



MEASURING CUPS AND TEASPOONS AND TABLESPOONS ILLUSTRATING THE MEASURING OF DRY INGREDIENTS, BUTTER, AND LIQUIDS. — *Page 25.*



THE WHIPPING OF HEAVY AND THIN CREAM. — *Page 425.*

continue down breastbone, particular care being taken not to break the skin as it lies very near bone, or to cut the delicate membranes which enclose entrails. Scrape flesh from second joints and drumsticks, laying it back and drawing off as a glove may be drawn from the hand. Withdraw carcass and put flesh back in its original shape. In large birds where wings are boned, scrape flesh to middle joint, where bone should be broken, leaving bone at tip end to assist in preserving shape.

How to Measure

Correct measurements are absolutely necessary to insure the best results. Good judgment, with experience, has taught some to measure by sight; but the majority need definite guides.

Tin, granite-ware, and glass measuring-cups, divided in quarters or thirds, holding one half-pint, and tea and table spoons of regulation sizes, — which may be bought at any store where kitchen furnishings are sold, — and a case knife, are essentials for correct measurement. Mixing-spoons, which are little larger than tablespoons, should not be confounded with the latter.

Measuring Ingredients. Flour, meal, powdered and confectioners' sugar, and soda should be sifted before measuring. Mustard and baking-powder, from standing in boxes, settle, therefore should be stirred to lighten; salt frequently lumps, and these lumps should be broken. *A cupful* is measured level. To measure a cupful, put in the ingredient by spoonfuls or from a scoop, round slightly, and level with a case knife, care being taken not to shake the cup. *A tablespoonful is measured level. A teaspoonful is measured level.*

To measure tea or table spoonfuls, dip the spoon in the ingredient, fill, lift, and level with a knife, the sharp edge of knife being toward tip of spoon. Divide with knife lengthwise of spoon, for a half-spoonful; divide halves crosswise for quarters, and quarters crosswise for eighths. Less than one-eighth of a teaspoonful is considered a few grains.

Measuring Liquids. A cupful of liquid is all the cup will hold.

A tea or table spoonful is all the spoon will hold.

Measuring Butter, Lard, etc. To measure butter, lard, and other solid fats, pack solidly into cup or spoon, and level with a knife.

When dry ingredients, liquids, and fats are called for in the same recipe, measure in the order given, thereby using but one cup.

How to Combine Ingredients

Next to measuring comes care in combining,—a fact not always recognized by the inexperienced. Three ways are considered,—stirring, beating, and cutting and folding.

To stir, mix by using circular motion, widening the circles until all is blended. Stirring is the motion ordinarily employed in all cookery, alone or in combination with beating.

To beat, turn ingredient or ingredients over and over, continually bringing the under part to the surface, thus allowing the utensil used for beating to be constantly brought in contact with bottom of the dish and throughout the mixture.

To cut and fold, introduce one ingredient into another ingredient or mixture by two motions: with a spoon, a repeated vertical downward motion, known as cutting; and a turning over and over of mixture, allowing bowl of spoon each time to come in contact with bottom of dish, is called folding. These repeated motions are alternated until thorough blending is accomplished.

By stirring, ingredients are mixed; *by beating,* a large amount of air is inclosed; *by cutting and folding,* air already introduced is prevented from escaping.

Ways of Preserving

1. **By Freezing.** Foods which spoil readily are frozen for transportation, and must be kept packed in ice until used. Examples: Fish and poultry.

2. **By Refrigeration.** Foods so preserved are kept in cold storage. The cooling is accomplished by means of

ice, or by a machine where compressed gas is cooled and then permitted to expand. Examples: meat, milk, butter, eggs, etc.

3. **By Canning.** Which is preserving in air-tight glass jars, or tin cans hermetically sealed. When fruit is canned, sugar is usually added.

4. **By Sugar.** Examples: fruit-juices and condensed milk.

5. **By Exclusion of Air.** Foods are preserved by exclusion of air in other ways than canning. Examples: grapes in bran, eggs in lime water, etc.

6. **By Drying.** Drying consists in evaporation of nearly all moisture, and is generally combined with salting, except in vegetables and fruits.

7. **By Evaporation.** There are examples where considerable moisture remains, though much is driven off. Example: beef extract.

8. **By Salting.** There are two kinds of salting, — dry, and corning or salting in brine. Examples: salt codfish, beef, pork, tripe, etc.

9. **By Smoking.** Some foods, after being salted, are hung in a closed room for several hours, where hickory wood is allowed to smother. Examples: ham, beef, and fish.

10. **By Pickling.** Vinegar, to which salt is added, and sometimes sugar and spices, is scalded; and cucumbers, onions, and various kinds of fruit are allowed to remain in it.

11. **By Oil.** Examples: sardines, anchovies, etc.

12. **By Antiseptics.** The least wholesome way is by the use of antiseptics. Borax and salicylic acid, when employed, should be used sparingly.

TABLE OF MEASURES AND WEIGHTS

2	cups butter (packed solidly)		= 1 pound
4	" flour (pastry)		= 1 "
2	" granulated sugar		= 1 "
2 $\frac{2}{3}$	" powdered		= 1 "
3 $\frac{1}{2}$	" confectioners' sugar		= 1 "
2 $\frac{2}{3}$	" brown sugar		= 1 "

2 $\frac{2}{3}$	"	oatmeal	= 1	"
4 $\frac{3}{4}$	"	rolled oats	= 1	"
2 $\frac{2}{3}$	"	granulated corn meal	= 1	"
4 $\frac{1}{3}$	"	rye meal	= 1	"
1 $\frac{7}{8}$	"	rice	= 1	"
4 $\frac{1}{2}$	"	Graham flour	= 1	"
3 $\frac{7}{8}$	"	entire wheat flour	= 1	"
4 $\frac{1}{3}$	"	coffee	= 1	"
2	"	finely chopped meat	= 1	"
9		large eggs	= 1	pound
1		square Baker's chocolate	= 1	ounce
$\frac{1}{3}$		cup almonds blanched and chopped	= 1	"
A few grains is less than one-eighth teaspoon.				
3		teaspoons	= 1	tablespoon
16		tablespoons	= 1	cup
2		tablespoons butter	= 1	ounce
4		tablespoons flour	= 1	ounce

TIME-TABLES FOR COOKING

Boiling

ARTICLES	TIME	
	Hours	Minutes
Coffee		1 to 3
Eggs, soft cooked		6 to 8
" hard "		35 to 45
Mutton, leg	2 to 3	
Ham, weight 12 to 14 lbs.	4 to 5	
Corned Beef or Tongue	3 to 4	
Turkey, weight 9 lbs.	2 to 3	
Fowl, " 4 to 5 lbs.	2 to 3	
Chicken, " 3 lbs.	1 to 1 $\frac{1}{4}$	
Lobster		25 to 30
Cod and Haddock, weight 3 to 5 lbs.		20 to 30
Halibut, thick piece, " 2 to 3 lbs.		30
Bluefish and Bass, " 4 to 5 lbs.		40 to 45
Salmon, weight 2 to 3 lbs.		30 to 35
Small Fish		6 to 10
Potatoes, white		20 to 30
" sweet		15 to 25
Asparagus		20 to 30
Peas		20 to 60
String Beans	1 to 2 $\frac{1}{2}$	
Lima and other Shell Beans	1 to 1 $\frac{1}{4}$	

ARTICLES	TIME	
	Hours	Minutes
Beets, young		45
“ old	3 to 4	
Cabbage		35 to 60
Oyster Plant		45 to 60
Turnips		30 to 45
Onions		45 to 60
Parsnips		30 to 45
Spinach		25 to 30
Green Corn		12 to 20
Cauliflower		20 to 25
Brussels Sprouts		15 to 20
Tomatoes, stewed		15 to 20
Rice		20 to 25
Macaroni		20 to 30

Broiling

Steak, one inch thick	4 to 6
“ one and one-half inches thick	8 to 10
Lamb or Mutton Chops	6 to 8
“ “ “ in paper cases	10
Quails or Squabs	8
“ “ “ in paper cases	10 to 12
Chickens	20
Shad, Bluefish, and Whitefish	15 to 20
Slices of Fish, Halibut, Salmon, and Swordfish	12 to 15
Small, thin Fish	5 to 8
Liver and Tripe	4 to 5

Baking

Bread (white loaf)	45 to 60
“ (Graham loaf)	35 to 45
“ (sticks)	10 to 15
Biscuits or Rolls (raised)	12 to 20
“ (baking-powder)	12 to 15
Gems	25 to 30
Muffins (raised)	30
“ (baking-powder)	20 to 25
Corn Cake (thin)	15 to 20
“ (thick)	30 to 35
Gingerbread	20 to 30
Cookies	6 to 10
Sponge Cake	45 to 60

ARTICLES	TIME	
	Hours	Minutes
Cake (layer)		20 to 30
“ (loaf)		40 to 60
“ (pound)	1¼ to 1½	
“ (fruit)	1¼ to 2	
“ (wedding)	3	
or steam 2 hours and bake 1½		
Baked batter puddings		35 to 45
Bread puddings	1	
Tapioca or Rice Pudding	1	
Rice Pudding (poor man's)	2 to 3	
Indian “	2 to 3	
Plum “	2 to 3	
Custard, “		30 to 45
“ (baked in cups)		20 to 25
Pies		30 to 50
Tarts		15 to 20
Patties		20 to 25
Vol-au-vent		50 to 60
Cheese Straws		8 to 10
Scalloped Oysters		25 to 30
Scalloped dishes of cooked mixtures		12 to 15
Baked Beans	6 to 8	
Braised Beef	3½ to 4½	
Beef, sirloin or rib, rare, weight 5 lbs.	1	5
“ “ “ “ “ 10 “	1	30
“ “ “ well done, weight 5 lbs.	1	20
“ “ “ “ “ 10 “	1	50
Beef, rump, rare, weight 10 lbs.	1	35
“ “ well done, weight 10 lbs.	1	55
“ (fillet)		20 to 30
Mutton (saddle)	1¼ to 1½	
Lamb (leg)	1¼ to 1¾	
“ (forequarter)	1 to 1¼	
“ (chops) in paper cases		15 to 20
Veal (leg)	3½ to 4	
“ (loin)	2 to 3	
Pork (chine or sparerib)	3 to 3½	
Chicken, weight 3 to 4 lbs.	1 to 1½	
Turkey, weight 9 lbs.	2½ to 3	
Goose, weight 9 lbs.	2	
Duck (domestic)	1 to 1¼	
“ (wild)		20 to 30

ARTICLES	TIME	
	Hours	Minutes
Grouse		25 to 30
Partridge		45 to 50
Pigeons (potted)	2	
Fish (thick), weight 3 to 4 lbs.		45 to 60
“ (small)		20 to 30

Frying

Muffins, Fritters, and Doughnuts	3 to 5
Croquettes and Fishballs	1
Potatoes, raw	4 to 8
Breaded Chops	5 to 8
Fillets of Fish	4 to 6
Smelts, Trout, and other small Fish	3 to 5

NOTE. — Length of time for cooking fish and meat does not depend so much on the number of pounds to be cooked as the extent of surface exposed to the heat.

USE OF RECIPES

Dishes prepared from my recipes are intended for the most part to serve six persons.

Water Bread

2 cups boiling water	2½ teaspoons salt
1 tablespoon butter	¼ yeast cake dissolved in
1 tablespoon lard	¼ cup lukewarm water
2 tablespoons sugar	6 cups sifted flour

Put butter, lard, sugar, and salt in bread raiser, or large bowl without a lip; pour on boiling water; when lukewarm, add dissolved yeast cake and five cups of flour; then stir until thoroughly mixed, using a knife or mixing-spoon. Add remaining flour, mix, and turn on a floured board, leaving a clean bowl; knead until mixture is smooth, elastic to touch, and bubbles may be seen under the surface. Some practice is required to knead quickly, but the motion once acquired will never be forgotten. Return to bowl, cover with a clean cloth kept for the purpose, and board or tin cover; let rise over night in temperature of 65° F. In morning cut down: this is accomplished by cutting through and turning over dough several times with a case knife, and checks fermentation for a short time; dough may be again raised, and recut down if it is not convenient to shape into loaves or biscuits after first cutting. When properly cared for, bread need never sour. Toss on board slightly floured, knead, shape into loaves or biscuits, place in greased pans, having pans nearly half full. Cover, let rise again to double its bulk, and bake in hot oven. (See Baking of Bread and Time-Table for Baking.) This recipe will make a double loaf of bread and pan of biscuit. Cottolene, crisco, or beef drippings may be used for shortening, one-third less being required. Bread shortened with butter has a good flavor, but is not as white as when lard is used.

Milk and Water Bread

1 cup scalded milk	1 yeast cake dissolved in
1 cup boiling water	¼ cup lukewarm water
1 tablespoon lard	6 cups sifted flour, or one cup
1 tablespoon butter	white flour and enough en-
2½ teaspoons salt	tire wheat flour to knead

Prepare and bake as Water Bread. When entire wheat flour is used add three tablespoons molasses. Bread may be