Favorite Recipes of California Housewives

What's What in Vegetables

BY THE MASTER COOK OF PACIFIC GROVE

Vegetables are the cheapest of all food materials. To be economical in the purchase and use of them the housewife should select those in season, not preserved or canned. A can of peas, while palatable, contains little nourishment and is expensive.

Vegetables, like meats, are divided into four groups—those containing starch, those containing nitrogen; fatty vegetables, as nuts and olives, and succulent or "green" vegetables, containing only water and mineral matter. In the starchy group we have rice, potatoes, etc. In the nitrogenous group we have peas, beans, lentils and the cereals. In the succulent group we have the cabbage, turnip, spinach, cress, cucumber, asparagus, summer squash, celery, lettuce, tomatoes, green corn, peppers, green peas, string beans, radishes and "greens" of all kinds.

Vegetables as a rule should be cooked in uncovered vessels. They should always go over the fire in boiling water. Underground vegetables should be salted when partly or quite done. Green vegetables should have salt added to the water when they first go over the fire. Rice and macaroni should be boiled rapidly, as the motion of the water separates the particles, which prevents them from being "pasty" and heavy. Potatoes are always best and more economical when cooked in their jackets. In peeling, however, it is wise to take the peeling around the length of the potato. Even if they are to be mashed they can be quickly peeled and thrown back into the saucepan to dry. In this way many potatoes are saved in the course of a year. The most nutritious part of the potato lies near the skin.

Never soak vegetables in salted water. Many vegetables are more economical if divided. Take, for instance, a root of celery. As soon as it comes from the market peel the root and cut it off. Then cut off the green tops, wash them and put them with the root to be used for flavoring for soups and sauces. The outside pieces, rather green and woody, use for stewing, for celery sauce or for vegetable ragout, while the tender inside portion should be served raw or en salad. Cucumbers too large for slicing are just right for stewed cucumbers; stew with a cream sauce.

Sprinkle all green vegetables with clear, cold water as soon as they come from the market. Wash lettuce, celery and in fact all salad greens and put them at once in a cool place. Do not soak wilted or fresh vegetables in salt water, as the salt draws out juice and hardens the fiber. Boil large radishes in clear water until tender, drain and serve with cream sauce. Some vegetables are best when blended with others. A little corn, left over today, with a few beans, makes succotash for tomorrow. Stewed tomatoes are tempting added to okra. Corn, tomatoes and okra are nice with brown fricassee of chicken. Eggplant stuffed with nuts and tomatoes makes a good luncheon dish. Left over peas may be mixed with mayonnaise and served in scooped out beets, turnips or tomatoes. Save the center of the tomatoes for soup or sauce; the turnips and beets for vegetable hash, or put them in vinegar to be used as garnish for cold meats or potato salad. Summer squash will do double duty if boiled whole and served with a sauce. A. C. JOCHMUS.

Pacific Grove, Cal.

Another interesting and an unusual article on spring vegetables will appear on this page next Sunday; no California housekeeper should miss reading it. If our page meets with your approval tell your neighbor about it.

IN THE EDITOR'S MAIL

Editor Housekeeper Page—Will some of the contributors send in a good recipe for enchiladas, and oblige. A SUBSCRIBER.

Sutter Creek, Cal.

A very good recipe for enchiladas was published last Sunday.—(Ed.)

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Editor Housekeeper Page—Will one of your contributors please send in a good, simple recipe for almond paste? The information will be appreciated. Yours very truly, E. L. C.

Ross, Cal.

BUNS, BREAD, BISCUITS

Perfection Buns

One quart very light bread sponge, one pint sweet milk previously scalded, one teaspoon salt, half a cup sugar, half a cup sweet cream or a well beaten egg, two tablespoons butter or lard. Flour to mix stiff like bread. Let rise twice, working down each time until smooth. Make into balls, mash the top slightly and lay in greased pans. Let rise until twice their size. Bake in a quick oven. E. A. EDDY.

College City, Colusa county, Cal.

Maryland Biscuits

Three pounds flour, half a pound lard, one small pinch salt—too much salt will make the biscuits heavy. Beat with iron—never use wood. When worked out stick each biscuit on the top and bottom with a fork. Work up dough very stiff with water.

MRS. J. J. O'CONNELL.

934 I street, N. W., Washington, D. C.

Peppernuts

Four pounds brown sugar, one pound currants, one-fourth pound citron, one-half pound almonds, one quart buttermilk, one tablespoon each of ground cloves, allspice, soda and salt, two tablespoons coreander, one teaspoon each mace, pepper and grated hartshorn. Pour boiling water over almonds and remove skins. Chop citron, currants and nuts very fine and put them in the pan with the sugar and spices sprinkled on top. Stir hartshorn into one pint sifted flour, add buttermilk and enough flour to make as stiff as bread dough. Take a good handful of the dough and roll it long. Cut in small pieces and make round as a marble. Put these in tins one and a half inches apart and bake brown. This amount will make about half a bushel.

MRS. F. WOOD.

2811 Bush street, City.

Popovers

One cup flour, one cup milk, one-fourth teaspoon salt, two eggs. Put flour, milk, egg and salt into bowl. Stir a few times with egg beater. Beat hard about two minutes, until full of bubbles. Bake 30 to 45 minutes in moderate oven or till crisp and dry.

GERTRUDE CROWLEY.

318 East Poplar street, Stockton.

EGGS

Sun Flower Eggs

Boil five eggs 20 minutes. While eggs are boiling toast three pieces of bread and put one-half pint milk in double boiler. Rub until very smooth two tablespoons butter and one of cornstarch and cook in milk until smooth. Chop whites of eggs finely and stir in milk. Lay toast on platter and cut each piece in quarters. Pour over mixture and rub yolks through a grater and scatter over top. EDNA TAYLOR.

927 E. Twenty-third street, E. Oakland.

Egg Rissoles

Boil five eggs 15 minutes and cool in cold water. Then shell and chop thin, but not too finely. Put them into a basin; add four tablespoon fine breadcrumbs, one tablespoon grated cheese, four chopped mushrooms and one tablespoon finely chopped parsley. Mix well and season to taste with salt and pepper. Then add four tablespoons white sauce. Heat the mixture; add the yolks of two eggs and stir for just a few minutes. Spread on a plate and put in a cool place. When cold, divide and make into neat croquettes. Brush each over with beaten egg and toss in breadcrumbs. Reshape and insert a small piece of uncooked macaroni at one end of each croquette. Fry carefully in smoking hot fat until a golden brown. Drain and put on a dish garnished with fried parsley. Serve with a tureen of hot tomato sauce.

MRS. J. P. SAMUELSON.

Box 428, Taft, Cal.

Swiss Eggs

Place one tablespoon shortening in a baking dish and sprinkle grated cheese over top. Take as many eggs as are wanted and break in dish. Sprinkle grated cheese over, add half a cup sweet cream or rich milk and bake 15 minutes. Use California cheese.

ANNA WHALEN.

Saratoga, Cal.

MEAT

Baked Mince Roll

Use any scraps of cold meat, tongue, ham, etc. Pass through a mincing machine and add to it a third of fine bread crumbs. Season with good gravy, shopped parsley, pepper and salt. Beat an egg and add to the mixture. Make a nice, short crust, roll out and lay the meat on it; fold pastry over so as to form a roll. Bake 20 minutes. Serve with brown gravy.

MRS. MARIE WRIGHT.

1378 Pacific avenue, City.

Mock Sweetbreads

Take one pound cheap cut of raw veal and grind with the finest knife in the meat chopper. Then place in a wooden bowl and pound with a wooden potato masher until perfectly smooth. Add two ounces shredded beef suet, two ounces bread crumbs, a pinch mace, a dash red pepper and half a teaspoon salt. Beat two eggs; add a tablespoon sweet milk and stir into the meat. Add flour enough to make a thick paste. Form into shape of sweetbreads, dot with bits of butter and bake one hour. Melt one ounce butter, add one heaping teaspoon flour, stir until brown, pour in one cup boiling water and allow to thicken. Place the mock sweetbreads in a deep dish, pour over the gravy and serve. If prepared according to directions it will be impossible to tell these from real sweetbreads.

MRS. M. E. REDDING.

371 Eleventh street, City.

Toad in the Hole

Roll half pound sausage into six balls and place in a greased baking dish. Make a batter of two eggs, two heaping teaspoons flour and half pint sweet milk. Pour this over sausage, place in a moderately hot oven and bake one hour. Serve with pork gravy and boiled or baked potatoes. A nice little dinner for two.

MRS. M. A. CENCIRULO.

811 South San Joaquin st., Stockton.

Tongue With Mushrooms

Take one beef tongue and boil two hours. Remove from boiler, trim and skin. Then make a gravy in large saucepan. Take two tablespoons salt pork, cut in small dice, one large onion and one clove garlic chopped fine and fry brown in a little butter. Then add two cups of the tongue stock, one cup sherry wine, one can mushrooms, one tablespoon Worcestershire sauce, a good pinch of powdered bay leaf, thyme, salt and paprika, one clove and three green olives. Thicken with two tablespoons browned flour. Place tongue in gravy and let cook slowly 30 minutes. Serve on large platter, garnished with parsley. R. TIAFFAY.

2911 Bush street, city.

Hamburg Delight

Two beaten eggs, three heaping tablespoons hamburger steak, half a cup breadcrumbs, one onion cut fine, one heaping teaspoon dried mushrooms broken into tiny pieces, two tablespoons cold Spanish macaroni, teaspoon salt, a good sprinkle of black pepper. Make into cakes and fry brown in lard and butter mixed. Hamburger prepared in this way is not hard and dry. It was suggested to me by having four people arrive unexpectedly for luncheon. I had but five cents worth of hamburger steak in the house to cook. By this recipe I made it do for five people and they pronounced it the best ever.

MRS. SERENA MEDDAUGH.

18 Peck street, Watsonville.

Stuffed Veal With Green Peas

Remove bone from a loin of veal. Stuff the cavities thus made with a good forcemeat of chopped pork and bread crumbs, seasoned to suit taste and a few chopped mushrooms. Cover sides with greased sheets of thick paper. Put one cup soup stock or other gravy in drippingpan and baste well for an hour with butter and water. Afterward with gravy. Cook fully 15 minutes to the pound. Take off paper during last half hour, dredge with flour, baste with butter and brown nicely. Take up and keep hot while you skim fat from gravy. Stir into gravy half a cup chopped mushrooms and a little browned flour. Have ready some green peas, boiled and seasoned, and make a circle of them about the veal when served. MRS. FRED WOOD.

2811 Bush street, city.

Chicken Raviolas

One pint minced chicken, half green pepper, half medium sized onion and three cloves garlic, all chopped fine. Put three tablespoons butter in a skillet; add the pepper, onion and garlic and fry until it begins to turn yellow, but do not brown. Add one heaping teaspoon flour, one cup milk or meat broth. Boil up, then add the chicken, season to taste and allow to cook until thick. Put in a pan or dish until cool, then mold and place in paste. They may be poached or baked from seven to ten minutes. Serve with cream sauce with Parmesan cheese grated and sprinkled over, or with tomato sauce. MRS. F. WOOD.

2811 Bush street, City.

Three Delicious Desserts for Mrs. Newlywed

Melange for Two—Make a batter of one egg, one-quarter cup sugar, one tablespoon melted butter, half a cup sifted flour, two tablespoons milk, half a teaspoon vanilla and half a teaspoon baking powder. Slice apples or peaches; stand them up in batter and bake in hot oven until a delicate brown.

Biscote Apfel—Make a sponge cake batter of three eggs, one cup flour and one cup milk. Drop four tablespoons in deep, boiling lard, as doughnuts are cooked. When brown on both sides remove with strainer to brown paper to drain. Place in deep dish and just before serving make a sauce as follows: One cup wine, one cup water, half a cup sugar and the juice of one lemon. Pour sauce over biscote apfel and serve.

Kisses—Beat whites of four eggs until stiff; add half a cup sugar and a pinch of salt. Grease a paper and drop mixture from a tablespoon on it. Put in oven and when puffed up and a delicate brown shade remove.

1119 Scott street, city. MRS. M. VICKERS.

Canning and Preserving Fruits and Vegetables

Preserved Strawberries—For every pound of fruit weigh one pound refined sugar and put fruit with the sugar over the fire in a porcelain kettle. Bring to a boil and cook slowly about 20 minutes. Then take the berries out carefully with a perforated skimmer so as not to break them up, and fill jars nearly full. Boil the juice a few minutes longer, fill up the jars and seal them while hot. Keep in a cool, dry place.

Preserved Egg Plums—Use one pound sugar to each pound plums. Wash the plums and wipe dry. Put the sugar on the fire in a preserving kettle with as much water as will melt it and let simmer slowly. Then prick each plum with a needle and place a layer of them in the syrup. Let them cook until they lose their color a little and the skins begin to break. Then lift them out with a perforated skimmer and place, one by one, in a large dish to cool. Then put another layer in the syrup and let them cook and cool in the same manner until all are cooked. As they cool, carefully replace the broken skins so as not to spoil the appearance of the plums. When the last layer is finished return the first to the kettle and boil until transparent. Do the same with each layer and while the latest cooked are cooling place the first in glass jars. When all are cooked, pour hot syrup over when they are cold. The jelly should be the color and consistency of rich wine jelly.

To Preserve Fruit Without Sugar—Cherries, strawberries, sliced pineapple, plums, apricots, gooseberries, etc., may be preserved in the following manner and served the same as fresh fruit:

Get fruit that is not too ripe. Put it in wide mouthed bottles made for the purpose and fill them as full as possible, taking care not to crush the fruit. Then cork tight and seal corks. Put some hay or straw in a large saucepan, set the bottles in with hay or straw between them to prevent their touching. Then fill the pan with water to the necks of the bottles, set it over the fire until the water is nearly boiling. Now take it off, let stand until the bottles are cold and keep in a cool, dry place.

Grape Jelly—Mash the grapes to remove the skins. Put all into a preserving kettle and cook slowly a few minutes to extract the juice. Strain through a colander and then through a flannel jelly bag, keeping as hot as possible. If jelly is kept hot, before putting again on the stove it becomes much stiffer. A few quince seeds boiled with the fruit the first time also will tend to stiffen it. Measure the juice, allowing one pound loaf sugar to each pint juice and boil fast for at least 30 minutes. Sample a little and if it is done remove and put into glasses.

Canning Tomatoes—Canning tomatoes is quite a simple process. A large or small quantity may be canned at a time and it should be put into glass jars in preference to those of tin, which are apt to injure the flavor. Very ripe tomatoes are best for this purpose. First put them into a large pan and cover with boiling water. This loosens the skins, which are easily removed. The tomatoes should then be put into a preserving kettle, set over a moderate fire, without the addition of water or any seasoning, and brought to a boil. After boiling slowly 30 minutes put into the jars while hot and seal tightly. The jars should be filled to the brim to prevent air from getting in and set in a cold, dark closet. Should keep two or three years.

Canned Peas—Fill glass jars full of hulled peas, shaking the jars well to crowd as many in as possible. Pour in enough water to fill to overflowing. Then screw the cover tight as you can with your hands. Now place a cloth in the bottom of the washboiler to prevent breaking. On this cloth put a layer of jars in any position and over these alternate a layer of cloth and a layer of jars until the boiler is full. Cover the jars with cold water, place the boiler on the fire and boil three hours without ceasing. Steady boiling insures your success. After boiling three hours, lift from the fire and let stand until cool. Take the jars from the boiler and tighten. Let them remain until cold and tighten again. Wrap each jar in a brown paper to exclude the light, keep in a cool, dry cellar and be sure the rubber rings are not hardened by use. The rings should be renewed every two years.

String beans are cut for cooking and canned in the same manner. No seasoning of salt, pepper or sugar is needed.

MRS. G. S. AUBEL.

2400 Fillmore street, City.

Pear Conserve

Cut five pounds hard pears in one-half inch dice, add five pounds sugar to pears and let stand over night. Next day put on the stove, with the rinds of two lemons and two oranges (cut fine), the juice of three oranges and one pound raisins. Boil slowly two hours or until thick. Just before taking from the fire add one-half pound walnuts, cut in small pieces. EDNA TAYLOR.

927 East Twenty-third street, East Oakland.

Spiced Plums

Wipe five pounds plums with a piece of cheesecloth wrung out of cold water and prick each five or six times with a large needle. Put two and a half pounds brown sugar in a saucepan and pour over it one quart vinegar. Then add two ounces cloves, one ounce stick cinnamon (broken into pieces), one ounce allspice berries and one ounce mace, all tied in a piece of muslin. Let this mixture boil 10 minutes. Pour it over plums, cover and let stand over night. In the morning, drain plums from syrup, again boil syrup 10 minutes, pour over plums, cover and let stand over night. Drain and repeat this process a third time.

MISS H. JILGE.

528 Waller street, City.

Canned Beets for Summer

All housewives do not know that beets may be canned as well as pickled. Simply cook them as for the table in boiling, slightly salted water. Skin, put in airtight, sterilized jars, pour over them the scalding liquor in which they have been cooked and seal at once. You will find it an advantage to can beets for summer as well as winter use. First, because the early beets are sweeter and much more tender than the later ones, and secondly, because it saves much cooking during hot weather. Canning takes away none of the flavor of the freshly cooked vegetable. A. C. JOCHMUS.

Pacific Grove, Cal.

JELLIES, JAM, ETC.

Red Currant Jelly

Squeeze ripe fruit through a rather thin cloth and add one pound fine granulated sugar to one pint juice. Place in a large jar or jug, stand in a pan of boiling water and stir with a wooden spoon in one direction 20 minutes. Put into small pots and leave uncovered until set.

MRS. MARIE WRIGHT.

1298 Union street, City.

Rhubarb and Strawberry Jam

Take one pound rhubarb, one-half pound strawberries and one pound crushed lump sugar to each pound of fruit, using no water. Boil until it will set, stirring gently several times. An equal portion of fruit is richer if desired. MRS. MARIE WRIGHT.

1298 Union street, City.

Gooseberry and Raspberry Jam

Take one pound raspberries to three pounds gooseberries and an equal quantity fruit and sugar. Boil quickly together 30 minutes, stirring and skimming. MRS. MARIE WRIGHT.

7298 Union street, City.

Apricot Jam

Scald, peel and stone enough fruit to make 10 pounds clear. Arrange in layers and let stand over night with seven pounds sugar. Chop one pound blanched almonds and one dozen apricot pits. Cook the fruit and sugar two hours, add chopped almonds and pits and cook half an hour more. Put in jelly glasses and cover with a layer of paraffin. MISS G. A. KENNEDY.

1820 Harrison street, Oakland.

Three Good Shrubs

LEMON SHRUB

Pare a thin rind from fresh lemons; squeeze out and strain the juice; add to each pint of juice one pound loaf sugar. Take for each pint of the syrup three tablespoons brandy and soak the rind of the lemon in it. Let all stand one day, frequently stirring the lemon juice and sugar. Next day pour off the syrup and mix with the brandy and lemon rind. Bottle it, sealing the cork.

RASPBERRY SHRUB

Select about 12 quarts of the juiciest, plumpest blackcap raspberries. Put them in a large stone jar and pour over them enough pure cider vinegar to reach as far as the berries, but no more. If the vinegar is too acid a little less will suffice. Let the berries soak in the vinegar 36 hours. Lay a coarse muslin strainer in a colander, over a stone jar and dip the vinegar and raspberries into it, mashing the berries a little to extract all their juice. Measure the liquid and put it over the fire in a porcelain lined or aluminum kettle. When it boils add one pound loaf sugar for every pint and let the whole boil 10 minutes; then bottle and seal.

RASPBERRY SHRUB NO. 2

Put one quart vinegar to three quarts ripe raspberries and, after standing a day, strain it, adding to each pint one pound loaf sugar. Boil about 30 minutes. Skim clear and add one wineglass brandy to each pint of the shrub. Bottle and seal.

E. A. EDDY.

College City, Colusa Co.

RELISHES

Chilli Sauce

Twenty-four tomatoes, four green peppers, two red peppers, four tablespoons salt, six onions, five cups vinegar, half a tablespoon sugar, two tablespoons celery seed. Chop tomatoes, peppers and onions up fine, boil all two hours and put in jar while hot.

LOUISE DUSOLD.

2873 Union street, City.

Pickled Muskmelon

Peel off a slight skin from the melon and cut into slices about half in inch thick. Allow for two and a half pounds melon one and a half pounds sugar and one pint vinegar. Boil vinegar and sugar a moment and add to the melon, which has been placed in an earthen jar. Set the whole away four days in a cool place. Then add cloves and stick cinnamon in a little cheesecloth sack. Boil the whole one and a half hours on a gentle fire or until the melon looks clear. This is very good served with cold meats and will keep for years. MRS. F. WOOD.

2810 Bush street, City.

MONTHLY PRIZES FOR COOKING RECIPES

A first prize of $3, second prize of $2 and five prizes of $1 will be given each month for the best cooking recipes sent to this department and published on this page.

Contributors will please write on ONE SIDE of the paper only and sign name and address after each recipe.

Address The Housekeeper, The Call, San Francisco, Cal.

PIES and PASTRY

Pumpkin Pie

Pare and cut part of a pumpkin into small pieces. Put in a kettle with only enough water to keep from burning. Cover closely, put over the fire and steam very slowly one hour or until thoroughly tender. Press pulp through a sieve and while still hot stir in one tablespoon butter. To each cup of pumpkin and three-fourths cup hot milk, one well beaten egg, one-half cup sugar, one teaspoon each cinnamon, ginger and nutmeg. Mix well together. Use a deep pieplate lined with crust and fill with the pumpkin mixture. Bake in a moderate oven about one hour or until firm in the center.

MRS. FRED WOOD.

2811 Bush street, City.

CAKES

Suffrage Cake

Three ounces butter, half pound sugar, two and a half cups flour, two and a half teaspoons baking powder, one level teaspoon chopped orange peel, one whole egg and yolk of another, one and a third cups milk. Cream butter and sugar and add eggs. Stir these vigorously 10 minutes. Add milk and the flour and baking powder which have been sifted three times. Beat until smooth and at once divide into three layers. Bake in a rather quick oven 20 minutes. When cold, remove to a plate. Fill between the layers and cover top and sides with this mixture: Two cups confectioner's sugar, yolk of one egg, one heaping tablespoon butter (softened) and two teaspoons orange juice. Stir in a bowl until smooth, adding a few drops of hot water if too thick.

MRS. KATE PRICE.

56 Boston street, Newark, N. J.

THREE EXCELLENT VEGETABLE DISHES

Asparagus Steamed—We are indebted to Sir Henry Thomson for this recipe. He says: "A hint about boiling asparagus is worthy of mention, since the proper method is rarely followed by English cooks. Asparagus of the stouter sort always, when of the giant variety, should be cut of exactly equal lengths and boiled standing heads upward in a deep saucepan. Nearly two inches of the heads should be out of the water—the steam sufficing to cook them—as they form the tenderest part of the plant, while the hard, stalky part is rendered soft and succulent by the longer boiling which this plan permits. Slide the asparagus (they should be tender in about 30 or 40 minutes) out very tenderly on an inverted sieve with a cloth laid in it."

Turnip Cups—Boil and halve turnips. Scoop out the centers and fill with peas, carrots in dice, beans or beet root—anything, in short, that will form a pleasant contrast in point of color. These can be put round a dish of lamb or veal. The scooped out part can be used for a puree and the cups put round it. Before filling the cups, coat them with white sauce.

Turnips au Beurre—Young turnips are required, shaped according to taste. Sufficient butter is then to be melted in a stewpan. It should just cover them in a single layer and the cooking should be gentle or they are liable to break. Cook 30 to 40 minutes. A great improvement in flavor is effected by parboiling them in white stock. Serve as they are or sprinkle with chopped parsley or capers. They are nice with lamb or veal.

MRS. MARIE WRIGHT.

1298 Union street, City.

VEGETABLES

Asparagus and Eggs

Cut about 20 heads of asparagus into half inch pieces and boil 15 minutes. After draining, put into a saucepan with rich, drawn butter and heat to a boil, seasoning with salt and pepper. Pour this into a buttered baking dish, breaking carefully over the surface three or four eggs, sprinkle with salt and pepper and bake until the eggs are set. GRACE A. KENNEDY.

1830 Harrison street, Oakland.

Asparagus and Shrimp Salad

Take two cups cold boiled asparagus tips and place in a bowl with one cup shrimps. Season with salt and paprika, tossing lightly with a salad fork to mix. Rub the yolks of three hard boiled eggs through a sieve and beat in enough oil and vinegar to make it the consistency of thick cream. Season and pour this over the asparagus and shrimps and serve on crisp lettuce.

MISS G. A. KENNEDY.

1830 Harrison street, Oakland.

Two Asparagus Dishes

Asparagus in Ambush—Have enough small, light rolls ready—one for each person. Cut in two and scoop out all the crumbs and put in oven to crisp. Meanwhile heat one cup milk to boiling point and pour it into well beaten eggs, beating well to prevent curdling. Add one tablespoon butter, cut in bits and roll in flour, and the tips of two pounds of asparagus that has been boiled and cut fine. Stir the mixture, season to taste, fill the roll and put on the top. Serve hot.

Asparagus Omelet—Cut the tops from two pounds of boiled asparagus and lay them on a buttered pieplate. Season with pepper and salt and melted butter. Beat four eggs just enough to break the yolks and pour over the asparagus. Bake eight minutes in a good oven and serve with tender, broiled ham.

MRS. S. E. SHERMANTINE.

Park View Apartments, Oakland.

Stuffed Tomatoes (Original)

Take centers from six large tomatoes, chop a clove of garlic and one small onion very fine, cover these with boiling water and let stand a few minutes. Then strain, squeeze dry and fry them in one tablespoon olive oil. Add four button mushrooms, two truffles, two chicken livers (all minced fine), and a little lemon juice. Cook these, add yolk of two eggs and sufficient breadcrumbs and season to taste with salt and white pepper. Fill tomatoes and bake 30 minutes.

MRS. MARIE WRIGHT.

1298 Union street, City.

Celery Sandwiches

Mince one cup celery and one tablespoon apples, nuts or olives very fine, mixing thoroughly with two tablespoons mayonnaise dressing. Spread white bread with butter, then the above filling; place another piece of bread on top and cut in any shape desired.

HENRIETTA SIMONS.

1521 J street, Modesto.

Green Pea Fritters

Mash with a wooden spoon three cups green peas while hot, seasoning with pepper, salt and butter. Put by until morning; then make a batter of two beaten eggs and one cup milk, a quarter of a teaspoon soda, half a teaspoon cream of tartar and half a cup flour. Stir the pea mixture into this, beating very hard, and cook as you would ordinary griddle cakes.

GRACE A. KENNEDY.

1830 Harrison street, Oakland.

PUDDINGS

Lemon Rice Pudding

One quart milk, one cupful rice, three eggs, three heaping tablespoons sugar, the grated rind of two lemons, three-fourths teaspoon salt. Scald the milk in a double boiler and boil the rice in it until the kernels are very soft. Stir together the yolks of the eggs, the sugar, salt and grated lemon rind. Pour gradually on this the hot rice and milk, thinning if necessary with a little more milk to make it somewhat thicker than a boiled custard. Turn into a pudding dish and bake in a moderate oven 10 minutes. Beat the whites of the eggs stiff and gradually add to them eight tablespoons sugar and the juice of the two lemons. Cover the pudding with this meringue and bake until a delicate brown. The lemon juice sinks down into the rice custard and, without curdling, gives it an unusual and attractive flavor. Serve very cold.

A. C. JOCHMUS.

Pacific Grove, Cal.

John's Delight

Two cups bread crumbs, one cup chopped suet, one-half cup molasses, two eggs, one-fourth cup citron, one-half cup currants, one cup raisins, one cup sweet milk into which has been dissolved one-half teaspoon soda, one-half teaspoon ground cloves, one teaspoon cinnamon, a pinch of salt and mace. Boil 3 hours in a pudding mold. Serve with hard sauce.

Hard Sauce—One cup powdered sugar, scant half a cup butter. Work to a cream and add two tablespoons brandy. Put on ice for half an hour.

MRS. M. E. REDDING.

371 Eleventh st., City.

Rosalie Carrot Pudding

Two large raw grated carrots, three cups bread crumbs, six tablespoons flour, six heaping tablespoons chopped suet, half a cup raisins, one cup stoned and halved dates, quarter cup chopped citron peel, two tablespoons blanched and chopped almonds, one teaspoon powdered ginger, three well beaten eggs, half a teaspoon salt, half a cup molasses and one cup milk. Mix all these ingredients together, pour into a buttered mold, cover with a buttered paper and steam for 3 hours. Serve with hot milk or a sweet sauce.

MRS. AMANDA CHAVARRIA.

San Jose, Cal.

DESSERTS

Calla Lilies

Four eggs, one cup sugar, one tablespoon water, in which one-quarter teaspoon soda and juice of one lemon has been added. Beat thoroughly and add one cup flour, in which has been sifted half a teaspoon cream of tartar. Allow a generous tablespoon of dough for each lily and put in well greased pans 15 inches apart. When done roll quickly in the shape of a calla lily and wrap in a towel until cold. Fill with whipped cream, flavored and sweetened to taste. One large cup cream is sufficient to be whipped. Four lilies is all one can manage at a time, as they bake so quickly and must be shaped while hot. These are a novelty and are very nice.

MRS. O. D. HALL.

261 North First street, San Jose.

Angel Charlotte Russe

One tablespoon gelatin, one-quarter cup cold water, one-quarter cup boiling water, one cup sugar, one pint heavy cream, half dozen rolled stale macaroons, one dozen marshmallows (cut up), two tablespoons chopped candied cherries, one-quarter cup sherry, scant one-quarter cup chopped blanched almonds. Soak the gelatin in the cold water, add the boiling water at the last moment. Whip the cream, adding the sugar slowly, three almonds, cherries, macaroons, marshmallows, gelatin and wine in order given. Whip all together thoroughly and put in a mold to harden. It can be served within 30 minutes if desired.

MISS G. A. KENNEDY.

1830 Harrison street, Oakland.

Fig Loaf

Put one cup pulled figs, washed thoroughly, in a double boiler with one and a half cups cold water. Cook until tender and add half cup sugar and cook 10 minutes longer. Strain off the syrup and keep three-fourths cup hot. Put one tablespoon gelatin to soften in one tablespoon cold water, then dissolve in the hot syrup. Chop the figs fine, mix with one and a half cups fine breadcrumbs and add the hot syrup and gelatin. Stir well and pack into a well buttered mold. Set away to cool. Serve with whipped cream. Preserved figs may be used if preferred.

MRS. J. SWEENEY.

227 Valley street, City.

Preparing the Luscious Strawberry

STRAWBERRY COMPOTE

Slice one pint clean, fresh berries and sprinkle over them one cup powdered sugar; dissolve one tablespoon gelatin in a little warm water; crush fine one cup cake crumbs; mix the gelatin, berries and crumbs and turn into a mold; whip one cup cream until stiff; when the fruit gelatin is firm dip by the spoonful into a glass dish, alternating with spoonfuls of the cream until dish is full. Top with the cream and a few whole berries.

CAROLINES WITH STRAWBERRIES

A Delightful Dessert

Stir one cup flour into one cup water and half a cup butter, boiling all together. When the mixture leaves the sides of the pan turn into a mixing bowl and beat in three eggs, one at a time. Bake this mixture on a buttered sheet by the dessert spoonful about 15 minutes. When done split open and fill with sweetened whipped cream and crushed strawberries. Another cream filling may be used, made thus: Five even teaspoons flour, one cup milk, half a cup sugar and one egg. Cook until creamy; then add one cup crushed strawberries.

STRAWBERRY SANDWICHES

Bake the following sponge cake in one large or two small sheets. Cut the cake into pieces suitable for individual service and split each piece in half. Have ready some hulled berries mixed with sugar. If berries are large cut in half. Put berries between and above the pieces of cake. Serve with cream.

Sponge Cake—Beat three eggs without separating the whites and yolks; gradually beat in one and a half cups sugar, then the grated rind of a lemon and a half cup milk or water, lastly two cups sifted flour, sifted again, with half a teaspoon salt and two level teaspoons baking powder.

STRAWBERRY SALAD

Wash, hull and cut strawberries into halves; add as much sugar as you think it will stand; afterward, to each quart of berries, add one wineglass brandy and one tablespoon lemon juice. Chill by packing in ice and serve with whipped cream. C. M. W.

Burlingame.

Strawberry Recipes

Old Fashioned Strawberry Shortcake—Put four cups sifted flour into a mixing bowl, add half teaspoon of salt and mix well. Chop in three large tablespoons butter. Dissolve one level teaspoon soda in a little hot water and add with a well beaten egg to one large cup sour cream or rich sour milk and one tablespoon sugar. Mix well together with a spatula or flexible knife, but do not handle more than is necessary. Roll lightly and quickly into two thin sheets. Bake in well greased tin. Lay one sheet on the other, having first one well brushed with butter. When done separate them and cover the lower half with a thick layer of crushed and sugared strawberries. Place the second shortcake on top of berries, cover with whole berries, dust with powdered sugar and serve with thick cream. Sweet milk and baking powder can be used instead of sour milk and soda.

Strawberry Charlotte Russe Cake—Whip one pint cream until the print of the whip is discernible. Then add enough bar sugar to sweeten, whip in the whites of two eggs and flavor with strawberry. Spread this on layers of sponge or any nice cake and over the whole tumble a box of hulled strawberries. Pour over this the pint of whipped cream and serve from large platter.

Strawberry Foam—Mash one cup hulled berries and pass through a sieve. Beat one cup cream until stiff and the whites of two eggs until dry. Gradually beat into them half a cup powdered sugar and continue beating until very stiff. Then fold in the cream and strawberry juice; set on ice to chill and serve very cold in thin glasses. MRS. GEO. M. JEWETT.

524 Alabama street, Vallejo.

Strawberry Puffs

Make a cream puff batter and bake in usual manner. When the puffs are done and cool enough to handle spread the tops with confectioners' sugar mixed with orange juice until of a consistency to spread nicely, and sprinkle thickly with chopped nuts. With a sharp knife make an opening on the side of each puff, and when ready to serve them fill with chilled whipped cream, sweetened and flavored with vanilla or orange peel and mixed strawberries slightly crushed. Surround with hulled whole berries dusted with powdered sugar.

MISS NELLIE De MANN.

3306 Buchanan street, City.

Strawberry Macaroon Custard

Half fill custard cups or sherbet glasses with powdered macaroons and a few chopped blanched almonds. Add a layer of strawberries and fill the cups with a rich boiled custard while it is warm. When cold arrange a few strawberries around sides of the cups and put one tablespoon whipped cream in the center. MRS. R. GONZALES.

210 Capitol street, Vallejo.

Strawberry Frapina

Freeze together one pint strawberry juice, one pint water and one pint sugar. When nearly frozen remove the washer and add one pint cream, whipped to a stiff froth, folding it into the ice. Pack again and let stand two or three hours if possible. Serve in punch glasses topped with ripe red strawberries, pineapple or cherries.

With this frapina a lemon jelly cake is delicious, made as follows: Two cups sugar, one cup butter, one cup milk, three cups pastry flour, four eggs, one teaspoon cream of tartar, one-half teaspoon soda. Mix and bake in six thin layers.

Jelly for Cake—Grate the rind of two lemons and add the juice of same with one cup sugar, two eggs, half a cup water, one teaspoon butter and one tablespoon flour. Mix with a little water and boil in double boiler until it thickens. Place between the layers of the cake and sprinkle powdered sugar on top. MARIA SCHLENKER.

2640 Jackson street, City.

Strawberry Shortcake

One quart flour, one teaspoon salt, four teaspoons baking powder, sifted together four times. Rub in half a cup butter and lard and a quarter of a cup milk. Bake in two long biscuit tins, marking off in squares before baking, in a very quick oven until brown. Use a generous amount of berries for each layer, dust thick with powdered sugar and pile whipped cream on layers just before serving. If wanted very crisp like pastry double the amount of shortening and use water to mix. Butter will make it more crisp than lard.

MRS. S. E. SHERMANTINE.

Park View apartments, Oakland.

Strawberry Macaroon Custard

Half fill some custard cups or sherbet glasses with powdered macaroons and a few coarsely chopped blanched almonds. Add a layer of fine strawberries and fill the cups with a rich boiled custard while it is still warm. When it is cold arrange a few strawberries around the sides of the cups and put a spoon of whipped cream in the center.

MRS. F. G. CHRISTENSEN.

508 Second street, Santa Rosa.

Strawberry Triffle

Line a glass dish with alternate layers of macaroons and sugared strawberries, dipping both in a little white of egg to make them adhere. Make a custard of beaten yolks of three eggs, a third of a cup granulated sugar and one and a half cups milk. Stir and cook over hot water until thick, then put aside to cool. When cold enough pour into the lined dish. Whip the whites of the eggs very stiff and drop by spoonfuls into a basin of hot milk or water and put around on top of pudding, placing a strawberry with stem and hull left on in the center of each egg puff. MISS NELLIE De MANN.

3306 Buchanan street, City.

SALADS

Tomato Salad

Place a slice of breakfast cheese between two slices of fresh tomato, put on top a little chopped onion and green pepper and dress with mayonnaise.

MRS. I. A. LATTA.

445 North Third street, San Jose.

Cucumber and Onion Salad

If cucumbers are treated in this way no ill effects will be felt: Take three good sized cucumbers and peel and slice very thin. Put in a bowl and cover with a thin layer of salt. Cover and let stand two hours. Take a good sized onion and peel and slice in rounds; then cut each round in half and lay in vinegar two hours. When ready to make salad, squeeze out all the juice possible from cucumbers. Drain onions and mix with French dressing. Have a bowl ready with a bed of crisp lettuce leaves. Put in a layer of cucumbers, then one of onions, until all are used. Tomatoes can be used in place of onions. It is very important to salt and squeeze the juice from cucumbers.

MRS. S. E. SHERMANTINE.

Park View Apartments, Oakland.

Cheese, Pear and Nut Salad

Fill center of a dish with cream cheese passed through a ricer. Peel and core pears and fill centers with chopped nuts and celery. Serve with mayonnaise. A. C. JOCHMUS.

Pacific Grove, Cal.

The Calf's Favorite Salad

Split bananas in quarters lengthwise and lay on shredded lettuce. Sprinkle with chopped nut meats and serve with French dressing. This salad is wholesome and quickly made. Chilled bananas arranged in this way with chopped walnuts and served with whipped cream make a wholesome dessert to serve with a light dinner.

G. CROWLEY.

318 East Poplar street, Stockton.

Dandelion and Bacon Salad

Dandelion combined with bacon is a good idea for a salad. Take a quart of the white dandelion leaves and wash well, using several waters. Drain, patting dry between the folds of a towel. Arrange in a salad bowl and season with salt and pepper. Cut two ounces bacon into small dice, put into a frying pan over the fire and cook until a golden brown, five minutes or less will suffice for the cooking. Add two tablespoons vinegar, toss until hot, pour over the dandelion leaves and serve.

HENRIETTA SIMONS.

1521 J street, Modesto.

MISCELLANEOUS

Southern Waffles

One pint flour, one egg, one teaspoon baking powder, one-fourth teaspoon soda, buttermilk to make a little thinner than cake batter, one teaspoon lard. Mix the flour, lard, well beaten egg and salt. Just before frying add the baking powder and soda with enough milk to mix the powder. Grease waffle irons with lard. Serve piping hot.

MRS. JAMES J. JONES.

San Bruno.

Calves Liver Dumpling

One pound minced liver, one-half pound goose grease, yolks of eight eggs, four ounces soaked bread, salt, pepper, nutmeg, parsley, small fine onions and mushrooms, whites of four eggs beaten stiff. Bake in pan.

MRS. LIPMAN.

1733 Post street, City.

Turkish Delight

Stir together and bring to a boil one quart granulated sugar and one cup water. Add one box gelatin, dissolved in one cup cold water, and boil 10 minutes. Add juice of a lemon and orange and cook 10 minutes more. Put in nuts when nearly cold. Cut in squares and roll in pulverized sugar. A substitute for candy.

MRS. E. M. McCREA.

Box 417, Burlingame.

Appetizing Toast, Milanese Style

Select 10 cents worth of dry, black Italian olives; stone them and place in a little saucepan. Cover them with olive oil and cook slowly. Mash them with a fork while they are cooking until a paste is formed. Wash and clean 10 cents worth of anchovies. Slice milk bread thinly, toast it and spread with sweet butter. Then put a thin layer of olives on the bread and small pieces of anchovies on top of the olives. Decorate with sprigs of parsley and serve. Delicious cold or hot for luncheon. MRS. ANNIE CUNEO.

1821 Dupont street, City.

Lentil Cakes

Just wash one cup lentils in several waters and soak in water 12 hours, then boil until soft, but not to a pulp. Drain and add two teaspoons melted butter, one teaspoon sugar, a quarter of a teaspoon salt, yolk of two eggs and half a cup chopped nut meats. Make into round cakes, lay on buttered tins and bake in a hot oven 15 minutes. Sprinkle a few chopped nuts on top and serve hot.

MRS. ARMANDA CHAVARRIA.

San Jose, Cal.

EVERYDAY HELPS FOR CALL READERS

USEFUL HINTS

Purchase a curtain pole the length of your closet. Fasten this at the desired height in the middle of the closet by means of portiere brackets. In this way you will have the use of the sides of the closet, also the middle pole for coat and skirt hangers. You will find this a superior way to hanging your nice garments against the wall, as you can have a cover for each one.

Use Your Dry Lemons—If you have some dry, hard lemons do not throw away, but put them in a pan of hot water and set it where the same heat can be maintained without boiling. Let the lemons soak for two hours. When taken out and dried they will be as soft and juicy as ever they were.

Peeling Oranges—Pour boiling water on oranges and let stand five minutes and when you peel them the bitter and indigestible white lining will come off with the skin.

When stamps stick together put on a table and press with a fairly hot iron for a moment and they will separate easily.

When canning peaches place a dozen at a time in a pan, pour over boiling hot lye water and let stand two or three minutes. Then pour off water and skins will peel easily.

E. A. EDDY.

College City, Cal.

SEW BUTTONS ON DISHCLOTH

A flat brass button sewed on the corner of a dishcloth will be a great help in washing dishes. It can be used as a scratcher and will not injure the finest china.

MISS NELLIE DE MANN.

3306 Buchanan street, City.

PURE HOME MADE BAKING POWDER

Take 2 parts cream of tartar to 1 part baking soda and 1 part cornstarch, mixed thoroughly. Be sure materials are pure, pulverized and dry. MRS. FRANKLIN DAVIS.

734 N St., Eureka

TWO SUGGESTIONS

Placing a watch under a tumbler near the bed of sick persons will give them relief from the ticking, which is often very trying to sensitive nerves. If there is no timepiece near a sense of loneliness may be felt.

When slicing tomatoes use a bread knife with saw teeth. It will cut the slices thinner and more quickly than with an ordinary knife.

A. C. JOCHMUS.

Pacific Grove.