENTS.

Two pounds of apples.	Two ounces of ground ginger.
Two pounds of tomatoes.	Twelve red chillies.
Half a pound of shalots.	Half a pound of sultanas.
Two pounds of Demerara sugar.	Half an ounce of mustard seeds.
Two pints of vinegar.	Two tablespoonfuls of salt.

METHOD.—Cut up apples, tomatoes and shalots, and cook to a thick black pulp in vinegar. Pass through sieve if liked. Add sugar, chillies, salt, ginger, sultanas, and mustard seeds. Boil until thick.

COLCANNON.

INGREDIENTS.

One large head of a curled green cabbage.	Two ounces of good beef dripping or butter.
Two pounds of potatoes.	Salt and pepper.
Handful of chopped parsley.	

METHOD.—Cook and chop the cabbage and mash the potatoes. Melt the fat in a saucepan, add all the other ingredients, and beat well together. Serve as hot as possible.

Cold vegetables can be used for this dish. It should be a good green colour when cooked.

COLD-VEGETABLE CAKES.

Any cold vegetables left over, such as potatoes, parsnips, turnips, or carrots. Mash quite finely. Mix in a saucepan with a very little milk (this will depend upon the moisture in the vegetables). A few freshly-made breadcrumbs, little chopped parsley, pepper and salt. Add the yolk of an egg to bind. Turn on to a plate to cool.

Form into cakes or balls. Beat up the white of egg and coat the cakes with this, afterwards rolling in breadcrumbs. Fry in hot fat.

CITRONELLA.

INGREDIENTS.

Three pounds of vegetable marrow.	Few pieces of bruised ginger.
Three pounds of sugar.	One and a half dozen cayenne pods.
Juice and rind of two lemons.	

METHOD.—Peel the marrow, cut into squares, and weigh. Put 1 lb. of sugar over the marrow and let it stand all night. Then add the remainder of the sugar, juice and rind of lemons, ginger and cayenne pods tied in muslin. Boil gently until it becomes quite clear and syrup thickens. Remove cayenne pods and bottle.

DRIED PEACH JAM.

INGREDIENTS.

Three pounds of dried peaches.	Two teaspoonfuls of ratafia essence.
Eight and a half pints of water.	
Six pounds of sugar.	

- METHOD.—1. Wash the peaches in warm water, then in cold.
 2. Cut them into four and put them to soak in the $8\frac{1}{2}$ pints of water for 72 hours.
 3. Turn water and peaches into preserving pan.
 4. Boil slowly for $\frac{3}{4}$ hour or until tender.
 5. Add the sugar, and allow it to dissolve off the fire.
 6. When sugar is dissolved, boil up till jam sets as a jelly when tried on a cold plate (20 to 30 minutes).
 7. Put into clean dry jars and tie down when cold.

FIG AND MARROW JAM.

INGREDIENTS.

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| Four pounds of marrow (when cut into pieces). | One tablespoonful of ground ginger. |
| Two pounds of figs. | One teacupful of the water figs were soaked in. |
| Four pounds of sugar. | |
| The juice and rind of two lemons. | |

- METHOD.—1. Peel, remove seeds, and cut marrow into pieces about one inch square.
 2. Soak figs 24 hours.
 3. Put marrow, ginger, sugar, lemon juice and grated rind into a basin and leave 12 hours.
 4. Cut figs into rough pieces and put all into preserving pan.
 5. Cook until it becomes a jelly when a little is tried on a plate.
 6. Pour into clean dry jars.
 7. Cover as usual when cold.

FRENCH PUDDING.

INGREDIENTS.

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| Nine ounces of flour. | Pinch of salt. |
| Three ounces of suet. | Two tablespoonfuls of jam (no stones). |
| One teaspoonful (level) of carbonate of soda. | Milk to mix. |

- METHOD.—1. Chop suet and add to the flour, salt and soda.
 2. Mix with jam and milk to a soft dough.
 3. Put in a greased basin, cover with greased paper, and steam for 2 hours.
 4. Serve with jam sauce.

Sufficient for six people.

FRUIT CAKE.

INGREDIENTS.

One pound of flour.	Three ounces of dripping.
Quarter teaspoonful of salt.	Six ounces of sugar.
One level teaspoonful of carbonate of soda.	One teaspoonful of mixed spice.
Six ounces of raisins.	The grated rind of one lemon.
Six ounces of currants.	Half pint of cold water.

METHOD.—1. Put all except the flour and soda into a casserole, and boil three minutes.

2. Remove from fire and allow to become lukewarm.

3. Stir in flour and soda well, mixed together first.

4. Put into a greased cake tin.

5. Bake in a moderate oven about $1\frac{1}{2}$ hours.

FRUIT PUDDING.

(To save fruit.)

INGREDIENTS.

Nine ounces of flour.	Three ounces of suet.
A pinch of salt.	Two tablespoonfuls of Demerara sugar.
One teaspoonful of baking powder.	One teacupful of fruit.
Cold water.	

METHOD.—1. Chop the suet and mix with flour, salt and baking powder.

2. Prepare fruit (if rhubarb, cut into pieces an inch long).

3. Drop fruit and sugar into ingredients.

4. Mix with water.

5. Put the mixture into a greased basin, cover with greased paper, and steam for 2 hours; or boil in a cloth for $1\frac{1}{2}$ hours.

Sufficient for six people.

GINGERETTE PUDDING.

INGREDIENTS.

Quarter of a pound of suet.	One teaspoonful of ginger.
Quarter of a pound of treacle.	One teaspoonful of carbonate of soda.
Half a pound of flour.	Half a gill of milk.
One ounce of sugar.	
The rind and juice of one lemon.	

METHOD.—Chop the suet, add to the flour, sugar, carbonate of soda, lemon rind and ginger. Make a well in the middle, add the treacle and milk, and mix until the mixture drops easily from the spoon. A little more milk should be added if necessary. Put into a greased basin, cover with greased paper, and steam for 3 hours.

HOMINY MOULD.

INGREDIENTS.

Three ounces of hominy.	One and a quarter pints of milk,
One ounce of sugar.	and a quarter of a pint of
Flavouring.	water.

METHOD.—1. Put the hominy in a basin, cover with one gill of water, and leave for 12 hours.

2. Boil the milk and stir to hominy.
3. Return to the pan and cook about 10 minutes.
4. Add sugar and flavouring.
5. Pour into a mould and leave to set.
6. Use with jam or fruit.

MAIZE AND CORNFLOUR SHAPE.

INGREDIENTS.

One a half ounces of cornflour.	One ounce of maize meal.
One and a half pints of milk.	One ounce of sugar.
Three ounces of dates.	

METHOD.—1. Mix the cornflour and maize with a little milk.

2. Boil the rest of the milk and add to the mixed cornflour and maize.
3. Return to the saucepan and bring to the boil, and cover for 10 minutes.
4. Add sugar, dates chopped, and a little lemon flavouring.
5. Mould, and serve with jam or fruit.

MARMALADE.

(Made in a three hours' lesson.)

INGREDIENTS.

Two pounds of sugar.	One lemon.
One pound of oranges.	One pint of water.

METHOD.—1. Wash the oranges and lemon, wipe and remove peel.

2. Shred the peel very thinly, and put to boil in water till tender (half to three-quarters of an hour).
3. Remove the pith from oranges and lemon, and cut them into slices (removing pips).
4. Put the sliced oranges and lemon, sugar, and one pint of water on to boil (letting sugar dissolve before boiling).
5. When peel is tender, strain and add to the fruit.
6. Boil for 30 minutes. When ready the marmalade should set as a jelly on a cold plate.
7. Allow to cool, and then tie down.

NASTURTIUM SEEDS.

INGREDIENTS.

Nasturtium seeds.	Vinegar.
One level teaspoonful of salt.	} To each pint of vinegar.
Eight peppercorns.	
Quarter ounce of allspice.	

METHOD.—1. Pick the seeds while green, and leave a short stem on them.

2. Make a weak solution of salt and water (1 teaspoonful to 1 pint) and put the nasturtium seeds in ; leave two hours.
3. Rinse in cold water and leave in fresh cold water all night.
4. Strain and put the seeds into wide-mouthed bottles.
5. Boil the vinegar and spices until well flavoured ; allow to cool, and strain over the seeds.
6. Tie down, and do not use for a month.

ORANGE PUDDING.

INGREDIENTS.

Four ounces of scraps of bread.	Pinch of salt.
One teaspoonful of baking powder.	Three ounces of suet.
Quarter of a pound of flour.	Two ounces of Demerara sugar.
	Juice and rind of two oranges.

METHOD.—1. Soak the bread overnight, then squeeze it dry and break with a fork.

2. Chop the suet.
3. Grate the rind of the oranges and squeeze out the juice.

4. Mix all dry ingredients together.
5. Mix with orange juice and little milk if required.
6. Put in greased basin and cover with greased paper.
7. Steam 2 hours.

Sufficient for six people.

PANCAKES WITHOUT EGGS.

INGREDIENTS.

Quarter pound of flour.	Half a pint of milk (bare).
One tablespoonful of ale.	A little salt.

METHOD.—1. Mix the flour and salt together.

2. Make a well in the centre, and add the ale and half the milk and mix to a smooth batter.

3. Beat well and add the remainder of the milk.

4. Fry as for ordinary pancakes.

PLAIN CAKE.

(Without eggs.)

INGREDIENTS.

One pound of flour.	Two tablespoonfuls of vinegar.
Five ounces of sugar.	Two teaspoonfuls of carbonate
Six ounces of lard, dripping, or	of soda (level).
butter.	One teaspoonful of ginger.
Four ounces of currants.	One teacupful of milk.
Four ounces of raisins.	

METHOD.—Cream the butter and sugar together until frothy. Add the dry ingredients and mix well. Dissolve the soda in the milk, add it to the other ingredients, and at the last minute stir in the vinegar. Bake in a moderate oven for about 2 hours.

RHUBARB AND FIG JAM.

INGREDIENTS.

Four pounds of rhubarb.	Four pounds of lump sugar.
Two pounds of figs.	Juice of two lemons.

METHOD.—Cut the fruit into small pieces (skin, if old and tough). Put into the pan, with sugar, and soak for 2 hours. Then add lemon juice, bring slowly to boiling point, and boil until the rhubarb is tender and jam thick, about 20 minutes.

“SPOILT CAKE” PUDDING.

INGREDIENTS.

One pint of milk.	Two ounces of sugar.
Two eggs.	Half a gill of water.
Grated rind of a lemon.	Extra currants, etc., according
Enough spoilt cake to three-	to type of cake.
parts fill a mould.	

METHOD.—Grease a mould. Cut cake into squares. Dissolve sugar in water, and heat until very dark brown. Cool, and add milk ; heat until this caramel is dissolved. Pour over the cake. Soak for an hour, add the other ingredients, pour into greased moulds, and steam for 2 hours.

TO CLARIFY FAT.

Cut up any scraps of cooked or uncooked fat into small pieces, and put them into a stew-pan with enough cold water to thoroughly cover them. Let this boil with the lid off until all the water has evaporated or boiled away in steam, and nothing is left of the pieces of fat but dry brownish bits. You must stir it occasionally, for fear it should burn. When this has cooled a little it must be strained through an old sieve or strainer into a basin. When quite cold, it makes a cake of pure white fat, which is used to fry in instead of lard or oil. It is also used in plain cooking in the place of butter. A good basinful of fat will last a long time for frying in, provided it is not allowed to burn ; if it burns, it is spoilt, and must be thrown away. Fat should always be strained after you have used it, to get out all the little pieces of breadcrumbs, etc., which would stick to whatever was fried in it next time ; it can be reclarified very often, and fresh fat added to it. If you have not enough pieces of fat left from the trimmings of your meat, it can be bought of the butcher for from fourpence to eightpence the pound.

TO CLARIFY DRIPPING.

Pour the fat out of the dripping-pan into a basin. When it is cold, turn out the fat, scrape from it the essence of the meat, and this and the gravy in the basin may be used for gravies. The cake of dripping (unless beef dripping) should be clarified by boiling for fifteen minutes in water with a pinch of carbonate of soda. Strain and let it get cold, then remove the cake of clarified dripping and throw the water away.

TO FRY.

To fry is to cook in hot fat or oil, therefore the fat must cover whatever you wish to fry. When fat is hot enough it is still, and a thin blue smoke or vapour rises from it. Oil takes longer to heat than fat, is nicer and more economical to fry in, as it wastes much less in use. Oil will not clarify like fat, but must be strained after use so as to get all the sediment and pieces out of it. Fat can be kept a long time to fry in; it should be strained after using, and it can be clarified often, provided it is not allowed to burn; if it is burnt it is spoilt.

TOMATO PANCAKES.

INGREDIENTS.

Four ounces of flour.	Three tomatoes.
Salt and pepper to taste.	One ounce of grated cheese.
One egg.	A little chopped parsley.
One teacup of water (1 gill).	

METHOD.—1. Put flour, salt, pepper and chopped parsley in a basin.

2. Add egg and water gradually.
3. Beat thoroughly.
4. Stir in the pulp of the tomatoes (well mashed), also the cheese.
5. Fry in the same way as ordinary pancakes.
6. Serve piled high on a dish with tomato sauce poured round. The sauce may be left out if wished.

Sufficient for six people.

TOMATO PIE.

(Breakfast Dish.)

INGREDIENTS.

Half pound of pieces of bread.	Half a teaspoonful of chopped
One pound of tomatoes.	parsley.
Half a teaspoonful of chopped	Salt, pepper.
sage.	One onion.
	One ounce of dripping.

METHOD.—1. Soak the bread ; then press out all the water and beat it with a fork.

2. Add sage and seasoning:

3. Chop onion finely.

4. Slice tomatoes.

5. Put in alternate layers in a greased pie-dish (first and last layers must be bread).

6. Put the dripping on the top in little pieces.

7. Bake in a moderate oven $\frac{1}{2}$ to $\frac{3}{4}$ of an hour.

Sufficient for six people.

WAR PRISONERS' BREAD.

(Bread that will keep three weeks at least.)

I.—INGREDIENTS.

One and a half pounds of flour.	Warm water to mix about three-quarters of a pint.
One teaspoonful of salt.	Half an ounce of yeast and a
Three tablespoonfuls of glycerine.	little sugar.

METHOD.—Mix flour and salt together. Make a well in centre. Cream yeast and sugar together. Add water to yeast and pour into well in flour. Add the glycerine and mix to an elastic dough. Knead. Allow dough to rise until double its size, put into tins, and prove until again nearly double the original size. The rising takes considerably longer than ordinary dough. Bake in a hot oven at first, and in a cooler one afterwards, for about $1\frac{1}{4}$ hours, until a good crust is obtained and the loaf thoroughly cooked. Wrap in grease-proof paper.

II.—INGREDIENTS.

One and a half pounds of flour.	Half an ounce of yeast and a
One teaspoonful of salt.	little sugar.
Two good tablespoonfuls of malt extract.	Warm water to mix (about three-quarters of a pint).

Make as in previous recipe.

N.B.—This bread was sent to our prisoners in Germany during the years 1915 and 1916, until individual sending was stopped by the Government.

WATKYN WYNN PUDDING.

INGREDIENTS.

Quarter of a pound of chopped suet.	Rind of one lemon.
Quarter of a pound of bread-crumbs.	Half a teaspoonful of baking powder.
Quarter of a pound of flour.	One egg and a little milk.
Quarter of a pound of soft brown sugar.	A few raisins.

METHODS.—Grease a pudding basin and decorate with raisins. Chop suet, and put into a basin with all the dry ingredients. Add the egg and milk, and mix to a batter that will drop easily from the spoon. Place in the prepared basin. Cover with greased paper and steam for 3 hours. Serve with sweet sauce.

WHOLEMEAL JAM TARTS.

INGREDIENTS.

Eight ounces of wholemeal.	A pinch of salt.
Three ounces of margarine.	Cold water to mix.
Jam.	

- METHOD.—1. Sieve wholemeal and remove bran.
 2. Add salt, and rub in the margarine.
 3. Mix to a dough, and roll out about $\frac{1}{4}$ inch thick.
 4. Cut into rounds, and put in a little jam.
 5. Wet edges, fold over, and bake in a quick oven about 15 or 20 minutes.

YEAST (No. 1).

(*From Hop and Malt.*)

INGREDIENTS.

Half an ounce of hops (dried).	About a quarter of an ounce of
Half a gallon of water.	compressed yeast.
Three quarters of a pound of crushed malt.	

METHOD.—Put the hops into a perfectly clean saucepan. Add $2\frac{1}{2}$ pints of cold water. Bring to the boil, and boil for half an hour. Cook for a few minutes, and add the crushed malt. Cover the saucepan, and let it stand for $1\frac{1}{2}$ hours. Strain off the liquid. Put the remainder of the water ($1\frac{1}{2}$ pints) on to the hops and malt. Mix well, strain, and squeeze as dry as possible. When cool, add the yeast. Cover, and put in a warm place for 24 hours.

Proportions.—To $3\frac{1}{2}$ lb. of flour use a $\frac{1}{2}$ pint of the yeast and $1\frac{1}{4}$ pints of warm water.

YEAST (No. 2).

(From Hop and Potato.)

INGREDIENTS.

Two quarts of water.	Quarter pound of hops.
Two pounds of flour.	Eight small potatoes.
Half pound of sultanas.	Quarter pound of sugar.

To this add quarter pound of compressed yeast or three bottles of stout to start.

METHOD.—Boil together water, hops, sultanas, sugar, and potatoes. Slice potatoes into quarters, and allow all to boil until only skins are left. Allow all to cool to 75° , or lukewarm. Then stir in flour, and add quarter pound of compressed yeast, and allow all to stand in a place where it shall not be disturbed whilst working for 24 hours. After it has stood its full limit, strain through fine sieve, squeezing hops well out by hand. It is then ready for use. Allow 1 gill to equal every pound of ordinary barm or yeast. One large tablespoonful to 3 quartern loaves.

More yeast can be made by saving 1 quart from the first lot to start the next. Be very careful over this proceeding, as the germination goes on very strongly. It must be kept in a very cool place to save it from growing sour.

APPENDIX.

MEATLESS DISHES.

CURRIED LENTILS.

INGREDIENTS.

Half pint of cooked lentils.	A little chopped onion.
One ounce of margarine.	Lemon juice.
A little chopped apple.	Seasoning.
One teaspoonful of curry powder.	Half pint of stock.
One dessertspoonful of flour.	Four ounces of rice.

METHOD.—Fry the onion a light brown, stir in the curry powder and flour, add a little lemon juice, the apple stock and seasoning. Bring to boiling point, add the lentils, and simmer for 15 minutes. Serve with boiled rice.

Sufficient for four people.

VEGETABLE CHEESE.

INGREDIENTS.

Cooked carrot, turnip, onion,	Chopped parsley.
celery, or any vegetables	Half pint of white sauce.
liked.	Seasoning.
One ounce of grated cheese.	

METHOD.—Cut the vegetables into slices or neat pieces, mix them with the sauce and a little of the cheese and season well. Put this mixture into a pie-dish or gratin dish, sprinkle over the rest of the cheese and make hot in a hot oven or under a grill. Serve with sippets of toast or fried bread.

Sufficient for three people.

SAVOURY RICE.

INGREDIENTS.

Four ounces of cooked rice.	Half pint of milk.
Two ounces of margarine or butter.	Seasoning.
Two ounces of grated cheese.	(A little chopped cooked onion and chopped parsley may be added if liked.)
Two ounces of flour.	

METHOD.—Melt the butter, stir in the flour, add the milk and stir until the sauce boils and thickens. Boil for 5 minutes. Add rice and three-quarters of the cheese, and if liked the onion and parsley. Season well with mustard, pepper and salt. Pour into a greased pie-dish, add the rest of the cheese and make hot and brown in a hot oven.

Sufficient for three people.

VEGETABLE PIE (No. 1).

INGREDIENTS.

Cooked vegetables: Carrot,	One ounce of grated cheese.
turnip, celery, onion.	A little chopped parsley.
Half pint of white sauce.	Seasoning.

Short Crust.

Six ounces of flour.	Three-quarters gill of water.
Three ounces of margarine.	

METHOD.—Cut the vegetables into pieces, mix them with the cheese and sauce, season and fill a pie-dish. Make a short crust by rubbing the butter in the flour and mixing to a stiff paste with cold water. Roll out the pastry and cover the pie-dish as for a meat pie. Bake in a hot oven at first, then in a cooler part to cook the pastry and make the vegetables very hot. About $\frac{3}{4}$ hour.

Sufficient for four people.

VEGETABLE PIE (No. 2).

INGREDIENTS.

Quarter pound of cooked carrot.	Two or three tomatoes.
Quarter pound of cooked turnip.	Sauce : One ounce of margarine,
Quarter pound of cooked onion.	one and a half ounces of fine
Quarter pound of cooked haricot	oatmeal (browned in the
beans.	oven) or flour, one pint of
Two ounces of cooked lentils.	the water the rice was
Two pounds of cooked potatoes.	cooked in.
Quarter pound of boiled rice.	Seasoning.

METHOD.—1. Slice the tomatoes and cook them in the margarine.

2. Remove them and add the oatmeal and water to make a sauce. Season with pepper and salt.

3. Mash the potatoes.

4. Grease a pie-dish, line with potato and half fill it with layers of the various vegetables. Add the sauce and continue the layers of vegetables until the dish is full. Place the rest of the mashed potato on the top. Make hot and brown under the grill or in a hot oven.

Sufficient for six people ; cost, 9½d.

MACARONI BEE-HIVE.

INGREDIENTS.

Four ounces of macaroni.	Two ounces of cheese.
Six ounces of cooked rice.	A little chopped onion.
Two ounces of bread.	Seasoning.

METHOD.—Boil the macaroni until pliable and line a greased basin with it. Soak the bread ; when soft, squeeze out all the water and break it up finely with a fork. Mix the rice, cheese, bread and onion together and season well. Fill the mould with this mixture, cover with a greased paper and steam for 1 hour. Turn out and serve with tomato sauce.

Sufficient for four people.

PEA-NUT AND RICE CROQUETTES

INGREDIENTS.

Half pound of rice.
 Half ounce of margarine.
 Seasoning.
 Quarter pound of pea-nuts.

Quarter pound of mashed
 potatoes.
 Three-quarters pint of thick
 gravy (made from vegetable
 stock).

METHOD.—Boil and drain the rice. Roast the nuts, skin and chop them. Melt the margarine and stir it into the rice, potatoes and nuts; when quite hot, season and spread on a plate to cool. Divide into equal portions, and shape into balls or cork shapes. Roll each in brown crumbs, make hot in the oven, and serve with a good thick gravy.

Sufficient for four people.

SAVOURY MACARONI.

INGREDIENTS.

Four ounces of macaroni.
 Three ounces of dried green
 peas.
 One ounce of margarine.
 Two ounces of fine oatmeal.

Two ounces of grated cheese.
 One pint of vegetable stock (or
 milk and water).
 Two or three tomatoes.
 Seasoning.

METHOD.—1. Boil the macaroni and peas until quite tender.
 2. Make a sauce with the margarine, oatmeal and stock.
 3. Slice the tomatoes and cook them in the sauce.
 4. Add the macaroni, peas and cheese, reserving one table-
 spoonful of cheese.
 5. Season well, pour into a greased pie dish, sprinkle the
 remaining cheese on the top and make hot, and brown under a
 grill or in a hot oven.

Sufficient for four people; cost, 7½d.

CHEESE AND RICE BATTER.

INGREDIENTS.

Batter.

Four ounces of flour.
 Half pint of milk.
 One egg.

Half teaspoonful of baking powder (or half teaspoonful of carbonate of soda and two teaspoonfuls of vinegar).

Three ounces of rice.
 One and a half ounces of grated cheese.
 Half teaspoonful of chopped herbs.

Seasoning.

Margarine for greasing the pie dish.

METHOD.—1. *To make the batter.*—Sift the flour and carbonate of soda (if used) and mix in smoothly the egg (if used) and the milk. Beat well and put it aside to stand for at least $\frac{1}{2}$ hour. Add the rest of the milk and the vinegar or baking powder just before baking.

2. Boil the rice and drain it thoroughly.

3. Mix the rice, cheese, herbs and seasoning together, and stir into the batter.

4. Pour into a greased pie dish, and bake in a hot oven for 20 to 30 minutes.

Sufficient for four people ; cost, 6½d.

ECONOMICAL SOUPS.

ITALIAN SOUP.

INGREDIENTS.

Four ounces of macaroni.	Seasoning.
Two ounces of grated cheese.	One teaspoonful of Bovril or
Three pints of water.	Liebig, if liked.

METHOD.—Cook the macaroni in the water *very* thoroughly for 1 hour or $1\frac{1}{2}$ hours. Just before serving, whisk in the cheese and season. (The Bovril, if used, should be stirred in before adding the cheese.)

Sufficient for four to six persons ; cost, 6d.

HARICOT BEAN SOUP.

INGREDIENTS.

One pint of haricot beans.	One pint of milk, or milk and
Two quarts of water.	water.
One small onion.	Seasoning.

METHOD.—Wash the beans and soak them overnight. Let them cook slowly (3 to 4 hours) in the water in which they have soaked, adding the onion sliced. When soft, pass them through a sieve. Add milk and water until the soup is the correct consistency. Reheat and season.

Sufficient for eighteen people— $\frac{1}{4}$ pint each ; cost, 9d.

PUREE D'ARTOISE.

INGREDIENTS.

One pint of Béchamel sauce (made of half milk and half water).	Half pint of haricot bean purée (see recipe above). Julienne garnish. Seasoning.
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METHOD.—Whisk the haricot purée into the *hot* Béchamel sauce. Thin down with milk or water until the right consistency. Season and add the Julienne garnish.

N.B.—To make Béchamel sauce, cut some carrot, onion and celery into slices, put them with a small piece of bay-leaf and a few peppercorns into a pan with the milk and water and bring to boiling point. Then proceed as for any white sauce. Strain or tammy the sauce to remove the vegetables, etc.

To prepare Julienne garnish, shred finely a little carrot, turnip, onion, lettuce. Sauté these vegetables in a little melted margarine, giving the lettuce a shorter time. Pour off any margarine not absorbed by the vegetables (reserving for future use), add boiling water to well cover, and simmer until the vegetables are tender. Strain off the water and the cooked shredded vegetables are ready for the soup. The water may be used for thinning down the soup.

Sufficient for four to six persons ; cost, 1s.

BEETROOT AND CELERY SOUP.

INGREDIENTS.

Two cooked beetroots.	One pint of milk.
One head of celery (reserve the heart for a salad).	Half ounce of margarine.
One pint of water.	Half ounce of flour or cornflour.
	Seasoning.

METHOD.—Melt the margarine, add the beetroot and celery cut up into small pieces, and allow them to cook for a few minutes. Add the liquid and simmer until the beetroot and celery are quite cooked. Pass through a sieve, thicken with the flour or cornflour, and season.

Sufficient for four to six persons ; cost, 9d.

MAIZE AND TOMATO SOUP.

INGREDIENTS.

One ounce of maize flour.	One gill of tomato purée, <i>or</i>
One or two sticks of celery.	Half gill of tomato ketchup, <i>or</i>
One onion.	Half pound of tomatoes passed
One and a half pints of milk	through a sieve.
and water mixed.	

METHOD.—Boil the milk and water, add the chopped onion and celery, sprinkle in the maize, stirring all the time, and let the whole simmer for 30 to 40 minutes. Add the tomato purée, ketchup or pulp, and season.

Sufficient for four to six persons ; cost, 9d.

CHESTNUT SOUP.

INGREDIENTS.

One pound of chestnuts.	One pint of milk and water.
One and a half ounces of margarine.	Seasoning, and a little sugar.

METHOD.—Slit the chestnuts at both ends, boil for 10 minutes and remove the husks. Melt the margarine, cook the chestnuts in it for a few minutes without browning. Add the milk and water, and cook slowly until the chestnuts are tender. Rub through a sieve. Reheat, add a little sugar, and season with pepper and salt.

Sufficient for four or five persons ; cost, 1s.

THE FLOUR & BREAD RATIONS, FEBRUARY, 1917.

I. *Allowance of 3 lbs. of Wheaten Flour or 4 lbs. of Bread per head per week.*

1. $1\frac{1}{2}$ lbs. of flour yields a 2 lb. or $\frac{1}{2}$ quartern loaf.
2. Allow $2\frac{1}{4}$ lbs. flour per head per week or 3 lbs. of bread.
3. Allow $\frac{3}{4}$ lb. flour per head per week for puddings, pies, etc.
4. If bread is made at home, $\frac{3}{4}$ lb. of flour may be saved from the $2\frac{1}{4}$ lbs. flour reserved for bread by supplementing oatmeal, barley flour, maize flour, etc., thus saving $\frac{3}{4}$ lb. flour a week per head from the 3 lbs. weekly allowance. Baking at home should be done twice a week. (See Recipes 1 and 2.)

II. *To Economise Flour.*

1. In bread making, add to the flour cooked oatmeal, cooked rice, cooked barley, barley flour, or maize flour. (See recipes below.)
2. Sago, tapioca, semolina, hominy or oatmeal may be added to flour for boiled puddings in any proportion up to half the weight or measure of flour.
3. An excellent short-crust pastry can be made from equal quantities of cooked rice and flour.
4. Fine oatmeal may be used for brown gravies instead of flour, and for coating for frying.
5. Cornflour may be used for sauces, etc.

NOTE.—1 oz. oatmeal boiled in $\frac{1}{2}$ pt. water yields $\frac{1}{4}$ lb. porridge.

1 oz. rice when boiled yields 5 ozs.

1 oz. pearl barley when boiled yields 4 ozs.

MAY, 1917.

From the middle of May the flour ration includes all cereals, viz., barley, maize, rye, oatmeal, rice, as well as macaroni, vermicelli, spaghetti. The so-called flour substitutes are, therefore, no longer existent as such. Hominy and cornflour are products of maize and semolina of wheat, therefore these count as flour.

It is almost impossible for the *workers* of the community to manage with only the 3 lbs. of flour or 4 lbs. of bread a week; but if all in every walk of life would try to reduce their pre-war weekly consumption of bread by one-fourth, the total reduction in the use of flour would be enormous,

1—OATMEAL BREAD.

INGREDIENTS.

Half pound of flour.	Quarter ounce of yeast.
Quarter pound of porridge (made by cooking one ounce of oatmeal in half a pint of water until a <i>very stiff</i> porridge).	Half to one teaspoonful of salt. About half a gill of warm water.

METHOD.—Cream the yeast with a little of the warm water. Mix all the ingredients together, add more water if necessary, and knead well on a floured board. Keep in a warm place until the dough is about double in size. Knead again lightly and put into a floured tin. Set in a warm place to prove for about $\frac{1}{2}$ to $\frac{3}{4}$ hour. Bake in a hot oven.

2—MAIZE OR BARLEY FLOUR BREAD.

INGREDIENTS.

Half pound of flour.	Half to one teaspoonful of salt.
Quarter pound of maize or barley flour.	About one and a half gills of warm water.
Quarter ounce of yeast.	

METHOD.—Mix flours and salt together. Cream yeast with a little of the warm water, add *nearly* all the rest of the water and strain into the centre of the flours. Sprinkle a little flour over the yeast and water, and set to sponge in a warm place for about 15 minutes. Mix the sponge to an elastic dough and knead well. Put in a warm place to rise until the dough has doubled its size. Knead lightly a second time, put in a floured tin and prove for $\frac{1}{2}$ hour in a warm place. Bake in a hot oven.

(The above recipes make a 1 lb. loaf—one-third of the bread allowed a week for one person.)

3—RICE OR PEARL-BARLEY BREAD.

INGREDIENTS.

Seventeen ounces of flour.	One and a half teaspoonfuls of
Four ounces of rice.	salt.
Half ounce of yeast.	About half a gill of tepid water for mixing.

(This yields a loaf weighing, when stale, 2 lbs. 2 ozs.)

METHOD.—Wash the rice, cover with cold water and allow to boil until the rice is cooked to a stiff pulp. Mix the salt and flour and rub in the rice. Cream yeast with a little tepid water

and add to the flour. Mix well before adding any more water. Knead well and put into a warm place to rise, to double its size. Knead lightly a second time on a floured board. Put in a greased and floured tin and prove for about $\frac{1}{2}$ hour in a warm place. Bake in a hot oven.

N.B.—About 1 oz. extra flour will be necessary when kneading.

4—AUSTRALIAN SHORT-CAKE.

INGREDIENTS.

Half pound of rolled oats.

Two ounces of castor or granulated sugar.

Four ounces of margarine.

One teaspoonful of salt.

METHOD.—Cream the butter and sugar, mix in the rolled oats, and add the salt. Press the mixture into a greased Yorkshire pudding tin. Bake a golden brown in a moderate oven.

When baked, let it stand for about 20 minutes. It is then firm enough to turn out.

5—MAIZE SCONES.

INGREDIENTS.

Quarter pound of flour.

One teaspoonful of baking powder.

Quarter pound of maize flour. Almost one gill of milk.

One ounce of fat.

Salt.

METHOD.—Mix flours, salt and baking powder together. Rub the fat into the flour. Mix to a soft consistency with the milk. Roll out and divide in 4, 6 or 8 scones. Bake in a fairly hot oven for about $\frac{1}{2}$ hour.

6—SCOTCH OAT CAKES.

INGREDIENTS.

Quarter pound of medium oatmeal.

One level teaspoonful of melted bacon fat.

Pinch of carbonate of soda.

Enough hot water to make the consistency of porridge.

Pinch of salt.

METHOD.—Mix all the ingredients together. Sprinkle a handful of extra meal on the pastry board and knead the mixture on to this carefully. Flatten it with the back of the hands or rolling pin until very thin; rub a little loose oatmeal over the top until nice and white. Cut into 4, 6 or 8 farral shapes, carry the paste board to the girdle and slide the oat cakes carefully on to it—it should be hot. Dry the cakes on the girdle for 20 minutes, without colouring. When beginning to curl, lift them on to a baking sheet and dry in a cool oven or in an oat cake toaster in front of the fire.

JAM MAKING.

GENERAL RULES.

1. The fruit must be ripe, but not over-ripe.
 2. The fruit should not be bruised and should be gathered dry.
 3. The fruit should be picked over, and any leaves, twigs, pieces of grass or straw, etc., or any of the fruit which may be over-ripe or bruised, should be removed.
 4. Hard fruits, such as gooseberries, cherries, plums, etc., should be wiped, and fruit such as currants should be picked over and washed.
 5. Stone fruit should be cut round lengthways, in order that the stone may be easily removed during the preserving process. Some of the kernels are often liked in jams—the stones should be cracked, the kernels blanched and skinned and added to the jam at the last moment.
 6. Top and tail gooseberries. String currants—this is done by using a fork. Remove the stalk from cherries and plums. Remove the calyx and hull from raspberries, loganberries, and strawberries.
 7. All fruit needs a little water with it when being preserved, the dry fruits more than the juicy ones.
 8. All fruit jam needs some sugar if it is to keep. The usual proportion is 1 lb. sugar to each 1 lb. fruit, though some stone fruit only needs $\frac{3}{4}$ lb. sugar.
 9. Sugar may, however, be economised by using some glucose or corn syrup, $\frac{1}{4}$ of glucose to $\frac{3}{4}$ of sugar. Larger proportions of glucose to sugar have been advocated, but the jam is not really successful. Thus to 1 lb. fruit which would take $\frac{3}{4}$ lb. of sugar use 3 ozs. of glucose and 9 ozs. of sugar.
- Salt also helps to economise sugar, and the jam keeps as well as if all sugar had been used; the flavour is good, but the bulk is not so great. The proportion is 1 lb. fruit, $\frac{1}{2}$ teaspoonful of salt, and $\frac{1}{2}$ lb. sugar. For larger quantities the salt need not be increased at the same rate as the fruit, a heaped teaspoonful being sufficient to 4 lbs. of fruit; but $\frac{1}{2}$ lb. of sugar should be used to every 1 lb. of fruit.

10. Strawberry jam is known to be "tricky," and therefore it is not advisable to use less sugar than 1 lb. to each 1 lb. of fruit.

11. Make jam in a copper, brass, or enamel preserving pan, or in a large fireproof casserole or marmite.

12. Use a wooden spoon when stirring is necessary, but an iron spoon for skimming.

METHOD OF MAKING JAM.

1. Place a little water and some of the sugar into a preserving pan, and cook slowly to make syrup.

2. Add sugar and fruit in layers up to 3 or 4 layers, and let this heat through slowly without becoming more than moderately hot—then continue layers of fruit and sugar.

3. When all the sugar is dissolved, allow the whole to come slowly to boiling point, and then boil quickly for 20 minutes, 30 minutes, or sometimes longer. The pan should be shaken now and again, and the fruit stirred gently, to prevent any likelihood of burning.

4. If stone fruit, remove the stones as they rise to the surface, and skim thoroughly after the jam has boiled for at least 10 minutes.

5. To test, put some on a plate to cool, and if it forms a jelly when cold, it has boiled long enough.

6. Pour into perfectly dry warm jars, and cover either when hot or cold.

7. Cover with parchment covers. If the jam is covered when hot and the paper is dipped in a little milk, it adheres to the jars quite easily, and string is not needed.

8. Label each jar with the name of the jam and the date of making, and keep in a cool, dry place.

N.B.—(1) If salt is used, it is added with the sugar. If glucose is used, it should be added at the last 10 minutes of boiling.

(2) Strawberry jam is improved by adding 1 gill of red currant juice to every 1 lb. of fruit.

(3) Various kinds of fruit may be mixed together to make jam.

CLOTHING.

ECONOMY IN DRESS.

Let it be fully understood *economy* is not synonymous with *dowdiness*, and it is, and will be, more than ever necessary that women should look and feel well and suitably dressed.

To follow every change of fashion is exceedingly costly. It might be permissible in the days of peace and plenty, but it will be out of the question for many years after the war. It is imperative, therefore, that women should mobilise their strength and resources, and refuse to be *ruled* by fashion, or to *worry* because they cannot conform to it.

Much could be done to effect this if women would study the style of dress that is especially becoming to themselves, buy good materials, and have these made up into well-cut garments that avoid any extreme fashion, and that have real beauty in themselves. (To test this, imagine one's photograph ten years hence. If the dress or hat has good lines, it will no more detract from the portrait than those in the pictures of the old masters spoil the faces above. Indeed, the garments often add to the interest of the whole.)

There are always some fashions each season that give such lines; if more were demanded more would be evolved.

A certain amount of change would, of course, be permitted, but no vagaries of fashion, and if the hats and etceteras were planned carefully, a woman would be able to look well dressed without a large variety of clothes or any extravagant outlay.

In addition to such planning of the wardrobe, various details should be borne in mind.

CHOICE OF MATERIALS AND GARMENTS.

1. *Buy good materials.* They look better, wear longer, and are more worth repairing and renovation.

2. *Buy sufficient material for two skirts with every coat*, or for a dress to allow three-quarters or one yard of extra material, to be used later to remodel the bodice or sleeves.

Six yards of double-width material will usually be sufficient for this when making a dress.

3. Apart from the cost of washing, *cotton fabrics are economical for summer wear*. They save the more expensive woollens, and can be much more easily cleaned.

4. Cotton crepons and sponge cloths are exceedingly useful materials. They wash well and require no ironing.

Many Americans, when travelling, use cotton crepon for nightgowns, etc., and so avoid difficulties with laundresses and many changes of garments.

Because of the crinkled surface, crepon is quite as warm for winter wear as thin woollens like delaines, and much more serviceable.

A little starch is advisable in washing, and blouses and skirts should be dried on coat hangers to preserve the shape.

Remember when buying and making up that crepon especially shrinks very much, and plan accordingly.

5. Choose more durable materials and trimmings for everyday underwear, *e.g.* longcloth and madapolam, instead of fine cambric and nainsook, and hand-made trimmings, like embroidery, when possible.

Some of the smooth-finished longcloths become a bad colour after repeated laundering, because the tightly-spun threads cannot be easily rinsed, hence the softer, more open materials like madapolam are easier to wash and keep a better colour.

6. Cashmere and woollen stockings are more durable than open ones, and ribbed wear better than plain.

7. Small heel and toe caps worn with stockings prolong their wear.

8. Underskirts of striped gingham, etc., wear and wash well, keep fresh much longer than white embroidered petticoats, and are more easily laundered.

MAKING UP GARMENTS.

1. We have been told that one method of economising is to increase the individual output, and many women can do this most effectively by doing more for themselves in the way of dressmaking and needlework.

At the beginning of the war the idea was to prevent distress by employing labour; now, when labour is scarce, it is more helpful to do as much as one can for oneself, and so release workers for production that will help our foreign trade.

The advantages of home are apparent in greater economy of material, plenty of useful pieces for alterations or repairs, the possibility of utilising remnants, etc., as well as the saving of the dressmaker's bill.

2. When making up washing garments, choose styles that can be easily laundered, to save time and expense.

3. For underclothing especially remember that set-in sleeves wear much better than the Magyar type.

4. Use bright colours where they can be easily changed, *e.g.* collars, cuffs, revers, hats, etc., not for a whole dress or costume.

CARE AND RENOVATION OF CLOTHES.

1. Brush hats and costumes whenever they have been worn. Keep a piece of velvet for straw hats.

2. Do not wear costume skirts in the house.

3. Renew fastenings, hangers, etc., immediately.

4. Repair garments at the first sign of wear. *New* woven garments may be darned on the wrong side to strengthen parts that will have the hardest wear, *e.g.*, under arms of vests and heels of stockings.

5. When material will allow it, skirts may be unpicked, washed, and turned, or cut down for knickers, underskirts, etc.

BOOTS AND SHOES.

To preserve the shape of boots and shoes, they should be kept on trees. The heel and toe blocks with metal strip are only suitable for strong footwear. With thin or damp shoes the spring is so powerful, it bends the soles out of shape.

The same boots or shoes should not be worn day after day. Two pairs used alternatively wear longer in proportion, and keep their shape much better.

One style of shoe will often suit the "tread" of wearer much better than another, hence when buying footwear the name should always be noted for use when purchasing again.

If strong leather shoes are treated with dubbin once a week, cracking is prevented, and their durability much increased.

LAUNDRY.

"Glean the scraps in grievous times."

LAUNDRY ECONOMICS WORTH NOTING.

Some people take the word economy to mean "going without," and naturally resent any advice on the subject. However, this is a great mistake, for by careful management one can save the pennies and afford to buy things that otherwise could not possibly have been indulged in.

There is much that every woman entrusted with a house can do in the way of thrift, and in the case of laundry-work and laundry materials she must keep in mind the words, "Glean the scraps," as it is the little things that make all the difference to her weekly bills.

Laundry-work.—There is no doubt that clothes treated in the home washtub wear twice as long as those confided to the care of the steam laundress, therefore on this account, as well as on the score of expense, many prefer to do a good part of the laundry work at home. That it is a tiring task everyone must admit; but there are many ways and means of greatly lessening the labour by following good and simple methods, known only to the professional worker. In this book one is taught how to plan out the work well the day before the washday, and how to carry out each process with economy of time and labour.

Economies.—Instead of spending money on buying shredded soap or various washing powders, make soap jelly. Thus collect all the odd pieces of soap and grate them on a penny grater, or shred them finely with a knife into a jar, pan, or basin. Pour on sufficient boiling water to cover the soap, stir well, and use at once; or place it in the oven or on the stove until it is entirely dissolved, then put it aside and it will set into a jelly, and can be reheated when required for use.

If preferred, a soap saver can be used. Put the scraps of soap into the tiny case made of wire, then hold the handle and

shake the utensil rapidly in the water until a free lather is formed. The small fragments of soap can be laid aside for putting in the copper before boiling the clothes.

Another method of using up tiny pieces of household or toilet soap is to cut them into tiny pieces, then press these together very firmly with the hands to form a ball, and tie it round with a piece of muslin. Lay it in water, and press from time to time. Then partly dry, remove the muslin, and a well-shaped firm piece of soap is the result, which, if left to completely dry and harden, will be as useful as a new tablet of soap.

For those ladies going on travel, to do Red Cross work, etc., and who like to wash their own woollies, silk, and lace blouses, it is advisable to provide themselves with a good supply of shredded soap. Save all scraps, shred them very finely on to a sheet of paper, place in a cool spot, and keep turning them over until completely dry, then pack into tins or boxes and use for liquid soap when required.

OTHER USES IN A HOME TO WHICH AN ODDMENT OF SOAP CAN BE PUT.

1. Rub over ticking on the wrong side when making cases for feather beds, pillows, or cushions to prevent the feathers working their way through.

2. For rubbing the seams of calico or linen to make the sewing or machining easier, or before cutting button-holes, or before drawing threads in drawn thread work.

3. For rubbing on the edge of a drawer or cupboard that does not open or shut readily.

4. For filling in the hole of a leaky bottle. Rub the soap thickly on the outside, and it soon hardens, and will often act successfully for many days; it is equally useful for a leaky gas pipe.

Starch.—Choose rice starch or a good patent starch for cold-water starching; but for boiling-water starch use maize starch, as it is a penny a pound cheaper, and answers the purpose quite well.

Economise in the use of starch by drying any left over: viz., after using starch for collars and cuffs leave it in the basin to settle, pour off the water, add fresh, and convert it into boiling-water starch, or put the starch on a paper by the fire to re-dry.

To Economise Time.—Put boiling-water starch into the blue-water, so that the blueing and stiffening processes are carried out together.

Substitutes for Starch.—*Rice Water.*—This has sufficient stiffening properties for fine muslin blouses, or lace. So why not have boiled rice for a meal the day some garments need stiffening, instead of throwing away the water the rice has boiled in?

Gum Water.—This is also invaluable as a stiffening agent, therefore one should collect any pieces of gum on the plum or cherry trees, as it answers the purpose as well as the finer qualities which exude from the trees abroad.

Bran Water.—This is excellent for coloured articles, such as chintz and cretonne, or dark linens of all kinds, as it stiffens without leaving unsightly glossy marks.

Other Useful Hints.—If travelling, it is very convenient to have a board the size of one's trunk covered with a piece of felt and calico. This laid at the bottom of the trunk only takes up an inch or two of space, and yet comes in very handy for ironing blouses and crumpled frocks on. With a methylated spirit iron, or an ordinary flat iron heated over the spirit stove (used for the early cup of tea), there is no need for one to go about in crumpled clothing.

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