

START A GREAT COOK BOOK WITH THESE PAGES

THE SAN FRANCISCO CALL, SUNDAY, DECEMBER 29, 1912.

EXQUISITE CONFECTIONS

Mrs. F. G. Sanderson, 333 Highland Avenue, San Mateo

Marshmallows—Take two tablespoons gelatin and dissolve in a half cup cold water, two cups sugar boiled with a half cup water until it will thread. Pour the syrup on to the dissolved gelatin and beat until it is thick and spongy. Pour into a pan lightly greased with olive oil. When it has become rather firm, cut into squares and roll in powdered sugar. If pink marshmallows are wished, add some rose flavoring.

French Creams Fondant—Three cups granulated sugar and one cup water or a third as much water as sugar used. Pinch of cream of tartar. Put all into enameled saucepan and stir until sugar dissolves. Boil until a little dropped into cold water will form a soft ball in the fingers. Do not stir after it begins to boil, and boil slowly without jarring it. With a damp cloth put over the finger, wipe off the sugar that grains around the sides of the pan. When the fondant forms a soft ball in testing, remove saucepan from the stove carefully and set in a pan of cold water. Keep covered for the first few minutes so that it will not grain on top. When cool enough to dip the fingers in, stir with a plated fork until it becomes white and "breaks." Then knead with the hands until soft and smooth. If these directions are followed, you

will find your fondant perfectly smooth and creamy. If for any reason it is grainy, add a little more water and cook to a soft ball again, treating it exactly as you did before. To make the creams, portion out the fondant into as many parts as you wish kinds. Make a hollow in the center of each piece and pour into it whatever coloring or flavoring you wish. Fold the cream over and work coloring and flavoring in very thoroughly. Only a very little coloring or coloring is needed. Now roll between the hands until about an inch in diameter and then put on to paraffin or buttered paper. Cut into pieces about an inch long. The vanilla flavored fondant roll into marbles in the palm of the hand and press a half walnut on each side; or work cocoon into it, leaving the pieces ragged looking; or work chopped walnuts into it. Make some into marbles to be coated with chocolate. Melt confectioner's coating chocolate over hot water and thin with cocoa butter if necessary. Drop balls in after they have become hard and take out with two forks. Put on paraffin paper. The almond flavored fondant color light green, and press a blanched almond on top. The pink rose flavored fondant roll into shape and press small pieces of candied pineapple on top. This fondant may be used for all kinds of bonbons and candies.

Sweetbread Financiere for Ten Persons

Mrs. Rosa A. McDonald, 6397 School Street, North Oakland

Take 10 fine sweetbreads and let stand in cold water an hour, then remove from skin. Parboil for about 20 minutes, place on napkin and put a heavy weight on them to press and make solid. Take a fat piece of salt pork, cut in oblong pieces, and lard the sweetbread with this pork with a larding needle. Take a shallow saucepan and place in same one-half pound butter. Let butter melt, then place in the same, sweetbreads, one by one. Season with a small quantity of salt and black pepper, three sliced carrots and a bouquet of thyme and bay leaves. Cover saucepan with a sheet of brown paper, well oiled. Let the sweetbreads cook slowly, uncovering them occasionally and turning until they are a bright golden hue. Add a quart of good beef stock and let simmer down for an hour. The sweetbreads are then ready to serve with financier sauce, made as follows: One pint rich chicken broth, one ounce butter, one box sliced truffles, three dozen peeled olives, one box mushrooms, one box of crest of cock, the livers of three chickens, two dozen small balls minced veal, a half pint of Madeira. Season with salt and pepper and a touch of tabasco. Let the whole cook for 20 minutes. Add one-quarter of butter rubbed in flour. The financier should be thick. Serve sweetbreads on a round dish with toast fried in butter. Serve hot. The above is for 10 persons.

Recipe for My Favorite Soup

Mrs. Fred Whitney, 1420 O'Farrell Street, San Francisco

Cream of Celery With Oysters—Clean three heads of celery well, using roots and stalks. Cut into small pieces, with one onion, a small clove of garlic and a few sprigs of parsley. Cover with a quart of boiling water and boil slowly half an hour. Put one quart of milk to boil. Rub to a paste a heaping tablespoon of butter and two tablespoons of sifted flour. To this add a little at a time, half a cup of warm milk; stir. Turn this into the hot milk and stir until smooth. Take parsley from water, rub celery through colander and add to milk. Season with tabasco, white pepper and a little mace. Add two dozen nicely cleaned small California oysters and a teaspoon of very finely chopped chives. Then dust with powdered chopped parsley and serve with cheese wafers.

Quick Tomato Soup

Della M. Bond, Santa Cruz, Cal.

(For three portions.) Heat two cups canned or fresh tomatoes, add one cup boiling water. Salt and pepper. Take small piece of butter, one tablespoon instantaneos tapioca (well stirred in), small pinch soda and two cups sweet milk in order named. Allow to come to a boil and serve immediately. This will prove nourishing and appetizing.

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THE EVER TASTY CRANBERRY

Miss J. E. Gould, Modesto, Cal.

Cranberry Marmalade—Wash one quart cranberries, add one cup water, two cups sugar. Cook quickly, mash and strain.

Jellied Cranberries—Wash one quart cranberries, add one cup cold water, cover with an earthen plate as soon as they boil, add two and a half cups sugar, stir carefully, cook slowly till thick.

Sauce Cranberry—Put one quart of berries in a thick earthen dish, add two cups water, two and a half cups sugar. Cook slowly till berries are tender.

Cranberry Jelly—One quart cranberries, one-half cup cold water, put in porcelain or earthen dish, cover with plate. When soft, add one pound of granulated sugar, cook five minutes, strain, put in a mold, wet with cold water.

Cranberry Sherbet—Cook one quart each of cold water and berries till berries are soft. Strain through double cheese cloth on two and a half

cups sugar. Stir till it is dissolved; add one-quarter cup lemon or one-half cup orange juice and the unbeaten whites of two eggs when cold. Freeze. It is very decorative served in green apple cups or those of orange.

Mock Cherry Pie—One cup large cranberries, cut across or chop coarsely, if they have many seeds remove by washing; add one cup seedless or seeded raisins; mix one tablespoon cornstarch in as much molasses, one-half cup water, boil two minutes, add three-quarters cup sugar, the fruit, one-half teaspoon each of extract of almond and vanilla. Bake in two crusts.

For tart, make the same, except to add two or three yolks of eggs, allowing one tablespoon more of sugar. Bake in one crust with a lattice on top, or bake in an open crust, and make a meringue from the whites and two tablespoons sugar to each. Beat whites till stiff before adding the sugar.

Spanish Stew

Mrs. L. Buell, Ballard, Cal.

Soak six large red peppers one hour in boiling water, drain off and put in fresh water and work with hands until all meaty substance is removed from peppers. Now strain two cups tomatoes; have one large onion sliced fine, two pounds round steak cut in cubes, fry onion in small half cup lard 20 minutes (stir often). Put in meat, let sear all over and stir well. Add three heaping tablespoons flour. Stir until nicely browned and add strained pepper, tomatoes, one-half cup raisins, one cup olives. Salt to taste. Cook all together until meat is tender and add water if it gets too thick or dry. Serve with rice.

Tomato Soup—Two cans tomatoes or five pounds of fresh ones. Cook until tender and put through strainer. Mash all pulp through. Return to the stove and add salt and pepper and level teaspoon soda, one cup cream and two cups milk. Let come just to a boil. Before serving, add rolled crackers.

Tomato Bouillon With Oysters

Mrs. G. L. Palmer, 206 Walnut Street, Chico

Boil together one and a half quarts brown stock, one can tomatoes, half a bay leaf, six cloves, a teaspoon peppercorns, a dash of tabasco sauce. Cook 20 minutes, then strain cool and clear. Place in cups parboiled oysters and pour the above liquor over them. Beat the white of one egg lightly, just enough to separate it, and add to it the eggshell broken up. When the stock has cooled add this and set where it will come slowly to the boil, stirring constantly. The egg will attract tomatoes and other solid particles. Let it boil two minutes and then strain. It will be clear, but will have a red color from the tomatoes.

Ways to Cook and Keep Meat

Miss Marion Montz, R. F. D. 1, Box 39, Sebastopol

When meat is tough, add a little vinegar or a piece of lemon to the water in which it is boiled. This will result in shortening time of cooking and saving fuel.

To make steak tender, rub it over with a small quantity of baking soda the day before using. Wash off and cook.

Salt pork for frying can be very much improved by slicing for use, and freshening over night in milk or water (half and half) can be used.

Smoked meat can be kept by rubbing molasses over the fleshy part and then covering with black pepper. Hams may be kept in the same manner. Salt meat should be put over in cold water. Meat for boiling or stewing should be plunged into boiling salt water and boiled 10 minutes. Take it out, add fresh water and boil slowly.

Lemon Pie and the Crust

Mrs. Margaret S. Ellis, Petaluma

Pie Crust or Paft Paste—Take five ounces butter, eight ounces flour, yolk of one egg, with water enough to mix. Roll three times.

Choice Lemon Pie—Juice of one large or two small sized lemons, one cup sugar and five eggs; one cup sugar beaten with the lemon juice and yolks of five eggs, all beaten well together. Put into a double boiler and boil until it begins to thicken. Then have the whites of five eggs beaten very stiff and add them to the cooking juice, eggs and sugar. Take off the stove and put in previously baked pie crust. This will make one large or two smaller pies. Set in the hot oven for one minute. This makes a delicious and digestible lemon pie.

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TOMATO SOUP

Mrs. E. L. Harris, 1224 Fourth Avenue, Oakland

Six large tomatoes, two large onions, two large sweet peppers. Chop fine, salt and pepper to taste; add four tablespoons of vinegar; mix well. This is enough for four persons.

Recipes Requested

Will some one kindly give me a recipe for making bread pudding with whole milk?
MRS. P. G. B.

Fish and Cheese

Mrs. Charles Murdoch, Fruitvale

Salmon in Mold—One can salmon or equal amount of cold salmon, four eggs beaten light, four tablespoons melted butter, half cup fine cracker or bread crumbs. Season with salt, a little red pepper, juice of half lemon and a little grated peel. Drain the salmon. Pick free from bones. Rub in a bowl with a silver spoon and work in the butter. Beat the crumbs into the eggs, season and add to the salmon. Put into a buttered mold and boil one hour. May be served hot with sauce or cold cut in very thin slices.

Sauce for Salmon in Mold—One cup milk heated to boiling point; thickened with a tablespoonful cornstarch. One tablespoon butter or oil from salmon, one egg, one teaspoon tomato catsup, one pinch mace and a few grains of cayenne. Put in egg last and do not let curdle. When salmon is turned from the mold on to the platter pour sauce around.

Salmon in Mold Served as Salad—Cut in dice and place on lettuce leaves with any good salad dressing. Garnish with two cheese sticks put through a ring.

Cheese Sticks—Sift in a wooden chopping bowl one cup flour, quarter teaspoon salt, half teaspoon baking powder, a little cayenne. Add one-third cup butter. Chop all together with chopping knife and mix to a firm paste with a little ice water. Turn out on a floured board and roll in a rectangular piece. Sprinkle with rich cheese grated. Fold in three folds and roll again. Sprinkle with cheese and fold. Repeat until two-thirds cup cheese is used, then roll out quarter inch thick and cut in strips a quarter an inch wide and about four inches long. Cut some in rings. Bake until a delicate straw color. These keep for some time, but always crisp before serving.

"Her Very Best" Corn Fritters

M. A. B., 238 San Jose Avenue, San Francisco

Editor Cooking Department: In Sunday's Call of December 15 a request appeared for a recipe for corn fritters. Here is one of the very best:

Best Corn Fritters—To half a good sized teaspoon of corn grated from the ear before the milk is quite dried add one egg well beaten and enough flour to make a pretty stiff batter. Then add a pinch of salt, one teaspoon of baking powder and fry on well buttered griddle.

HOW TO SAVE LAUNDRY BILL

Mrs. George H. Cosgrove, 1100 Chestnut street, Alameda

The laundry bill can be reduced one half by washing the shirt waists, centerpieces, ties and faces at home. It takes patience and a little practice and in a short time any woman can be proud of her work, and best of all, her pieces will not be torn. They will last a great deal longer and cost very little to cleanse.

Never use a board in rubbing delicate linen or laces; always rub the spots soiled with a good laundry soap, rubbing between the hands. After the pieces are thoroughly soaped let them stand in cold water for about 20 minutes.

While the clothes are soaking the starch can be made. Dissolve one handful of starch in a small amount of cold water, working it with the hands until it is thoroughly smooth. Then put over the fire and pour immediately upon the starch two quarts of boiling water. Put in the cooking starch one tablespoon of salt and a piece of paraffin as large as a walnut, or stir in a piece of paraffin candle, allowing the starch to boil 10 minutes. This form of starch has never failed to prove satisfactory and will not stick to the iron. It also gives a nice gloss to the clothes.

After the clothes have soaked rub the pieces gently between the hands and pour off the dirty water, putting on clean cold water. Then place the clothes in a small tin tub or boiler, covering with cold water, and cut up pieces of good laundry soap. Never put in any pieces that are embroidered in silk, as boiling would ruin them. Allow the clothes to come to a hard boil. Then remove from the fire and rinse in several waters until clean. Then rinse in a blue water made by adding a small amount of liquid bluing and wring out the pieces well. Now put them in the starch, wringing with the hands and ironing before dry. If they become dry dampen well and roll up until ready to iron. Always have a newspaper to test the heat of the iron by rubbing the iron until perfectly clean. The iron should be hot, as a cold iron is very unsatisfactory and twice as difficult to always have a clean piece of cloth to lay over the linen or lace pieces so as to protect them from the direct heat, and if any scorching takes place the cloth soiled and not the delicate pieces.

Tomato Surprise for Six

Mrs. Lellan, 107 Ohio Street, Vallejo

"This is one of the prettiest and most tempting salads ever made," claims Mrs. Lellan. Try it and see.

Six ripe tomatoes, one-half pint shrimps, one small onion, lettuce, celery and mayonnaise dressing. Select six firm tomatoes, scoop out the interior, place on ice to keep firm. Take the interior of the tomatoes, add the shrimps, celery and onion (chopped very fine) with part of the mayonnaise dressing and a dash of paprika. Stir together thoroughly and put inside of shells previously prepared. Drop a spoon of mayonnaise dressing on top of each. Lay on lettuce leaves.

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GAME STEW

Mrs. G. B. Crooks, 3015 Hillegas Avenue, Berkeley

Lay four mallard ducks, cut in small pieces, in salt water for five hours. Take one bunch of celery, two carrots, one onion, small piece of garlic, five red peppers (chopped fine). Put ducks on to boil and at the same time add the vegetables and a half pound pickled pork. Cook for one hour, then add one can tomatoes, two cans French mushrooms and cook for 30 minutes more. Add a half teaspoon each of allspice, mace, nutmeg, thyme, savory, three bay leaves, one tablespoon olive oil

and stir and mix well together. Peel five potatoes, cut in small pieces, and add when stew is nearly done. Then add one quart ripe olives, five tablespoons Worcestershire sauce, a half bottle ketchup; last, thicken with a little flour. Let stew stand 30 minutes after cooking before serving to give spices a chance to blend. Be careful not to put in too much of any one spice. The same stew can be made of any wild game, using about the same amount of meat. Garnish with a layer of boiled eggs around edge of platter.

CONTRIBUTIONS FROM UP COUNTRY

Mrs. F. B. Thompson, Cloverdale

Stuffed Beef—Cut a large piece of round steak and lay on board. Sprinkle over it a cup of chopped suet and add a layer of plain, dry stuffing made of grated bread, seasoned with butter, salt, pepper and a bit of chopped onion. Roll ducks on to boil and at the same time add the vegetables and a half pound pickled pork. Cook for one hour, then add one can tomatoes, two cans French mushrooms and cook for 30 minutes more. Add a half teaspoon each of allspice, mace, nutmeg, thyme, savory, three bay leaves, one tablespoon olive oil

from side to side until well browned, then add hot water to nearly cover and stew slowly for three hours. When done, lift out the meat, thicken juice, pour over meat and serve.

Creamed Apples—Peel and core six apples, drop whole into a syrup of one and a half cups sugar to a cup of water flavored with lemon. Boil till done, then put on plate to cool. Whip one pint cream, add whites of two eggs (beaten), sweeten to taste and pour over the apples.

JUST CANDIES

Mrs. J. C. Hollins, Oakland

Cream Candy—Mix together the whites of two eggs, an equal quantity of cold water and enough confection sugar to make a stiff dough—about two pounds. Take seeds out of dates and fill with the cream. Blanch almonds and cover with the cream. Candied cherries, raisins, nuts and figs are nice prepared in the same way. If colorings are desired, the following are harmless: The juice of blood beet for red, cranberry juice for pink, carrot juice and a little of the yolk of an egg for yellow.

Put fresh spinach in alcohol and use a few drops for green. A little cochineal can be used for light or dark pink.

Old Fashioned Molasses Taffy—Boil together two cups New Orleans molasses, one cup brown sugar, a half cup water, two tablespoons vinegar. When it crisps in cold water add a tablespoon butter. Stir two minutes and take from the fire. Add a half teaspoon soda. When nearly cold, pull until a light golden color.

Dried Pea Soup

Mrs. Noyet, 759 Shrader Street, San Francisco

Wash two cups of split peas, soak over night in a quart of water and in the morning add one quart of water. Let it boil up and skim. Add a small piece of bacon, one spoon of sugar, one green pepper chopped fine, salt and cook slowly until a smooth mass. Add one pint of cream just before serving.

Preserved Ginger

Mrs. Charles Raffil, Richmond

Peel, wash and sprinkle with a little salt; let stand until juice is extracted or about two hours. Boil about five minutes. Have fruit jars and covers hot. Bottle and seal while still boiling. Will keep indefinitely.

SEE INSTRUCTIONS AT THE BOTTOM OF THE PRECEDING PAGE