

# FOOD FOR THE SICK

EDITED BY MRS. RUBY WILKINS.

In serving food to the sick there are several rules to observe. Serve the food on a dainty tray with a fresh tray cloth, pretty dishes, well polished silver and glass wear. A single rose or flower adds to the attractiveness. Serve hot dishes, **hot** and this means having the dishes hot. Dainty china can be heated by filling with hot water. Cold dishes should be served **cold** and always serve small portions, never overcrowd the tray. It is better to serve a second helping. As far as possible never tell the patient beforehand what he is to have for his meals. Often there is nothing they can think of that they really want to eat but when it is brought to them, daintily served, in small portions they will often eat quite a meal.

When the doctor has prescribed a liquid diet, this means food in a liquid form. Many times home made ice cream is allowed on such a diet but it is best to ask the doctor. The food should be varied so that the patient will not tire of one article. Liquid diet should be served once every 3 hours when the patient is awake, and a cupful or a glassful each time is about the proper amount.

## Suggested Food for Liquid Diet

Milk, hot or cold.

Soups, broths, chocolate, gruels, egg nogs, fruit juices. Fruit juices have little food value and should be given between feedings as refreshment.

## EGG NOG

Beat one egg with  $1\frac{1}{2}$  teaspoonfuls sugar and dash of salt, add cold milk to make a tall glassful. Put in quart jar and shake well. For flavor, a dash of cinnamon, a teaspoonful of vanilla or lemon extract. Must be served very cold.

## OYSTER STEW

1 quart oysters	
1 cup oyster liquor	1 tablespoonful rolled crackers
$\frac{1}{2}$ cup water	1 teaspoonful salt
1 tablespoonful butter	1-8 teaspoonful pepper
1 cup milk	

Drain and clean oysters scald, and strain the liquor, add water, seasoning, crackers, and 1 cup milk, let come to boil, add oysters and cook until the edges curl, no more. Serve in heated soup plates.

## SCRAPED BEEF SANDWICHES

Use thin slices of 2 day old bread, scrape with the dull edge of a knife enough beef from a piece of round steak to spread a medium thick layer on bread. Place in a broiling oven or in a hot oven until the meat is seared well; remove to hot plate, season with salt, pepper and dots of butter and serve. Very nourishing and delicious.

## PRUNE WHIP

1 lb. prunes  
1 cup sugar

whites of 4 eggs  
 $\frac{1}{4}$  teaspoonful ground cinnamon

Drain water from cooked prunes, remove stones and put through collander; beat eggs very stiff, add sugar gradually, then prune pulp and cinnamon. Bake slowly for 20 minutes in slow oven. Cool, and serve with whipped cream sweetened and flavored with vanilla. This can be baked in individual rammekins.

## LIGHT DIET

Light diet consists of cereals, plain puddings, custards, jello, thick soups, oysters, poached or boiled eggs, toast, baked apples, fruit, and crackers; soda, graham or oatmeal.

## BOUILLON

3 lbs. beef, lower part of round  
1 lb. marrow bones  
3 lb. knuckle of veal  
3 quarts water  
tops from one stalk celery  
1 tablespoonful salt  
6 peppercorns

3 cloves  
2 bay leaves  
 $\frac{1}{4}$  cup pearl tapioca  
carrot  
turnip  
onion  
 $\frac{1}{4}$  cup each cut in dice

Wipe meat with damp cloth, cut in small pieces, put in kettle with cold water, when skum arises skim it off. Put in all ingredients and cook slowly for 6 to 8 hours. Strain, cool quickly, remove fat. Keep in cool place. There should be full 3 quarts of bouillon when done. Add water if necessary while cooking.

To change the flavor of the bouillon in place of the 3 quarts of water use  $1\frac{1}{2}$  quarts of tomatoes and cook as above.

## SOUTHERN CHICKEN SOUP

1 3-lb. fowl  
2 quarts cold water  
3 tablespoonsful cooked rice

2 teaspoonfuls salt  
1-8 teaspoonful pepper  
1 teaspoonful minced parsley

Cut all the meat from the fowl reserving the breast whole. Cut the rest into bits, break the bones, put all into kettle with the cold water, cook four hours. Remove the breast when done. Remove fat from

soup, strain, add cooked rice and breast cut in dice and the parsley, serve piping hot.

### MARSHMALLOW CUSTARD

2 eggs	1/2 teaspoonful vanilla
2 tablespoonfuls sugar	dash of salt
2 cupfuls rich milk	6 marshmallows

Beat eggs slightly, add sugar, milk and flavor. Combine thoroughly. Put a marshmallow in the bottom of each of six custard cups and pour mixture over them. Place cups in dish of hot water and bake until custard is firm, about 45 minutes. Cool and serve in the cups.

### MAPLE CHARLOTTE

2 cupfuls rich milk	2 tablespoonfuls cold milk
2 eggs	1-8 teaspoonful salt
2 tablespoonfuls granulated gelatine (Knox, plain.)	1 cupful maple syrup
	1/2 teaspoonful almond extract

Scald the milk in double boiler, pour slowly over the egg yolks well beaten; return to double boiler and cook 5 minutes. Add gelatine which has soaked for a few minutes in cold water and the salt. Remove from the fire and add syrup. Let cool and when beginning to set, beat till light and then add flavor and the well beaten whites of the eggs. Turn into individual molds to stiffen. Serve with or without whipped cream.

### TAPIOCA CREAM

Soak 2 tablespoonfuls tapioca over night in just enough water to cover. In the morning boil one quart milk with the tapioca in a double boiler; add 2-3 cup sugar and a little salt, when the milk has boiled 10 minutes add the well beaten yolks of 3 eggs, remove from fire, stir rapidly for five minutes, flavor with 1 tablespoonful vanilla, pour into a pudding dish; beat the whites of 3 eggs to stiff froth, add 4 tablespoonfuls sugar, flavor and pile on top of pudding, bake for few minutes to delicate brown. Serve cold.

### CUP CUSTARD

1 quart milk  
2-3 cup sugar, a grating of nutmeg or any flavor desired  
1/2 teaspoonful salt  
4 eggs.

Beat eggs and sugar together, add milk and salt and flavor, put into individual cups, set in pan of hot water and bake in oven until a silver knife when inserted in custard comes out clean.

## CORNSTARCH PUDDING

- |                             |                       |
|-----------------------------|-----------------------|
| 2 cups milk                 | 1/2 cup sugar         |
| 3 tablespoonfuls cornstarch | 1 teaspoonful vanilla |
| 1 square chocolate melted   |                       |

Melt chocolate in double boiler, add milk (reserving 1/2 cup to mix with cornstarch) and sugar. Stir cold milk and cornstarch until smooth, add to hot mixture in double boiler, stir constantly; cook ten minutes. Cool, then add vanilla, pour into mold rinsed in cold water and set aside to cool. Serve with flavored whipped cream, cream and sugar, or custard sauce. This may be poured into individual molds also if desired.

Ruby Wilkins

## PLAIN OMELET

- |                        |                       |
|------------------------|-----------------------|
| 6 eggs                 | 3 teaspoonfuls butter |
| 3/4 teaspoonful salt   | Pepper                |
| 6 tablespoonfuls water |                       |

Beat egg only enough to mix it, add water, salt, pepper and mix well. Put butter in heavy frying pan, melt, pour mixture evenly into pan, cook rather slowly until set, fold over in half cook till firm, turn out on hot platter, garnish with parsley. A little currant jelly served with omelet is good. This recipe will serve 6 small or 5 large portions.

Ruby Wilkins

Full portion or family size recipes are given in the above recipes for "Food For The Sick." They can of course be cut down but preparing the full recipe requires very little more time or energy and the busy housewife is not obliged to prepare something different for the family.

Ruby Wilkins

## ADDITIONAL RECIPES

## FROZEN DAINITIES

EDITED BY MRS. DORA SNOKE

### MILK SHERBERT

Juice of 3 lemons, juice of 3 oranges, 3 cups sugar beaten into 3 ripe bananas. Strain and let stand for sugar to dissolve. Add 3 cups whole milk, mix well and freeze. This recipe makes 1½ quarts.

Mrs. Ruby Wilkins

### ICE CREAM FOR THREE QUART FREEZER

3 eggs, 1½ cups sugar, 1-3 cup flour, ½ teaspoonful salt. Sift dry things and stir into the beaten eggs. Add 1 pint water and cook in double boiler, stirring constantly until thick and smooth. Cool, before freezing add 2 quarts of rich milk, ½ pint cream and 3 tablespoonfuls vanilla. Mashed bananas, peaches or strawberries may be added. The above makes a smooth rich ice cream.

Mrs. Ruby Wilkins

### ICE CREAM

Make thin custard of 2 eggs, 1 cup sugar, ½ scant cup of flour, 2½ cups milk. When cold add ½ cup sugar, flavoring and 1 quart thin cream or as much as needed. Fresh fruit may be added if desired.

Mrs. Richard A. Turnham

### CLOTHESLINE MOUSSE'

½ pint whipping cream, ½ cup cherries, 6 teaspoons sugar, ½ cup chopped nuts. Put the cherries and sugar into a saucepan and bring to a boil. Let cool. Whip the cream, add the cherries and chopped nuts. Put in a covered pail and hang on the clothesline to freeze. Coffee, maple syrup and other canned fruits may be used in place of the cherries.

Mrs. Sadie Mather

### CARAMEL ICE CREAM

Cook 1 quart of cream, 1 cup of milk, ½ cup of sugar, 1 cup of caramelized sugar and one tablespoon of flour together. When cool flavor with 1 teaspoon of vanilla and freeze. The caramel is made by cooking one cup of sugar in a pan until melted and a dark brown color, stirring constantly to prevent burning. This makes about 2 quarts. 2 eggs may be added.

Mrs. Ruby Ellis

### SIX THREES

Juice of 3 lemons and 3 oranges, 3 bananas, mashed with fork or put through collander. Boil 3 cups of sugar and 3 pints of water to

a syrup. When cool add fruit and freeze. After partly frozen add whites of 3 eggs beaten stiff and finish freezing.

Mrs. A. B. Wesner

### CARAMEL ICE CREAM

1 quart milk, 1 cup of white sugar, 4 egg yolks, 2 tablespoons flour and a pinch of salt, cook into a smooth custard. 2 cups brown sugar browned in a spider to make a syrup. This means to stir the sugar in the spider till it all melts, stirring all the time. Stir the syrup into the custard. When cool add whites of 4 eggs and 1 pint whipped cream. Freeze quick. Makes a very rich ice cream.

Mrs. Amy Ross

### PINEAPPLE ICE CREAM

1 quart milk, 3 cups sugar in double boiler. When at boiling heat add  $\frac{1}{2}$  cup cornstarch wet in milk and cook. Beat 3 to 6 eggs well and pour custard over them. Let cool and add 3 quarts cream—more if cream isn't rich, 1 pint can shredded pineapple and freeze. Makes 6 quarts.

Mrs. Myrtle McCulley

### LEMON SHERBERT

6 cups milk, 2 cups cream, 3 cups sugar, 2 tablespoons gelatin, 2 tablespoons cold water, 2 eggs, 4 lemons. Scald the milk with  $2\frac{1}{2}$  cups of the sugar, add the egg yolks well beaten and the gelatin dissolved in the cold water. Cool and add the cream and the grated rinds of the lemon and let stand for  $\frac{1}{2}$  hour. Strain the mixture into the freezer. When partly frozen add the juice of the lemons and the whites of the eggs beaten stiff with the other  $\frac{1}{2}$  cup of sugar. Freeze and pack.

Mrs. L. M. Adams

## ADDITIONAL RECIPES



# MEATS

EDITED BY MRS. LEONA WHITE

## VEAL BIRDS

Take a round of veal steak  $\frac{1}{2}$  inch thick, pound well and cut into pieces size of the hand. Fill with stuffing, pin together with toothpicks and saute in butter. When nicely brown add water and cook until tender. Serve with buttered peas.

Stuffing: 2 cups grated bread crumbs, 1 small onion, 6 sage leaves, 1 tablespoon butter, 1 teaspoon salt, 1 teaspoon pepper, 1 egg. Add enough milk to make a moist mixture.

Mrs. Richard A. Turnham

## HAM GOULASCH EN CASSEROLE

2 cups boiled rice, 1 cup tomatoes, 2 onions. Leftovers of cold boiled ham put thru food chopper, drippings. Bake from  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour.

Mrs. Palmer Boyd

## MEAT AND VEGETABLE RELISH

2 onions, 2 stalks celery, 2 carrots, 1 pound hamburger. Cut vegetables fine and fry with meat until partly cooked. Add 1 package macaroni (cooked), 1 can tomato soup, Chili powder, salt and pepper to taste.

Mrs. Sam Warren Livingston, Montana

## BAKED PORK CHOPS

6 pork chops,  $\frac{1}{2}$  onion cut fine,  $1\frac{1}{2}$  cup bread crumbs, 1 beaten egg, 2 tablespoons fat or grease, 1-6 teaspoon pepper,  $\frac{3}{4}$  teaspoon salt,  $\frac{1}{2}$  cup hot water. Mix all ingredients and cover chops which have been placed closely together. Add little water to cover bottom of pan and bake in moderate oven 1 hour, basting occasionally.

Mrs. George Babbe, Butte, Montana.

## SPANISH STEAK

Take a two inch thick steak and beat it and grind it with a thick saucer until fibre is almost broken. Then beat in a cup of flour (more or less). When it is almost ragged, salt and pepper and place in a frying pan that is already hot and well greased with good dripping. Brown steak well on both sides, then cut up three onions and sprinkle on meat also a minced red pepper. Then cover the steak completely with water. Lightly cover with lid and set to simmer slowly for about 2 hours.

Mrs. Nellie Townsend

### CHOP SUEY

1½ pounds round steak ground, 1 cup cold boiled rice, 1 cup cold boiled spaghetti, 4 small onions chopped, 1 small bunch celery cut fine. Butter—a good lot, juice of 1 can tomatoes. Salt and pepper to season. Bake 1½ hours.

Mrs. C. W. Dixon

### CHILI CON CARNE

1 pound round steak diced, chop two onions fine, brown steak and onions. Add 1 pint water, 1 can kidney beans, 2 cups of tomatoes, 1 tablespoon of Chili powder dissolved in 1 cup boiling water, ½ cup rice and salt to taste. Cook slowly till meat is done.

Mrs. Madge Klotter

### BEEF LOAF

2 pounds round steak ground, 1½ cups cracker crumbs, 2 tablespoons butter, 1 cup milk, 2 eggs, 2 teaspoons salt, ¼ teaspoon pepper. Mix well and bake an hour. Baste same as roast.

Mrs. A. L. Sandgren

### HAM LOAF

2 pounds of fresh lean pork, 1 pound of raw ham, 1 cup bread crumbs, 1½ cups milk, 2 eggs, 1 large green pepper—chopped. Grind meat rather coarsely, add salt sparingly if the ham is salty. Mix in the usual manner. Place in buttered bread pan and bake in hot water for one hour or more.

Mrs. A. L. Herman

### MEAT LOAF

1 pound of ground beef, 1 pound of ground pork, 1 cup bread crumbs, 1 cup strained tomatoes, salt, pepper and onions to taste. Mix all together and mold in a loaf. Take 2 hard boiled eggs, roll in flour and press in the ends of the loaf. Bake 1 hour. Take out the loaf, add tomato stock for gravy if desired. Use flour for thickening.

Mrs. Gertrude England

### ENGLISH YORKSHIRE PUDDING

Mix 4 tablespoons flour, 1 teaspoon salt, with ¼ cup cold water till smooth, add 2 small eggs and ¾ cup milk and beat hard for 2 minutes. Pour into dripping pan (6 by 10 inches size is good). The pan should be hot and have a cup or more of hot fat from the beef roast in the bottom of pan. Bake in moderate oven about 45 minutes or till done, cut in squares and serve with roast beef.

Mrs. Ruby Wilkins

### DUMPLINGS FOR STEWS

2 cups sifted flour, 3 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 cup milk. Mix and sift dry ingredients, add milk, and drop by spoonful into the boiling stew, cover tight and cook for 10 minutes.

Mrs. Ruby Wilkins

### STEWED BEEF

Roll beef in flour, let fry good, then add warm water and cook slowly. Have salt and pepper in flour—add more salt if needed.

Mrs. Allie Bartlett

### BEEF STEAK

Put steak on meat board and pound or chop. Dip in sweet milk, then in cracker crumbs. Fry at once in hot butter. Season with salt and pepper.

Mrs. George Turnham

### BAKED HASH

Put left overs of meat through grinder (medium), add  $\frac{1}{2}$  green pepper (if large),  $\frac{1}{2}$  can tomatoes, 1 small onion, bread or cracker crumbs, cold gravy, seasoning. Bake about 30 minutes.

Mrs. Sidney Holgren

### POT ROAST OF BEEF

Select good solid piece of beef weighing 6 pounds. Wipe with damp cloth, season with pepper and salt and rub with flour. Put 2-3 cup lard or clear fryings with 1-3 cup butter in kettle and heat, fry 2 sliced onions in hot fat till brown and remove, put in roast, sear well on all sides until a rich brown in color. Add 1 pint boiling water and cook slowly for 4 or 5 hours till the meat is well done. An hour before serving drop in potatoes and carrots cut in quarters and cook till done. Remove to a hot platter, add water to gravy, thicken and serve. If the meat is tough 2 teaspoons of vinegar added will make it more tender. Water should be added from time to time as needed but no more than a pint should be in the kettle at a time.

Mrs. Ruby Wilkins

### MEAT CROQUETTES

2 cups cold meat, ground, salt and pepper, yolk of 1 egg, 1 tablespoon melted butter, 2 medium sized onions,  $\frac{1}{2}$  cup canned tomatoes, run through a sieve, 2 tablespoons bread crumbs, add ingredients to meat. Shape roll in bread crumbs, egg and roll again in crumbs. Fry in deep fat.

Mrs. Florence Redpath Ahlquist

## ADDITIONAL RECIPES

# PUDDINGS

EDITED BY MRS. ALICE BARRETT

## COCOANUT PUDDING

Beat 2 eggs very light, stir in 1 small cup fresh milk,  $\frac{1}{4}$  pound fresh cocoanut, grated, 3 tablespoons grated bread, 3 tablespoons powdered sugar, 2 tablespoons melted butter, 1 cup raisins and the grated peel of 1 lemon. Beat all until well mixed. Pour into buttered pudding dish and bake slowly 1 hour. Then scatter powdered sugar over it and serve with or without fruit.

Mrs. Homer Rhine

## APPLE PUDDING

Take some apples. Pare and slice in a pudding dish. Then take:  $\frac{1}{2}$  cup milk, butter the size of an egg,  $\frac{1}{2}$  cup sugar, 1 cup flour, 1 level teaspoonful baking powder. Mix well and spread on top of apples. Bake in a moderate oven about  $\frac{1}{2}$  hour or until apples are done. Will serve 5 persons.

Mrs. Homer Rhine

## BREAD PUDDING

2 cups bread crumbs, 1 quart scalded milk,  $\frac{1}{4}$  cup sugar, 3 tablespoons butter, 2 eggs,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon vanilla, 1 cup raisins. Soak bread in milk. Cool and add sugar, butter, beaten egg yolks, salt, vanilla, raisins. Bake 40 minutes in slow oven. Cover with meringue—2 egg whites, 2 tablespoons sugar. Brown and serve with maple sauce.

Mrs. Frances Turnham

## CHRISTMAS PLUM PUDDING

1 pound currants, 1 pound seeded raisins, 2 pounds seedless raisins,  $\frac{1}{2}$  pound candied peels, 4 ounces almonds, 1 pound suet, 1 pound flour,  $\frac{1}{2}$  pound bread crumbs (dry), 2 teaspoons baking powder, 2 teaspoons nutmeg,  $\frac{1}{4}$  teaspoon each of ginger, cinnamon and cloves, 8 eggs,  $\frac{1}{2}$  pint milk. Chop candied peels and suet fine (use extra flour for chopping) chop almonds. Mix all dry ingredients well together, add beaten eggs and milk. Mix well and put in well greased basins, tie cloth on loosely and steam for 7 hours or longer. This makes about 9 pounds pudding. Serve with hard sauce.

Kate Wyman

## APPLE MONKEY

Take a deep baking dish and butter the bottom and sides. Pare and core 6 good size apples and cut up real fine. Prepare as for a scalloped dish the following ingredients: 4 cups apples cut in eighths,

$\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon nutmeg, 1-3 cup water,  $\frac{1}{2}$  lemon, juice and rind, 3 cups soft bread crumbs, 2 tablespoons butter. Bake 45 minutes. Chill and serve with cream.

Mrs. Viola Butterfield

#### DUTCH APPLE PUDDING

Make a stiff batter of 2 cups of flour sifted with 2 teaspoons baking powder,  $\frac{1}{4}$  cup butter, 1 egg, 1 scant cup of milk, 2 tablespoons sugar and a little salt. Pour in a shallow buttered dish. Cut apples in small pieces and press into top of batter. Sprinkle over with sugar and cinnamon and bake about 30 minutes. Serve with cream and sugar.

Miss S. Isabel Ford

#### BLACK PUDDING

1 cup sugar,  $\frac{1}{4}$  cup butter,  $\frac{1}{2}$  cup sour milk, 1 egg, 1 teaspoon soda, 1 heaping cup flour,  $1\frac{1}{2}$  squares chocolate melted in  $\frac{1}{2}$  cup boiling water added last. Bake in slow oven. Serve with following sauce. 1 cup sugar, 1 large tablespoon flour mixed together. Pour over this boiling water to make about  $2\frac{1}{2}$  cups or of the right consistency. Add small piece of butter and juice of  $\frac{1}{2}$  lemon or large tablespoon vinegar. Cook few minutes.

Contributed

#### GRAHAM CRACKER PUDDING

1 cup sugar,  $\frac{1}{2}$  cup butter creamed together, 2 eggs (beaten),  $\frac{3}{4}$  cup milk, 22 graham crackers (rolled),  $1\frac{1}{2}$  teaspoons baking powder, 1 teaspoon vanilla,  $\frac{1}{2}$  cup English walnuts (chopped), 1 cup flour. Bake in two layer cake tins and serve with whipped cream. This should be made the same day it is to be eaten as it dries out quickly.

Mrs. Thelma Howe

#### DELICATE PUDDING

1 cup sugar, 1 cup water, let come to boil. Then add 3 teaspoons (level) cornstarch wet in cold water and cook 10 minutes. Add the whites of 3 eggs beaten stiff. Cook 1 minute. Then add the juice and grated rind of 1 lemon. Put into dishes, serve cold, with the following dressing:  $1\frac{1}{4}$  cups milk, 2 level tablespoons sugar, and the yolks of 3 eggs. Cook until it thickens.

Mrs. Morey Dunn

#### DATE DELIGHT

$\frac{1}{2}$  cup sugar, 2 tablespoons flour, small teaspoon soda, pinch salt, 1 egg (beaten)  $\frac{1}{2}$  cup dates (chopped),  $\frac{1}{2}$  cup walnuts cut

fine. Pour into greased pan and place in another pan of hot water and bake until brown. Stir and let brown again. Serve with whipped cream.

Mrs. C. W. Dixon

#### BAKED CORNMEAL PUDDING

$\frac{1}{4}$  cup cornmeal cooked in 1 cup milk, add 2 well beaten eggs, 2 cups milk,  $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  cup raisins, salt to taste, 3 table-spoons sorghum molasses and vanilla. Stir occasionally while baking to assist in wheying. Bake until firm as custard. Sprinkle with cin-namon.

Mrs. Annie Turnham

#### RICE PUDDING

1 cup rice,  $1\frac{1}{2}$  quarts milk, 1 teaspoon salt, 1 cup sugar, 1 cup seeded raisins, grated orange rind (or flavor preferred). Wash rice with several waters. Put into pudding dish with other ingredients and bake in a slow oven until thick, stirring several times. Add raisins about 20 minutes before the pudding is taken from the oven.

Mrs. S. P. Thompson

#### BESSIE'S PUDDING

1 egg,  $\frac{1}{2}$  cup sugar, 1 tablespoon melted lard,  $\frac{1}{4}$  teaspoon salt, nutmeg and allspice, 1 tablespoon cinnamon,  $1\frac{1}{2}$  cups sour milk, 1 level teaspoon soda, flour to make stiff batter. Steam about 2 hours in a pudding pan. Serve with the following sauce. 1 cup sugar, 1 tablespoon butter, brown together in a pan. Add 2 cups sweet milk. Cook until smooth, then thicken with 1 teaspoon cornstarch dissolved in a little milk or water. Flavor with maplelene.

Mrs. S. P. Thompson

#### POOR MAN'S PUDDING

$\frac{1}{2}$  cup chopped suet,  $\frac{1}{2}$  cup seeded raisins,  $\frac{1}{2}$  cup currants,  $1\frac{1}{2}$  cups bread crumbs, 1 cup flour, 2 teaspoons baking powder,  $\frac{1}{2}$  cup brown sugar, 2 cups milk. Steam 2 hours in greased mold. Serve with any sauce desired.

Mrs. S. P. Thompson

#### ORANGE PUDDING

2 eggs, 1 quart milk,  $\frac{1}{2}$  cup sugar, 2 tablespoons cornstarch. Heat milk and add beaten eggs, sugar and cornstarch. When thick add 2 oranges cut in small pieces. Marshmallows may be added also. Serve with whipped cream.

Mrs. S. P. Thompson



### SUET PUDDING

1 cup molasses, 1 cup sweet milk, 1 cup suet chopped fine, or  $\frac{1}{2}$  cup melted butter, 1 cup raisins,  $\frac{1}{2}$  cup currants,  $2\frac{1}{2}$  cups flour, 1 teaspoon soda, salt and spices. Steam  $1\frac{1}{2}$  hours. **Sauce:** 1 teaspoon cornstarch, 1 teaspoon butter, well mixed. Pour 1 cup boiling water on it, juice of  $\frac{1}{2}$  lemon or tablespoon vinegar. Sweeten to taste. Cook until clear.

Mrs. Mona Lind

### STEAMED PUDDING

$\frac{1}{2}$  cup sugar, 1 cup molasses, 1 egg, 1 cup sour milk, 1 cup suet, 1 cup raisins, 3 cups flour,  $\frac{1}{2}$  teaspoon soda and salt, 1 teaspoon nutmeg and cinnamon. Steam for 3 hours and serve with dip.

Mrs. F. J. Butterfield

### ORANGE CUSTARD

1 pint milk, scalded, yolks of 2 eggs, sugar to taste, 1 tablespoon cornstarch. Mix eggs, sugar and cornstarch and pour the hot milk on slowly. Cook over water stirring constantly till it thickens. Cool. Slice oranges and arrange in a serving dish with layers of sugar. Pour the custard over.

Miss Vinnie Stafford

### RAISIN CUSTARD

$\frac{1}{2}$  cup seedless raisins, 1 cup sugar, 2 cups milk,  $\frac{3}{4}$  teaspoon salt, 3 eggs, 4 tablespoons cornstarch, 1 teaspoon vanilla. Put milk in top of double boiler. Mix cornstarch with a little cold milk. Add salt and cook thoroughly and until mixture thickens sufficiently to hold raisins. Then stir in the well beaten eggs and add raisins, flavoring and sugar. Turn into buttered pudding dish and bake in moderate oven fifteen or twenty minutes. Delicious served with flavored whipped cream or lemon pudding sauce.

Mrs. Winona Kelley

### APPLE SNOW

Choose good cooking apples and cut up in quarters. Cook them in just as little water as you possibly can. Then beat well. If they should happen to be a little lumpy but them through a sieve. When cold beat up whites of three eggs good with a little sugar and mix in.

Mrs. A. L. Sandgren

### FIG PUDDING

2 cups bread crumbs,  $\frac{1}{2}$  pound figs, 3 ounces suet. Put crumbs, figs, and suet through meat grinder. Add 2 eggs (beaten),  $\frac{1}{2}$  cup milk, 1 cup sugar. Steam  $2\frac{1}{2}$  hours. **Sauce:** 2 cups water, juice and rind of 1 lemon, 1 cup sugar, 4 tablespoons (level) butter, 1 tablespoon cornstarch. Cook until it thickens.

Mrs. C. W. Dixon



### CHOCOLATE ICEBOX PUDDING

1½ dozen lady fingers, 2 cakes German sweet chocolate, 3 tablespoons sugar, 3 tablespoons water, 4 eggs, 1 teaspoon vanilla. First line baking dish with waxed paper, line bottom with one half of lady fingers. Melt chocolate in double boiler, add sugar, water and beaten yolks of eggs and cook until smooth stirring constantly. When cold add stiffly beaten whites. Pour half of this over lady fingers. Add another layer or remainder of lady fingers. Pour over the balance of filling. Cover and place in icebox for 12 hours or more. When ready to serve turn out on plate and slice. Serve with whipped cream.

Mrs. C. W. Dixon

### JERUSALEM PUDDING

1 cup cold boiled rice, 1 small can or 1 cup of grated pineapple, 2 cups of sugar, juice of 4 oranges (1 cup), 1 envelope of Knox Sparkling Gelatine, soaked in ½ cup cold water 5 minutes and then dissolved in 2 cups boiling water. Add the rice, pineapple, sugar and orange juice. When congealed beat in 1 pint of whipped cream.

Mrs. Alice M. Ford

### PINEAPPLE PUDDING

1 cup canned pineapple with juice, 1 cup of water, juice of ½ lemon, 1 small cup sugar. Boil together and thicken with 2 tablespoons cornstarch. While warm stir in the whites of 2 eggs beaten stiff. Serve with whipped cream and chopped nuts.

Miss Marguerite Mather

### SAGO AND APPLE PUDDING

Pare 6 apples and punch out the cores, fill holes with cinnamon and sugar, using 2 teaspoons cinnamon to 1 cup of sugar, take 1 tablespoon sago to each apple, wash it thoroughly and let soak an hour in water enough to cover apples. pour water and sago over the apples and bake one and one half hours. Serve with cream and sugar.

Mrs. Martha J. Reed

### DATE PUDDING

1 cup brown sugar, 2 cups water, let boil then add 2 tablespoons (rounded) cornstarch with 3 tablespoons milk. Cook until it thickens. Stone dates and cut in pieces, put in sauce dishes and pour the above over them while hot. Let cool and serve with whipped cream and nuts sprinkled on top. This will serve 8 or 9 people, using 1 package of dates.

Miss Mabel Mather

## ADDITIONAL RECIPES

e-  
st  
of  
d  
v.  
y  
er  
or  
h

e,  
ox  
en  
ar  
m.

1/2  
le-  
en

on  
ta-  
an  
ver  
nd

l

ons  
ck-  
our  
oed  
us-

r

# PICKLES AND RELISHES

EDITED BY MRS. HAZEL THOMPSON

## SWEET APPLE PICKLES

7 pounds Transcendant Crabs, 5 pounds sugar, 1 cup vinegar. Take blossom from apple and place clove in. Dissolve sugar in one cup vinegar. Mix thoroughly. Drop apples in and let simmer 3 or 4 hours on back of stove.

Mrs. Myrtle McCulley

## INDIA CHUTNEY SAUCE

2 dozen ripe tomatoes or 2 cans, 6 medium onions, 3 red peppers, 3 green peppers, 1 dozen tart apples, 1 pound raisins, 1 cup diced celery, 2 quarts vinegar, salt. Chop vegetables fine and cook mixture until thick and clear. 1 can pimentos may be substituted for red peppers. It is not always necessary to use quite as much vinegar.

Joe Mason

## MUSTARD PICKLES

3 quarts cucumbers, 1 quart onions, 3 quarts green tomatoes (small), 3 quarts cauliflower. Cut and let stand over night in salt water. Next morning scald for 15 minutes. Cook slightly in the following paste: 3 quarts vinegar, 2 pounds brown sugar, 5 tablespoons mustard, 2 tablespoons tumeric, 3 tablespoons flour.

Mrs. R. B. Roberts

## CELERY PICKLES

Soak celery and cucumbers in ice water for three hours. Drain and pack in jars. To one quart of vinegar add  $\frac{1}{2}$  cup of sugar and  $\frac{1}{2}$  cup salt. Bring to a boil and pour over pickles and seal.

Mrs. R. B. Roberts

## SLICED PICKLES

Take medium sized cucumbers and onions. Slice, soak in salt water from 3 to 4 hours. Drain well. Mix 3 cups water, 1 cup vinegar, 2 tablespoons salt. Fill pickles in jars. Pour over liquid. Add dill and seal jars.

Miss Violet Redpath

## SWEET CUCUMBER PICKLES

Wash cucumbers of uniform size, salt and let stand over night. Drain and put in Mason jars. To each quart of pickles put in 1 cup sugar, 1 teaspoon mixed spices, also 1 teaspoon of ground mustard. Cover with cold vinegar and seal. Very good.

Mrs. Willard Stubbs

### CUCUMBER PICKLES WITH CELERY

Wash cucumbers dill size, soak in ice water 5 hours. Dry, cut in quarters lengthwise. Pack in jars, putting 3 slices of onion in bottom of each quart jar and 5 stocks of celery in each jar. Pour over the following liquid which has been just brought to a boil and slightly cooled: 1 quart vinegar, 1-3 cup salt, 1 cup sugar. White vinegar is best to use. 1 gallon of vinegar covers 8 quarts of pickles.

Mrs. Ruby Ellis

### SPICED CUCUMBER PICKLES

Put 1 gallon of vinegar, 1 cup each of mustard, salt and sugar and 1 tablespoon of black pepper in a jar and mix well. Wash the cucumbers, wipe dry and place in the vinegar. Enough for 2 gallons of cucumbers.

Mrs. Nellie Stubbs

### DILL PICKLES

(For Open Jar)

Pack a layer of cucumbers then a little dill and alternate until jar is full. 1 gallon vinegar, 1½ cups salt, 1 quart water. Mix and let come to a boil. When cool pour over the cucumbers. This liquid will cover 3 gallons.

Mrs. Amy Ross

### DILL PICKLES

Wash desired amount of cucumbers. This recipe calls for 9 quart cans. I use 2 quart cans as they are easier to work with when packing the cucumbers. Pour over the packed cucumbers this mixture that has been heated to the boiling point. 1 quart vinegar, 3 quarts water, and 1 cup salt.

Mrs. Viola Butterfield

### DILL PICKLES

1 cup salt, 13 cups water, 1 cup vinegar, dill. Boil and pour over dill and cucumbers placed in jars. Seal while hot. Cucumbers may be cut to fit jars.

Mrs. Bertha Olson

### SLICED SWEET CUCUMBER PICKLES

Slice small cucumbers and soak 2 hours in salty water. Place in a kettle the following: 2 cups vinegar, 1 cup sugar, 1 teaspoon turmeric, 1 teaspoon celery seed, 1 teaspoon mustard seed. Drain cucumbers, put in the syrup and boil about 3 minutes. Place in cans and seal.

Mrs. Esther Gray

### GREEN TOMATO PICKLES

1 peck green tomatoes. Slice and let stand in salt water 24 hours. Drain. Put in kettle with 12 onions, 4 tablespoons whole mixed spices, 5 cent stick cinnamon, 3 pounds brown sugar. Cover with vinegar. Boil until tender. 1 red pepper may be added.

Mrs. Mona Lind

### GREEN TOMATO PICKLES

19 tomatoes (green), 7 onions, 7 apples, 7 cups sugar, 7 cups vinegar, spices and pepper. Cook 4 hours.

Mrs. Amy Ross

### GREEN TOMATO PICKLES

Slice green tomatoes rejecting the end slices. Put a layer of tomatoes in a crock and sprinkle plentifully with salt, alternate till jar is full, then water enough to cover. Let stand for 2 or 3 days, drain off the brine. Cover the tomatoes again with water for a day. Boil in fresh water till soft. Put into a jar sprinkling each layer plentifully with cinnamon bark and whole cloves. Cover with sugar and vinegar in proportion to 3 pounds of sugar to 1 pint vinegar when boiling hot.

Mrs. Dama Carr

### CANNED BEET SWEET PICKLES

Cook, peel and slice young beets. Place in a kettle 1 cup sugar, 1 cup vinegar, 2 cups water. Heat syrup, add beets, let come to a boil, place in jars and seal.

Mrs. Rachel M. Talbert

### RHUBARB RELISH

1 quart rhubarb (cut),  $\frac{1}{2}$  quart onions (sliced), 1 cup vinegar, 1 cup sugar, 1 teaspoon cloves, 1 teaspoon cinnamon, pepper to suit taste. Cook down until it thickens. (This is fine served with roast beef.)

Mrs. Ruby Ellis

### PEACH PICKLES

8 pounds peaches, 1 pint vinegar, 4 pounds sugar. Stick 2 or 3 cloves in each peach. Add a few sticks of cinnamon. Cook till tender. Take them out on platter to cool. When cool put in jars. Pour the cold syrup over. Let them stand 24 hours then seal up. This is a good rule for all kinds of fruit pickles, if wanted rich, if not, use less sugar.

Mrs. Richard A. Turnham

### SWEET PICKLED PEARS

10 pears, 2 cups brown sugar, 1 cup vinegar, cinnamon bark, a few cloves. Use hard rather green pears. Make a syrup. Cut pears in fourths lengthwise. Pare carefully. Cook in syrup and can in sterilized jars.

Mrs. Richard A. Turnham

### OLIVE OIL PICKLES

Slice small cucumbers in thin slices. Sprinkle with salt and let stand over night. Then drain and pack in jars; heat vinegar (with sugar to taste) and let cool. Use 1 tablespoon olive oil, 1 teaspoon white mustard seed, 1 teaspoon celery seed to each quart. Put oil and spices in jar and pour vinegar in last.

Mrs. Willard Stubbs

### CELERY PICKLES

Wash and pack pickles in jar, using 2 or 3 slices of onion and several stalks of celery to each quart. Dissolve 1 cup sugar,  $\frac{1}{2}$  cup salt in one quart of vinegar. Pour over pickles and seal.

Miss Ethel C. Johnston

### OLIVE OIL PICKLES

$\frac{1}{2}$  peck small cucumbers, 2 quarts onions. Slice cucumbers and let stand in cup of salt for 3 hours. Slice onions and let stand in water 3 hours. Drain and mix with:  $\frac{1}{2}$  ounce celery seed,  $\frac{1}{4}$  ounce ground pepper,  $1\frac{1}{2}$  ounce white mustard seed, 1 cup olive oil. Cover with vinegar.

Mrs. Martha Johnston

### PEPPER PICKLES

12 green peppers, 12 red peppers, 12 onions, 1 quart vinegar, 3 cups sugar. Remove seeds from peppers, peel onions. Put peppers and onions through food chopper. When all are chopped pour boiling water over and let stand 10 minutes. Drain this water off and add more boiling water and let stand 10 minutes. Drain again and add the 1 quart vinegar and 3 cups sugar. Cook all for 20 minutes. This does not need to be sealed.

Mrs. Sadie Mather

### HOME MADE MUSTARD

Beat 1 egg light,  $\frac{1}{2}$  cup dry mustard,  $\frac{1}{2}$  cup vinegar, 2 tablespoons sugar, pinch of salt. Mix mustard, sugar and salt with the vinegar. Pour over egg and cook until it thickens. Add a small piece of butter. This will keep a long while.

Mrs. Amy Ross

### CATSUP

To 1 gallon strained tomatoes add 1 pint vinegar, 1 cup sugar, 3 onions, 1 tablespoon grated horseradish, 2 tablespoons salt, 1 teaspoon red pepper, 1 teaspoon cloves, 1 teaspoon allspice. Boil away one half and bottle.

Mrs. Amy Ross

### CORN RELISH

10 cups sweet corn, 10 cups cabbage, 6 or 8 red peppers, 4 tablespoons mustard seed, 3 tablespoons celery seed, 2 cups sugar, 2 cups vinegar or more. Cook about 2 hours and seal hot.

Mrs. Amy Ross

### CHILI SAUCE

18 tomatoes (ripe), 4 big onions, 4 apples, 2 red peppers, 2 cups sugar, 3 cups vinegar, 2 tablespoons salt, 2 teaspoons ginger. 1 teaspoon cloves, 1 teaspoon cinnamon.

Mrs. Amy Ross

### PICCALILLI RELISH

Take 1 peck green tomatoes, 6 peppers, 2 onions, 1 small head cabbage, and 6 cucumbers. Chop fine and add  $\frac{1}{2}$  cup salt and let stand over night. In the morning drain and cover with vinegar. Add 2 pounds sugar, 3 tablespoons mustard seed, 2 tablespoons tumeric powder and 1 tablespoon celery seed. Cook slowly 1 hour and seal while hot.

Mrs. Sybil Coleman

### CRAB APPLE PICKLES

5 pounds of sugar, 1 pint vinegar,  $\frac{1}{2}$  pint water,  $\frac{1}{2}$  tablespoon whole cloves, 1 tablespoon stick cinnamon,  $\frac{1}{2}$  cup whole white mustard seed. Bring all to boil then drop in apples and cook till you can prick with a silver fork.

Mrs. Madge Klotter

### RIPE TOMATO RELISH

1 peck of ripe tomatoes not cooked, 2 cups of celery, 6 onions, 2 tablespoons brown sugar, 3 tablespoons horseradish,  $1\frac{1}{2}$  quarts vinegar,  $\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup salt, 1 ounce white mustard seed. Chop tomatoes and drain well before mixing with other ingredients. Do not cook. Can cold.

Miss Fay Chapman



### CHILI SAUCE

36 tomatoes, 4 onions, 2 green peppers, 2 cups sugar scant, 2 cups vinegar, 2 teaspoons cinnamon, 2 teaspoons allspice, 2 teaspoons mustard, 2 tablespoons salt. Cook  $2\frac{1}{2}$  hours.

Mrs. Carrie Chapman

### SLICED PICKLES

12 cucumbers (sliced fine) 6 onions, 1 tablespoon salt, let these stand for 1 hour then drain and add: 1 quart vinegar, 1 cup sugar, 1 teaspoon celery, 1 teaspoon pepper, 1 teaspoon salt, 1 teaspoon tumeric powder, 1 teaspoon mustard seed. Boil all ingredients 10 minutes and seal hot.

Miss Harriet Drysdale

### RIPE TOMATO RELISH

30 ripe tomatoes, 2 red peppers, 3 green peppers, 10 onions, 20 tablespoons sugar, 4 tablespoons salt, 3 cups vinegar. Run through food chopper not too fine. Boil 3 hours.

Mrs. Zora Holland

### BEET RELISH

1 quart chopped cabbage, 1 quart cooked beets, 2 cups sugar, 1 tablespoon salt, 1 teaspoon black pepper,  $\frac{1}{4}$  teaspoon red pepper, 1 cup grated horseradish. Cover with cold vinegar and seal.

Mrs. Neal Dybdahl

### CORN RELISH

2 green peppers, 1 cabbage, 15 ears corn, 2 onions, 2 teaspoons celery seed, 2 teaspoons mustard seed, 3 cups sugar, 3 tablespoons salt, 1 quart or  $\frac{1}{2}$  gallon vinegar. Cook.

Mrs. Martha J. Reed

### SWEET TOMATO PICKLES

1 peck green tomatoes and 6 onions sliced. Add 1 cup salt, let stand over night. Drain and cover with 2 quarts water and 1 pint vinegar. Boil 15 minutes and drain. Add 2 pounds sugar, 1 pint vinegar, 2 tablespoons cinnamon, 2 tablespoons cloves, 2 tablespoons allspice, 2 tablespoons ginger, 2 tablespoons mustard, 1 teaspoon cayenne. Boil for 15 minutes and seal.

Mrs. Flora Maxwell



ADDITIONAL RECIPES