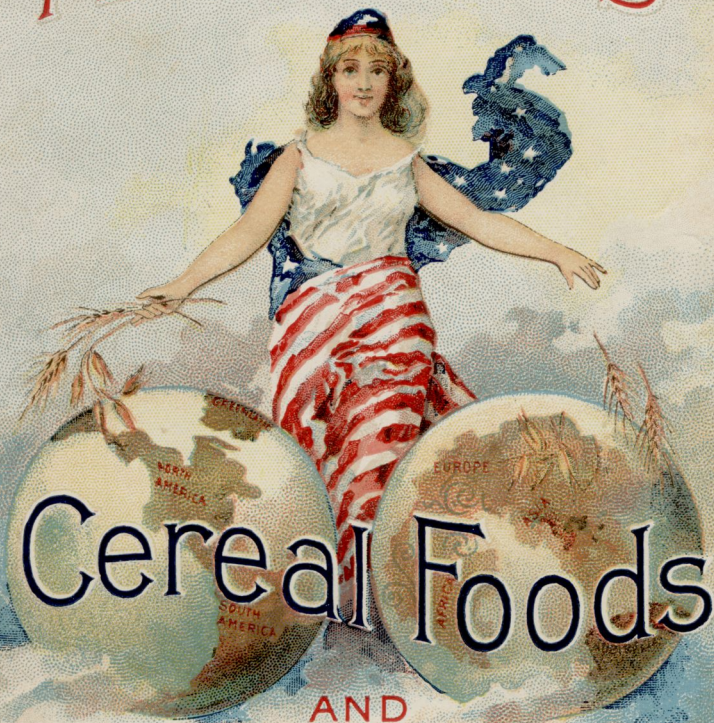


SOUVENIR COUPON IN THIS BOOK.

AMERICA'S



HOW TO COOK THEM

The American Cereal Co.

WE FEED THE WORLD



CUT ON THIS LINE — SOUVENIR COUPON.



On receipt of this Coupon and Six Cents in postage stamps we will mail Free a complete set (12 Pictures) of our Beautiful Panorama "THE PROCESSION OF THE SEASONS" as it was shown at our Exhibit, in the Agricultural Building, World's Fair.

No. 319,142, *The American Cereal Co.*

ADDRESS:—
CHICAGO, ILL.

COUPON No. 319,142.

World's Fair Souvenir.

THE AMERICAN CEREAL CO.

WRITE YOUR FULL ADDRESS ON LINES BELOW.

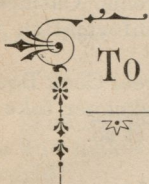
Date, _____ 189

Name, _____

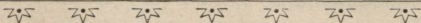
Street No. _____

City, _____

State, _____



To the American Housewife.



In issuing the second edition of this little book, the first complete Cereal Cook Book ever published, we re-dedicate it to you.

The first edition of half a million is now exhausted. This met with so favorable a reception, and we have received so many gratifying expressions of approval, that we have now printed this second edition of one million copies and trust that one of them may go into every American home.

We have added a number of additional recipes which were not contained in the first edition. In this book will be found recipes for all Cereal Foods produced in America, including those of other manufacturers which are distinctive from our own. We ourselves, however, make nearly everything that can be made from grain except Rice, and our Exhibit at the World's Fair contained the largest variety of Cereal Foods ever shown.

We have aimed to make every recipe as simple and wholesome as possible, and distinctive to each Cereal, so that dyspeptics, invalids and others may have the full advantage of healthful and unsweetened foods. If desired, these plain recipes can be enriched by the addition of butter, eggs, or sugar. All recipes are given by measures, not by weights, which we think easier for the housekeeper.

No subject has been so little understood by housekeepers as the cooking of Cereals, particularly the cooking of Oatmeal. Nothing is easier, provided the right methods are followed. Our object in publishing this book is to promote the proper cooking of our Cereal

Foods, for we know their sale will be largely increased if housekeepers in general succeed in cooking them well.

We trust the special articles on Cereals, Oatmeal, etc., will also be of general interest and information to all.

It is our aim and desire to have this Cereal Cook Book *absolutely complete*, and to have every housekeeper take a personal interest in assisting us to make it so.

**WE THEREFORE OFFER A
PRIZE OF \$100.00.**

to the Housekeeper who will give us before July 1st, 1895 the greatest number of good original Cereal Recipes not published in this book.


These recipes must be of value and distinctive to each Cereal.

ADDRESS:

Advertising Department, The American Cereal Co.,

57 North Moore Street,

NEW YORK.

 We give on page 65 letters from the winners of our Cereal Prizes offered in the first edition of this book.



Many of our Products will be found at all grocers. If there is any article that you desire that your grocer does not keep, upon application to any of our Mills or Offices, we will see that you are supplied.

We will mail this book, postage paid, to any address on receipt of a two cent postage stamp. We also call special attention to our World's Fair Souvenir, a description of which we give on another page and the Souvenir Coupon in this book.

The American Cereal Company.

- - MILLS: - -

AKRON, OHIO.

CHICAGO, ILLINOIS.

CEDAR RAPIDS, IA

THE AMERICAN CEREAL Co., is the largest manufacturer and makes the greatest variety of Cereal Foods in the world.

Our goods are packed in cartons under two principal proprietary brands, the Quaker and "F S" or F. Schumacher.

Under the "F S" brand we put up "F S" (Schumacher's) Rolled Avena, "F S" Rolled Wheat, "F S" Cracked Wheat, "F S" Farina, "F S" Parched Farinose, "F S" Hominy, "F S" Grains of Gold, and other Cereal Products from oats, wheat, corn, rye, barley and buckwheat. These articles have long been known to the American public as the standard Cereal Foods.

Ferdinand Schumacher, the President of the Company, established the F. SCHUMACHER Mills in 1856 with a capacity of twenty barrels of oatmeal a day. Now The American Cereal Co. turns out thousands of barrels of these different Cereal Foods every day.

Under the Quaker brand we put up Quaker Rolled White Oats, Quaker Self-Raising Buckwheat, Quaker Self-Raising Flour and other Cereal Foods. The Quaker brand on any package of Cereals is a guarantee of excellence and absolute purity. Quaker Oats has become a Household Word, is universally known and used, and has the largest sale of any Cereal Food in the world.

We also control numerous other brands and trademarks.

The name of The American Cereal Co. will be found on all goods packed at any of our Mills.

We give herewith a list of our various products. A description of each will be found under the appropriate heading.

PRODUCTS OF THE AMERICAN CEREAL CO.

FROM OATS.

	Page.		Page.
QUAKER OATS . . .	14	Hower's Oats. . .	—
F S Rolled Avena . . .	22	F S Oat Groats . . .	46
F S Rolled Oats . . .	23	Ground Oatmeal . . .	45
F S American Oatmeal . . .	23	F S Oat Flour . . .	46
Cormack's Nudavene Flakes . . .	—	D. & S. Flaked Groats . . .	—

FROM WHEAT.

PETTIJOHN'S		F S PATENT FLOUR .	40
BREAKFAST FOOD . . .	21	F S Graham Flour . . .	47
Quaker Self-Raising Flour . . .	18	F S Whole Wheat Flour	
F S Pearl Wheat . . .	26	or Wheat Meal . . .	48
F S Rolled Wheat . . .	24	F S Gluten Flour . . .	53
F S Cracked Wheat . . .	25	F S Five Minute Prepar-	
F S Wheat Farina . . .	26	ed Flour . . .	38
F S Parched Farinose . . .	28		

FROM CORN.

F S White Pearl Hominy . . .		F S GRAINS OF GOLD	
(or Samp.) . . .	31	or F S Yellow Granulated	
F S White Granulated Hom-		Corn Meal . . .	31
iny (Hominy Grits) . . .	29	F S Yellow Granulated	
F S White Granulated Corn		Hominy . . .	51
Meal . . .	50	F S Yellow Bolted Corn	
F S White Bolted Corn Meal	51	Meal . . .	50
F S White Corn Flour . . .	51	F S Yellow Corn Flour . . .	51

FROM BARLEY.

F S Pearl Barley (All Sizes) . . .	36	F S Barley Groats . . .	52
F S Crushed Barley . . .	37	F S Barley Flour . . .	51

FROM RYE.

F S Rye Flour . . .	49	F S Rye Meal . . .	49
---------------------	----	--------------------	----

FROM BUCKWHEAT.

QUAKER SELF-RAIS-		Plain Buckwheat Flour . . .	49
ING BUCKWHEAT . . .	17	F S Buckwheat Farina . . .	53
F S Five Minute Prepared . . .		F S Buckwheat Groats . . .	53
Buckwheat . . .	38		

AT THE WORLD'S FAIR—1893.

Our Exhibit at the World's Fair was universally conceded to be the finest and most complete in the Agricultural Building.

The Booth and all that it contained were a pictorial story of the progress of American thought and invention, and the most complete demonstration of American artistic advertising ever attempted. But the practical demonstration was not less complete!

In the Booth were displayed the largest variety of Cereal Foods ever shown, made from all the different grains, the various Products of The American Cereal Co. These various Foods were served free to hundreds of thousands of people, to many of whom the delicious possibilities of good Cereal Cooking were a revelation.

The Highest Awards were given to every one of our leading Products.

WORLD'S FAIR SOUVENIRS.

The beautiful Panorama called "The Procession of the Seasons," painted by H. Bolton Jones and Francis C. Jones of New York, formed one of the features of the Agricultural Building. We have had twelve lithographs made from this, printed without advertising matter, including a picture of our Exhibit, in twelve colors, each one seven and a half inches long by five inches wide, suitable for mounting and framing, a beautiful Souvenir for any one to have of a visit to the World's Fair.

Our regular price for these, unmounted, is 25 cts. per set of twelve, but to any one who will mail us six cents in postage stamps accompanied by the coupon attached to this book, we will mail one of these Souvenirs. Be careful to send full name and address.

Address: THE AMERICAN CEREAL CO.,
Chicago, Ill.

EASTERN OFFICES:	{	57 North Moore St., New York.
		501 Chamber of Commerce Building, Boston, Mass.
		5 South Front St., Philadelphia, Pa.

CEREALS—THE GRAINS.

The word "Cereals" is derived from Ceres, the Goddess of Agriculture and the fields, and includes all the grasses cultivated for grain. The chief grains are wheat, corn, oats, barley, rye, rice and millet. Buckwheat, though not properly a grain, must be added.

Wheat is grown all over the world and has been cultivated from the earliest times. In the United States, spring wheat is sown in May and harvested in August and September. Winter wheat is sown in autumn and harvested in July. Good flour may be made from either. The best flour, like our "F. S." is made from a mixture of both, a blended Patent.

Corn or Indian Maize is the distinctive American food for man and beast. It is grown in almost every State in the Union, and a greater quantity is raised than of all other grains combined. It has strong claims to adoption as the national flower, being useful, purely American, highly ornamental and decorative.

Oats flourish best in a northern climate with considerable moisture. They are grown mostly in the northern United States, Canada, Ireland, Scotland and somewhat in northern Europe. They afford the most nutritious food of any of the grains.

Barley is also cultivated in northern latitudes, Germany, Great Britain, Canada and the northern part of the United States. It is used mostly for malt, and also as Pearl Barley in soups, etc.

Rye is grown extensively in Russia and Germany, rye bread constituting the principal food of the Russian and German peasants. It is also raised, but not so largely, in the United States, and is eaten mostly by our German and Scandinavian population.

Buckwheat is raised mostly in the States of New York, Pennsylvania and Wisconsin, and used almost entirely in the form of Buckwheat Cakes.

Rice is a more tropical grain, grown very extensively in China and India, and in America in our Southern States.

It furnishes food for more human beings than any other grain in the world.

Millet in its various forms is grown in Africa, South America and in the form of *Sorghum* in the United States where it is used to make sugar. This grain is not used as a cereal food in America.

We make Cereal Foods from all these grains except rice and millet.

CEREALS—THE BEST FOOD.

It is obvious even to the casual observer that the Creator designed that grain and fruit should constitute a great part of the food of man. The cheapness of production and the wide area over which they can be produced commend this statement to the intelligent mind.

Compare the quantity of food that can be obtained from grain and its cheapness with the amount available from any other food source!

It is plain therefore that Cereals are the chosen food for man. Next comes the question, what kind of Cereals shall we eat? We need fat and nitrogen for our muscles, phosphorus for our bones and teeth, and starch (or carbon) to keep up the heat of our system and for our blood. We get more than we require of the latter in bread and vegetables like potatoes and rice, but we do not get enough nitrogenous matter unless we eat Cereal foods prepared from the entire grain in such a way that those elements supplied by nature, are carefully preserved.

Of all the grains Oats are the richest in the desired elements. It is to the general use of Oatmeal that the Scotch owe their strong digestions, rugged health and excellent teeth. The American people are just beginning to realize this and the consumption of Oatmeal has doubled the past five years. In the form of Quaker Rolled White Oats it is the most palatable and nutritious food ever offered the public. Our wheat products, Farina, Parched Farinose, Rolled and Cracked Wheat, etc., are also good, especially in hot weather, and for those who find Oatmeal rather heating if eaten constantly offer an

agreeable change, cooling to the blood and easily digested. Corn is extensively eaten in the form of Hominy, and Barley affords a healthful and nutritious food. Our Oat and Wheat preparations are, however, the best.

The great drawback to the more rapid adoption of Cereal foods, especially Oatmeal, by the American public has been the difficulty housekeepers have experienced in properly preparing them for the table. In Oatmeal, this difficulty has of late years been largely overcome by Quaker Rolled White Oats, which cooks much more quickly than the old fashioned Oatmeal, but even now, owing to the ignorance or inexperience of the cook it is frequently served in a semi-raw state.

HOW TO COOK THOROUGHLY.

The age in which we live is a hurried one, and every saver of time for a hastily prepared breakfast is eagerly tried by the anxious house-wife, who desires her over-worked husband to experience no delay in bolting his breakfast and hurrying to business. Taking advantage of this tendency certain Oatmeal manufacturers advertise their products to cook in three, five or ten minutes. This is a great mistake. Cereal Foods, like all others, should be *properly, thoroughly, and carefully* cooked, and ample time allowed for it. Follow exactly and with preciseness the recipes on our packages and you will obtain good results—a delicious dish of Oatmeal instead of a raw and indigestible one. If you have time let it simmer on the stove and it will be all the better, and a richer flavor developed, but it should always *be cooked twenty minutes or more*. The other Cereals are not so difficult to cook to perfection, though care and exactness should be used with all. You take the greatest care in making a nice pudding or cake, but you leave the preparation of your Oatmeal to your cook, who perhaps dumps it into cold water and cooks it hastily for a few minutes, and then you wonder why it does not taste better, and why it comes on the table hard, and why you feel an oppression on your chest after eating it. Suppose you were to eat raw turnips, beets or carrots; would you not

be likely to experience indigestion? So with Oatmeal, it should be *well cooked* to be palatable and digestible. The delicious flavor of Quaker Oats when cooked just as it should be will be a revelation to you. There is not the slightest difficulty about cooking it properly if you will follow and *insist upon your cook following exactly* the directions which are given under Quaker Rolled Oats and the "F'S" American Oatmeal. It will be observed that the Oatmeal requires more water than the Rolled Oats and longer cooking.

Use a double kettle, then there is no danger of burning. Always use *freshly boiling* water; not water that has stood in the kettle all night. Salt the water to taste before putting the Oatmeal or Rolled Oats in.

Stir one part Rolled Oats into two parts *freshly boiling* water. Be careful to stir *slowly* so that the oats do not lump, and each grain gets thoroughly scalded. Keep the kettle covered—then the flavor is retained.

Do not stir at all while cooking if a double boiler is used. Milk may be used instead of water if preferred, or half milk and half water.

OATMEAL.

The native country of Oats is unknown, but it was a northern climate. It is claimed they were native to Great Britain. However this may be, it is evident that the inhabitants were possessed of Oats in the year 1296, and mention is made of the use of Oatmeal bread in 1596. Three hundred years ago the hardy yeomanry of England lived almost entirely on coarse unleavened oaten **bread** and cakes and also drank oatmeal water or **gruel**.

In the *London Gazette* for Friday, August 13th, 1695, is an advertisement to the effect that "water gruel was always ready at the Marine Coffee House in Birch Lane, Corn Hill, every morning from six to eleven o'clock." In 1698, the consumption of Oatmeal in England was estimated as only second to barley, and as considerably greater than that of wheat. In Scotland, Oatmeal was the national food. In *The Cotter's Saturday Night*, Burns writes:

"But now the supper crowns their simple board,
The halesome parritch, chief of Scotia's food."

In Scotland Oatmeal was eaten chiefly in the form of porridge and oat cakes. Scotch bannocks and oat cakes have always been famous, and in consequence Scotland has been called the Land of Cakes. Burns says:

"Now for my friends and brithers sakes,
And for my native Land o' Cakes."

And again he speaks of crowdie (porridge):

"Oh, that I had ne'er been married,
I wad never had nae care ;
Now I've got wife and bairns,
And they cry Crowdie evermair."

"Ance crowdie, twice crowdie,
Three times crowdie in a day ;
Give ye crowdie ony mair,
Ye'll crowdie a' my meal away."

When Oatmeal is prepared by simply stirring it into boiling water it is called "Brose" in Scotland. In some parts it is not unusual to find this the sole food with the addition of milk. In Ireland it is sometimes mixed with corn meal and called "Stir-about." Even the husks of the oats are used both in Scotland and Wales for the preparation of a kind of porridge by being steeped in water for one or two days until they begin to ferment, when the mass is skimmed and boiled. This is called "Sowans" in Scotland, and "Sucan" or "Llymrn" in Wales. Oatmeal is sometimes mixed with a thin liquor of boiled meal, or the water in which cabbage or kale has been leached and acquires the denomination of "Brouf Brose" or "Kale Brose." In Germany and Switzerland the coarsely bruised Oatmeal is put into an oven until it becomes of a brown color and is then called "Haber Mehl," and is used in broth and pottages. In the United States Oatmeal is used mostly as a breakfast porridge.

Forty years ago the sale of Oatmeal in the United States was confined mostly to druggists; to-day it is to be found as one of the staples in every grocery store, and as a daily breakfast dish on every table. The methods of manufacture, at first crude and quite primitive, have

been gradually perfected, and the popularity of Oatmeal as an article of food has, of late years, been vastly increased by new and improved methods of preparation. The consumption is rapidly increasing.

The most improved form of Oatmeal is Quaker Rolled White Oats—a notice of which will be found under that heading.

BREAKFAST.

“What shall we eat for breakfast?” is a question frequently asked. The Englishman answers it by making a comparatively light meal, a roll, a piece of ham or bacon, or an egg and a cup of coffee, possibly a saucer of oatmeal. The Frenchman, Italian, Spaniard or Russian, by “Cafe au lait” and a roll in the morning, and a so-called breakfast which the French call “Dejeuner a la fourchette” at eleven or twelve o’clock, which practically corresponds to an early lunch.

It seems to be reserved to the American to eat oatmeal, beefsteak, potatoes, eggs, hot bread, and perhaps buckwheat cakes all at one meal, and then work ten or twelve hours per day. No wonder, as a Nation, we have nervous dyspepsia! Breakfast, especially for the brain worker, should be a moderately light one, and meats dispensed with. A saucer of oatmeal and a piece of bread, followed by eggs or a piece of ham or bacon is quite sufficient, and the digestive system and brain will not be clogged by overfeeding. Americans, as a rule, eat too much meat, especially in hot weather. If desired, fruit is healthful with Cereals, especially in summer. The heartiest meal should be eaten after the hard work of the day is over and the body and brain at rest.

Only the best Cereal Foods are packed under the QUAKER BRAND. It is an unvarying guarantee of quality.

The Name and Trademark of QUAKER on any package of Cereals means it is Absolutely Pure.

QUAKER OATS.

Quaker Oats is now universally known as a daily breakfast food in the homes of this broad land and needs no introduction to the American public. It is used in every state and territory of the Union and has the greatest sale of any cereal food in the world. Quaker Rolled White Oats is simply the best white oats thoroughly kiln-dried, purified and perfectly prepared.

As a Health Food for young and old, rich and poor, adults or children, for the mechanic or student, for all who toil with hands or brain, it is unequalled. It can be easily and quickly prepared for the breakfast table, and is delicious when cooked.

All the natural sweetness and flavor of the oat are fully retained by our own peculiar methods of preparation. It is in fact the Perfected Oatmeal of to-day.

Quaker Oats is put up *in two pound cartons only*, to exclude the air and dust, and to insure your getting what you buy, the *pure* article and not an inferior substitute. You will be surprised to find how cheap these two pound packages are sold! They cost little more than common oatmeal.

Be sure that *every package* your grocer sends you bears the *Quaker* name and trade mark. Don't buy loose oatmeal, too much dust and insects' eggs!

Quaker Oats is the most economical food in the world, far cheaper than beef, potatoes or flour. It is generally used in the form of breakfast porridge, although it makes excellent griddle cakes and gems, muffins, puddings, etc.

We give a full list of recipes and call the attention of the housekeeper to the following detailed

COOKING DIRECTIONS.

QUAKER BREAKFAST PORRIDGE. Use a Double Kettle, then there is no danger of burning.

Always use *freshly boiling* water, not water that has stood in the tea-kettle all night.

Salt the water to taste before putting the Rolled Oats in.

Stir one part Quaker Oats into two parts *freshly boiling* water. Be careful to stir in slowly so that the porridge may be kept free from lumps and each grain thoroughly scalded. Boil twenty

minutes to half an hour, and, if you can allow the time, let the porridge simmer on the stove for half an hour longer. It will have all the more flavor.

Do not stir at all while cooking if a double boiler is used. Keep your kettle covered. Milk can be used instead of water, if preferred, or half milk and half water.

Serve hot with sugar and cream or syrup, as preferred.

WITH APPLES. Core an apple for each dish of Quaker Oats Porridge; peel and fill the centre with sugar and a little cinnamon. Then bake the apples—when ready, place an apple in the centre of each individual saucer of Porridge, and serve with sugar and cream.

Any kind of fresh or baked fruit can be used in the same way as apples.

FRIED PUDDING. Take the cold Breakfast Porridge, cut into slices, dip into egg and fry on the griddle like Indian Pudding or Hominy, and serve with butter or syrup.

QUAKER BREAD. To make one loaf of "Quaker Oats Bread." Set a sponge over night made of half a cake of yeast, dissolved in one and one-half cups warm water, and one and a half cups sifted flour. In the morning take one cup Quaker Oats, pour over it one cup boiling water, two tablespoonfuls sugar, and a pinch of salt. Add all to the sponge and stir in wheat flour until it is as stiff as can be stirred with a spoon. Let it rise until light, and bake one hour.

GRIDDLE CAKES. Take one and one half cups cold Quaker Oats Porridge, one cup white flour, one heaping teaspoonful baking powder, and half a teaspoonful salt; mix with milk or water, as preferred, to a thin batter, and cook at once upon a hot griddle. If the cakes stick to the griddle, add more flour. A teaspoonful of molasses gives the cakes a rich brown color. An egg may be added, if desired.

QUAKER OATS ROLLS. One cup Quaker Oats Porridge, one cup graham flour, two cups wheat flour, one teaspoonful salt, half a cake compressed yeast, dissolve into two cups warm milk. Mix all thoroughly together over night; in the morning roll out half an inch in thickness, cut with large, round cutter, fold through the centre, wash over with milk, let rise again, and bake in hot oven fifteen minutes.

QUAKER OATS GEMS. Pour one cup boiling water over one cup Quaker Oats, and let stand one hour; then add half a cup cold water or milk, two cups wheat flour, two teaspoonfuls baking powder, one-half teaspoonful salt. Bake in hot oven fifteen to twenty minutes.

ANOTHER. Take one cup Quaker Oats Porridge, half a teaspoonful salt, half a cup sweet milk, one teaspoonful baking powder, and wheat flour enough to make a soft batter. Bake in hot iron gem pans ten to fifteen minutes.

MUFFINS. One cup cold Quaker Oats Porridge, one cup sweet milk, one tablespoonful sugar, one well beaten egg, one-half teaspoonful of salt, one tablespoonful melted butter, two teaspoonfuls baking powder, add enough flour to stiffen batter nicely. Bake twenty minutes, in muffin pans or rings.

MUFFINS, ANOTHER. To two cups Quaker Oats take two cups sour milk, soak half an hour, then add two tablespoonfuls sugar, one teaspoonful soda, one teaspoonful salt, two eggs, one cup wheat flour. Mix thoroughly and bake in a hot oven twenty minutes.

BREAKFAST CAKE. Pour one cup boiling water over one cup Quaker Oats, let stand for half an hour, then dissolve half a cake compressed yeast in one cup warm water, add half a teaspoonful salt, two teaspoonfuls baking powder, and enough wheat flour to make a batter. Mix all together over night. Bake in the morning in a very quick oven.

QUAKER OATS RAISED BISCUIT. Half a cake compressed yeast dissolved in one cup tepid water, half a teaspoonful salt, then add three cups wheat flour, and stand in a warm place to rise over night. In the morning pour one cup boiling water on one cup Quaker Oats, let stand half an hour, then add to the above sufficient wheat flour to make a soft batter. Bake in hot oven twenty minutes.

QUAKER PONE. Put one cup Quaker Oats into a two-quart pan well buttered; add two pints cold water, one teaspoonful salt; set in the oven and let bake slowly for two hours. Keep a steady but not too hot fire. Cut in squares and serve hot.

QUAKER FRITTERS. Soak two cups Quaker Oats in two cups milk, twenty minutes; add one-half teaspoonful salt, two eggs, one cup flour, one teaspoonful baking powder; mix all together and drop into boiling fat.

QUAKER OATS PUDDING BAKED, OR STEAMED. To two cups Quaker Oats Porridge, add the yolks of two eggs, two teaspoonfuls sugar, half a teaspoonful salt, some grated lemon or other flavoring, and finally the well beaten whites of the eggs. Bake for fifteen minutes in a hot oven, or if preferred, steam one hour. Serve hot with sauce, cream and sugar, or raspberry or strawberry syrup.

A very nice fruit pudding can be made by adding peaches, apples or other fruit to the above recipe.

QUAKER OATS JELLIED. Stir slowly three tablespoonfuls Quaker Oats into four cups boiling water, first salting the water to taste. Boil two hours. Pour into forms and serve with cream and sugar.

QUAKER OATS IN FORMS. Pour the hot porridge into moistened forms or moulds, and set away to cool. Better put on the ice. This can be eaten the next morning for breakfast or lunch with cream and sugar.

QUAKER OATS BLANC-MANGE. Bring one quart sweet milk to a boil, salt slightly and stir in one cup Quaker Oats. Cook thirty minutes, stirring well. Just before removing from the fire stir in two eggs very well beaten. Serve either hot or cold with cream or sugar.

QUAKER OATS CUSTARD. Stir one cup Quaker Oats into one quart boiling milk, salted to taste; then add one half cup sugar, one teaspoonful vanilla, and when cool four eggs well beaten. Cook two hours in a double boiler. Serve cold.

QUAKER OATS SOUP (for invalids). Soak one heaping tablespoonful Quaker Oats in one and one-half cups cold water five minutes; have ready two cups cold broth, pour over the Oats, stirring well. Strain carefully into a saucepan, boil twenty minutes, season and serve.

QUAKER OATS GRUEL. Two tablespoonfuls Quaker Oats, one-quarter teaspoonful salt, one quart boiling water. Boil one hour, strain and serve with cream or milk, or without either, if so desired. Sugar can be added if desired. A strengthening food for invalids.

OATMEAL WATER. One tablespoonful Quaker Oats, half of a lemon and one tablespoonful sugar. Pour on one quart boiling water and let stand for three hours, then strain.

FOR INFANTS. Boil one cup Quaker Oats in two quarts of water for half an hour, strain through a sieve and sweeten to taste.

QUAKER BUCKWHEAT.

The delicious flavor and sweetness of Quaker Self-Raising Buckwheat comes from its being made from pure buckwheat grain. The ordinary prepared Buckwheat Flours of which there are so many on the market, are often made from inferior buckwheat, wheat middlings and corn meal mixed up together, generally purchased in the market at the cheapest possible price.

No trouble to prepare Quaker Buckwheat Cakes! They can be made in three minutes by simply mixing with cold sweet milk or water, and are always just the same, light, wholesome and delicious, with the old-fashioned buckwheat flavor. Persons troubled with dyspepsia who find the ordinary buckwheat heavy and indigestible, can eat cakes made from Quaker Buckwheat with pleasure and impunity.

Quaker Buckwheat, like Quaker Oats, is packed in an attractive tight carton, which keeps it dry, sweet and clean.

QUAKER BUCKWHEAT CAKES. Mix two cups Quaker Buckwheat with two cups cold sweet milk or water, beat quickly and thoroughly, and pour batter on a *hot griddle* without delay. This recipe can be varied in quantity as may be desired using in all cases equal parts of Quaker Buckwheat and milk or water. Milk makes a lighter cake than water. The addition of a spoonful of molasses gives the cakes a rich brown color.

To make good Quaker Buckwheat cakes from Quaker Self-Raising Buckwheat:

First.—Use no yeast, baking powder or salt.

Second.—Bake as soon as mixed.

Third.—Have the water or milk **COLD**.

Fourth.—The griddle must be **HOT** and properly greased.

Fifth.—The batter must be of just the right consistency; follow directions exactly.

Sixth.—The cakes must be turned quickly—just as soon as they rise on the griddle.

To avoid all smoke or smell, keep the griddle smooth and scrupulously clean. Rub the griddle with a piece of beef suet, wrapped in four thicknesses of cheese cloth. A very little grease is necessary. The smoke and smell are caused by the fat burning on the griddle.

BAKED BREAKFAST CAKE. One cup Quaker Buckwheat flour, one cup wheat flour, half a cup molasses, one full cup sweet milk; beat into a very soft batter. Bake in hot oven twenty minutes.

QUAKER SELF-RAISING FLOUR.

Quaker Self-Raising Flour is made from the best winter wheat patent flour, mixed at our own mills with our own pure self-leavening preparation. It is a great saver of time and labor, and containing as it does all the necessary raising qualities, will be found economical, although costing a little more than ordinary barrel flour.

In hot weather the use of it avoids the necessity of setting the dough to raise over night, which often-times is sour in the morning. It is always just the same and invariably makes nice, sweet, light bread or biscuits.

It is packed only in a three pound carton which keeps it fresh, pure and sweet.

The following recipes are given only for a simple table; if some of them are not rich enough, add butter and eggs to suit your taste.

CAUTIONS.

Use no yeast, baking powder or salt. Have the water or milk cold, and the oven hot.

Bake as soon as mixed.

This Flour is especially suitable for Biscuit, Cake and Pastry.

Always sift the flour before using.

BISCUIT. To one quart Quaker Self-Raising Flour, mix in thoroughly one tablespoonful lard or butter, then add equal parts cold sweet milk and water and mix with a spoon just soft enough to roll out, cut with a small biscuit cutter, and bake from ten to fifteen minutes in a hot oven.

BREAD. For four small loaves of bread take one package Quaker Self Raising Flour, add cold water enough to make a slack dough. Add nothing more! Bake in small bread pans not more than half full. Have the oven *hot* before mixing and *bake immediately*. A little shortening can be added, if desired. Half milk and half water can be used if preferred.

BREAKFAST GEMS. Into four cups Quaker Self Raising Flour, stir one tablespoonful lard or butter, add one egg, and two cups sweet milk or water. Beat thoroughly and drop into gem pans, which should be heated very hot and buttered. Bake 15 minutes in quick oven as soon as mixed.

PLANTATION GEMS. One cup boiled rice worked fine with two tablespoonfuls butter, two tablespoonfuls sugar, two eggs, one cup milk, one and one-half to two cups Quaker Self Raising Flour, a little lemon peel. Bake in well-heated gem pans.

MUFFINS. One and a half pints Quaker Self Raising Flour, one teaspoonful lard or butter mixed in dry; one egg. Add equal parts cold sweet milk or water, and beat to a soft batter and bake in muffin pans in a hot oven, or in muffin rings on the griddle.

GRIDDLE CAKES. To three cups Quaker Self Raising Flour, add one well beaten egg and equal parts cold sweet milk and water, enough to make a soft batter. Fry at once on a hot griddle. If a piece of suet wrapped in cheese cloth is used to grease the griddle, all smell will be avoided.

WAFFLES. To one quart Quaker Self Raising Flour, mix one tablespoonful lard or butter and one teaspoonful sugar, then add two well beaten eggs and equal parts cold sweet milk and water, enough to make a batter. Have waffle iron hot and well greased each time.

CRULLERS AND DOUGHNUTS. One cup sugar, a small tablespoonful of butter or lard, (creamed), two eggs, one cup cold

sweet milk or water. Flavor with nutmeg. Mix into a soft dough, roll out, cut and drop in hot lard. Try lard by throwing in a piece of bread, if it browns quickly it is hot enough. For doughnuts use half as much more butter and milk.

PLAIN SUGAR CAKE. One cup sugar, one tablespoonful butter or lard (creamed), two eggs, one-half cup sweet milk or water, two cups Quaker Self-Raising Flour. Flavor with one teaspoonful vanilla.

MARBLE CHOCOLATE CAKE. One cup sugar, two tablespoonfuls butter (creamed), one cup cold sweet milk and water, two eggs, three cups Quaker Self-Raising Flour. Dissolve two squares chocolate in a little boiling water, add a tablespoonful sugar; take three tablespoonfuls of the cake batter and mix with the chocolate, put in one teaspoonful lemon in the white cake batter and one teaspoonful vanilla in the dark cake; put in alternate spoonfuls of light and dark in the pan and bake at once.

NUT CAKE. Cream one-half cup butter, one-half cup sugar, and three beaten eggs with the exception of the white of one, which reserve for frosting; then add one-half cup milk gradually and two scant cups Quaker Self-Raising Flour. Stir and lastly add six ounces of citron cut in fine pieces. Bake in greased pan in moderate oven about thirty minutes. English walnuts, cut fine, may be used instead of citron, using one teacupful and adding a few to the frosting, or laying them on in halves while it is soft.

DUTCH APPLE OR PEACH CAKE. Rub one heaping tablespoonful butter on one pint Quaker Self-Raising Flour; add one well-beaten egg, a scant cup of milk; beat well and spread the dough half an inch thick in a shallow baking pan. Pare six apples, cut into eighths, lay in rows on the cake points down, pressing them in slightly. Mix one egg, one-half cup milk and three tablespoonfuls of sugar, pour over the cake and bake in a hot oven one-half hour. Peaches may be used instead of apples if preferred.

DUMPLINGS. To two cups Quaker Self-Raising Flour, add one-half cup cold water; make dough stiff enough to hold its shape when dropped from the spoon. Drop on top of boiling stew and cook fifteen minutes.

SHORTCAKE. One pint Quaker Self-Raising Flour, one tablespoonful butter, one tablespoonful sugar, add equal parts cold sweet milk and water, enough to make dough just soft enough to handle, roll out to size of breakfast plate and bake ten to fifteen minutes. When baked, separate and spread the fruit on the shortcake, with or without sugar as preferred.

PUFF PASTE FOR TARTS. Make puff paste with three cups Quaker Self-Raising Flour and one cup butter and lard mixed. When butter and flour are well mixed and fine and dry like meal, add ice water slowly to form a paste. Mix with a knife and cut rather than stir. The mixture should be light and dry like separate minute crumbs of butter coated with flour; then fold and roll until no streaks of butter can be seen. Place on the ice to harden.

Fill a number of shells with this paste and bake. Fill with any kind of fruit desired.

PIE CRUST. Three cups Quaker Self-Raising Flour, one cup lard or butter. Rub shortening in flour well. Use enough cold water to hold all together; handle as little as possible. Roll out thin and roll from you only.

ROLY POLY PUDDING. Rub thoroughly one tablespoonful butter into one cup sugar; add one cup cold sweet milk and water, two eggs and two and one-half cups Quaker Self-Raising Flour. After adding one cup of the flour, stir in one pint of berries, then the remainder of the flour. Steam forty-five minutes to one hour. To be eaten with hard sauce.

PETTIJOHN'S BREAKFAST FOOD.

Pettijohn's California Breakfast Food made from the choicest California wheat, has in a short time attained a wonderful and well deserved popularity. It is a beautiful product, easily cooked, tempting to the eye and the palate, and can be relished by all.

With some people Oatmeal is too heating and upsets the system, causing indigestion, eruptions, etc. Pettijohn's Breakfast Food agrees with everybody, is cooling to the blood and a most wholesome, delicate and appetizing food, especially in hot weather.

Owing to its great popularity and very extensive sale, a host of imitators have sprung up, and inferior goods been put upon the market.

You may know the genuine Pettijohn's Breakfast Food by the picture of the Brown Bear, which is our Trade-mark.

Insist
upon
having
the
Bear
on
every
package
you
buy.



" Bear "
in
Mind
the
Trade
Mark.

BREAKFAST PORRIDGE. Stir one part Breakfast Food into two parts *freshly boiling* water (or milk if preferred) first salting to taste. Stir in the Food slowly so that every flake may be thoroughly scalded. Cook fifteen minutes or more and serve hot with sugar and cream or syrup. If a double boiler is used do not stir the Food again while cooking. *Be sure that the water is boiling hot.*

FRIED. Cut the cold Breakfast Porridge into slices, dip into egg, and fry on the griddle like Indian Pudding or Hominy, and serve with butter or syrup.

GRIDDLE CAKES. Take three cups of Breakfast Food cold Porridge, stir into this two cups milk, one cup flour, one teaspoonful baking powder, one-half teaspoonful salt, two eggs, one tablespoonful molasses. Bake on hot griddle.

GEMS. Soak two cups Breakfast Food in one cup sweet milk or water one-half hour. Add one egg, two teaspoonfuls baking powder, one-half teaspoonful salt. Bake ten to fifteen minutes in hot oven.

MUFFINS. Soak two cups Breakfast Food in one cup sweet milk or water one-half hour. Add one tablespoonful melted butter, one tablespoonful sugar, one-half teaspoonful salt, two teaspoonfuls baking powder. Bake in hot oven ten to fifteen minutes.

BAKED PUDDING. Take two cups Breakfast Food cold Porridge, two cups of sweet milk, two eggs, one tablespoonful sugar, one-half teaspoonful salt; flavor with nutmeg. Add raisins if desired. Serve with sauce.

FOR SOUPS. Pettijohn's Breakfast Food also makes an excellent thickening for soups, like rice or pearl barley.

“ F S ” ROLLED AVENA.

“ F S ” (Schumacher's) Rolled Avena has been long and favorably known to housekeepers in many sections of this broad land.

Mr. Schumacher established the F. Schumacher Mills at Akron, Ohio, in 1856, and is probably better known as a manufacturer of Pure Cereal Foods than any other man in America. His motto has always been “Quality First, Cost afterward,” and in consequence the Schumacher or Akron goods, as they are often called, have always enjoyed a deservedly high reputation.

Rolled Avena is a pure preparation of Oats, healthful, easily cooked, and retaining all the natural sweetness of the oat. Children never tire of it. While it is used mostly in the form of Breakfast Porridge, it also makes

delicious Griddle Cakes, Gems and Puddings. The same recipes can be used as for Quaker Oats, so we do not repeat them here. See Quaker Oats.

TO MOTHERS.

"F S" Rolled Avena deserves your attention as one of the most invigorating and nourishing articles of food for your children. As a rule, the simplest mode of cooking is the best.

"F S" ROLLED OATS.

The recipes for this product are the same as for Quaker Oats which please see.

"F S" AMERICAN OATMEAL.

Oatmeal has already been treated at so much length in our article on Oatmeal that perhaps further explanation is needless. The "F S" (Schumacher's) American Oatmeal has been known for the past thirty years all over the United States as the best made, and it is unnecessary to sound its praises.

The one requirement to obtain a most delicious, palatable and nutritious food is to have it *well cooked*. Even if cooked to a jelly it will be all the more delicious and digestible.

Follow carefully and exactly the directions for cooking.

BREAKFAST PORRIDGE. Stir slowly one part "F S" Oatmeal into four parts freshly boiling water, first salting the water to taste; boil one hour or more and serve hot with sugar and cream, or syrup as preferred.

If the Oatmeal is put into water and soaked over night it will take less time to cook in the morning, but it must be boiled in the same water or the flavor is lost.

If a double kettle is used, *do not stir* the Oatmeal while cooking. The flavor is improved by allowing the Oatmeal to slowly simmer on the stove for some time.

The Breakfast Porridge can be poured into a mould and served cold as Blanc-Mange with sugar and cream, or fruit sauce.

OATMEAL FRIED PUDDING. Take the cold Breakfast Porridge, cut into slices and fry on the griddle like Indian Pudding or Hominy, and serve with fruit sauce or syrup.

Recipes for "F S" Oatmeal Griddle Cakes, Pudding, Bread, etc. are the same as the Quaker Oats recipes, which please see.

“F S” ROLLED WHEAT.

Wheat has been eaten by man since time immemorial and was the chief food of the hardy Roman soldiers on their long and arduous marches. It contains in itself all the elements of life. In many preparations of wheat however, the health giving elements which make wheat so desirable as a food, the nitrates and phosphates, are very largely destroyed. In the “F S” Rolled Wheat they are fully retained, and it is a very desirable and healthful food.

BREAKFAST PORRIDGE. To three parts freshly boiling water, or milk if preferred, stir in slowly one part Rolled Wheat, first salting the water to taste. Boil thirty minutes or more, and serve hot with sugar and cream, or syrup. If a double boiler is used, do not stir the Rolled Wheat while cooking.

The hot porridge can be poured into a mould and served cold as Blanc-Mange with sugar and cream, or fruit sauce.

ROLLED WHEAT FRIED PUDDING. Cut the cold Breakfast Porridge into slices, dip into egg, and fry on the griddle like Indian Pudding or Hominy, and serve with butter or syrup.

ROLLED WHEAT GRIDDLE CAKES. To one and a half cups Rolled Wheat Porridge, add one cup wheat flour, one egg, one heaping teaspoonful baking powder, and a half teaspoonful salt, mix with water, or milk, to a thin batter, and fry at once upon a hot griddle. The addition of a teaspoonful of molasses gives the cakes a rich brown color.

ROLLED WHEAT GEMS. To two cups Rolled Wheat, take one and a half cups sour milk, soak over night, then add two tablespoonfuls molasses, one teaspoonful soda, one teaspoonful salt, two eggs, one cup flour; mix thoroughly, and bake in a hot oven.

ANOTHER. Stir one cup Rolled Wheat into two cups boiling milk, boil fifteen minutes, let it cool, then add two well beaten eggs, a tablespoonful melted butter, a small half teaspoonful salt, one cup flour, and one teaspoonful baking powder. Pour into hot gem pans and bake fifteen minutes.

ROLLED WHEAT PUDDING. Stir one cup Rolled Wheat into four cups boiling water, boil half an hour, then add two cups sweet milk, four eggs well beaten, butter, sugar and nutmeg to taste. Bake half an hour. With raisins or currants you will have a rich pudding.

ROLLED WHEAT IN FORMS, OR BLANC-MANGE. Three cups boiling water, half a teaspoonful salt, stir in slowly four tablespoonfuls Rolled Wheat, pour in two cups scalding hot cream, stir and allow to boil one hour. Wet your custard cups in cold

water, fill them with the mixture, and put them on ice. When cool, turn them out and serve with cream and sugar.

"F S" CRACKED WHEAT.

"F S" (Schumacher's) Cracked Wheat is prepared from the best White Wheat, grown in the neighborhood of Akron, the superior quality of which has added much to the well merited fame of our Akron brands of flour.

The hard indigestible outer covering of the grain composed wholly of woody fibre and siliceous has been thoroughly removed, while all that makes Wheat one of the most desirable articles of food has been carefully preserved. It may be used in infancy or old age, sickness or health, and a fair trial will satisfy the most skeptical of its merits.

The "F S" Cracked Wheat needs a thorough and ample cooking, and if cooked into a jelly will be all the more palatable and digestible. It should never be cooked less than one hour.

BREAKFAST PORRIDGE. To four parts freshly boiling water, or milk if preferred, stir in slowly one part Cracked Wheat, first salting the water to taste. Boil one to two hours and serve hot with sugar and cream, or syrup. If a double boiler is used do not stir the Cracked Wheat while cooking. The hot porridge can be poured into a mould and served cold as Blanc-Mange, with sugar and cream, or fruit sauce.

If soaked in water over night the Cracked Wheat can be cooked in a much shorter time for breakfast.

CRACKED WHEAT FRIED PUDDING. Cut the cold Breakfast Porridge into slices, dip into egg, fry on the griddle like Indian Pudding or Hominy and serve with butter or syrup.

CRACKED WHEAT GRIDDLE CAKES. Same recipe as for Rolled Wheat Griddle Cakes. *See Page 24.*

CRACKED WHEAT PUDDING. Stir one cup Cracked Wheat into one quart boiling water, salted to taste. Boil one hour, then add two cups sweet milk, four eggs well beaten, butter, sugar and nutmeg to taste. Bake half an hour. With raisins or currants you will have a rich pudding.

CRACKED WHEAT GEMS. To two cups Cracked Wheat take two cups sour milk, soak over night, then add two tablespoonfuls molasses, one teaspoonful soda, one teaspoonful salt, two eggs, one cup flour. Mix thoroughly and bake in a hot oven.

CRACKED WHEAT MUFFINS. Take two cups Cracked

Wheat, two cups sweet milk; soak over night, then add two tablespoonfuls molasses, one teaspoonful baking powder, one teaspoonful salt, two eggs, one cup flour. Mix thoroughly and bake in muffin pans in a hot oven.

CRACKED WHEAT IN FORMS, OR BLANC-MANGE.

Three cups boiling water, half a teaspoonful salt, stir in slowly three tablespoonfuls Cracked Wheat; pour in two cups scalding hot cream, stir and allow it to boil one hour. Wet your custard cups in cold water, fill them with the mixture and put them on ice. When cool, turn them out and serve with cream and powdered sugar whenever wanted.

"F S" PEARL WHEAT.

This product is simply the best whole white wheat with the silex coat thoroughly removed.

BREAKFAST PORRIDGE. Stir one cup Pearl Wheat into two quarts boiling water. Boil four hours or longer if necessary, and serve hot with sugar and cream, or syrup. If a double boiler is used, do not stir the wheat while cooking. If soaked over night it will not require so long to cook.

If desired, the hot porridge can be poured into a mould and served cold as Blanc-Mange with sugar and cream, or fruit.

"F S" FARINA.

Farina is made from the most nutritious parts of wheat and is rich in gluten, nitrates and other properties necessary for the nourishment of the muscles, nerves and bones.

Nothing can be better for invalids, infants and children than food prepared from Farina. Delicate and wholesome, the most fastidious stomach can digest it, whilst its attractive appearance when cooked stimulates the appetite. It is so well known and commonly used that further comment is unnecessary.

We give some very delicious and delicate recipes.

FOR BREAKFAST. Into one quart boiling water stir thoroughly one cup or eight heaping tablespoonfuls "F S" Farina. Boil ten minutes, salt to taste, and serve hot or cold with sugar and cream, or syrup.

FRIED. The same can be poured into a shallow earthen bowl and the next morning fried in lard or butter. This will be found very delicious.

FARINA BLANC-MANGE. Into a quart of boiling water or milk, salted to taste, stir slowly four heaping tablespoonfuls "F S"

Farina. Boil half an hour, pour into a mould and put it on the ice. Serve with sugar and cream, or other sauce. Any desired flavor can be added when cooking.

FARINA CUSTARD. Stir slowly two tablespoonfuls "F S" Farina into one quart boiling milk, first salting to taste, one teaspoonful vanilla or nutmeg, one tablespoonful sugar, two eggs; beat the eggs separately, and add just before removing from the fire. Boil fifteen minutes.

FARINA ICE CREAM. Stir four tablespoonfuls of "F S" Farina into one quart boiling milk, one teaspoonful salt, one teacupful sugar, the yolks of three eggs, one teaspoonful vanilla. Beat the whites to a stiff froth; when cool, pour over the top and set on ice until very cold.

FARINA SNOW BALLS. Stir slowly one cup "F S" Farina into one quart boiling milk or water, salted to taste: pour into forms or mould into balls. Custard—yolks three eggs, stirred into one pint boiling milk, one teaspoonful corn starch, one-half teaspoonful salt; flavor with vanilla or lemon. Pour this over the balls, whip the whites and place on top. Rice may be made up in the same way.

FARINA SOUFFLE. Stir slowly one small cup "F S" Farina into one and one-half pints boiling milk, one-half teaspoonful salt; boil a few minutes until it thickens. When cool, add one teaspoonful vanilla, two tablespoonfuls butter, one-half cup cream, yolks four eggs; beat the whites very stiff, then add one cup of fine sugar and cut lightly through the Farina. Bake in a well greased and sugar-dusted earthen dish in hot oven. Prepare only twenty minutes before serving.

FARINA PUDDING. Into one quart boiling milk, salted to taste, stir four heaping tablespoonfuls "F S" Farina and boil half an hour. Cool and add two eggs, three tablespoonfuls sugar, some nutmeg and raisins; mix thoroughly and bake in a hot oven half an hour.

COLD FARINA FRUIT PUDDING. Place a layer Farina Porridge in a pudding dish, then a layer of fruit and Farina alternately until dish is three quarters full. Dot with small pieces of butter, sprinkle with sugar to taste, and pour over all a little milk. Serve cold with whipped cream or sauce of any kind.

FARINA PUFFS. Stir into one quart boiling milk or water, one small cup "F S" Farina, one-half teaspoonful salt, two tablespoonfuls butter, one small cup flour, one teaspoonful baking powder. When cool, add three or four eggs, flavor with lemon or vanilla, drop by spoonfuls into boiling fat.

FARINA GRIDDLE CAKES. Take one cupful cold Farina, two cups flour, half a teaspoonful salt, and two heaping teaspoonfuls baking powder; mix with milk to a thin batter and fry on a hot griddle well greased.

WAFFLES. One cup cold Farina, one egg, half a teaspoonful

salt, one cup flour, one teaspoonful baking powder, half a cup of sweet milk. Bake on well greased waffle iron.

FARINA CROQUETTES. Scald one pint milk; add three-fourths cup "F S" Farina, and cook until thick. Add one teaspoonful salt, one tablespoonful chopped parsley, a dash of white pepper, the yolks of two eggs, and flavor with lemon. Turn out to cool; when cold, form into cone-shaped croquettes; roll first in egg and then in bread crumbs, and fry in boiling fat.

FARINA CAKES WITH JELLY. Scald two cups milk and add gradually one cup "F S" Farina, also one-quarter cup sugar, one-half teaspoonful salt; cook for twenty minutes. If the mixture seems a little thick, a little more milk may be added. Then add one well beaten egg and pour into a shallow, buttered pan, having the mixture about half an inch thick in the pans. Brush over with one egg, slightly beaten, which has been mixed with a tablespoonful of milk; cut into squares and brown in the oven. Serve with a cube of currant jelly placed on each cake.

GRUEL. Stir a tablespoonful "F S" Farina into a pint of boiling water. Boil ten minutes. Sweeten with sugar for infants. Adults may prefer salt. If a richer food is wanted, beat the yolk of an egg with a spoonful of cream and add it to the gruel. Butter and any flavoring can be added if desired.

FOR SOUPS AND GRAVIES. Farina is decidedly better than flour. For such use it can be delicately browned over a slow fire.

"F S" PARCHED FARINOSE.

In our "F S" Parched Farinose, made from the best amber wheat, all the valuable properties of the wheat, the gluten, phosphates and nitrates, so essential for the proper nutrition of the bones, muscles and nerves are carefully retained.

It affords a delicious and delicate food for the invalid and yet is hearty enough for a strong man. Those to whom Oatmeal or Hominy is too heating, will find Parched Farinose a most agreeable change, cooling to the blood and easily digested. It is especially grateful in hot weather and being thoroughly parched and dried, will (unlike most wheat preparations) keep pure and sweet through the entire summer. It is in fact the Type of a Perfect Food.

BREAKFAST PORRIDGE. Stir slowly one small cup Parched Farinose into one quart freshly boiling water or milk, first salting to taste; boil fifteen minutes stirring frequently, and serve with

sugar and cream, or syrup. For supper, mould the porridge that is left and serve cold.

FRIED PARCHED FARINOSE. Take the cold Breakfast Porridge, slice, dip into egg, and fry on the griddle like Indian Pudding or Hominy.

GEMS. Two cups Parched Farinose Porridge, one cup milk, half a teaspoonful salt, two cups wheat flour, two teaspoonfuls baking powder, one egg. Bake in a hot oven twenty-five minutes.

MUFFINS. Two cups cold Parched Farinose Porridge, two eggs, one cup sweet milk, one tablespoonful butter, one tablespoonful sugar, half a teaspoonful salt, two cups wheat flour, two teaspoonfuls baking powder. Bake in muffin tins from twenty to thirty minutes.

GRIDDLE CAKES. Take one cup cold Parched Farinose Porridge, one cup flour, one egg, half a teaspoonful salt, and one heaping teaspoonful baking powder; mix with milk to a thin batter, and fry on a hot griddle well greased.

PARCHED FARINOSE PUDDING. Stir two tablespoonfuls Parched Farinose into one quart boiling milk, first salting the milk to taste. Boil ten minutes, cool it, beat together the yokes of two eggs and two tablespoonfuls sugar, and stir into the mixture; add the well beaten whites, flavor, and bake in a slow oven thirty minutes.

BLANC-MANGE. Boil two cups of milk and two cups of water together or if preferred, one cup of cream and one cup of water. Salt to taste. Stir in slowly half a cup Parched Farinose, and two tablespoonfuls sugar. Boil fifteen minutes and pour into a mould which has been wet with cold water, and serve cold.

CUSTARD. Stir slowly two tablespoonfuls Parched Farinose into one quart boiling milk, first salting to taste; add one teaspoonful vanilla or other flavoring, two eggs, one tablespoonful sugar, beat eggs separately and add them just before removing from the fire. Serve cold with fruit sauce.

COLD FRUIT PUDDING. Place a layer of Parched Farinose Porridge in a pudding dish, then a layer of fruit, and place alternately until the dish is three-quarters full, dot with small pieces of butter, sugar to taste, pour over all a little cream. Bake one hour. Serve cold with whipped cream.

"F S" GRANULATED HOMINY or Hominy Grits.

The "F S" Granulated Hominy or Hominy Grits as it is often called, is made from the Choicest White Corn the market affords. Extra care is taken in the manufacture and the quality will be found far ahead of the ordinary Hominy.

It will be found very healthy and palatable in any form,—boiled as a mush for breakfast, or served as a vegetable for dinner, fried in fritters or griddle cakes.

BREAKFAST PORRIDGE. Stir one cup "F S" Hominy into one quart freshly boiling water, first salting the water to taste. Boil one hour.

If the Hominy is soaked over night, half an hour's boiling in the morning over a brisk fire will suffice. Boil in the same water.

FRIED HOMINY. Cut the cold Hominy Porridge into moderately small slices, dip in beaten egg, and fry in very hot fat.

The sliced Hominy can also be dredged in cracker dust or flour if preferred.

HOMINY GRIDDLE CAKES. One cup Hominy Porridge two cups flour, one egg, two cups milk, one cup water, two tablespoonfuls baking powder, half a teaspoonful salt. Fry in butter or suet on a hot griddle.

HOMINY WAFFLES. One cup Hominy Porridge, three cups flour, three eggs, one cup milk, one cup water, two teaspoonfuls baking powder, half a teaspoonful salt. Have the waffle iron well greased and very hot.

HOMINY GEMS. One cup Hominy Porridge, one cup sweet milk, two eggs, two tablespoonfuls melted butter, half a teaspoonful salt, one tablespoonful sugar, two teaspoonfuls baking powder, and enough flour to make a batter. Beat hard. Add baking powder the last thing. Bake in gem pans.

HOMINY FRITTERS. One and a half cups Hominy Porridge, one and a half cups flour, one egg, one cup milk, two teaspoonfuls baking powder, one half teaspoonful salt. Drop into boiling lard.

HOMINY CROQUETTES. To a cupful of cold boiled Hominy, add a tablespoonful melted butter, and stir it well, adding by degrees a cup of milk, till all is made into a soft, light paste; add a teaspoonful white sugar, and one well beaten egg. Roll into oval balls with floured hands; dip in beaten egg, then in cracker crumbs, and fry in hot lard or drippings.

HOMINY PUDDING. Three cups Hominy Porridge, three eggs, two cups milk, two tablespoonfuls sugar, half a teaspoonful salt. Add some nutmeg and meringue and bake in a hot oven.

A very nice fruit Hominy Pudding can be made by stirring in peaches, apples or other fruit to the above recipes.

HOMINY BREAD. Pour one cup boiling water on one cup "F S" Hominy, and let stand over night. In the morning dissolve half a cake compressed yeast in one cup tepid water or milk, three cups wheat flour, stand in a warm place to rise, then add the soaked Hominy, one teaspoonful salt, one cup sweet milk and enough wheat flour to stiffen and mould into loaves; let stand until light. Put in pans, let rise again, and bake from thirty to forty-five minutes. The above recipe is for two small loaves.

"F S" WHITE PEARL HOMINY.

This preparation of White Corn is very much coarser than the granulated Hominy or Hominy Grits, and it takes a much longer time to properly cook it. The coarse Pearl Hominy is however more agreeable to some palates. Like rice it can be used as a vegetable for dinner, or as a Cereal for breakfast or supper. The method of preparation is the same in either case.

COOKING DIRECTIONS.

SAMP. Stir one cup of "F S" Coarse Pearl Hominy into two quarts of boiling water. Boil gently all day, adding water as may be necessary. If a double kettle is used do not stir the Hominy at all and the grain will then swell to its full size. Place the kettle where it will receive a moderate heat and simmer all day, but not boil hard.

When cooked, if preferred, pour a little milk over the Hominy and when it boils up once or twice take it off the stove. Butter, salt or pepper can be added before serving, with or without milk, to suit the taste. The addition of a well beaten egg, stirred in thoroughly, adds to the richness.

The Cold Porridge can be fried on the griddle in butter or suet and served as a vegetable for breakfast or dinner.

"F S" GRAINS OF GOLD, or "F S" Yellow Granulated Corn Meal.

THIS BEAUTIFUL CEREAL PRODUCT:

Made from yellow corn is equally attractive to the eye and palate when properly cooked and far superior to ordinary bolted corn-meal, all imperfections having been carefully removed by elaborate machinery, and only the hard crystal corn retained.

We give a few of the various possible ways for preparing it for the table. The intelligent housekeeper will doubtless find many other good recipes.

In Corn Bread or Muffins the proportion of Grains of Gold and white flour can be varied to suit the taste. The batter, however, should always be made thin so that the Corn Bread may be moist when eaten, in which case it is far more digestible and wholesome. The pan in which it is baked should always be well buttered.

We put up this product in packages and also in bulk.

BOILED FOR BREAKFAST, HASTY PUDDING OR MUSH.

Stir one cup Grains of Gold into three pints freshly boiling water first salting the water to taste. A teaspoonful of salt is about right. Be careful to stir in very slowly, so that the meal will be kept free from lumps and each grain thoroughly scalded. Boil half an hour and serve hot with sugar and cream, or syrup. Milk can be used instead of water, if preferred, or part milk and part water.

FORMS. While the mush is hot, pour into forms or moulds, when cool or jellied, serve with cream and sugar.

FRIED MUSH. Prepare the mush as above, pour into a bread loaf pan, and when cool put it in the ice chest. When wanted, take the cold mush, cut it into slices, dip into beaten egg, roll in bread crumbs or cracker meal, and fry in suet, butter or other hot fat.

GRIDDLE CAKES. Two cups Grains of Gold, one teaspoonful salt. Scald with enough boiling water to make a little thinner than mush. When cool add the yolks of four eggs, three quarters of a cup of flour sifted with three teaspoonfuls baking powder, and enough sweet milk to make a thin batter. Add the well beaten whites just before baking, and cook on a hot griddle.

BREAKFAST CORN BREAD,—JOHNNY CAKE. One and a half cups Grains of Gold, one and a half cups flour, a piece of butter the size of an egg, two eggs, half a teaspoonful salt, one tablespoonful sugar, two teaspoonfuls baking powder. Add milk enough to make a thin batter. Pour into a well buttered pan and bake in a very hot oven. When serving, break the corn bread instead of cutting it.

JOHNNY CAKE, ANOTHER. One cup Grains of Gold, two cups flour. Then mix and bake same as above recipe.

Either of the above recipes can be made into muffins if preferred, in which case bake in muffin or gem pans.

JOHNNY CAKE, ANOTHER. Take two cups milk, two cups Grains of Gold, three tablespoonfuls flour, two tablespoonfuls sugar, one tablespoonful butter and one egg, one teaspoonful salt.

OLD-FASHIONED SWEET JOHNNY CAKE. Two cups sour milk, one cup sugar, one tablespoonful butter, one egg, one cup flour, one teaspoonful baking powder, half a teaspoonful salt, and a little nutmeg. Stir in Grains of Gold until as thick as loaf cake. Bake in a square tin in a quick oven. Eat hot with plenty of butter. Less sweetening may be preferred.

BREAKFAST CORN CAKES. Two eggs, one cup sweet milk two tablespoonfuls sweet cream, half a cup sugar, three-quarters of a cup of flour, two cups Grains of Gold, three teaspoonfuls baking powder, one teaspoonful salt.

GEMS. Two cups Grains of Gold, two cups flour, two cups sweet milk, two eggs, three heaping teaspoonfuls baking powder, one teaspoonful salt, half a cup butter, half a cup sugar. Bake in gem pans.

PUFFS. In one quart boiling milk stir eight tablespoonfuls Grains of Gold, four spoonfuls sugar; boil five minutes, stirring all the time, when cool add six beaten eggs; pour in buttered cups. Bake half an hour.

DROPS. Two cups boiling water, two cups Grains of Gold, one egg, three level teaspoonfuls butter, milk, six ears or one can of corn. Pour the boiling water on the Grains of Gold, let cool, beat in the egg, add a little milk, then the butter. Mix in the corn and fry in hot lard.

CORN MEAL ROLLS. One cup Grains of Gold, one cup flour, two tablespoonfuls sugar, one egg, two small cups milk, one teaspoonful baking powder, one teaspoonful salt, a small piece butter. Bake in hot roll pans, in hot oven.

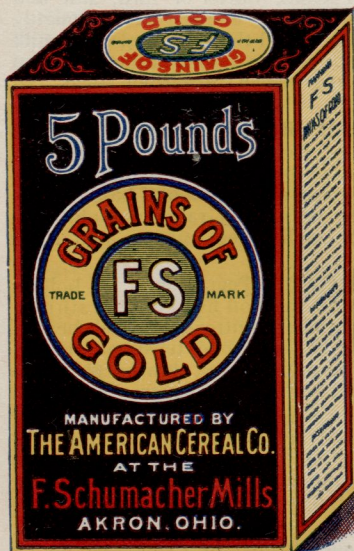
SLAPPERS. Two cups Grains of Gold, one teaspoonful butter or lard, half a teaspoonful salt, one teaspoonful sugar, two eggs well beaten. Pour the Grains of Gold, butter or lard, salt and sugar into a bowl. Pour on boiling milk enough to thoroughly wet and swell the meal. When cool, add the eggs and cold milk enough to make a very thin batter. Grease a hot griddle and drop the batter on by spoonfuls. When brown, turn them over and cook the other side.

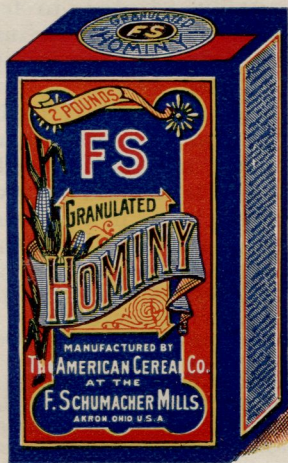
SOUTHERN BATTER-BREAD OR EGG-BREAD. Two cups Grains of Gold, one cup cold boiled rice, three eggs well beaten, one tablespoonful melted butter, two and a half cups milk, or enough for soft batter, one teaspoonful salt, a pinch of baking powder. Stir the beaten eggs into the milk, the Grains of Gold, salt, butter, and lastly the rice. Beat well three minutes, and bake quickly in a shallow pan.

SOUTHERN EGG CORN BREAD. Pour a pint of boiling water on to one cup Grains of Gold, and boil five minutes, stirring constantly. Add one teaspoonful melted butter, two well beaten eggs, one cup water, one cup milk, and one teaspoonful salt. Pour into a deep pan and bake half an hour in a slow oven. When ready, put the pan on the table and serve with a spoon.

FRUIT CORN MUFFINS. Take two cups Grains of Gold, one cup white flour, four teaspoonfuls sugar, one half teaspoonful salt, two teaspoonfuls baking powder, one tablespoonful butter, two eggs, one and a half cupfuls milk, one cup of any kind of berries, or stone fruit peeled and sliced. Bake in a hot oven twenty minutes in muffin pans.

INDIAN PUDDING. One cup Grains of Gold, one ounce chopped beef suet well rubbed into the meal, half a teaspoonful





salt, and one gill molasses. Beat up two eggs and add to them one quart milk, mix all together well and pour into an earthen pot, set the pot in a pan of water, put into the oven and bake slowly for three hours.

ANOTHER—BAKED INDIAN PUDDING. Into one pint Grains of Gold, mix two heaping teaspoonfuls baking powder; add one pint of milk, a pinch of salt and one cup sugar. Stir in three well beaten eggs and then add one tablespoonful melted butter. Add more Grains of Gold if necessary; the batter should be about as thick as for corn bread. Bake in a deep cake pan.

DELICATE INDIAN PUDDING. Boil one quart milk in a double boiler and gradually sprinkle in one cup Grains of Gold, stirring all the while; cook twelve minutes. Beat together four eggs until light, add one teaspoonful salt, four ounces sugar, one-half teaspoonful cinnamon, and stir into the mixture. Add one-half pound chopped raisins and bake slowly one hour.

“F S” PEARL BARLEY.

Barley has been cultivated since the earliest times. As a pleasant and healthful Cereal Food it is unexcelled. It has not so strong and decided a flavor as oatmeal and is not so rich in gluten, and agrees better with some people. In the form of Barley Water it makes a drink admirably adapted to febrile and inflammatory complaints. As a Gruel for infants it is noted for its assimilative and sustaining qualities, when no other food can be digested.

The “F S” Pearl Barley can be used like rice for soups, puddings or breakfast porridge, and is thoroughly palatable and healthy. To make an acceptable dish, Pearl Barley should be given ample time to cook slowly for three hours in a porcelain lined kettle or stone crock; never in a tin kettle, which will turn it black and spoil its otherwise tempting appearance.

FOR SOUPS. “F S” Pearl Barley is excellent for thickening mutton, beef or chicken soups, and gives the broth an appetizing flavor. One and a half tablespoonfuls should be used to a quart of soup.

BREAKFAST PORRIDGE. Stir slowly two heaping tablespoonfuls “F S” Pearl Barley into one quart freshly boiling water, first salting the water to taste. Boil two to three hours until thoroughly soft, adding more water if necessary. Serve hot with sugar and cream or syrup. If preferred, part water and part milk can be used. About one-third milk makes a nice porridge.

The cold Breakfast Porridge can be cut into slices, dipped into egg, and fried on the griddle.

GRUEL FOR INFANTS. Stir a tablespoonful "F S" Pearl Barley into a quart freshly boiling water, and boil one to two hours. Milk can be added if desired. Strain through a sieve and sweeten to suit the taste.

BARLEY WATER. Stir two tablespoonfuls "F S" Pearl Barley into two quarts boiling water, boil down to one quart and strain through a sieve. Add white sugar and a little lemon juice. To be drank when cold. This is a most excellent drink in sickness, being light, nutritious, and good to quench the thirst.

PEARL BARLEY PUDDING. Stir two tablespoonfuls "F S" Pearl Barley into one quart boiling milk, add three tablespoonfuls sugar and half a teaspoonful salt. Bake in a slow oven at least two hours. If a richer pudding is desired, eggs with raisins, currants, apples, or any other kind of fruit can be added.

GRIDDLE CAKES AND BARLEY GEMS. Take two cups cold Barley Porridge, one cup white flour; one egg, one heaping teaspoonful baking powder, and half a teaspoonful salt; mix with half water and half milk to a thin batter, and cook at once on a hot griddle.

For GEMS bake in a gem pan.

"F S" CRUSHED BARLEY.

The "F S" Crushed Barley cooks more quickly than the old fashioned Pearl Barley, and is superior for quickly preparing soups, gruel, or barley water, the flavor of the Barley being more rapidly absorbed by the water. It can be used like rice for soups, puddings, or breakfast porridge, and is thoroughly palatable and healthy.

In some of the recipes there is a slight difference from the Pearl Barley in the quantity of Crushed Barley necessary to be used.

FOR SOUPS. "F S" Crushed Barley is excellent for thickening mutton, beef or chicken soups, and gives the broth an appetizing flavor. One and a half tablespoonfuls should be used to a quart of soup.

BREAKFAST PORRIDGE. Stir slowly four tablespoonfuls "F S" Crushed Barley into one quart freshly boiling water, first salting the water to taste. Boil one hour and serve hot with sugar and cream, or syrup. If preferred, part water and part milk can be used; about one-third milk makes a nice porridge.

The cold Porridge can be cut into slices, dipped into egg and fried on the griddle.

GRUEL FOR INFANTS. Same recipe as for Pearl Barley Gruel. *See Page 37.*

BARLEY WATER. Same Recipe as for Pearl Barley Water. *See Page 37.*

CRUSHED BARLEY PUDDING. Stir three tablespoonfuls "F S" Crushed Barley into one quart boiling milk, add three tablespoonfuls sugar and half a teaspoonful salt. Bake in a slow oven one to two hours. If a richer pudding is desired, eggs with raisins, currants, apples, or any other kind of fruit can be added.

GRIDDLE CAKES AND BARLEY GEMS. Same Recipes as for Pearl Barley Griddle Cakes and Gems. *See Page 36.*

"F S" FIVE MINUTE PREPARED BUCKWHEAT.

This "F S" Prepared Buckwheat is made from the best buckwheat grain mixed with our own pure self-leavening preparation. It does not need any yeast or baking powder added and is a great saver of time and trouble. Cakes of delicious and healthful lightness can be mixed, cooked, and served on the table in less than five minutes.

"F S" BUCKWHEAT CAKES. Same recipes as for Quaker Buckwheat Cakes. *See Page 18.*

BAKED BREAKFAST CAKE. Same recipe as for Quaker Baked Breakfast Cake. *See Page 18.*

CAUTIONS.

USE NO YEAST, BAKING POWDER OR SALT.
MIX WITH COLD SWEET MILK OR WATER.
HAVE THE GRIDDLE HOT AND COOK AT ONCE.

"FS" FIVE MINUTE PREPARED FLOUR.

Bread and Biscuit can be made ready for the oven in five minutes by simply mixing with cold water or milk.

Think of the saving of time and labor over the old way of kneading, mixing and setting the dough to raise over night, with often-times sour bread in the morning.

The same cautions for using must be observed as with the "F S" Prepared buckwheat, viz :

CAUTIONS.

FIRST. USE NO YEAST, BAKING POWDER OR SALT.

SECOND. HAVE THE WATER OR MILK COLD.

THIRD. HAVE THE OVEN HOT.

FOURTH. BAKE AS SOON AS MIXED.

The recipes for the "F S" Prepared Flour are the same as for the Quaker Self-raising Flour. See Pages 18 and 19.

SCHUMACHER'S INFANT FOOD.

(Trade Mark, "F S.")

Schumachers's Infant Food is a Cereal Preparation, having as a basis the flour of wheat, oats and malted barley, which being made into a dough is allowed time to change much of the starch into dextrine. This accomplished, it is baked, ground and steam-dried, thus not only insuring its keeping qualities but also its easy digestion. The value of such a Cereal Preparation used in connection with cow's milk, for the proper nourishment of very young infants whose mothers are unable to nurse them, or those a little older, who have been weaned, is now universally recognized by physicians.

As compared with other Infant Foods it contains the largest percentage of albumenoids (the brain, bone and muscle forming material), of any, enough saccharine matter to make it palatable, and only a moderate amount of starch.

Schumacher's Infant Food is palatable, nutritious and salutary. It does not overtax the digestive organs. It acts not only as a food, but as a corrective medicine to prevent those troubles of the bowels known as colic, summer complaint, &c.

It may be used for infants of any age and is also an excellent food for the old and feeble. We are in daily receipt of testimonials to this effect.

Where not kept for sale, we will mail upon request a four ounce sample free of charge, or as an inducement offer

to send by express, charges prepaid, a pound package on receipt of seventy-five cents.

Address :

THE AMERICAN CEREAL CO., Akron, Ohio.

To Prepare Schumacher's Infant Food.

For Young Infants. One part Schumacher's Infant Food, by measure; nine parts water. To the Infant Food add two parts water, stir until smooth; add balance of water (hot or cold); let come to a boil. The addition of a little milk or cream is found advantageous in many cases.

For Children a Year or More Old, Make Mush as Follows: One part Schumacher's Infant Food; four parts water. To the Infant Food add two parts water and stir until smooth; add balance of water (hot or cold); let come to a boil. To be eaten with milk or cream and no sugar, unless the child is accustomed to excessively sweet food.

"F S" PATENT FLOUR.

The best flour for the housekeeper to use is that which most perfectly answers all purposes of cooking, so that she can make either bread, cake or pastry from the same bag or barrel and have all equally good and the best obtainable.

Spring wheat flour is rich in gluten (the quality which gives it what bakers call strength,) and when properly kneaded makes sweet, wholesome and delicious bread of a yellowish cast. For this reason (the amount of gluten in it) it makes dark, tough and leathery cake and pastry. The housekeeper frequently does not discriminate, but makes her bread, biscuit, cake and pastry all from the same barrel of Spring Wheat Flour. Result—Good bread, but poor cake and pastry.

Winter wheat flour, on the other hand, while not so rich in gluten, is much whiter and more delicate, and makes better biscuit, cake and pastry.

The "F S" Flour is a blended Patent, made from the No. 1 hard Minnesota spring wheat, and from the choicest winter wheat grown in Ohio (admitted to be the best grown in this country,) mixed in the proportions that a long experience has proved the best. It combines,

in fact, all the good points of the best spring and winter wheat flours, without the disadvantages of either. As compared with the Minnesota flours, it makes with less kneading, equally light, sweet and nutritious bread, and far more delicate cake, pastry and dumplings.

The "F S" Flour is always made perfectly uniform in quality, so that the housekeeper can always feel sure that it will work and bake just the same, and give her constant satisfaction.

THE BEST WAY TO RAISE BREAD. With compressed yeast good bread can be made in two hours and a half. This is better than the old way of raising the dough over night with ordinary yeast, because in the more rapid leavening, less of the nutritive qualities are lost than by the longer processes.

TO BAKE BREAD. Test the heat of the oven with a piece of writing paper, put a sheet inside the oven and close the door; if the paper blazes the oven is *too hot*, if the paper is not scorched it is *too cool*, if the paper is turned to a dark yellow or buff, about the color of kindling wood, it is *just right*. If the temperature of your oven is not right at first, change your dampers to raise or lower the heat as may be needed; in a few minutes try again with more paper, till found correct. It may be necessary to test the heat several times.

We give two excellent recipes for bread made with compressed yeast, one with kneading and one without. (We recommend, however, that the dough should be well kneaded whenever possible). We also give a recipe for bread made over night with liquid yeast, for the benefit of those who cannot obtain compressed yeast, and one for the old fashioned salt-rising bread, made without any yeast.

Some housekeepers prefer bread made with water only, some bread made with milk; others bread with both milk and water. Many prefer to put a little shortening in bread, some put sugar. The following recipes can be varied to suit the taste by changing the amounts of milk, shortening or sugar, as may be desired. In other respects follow the recipes exactly.

BREAD WITH KNEADING. *For one loaf with compressed yeast.* Always sift the flour before measuring, and if kept in a cold pantry it should be warmed before using. The milk and water should also be warm.

Into one cup of tepid water dissolve one cake compressed yeast, then stir in one and one-half cups "F S" Flour and set in a warm place to rise, in half an hour the sponge will be foamy, then add one cup milk and one teaspoonful salt, and enough "F S" Flour to make a stiff dough, and let it rise. Knead it until smooth, put in pans, let rise again and bake thirty minutes in quick oven. Milk or water may be used as desired. This bread will keep moist for two weeks. For two loaves use three pounds of flour.

WITHOUT KNEADING. *For three small loaves.* Two quarts sifted "F S" Flour, one teaspoonful salt, half a teaspoonful sugar, one tablespoonful butter or lard, half a cake compressed yeast dissolved in half cup water, add two cups lukewarm water. Reserve one cup of flour to use on the board and to add if needed. Mix the salt and sugar in a four quart bowl with the remainder of the flour; rub in the shortening until fine like meal. Pour the liquids into the centre of the flour, mixing it well with a broad knife until no flour is left dry. If too soft to be handled easily, add a little of the flour reserved. If too stiff, add more water. Cover and let it rise until double its bulk. Cut it down, let rise again, divide into three parts, then shape into loaves or biscuit. Let it rise nearly to the top of the pan. Bake in a hot oven forty-five minutes.

BREAD MADE FROM LIQUID YEAST. Take two cups "F S" Flour, one cup liquid yeast; stir together about five o'clock in the afternoon; when the sponge is light, place the flour in bread tray, put the sponge in, add butter or lard, if desired, as large as a walnut, add two cups tepid water, one tablespoonful salt; knead it thoroughly and set in a warm place to rise. Next morning knead again, mould into two loaves, set in a warm place to rise; when light, bake thirty minutes. Milk bread can be made by simply using milk instead of water.

SALT RISING BREAD. Two cups warm milk, one teaspoonful salt, one tablespoonful sugar (if desired), and enough "F S" Flour to make a soft batter; set in a warm place to rise over night. In the morning put the flour in bread tray, add the sponge, and half a teaspoonful soda; knead thoroughly for fifteen minutes, set to rise; when well raised, put in well greased bread pans, and when light put in a rather hot oven. Bake thirty minutes. This recipe is for two small loaves.

PARKER HOUSE ROLLS. Two quarts sifted "F S" Flour, one pint milk, two tablespoonfuls butter or lard, one tablespoonful sugar, one teaspoonful salt, half a cake compressed yeast. Put the flour into a bread pan, pour into it the milk (which must be boiled and then cooled) with the butter; add sugar and yeast, and put in a warm place to rise. When light, put into roll pans; let rise again, and bake about fifteen minutes.

COFFEE ROLLS. Two cups hot milk, half a cup butter and lard mixed, one teaspoonful salt, half a cake compressed yeast,

enough "F S" Flour to make a good batter. Mix with a knife as soft as can be handled and cut it thoroughly. In the morning knead well, make into large balls; then roll each ball between the hands into rolls six inches long. Place them so they will not touch in the pan after rising. When light, bake in hot oven.

DUTCH ROLLS. One quart "F S" flour, two eggs, one cup milk, one tablespoonful butter, half a cake compressed yeast. Beat the eggs, add the milk with the melted butter; pour this into the flour, having first put in the yeast. The batter must be made softer than bread; if not moist enough add more milk. Let it rise before baking.

FRENCH ROLLS. One quart luke-warm milk, one teaspoonful salt, half a cake compressed yeast, and "F S" Flour enough to make a soft batter. When very light add a beaten egg and two teaspoonfuls butter, and knead in flour till stiff enough to roll. Let the batter rise again, and when very light roll out, cut in strips and braid. Bake thirty minutes on buttered tins.

VIENNA ROLLS. Four cups "F S" Flour, half a teaspoonful salt, one tablespoonful lard or butter, two teaspoonfuls baking powder, one pint sweet milk. Divide the dough into pieces the size of an egg, roll out under the hand into strips four inches long; place on well greased tins and bake in hot oven fifteen minutes. These can be made with half a cake compressed yeast instead of baking powder. Mix over night.

TEA CAKE. Half a cup sugar, one tablespoonful butter, half a teaspoonful salt, one egg, one cup sweet milk, two teaspoonfuls baking powder and two and a half cups "F S" Flour. Bake in moderate oven about thirty minutes.

RAISED BREAD BISCUIT. Dissolve one rounded tablespoonful butter or lard in two cups hot milk, when lukewarm stir in one quart "F S" Flour, one beaten egg, a little salt and one cake compressed yeast; work into dough until soft and smooth. Set in a warm place to rise. In the morning work the dough softly and roll out half an inch thick, and cut into biscuit, then let rise again, bake twenty minutes. These are delicious.

MINUTE BISCUIT. One pint sour milk or butter-milk, one teaspoonful soda, one scant tablespoonful butter or lard, "F S" Flour enough to make a soft dough, half a teaspoonful salt, have dough just stiff enough to handle. Mix, roll and cut out quickly. Bake in a quick oven twenty minutes.

BREAKFAST BISCUIT. One pint sweet milk half a cup melted butter, half a teaspoonful salt, two teaspoonfuls baking powder, add "F S" Flour enough to make a soft batter. Do not knead into dough, but drop from a spoon into buttered pans. Bake in a very quick oven.

BREAKFAST PUFFS. One cup "F S" Flour, a pinch of salt, one cup milk, one egg, yolks and whites beaten separately.

Cook in hot buttered pans or earthen cups in a quick oven half an hour, or until the puffs are brown and well popped over.

SALLY LUNNS. Two cups "F S" Flour, two teaspoonfuls baking powder, half a teaspoonful salt, one egg, half a cup milk, one-quarter cup melted butter. Bake fifteen minutes in a very hot oven.

BUNS OR SWEET BISCUIT. One cup sweet milk, half a cake compressed yeast, one egg, half a cup butter, one cup sugar, enough "F S" Flour to make a soft batter. Flavor with nutmeg or a variety of spices. Fruit may be added, if desired. Let rise till very light, then put in pans; let rise the second time, bake, and when nearly done glaze with a little molasses or milk.

HOT CROSS BUNS. Three cups milk, one cup sugar, one tablespoonful butter or lard, one cup tepid water, one teaspoonful salt, half of a grated nutmeg, half a cake compressed yeast. Add sufficient "F S" Flour to make a good batter; let stand in a warm place to rise. Roll out half an inch thick, make a deep cross on top of each bun with a knife. Place in pans, let rise again, and bake from twenty to twenty-five minutes. Brush over the top with white of egg and one tablespoonful powdered sugar.

SWEET RUSK. Two cups warm milk, half a cup butter, one cup sugar, two eggs, one teaspoonful salt, half a cake compressed yeast, and enough "F S" Flour to make a thin batter. Let rise over night and in the morning add the butter, eggs, sugar, salt and flour enough to make a soft dough, put into pans and when very light bake twenty to thirty minutes.

AMERICAN PUFF PASTE. One pound "F S" Flour, one pound butter cut with a knife through the flour, one egg and enough ice water to make smooth paste; roll out several times, then set on the ice for one hour and repeat the rolling process three times. This is equal to French Puff paste and is very valuable to the inexperienced housekeeper, as it enables her to make pie crust, tarts and patty shells with success.

PLAIN PIE CRUST. One pound "F S" Flour, one-half pound lard, one-half teaspoonful salt, and enough cold water to make smooth dough.

DUMPLINGS. Sift together two cups "F S" Flour, one teaspoonful baking powder several times, one-half teaspoonful salt and one-half cup water. These may be rolled and cut into fancy forms or dropped from a spoon. Boil fifteen minutes.

BATTER FOR FRUIT FRITTERS. Mix together one cup "F S" Flour, one tablespoonful sugar and one-half teaspoonful salt. Beat one egg very light and add to it one-half cup milk; pour this mixture on the dry ingredients, beat vigorously, and add one tablespoonful melted butter.

Lack of room prevents our giving the numerous recipes for cake, puddings, etc. Any good recipes can be used with "F S" Flour.

GROUND OATMEAL.

This is Oatmeal made by the old time process, ground between millstones instead of being cut by knives or crushed between rollers. Some forms of cooked oatmeal, like Scotch bannocks, etc., can be better made from this Oatmeal than from the Quaker Oats, as it contains more flour. We append herewith some recipes, which are better made from this Oatmeal.

SCOTCH BANNOCKS. To four cups Ground Oatmeal, add sufficient cold water to make a batter, and a very little salt. Roll out, cut in square or triangles, and bake in a moderate oven.

SCOTCH CAKES. Rub thoroughly one tablespoonful beef drippings into four cups Ground Oatmeal, half a teaspoonful salt, and one teaspoonful baking powder. Mix with cold water to a rather stiff batter. Roll out half an inch thick, cut in rounds, and bake in moderate oven.

OATMEAL MUFFINS. One cup Ground Oatmeal, three cups flour, one teaspoonful salt, two teaspoonfuls baking powder, one tablespoonful lard, two eggs, two cups milk. Stir together oatmeal, flour, salt and baking powder; rub in the lard cold, add the beaten eggs and milk, mix smoothly into a batter rather thinner than cup cake; fill muffin-pans two-thirds full and bake in a good hot oven fifteen minutes.

OATMEAL PUFFS. One cup Ground Oatmeal, one cup graham flour, one cup wheat flour, one teaspoonful sugar, half a teaspoonful salt, two teaspoonfuls baking powder, three eggs, two cups milk. Stir together the oatmeal, graham flour, sugar, salt and baking powder; add the beaten eggs and milk; mix into a thin batter; half fill gem pans well greased and cold. Bake in good hot oven ten to fifteen minutes.

OATMEAL CRISPS. One cup Ground Oatmeal and a half a teaspoonful salt; mix together dry; cover with cold water and let stand half an hour. Drain off the water remaining, drop by spoonfuls on tin spreading as thick as possible. Bake until brown and crisp.

OATMEAL CRACKERS. One teacupful Ground Oatmeal, and water enough to make a dough; mix well and quickly; roll out very thin and bake very slowly.

OATMEAL WAFERS. Take two cups Oatmeal, two cups cold water, a teaspoonful salt; mix thoroughly and spread on

buttered tins; make it as thin as possible and yet have bottom of tin covered. Bake very slowly.

OATMEAL PIE-CRUST. Scald two parts Ground Oatmeal with one part boiling water; mix well and roll thin; as this bakes very quickly fruit which requires much cooking must be cooked first before making the pie. This crust is very tender, possessing all the qualities of shortened pie crust without its injurious effects.

All other recipes for Ground Oatmeal are the same as recipes given for Quaker Oats, and will be found under that heading.

“F S” OAT GROATS.

Oat Groats are the whole oats after they have been pearled and kilndried. They are much coarser than oatmeal or Rolled Oats, and consequently require a much longer cooking to make them soft and palatable.

BREAKFAST PORRIDGE. Into one quart boiling water salted to taste, stir in one cup Oat Groats. Let them boil for three or four hours, adding water as may be necessary without removing the cover (if in a double boiler). After they are thoroughly cooked, stir well before serving. Eat hot or pour into a mould and serve cold with cream and sugar, as preferred.

The cold porridge can be cut into slices, dipped into egg, and fried on the griddle like Hominy.

“F S” OAT FLOUR.

Oat Flour is a healthful and nutritious product. It may be used to enrich all forms of bread and pastry, and is a useful and valuable addition to many cereal foods. When mixed with Buckwheat Flour it makes light and palatable cakes. A delicious Blanc-Mange easy of digestion can also be made of it for invalids.

Oat Flour is not largely used alone, but is a healthful product, and we give a few recipes for its use by the housekeeper.

BLANC-MANGE. Stir one tablespoonful Oat Flour into enough cold water to form a paste, then stir into one quart boiling water, salted to taste, and continue to boil twenty minutes, stirring all the time. Milk may be used instead of water, if desired, and makes a richer Blanc-Mange. Pour into moulds and serve with milk and sugar.

GEMS. One cup Oat Flour, half a cup wheat flour, one and a half teaspoonfuls baking powder, one egg, one cup milk, half a

teaspoonful salt. Beat the eggs and add to the milk, then beat all well. Bake in a hot oven in heated gem pans.

MUFFINS. Two cups sour milk, one teaspoonful soda, two teaspoonfuls white sugar, half a teaspoonful salt, one egg and enough Oat Flour to make a soft batter. Bake in well greased muffin tins.

RAISED BISCUIT. Dissolve one tablespoonful butter in two cups hot milk; when lukewarm add half a cake compressed yeast, one well beaten egg, half a teaspoonful salt, one cup Oat Flour, and enough wheat flour to make a soft dough, one tablespoonful sugar; mix over night. In the morning knead well, roll out and bake when light in hot oven.

"F S" GRAHAM FLOUR.

The "F S" Graham is made both from white and amber wheat; the former possesses more delicacy, the latter more gluten. For family use, the "F S" White Wheat Graham is superior. It makes healthful and nutritious bread, particularly for those troubled with constipation or dyspepsia.

We give herewith a number of simple recipes, most of which are given with little or no sweetening, and are especially suitable for dyspeptics. For others, additional sugar can be added to suit the taste.

GRAHAM PORRIDGE. Add to one quart boiling water one teaspoonful salt, and slowly stir into the hot water Graham Flour enough to make a soft batter. Boil slowly until well cooked. Serve hot or cold with cream and sugar.

GRAHAM BREAD. Dissolve half a cake compressed yeast in four cups tepid water, add one teaspoonful salt, stir in enough "F S" Graham Flour to make a soft dough, and set in a warm place to rise. When light add one cup molasses, then stir in Graham Flour enough to make a stiff dough, pour into baking pans and set in a warm place till light. Bake thirty minutes.

The above recipe is for two loaves.

GRAHAM RAISED BISCUIT. One cup "F S" Graham Flour, one cup wheat flour, half a teaspoonful salt, one tablespoonful sugar, one tablespoonful melted butter; dissolve half a cake compressed yeast in one cup warm milk or water. Mix and let stand over night and bake in the morning in a hot oven about twenty to thirty minutes.

GRAHAM GEMS. Three cups "F S" Graham Flour, two teaspoonfuls baking powder, one egg, one cup milk, one cup water, one-half teaspoonful salt. Beat thoroughly and pour in heated gem pans. Bake fifteen to twenty minutes.

GRAHAM MUFFINS. Four cups "F S" Graham Flour, one teaspoonful brown sugar, one teaspoonful salt, three teaspoonfuls baking powder, one tablespoonful melted butter, one egg, two cups sweet milk. Bake in a hot oven fifteen minutes.

GRAHAM WAFERS. Two cups "F S" Graham Flour, one cup sweet milk, pinch of salt, mix quickly and thoroughly, roll out as thin as possible. Prick and bake in a quick oven.

GRAHAM GRIDDLE CAKES. Half a cup "F S" Graham Flour, one cup corn meal, one cup wheat flour, one heaping teaspoonful brown sugar, half a teaspoonful salt, three teaspoonfuls baking powder, one egg, one cup each milk and water. Mix all together to a smooth batter and fry on hot griddle.

GRAHAM BREAKFAST CAKE. One cup "F S" Graham Flour, one cup wheat flour, two teaspoonfuls baking powder, half a teaspoonful salt, half a cup molasses and one full cup sweet milk. Bake in a hot oven twenty to thirty minutes.

STEAMED GRAHAM PUDDING. Three cups Graham Flour two cups milk or water, two teaspoonfuls baking powder, one-half teaspoonful salt, one egg. Pour into a buttered pudding dish and steam thirty-five minutes. Serve with plain sauce.

BAKED GRAHAM PUDDING. Three cups Graham Porridge, three eggs, two cups milk or water, one-half teaspoonful salt, a little nutmeg. Bake twenty to thirty minutes. Sugar may be added if desired.

"F S" WHOLE WHEAT FLOUR or Wheat Meal.

The "F S" Whole Wheat Flour or Wheat Meal is made from the choicest winter wheat, from which the outer coat containing only woody fibre and silex has been thoroughly removed by careful pearling. The *entire* wheat, containing all the bran and gluten is then ground into a coarse flour or meal known as "F S" Whole Wheat Flour. We also make a finer whole wheat flour which we designate as "F S" Fine Purified Wheat Meal. Both are absolutely pure and make sweet, nutritious, healthful bread, containing all the life giving elements of the entire wheat.

This whole wheat bread is excellent for the digestion and particularly suited for dyspeptics. For children it is a healthful and invaluable food, strengthening and hardening their muscles, bones and teeth.

The "F S" Whole Wheat Flour can be cooked in any desired form. Recipes are the same as for the "F S" Graham Flour, which please see.

"F S" RYE FLOUR.

RYE BREAD. Dissolve one cake compressed yeast in one pint lukewarm water, add one cup Indian Meal, one tablespoonful salt, two tablespoonfuls brown sugar, one quart warm milk, two cups wheat flour and enough Rye Flour to make all into a pliable dough. Bake in a moderate oven forty-five minutes.

RYE GRIDDLE CAKES. Two cups Rye Flour, one cup graham flour, one cup white flour, one tablespoonful sugar, half a teaspoonful salt, three teaspoonfuls baking powder, one egg, one pint sweet milk. Fry on hot griddle.

RYE MUFFINS. One cup Rye Flour, one-quarter cup sugar, half a teaspoonful salt, two teaspoonfuls baking powder, one cup white flour, one egg, one cup sweet milk. Bake in hot oven fifteen to twenty minutes.

RYE GEMS. One and a half cups Rye Flour, half a cup wheat flour, pinch of salt, two eggs, one tablespoonful sugar, one cup milk. Bake in very hot iron gem pans thirty to forty minutes.

RYE RAISED BISCUIT. One cup Rye Flour, one cup wheat flour, half a teaspoonful salt, one tablespoonful sugar, one tablespoonful melted butter. Dissolve half a cake compressed yeast in one cup warm milk or water, mix over night and bake from twenty to thirty minutes in the morning.

RYE BREAKFAST CAKE. One cup Rye Flour, one cup wheat flour, two teaspoonfuls baking powder, half a teaspoonful salt, half a cup molasses, one full cup sweet milk. Bake in a hot oven twenty to thirty minutes.

"F S" RYE MEAL.

PORRIDGE OR MUSH. Stir one cup Rye Meal and a teaspoonful of salt into enough cold water to make a smooth paste, then stir into one quart boiling water. If a single kettle is used stir frequently, if a double kettle, no stirring will be required until just before serving. Leave on the fire until the grains are thoroughly soft. It can be cooked in twenty minutes.

The other recipes for the "F S" Rye Meal are the same as for "F S" Rye Flour, which please see.

PLAIN BUCKWHEAT FLOUR.

This is the old fashioned Buckwheat Flour, ground from the grain without the addition of any self raising

preparation. Some people still prefer it although the prepared buckwheat flours have largely taken its place, owing to the ease with which the cakes can be prepared for the table, and their superior digestibility.

BUCKWHEAT CAKES. The best Buckwheat Cakes are made with the addition of corn meal flour and oatmeal flour to the Buckwheat in this proportion:

Three cups Buckwheat, one and a half cups oatmeal flour, or if this cannot be obtained, substitute graham flour in its place, and half a cup corn meal; to this add a small teaspoonful salt, two tablespoonfuls molasses, and lukewarm water sufficient to form a batter; stir through the flour well two teaspoonfuls baking powder before wetting; but these cakes are much better raised over night with yeast.

BUCKWHEAT CAKES, ANOTHER. Three cups Buckwheat Flour, two cups white corn meal, one teaspoonful salt, one tablespoonful molasses; dissolve one cake compressed yeast in enough sweet milk or water to make a soft batter. Mix over night, and let rise. Have your griddle hot.

The amount of corn meal or oat flour mixed in the Buckwheat may be varied to suit the taste. Some people like more corn than others. Rye flour is also mixed sometimes with buckwheat for cakes.

BAKED BUCKWHEAT BREAKFAST CAKE. One cup Buckwheat Flour, one cup wheat flour, two teaspoonfuls baking powder, half a teaspoonful salt, half a cup molasses, one full cup sweet milk. Beat until very soft. Bake in hot oven twenty minutes.

“F S” WHITE GRANULATED CORN MEAL.

This is made from the best southern white corn; the chit of the corn is thoroughly taken out and only the hard crystals kept. It can be cooked in exactly the same way as the Grains of Gold. The Recipes will be the same as those, which please see.

“F S” YELLOW BOLTED CORN MEAL.

Is made from the best Ohio yellow Corn.

The Recipes will be the same as for Grains of Gold, which please see.

"F S" WHITE BOLTED CORN MEAL.

This is made from the best white corn, thoroughly cleaned.

The Recipes will be the same as for Grains of Gold, which please see.

"F S" YELLOW GRANULATED HOMINY.

This Hominy is made from the best yellow corn and is very sweet and palatable. Recipes for cooking are the same as the "F S" White Granulated Hominy, which please see.

"F S" WHITE CORN FLOUR.

Corn Flour is not extensively used by housekeepers, but mostly by bakers to give a whiter color to their bread mixtures, and also to cheapen the cost of their bread. While recommending Corn Meal for family use as being the best, we give a few recipes for Corn Flour, for those who may desire to use it.

BLANC-MANGE. Mix one tablespoonful Corn Flour with a little cold milk, then stir slowly into two cups boiling milk, first salting to taste; stir constantly until thick and smooth, add one egg well beaten, let boil two or three minutes, then lift from fire, add one teaspoonful vanilla and pour into moulds. Serve with sugar and cream.

GEMS. Two cups Corn Flour, two teaspoonfuls baking powder, one egg well beaten, half a teaspoonful salt, one and a half cups milk. Bake in hot gem pans fifteen to twenty minutes.

MUFFINS. Two cups Corn Flour, two teaspoonfuls baking powder, one tablespoonful butter, one egg, half a teaspoonful salt, one tablespoonful sugar, and one and a half cups milk or water. Bake in muffin pans.

"F S" YELLOW CORN FLOUR,

The Recipes for Yellow Corn Flour are the same as for the White Corn Flour, which please see.

"F S" BARLEY FLOUR.

Barley Flour is easily and rapidly digested and is an excellent food for infants and invalids who cannot digest other cereal flours containing starch.

Barley Flour is not very generally used by house-keepers but is a good food and we give a few recipes for common use.

BARLEY FLOUR PORRIDGE. Stir one cup Barley Flour into one quart cold water until smooth, and one tablespoonful salt. Boil two hours in a double boiler, and pour into moulds or forms. Serve cold with cream and sugar.

BARLEY FOOD FOR BABIES. Stir one tablespoonful sifted Barley Flour into a small cup cold water; mix well and stir the paste into two cups boiling water in a saucepan; add half a teaspoonful salt; boil and stir continually ten minutes. Sweeten with white sugar and feed the baby from a bottle or teaspoon. Two cups hot milk can be added if desired. If cold milk is used, stir into the mixture for three minutes over the fire.

BARLEY FLOUR CUSTARD. Two cups milk, two eggs, two tablespoonfuls Barley Flour, two tablespoonfuls sugar, half a teaspoonful salt. Scald one cup milk, mix the flour with the remaining cold milk to a smooth paste and stir in boil two or three minutes, then add the sugar, salt and eggs well beaten. Bake thirty minutes.

GEMS. Two cups Barley flour, two cups milk, two teaspoonfuls baking powder, two teaspoonfuls butter, one teaspoonful sugar and pinch of salt, mix all well together. Bake in hot buttered gem pans in quick oven.

MUFFINS. One cup Barley Flour, half a cup sugar, one-third cup butter, one egg, one cup milk, one teaspoonful baking powder. Bake in muffin pans.

BREAKFAST CAKE. Two cups Barley Flour, one tablespoonful butter, two teaspoonfuls baking powder, one-quarter teaspoonful salt, two cups water; mix thoroughly. Bake in quick oven.

“F S” BARLEY GROATS.

Barley Groats are not largely used in this country except by the German and Polish Jews, with whom they are a standard food.

FOR PORRIDGE. Stir slowly two cups Barley Groats into two quarts boiling water, first salting the water to taste, before putting the Barley Groats in. In a single kettle boil from three to five minutes, stirring all the time. If a double boiler is used, the Groats will require twenty minutes to half an hour to cook, a longer time is all the better.

FRIED GROATS PORRIDGE. Cut into slices, dip into egg, and fry on the griddle like Hominy.

"F S" GLUTEN FLOUR.

The use of Gluten Bread is very favorable for diabetics. It is very healthy for all.

PORRIDGE OR MUSH. To one pint of boiling water use one cup "F S" Gluten Flour; cook twenty minutes stirring frequently. Being destitute of starch it will not thicken.

GLUTEN BREAD. *For two loaves.* Take one quart sweet milk, one teaspoonful butter, one-fifth of a cake compressed yeast; dissolve in a little water, two eggs well beaten, then add enough Gluten Flour to make a soft dough. Put in baking pans and when light bake in a hot oven one hour. Bear in mind that less yeast is required than with ordinary flour, and less time in the rising process. It requires the same kneading as any other bread.

GLUTEN GEMS. Three cups Gluten Flour, one cup water, three teaspoonfuls baking powder, half a teaspoonful salt, mix as quickly as possible. Bake in quick oven in gem pans.

MUFFINS. Two cups Gluten Flour, two teaspoonfuls baking powder, one egg, half a teaspoonful salt, two cups sweet milk. Have hot muffin pans well buttered, then bake fifteen minutes in quick oven.

GRIDDLE CAKES. One and a half cups Gluten Flour, two teaspoonfuls baking powder, two cups sweet milk, half a teaspoonful salt, one egg well beaten. Fry on hot griddle.

BISCUIT. Three cups Gluten Flour, one tablespoonful butter, half a teaspoonful salt, two eggs, two teaspoonfuls baking powder and one cup sweet milk or water. Roll out half an inch thick and cut. Bake fifteen minutes.

If a simpler biscuit is desired, leave out the eggs and milk.

"F S" BUCKWHEAT FARINA.

This is a product of Buckwheat not largely eaten in this country, but used mostly by Russian and Polish Jews.

BREAKFAST PORRIDGE. Stir slowly two cups Buckwheat Farina into two quarts boiling water, first salting the water to taste, boil five minutes in a single kettle stirring well. If a double kettle is used, cook twenty minutes without stirring except just before serving.

FRIED. Slice the cold Breakfast Porridge, dip into egg and fry on the griddle like Hominy.

"F S" BUCKWHEAT GROATS.

Buckwheat Groats are the whole buckwheat grain after the hard hull has been removed. They are not

much known or used by Americans, but are quite largely eaten by Russian and Polish Jews.

FOR PORRIDGE. Stir slowly two cups Buckwheat Groats into two quarts boiling water, first salting the water to taste. Boil from three to five minutes if a single kettle is used, stirring all the while. If cooked in a double boiler the Buckwheat Groats will require twenty minutes to half an hour to cook, (a longer time is all the better). Do not stir at all in this case, except just before serving.

FRIED. When cold cut into slices, dip into egg, and fry on the griddle like Hominy.

BUCKWHEAT GROATS WITH EGGS. Stir together two cups Buckwheat Groats and three eggs; place in the oven to brown; then stir this into two quarts boiling water previously salted to taste. Boil hard five minutes, if a single kettle is used, stirring all the while. If a double boiler is used, it will take a much longer time to cook and should not be stirred except before serving.

CORN MEAL, RYE AND GRAHAM MIXTURES.

It is possible to make a great variety of cakes, muffins, gems, &c., from a combination of the above, varying the amount of corn meal, rye and graham as desired, and the addition of wheat flour if preferred. There are also on the market quite a variety of prepared corn, rye and graham mixtures, but these are in no sense distinctive cereals, and we have no room to insert them. They vary only in the relative amount of corn, rye and graham they may contain. We give, however, a number of recipes. It is possible to multiply this number indefinitely, but these will be sufficient for all practical purposes of the housekeeper.

GEMS. One cup rye flour, one cup corn meal, one cup graham flour, one teaspoonful salt, two teaspoonfuls baking powder, and one pint sweet milk or water. Bake in hot gem pans twenty minutes.

MUFFINS. One cup rye flour, one cup graham flour, one cup wheat flour, half a teaspoonful salt, two teaspoonfuls baking powder, one tablespoonful sugar, two eggs, two cups milk or water. Bake in muffin rings fifteen to twenty minutes.

BREAKFAST ROLLS. Two cups wheat flour, one cup rye flour, one cup corn meal, one teaspoonful salt, two teaspoonfuls

Baking powder, one tablespoonful butter or lard, two cups milk. Bake in quick oven fifteen to twenty minutes.

GRIDDLE CAKES. One cup rye flour, one cup corn meal, one cup wheat flour, half a teaspoonful salt, half a cake compressed yeast, dissolve in half a cup warm water; then add enough sweet milk to make a soft batter. One tablespoonful molasses will give the cakes a rich brown color. Mix over night.

LUNCH BREAD. Two cups wheat flour, one cup rye flour, one cup corn meal, two teaspoonfuls baking powder, one teaspoonful salt, one tablespoonful butter or lard, two cups milk; mix smoothly and quickly into a soft dough, divide into five equal parts, form into long loaves, lay them in pans just touching, wash over with milk. Bake in a hot oven thirty minutes.

CORN BREAD. Take two tablespoonfuls corn meal, two teaspoonfuls molasses, one teaspoonful baking powder, one and a half teacups butter-milk, and a pinch of salt; thicken into a thick paste with rye flour. Bake in moderate oven thirty-five minutes.

STEAM CORN BREAD. Two cups corn meal, two cups sweet milk, one cup rye flour, one cup graham flour, one cup sour milk or butter-milk, one-quarter cup molasses, two teaspoonfuls baking powder, one teaspoonful salt. Steam three hours then put in oven to brown.

ROLLED RYE PORRIDGE. Into three parts freshly boiling water, salted to taste, stir slowly one part Rolled Rye. Boil twenty minutes to half an hour, and serve hot with sugar and cream, or syrup as preferred. Do not stir while cooking.

FOR BOSTON BROWN BREAD. One cup yellow granulated corn meal, one cup fine granulated wheat or graham meal, one cup rye flour, one teaspoonful soda and one of salt, three quarters of a cup of molasses and two cups sour milk.

Mix the dry ingredients and meal together, sifting in the salt and soda. Mix the molasses and milk together in a separate bowl, then turn into the dry material, working until no lumps of flour remain. The bread should be baked in a well greased tin, set in boiling water and steamed for three hours at least. By tying down the cover of the tin it may be lifted by the handle more readily from the boiling water.

ANOTHER. One cup white corn meal, one cup rye flour, one cup graham flour, one teaspoonful salt, one full teaspoonful soda, half a cup molasses, one pint sour milk. Mix and bake as above.

BREWIS. Brewis can be made from white, brown, graham, rye or corn bread. It is usually, however, made from brown bread for which we give a recipe. This recipe will be the same for the other breads substituting them in place of the brown bread.

BROWN BREAD BREWIS. Break two cups dry brown bread, and a half cup dry white bread into inch pieces. Put one

tablespoonful butter into a frying pan, and when it is melted, but not brown, add the bread and cover with two cupfuls milk. Let the whole simmer, stirring occasionally to keep it from sticking, until the bread is soft and the milk absorbed. Salt to taste.

RICE.

BOILED RICE. *Southern Way.* Into two quarts freshly boiling water, salted to taste, stir one cup of thoroughly washed rice; boil hard for twenty minutes. The moment the grains are soft, pour into a strainer, drain and place it on the back of the stove, stir before serving.

BOILED RICE. *For Those of Delicate Digestions.* Pour two and a half cups of boiling water on one cup well washed rice, add half a teaspoonful salt. Cook in a double boiler three quarters of an hour until thoroughly soft. Remove the cover, stir with a fork and dry off the rice.

RICE GEMS. One cup cold boiled Rice, one egg, one cup milk, one cup flour and a pinch of salt. Bake in hot iron gem pans that have been well buttered.

RICE MUFFINS. Take one cup cold boiled Rice, two cups flour, two eggs, two cups milk, one tablespoonful butter and one teaspoonful salt. Beat very hard and bake quickly.

RICE WAFFLES. Two cups flour, two and a half cups boiled rice, two eggs, one tablespoonful butter and a little salt. Mix it all to a stiff batter. Beat the yolks of the eggs till light, add the rice and butter, then the salt and flour, next the milk, beating all the while till smooth; whip the white of the eggs to a stiff froth. Stir quickly in and bake in well buttered waffle irons.

RICE GRIDDLE CAKES. One and a half cups cold rice, two cups flour, two eggs, one heaping teaspoonful baking powder, milk to make a thin batter, half a teaspoonful salt, fry on hot griddle.

RICE BREAKFAST OR TEA CAKES. Mix well together two cups well boiled rice, one cup flour, the yolks of six eggs, beat the whites to a froth; two tablespoonfuls butter, one cup milk, a little salt; mix well together and add the whites of the eggs last. Bake in shallow tins in a hot oven and serve hot.

RICE CROQUETTES. One teacup rice, boil in pint of milk and pint of water. When boiled and hot, add a piece of butter the size of an egg, two tablespoonfuls sugar, two eggs, the juice and grated peel of one lemon; stir this up well; have ready the yolks of two eggs well beaten on one plate, cracker crumbs on another; make the rice in rolls and dip in the eggs and cracker crumbs. Fry them in butter. Serve hot.

PLAIN RICE CROQUETTES. Put a little salt into some cold boiled rice, shape into rolls, dip into eggs and cracker crumbs, and fry in butter, drippings or lard. Serve hot.

CREAM RICE PUDDING. Two even tablespoonfuls rice, one teaspoonful sugar and a pinch of salt. Stir into one quart of milk. Bake in slow oven two hours. Add raisins or nutmeg if preferred.

The great fault with most rice puddings is that they are made too stiff with rice to be palatable. They should always be cooked slowly.

RICE PUDDING WITH EGGS. Two tablespoonfuls rice, two eggs, one tablespoonful sugar, half a teaspoonful salt, and some nutmeg or vanilla, one quart milk; beat the eggs and stir with other ingredients into the milk. Bake in a slow oven two hours. It is essential that a good rice pudding should be baked slowly, so as not to dry up the milk and make the rice too stiff.

RICE SOUFFLE. Boil half a cup rice in one quart boiling water (salted to taste) fifteen to twenty minutes and strain, put the rice in a double boiler with one pint milk, cook ten minutes, add the yolks of four to six eggs beaten with four or six tablespoonfuls powdered sugar and one tablespoonful butter. Cook five minutes and set away to cool, then add half a teaspoonful vanilla, lemon or other flavoring. Half an hour before serving beat the whites of the eggs stiff and cut lightly into the cooked mixture. Bake in a well buttered pudding dish half an hour. Serve immediately with creamy sauce.

RICE FLOUR.

RICE FLOUR PUDDING. Stir four tablespoonfuls rice flour into a little cold milk, pour this into one quart boiling milk; boil five minutes before removing from the fire and add butter the size of an egg, two eggs, sugar and flavoring to taste, and a little salt. Bake in a deep dish twenty minutes.

BLANC-MANGE. Boil one quart milk; season to taste with salt, sugar and flavoring. Put four heaping tablespoonfuls rice flour in a little cold milk, mix until very smooth, add this to the boiling milk; boil fifteen minutes, stirring occasionally, then pour into forms or moulds. Serve with fruit sauce.

CEREALINE.

CEREALINE PORRIDGE. Stir two and a half cups Cerealine Flakes into one quart boiling milk or water, salted to taste. Boil ten minutes.

CEREALINE BREAKFAST CAKE. Melt a piece of butter the size of an egg; add two tablespoonfuls sugar and three eggs; beat up well, then add one teaspoonful salt, two cups flour, two cups Cerealine, two teaspoonfuls baking powder, two cups milk. Mix all together quickly and thoroughly and bake in a quick oven. Serve hot.

CEREALINE BREAD. Melt one tablespoonful butter in half a cup hot water, when cool stir in two teaspoonfuls salt, one teaspoonful sugar; dissolve one cake compressed yeast in half a cup lukewarm water, add to this four cups Cerealine, four cups wheat flour and one pint sweet milk. Knead thoroughly ten minutes. Let rise three-quarters of an hour and bake in a moderate oven forty-five minutes. Bread made in this way will be light, sweet and wholesome, and will keep fresh and soft for a long time. This recipe makes two loaves.

MACARONI, SPAGHETTI, VERMICELLI, NOODLES, &c.

Are not properly speaking cereal foods, being products manufactured from flour or farina. The best macaroni is made in Italy and southern France. Of late years macaroni has also been made in the United States largely by Italians. We give herewith a few recipes for the same.

CREAM SPAGHETTI OR MACARONI. Put into boiling water, cook until tender, drain off water, put in again with some milk, and thicken with flour, add some butter and seasoning.

BAKED SPAGHETTI OR MACARONI. Wipe off with a clean towel, put into boiling water, salt and pepper to taste, cook until very tender, drain through a colander, put into a baking dish covered with milk, add fine cracker crumbs and a little grated cheese, and some pieces of butter. Bake until nicely brown, and serve hot.

Macaroni or Spaghetti may be varied considerably according to taste by the amount of cheese used. It is also frequently served with tomato sauce.

CORN STARCH.

CORN STARCH PUDDING. One quart milk, one large tablespoonful Corn Starch, one cup sugar, one or two eggs. Boil the milk, (add the sugar to the corn starch previously mixed smooth with a little of the cold milk) flavor with lemon extract or any flavoring, pour out in cups or moulds and set in a cool place. Serve with sweetened cream or milk.

CORN STARCH BLANC-MANGE. Five tablespoonfuls Corn Starch, one quart boiling milk; mix corn starch with a little cold milk, two eggs, salt and sugar to taste. Flavor with vanilla or lemon, add to the boiling milk and stir briskly for ten minutes; pour into forms or moulds. Serve with sauce, or sugar and cream.

CORN STARCH BOILED CUSTARD. One and a half tablespoonfuls Corn Starch, one quart milk, one egg, a little salt, four tablespoonfuls sugar. Dissolve the Corn Starch into a little cold milk; add the egg, salt and sugar, and pour all into the boiling milk; stir briskly. Flavor with lemon or vanilla.

CORN STARCH LEMON PUDDING. Grate the rind of two lemons, add the juice and the rind, three tablespoonfuls sugar, and one tablespoonful Corn Starch; stir this well into some cold water, sufficient to make it smooth. Place three pints milk on the fire; when boiling add the above, stirring all the time until it thickens; remove it from the fire and add one ounce of butter and four eggs; stir again while on the fire, taking care not to allow it to burn; as soon as it becomes thick remove it and pour into forms or moulds. Serve with sugar and cream.

CORN.

DRIED SHAKER SWEET CORN. Do not soak, but cover half an inch deep one hour before meal time. Cover closely and keep hot on the back of the stove. Do not let it boil a moment as that hardens it. When the rest of the meal is ready add to the corn some milk or cream, butter and a little salt. Serve hot.

GREEN CORN BOILED ON THE EAR. Boil twenty-five minutes if very young and tender. As it grows older it requires a longer time. Serve on the table in a napkin.

Corn can also be boiled with the inner husk on if preferred.

SHELLED CORN OR CANNED CORN AS A VEGETABLE. Cut the corn from the cob, mix it with milk, not too thin, pepper and salt. Stew in a saucepan for twenty to thirty minutes.

GREEN CORN ROASTED. Green Corn roasted in wood ashes with the husk left on retains all the natural strength of the corn and is delicious. It is thus cooked in the famous Rhode Island Clam bake.

GREEN CORN FRITTERS. Score and press out the pulp of one dozen ears sweet corn, add to this one cup sifted flour, one cup milk, half a teaspoonful salt, one teaspoonful sugar, a pinch of black pepper, and the beaten yokes of two eggs. Beat well, stir in carefully the two whites beaten to a stiff froth and one tablespoonful baking powder; fry like any other fritter in boiling hot fat and drain on brown paper. If can corn is used, use one egg for the above recipe.

POP CORN BALLS. Make a syrup of white confectioners' sugar and water, flavor to suit the taste, when boiling drop in the pop corn, let it cool; form into balls and set aside to harden. Pink confectioners' sugar may be used.

KITCHEN WISDOM.

KITCHEN WEIGHTS AND MEASURES.

4	Even saltspoons,	1	Teaspoon.
4	Teaspoonfuls,	1	Tablespoon.
4	Tablespoonfuls,	1	Wineglass or $\frac{1}{4}$ cup.
8	Tablespoonfuls,	$\frac{1}{2}$	Cup or $\frac{1}{2}$ Gill.
2	Gills or one cup,	$\frac{1}{2}$	Pint.
4	Gills or two cups,	1	Pint.
2	Pints,	1	Quart.
4	Quarts,	1	Gallon.
1	Even tablespoonful butter or lard,	1	Ounce.
1	Heaping tablespoonful butter or lard,	2	Ounces.
	Butter size of walnut,	1	Ounce.
	Butter, size of an egg,	2	Ounces.
	One even cupful of butter,	$\frac{1}{2}$	Pound.
4	Cups of flour,	1	Quart or 1 Pound.
3	Cups of corn meal,	1	Pound.
2	Cups of granulated sugar,	1	Pound.
$2\frac{1}{2}$	Cups of powdered sugar,	1	Pound.
1	Pint of liquid,	1	Pound.
1	Pint of finely chopped meat,	1	Pound.

1 Saltspoon is a good measure of salt for all puddings, custards and blanc-manges.

The cup used for the above measures is a common kitchen cup holding half a pint.

ADVICE TO THE COOK. Great cleanliness as well as care and attention are required from the cook. Keep your hands very clean; don't "scatter" in your kitchen, clean up as you go; put scalding water in each saucepan or stewpan as you finish using it. Dry your saucepans before you put them on the shelf. Never scrub the inside of a frying pan, rub it with silver sand or sapolio or boil washing soda in it, rinse it out well with hot water afterwards. Wash your pudding cloths, scald and hang them to dry directly after using them; air them before you put them away or they will be musty; keep in dry place. Be careful not to use a knife that has cut onions before it has been cleaned. Keep sink and sink-brush very clean. Be careful never to throw anything but water down the sink. Never have sticky plates or dishes; use very hot water for washing them; when greasy change it. Clean copper with turpentine and very fine brick dust or a pomade made for the purpose, or boiled vinegar rubbed on with flannel; polish them with chamois. Clean your tins with soap and whiting mixed, made into a thick cream with hot water; rub it on with flannel; when dry dust it off with clean chamois.

PROPER MANAGEMENT OF THE KITCHEN FIRE. The demands upon the kitchen fire are varied. Some times we want a

very hot oven or surface, and again we must have only a moderate amount of heat. The degree of heat must be regulated by the various checks and draughts in the range, rather than by the use of a greater or less amount of coal. In the morning remove all the ashes and cinders. Put the shavings or paper on the grate loosely, and then the kindling wood, crossing the pieces, that there may be a free circulation of air. Open all the draughts and light the fire. As soon as the wood begins to burn put on the coal. Let the fire burn ten minutes, then shut all the dampers but keep open the draughts in the front of the fire. When the coal begins to burn well, add enough fresh fuel to come nearly to the top of the lining of the fire box. Keep the front draught open until all the coal has become ignited, but not until it becomes red hot. Now close the front draughts and the fire will be hot enough for anything you may want to do for hours to come. Should you want only a moderate heat, there are checks with all modern ranges and stoves, which enable you to make the combustion very slow. If greater heat be wanted open the draughts, and in a short time you will have a glowing fire. These are the great secrets of always having a good fire when you want it: do not let the coal burn to a white heat; when you do not require a hot fire open all the checks; when you want a hot fire close them and open the draughts, and, of course, the moment there is no further need of a hot fire, close the draughts and open the checks again. A fire built and managed in this way can be used constantly for four hours. By following the above instructions one ton of coal will last two months in the coldest weather, at least such has been my experience with a large range.

A STEADY HEAT for baking cannot be expected from a stove that is imperfectly cleaned and choked with clinkers. Too often the cook blames the stove for imperfect work, when the fault lies in her own neglect to put it in baking or cooking order.

STOVES AND RANGES should be kept free from soot in all compartments. A clogged hot-air passage will prevent any oven from baking well.

A CLEAN, TIDY KITCHEN can only be secured by having a place for everything and everything in its place, and by frequent scourings of the room and utensils.

HOUSEKEEPERS should not fail to keep a bushel or two of charcoal in the house with which to make a bed of coals for broiling. Try it and see the difference it will make in your steak or chicken or ham.

WASTE NOT. It is a sad fact that there is, perhaps, more extravagance in bread—the real staff of life—than in any other article. Pieces are thrown away, crumbs shaken into the fireplace, and crusts or “heels” of loaves allowed to get stale; whereas the careful housekeeper has a large dish on the top shelf of her pantry,

in which every scrap and crumb of bread left unconsumed is placed. Once a week regularly these are dried—not browned—in the oven, then crushed on the breadboard, or pounded in a mortar, sifted in a wire sieve and stored in an earthen jar. Not only are these bread crumbs useful for making soles or cutlets, or for frying, but soaked for some little time in milk, they make the foundation of many sweet puddings, which are both nutritious and economical, and of which the style and flavor can be varied to any extent.

In every household there should be rendered beef fat. This with butter makes excellent pie-crust. The use of lard and other fats should be avoided as it often leaves an unpleasant after taste. Into an iron pan put the small bits of fat trimmed from a piece of beef, and place in the oven until liquid, strain through a sieve and put away to cool. Rendering in the oven avoids all disagreeable odor in the house.

FLOUR should be kept in a cool, dry place. If possible, there should be some kind of a close receptacle for it, and too large a quantity sometimes spoils by being kept too long. It should also be remembered that mites, which often get into flour, are more destructive than mice.

FRESH ROLLS may be kept on hand by putting in a refrigerator some of the fresh sponge and letting it rise when needed.

TO KEEP BREAD JAR and cake box sweet, rinse after washing with boiling water in which has been dissolved a little soda. Rinse, wipe, and set them out in the sun a few hours.

HEAT the bread knife very hot when about to cut new bread; this will prevent its crumbling.

SWEET, light, fine-grained bread, twenty-four hours old, makes the best sandwiches.

HINTS ON BAKING. To acquire perfect success, the cook must use judgment and care. Some flours require more water or milk than others; so that the quantity may have to be varied to make dough of a proper consistency. Different bakings will vary as to time and heat required, and should, therefore, be examined occasionally. To ascertain whether the bread is sufficiently done in centre of loaf or cake, thrust a clean straw, or long thin splinter into it. If done there will be no dough on it when drawn out. Measure the flour, and be careful to mix with it the baking powder in a dry state, and before sifting. You can always substitute water for milk, or milk for water; butter for lard, or lard for butter. The number of eggs may be increased, diminished, or dispensed with entirely. When fewer eggs are used than directed, always use a little more baking powder. Never use sour milk.

GEM PANS. It is exceedingly hard to prevent a tin gem pan from sticking, as tin, being thin, melts quickly and roughens on the inside so that materials are bound to stick. An iron or granite pan

will last a lifetime, and the first cost is little more than tin.

PIES. Almost every cook has been more or less troubled with pie juice running over the oven. A simple but ingenious method of obviating this is to make a little opening in the upper crust, and insert a little roll of paper perpendicularly. The steam will escape from it as from a chimney and the juice will be retained in the pie.

FACTS ON CAKE MAKING. Successful cake making depends on about twenty things.

Proper materials.

A correct recipe.

Following directions explicitly.

Accurate weights and measurements.

Compounding the ingredients in their proper order.

Having everything in readiness before commencing to mix the ingredients.

Regulating the temperature of the oven according to the kind of cake made.

Having all the ingredients at the right temperature.

Not suspending the mixing until the cake is ready for the oven.

Beating much or little, according to the kind of cake, and always in one direction.

Whipping the whites of the eggs to a coarse, moderately stiff froth rather than a fine stiff one.

Sifting the baking powder and flour together two or three times.

Folding the flour in carefully instead of by strong circular strokes.

Placing in the oven as soon as the baking powder is added.

Greasing the tin with sweet lard rather than butter, and sifting a little dry flour over.

Opening and shutting the oven door very gently during the process of baking.

Not turning while in the oven if it can be avoided.

Keeping fruit over night in a warm room, dredging it thoroughly with flour, and stirring it in lightly the last thing.

Lining tins for loaf-cake with oiled paper.

Making the paper or paste lining of a tin for fruit cake or a large loaf cake an inch higher at the sides, to support a paper cover, and prevent its baking too hard.

In baking loaf cake remember that unless you place a piece of paper over for protection at first, a top crust will be formed at once that prevents the raising. When cake is well raised remove paper for browning on top.

Set a dish of water in the oven with cake when baking and it will seldom scorch.

Two apples kept in the cake box will keep moderately rich cake moist for a length of time, if the apples are renewed when withered.

A FEW HINTS ON PUDDING MAKING.

When a pudding is to be boiled, see that the cloth to be used is very clean, and that it is dipped in boiling water, dredged with flour, and shaken well, before the pudding is put into it.

If a bread pudding it must be tied loose. If a batter one, it must be tied tight.

When a mould or basin is to be used, it must be well greased before the pudding is put in. When it is ready, care must be taken in lifting it out. Allow it to stand for a few minutes before unloosing the cloth.

All puddings must be boiled in plenty of water, turned frequently, kept closely covered, and never allowed to go off the boil.

If the pudding is to be baked, the dish or pan must be also greased before it is put in. Bread and custard puddings require time and a moderate oven to raise them.

As a rule, steamed puddings are put in an earthenware dish, covered with a tight cover or greased paper, which is placed in a pot of boiling water, which must not come more than three parts up the sides of the pudding dish. If the water boils away, more boiling water must be added, and it must be kept always boiling. Be careful in removing the lid that no drops fall on the pudding. Puddings, etc., when steamed, do not require so much liquid in them as when baked. The dry air of the oven dries them; steaming keeps them moist.

FOOD FOR THE SICK. Always prepare food for the sick in the neatest and most careful manner. In sickness the senses are unusually acute, and far more susceptible to carelessness, negligence and mistakes in the preparation and serving of food than when in health. Special wants of the body show themselves in special cravings for certain articles of food. These should be gratified when possible.

HOW TO MAKE GOOD COFFEE. Mix an egg thoroughly with two heaping tablespoonfuls of coffee, put into the coffee pot and pour on it two cups of freshly boiling water, boil five minutes, stir well with a fork, set on the back of the stove to keep hot five minutes, add half a cup of cold water, pour out a little coffee and pour it back again to clean the grounds from the spout, then let it stand ten minutes and be careful not to shake the pot when serving.

There is a decided necessity for protest, against the fashion of grinding coffee that is persisted in by some grocers. They grind it so coarse that the consumer must use a double quantity to get any flavor from it. Housekeepers should understand that it takes much more coffee for a good cup when ground coarse than when it is in small particles. It should never be coarser than granulated sugar, if the best flavor is desired.

HOW TO MAKE TEA. Do not use water which has stood in the tea-kettle and boiled rapidly, but fill the kettle with fresh water and pour it on the tea just as it comes to the boiling point.

Scald and heat the teapot which should be of earthen ware or china, never of tin. Take care that there are no old tea-leaves left in the pot. Allow one teaspoonful of tea for one cup of boiling water, two teaspoonfuls for three cups and reduce in the same proportion according to the quantity desired. Put the tea in the tea-pot, pour on the boiling water, cover closely, and place it where it will keep hot but not boil for five minutes. Serve at once. If allowed to stand too long, tannin in the tea is developed which not only darkens it but also renders it injurious.

LETTERS FROM PRIZE WINNERS.

PHILADELPHIA, April 9th, 1894.

The American Cereal Co.,

GENTLEMEN:—Your favor of the 6th inst. enclosing check for \$100—awarded me as first prize in your Cereal Recipe Contest, was duly received for which accept my thanks. In the preparation of the recipes sent you, thorough tests were made of your Oatmeals, Flours and other cereal products, and it gratifies me to say that the results were pleasing and highly satisfactory.

I take pleasure in recommending your foods to all housekeepers and hope you may be successful in introducing them into every storeroom and kitchen in the land. Very truly yours,

MRS. W. WISTER, 530 Walnut St.
UTICA, N. Y.

The American Cereal Co.,

GENTLEMEN:—With pleasure and many thanks I acknowledge receipt of second prize (fifty dollars) in your Recipe Contest. As I have through experience always insisted on using Quaker Oats and other cereals bearing your name, I shall hereafter do so all the more.

It is not the money part so much as the honor of success which I appreciate most.

I also especially see that I always have the F. S. X. brand of Graham Flour, as it is certainly perfect and makes delicious Graham rolls and bread (if you wish will send sample some time).

If in any way I could render a favor to you in regard to any special cereal recipe, I will cheerfully respond to my best ability.

Sincerely yours, MRS. LOHANNA BRAUN, 76 Charlotte St.

P. S.—Should be pleased to receive one of your new books when published, which I would like to preserve as a keepsake of my success.

ENGLEWOOD, ILLS., April 7th, 1894.

The American Cereal Co.,

GENTLEMEN:—I received your check for \$25—amount of third prize in your Recipe Contest, and had it cashed to-day. I hardly know how to express my gratitude and pleasure at meeting with so much success. You certainly have my best wishes for your prosperity and the success of your excellent cereal foods. Yours truly,

MRS. F. DAVIS, 465 60th St.

INDEX.

	PAGE.
Beverages.	
F S Crushed Barley Water.....	38
" Pearl Barley Water.....	37
" Rolled Avena. Oatmeal Water.....	22
" Rolled Oats. Oatmeal Water.....	23
Ground Oatmeal. Oatmeal Water.....	46
Quaker Oats. Oatmeal Water.....	17

Bread.

Boston Brown.....	55
Cerealine.....	58
Corn.....	32, 55
Corn, Steamed.....	55
F S Hominy.....	30
" Prepared Flour.....	38
" Rolled Avena.....	22
" Rolled Oats.....	23
From Compressed Yeast.....	41, 42
From Liquid Yeast.....	42
Gluten.....	53
Graham.....	47
How to Raise Bread.....	41
" " Bake ".....	41
Quaker Oats.....	15
Quaker Self Raising.....	19
Rye.....	49
Salt Rising.....	42
Sweet Rusk.....	44
Wheat Meal.....	48
With Kneading.....	41
Without Kneading.....	42

Biscuits, Buns and Rolls.

BREAKFAST ROLLS—	
Coffee.....	42
Corn Meal 33, 50, 51	
Corn Meal Breakfast	54
Dutch.....	43
French.....	43

	PAGE.
F S American Oatmeal.....	23
" Rolled Avena.....	22
" Rolled Oats.....	23
Graham Breakfast.....	54
Parker House.....	42
Quaker Oats.....	15
Rye Breakfast.....	54
Vienna.....	43

RAISED BISCUITS—

F S Rolled Avena.....	22
" Rolled Oats.....	23
" Wheat Meal.....	48
Graham.....	47
Oat Flour.....	47
Quaker Oats.....	16
Raised Bread Biscuits	43
Rye.....	49

BREAKFAST BISCUITS—

Breakfast Biscuit.....	43
F S Gluten Flour.....	53
" Prepared Flour.....	38
Hot Cross Buns.....	44
Minute Biscuit.....	43
Quaker Self Raising.....	19
Sweet Biscuit or Buns.....	44
Sweet Rusk.....	44

Breakfast Cake.

Barley.....	52
Buckwheat (Baked).....	50
Cerealine.....	57
Corn Bread..... 32, 50, 51	
Corn Bread Breakfast..... 32, 55	
Corn Bread Steamed.....	55
Corn Cakes..... 32, 50, 51	
F S Graham.....	48
" Grains of Gold.....	32
" Prepared Buckwheat.....	38
" Rolled Avena.....	22
" Rolled Oats.....	23
Johnny Cake..... 32, 50, 51	
Johnny Cake, Old-fashioned..... 32, 50, 51	
Lunch Bread.....	55
Quaker Oats.....	16
Quaker Pone.....	16

	PAGE.
Quaker Self Raising Buckwheat.....	18
Rice.....	56
Rye.....	49
Sally Lunns.....	44
Southern Batter Bread..... 33, 50, 51	
Southern Egg Corn Bread..... 33, 50, 51	
Tea Cake.....	43
Wheat Meal.....	48

Breakfast Porridge or Mush.

Brewis.....	55
Brown Bread Brewis.....	55
Cerealine.....	57
Corn Meal Mush..... 50, 51	
F S American Oatmeal.....	23
" Barley Flour.....	52
" Barley Groats.....	52
" Buckwheat Farina	53
" Buckwheat Groats	54
" Buckwheat Groats with Eggs.....	54
" Coarse Pearl Hominy or Samp.....	31
" Cracked Wheat.....	25
" Crushed Barley.....	37
" Farina.....	26
" Gluten Flour.....	53
" Graham.....	47
" Grains of Gold.....	32
" Granulated Hominy.....	30
" Parched Farinose.....	38
" Pearl Barley.....	36
" Pearl Wheat.....	29
" Rolled Avena.....	22
" Rolled Oats.....	23
" Rolled Wheat.....	24
" Yellow Granulated Hominy.....	51
Ground Oatmeal.....	46
Hasty Pudding.....	32
Oat Groats.....	46
Pettijohn's Breakfast Food.....	22
Quaker Oats.....	14

	PAGE.
Quaker Oats with Apples.....	15
Rolled Rye.....	55
Rice (Boiled).....	56
Rye Meal.....	49
Wheat Meal.....	48

Blanc-Mange or Forms.

Corn Flour.....	51
“ Meal.....	50, 51
“ Starch.....	58
F S American Oatmeal.....	23
“ Cracked Wheat.....	26
“ Farina.....	26
“ “ Ice Cream.....	27
“ “ Snow Balls.....	27
“ Grains of Gold.....	32
“ Parched Farinose.....	29
“ Pearl Wheat.....	26
“ Rolled Avena.....	22
“ Rolled Oats.....	23
“ Rolled Wheat.....	24
Oat Flour.....	46
Quaker Oats.....	16
Rice Flour.....	57

Jellied.

F S Rolled Avena.....	22
“ Rolled Oats.....	23
Quaker Oats.....	16

Corn.

Canned Corn.....	59
Dried Corn.....	59
Green Corn Boiled.....	59
“ “ Fritters.....	59
“ “ Roasted.....	59
“ “ Shelled.....	59
Pop Corn Balls.....	59
Shaker Sweet Corn.....	59

Crackers, Cakes, etc.

Graham Wafers.....	48
Oatmeal Crackers.....	45
“ Crisps.....	45
“ Wafers.....	45
Scotch Bannocks.....	45
“ Cakes.....	45

Crullers and Doughnuts.

F S Prepared Flour.....	39
Quaker Self-Raising Flour.....	19

Croquettes.

F S Farina.....	28
“ Granulated Hominy.....	30
Rice.....	56

Custard.

Barley Flour.....	52
Corn Starch.....	59
F S Farina.....	27
“ Parched Farinose.....	29
“ Rolled Avena.....	22
“ Rolled Oats.....	23
Quaker Oats.....	17

Fritters.

F S American Oatmeal.....	23
“ Granulated Hominy.....	30
“ Patent Flour.....	44
“ Rolled Avena.....	22
Green Corn.....	59
Ground Oatmeal.....	46
Quaker Oats.....	16

Gems.

Barley Flour.....	52
Corn Meal.....	50, 51, 54
F S American Oatmeal.....	23
“ Corn Flour.....	51
“ Cracked Wheat.....	25
“ Crushed Barley.....	38
“ Gluten.....	53
“ Graham.....	47
“ Grains of Gold.....	33
“ Granulated Hominy.....	30
“ Oat Flour.....	46
“ Parched Farinose.....	29
“ Pearl Barley.....	37
“ Prepared Flour.....	39
“ Rolled Avena.....	22
“ Rolled Oats.....	23
“ Rolled Wheat.....	24
“ Rye Flour.....	49
Ground Oatmeal.....	46
Pettijohn's Breakfast Food.....	22
Quaker Oats.....	15
Quaker Self Raising Flour.....	19
Quaker Self Raising Flour Plantation.....	19
Rice.....	56
Wheat Meal.....	48

General Articles.

World's Fair Souvenir Coupon.....	1, 2
To the American Housewife.....	3, 4
The American Cereal Co.....	5
Products of The American Cereal Co.....	6
At the World's Fair, 1893.....	7
World's Fair Souvenirs.....	7
Cereals—the Grains.....	8

	PAGE.
Cereals, The Best Food.....	9
How to Cook Thoroughly.....	10
Oatmeal.....	11
Breakfast.....	13
Fac similes of F S Packages.....	34, 35
Letters from Prize Winners.....	65

Griddle Cakes.

Corn Meal.....	50, 51, 55
Corn Meal Drops.....	33, 50, 51
Corn Meal Slappers.....	33, 50, 51
F S American Oatmeal.....	23
“ Cracked Wheat.....	25
“ Crushed Barley.....	38
“ Farina.....	27
“ Gluten Flour.....	53
“ Graham Flour.....	48
“ Grains of Gold.....	32
“ Granulated Hominy.....	30
“ Parched Farinose.....	29
“ Pearl Barley.....	37
“ Prepared Buckwheat.....	38
“ Prepared Flour.....	39
“ Rolled Avena.....	22
“ Rolled Oats.....	23
“ Rolled Wheat.....	24
“ Rye Flour.....	49
Ground Oatmeal.....	45
Pettijohn's Breakfast Food.....	22
Plain Buckwheat.....	50
Quaker Oats.....	15
Quaker Self Raising Buckwheat.....	18
Quaker Self Raising Flour.....	19
Rice.....	56
Wheat Meal.....	48

Gruel.

F S Crushed Barley.....	38
“ Farina.....	28
“ Pearl Barley.....	37
“ Rolled Avena.....	22
“ Rolled Oats.....	23
Quaker Oats.....	17

For Infants.

Barley Food for Babies.....	52
F S Crushed Barley.....	38
“ Pearl Barley.....	37
“ Rolled Avena.....	22
“ Rolled Oats.....	23
Quaker Oats.....	17
Schumacher's Infant Food.....	39

Kitchen Wisdom.

Kitchen Weights and Measures.....	60
-----------------------------------	----

	PAGE.
Advice to the Cook.....	61
Proper Management of the Kitchen Fire.....	61
Stoves and Ranges.....	62
Charcoal.....	61
Clean, Tidy Kitchen.....	62
Waste Not.....	62
Flour.....	62
Fresh Rolls.....	62
Bread Jar.....	63
Bread Knife.....	62
Sandwiches.....	62
Hints on Baking.....	63
Gem Pans.....	63
Pies.....	63
Facts on Cake Making.....	63
Hints on Pudding Mak- ing.....	64
Food for the Sick.....	65
How to Make Good Coffee.....	65
How to Make Tea.....	65
Macaroni, Spaghetti, Etc.	
Baked Spaghetti or Macaroni.....	58
Cream.....	58
Noodles.....	58
Vermicelli.....	58
Muffins.	
Corn.....	54
F S American Oatmeal.....	23
" Barley Flour.....	51
" Corn Flour.....	25
" Corn Meal.....	31
" Cracked Wheat.....	25
" Gluten Flour.....	53
" Graham.....	48, 54
" Parched Farinose.....	29
" Prepared Flour.....	39
" Rolled Avena.....	22
" Rolled Oats.....	23
" Rye.....	49, 54
Fruit Corn Muffins.....	33, 50, 51
Ground Oatmeal.....	45
Oat Flour.....	47
Pettijohn's Breakfast Food.....	22
Quaker Oats.....	16
Quaker Self-Raising Flour.....	19
Rice.....	56
Wheat Meal.....	48
Pastry, Cake and Dumplings.	
PUFF PASTE—	
F S Patent Flour.....	44

	PAGE.
F S Prepared Flour.....	39
Quaker Self-Raising Flour.....	20
PIE CRUST—	
F S Ground Oatmeal.....	46
" Prepared Flour.....	39
Quaker Self-Raising Flour.....	21
SHORT CAKE—	
F S Prepared Flour.....	39
Quaker Self-Raising.....	20
DUMPLINGS—	
F S Prepared Flour.....	39
" Patent.....	44
Quaker Self-Raising Flour.....	20
CAKE—	
Dutch Apple or Peach —F S Prepared Flour.....	39
—Quaker Self- Raising Flour.....	20
Facts on Cake Mak- ing.....	63
Farina Cake with Jelly.....	28
Marble Chocolate — Quaker Self-Rais- ing Flour.....	39
Nut Cake—F S Pre- pared Flour.....	39
—Quaker Self- Raising Flour.....	20
Plain Sugar—Quaker Self-Raising Flour.....	20
Porridge or Pud- ding, Fried.	
Barley Groats.....	52
Buckwheat Farina.....	53
" Groats.....	54
Corn Meal Mush.....	50-51
F S American Oat- meal.....	23
" Cracked Wheat.....	25
" Crushed Barley.....	38
" Farina.....	26
" Grains of Gold.....	32
" Gran. Hominy.....	30
" Parched Farinose.....	29
" Pearl Barley.....	37
" Rolled Avena.....	22
" Rolled Oats.....	23
" Rolled Wheat.....	24
Ground Oatmeal.....	46
Hasty Pudding.....	32, 50, 51
Oat Groats.....	46
Pettijohn's Breakfast Food.....	22
Quaker Oats.....	15

	PAGE.
Porridge.	
(See Breakfast Porridge.)	
Pudding.	
Corn Starch.....	58
Corn Starch, Lemon.....	59
F S American Oatmeal.....	23
" Cracked Wheat.....	25
" Crushed Barley.....	38
" Farina Boiled.....	27
" Farina, Cold Fruit.....	27
" Farina Souffle.....	27
" Graham, Baked.....	48
" Graham, Steamed.....	48
" Hominy.....	30
" Hominy, Fruit.....	30
" Parched Farinose, Boiled.....	29
" Cold Fruit.....	29
" Pearl Barley.....	37
" Rolled Avena.....	22
" " Oats.....	23
" " Wheat.....	24
" Wheat Meal, Baked.....	49
" Wheat Meal, Steamed.....	49
Indian Pudding.....	33, 50, 51
Indian Pudding, Deli- cate.....	36, 50, 51
Quaker Oats.....	16
Rice Cream.....	57
" Flour.....	57
" Souffle.....	57
" With Eggs.....	57
Roly Poly, F S Pre- pared.....	39
Roly Poly, Quaker Self- Raising Flour.....	21
Puffs.	
Corn Meal.....	33, 50, 51
F S Flour.....	43
Ground Oatmeal.....	45
For Soups and Gravies.	
F S Crushed Barley.....	37
" Farina.....	28
" Pearl Barley.....	36
Pettijohn's Breakfast Food.....	22
Quaker Oats.....	1
Waffles.	
F S Farina.....	2
" Granulated Hom- iny.....	3
" Prepared Flour.....	39
Quaker Self-Raising Flour.....	19
Rice.....	5



QUAKER USE ONLY BRAND.
ROLLED OATS.

QUAKER



TRADE MARK

ROLLED
WHITE OATS

M^{FD} BY THE AMERICAN CEREAL CO.
ADDRESS CHICAGO, ILL., U. S. A.

QUAKER ROLLED OATS

Quaker Rolled Oats are made from the finest white oats, and are rolled in a special manner, so that they cook quickly and retain their natural flavor. They are a most nutritious and healthful food, and are especially adapted for infants, invalids, and the elderly. They are sold in all the leading grocery stores, and are also sold by mail order.

QUAKER ROLLED OATS

Quaker Rolled Oats are made from the finest white oats, and are rolled in a special manner, so that they cook quickly and retain their natural flavor. They are a most nutritious and healthful food, and are especially adapted for infants, invalids, and the elderly. They are sold in all the leading grocery stores, and are also sold by mail order.

QUAKER ROLLED OATS

Quaker Rolled Oats are made from the finest white oats, and are rolled in a special manner, so that they cook quickly and retain their natural flavor. They are a most nutritious and healthful food, and are especially adapted for infants, invalids, and the elderly. They are sold in all the leading grocery stores, and are also sold by mail order.