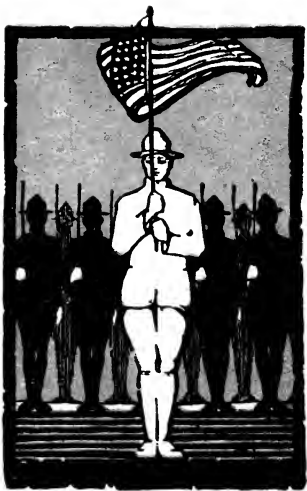


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# LIBERTY COOK BOOK

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Los Angeles City Teachers Club

*check with school  
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# LIBERTY

# Cook Book

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Compiled by the  
WOMEN'S COMMITTEE, COUNCILS OF  
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## TABLE OF CONTENTS

	Page
Liberty Breads .....	5
Quick Breads, Muffins, Etc.....	8
Oven Test for Baking.....	12
Soups .....	13
Meat Substitutes .....	14
Cakes and Cookies.....	16
Puddings .....	19
Candies .....	20
Suggestions for Menus.....	22
Fats .....	24
Soaps .....	26

## LIBERTY BREADS TO SAVE WHEAT

Tested Recipes Enabling Cut in Use of White Flour

### OTHER CEREALS ARE USED

Cornmeal, Oatmeal and Barley found to be good substitutes in making excellent breads

The world needs wheat. It is depending on the United States and Canada for its supply. America must divide what she has with the other nations. To enable her to save sufficient wheat, experts have perfected Liberty breads, each loaf of which saves from 20 to 35 per cent of the amount of wheat flour usually used. Here are the proportions for one loaf of a cornmeal yeast bread:

- 1¼ cups milk and water, or water
- 2 tablespoons sugar
- 1 tablespoon fat
- 2 teaspoons salt
- $\frac{2}{3}$  cup cornmeal
- 2  $\frac{1}{3}$  cups flour
- $\frac{1}{2}$  cake compressed yeast
- $\frac{1}{4}$  cup warm water.

Add sugar, fat and salt to liquid and bring to boiling point. Add cornmeal slowly, stirring constantly until all is added. Remove from fire, cool mixture, and add compressed yeast, softened in  $\frac{1}{4}$  cup warm water. Add flour and knead. Let rise until about double its bulk, knead again and put in pan. when light, bake in moderate oven for at least an hour. If the cornmeal is well cooked, more liquid will be needed, about  $\frac{1}{2}$  cup.

### OATMEAL A GOOD SUBSTITUTE

Next to corn in popularity have come oats. There is a new oatmeal yeast bread, not unlike graham bread in appearance, having a sweet nutty flavor much favored by those who like dark breads. This is the recipe:

- 1 cup milk and water, or water
- 1 teaspoon salt
- 1 tablespoon fat

- 2 tablespoons sugar
- 1 cup rolled oats
- 2½ cups wheat flour
- ½ cake compressed yeast
- ¼ cup warm water.

Scald liquid and pour it over the rolled oats, sugar, salt and fat. Let stand about half hour, until lukewarm. Add yeast, softened in the warm water. Add flour and knead. Let rise until double in bulk. Knead again and place in pan. When light, bake in a moderate oven from 45 to 90 minutes. The oatmeal is better ground into finer pieces by running through a meat chopper.

### BARLEY YEAST BREAD

Barley flour as an adult human food has been little known, although it has all the properties to recommend it to the family larder. Barley yeast bread is new and good and made by using:

- 1 cup milk and water
- 1 tablespoon sugar
- 1 tablespoon fat
- 1 teaspoon salt
- ½ cake compressed yeast
- 1⅙ cups barley flour
- 2⅓ cups wheat flour.

Soften the yeast in part of the liquid. Combine ingredients. Mix into a dough. Knead and let rise to double original bulk. Knead again and put in pan. When once more doubled in bulk, bake about 45 minutes.

### RYE BREAD

Rye, also generally grown, is less pleasing, to the majority of people, in breads, but here is a rye yeast bread for variety:

- 1 cup milk and water
- 2 tablespoons sugar
- 1 tablespoon fat
- 1 teaspoon salt
- ½ cake compressed yeast, softened in 2 table-  
spoons water



- 2¼ cups rye flour
- 2¼ cups wheat flour

Combine ingredients. Mix into dough and knead. Let rise until double original bulk. Knead again. when again double in bulk, bake 45 minutes.

### POTATO BREAD

The modern conservationist makes three loaves of potato yeast bread in this fashion:

- ½ cup milk and water
- 4 tablespoons sugar
- 4 tablespoons fat
- 1½ teaspoons salt
- ½ cake compressed yeast, softened in ¼ cup water
- 4 cups boiled potatoes
- 8 cups flour

Combine ingredients. Mix into dough with about 6 cups of the flour and knead. Let rise until double original bulk. Knead and add remainder of flour. When again double in bulk, bake about 1 hour.

### RICE ANOTHER SUBSTITUTE

This recipe for the rice yeast bread produces two loaves. The rice should be boiled in a large quantity of water—some eight or ten times as much water as rice. This gives a dry rice, which is an important factor in the making of the bread after the following directions:

- 1 cup milk
- 6 tablespoons sugar
- 4 tablespoons fat
- 1½ teaspoons salt
- ½ cake compressed yeast, softened in ¼ cup liquid
- 3 cups boiled rice
- 8 cups flour.

Scald the milk with sugar, salt and fat. Let cool until lukewarm and pour over boiled rice. Add softened yeast. Stir in flour and knead. Let rise until double its bulk. Knead again and put into

pans. Let rise until light and bake 50 minutes to 1 hour in moderate oven.

## QUICK BREADS, MUFFINS, ETC.

### QUICK CORNMEAL BREAD (JOHNNY CAKE)

- 1 cup milk
- 1 egg
- 1 tablespoon fat
- 2 tablespoons sugar
- $\frac{3}{4}$  cup cornmeal
- $1\frac{1}{4}$  cups flour
- 4 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt

METHOD 1—Mix the milk, egg and melted fat, and add to the dry materials, which have been well mixed. Bake in a hot oven. The time will depend upon the thickness of the loaf.

METHOD 2—Scald the cornmeal with the hot milk; add egg and melted fat, and combine with dry ingredients. Bake in hot oven.

### TO USE SOUR MILK

All of these muffins and griddle cakes may be made with sour milk in place of sweet milk. To do this use a half teaspoon soda to each cup of sour milk, omitting two teaspoons of the baking powder called for.

### BRAN MUFFINS NO. 1

- 1 egg
- 2 cups buttermilk
- 2 cups bran
- 1 cup white flour
- 2 teaspoons soda
- 1 teaspoon salt
- 2 tablespoons molasses
- 2 tablespoons melted fat.

Mix in order given. Bake in well greased muffin pans, 30 minutes.

## BRAN MUFFINS NO. 2

2 cups graham flour  
1 cup bran  
1 teaspoon soda  
 $\frac{1}{2}$  teaspoon salt  
2 tablespoons molasses  
 $1\frac{1}{2}$  cups skimmed milk, or part milk and water.  
Mix well. Bake in well greased gem pans about 35 minutes. May be split and toasted. Will make 12 muffins.

## OATMEAL MUFFINS

1 cup oatmeal  
1 cup white flour  
3 teaspoons baking powder  
1 teaspoon salt  
1 tablespoon molasses  
1 cup milk  
1 tablespoon melted fat  
Mix in order given. Bake in well greased muffin pans, 30 minutes.

## CORNMEAL GRIDDLE CAKES

1 cup milk  
1 egg  
 $\frac{3}{4}$  cup cornmeal  
1 cup flour  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
Add beaten egg to milk and add to dry ingredients, which have been well mixed.

## RICE GRIDDLE CAKES

1 cup milk  
1 egg  
1 tablespoon fat  
1 cup boiled rice  
1 cup flour  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt.  
Mix milk, egg, melted fat and rice. Add to the dry ingredients, sifted together.

## BREAD CRUMB GRIDDLE CAKES

- 2¼ cups milk
- 2 tablespoons fat
- 1½ cups dry bread crumbs
- 1 egg
- ½ cup flour
- 3 teaspoons baking powder
- ½ teaspoon salt.

Add fat to scalded milk and pour over bread crumbs. Let stand about 10 minutes or until crumbs are soft. Add beaten egg, and combine with the flour, baking powder and salt, sifted together. If crumbs are not dry, use a little less liquid.

## CORNMEAL STICKS

- 1½ cups cornmeal
- ½ cup white flour or cornstarch
- ½ teaspoon salt
- 2 teaspoons baking powder
- 1¼ cups sweet milk;
- or
- ½ teaspoon soda
- 1¼ cups sour milk
- ½ tablespoon melted shortening
- 1 egg, well beaten.

Sift dry ingredients together, add the milk, fat and egg. Mix well. Pour into well greased bread-stick pans and bake about ½ hour in a moderately hot oven.

## STEAMED BROWN BREAD

- 1 cup cornmeal
- 1 cup bread crumbs
- 1 cup sour milk
- ¾ teaspoon soda
- ½ teaspoon salt
- ½ cup molasses.

Mix cornmeal, crumbs, salt and soda. Add to sour milk and molasses. Steam three to four hours. Bread may be dried off in the oven for about fifteen minutes.

## CINNAMON ROLLS

- 2 cups flour
- 3 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 2 tablespoons sugar
- $\frac{1}{3}$  teaspoon cinnamon
- 2 tablespoons fat
- $\frac{2}{3}$  cup milk or water
- $\frac{1}{2}$  cup seeded raisins.

Sift all the dry ingredients together; work in fat; then add liquid slowly. Make into a dough as for quick biscuit. Roll out  $\frac{1}{4}$  inch in thickness. Spread with a little fat; add raisins and sprinkle with a little sugar and cinnamon. Roll like jelly cake, cut into circles; place in oiled tins endwise. Bake 10 minutes. Do not burn. Be careful about the liquid, as flours differ in the quantity of moisture required.

## BRAN BREAD

- 2 cups bran
- 2 cups white flour
- 1 teaspoon soda
- 1 teaspoon salt
- 2 cups skimmed sweet milk
- $\frac{1}{2}$  cup molasses

Add  $\frac{1}{2}$  cup of seeded raisins or chopped nuts, if desired. Place in well greased pans; bake about 45 minutes in a moderate oven.

## RICE, CORNMEAL AND WHITE FLOUR MUFFINS

- $\frac{2}{3}$  cup scalded milk
- 1 cup cooked rice
- $\frac{1}{2}$  cup cornmeal
- 1 teaspoon salt
- 1 tablespoon molasses or brown sugar
- $\frac{1}{2}$  cup wheat flour
- 3 teaspoons baking powder
- 1 tablespoon melted fat.

Mix in the order given. Bake in well greased

muffin pans 30 minutes. Rice should be cooked so the grains are separate (light and dry).

## TO TEST THE OVEN FOR BREAD BAKING

### For Rolls, Muffins, Etc.

Place a piece of white paper in the oven for one minute. If it becomes light brown, and crumbles to touch, your oven is right.

### For Loaves of One Pound or More

Place a piece of white paper in the oven for 5 minutes. If it becomes evenly brown, and crumbles to touch, your oven is right for loaves.

## SOUP

For stock soups, allow one quart of water to each pound of meat and bone. (In buying soup meat, buy half meat and half bone.)

A very good soup may be made of bones and perfectly sweet meat left from roasts and uncooked meats.

Carrots, celery stalks or seeds, turnips, squash, onion, cauliflower, cabbage, and any cooked cereal or macaroni may be used to add to the nutritive value and flavor of soup.

Fish makes a delicious soup.

## CREAM SOUPS

Are generally made from vegetables, cooked and mashed, with the liquid in which they are cooked combined with milk well seasoned and slightly thickened with cereals, cornstarch or flour.

The following vegetables make good soups:

Carrots, onions, asparagus, spinach, celery stalks and roots, salsify, Jerusalem artichokes, beans or peas, either fresh or dried, potatoes, either white or sweet.

Two and one half cupfuls of the vegetable puree and the liquid with 2 cupfuls of thickened milk or stock is a good proportion for cream soup.

## POTATO SOUP

- 1 cup mashed potato
- 1 cup of water in which the potatoes are cooked
- 2 cups hot milk
- 1 tablespoon finely sliced onion
  - Stalk celery or  $\frac{1}{8}$  teaspoon celery seed
  - Bay leaf size of a dime
  - Salt and pepper to taste
- 1 tablespoon flour blended with a little cold water or milk
- 1 teaspoon butter or other fat
- 1 teaspoon chopped parsley.

Add the seasoning to the milk and cook for ten minutes, then thicken the milk, add the mashed potato and bring quickly to the boiling point. When ready to serve, beat in the fat and sprinkle a little of the parsley on each plate of soup.

## CREAM OF TOMATO SOUP

- 1 quart of tomatoes
- 2 whole cloves
  - Piece of bay leaf, size of dime
  - Slice of onion
- 2 teaspoons sugar

Cook until tomatoes are tender, strain through a sieve, then thicken with 1 tablespoon flour blended with 2 tablespoons cold water. Add  $\frac{1}{8}$  teaspoon soda and then add 2 cups of very hot milk and one teaspoon fat. Salt and pepper to taste. Mix well. Serve immediately with toasted crusts of bread. If the soup curdles beat with an eggbeater.

## MEAT SUBSTITUTES

### ESCALLOPED CHEESE

- 3 slices of bread
- $\frac{1}{2}$  cup sliced or grated cheese
- $\frac{1}{2}$  teaspoon salt
  - Dash paprika
- 1 egg, well beaten with
- $1\frac{1}{2}$  cups skimmed sweet milk.

Grease a small pudding dish, place in a slice of bread then a little of the cheese; continue these layers, leaving last layer cheese. Pour over the seasoned liquid; let stand 10 minutes. Bake in a moderate oven as for a custard.

### ESCALLOPED FISH

- 1 cup cooked fish
- 1 cup medium white sauce
- Salt
- Paprika
- 2 tablespoons bread crumbs.

Make white sauce and add fish broken up coarsely. Pour into greased pan. Bake 20 minutes or more in a moderate oven.

### CHEESE FONDUE

- 1 tablespoon oleomargarine or other fat
- 1 tablespoon soft, stale bread crumbs
- $\frac{1}{4}$  pound mild cheese, cut in small pieces
- 1 cup scalded milk
- $\frac{1}{2}$  teaspoonful salt
- 3 eggs.

Mix first five ingredients; add yolks beaten until lemon colored. Cut and fold in beaten whites. Pour into greased baking dish. Place in moderate oven and bake slowly until firm.

### NUT AND CHEESE LOAF

- 1 cup grated cheese
- 1 cup chopped walnuts
- 1 cup bread crumbs
- 1 tablespoonful chopped onion
- 1 tablespoonful fat
- 2 tablespoonfuls lemon juice
- Salt and pepper
- Water to make into loaf.

Mix, form into loaf; bake in a moderate oven for 30 minutes; baste twice while baking.



## NUT AND BREAD CRUMB LOAF

- 1 cup chopped walnuts, or
- 1½ cups roasted peanuts
- 2 cups bread crumbs
- ¾ cup tomato juice and pulp
- Spice
- 1 egg
- ½ teaspoonful lemon juice
- 1½ teaspoonful salt
- ¼ teaspoonful pepper.

Make into loaf; add more tomato juice if loaf is too dry. Bake slowly in moderate oven, and baste twice during baking with 1 tablespoonful fat melted in 2 tablespoonfuls hot water.

## ITALIAN EGGS

Boil eggs hard, cut in half, lengthwise; put on white sauce, season; add grated cheese and brown in oven.

## POTATO ROLL

- 2 cups mashed potato
- ¼ cup grated California or Oregon cheese
- Dash paprika
- ¼ teaspoon salt
- 1 tablespoon grated onion juice
- 2 tablespoon milk
- 1 egg (well beaten)

Mix well; form into roll. Place on a well greased shallow pan. Sprinkle over the top fine bread crumbs. Bake in a moderate oven 15 minutes. Serve with tomato or white sauce.

## BEAN LOAF

Work cooked beans through a sieve until there are 1½ cups of bean puree; add

- 1 cup softened bread crumbs
- 1 teaspoon ground sage or poultry seasoning
- 1 teaspoon onion juice
- 1 tablespoon fat
- Dash paprika
- Salt to taste.

Mix well, shape into roll or little sausages. Bake in a moderate oven 25 minutes or until brown. Baste with a little melted fat. Serve with tomato sauce.

## CAKE

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### SIMPLE CAKE

Yolk 1 egg  
 $\frac{3}{4}$  cup sugar  
 $\frac{3}{4}$  cup milk or water  
 $1\frac{1}{2}$  cups flour after it is sifted  
2 teaspoonfuls baking powder  
1 teaspoonful flavoring  
1 or 2 tablespoonfuls melted fat or butter  
Pinch salt

Well beaten white of egg.

Beat the yolk of the egg into a little milk; add sugar; then add flour and baking powder, the rest of the milk and flavoring, fat and well beaten white of egg. May flavor with 1 tablespoon ground chocolate.

### SPICE CAKE

1 cup brown sugar  
2 tablespoonfuls fat or butter  
 $\frac{1}{8}$  teaspoonful salt  
1 egg, well beaten  
1 cup sour milk or buttermilk  
 $\frac{1}{2}$  cup wheat flour  
 $1\frac{1}{2}$  cups rye flour  
1 teaspoonful soda  
1 teaspoonful cinnamon  
 $\frac{1}{4}$  teaspoonful cloves  
1 cup chopped nuts  
1 cup washed seeded raisins.

Mix in the order given. Bake in moderate oven.

## EGGLESS-BUTTERLESS-MILKLESS CAKE

- 1 $\frac{1}{4}$  cups water
- 1 cup brown sugar
- 1 cup washed and seeded raisins
- 2 tablespoonfuls shaved citron
- $\frac{1}{3}$  cup fat
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{2}$  teaspoon grated nutmeg
- $\frac{1}{2}$  teaspoon cloves
- 1 teaspoon cinnamon
- 2 cups wheat flour
- 3 teaspoons baking powder.

Boil the water, sugar, raisins, citron and fat together for three minutes. Cool; add other ingredients. Make into drop cakes or in a loaf. Bake in slow oven—burns easily.

## GINGERBREAD

- 2 $\frac{1}{4}$  cups flour
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon soda
- 1 $\frac{1}{2}$  teaspoons baking powder
- 1 teaspoon ginger
- 1 cup molasses
- 4 tablespoons fat
- $\frac{1}{2}$  cup hot water.

Sift together the flour, salt, soda, baking powder and ginger. Mix the molasses and fat softened in  $\frac{1}{2}$  cup of hot water. Add the liquid to the dry ingredients and stir well. Bake in a shallow pan or in muffin pans for twenty minutes or more in a moderate oven. Shredded cocoanut or chopped almonds or peanuts may be sprinkled over the top of the gingerbread in the pans before baking.

## OATMEAL COOKIES

- $\frac{1}{2}$  cup shortening
- $\frac{1}{2}$  cup Karo syrup
- $\frac{1}{2}$  cup molasses
- 1 egg
- 1 $\frac{3}{4}$  cups oatmeal
- $\frac{1}{2}$  cup raisins

- 1/2 cup chopped nuts
- 1 1/2 cups flour
- 1/2 teaspoon salt
- 1/4 teaspoon soda
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon cloves
- 1/2 teaspoon allspice
- 3/4 teaspoon cinnamon.

Melt the shortening. Combine with the Karo, molasses and beaten egg. Add the oatmeal and the chopped nuts and raisins. Finally stir in the flour which has been sifted with the other dry ingredients. The dough should be stiff enough to drop from a spoon. Bake in a moderate oven fifteen or twenty minutes.

### SWISS HONEY CAKES

- 1/2 cup shortening
- 2 cups strained honey
- 1 lemon
- 1/2 cup almonds
- 1/8 teaspoon nutmeg
- 1 teaspoon soda
- 2 teaspoons baking powder
- Flour to make dough.

Melt the shortening, add the honey and stir well; remove from the fire at once and cool. Add the grated rind and juice of the lemon. Sift the soda, baking powder and nutmeg into one cup of flour. Mix this with the liquid and add sufficient more flour to make a dough that can be rolled. Chill, roll out 1/4 inch thick, cut in squares, diamonds or circles; sprinkle with finely chopped nuts and bake in a moderate oven.

Use honey, maple syrup, molasses and brown sugar instead of granulated sugar. We can not ship the first three commodities, as they require too much shipping space; we can not ship brown sugar, as it ferments. Use these commodities at home so that granulated sugar may be sent abroad.

## PUDDINGS

### ORANGE BREAD PUDDING

- 1 cupful of hot milk
- 1 cupful bread crumbs
- Grated rind and juice of one orange.
- $\frac{1}{8}$  teaspoonful salt
- 1-3 cup sugar
- 1 egg, well beaten.

Mix in the order given. Let stand 10 minutes and bake in a greased mould. Bake until firm. Serve with a sauce.

### GRAHAM PUDDING

- 1 $\frac{1}{2}$  cups graham flour
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon ground cloves
- $\frac{1}{4}$  teaspoon allspice
- 1 teaspoon soda
- $\frac{1}{4}$  cup molasses
- $\frac{1}{4}$  cup sugar
- 1 cup seeded raisins
- 2 tablespoons sliced citron
- $\frac{1}{2}$  cup sweet milk
- 1 tablespoon melted shortening.

Mix well. Pour into a well greased mould. Steam 1 $\frac{1}{2}$  hours. Serve with lemon sauce or hard sauce.

### COTTAGE PUDDING

- $\frac{3}{4}$  cup sugar
- 1 tablespoonful fat
- $\frac{1}{2}$  cup milk
- 1 cup flour
- 2 teaspoonfuls baking powder
- 1 teaspoonful vanilla.

Mix in order given. Bake in well-greased pan in moderate oven. Serve with lemon sauce or crushed fruit, or a little fruit may be placed in the bottom of the pudding dish and the mixture poured over it, before baking.

## PUDDING SAUCE

- 1/4 to 1/2 cup sugar
- 1 tablespoon flour
- 1 cupful boiling water
- Grated rind of half a lemon
- Juice of 1 lemon
- 1 teaspoon butter.

Mix the sugar and flour together, add the boiling water; place on stove, boil one minute and season.

## CANDIES

### STUFFED PRUNES

Remove stones from prunes and dates. Fill cavities made in the prunes with the prepared dates; shape and roll in sugar.

### DEVILED RAISINS

Remove stems from large, selected raisins, cook in hot olive oil until plump. Drain on brown paper and sprinkle with salt and paprika.

### STEAMED FIGS

Steam dry figs until soft, cool and make incision lengthwise. Stuff with 1/2 marshmallow and English walnut meats broken into pieces. Close press into shape, serve in paper cases.

### KNICKERBOCKER FIGS

Stuff 1/2 pound washed figs with Maraschino cherries, cut in half, and nut meats broken in pieces. Put 2 tablespoons sugar, 1/2 teaspoon lemon juice, 1/2 teaspoon vanilla and 1/2 cup water in saucepan; add figs and let simmer until figs are soft, turning and basting during cooking. Drain, cool and serve in paper cases.

### PEANUT BUTTER FUDGE

- 2 cups sugar
- 2/3 cup milk
- 4 teaspoon peanut butter
- 1 teaspoon vanilla
- Few grains salt.

Put sugar and milk in pan, bring to boiling point, let boil to the soft ball stage, when tried in cold water. Remove from stove and add other ingredients. Beat until creamy; turn into buttered pans to  $\frac{3}{4}$  inch depth; cool and cut in squares.

### MEXICAN PANOCHÉ

- 2 cups brown sugar
- $\frac{1}{2}$  cup hot water
- 1 cup nut meats, broken
- $\frac{1}{2}$  pint canned milk or cream
- Few grains salt.

Place the sugar, water and salt on to boil a few minutes, then add gradually, without stopping the boil, the condensed milk, stirring constantly until it reaches the ball stage. Remove from fire, beat until it thickens, add the nut meats and continue beating until the glassy appearance leaves the mixture. Turn onto platter and beat with ball of hand and shape into squares one inch thick.

### HONEY CANDY

- 2 cups white sugar
- $\frac{1}{2}$  cup water
- 4 tablespoons clear honey.

Let boil until it hardens in cold water or the crack stage. Pour on buttered plates before it gets too hard. Check off into squares.

### CREAM COCOANUT CANDY

- 1 cup granulated sugar
- 1 cup powdered sugar
- 1 cup cream
- 1 cup grated cocoanut
- 1 tablespoon glucose.

After the candy has cooked until it forms a soft ball in water, add the cocoanut and  $\frac{1}{2}$  teaspoon vanilla; beat until it creams. Drop in little cakes on oiled paper.

## SUGGESTIONS FOR MENUS

The housekeeper should know how to substitute for wheat and meat new and unusual foods, and yet have palatable, nourishing, well balanced meals. The three groups of food, suggested below, building, fuel, and regulating foods, should be included in the meals for each day.

### A—Building Foods:

#### 1. Proteins:

Milk and eggs for children.

Meat or its substitutes, as milk, cheese, beans, peas, lentils, nuts, at least once a day, for adults.

### B—Fuel Foods:

#### 1. Fats in some form at every meal:

a. A choice of butter, oleomargarine, egg yolk; olive or cottonseed (salad) oil; crisco, or vegetole; meat fats, as lard and drippings; or the mixtures, as califene, cottolene, or compound lard.

b. Nuts, olives, and soy beans.

#### 2. Starches, two or three times a day:

In place of wheat starch use:

a. For breakfast, cereals, rolled oats or oatmeal, cornmeal, cornflakes, popcorn or puffed corn; rice, riceflakes or puffed rice; barley meal.

b. For vegetables, instead of macaroni products, brown or white rice, hominy, cornmeal or potatoes.

c. For bread, corn breads, or instead of part of patent flour, use graham flour, rice flour, cornmeal or corn flour, oatmeal, rolled oats, rye flour, barley flour, soy bean flour, or cottonseed flour.

#### 3. Sugars two or three times a day:



White or brown sugar or their substitutes, such as honey, molasses, fruit and corn syrup; sweet fresh fruit, or dried fruit, as figs, raisins, dates, prunes.

#### C—Regulating Foods:

1. Cellulose, once or twice a day:

A choice between celery, radishes, root vegetables, greens, salad plants, cabbage, bran of grains, including whole grain products, such as rolled oats, cracked wheat, brown rice, graham flour and the skins of fruit and vegetables.

2. Mineral matter at least once a day:

Fruit and vegetables.

**The housekeeper should conserve left-overs.**

**Vegetables**—Use in soups, salads, or to flavor meat substitutes.

**Bread**—Steam, reheat, toast (plain, milk, French, cubes, or strips for soups, sandwiches); grate crumbs to be used with meats, vegetables, fruit, eggs, milk; dry in a slow oven and put through the meat grinder, these crumbs may be used to thicken sauces, coat croquettes, or to cover a dish to be baked.

**Meats**—Slice or cube and reheat in sauce; grind all of the trimmings to use in soups and sauces or to flavor cornmeal mush (Scrapple); combine in omelettes, souffles, croquettes and scalloped dishes.

**Fats**—Save all drippings; render all fat from meat and use mixed or singly in cooking.

**Fruits**—Cook all small portions into sauce or jam, or combine several varieties to make a conserve. Use fruit to flavor soups, sauces and desserts.

## TABLE—EXCHANGE VALUE OF FATS

Material	Tablespoonfuls	Replaces Butter Equivalents	
Oleomargarine			
Commercial fat com- pounds			“
Chicken fat (clarified)			“
Goose fat			“
Fat from beef			“
Fat from mutton (clarified)			“
Lard	14	16 tablespoonfuls	
Hardened Vegetable Fat	14½	16	“
Hardened Vegetable Oils	14½	16	“
Grated Chocolate in cake	1 cup	3	“
Cream, <b>thin</b>	1 cup	3	“
Cream, whipping 40 per cent	1 cup	6	“
Suet, chopped	1 cup	2 cups, 5 tbsp.	

### TO RENDER FAT

Scrape and wipe the raw fat with a clean, damp cloth; then cut into small pieces—the smaller the pieces the more fat extracted. To every pound of suet or soft fat allow  $\frac{1}{4}$  pint hot water. Place in a kettle over a moderate fire or in a moderate oven, and cook until the water has evaporated and the fat is free from bubbling and is clear. Slightly cool, skim; strain through a piece of clean cheesecloth or a fine sieve into a crock or tin vessel. Be careful not to over-cook. Use the cracklings with cornmeal as a shortener.

### TO CLARIFY FAT

A good housekeeper will not waste fat. Save all the skimmings from soup, trimmings from steak, drippings, etc. Put fat into pan. Set over moderate fire until fat is melted, then strain through fine strainer into clean pan.

To two cups of melted fat, allow 1 cup of boiling water and  $\frac{1}{8}$  teaspoon baking soda.

. Cook slowly until water has evaporated and fat is clear. Skim and strain into permanent can. While cooling, beat. Or, thin slices of raw potato may be cooked with the fat. When the potato is brown, remove and strain fat.

### MUTTON OR LAMB FAT FOR FRYING OR SHORTENING

1 pound fat, cleaned and cut into small pieces  
2 teaspoons baking soda  
1 quart cold water.

Cover the fat with the water and soda, and allow it to remain in the water for an hour; then drain well. Put into a kettle; add 1 cup cold water, and render on the back of the stove or in a moderate oven until free from water. Strain through a fine strainer or two thicknesses of cheesecloth. Measure, and when partially cool, beat into the rendered fat an equal amount of cottonseed oil and a little salt, 1 teaspoon of salt to one pint of the fat. Beat until the fat is very white and soft.

### BEEF FAT WITH COTTONSEED OIL

To 2 cups of the rendered fat, slightly cooled, allow 2 cups of cottonseed oil,  $\frac{1}{2}$  teaspoon salt. Beat until stiff and smooth and white. This mixture becomes aerated and is very much like crisco. Good for biscuit, spiced cakes, bread, frying or seasoning or where other fats are used.

### SALAD OILS

Cottonseed and olive oil are vegetable oils and are good for salad dressings or for frying foods, as they disintegrate at a very high temperature.

### BUTTER SUBSTITUTE

To  $\frac{1}{2}$  pound of butter or oleomargarine allow  $\frac{1}{2}$  pound of sweet milk, slightly heated,  $\frac{1}{2}$  teaspoon salt, and saltspoon butter coloring. Beat with an egg whip in a bowl or in a small churn until every drop of the milk has been mixed thoroughly with the butter or oleomargarine.

This is good to serve with bread or for seasoning, but will not do for frying, as the fat contains too much moisture.

The fats obtained from the preparation and cooking of the following kinds of meat can be used to good advantage to season other food preparations.

Skimmings from soups or beef stews and the drippings from the steak or roast should be put into a kettle and clarified, then kept by itself. Excellent for seasoning carrots, beets and for frying white potatoes, etc.

Ham and bacon fats should be kept in pots by themselves, and are good for seasoning parsnips, cabbage, sweet potatoes, eggs, etc.

Lamb and mutton fat may be mixed together and used for seasoning bean purees or lima beans or other beans.

Chicken fat, rendered, makes fine pie crust, or may be used in cake or mixed with olive or cottonseed oil in a salad dressing, and is good to use for seasoning cauliflower, asparagus or for frying oysters or clams.

Do not waste a particle of fat. Render, clarify, and if rancid, use for soap making. Five pounds of clean grease will make  $8\frac{1}{2}$  pounds of good soap. Follow rules on Babbit's lye can.

## SOAPS

### SOAP—I.

5 pounds clarified fat  
 $1\frac{1}{2}$  quarts cold water  
1 can best lye  
 $1\frac{1}{2}$  teaspoons borax  
 $\frac{1}{2}$  cup ammonia.

### SOAP—II.

$5\frac{1}{2}$  pounds clarified fat  
 $3\frac{1}{2}$  pints cold water  
1 can lye.

### TOILET SOAP—III.

- 1 pound cottonseed oil
- $\frac{3}{8}$  pound white lard
- 10 tablespoons lye
- $1\frac{3}{4}$  cups cold water
- 5 drops lavender or oil of geranium or oil of  
sassafras.

Do not use tin or aluminum vessels in making soaps.

### PREPARATION OF FAT—I.

Fresh fat or oil may be used for soap making, but fat left from cooking is equally as good. Cooking fat should be clarified by boiling with raw potato and strained through cheesecloth. For toilet soaps, fresh fat or oils can be used.

### MIXING OF SOAP—II.

Dissolve lye in cold water. The action of the lye will heat the mixture, which must be set aside to cool. Lye mixture should be stirred with a stick. Steam from the lye irritates the skin, hence it is better to protect the hands by putting paper bags over them while stirring.

If borax and ammonia are used, add them to lye mixture before adding fat. Perfume is added just as soap thickens.

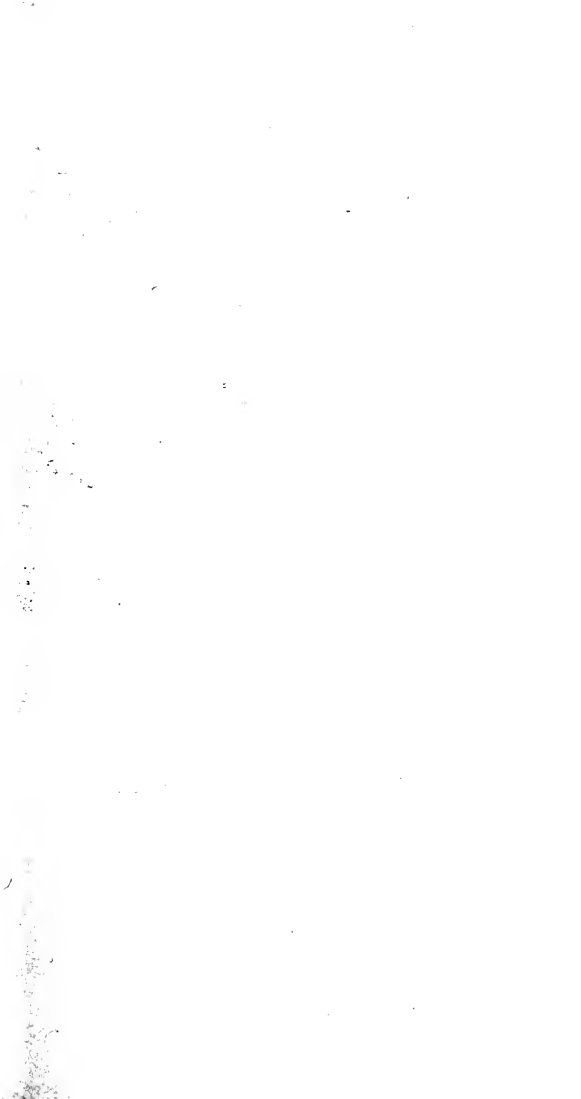
All soap mixtures should stand until consistency of honey, then be moulded.

### MOULDING OF SOAP—III.

A small quantity may be moulded in an agate pan; the pan should be wet before the mixture is poured into it. Larger quantities may be poured into boxes. Line box with several thicknesses of yellow paper, greasing top layer on side next to soap.

All soap should stand in moderately warm temperature until hard, then cut into cakes. Use agate or wooden utensils, as lye eats tin.





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