

A CHILD'S
First
COOK BOOK

by ALMA S. LACH



Illustrated by Doris Stolberg

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For
SANDY LACH
who is seven

Thanks

The author wishes to thank Miss Olga Adams, of the University of Chicago Laboratory Schools, for her interest and cooperation in the preparation of this book. Thanks are also due Miss Lucille Pannell, of Carson, Pirie, Scott, and Company, Chicago, for her encouragement and advice.



We're sure you'd like to know . . .

This CHILD'S FIRST COOK BOOK can be easily understood by any child, for this book is written *in pictures* as well as in words.

All the directions are set forth in language so simple and clear that every child can readily follow them. Nothing is left to chance.

The child cooks with the book open flat before him. There are no pages to turn, for each recipe is complete on two facing pages.

In a book of this sort, nothing is more important to a parent than the aspect of safety. Safety Rules for cooking are featured at the very beginning of the book. Moreover, the recipes and the instructions have been carefully planned to eliminate hazards.

The menus include only dishes for which recipes are given. You'll be astonished to see how capably your seven-year-old can function in the kitchen.

Children love to cook . . . boys as well as girls. Cooking fosters that wonderful sense of power, so important to a child's growth and self-confidence. Give your child the chance!

Many Happy Hours!

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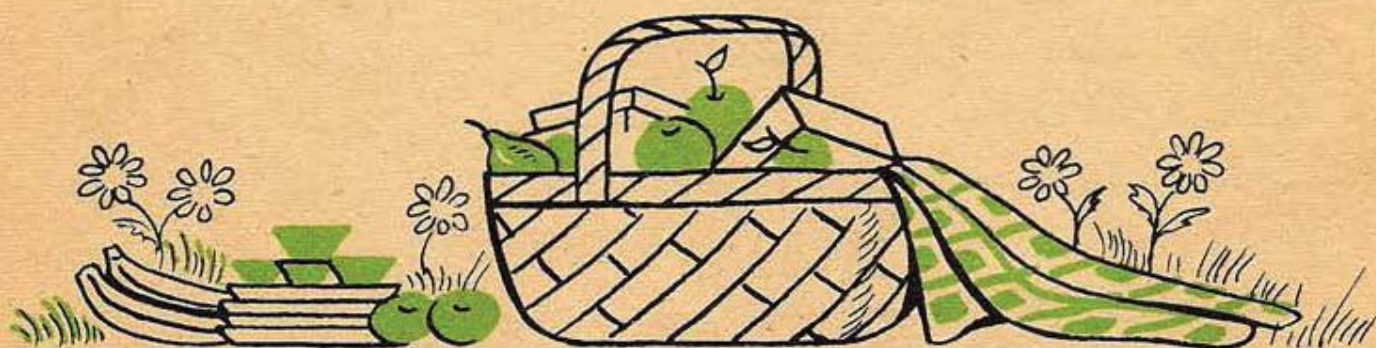
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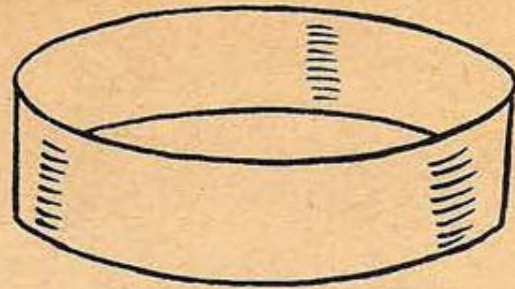


A CHILD'S FIRST COOK BOOK

KITCHEN EQUIPMENT



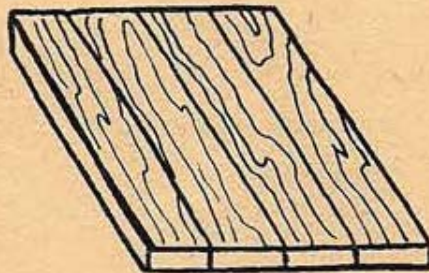
APPLE CORER



BAKING PAN



BUTTER KNIFE



BREAD BOARD



CAN OPENER



CASSEROLE



CHOPPING KNIFE



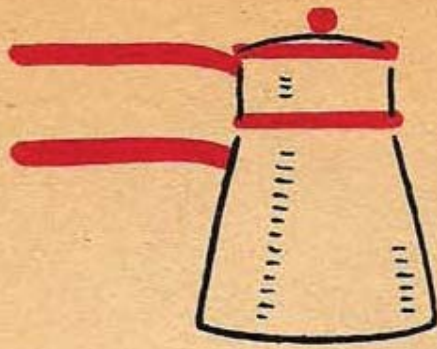
CLOCK



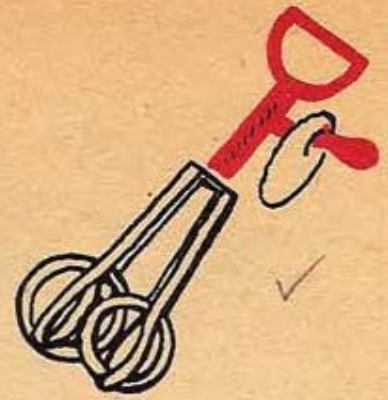
COOKIE SHEET



COOLING RACK



DOUBLE-BOILER



EGG BEATER



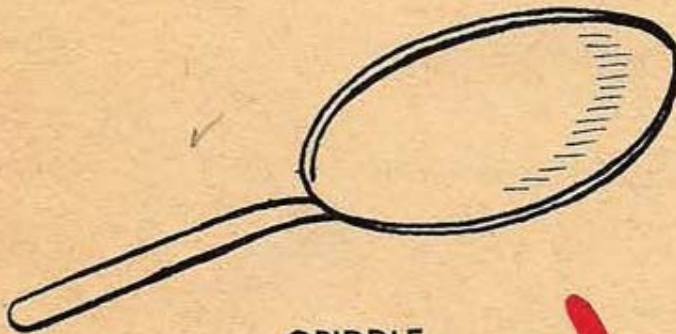
FLOUR SIFTER



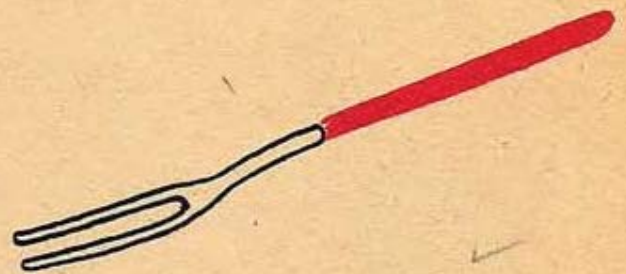
FRYING PAN



FRUIT JUICER



GRIDDLE



LONG FORK



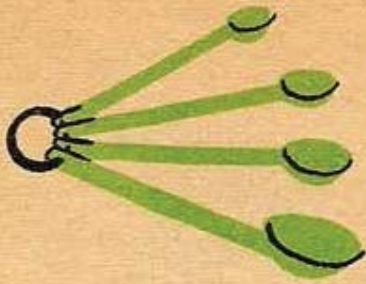
KITCHEN TABLESPOON



LONG SPOON



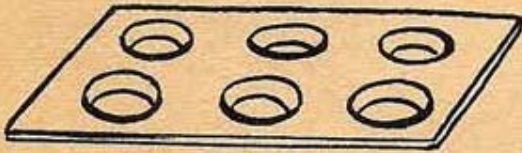
MEASURING CUPS



MEASURING SPOONS



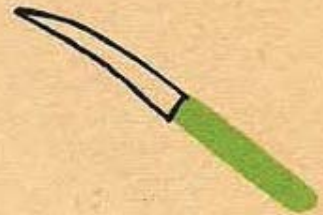
MIXING BOWLS



MUFFIN PAN



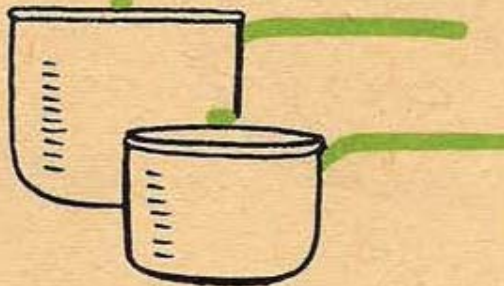
PANCAKE TURNER



PARING KNIFE



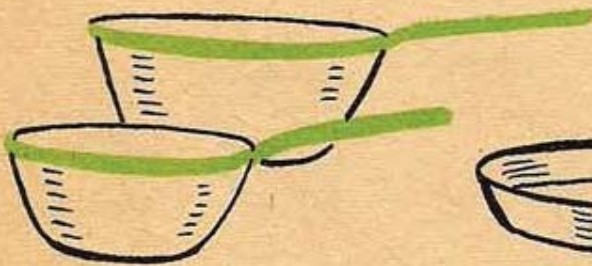
POT HOLDERS



POTS



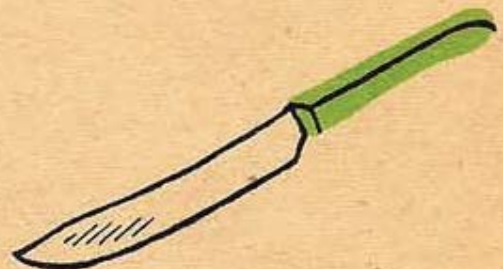
POTATO MASHER



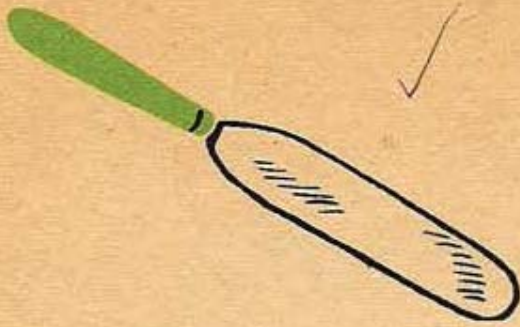
SAUCEPANS



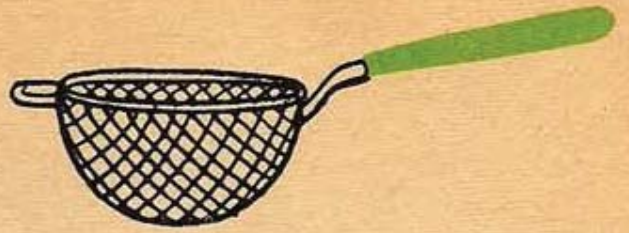
SHALLOW PAN



SLICING KNIFE



SPATULA



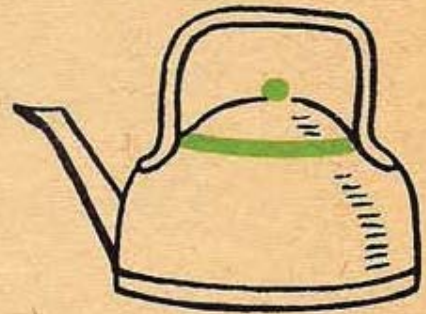
STRAINER



TEAPOT



TABLE FORK



TEAKETTLE



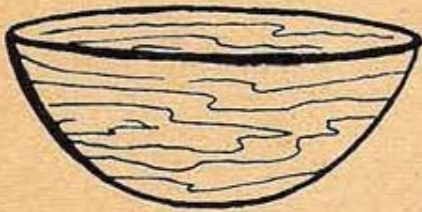
TEA STRAINER



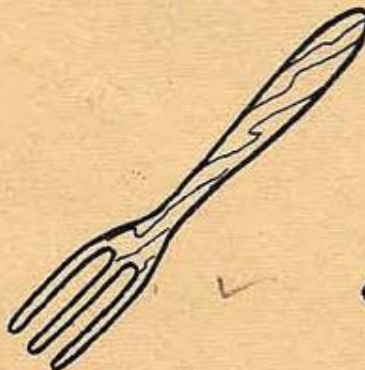
TONGS



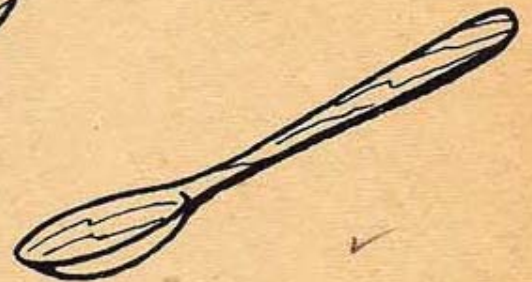
VEGETABLE BRUSH



WOODEN BOWL

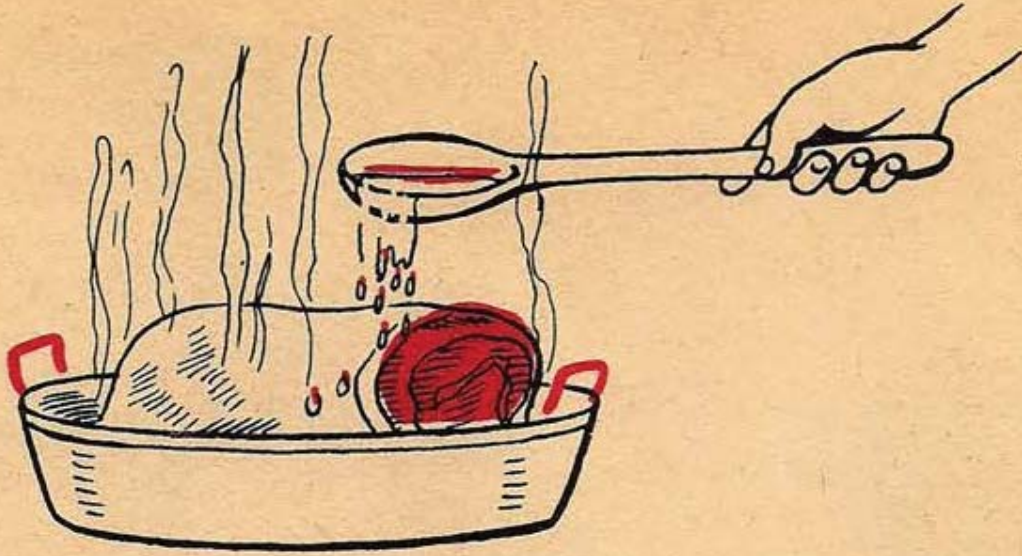


WOODEN FORK



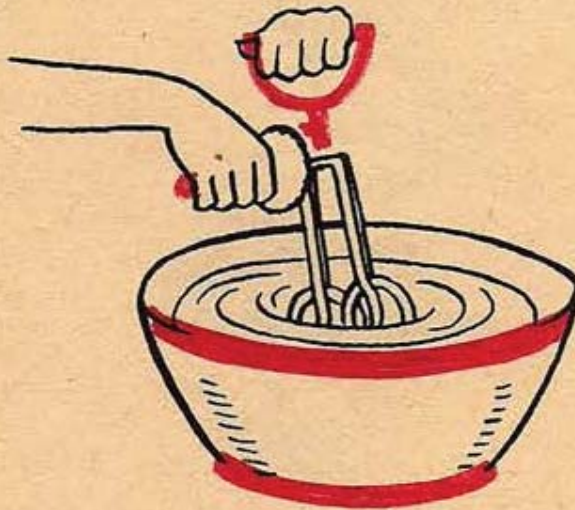
WOODEN SPOON

COOKING TERMS



BASTE

To moisten the food with its own juice from the pan in which it is roasting.



BEAT

To mix together by stirring rapidly.



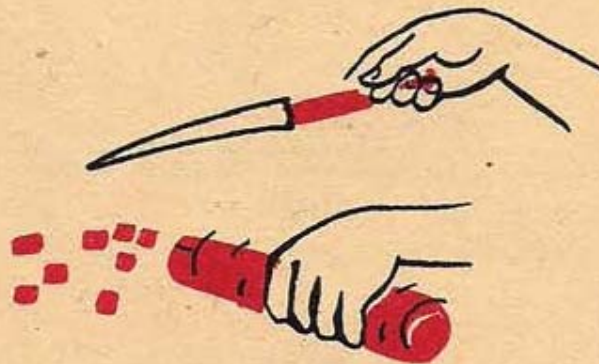
BLEND

To work shortening into dry materials.



CREAM

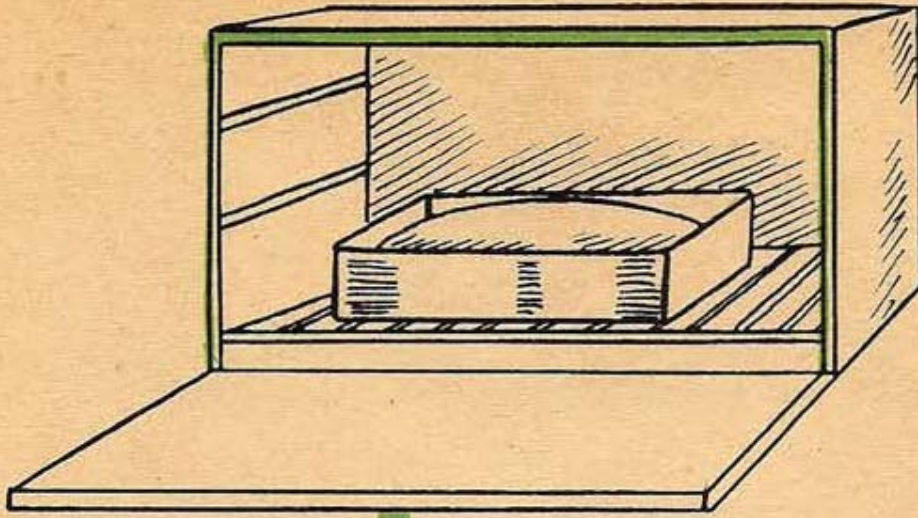
To stir shortening until fluffy.



DICE

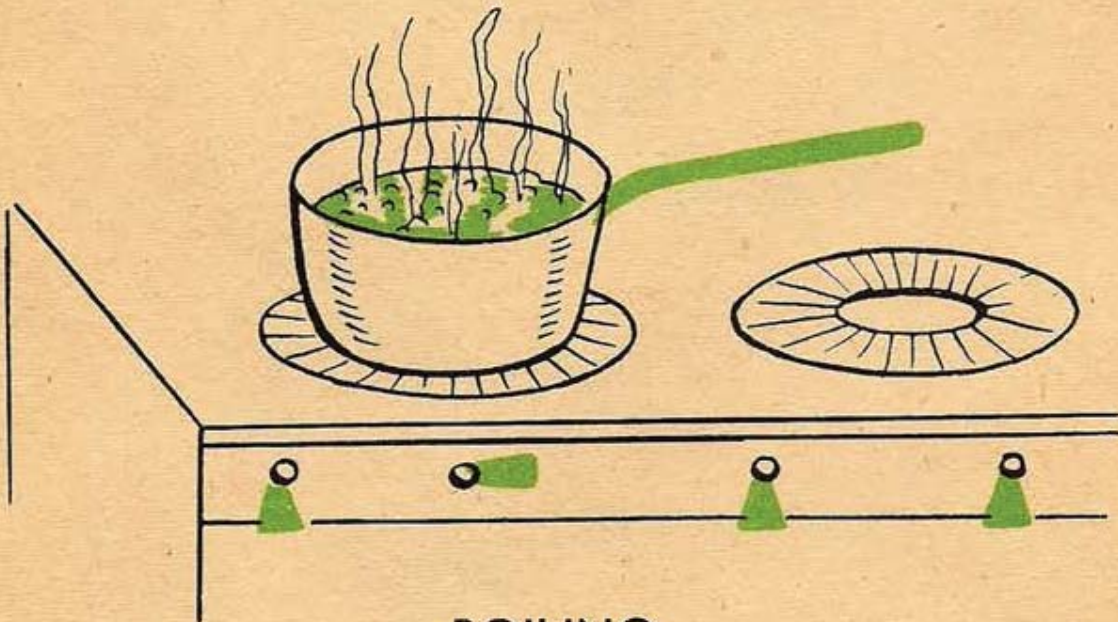
To cut up into very small pieces.

METHODS OF COOKING FOOD



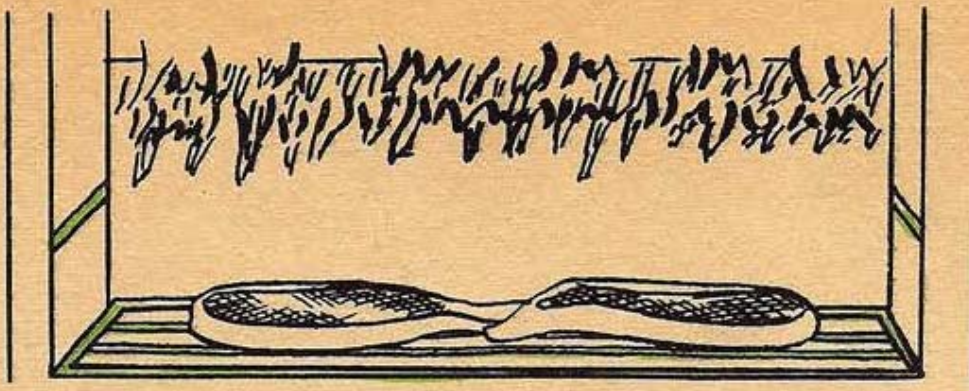
BAKING

To cook with dry heat inside the oven.



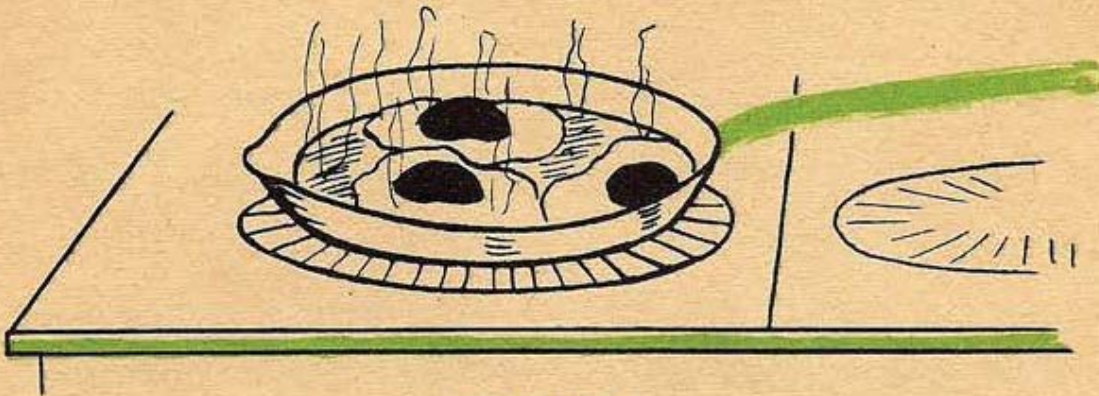
BOILING

To cook in a liquid, after bubbles rise continually to the top.



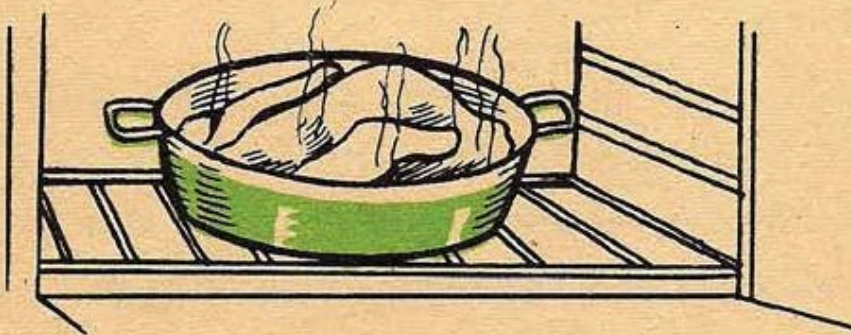
BROILING

To cook under or over direct fire.



FRYING

To cook in a small amount of fat,
in a pan on top of the stove.



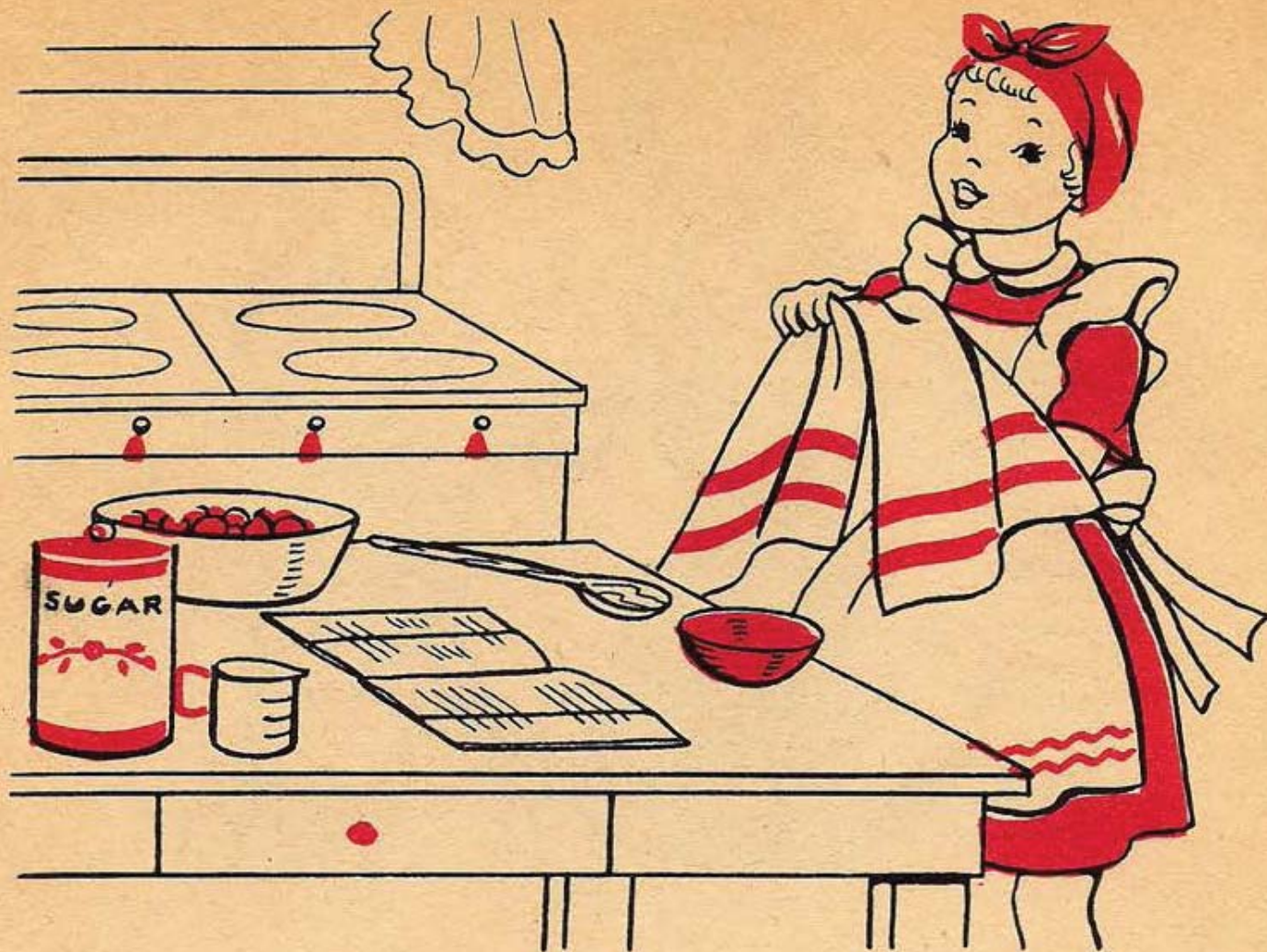
ROASTING

To cook in the oven with moisture.



SAFETY RULES

1. Tie your hair into a scarf—especially if your hair is long.
2. Never light the stove without Mother's help or permission.
3. Use pot holders for lifting hot things.
4. Be sure your hands are dry before lifting a hot pan from the stove. Dampness conducts heat even through a pot holder.
5. Use wooden spoons or forks when stirring hot foods, since wood does not conduct heat.
6. Remove the spoon or fork from the pan when you have finished stirring.
7. Use the back two burners of the stove first. You will then avoid hitting the handles of the pots and upsetting your recipe. Always remember to turn the pot handles sideways, so that you do not bump into them as you pass the stove.
8. While your recipe is cooking, prepare a clear space on which you can place the hot pot.



BEFORE COOKING

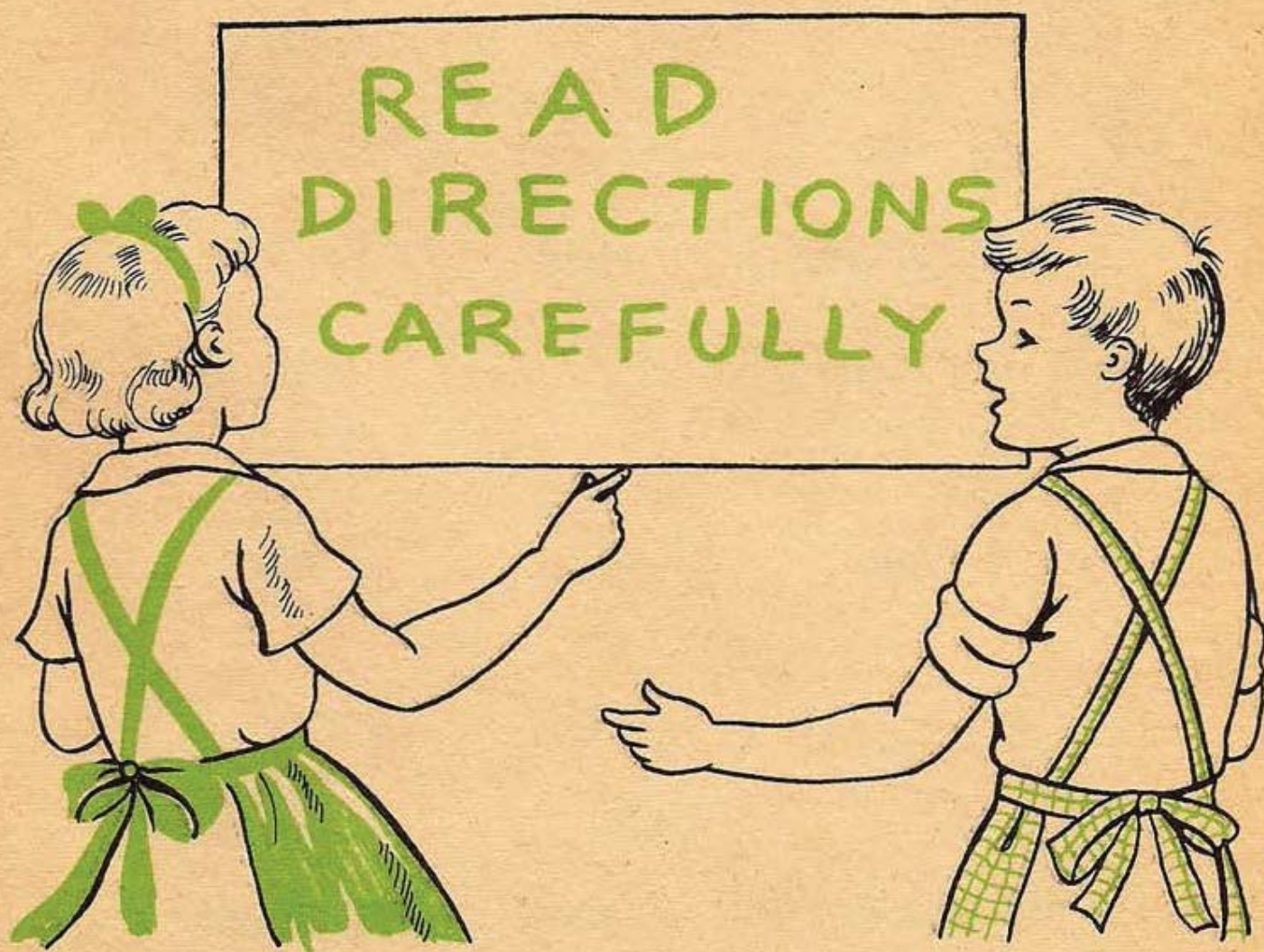
1. Wash your hands.
2. Put on an apron.
3. Hold your cook book open to the desired recipe with rubber bands.
4. Read your recipe through.
5. Place on the table all the ingredients and all the equipment which the recipe calls for.



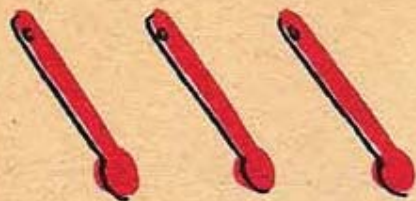
SUGGESTIONS FOR COOKING

1. Measure dry ingredients first, then liquids, then fats. In this order, you can use the same measuring cups or spoons without washing them.
2. Use a wooden fork for stirring and mixing.
3. Use standard measuring spoons when cooking.
4. Use individual $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ and 1 cup measuring cups. They are easier to measure with than one large cup, and will prove more accurate.

5. Sift flour once before measuring.
6. Light the oven before starting to make the recipe.
7. After water boils, reduce the heat; but be sure to keep the bubbles going.
8. Never let milk boil.
9. A pinch of sugar improves all seasonings.
10. Serve hot foods very hot; and serve cold foods very cold.
11. To color sugar, put granulated sugar into a jar. Add a few drops of vegetable coloring. Cover with a lid, and shake well.



EQUIVALENTS



3 TEASPOONS

equal

1 TABLESPOON



4 TABLESPOONS

equal



1/4 CUP



2 CUPS

equal



1 PINT

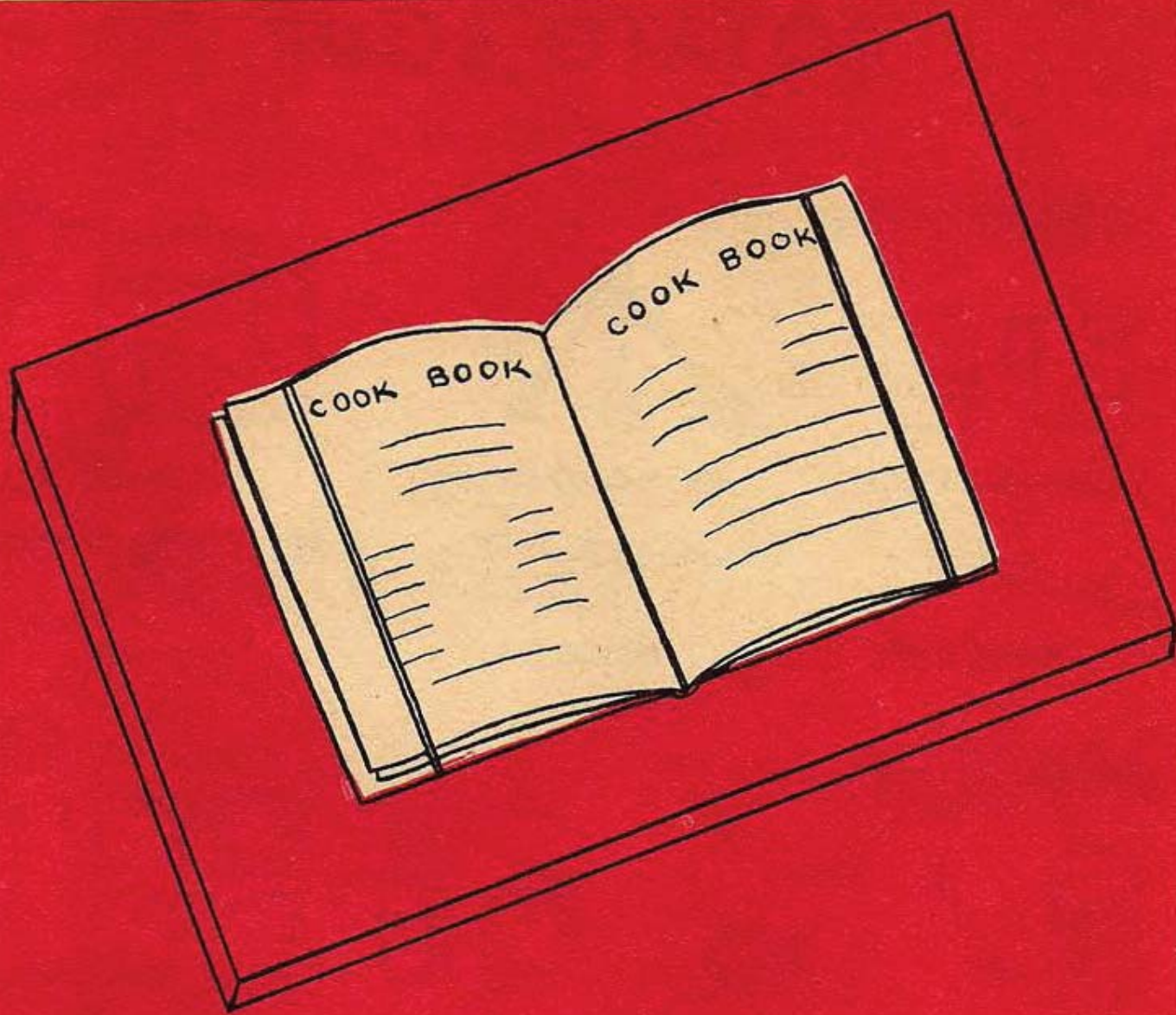


1/4 POUND BUTTER

equals



1/2 CUP



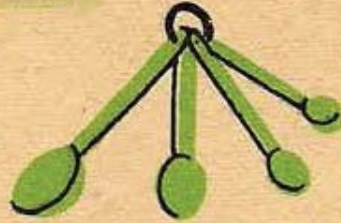
**THE
RECIPES**

POTATO SOUP

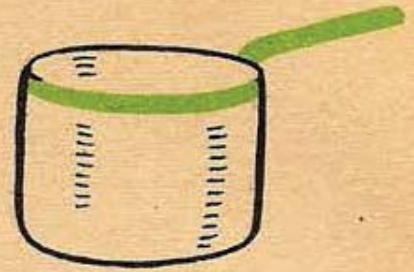
EQUIPMENT NEEDED



MEASURING CUPS



MEASURING SPOONS



LARGE POT



PARING KNIFE



FRYING PAN



STRAINER

INGREDIENTS



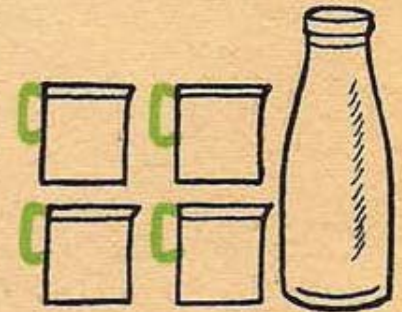
1 TEASPOON SALT



1 ONION



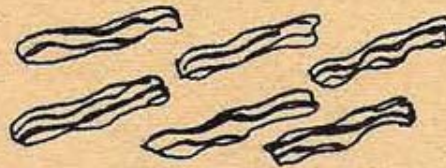
1 CUP CREAM



4 CUPS MILK



3 SPRIGS PARSLEY



6 SLICES BACON



1/4 TEASPOON PEPPER



2 TABLESPOONS BUTTER



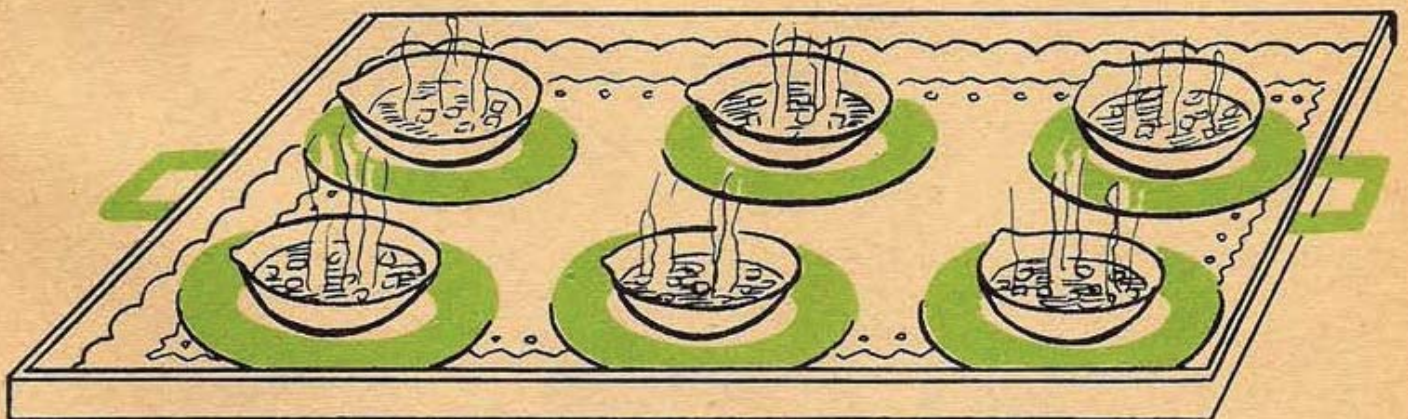
6 POTATOES



1/2 TEASPOON SUGAR

HOW TO MAKE POTATO SOUP

1. Peel the potatoes.
2. Dice the potatoes into a large pot.
3. Dice the onion.
4. Add the cream, milk, butter, salt, sugar, pepper, and onion to the potatoes in the pot.
5. Dice the bacon.
6. Fry the bacon in the frying pan.
7. Drain off the bacon fat through the strainer into a bowl.
8. Add the bacon to the rest of the ingredients in the pot.
9. Cook uncovered very slowly for 30 minutes, or until done.
10. Remove pot from stove.
11. Ladle soup into bowls.
12. Place a sprinkling of chopped parsley on top of each bowl of soup.



SERVES SIX

VEGETABLE SOUP

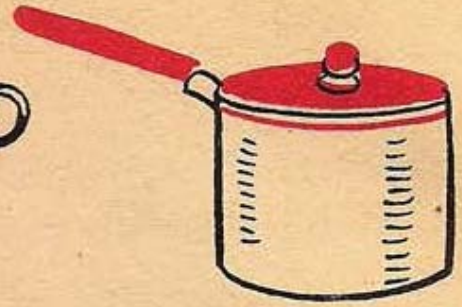
EQUIPMENT NEEDED



PARING KNIFE

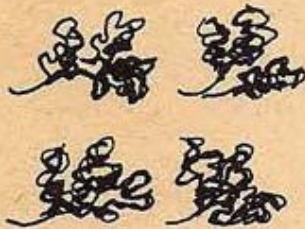


MEASURING CUPS AND SPOONS



LARGE POT WITH LID

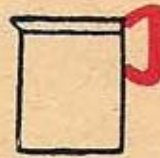
INGREDIENTS



4 SPRIGS PARSLEY



1 CUP CANNED TOMATOES



2 BEEF BOUILLON CUBES



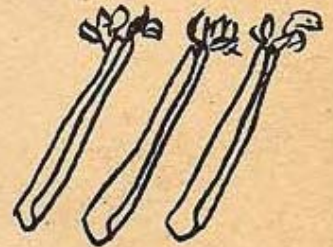
2 TEASPOONS SALT



1/4 TEASPOON PEPPER



6 CARROTS



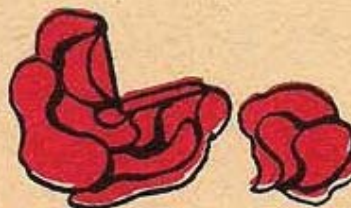
3 STALKS CELERY



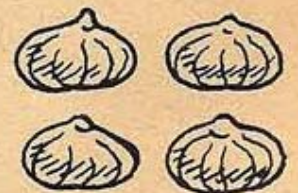
8 CUPS WATER



1 TEASPOON SUGAR



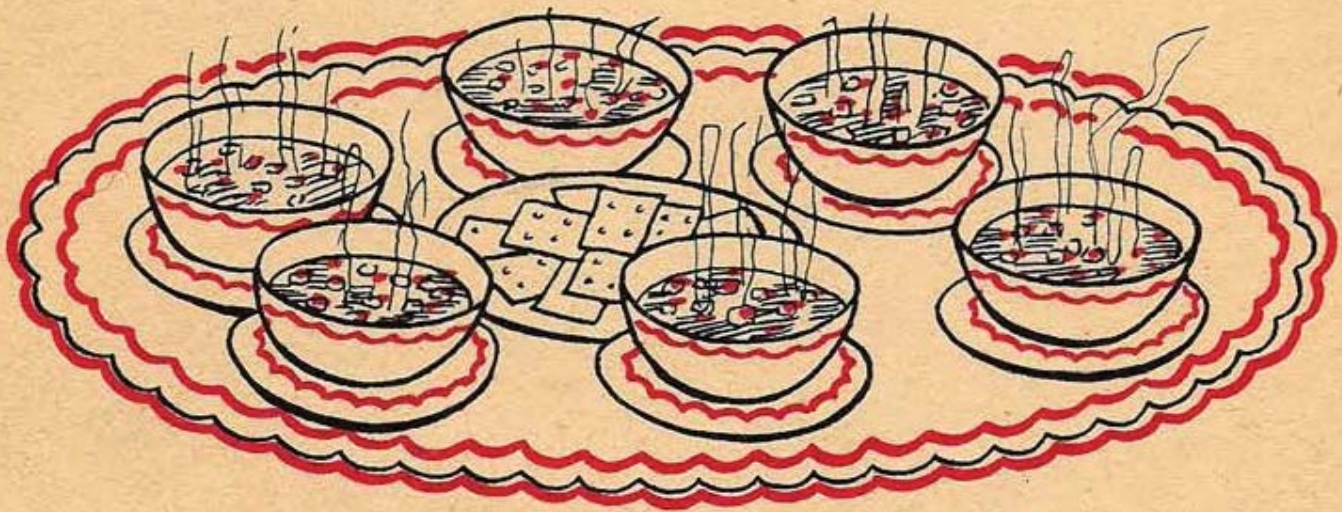
1/4 SMALL CABBAGE



4 ONIONS

HOW TO MAKE VEGETABLE SOUP

1. Fill a large pot with 8 cups of water.
2. Add salt, sugar and pepper to the water and place the pot on the stove over a high flame.
3. Scrub the carrots and the celery and peel the onions. Wash the cabbage.
4. Dice all the vegetables and shred the cabbage.
5. When the water in the pot is boiling rapidly, put the vegetables in it.
6. Now add the canned tomatoes and the parsley.
7. Then lower the flame so that the soup boils very slowly.
8. Cook for about 1 hour. Then add the bouillion cubes, turn off the flame, and stir the soup until the cubes are entirely melted.
9. Serve very hot, with crackers.



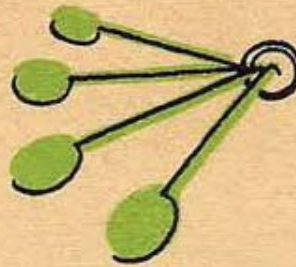
SERVES SIX

TEA

EQUIPMENT NEEDED



MEASURING CUP



MEASURING SPOONS



TEAKETTLE

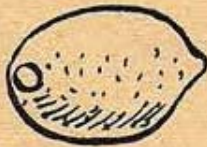


TEA STRAINER



TEAPOT

INGREDIENTS



1 LEMON



SUGAR



4 CUPS WATER



2 TEASPOONS DRY TEA

HOW TO MAKE TEA

1. Place the dry tea in the teapot.
2. Put cold water into the teakettle.
3. Place kettle on stove and bring to a boil.
4. Pour 1 cup of boiling water into the teapot.
5. Let the mixture stand for 5 minutes.
6. Cut 4 thin slices of lemon and arrange on a plate.
7. Strain a little of the tea essence into the cups, filling each cup about $\frac{1}{2}$ inch high.
8. Fill rest of cup with boiling water.
9. Serve with lemon and sugar on the side, or cream, as people prefer.



SERVES TWO

COCOA

EQUIPMENT NEEDED



SAUCEPAN



WOODEN SPOON



MEASURING SPOONS



MEASURING CUP

INGREDIENTS



2 TABLESPOONS COCOA



4 TABLESPOONS SUGAR



2 CUPS MILK



PINCH OF SALT



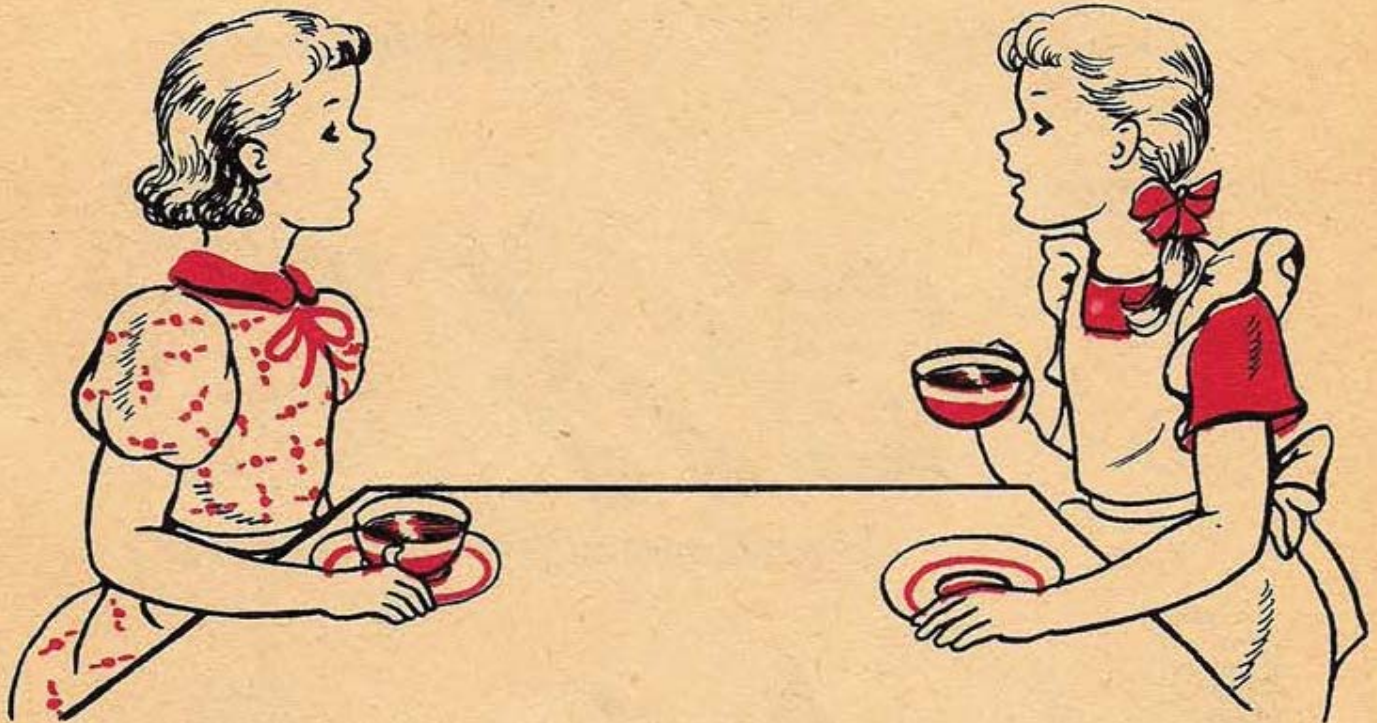
1/8 TEASPOON VANILLA



2 MARSHMALLOWS

HOW TO MAKE COCOA

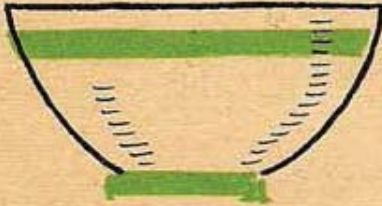
1. Place 2 cups and saucers on the table.
2. Place a marshmallow in each cup.
3. Put cocoa, sugar, and salt into a saucepan.
4. Add enough milk to the cocoa to make a paste. Dissolve the cocoa in this milk, by stirring with a wooden spoon.
5. Add the remainder of the milk to the mixture.
6. Heat just to the boiling point. That is, as soon as the bubbles appear, turn off the flame.
7. Add the vanilla.
8. Pour the hot cocoa into the cups.



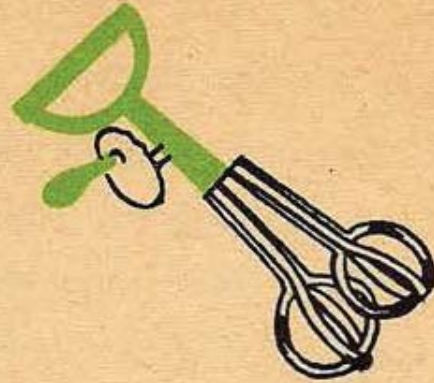
SERVES TWO

EGG NOG

EQUIPMENT NEEDED



BOWL



EGG BEATER



MEASURING CUP

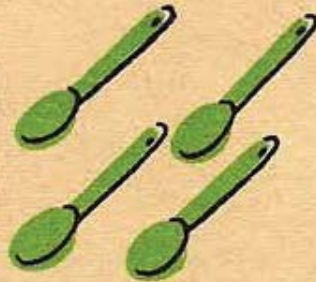


MEASURING SPOONS

INGREDIENTS



1 EGG



4 TABLESPOONS SUGAR



2 CUPS MILK



1/8 TEASPOON SALT



1/8 TEASPOON VANILLA



NUTMEG

HOW TO MAKE EGG NOG

1. Break egg into a bowl.
2. Beat the egg with an egg beater, until fluffy.
3. Add sugar, milk, salt, vanilla.
4. Beat the mixture again.
5. Pour into glasses.
6. Sprinkle nutmeg on top of each portion.



SERVES TWO

LEMONADE

EQUIPMENT NEEDED



FRUIT JUICER



MEASURING CUP

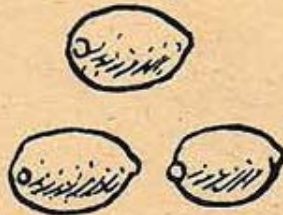


SAUCEPAN

INGREDIENTS



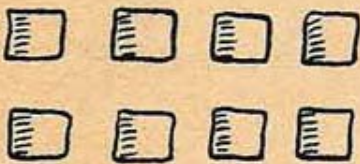
1 CUP SUGAR



3 LEMONS



4 MARASCHINO CHERRIES



8 CUBES OF ICE



4 CUPS WATER

HOW TO MAKE LEMONADE

1. Put the sugar into a saucepan.
2. Add 1 cup of water. Place over the fire.
3. Bring to a boil. Then boil for 5 minutes.
4. Remove from fire.
5. Add 3 cups of cold water.
6. Squeeze enough lemons to make $\frac{1}{2}$ cup of lemon juice.
7. Add the lemon juice, and stir.
8. Place 2 ice cubes and a red cherry in each glass.
9. Fill glasses with lemonade.



SERVES FOUR

FRIED EGGS

EQUIPMENT NEEDED



2 SAUCERS



PANCAKE TURNER



MEASURING SPOONS



FRYING PAN

INGREDIENTS



SPRIG OF PARSLEY



SALT AND PEPPER



2 EGGS



2 TABLESPOONS BUTTER

HOW TO MAKE FRIED EGGS

1. Break each egg into a separate saucer.
2. Place the butter in the frying pan.
3. Place the pan on the stove and light a medium flame under it.
4. When butter is completely melted, pour eggs gently one at a time, from the saucers into the frying pan.
5. Cook until the white of the egg is firm.
6. If you like the yellow of the egg cooked, baste it with some of the melted butter.
7. Serve with salt, pepper, and a sprig of parsley.



SERVES TWO

SCRAMBLED EGGS

EQUIPMENT NEEDED



FRYING PAN



TABLE FORK

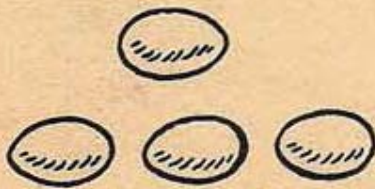


MEASURING SPOONS



BOWL

INGREDIENTS



4 EGGS



4 TABLESPOONS CREAM



2 TABLESPOONS BUTTER



1/4 TEASPOON SALT

HOW TO MAKE SCRAMBLED EGGS

1. Break the eggs, one at a time into a cup. Then transfer the egg to a large bowl. Do this with each of the four eggs, first breaking it into the cup, and then pouring the egg into the large bowl. This is done because one bad egg can spoil the other good eggs.
2. Beat the eggs well with a table fork.
3. Add the cream and salt to the eggs and beat them some more.
4. Put the butter into the frying pan.
5. Melt the butter over a medium flame.
6. Pour the egg mixture into the hot frying pan.
7. Cook slowly, stirring the eggs constantly, until they are done as much as desired.



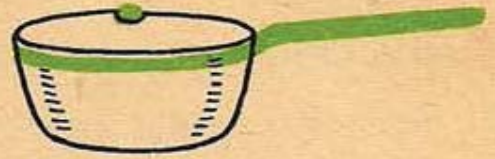
SERVES TWO

SOFT-BOILED EGGS

EQUIPMENT NEEDED



WOODEN SPOON



SAUCEPAN WITH LID



CLOCK

INGREDIENTS



2 EGGS



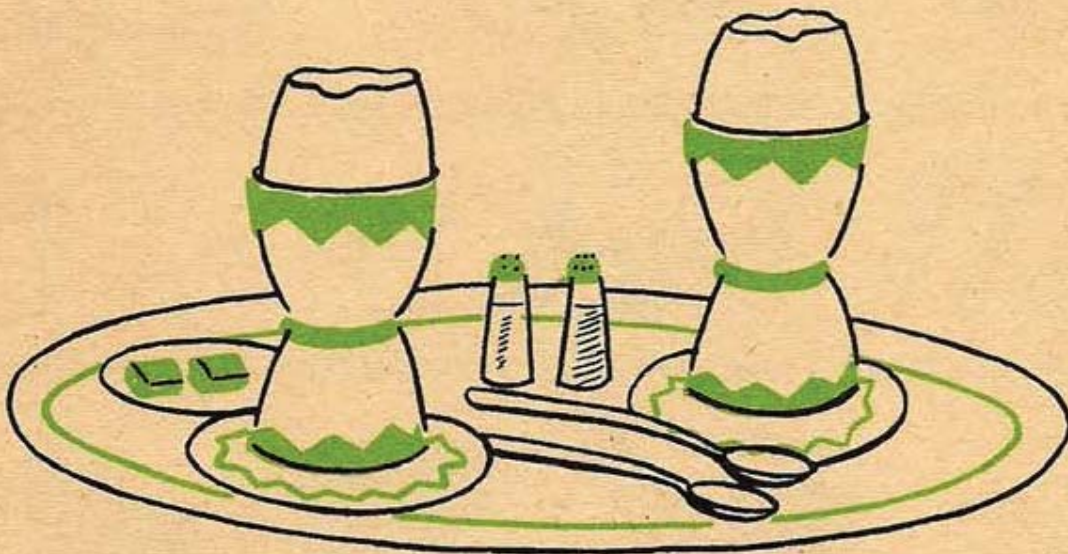
BUTTER



SALT AND PEPPER

HOW TO MAKE SOFT-BOILED EGGS

1. Fill the saucepan about one-half full with water.
2. Place the saucepan on the stove and bring the water to a boil.
3. Now, very gently, place the eggs in the boiling water one at a time, with a wooden spoon. Be careful not to crack the eggs.
4. Then turn the burner out.
5. Place a lid on the pan immediately.
6. Let the eggs stay in the water for 8 minutes.
7. Remove the eggs from the water with the wooden spoon.
8. Break open each egg.
9. Serve each egg in a dish or an egg cup, with a dash of butter, salt and pepper.



SERVES TWO

BEEF STEW

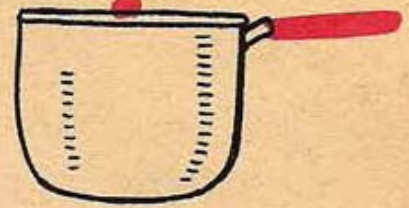
EQUIPMENT NEEDED



MEASURING CUPS



PAPER BAG



LARGE POT WITH LID



MEASURING SPOONS



PARING KNIFE

INGREDIENTS



2 BEEF BOUILLON CUBES



4 TABLESPOONS SHORTENING



4 TABLESPOONS FLOUR



3 ONIONS 3 STALKS CELERY



3 SP. GS PARSLEY



1 CUP WATER



1/2 TEASPOON SUGAR



1/8 TEASPOON PEPPER



1-1/2 TEASPOONS SALT



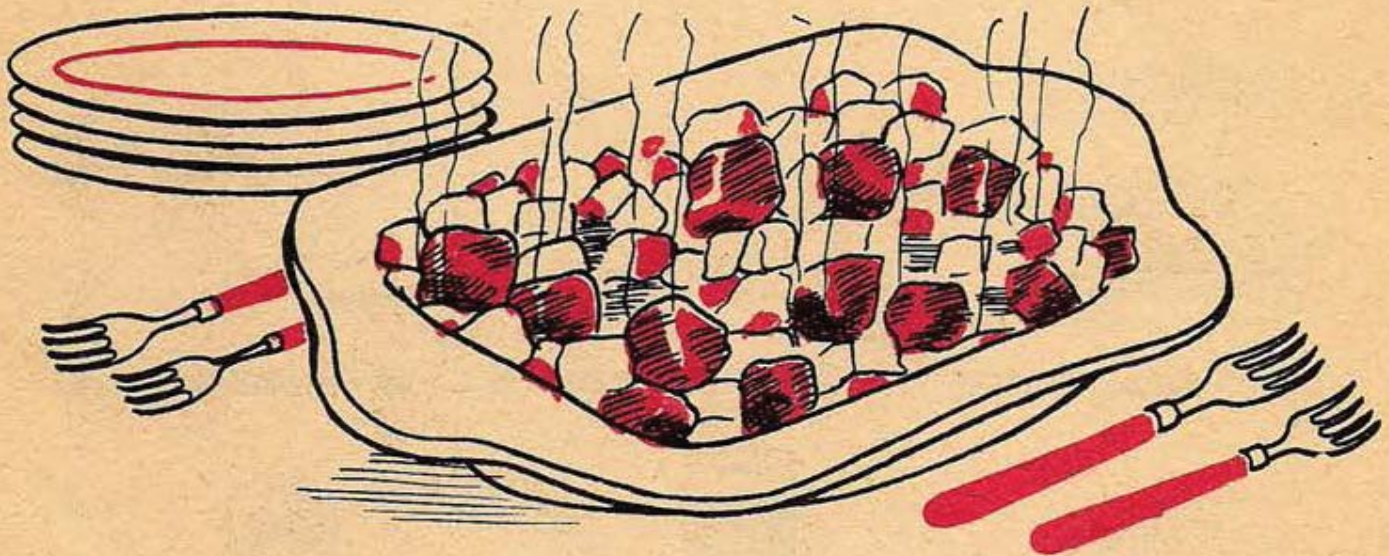
4 CARROTS



1 POUND CUBED BEEF

HOW TO MAKE BEEF STEW

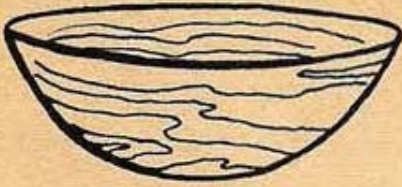
1. Put the flour into a paper bag.
2. Add the beef chunks.
3. Now hold the bag closed, and shake the bag so that each piece of meat gets coated with flour.
4. Put shortening into the pot and heat. Leave pot uncovered.
5. Add the floured meat. Lower the flame a bit and brown the meat.
6. Add the water, bouillon cubes, salt, pepper, sugar and parsley.
7. Clean the celery, carrots and onions and cut them up into 1-inch chunks.
8. Add these vegetables to the meat and cover the pot.
9. Cook slowly for 2 hours. Add a bit of water if necessary.



SERVES FOUR

HAMBURGERS

EQUIPMENT NEEDED



WOODEN BOWL



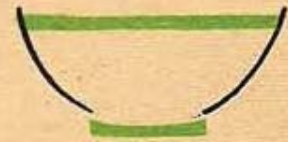
FRYING PAN



CHOPPING KNIFE



MEASURING SPOONS



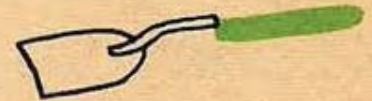
BOWL



PARING KNIFE

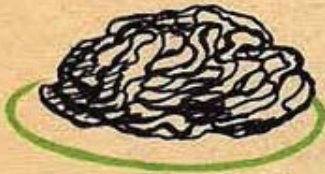


WOODEN FORK



PANCAKE TURNER

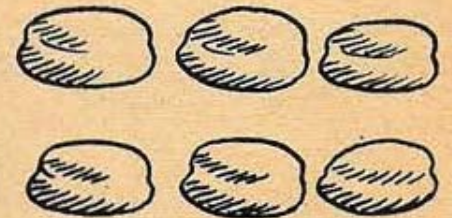
INGREDIENTS



1 POUND GROUND BEEF



2 TABLESPOONS BUTTER



6 HAMBURGER BUNS



1 ONION



1 TEASPOON SALT



1/8 TEASPOON PEPPER



HOW TO MAKE HAMBURGERS

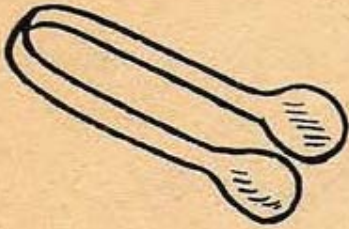
1. Put meat into bowl.
2. Add salt, pepper.
3. Peel the onion and then chop it very fine.
4. Add the chopped onion to the meat in the bowl. Mix thoroughly with a wooden fork.
5. With your hands, shape the meat into patties.
6. Put the butter into the frying pan.
7. Heat the pan over a medium flame.
8. Put the meat patties into the frying pan and cook on medium flame. Cook patties on both sides until done.
9. Cut open 6 buns, sandwich style, and spread with butter.
10. Serve the hamburger on the buttered buns, with catsup and mustard on the side.



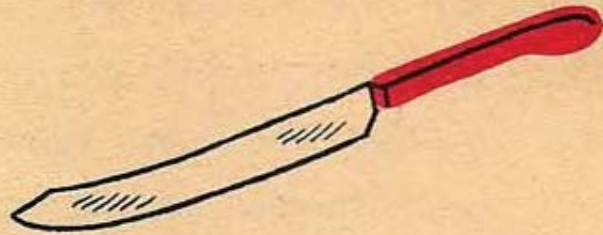
SERVES SIX

HOT DOGS

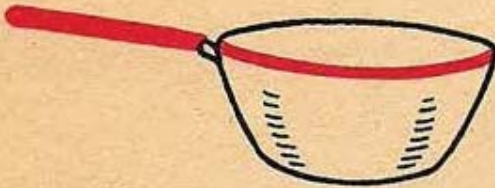
EQUIPMENT NEEDED



TONGS



SLICING KNIFE

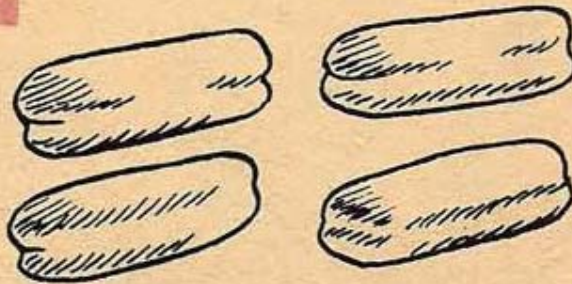


SAUCEPAN



BUTTER KNIFE

INGREDIENTS



4 HOT DOG ROLLS



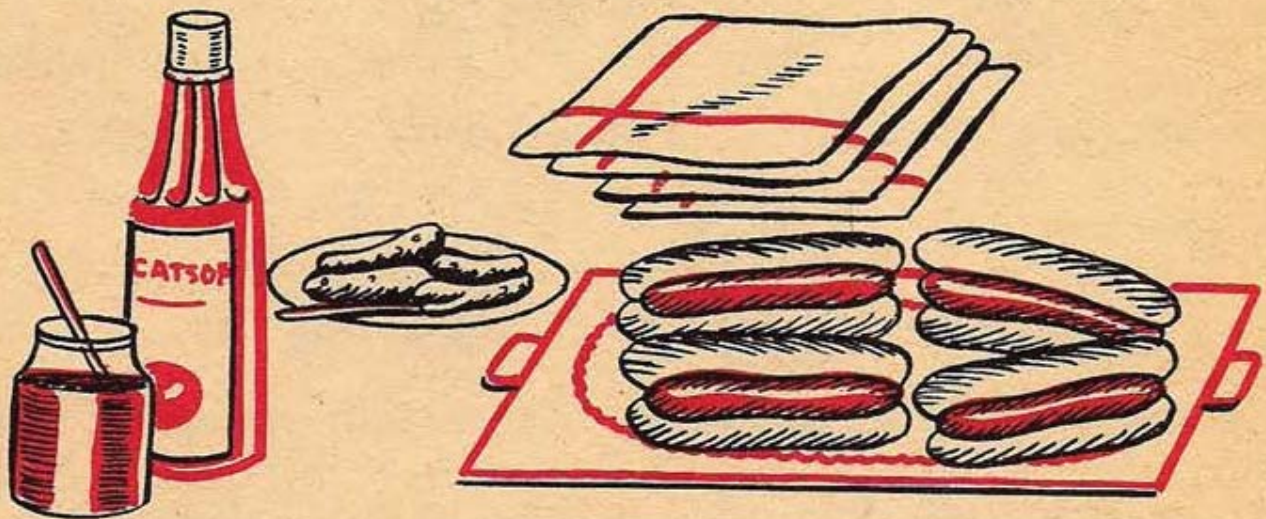
4 HOT DOGS



BUTTER

HOW TO MAKE HOT DOGS

1. Put the hot dogs into the saucepan.
2. Fill saucepan three-quarters full of cold water, making sure that the water covers the hot dogs completely.
3. Place the pot over a full flame.
4. Bring the water to a boil.
5. Then lower the flame and cook slowly for 5 minutes.
6. While the hot dogs are cooking slit the rolls and then butter them.
7. Remove the hot dogs from the water with tongs.
8. Place the hot dogs inside the buttered rolls.
9. Serve with catsup, mustard and pickles.



SERVES FOUR

MEAT LOAF

EQUIPMENT NEEDED



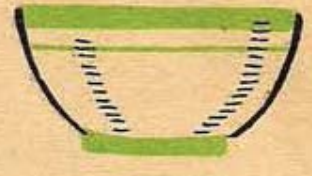
WOODEN BOWL



CASSEROLE



CHOPPING KNIFE



LARGE BOWL



WOODEN FORK



MEASURING SPOONS

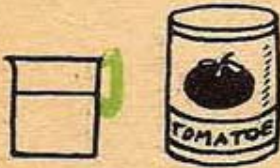


PARING KNIFE



MEASURING CUPS

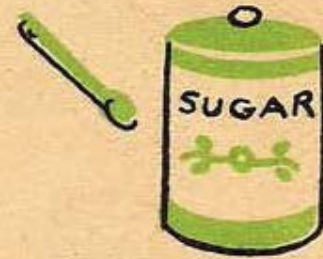
INGREDIENTS



3/4 CUP CANNED TOMATOES



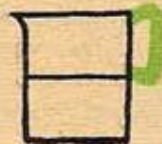
3 SPRIGS PARSLEY



1/2 TEASPOON SUGAR



1/2 CUP CRUMBS



1/2 CUP WATER



1-1/2 TEASPOONS SALT



1 ONION



2 TABLESPOONS BUTTER

1 EGG



1/2 TEASPOON PEPPER



1-1/2 LBS. GROUND BEEF

HOW TO MAKE MEAT LOAF

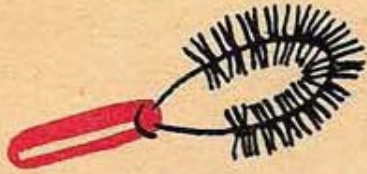
1. Light the oven and set the control at 350 degrees or medium.
2. Smear inside of casserole with some of the butter.
3. Chop a sprig of parsley in the wooden bowl.
4. Then chop the onion finely.
5. Now put all the rest of the ingredients into the wooden bowl, except the butter and water.
6. Mix thoroughly with your hands or with the wooden fork.
7. Shape the mixture into a loaf, with your hands.
8. Place the mixture in the buttered casserole.
9. Put the rest of the butter on top of the meat loaf, in little lumps.
10. Pour the water into the casserole.
11. Bake 1½ hours at 350 degrees.
12. Before serving, garnish with parsley.



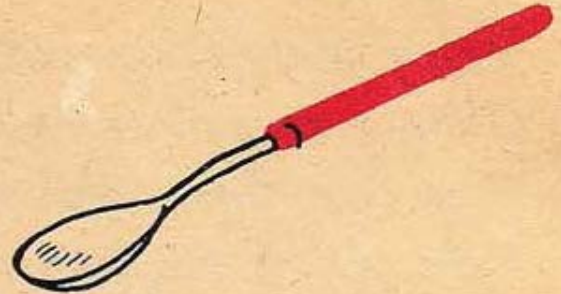
SERVES EIGHT

BAKED POTATOES

EQUIPMENT NEEDED



VEGETABLE BRUSH



LONG SPOON



MEASURING SPOONS



PARING KNIFE

INGREDIENTS



6 POTATOES



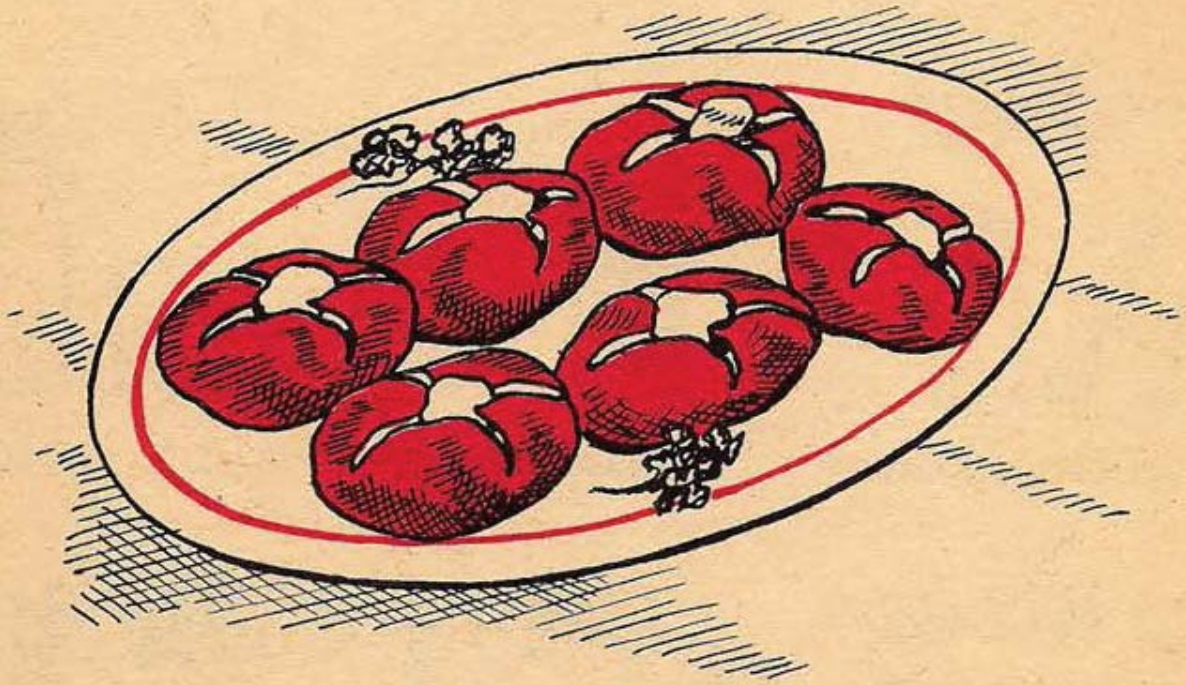
2 SPRIGS PARSLEY



6 TEASPOONS BUTTER

HOW TO MAKE BAKED POTATOES

1. Light the oven and set it at 350 degrees or medium.
2. Scrub the potatoes with the brush, until they are thoroughly clean.
3. Place the potatoes on the rack in the oven.
4. Bake 1 hour.
5. Turn off the oven, and remove the potatoes from the oven with a long-handled spoon.
6. Place the potatoes on a platter.
7. With a paring knife, cut crosses in each potato.
8. Into each cross, put a teaspoonful of butter.
9. Garnish each potato with a bit of parsley.



SERVES SIX

MASHED POTATOES

EQUIPMENT NEEDED



POTATO WASHER



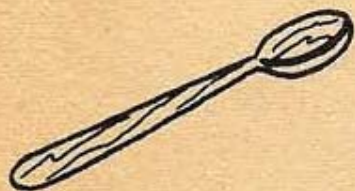
MEASURING CUP



STRAINER



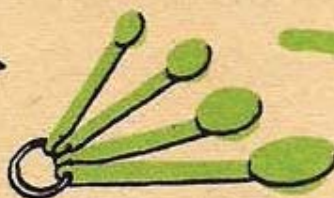
FORK



WOODEN SPOON



PARING KNIFE



MEASURING SPOONS



SAUCEPAN

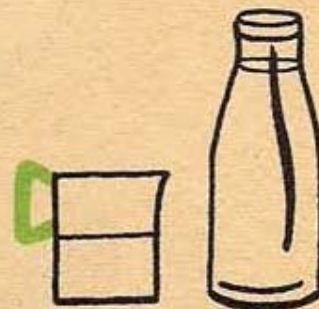
INGREDIENTS



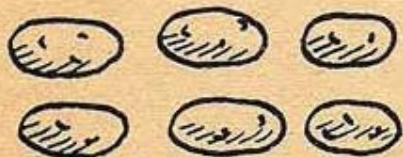
2 TABLESPOONS CREAM



1 TEASPOON SALT



1/2 CUP MILK



6 POTATOES



2 TABLESPOONS BUTTER



2 SPRIGS PARSLEY

HOW TO MAKE MASHED POTATOES

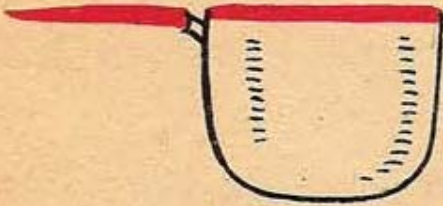
1. Fill an open saucepan with 8 cups of water.
2. Add salt to the water.
3. Place the saucepan over a full flame.
4. While the water is coming to a boil, peel the potatoes and cut them in halves.
5. Put the potatoes into the boiling water one at a time with a wooden spoon.
6. Cook approximately 30 minutes.
7. Test potatoes with a fork, to see if they are soft.
8. When done, drain off the water, through a strainer.
9. Put the drained potatoes back on the stove over a low flame for a minute, to dry them completely.
10. Take pot off the stove and mash the potatoes with the potato masher.
11. Add the butter.
12. Now mash some more, adding the cream while mashing.
13. Gradually add the milk and continue to mash.
14. Stir the potatoes with a fork until they are fluffy.
15. Place mashed potatoes in serving dish and garnish with butter and chopped parsley.



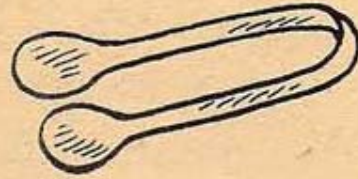
SERVES SIX

CORN ON THE COB

EQUIPMENT NEEDED



LARGE POT



TONGS



PARING KNIFE



MEASURING SPOONS

INGREDIENTS



4 EARS CORN



BUTTER



SALT AND PEPPER



1 TABLESPOON SUGAR



1 TEASPOON SALT

HOW TO MAKE CORN ON THE COB

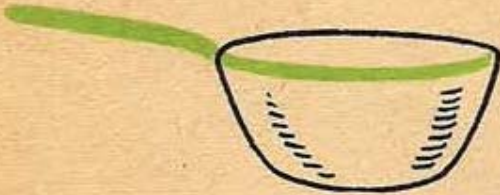
1. Shuck the corn and remove the silk. If you cut off the bottom end of the corn, the husk falls off and the silk is easy to remove.
2. Fill a large open pot with 8 cups of water.
3. Place the pot over the flame until the water boils.
4. Add salt and sugar to the boiling water.
5. Put the corn into the boiling water. Use the tongs for this.
6. Boil 10 minutes.
7. Remove the corn with the tongs.
8. Place the corn on a platter.
9. Serve the corn with plenty of butter, salt and pepper.



SERVES FOUR

PEAS

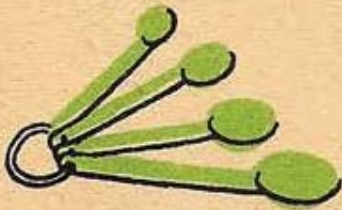
EQUIPMENT NEEDED



SAUCEPAN



STRAINER



MEASURING SPOONS



MEASURING CUP

INGREDIENTS



2 CUPS WATER



2 CUPS SHELLED PEAS



1/2 TEASPOON SUGAR



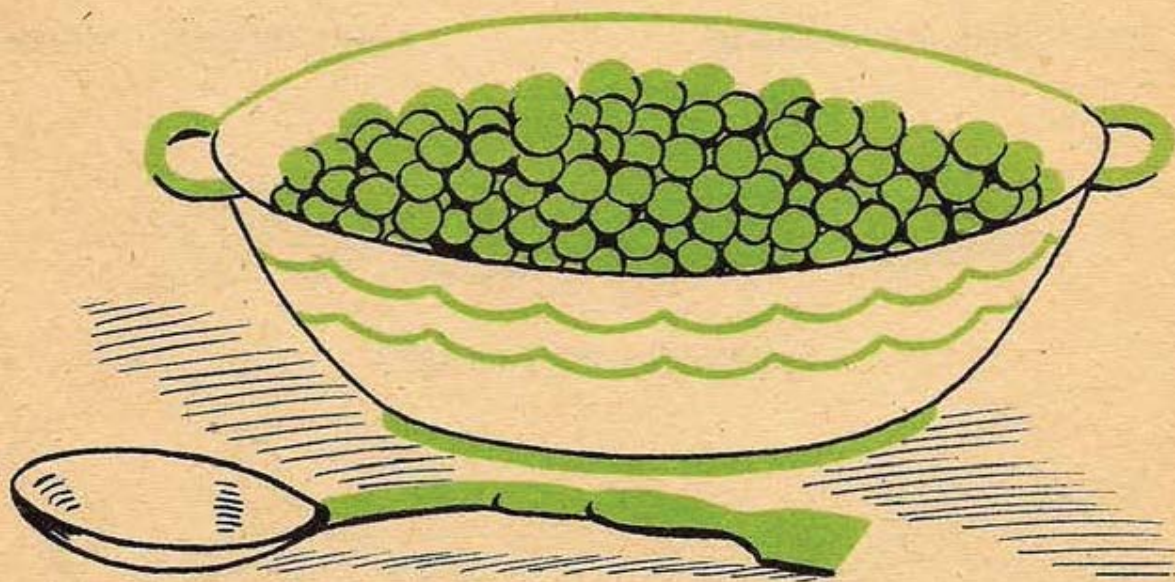
1 TEASPOON SALT



1 TABLESPOON BUTTER

HOW TO MAKE PEAS

1. Shell enough peas to make 2 cups of peas. That will be about 1½ lbs. of peas in the pod.
2. Fill the saucepan with 2 cups of water.
3. Put sugar and salt in the water.
4. Now place the saucepan over flame and bring the water to a boil.
5. Place the peas in the boiling water.
6. Cook 15 minutes. Test one of the largest peas by cooling and eating it, to see if it is done.
7. When done, remove the pot from the stove and drain the peas through a strainer.
8. Put the peas back into the pot. Add the butter and salt.
9. Place the peas in a serving dish.



SERVES FOUR

CANDLE SALAD

EQUIPMENT NEEDED



PARING KNIFE



MEASURING SPOONS

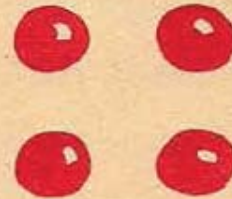


CAN OPENER

INGREDIENTS



4 TEASPOONS MAYONNAISE



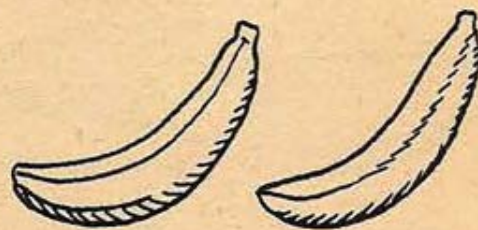
4 MARASCHINO CHERRIES



4 SLICES CANNED PINEAPPLE



4 LETTUCE LEAVES



2 BANANAS

HOW TO MAKE CANDLE SALAD

1. Put one lettuce leaf on each plate.
2. Lay a pineapple slice on top of each lettuce leaf.
3. Stand $\frac{1}{2}$ a banana in the hole of each pineapple.
4. Top the banana with a bit of mayonnaise.
5. Put a cherry on top of the mayonnaise.



SERVES FOUR

POTATO SALAD

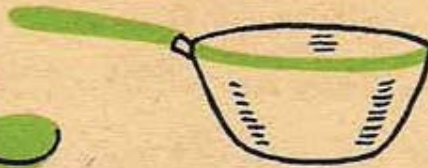
EQUIPMENT NEEDED



BOWLS



MEASURING SPOONS



SAUCEPAN



STRAINER



LONG SPOON



PARING KNIFE



WOODEN SPOON

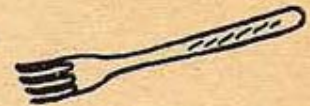


TABLE FORK

INGREDIENTS



2 EGGS



1/4 GREEN PEPPER



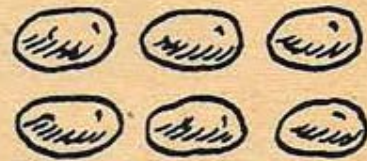
2 TABLESPOONS VINEGAR



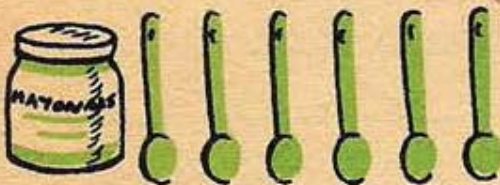
1-1/2 TEASPOONS SALT



1/4 TEASPOON PEPPER



6 POTATOES



6 TABLESPOONS MAYONNAISE



3 STALKS CELERY



3 SPRIGS PARSLEY

HOW TO MAKE POTATO SALAD

1. Wash the potatoes. Do not peel them.
2. Put 8 cups of water and $\frac{1}{2}$ teaspoon of salt in a saucepan.
3. When water boils, put in potatoes with wooden spoon.
4. In the same way, place two eggs in the boiling water. Be sure to lay the eggs in very gently, so that they don't crack.
5. Let the eggs cook for 20 minutes. Then remove them and place them in a bowl of cold water, to cool.
6. Let the potatoes cook for 20 minutes longer.
7. When done, drain off the water through a strainer.
8. Let potatoes cool. Meanwhile, dice three stalks of celery and $\frac{1}{4}$ of a green pepper, very fine.
9. Mix the mayonnaise, vinegar, salt and pepper together well. Then add the celery and green pepper.
10. Peel the cooled potatoes and cut them into small cubes.
11. Mix the cubed potatoes and the mayonnaise-mixture together in a large bowl. Use a wooden spoon for this and stir gently, so as not to mash up the potatoes.
12. Shell and slice the eggs. Place on salad. Garnish with parsley.



SERVES SIX

SURPRISE SALAD

EQUIPMENT NEEDED



PARING KNIFE



FORK

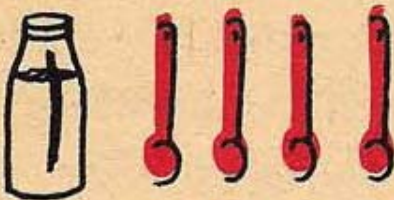
INGREDIENTS



1 PACKAGE CREAM CHEESE



4 SPRIGS PARSLEY



4 TABLESPOONS CREAM



36 GRAPES



4 LETTUCE LEAVES



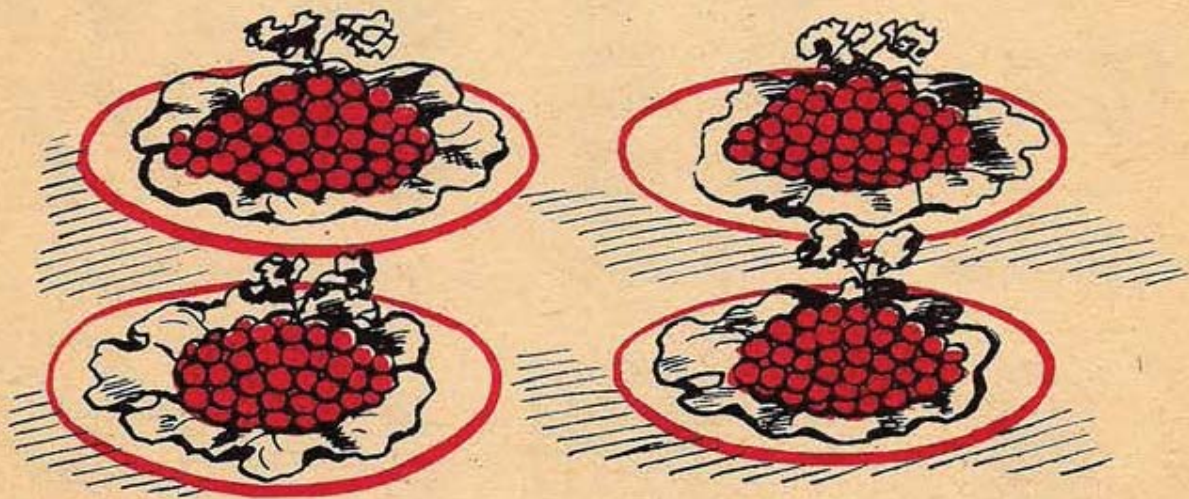
2 FRESH PEARS



4 MARASCHINO CHERRIES

HOW TO MAKE SURPRISE SALAD

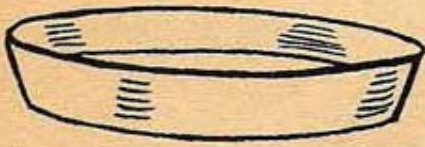
1. Place a lettuce leaf on each plate.
2. Cut the pears in half, then peel and core them.
3. Place a cherry in the core-hole of each pear.
4. Place one half of each pear, face down, on each lettuce leaf.
5. Mix the cream cheese and the cream in a bowl.
6. Mash them together with the fork until the cream cheese becomes nice and soft.
7. Cover the outside of the pear with cream cheese.
8. Wash the grapes.
9. Then cut each grape in half and remove the seeds.
10. Place the grapes close together over the cream cheese.
11. Insert parsley at the top of the pear to look like a stem. Each salad will look like a bunch of grapes.



SERVES FOUR

BAKED APPLES

EQUIPMENT NEEDED



BAKING DISH



MEASURING SPOONS



APPLE CORER

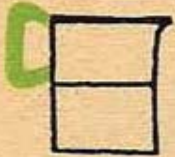


PARING KNIFE

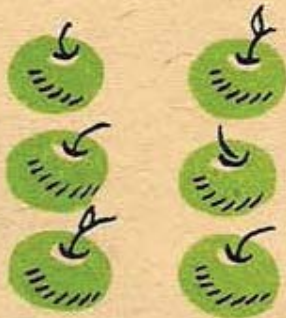


MEASURING CUPS

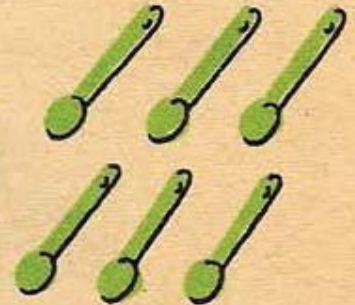
INGREDIENTS



1/2 CUP WATER



6 APPLES



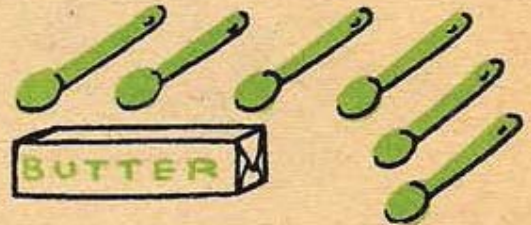
6 TABLESPOONS BROWN SUGAR



1/4 TEASPOON SALT



CINNAMON



6 TABLESPOONS BUTTER

HOW TO MAKE BAKED APPLES

1. Light the oven and set at 350 degrees or medium.
2. Wash and core the apples. Do not peel them.
3. Place the apples in a baking dish.
4. Sprinkle the inside of each apple with salt.
5. Fill the hole first with butter, then with sugar, then with butter again.
6. Sprinkle the top of each apple with cinnamon.
7. Add $\frac{1}{2}$ cup of water to the baking dish.
8. Bake for 40 minutes at 350 degrees.
9. Remove from oven. When the apples have cooled somewhat, place them in the refrigerator.
10. Serve each apple on an individual dish. Serve with a pitcher of cream.



SERVES SIX

BOSTON COOLER

EQUIPMENT NEEDED



SLICING KNIFE

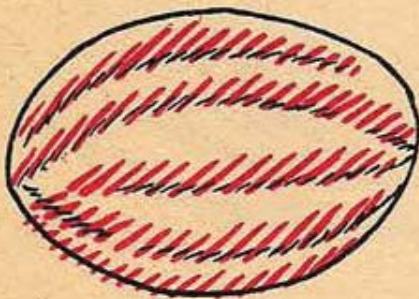


KITCHEN TABLESPOON

INGREDIENTS



1 PINT VANILLA ICE CREAM



1 CANTELOUPE



MARASCHINO CHERRIES

HOW TO MAKE BOSTON COOLER

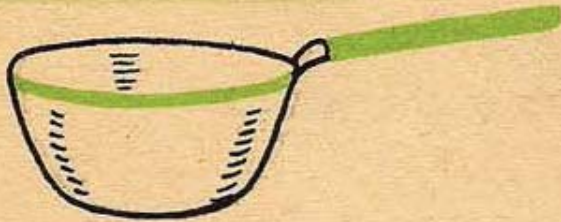
1. Slice the canteloupe in half.
2. Remove the seeds with the tablespoon.
3. Fill the hollow of each melon-half with ice-cream.
4. Garnish each serving with a cherry.



SERVES TWO

CHOCOLATE PUDDING

EQUIPMENT NEEDED



SAUCEPAN



MEASURING SPOONS

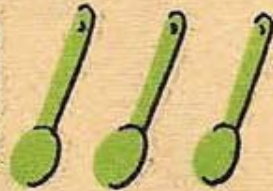


4 SMALL HEAT-PROOF DISHES

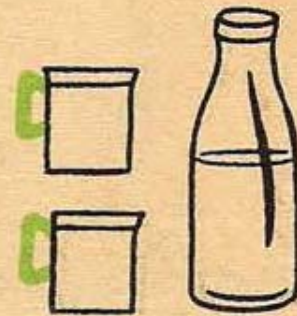


MEASURING CUPS

INGREDIENTS



3 TABLESPOONS CORNSTARCH



2 CUPS MILK



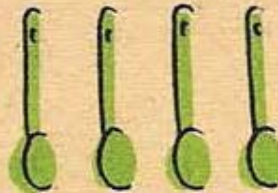
1/2 TEASPOON VANILLA



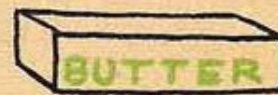
6 TABLESPOONS SUGAR



1/4 TEASPOON SALT



4 TABLESPOONS COCOA



1 TEASPOON BUTTER

HOW TO MAKE CHOCOLATE PUDDING

1. Put cocoa, cornstarch, sugar and salt into a saucepan.
2. Stir these ingredients together.
3. Pour enough milk into the mixture to make a paste.
4. Add the remaining milk.
5. Cook slowly until thick, stirring constantly.
6. When the mixture becomes thick, remove from fire.
7. Add butter and vanilla, stirring well.
8. Fill 4 heat-proof dishes with the pudding.
9. Let the portions cool, then serve plain or with cream.



SERVES FOUR

FRUIT GELATIN

EQUIPMENT NEEDED



TEAKETTLE



SAUCEPAN



LARGE BOWL



WOODEN SPOON



CAN OPENER



MEASURING CUPS

INGREDIENTS



2 - 1/2 CUPS CANNED FRUIT COCKTAIL



1 CUP BOILING WATER



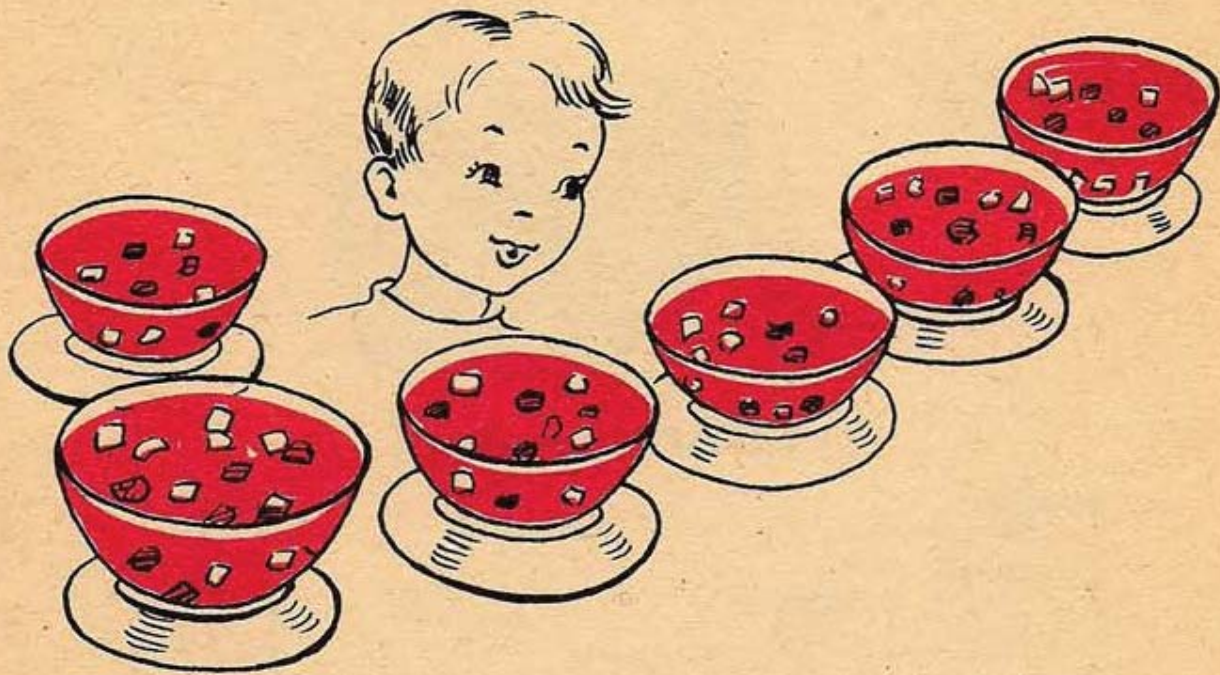
1 CUP CANNED FRUIT JUICE



1 PACKAGE FLAVORED GELATIN

HOW TO MAKE FRUIT GELATIN

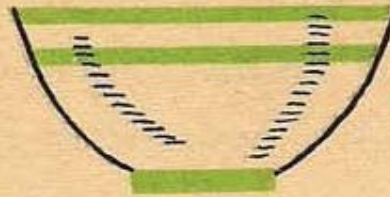
1. Put up the water to boil in a teakettle.
2. Put gelatin into a bowl.
3. Pour 1 cup boiling water over the gelatin
4. Stir until the gelatin is thoroughly dissolved.
5. Let it stand until it is cool. Then add the cup of canned fruit juice.
6. Divide into individual servings in 6 sherbet cups. Add some of the fruit to each cup. Try to divide the fruit evenly, so that each portion has the same amount.
7. Put the portions into the refrigerator for 3 hours to jell.
8. Serve when firm.



SERVES SIX

STRAWBERRIES AND CREAM

EQUIPMENT NEEDED



BOWL

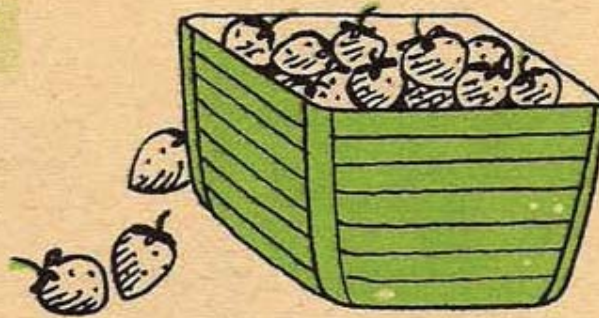


MEASURING CUPS

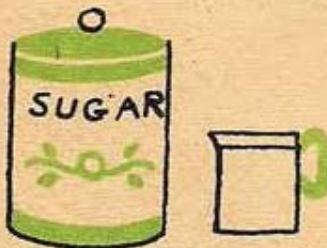


PARING KNIFE

INGREDIENTS



1 QUART STRAWBERRIES



1 CUP SUGAR



SWEET CREAM

HOW TO MAKE STRAWBERRIES AND CREAM

1. Remove the stems from the berries. Use a paring knife if you like.
2. As you hull the berries, put them in the strainer.
3. Wash the berries gently, by placing the strainer under cold running water.
4. Place the berries in a bowl.
5. Add the sugar. Then shake the bowl so as to sugar all the berries.
6. Cover the bowl and place it in the refrigerator for at least half an hour.
7. Serve with a pitcher of cream.



SERVES FOUR

CINNAMON TOAST

EQUIPMENT NEEDED



MEASURING SPOONS



SPATULA



SHALLOW PAN

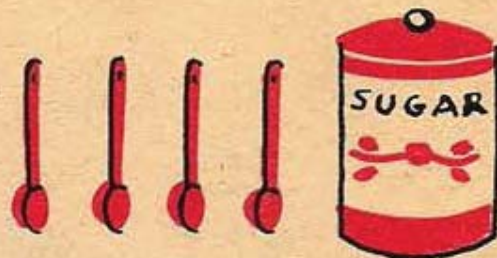


BUTTER KNIFE

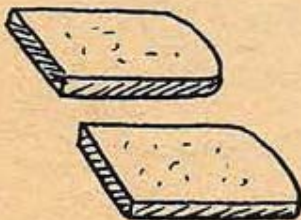
INGREDIENTS



1 TEASPOON CINNAMON



4 TEASPOONS SUGAR



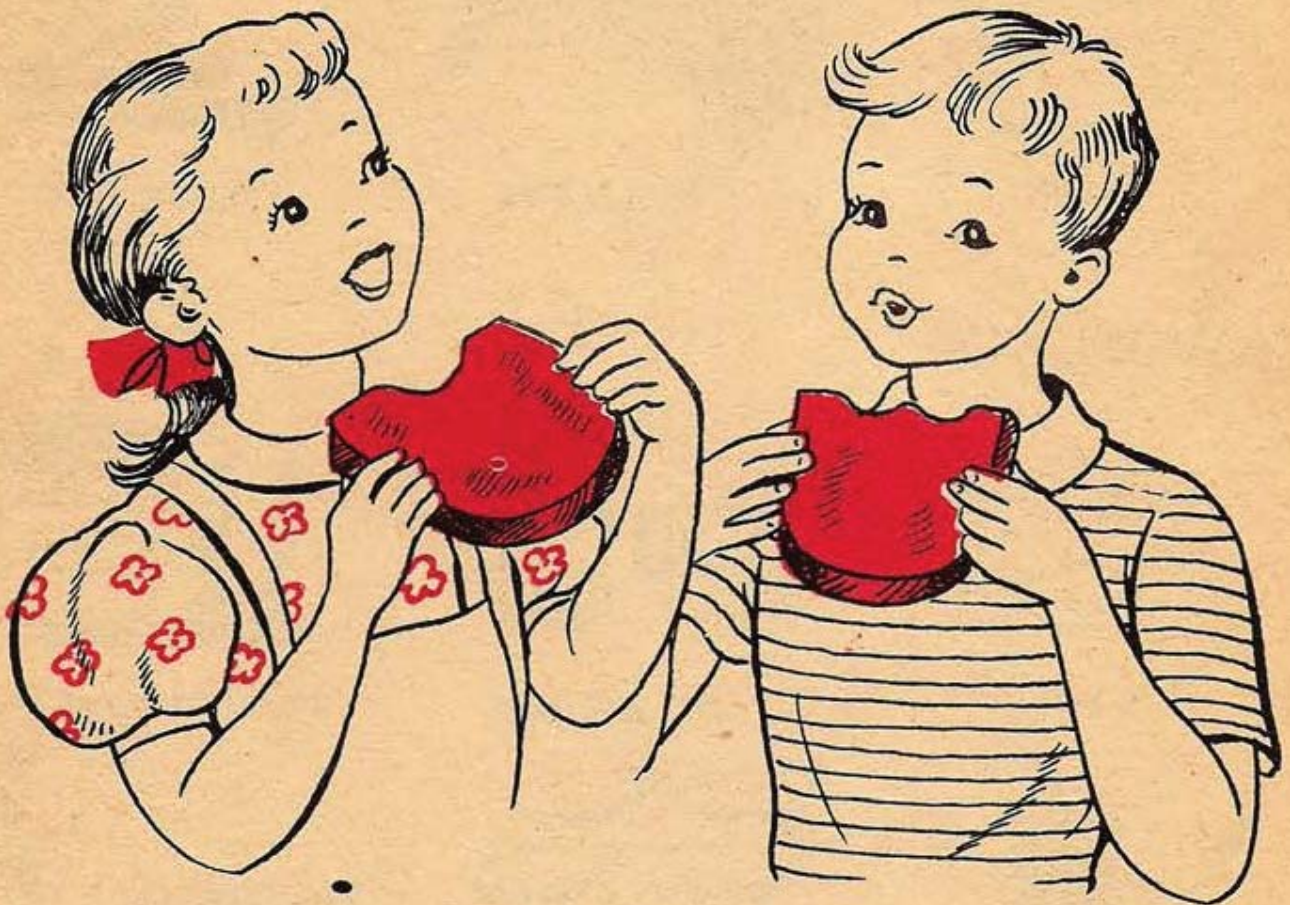
2 SLICES BREAD



2 TABLESPOONS BUTTER

HOW TO MAKE CINNAMON TOAST

1. Light the broiler to a high flame.
2. Mix the cinnamon and the sugar together.
3. Butter the bread.
4. Sprinkle the cinnamon and sugar mixture on the buttered bread.
5. Toast the bread under the fire.
6. Remove the toast with the spatula.



SERVES TWO

FRENCH TOAST

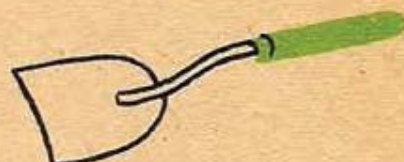
EQUIPMENT NEEDED



MEASURING CUP



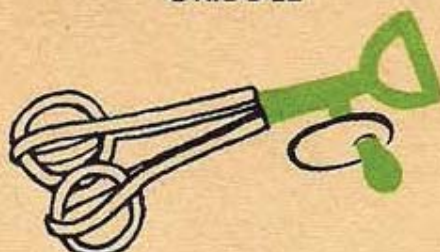
GRIDDLE



PANCAKE TURNER



BOWL



EGG BEATER



MEASURING SPOONS

INGREDIENTS



2 EGGS



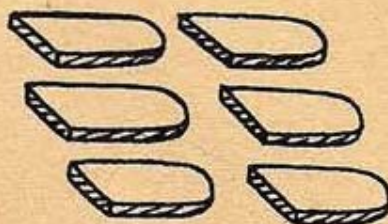
1/2 CUP MILK



2 TABLESPOONS SUGAR



1/4 TEASPOON SALT



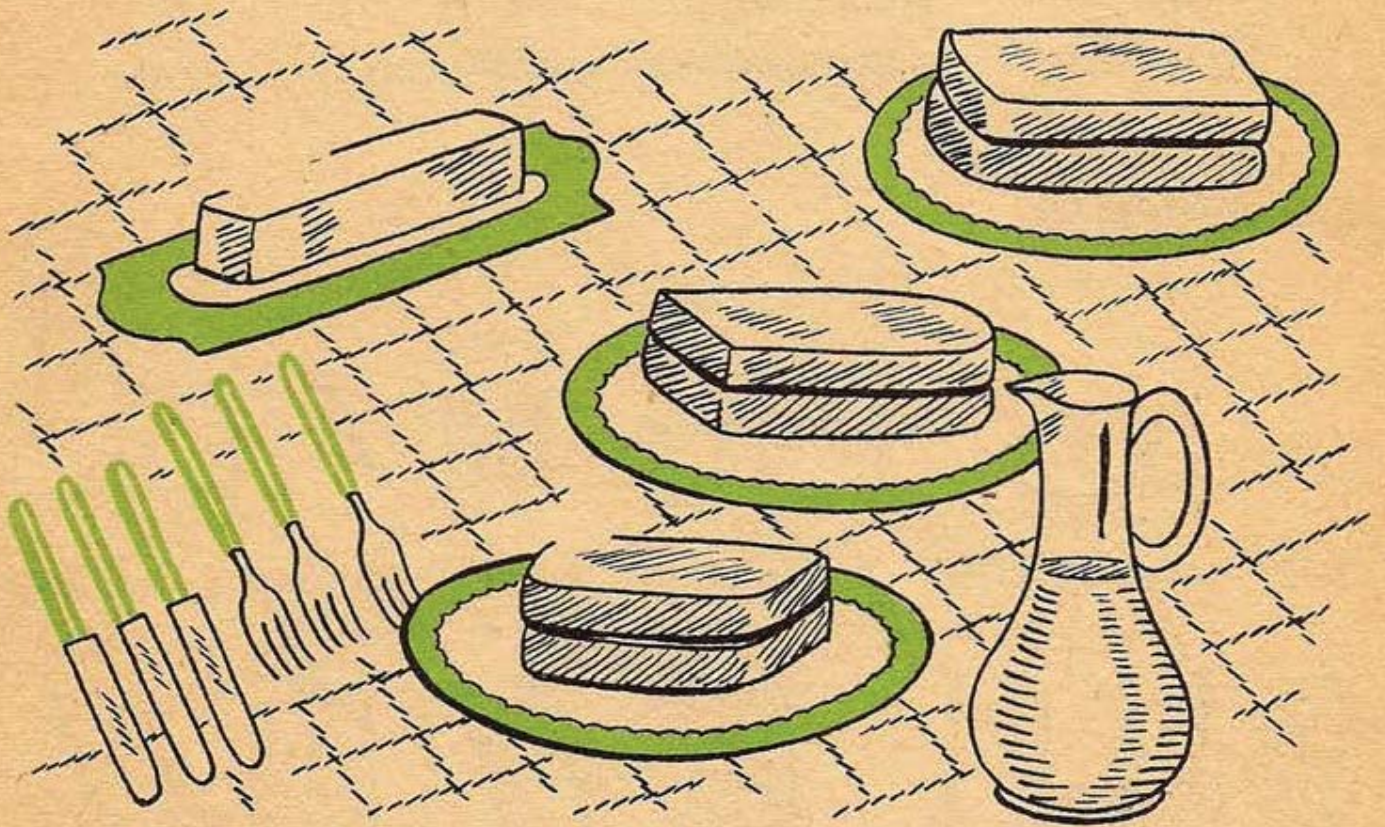
6 SLICES OF BREAD



2 TABLESPOONS BUTTER

HOW TO MAKE FRENCH TOAST

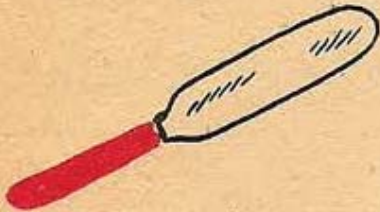
1. Break the eggs into a bowl and beat them well, but not until they are fluffy.
2. Add the milk, sugar and salt. Then stir the mixture.
3. Soak the bread in the mixture until the bread becomes slightly soft.
4. Grease the griddle with butter.
5. Fry the soaked bread on the hot griddle.
6. Brown the bread on both sides.
7. Serve with butter and maple syrup.



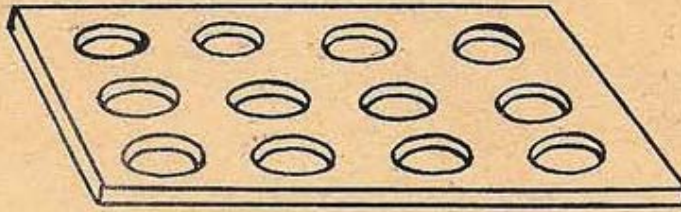
SERVES THREE

MUFFINS

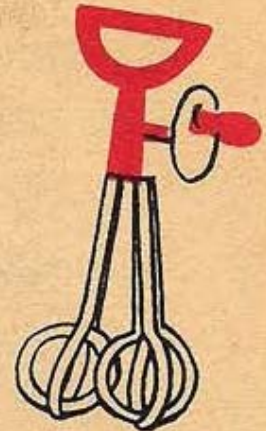
EQUIPMENT NEEDED



SPATULA



MUFFIN PAN



EGG BEATER



FLOUR SIFTER



MEASURING CUPS AND SPOONS



BOWLS

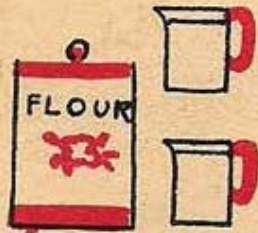
INGREDIENTS



1 EGG



UNSALTED BUTTER



2 CUPS FLOUR



1/2 TEASPOON SALT



1 CUP MILK



4 TEASPOONS BAKING POWDER



2 TABLESPOONS OIL



2 TABLESPOONS SUGAR



HOW TO MAKE MUFFINS

1. Light the oven and set it at 425 degrees or hot.
2. Sift the flour once and measure off 2 cups.
3. Put the flour, baking powder, sugar and salt into a bowl. Mix.
4. In another bowl, beat the egg until fluffy.
5. Add the milk and oil to the egg.
6. Pour the egg mixture into the flour mixture, stirring meanwhile. The dough should be lumpy, so do not stir too much.
7. Grease the muffin pan with butter.
8. Fill each muffin cup two-thirds full with the muffin batter.
9. Bake 20 minutes at 425 degrees.



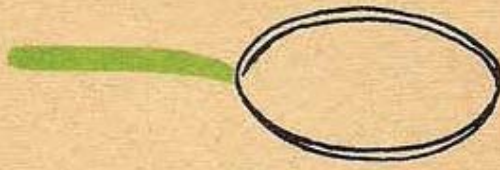
MAKES TWELVE MUFFINS

PANCAKES

EQUIPMENT NEEDED



SMALL BOWL



GRIDDLE



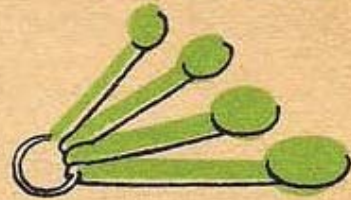
FLOUR SIFTER



MEASURING CUPS



LARGE BOWL



MEASURING SPOONS



SMALL PAN



WOODEN SPOON



EGG BEATER

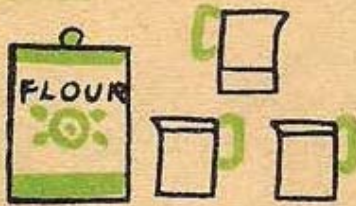


PANCAKE TURNER

INGREDIENTS



2 EGGS



2 - 1/4 CUPS FLOUR



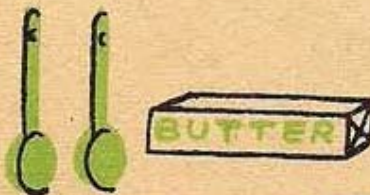
1 TEASPOON SALT



2 CUPS MILK



1 TEASPOON SUGAR



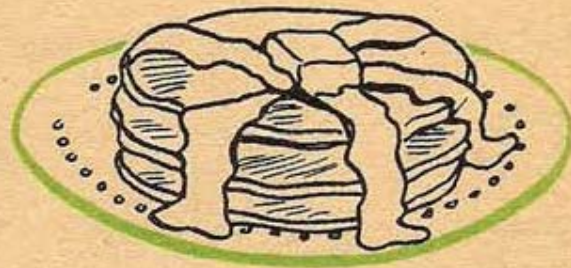
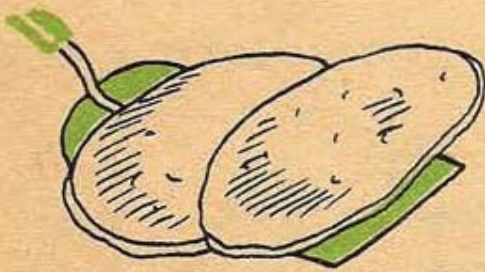
2 TABLESPOONS BUTTER



2 TEASPOONS BAKING POWDER

HOW TO MAKE PANCAKES

1. Sift the flour once and then measure $2\frac{1}{4}$ cups.
2. Put the flour, salt, sugar and baking powder into a large bowl and mix.
3. Break the eggs into a small bowl and beat them.
4. Add milk to the eggs and beat the mixture.
5. Pour the liquid mixture into the flour mixture and stir, but do not mix out the lumps.
6. Melt the butter in a small pan.
7. Add the melted butter to the mixture.
8. Mix well, but do not beat out the lumps.
9. Grease the griddle with butter. Do not use much butter.
10. Put one spoonful of batter on the hot greased griddle—one spoonful for each pancake.
11. Turn the pancakes, when their eyes open in the batter.
12. When both sides are browned, remove the pancakes from the griddle.
13. Serve with butter and maple syrup.



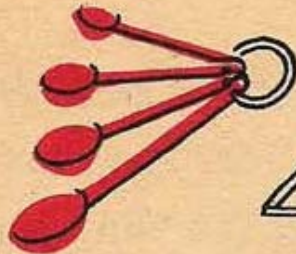
MAKES TWELVE PANCAKES

NUT BALLS

EQUIPMENT NEEDED



WOODEN FORK



MEASURING SPOONS



COOKIE SHEET



CHOPPING KNIFE



WOODEN BOWL



FLOUR SIFTER



MEASURING CUPS

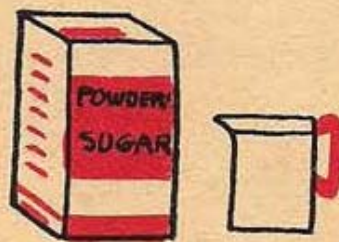


BOWLS

INGREDIENTS



1 TEASPOON VANILLA



1 CUP POWDERED SUGAR



2 TABLESPOONS SUGAR



1-1/4 CUPS CAKE FLOUR



1/2 CUP BUTTER



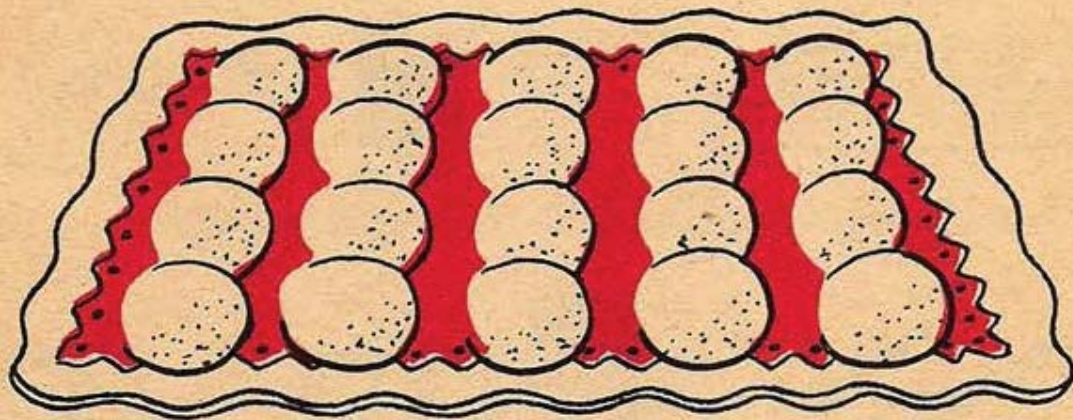
1 CUP PECANS



1/4 TEASPOON SALT

HOW TO MAKE NUT BALLS

1. Light the oven and set at 300 degrees or slow.
2. Chop the nuts in the wooden bowl.
3. Put the butter, salt and sugar into a bowl.
4. Blend these ingredients together with a wooden fork.
5. Sift the flour and measure off 1 $\frac{1}{4}$ cups.
6. Add the flour, nuts and vanilla to the butter mixture.
7. Mix with the wooden fork, until dough is stiff.
8. With your hands, make balls the size of a walnut.
9. Put the balls on a cookie sheet. It is not necessary to grease or flour the cookie sheet.
10. Bake 30 minutes at 300 degrees.
11. Remove the pan of nut balls from the oven and let them cool.
12. Put powdered sugar into a small bowl.
13. Then, after the nut balls are cool, roll each one in the sugar.



MAKES TWENTY NUT BALLS

CHOCOLATE-TOP BATTER CAKE

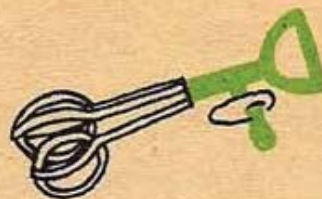
EQUIPMENT NEEDED



MEASURING SPOON AND CUP



FLOUR SIFTER



EGG BEATER



SAUCEPAN



BUTTER KNIFE

BAKING PAN 8x8x2 INCHES IN SIZE

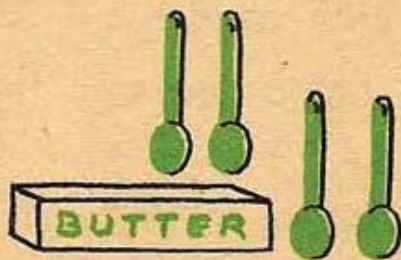
WOODEN SPOON

3 BOWLS

INGREDIENTS



2 CUPS FLOUR



4 TABLESPOONS BUTTER



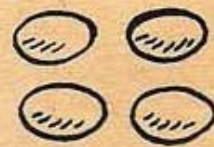
1 CUP MILK



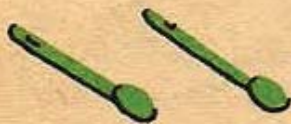
1/2 POUND BAR OF SWEET CHOCOLATE



1/4 TEASPOON SALT



4 EGGS



2 TEASPOONS BAKING POWDER



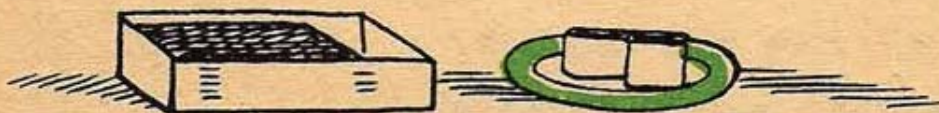
2 CUPS SUGAR



1 TEASPOON VANILLA

HOW TO MAKE CHOCOLATE-TOP BATTER CAKE

1. Lay out all the ingredients at least $\frac{1}{2}$ hour before time.
2. Set oven at 350 degrees or medium.
3. Sift the flour and then measure off 2 cups into a bowl.
4. Sift together the flour, baking powder and salt 3 times.
5. Put the milk and the butter in the saucepan and heat until just before it comes to a boil. Remove saucepan from fire.
6. Break the eggs into a third bowl. Beat until light and fluffy.
7. Add the sugar and vanilla to the eggs and continue beating.
8. Add some of the flour mixture to the egg mixture.
9. Now add some of the milk mixture. Continue in this way, adding some of each mixture, alternately, but make sure to end with the flour mixture.
10. Grease the baking pan with some unsalted shortening.
11. Place the batter in the greased pan.
12. Bake for 1 hour at 350 degrees.
13. Crumble a bar of chocolate into very small pieces. While the cake is still hot, spread the crumbled chocolate over the top of the cake with a dull knife. The chocolate will melt and form a delicious frosting. Let the cake cool.
14. Cut the cake into squares, right in the pan, and serve.



SERVES TWELVE

COCONUT BALLS

EQUIPMENT NEEDED

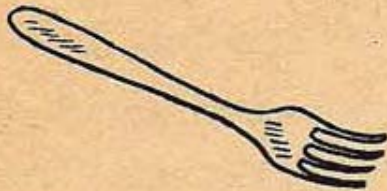
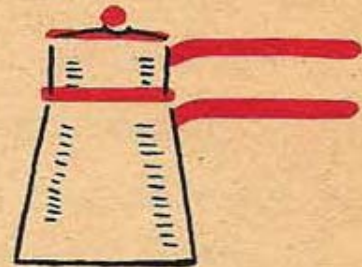


TABLE FORK

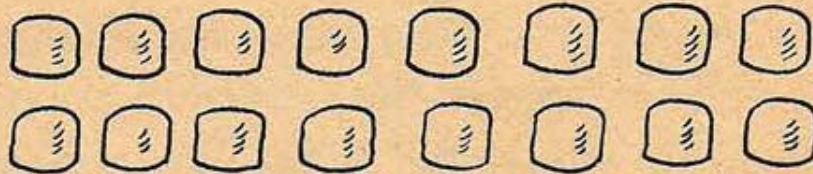


DOUBLE-BOILER

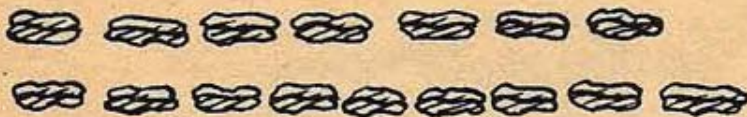


PLATE

INGREDIENTS



16 MARSHMALLOWS



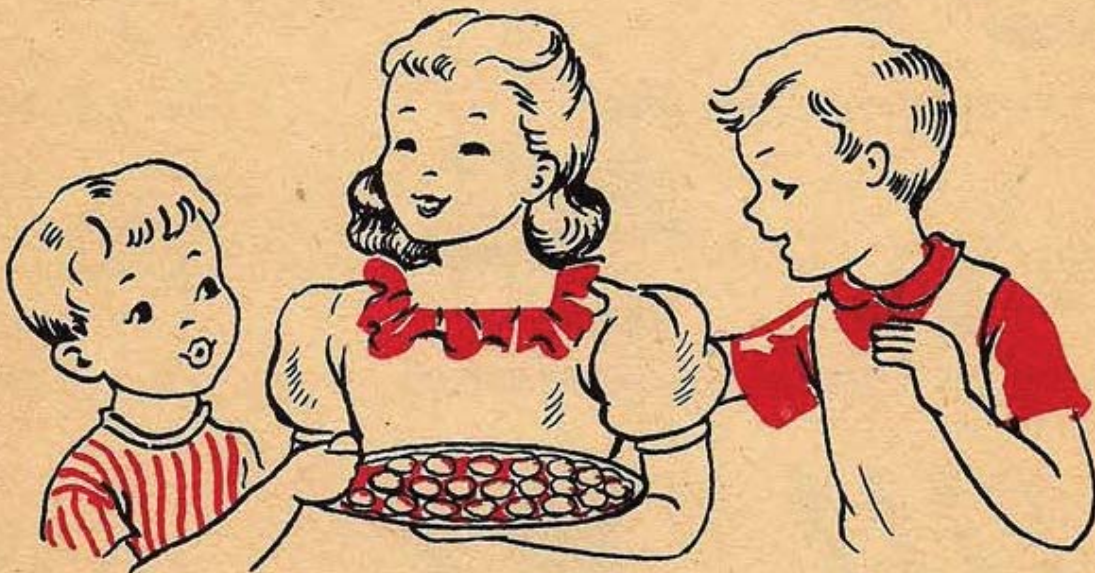
16 WALNUT HALVES



1 PACKAGE SHREDDED COCONUT

HOW TO MAKE COCONUT BALLS

1. Fill the bottom part of the double-boiler half-full of water.
2. Put the marshmallows in the top part of the double-boiler.
3. Fit the top part of the double-boiler into the bottom part and set it on the stove.
4. Heat until the marshmallows are melted.
5. While marshmallows are melting, put some shredded coconut on a plate.
6. With a fork, dip each piece of walnut into the melted marshmallow.
7. After the walnut is coated with marshmallow, immediately roll it in the coconut.
8. As each coconut ball is finished, lay it on a platter. Let the platterful of coconut balls cool, and then serve.



MAKES SIXTEEN COCONUT BALLS

FUDGE

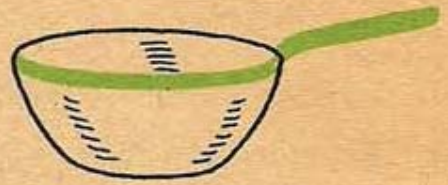
EQUIPMENT NEEDED



DISH



MEASURING CUPS AND SPOONS



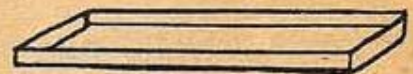
LARGE SAUCEPAN



KNIFE



WOODEN SPOON

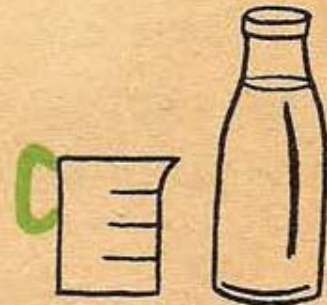
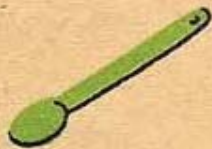


SHALLOW PAN

INGREDIENTS



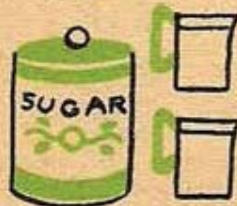
1 TABLESPOON CORN SYRUP



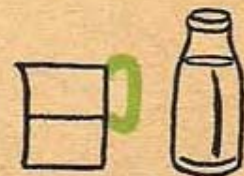
1/2 CUP MILK



2 TABLESPOONS BUTTER



2 CUPS SUGAR



1/2 CUP CREAM



4 TABLESPOONS COCOA



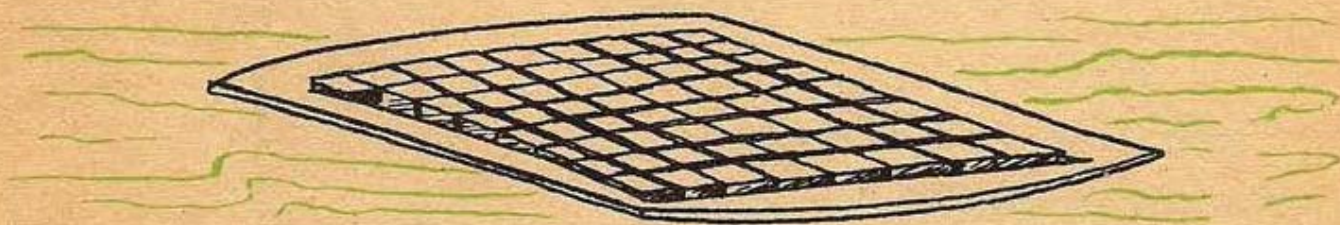
1/8 TEASPOON SALT



1 TEASPOON VANILLA

HOW TO MAKE FUDGE

1. Put the sugar, cocoa, and salt into a saucepan.
2. Add a little of the cream, enough to make a paste.
3. Now add the remainder of the cream.
4. Add the milk, syrup, and butter and place the mixture over the flame.
5. Stir the mixture with a wooden spoon until it starts to boil.
6. Once it is boiling, reduce the heat. Cook slowly for about 40 minutes.
7. While the fudge cooks, butter a shallow pan.
8. Test the hot fudge by dropping a tiny bit of it from a spoon into a dish of very cold water. When the fudge forms a soft ball, slightly firm outside, the fudge is done.
9. Remove the fudge from the fire. Add the vanilla and mix.
10. When the fudge is cool, stir it until it is creamy.
11. Just before the fudge gets creamy, you will notice a change in color, from dark to light. At this point, pour the fudge into the buttered pan.
12. When the fudge is almost cool, cut it into one-inch squares.



SERVES SIX

STUFFED DATES

EQUIPMENT NEEDED



DISH

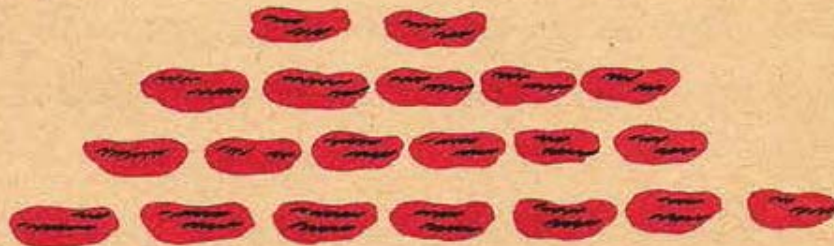


PARING KNIFE



PLATTER

INGREDIENTS



20 DATES



20 SHELLED PECAN HALVES



GRANULATED SUGAR

HOW TO MAKE STUFFED DATES

1. Remove the pits from the dates.
2. Put a pecan into each date, in place of the pit.
3. Roll each date in a dish of granulated sugar. It is nice to roll the dates in different colored sugars, for holiday serving. Turn to Suggestions for Cooking on page 21 for colored sugar recipe.
4. Place a paper doily on a platter, and then arrange the dates on the doily.

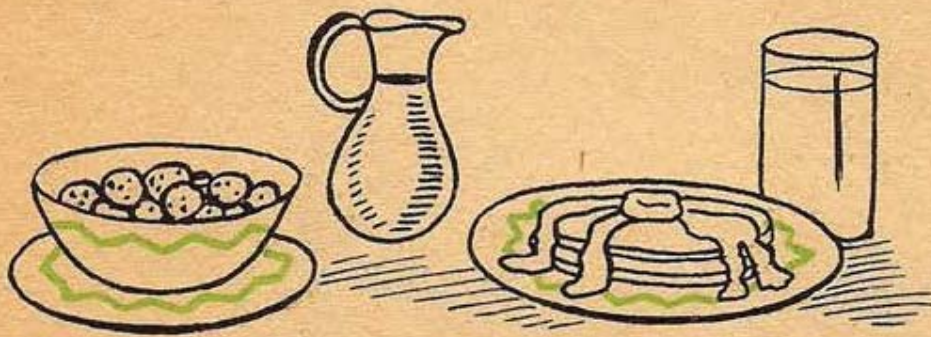
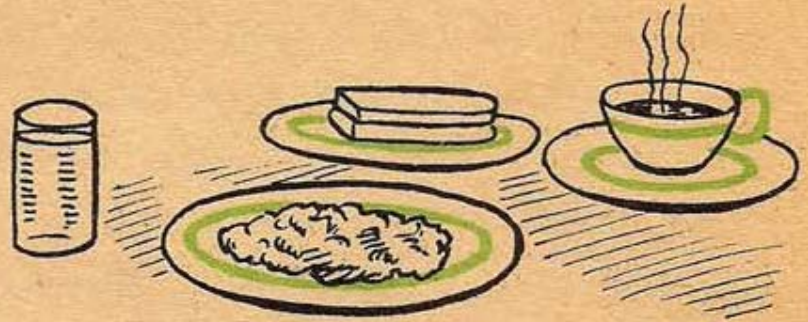


MAKES TWENTY STUFFED DATES

MENUS

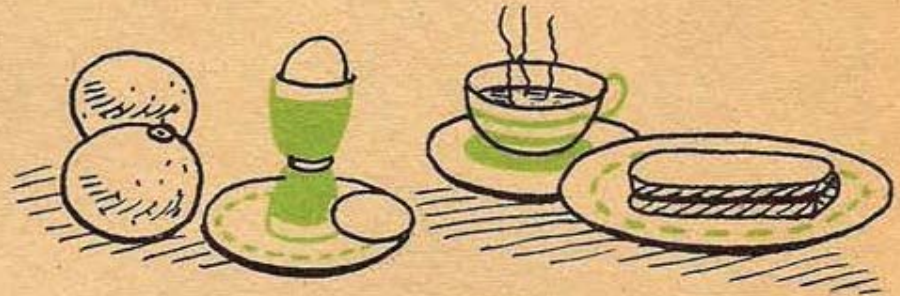
Breakfast

Orange Juice
Scrambled Eggs
Cinnamon Toast
Cocoa



Fresh Berries
Pancakes
Maple Syrup
Milk

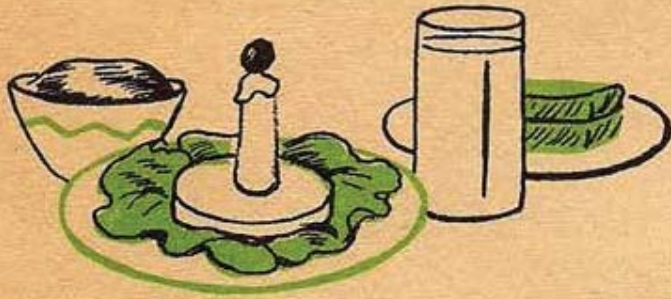
Fresh Oranges
Soft Boiled Eggs
Buttered Toast
Cocoa



Tomato Juice
Fried Eggs
Rolls and Butter
Tea

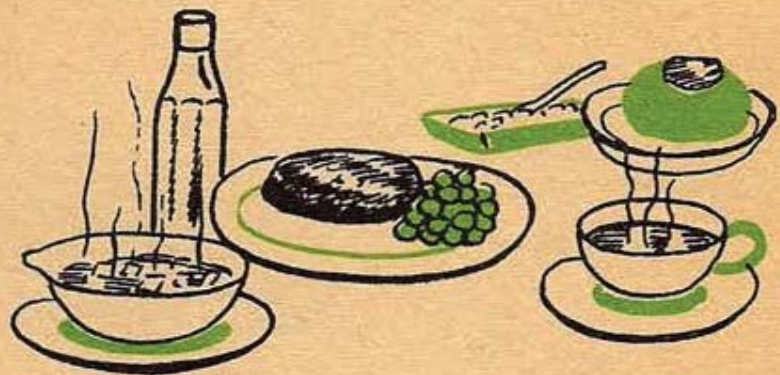
Lunch

Hot Dogs on Rolls
Mustard and Pickles
Potato Salad
Fruit Gelatine
Milk



French Toast
Candle Salad
Chocolate Pudding
Milk

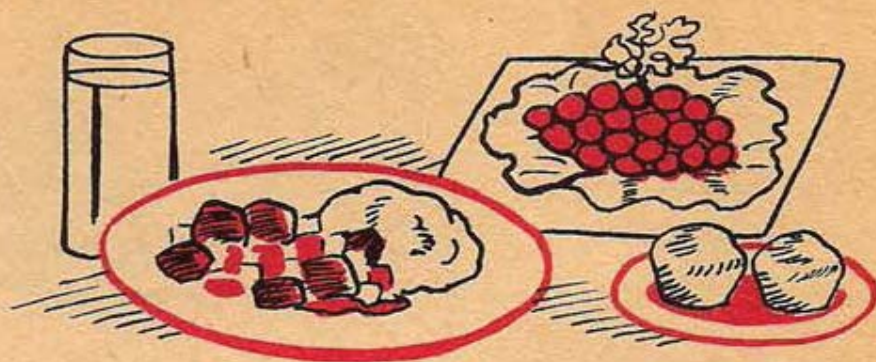
Potato Soup
Meat Loaf
Catsup and Pickle Relish
Peas
Baked Apples
Tea



Vegetable Soup
Pancakes
Strawberries and Cream
Milk

Dinner

Beef Stew
Mashed Potatoes
Surprise Salad
Muffins
Milk



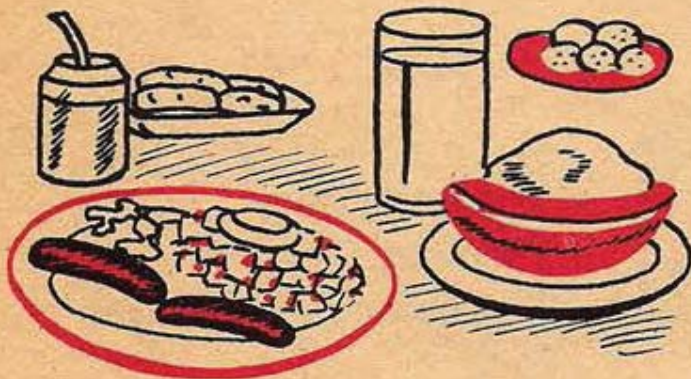
Meat Loaf
Catsup
Baked Potatoes
Peas
Chocolate-Top Batter Cake
Tea



Hamburgers
Catsup and Pickle Relish
Corn on the Cob
Candle Salad
Cocoa

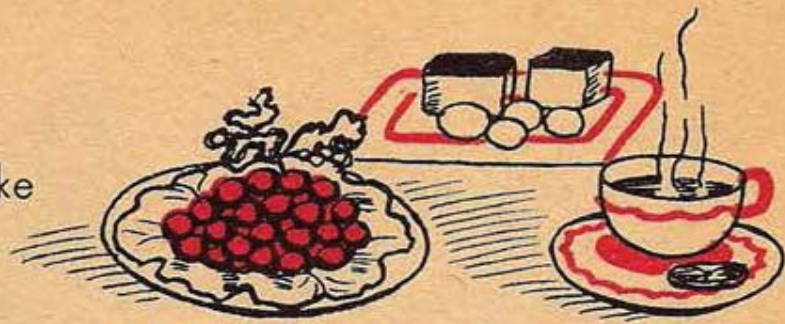


Hot Dogs
Mustard and Pickles
Potato Salad
Boston Cooler
Nut Balls
Milk



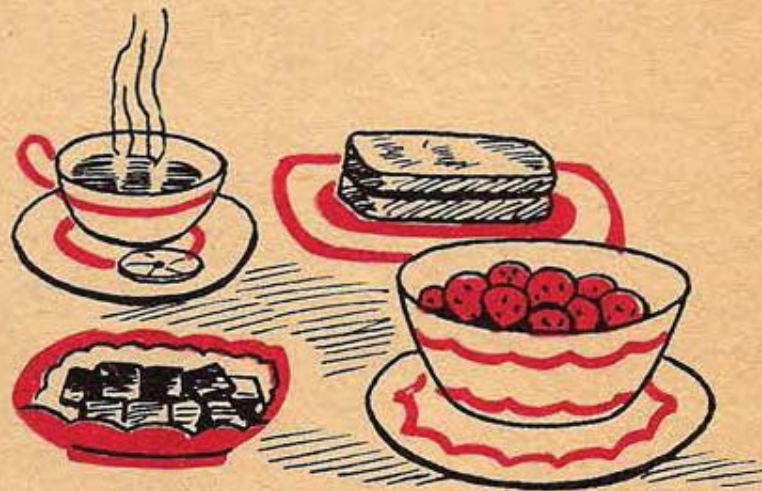
Tea

Surprise Salad
Chocolate-Top Batter Cake
Tea and Lemon
Coconut Balls



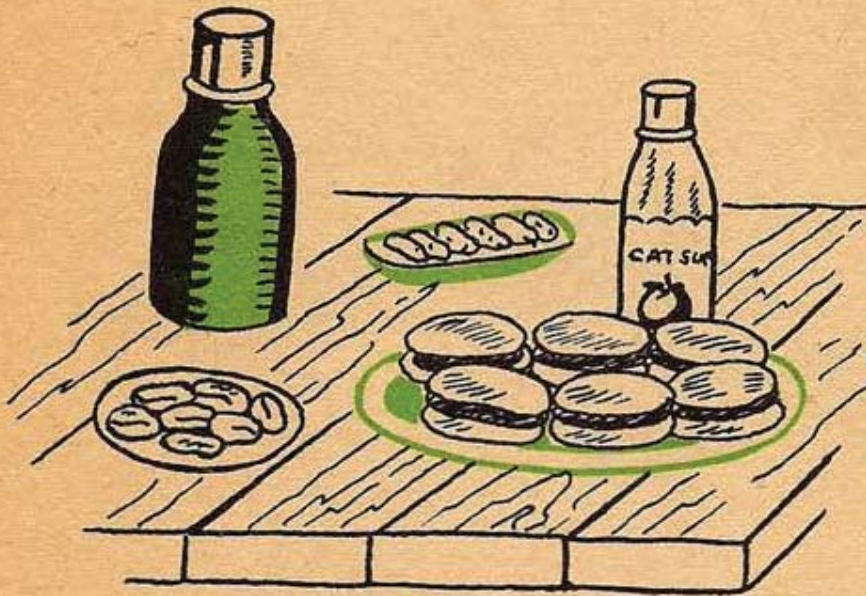
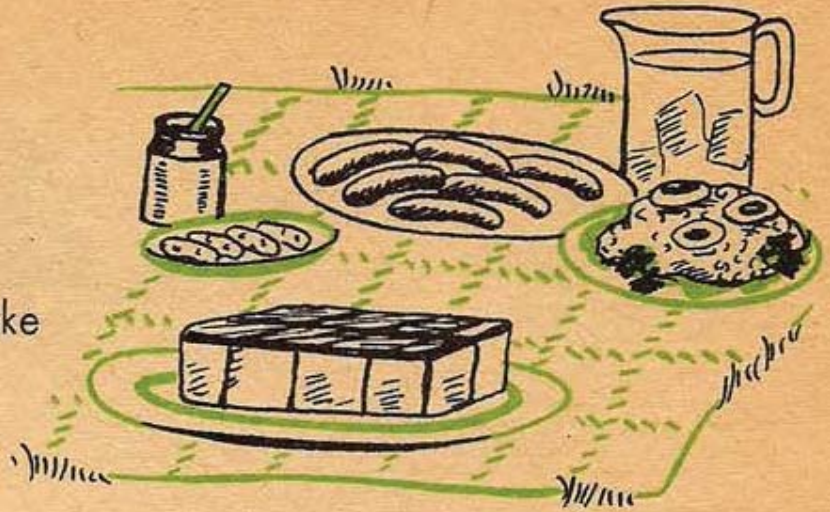
Nut Balls
Boston Cooler
Lemonade
Stuffed Dates

Cinnamon Toast
Strawberries and Cream
Tea and Lemon
Fudge



Picnic

Hot Dogs
Mustard and Pickles
Potato Salad
Chocolate-Top Batter Cake
Lemonade



Hamburgers on Rolls
Catsup and Pickles
Cocoa
Stuffed Dates

Sliced Meat Loaf Sandwiches
Catsup and Pickles
Fresh Fruit in Season
Nut Balls
Milk

