Winthrop Normal

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BULLETIN NO. 4
Part 2

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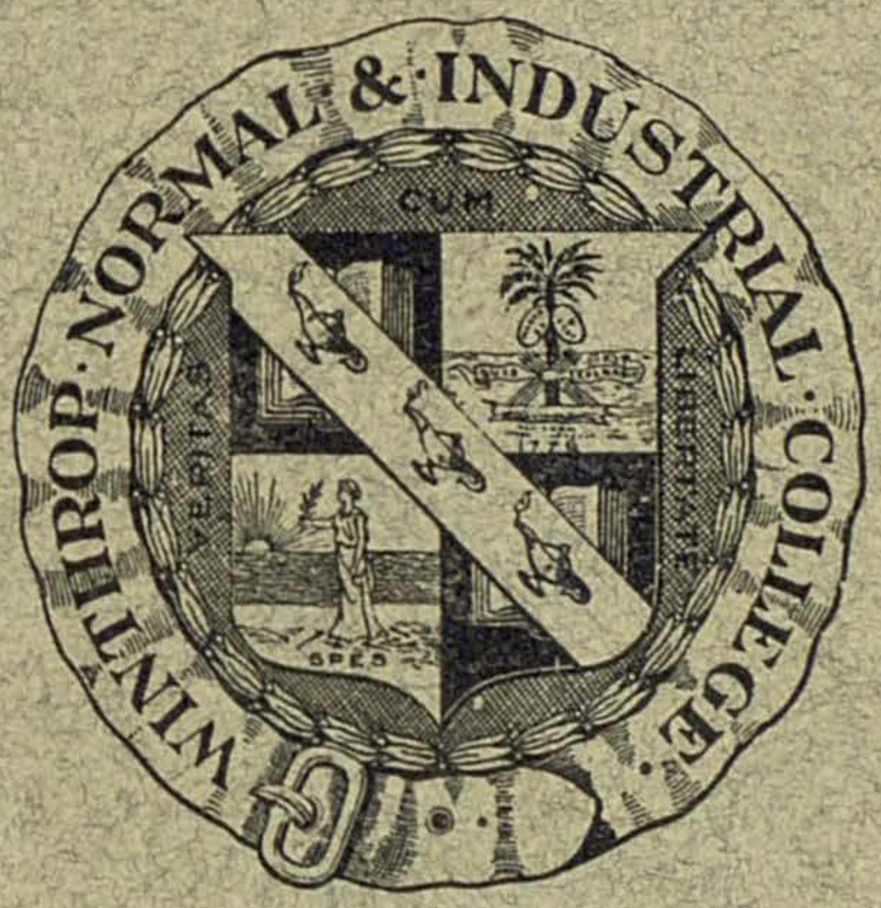
Vol. VII

Fireless Cooking



ROCK HILL, SOUTH CAROLINA

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Volume VII

BULLETIN

OF THE

Winthrop Normal & Industrial College

OF SOUTH CAROLINA

Fireless Cooking

BY

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In Charge of Extension Work in Home Economics

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THE FIRELESS COOKER.

There should be a fireless cooker in every kitchen in the land, because it does away with much of the drudgery which three meals a day three hundred and sixty-five days a year ordinarily entail. It is absolutely reliable. Think what it is to cook without having to stay in the kitchen to watch the food or to feed the fire. Food in a fireless cooker never burns nor dries up—it is sure to be done on time. A woman soon learns how much time the fireless cooker requires to cook given food. A fireless cooker is a faithful friend.

A fireless cooker is economical in fuel. It saves about 90 per cent. of the fuel used in cooking.

A fireless cooker is economical of labor. Foods do not stick to their utensils when cooked in one. There is no such thing as "boiling away."

A fireless cooker is economical because cheap cuts of meat, tough fowls, and vegetables may be made tender by cooking in it.

A fireless cooker is economical because there is no evaporation of food cooked in it. Meat packing companies say that there is a saving of 20 per cent. in shrinkage of hams cooked in the fireless and they are utilizing the fireless in preparing them. Hotels and mess halls for the armies and navies are doing likewise. Why should not the housewife follow their example?

A fireless cooker develops flavor in food. Long, slow cooking develops fine flavors in many foods. A food which has a pleasing flavor is more digestible than one which is tasteless or not of an agreeable flavor, because fine flavors stimulate the flow of the digestive juices and thus make food easier to digest.

A fireless cooker makes it possible to prepare much of the breakfast at night. The oatmeal, coffee, stewed fruit may well be put in one at supper time. They will be well cooked and hot at breakfast time and the housewife need not rise as early as if she had no fireless cooker.

A fireless cooker makes possible the cooking of strong foods—such as onions, cabbages, turnips, etc.—without having the nostrils offended by their odors. These vegetables cook in a fireless cooker without giving forth the least odor.

A fireless cooker makes it possible to serve meals hot anywhere, to the workmen in the fields, to a company on a picnic, at a church supper, etc.

A fireless cooker means that cooking is going on without increasing the heat of the kitchen on the hottest summer day. All the heat is shut off in the box with the food, doing the legitimate work of cooking instead of pervading the whole kitchen to the discomfort of the housewife.

A fireless cooker makes it possible to serve meals on time. It is easy to learn how long given foods must cook.

A fireless cooker makes it easier to serve meals well. Everything cooked in it is ready and hot. The process is rounded up, and the conclusion reached with ease. Most foods are not injured by remaining longer than the required time in the cooker.

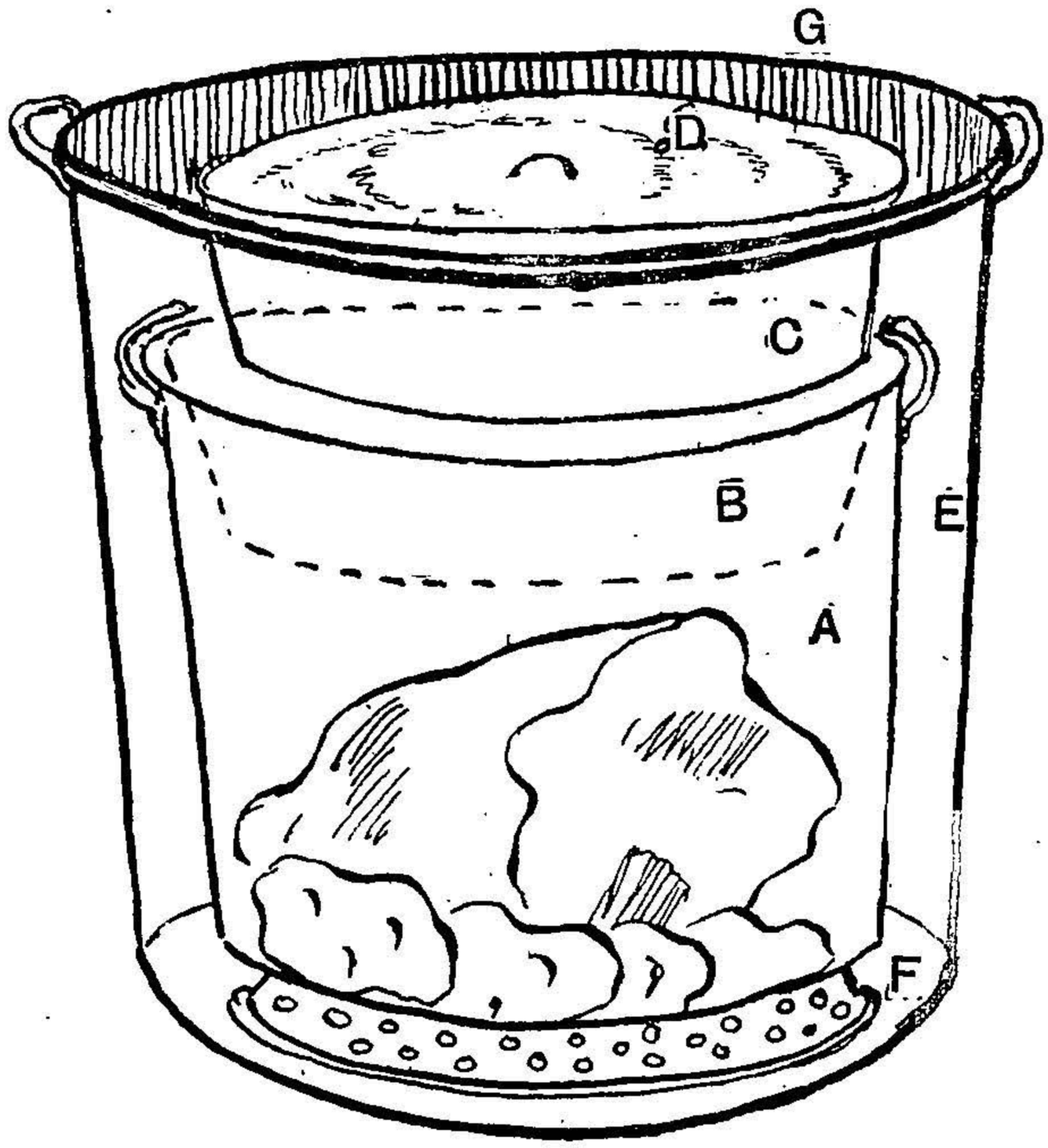
A fireless cooker makes it easier to keep a servant

A fireless cooker makes it easier to do without a servant.

To sum up the matter, a fireless cooker saves the time, strength, and nerves of the cook. She is healthier and happier because of this saving. She is sweeter and kinder, more interesting to and more interested in *others* because of this saving. She possesses some leisure which may be invested in home, school, and church because of this saving. Because of the fireless cooker she has at her disposal some time each day which may be used in some one of many profitable ways, in gardening, in dairy work, in raising poultry or bees, etc., and thus money may be earned. So a fireless cooker is not only a source of comfort, but it makes possible the time in which money may be earned as well.

As this is true—then—

How may a fireless cooker be made?
How ought a fireless cooker to be used?
What may be cooked in a fireless cooker?

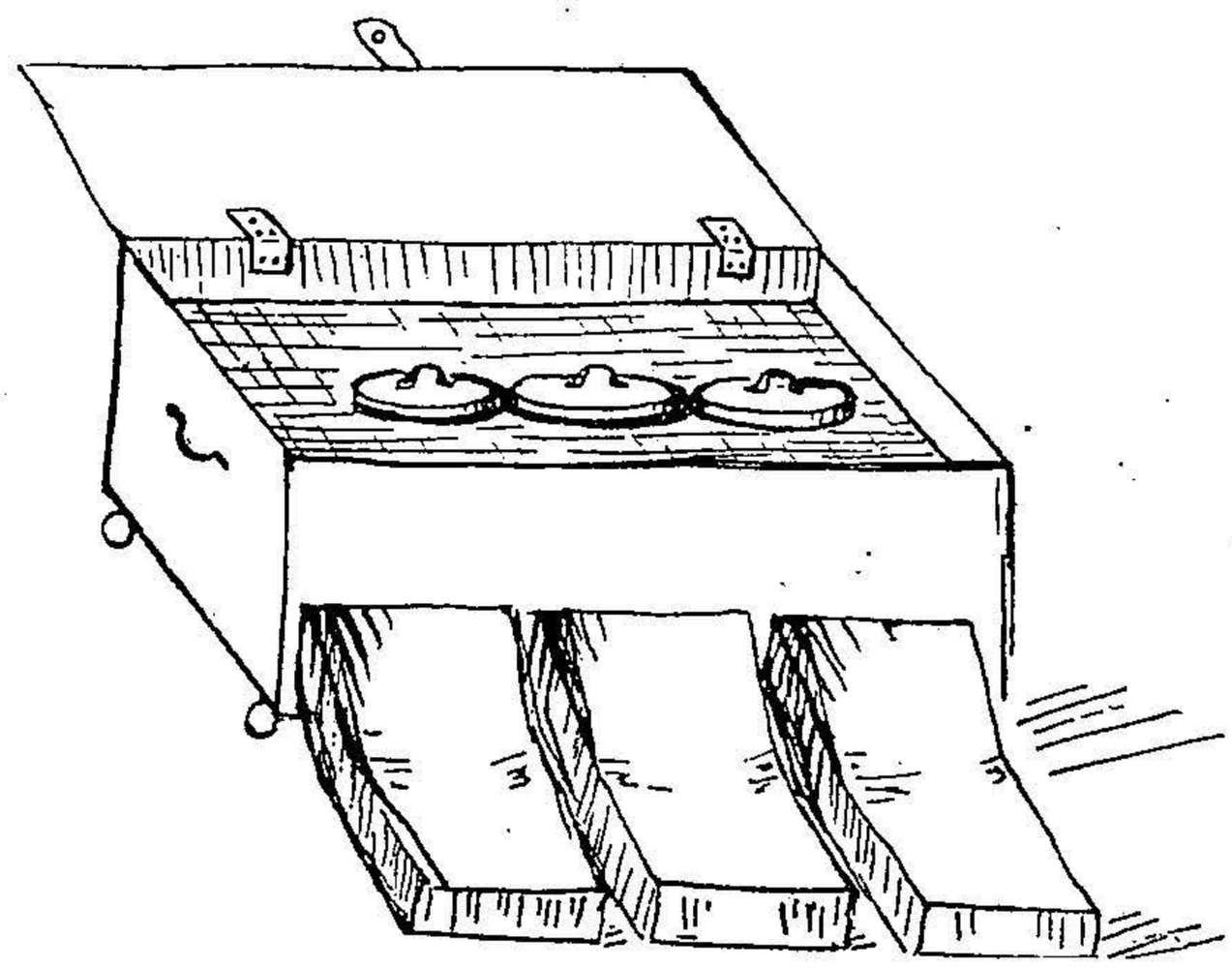


A. Lower vessel, may contain beef and potatoes.

B. Second vessel, fish or beets or potatoes.

C. Third vessel, a pudding.

A HOME-MADE ICE BOX



Select a box as for a cooker.

Put 4 inches of packing in the bottom as directed for cooker.

Set three stone jars on this packing. Set them close together so that they touch one another.

Have good stone-ware covers.

Put the ice in the middle jar. Cover it first with a clean cloth, next with paper.

Place a perforated tin or agate ware pie or cake pan in the bottom of the middle jar. Turn the perforated pan upside down.

Set the ice on the perforated pan.

Put the cover on the stone jar.

Put the food to be kept cool in the other two stone jars.

Have three close-fitting cushions.

Keep the lid on the box closed tight.

Set the box in a cool shady spot.

CEREALS.

The fireless cooker is ideal for cooking cereals. Cereals are largely composed of starch. Starchy foods should be put on to cook in boiling water, allowed to boil for a very few minutes, and then put on the back of the stove or in the fireless cooker for long, slow cooking. This improves their flavor and renders them more digestible than when cooked quickly.

Hominy Grits.

5 c water
1½ t salt
1 c hominy grits

Add the hominy to the boiling salted water and boil for ten minutes. Put it into the cooker for from five to ten hours.

Rolled Oats.

2½ c water
1 t salt
1 c rolled oats

Look over the oats and remove any husks or foreign matter. Put water, salt and oats in a pan, or pail that fits into a cooker pail; boil them for 5 minutes, or until slightly thickened, stirring them frequently; then put the pan over a cooker pail of boiling water and put it into a cooker for from two to twelve hours. Although soft and digestible after two hours, it is greatly improved in flavor by cooking longer. If cooked over night, it will need to be heated, somewhat, before serving. This can be done by putting it over the fire while still in the cooker pail of water. When the water in the pail boils the rolled oats may be served.

Oatmeal.

½ c oatmeal
1 c cold water
½ t salt
2 c boiling water

Add the boiling water and salt, and let all boil hard for ten minutes in an uncovered pan. Place the utensil in a cooker pail of boiling water and put into a cooker for ten hours. Reheat it to boiling point before serving.

Oatmeal Custard.

1 pt milk
butter size of a walnut
4 t salt
½ c brown sugar
1 egg
1 c oatmeal
½ grated nutmeg

Beat egg, add milk, sugar, butter, salt. Stir in the uncooked oatmeal and grated nutmeg. Pour into a covered pudding mold. Steam over the fire ten minutes in a cooker pail of boiling water; place in the cooker for two hours.

Oatmeal Gruel.

½ c oatmeal
4 c boiling water
½ t salt

Boil 5 minutes; then place in a cooker for six hours or over night. Strain and serve with milk or cream.

Cornmeal Mush.

5 c boiling salted water
1½ c corn meal

Cook 5 minutes over a fire and place in the fireless cooker over night or for several hours.

Cream of Wheat.

3½ c boiling water
1 t salt
½ c cream of wheat

Add cream of wheat slowly to salted boiling water. Boil five minutes. Put into cooker for from 2 to 12 hours.

Wheatlet.

Cook in same way as cream of wheat.

Farina.

Cook in same way as cream of wheat.

Pettijohn's Breakfast Food.

2½ c water
1 t salt
1 c Pettijohn's Breakfast Food

Add the salt and cereal to the cold water. Stir until it boils; boil for five minutes, or until it has thickened, and put in cooker for from 2 to 12 hours. It is improved by longer cooking.

SOUPS.

Every housekeeper ought to know how to make many soups. They are appetizing. A good soup aids in the digestion of other foods, and may be very nutritious. A thin soup taken at the beginning of a hearty dinner prepares the way for the food which is to follow. The thick soups made from meat and vegetables and the cream soups and purees are so nutritious that, with bread and butter, they furnish a satisfactory meal.

Good soups may be made from cheap materials, provided the cook is skillful in the use of seasonings.

Soup may be prepared and put into the fireless cooker several hours before it is to be served. The fire is then free for other uses, or it may be allowed to go out. The soup needs no further attention. It will not boil away. The flavor will be improved by the long cooking.

It is possible by the exercise of a little forethought to keep on hand what is essential for making a good soup. Winter vegetables, turnips, carrots and onions, the outer stalks, tips and roots of the celery, such dried herbs as thyme, savory, and marjoram should be kept on hand, as well as parsley, spices, and bay leaves. Skillfully used, they flavor deliciously. They should each be used in order that variety in seasoning may be obtained.

Soups may be divided into two classes, those made from water in which meat has been cooked, and those made without meat.

Soup Stock.

4 lbs hind shin of beef
4 whole cloves
3 qts cold water
6 peppercorns
1 bay leaf

Heat slowly to boiling point. Let boil 15 minutes. Put it in the cooker for from 9 to 12 hours. The time may be shortened to six hours if hot radiators are used. When cooked strain through a wire strainer, or colander. Pour into glass jars with close-fitting covers until needed for use. The soup stock will jelly when cold and will keep for days in a cool place. By adding strained tomatoes or cooked vegetables, an excellent soup may be made on short notice.

Stock may be made from veal, chicken, or other fowl.

Many good soups may be made without meat.

When meat is used, allow one quart of water to one pound of meat, without bone. Allow one pint of water to a shin or other soup meat with much bone.

Bean Soup.

½ c navy beans
½ c lima beans
1 c rich cream
1 c boiling water
salt
pepper
1 bay leaf

Put beans into one quart of boiling water. Add salt, pepper, and bay leaf. Boil five minutes. Place in cooker for four hours. Strain out the beans and mash them. Put them back into the soup and beat hard with an egg eater. Strain. Add cream. Reheat and serve.

Beef Tea.

1 lb lean beef
1 qt water
⅓ t peppercorns
1 t salt
1-6 c carrot
1 lb chopped onion
1-6 c turnip
1-6 c celery

Pour the water to the lean, raw beef from round or shoulder, adding the marrow bone, after having washed and cut the meat into small pieces. Brown ⅓ of the meat in the frying pan. Add peppercorns, salt, carrot, onion, turnip, and celery. Let boil for ten minutes, and then put into cooker for from 9 to 10 hours.

Fish Chowder.

4 lbs cod, haddock or other firm white fish
4 c potatoes (in ¾ in. dice)
1 onion sliced
4 c scalded milk
1½ in. cube fat salt pork
1 tb salt
⅛ t pepper
3 tb butter
⅔ c oyster crackers

Skin the fish; cut the flesh into 2-inch pieces; put the head, tail, and bones into a small cooker pail or pan; add 2 cups of cold water and bring to a boil. Set this into a large cooker pail of boiling water, to which one t of salt has been added for each quart of water. Put the potatoes in this lower pail and, when boiling, cook all in the cooker for one hour.

Cut the pork into small pieces; try out the fat in a frying pan and fry the onion in it. When the fish and potatoes are cooked, drain off the fish liquor, add all the ingredients, except the milk and crackers, bring to a boil and place in the cooker for ½ hour. Add the milk and pour the chowder over the crackers in a tureen.

Italian Soup.

3 lbs veal
3 qts water
4 t salt
2 bay leaves
2 sprigs parsley, little thyme and majoram

Put on in cold water; bring slowly to a boil; let boil ten minutes; after it is skimmed set in cooker 4 or 5 hours. Strain. Reheat, and put into it cooked macaroni cut in short lengths and a sprinkling of grated chesse.

NOTE: If a veal shin is used, allow 1 pt water to each pound of bone and meat.

Split Pea.

1 pt split peas
1 soup bone (2 lbs)
¼ c butter
1½ tb salt
1-6 t pepper

Soak the peas over night and drain them. Wash the bone; boil it for ten minutes in the water and skim it; add the peas and seasoning; bring all to a boil and put in the cooker for four hours or more. Take out the bone and serve the soup without straining it. The peas must be cooked until they fall to pieces easily when well beaten. If desired, the meat may be taken from the bone, cut into small pieces and served in the soup.

Turkey Soup.

1 carcass of turkey or other fowl without stuffing
6 c hot water
bunch of celery tops
sprig parsley
whipped cream
bay leaf
pepper
salt
½ c uncooked rice
1 c cream
croutons

Cover the carcass with the water. Add the celery, parsley, bay leaf, pepper, salt, and rice. Boil five minutes and place in cooker four hours. Strain through a colander that will not hold back the rice. Add cream and beat the soup with egg beater. Serve at once with a dessert spoonful of whipped cream on each portion, and pass small croutons. Croutons may be made by buttering slices of bread, cutting them into small squares, and browning them in the oven.

Soup Without Meat.

⅓ c butter
⅓ c celery
⅓ c turnips
⅓ c onion
⅓ t black pepper
cayenne
¼ c carrot
1½ c potatoes
1 qt boiling water
tb flour
2 t salt
toasted crackers

Into a small cooker kettle put butter, celery, turnip, onion, carrot, and potato. Cut the vegetables into very small pieces and heat them in the butter for ten minutes. Pour over them

the boiling water. When at the boiling point, remove to the cooker, to remain two hours or more, if convenient. When you are ready to serve the soup, put it over the fire, thicken with the flour, and season with salt, pepper, and cayenne. When the soup boils up again, it is ready for the table. Serve with toasted crackers.

Vegetable Soup.

1 soup bone
cold water
1 carrot
2 medium onions
1 small cabbage
salt
1 parsnip
1 oyster plant
1 turnip
2 potatoes
celery
pepper

Add cold water to soup bone, allowing 1 pt water to each pound of meat and bones. Bring slowly to a boil. Let boil ten minutes, place in cooker over night. Add other ingredients in the morning, allowing a teaspooful salt and a saltspoon pepper to qt. liquid. Let boil 15 minutes and place in cooker until dinner. If all these vegetables cannot be obtained, others may be substituted, with a half cup of oatmeal. Strain and serve hot.

Chicken Jelly or Broth for Sick or Well Folks.

Clean a small chicken; disjoint and cut in small pieces. Remove the fat. Break or pound the bones Dip the feet into boiling water; scald until the skin and nails will fall off. The feet contain gelatin, and when well cleaned may be used for jelly. Cover the meat, feet and bones with cold water. When it comes to a boil, remove to the cooker for eight hours. When cool, remove the fat. Season with salt, pepper, and lemon juice. Add the shell and white of an egg. Put it over the fire and stir well until hot. Let it boil five minutes. Skin and strain through a fine napkin. Pour into small cups and cool, when intended for jelly. Serve hot, if intended for broth.

FISH.

Fish may be cooked easily over a blaze. It may well be placed in the cooker when one wishes to leave home, and find the meal ready on one's return.

The flesh of fresh fish is firm and will not keep the impression after being pressed with the finger. The eyes of fresh fish are bright and the gills are red.

Baked Fish.

Thoroughly clean and wipe dry; season with salt and pepper; dip in beaten egg, then in cracker or bread crumbs. Melt 1 tb butter in baking pan; put in fish with bits of butter on top; place in baking dish; put in cooker; bake 60 minutes. Use radiators.

Boiled Fish.

Roll the fish in cheese cloth; tie the ends of the cloth. Put into a kettle of boiling water, skin side down. To each pound of fish add 1 t lemon juice or vinegar to make the fish firm. Boil 5 minutes and set in the cooker for two hours. Serve with butter sauce, and garnish with cold boiled eggs, slices of lemon and parsley. Make sauce as directed for salmon loaf, adding 1 tb of butter in place of the salmon oil, or use white sauce.

Salmon Loaf.

1 large can salmon
2 eggs
salt
pepper
1 c milk
2 tb melted butter
½ c bread crumbs
1 t flour
1 t butter
1 egg

Pour oil off the salmon; remove bones and skin and pick up fine; add melted butter, eggs well beaten, bread-crumbs, and season with salt and pepper. Put in well buttered tin; put in cooker and steam for one hour. When done turn on platter and pour over the following sauce: 1 t flour and 1 t butter, blended. Add some of the oil from salmon, 1 c milk, and 1 egg well beaten; season with salt and pepper and bring to boil.

MEAT.

If meat is put in cold water and gradually heated to the boiling point, a large proportion of the juice is extracted. The meat will be tasteless and the water will contain the flavor. The long cooking in water will also dissolve the gelatine of the bones and connective tissues. This is desirable in soup making. If meat is put into boiling water and allowed to boil for a few minutes, then cooked a long time at a lower temperature, the albumin in the outer surface of the meats is hardened and it keeps the inner juices from escaping to any great extent. The long cooking softens the tough tissues while the meat keeps most of its flavor, the water getting only a little of it. This is desirable for stews, pot roasts, poultry, etc.

Boiled Meat.

Boiled meat is more easily digested than either baked or roasted. It should be put on the fire in just enough boiling water to cover it. Remove the scum. Put in half cup of cold water. Remove the rest of the scum; let boil ten minutes; set in the cooker for two hours or more.

The length of time which the meat should boil and the time it should remain in the cooker is governed by its quantity and thickness.

Brisket of Beef.

Two pounds of beef coarsely ground or finely chopped. Add one cup of chopped celery. Season with salt and pepper. Add one tb vinegar and one cup of water. Heat and put into cooker two hours. Longer will not injure it. Take out and reheat, incorporating one ounce of gelatine dissolved in a bit of cold water. Cool in mold. Slice and garnish with celery tops.

Hamburg Steak.

Put three thin slices of salt pork into the bottom of a round casserole and a layer of Hamburg steak on this. Then add two more pieces of pork and another layer of steak. Sprinkle both layers of steak with cracker crumbs. Season with onions cut into bits. Pour over all 1½ c sweet milk, well salted and peppered. Cover tight. Heat. When all is thoroughly heated, set into cooker oven three hours.

Beef Hash.

Equal parts of chopped meat and white potatoes, both already cooked. Season with salt, pepper, and onion or nutmeg. Wet with stock or gravy. Crisp bacon chopped or minced celery tops add to the flavor. Mix well while cold. Heat and place in the cooker oven two hours. Do not stir. Serve in the baking dish.

Beef or Veal Steak, Rolled or Stuffed.

2 lbs steak
2 ozs lean ham
¼ lb suet
1 lemon rind
salt
1 t parsley
1 t mixed sweet herbs
6 ozs bread crumbs
2 eggs
pepper
2 ozs butter

Cut the steak rather thin and sprinkle with salt and pepper. Chop the ham, suet, lemon rind, and sweet herbs; add seasoning, bread crumbs, eggs, and butter, well beaten; mix well. Spread the dressing over the steak; roll up and tie. Ten minutes over the flame; three hours in cooker.

Cold Leg Lamb.

Immerse in water. Put salt, pepper, and 2 bay leaves in the water, and plan to save the liquor for soup. Boil 15 minutes on the stove and set in the cooker five or six hours, depending upon the weight of the meat. Serve cold with sauce.

Sauce: One egg, hard cooked; mash the yolk and chop the white. To the yolk add 1 t sugar, saltspoon salt, 1 t mustard, 1 tb olive oil, and 2 tb of vinegar. Mix well and sprinkle the chopped white on top.

Mutton Chops.

1 sliced onion
2 tb butter
flour
boiling water
pepper
salt

Cook one sliced onion in 2 tb butter. Roll each chop in flour with salt and pepper. Brown each chop in the butter, and add ½ c of boiling water. Boil ten minutes and place in cooker two hours.

Boiled Ham.

1 ham
cold water to cover
brown sugar
cloves

Put whole ham in a vessel with a good tight lid. Cover with cold water. Heat and boil 30 minutes. Set the hot vessel, wa-

ter, ham and all, inside a cooker keg. Let stand 12 hours. Open. The water will be very hot. Let it cool and then lift the ham out. Remove the skin. Place in a roasting pan. Cover the ham with a half inch layer of brown sugar and stick cloves in it. Bake 20 minutes or until well browned.

Boiled Tongue.

Cover a large fresh tongue with water. Boil ten minutes. Place in the cooker nine hours. Cool and remove the skin.

Meat Loaf.

1 lb beef, veal or mutton
2 oz salt pork or breakfast bacon
2 c bread crumbs
1 tb lemon juice
1 t dry mustard
½ t onion juice
3 eggs
2 t salt
⅓ t pepper
½ to 1 c milk or cream
parsley
onion

Wipe meat and chop meat and pork together. Add bread-crumbs. Add milk or cream, lemon juice, salt, pepper, and onion juice. Pack in two one-pound baking powder tins. Smooth, brush with white of egg. It will keep its shape when turned out and may be sliced.

Irish Stew.

3 c meat
2 c potatoes
½ c turnip
½ c carrot
⅓ c onion
½ c celery
2 t salt
¼ t pepper
⅓ c flour
4 t rendered fat
3 c water

Wash and cut about 2 lbs. of beef, from the leg, brisket, or other cheap cuts, into 1-inch pieces. Remove most of the fat, or all of it if desired. Wash and pare the turnip and carrot and cut them into small pieces. Pare the potatoes and cut them into 1-inch cubes. Slice the onion and cut the celery into small pieces. Roll the meat in the flour and fry it till it is brown in the fat. Put all the ingredients, except the remaining flour, into a cooker pail, and, when boiling, put them in the cooker for five hours. Mix the remaining flour with an equal quantity of cold water. Stir in the stew, and when it has boiled it is ready to serve. It will not be harmed by being kept hot in the cooker for another hour or more.

POULTRY.

In baking or roasting poultry or game, two very hot radiators should be used. It is not necessary to put the poultry or game in the oven. It may be put in the oven while the radiators are heating in order to quicken the cooking process.

Roasted Chicken.

Rub the inside and outside of the chicken with salt, butter, and flour. Put it into the cooker between two hot radiators. Let remain from 2 to 4 hours, depending on its age.

Baked Chicken.

Dress and stuff as for ordinary baking. Place in utensil. Remove to the cooker, using both radiators very hot. Allow about 30 minutes to each pound.

Boiled Chicken.

Wipe chicken; singe and cut for serving. Place chicken in the kettle with 2 cups salted water, boiling. Then add a handful of rice and a cup of milk and more salt, if needed. Place in cooker without removing cover. Allow it to remain two hours if the chicken is young and three or four if it is old, using one radiator. Serve on platter with a gravy made from liquor and seasoned with chopped parsley, celery, or thyme and hard-boiled eggs.

Braised Chicken.

Draw, stuff, truss and roast a young chicken in a hot oven until it is brown. Put it into a hot cooker pail with water about an inch deep in the pail. Cover it quickly; bring it to a boil and put in cooker for three hours or more. Make a brown sauce of the liquor in the pan. The giblets may be added when the chicken is put into the water and may be chopped and added to the gravy. Only young, tender chickens may be treated in this way. A tough bird may be trussed and cooked in the cooker in water to half cover it for ten or twelve hours before it is stuffed and browned in the oven. Baste it when in the oven with fat taken from broth.

Braised Duck.

Prepare and cook the duck in the same manner as braised chicken. If the duck is tough, it may be cooked for eight or more hours in water in the cooker, then stuffed and browned in the oven, basting it with fat from the broth.

Escalloped Chicken.

One chicken boiled in cooker with very little water. When done, remove bones and skin and pick up fine. Butter deep baking pan; put in layer of coarse cracker crumbs, then layer of chicken; put on butter, pepper, and salt, then cracker crumbs, and so on until the dish is full, having crumbs on top with little pieces of butter. Pour over 1 c of hot rich milk and liquor from chicken. Put in baking dish in cooker for 60 minutes, between two hot radiators.

Roast Goose.

The only way to cook a goose is by roasting. In dressing the bird remove the fat found on inside of lower body, as it will be too greasy if cooked. Freezing weather is the proper time to serve goose and it should hang in the open air a day or two before being cooked. Parboil 30 minutes; remove from the kettle and stuff with moistened crumbs mixed with one egg, powdered sage, onion, pepper, and salt. More onion is used with goose than any other fowl. Put in kettle and place in cooker four hours without water, using two radiators. Serve with apple sauce.

VEGETABLES.

The flavor of vegetables is best preserved by putting them on to cook in boiling water. When cooked in a fireless cooker, the water must be salted when the vegetables are put on to cook. Delicate flavored vegetables, such as peas, lima beans, celery, asparagus, etc., should be put on in just enough water to cover them; while cabbage, turnips, artichokes, etc., should have more water in order that some of their coarse flavor be lost in the cooking.

A small scrubbing brush and a small pointed knife for preparing vegetables should be found in every kitchen. Vegetables should be thoroughly washed in cold water. The time for cooking the same vegetable varies according to the freshness and age of it.

Most vegetables may be served in four ways—boiled, baked, with white sauce, and as a salad by the addition of a salad dressing.

Cream Sauce.

2 tb butter
2 tb flour
1 c hot milk
½ t salt
1 saltspoon pepper

Cream together butter and flour. Place over the fire in a small saucepan. Stir until melted, but do not brown, and add one large cup of hot milk. Stir and cook until smooth. Season with salt and pepper.

Boiled Salad Dressing.

½ tb salt
1 t mustard
1½ tb sugar
few grains cayenne
½ tb flour
yolks 2 eggs
1½ tb melted butter
¾ c milk

Mix dry ingredients; add yolks of eggs slightly beaten, buttter, milk, and vinegar very slowly. Cook over boiling water until mixture thickens. Strain and cool.

String Beans.

String and cut a quart of fresh string beans. Cover them with boiling water and boil ten minutes over the stove, and set in a cooker two hours. If they are old and tough, they will need a longer time in the cooker and perhaps fifteen minutes on the stove at first. When ready to serve, season with melted butter, salt, and pepper.

Green Shelled Beans.

Shell and wash young green beans. Put them over the fire in a generous quantity of boiling salted water. Boil five minutes over the fire and in the cooker two hours. Then drain off the water and add to them rich milk or cream. Season with butter and salt to taste.

Fresh Lima Beans.

For one cup of beans take one cup of water. Boil fifteen minutes and set in a cooker for three hours or more. Drain and save the surplus water for soup. Season with butter, salt, and a teaspoonful of curry moistened with lemon juice.

Dried Navy Beans.

Soak one cupful of beans over night. In the morning drain off the water; add three quarts of boiling salted water and one teaspoonful of soda. Boil and put them in the cooker for eight hours or more. When soft, drain them and add butter, pepper, and salt to taste. Or make pork and beans of them.

Boston Baked Beans.

1 qt pea beans
rind of ¾ lb pork (salt)
1 tb salt
3 tb sugar
1 c boiling water
½ tb mustard
1 tb molasses

Pick over the beans; cover with cold water and soak over night. In the morning drain; cover with fresh water; heat slowly, keeping water below boiling point, and cook till the skins will burst, which is best determined by taking a few beans on the tip of a spoon and blowing on them, when skins will burst if sufficiently cooked. Beans thus tested must, of course, be thrown away. Drain beans, throwing bean water out of doors, not in sink. Scald rind of ¾ lb. fat salt pork; scrape; remove ¼ inch slice and put in bottom of bean pot. Cut through rind of remaining pork every ½ inch, making cuts ½ inch deep. Put beans in pot and bury pork in beans, leaving rind exposed. Mix 1 tb salt, 1 tb molasses, and 3 tb sugar. Add 1 c boiling water, and pour over the beans; then add enough more boiling water to cover beans. Let boil 5 minutes; then put in fireless cooker for 10 hours or more. On removing from a cooker, if set into a hot oven, the bacon will become

brown and crisp. Many feel sure that by adding with seasonings ½ tb mustard, the beans are more easily digested. If pork mixed with lean is preferred, use less salt.

The fine reputation which Boston Baked Beans have gained has been attributed to the earthen pot with small top and bulging sides in which they are supposed to be cooked. Equally good beans have often been eaten where a 5-lb. lard pail was substituted for the broken bean pot.

Yellow-eyed beans are very good when baked.

Fresh Beets.

Beets should never be cut before cooking if you wish to retain their bright color. They should be thoroughly cleaned with a vegetable brush. Cover with boiling water and let boil ten minutes on the stove, or longer if they are large, and three hours in the cooker. Slip off the skins. Slice and season to taste, witn salt, pepper, and butter.

Boiled Cabbage.

Cut the cabbage into quarters and soak for half an hour in cold water, adding a tablespoon of salt. Drain from the water and cut into slices. Put it into the cooker kettle nearly filled with boiling water, adding a tablespoonful of salt. Bring to a boil and place in the cooker for one or two hours, according to the age of the cabbage. Pour into a colander and drain well. Season with butter and pepper and, if needed, a little more salt.

Creamed Cabbage.

Creamed cabbage is delicious. Cook according to the above recipe; then chop and pour over it hot a well-seasoned cream sauce.

Creamed Carrots.

Only young carrots are good for this dish. Take the required quantity, wash and scrape them lightly, cut them into halves lengthwise, then into quarters, and then into inch pieces. Pour over them boiling, salted water, enough to cover them generously, and, when boiling, place them in the cooker for 1½ hours, or more if needed. When ready to serve, drain, put them into a vegetable dish, and pour over them a cream sauce.

Corn Pudding.

1 qt can corn or fresh corn cut from cob
2 eggs
1 t salt
⅛ t pepper
1½ t melted butter
1 pt scalded milk

Add the eggs, slightly beaten, to the corn, chopped up; add salt, pepper, butter, and milk. Turn into a buttered pudding dish and put in cooker for two hours.

Macaroni With Cream Sauce and Cheese.

1 pt macaroni
2 qts boiling water
1 c white sauce
½ c grated cheese

Break macaroni into small pieces. Throw it into boiling water, well salted. Boil rapidly for five minutes, stirring and separating with fork; then remove to the cooker for 1½ hours.

When ready to serve, drain well, place in serving dish, and pour over it 1 cup of white sauce into which cheese has been melted.

Boiled Onions.

Prepare the onions by taking off the outer skins. Place in cooker kettle with hot salted water; boil ten minutes and place in cooker for one hour and a half. Just before serving drain off the water and add cream, butter, and salt. Let boil up and serve hot.

Boiled Potatoes.

Scrub potatoes well with a small scrubbing brush. Pare them, and if they are inclined to be black when cooked, let them stand an hour or more in cold water before cooking them. Cook them in a large amount of boiling salted water in a cooker pail. When they have boiled five minutes, put them in the cooker for from 1½ to 3 hours, depending on their quantity, size and age. New potatoes do not require so long as old for cooking.

Peas.

Shell young, green peas and let boil five minutes, using about one cupful of salted water for each quart of shelled peas. Put the pail or pan inside another cooker pail of boiling water and set all in a cooker for two hours or more. Old peas may be left all night or all day in the cooker.

Rice.

1 c rice
4 c water
1 t salt

Look over and wash the rice thoroughly. Bring it to a boil in the salted water. Let boil five minutes and put into cooker for one hour.

Samp (Coarse Hominy).

½ c samp
1 c cold water
1 t salt
3 c boiling water

Soak the samp in the cold water for eight hours or more. Add the salt and boiling water; boil it hard for one hour, and put into cooker for from six to twelve hours. It is improved by the longer cooking. The pail or pan in which it is cooked should be stood in a large cooker pail of boiling water. A tablespoon of butter may be added before serving, if it is used as a vegetable.

Creamed Turnips.

Scrub, pare, and cut the turnips into half inch dice. Cook each pt. prepared turnips with at least 1 qt. boiling water, which has been salted, in the cooker for from two to three hours or more. When tender, drain them, and add white sauce.

BREADS.

Browned Bread.

2 c sour milk
2 c corn meal
1½ c flour
1 c molasses
1 t soda
1 t salt

Sift dry ingredients; add molasses and milk, and mix thoroughly. Pour into well-buttered molds or cans not more than two-thirds full. Put the molds or cans in a kettle of boiling water, reaching nearly to the top of the molds. Boil 20 minutes if molds are small and 30 if large. Remove kettle to cooker without jarring, and leave three hours, if molds are small, and five or six if large.

Boston Browned Bread.

1 c rye meal
1 c granulated corn meal
1 c graham flour
¾ tb soda
1 t salt
¾ c molasses
2 c sour milk or 1¾ sweet milk or water

Prepare and cook as Brown Bread above.

Best Boston Browned Bread.

1 c molasses
1 c sour milk
1 c sweet milk
1 c corn meal
3 c graham flour
½ t salt
1 t soda
2 t baking powder
1 c raisins

Prepare and cook as Brown Bread above.

Custard Corn Bread.

1 c flour
1 tb sugar
5 eggs
1 c white corn meal
2 t baking powder
2 c milk
2 tb butter

Mix well together the flour, corn meal, sugar, and baking powder. Separate the eggs and beat the yolks till light, and add milk. Stir this into the dry ingredients and beat hard. Add butter softened but not melted. Mix, and add the whites of the eggs beaten to a froth, folding them in lightly but thoroughly. Pour into a mold or into several small molds. Steam over a fire fifteen minutes and place in a cooker two hours,

Unless breads may be boiled or steamed, they are best cooked in the oven. Loaf bread, rolls, muffins, or baking powder biscuit baked in the oven are superior to those baked in the cooker, and the time necessary for baking bread is not great. However, bread may be baked in the cooker, if soap-stones hot enough to turn paper a golden brown are used above and below the bread. When bread is baked in the cooker, it should be opened after the bread has been in eight or ten minutes to let the steam escape. It should remain open only a half a minute, then be securely closed again.

PUDDINGS.

"Brown Betty."

1½ c fine breadcrumbs
2 c tart apples
½ t cinnamon
½ t mace
3 eggs
salt

Peel, core and mince the apples, and to them add the bread-crumbs, cinnamon, mace, and eggs salted and well beaten. Beat all together. Turn in a buttered mold. Steam over the fire ten minutes and in a cooker three hours. Serve with liquid sauce or whipped cream. (See "Pudding Sauces.")

Chocolate Pudding.

2 tb butter
½ c sugar
1 egg
pinch salt
½ c milk
1 c flour
1 t baking powder
lemon sauce
2 squares melted chocolate

Cream butter, sugar, and add beaten egg, milk, flour sifted with baking powder and salt. Add two squares melted chocolate. Steam over a fire twenty minutes and in a cooker two hours. Serve with lemon sauce. (See "Pudding Sauces.")

Eggless Steamed Pudding.

1 c sugar
½ c butter or suet
1 c butter milk
1 c raisins
1 t soda
2 tb molasses
1¼ t cinnamon
¾ t cloves
½ t allspice
¾ t salt
flour to make a drop batter

Make same as brown bread. Steam three hours. Dry in oven few minutes after removing from mould.

Rich Plum Pudding.

½ lb raisins
½ lb currants
2 oz candied orange peel
2 oz citron
¼ lb chopped suet
¼ lb stale, soft breadcrumbs (2¼ cups)
¾ c flour
¼ lb brown sugar
½ numeg, grated
½ tb powdered cinnamon
⅛ t ground allspice
¼ pt brandy
4 eggs

Wash and seed the raisins. Rub the currants with a little flour; then sift out the flour and allow water to run over the currants in a seive until they are clean. Spread them on a towel and remove any stems, stones, etc., that may be among them. Let them stand, covered with a towel, to keep out the dust, until they are dry. Cut the orange peel and citron very

fine, or put them through a food chopper. Chop the suet, or put it and the raisins through a coarse food chopper. A trifle of the flour may be mixed with the suet before it is chopped to keep it from sticking to the chopping knife. Beat the eggs till blended. Mix all the dry ingredients very thoroughly; add the eggs and then the brandy. Put the pudding into a covered, greased mold, chopping down through it a few times with the end of a knife, to be sure that it fills the mold without hollow spaces, and to avoid packing it firmly. Stand it in at least three quarts of warm water in a cooker pail. Heat it slowly but steadily till the water boils. Let it boil one hour if the pudding is in one mold or ½ hour if it is in two smaller molds. Put it into the cooker for five hours. Remove it at once from the mold. If it is not to be used when first made, it may be kept several weeks, replaced in the mold and heated before serving, by putting it in warm water, heating it to the boiling point and boiling it one-half hour or more. Serve it with brandy sauce.

Rice Pudding.

1 qt milk
1 tb butter
⅓ c rice
⅛ t grated nutmeg
⅛ t salt
½ c sugar

Let milk come to a boil, add other ingredients; set vessel containing the pudding in a large pail of boiling water or over the soapstones for three or four hours.

One-half cup full of small seedless raisins may be added to this recipe.

Tapioca Pudding.

½ c pearl tapioca
1 qt water
6 whole medium apples
¾ c sugar
⅛ t salt
2 tb butter

Soak the tapioca one hour; bring it to a boil with the other ingredients in a two-quart pail, if that will fill the cooker nest, or in a pudding pan to be set over boiling water. Put it into a cooker one hour. Serve cold with cream. If large tapioca is used, it should be soaked over night.

PUDDING SAUCES.

Lemon Sauce.

½ c sugar
1 c boiling water
1 tb corn starch or
1½ t flour
2 tb butter
1½ t lemon juice
few gratings nutmeg
few grains salt

Mix sugar and corn search; add water gradually, stirring constantly; boil five minutes; remove from fire; add butter, lemon juice, and nutmeg.

Vanilla Sauce.

Make same as lemon sauce, using 1 t vanilla in place of the lemon juice and nutmeg.

Cream Sauce.

1 egg
1 c powdered sugar
½ c thick cream
¼ c milk
½ t vanilla

Beat white of egg until stiff; add yolk of egg well beaten, and sugar gradually; dilute cream with milk; beat until stiff; combine mixtures and flavor.

Yellow Sauce.

2 eggs
1 c sugar
1 t vanilla
or ½ t vanilla and 1 tb brandy

Beat eggs very light; add sugar gradually, and continue beating. Then flavor.

Foamy Sauce.

whites of 2 eggs
1 c powdered sugar
¼ c hot milk
1 t vanilla

Beat eggs until stiff; add sugar gradually, and continue beating; add milk and vanilla.

Hard Sauce.

⅓ c butter
1 c powdered sugar
⅓ t lemon extract
⅔ t vanilla

Cream the butter; add sugar gradually, and flavoring.

COLD DESSERTS.

Charlotte Russe.

1 pt cream
4 tb white sugar
2 t vanilla
½ oz gelatine
sponge cake
water

Set the cream, sugar, and vanilla on the ice until cold. Let the gelatine covered with water come to a boil. Whip the cream well and add the gelatine slowly. Pour in molds lined with sponge cake. Serve cold.

Chocolate Mousse.

1 qt cream
1 oz chocolate
1 c powdered sugar
3 tb sugar
1 tb boiling water
chopped ice

Whip the cream and drain it through a seive. Whip all that drains through. Melt the chocolate with the sugar and boiling water and stir until it is smooth. Add three tb cream. Sprinkle the sugar over the whipped cream and stir gently till well mixed. Turn into a cold covered mold. Pack the mold in chopped ice. Set it all in the home-made ice box for several hours.

Fruit Mousse.

1 c rich fruit juice
½ c sugar
whites of two eggs
1 c whip of cream

Boil the juice and sugar to a syrup. Beat the whites of the eggs and add the cream. Beat all together. Pour into a mold, cover, and let set on cracked ice in an ice box.

Surprise Peaches.

whites of 5 eggs
1 c sugar
1 qt ripe peaches
ice

Add gradually the sugar and then the peaches to the whites of the eggs beaten. Peaches should be finely chopped. Beat until smooth. Chill and stand in cold ice box.

Prune Whip.

1 c prune pulp
whites of 4 eggs
sugar to taste
rich cream

Prepare the prunes as directed under "Dried Fruit," leaving them long enough to become quite soft. Press enough through a seive to make 1 c pulp. Beat the whites of eggs to a dry

froth and add to them the pulp, a little at a time, beating well until all is used. Sweeten to taste. Heap lightly in serving dish and surround it with halved prunes. To be served with rich cream.

Pineapple Sponge.

½ package gelatine
1 teacup water
1 teacup sugar
1 can shredded pineapple
whipped cream
ice

Soak the gelatine in as little water as possible. After it is dissolved, add to it a boiling syrup made by boiling the water and sugar. Stir this well and add the shredded pineapple. Set away to cool. When it begins to harden, stir in the cream, which has been well whipped. Pour in a mold. Chill and set in the ice box.

DRIED FRUITS.

Dried fruits are immensely improved by being cooked in the fireless. They should first be washed thoroughly. If soaked for five minutes and then washed they will be more perfectly cleaned. To each cupfull of fruit add two cupfulls of water. Dried fruit should soak from 6 to 10 hours; then add the sugar, and let all boil five minutes. Remove to the cooker for from two to ten hours, depending upon the fruit. Prunes are improved by long cooking; apples are not injured by it; but peaches and apricots will be better if removed as soon as soft. Sour fruits require about one cup of sugar for each pint of dried fruit. Prunes, peaches, and apples require from one-fourth to one-half as much.

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