1934

Ward-Belmont Specials

Belmont University

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Recipes from the 1934 Ward-Belmont Cookbook.
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The long tradition of fine entertaining began on the current Belmont University campus in 1853 with Adelicia Acklen, mistress of "Belle Monte," who was noted for her lavish dinners, parties and receptions. Many well-known guests were honored in her home; but one of the most spectacular receptions was for the annual meeting of the National Association of the Advancement of the Sciences where Alexander Graham Bell spoke about his wonderful new "talking" machine.

From 1913 forward, when young ladies of Ward-Belmont School gathered for meals, they sat at tables with white linen tablecloths and were served from fine china. This formal dining experience may be a far cry from the mad rush of students filling up trays of food in Belmont University's cafeteria today, but the young women who inhabit our halls seem to hold the spirit of Adelicia and the hearts and minds of the bright, entertaining and independent women who attended Ward-Belmont.

Since 1934, "Ward Belmont Specials" cookbook has been passed down from one generation to the next, and includes some of the best and favorite dishes of the "Belles of Ward-Belmont." The recipes have not been updated or translated for the new 21st century kitchen, but serve as yet another reminder of the rich heritage that surrounds the Belmont University campus today.

This printing of the 1934 "Ward Belmont Specials" cookbook commemorates the October 1, 2005, Ward-Belmont Alumnae Reunion Luncheon at Belmont University. It is with great pleasure that we present recipes for breads, sandwiches, salads, dressings and sauces, desserts, and entrees that were prepared in the famous Ward-Belmont School kitchen in the first half of the 20th century. We have even included the recipe for Ward-Belmont Pecan Shells!

There comes a point in our lives when we pause to take note of what has gone before and recount those special memories which are so important to who we are today. It is our hope that as you read through these pages, memories of special dinners and good times with faculty and friends will be rekindled and remembered.
The Bells of Ward-Belmont
Oh! hear they are calling
The Old Girls, the New Girls
To meet once again:
And so, my beloved,
When autumn leaves are falling,
Our Alma Mater sings to us
Its old refrain.
Nashville is a Dining Town

The advanced group of Nashville's founders led by James Robertson arrived here at the city's present site, Christmas Eve, 1779. The river flotilla captained by John Donelson was disturbingly late in its arrival. They had planned to reach here by the middle of February. Rivers in winter can be most frustrating; they did not arrive until April 24, 1780. The boats were bringing the wives, children and older members of the group. Their lateness almost worked Robertson's men into a hysterical state. Robertson's generalship never failed him. He kept the men at work on their cabins and, in keeping with his ability as leader, he accumulated the supplies for a feast to celebrate the arrival of the boats. About nine o'clock in the morning of the 24th the lookout spied the approach of the boats. The rations they had prepared for the trip were used before the journey was half completed. They had to depend upon their foraging in this unsettled wilderness to gather and to kill to provide food for all those on the over thirty boats. Their best efforts had been tragically scanty in securing enough food for all.

The feast that Robertson and his men gave the half-starved newcomers was one of the nation's great celebrations. So began Nashville's commitment to the fine art of dining. And since that day, the settlement, the town and then the city have had their attention focused on food, its production, its cooking and its serving. By 1800 the supply of food had widened greatly, both in its yield and variety of preparation.

The forties and fifties added many menus and much fame to living in Nashville. The Belmont Mansion from its beginning in 1850 with Adelicia Acklen as its hostess was a great center of dining. In a way the formal dinner honoring William Walker was one of the city's great events. The food at Belmont from those days until now has been one of Nashville's interesting phases.

I speak with some personal knowledge. My wife and I lived at Ward-Belmont College in the summer of 1914 and also in 1927. One does not often find such a constancy in quality food as we enjoyed there. From the reports that I have it was no strange thing that some experts in cookery at Ward-Belmont got together and published a collection of recipes. It lists the favorite foods of the boarding students of Ward-Belmont girls and college staff and did so in a very attractive manner. Miss Rosa W. Clay headed the staff of Ward-Belmont's food preparation with the general guidance of Mrs. Henriette R. Bryan. This is a fine and resounding echo of Ward-Belmont's food service, pleasing and usable. It offers a rewarding glimpse into the College's main dining room.

ALFRED LELAND CRABB, 1934
**BREADS**

**Steamed Brown Bread**
2 1/2 cups Graham flour
1 1/2 cups cornmeal
1 cup buttermilk
1 cup molasses

3 teaspoons soda
1/2 cup hot water
2 teaspoons salt
1 cup raisins

Mix flour and meal, add buttermilk. Dissolve soda in hot water, add to the molasses, then to flour mixture. Add salt and raisins slightly floured.

Steam 3 hours in greased 1 lb. baking powder cans. Bake in moderate oven 1/2 hour after removing tops from cans.

Amount makes 4 loaves, filling cans 3/4 full.

**Waffles**
1 egg
2 cups buttermilk
2 cups flour

1/2 cup melted lard
1 teaspoon soda
1 teaspoon salt

Beat the eggs, add milk, flour, salt and soda, then add the melted lard.

**Spoon Bread**
2 cups sweet milk
1 cup buttermilk
3 eggs beaten separately
1 slight spoon salt

1 cup corn meal
1 tablespoon melted butter
1 tablespoon soda
1 teaspoon baking powder

Bake 45 minutes. Put in a well-greased pan. This will serve 10 people.

**Nut Bread**
1 egg
3/4 cup sugar
1 1/4 cups sour milk
3 cups pastry flour

3/4 teaspoon baking soda
4 teaspoons baking powder
1 teaspoon salt
1 cup English walnuts

Beat egg, add sugar, sour milk. Put nuts through chopper with coarse knife. Add sifted dry ingredients, then nuts. Bake 1 hour at 325 degrees.
Cinnamon Rolls

1 1/4 cups scalded milk 1 cup currants
1 yeast cake dissolved in 1/4 cup lukewarm water 1 teaspoon salt
1/2 teaspoon cinnamon 1 tablespoon butter
1/2 cup sugar 1 tablespoon lard
2 eggs

When milk is lukewarm, add the dissolved yeast; add sufficient flour to make a good batter. Beat until smooth, cover and let rise until light. Add half the sugar, salt, lard, butter, eggs and remaining flour. Cover and let rise until mixture has doubled its bulk. Turn on floured board and knead in the currants. Pat and roll in rectangular sheets 1/2 inch thick; brush with melted butter, sprinkle with remaining sugar and cinnamon mixed together; roll up like jelly roll and cut in 1 inch slices. Put in well-greased pan, cut side up, let rise again. Brush tops with milk and bake in hot oven about 25 minutes. 7 to 7 1/2 ct.

Sally Lunn

1/2 cup butter or substitute 2 cups Swans Down cake flour
1/4 cup sugar 1 cup milk
2 teaspoons baking powder 1 egg

Cream the butter or substitute with the sugar. Mix and sift together the flour and the baking powder and add to the creamed mixture, alternating with the milk. Add the beaten egg and bake in a loaf or in muffin pans, in a moderate oven.

Graham Gems

1 1/2 pints Graham flour sifted with 3 teaspoons baking powder 1 egg beaten separately
1 tablespoon butter 1/2 cup sugar

Mix to a batter with milk. This will make 2 dozen Gems.

Soda Biscuit

2 measuring cups flour 1/2 teaspoon soda
2 rounding teaspoonfuls baking powder
1/2 teaspoon salt 1 rounding kitchen spoon lard

Make soft dough with buttermilk.
**Bran Muffins**

2 eggs  
3 tablespoons melted shortening  
1 cup whole wheat flour  
2 heaping tsp. baking powder  
1/2 cup sugar  
1/2 cup bran  
1 cup sweet milk  
1/4 tsp. salt

Add shortening to beaten eggs in a mixing bowl. Mix dry ingredients and add alternately with milk. Scald and cut raisins if desired.

Bake in hot oven 25 minutes at 375 to 400 degrees.

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**SANDWICHES**

**Cucumber Sandwiches**
Slice cucumbers very thin. Slice bread and spread with cooked or mayonnaise dressing. Place sliced cucumbers on dressing with just a little grated onion on each slice.

**Toasted Bacon Sandwiches**
Crisp bacon  
Sliced tomato  
Crisp lettuce  
Tartar sauce or plain mayonnaise  
Graham or whole wheat bread

Trim off crusts and toast bread. Place lettuce on a plate with one slice of bread over lettuce. Spread bread very lightly with the mayonnaise or tartar sauce. Over this place a slice of seasoned tomato, another slice of bread, lightly spread with the same, with bacon as a garnish over top of second slice of bread. Garnish with stuffed olives.

**Nut Ginger Sandwiches**
1/2 cups preserved ginger  
1/4 cup thick cream  
1 cup chopped walnuts

Chop ginger fine, add nuts and cream. Spread on rounds of buttered bread.
Cheese Sandwiches
lib. cream cheese 1/2 tsp. salt
2 green peppers 1/4 tsp. cayenne
1 small onion 1 pt. salad dressing
Mix grated cheese with chopped peppers and grated onion. Add seasoning and combine with dressing. Spread between thin slices of buttered bread.

Toasted Ham and Cheese Sandwiches
1 cup boiled ham, minced fine 1 tsp. prepared mustard
1/2 grated cheese (snappy) 10 drops onion juice
Cut bread in slices and trim off the crusts. Toast on one side only. Butter toasted side very lightly and spread with the ground ham mixed with the onion juice. Spread the ham with a light coating of the prepared mustard and over the mustard sprinkle a thick layer of the grated cheese. Run under flame until cheese melts, but do not use too much heat to make cheese stringy. Serve on lettuce leaf while fresh from the oven. Nice served with a cold tomato salad, with crisp heart leaves of lettuce. Always have the lettuce free from all water. Dry on cloth.

Cheese Sandwiches
1 lb. cream cheese 1/2 tsp. salt
2 green peppers 1/4 tsp. cayenne
1 small onion 1 pt. salad dressing
Mix grated cheese with chopped peppers and grated onion. Add seasoning and combine with dressing. Spread between thin slices of buttered bread.

Ribbon Sandwich
Bread
Chopped parsley
Soft butter
Pimento
Egg yolk (hard boiled)
Crisp lettuce
Cut square sandwich bread in very thin slices. Remove the crust. Spread bread generously with softened butter. Two of the slices sprinkle plentifully with the finely-chopped parsley. Two slices with the mashed and seasoned egg yolk. Two slices with the finely-minced pimento. Pile up the slices with colors arranged in contrast. Top with a plain buttered slice of bread. Press all together firmly and stand in ice box under a light weight until firmly set. Slice with a very sharp knife as thick as an ordinary sandwich. Nice cut as finger sandwiches, served with an iced fruit salad.
Date Sandwiches
1 package dates  
1 cup nut meats

Seed and grind dates. Add nut meats and mix with cream cheese. Spread on thin slices of brown bread.

Chicken Sandwich Mixture
1 pint ground chicken  
1 pint ground celery  
1/2 pint ground nuts

Mix to a paste with oil mayonnaise or cooked mayonnaise and spread between buttered bread. This makes 2 dozen sandwiches.

Brown Bread Sandwich Filling
1/2 cup cream cheese  
1/2 cup pecan meats  
1/2 cup shredded canned or fresh shredded pineapple  
Brown bread

Work the cheese with a fork until soft. Add nuts and pineapple. Butter half the slices of bread. Spread mixture on remaining slices.

Open-Face Sandwiches
1 lb. Philadelphia cream cheese  
1/2 chopped onion  
2 chopped tomatoes  
1/2 chopped cucumber

Soften with mayonnaise. Cut whole wheat bread in shapes and put slice of stuffed olive in center. This makes two dozen sandwiches.
**SALADS**

**Pineapple and Cucumber Salad**

1 can pineapple chunks
1 large cucumber
3 lemons

1 box gelatine
1 cup water
1 cup sugar

Cut pineapple in 1/2 inch thick squares. Cut cucumber in cubes. Mix lightly together. Soak gelatine in cup of water. Put juice from pineapple and lemons in a cup of water with sugar. Boil 5 minutes. When dissolved, strain and set aside to cool. When this begins to set, add cucumber and pineapple. Use mold and set on ice. When ready to serve, turn out on lettuce and serve with whipped cream and lemon or mayonnaise.

**Stuffed Tomato Salad**

Peel tomatoes, chill, remove seeds and pulp, put 1 teaspoon French dressing in each and stand in ice box until ready to serve, then fill with equal parts of finely-chopped celery and nuts. Serve on lettuce with mayonnaise.

**Tomato Aspic with Chicken**

1 3 lb. can tomatoes
1 slice onion
1 stalk celery
1/8 tsp. cayenne pepper
1 tsp. Worcester sauce

1 green pepper
Rind of 1 lemon
1/2 tsp. salt
2 tbsp. gelatine

Boil 20 minutes, strain and pour over gelatine that has been separated in 1/4 cup cold water. Pour in mold, add two cups of cold diced chicken. (Serves 8 people.)

**Cream Cheese and Green Pepper Salad**

Mash a cream cheese with silver fork and mix with it one small green pepper finely-chopped, after removing core and seeds and a few drops of onion juice. Shape in small balls with butter paddle and serve on lettuce leaves with thick mayonnaise dressing.
**Frozen Fruit Salad**

One small can crushed pineapple, 1 small can apricots, 1/2 cup cherries. Cut the apricots in small pieces. Fold this into a dressing made by adding 1 cup of cooked dressing to 2 cups of whipped cream, add 1 tablespoon of prepared mustard. Pack in ice and salt and leave for at least 3 hours. To make a congealed salad, add to this 1 package Knox sparkling gelatine.

**Chicken Salad**

Cut the breast of cold, boiled fowl in 1/2 inch cubes. (There should be 1 1/2 cups.) Add an equal quantity of crisp celery hearts cut in thin slices crosswise and 1 cup of nuts broken in pieces. Moisten with mayonnaise and arrange in a mound on a shallow serving dish. Surround with small lettuce heart leaves. Strew with capers and place in a "plume" of curled celery in center.

**Plain Fruit Salad**

1 can Libby's pears
1 can Libby's apricots
1 can Queen Anne cherries
1/2 cup pecans
2 cups cream
2 to 4 tbsp. lemon juice

Drain fruits and cut in pieces not too small. Remove seeds from cherries. Put fruit on dish on several folds of napkin and put in ice box to chill and become well drained. Beat the cream moderately, stiff, add pinch of salt and beat in lemon juice. Must taste acid, but not too pronounced. Sprinkle fruits with salt, add the nuts and fold quickly into the cream. Arrange a clean cloth folded rather thick in bottom of a bowl, with a small saucer under the folded napkin. This cloth absorbs the extra moisture, while the saucer allows space between salad and bowl for an over supply of moisture to collect. The salt draws the fruit juices. If arranged in this manner, the salad may be made in the morning for the evening meal and is icy cold. Serve on lettuce with a service of oil dressing to one side.

**Cherry Salad**

1 can pineapple (cut up)
1 can Royal Anne cherries
1 1/2 lbs. salted almonds
1 small box marshmallows

Mix with mayonnaise dressing with a small amount of whipped cream added.
Apricot and Cottage Cheese Salad
1 can apricots 1 lb. cottage cheese
1/2 box gelatine 2 lemons
1/2 cup sugar 1/2 cup water

Soak gelatine in water, cut apricots and lightly mix with cheese. Dissolve sugar in syrup of apricots and add gelatine while hot; add lemon juice. When cool, mix with fruit and cheese. Put in mold to congeal.

DRESSINGS and SAUCES

Cooked Dressing
Yolks of 4 eggs 1/4 tsp. salt
3 tbsp. sugar 1/4 tsp. pepper
1/2 cup vinegar 1 tsp. celery seed

Beat all together except salt. Cook on slow fire until thick. Add salt. Beat constantly. Remove from fire. When cold, add 1 1/2 cups whipped cream.

Mayonnaise Dressing
1 egg yolk 1/2 tsp. salt
1/2 tsp. mustard 1 tbsp. vinegar
1/2 tsp. sugar 1 tbsp. lemon juice
3/4 cup salad oil

Sift mustard, sugar and salt into a bowl, add egg yolk, mix thoroughly. Add vinegar, stirring constantly. Add oil, a few drops at a time, beating constantly. When mixture is thickening, continue to add 1 teaspoon of oil at a time. When the mixture is very thick, add the lemon juice and the remaining oil. Chill oil before using. Paprika (1/4 teaspoon) may be added if desired.

Tartar Sauce
1 tbsp. chopped pickle 1 cup mayonnaise dressing
1/2 tsp. chopped onion 1 tsp. chopped parsley
1 tsp. chopped capers

Mix all together until well blended. Excellent for fish.
Brown Mushroom Sauce
1 can small button mushrooms
4 tbsp. butter
1/2 tbsp. lemon juice

Make sauce of stock, butter and flour. Add lemon juice. Heat mushrooms in their own liquor; drain and add to the sauce. Serve with meats.

French Dressing
1 tbsp. vinegar
Dash of cayenne
Dash of dry mustard
3 tbsp. olive oil or Wesson oil

Into a chilled bowl put dry ingredients and lemon juice. To this, add the oil and onion juice to taste, stirring constantly. Add gradually the vinegar and 1 tablespoon of Kraft French Dressing. Lemon juice may be used instead of vinegar if desired.

For Roquefort Cheese Dressing, add 1 tablespoonful of cheese to the above mixture.

Ward-Belmont Dressing for Lettuce
1 cup mayonnaise
1 cup tomato catsup
1 tsp. onion juice

Mix with a Dover egg beater. Serve on crisp lettuce.
Crescent Cookies

1/2 lb. butter  
4 tbsp. sugar  
2 cups flour sifted  
1 tbsp. vanilla  
Pinch of salt  
1 cup chopped pecans

Butter and flour pan. Shape with hands and bake in moderate oven. Take from pan on board with sugar on it and sprinkle with sugar. This makes 35 to 40 cookies.

Rum Cake

Break Angel cake in small pieces and cover with hard sauce made of the following:

1/2 lb. butter  
1 lb. sugar  
1 egg white  
1 tbsp. or more of rum

Roll in 1 lb. chopped pecans. Other nuts may be used. This should make 40 to 45 cakes.

Brownies

1 cup butter  
1 1/2 cups sugar  
1 tsp. soda  
2 tsp. cinnamon  
1 tsp. cloves  
1 lb. or less pecans  
1/2 tsp. allspice  
3 eggs  
3 cups flour  
1/4 tsp. salt  
2 lbs. dates

Wash and dry dates. Remove seeds and cut in small pieces, using scissors. Break the nuts rather large. Cream the butter and sugar until light; drop in the eggs one at a time without beating them separately. Add spice and beat well. Add soda dissolved in a little water, then part of flour, along with the nuts and dates. Do not beat the mixture after beginning to add the flour. Add all of flour, folding mixture over and over rather than stirring. Drop by the spoonful on greased paper-lined shallow pan, not too close together (about 1 inch apart). Bake in moderately quick oven. Burn easily under the bottom. These are delightful little cakes for the holiday season.
Kentucky White Fruit Cake
1 lb. white sugar  
1 lb. flour  
1/2 lb. butter  
12 well-beaten egg whites  
1 grated coconut  
1 tsp. soda  
2 tsp. cream of tarter  
1/4 lb. candied pineapple  
2 lbs. almonds (blanched and cut)  
1/4 lb. candied cherries

Cream butter and sugar, working in flour gradually. Add one-half fruits. Sift soda and cream of tarter with some reserve flour and use it to flour remaining fruits. Fold in egg whites, add remaining fruits. Save some cherries – cut in rings and place on top. Bake at 275 degrees for 2 1/2 hours.

Caramel Filling
3 cups granulated sugar  
1 cup brown sugar  
1 cup rich whole milk  
1/4 cup butter  
Pinch of salt  
Vanilla

Put sugar with milk, butter and salt in a deep granite saucepan. Stir well. Cover saucepan and bring to boil; let boil 5 minutes, then remove top. This steam washes down crystals which have gathered on sides of saucepan. Boil without stirring too much, until soft ball forms in cold water. Cool, add vanilla and beat until beginning to cream. Spread between layers and over the top. If filling creams too quickly, beat in two or more tablespoonfuls of cream.

White Nut Frosting
1 cup sugar  
1/8 tsp. cream of tarter  
1/3 cup hot water  
1 egg white

Add the cream of tarter to the sugar, add the hot water, then boil the mixture till the sirup is thick and hairs. Pour one-half the sirup in the beaten white, beating constantly. Continue beating, adding the remaining sirup. Beat the mixture until creamy.

Hard Sauce
1/2 lb. butter  
1 lb. sugar  
1 egg white  
Vanilla or rum to taste

Cream together butter and sugar. Add whites to mixture and beat till creamy and flavorful.
Cocoanut Macaroons

1/4 cup powdered sugar  
1/8 tsp. salt  
1 1/4 cup Dromedary cocoanut  
1 tsp. vanilla  
2 tbsp. flour  
1 egg white

Mix the dry ingredients, then add vanilla. Beat egg white stiff and fold in. Grease a baking sheet and dredge with flour. Drop cocoanut mixture by spoonfuls. Bake in a slow oven, 3 1/2 min. test, for 20 minutes, until a golden brown. Store in a tin box to keep moist.

Excellent Yellow Cake

2/3 cup butter  
2 level tsp. baking powder  
1 3/4 cup sugar  
3 cups flour  
1/2 tsp. orange  
1 cup milk (scant)  
1 tsp. vanilla  
5 whole eggs  
1/2 tsp. lemon

Sift some flour, then measure; sift five times with the baking powder. Cream butter and sugar until very light. Beat eggs separately until yolks are thick and light; add the yolks to the creamed butter and sugar and beat well together, then begin alternating flour and milk, add flavoring and fold in the beaten whites. Bake in greased paper-lined layer pan until cake feels firm. Time required in baking varies according to oven temperature. Put layers together with either plain white icing or fruit and nut icing. Is very nice with caramel filling.

Orange Frosting

Grated rind of 1 orange  
1 tbsp. orange juice  
1/2 tsp. lemon juice

Mix and let stand 15 minutes. Strain mixture and add slowly to 1 well-beaten egg. Add confectioner’s sugar until the consistency is easy to spread.

Pound Cake

4 cups flour  
10 eggs beaten separately  
2 cups sugar  
1 level tsp. cream of tartar  
1 1/2 cups butter  
1/2 level teaspoon soda

Cream butter and sugar, add yolks of eggs beaten till very light, then alternate with flour and beaten whites. Sift cream of tartar and soda in last cup of flour.
Oatmeal Cookies
1 egg
1/3 cup sugar
3 1/2 tbsp. fat
2 tbsp. sour milk
1/2 cup raisins
1 cup nuts may be added


Pineapple Skillet Cake
1 medium can sliced pineapple
1 1/2 cups brown sugar
2 tbsp. butter

Melt butter and sugar in skillet; arrange pineapple in layers. Pour over the pineapple the batter of one-egg cake.

1 egg
1/4 cup butter
2 cups flour
1/2 cup sugar
2 3/4 cup milk
2 tsp. baking powder

Serve in a sauce (warm made of the pineapple sirup, thickened with 1 tablespoon butter and 1 tablespoon flour). Bake at 375 degrees—35 to 40 minutes. Serve warm. If you desire caramelized mixture to run through cake batter while baking, add 2 tablespoons of hot water to caramelized sugar and butter to thin it down. May be served with whipped cream.

Fruit Bars
Mix and sift:
1 cup sugar
1 cup flour

Add:
3 eggs beaten separately
1 tbsp. vanilla
1 tbsp. melted butter
4 tsp. cocoa dissolved in 2 tbsp. boiling water

1 tsp. baking powder
Salt
1/2 cup chopped dates
1/2 cup chopped raisins
1 cup chopped English walnuts

Mix thoroughly. Bake 30 minutes in moderately slow oven (in square cake pans). When cool, cut in bars and roll in powdered sugar.
Ice Box Cookies
1 lb. butter 2 tsp. baking powder
1 lb. brown sugar 1 egg
6 cups flour 1 cup chopped nuts

Make into dough by creaming butter and sugar together. Add flour and baking powder, then eggs and nuts. Make into two rolls and put in refrigerator over night. Slice thin and bake in moderate oven.

“Rocks”
1 1/2 cups dark brown sugar Saltspoon of salt
1 cup butter 1/2 tsp. cloves
3 eggs beaten separately 2 3/4 cups flour
1 tsp. soda dissolved in a little warm water
1 lb. nut meats 1 lb. raisins
1 heaping tsp. cinnamon

Dark Fruit Cake
1 lb. browned flour 1 extra glass grape juice
1 lb. sugar 1 lb. blanched almonds
1 lb. butter 1 lb. shelled pecans
12 eggs (beaten separately) 1 glass grape jelly
4 1/2 lbs. seeded and cut raisins 1 tbsp. melted chocolate
1 1/2 lbs. citron 1 tbsp. cinnamon
1 lb. candied cherries 1 tbsp. nutmeg
1 lb. candied pineapple 2 tsp. allspice
1/2 glass wine 2 tsp. cloves
1 tsp. mace

Wash the raisins in hot water. Cut in pieces with scissors. Cut the citron, pineapple and cherries, add to the raisins. Pour over the one extra glass of grape juice. Mix and let stand overnight.

Cream butter and sugar, add beaten yolks and beat 10 minutes. Add jelly, chocolate and spices dissolved in the wine.

Beat whites stiff. Flour fruit in large pan to avoid gumming. Add fruit to batter, alternating with whites and floured nuts. Mix together, adding flour and 2 teaspoons baking powder by degrees.

Bake in moderate oven 4 or 5 hours (250 degrees). If steamed, 6 hours. Dry out in a slow oven for one hour. Line angel pans with 3 thicknesses of paper. Grease well. Batter is stiff enough to hold a mixing spoon.
Kisses
3 egg whites 1 cup sugar

Beat whites stiff, add sugar gradually, continuing beating. Drop on greased tins. Bake in slow oven 30 minutes (250 degrees). Turn off heat and leave 15 minutes to dry out. Cut off top and fill with ice cream.

Prune Cake
1 1/2 cups sugar 1 tsp. baking powder
3 eggs well beaten 1 tsp. cinnamon
1 cup Wesson oil 1 tsp. cloves
1 cup buttermilk 1 tsp. allspice
1 tsp. soda 1 tsp. nutmeg
1 cup chopped nuts 2 cups cake flour
1 cup stewed prunes (stones removed and prunes mashed)

Add sugar to eggs and beat well. Add soda to buttermilk. Mix cake and cook in moderate oven in three layer cake pans.

Devil’s Food
1/2 cup butter or substitute 1 tsp. soda
2 cups brown sugar 2 eggs
1 1/2 squares chocolate or 1/2 cup cocoa
1/4 tsp. salt 1 tsp. vanilla
1/2 cup sour milk 1 tsp. baking powder
1/2 cup boiling water 2 1/2 cups flour

Spice Cake
1/4 lb. butter
1 1/2 cups sugar
Yolks of 3 eggs
1 cup buttermilk
1 level tsp. of soda
1/2 tsp. nutmeg

2 cups flour
1 saltspoonful of salt
1 tsp. cinnamon
1/2 tsp. cloves
1/4 tsp. allspice

Ice and serve with whipped cream. Serves 8 to 10 people.

Chocolate Icing
3 cups sugar
1 cup sweet milk
1/4 lb. Baker’s chocolate
1/4 lb. butter

Stir constantly while cooking. When creamy, remove from fire, beat and spread on cake.

Chocolate Roll
5 eggs
1 tbsp. flour
1 cup sugar
1 tbsp. vanilla
2 tbsp. cocoa

Beat eggs separately and add sugar to yolks. Add whites last. Grease and flour pan. Bake in moderate oven 15 minutes. Whip 1 pint cream with 1 tablespoon sugar. Spread on roll and roll as you would jelly roll. Serves 8 people.

Fudge Cake
1/2 cup butter
1 1/4 cups sugar
2 cups nuts
1/4 cake chocolate (bitter or Baker’s chocolate)

3/4 cup flour
2 eggs
Pinch of salt

Cream butter and sugar. Add nuts, chocolate, then add eggs and salt, flour. Last add whites of eggs beaten very dry. Bake in shallow pan 25 to 30 minutes in a moderate oven.
Wonderful Chocolate Cake

3/4 cup butter
2 cups sugar
1 cup milk
7 egg whites
3 1/2 cups sifted flour
2 tsp. (level) baking powder
1 tsp. vanilla
2 squares Baker’s unsweetened chocolate

Sift some flour, then measure, using a glass measuring cup and a spoon to fill the cup, then sift flour and baking powder together five times. Cream the butter and sugar together until very light; add the chocolate melted (using a very small cup placed in boiling water). Alternate with flour, milk and egg whites. The egg whites must be well mixed with the batter to prevent white streaks. Bake in two layers. Fill with chocolate fudge and ice over top with same.

Gingerbread

1/4 cup of butter
1/2 cup of sugar
1 egg
1/2 cup of sour milk
1/2 cup molasses
1 3/4 cups flour
1 tsp. soda
1 tsp. cinnamon
1 tsp. ginger
1/4 tsp. salt

Cream butter, add sugar gradually, beat egg slightly and add. Sift dry ingredients and add small amount of flour, then alternate liquids with dry ingredients. Turn into oiled pan.

Preheat electric oven to 375 degrees. Set heat control for 375 degrees and bake 30 minutes.

Pecan Shells

1/4 cup of butter
1/2 cup of sifted brown sugar
1 egg
1/4 cup finely chopped pecans
2 tbsp. flour
1/8 tsp. salt
1/4 tsp. vanilla

To butter, gradually beat in sifted brown sugar. Add egg beaten lightly, 2 level tablespoons of flour and salt. Mix together thoroughly. Beat in pecans and vanilla. Drop by round dips onto greased baking sheet and with back of spoon spread as thin as possible. Leave plenty of space for spreading. Bake 8 minutes in oven at 350 degrees. Peel off cookie sheet at once and mold in muffin tins or on back of water glass. Do not dry too many at one time because the cooked shells must be quickly removed and placed in mold before cooling. These can be carefully stacked or set aside individually until time to fill with vanilla ice cream and served.
DESSERTS and PIES

**Chocolate eclairs**

1/2 lb. shortening  
1 pt. whole eggs (about 10 eggs)  
3/4 lb. bread flour  
1 pt. water

Melt shortening in water. Stir flour into already boiling water and cook, stirring constantly, until mixture leaves sides of pan in smooth, compact mass. Turn into mixing bowl and add eggs, two at a time, beating after each addition till blended. When all eggs have been added, beat well to incorporate air.

Shape with pastry bag and tube on slightly-greased baking sheet. Bake in hot oven (450 degrees) about 20 minutes, then reduce heat to moderate oven and bake 10 to 15 minutes longer. Fill with whipped cream or custard filling and ice with chocolate.

**Chess Pie**

5 egg yolks  
1 cup sweet milk  
2 cups sugar  
1 tbsp. flour  
1/2 cup butter  
1 tbsp. meal

Mix flour and meal with sugar and add to well-beaten yolks. Add butter that has been softened, then milk. Bake in small pastries. This makes 12 pies.

**Caramel Pie**

5 eggs  
1 cup milk  
2 1/2 cups sugar  
2 tbsp. flour  
Burn 1/2 cup sugar  
1/2 cup butter

Use whites of eggs for meringue, 1 tablespoonful of sugar to each white. This makes 2 pies.

**Transparent Custard**

Yolks of 6 eggs  
1/2 cup cream (or milk)  
1/2 cup butter  
2 cups sugar  
Vanilla to flavor

Cream butter and sugar as for cake—beat yolks very lightly, add cream. Make meringue and put on top.
Cocoanut Cream Pie
1 cup milk
1/2 cup sugar
3 tbsp. flour
1 tsp. vanilla

Cook until thick, then add 1 cup of fresh cocoanut. Bake pastry first. Reserve 2 whites for icing if desired.

Chocolate Cream Pie
3 eggs
1 cup sugar
3 heaping tbsp. grated chocolate

Beat 3 yolks and 1 white (reserving 2 whites for icing) with sugar, add flour, chocolate and milk. Cool until it thickens. Bake in a cooked pastry. Beat the two whites until dry, add 2 tablespoons of sugar, spread over baked pie and brown.

Molasses Nut Pie
1 1/2 cups Karo sirup
1 1/2 cups brown sugar
1/4 cup butter
Vanilla and lemon juice to taste

This makes 2 pies.

Fig Pudding
1 lb. figs cut fine
1 cup sweet milk
1/2 lb. butter
1/2 lb. white sugar
1/2 lb. crumbs (cracker or bread)

3 eggs beaten separately
1 tsp. cinnamon
1/2 tsp. allspice
2 tsp. (heaping) baking powder

Steam 2 hours. Serve with hard or caramel sauce.

Best Meringue
Beat whites of 6 eggs until dry and stiff; add 1 tablespoon sugar for each egg. Spread on pie and bake in slow oven.
Pastry
3 cups flour 1 tbsp. salt

Put in bowl, then take 1 cup of shortening and pour over \( \frac{1}{2} \) cup boiling water. When shortening is melted, add to flour mixture and stir. Put in bowl and cover. Place in ice-box until next day. This will make 3 pies and keep a week.

Cream Pie Pastry
\( \frac{1}{2} \) pt. cream 1 pt. flour
1/2 tsp. salt 2 tsp. baking powder

Mix lightly and roll thin.

ICES

Hot Caramel Sundae
This popular sundae is served frequently in many homes as well as all up-to-date fountains. Chocolate caramel sirup can be made as follows:
\( \frac{1}{2} \) cup chocolate sirup 1 pt. simple sirup
15 drops caramel extract 15 drops vanilla extract

Mix and bring to a boil. Serve either hot or cold, over ice cream.

Chocolate Sauce for Ice Cream
2 oz. chocolate 1 cup sugar
\( \frac{1}{2} \) cup hot water \( \frac{1}{4} \) tsp. salt

Cook in double boiler until thick. Serve hot with vanilla ice cream.

Frozen Nesselrode Pudding
1 quart milk 1 cup sugar
3 eggs

Make into a rich custard. Soak over night \( \frac{1}{2} \) pint of ground raisins, \( \frac{1}{2} \) pint of figs, \( \frac{1}{2} \) pint of ground pecans or English walnuts in the custard. Then add 3 quarts of rich cream. Flavor with extract of rum or vanilla and sweeten. Freeze.
Strawberry Velvet Cream
2 cups strawberry pulp  2 cups cream
1½ cups sugar (depends on sweetness of berries)
Mix thoroughly and freeze. Press berries through a potato ricer.

Maple Parfait
1 cup maple sirup  1 pt. heavy cream
8 egg yolks  Speck salt
Boil sirup 5 minutes, pour over beaten egg yolks and cook in a
double boiler until thick. Remove from fire and beat until cold.
Whip cream very stiff, fold into sirup, pour into mold, pack in ice
and salt for 5 hours. When ready to serve, dip mold in lukewarm
water and turn on platter.

Strawberry Parfait
1 cup powdered sugar  ¼ cup cold water
1 qt. strawberries  ¼ cup hot water
1 tbsp. gelatine  3 egg whites
1 pt. cream
Hull and wash strawberries, mash through a fine strainer. Soak
gelatine in cold water, melt in hot water, add to the juice, mixing
well. Beat whites of eggs until stiff. Whip the cream. Fold egg
whites and cream into juice as it begins to thicken. Pack in a mold
and let stand 2 to 3 hours.

Red Raspberry Ice
1 qt. fresh or 1-2½ lb. can red raspberries  ½ pt. water
1½ cups sugar
Juice of 3 lemons
Heat berries and mash through a sieve. Add sugar and lemon
juice and water; freeze. This serves 8 people.

Peppermint Ice Cream
Soak ½ pound stick candy for three hours in ½ pint sweet milk.
When dissolved, add 1 pint of X cream. This makes one quart of
ice cream when frozen. Serves 8 people.
MISCELLANEOUS

Chicken a la King
Parboil chicken until tender. Remove skin from chicken. Cut in small squares. Let the stock cool and take off the chicken butter. Add 4 tablespoons of flour, then add chicken stock or milk, stirring constantly over fire until a smooth sauce. Then add 1 cup of celery cooked tender and then the chicken. Bake in a casserole.

If wished, add 1 cup of mushrooms cooked 30 minutes, 2 green peppers cooked. You can add the yolks of 2 eggs.

Meat Balls
1 pt. ground cold meat  Pepper and salt to taste
2 hard-boiled eggs, ground 1/2 cup bread crumbs

Mix to mold in white sauce. Roll in eggs, then cracker crumbs and fry in deep fat. Serve with chili sauce or catsup.

Molded Chicken Loaf
Cook 1 hen and 1 pound of lean pork until done. Grind through meat chopper. Add 1 cup of crumbs and 2 eggs. Mix with a sauce made of 2 tablespoons of flour, 2 tablespoons of butter, 1 pint of cream or milk. Cook until thick and season with salt and pepper. Mix with the meats, make into a mold and bake 1 hour. Then pour on a dish. Serve with 1 pint of cream sauce mixed with 1 pint of cooked mushrooms and 1 pint of peas.

Cheese Souffle
Put 2 tablespoons of butter and 1 heaping tablespoon of flour in a double boiler; stir until smooth. Add 1/2 cup of warm milk, 1/4 teaspoon salt, 1/4 teaspoon pepper. Cook 2 minutes, draw aside, add yolks of 3 eggs well beaten and 1 cup of grated American cheese. Stir over fire until well mixed. Set aside to cool. Fifteen minutes before serving, fold in 3 egg whites beaten stiffly. Pour into buttered baking dish; cook until firm.
Stuffed Baked Orange
3 oranges (cut in half)  Thin slice butter
5 apples (peeled and cut in small pieces)  1/2 cup sugar

Cut oranges in half, taking out all the fruit and juice. Add this to apple, also a little peel chopped fine, butter and sugar. Cook until thick. Clean all membrane from the orange rinds, fill with the mixture, sprinkle with sugar and bake a few minutes. Serves six people and delicious with fowls.

Spaghetti
1 cup Campbell's Tomato Soup  1 large onion
1 large sweet green pepper  1/2 box spaghetti

Broil a small amount of ground meat, or three slices of bacon. Remove and break in small pieces. Slice onion, cut up pepper and fry in oil or bacon grease. Add this, grease and all, to the cooked spaghetti, then the tomatoes.

Tomatoes Stuffed with Creole Chicken
2 cups tomato meat  2 tbsp. butter
1 onion chopped fine  Salt, pepper to taste
1 cup chopped celery  Large tomatoes
1 hen cooked tender and chopped
1 green pepper

Cut tomatoes in half, scoop out inside without breaking outer skin. Chop pulp fine—put in saucepan, add butter, onion, celery and green pepper if desired. Cook until tender, add seasoning and chopped chicken. Cool slightly, then fill each tomato shell. Sprinkle with buttered crumbs on top and bake in slow oven 30 minutes.

Spinach Pudding
6 eggs  1/8 tsp. nutmeg
2 cups mashed spinach  1 pt. whipped cream
1 tsp. salt  1 tsp. baking powder
1/2 tsp. each, black and red pepper

Beat eggs separately; fold in yolks into the two cups of spinach; add beaten whites and other ingredients, adding baking powder last. Bake 25 minutes, setting baking dish in pan of water.
Cheese Balls
Mix 1½ cupfuls of grated cheese, 1 tablespoon of flour, 1/4 teaspoon of salt, a few grains of cayenne pepper and a pinch of paprika, then fold this into the whites of three well-beaten eggs. Shape into small balls and fry in deep fat. Drain on soft paper. These are delicious served with a fruit salad and coffee.

Chili Con Carne
1 lb. chopped beef
1 can kidney beans
Brown meat in frying pan with onion. Add the beans and chili powder. Heat and serve.

Cheese Straws
3/4 lb. cheese
1/4 lb. butter
2 cups flour
Grate cheese fine. Soften butter. Mix well and work into flour. Shape and bake in hot oven.
A GLIMPSE AT WARD-BELMONT