

A FEW SIMPLE RECIPES FOR DAILY USE.

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FOAMY OMELET

4 eggs. 4 tablespoons milk or water.
1-2 teaspoon salt. 2 tablespoons butter.
Dash of pepper.

Separate eggs. Beat the yolks thoroughly, add the milk, pepper and half the salt. Beat the whites until stiff and add the rest of the salt and fold them into the first mixture. Heat the omelet pan and add the butter, turning so that the sides of the pan will be well buttered. Pour the egg mixture into the pan. Cook slowly until brown underneath. Set on the grate of a hot oven to finish cooking. When firm to the touch, fold and turn on a hot platter.

MEAT OMELET

Just before placing the omelet in the oven, cold chopped ham, beef or chicken may be spread over the omelet and will make a much more nutritious dish.

HAM AND EGGS

Slice ham rather thin and soak in cold water, if too salt; drain and fry until a delicate brown in a hot frying pan. Place on a hot platter and break fresh eggs into the hot ham fat, sprinkle with salt and pepper and cover. When the eggs are white over the top and the whites are set, place an egg on each slice of ham and serve immediately.

BACON AND EGGS

Bacon should be sliced very thin. Trim the rind off with scissors. Fry in a hot frying pan until crisp or place on a toaster over a baking pan and cook in a hot oven until crisp. Fry eggs as above and serve with the bacon.

CUSTARD

4 cups of hot milk. 1 cup of sugar.
4 to 6 eggs. 1-4 teaspoon salt.

Grating of nutmeg or 6 drops of vanilla.
Beat the eggs slightly, add sugar and salt and pour the milk slowly over the egg mixture. Add the flavoring and bake in a slow oven until firm. The custard is done if a knife which is thrust in the center comes out clean. If the oven is too hot or the custard cooks too long it will be full of large holes and will separate.

This custard is excellent when steamed. If it is to be baked set the dish containing custard in a dish of water.

TOAST

Cut stale bread in one-fourth inch slices, toast either over clear coals or in oven until thoroughly dry and of a golden brown. Toast which is just dried on the outside is more indigestible than hot bread.

Toast may be served dry, buttered or dipped in hot cream or milk which has been salted very slightly. Serve scrambled eggs, poached eggs or any creamed meat or chicken on toast.

CREAM OF POTATO SOUP

3 medium sized potatoes cooked and rubbed through a sieve.
1 quart of milk.
1 slice of onion.
3 tablespoons of butter.
2 tablespoons of flour.
2 teaspoons of salt.
1-8 teaspoon of pepper.

A few grains of red pepper.
Scald the milk with the onion and remove the onion.
Melt the butter, add flour and seasonings, stir until well mixed and add a cup of hot milk, stir until smooth and add the remaining milk. Add the potatoes and serve very hot.

CREAM OF TOMATO SOUP (MOCK BISQUE)

2 cans of tomatoes. 1 slice of onion.
2 teaspoons of salt. 4 tablespoons of flour.
1-2 teaspoon of soda. 1-8 teaspoon of pepper.
1 quart of milk. 1-3 cup of butter.

Scald the milk with the onion and remove the onion. Melt the butter, add the flour and seasonings. Add one cup of hot milk and stir until smooth. Cook the tomatoes for five minutes and add the soda, strain, add the flour mixture to the remaining milk and just before serving combine the tomatoes and milk and serve hot with wafers or croutons.

Cream soups are very nutritious and easily made. A good cream soup with bread and butter forms a complete meal.

ESCALLOPED POTATOES

Wash, pare and slice potatoes. Let stand in cold water for a short time. Drain and put a layer in a buttered baking dish, sprinkle with salt and pepper and dot with butter. Repeat until the dish is almost full, dredge with flour or bread crumbs and add hot milk until it can be seen through the top layer. Bake one and one-fourth hours or until the potatoes are tender.

CREAMED MEAT

Small amounts of meat or fish may be used to good advantage by making a creamed dish as follows: Melt 4 tablespoons of butter in a sauce pan, add 4 tablespoons of flour, mixed with 3-4 teaspoon of salt and a dash of pepper, stir well, add gradually 2 cups of hot milk and stir until it forms a smooth, glassy mixture. Put a layer of cold chopped meat, fish, eggs or vegetables in a buttered pudding dish, add a layer of the cream sauce and continue until the dish is full. Bake for one-half hour in a moderate oven and serve from the baking dish.

CREAMED BISCUIT

Sift together three times, 2 cups of flour, 1-2 teaspoon of salt and 4 level teaspoons of baking powder. Add thick, sweet cream until a soft dough is formed. Turn upon a slightly floured board and pat and shape to a smooth mass 1-2 in. thick. Cut with a small biscuit cutter and bake in a hot oven for about 15 minutes. About three-fourths of a cup of cream is necessary. These biscuits are much better than those made with lard.

BEEF STEW WITH DUMPLINGS

4 pounds of shoulder or neck of beef.
4 cups potatoes cut in 1-2 in. cubes.
2-3 cups turnip cut in 1-4 in. cubes.
1-2 onion cut fine.
Salt and pepper to taste.

Cut the meat into small pieces and dredge well with flour. Try out some of the fat in a hot frying pan and add the meat. Stir constantly until brown. Put into a kettle with boiling water to cover. Add all bone and remaining fat, boil for five minutes, then cook at a lower temperature for about three hours. Add carrot, turnip, onions and seasonings during the last hour. Add the potatoes the last 20 minutes. Thicken with 1-4 cup of flour stirred to a paste with cold water. Serve on a hot platter with dumplings for a garnish.

DUMPLINGS

2 cups flour.
4 teaspoons of baking powder.
1-2 teaspoon of salt.

Mix and sift and add sweet milk to make a soft dough. Drop by spoonfuls on top of the meat and vegetables in the stew, cover closely and cook for 15 minutes without lifting the cover.

Cold cooked beef may be used and will require a much shorter time than when using raw beef.

SPANISH CREAM

1 tablespoon granulated gelatine.
3 cups of milk.
1-3 cup of sugar.
1-4 teaspoon salt.
1 teaspoon vanilla.
1-4 cup cold water.

Soak the gelatine in the cold water for one hour. Scald the milk, pour slowly over the slightly beaten yolks, add sugar and salt and cook in a double boiler until thickened, stirring constantly, remove from the range, wet in cold water, let stand for three hours in a cold place, serve with plain or whipped cream.

SALAD DRESSING

1-2 teaspoon salt. 1 tablespoon flour.
1 1-2 teaspoons of mustard. Yolks of eggs (4).
1 1-2 tablespoons sugar. 1 1-2 tablespoons melted butter.
1 cup milk. 1-4 cup vinegar.
Dash of pepper.

Mix dry ingredients, add the slightly beaten eggs, butter, milk and vinegar slowly. Cook over boiling water until it thickens, strain and cool.

SALADS

Salads may be made in an endless variety of ways and are a valuable addition to the diet. They are made from cold cooked meat, fowl and as cucumbers, lettuce, cress, celery and many others. Any of these served with a dressing assist in stimulating the appetite and many of them contain nourishment.

APPLE, CELERY AND NUT SALAD

Pare, core and cut apples into matchlike pieces, take an equal amount of celery cut into small pieces and one-fourth as many English walnuts or Brazil nut meats as you have apples. Mix and sprinkle with lemon juice to prevent the apple from turning dark. Serve with cooked salad dressing and freshened wafers.

CHICKEN SALAD

Cook one chicken and two pounds of lean veal until tender, let cool in the liquor, drain and cut into 1-4 in. cubes, mix with an equal amount of celery cut in small pieces. Mix with olive oil dressing and serve on lettuce leaves.

MAYONNAISE DRESSING

1 teaspoon of mustard.
1 teaspoon of salt.
A few grains of red pepper.
1 teaspoon of sugar.
Yolks of eggs (2).
2 tablespoons of vinegar.
2 tablespoons of lemon juice.
1 1-2 cups of olive oil.

Mix dry ingredients, add egg yolks, and gradually drop by drop add the oil, stirring constantly. After half the oil has been added alternate with vinegar and lemon juice until all are used. If the oil is added too rapidly the dressing will curdle. To restore it, beat one egg yolk slightly and add the curdled dressing slowly to the egg. Everything should be kept very cold and the oil added very slowly. If these rules are observed no one need fear to try mayonnaise dressing. Both boiled and mayonnaise dressing can be kept for several weeks if put in thoroughly scalded jars and kept in a cool place.

CHOCOLATE CAKE

3-4 cup butter creamed, add 1 cup of sugar and the yolks of 2 eggs, add 2 tablespoons of boiling water to 1-2 cup of grated chocolate and stir to a smooth paste.

2 cups of flour, 1 level teaspoon of soda and 1 heaping teaspoon of baking powder sifted in. Mix all together and beat well. Fold in the well beaten whites of 2 eggs and 1 tablespoon of vanilla. Bake in a loaf or 2 layers and put together with the following icing:

ICING

2 cups of sugar boiled with 1-2 cup of water until it forms a soft ball in cold water. Pour slowly over the well beaten whites of 2 eggs, stirring constantly until cold. Add 1 teaspoon of vanilla and when stiff enough to spread put on the cake.

DROP CAKES

3-4 cups of butter, or lard and butter.
1 1-2 cups of brown sugar.
Cream butter, add sugar. Add three well beaten eggs, 3 cups of flour and 1 teaspoon of soda and 1 teaspoon of cinnamon. Sift and add to the butter, sugar and eggs, alternating with 1-2 cup of warm water. Chop 1 cup of English walnut meats with 1 1-2 cups of raisins and add to the cake mixture. Drop by spoonful into buttered pans and bake in a moderate oven 8 or 10 minutes. These cakes will keep for any length of time.

EXCELLENT GINGERBREAD

3-4 cup of thick sour cream. 1 teaspoon lemon extract.
1-2 cup of molasses. 2 tablespoons melted lard.
1-2 cup of sugar. 2 cups flour with 1 1-2 teaspoons soda.
1 tablespoon ginger. 1 teaspoon cinnamon.
1-2 teaspoon salt. 2 eggs.

Bake in gem pans.

SNOW CAKE

1-2 cup sweet milk. 1-2 cup of butter.
1 cup of sugar. 1 1-2 cups of flour.
1 heaping teaspoon of baking powder. Well beaten whites of 4 eggs.
Cream butter, add sugar and beat well. Alternate the milk and flour with the baking powder sifted in. Beat well and fold in the beaten egg whites. Add 1 teaspoon of vanilla and bake in two layers.

SOUPS

Soups may be divided into two great classes. Soups made with meat stock and soups made without stock. By stock we mean the flavor of the meats, beef, veal, mutton, poultry and fish extracted by cooking for some time in water and the liquid which remains after the solid part is removed is called stock.

The clear soups consommé and bouillon contain little or no nourishment but are very beneficial as a stimulant and when taken at the beginning of a heavy meal, stimulate the stomach and prepare the way for the nutritious foods which are to follow. On the other hand the cream soups, those made of milk, butter and a little cream, with or without meat or fish, are very nutritious and with some starchy food such as bread or rice, make a complete meal.

Many people throw the meat used in making soup stock away, thinking that the "good" has all been extracted, or flavoring substances have been removed and while the meat remaining may be rather tasteless, the nutrients remain and the meat can be used if properly seasoned, in croquettes, meat loaf, hash or patties.

Soups can not be used exclusively by healthy people, although they are such a valuable part of the diet. The digestive organs need bulk in order to do their work properly, and for this reason we must eat vegetables and meat as well as the more easily digested liquids.

Some people will say that you can use anything in soups and salads, but this is a great mistake. One should never try to utilize any food which is not perfectly fresh and good, overripe fruit, stale meat and decomposing vegetables would better be thrown away. They not only waste time in their preparation, but they also menace health.

However, one can use many scraps of meats and vegetables in soups which would not be useful in any other way. The real secret of soup making is to have everything well mixed, well seasoned and very hot. Who will not welcome a bowl of hot soup when returning from a cold ride? Many times a person sleeps or studies better after a meal of cream soup and bread and butter than after a meal of meat and rich dessert.

Cream soups are very apt to separate upon standing unless bound together. To bind soup, melt butter and when bubbling add an equal quantity of flour and when well mixed add some of the hot soup, stirring constantly and when thick, pour into the soup.

The cream soups are sometimes made of fish, but more often of vegetables. A Purée is a thick cream soup. A Bisque is generally made of milk and shell fish and served with fish garnishing.

The more common cream soups are:
Potato soup. Pea soup.
Tomato or Mock Bisque. Asparagus soup.
Corn soup. Cauliflower soup.
Celery soup. Spinach soup.
Bean soup. Squash soup.

Although rice, sago, macaroni, clams and salmon are used as well. If one wishes to serve a meat soup, the meat may be cut into small pieces and any or all vegetables, such as potatoes, carrots, onions, turnips, yam, macaroni, vermicelli or spaghetti may be added.

If one is carrying out a color scheme a cream soup may be colored yellow by the addition of beaten yolks of eggs or squash soup; green by adding parsley chopped fine, or a small amount of green coloring matter. If a pink shade is desired use a salmon soup. If some extra touch is wanted add a spoonful of whipped cream or serve hot buttered popcorn with corn soup.

There are many soup garnishes such as noodles, force meats of various kinds, croutons. Bread sticks and wafers when they are served should be heated before serving so that they will be crisp.

Toasted bread is called by different names according to the shape into which it is cut. Courtons when cut in cubes, toast points or sippets or sticks, according to the shape.

Dumplings or egg balls may also be served as a garnish for soup.

Records of Whitman County

Record of instruments filed for record in the office of the auditor of Whitman county, Saturday, March 18, 1911:

Deeds

A. T. McCarty and wife to Fred C. Holbrook, lots 1, 2, blk 19, Garfield, \$6500.

Sadies E. Dickinson to Geo. A. Day, et al, lots 1, 2, blk 19, Garfield, \$6500.

Ellen Gully to Perry G. Gully, pt ch neq 25-19-42, \$1.

P. A. Elkins and wife to R. B. Terrell, wh nwq 8-18-44, \$1.

Geo. A. Day et ux to A. T. McCarty, undivided half interest in lots 1, 2, blk 19, Garfield, \$1750.

Wilford Allen and wife to Karl P. Allen, lots 1, 2, blk—, Henry's add, Pullman, \$2500.

Lawrence A. Crampton and wife to Frank Crampton, neq nwq, lots 1, 2, of 34-14-43, \$1.

Real Mortgages

Wm. M. Torrance et ux to Jesse A. Wood, seq 28-17-42, \$3300.

Wm. M. Dobson and wife to G. C. Mrs. L. V. Williams to Pullman Savings and Loan Ass'n, nh lot 1, blk 6, Reaney's add, Pullman, \$350.

Karl P. Allen and wife to Pullman Savings & Loan Ass'n, lots 1, 2, blk —, Henry's add, Pullman, \$1000.

W. J. Morrow and wife to Leonard Strobel, admr., nh seq, seq seq, seq neq 26-16-41, \$1650.

Chattel Mortgages

Earl W. Etter to Elmer Snook, livestock, \$250.

Conditional Bills of Sale

Oliver Typewriter Co. to D. M. McCance, typewriter, \$100.

Assignments

Vermont Loan and Trust Co. to Mrs. Kate E. Root, real mtg.

Miscellaneous

Matarana Mining and Development Co., articles of incorporation.

Standard Lumber Co. vs. Tekoa Brewing Co., lots 10 11, 12, 13, blk 43, lots 4, 5, 6, blk 6, Westacott add Tekoa, lien, \$93.

MONDAY, MARCH 20, 1911

Deeds

Eugene E. Enyder and wife to Matilda Snyder, nwq 12 neq 11-14-44, \$1.

Jesse A. Wood and wife to Wm. M. Torrance, seq 28-17-42, \$8400.

E. J. Armstrong and wife to Marion Freeman, pt lot 11, blk 3, Emily Hull's add, Colfax, \$100.

Malinda Wilson to Alice L. Symth, tract in nwq nwq 14-16-43, \$1.

Elsie Dierks et al to Anna Schroeder, lot 3, 4, of 31, pt neq swq 31-16-42, \$1.

Geo. W. Haydon and wife to First State Bank of Garfield, sh lots 1, 2, blk 47, Gill's add, Garfield, \$1.

Marie E. Lay to John Niertz, lots 12, 13, blk 5, LaCrosse, \$500.

Vern Bourbonnie and wife to W. A. Ferguson, eh 5, blk 8, Colton, \$1000.

Byron Richardson and wife to W. A. Ferguson, lots 1, 2, 3, 4, blk 9, Ferguson's 3rd add, Colton, \$1000.

Real Mortgages

Henry Hein to Homer H. Hughes, blk 6, W. C. McCoy's add, Oakesdale, \$300.

Ellsworth Bishop and wife to First

State Bank of Garfield, nwq 21-17-45, \$1629.

Simeon J. Polmetrer to Farmers State Bank of Colfax, seq 4-15-45, \$3200.

Chattel Mortgages

Robt. Ojnes to T. C. Miles, livestock, \$113; to J. M. Norris, livestock, \$300.

John Skeen to Security State Bank, livestock, \$100.

J. R. Hagaman et al to Frank Nicholson, 3000 bushels wheat on neq 18-19-41, 33-18-41, livestock, etc., \$1653.

Ira Bader to E. P. Arms, livestock, \$50.

Ellsworth Bishop to Northern Grain and Warehouse Co., crop on nwq 21-17-45, \$567.

Gus. A. Klingerberg to John D. Butler, livestock, etc., \$450; crop on neq 5-19-42, \$800.

C. S. Sherwood to M. A. Harwood, livestock, \$275.

H. S. Hull to John S. Inman, crop on nh neq, neq nwq 16-8-42, \$60.

O. B. and E. L. Johnson to Farmers State Bank of Colfax, livestock, \$463.

Trustees of Thornton Lodge No. 197, I. O. O. F., to W. H. Hoes et al, real mtg.

Jas. A. Judson to J. E. Sherfey, two chats.

T. C. Miles to Robt. Ojnes, cht.

J. M. Norris to O. E. Andehson, chat.

Bills of Sale

A. R. Hower to Clyde Hower, livestock, etc., \$750.

Assignments

Farmers State Bank of Colfax to Colfax Lodge No. 14, I. O. O. F., partial real mtg.

Union Trust Co. to Northwestern Mutual Life Ins. Co., five real mtgs.

TUESDAY, MARCH 21, 1911

Deeds

Jesse Banta et al to M. A. Sherman, pt 30-18-42, pt 31-18-42, agreement.

Byron D. Henry et al to M. A. Cherman, pt sections 30, 31, in 18-42, \$24,750.

Wm. A. Mills and wife to Wm. Simpson, lot 5, blk 11, Sunset, \$50.

A. L. Carter to Rufus Neely, lots 1, 2, 18, 19, 20, blk 7, lots 1, 2, blk 12, Johnson, \$100.

M. W. Griffith and wife to Wm. Bledsoe et al, lots 2, 3, 4, blk 13, Huffman's 2nd add, Tekoa, \$800.

Albert G. Starnes and wife to M. W. Ferguson, lots 2, 3, 4, blk 13, Huffman's 2nd add, Tekoa, \$800.

State of Washington to J. A. Mills, neq, sh 16-19-42, \$9280.

John Reed and wife to Wm. P. Reed, tract in seq 22-19-44, \$1.

Northwestern Improvement Co. to Walter P. Marsh, lot 16, blk 13, Lamont, \$285.

Etta Sherman and husband to Thomas W. Clagett, seq, seq swq, lot 4, sh neq 30-19-43, \$1.

Jennie Lee and husband to Alexander Turnbull, lots 5, 6, blk 11, W. C. McCoy's add, Oakesdale, \$1.

Real Mortgages

T. J. O'Day and wife to P. A. Carlson, lot 7, blk 52, Malden, \$550.

Thos. W. Claggett and wife to Oregon Mtg. Co., Ltd., seq, sh swq 30-19-43, \$7500.

Amelia A. McNall and husband to Vermont Loan and Trust Co., nwq 24-20-40, \$1100.

Amelia A. McNall and husband to Vermont Loan and Trust Co., seq 24-20-40, \$1100.

Chattel Mortgages

Adolph Tide to A. H. Anderson, livestock, \$924.

Jonh T. Cro wand wife to N. Williamson, livestock, \$75.

D. DePencier to Colfax National Bank, crop on neq 10, swq 14-13-37, \$133.

Releases

Jane L. Ede to Vin S. Sweet, real mtg.

P. L. Sain to John W. Waller, real mtg.

Sarah Erickson et al to Paul A. Lauritzen and wife, real mtg.

Jas. Cairns to Walter P. Turk, chat.

Miscellaneous

Fruit Growers Union of Garfield, articles of incorporation.

Pulman Savings and oLan Ass'n, increasing capital stock.

R. F. Maznetts vs. C. C. Crawford, lots 4, 5, 6, blk 3, H. Shobe's add, LaCrosse, attachment.

United States to the public, notice of cancelling register's receipt sh swq, nwq swq, swq nwq 8-20-43.

FRIDAY, MARCH 24, 1911

Deeds

Daniel Hay and wife to Henry A. Lieb, tract in 19-20-46, bond for deed, \$1000.

Henry A. Lieb et ux to Daniel Hay, tract in 19-20-46, bond for deed, \$1000.