

CHAPTER XXIV.

COOKING AND SERVING FOOD.

THE question, whether cooking has been an advantage to the world or not, is one upon which strong points may be made on both sides.

The claim is made by the natural food dietarians that natural foods possess special virtues because their vital principle and life-force are not destroyed by cooking. The scientists of the Department of Agriculture contend that biological experiment and physiological chemistry offer no data that warrant this belief. They contend that experiments demonstrate that men fed on cooked cereals exhibit as good physiological condition as those who live upon the natural foods. On the other hand, they state that there is no reason to suppose that uncooked cereal foods are unwholesome if they are properly cleaned and free from bacteria. They also seem to accept without cavil the statement that they are especially useful in counteracting constipation on account of the large amount of indigestible crude fiber which they supply.

DIGESTIBILITY OF COOKED AND UNCOOKED FOODS—The following is a statement prepared by Milo Hastings on his investigations at the Kansas State Agricultural College in 1905-6 for the purpose of determining the digestibility of uncooked vs. cooked foods, which investigations were the first of their kind ever undertaken in accordance with accepted scientific methods.

“The common statement is that the walls of the cells containing the starch granules (in wheat, oats, corn, etc.) are composed of indigestible cellulose, and that in the process of cooking in hot water or steam the starch cells absorb water, expand, and rupture the cellulose envelopes, thus permitting the digestive juices to reach and act upon starch grains. As a matter of fact, the belief that there are cellulose walls around starch granules is a deduction from the general botanical

fact that plant cells have cellulose walls. Now it happens that the cells of the interior of the grain being protected by the heavy outer covering of the kernel, have, in the process of evolution, lost their individual cell walls, so that the interior of the ripened grain kernel is simply a mass of starch granules.

“The heat of moist cooking has no effect upon grain fats. The proteids are coagulated. The starch grains, where moisture is present, swell up and form a pasty or gelatinous mass. Between the digestion of raw and cooked grain, the following differences are readily noted: Raw grains, because of greater hardness and dryness, are naturally more thoroughly masticated. Cooked grain products may be masticated by force of will power or cultivated habit, as is the case with the followers of Fletcher, but the soft, mushy condition of cooked starch products does not readily call forth mastication, as natural foods which are in a similar condition do not require either grinding by the teeth or the influence of saliva in their digestion, and hence man has no instinct which leads him to masticate such pulpy foods.”

The following experiments were carried out by the same writer on nutrition with a view of determining the digestive effects of the entire alimentary canal upon various cereals. The investigation was conducted along two lines. The first experiment was for the determination of the digestive effects upon individual grains by observing the remnants that passed from the alimentary canal. The second was a comparison of the dry weight and starch content of the excreta from diets which were identical, except that the grains in one case were cooked and in the other case taken raw.

The subject, at the time of the experiment, was twenty-two years of age, weighed 140 pounds and was actively engaged in distance running. For eighteen months previous to this experiment, his diet had been chiefly of grains, fruits, and milk, eaten both cooked and uncooked. In the first experiment the method pursued was as follows:

A full dinner was eaten at noon, consisting of milk, eggs

and such fruits and ground grains as are readily and completely digested. At 7 p. m., a meal of boiled rice and milk was taken, during which the grains to be experimented upon were swallowed whole.

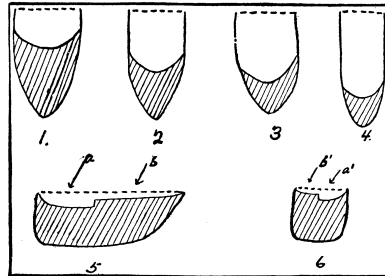
FINDINGS IN EXPERIMENTS.—The examination of the digestive remnants was conducted according to the usual laboratory methods and the findings were as follows: Commercial rice grains, pieces of raw potato and of almond kernels, and the halves of split beans and peas were all entirely digested. Pieces of walnut and hazelnut kernels, and of soy beans, were almost entirely digested. Whole wheat, Kaffir-corn, hulled barley, rye, beans, soy beans and corn were recovered in their entirety. In other words, when such seeds are not broken up by mastication, the indigestible hull protects the interior of the seed from the action of digestive juices.

Far more interesting and significant results were achieved by sectioning, or cutting wheat and other grains in such a fashion as to expose the cut surface to the action of the digestive juices, showing the comparative digestion of various grains, and of the component parts of the grain.

The cooking experiment was conducted by comparing the right and left side of split grains. The cooked halves were boiled for one hour, which softened the starch as much as would soaking several hours in the digestive juices of the body, yet the two sets of grains when compared, showed that about the same portion of starch had been eaten out by digestive juices.

In all corn grains, whether raw or cooked, the starch portion, as is shown in the accompanying drawings, is much more rapidly digested than the germs or proteid in fatty portion of the grain. This is rather an amusing finding, considering the fact that the learned dietetists of the past have told us starch was the particular element of food which needed the application of heat to make it digestible.

The study of the accompanying drawings, which show the average portion of starch digested out of the grain hulls, indicates, beyond all possibility of doubt, that, by this subject, raw starch is digested with rapidity and thoroughness.



Drawing showing the relative digestibility of uncooked grains—Grains were cut on dotted line; unshaded portion was digested. 1—Barley; 2—Rye; 3—Wheat; 4—Oats; 5-6—Corn. Points marked a in 5 and 6 show starchy portion, points marked b show germ.

The fact that unbroken raw grains are indigestible because of the actual cellulose covering, should not be confused with the claim that the starchy grains are indigestible when raw, because of the supposed cellulose covering of the single botanical cell, which is scarcely visible without a microscope.

The digestion of the hulled rice grains, and the amount of starch eaten out of the grain hulls where the digestive juices could only attack from one side, clearly indicate that the grain particles, where mastication has been at all thorough, would be digested very readily indeed when they reach the proper division of the alimentary tract.

The second experiment consisted of living during two separate periods on diets exactly alike, save that the grains of the first week were boiled for two hours, while during the second week they were taken raw, with only such soaking, as was necessary to render mastication agreeable. The following is the weekly bill of fare for both periods:

800 grams wheat	700 grams sugar
700 " rice	550 " raisins
200 " Kaffir-corn	150 " dried apples
200 " rolled oats	7 lemons
100 " rye	7 pints milk
100 " corn	14 eggs

The dried weights of the undigested residue were as follows:

Cooked grain	298.6 grams
Raw grain	256.5 "

Chemical analysis of the two samples showed that the starch had been completely digested in either case, thus indicating that the lessened digestibility of the cooked diet was due to the indigestibility of cooked proteids.

The complete digestion of all starch, in both the cooked and uncooked diets may seem to the reader not to be a con-

clusive argument upon either side of the question. These experiments do not indicate that cooking renders starch indigestible, but they do show that cooking is wholly unnecessary for starch digestion, and that the process of cooking only disturbs Nature's plan without any corresponding benefits. The cooking of starch discourages mastication, increases fermentation (raw starch being practically unfermentable), and needlessly increases the bulk of the meal.

As an explanation of the complete digestion of the two diets, it might be stated that the rations which represented in quantity the customary diet, contained but two-fifths of the proteid and three-fifths of the energy required by the Atwater, or government, dietary standards. Lest some think this diet be insufficient, it might be stated that the subject, during the period of the experiments, was entered in two distance runs, and finished a two mile road race in the time of eleven minutes and nine seconds.

There can be no doubt that the great deterioration in the teeth of civilized races is largely attributable to the use of cooked food. We do not have enough hard substances to masticate. It seems to be the desire of the modern cook to eliminate everything from the dietary that must be masticated. Even the healthful crusts of bread are cut off, and if you try to get them at a first-class hotel you are looked upon as a "crank."

PREDIGESTED FOOD.—In the vain desire to discover a short cut to health, while continuing dietetic habits which are in direct opposition to natural laws, the predigested food idea had its birth. Its principle is altogether bad. Man should thoroughly masticate his food by chewing and thus develop by and in himself the strength he needs. This is the natural and normal process; any deviation from it is attended with danger. As one authority states: "The predigestion fad has been one of the greatest fallacies that has ever been forced upon the public mind. That the juices of some fruits are already in the form of glucose, and can be immediately absorbed without any digestive process, does not prove that the mushy

cooking and other forms of so-called predigestion are beneficial. As a matter of fact, the 'predigested foods' are not changed into the final products of digestion, but are composed of semi-soluble starch, gummy dextrine, and perhaps a little maltose. These substances only interfere with and disturb the normal process of digestion."

At variance with these statements we have the claims of some government food experts that the nutrients of the grain are found inside the starch-bearing and other cells, and the walls of these cells are made of crude fiber, on which the digestive juices have little effect. They say that unless the cell walls are broken down the nutrients cannot come under the influence of the digestive juices until the digestive organs have expended material and energy in trying to get at them. Crushing the grain in mills, and making it still finer by mastication, breaks many of the cell walls, and the action of the saliva and other digestive juices also disintegrates them more or less, but the heat of cooking accomplishes the object much more thoroughly. The invisible moisture in the cells expands under the action of heat and the cell walls burst. The water added in cooking also plays an important part in softening and rupturing the cells. Then, too, the cellulose itself may be changed by heat to more soluble forms. Heat also makes the starch in the cells at least partially soluble, especially when water is present. The solubility of the protein is probably, as a rule, somewhat lessened by cooking, especially at higher temperatures. Long, slow cooking at a moderate heat is therefore better, as it breaks down the crude fiber and changes the starch to soluble forms without materially decreasing the solubility of the protein.

The experts contend that cereals differ considerably in the amount of cooking required to make them thoroughly digestible, but not enough is definitely known on the subject to say exactly how long each kind should be cooked. In general, it is true that the more abundant and coarse the crude fiber the longer should be the cooking period. For this reason whole grains require longer cooking than partially crushed ones,

and those containing the skin of the seed more than those from which it has been removed. For instance, whole corn kernels require longer cooking than fine hominy, and whole-wheat preparations more than flour gruel. Rice, which is remarkably free from crude fiber, can be thoroughly cooked in a comparatively short time.

In the case of the partially cooked cereals it is difficult to know how much of the necessary cooking has been done at the factory. It is safe to assume that they still require at least all the cooking suggested in the directions usually accompanying the package. Physicians sometimes complain that these preparations are indigestible and prefer old-fashioned home-cooked grains. Yet it is hard to see why the partially-cooked cereals, if they are properly re-cooked before serving, should not be just as digestible as those cooked at home, and they certainly permit some economy in fuel and time. With all cereals it should be remembered that over-cooking is unusual and harmless, while under-cooking is common and undesirable.

PRINCIPLES IN COOKING.—The general principles underlying the cooking of vegetables have been well stated by the late Miss Maria Parloa in one of the government bulletins:

“Vegetables are baked, roasted, fried, or boiled, are used for making a great variety of dishes, and are prepared for the table in other ways; but the most common method of cooking them is in boiling water. Steaming is not infrequently resorted to as a method of cooking vegetables and is, of course, similar in principle to boiling in water.

“The simpler the methods of cooking and serving vegetables the better. A properly grown and well-cooked vegetable will be palatable and readily digestible. Badly cooked, water-soaked vegetables very generally cause digestive disturbances, which are often serious. Nearly every vegetable may be cooked so that with plain bread it may form a palatable course by itself, if it is desired to serve it in this manner.

“All green vegetables, roots and tubers should be crisp and firm when put on to cook. If for any reason a vegetable has lost its firmness and crispness, it should be soaked in very cold water until it becomes plump and crisp. With new vegetables this will be only a matter of minutes, while old roots and tubers often require many hours. All vegetables should be thoroughly cleaned just before being put on to cook. Vegetables that form in heads, such as cabbage, cauliflower, and Brussels sprouts, should be soaked, heads turned



Spaghetti and Mushrooms.—Boil a pound of spaghetti in slightly salted water for fifteen minutes. Now put into a saucepan one-quarter pound of butter and two onions cut very fine, or better still, chopped, one pound of mushrooms sliced and simmer for five minutes. Meanwhile peel and cut into small pieces four fair-sized tomatoes, add, and let the mixture cook for fifteen minutes, pepper and salt to taste. Serve hot with grated Parmesan cheese.



Rice in Cabbage Rolls.—Scald some large cabbage leaves till they are limp and pliable. Boil some rice, add to it a few raisins, blanched almonds and sugar to taste. Now take the leaves and put about a spoonful of the rice in each and roll up (see illustration), tucking the ends in carefully, so none of the rice can get out. Then take the little rolls and put into a saucepan with a lump of butter or some good olive oil and let simmer gently about twenty minutes till cabbage is done.

down, in salted cold water, to which a few spoonfuls of vinegar may be added. If there are any worms, or other forms of animal life in these vegetables they will crawl out. To secure the best results all vegetables except the dried legumes must be put in boiling water, and the water must be made to boil again as soon as possible after the vegetables have been added, and must be kept boiling until the cooking is finished. Herbaceous vegetables should boil rapidly all the time. With tubers, roots, cauliflower, etc., the ebullition should not be so violent as to break the vegetables. Green beans and peas when removed from the pod must also be cooked gently, i. e., just simmer. When the pods and all are used they are to be cooked rapidly, like the herbaceous vegetables.

“To secure the most appetizing and palatable dishes, only fresh, tender vegetables should be cooked. If, however, green beans, peas, etc., have grown until a little too old and it still seems best to gather them, a very small piece of baking soda added to the water in which they are boiled makes them more tender, it is commonly believed, and helps to retain the color. Too much soda injures the flavor and an excess must be carefully avoided. A little soda may also be used to advantage if the water is quite hard. Peas may be boiled for fifteen or twenty minutes in the water to which the soda has been added. Then add enough boiling water to cover them generously. Place over a hot fire and when they begin to boil draw back where the water will bubble gently.

“During the cooking of all vegetables the cover must be drawn to one side of the stewpan to allow the volatile bodies liberated by the heat to pass off in the steam. All vegetables should be thoroughly cooked, but the cooking should stop while the vegetable is still firm. This, of course, does not apply to vegetables that are cooked in soups, purees (thick strained soups), etc. The best seasoning for most vegetables is salt and good butter. Vegetables that are blanched and then cooked with butter and other seasonings and very little moisture are more savory and nutritious than when all the cooking is done in a good deal of clear water.”

To those who study the question of economy down to its smallest detail it is well to understand the losses that occur in cooking vegetables by different methods. In baking vegetables there is little loss of material, except the water which is driven off by the heat. When vegetables are immersed in water, as in boiling, a greater or less loss of material is almost inevitable, the kind and amount of material extracted by the water depending upon such factors as the sort of water used, its temperature at the beginning and during the cooking period, the length of time the cooking is continued, and the condition

of the vegetable, that is, whether pared, whole, or cut into small pieces.

When potatoes are boiled in the jackets the loss of material is very trifling. When peeled and soaked for several hours before boiling the loss amounts to about fifty per cent of the nitrogenous matter, and forty per cent of the mineral matter present. When potatoes are peeled and placed at once in boiling water only about eight per cent of the proteid matter, and nineteen per cent of the mineral matter are extracted by the water. But little starch is removed from potatoes by the solvent action of water. But when peeled potatoes are boiled the amount of starch removed by abrasion is considerable—at times nearly thirty per cent of the total value of the potato. When carrots are cut into small pieces nearly thirty per cent of the total food material is lost. The sugar extracted is equivalent to nearly a pound to the bushel. There is a corresponding loss also when cabbage is boiled, amounting to about one-third the total food material present.

Another grave fault in cooking is the habit of boiling out all the flavor of vegetables in the process. When cooking vegetables use only sufficient water to avoid burning; never so much that it will be necessary to pour off a quantity when the food is ready to serve. With this water that is poured off, usually goes not only the best flavor of the food, but the vegetable salts also. These saline elements that are a part of all vegetable life, are usually absorbed by, or dissolved in this liquid, which is generally poured off. The result is that a quantity of inorganic mineral salt must be added in a form which many hygienists believe cannot become a part of the body.

A table on page 577 gives the proper time for cooking the vegetables commonly in use.

WHAT OVERCOOKING DOES.—Most foods are over-cooked. Too much heat deorganizes and destroys the nourishing, life-giving qualities of the food. No deorganized element is fit for use as food. This is a fact that cannot be learned too soon. Mineral substances cannot sustain life because they are un-

organized. The minerals needed by the body must be obtained from organized living substances. Only vegetable or animal life can sustain the life of man, because they only are organized. A chemist may mix the exact chemical elements in the same proportions contained in a grain of wheat, but it will be useless for food, although the wheat itself is a perfect food. In the one case it is organized and therefore the proper material for food; in the other case, unorganized and useless.

Another objection to excessive cooking is that it so softens the food as to tempt the eater to swallow it without mastication, and the injurious effects of this habit cannot be overestimated. Any food that is bolted without being masticated will pass through the body without yielding the best of its nutrient elements for the benefit of the body, besides fermenting in the upper intestines and causing the many and serious troubles which have been already explained.

When the abnormally trained appetite calls for those foods that "melt in the mouth," the man and woman who eat such foods will find that they are apt to tempt into the habit of bolting. Teeth were made for use, and not only does the health of the teeth depend upon their proper use in the mastication of hard foods, but the health of the body depends upon their discharging their functions in a proper and satisfactory manner.

On the other hand, there is very little danger that one will be tempted to "bolt" uncooked foods. Such foods must be masticated, and will supply far more nutriment than will cooked foods swallowed without mastication.

Many physical culturists are puzzled as to cooking without lard. Butter, cream or olive oil are all perfect substitutes for lard. There are thousands of people in the United States who have never used lard for cooking purposes, and they are as much surprised when informed that a large number of people do not know how to cook without it, as the latter class is to learn that there are those who never use it.

Cotton-seed oil is often used, as it is cheaper than olive oil, and is certainly to be preferred to lard. A great deal is sold as olive oil.

Fried foods are almost universally condemned by hygienic experts, yet *wholesome* foods, when properly fried, are as digestible as when cooked in other ways. Of course, batter-cakes and foods of that character are not fit for food, and even a dog would not eat them if made with white flour, as is usual. Batter-cakes can, however, be made from graham or whole wheat flour, and such are quite satisfactory as food.

High seasoning and elaborate combinations of foods in cooking are to be condemned. Every means should be adopted to bring out the natural flavor of the food, but it is not at all infrequent to find different articles of food so disguised by seasoning that their character is difficult to determine. Such a practice is, of course, injurious; for the appetite cannot be depended upon to indicate the proper quantity when benumbed by pepper and other stimulating seasoning.

The importance of good cooking can hardly be over-estimated, yet it is usually considered of about the least importance of anything in life; for it is often left to the ignorant and unskilled servants, who no doubt swell the income of medical men quite materially by the influence of their dishes upon the household. Therefore, no girl should be allowed to marry until she thoroughly understands the art in all its branches, so that, whether she has to do the cooking in her own home or not, she will at least be able to direct all the operations of the kitchen in an intelligent manner. So long as people will eat cooked foods, these should be cooked according to the highest dietetic and practical knowledge, so that the maximum of palatability and digestible efficiency can be gained from them, with the minimum loss of food value.

In the following pages a number of menus are given suited to diet, with recipes for the dishes named in them. There are three lists: One of Cooked Vegetarian Foods, one of Uncooked Vegetarian Foods, and one of Mixed Foods, including Meats.

The menus are primarily intended for the two-meals-a-day plan, but some of the dishes given for the two meals can be reserved or repeated for the third meal when three meals a day are eaten. Quantity per portion is optional.

TIME FOR COOKING VEGETABLES.

Boiling.

Asparagus—Fifteen to twenty minutes.
Beans (Lima)—One-half hour, slowly.
Beans (string)—Two hours.
Beans (dried)—Four to six hours, slowly.
Beets (young)—Forty-five to sixty minutes.
Beets (old)—Three to four hours.
Cabbage—Thirty to forty-five minutes.
Carrots (young)—Forty-five to sixty minutes.
Carrots (old)—Two to four hours, slowly.
Cauliflower—Thirty to forty-five minutes.
Celery—Thirty minutes.
Corn (green, fresh)—Eight to ten minutes.
Macaroni—From twenty to forty minutes.
Onions—Thirty to forty-five minutes.
Oyster Plant—Thirty to sixty minutes.
Parsnips (according to size and age)—One-half to one and one-half hours.
Peas—Fifteen to twenty-five minutes.
Split, dried peas—Four to six hours.
Potatoes—Twenty to thirty minutes.
Spinach—Twenty to thirty minutes.
Squash—Twenty to thirty minutes.
Tomatoes—Fifteen to twenty minutes.
Turnips—One hour, boiled hard; four to five hours, if steamed slowly.

Baking.

Beans—Six to ten hours.
Potatoes—Forty-five to sixty minutes.
Macaroni—One-half to one hour.

Menus and Recipes—Cooked Vegetarian Foods.

SUNDAY.		
<i>Breakfast.</i>		<i>Dinner.</i>
Grape Fruit	Figs	Nutmeato Roast with Egg Gravy
Shredded Wheat with Cream		Fruit Salad with French Dressing
Cream of Celery		Baked Irish Potatoes
Graham Bread	Creamery Butter	Apple and Banana Sauce
Cocoa		Postum

CREAM OF CELERY.—Two stalks celery; two tablespoonfuls butter; two tablespoonfuls flour; one cup milk; a little parsley; salt to taste. Boil celery in water until tender. Drain off water and rub celery through sieve. Add milk. Stir butter and flour to a paste, and add this slowly to the heated milk and celery. Add the minced parsley and season with salt to taste. Cook until thick. Serve hot, with salted wafers.

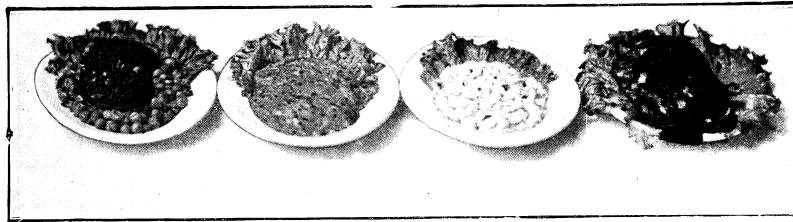
FRUIT SALAD.—One grape fruit; one orange; one bunch red California grapes; a few English walnuts. Cube the grape fruit and orange, being very careful to separate the pulp of the grape fruit from the skin, which is bitter. Cut the grapes in halves and take out the seeds. Chop the nuts quite fine. Add all together and serve with French dressing.

NUTMEATO ROAST WITH GRAVY.—(1) Nutmeatose. One cup nut butter; one cup sifted kidney beans; one and one-half cups water; two spoonfuls cornstarch; one spoonful salt. Cook beans until tender and rub through sieve. To one cup of this sifted pulp add the other ingredients and mix well. Cook in sealed cans three to five hours.

(2) Nutmeato Roast. One pint of toasted bread crumbs; one pint water; one-half pint strained tomatoes; one-half pound nutmeatose chopped fine; flavor with finely sifted sage. Mix well, and salt to taste. Bake in buttered, shallow pans until brown. Serve with egg gravy.

(3) Egg Gravy. In one pint of water dissolve one level spoonful nut butter. Thicken with flour until thin gravy. Just before removing from stove, add one egg, well beaten. The white of egg may be used or omitted, as desired.

APPLE AND BANANA SAUCE.—Cook apples as you would for ordinary apple sauce. When just about tender, add one or two sliced bananas (according to the amount of apples you use). Finish cooking until both are tender. Remove from heat and add sugar to taste. If apples are not too sour, you will not need to add sugar.



CARROTS AND PEAS.

Carrots and Peas.

Take a carrot and run through a chopper. Pour a few green peas over top.

Cheese Relish.

Take ¼ lb. cheese and run it through a grinder; chop one small stalk of celery finely; mix two together and add one small green pepper and if too thick mix in a little cheese. Take two tablespoons-

CHEESE RELISH.

ful of butter and melt in a small dish; add one teaspoonful of whole wheat flour and stir to a paste; now add a little grated onion and enough hot milk to make a thick cream sauce; then to the whole add a small amount of burnt sugar, prepared by putting a teaspoonful in a dish and letting it burn until brown.

COLD SLAW.

Cold Slaw.

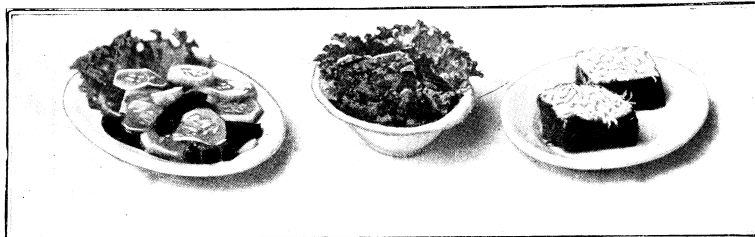
Chop one small cabbage finely. Dress with sour cream and lemon; if necessary, add a little salt.

Vegetable Stew with Gravy.

Take one onion, one potato, one carrot and one small turnip; pare off and cut into small

VEGETABLE STEW WITH GRAVY.

cubes or dice shape. Put onion in boiling pan and let boil for fifteen minutes (as it takes longer to cook them); then add the rest and let boil for fifteen minutes longer. Be sure not to let boil too much, or vegetables will become mushy. When done strain off water and set aside to steam with cover part way off pan.



TOMATO AND CUCUMBER SALAD.

Tomato and Cucumber Salad.

Slice two medium sized tomatoes into small pieces. Do likewise with one medium sized cucumber; add together and dress with olive oil and lemon juice. If necessary salt to taste.

Escalloped Corn.

Cook until done, two ears of corn (canned corn may be used if fresh is not obtainable). Have ready a small baking dish

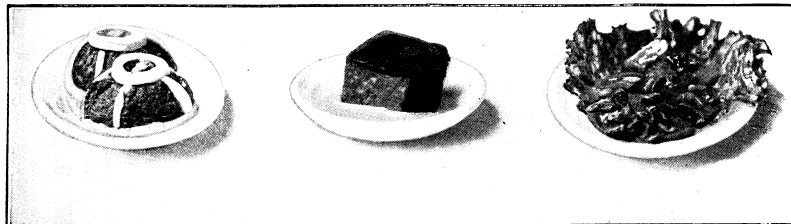
ESCALLOPED CORN.

well buttered; then place in corn to depth of one-half inch, salt and grate a little onion over it; then place over this whole wheat bread crumbs to the depth of one inch; then another layer of corn and onion, salt and a small piece of butter; and last of all, on top another layer of bread crumbs; pour over the whole a cup of milk; place in oven and bake for fifteen minutes; before baking grate a little cheese over the top.

FIG PUDDING

Fig Pudding.

Stone six dates and put through chopper. Take six figs and do likewise. Grind ¼ lb. mixed nuts; also half a loaf whole wheat bread. Mix all together and moisten with cream. A few raisins can be added with advantage. Spread in a flat pan and cover pudding with sugar, and then on top of that shredded cocoanut.



CREAMED SPINACH.

Creamed Spinach.

Boil in salt water two quarts of spinach for twenty minutes. When done squeeze out water and chop fine, put back in saucepan and add a small piece of butter, ½ cup of cream and the yolk of a hard boiled egg cut fine; season with salt and a dash of pepper. When serving use the white of the egg as a garnish.

GRAPENUT PUDDING.

Grapenut Pudding.

Let boil one cup of milk; pour into it ¼ cup of Grape Nuts. When cool stir into it the yolk of one egg, and a tablespoonful of sugar and two drops of vanilla extract; put all in a small baking dish, and stir in the white of egg, well whipped; bake for fifteen minutes. Just before ready to serve pour over a sauce of one teaspoonful of

TOMATO AND PINEAPPLE.

melted butter, a tablespoonful of sugar, and half a teaspoonful of flour. Stir these in a little boiling water and flavor with a little lemon extract.

Tomato and Pineapple.

Take three tomatoes and slice into small pieces; also one small pineapple and do likewise. Add together and make a dressing of equal parts of honey and lemon

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MONDAY.

Breakfast.

California Grapes
Bananas Corn Flakes
Cream of Tomato Soup
Corn Bread Mixed Nuts
Milk

Dinner.

Egg and Beet Salad with
Oatmeal Wafers
Baked Squash Creamed Potatoes
Ripe Olives
Prune Whip Cake
Grape Juice

CREAM OF TOMATO SOUP.—One can tomatoes; one and one-half pints milk; three tablespoonfuls butter; five tablespoonfuls (level) flour; celery salt; one onion; salt to taste. Heat tomatoes and run through sieve. Add the heated milk and minced onion to tomatoes and cook until onion is tender. Rub the flour and butter to a paste, and add slowly to the tomato mixture. Season with celery salt and salt to taste. Serve hot.

EGG AND BEET SALAD.—Take three or four large beets, and cube them. Add three hard-cooked eggs, cubed. Add a cooked salad dressing, and serve very cold on little, yellow cabbage leaves.

CREAMED POTATOES.—Five large cooked potatoes; one cup milk; two tablespoonfuls butter; two tablespoonfuls flour; small quantity of parsley; salt to taste. Cube potatoes. Pour over them hot white sauce, which has been made from the milk, butter, and flour, as given above. Add minced parsley and salt to taste. Cook a few minutes and serve.

TUESDAY.

Breakfast.

Stewed Apricots
Cream of Wheat Dates
Whole Wheat Gems Honey
Cocoa

Dinner.

Purée of Navy Beans
Celery and Apple Salad
Creamed Turnips
Macaroni with Cheese
Sliced Oranges and Pineapple
Postum

WHOLE-WHEAT GEMS.—One quart whole-wheat flour; one quart water; one tablespoonful melted shortening; two tablespoonfuls sugar; two tablespoonfuls baking powder; pinch of salt. Beat thoroughly and put into hot, greased gem pans. Bake twenty minutes in hot oven.

PUREE OF NAVY BEANS.—Three cups of cooked beans; one minced onion; two cups milk; three tablespoonfuls butter; one tablespoonful flour; pinch of red pepper; a little parsley; salt to taste. Proceed same as in making cream of tomato soup.

WEDNESDAY.

Breakfast.

Stewed Prunes Oranges
 Cracked Wheat with Cream
 Poached Eggs on Toast
 Postum

Dinner.

Banana and Nut Salad
 Buttered Parsnips
 Baked Sweet Potatoes
 Creamed Onions Corn Gems
 Apple Snow Date Coffee

CORN GEMS.—One egg; one and one-half cups milk; one-fourth cup sugar; one-half cup flour; one cup corn meal; two level teaspoonfuls baking powder. Beat first three ingredients together. Then mix corn meal and flour and add a little at a time, beating well for at least five minutes. Then add the stiffly beaten white of egg, and bake in gem pans in moderate oven.

APPLE SNOW.—Cook four apples until very fine. Beat the white of one egg. Add apple sauce slowly, beating all the while. Add one tablespoonful grape jelly to this and beat until it is thoroughly mixed. Serve in little dishes, with chopped nuts sprinkled over the top.

THURSDAY.

Breakfast.

Figs Oranges
 Corn Flakes with Cream
 Cream of Lima Beans
 Graham Bread Butter
 Cocoa

Dinner.

Cabbage Salad Nut Sandwiches
 Baked Asparagus with Cheese
 Creamed Cauliflower
 Stuffed Peppers
 Mixed Nuts Mock Cherries
 Lemonade

CABBAGE SALAD.—Chop cabbage very fine. Add a few fresh grapes, and mix thoroughly with salad dressing. Serve on lettuce leaves, and garnish the top with nuts.

STUFFED PEPPERS.—Mix two cups of sifted tomatoes with two-thirds cup of bread crumbs. Season with salt, minced onion, and minced parsley. Stuff the peppers and place in pan with a little water and butter. Bake until tender in medium oven.

MOCK CHERRIES.—Take equal parts of cranberries and raisins. Cover with water and cook until tender. Add sugar to taste. On account of the large quantity of natural sugar in the raisins, very little additional sugar will be required.

FRIDAY.			
<i>Breakfast.</i>		<i>Dinner.</i>	
Grape Fruit	Raisins	Egg Salad	Tomato Soup
Rice with Dates and Cream		Baked Rice or Macaroni	Escalloped Corn
Sandwich Cream Toast		with Cheese	
Creamery Butter	Cocoa	Grape-Nuts	Pudding
		Welch	Grape Juice

RICE WITH DATES.—Wash one-half cup rice. Cook in large quantity of salted water until nearly tender. Drain thoroughly and put into double boiler with one-half cup pitted dates. Finish cooking until tender. Serve with cream.

SANDWICH CREAM TOAST.—Select some well-browned triscuit, and if not crisp enough, toast slightly to a delicate brown. Spread thickly with butter and add a generous layer of grated cheese. Place three or four of these in a cereal bowl in sandwich form, one on top of the other, with the buttered side up. When ready to serve, pour over this a cup of hot milk. Part cream may be used if desired, but the butter and cheese make it very nourishing and appetizing.

EGG SALAD.—Cook six eggs until hard. Carefully remove whites from yolks. Mash the yolk, and mix with one minced onion and a little parsley, salt, and red pepper. Add salad dressing until of the right consistency. Cut the whites into small pieces. Place a spoonful of the salad mixture upon a plate, sprinkle the white over the top, and serve.

BAKED RICE WITH CHEESE.—Add alternately cooked rice, cheese, and a little salt and red pepper, until the baking dish is full. Pour a little milk over the top, and cover with buttered bread crumbs. Bake until a delicate brown.

GRAPE NUTS PUDDING.—Allow about four tablespoonfuls of grape nuts to each person served. Put to soak for two or three hours, in milk enough to cover them. Chop up some dates, figs and raisins, using about the same amount of fruit as you do cereal. Mix thoroughly together, then add several spoonfuls of nuts, chopped or ground. Make into squares or round shapes and serve in dessert dishes with whipped cream or the white of egg beaten stiff and sweetened with honey or powdered sugar.

MACARONI WITH CHEESE.—Break macaroni into small pieces. Cook until it has doubled its size, and then drain off water. Prepare a white sauce, and add alternately into a bake pan, white sauce, macaroni, and grated cheese, until the pan is full. Cover top with buttered bread crumbs and place in oven. Bake until a delicate brown. Serve in baking dish.

SATURDAY.

Breakfast.

Stewed Dried Peaches Figs
 Oatmeal with Cream
 Creamed Asparagus on Toast
 Rye Bread Butter
 Postum

Dinner.

Lettuce Salad, served with
 Peanut Sandwiches
 Baked Cabbage with Cheese
 Potatoes Served on Half Shell
 Graham Muffins
 New Maple Syrup
 French Apple Sauce Nuts

CREAMED ASPARAGUS ON TOAST.—Use one can of asparagus. Drain off juice, and cut into small pieces. Put the asparagus into a white sauce, and serve all on toast. Garnish with parsley. This makes a very good breakfast or luncheon dish.

BAKED CABBAGE WITH CHEESE.—Cut the cabbage the same as for cold-slaw. Parboil until tender, and then drain off water. Put into a bake dish alternate layers of cabbage, white sauce, and grated cheese, seasoning to taste. Continue until dish is full, having cheese for the last layer. Cover with bread crumbs and bake until brown. Serve in bake dish.

BAKED POTATOES ON HALF SHELL.—Bake potatoes, and when done cut in two lengthwise halves, with sharp knife. Scrape out contents into hot bowl, and then mash. To every six potatoes, add two tablespoonfuls butter, three tablespoonfuls hot milk, and one-half teaspoonful salt. Mix thoroughly, beating with fork or Dover egg beater. Then add beaten whites of two eggs. Do not stir, but *beat*. Refill skins very lightly, heaping high on top and keeping the surface ragged. Put these skins upon shallow pan, and place in oven until well browned. Garnish with parsley, and serve hot on hot platter.

GRAHAM MUFFINS.—Two cups Graham flour; one-half teaspoonful salt; three and one-half level teaspoonfuls baking powder; one-third cup sugar; one egg, beaten; one tablespoonful melted butter. Bake twenty-five minutes in greased muffin pans, in moderate oven.

FRENCH APPLE SAUCE.—Wash and core several red apples. Butter deep, earthen dish, and into this slice in rings not more than one-fourth of an inch thick, the prepared apples. Dot with a few bits of butter, and sprinkle with brown or white sugar mixed with a little flour. End with sugar and flour on top. Cover dish lightly with paste, and bake in moderate oven one hour. The sauce should be deep red in color, and thick and juicy.

Uncooked Vegetarian Foods.

SUNDAY.	
<i>Breakfast.</i>	<i>Dinner.</i>
Grape Fruit	Vegetable Medley with
Banana and	Dressing
Nut Cereal	Sandwiches of Bran Biscuit and
Dates Stuffed with	Peanut Butter
Cheese	Fancy Fruit Salad in Orange
Sumik	Grape Juice

BANANA AND NUT CEREAL.—As this constitutes the principal part of a meal, serve a generous quantity. Take a large cereal bowl and first put in it a layer of Post Toasties; then add another layer of wheat, or oat flakes, according to dictation of appetite; next slice a banana and arrange daintily on top. Between the banana slices place the half meats of either walnuts, pecans, or any favorite nut. Do not add the cream until served, as this tends to soak the cereals, thereby removing their delicious crispness.

MINCED ONION AND CABBAGE SALAD.—Chop rather finely the desired amount of cabbage and onions. Some like only a small quantity of onions to merely give the salad a slight flavor, while others prefer half of each. Daintily garnish a salad dish with lettuce or parsley; then put on several spoonfuls of the minced vegetables. Pour a liberal amount of the mayonnaise dressing over this and serve.

MAYONNAISE DRESSING.—Allow the yolk of one egg for each person, or if you have no use for the whites of egg, use one egg for every two salads served. Whip the egg lightly; then add two tablespoonfuls of olive oil, and lemon juice enough to suit the taste. If still accustomed to the use of salt, a slight pinch may be added to the above mixture; then beat well. This dressing makes a very appetizing addition to any vegetable salad.

VEGETABLE MEDLEY.—This can be made of as many vegetables as one desires, having them chopped rather fine and mixed well together. Serve on a garnished salad dish with mayonnaise dressing.

FANCY FRUIT SALAD IN ORANGE.—Use the following fruit salad recipe with the addition of nuts. Cut the top off an orange; remove all the inside; use this in the salad. Fill the orange with the salad mixture, cover with whipped cream, place a walnut-meat in center, and sprinkle with ground nuts.

MONDAY.

Breakfast.

Triscuit and Cheese Sandwiches
 Fruit and Cereal Medley with
 Cream
 Grape Lemonade
 Prune Whip

Dinner.

Date Marmalade Sandwiches
 Cream Slaw
 Sliced Onions with Dressing
 Apple, Date and Nut Dessert
 Sumik

FRUIT AND CEREAL MEDLEY.—Mince some figs, oranges, bananas and dates, mixing well together. Put a few grape nuts in a cereal bowl, then a layer of the fruit mixture; sprinkle a little more of the cereal on this and add about five spoonfuls of the fruit dropped separately; one in the center and four evenly distanced around the outside. Serve with cream.

PRUNE WHIP.—Soak some prunes over night, in cold water. If a good grade of prunes is used, this should make them as soft as when cooked. Some require longer soaking to be soft enough. Remove the seeds and mash to a jelly. Serve in a dessert dish, and drop three teaspoonfuls of whipped cream, separately and evenly distanced on top. Place the half meat of a walnut or pecan in center of each spoonful of whipped cream. If daintily served this makes a very pretty dish.

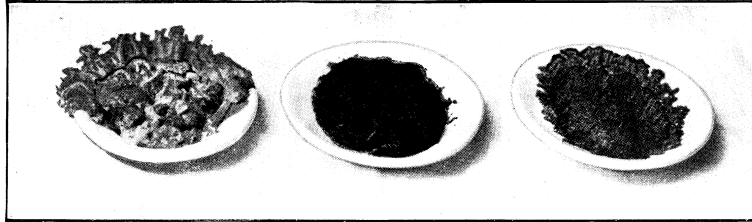
GRAPE LEMONADE.—Fill a glass two-thirds full of water; add the juice of half a lemon; then fill with grape juice.

DATE MARMALADE SANDWICHES.—Pit the dates and soak in just enough lukewarm water to cover them, for several hours. Mash, or run them through a colander. Serve between buttered triscuit, bran biscuit, or whole-wheat bread.

APPLE, DATE AND NUT DESSERT.—Slice some apples in dessert dishes and sprinkle them with chopped or ground nuts. Tastily arrange the halves of dates on top; sprinkle again with nuts and grated cocoanut. Serve with cream or olive oil. This is also very nice with the juice of an orange poured over it.

DRIED APPLE SAUCE.—Soak the dried fruit, in just enough lukewarm water to cover it, until it is in a soft state to be easily mashed with a fork, or run through a colander. Sweeten to taste and serve plain or with cream.

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APPLE AND CELERY SALAD. SPAGHETTI, CREOLE STYLE. ONIONS AND POTATOES WITH CHEESE.

Apple and Celery Salad.

Peel one apple, cut into small pieces; take one small stalk of celery and chop it finely; add the two together and make a dressing of sour cream and lemon.

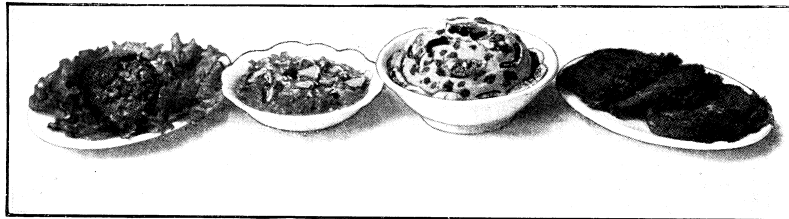
Spaghetti, Creole Style.

Cut up three or four long pieces of spaghetti. Place in boiling water and boil fifteen minutes; then set aside to swell for ten

minutes. Add to a finely chopped onion, two tablespoonfuls of butter and a teaspoonful of finely chopped green pepper; then allow to fry for four minutes. Then heat a cupful of canned tomatoes, and add fried onion and pepper. Now take spaghetti and strain off water, add to the tomatoes, etc., and salt to taste. When ready to serve sprinkle a little grated cheese over the whole.

Onions and Potatoes with Cheese.

Peel two onions, and wash three unpared potatoes; cut in fine slices and place in small baking pan with two ounces of butter and a quarter cup olive oil; salt to taste; cover and place in hot oven until done. While cooking stir two or three times. When done sprinkle grated cheese over top and replace in oven for a minute. Serve hot, turned out on platter.



SCALLOPED POTATOES. FRUIT SALAD. FRUITED RICE. EGG PLANT.

Scalloped Potatoes.

Pare two or three potatoes; boil and slice thin in a baking pan; season with a little salt, butter and $\frac{1}{2}$ a grated onion and pour over the whole a white cream sauce made of a cup of boiling milk, added to a paste made of a tablespoonful of butter and one teaspoonful of whole wheat flour, stirred well together, seasoned with salt, pepper and a touch of grated onion. After sauce is poured over potatoes, spread over top a well-beaten egg, as this gives it a brown crust on top and looks very appetizing.

Fruit Salad.

Take one small pineapple and slice into pieces; also two apples and three bananas and do likewise. Chop $\frac{1}{4}$ lb. almonds or pignolias or any other nut. Add all together and dress with equal quantities of honey and lemon.

Fruited Rice.

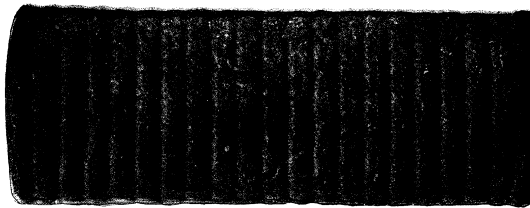
Take a half cup of rice and wash in cold water; put in sauce pan with a little water and let come to a boil; boil ten minutes and set aside for fifteen minutes to steam, with cover on

sauce pan. Have ready one-half cup of raisins and one-half cup of currants, thoroughly washed, and also a cupful of cream; add this to rice; also raisins and currants; stir together and boil again for three minutes; serve hot with a sliced banana on top and sugar and milk to taste.

Egg Plant.

Slice a small sized egg plant in quarter inch pieces; soak for a half hour in cold water with a pinch of salt in it. Have ready some

cracker meal, a little whole wheat flour and two well-beaten eggs; drain off water from slices; now cover slices, one at a time, in flour first; second, dip in egg, and third, cover with cracker crumbs, and last back into egg; have on the stove a small dripping pan with a part olive oil and a part butter, very hot; place slices in and fry until a light brown (about six minutes). Do not pare egg plant; until ready to use, as exposure to air will cause them to turn black.



A type of the wholesome whole wheat bread sold by Physical Culture Restaurants.

TUESDAY.

Breakfast.

Fig and Triscuit Sandwiches
 Apple, Celery and
 Nut Salad
 Nutted Cottage Cheese
 Milk

Dinner.

Nutted Fruit Corn Flakes with
 Cream
 Celery Hearts Stuffed with Cheese
 Garnished Pepper Salad
 Banana Delicacy
 Apple Juice

APPLE CELERY AND NUT SALAD.—Chop apples, celery and mixed nuts of any kind, very fine. Mix well together and serve with whipped sour cream, or mayonnaise dressing.

NUTTED COTTAGE CHEESE.—Take peanut butter or ground nuts of any kind desired, and mix thoroughly with cottage cheese. Use enough nuts to merely give it a nice color.

FRUIT SALAD.—Cut into small pieces some figs, dates, bananas, oranges and pineapple; any fruit can be used. In regard to quantity of each, mix according to taste, and use enough oranges to make it very juicy. This is very nice if served plain, with whipped cream, or with the addition of a few nuts.

NUTTED FRUIT CORN FLAKES.—Fill a cereal bowl two-thirds full of corn flakes. Remove the seeds from dates and nicely arrange the halves on top of the cereal. Sprinkle with ground nuts, and serve with cream or olive oil.

GARNISHED PEPPER SALAD.—Select some well-shaped green peppers or mangoes; cut off the top and remove the seeds; then place in a pan of cold water and let remain until water begins to boil. Take them out of water and let cool. In the meantime prepare a mixture of vegetables, cabbage, celery, onions and any vegetables that are preferred, chopped fine and thoroughly mixed with the mayonnaise dressing. Stuff the peppers with this mixture, place three olives on top, and serve on a salad dish garnished with lettuce.

BANANA DELICACY.—Take thoroughly ripened bananas, and mash to a pulp with a fork. Serve in a dessert dish. Cover with whipped cream and arrange small chunks of orange and nut meats, alternately, on top.

WEDNESDAY.

Breakfast.

Shredded Wheat Biscuit with
Fruit
Entire Wheat Bread
Butter
Apple, Nut and Cheese Salad
Grape Fruit
Banana Coffee

Dinner.

Luncheon Sandwiches
Rolled Wheat and Raisins with
Cream
Combination Salad with Mayon-
naise Dressing
Banana Whip Sumik

SHREDDED WHEAT BISCUIT WITH FRUIT.—Select a good, ripe banana and mash to a pulp with a fork. Add a few chopped dates, or merely cut them in small pieces. This constitutes the fruit mixture. If handled rather carefully, the shredded wheat biscuit can be cut in halves, lengthwise. After so doing, take a large cereal bowl and crumble in it, very fine, one half of the biscuit; then evenly spread the fruit mixture over this. Take the top of the biscuit, as that always has such a delicate brown color, and place in the center of the dish. Serve with cream.

APPLE, NUT AND CHEESE SALAD.—In this salad, use the quantity of each according to the flavor desired to predominate. Cut the apple into small cubes, and grate the cheese rather fine. Any kind of nuts, either ground or in halves, can be added and all stirred well together. This is very nice served with olive oil or the mayonnaise dressing described in the Sunday menu of Uncooked Vegetarian Foods.

LUNCHEON SANDWICHES.—Make a sandwich dressing of cottage cheese and chopped dates mixed thoroughly together. Place a generous quantity of this mixture between the buttered slices of whole-wheat bread, or well-buttered triscuits.

COMBINATION SALAD.—This salad can be made of as many different vegetables as one may happen to have on hand at this season of the year. They can be chopped or minced very fine, or if preferred cut in small cubes or chunks. If a tart salad is desired, serve with plain lemon juice; but a dressing consisting of olive oil and lemon juice beaten thoroughly together, makes it far more appetizing. Or serve with mayonnaise dressing.

BANANA WHIP.—Use only the real ripe bananas for this dessert. Mash them to a smooth jelly with a fork; then add, in quantity, about one half as much whipped cream as you have of the fruit, and stir well together. Serve in a dessert dish, and cover with a generous smooth layer of whipped cream. Sprinkle with ground nuts, and neatly arrange the halves of walnut meats on top. Make this dessert at the latest possible moment, for the mashed bananas grow very dark colored if allowed to stand any great length of time.

THURSDAY.

Breakfast.

Nutted Milk Flakes with Honey
 Entire Wheat Bread
 Butter
 Cheese and Onion Salad
 Hawaiian Pineapple
 Orangeade

Dinner.

Triscuit
 Butter
 Cottage Cheese and Vegetable
 Salad
 Apple Dessert
 Welch Grape Juice

NUTTED MILK FLAKES WITH HONEY.—For each person served, allow half a cup of rolled oat flakes. Allow them to soak an hour or more, in just milk enough to cover them and a quantity of honey to make them sufficiently sweet. Stir well together and place in a cereal bowl. Sprinkle with corn flakes and a generous amount of any kind of nuts desired. Serve with cream or olive oil.

FRUIT BUTTER.—Use any kind of dried fruit desired. Put it in lukewarm water, enough to cover well, and let remain until the fruit is very soft, resembling the cooked state. Run through a colander; then mix thoroughly with the juice it has been soaking in. Sweeten to taste with either sugar or honey. Can be served plain or with whipped cream daintily dropped on top and garnished with nut meats.

PINEAPPLE WITH WHIPPED CREAM.—At some times of the year it is somewhat difficult to secure the fresh fruit, but the canned is easily obtained, either in chunks or circles. Place in a dessert dish, cover with whipped cream, and sprinkle with grated cocoanut or ground nuts.

COTTAGE CHEESE AND VEGETABLE SALAD.—Select various kinds of vegetables, according to preference, and mince fine. Stir well together and place a generous flat layer on a garnished salad dish. Drop about three spoonfuls of cottage cheese, evenly distanced, on this layer, put a walnut meat in the center of each spoonful of cheese, and pour a liberal amount of mayonnaise dressing over it all.

APPLE DESSERT.—Select a large, rosy apple and cut in halves, not lengthwise. Remove the core and all the inside of the apple, leaving merely a shell thick enough to serve the salad in. The proportions may vary in this salad according to the individual's taste. Slice some apples very thin, cut dates in small pieces and break the nut meats in little chunks. Mix all together and fill the apple shell with this salad. Place on a dessert dish, cover the top with whipped cream, and sprinkle with ground nuts. Put a walnut meat in center.

FRIDAY.

Breakfast.

Fig and Triscuit Sandwich
 Combination Salad with Mayon-
 naise Dressing
 Soaked Peaches and
 Cream
 Malt Coffee

Dinner.

Cheese and Onion Sandwich
 Fruit Jumble with
 Honey
 Minced Cabbage Salad
 Grape Eggnog

SOAKED PEACHES AND CREAM.—Soak the dried peaches until softened; then put about three pieces of the fruit in a dessert dish. Pour some honey over these, and drop a spoonful of whipped cream on each peach.

CHEESE AND ONION SANDWICHES.—Grate the cheese and mince the onions very fine. Use in proportion, as desired. Mix well with enough of the mayonnaise dressing to make it a proper consistency for spreading. Use between well-buttered slices of whole-wheat bread or triscuit.

FRUIT JUMBLE WITH HONEY.—Sprinkle a light layer of corn flakes or any favorite cereal, in a large cereal bowl. Next add a layer of sliced apples. Pour some honey over this and sprinkle again with the cereal. Then arrange a generous layer of sliced oranges and nuts. More honey can then be added. It is very nice if served in the plain way, or it can be eaten with cream.

SHREDDED WHEAT DESSERT.—With a sharp knife, cut a good sized square in the top of a shredded wheat biscuit. Remove all the shreds possible to make the place as large as can be for the fruit. Mash bananas to a pulp, and fill the biscuit with this. Cover with whipped cream and daintily arrange a few nut meats on top. Any fruit desired can be used in the biscuit.

GRAPE EGGNOG.—Allow one egg for each person. Beat the yolks and whites separately. To the yolk of the egg, add enough grape juice to give it a fine color. Sweeten with honey. Then pour in a glass. If desired, the white can be sweetened with either honey or sugar. Put in the glass on top of the yolk, and serve.

SATURDAY.

Breakfast.

Shredded Wheat Medley
 Nutted Eggnog
 American Cheese
 Figs Apples
 Marble Dessert

Dinner.

Whole-Wheat Bread
 Butter Dried Apple Sauce
 Cottage Cheese and Cabbage Salad
 Mixed Nuts
 Grape Juice

SHREDDED WHEAT MEDLEY.—Crumble a shredded wheat biscuit in a cereal bowl. Select a dozen good Persian dates, cut in small pieces and place over the top of biscuit layer. Next sprinkle a generous quantity of raw peanuts over this mixture and serve with **cream**.

APPLE AND NUT SALAD.—Take equal quantities of walnuts, pecans and almonds chopped rather fine. Use the same amount of apple (also finely minced), as the nut mixture, and stir well together. Then pour a generous quantity of mayonnaise dressing over this and serve on a garnished salad dish, tastily arranging a few olives on top.

MARBLE DESSERT.—Use an equal quantity of dates, figs, bananas and apples, minced very fine, thoroughly mixed together. This constitutes the fruit mixture. If obtainable, use the fresh cocoanut, grated. If not, the shredded cocoanut will answer the purpose, although it is not as desirable and nicely flavored as the fresh nut. Spread quite a generous layer of this fruit mixture in a dessert dish. Sprinkle a thick layer of the cocoanut over this and then drop three small spoonfuls, evenly distanced, on top of the last layer. Place an almond meat on each spoonful of the fruit and lay a large dark raisin between each spoonful. These make a fine contrast on the cocoanut.

NUTTED EGGNOG.—To the beaten yolk of an egg add several large spoonfuls of milk (according to size of glass used), enough honey or sugar to sweeten, and two spoonfuls of ground nuts; then beat well. Pour into a glass and add the beaten white of the egg, slightly sweetened. Sprinkle lightly with the ground nuts. This is a delicious drink if it is properly seasoned and if a favorite kind of nut is used.

COTTAGE CHEESE AND CABBAGE SALAD.—Mix thoroughly, equal proportions of shredded or chopped cabbage and cottage cheese. Then stir in a liberal quantity of mayonnaise dressing, or if preferred use the olive oil and lemon juice.

Mixed Foods (Including Meats).

THE following bills of fare have been selected for those who are engaged in heavy labor, and feel that they are not able to follow the light vegetarian menus.

Those who are accustomed to three meals per day at the usual hours for such meals should eat some light fruit either at the noon or the morning meal, and the two heavy meals at the other meal hours.

Salt is the only seasoning allowed.

Fruit always means bananas or apples or other common varieties. Especial care is necessary to see that all fruit is served at proper ripeness.

Whole-wheat bread should be served at every meal.

Strained honey should be used instead of sugar when practicable.

Milk and water may be served at all meals. Drinking, unless to satisfy thirst, should be avoided.

SUNDAY.	
<i>Dinner.</i>	<i>Supper.</i>
Chicken or Turkey Soup	Fruit
Roast Beef	Eggs Fried in Butter
Mashed Potatoes	Beet Salad Hot Corn-Bread
String or Butter Beans	Honey Nuts and Dates
Tomatoes (stewed)	
Fruit	
Graham Flour Cake	

CHICKEN OR TURKEY SOUP.—Cover the bones, skin, etc., left from roast chickens or turkey with cold water, add one onion, a little celery, one-quarter of a bay leaf, bit of red pepper, and cook three or four hours. Strain, skim off the fat, add salt to taste and one cup of cooked rice, heat well and serve in cups with toast.

GERMAN CHICKEN SOUP.—Cut up the entire chicken at the joints. Put on in cold water and boil on a slow fire three hours, then take the meat out of the vessel and remove all the meat from the bones, chop it very fine, or better still, put it through a meat cutter and cut as fine as possible; then put the meat in a saucepan and strain the soup on it. Cut three onions and a small bunch of parsley leaves and add to the soup five minutes before serving.

SUMMER SQUASH.—Pare, cut up and simmer until tender. Mash with butter and salt.

WINTER SQUASH will need longer cooking than summer squash, and the seeds must be removed.

BAKED SQUASH.—Add to squash cut into small cubes one tablespoonful melted butter, two raw eggs, and three tablespoonfuls milk. Pepper and salt to taste. Put in buttered bake dish, sift dry crumbs over the top, and bake in a quick oven.

ROAST BEEF.—The best pieces for roasting are the sirloin rib and fillet. Rub the meat with salt, then dredge with flour; put a rack in the basting pan, set the roast on the rack and put in a hot oven for fifteen minutes; then cover the bottom of the pan with water; allow fifteen minutes to the pound if the meat is to be rare, twenty minutes if moderately well done. Baste often.

WHOLE WHEAT.—Put a quantity of this wheat in a vessel and soak it over night in water. In the morning salt to taste, pour milk over it and simmer—not boil—for from three to five hours. The longer it simmers the softer it will become and the more delicious it will taste when first placed in the mouth, though it would be well to remember that thorough chewing will bring out slowly but surely the full delicacy of the flavor even if not cooked until soft. This wheat can be eaten with butter, honey, cream or cream and sugar, though if the taste is not accustomed to “palate ticklers” of this character it will be found appetizing without any addition whatever. If it is desired to make the dish especially rich, it can be soaked in milk instead of water over night. If milk cannot be had, water can be used instead, though, of course, it will not taste so palatable.

This process can be applied to almost any of the whole grains, such as corn, barley, rye, etc., and they will be found very palatable and nourishing.

WHOLE OR ENTIRE WHEAT BREAD.—Three quarts of whole wheat flour, one quart lukewarm water or milk, one teaspoon salt, one tablespoon honey, molasses or brown sugar, and one compressed yeast cake dissolved in half cup of lukewarm water. To the lukewarm mixture of water, salt, sweetening and yeast, first add only enough of the flour to make a thin batter, and beat thoroughly for ten minutes. Cover and stand in a warm place for two or three hours, or until it raises. Then add the rest of the flour to make a soft dough. It should be said that the amount of flour may vary, because different manufacturers produce different qualities of whole wheat flour, some heavier, some lighter. There is as yet no standard. It may take more or less, but add enough to make a soft dough. Knead this quickly until it loses its stickiness. Divide into three or four loaves, put in greased pans, cover and let stand for an hour in a warm place, about 75 degrees Fahr., until it raises again; butter the top and put in a hot oven. As soon as brown reduce the heat and let it bake three-quarters of an hour.

MONDAY.

Dinner.

Split Pea Soup
 Lentil Cutlets Creamed Potatoes
 Beets Baked Custard
 Fruit

Supper.

Fruit
 Scrambled Eggs
 Lettuce or Watercress Salad
 Corn Muffins, hot Nuts Figs

SPLIT PEA SOUP.—This soup may be made with or without meat, as desired. If meat is used, bones from lamb or veal will do. Or simply the bacon will suffice. Put the bones, etc., in a pot, with two slices of bacon, salt to taste, one onion, a little celery, two and a half quarts of water, and one pint split peas which have soaked in cold water over night. Cook slowly four or five hours, press through a colander, heat, and serve. A ham bone may be used instead of other meat.

LENTIL CUTLETS.—Soak over night one cupful of dried lentils and one-third cupful of dried lima beans. Drain, add two quarts of water, half an onion, a stalk of celery. Cook until soft, remove the seasonings and rub through a sieve. Add one cupful of stale bread crumbs, one beaten egg, seasoning to taste, and the juice of half a lemon. Melt one tablespoonful and a half of butter, add one tablespoonful and a half of flour, and pour on gradually one-third cupful of sweet milk. Let cook until smooth and thick, and add to the lentil mixture. Set aside to cool. Then form into small cutlets, dip in beaten egg, then in powdered cracker crumbs and fry to a golden brown. Drain, and serve with tomato sauce.

Peas may be used for this dish.

BEETS.—Do not break the skins in washing or they will lose their color in cooking. Boil one hour. Rub off the skins, split in halves, dish, and pour on them a boiling mixture of one tablespoonful of melted butter and salt. Serve very hot.

BEETS WITH OLIVE OIL.—Boil the beets, peel, slice and serve cold with lemon juice and olive oil.

CREAMED POTATOES.—Put one tablespoonful butter in a frying pan and when it bubbles add one tablespoonful flour. Add one cup hot milk, with salt to taste. Add one pint cold boiled potatoes cut into small dice. Cook until thoroughly hot.

MASHED TURNIPS.—Select the large yellow turnips, as they are sweetest. Wash, pare and cut them into pieces. Boil them in salted boiling water until tender, two hours, pouring off the first water if they are old and

strong. Drain, mash, season with butter and salt, and heap lightly in a vegetable dish.

CREAMED TURNIPS.—Cut peeled turnips into half-inch dice, boil in a very small quantity of water. When cooked, pour over a cream sauce made of one cup hot milk poured gradually over one tablespoonful each butter and flour rubbed together. Season and serve. All vegetables made in this style should never be allowed to get cold before cream or sauce is added. When allowed to become cold they are not as easily digested and do not absorb the cream or sauce.

BOILED TURNIPS.—Pare and cut into quarters. Place into boiling water; boil till tender. Add butter, and a pinch of sugar. Stir and mix. Serve hot.

BAKED CUSTARD.—Beat five eggs, five tablespoonfuls sugar, one quart milk, one-half teaspoonful vanilla, and bake in a moderate oven until firm. If desired, pour the custard into cups, set in a pan of water and bake twenty minutes.

SCRAMBLED EGGS.—Beat six eggs slightly and salt. Put a piece of butter in the frying pan, and when hot pour in the eggs. Stir constantly until done. To make this dish light and juicy beat two tablespoonfuls of milk with each egg.

LETTUCE OR WATERCRESS SALAD.—Wash and wipe carefully and serve with French dressing.

HOMINY.—Into three and a half cups of boiling salted water stir one cupful fine hominy; steam or cook slowly four hours; slow, long cooking improves it, though hominy may be cooked by boiling one hour.

CORN MUFFINS (No. 1).—Two cups Indian meal, one cup flour, two cups milk, one tablespoonful sugar, two tablespoonfuls melted butter, two teaspoonfuls baking powder, three eggs, a pinch salt, beaten separately. Mix meal, milk, yolks of the eggs, sugar, butter, add the flour mixed with the baking powder, lastly the whites of the eggs. Beat well and bake in hot-greased pans in a hot oven. This makes twelve muffins.

CORN MUFFINS (No. 2).—Two cups corn meal, one and one-half cups flour, two and one-half cups sour milk, two eggs beaten separately, one teaspoonful shortening, one teaspoonful salt, one-half cup molasses, one-half teaspoonful baking soda, one teaspoonful baking powder. Beat well and quickly, put in hot gem pans, and bake one-half to three-quarters of an hour. This quantity makes twelve muffins.

The soda must be put into the sour milk, of course. Some cooks leave out the baking powder and use more soda, but I like the other way better. These muffins will be found nicer than those made with sweet milk. Buttermilk also may be used.

TUESDAY.			
<i>Dinner.</i>		<i>Supper.</i>	
	Asparagus	Fruit	Cheese Omelet
Carrots	Baked Beans	Whole-Wheat Muffins (hot)	
	Fruit	Watercress Salad	Honey
Baked Rolled Oats (with butter)			

BAKED POTATOES.—Select even-sized potatoes, wash carefully and wipe dry and put in a moderately hot oven. Bake until soft. Break the skin of each a little. They should be done in about 45 minutes.

Sweet Potatoes can be baked as above.

STEWED CARROTS.—Scrape young carrots, and cut in strips and boil in salted water one-half hour. Serve with drawn butter sauce or melted butter.

CARROTS AND PEAS.—Scrape and cut up six small carrots and boil. Mix with one cup of cooked peas (canned peas will serve), and one cup drawn butter sauce.

MASHED CARROTS.—Scrape, boil and mash the carrots and beat in one tablespoonful butter, salt and two tablespoonfuls cream.

BAKED BEANS.—Soak one quart small white beans over night, drain and simmer; then add one cup milk or cream, two tablespoonfuls butter, two chopped onions, one teaspoonful salt. Turn into a bean-pot or baking dish, and bake in a slow oven six hours, adding water occasionally if necessary.

ASPARAGUS.—Wash, cut off the ends and tie in bundles; cook in enough boiling salted water to cover for twenty to thirty minutes. Serve on toast with drawn butter sauce, using the water in which the asparagus was boiled, instead of milk, in making the sauce.

BAKED ROLLED OATS.—Steep rolled oats in sufficient sweet milk to cover it; season with salt and nutmeg to taste; put the mixture in a cool place or in an ice chest for about one and a half hours, to prevent the milk from curdling and to allow the oats to absorb the milk.

Butter a bread pan, pour the mixture into it, put small lumps of butter over the top of it, and bake in an oven of medium temperature for from 40 to 50 minutes. Cut it in slices, and serve hot on warm plates.

OAT-MEAL BREAD.—One cup of rolled oats soaked in two cups of boiling water. One-half cup molasses, one teaspoon salt, one tablespoon butter. When blood-warm, add one-half yeast cake, dissolve in warm water, and then four and one-half cups whole wheat flour. Mix with knife, and allow to remain all night. In morning cut down with knife and allow to rise again before putting in buttered tins. Cut down and pour into pans, raising once more before baking. Bake forty-five minutes. This quantity makes two loaves. A pinch of baking soda often helps to insure a good sweet bread.

To make omelets light and delicious, strictly fresh eggs must be used, and the skillet in which they are made should be used exclusively for that purpose.

In making savory omelets, the savory ingredients should always be beaten in with the yolks.

The savory ingredient may be grated cheese or raw apples; or finely chopped onions, one heaping teaspoonful to each egg; or the amount may be varied to suit.

CHEESE OMELET.—Proceed as for plain omelet, only add one tablespoonful grated cheese.

WHOLE-WHEAT MUFFINS (No. 1).—Tablespoonful of pure olive oil; tablespoonful of honey or sugar; one egg beaten with a cup of milk; one and one-half cups of whole-wheat flour; one teaspoonful baking powder; saltspoonful of salt.

Beat the olive oil, sugar and egg together, then add the cup of milk. Mix the flour, baking powder and salt well; then mix all well together.

Bake in a hot oven for twenty minutes.

This portion will make twelve muffins.

WHOLE-WHEAT MUFFINS (No. 2).—Two cups entire-wheat flour, two cups milk, one egg well beaten, two teaspoonfuls baking powder. Mix powder and flour, stir in egg and milk thoroughly and pour into hot gem pans. Bake in hot oven one-half hour, or until done.

WHOLE GRAINS OF CEREALS.—The variety of dishes made from grains prepared in this way is almost unlimited. For instance, eggs can be poached or prepared in almost any way, and served on boiled wheat or other grains, and it will be found a very palatable and nourishing dish. Grains prepared in this way can be added to a salad and will greatly increase its nourishing and appetizing qualities. It can also be served with steak and other meats. In fact, a well informed housekeeper can originate an unlimited variety of dishes in which boiled whole grains can be used to great advantage.

In case you should be caught without flour at any time, bread can be made of any one of these whole grains by the following process:

Soak the grains over night in water. In the morning salt and simmer until soft. When possible put in enough water to cook the grain to a proper degree of softness without adding more. When the water has all evaporated and the grains have become soft, remove from the stove and place a small quantity at a time in a jar, and put through the same process required in mashing potatoes. This will reduce it to a pulpy mass. Now, using gem pans, place in a hot oven and allow it to remain until baked through to a proper hardness. Serve with butter or as ordinary bread. In preparing this be careful to see that the grain has been cooked to a proper degree of softness, as otherwise it will not macerate sufficiently.

WEDNESDAY.	
<i>Dinner.</i>	<i>Supper.</i>
Roast Turkey or Chicken	Fruit
Peas, au Gratin	Tomato Salad
Baked Sweet Potatoes (same as Irish potatoes)	Whole Wheat
Scalloped Tomatoes	Macaroni with Cheese
Dessert (Floating Island)	Rice Muffins
Fruit	Honey

ROAST TURKEY.—Wash the turkey inside and out, wipe and singe the pin feathers. Make a stuffing as follows: Crumb up one loaf of stale bread and (put the crusts in a bowl of water and wring out dry) moisten one tablespoonful butter, season with salt and one-half teaspoonful thyme; stuff the turkey and sew up; salt the turkey and put in baking pan, preferably a double baking pan, with a cup of hot water; roast, if good sized, three or four hours. (The time also depends on the age of the fowl.) Baste frequently unless a double pan is used. Be careful not to let the pan get dry and so burn the turkey. When done, place on a hot platter and make a gravy by pouring one and a half cups hot water into the pan and thickening it with flour.

ROAST CHICKEN.—Same as turkey.

PEAS AU GRATIN.—Soak one pint dried peas or split peas in cold water over night. Simmer five hours with half an onion and a little celery. Drain, put through a colander and add one cup bread crumbs, one and one-half tablespoonfuls butter, salt to taste, one cup of milk, and put in a baking dish. Grate a little cheese on top, and bake one hour.

EGG PLANT.—Slice the egg plant at least half an inch thick, pare each slice, and fry brown. Don't soak in salted water or lay it in salt, as is often done, since this spoils the flavor.

SCALLOPED TOMATOES.—Take six large ripe tomatoes, skin and cut into small pieces. Spread a layer in the bottom of bake dish, season well, put a layer of coarse bread crumbs over the tomatoes with bits of butter. Continue this until the dish is full, having bread crumbs on top. Bake one hour.

FLOATING ISLAND.—One quart milk, five eggs, pinch of salt, four tablespoonfuls granulated sugar, one-half teaspoonful vanilla. Put the milk in a double boiler to heat. Beat the yolks of the eggs and add the sugar.

When the milk is scalding hot, stir it slowly into the eggs and sugar. (This prevents curdling, which is hard to avoid if the eggs are poured into the milk.) Pour back into the double boiler, and stir until it thickens. Then add vanilla and set aside to cool. Just before serving, beat the whites of the eggs to a stiff froth with two tablespoonfuls of powdered sugar, and drop on the custard in little "islands." The addition of a little ring of currant jelly to the top of each "island" is an improvement in both the appearance and taste of the pudding.

BOILED EGGS.—The proper way to cook eggs, especially for invalids or persons of weak digestion, is to keep them in water at 160 degrees to 170 degrees F., rather than at 212 degrees, or boiling, since the white, or albumen, of this egg is rendered much less soluble by this high temperature. A simple way of cooking them properly is to let the water boil, then set it back off the stove and drop in the eggs, leaving them for four to six minutes. Serve with fruit, toast and chocolate and you will have a perfect breakfast. One can also put the eggs in a vessel and pour the hot water on them. If left in long enough they will become hard-boiled, but tender.

TOMATO SALAD (1).—Peel and slice fully ripe tomatoes; let them stand for five minutes to drain off the juice; then set them away on ice. When served, cut up the slices, and to each pint of tomatoes allow four tablespoonfuls of lemon juice, the yolk of one egg, and enough salt, and mustard, to season highly. Stir the dressing lightly through the tomatoes, and serve very cold.

TOMATO SALAD (2).—Wash thoroughly and dry carefully a head of lettuce. Pour scalding water over tomatoes a moment, and skin them. Put a whole tomato on a leaf or two of lettuce and pour a little mayonnaise dressing on each.

MACARONI WITH CHEESE.—The genuine Italian macaroni is the best. Boil one-half pound (or half a package of the French macaroni) for from fifteen to twenty minutes. Drain, and put half of it in a buttered baking dish, season with salt, grate cheese over it, add the other half of the macaroni, then more cheese and some bits of butter on top. Pour over it enough drawn butter sauce to fill the dish—about one cup, and bake three-quarters of an hour, or until properly cooked.

RICE MUFFINS (No. 1).—Take one cup cold boiled rice, two cups flour, two eggs, two cups milk, one tablespoonful butter and one teaspoonful salt. Beat very hard and bake quickly.

RICE MUFFINS (No. 2).—One cup boiled rice, one cup sweet milk, two eggs, two tablespoonfuls melted butter, one teaspoonful sugar, two of baking powder, and enough flour to make a batter; beat hard and add the baking powder the last thing. Bake in muffin rings.

THURSDAY.

Dinner.

Thick Tomato Soup
 Cream Cheese Lima Beans
 Green Sugar-Corn Cauliflower
 Fruit

Supper.

Fruit
 Nuts
 Rice with Grated Cheese
 Honey
 Barley Muffins Lettuce Salad

TOMATO SOUP.—Cover the bones, rim, etc., from a roast of beef or veal with cold water; add one onion, one carrot, celery, one-quarter of a bay leaf, small piece red pepper, and set on the back of the stove to simmer slowly five hours. Then add one can of tomatoes (or one quart fresh ones, peeled and cut up) and cook one and a half hours longer. Strain, thicken with flour, and serve with croutons made by spreading bread, cutting it into neat squares and browning in the oven.

BOILED CORN.—Husk the corn, leaving the last shuck on. Put into cold water, bringing this to boil; serve as soon as the water begins to boil.

BAKED CORN.—Cut the grains of one dozen ears of corn down the middle and scrape. Add one cup boiling milk, salt to taste. Put in buttered baking dish, dot over small bits of butter and bake in moderate oven.

STEWED CORN.—Cut the kernels through the center, and scrape contents from the ear. Put into cold milk, bringing this to a boil, when remove from range. Add butter and salt, and serve.

ROAST CORN.—Turn back husks and pick off the silk. Re-cover with the husks and roast in the hot ashes of a wood fire.

CAULIFLOWER.—Cauliflower should be placed head down in well salted water for a while to remove insects; trim off outside leaves and boil for thirty or forty minutes. Serve with butter or pour a drawn butter sauce over it.

CAULIFLOWER AU GRATIN.—If there is any cauliflower left over, it is very nice baked. Put the cauliflower in a baking dish, season, put on the top bread crumbs and grated cheese dotted with bits of butter, pour over all one cup drawn butter sauce, and bake fifteen minutes. If fresh cauliflower is used it should be baked longer.

BARLEY MUFFINS.—One cup barley flour, two tablespoonfuls sugar, one tablespoonful melted butter, one egg, one cup milk, one teaspoonful baking powder, a little salt. Mix well, beat up and bake in greased muffin pans about twenty to thirty minutes.

BOILED RICE.—Put one cup rice into three cups boiling water, and boil 20 minutes; then set in a pot of boiling water, and keep the water boiling for four hours. Rice cooked in this way is especially easy of digestion. Serve with grated cheese.

FRIDAY.

Dinner.

Baked Fish
 Boiled Potatoes
 Creamed Cabbage
 Baked Onions
 Chocolate Pudding

Supper.

Fruit
 Poached Eggs
 Honey
 Apple Salad
 Nuts and Dates

BAKED BLUEFISH, OR SHAD.—Cut gashes across the fish, in which put narrow strips of salt pork; dredge the fish with flour, season with salt and pepper; put in a baking pan, cover the bottom of the pan with hot water, and bake one hour; baste often and add a little water if the pan gets dry. Serve with Hollandaise sauce.

BAKED ONIONS.—Peel the onions and boil twenty minutes; drain, put in baking dish, cover with fresh boiling water and bake from one half to one hour. Take up and pour over them a sauce made of the water they were baked in, which should be about one cup; if there is not enough to fill a cup, add milk, let boil and add the yolk of one egg beaten and the hot milk poured on it, then return to the fire until it thickens.

CREAMED CABBAGE.—Slice half a good-sized cabbage and put in cold water; as soon as it comes to a boil put back on the stove to simmer for thirty minutes, when it will be tender; drain and cover with a sauce made of one cup of milk, one tablespoonful of flour and one tablespoonful of butter and a little salt; let it get hot in this and serve.

CHOCOLATE PUDDING.—One pint milk, one pint bread crumbs, yolks of three eggs, five tablespoonfuls grated chocolate. Scald the milk, add bread crumbs and chocolate. Take from fire and add one-half cup sugar, and the beaten yolks. Bake in pudding dish fifteen minutes.

POACHED EGGS.—Have a pan of salted water boiling. Drop in the eggs carefully and set where they will keep hot but not boil, until the white sets. Serve on toast. It is a good plan to set muffin rings in this pan and drop an egg in each.

APPLE SALAD.—Chop one cup each tart apples (peeled and cored), and English walnuts or other nuts, one cup celery. Serve with dressing made as follows: Rub two slightly rounded tablespoonfuls of nut-butter smooth with two-thirds of a cupful of cold water and add half a teaspoonful of salt. Let all boil together for a moment, then remove from the fire, and add two tablespoonfuls of lemon juice. Set on ice to get very cold, then pour over the salad. Garnish with celery.

SATURDAY.	
<i>Dinner.</i>	<i>Supper.</i>
Cauliflower Soup	Fruit
Parsnips	Green Peas
Baked Sweet Potatoes (same as Irish Potatoes)	Hot Graham Muffins
Fruit	Apple Omelet
Pumpkin Pie with Cream Crust	Macaroni à la Crème
	Honey Nuts and Dates

CAULIFLOWER SOUP.—Melt in a saucepan a tablespoonful of butter with three tablespoonfuls of flour. When these are thoroughly cooked but not browned—three minutes' stirring over the fire will suffice—add three pints of vegetable stock, and finally half a good-sized cauliflower which has been previously boiled. When the soup has cooked ten minutes strain it through a purée sieve, pressing through all the cauliflower. Return soup to fire and let simmer slowly for twenty minutes longer. Serve with bread croutons.

BOILED PARSNIPS.—If parsnips are young they require only to be scraped before boiling; old ones must be pared thin and cut into quarters. Put them into a stewpan of boiling water. Boil until tender. Serve with melted butter sauce.

BUTTERED PARSNIPS.—Boil tender and scrape; slice lengthwise. Put three tablespoonfuls butter in a saucepan, salt and a little chopped parsley. When heated put in the parsnips. Shake and turn until mixture boils, then lay the parsnips in order upon a dish, and pour the butter over them and serve.

CREAM CRUST.—Mix and sift one and a half teacupfuls of white flour with one and a half teacupfuls of Graham or whole-wheat flour. Moisten with one scant teacupful sweet cream, making a stiff dough. Roll not quite so thin as for white crust. For a fruit pie, brush over the bottom crust with white of egg to keep the juice from soaking in.

APPLE OMELET.—Stew apples as for apple sauce. Beat well with one tablespoonful butter, sugar to sweeten and a little cinnamon. When perfectly cold add five eggs, beaten well. Bake until brown. Eat warm, for tea, with whole-wheat bread. Grated raw apples are preferable to stewed.

GRAHAM MUFFINS.—One quart Graham flour, two teaspoonfuls baking powder, two tablespoonfuls sugar, a little salt, one tablespoonful butter, egg and two cups milk. Bake in small pans at once in a good oven, fifteen minutes.

MACARONI A LA CREME.—Boil the macaroni twenty minutes in milk; add a little salt. Pour on it drawn butter sauce, and serve with grated cheese.