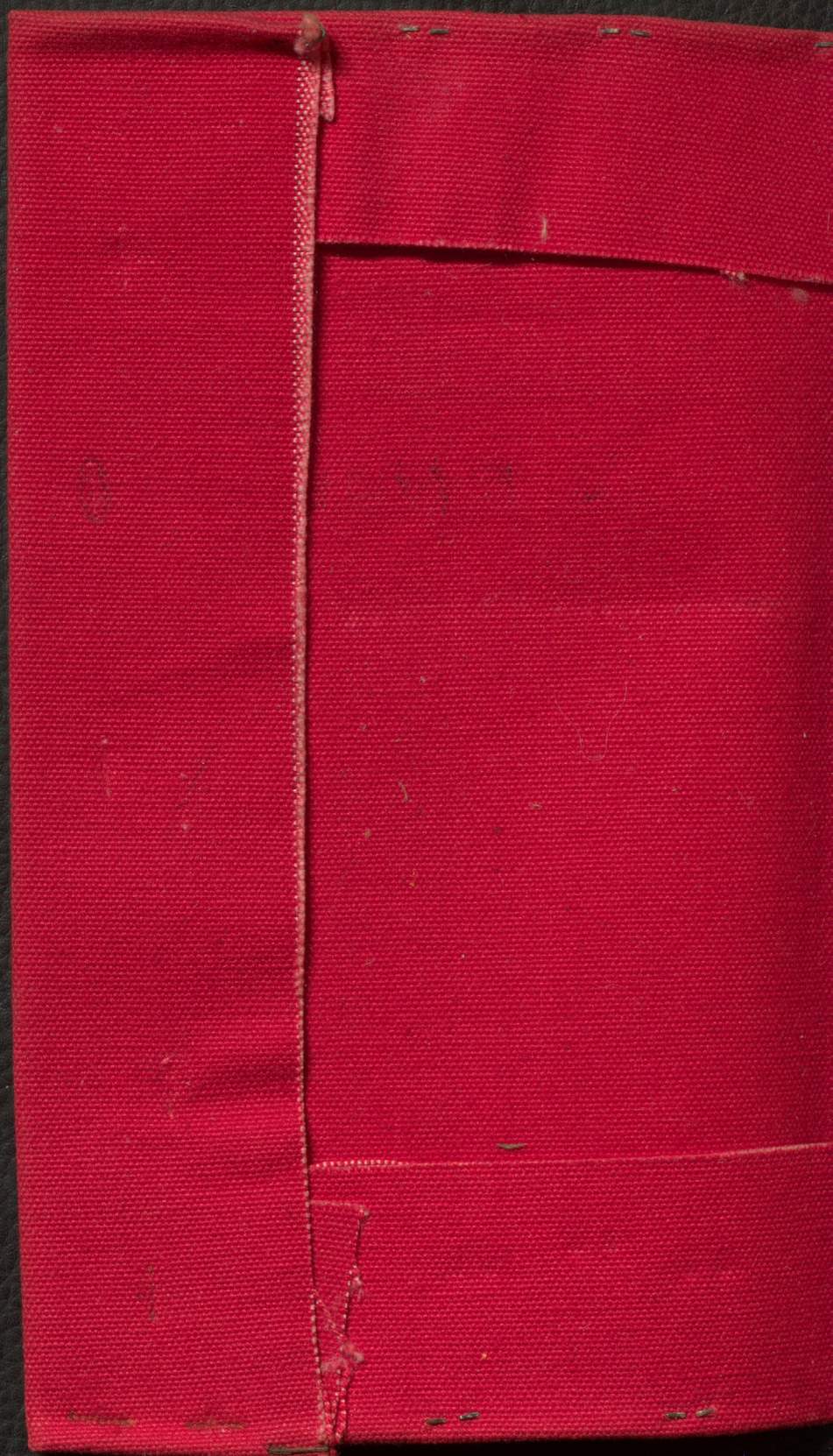


House Hold

SCIENCE



Linda F...

HOME ECONOMICS



LESSON
OUTLINES
IN
COOKERY
FOR
SIXTH YEAR

X CKBK 2584

Linda Finnie

MCGILL
UNIVER-
SITY ~
LIBRARY

Coil
MEMO
L

5¢

No. 67 O.E.
No. 68 O.S.

M
U
S
L

Have in each drawer.

4 knives

4 forks

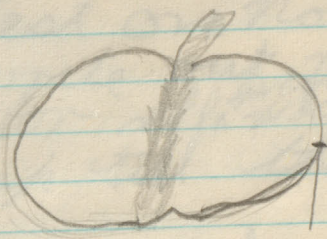
6 spoons

2 wooden spoons.

paring knife a
tester for
fruits

minerals
calcium
phosphorus
iron
copper
iodine

M
U
S
L



minerals
vitamins
under skin

vitamins }
minerals } found
refuge ⁱⁿ }
water } fruits

Don't soak a parakeet
fish to soon

M
U
S
L

Test on Nov. 7
write out recipes
for all ^{things} made
up till then

Food value in
milk.

Fruit and salads

use round bowl
for beating egg
whites.

ten min late Nov 28

M
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1) wash dishes
inspector
keep group quiet ✓
be hostess ✓
organizes group ✓

2) does all cooking +
baking ✓
serves food, ✓
cleans sink + stove

3) dry dishes
measures all things
helps cook ✓
responsible for drawers

4) sets the table
puts out ingredients

M
U
S
L

cleans floor
shelves, &
responsible for
cupboards
puts away dishes
puts cloths in
laundry

calcium } building
phosphorus } bone + teeth
iodine } repair body
copper } blood cells
iron } blood cells
carbohydrate - supplies
energy,

M
U
S
L

3 TBS = 1 Tbs ✓

16 TBS = 1 cup ✓

2 cups = 1 pint ✓

2 pt = 1 qt ✓

volamiz
shortening

lessons will be
repeated if not
done well

we lost half marks
today for too
much talking

M
U
S
L

we lost half our
marks today for
too much talking

we lost half our marks
today for too much
talking

we lost half marks
today for too much
talking

we lost half marks
today for too much
talking

M
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L

sugar
salt
egg - protein
orange
corn starch
milk - protein

scald milk.
blend egg, salt sugar
add milk
cook until is coats a
silver spoon thickly
(strain) strain cool

M
U
S
L

LESSON OUTLINES IN COOKERY FOR HOUSEHOLD SCIENCE CLASSES

SIXTH YEAR

INTRODUCTORY LESSON

UNIFORM.

1. White apron with bib.
2. Hair band.
3. Hand towel — with tape loop.
4. Holder — with tape as long as one's arm.
5. Case for uniform.
6. A cotton dress or blouse with short sleeves should be worn. Cleanliness and neatness in dress are expected.
7. Pencil.

REASONS FOR COOKING.

1. To make food more easily digested.
2. To improve the flavour.
3. To kill germs.

ABBREVIATIONS.

- tsp. — teaspoon
tbsp. — tablespoon
c. — cup
f.g. — few grains
i.d. — few drops

TABLE OF MEASUREMENTS.

3 tsp.	—	1 tbsp.
16 tbsp.	—	1 c.
2 c.	—	1 pt.
2 c. butter	—	1 lb.
2 c. granulated sugar	—	1 lb.
4 c. flour	—	1 lb.
3 tbsp. cocoa	—	1 oz. (sq.) chocolate

HOW TO USE RECIPES.

1. Read quantities and directions of recipe carefully.
2. Gather utensils and ingredients.
3. Always make level measurements.
4. To save utensils, measure cleanest, dry ingredients first, then fats and liquids.

DISHWASHING.

1. Scrape and pile dishes.
2. Fill two dishpans about one-half full of hot water, making one soapy and leaving the other clear for rinsing.
3. Wash the cleanest dishes first—glass, silver, cups, saucers, etc.
4. Wash cooking utensils.
5. Scrub boards when used and wash table.
6. Wash towels in clean hot soapy water, rinse in clear water.
7. Wash and dry dishpans inside and out.

LESSON 1

FOOD

USES OF FOOD.

1. To build and repair tissues.
2. To keep us healthy.
3. To supply heat and energy.
4. To keep the body in good running order.

FOODSTUFFS are the nourishing materials contained in food.

1. CARBOHYDRATES supply heat and energy:
 - (1) Starch, as found in bread, potatoes, cereals, macaroni, etc.
 - (2) Sugar, as found in all forms of sugar, syrups, molasses, honey, etc.
2. FATS and OILS also supply heat and energy. They are found in butter, cream, fat of meat, oil, etc.
3. PROTEINS for building and repairing muscles. They are found in milk, cheese, meat, eggs, fish, dried peas and beans.
4. MINERALS
 - (1) Calcium
 - (2) Phosphorus
 - (3) Iron
 - (4) Copper
 - (5) Iodine

} Building bones
and teeth
building
blood
thyroid gland

These are found in milk, fruits, vegetables, whole grains, liver.

5. VITAMINS—A, B, C, D, etc. These are used for growth, protection against diseases, appetite and are found in milk, fruits, vegetables, whole grains, fish oils.
6. WATER is used to regulate the natural work of the organs of the body. It is found in all foods.

Note—ROUGHAGE is not considered a foodstuff, but it helps to carry waste from the body. It is found in fruits, vegetables, whole grains.

CANADA'S FOOD RULES

(Approved by Canadian Council on Nutrition)

THESE ARE THE FOODS FOR HEALTH. EAT THEM EVERY DAY.

DRINK PLENTY OF WATER.

1. MILK: Children: $1\frac{1}{2}$ pints to 1 quart daily.
Adults: ... $\frac{1}{2}$ to 1 pint daily.
2. FRUIT:
 - 1 serving tomatoes or citrus fruit or their juices.
 - 1 serving of other fruit.

3. VEGETABLES:

At least 1 serving of potatoes.
At least 2 servings of other vegetables, preferably leafy, dark green or yellow and frequently raw.

4. CEREALS AND BREAD:

1 serving of a whole grain cereal AND at least 4-6 slices Canada Approved Vitamin B bread (whole wheat, brown or white) with butter.

5. MEAT AND FISH:

1 serving of meat, fish, poultry or meat alternate such as liver, dried beans and peas, nuts, eggs, or cheese. Use liver frequently. Use eggs and cheese at least three times a week.

A fish liver oil, as a source of Vitamin D should be given children.

LESSON 2

BEVERAGES

A beverage is any liquid suitable for drinking.

CLASSES.

1. Nourishing, such as milk, cocoa, egg-nogs, etc.
2. Refreshing, such as water, fruit drinks, ginger ale, etc.
3. Stimulating, such as tea, coffee, etc.

Tea and coffee should not be taken by growing children.

WATER

HEALTH RULE.

Drink 6 to 8 glasses of water a day.

TEMPERATURE OF WATER:

Boiling point of water — 212°F.
Freezing point of water — 32°F.
F. — Fahrenheit Thermometer.

LEMONADE

1 tbsp.		1/3 c. lemon juice
1 tbsp.		1 c. sugar
1/2 c.		2 c. water

1. Make syrup of water, sugar and thin shavings of lemon rind.
2. Boil 12 minutes and cool.
3. Add lemon juice, and strain: dilute to taste.

QUICK METHOD.

Dissolve sugar in lemon juice, add ice water or water and shaved ice.

LESSON 3

MILK

FOOD VALUE.

1. Protein.
2. Fat.
3. Carbohydrate.
4. Vitamins.
5. Minerals — Calcium.
6. Water.

No food takes the place of milk.

CARE OF MILK.

- Keep milk — Cool.
— Clean.
— Covered.

Milk should be pasteurized to destroy any disease germs which may be in it.

All milk dishes — bottles, jugs, etc., — should be well scalded after use, to sterilize them.

COCOA

1 tsp.	2	2	2	2	2
1 tsp.	1	2	2	2	2
f.g.		f.g.			
1/4 c.		1/2 c.			
1/2 c.		4 c.			
3 drops		1/2 tsp.			
		vanilla			

1. Mix sugar, salt and cocoa.
2. Add boiling water and boil 3 minutes.
3. Add milk and heat over hot water.
4. Beat until a thick froth forms to prevent a skin forming.
5. Add vanilla just before serving, if desired.

Note—Part milk and part water may be used.

EGG NOG

1 egg, beaten
3/4 tsp. sugar
3/4 c. milk
f.g. nutmeg
f.g. salt

1. Add sugar and salt to beaten egg and beat 1 minute.
2. Add milk, strain; grate nutmeg over top and chill.

VARIATIONS.

Cocoa — Beat in 1 1/2 tsp. cocoa with egg.

Fruit — 2 tbsp. fruit juice may be added.

Molasses — 1 tbsp.

LESSON 4

FRUITS

CLASSES AND FOOD VALUE.

1. Dried fruits such as prunes, dates, raisins, etc., are valuable for sugar in addition to the minerals, vitamins and roughage.
2. Fresh fruits such as oranges, grapefruit, apples, berries, etc., are valuable for minerals, vitamins and roughage. They also contain some sugar.

PREPARATION FOR COOKING.

1. Pick over and wash.
2. If necessary to pare, make very thin parings.

COOKING.

1. Use a small amount of water.
2. A large amount of water and overcooking destroy food value, especially vitamins.
3. Cook only until tender.

DRIED FRUITS

3 prunes	1/2 lb. dried prunes or other fruit
1/3 c.	1 pt. boiling water
1 tsp.	1/8 to 1/4 c. sugar for prunes
1 1/2 tsp.	1/2 c. sugar for apricots or peaches

1. Wash prunes or other fruit thoroughly.
2. Pour on boiling water and let stand 15 to 30 minutes.
3. Cook until tender.
4. Add sugar if desired.
5. A slice of lemon or 1 tbsp. lemon juice may be added.

LESSON 5

FRUITS (Cont'd)

APPLE SAUCE

1. Wash, quarter and slice apples.
2. Cook slowly until soft with just enough water to prevent burning.
3. Put through strainer.
4. Add sugar to taste, a little nutmeg or a few gratings of orange or lemon rind if desired.

BAKED APPLES

1	6 apples
2 tsp.	1/3 c. sugar
f.g.	1/4 tsp. cinnamon
2 tbsp.	2/3 c. boiling water

1. Wash and core apples.
2. Put in a baking dish and fill centres with sugar and spice.
3. Pour water around apples.
4. Bake in a hot oven until soft, basting often with syrup.
5. Serve hot or cold.

VARIATIONS.

1. Add to sugar, nutmeg with a few drops of lemon juice and a few gratings lemon rind.
2. Seeded raisins, chopped figs or chopped dates.
3. 1 c. cooked rice and 1 tsp. cinnamon.
4. After baking let cool, fill cavity with jam or jelly.

LESSON 6

CEREALS

Cereals are the seeds of grains such as wheat, oats, rice, barley and corn.

FOOD VALUE.

1. Chiefly carbohydrate in the form of starch.
2. Minerals, vitamins and roughage, especially in the whole grains.

CLASSES AS FOUND ON THE MARKET.

1. Ready-to-eat — Shredded Wheat, Cornflakes, Puffed Rice, etc.
2. Partially-cooked — Rolled Oats, etc.
3. Uncooked — Oatmeal, Cornmeal.

KINDS OF RICE.

1. Unpolished or brown rice — outer husks only removed.
2. Polished — further treated by rubbing and polishing which removes much of the valuable minerals and vitamin content.

TO COOK FINE CEREAL.

1/4 c.	3 c. boiling water
1 tbsp.	1 c. fine cereal
f.g.	1 tsp. salt
2 tbsp.	1 c. cold water

1. Place double boiler top containing boiling water and salt over direct heat.
2. Mix cereal and cold water.
3. Add slowly to boiling water, stirring until thick.
4. Cook over boiling water.

TO COOK COARSE CEREAL.

2 tbsp.	1 c. cereal
1/2 c.	3 c. water
1/4 tsp.	1 tsp. salt

1. Add cereal and salt slowly to rapidly boiling water.
2. Stir until thick and cook over hot water.

RICE AND RAISIN PUDDING

2 tbsp.	1 c. steamed rice
1 tbsp.	$\frac{1}{2}$ c. sugar
f.g.	1 tsp. salt
$\frac{1}{4}$ tbsp.	2 tbsp. butter
$\frac{1}{4}$ c.	4 c. milk
1 tbsp.	$\frac{1}{2}$ c. raisins
f.g.	f.g. nutmeg

1. Mix ingredients in order given.
2. Put into buttered baking dish.
3. Bake in a moderate oven until milk is absorbed.

RICE AND RAISIN PUDDING II

1 tbsp.	$\frac{1}{2}$ c. rice
f.g.	$\frac{1}{4}$ tsp. salt
3 tbsp.	$\frac{1}{2}$ c. milk
1 tsp.	3 tbsp. sugar
1 tbsp.	$\frac{1}{2}$ c. raisins

1. Pick over and wash rice and raisins.
2. Add milk, salt and sugar.
3. Turn into buttered mould.
4. Place in steamer and cook until tender:
1 hour. — large recipe
40 min. — individual recipe.
5. Serve with cream and sugar.
6. This may be cooked in a double boiler.

LESSON 7

EGGS

FOOD VALUE.

1. Eggs are among the most important protein foods.
2. They also contain fat, iron and vitamins.

TESTS FOR FRESHNESS.

1. In the Shell.
 - (1) If held in front of a light in a dark room the centre looks clear and the air space small.
 - (2) A fresh egg sinks in cold water.
2. Out of the Shell.
 - (1) White should be clear and should cling to the yolk.
 - (2) Yolk should be well rounded.

CARE OF EGGS.

1. Eggs should be kept in a cool place away from strong odours.
2. Eggs should be washed just before using.

GRADING.

Eggs are graded according to freshness and size.

COOKING OF EGGS.

If cooked at a low temperature, eggs are very easily and completely digested.

SOFT COOKED EGGS

1. Boil water — 1 pint for 1 or 2 eggs; $\frac{1}{2}$ c. extra for each additional egg.
2. Set back where water will keep hot; put in eggs and cover.
3. Let stand 4—6 minutes for 1 or 2 eggs; 5—8 minutes for several.
4. For Hard Cooked eggs let stand 30 minutes.

POACHED EGGS

1. Have water at least $1\frac{1}{2}$ inches deep, boiling in a shallow pan.
2. Break egg into saucer.
3. Lower heat; slip egg into water.
4. Cook until white is firm and a film has formed over yolk.
5. Lift with egg lifter; drain and serve on toast.

SCRAMBLED EGGS

1	5 eggs
2 tbsp.	$\frac{1}{2}$ c. milk
$\frac{1}{8}$ tsp.	$\frac{1}{2}$ tsp. salt
f.g.	$\frac{1}{8}$ tsp. pepper
$\frac{1}{2}$ tsp.	2 tbsp. butter

1. Beat egg slightly with a fork.
2. Add salt, pepper and milk.
3. Put butter in frying pan and when melted turn in mixture.
4. Cook until of creamy consistency, scraping from bottom of pan.
5. Serve on toast.
6. This may be cooked in a double boiler.

LESSON 8

CUSTARDS

In making custards, always add the hot liquid to the slightly beaten egg, stirring constantly.

BAKED CUSTARD.

1. Since egg and milk are both protein foods, they never should be cooked at too high a temperature, nor too long.
2. If cooked at too high a temperature, custard becomes porous and will whey.

BAKED OR FIRM CUSTARD

$\frac{1}{4}$ c.	1 c. milk
2 tsp.	1 to 2 tbsp. sugar
f.g.	$\frac{1}{8}$ tsp. salt
1 tbsp.	1 egg or 2 yolks
4 drops	flavouring — $\frac{1}{4}$ tsp. vanilla or
	2 tsp. caramel and $\frac{1}{8}$ tsp. vanilla or
	few gratings nutmeg.

1. Scald milk.
2. Mix eggs, sugar and salt, add hot milk slowly.
3. Add flavouring and strain into buttered custard cups.
4. Set in pan of hot water and bake in moderate oven until firm.
5. Test: Insert the point of a knife into the centre of the custard and if it comes out clean the custard is cooked.

VARIATIONS.

1. Caramel Custard. Use $\frac{3}{8}$ c. sugar to each cup of custard. Caramelize sugar by heating in pan until it melts and is light brown. Dissolve in hot milk. Make according to general proportions (omitting flavouring) and general method.
2. Chocolate Custard. Use $\frac{1}{2}$ square chocolate or $1\frac{1}{2}$ tsp. cocoa for each cup of liquid. Add hot milk ($\frac{1}{3}$ to $\frac{1}{2}$ c.) to chocolate or cocoa and stir until smooth. Mix with remaining hot milk and combine according to general directions.

LESSON 9

CUSTARDS (Cont'd)

SOFT CUSTARD.

1. A soft custard is cooked in a double-boiler and is stirred constantly until thickened.
2. If cooked too long it will become curdled.
3. Should this happen beat with a Dover egg-beater until smooth.

SOFT CUSTARD

$\frac{1}{4}$ c.	$\frac{1}{2}$	2 c. milk
2 tsp.	$\frac{1}{2}$	2 eggs or 4 egg yolks
$\frac{1}{2}$ tbsp.	$\frac{1}{4}$	4 tsp. sugar
f.g.	$\frac{1}{4}$	tsp. salt
4 drops	$\frac{1}{2}$	tsp. vanilla

1. Scald milk.
2. Mix eggs, sugar and salt, add hot milk slowly.
3. Cook over hot water stirring constantly until thick enough to coat a silver spoon.
4. Strain, cool and flavour.

FLOATING ISLAND

1. Make Soft Custard; pour into serving-dish.
2. Garnish with meringue dropped in large spoonfuls on the custard.

MERINGUE

1 white of egg
 1— $1\frac{1}{2}$ tbsp. sugar
 f.g. salt ...

1. Beat white until stiff; add sugar gradually.
2. Flavour with a few drops of vanilla, if desired.
3. Meringue may be dropped on hot water and baked before putting on the custard.

LESSON 10

VEGETABLES

CLASSES.

1. Fresh
 - (a) Green, such as lettuce, celery, cabbage, tomatoes, etc.
 - (b) Root, such as carrots, turnips, potatoes, etc.

These are excellent sources of minerals, vitamins and roughage.

2. Dried, such as peas, beans and lentils.

FOOD VALUE.

1. All vegetables are excellent sources of minerals, vitamins and roughage.
2. Root vegetables also contain carbohydrate.
3. Dried vegetables are valuable for protein.

MARKETING AND CARE OF VEGETABLES.

1. If obtained from the garden, pick just before cooking.
2. If buying, select fresh, crisp vegetables.
3. Store in cool place or refrigerator.

BAKED POTATOES

1. Scrub and rinse potatoes.
2. Place on rack in hot oven; bake 45 to 60 minutes.
3. Crack or cut skins to allow steam to escape.
4. Serve uncovered in a hot dish.

STUFFED POTATOES

1	6 baked potatoes
$\frac{1}{8}$ tsp.	$\frac{3}{4}$ tsp. salt
f.g.	$\frac{1}{8}$ tsp. pepper
1 tbsp.	$\frac{1}{4}$ to $\frac{1}{3}$ c. hot milk
1 tsp.	2 tbsp. butter

1. Cut slice from the side of potato and scoop out the inside.
2. Mash: add seasonings, butter and milk.
3. Beat until very light.
4. Refill shells and brown in hot oven.

LESSON 11

VEGETABLES (Cont'd)

GENERAL RULES.

1. Prepare only sufficient vegetables for one meal and do so just before cooking.
2. Serve as soon as cooked.
3. Should any be left do not reheat but use in salads.
4. Cook with skins on if possible. Otherwise make very thin parings.
5. Vegetables may be steamed or baked. Longer time is required but less food value is lost.

6. Boil whole or in large pieces as quickly as possible in the smallest amount of boiling salted water until tender.
7. Potatoes when boiled require water to cover.
8. Soda should not be added since it destroys vitamins.

VEGETABLE PLATES.

1. A vegetable plate consists of four or more vegetables arranged attractively on individual plates.
2. Choose vegetables that are in season.
3. Try to have one leafy vegetable.
4. Select vegetables that will afford a pleasant contrast in colour and arrange on plate to emphasize this.
5. Prepare the vegetables so that there will be variety in their shape and size when served.
6. Serve a sauce with one vegetable only.
7. All vegetables must be very hot when served.

WHITE SAUCE

1 tsp.	2	2 tbsp. flour
f.g.	1	1/2 tsp. salt
f.g.	1	f.g. pepper
1 tsp.	1	1 to 2 tbsp. butter
1/4 c.	1	1 c. milk

1. Place flour and seasonings at one side of pan and butter at other side.
2. Melt butter and blend in flour and seasonings.
3. Add milk gradually.
4. Stir and cook until thickened.

LESSON 12

SOUPS

CLASSIFICATION.

1. Meat Stock Soup such as consommé, vegetable, noodle, etc.
2. Cream Soups such as cream of tomato, mushroom, fish chowder.

SOUPS WITH MEAT STOCK.

1. Use meat or bones from beef, veal, mutton, lamb, poultry or game.
The bones may be either fresh or left from roasts.
2. Cut meat into small pieces and put into cold water to allow the juice to soak out of the meat as much as possible.

SOUPS WITH WHITE SAUCE FOUNDATION—USUALLY CALLED CREAM SOUPS.

Vegetable juices or strained vegetable pulp or fish are added to a white sauce of desired consistency.

FOOD VALUE.

1. Because soups with meat stock consist chiefly of water flavoured with meat and vegetables they have little nourishment. These are made more nourishing however by the addition of milk, vegetables, rice or bits of meat.
2. Since cream soups contain a large amount of milk they are very nourishing.

PLACE IN THE MENU.

1. Serve clear meat stock soup as an appetizer for dinner.
2. Serve cream soup as the main course at luncheon or supper.

CREAM OF POTATO SOUP

1 tbsp.	1 c. hot mashed potatoes
$\frac{1}{3}$ c.	4 c. milk or milk and potato water
$\frac{1}{8}$ tsp.	1 small onion
1 tsp.	2 tbsp. flour
$\frac{1}{8}$ tsp.	$1\frac{1}{2}$ tsp. salt
f.g.	$\frac{1}{8}$ tsp. pepper
1 tsp.	2 tbsp. butter
$\frac{1}{4}$ tsp.	1 tsp. chopped parsley

1. Scald milk with onion; add slowly to potatoes.
2. Melt butter; blend in flour and seasonings.
3. Add potato and milk mixture gradually; stir and cook over hot water until thickened.
4. Strain and add parsley; serve with Croutons.

CROUTONS

1. Cut stale bread in $\frac{1}{4}$ inch slices and remove crusts.
2. Cut slices in cubes and bake in pan until delicately brown.
3. Serve with soup.

CREAM OF TOMATO SOUP

$\frac{1}{4}$ c.	2 c. cooked tomatoes or tomato juice
$\frac{1}{2}$ tsp.	4 tbsp. flour
$\frac{1}{8}$ tsp.	1 tsp. salt
f.g.	$\frac{1}{8}$ tsp. pepper
1 tsp.	2 tbsp. butter
$\frac{1}{4}$ c.	2 c. milk

METHOD I.

1. Press tomatoes through sieve.
2. Melt butter; blend in flour and seasonings.
3. Add milk gradually; stir and cook over hot water until thickened.
4. Add tomato to white sauce.

METHOD II.

1. Press tomatoes through sieve.
2. Melt butter; blend in flour and seasonings.
3. Add milk gradually.
4. Add tomato slowly and cook over hot water until slightly thickened.

CRISP CRACKERS

1. Spread crackers thinly with butter.
2. Bake until delicately brown.

LESSON 13

MACARONI

SOURCE.

1. Macaroni, vermicelli and spaghetti are made from a very hard wheat.
2. The wheat is ground into a fine flour.
3. This flour is made into a stiff paste with hot water and is pressed through holes or moulds in a metal plate and cut into various lengths and dried.

FOOD VALUE.

1. Macaroni is a carbohydrate food and supplies heat and energy.
2. It should be combined with white sauce, butter, cheese, tomatoes or other foods containing protein, fat, minerals or vitamins, to make it a well balanced food.

BOILED MACARONI

1/4 c.	1 c. macaroni
2 c.	2 qts. boiling water
1/2 tsp.	2 tsp. salt

1. Break macaroni into 1 in. pieces; wash.
2. Cook in rapidly boiling salted water until tender. If necessary to stir, use a fork.
3. Drain and pour cold water over it to prevent the pieces from sticking together.

BAKED MACARONI AND CHEESE

1/4 c.	1 c. macaroni
1/2 tbsp.	4 tbsp. flour
1/8 tsp.	1 tsp. salt
f.g.	f.g. pepper
1/4 tbsp.	2 tbsp. butter
1/3 c.	2 c. milk
2 tbsp.	1 c. grated cheese
2 tbsp.	1 c. buttered crumbs

1. Boil macaroni.
2. Make white sauce; add macaroni and cheese.
3. Turn into buttered baking dish; cover with buttered crumbs.
4. Bake until crumbs are brown.

SPAGHETTI WITH TOMATO SAUCE

2 sticks	24 sticks spaghetti
$\frac{1}{4}$ c.	$1\frac{1}{2}$ c. canned tomatoes
$\frac{1}{8}$ c.	1 c. water
1 in. piece	2 stalks celery
$\frac{1}{4}$ tsp.	1 slice onion
$\frac{1}{8}$ tsp.	1 or 2 tsp. sugar
$1\frac{1}{2}$ tsp.	3 tbsp. butter
2 tsp.	4 tbsp. flour
$\frac{1}{8}$ tsp.	1 tsp. salt
f.g.	$\frac{1}{8}$ tsp. pepper

1. Wash spaghetti; lower ends of sticks gradually into a large amount of boiling, salted water.
2. Cook until tender; drain, rinse with cold water.
3. Cook tomatoes, water and seasonings 15 mins. and press through a sieve (there should be 2 c.)
4. Brown onion in the butter; lift out the onion.
5. Blend flour and seasonings with butter, add stock gradually, stir and cook until thick.
6. Add spaghetti; reheat for serving.

Note.—Mixture may be turned into a buttered baking dish; covered with buttered crumbs and browned in a hot oven.

BUTTERED CRUMBS

1 tbsp. butter
1 c. stale bread crumbs

Melt butter, add crumbs and stir with a fork.

LESSON 14

DESSERTS

BROWN BETTY

$\frac{1}{3}$ c.	2 c. bread crumbs
2 tsp.	$\frac{1}{4}$ c. butter, melted
$\frac{1}{2}$ c.	4 c. sliced apples
2 tsp.	$\frac{1}{4}$ c. sugar, brown or white
f.g.	$\frac{1}{4}$ tsp. grated nutmeg
f.g.	f.g. cinnamon
f.g.	f.g. salt
2 tbsp.	$\frac{1}{2}$ c. hot water

1. Mix crumbs and butter lightly with fork.
2. Butter baking dish; spread with $\frac{1}{4}$ of the crumbs.
3. Add half the apple.
4. Sprinkle with $\frac{1}{2}$ sugar, salt and spice mixed.
5. Sprinkle with a few crumbs.
6. Add rest of apple, rest of sugar and spice.
7. Add water.
8. Cover with remaining crumbs.
9. Bake in a moderate oven 40 min. to 1 hour, or until apples are soft.
10. Serve hot with Lemon Sauce or cream.

LEMON SAUCE

1 tbsp.	1/4 c. sugar
1/2 tsp.	1 tbsp. cornstarch or 2 tbsp. flour
f.g.	f.g. salt
1/8 c.	1 c. boiling water
1/2 tsp.	1 tbsp. butter
1/2 tsp.	1 tbsp. lemon juice
1/8 tsp.	Grated rind of 1/2 lemon

1. Mix sugar, salt and cornstarch or flour.
2. Add boiling water, stir and cook until there is no taste of raw starch.
3. Remove from heat, add butter, lemon juice and rind.

VARIATIONS.

1. Vanilla or Nutmeg Sauce. Make as Lemon Sauce, using 1 tsp. vanilla or a few gratings of nutmeg, in place of lemon juice and rind.
2. Brown Sugar Sauce. Make as Lemon Sauce, using 1 tsp. vanilla in place of lemon juice and rind and 1/2 c. brown sugar in place of white.

APPLE CRISP

1/2	6 medium apples
1 tsp.	1/2 c. granulated sugar
f.g.	f.g. cinnamon
1 tsp.	1/4 c. butter
2 tsp.	1/2 c. flour
1 tsp.	3/4 c. brown sugar

1. Pare apples and slice into buttered baking dish.
2. Sprinkle with granulated sugar and cinnamon.
3. Combine butter, flour and brown sugar and spread mixture on top of the apples.
4. Bake about 30 minutes in a moderate oven (350° F.) until apples are soft and top is golden brown.

LESSON 15

DESSERTS (Cont'd)

SEPARATION OF STARCH GRAINS.

Such starchy materials as flour, cornstarch, cocoa, etc. will become lumpy when combined with hot liquid unless grains are first separated in one of the following ways:

1. Mix thoroughly with sugar.
2. Mix thoroughly with a hot fat such as melted butter.
3. Mix thoroughly with cold liquid.

SUGAR.

FOOD VALUE.

1. Sugar is a pure carbohydrate and has the same use in the body as starch.
2. Sugar should not be taken in large quantities as it is irritating to the lining of the stomach.
3. Molasses is a valuable source of iron, calcium and vitamin B.

SOURCES.

1. Sugar Cane — grown in tropical countries.
2. Sugar Beet — grown in Canada, United States and European Countries.
3. Sugar Maple — grown in Eastern Canada and the New England States.
4. Honey — is sugar extracted from flowers by bees. Its limited supply and high cost prevent its general use. Cakes and cookies made with honey instead of sugar will keep moist longer. *corn syrup*

CHOCOLATE BLANC MANGE

1/3 c.	2 c. milk
1 tsp.	4 tbsp. cornstarch
2 tsp.	4 tbsp. sugar
1 tsp.	2 tbsp. cocoa
f.g.	1/8 tsp. salt
4 drops	1/2 tsp. vanilla.

1. Scald milk.
2. Mix cornstarch, sugar, salt and cocoa.
3. Gradually add hot milk to dry ingredients, stirring constantly.
4. Cook in double-boiler 15 minutes, stirring until thick.
5. Remove from heat, add flavouring; pour into moulds which have been moistened with cold water or into sherbet glasses.
6. Chill and serve with cream and sugar.
7. Plain Blanc Mange may be made by omitting cocoa.

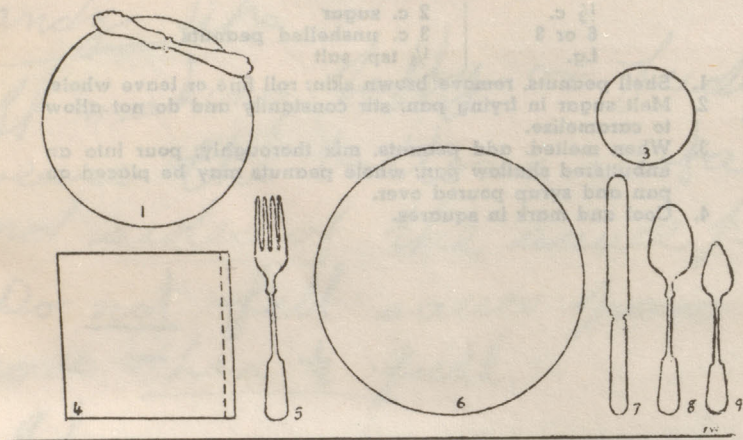
LEMON SNOW

2 tbsp. piece	1/2 2/3 c. sugar
1/3 c.	few shavings lemon rind
1/2 tbsp.	2 1 1/3 c. boiling water
1/2 tbsp.	3 3/5 tbsp. cornstarch
1/2 tbsp.	1 1/4 c. cold water
1/3	1 1/6 c. lemon juice
f.g.	1 2 egg whites
	f.g. salt

1. Make a syrup of sugar, water and lemon rind; boil 3 mins. and remove rind.
2. Mix cornstarch with cold water, add gradually to syrup; stir until thick; cook 5 minutes.
3. Remove from fire; add strained lemon juice and fold in whites of eggs beaten stiff.
4. Turn into moistened moulds and chill.
5. Use egg yolks for Custard Sauce.

TABLE SERVICE

PEANUT BRITTLE



SUGAR

CANDY

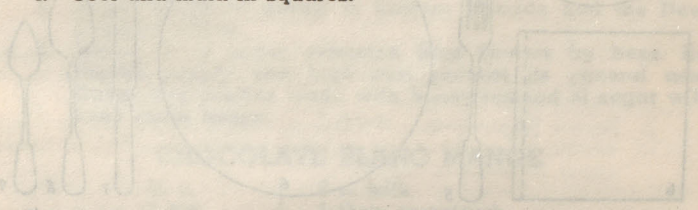
FOOD VALUE

PEANUT BRITTLE

1/3 c.
6 or 8
f.g.

2 c. sugar
3 c. unshelled peanuts
1/4 tsp. salt

1. Shell peanuts, remove brown skin; roll fine or leave whole.
2. Melt sugar in frying pan; stir constantly and do not allow to caramelize.
3. When melted, add peanuts, mix thoroughly; pour into an un buttered shallow pan; whole peanuts may be placed on pan and syrup poured over.
4. Cool and mark in squares.



1. Mix sugar, salt and cocoa.
2. Gradually add hot milk to dry ingredients, stirring constantly.
3. Cook in double boiler 15 minutes, stirring until thick.
4. Remove from heat, add flavorings, pour into greased mold.
5. Turn mold upside down with cold water on top, invert.
6. Chill and serve with cream and sugar.
7. Food Value Change may be made by substituting other...

LEMON SNOW

2 tbsp.
piece
1/2 c.
1/2 tbsp.
1/2 tbsp.
1/2 tbsp.
1/2
1/2

1/2 c. sugar
few shavings lemon rind
1 1/2 c. boiling water
3 tbsp. cornstarch
1/2 c. cold water
1/2 c. lemon juice
2 egg whites
1/2 tsp. salt

1. Make a syrup of sugar, water and lemon rind; boil 5 mins and remove rind.
2. Mix cornstarch with cold water, add gradually to syrup; stir until thick; cool 5 minutes.
3. Remove from fire; add strained lemon juice and fold in whites of eggs beaten stiff.
4. Turn into mold; smooth outside and chill.
5. Use egg yolk for Chantrel Sauce.

NOTES

Candy Tips

1. If making taffy or fudges grease the bottom surface and sides of the sauce pan
2. Do not fill sauce pan more than $\frac{1}{3}$ full.
3. If using a mercury thermometer gradually heat " in a pan of water transfer to candy pot.
4. Be sure to have boiling water to pour into candy quickly.

5 NEVER FAIL FUDGE

$\frac{1}{3}$	}	$\frac{2}{3}$ cup undiluted evaporated milk
$\frac{3}{4}$		$1\frac{2}{3}$ cup sugar
$\frac{1}{4}$	}	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$		$1\frac{1}{2}$ cup marshmallows
$\frac{3}{4}$		$1\frac{1}{2}$ cups semi sweet chocolate chips
$\frac{3}{4}$		

NOTES

$\frac{1}{2}$ } $\frac{1}{2}$ teaspoon of vanilla
 $\frac{1}{4}$ } $\frac{1}{2}$ cup chopped nuts
 $\frac{1}{6}$ } $\frac{1}{3}$ cup glacé cherries

mix milk, sugar and salt in
saucepan over low heat.

Bring to boil then cook 5 min
stirring constantly. remove
from heat.

add remaining ingredients
stir 1-2 mins till marshmallows
melt.

Pour into greased 9 in sq pan
let cool. cut in squares.

NOTES

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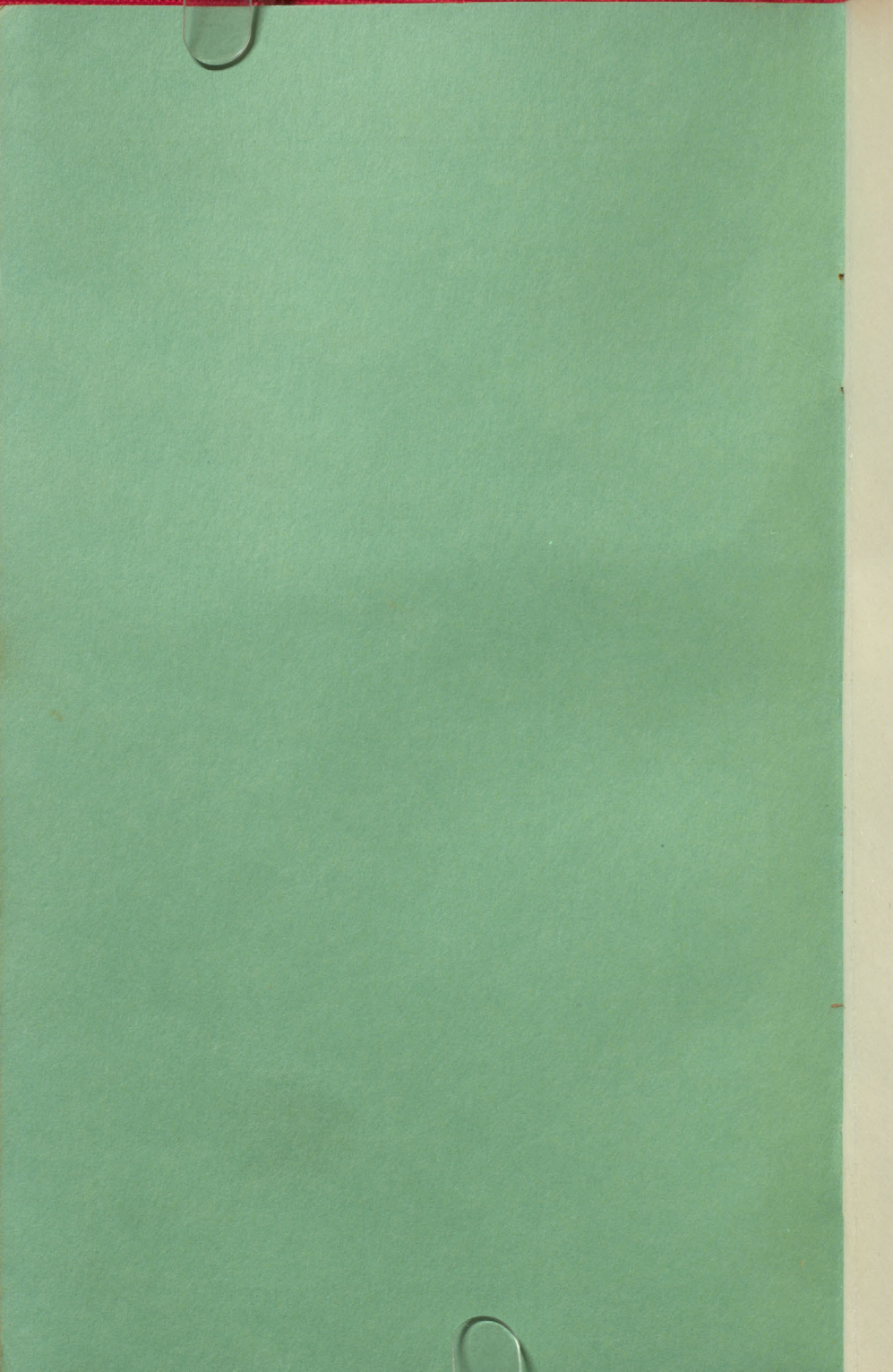
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HOME ECONOMICS



L E S S O N
O U T L I N E S
I N
C O O K E R Y
F O R
S E V E N T H Y E A R



LESSON OUTLINES IN COOKERY FOR

LESSONS FOR GRADE VII CLASSES WHO
HAVE HAD NO COOKERY IN GRADE VI.

OUTLINES IN COOKERY FOR GRADE VI:

Lesson 1 and Introductory Lesson

Cocoa

Eggs

White Sauce — with a vegetable

OUTLINES IN COOKERY FOR GRADE VII:

Salads ✓

Meat Loaf or Stew

Cheese Fondue or Souffle

Gingerbread

Baking Powder Biscuits

Muffins

Bread

Pastry

Cakes with Shortening

Cakes without Shortening

Cookies ✓

Ice Cream — if time permits.

CANADA'S FOOD RULES

(Approved by Canadian Council on Nutrition)

THESE ARE THE FOODS FOR HEALTH. EAT THEM
EVERY DAY. DRINK PLENTY OF WATER.

1. MILK:

Children: 1½ pints to 1 quart daily.

Adults: ½ to 1 pint daily.

2. FRUIT:

1 serving tomatoes or citrus fruit or their juices

1 serving of other fruit.

3. VEGETABLES:

At least 1 serving of potatoes.

At least 2 servings of other vegetables, preferably leafy, dark green or yellow and frequently raw.

4. CEREALS AND BREAD:

1 serving of a whole grain cereal AND at least 4-6 slices Canada Approved Vitamin B bread (whole wheat, brown or white) with butter.

5. MEAT AND FISH:

1 serving of meat, fish, poultry or meat alternate such as liver, dried beans and peas, nuts, eggs, or cheese. Use liver frequently. Use eggs and cheese at least three times a week.

A FISH LIVER OIL, AS A SOURCE OF VITAMIN D SHOULD BE GIVEN
CHILDREN.

LESSON OUTLINES IN COOKERY FOR HOME ECONOMICS

SEVENTH YEAR

LESSON 1

SALADS

FOOD VALUE.

1. Salads contain valuable minerals, vitamins and roughage. There is more food value in raw fruits and vegetables than in cooked ones.
2. They give variety to our meals.
3. The outer green leaves of lettuce are richer in vitamins than the pale inner leaves.

RULES.

1. Salad greens should be:
 - (a) Clean.
 - (b) Crisp.
 - (c) Dry.
2. Have materials cold.
3. All fresh vegetable leaves should be carefully washed in cold water and drained. The draining may be done on a towel.
4. To keep greens fresh place in a damp cloth or waxed paper in refrigerator or in a covered dish in a cold place.
5. One way to use broken leaves attractively is to shred them and arrange as a nest.
6. Do not add dressing to greens until just before serving.
7. Meat, fish and cooked vegetables are improved in flavour if mixed with dressing and set aside an hour or so in a cool place.
8. Do not over garnish.

SALAD COMBINATIONS.

1. Apple, nuts and celery.
2. Banana, nuts, dressing.
3. Raw cabbage with apple, peanuts, grated cheese or raw grated carrots.
4. Potatoes, peas, carrots.
5. Left-over cold meat or fish with celery or cabbage.
6. Tomatoes with celery.
7. Tomato Jelly Salad.

TOMATO JELLY SALAD

$\frac{3}{4}$ tsp.	2 tbsp. gelatine
$\frac{1}{4}$ c.	2 c. tomato juice
$\frac{1}{2}$ tbsp.	$\frac{1}{4}$ c. cold water
$\frac{1}{8}$ tsp.	$\frac{1}{2}$ tsp. sugar
$\frac{1}{8}$ tsp.	$\frac{1}{2}$ tsp. salt
	1 slice onion

1. Soak gelatine in cold water.
2. Add sugar, onion and salt to tomato juice and heat to boiling point.
3. Dissolve soaked gelatine in hot tomato juice.
4. Turn into moistened mould; chill.
5. Serve on lettuce with Mayonnaise.

LESSON OUTLINES IN COOKERY FOR HOME ECONOMICS

SALAD DRESSINGS.

FRENCH DRESSING

- 1/2 tsp. salt
- 1/4 tsp. pepper
- 4 tbsps. vinegar or lemon juice
- 4 tbsps. salad oil

Combine ingredients; shake in a bottle or stir until well blended.

MAYONNAISE DRESSING (uncooked)

- | | |
|----------|---------------------------------|
| 1/8 tsp. | 1 tsp. mustard |
| 1/8 tsp. | 1/2 tsp. salt |
| 1/8 tsp. | 1 tsp. fruit sugar |
| f.g. | f.g. cayenne |
| 1/8 c. | 1 c. salad oil |
| 1 tsp. | 2 tbsps. lemon juice or vinegar |
| 1/2 yolk | 1 yolk of egg or 1 whole egg |

1. Mix dry ingredients.
2. Add yolk of egg; beat thoroughly using a Dover beater or wooden spoon.
3. Add a few drops of oil; beat thoroughly; add a few drops of lemon juice or vinegar.
4. Continue until lemon juice and about one-half of the oil have been added; add remaining oil in larger quantities.

NOTES.

1. Ingredients should be cold.
2. If the dressing curdles, add it gradually to a beaten yolk of egg. Beat with a Dover beater.
3. Beaten white of egg may be folded in before serving.

COOKED DRESSING

- | | |
|----------|----------------------|
| f.g. | 1/2 tsp. salt |
| 1/8 tsp. | 1 tsp. mustard |
| f.g. | f.g. cayenne |
| 3/4 tsp. | 1 tbsps. sugar |
| 1 tsp. | 1 tbsps. flour |
| 1 tbsps. | 1 egg or 2 yolks |
| 3/4 tsp. | 1 tbsps. butter |
| 2 tbsps. | 1/2 c. milk or water |
| 1 tbsps. | 1/4 c. vinegar |

1. Mix dry ingredients in upper part of double-boiler.
2. Add egg slightly beaten and milk.
3. Add vinegar slowly; cook over boiling water, stirring constantly until thick.
4. Remove from heat; add butter; strain and cool.

NOTE.—If mild flavoured dressing is desired, dilute vinegar with water.

CONDENSED MILK DRESSING

- | | |
|--------------|-----------------------|
| 1/8 tsp. | 1/2 tsp. salt |
| 1/8 tsp. | 1/2 tsp. mustard |
| 2 2/3 tbsps. | 2/3 c. condensed milk |
| 1 tbsps. | 1/4 c. vinegar |

1. Add seasonings to milk.
2. Gradually beat in the vinegar.
3. Allow the dressing to stand for half an hour before using.

LESSON 2

MEAT

Meat is the flesh of animals used as food.

FOOD VALUE.

1. Chiefly protein.
2. Considerable fat directly under the skin, in the bone and through the muscles.
3. Minerals in the juices. Liver is especially rich in iron.
4. Some vitamins.

CLASSES.

1. Beef, veal, mutton, lamb, pork.
2. Glandular meats such as kidney, liver, tongue, sweetbreads.
3. Poultry such as chicken, duck, turkey.
4. Game such as pigeon, wild duck, rabbit, moose, deer.

STRUCTURE.

1. Bone.
2. Fat.
3. Muscle. The muscle is made up of bundles of tiny tubes bound together by connective tissue. These tubes contain meat juice which consists of water, colouring matter, minerals and protein.

TYPES OF CUTS.

1. Tender cuts such as tenderloin, sirloin, ribs and rump. These come from the part of the animal which receives little exercise.
2. Tough cuts such as neck, shank, flank, brisket and chuck. These come from the part of the animal which receives much exercise.

KINDS OF MEAT.

BEEF.

This is the flesh of cattle.

VEAL.

This is the flesh of the calf from 6 to 8 weeks old, weighing less than 300 lbs. Veal requires longer and slower cooking than beef.

MUTTON.

This is the flesh of the sheep. It should "hang" for a few days before using.

LAMB.

The lamb may be from 6 weeks to a year old. It may be eaten as soon as killed.

PORK.

This is the flesh of the pig. It should always be well cooked because eating underdone pork endangers health.

BUYING MEAT.

1. Flesh and fat should be firm and of a good colour.
2. It should have a pleasant odour.
3. There should be tiny particles of fat through the muscle.
4. Tough cuts are equally nutritious.

CARE OF MEAT.

1. Remove from paper as soon as received because paper absorbs juice.
2. If storing in refrigerator before cooking, cover cut surfaces with wax paper.
3. Before cooking wipe with a damp cloth. Minced meat is an exception to this rule.

COOKING.

Methods:

1. Quick — such as broiling, pan broiling and toasting. These methods are to be used for tender meat or tough meat finely chopped.
2. Slow — such as stewing and pot-roasting. These methods to be used for tough meat.

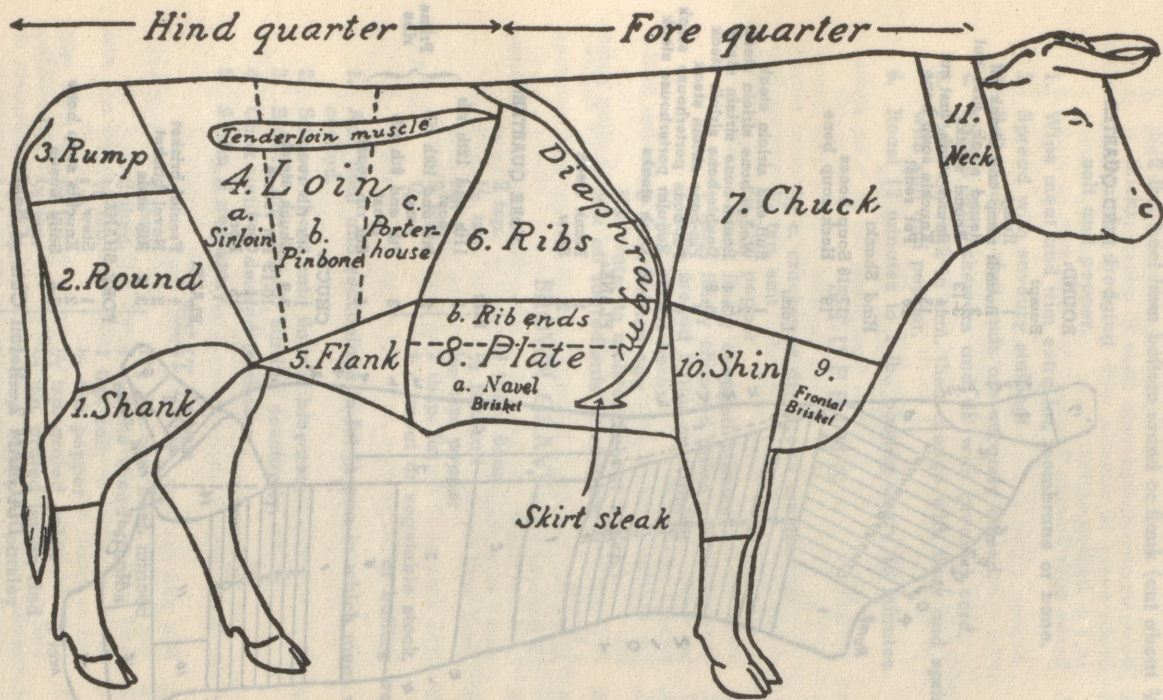


DIAGRAM 1.—Wholesale Cuts of Beef.

BUYING MEAT.

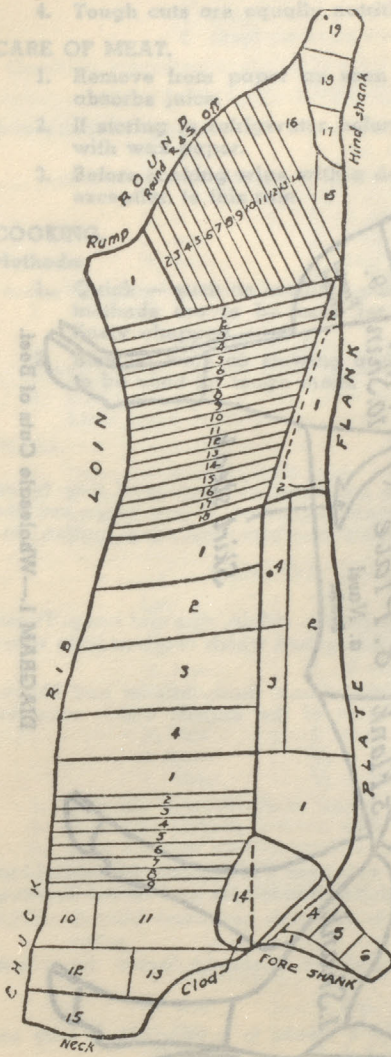
1. Flesh and fat should be firm and of a good colour.
2. It should have a pleasant odour.
3. There should be tiny particles of fat throughout.
4. Tough cuts are equal to soft ones.

CARE OF MEAT.

1. Remove loose pieces of fat.
2. If storing, wrap in paper.
3. Before cooking, wash in cold water.

COOKING MEAT.

1. Cook in a covered pan.
2. Turn frequently.
3. Do not overcook.



HIND QUARTER

ROUND:

Rump:

- 1 Rump
- 2 Round: rump and shank off
- 3 Round steak, first cut
- 3-13 Round steaks
- 14 Round steak, last cut
- 15 Knuckle soup bone
- 16 Pot roast

Hind Shank:

- 17, 18 Soup bones
- 19 Hock soup bone

Loin:

- 1 Butt-end sirloin steak
- 2 Wedge-bone sirloin steak
- 3, 4 Round-bone sirloin steak
- 5, 6 Double-bone sirloin steak
- 7 Pin-bone sirloin steak
- 8 Pin-bone porterhouse steak
- 9-15 Regular porterhouse steak
- 16-18 Club steaks

FLANK:

- 1 Flank steak
- 2 Stew

FORE QUARTER:

RIB:

- 1 11th and 12th rib roast
 - 2 9th and 10th rib roast
 - 3 7th and 8th rib roast
 - 4 6th rib roast
- } Prime ribs

CHUCK:

- 1 5th rib roast
- 2-9 Chuck steaks
- 10-13 Pot roasts
- 14 Clod
- 15 Neck

PLATE:

- 1 Frontal brisket
- 2 Navel brisket
- 3, 4 Rib ends

FORE SHANK:

- 1 Stew
- 2 Knuckle soup bone
- 3-6 Soup bones

DIAGRAM 2.—Retail Cuts of Beef.

MOCK DUCK

2 lbs. beef from bottom round or flank (cut about $\frac{3}{4}$ in. thick)
flour for dredging
salt and pepper.

1. Wipe meat and trim extra fat, membrane or bone.
2. Spread with savoury stuffing.
3. Roll meat so that ends are securely closed.
4. Fasten with skewers and tie with greased cord.
5. Place on rack in pan, then dredge with flour and sprinkle with salt and pepper.
6. Roast 12 minutes to 1 lb., basting every 10 minutes.

STUFFING

$\frac{1}{2}$ c. cracker or dry bread crumbs
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
1 tbsp. finely chopped parsley
1 tbsp. finely chopped onion
1 tbsp. melted butter or dripping
 $\frac{1}{4}$ tsp. sweet herbs
2 tbsp. beaten egg
Hot water to moisten (about 3 tbsp.)
Mix all ingredients thoroughly.

BROWN GRAVY

2 tsp.	3 tbsp. flour
$\frac{1}{8}$ tsp.	$\frac{1}{2}$ tsp. salt
f.g.	$\frac{1}{16}$ tsp. pepper
2 tsp.	2 tbsp. fat
$\frac{1}{4}$ c.	1 c. meat or vegetable stock, or boiling water

1. Add flour and seasonings to fat in pan in which meat was cooked.
2. Stir over heat until flour is browned.
3. Slowly add liquid, stirring constantly.
4. Cook until of desired thickness.
5. Strain if necessary.

MEAT LOAF

3 tbsp.	$1\frac{1}{2}$ lbs. raw beef, minced
2 tbsp.	1 c. stale bread crumbs
$\frac{1}{8}$ tsp.	1 tsp. salt
f.g.	$\frac{1}{8}$ tsp. pepper
$\frac{1}{8}$ tsp.	$\frac{1}{2}$ tsp. grated onion
$\frac{1}{8}$ tsp.	$\frac{1}{2}$ tsp. grated lemon rind
$\frac{1}{4}$ tbsp.	1 tbsp. chopped parsley
1 tbsp.	1 egg (beaten)

1. The meat should be finely minced.
2. Add seasoning and beaten egg.
3. Mix thoroughly.
4. Pack into greased baking pan; or shape into a roll.
5. Bake in a moderate oven 45 to 60 minutes.
6. Baste every 10 minutes with 2 tbsp. beef dripping melted in 1 c. boiling water.
7. Serve with Tomato Sauce or Brown Gravy.

BEEF STEW

3-1 in. pieces	1 1/2 lbs. tough meat
1/2 tsp.	1 small onion
1/2 tbsp.	1/3 c. turnip, cut in cubes
1 tbsp.	2/3 c. carrot, cut in cubes
2 slices	3 or 4 potatoes, cut in 1/2 in. slices
1/4 tsp.	1 1/2 tsp. salt
f.g.	1/2 tsp. pepper
1 tbsp.	1/2 c. flour
1/2 c.	1 qt. water

1. Wipe the meat, remove fat, cut meat into 1 in. pieces.
2. Cover coarser pieces and bone with cold water.
3. Let soak 1 hour, then heat to boiling.
4. Season remainder of meat; roll in flour.
5. Fry out fat in frying pan; brown the meat and onion in the fat.
6. Add meat and onion to the stew; cook below boiling point 2 hours.
7. At end of first hour add turnip and carrots; add potatoes 15 minutes later.
8. Remove bones; thicken stock with flour and seasonings, mixed to a paste with cold water.
9. Cook until thick.

NOTE.—The amount of liquid should be kept up to 1 quart.

DUMPLINGS

2 tbsp.	1 c. flour
1/8 tsp.	2 tsp. baking powder
f.g.	1/4 tsp. butter
1/8 tsp.	1 tsp. butter
2 tsp.	about 1/3 c. milk or water

1. Mix and sift flour, baking powder and salt.
2. Cut in the butter.
3. Add milk or water to make a soft dough.
4. Break off small pieces; roll lightly in flour; or roll out and cut as small tea biscuits.
5. Cook in kettle with stew; set kettle back where stew will boil very gently, place dumplings on meat and vegetables; cover tightly and cook without lifting cover 15 minutes; or place on floured plate in steamer, steam 20 minutes.
6. Serve on platter, around stew.

PAN-BROILED STEAK OR CHOP

1. Wipe meat with a damp cloth.
 2. Trim off superfluous fat.
 3. Heat frying-pan; grease slightly with piece of fat on the end of a fork.
 4. When pan is very hot, put in the meat.
 5. Sear on both sides; reduce heat.
 6. Turn every 2 minutes until cooked.
 7. Season with salt and pepper when partly cooked.
 8. As meat is cooking, pour off fat that collects in pan.
- Time:—Steak, 1 in. thick, rare, cook 5 to 7 mins.
medium, cook 6 to 8 mins.
well done, cook 8 to 10 mins.

COTTAGE PIE OR SHEPHERD'S PIE

Cover bottom of small, greased baking dish with hot mashed potato; add a thick layer of roast beef, chopped or cut in small pieces (seasoned with salt, pepper and a few drops onion juice) and moistened with some of the gravy; cover with a thin layer of mashed potato and bake in a hot oven (425° F.) long enough to heat through.

LESSON 3

FISH

FOOD VALUE:

1. Fish is one of the important protein foods and therefore should be used once or twice a week as a meat substitute.
2. Salt water fish also yields a large amount of iodine which is valuable in the prevention of goitre.
3. Oysters are also very valuable for iron and copper, so necessary to prevent anaemia.

KINDS.

1. White fish — fat in the liver, such as haddock, cod, halibut, etc.
2. Oily fish — fat through the body, such as salmon, lake trout, mackerel.
3. Shell fish — such as oysters, lobsters, clams, crabs, etc.

DIGESTIBILITY.

1. White fish is more easily digested than oily fish.
2. Oysters, when eaten raw or carefully cooked, are particularly easy to digest.

TESTS FOR FRESHNESS.

1. Eyes and gills bright.
2. Flesh firm, especially along the backbone.
3. Fresh odour.

BEST METHODS OF COOKING.

1. Baking.
2. Broiling.
3. Steaming.
4. Boiling in parchment paper

FISH TURBANS

1. Use a slice 1 inch thick from large fish, as halibut, or 2 inch pieces of smaller fish.
2. Remove bones; wipe fish.
3. Sprinkle with salt and pepper.
4. Spread each piece with fish stuffing.
5. Roll up and fasten with toothpicks.
6. Grease a baking pan; place fish close together in pan; put in small pieces of butter or dripping.
7. Bake in a hot oven 10-15 minutes.
8. Remove toothpicks and serve with Drawn Butter Sauce.
9. If desired decorate with thin strips of bacon or fat salt pork and omit butter or dripping.

FISH STUFFING

1 tbsp.	1/2 c. cracker crumbs
1 tbsp.	1/2 c. stale bread crumbs
1/2 tbsp.	1/4 c. melted butter
1/16 tsp.	1/4 tsp salt
f.g.	1/8 tsp. pepper
few drops	1/2 tsp. onion juice
1/2 tbsp.	1/4 c. hot water

Mix ingredients with a fork.

STUFFED HADDOCK (or other White Fish)

1. Prepare fish for cooking; sprinkle inside with salt.
2. Fill with fish stuffing; sew edges together.
3. Skewer fish into shape; wrap tail in greased paper.
4. Place in greased baking-pan or on fish sheet in pan.
5. Lay strips of fat salt pork over fish, holding them in place with toothpicks.
6. Dredge with flour; place pieces of pork in pan around fish.
7. Bake 10 minutes to the lb. and 10 minutes extra; baste every 10 minutes with fat from pan.
8. Lift out very carefully; remove skewers and paper.
9. Garnish with parsley and lemon, if desired, and serve with Drawn Butter Sauce.

DRAWN BUTTER SAUCE

1 tsp.	2 tbsp. flour
1 tsp.	3 tbsp. butter
f.g.	1/16 tsp. pepper
f.g.	1/2 tsp. salt
3 tbsp.	1 c. boiling water or fish stock.

1. Melt butter, add flour and seasonings, stirring well.
2. Gradually add hot water or fish stock, stirring constantly.
3. Boil 5 minutes.

FISH LOAF

1/4 c.	2 c. cooked fish, flaked
1/6 c.	1 c. soft bread crumbs
1/8 tsp.	1/2 tsp. salt
f.g.	1/4 tsp. paprika or f.g. pepper.
1/8 tsp.	1/2 tsp. onion juice
1/6 tsp.	1 tsp. lemon juice
2 tsp.	2 eggs
1 tbsp.	1/2 c. milk
1/2 tsp.	1 tbsp. finely chopped parsley

1. Mix all ingredients together; slightly increase milk if fish is dry.
2. Turn into greased mould; cover.
3. Oven-poach or steam until firm in centre — about 1/2 hour.
4. Serve hot with Drawn Butter Sauce or cold on lettuce with Cooked Salad Dressing.

SALMON CROQUETTES

2 tbsp.	1 c. hot mashed potatoes
2 tbsp.	1 c. flaked salmon
1/8 tsp.	1/2 tsp. lemon juice
1/8 tsp.	1 tsp. chopped parsley
f.g.	1/2 tsp. salt
f.g.	1/8 tsp. pepper
1/2 tsp.	1 yolk of egg

1. Mix ingredients in order given.
 2. Beat thoroughly and shape.
 3. Dip in crumbs, egg and crumbs again.
 4. Fry one minute in deep fat and drain on brown paper.
- Note.—These may be sautéed.

LESSON 4

CHEESE

FOOD VALUE.

1. Cheese is a very concentrated food.
2. It is a protein food, therefore a meat substitute.
3. It is an important source of calcium and phosphorus.
4. Cheese is a good source of vitamins.

MANUFACTURE.

1. The solid part of milk or curd is obtained by heating and by adding rennet.
2. The curd is salted and pressed.
3. After the pressing the cheese is kept for some time to "ripen" or "age".
4. The flavour and texture of the cheese both change during this ageing process.

COOKING OF CHEESE.

1. Use a low temperature.
2. High temperature and long cooking toughen the protein and make cheese less easily digested.

CHEESE SOUFFLE I.

1/4 c.	1 c. milk
1/4 c.	1 c. soft stale bread crumbs
1 oz.	1/4 lb. chopped cheese
3/4 tsp.	1 tbsp. butter
1/8 tsp.	1/2 tsp. salt
f.g.	1/8 tsp. pepper
1	3 egg yolks
1	3 egg whites

1. Beat yolk until thick and add seasonings.
2. Then add crumbs, chopped cheese and scalded milk in which butter has been melted.
3. Cut and fold in egg whites beaten until stiff; avoid over-mixing.
4. Pour into buttered baking dish.
5. Oven-poach or steam over gently boiling water—individual amount 20 to 25 minutes; large amount 40 to 50 minutes.

CHEESE SOUFFLE II.

1 1/2 tsp.	3 tbsp. flour
1/8 tsp.	1/2 tsp. salt
f.g.	1/8 tsp. cayenne
1 tsp.	3 tbsp. butter
3 tbsp.	1 c. milk
1	3 egg yolks
1	3 egg whites
1 1/2 tbsp.	3/4 c. grated or chopped cheese

1. Make white sauce of first five ingredients.
2. Remove from heat; add yolks of eggs, well beaten, and cheese.
3. Chill; fold in whites beaten until stiff.
4. Turn into buttered baking dish; oven-poach or steam 20 to 25 minutes for individual amount and 40 to 50 minutes for large amount.
5. Serve at once.

NOTE.—Test soufflés with a knife—insert knife in centre; it comes out clean when soufflé is cooked.

CHEESE FONDU

1/4 c.	2 c. bread cut in 3/8 inch cubes
1 tbsp.	1 c. grated or chopped cheese
1/4 c.	2 c. milk
1/2 tsp.	2 tbsp. butter, melted
1/8 tsp.	1 tsp. salt
f.g.	1/16 tsp. cayenne
1 1/2 tsp.	2 eggs

1. Butter a baking dish; arrange cubes of bread and cheese in layers having bread on top.
2. beat eggs, add milk, butter and seasonings.
3. Pour over bread; let stand 20 minutes.
4. Oven-poach until firm—individual amount 20 minutes; large amount 35 to 40 minutes.

CHEESE SAUCE OR ENGLISH MONKEY

1/4 c.	1 c. bread crumbs
1/4 c.	1 c. milk
1/4 tbsp.	1 tbsp. butter
1/16 tsp.	1/4 tsp. salt
f.g.	1/16 tsp. cayenne
2 tbsp.	1/2 c. grated cheese
1 tbsp.	1 egg

1. Mix together the first five ingredients, then slowly add to beaten egg and cheese, stirring constantly.
2. When cheese is melted, serve on toast or wafers.

FLOUR MIXTURES

INTRODUCTION.

CLASSES.

1. **Batters.** A batter is a mixture of flour and liquid thin enough to be beaten.
 - (1) Pour batters — Such as griddle cakes, waffles, etc.
 - (2) Drop batters — such as muffins, drop cakes, etc.
 - (3) Medium batters — such as cake.
2. **Doughs.** A dough is a mixture of flour and liquid thick enough to be handled.
 - (1) Soft doughs — such as baking powder biscuits, doughnuts, yeast bread, etc.
 - (2) Stiff doughs — such as pastry.

LEAVENING AGENTS.

Batters and doughs in order to be tasty and digestible must rise and become light. To make them rise we must incorporate into them.

1. AIR

- (1) By beating air directly into the mixture.
- (2) By beating air into eggs and then adding them to the mixture.
- (3) By sifting dry ingredients.
- (4) By folding and kneading as in doughs.

2. **STEAM.** The liquid in the mixture is changed into steam by the heat of the oven.

3. **CARBON DIOXIDE GAS.** This gas is obtained by the use of baking soda, baking powder or yeast.

SHORTENING is any kind of fat used in batters and doughs to make them tender.

FLOUR.

1. Kinds.

- (1) Graham or whole wheat
- (2) White
 - (a) Bread — made from spring wheat — contains gluten which is the protein of wheat and is a grey tough elastic substance.
 - (b) Pastry — made from winter wheat — contains less gluten and more starch than bread flour and therefore is more suitable for tender cake and pastry.

2. Tests for white flour.
 - (1) Rub flour between thumb and finger — bread flour feels slightly granular, pastry flour feels soft and smooth.
 - (2) Press a small quantity of flour tightly in the hand — bread flour falls apart readily, pastry flour clings together.

GENERAL DIRECTIONS FOR FLOUR MIXTURES.

1. Gather all materials and utensils together.
2. Prepare pans before beginning to mix.
3. Regulate oven for temperature given in recipe.
4. In batters and doughs pastry flour is to be used unless otherwise stated.
5. If bread flour must be used allow 2 tbsp. less to a cup.
6. Sift flour before measuring and again with baking powder, salt or other dry ingredients.
7. Always use level measurements.
8. Measure dry ingredients first, then shortening and lastly liquids.

OVEN TEMPERATURES.

Slow oven	—	250° — 350° F.
Moderate oven	—	350° — 400° F.
Hot oven	—	400° — 450° F.
Very hot oven	—	450° — 550° F.

OVEN TESTS WITH WHITE PAPER

Slow oven	—	6 mins.
Moderate oven	—	5 mins.
Hot oven	—	4 mins.
Very hot oven	—	3 mins.

TESTS FOR BAKING.

- Golden brown.
- Shrinks from pan.
- Crust springs back after pressure.
- A toothpick put into the centre comes out clean and dry.

LESSON 5

STEAMING

Steaming is cooking by means of steam from boiling water. It is a slower method of cooking than boiling but is better because no food value is wasted.

A steamer consists of the lower part for the water and a top part with a perforated bottom in which the food is placed.

RULES.

1. Keep the water boiling and add more water from time to time if it boils away.
2. If a pudding or bread is being steamed, do not remove the cover while cooking as the mixture may fall.

METHODS.

Puddings may be steamed:

1. In a bowl covered with waxed paper.
2. In a covered can.
These both should be placed in a saucepan with boiling water coming half way up the bowl or can.
3. A double boiler may be used.

BOSTON BROWN BREAD

1/2 tbsp.	1/2 c. white flour
1 tbsp.	1 c. Graham flour
1 tbsp.	1 c. cornmeal
f.g.	1 tsp. salt
1/16 tsp.	1 tsp. baking soda
1 1/3 tbsp.	2 c. thick sour milk
2 tsp.	1/2 c. molasses

1. Mix and sift dry ingredients except Graham flour.
2. Mix sour milk and molasses; add to flour.
3. Turn into greased mould.
4. Steam 3 hours; individual mould $\frac{3}{4}$ — 1 hour.

GRAHAM PUDDING

1 1/2 tbsp.	1 1/2 c. Graham flour.
1/4 tbsp.	1/4 c. brown sugar
f.g.	1/2 tsp. salt
1/16 tsp.	1/2 tsp. baking soda
1/2 tbsp.	1 c. raisins
1 tsp.	1 egg
2 tsp.	1/2 c. milk
1 tsp.	1/4 c. molasses
1/2 tsp.	3 tbsp. shortening (melted)

1. Mix flour, sugar, salt and soda; add raisins.
2. Add egg well-beaten and milk mixed; then molasses and melted butter.
3. Turn into well-greased mould and steam $2\frac{1}{2}$ hours; individual mould 1 hour.
4. Serve with lemon or other pudding sauce.

CARROT PUDDING

1 tbsp.	1 c. grated carrots
1 tbsp.	1 c. grated potato
1 tbsp.	1 c. bread crumbs
1 tbsp.	1 c. raisins
1 tbsp.	1 c. currants
1 tbsp.	1 c. brown sugar
3/4 tbsp.	3/4 c. suet, finely chopped
1 tsp.	2 tbsp. sour milk
1/16 tsp.	1/2 tsp. baking soda
1/2 tbsp.	1/2 c. flour
f.g.	1 tsp. salt
1/8 tsp.	1 tsp. cinnamon
f.g.	1/8 tsp. nutmeg
f.g.	1/2 tsp. allspice

1. Mix ingredients in the order given.
2. Turn into well-greased moulds; cover and steam 3 hours; individual moulds $1\frac{1}{4}$ hours.
3. Serve with Hard Sauce, or Brown Sugar Sauce.

BROWN SUGAR SAUCE

2 tbsp.	$\frac{1}{2}$ c. brown sugar
$\frac{1}{2}$ tsp.	2 tsp. cornstarch
f.g.	f.g. salt
$\frac{1}{3}$ c.	1 c. boiling water
$\frac{1}{2}$ tsp.	1 tbsp. butter
4 drops	$\frac{1}{2}$ tsp. vanilla

1. Mix sugar, salt and cornstarch.
2. Add boiling water; stir and cook until there is no taste of raw starch.
3. Remove from heat; add butter and vanilla.

HARD SAUCE

1 tsp.	$\frac{1}{3}$ c. butter
1 tbsp.	1 c. fruit or brown sugar
3 drops	$\frac{1}{8}$ tsp. lemon juice or
	$\frac{2}{3}$ tsp. vanilla

1. Cream the butter, add sugar gradually.
2. Add flavouring and chill.

LESSON 6

SODA WITH ACIDS

EXPERIMENTS.

1. Add 1 tsp. cold water to $\frac{1}{8}$ tsp. soda. What change takes place? Heat. Note any change.
2. Mix dry soda and cream of tartar. What is the reaction? Add water. note any changes. Heat. Note any changes.
3. Add 1 tsp. vinegar to $\frac{1}{8}$ tsp. soda. What do you notice?
4. Add 1 tsp. sour milk to $\frac{1}{8}$ tsp. soda. What do you notice?
5. Add 1 tsp. lemon juice to $\frac{1}{8}$ tsp. soda. What do you notice?

Baking soda yields the carbon dioxide gas necessary to lighten a batter or a dough. Cream of tartar is an acid used with it to neutralize it and with moisture to help to liberate the gas from the soda. There are several other acids used in cooking which will do this as well as cream of tartar. Those most commonly used are sour milk and molasses. These liberate the gas more quickly than cream of tartar.

GINGERBREAD

$\frac{1}{2}$	4 tbsp.	2 $\frac{1}{3}$ c. flour
	$\frac{1}{2}$ tbsp.	$\frac{1}{4}$ c. sugar
	$\frac{1}{8}$ tsp.	$1\frac{3}{4}$ tsp. soda
	$\frac{1}{4}$ tsp.	2 tsp. ginger
	$\frac{1}{8}$ tsp.	$\frac{1}{2}$ tsp. cinnamon
	f.g.	$\frac{1}{2}$ tsp. salt
	1 tbsp.	1 c. sour milk
	1 tbsp.	$\frac{3}{4}$ c. molasses
	$\frac{1}{2}$ tbsp.	$\frac{1}{4}$ c. melted shortening

1. Mix and sift dry ingredients.
2. Add sour milk, molasses and melted shortening.
3. Mix quickly and pour into buttered pan and bake 20 to 25 minutes in a moderate oven.

GRIDDLE CAKES

$\frac{1}{2}$ c.	2 $\frac{1}{2}$ c. flour
f.g.	$\frac{1}{2}$ tsp. salt
$\frac{1}{3}$ c.	2 c. sour milk
$\frac{1}{4}$ tsp.	$1\frac{1}{2}$ tsp. soda
1 tbsp.	1 egg
$\frac{1}{2}$ tsp.	2 tsp. melted shortening

1. Mix and sift dry ingredients.
2. Add sour milk, well beaten egg and melted shortening.
3. Beat well and drop by spoonfuls on a greased hot griddle.
4. Cook on one side; when well puffed and full of bubbles, turn and cook other side.
5. Serve with syrup.

SCONES

$\frac{1}{4}$ c.	2 c. flour
$\frac{1}{4}$ tsp.	2 tsp. sugar
f.g.	$\frac{1}{2}$ tsp. salt
$\frac{1}{16}$ tsp.	$\frac{1}{2}$ tsp. baking soda
$\frac{1}{16}$ tsp.	$\frac{1}{2}$ tsp. cream of tartar
$\frac{1}{2}$ tbsp.	3 to 4 tbsp. shortening
1 tbsp.	2 eggs
$3\frac{1}{2}$ tsp.	$\frac{1}{3}$ c. sour milk

1. Mix and sift dry ingredients.
2. Cut in fat with knife or cookie cutter.
3. Mix beaten egg and sour milk and add gradually, mixing with a knife to a soft dough.
4. Turn out on slightly floured board.
5. Knead slightly, while you count ten, and roll $\frac{3}{4}$ inch thick.
6. Cut in squares, diamonds or triangles; brush with egg and sprinkle with sugar.
7. Bake 15 minutes in a hot oven.

LESSON 7

BAKING POWDER

EXPERIMENTS.

1. Add 1 tsp. cold water to $\frac{1}{4}$ tsp. baking powder. What do you notice?
2. Add 1 tsp. milk to $\frac{1}{4}$ tsp. baking powder. What do you notice?
3. Add 1 tsp. cold water to $\frac{1}{2}$ tsp. soda and $\frac{1}{4}$ tsp. cream of tartar. What do you notice?
4. Add 1 tsp. hot water to $\frac{1}{4}$ tsp. baking powder. What do you notice?

ACTION.

When liquid acts on baking powder, carbon dioxide gas is formed. Heat increases this action.

COMPOSITION OF BAKING POWDER.

1. Baking Soda — an alkali.
2. Cream of tartar or other acid substance.
3. Cornstarch to keep it dry.

PRACTICAL POINTS.

1. As a rule baking powder mixtures should be baked as soon as possible after mixing, since the carbon dioxide gas begins to escape when liquid is added.
2. The gas escapes more slowly when the mixture is cold, and so if impossible to bake at once, keep in refrigerator or a cool place.
3. The gas also escapes more slowly from a dough than from a batter, and so a dough may be kept several hours, if necessary, before baking.
4. Replace cover on baking powder can after using, since any moisture will cause some gas to escape and thus weaken the powder.

BAKING POWDER BISCUITS

4 tbsp.	2 c. flour
$\frac{1}{2}$ tsp.	4 tsp. baking powder
$\frac{1}{16}$ tsp.	$\frac{1}{2}$ tsp. salt
1 tsp.	2-3 tbsp. shortening
$1\frac{1}{2}$ tbsp.	$\frac{2}{3}$ c. milk

1. Sift flour, baking powder and salt.
2. Cut in fat with knife or cookie cutter.
3. Add milk gradually, mixing with a knife to a soft dough.
4. Turn out on slightly floured board.
5. Knead slightly, while you count ten, and roll $\frac{1}{2}$ inch thick.
6. Cut with floured biscuit cutter and place on greased or floured pan.
7. Bake in a hot oven 12 to 15 minutes.

VARIATIONS OF BAKING POWDER BISCUITS.

BUTTERSCOTCH ROLLS.

1. Roll baking powder biscuit dough into a rectangular sheet $\frac{1}{8}$ inch thick.
2. Spread with 4 tbsp. softened butter.
3. Sprinkle over $\frac{1}{2}$ c. brown sugar.
4. Roll from side to side as a jelly roll; cut $1\frac{1}{2}$ inches thick.
5. Place in greased muffin pans or baking pan, cut sides at top and bottom.
6. Bake 25 to 30 minutes in a moderate oven.

PINWHEEL BISCUITS.

1. Roll baking powder biscuit dough into a rectangular sheet $\frac{1}{8}$ inch thick.
2. Spread with 2 tbsp. softened butter.
3. Sprinkle over $\frac{1}{3}$ c. sugar mixed with $\frac{1}{2}$ tsp. cinnamon and $\frac{1}{3}$ c. currants or raisins.
4. Roll as a jelly roll and cut $1\frac{1}{2}$ inches thick.
5. Place in greased muffin pans or baking pan, cut sides at top and bottom.
6. Bake 15 minutes in a hot oven.

CHEESE BISCUITS.

1. Add $\frac{1}{2}$ c. grated cheese to dry ingredients in baking powder biscuit recipe.
2. Finish as baking powder biscuits.

ROLY POLY PUDDING.

1. Make baking powder biscuit dough using the larger amount of fat.
2. Roll out $\frac{1}{4}$ inch thick.
3. Cover with a layer of thinly sliced apples and sprinkle with $\frac{1}{2}$ c. sugar mixed with $\frac{1}{2}$ tsp. nutmeg and $\frac{1}{2}$ tsp. cinnamon or spread with $\frac{1}{2}$ c. jam.
4. Roll from side to side as a jelly roll.
5. Bake in a moderate oven 30 to 40 minutes.
6. If desired steam $1\frac{3}{4}$ hours.
7. Cut in slices and serve with lemon or other pudding sauce.

LESSON 8

YEAST BREAD

MATERIALS USED.

1. FLOUR.
Bread flour or all-purpose flour must be used for yeast mixtures as it contains gluten to make a spongy loaf. This spongy loaf cannot be achieved if pastry flour is used.
2. LIQUIDS.
 - (1) Water.
 - (2) Potato water.
 - (3) Milk.
 - (4) A mixture of the above.

3. SALT.

Gives flavour, but too much causes the dough to rise slowly.

4. YEAST.

- (1) Yeast produces carbon dioxide gas which is held in the dough by the elastic gluten and causes the dough to rise.
 - (2) In order to produce carbon dioxide gas yeast needs:
 - (a) Air.
 - (b) Moisture.
 - (c) Warmth.
 - (d) Starch and sugar.
 - (3) Compressed yeast is the most commonly used. A fresh yeast cake should be light in colour, have no dark streaks and have a "cheesy" smell.
 - (4) Yeast gives bread its distinctive flavour.
5. SHORTENING — makes crust and crumb more tender.
6. SUGAR — quickens action of yeast and gives good flavour, but too much slows the action.

KNEADING DOUGH.

1. The dough is kneaded to thoroughly mix ingredients and to develop the gluten.
2. After the first rising, it is kneaded again to send off some of gas and to distribute the remainder through the dough.

BAKING.

1. Start baking in a hot oven and when beginning to brown, reduce temperature.
2. Bake an ordinary sized loaf about one hour.
3. Bread is baked (a) when loaves shrink from sides of pan — (b) if they sound hollow when tapped with the fingers.

CARE OF BREAD.

1. Remove at once from pans.
2. Cool on wire rack or inverted pan.
3. When thoroughly cold, place in clean bread box or crock.

BREAD

2 tbsp.	1 c. milk
2 tsp.	1 c. boiling water
1/4 tsp.	1/2 tbsp. salt
1 tsp.	1 tbsp. sugar
1 tsp.	1 tbsp. shortening
1/2 c.	6 c. bread flour
1/2	1 yeast cake

1. Sprinkle sugar on yeast.
2. Put salt and shortening in mixing bowl and add scalded milk and boiling water.
3. When lukewarm add yeast which has been mixed to a liquid with the sugar.
4. Add about $\frac{1}{2}$ the flour, mix thoroughly and beat well.
5. Then add flour to make a soft dough; turn out on to a floured board and knead until smooth and elastic.
6. Return to bowl, cover and let rise in a warm temperature.
7. When doubled in bulk knead again; shape, place in greased pan, having pan about half full.
8. Cover, let rise again and when doubled in bulk bake in a hot oven.

BREAD

for $1\frac{1}{2}$ hour class
(individual quantity)

In small bowl: 1 tsp. sugar
1 tbsp. hot water

Shake on $\frac{1}{2}$ package yeast (2 rounded tsps.)

In measuring cup: $\frac{1}{2}$ c. flour
 $\frac{1}{4}$ tsp. salt

Melt fat and scald milk

Stir yeast mixture and add: 2 tbsp. milk
1 tsp. fat

Stir in half the flour. BEAT 5 MINUTES.

Add remaining flour. Knead.

Shape. Place in greased pan over hot water.

Cover. Let rise till double in bulk. (About 30 mins.) Bake.

ROLLS

4 tbsp.
 $\frac{1}{2}$ tbsp.
1 tsp.
 $\frac{1}{2}$ tsp.
 $\frac{1}{2}$
 $\frac{3}{4}$ c.

2 c. scalded milk
3 tbsp. shortening
2 tbsp. sugar
2 tsp. salt
1 yeast cake
 $\frac{1}{4}$ c. lukewarm water
 $5\frac{1}{2}$ to 6 c. flour

Follow directions as for making bread.

LESSON 9

PASTRY

Good pastry is light, flaky and tender.

CLASSES.

1. Plain.
2. Puff.

PLAIN PASTRY

5 tbsp.
f.g.
 $1\frac{1}{8}$ tbsp.
2 tsp.

$1\frac{1}{2}$ c. flour
 $\frac{1}{8}$ tsp. salt
 $\frac{1}{2}$ c. shortening
about 3 tbsp. cold water

1. Sift flour and salt; cut in shortening to the size of small peas.
2. Add cold water to make a stiff dough.
3. Chill if possible.
4. Toss on floured board; roll in rectangular shape.
5. Fold; press edges down so that air is enclosed.
6. Roll lightly and fit to pie plate.
7. This amount will make one double pie or two shells.

APPLE FILLING

$\frac{1}{2}$	4 or 5 apples
1 tbsp.	$\frac{1}{3}$ c. sugar
few gratings	$\frac{1}{4}$ tsp. nutmeg
$\frac{1}{8}$ tsp.	1 tsp. butter
$\frac{1}{8}$ tsp.	1 tsp. lemon juice
few gratings	few gratings lemon rind
f.g.	f.g. salt

1. Pare, core and cut apples in slices; fill plate.
2. Mix sugar, salt, nutmeg, rind and lemon juice and sprinkle over apples; dot with butter.
3. Wet edge of paste with cold water, cover with upper crust which has been scored and press edges together.
4. Bake at 450° F. 40-45 mins.; individual 30-35 mins.
5. Test apples with a knife.

LEMON FILLING

$\frac{3}{4}$ tbsp.	3 tbsp. cornstarch or 6 tbsp. flour
3 tbsp.	$\frac{2}{3}$ c. sugar
$\frac{1}{3}$ c.	1 c. boiling water
$\frac{1}{3}$	2 yolks of eggs
$\frac{1}{4}$ tsp.	1 tsp. butter
2 tsp.	4 tbsp. lemon juice
$\frac{1}{8}$ tsp.	1 tsp. grated lemon rind

1. Mix cornstarch and sugar.
2. Add boiling water; stir and cook until there is no taste of raw starch.
3. Beat yolks of eggs; add to hot mixture, first adding a little of the cornstarch mixture to the eggs.
4. Cook over low heat until egg thickens; remove from heat and add butter, lemon juice and rind.
5. Cool a little; pour into baked shell.
6. Cover with meringue; bake in slow oven until meringue is cooked and lightly browned. Temperature for meringue — 325° F.

MERINGUE

1 white of egg
 $1\frac{1}{2}$ tbsp. sugar
 f.g. salt

1. Beat white until stiff; add sugar gradually.
2. Flavour with a few drops vanilla, if desired.

BUTTERSCOTCH FILLING

4 tbsp. butter
 3 tbsp. cornstarch
 1 c. brown sugar

- 1/2 tsp. salt
- 2 c. milk scalded
- 3 yolks of eggs
- 3 tsp. caramel

1. Cream the butter; add cornstarch, salt and sugar mixed.
2. Add milk slowly; place over hot water, stir and cook until thick; cover and cook 20 minutes, stirring occasionally.
3. Add yolks of eggs; cook until thick.
4. Remove from heat; add caramel.
5. Pour into a cooked shell; cover with a meringue.

CARAMEL FLAVOURING

- 1 c. sugar
- 1 c. boiling water

1. Melt sugar in frying pan and brown slightly.
2. Add water slowly; cook until consistency of syrup.

LESSON 10

MUFFINS

When eggs are used for muffins, cake, etc., the air beaten into them helps to make the mixture light, and less baking powder is required. For each egg added, use 1/2 tsp. less baking powder.

MUFFINS

- | | |
|----------|--------------------------|
| 4 tbsp. | 2 c. flour |
| 1/2 tsp. | 3 1/2 tsp. baking powder |
| f.g. | 1/2 tsp. salt |
| 1 tsp. | 2 to 3 tbsp. sugar |
| 2 tbsp. | 1 c. milk |
| 1 tsp. | 1 egg |
| 1 tsp. | 2 tbsp. butter |

1. Mix and sift flour, baking powder, sugar and salt.
2. Beat egg; add milk.
3. Make a depression in the flour; pour in milk and egg, then melted butter.
4. Mix as little as possible.
5. Turn into well-greased muffin pans.
6. Bake in a hot oven 20 to 25 minutes.

VARIATIONS OF MUFFINS.

GRAHAM MUFFINS.

1. Substitute 1 c. Graham flour for 1 c. of the white flour in muffins.

FRUIT MUFFINS.

To muffin recipe add 1/4 c. raisins and 1/4 c. currants or dates.

CORNMEAL MUFFINS

- | | |
|----------|----------------------|
| 1 tbsp. | 1/2 c. cornmeal |
| 2 tbsp. | 1 c. flour |
| 1/2 tsp. | 3 tsp. baking powder |

1/2 tsp.	1 tbsp. sugar
f.g.	1/2 tsp. salt
1/2 tsp.	1 tbsp. melted butter
1 1/2 tbsp.	3/4 c. milk
1 tsp.	1 egg well beaten

Mix and bake like Muffins.

LESSON 11

CAKES WITH SHORTENING

Cakes with shortening should be light, tender and fine grained. The top should be level, not humped or hollowed. They should be moist throughout, not dry and crumbly.

MATERIALS USED.

1. Shortening — generally butter — better flavour. Other fats such as crisco may be used.
2. Sugar — fine is best. Honey may be used.
3. Eggs — fresh but not necessarily grade A; grade B eggs may be used.
4. Liquid — generally milk, sweet or sour.
5. Flour — pastry best as it contains more starch and less gluten than bread flour and therefore makes a more tender cake.

GENERAL DIRECTIONS.

1. Prepare pans:
 - (1) Grease.
 - (2) Grease and flour.
 - (3) Line with paper and grease.
2. Fruit or nuts, if used, are added to the mixed and sifted dry ingredients to prevent sinking.
3. For creaming shortening use a wooden spoon.

TESTS.

1. Shrinks slightly from sides of pan.
2. Toothpick comes out clean and dry when put in centre.
3. Slight pressure in centre leaves no dent.

REASONS FOR CAKE FALLING.

1. Oven is not hot enough.
2. Oven door is slammed or cake pan is jarred when cake is risen but is not yet firm.
3. Batter is too thin.
4. Batter contains too much shortening or sugar.

PLAIN CAKE

1 tbsp.	1/3 c. butter
3 tbsp.	1 c. sugar
1/2	2 eggs
2 tbsp.	1/2 c. milk

3/4 tsp.	2 1/2 tsp. baking powder
6 tbsp.	1 2/3 c. flour
5 drops	1 tsp. vanilla
f.g.	1/4 tsp. salt

1. Cream butter; add sugar gradually and cream very thoroughly.
2. Add eggs beaten until light.
3. Beat until smooth.
4. Add flour sifted with salt and baking powder alternately with milk to which vanilla has been added.
5. Turn into greased pan having mixture come well to corners and sides of pan, leaving a slight depression in the centre.
6. Bake in a moderate oven:

Layer cake	— 30 —	35 minutes
Loaf cake	— 45 —	60 minutes
Ind. amount	— 30 —	35 minutes

NOTE:—Eggs may be separated.

VARIATIONS OF PLAIN CAKE.

To flour add one of the following:

1 tbsp.	3/4 to 1 c. raisins or currants.
1 tbsp.	3/4 c. citron peel, thinly sliced.
1 tbsp.	3/4 c. chopped nuts.
1/4 tsp.	1 1/2 tsp. cinnamon, 1/4 tsp. allspice and nutmeg.
1 tsp.	1/2 c. freshly grated cocoanut; use cocoanut milk as part of the liquid in cake.
1/4 oz.	2 to 2 1/2 oz. chocolate.
1 tbsp.	1/2 c. cocoa — lessen flour 1/4 c.
4 drops	1/3 tsp. almond extract and omit vanilla.

ICINGS

GENERAL RULES.

1. A cake should be cold before icing.
2. Substitute for icing.
 - (a) Blanched almonds cut in pieces and sprinkled over the batter before baking.
 - (b) 1/4 c. granulated sugar mixed with 1/4 tsp. cinnamon, sprinkled over the batter.

PLAIN ICING

1 tsp.	2 tbsp. milk, cream, fruit juice or water.
1/4 c.	1 1/4 c. icing sugar or less.
4 drops	1 tsp. flavouring.

1. Add enough sifted sugar to liquid to make of right consistency to spread.
2. Flavour and spread on cake.
3. Flavour and texture are improved if liquid is heated.

BUTTER ICING

1. To Plain Icing add 2 tbsp. butter.
2. Cream the butter with 2 tbsp. of the sugar; add liquid gradually.
3. Add enough sifted sugar to make it thick enough to spread.
4. Flavour and spread on cake.

BOILED ICING

- 1 c. sugar
- $\frac{1}{2}$ c. boiling water
- $\frac{1}{16}$ tsp. cream of tartar or 2 tsp. corn syrup
- 1 egg white
- $\frac{1}{2}$ tsp. vanilla or 1 tsp. lemon juice

1. Place sugar, water and cream of tartar or corn syrup in a saucepan.
2. Stir over low heat until sugar is dissolved.
3. Boil gently without stirring until a soft ball is formed when tried in cold water — 238° F.
4. Cool until bubbling stops; then add slowly to stiffly beaten egg whites.
5. Continue beating until cold, when it should be thick enough to hold its shape.
6. Add flavouring and spread on cake.

SEVEN-MINUTE ICING

- 1 egg white, unbeaten
- $\frac{3}{4}$ c. sugar, finely sifted
- 3 tbsp. cold water
- $\frac{1}{8}$ tsp. cream of tartar
- Few grains salt

Combine ingredients in top of double boiler over briskly boiling water. Beat with egg beater until stiff enough to stand up in peaks (7 to 10 minutes). Flavour as desired and beat until thick enough to spread.

LESSON 12

COOKIES

CLASSES.

1. Rolled out or ice box cookies.
2. Drop cookies.

GENERAL DIRECTIONS FOR ROLLED OUT COOKIES.

1. If possible chill dough thoroughly before rolling.
2. Flour board and rolling pin slightly.
3. Roll a small portion of dough at a time.
4. Roll lightly and quickly from centre to edges.
5. Roll very thin.
6. Separate dough from board with a spatula before cutting.
7. To save time use two cutters, small and large.

ICE BOX COOKIES.

1. Any cookie mixture firm enough to roll may be shaped into

- a roll, wrapped in waxed paper and kept in refrigerator until needed.
- The dough may also be packed into a long, narrow pan, lined with waxed paper, or into a butter carton.
 - When thoroughly chilled, slice with a sharp, thin knife.

DROP COOKIES.

Drop from tip of spoon 1 inch apart in greased pan.

BAKING.

- Bake most cookies at — 375° F. — until slightly browned. Start baking on lower shelf of oven and move to upper to brown.
- Bake fruit, molasses, oatmeal and chocolate cookies at — 325° F.

COOKIES (Sugar)

1/2 tbsp.	1/2 c. butter
1 tbsp.	1 c. sugar
1 1/2 tsp.	2 eggs
3 tbsp.	2 1/4 c. flour
1/4 tsp.	3 tsp. baking powder
f.g.	1/2 tsp. salt
4 drops	1 tsp. vanilla

- Cream the butter; add sugar and cream together thoroughly.
- Add the beaten egg, then flour sifted with baking powder and salt.
- Chill, roll and cut in shapes.
- Bake 10 — 15 minutes.

VARIATIONS OF SUGAR COOKIES.

1/16 tsp.	1/2 tsp. cinnamon, 1/4 tsp. nutmeg, 1/8 tsp. cloves.
1/2 tbsp.	1/2 c. cocoa moistened with 3 tbsp. hot water. Add when eggs are added.
1 tbsp.	1 c. finely chopped peanuts.
1 tbsp.	1 c. shredded cocoanut.
few drops	grated rind of 1 orange and 2 tsp. orange juice.

HERMITS

3/4 tbsp.	1 c. butter or other shortening
3/4 tbsp.	1 1/2 c. brown sugar
1 1/2 tsp.	2 eggs
1 tbsp.	1 c. raisins
1 tbsp.	1 c. dates

1 tsp.	1/3 c. nuts
1/16 tsp.	1/2 tsp. baking soda
2 tsp.	2 tbsp. milk (if needed)
3 tbsp.	2 1/4 — 2 1/2 c. flour
f.g.	1/2 tsp. salt
1/8 tsp.	1 tsp. cinnamon
f.g.	1/4 tsp. allspice

1. Cream butter, add sugar and cream together thoroughly.
2. Add eggs well beaten, milk if needed, then fruits and nuts.
3. Add flour mixed and sifted with soda, spices and salt.
4. Drop 1 inch apart on buttered pan.
5. Bake 12 to 15 minutes at 350° F.

NOTE:—Test one cookie first — more flour may be needed if a thicker mixture is desired.

DOUGHNUTS

6 tbsp.	4 c. sifted flour
1/8 tsp.	2 tsp. baking powder
1/8 tsp.	1 1/3 tsp. salt
f.g.	1 tsp. cinnamon
f.g.	1/2 tsp. nutmeg
1 tbsp.	3 eggs
1 1/3 tbsp.	1 c. sugar
1/2 tsp.	2 tbsp. melted shortening
f.d.	1/2 tsp. vanilla
1 tsp.	2 1/2 tbsp. milk

1. Mix and sift flour, baking powder, salt and spices.
2. Beat eggs until light.
3. Gradually beat in sugar.
4. Add melted shortening, vanilla and milk.
5. Add sifted dry ingredients and mix to soft dough.
6. Roll out to 1/3 in. thickness and cut with doughnut cutter.
7. Fry in deep fat.
8. Drain on absorbent paper.

ROLLED OAT COOKIES

1 tbsp.	1 c. sifted all-purpose flour
1/16 tsp.	1/2 tsp. soda
1/16 tsp.	1/2 tsp. cinnamon
f.g.	1/4 tsp. salt
1/2 tbsp.	1/2 c. brown sugar
1 1/2 tbsp.	1 1/2 c. rolled oats
1/2 tbsp.	1/2 c. mild flavoured fat
1 tsp.	1 egg
f.d.	1/4 tsp. vanilla

1. Sift flour, baking soda, cinnamon and salt.
2. Add sugar and rolled oats blending well.
3. Cut in fat with pastry blender or two knives until mixture resembles fine bread crumbs.

4. Add beaten egg and vanilla and mix to a dough.
5. Roll out to $\frac{1}{8}$ " thickness and cut with 2" cookie cutter.
6. Place on ungreased cookie sheet and bake at 350° F., about 15 mins.
7. This dough may be used as an ice-box cookie, formed into rolls, wrapped in waxed paper and chilled thoroughly before slicing and baking.

LESSON 13

CAKES WITHOUT SHORTENING

PRACTICAL POINTS.

1. Care should be taken when separating the eggs to avoid breaking the yolk — even a little yolk in the white prevents it from beating up well.
2. Egg whites should be beaten just when ready to use.
3. Lemon juice is used to make the cake more tender and to keep it lighter in colour.
4. Cut and fold in egg whites, beaten stiff but not dry. Stirring the beaten whites will cause the air to escape.
5. Bake mixtures containing a large amount of beaten egg, such as the sponge cake, in a slow oven to allow the air to expand before the egg cooks, and also to prevent toughness.
6. Invert sponge cake on wire cooler and let hang in pan until cold.
7. When serving, pull apart with 2 forks instead of cutting with a knife.

SPONGE CAKE I.

1
 $2\frac{3}{8}$ tbsp.
 $\frac{1}{4}$ tbsp.

1
 $2\frac{3}{8}$ tbsp.
 f.g.

6 egg yolks
 1 c. sugar, fruit or fine granulated
 $1\frac{1}{2}$ tbsp. lemon juice
 Grated rind of $\frac{1}{2}$ lemon
 6 egg whites
 1 c. flour
 $\frac{1}{4}$ tsp. salt

1. Beat yolks of eggs until very thick and light.
2. Add sugar gradually and continue beating.
3. Add lemon juice and rind and whites of eggs beaten stiff but not dry.
4. Cut and fold whites into yolk mixture.
5. When whites are partly blended, fold in the flour mixed and sifted with salt.
6. Bake in an unbuttered pan in a slow oven, 50 minutes to 1 hour.

SPONGE CAKE II.

2 egg yolks
 $\frac{3}{4}$ c. sugar

- $\frac{3}{8}$ c. hot water
- $\frac{1}{2}$ tbsp. lemon juice
- Grated rind of $\frac{1}{3}$ lemon
- 2 egg whites
- 1 c. flour
- $1\frac{1}{2}$ tsp. baking powder
- $\frac{1}{4}$ tsp. salt

Combine as Sponge Cake 1, adding hot water to yolks of eggs and sugar, and sifting flour with baking powder and salt.

LESSON 14

GELATINE DESSERTS

SOURCE.

Gelatine is made from the skin, bones and ligaments of animals.

FOOD VALUE.

It is a form of protein and has little food value.

GENERAL RULES.

1. Use $\frac{1}{2}$ tbsp. granulated gelatine to 1 c. liquid.
2. Soften gelatine in cold water.
3. Dissolve in hot liquid — boiling toughens gelatine.
4. Gelatine mixtures should be kept covered.

LEMON JELLY

- | | |
|----------------------|-------------------------------------------|
| $\frac{3}{4}$ tsp. | 1 tbsp. gelatine |
| 1 tbsp. | $\frac{1}{4}$ c. cold water |
| $\frac{1}{4}$ c. | 1 c. boiling water |
| $1\frac{1}{2}$ tbsp. | $\frac{1}{2}$ c. sugar |
| 1 piece | Thin shavings of $\frac{1}{4}$ lemon rind |
| $\frac{3}{4}$ tbsp. | $\frac{1}{4}$ c. lemon juice |

1. Soften gelatine in cold water.
2. Make a syrup of boiling water, sugar and lemon rind; boil 5 mins.
3. Pour over softened gelatine, stir till dissolved; add lemon juice and strain.
4. Turn into a moistened mould; chill.
5. Serve with cream and sugar or Custard Sauce.

SNOW PUDDING

- | | |
|---------------------|-------------------------------------------|
| $\frac{3}{4}$ tsp. | 1 tbsp. gelatine |
| 1 tbsp. | $\frac{1}{4}$ c. cold water |
| 2 tbsp. | $\frac{2}{3}$ c. boiling water |
| 2 tbsp. | $\frac{2}{3}$ c. sugar |
| 1 piece | Thin shavings of $\frac{1}{4}$ lemon rind |
| $\frac{1}{2}$ tbsp. | 3 tbsp. lemon juice |
| $\frac{1}{2}$ | 2 whites of eggs |

1. Prepare first six ingredients as Lemon Jelly.

2. Chill; stir occasionally.
3. When partly set, beat until foamy; add whites of eggs beaten stiff and beat until mixture begins to stiffen.
4. Turn into moistened mould or pile lightly in serving dish.
5. Serve with Custard Sauce.

NOTE.—1 white of egg and $\frac{1}{3}$ c. cream whipped may be used instead of 2 whites.

JELLIED PRUNES

3	$\frac{1}{2}$ lb. prunes
$\frac{1}{3}$ c.	3 c. boiling water
2 tbsp.	1 c. sugar
1 tsp.	2 tbsp. gelatine
1 tbsp.	$\frac{1}{2}$ c. cold water
1 tbsp.	$\frac{1}{3}$ c. lemon juice

1. Wash prunes and cook slowly until tender.
2. Drain; measure prune water — there should be 2 c. — Ind. $\frac{1}{4}$ c.
3. Make jelly and chill; when it begins to set, add prunes.
4. Serve with cream and sugar or Custard Sauce.

CUSTARD SAUCE

$\frac{1}{4}$ c.	2 c. milk
2 tsp.	2 eggs or 4 egg yolks
$\frac{1}{2}$ tbsp.	4 tbsp. sugar
f.g.	$\frac{1}{4}$ tsp. salt
4 drops	$\frac{1}{2}$ tsp. vanilla

1. Scald milk.
2. Mix eggs, sugar and salt, add hot milk slowly.
3. Cook over hot water stirring constantly until thick enough to coat a silver spoon.

SPANISH CREAM

1 tsp.	1 tbsp. gelatine
2 tsp.	$\frac{1}{4}$ c. cold water
$\frac{1}{4}$ c.	$\frac{3}{4}$ c. milk
$\frac{1}{3}$	2 yolks of eggs
$\frac{1}{2}$ tbsp.	$\frac{1}{3}$ c. sugar
f.g.	$\frac{1}{8}$ tsp. salt
4 drops	1 tsp. vanilla
$\frac{1}{8}$	2 whites of eggs

1. Soften gelatine in cold water.
2. Mix yolks of eggs, sugar and salt; add hot milk.
3. Cook as soft custard, pour over softened gelatine; strain and cool.
4. Finish as Snow Pudding.

JELLIED APPLES

$\frac{1}{3}$	4 apples
2 tsp.	$\frac{1}{2}$ c. sugar
$\frac{1}{4}$ c.	$\frac{3}{4}$ c. boiling water
piece	thin shavings of $\frac{1}{4}$ lemon rind

1. Make a syrup of sugar, water and lemon rind; boil 3 mins., remove rind.
2. Wipe, quarter, core and pare apples; cut in eighths.
3. Cook apples slowly in syrup until clear; lift out carefully; measure syrup, add water to make it up to $1\frac{1}{2}$ c. ($\frac{1}{3}$ c. individual).

1 tsp.	1 tbsp. gelatine
1 tbsp.	$\frac{1}{4}$ c. cold water
$\frac{1}{3}$ c.	$1\frac{1}{2}$ c. apple syrup
1 tsp.	3 tbsp. lemon juice

4. Make as Lemon Jelly; when partly set, mould apple sections in the jelly.

LESSON 15

FROZEN DESSERTS

GENERAL RULES FOR FREEZING MIXTURES.

1. Scald freezer can and dasher, then cool.
2. See that freezer is properly adjusted.
3. Thoroughly chill the mixture before starting to freeze.
4. Never fill the can more than two-thirds full of the mixture to be frozen.
5. Cover the can with ice and salt.
6. Use only coarse salt for freezing ice-creams.
7. The ice should be fine and evenly crushed.
8. In freezing use eight measures of ice to one measure of salt.
9. Use two speeds in freezing. Turn very slowly until the mixture begins to turn hard, then increase the speed to whip the mixture.
10. Ice cream may be frozen until of the consistency to serve immediately. However, it is usually considered better to freeze to the consistency of thick cream and then pack and allow to ripen.
11. For ripening use eight measures of ice to one measure of salt.

ICE CREAM (Vanilla)

1 c. milk
1 egg
$\frac{1}{2}$ c. sugar
f.g. salt
2 c. cream
1 tbsp. vanilla

1. Cook first four ingredients as a Soft Custard.
2. Strain, cool and add cream and vanilla.
3. Freeze according to directions.

CHOCOLATE ICE CREAM

1. Use Vanilla Ice Cream recipe and add 1 square melted chocolate.
2. Pour hot mixture into chocolate, stirring mixture.
3. Cool and freeze.

COMBINATION SHERBET

4 c. water
 2 c. sugar
 2 egg whites
 Juice 2 oranges
 Juice 2 lemons
 Pulp 2 bananas

1. Make a syrup by boiling water and sugar 5 minutes.
2. Add lemon juice, cool and strain.
3. When partly frozen fold in the fruit and stiffly beaten egg whites.

LEMON ICE

$\frac{1}{3}$ c. 3 tbsp. 2 pieces 1 tbsp.	4 c. water 2 c. sugar Thin shavings of $\frac{1}{4}$ lemon $\frac{3}{4}$ c. lemon juice
----------------------------------------------------	--------------------------------------------------------------------------------------------------

1. Make a syrup by boiling water, sugar and lemon rind 10 minutes.
2. Cool, add lemon juice, strain and freeze.

VANILLA ICE CREAM (Mechanical Refrigerator)

$\frac{2}{3}$ c. condensed milk
 $\frac{1}{2}$ c. milk
 1 c. whipping cream
 $1\frac{1}{2}$ tsp. vanilla
 f.g. salt

1. Mix condensed milk and milk.
2. Add vanilla and salt.
3. Fold in cream beaten until thick.
4. Freeze according to directions given with mechanical refrigerator.

FROZEN CUSTARD

2 c. milk	1 tsp. vanilla
2 eggs	f.g. salt
1/2 c. sugar or	1 c. cream (either thin or thick)
1 c. corn syrup	

1. Make a custard of the milk, egg yolks, sugar and salt by cooking over hot water, stirring constantly until the mixture coats a spoon.
2. Cool; fold in well beaten egg whites.
3. Add vanilla and cream; freeze.
4. If frozen in a mechanical refrigerator, freeze custard to a mush then add beaten egg whites or whipped cream or both.

STRAWBERRY MOUSSE

1 c. mashed strawberries	1/2 tbsp. gelatine
1 c. sugar	1/4 c. water
2 tbsp. lemon juice	2 c. heavy cream

1. Mash the strawberries and put through a coarse sieve.
2. Soak gelatine 5 mins. in cold water; dissolve by placing over boiling water.
3. Add the gelatine, lemon juice and sugar to the strawberries.
4. Chill; when beginning to set, fold into the cream which has been whipped stiff.
5. Pour into refrigerator trays and freeze without stirring.

Note.—Other fruits may be used in place of strawberries.

HOT CHOCOLATE SAUCE

1 square unsweetened chocolate
1 c. sugar
2 tbsp. corn syrup
1 tbsp. butter
1/3 c. boiling water
1/2 tsp. vanilla
Few grains salt

1. Melt chocolate.
2. Add butter and pour water on gradually.
3. Bring to boiling point.
4. Add sugar and corn syrup.
5. Boil 5 minutes, cool slightly.
6. Add vanilla and salt.

CANDY

PEANUT BRITTLE

1/3 c.		2 c. sugar
6 or 8		3 c. unshelled peanuts
f.g.		1/4 tsp. salt

1. Shell peanuts, remove brown skin; roll fine or leave whole.
2. Melt sugar in frying pan; stir constantly and do not allow to caramelize.
3. When melted, add peanuts, mix thoroughly; pour into an unbuttered, shallow pan; whole peanuts may be placed on pan and syrup poured over.
4. Cool and mark in squares.

BUTTER TAFFY

1/3 c.		2 c. brown sugar
2 tsp.		1/4 c. molasses
1 tsp.		2 tbsp. vinegar
1 tsp.		2 tbsp. hot water
f.g.		3/4 tsp. salt
2 tsp. <i>1 TBS</i>		1/4 c. butter
1/2 tsp.		2 tsp. vanilla

1. Put sugar into saucepan and add molasses, vinegar, water and salt.
2. Stir over low heat until sugar is dissolved.
3. Boil without stirring until mixture will become brittle when tried in cold water. *1-2 min cover saucepan to avoid*
4. When nearly done, add butter, and just before pouring into buttered pan, add vanilla.
5. Cool and mark in squares.

FUDGE

1/2 tsp.		1 tbsp. butter
1/3 c.		2 c. sugar
2 tbsp.		3/4 c. milk
1 tbsp.		6 tbsp. cocoa or 2 sq. chocolate
1/6 tsp.		1 tsp. vanilla
1/3 tsp.		2 tsp. corn syrup

1. Melt butter in saucepan; add sugar, milk, corn syrup and cocoa and stir over low heat until sugar is dissolved.
2. Boil without stirring until mixture forms a soft ball in cold water.
3. Remove from fire; let stand until cool and add flavouring.
4. Beat with wooden spoon until thick and creamy.
5. Pour 3/4 inch thick in buttered pan and mark in squares.
6. If desired, add 1 c. broken walnut meats or 12 marshmallows cut in pieces.

NOTES

CANDY

PEANUT BUTTER

1. Melt butter in saucepan; add sugar, milk, corn syrup and coconut and stir over low heat until sugar is dissolved.
2. Boil without stirring until mixture forms a soft ball in cold water.
3. Remove from fire; let stand until cool and not lumpy.
4. Beat with wooden spoon until thick and creamy.
5. Pour $\frac{1}{2}$ inch thick in buttered pan and mark in squares.
6. If desired, add 1 c. broken walnut meats or 12 marshmallows cut in pieces.

BUTTER TAFFY

1. Melt butter in saucepan; add sugar, milk, corn syrup and vanilla.
2. Boil without stirring until mixture will become brittle when tied in cold water.
3. When nearly done, add butter and vanilla.
4. Cool and mark in squares.

FUDGE

1. Melt butter in saucepan; add sugar, milk, corn syrup and cocoa and stir over low heat until sugar is dissolved.
2. Boil without stirring until mixture forms a soft ball in cold water.
3. Remove from fire; let stand until cool and not lumpy.
4. Beat with wooden spoon until thick and creamy.
5. Pour $\frac{1}{2}$ inch thick in buttered pan and mark in squares.
6. If desired, add 1 c. broken walnut meats or 12 marshmallows cut in pieces.

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