12 AA RECIPES & H.

RECIPES SHAKERS

1954

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To Emma Hunt, who collected, and tested, all the recipes, for taste, cost and practicality.

Emma would like to give credit and recognition, for the generous time, and help given her by the following Shakers:

Sister Jennie Wells Sister Emma Neal Sister Sadie Neal Sister Mary Dahm Sister Grace Dahm

We are all grateful to these generous ladies.

we are all erateful to those generous ledies.

Shaker

Table Monitor

Here then is the pattern
Which Jesus has set;
And his good example
We cannot forget:
With thanks for his blessings
His word we'll obey;
But on this occasion
We've somewhat to say.

We wish to speak plainly
And use no deceit;
We like to see fragments
Left wholesome and neat:
To customs and fashions
We make no pretense;
Yet think we can tell
What belongs to good sense.

What we deem good order,
We're'willing to state;
Eat hearty and decent,
And clean out our plate:
Be thankful to heaven
For what we receive,
And not make a mixture
Or compound to leave.

We find of these bounties
Which heaven does give,
That some live to eat,
And, that some eat to liveThat some think of nothing
But pleasing the taste,
And care very little
How much they do waste.

Table Monitor

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And his cood example
It cannot forget:
Ath thenis for his bleasings
His word we'll obev;
But on this poossion

No wish to speak plainly
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We thentful to heaven

For what we receive,

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No find of these bountles
Anioh heaven does give,
That some live to est.
And that some est to live
That some think of nothing
But pleasing the teste,
And care very little
How much they do waste.

Tho' heaven has bless'd us
With plenty of food:
Bread, butter and honey
And all that is good;
We loathe to see mixtures
Where gentle folks dine,
Which scarcely looks fit
For the poultry or swine.

We often find left,
On the same China dish
Meat, applesauce, pickle,
Brown bread and minc'd fish
Another's replenish'd
With butter and cheese;
With pie, cake and toast,
Perhaps, added to these.

Now if any virtue
In this can be shown,
By peasant, by lawyer
Or king on the throne,
We freely will forfeit
Whatever we've said,
And call it a virtue
To waste meat and bread.

Let none be offended
At what we here say;
We candidly ask you,
Is that the best way?
If not,lay such customs
And fashions aside,
And take this monitor
Henceforth for your guide.

The bearen has blassed the with planty of food;

Bread, but ber and bone;

And all that is good;

We leaths to see mintured

Whore gentle folis die;

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INTRODUCTION

The Shakers originated about 1747 among a group of English Quakers. The "Shaking Quakers" as they were derisively called, desired religious freedom, but in England were persecuted, because of their different beliefs. Thus, in 1774, a band of 9 Shakers led by Mother Ann Lee, emigrated to America. By the middle 1800's, 6,000 Shakers lived in 19 communities scattered from New England to Eastern Indiana. The head-quarters and heart of "Shakerism" was established at Mt. Lebanon, New York, but each community kept a close correspondence with one another, no matter where they were located. Their motto, "Put your hands to work and your hearts to God", expressed their devotion. The sole purpose they had in life was to establish God's kingdom here on earth.

The religious ceremonies were very unique. There were no ministers or priests, that presided formally over them; they believed that they, individually, could correspond with God. Many a time, a Shaker would see a "vision". Since the Shakers strongly believed in celibacy, the sect has diminished steadily throughout the years. At present, there are only a handful of Shakers left. "Brother" Ricardo Beldon at the age of 85, is the oldest living Shaker today.

The Shakers, simple in dress and manner, worked hard for each other's survival. They didn't believe in war, refused to fight in one, but nevertheless, they nursed wounded American soldiers and sheltered their orphans.

INTRODUCTION -

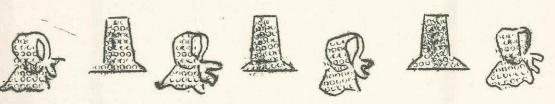
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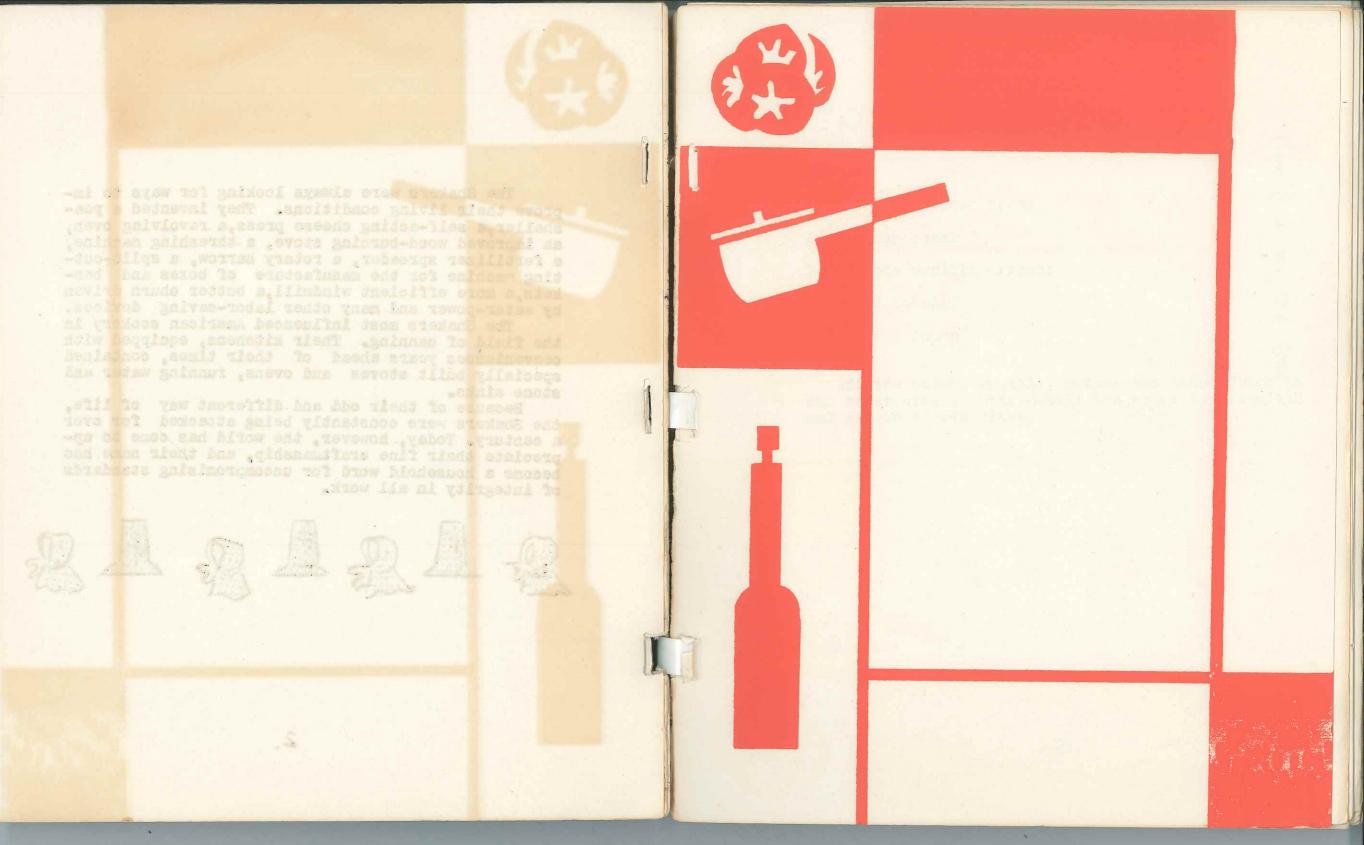
The Shakers were always looking for ways to improve their living conditions. They invented a peasheller, a self-acting cheese press, a revolving oven; an improved wood-burning stove, a threshing machine, a fertilizer spreader, a rotary harrow, a split-cutting machine for the manufacture of boxes and baskets, a more efficient windmill, a butter churn driven by water-power and many other labor-saving devices.

The Shakers most influenced American cookery in the field of canning. Their kitchens, equipped with conveniences years ahead of their times, contained specially built stoves and ovens, running water and

stone sinks.

Because of their odd and different way of life, the Shakers were constantly being attacked for over a century. Today, however, the world has come to appreciate their fine craftmanship, and their name has become a household word for uncompromising standards of integrity in all work.





CREAM SAUCE

l pint thick sweet cream

1/2 teacup sugar

1 teaspoon vanilla extract

1 grated nutmeg

Juice of 1 lemon

Add the sugar, vanilla, nutmeg and lemon juice to the sweet cream. Stir untill the sugar is dissolved and set in a cold place.

CREAM SAUCE

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L grated nutmeg

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Add the segar, wentlin, nutues and lemon jules to

WHIPPED CREAM SAUCE

l pint cream

2 egg whites

 $1\frac{1}{4}$ cup confectionary sugar

juice of 2 lemons

Whip the cream and then add the beaten egg whites. Sweeten with the sugar and flavor with lemon.

WHIPPED CREAM SAUCE

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BOILED PUDDING SAUCE

1 pint boiling water

1/2 lb. sugar

1 oz. butter

3 egg yolks

1 teaspoon vanilla extract



Combine the water, sugar, butter and beaten egg yolks. Then, let this mixture come to a boil. Remove from flame and cool. After cool, flavor with vanilla.



BOYLED PUDDING SAUCE

L pint boiling water

L/2 lb. sugar - L

L oz. butter - L

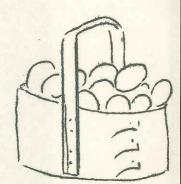
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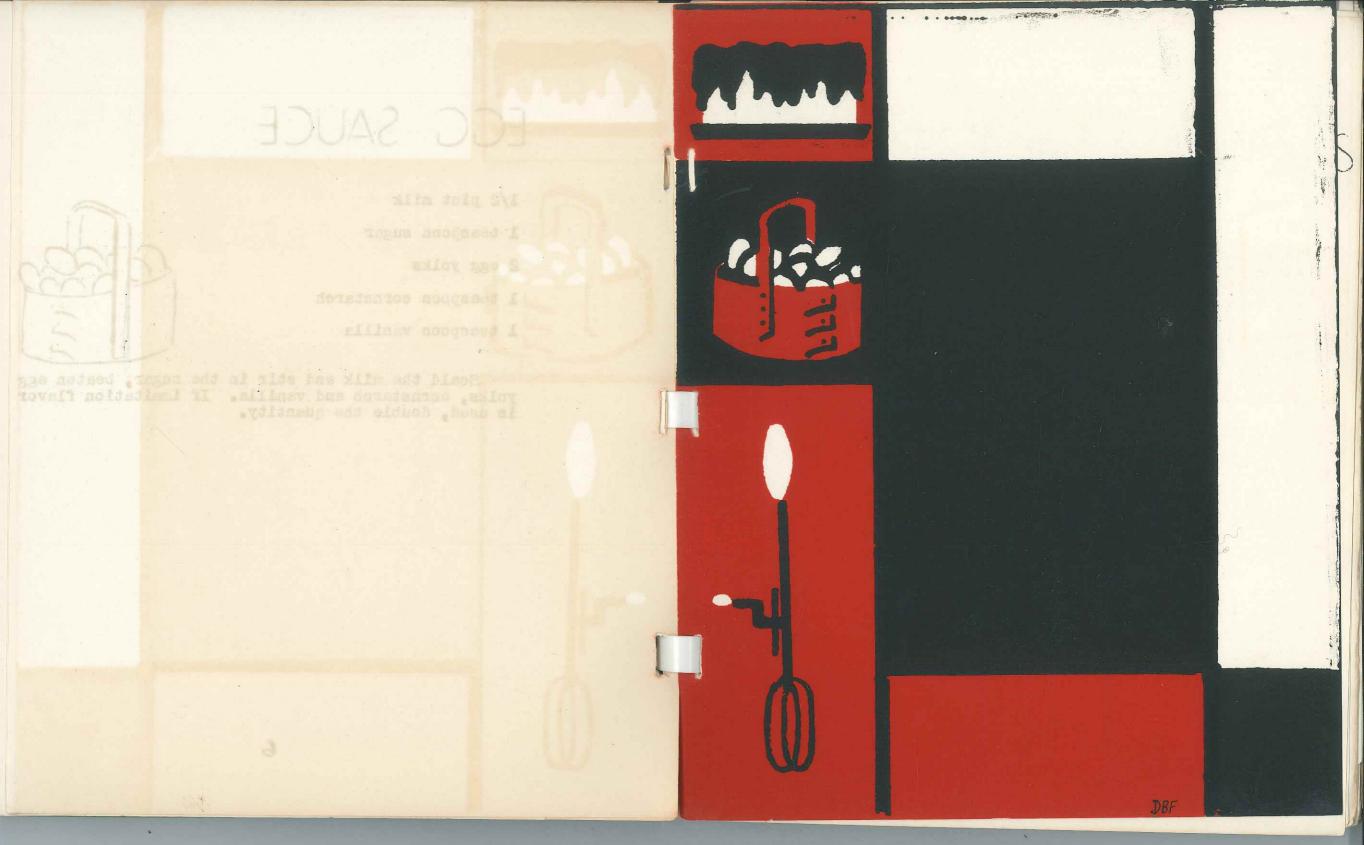
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EGG SAUCE

- 1/2 pint milk
- 1 teaspoon sugar
- 2 egg yolks
- 1 teaspoon cornstarch
- 1 teaspoon vanilla



Scald the milk and stir in the sugar, beaten egg yolks, cornstarch and vanilla. If immitation flavor is used, double the quantity.



CAKES, ICINGS, FILLINGS

Each Shaker Woman prided herself on the quality of her cooking. The Shakers thought that a woman's cooking was only as good as her cakes. With this idea in mind constant improvements were handed down over the years.

When the Shaker colonies were founded in the west, sugar was scarce and expensive. So delicacies such as icings and fillings, which we take almost for granted in this day and age, were not very common.

CAKES ICHNOS FILLINE

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then the Chalor colonies were founded in the west, august west actionales and exponsive. Sp delicacies such as loings and fillings, which we telle almost for granted at this day and age, were not very common.

ANGEL FOOD CAKE

11 egg whites

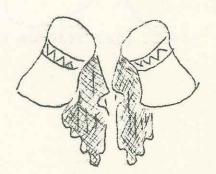
½ teaspoon salt

1 teaspoon cream of tartar

12 cups sugar

l teaspoon vanilla

1 cup flour



Bring egg whites to about 70 degrees. Beat with a rotary mixer at second speed, until frothy. Add the salt, cream of tartar and sifted sugar. Continue to beat until a soft wet peak is formed. Add vanilla and change to first speed. Add the flour, which has been sifted 3 or 4 times. Remove any sugar or flour lumps from the dough. Bake in angel food pans at 300--325 degrees for 15 to 20 minutes. Gradually raise to 340 degrees and bake 25-30 minutes longer.

ANGEL FOOD CAKE

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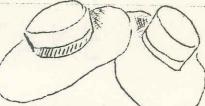
TEARS SANS

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Bring egg whiter to about 70 degrees. Best with a retary miner at a cond speed. antil frother add the seit, orean of burter and situd augst. Continue to best until a seit uch peak is formed. Add vanilla and one nee to first speed. Add the flout, winder has been clifted 5 or 4 times. Hemove any sugar or flour lumns from the dough. Bise in augst food pans ut 300---325 of the day for a sugar for all the course for 15 to 20 minetes. Gradually raise to 30 degrees and bake 25-30 minetes longer.

SPICE CAKE



2 cups brown sugar

to cup butter (margarine may be substituted)

3 cups flour

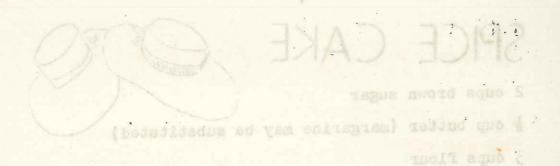
1½ cups sour milk

1 teaspoons baking soda

1 teaspoon alspice

4 eggs

Beat eggs and add sugar, then add melted butter. Mix the milk and soda alternately with flour. Then, put in a greased loaf pan. Bake for 45 to 50 minutes at 350 degrees.



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Beat eggs and add sugar, then add melted butter. bix the wilk and apda elternately with floor. Then put in a greased losf pan. Sake for 45 to 50 minutes at 550 degrees.

BANANA CAKE

3 medium ripe bananas

2/3 oup butter

1 cup brown sugar

1 tablespoon confectionary sugar

1 egg

to cup chopped pecans or walnuts

1 teaspoon baking soda

1 2/3 cups flour

teaspoon salt

2/3 cup sour milk

Cream butter and sugar thoroughly; add an unbeaten egg. Mash bananas and combine with sugar and butter. Sift flour and salt. Dissolve soda in sour milk, and alternate milk and dry ingredients. Then, mix well. Take two extra tablespoons flour and flour the nuts. Add to mixture last. Bake at 350 degrees for 1 hour. Use a loaf pan.

BANANA CAKE

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1 tablespoon confectionary sugar

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Sift Tipow and salt. Discolve sods in wour milk, and

alternite milk and dry ingredients. Then, mix well.

The two extra tablespoons floor and floor the autes.

Add to mixture last. Bake at 350 degrees for 1 hour.

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DEVIL'S FOOD CAKE

1 cup butter

24 cups sugar

3 squares Baker's unsweetened chocolate

4 cups flour

1½ teaspoons baking soda

2 cups sour milk

4 eggs

1 teaspoon vanilla extract

1 teaspoon salt

Gream butter and sugar. Add unbeaten eggs, one at a time. Add melted chocolate. Then, alternate the dry ingredients, milk and vanilla extract. Beat for five minutes. (Bakes 3 layers in a 9 inch pan.) Bake at 375 degrees, 25 to 30 minutes for each layer.

BANANA CAKE

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1 2/3 cups flour

| toaspoon salt

2/3 our sour milk

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Sift floor and salt, Dissolve wode in sour milk, and
alternate wilk and dry ingredients, from , mix wells

fore two crtra tablespons floor and floor the nute.

Add to mixtore last, Bake at 550 degrees for 1 hour.

Use a lost pan.

DEVIL'S FOOD CAKE

1 cup butter

24 cups sugar

3 squares Baker's unsweetened chocolate

4 cups flour

1½ teaspoons baking soda

2 cups sour milk

4 eggs

1 teaspoon vanilla extract

1 teaspoon salt

Gream butter and sugar. Add unbeaten eggs, one at a time. Add melted chocolate. Then, alternate the dry ingredients, milk and vanilla extract. Beat for five minutes. (Bakes 3 layers in a 9 inch pan.) Bake at 375 degrees, 25 to 30 minutes for each layer.

DEVIL'S FOOD CAKE

1 cup butter
2 cups sugar ...
4 cups flour
2 cups sour milk
2 cups sour milk
4 oggs
1 temspoons beking sods
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4 oggs
5 temspoon vanilla sytract

Green better and enger. Add unbesten eggs, one is a time. Add enlied speciates. Then, elberosts the dry ingredicates, malk out vanilla extract. Boot for fire adaubes. (askes & layers in a 9 that pair) between My degrees, 25 to 30 minutes for each layer.

ORANGE CAKE

3/4 cup sugar

1 cup shortening

1 egg

1 teaspoon salt

1 teaspoon baking soda

2 cups flour

½ cup sour milk

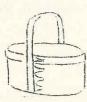
2 tablespoors orange rind

1/4 cup orange juice

Cream butter and sugar, add egg. Then, add grated orange rind and juice. Sift in dry ingredients, and add to milk. Bake at 350 degrees for 45 minutes.









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Creem butter and sugar, add est. Then, and grated orange rind and junce. ait in dry ingredients, and add to acress for 45 alautes.



CHEESE CAKE

21 cups graham crackers

1/4 cup sugar

1/4 cup butter

3/4 cup cottage cheese

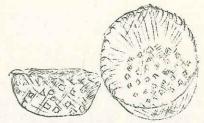
1/4 cup flour

1 tablespoon lemon juice

1 lemon rind

2 eggs

1 cup whipped cream



Roll graham orackers very thin with rolling pind Then, sift all the dry ingredients; combine graham crackers with sugar and butter, add dry ingredients. Put in costage cheese and beat thoroughly. Add lemon juice, fold in whipped cream. Pour in deep pound pan and bake at 325 degrees for one hour.

CHEESE CAKE

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LAYER FRUIT CAKE

1 cup sugar

3/4 cup butter

2 cups flour

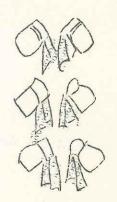
5 egg whites

3 teaspoons baking powder

1 teaspoon vanilla

1 cup apricots pureed

Beat the egg whites till stiff, add sugar. Fold in sifted dry ingredients, add melted butter and flavor. Add the fruit; bake in a corn stick pan for 15 to 20 minutes at 375 degrees.



THE GUT BURE

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GLAZE

1 egg

2 tablespoons milk

Beat one egg; add it to two tablespoons of milk. Brush over crust with a pastry brush.

ORANGE ICING

Rind and juice of 2 oranges

- 1 lb. confectionary sugar
- 1 tablespoor butter

Mix rind to ingredients thoroughly and top cake.

GLAZE

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ORANGE ICING

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LEMON FILLING

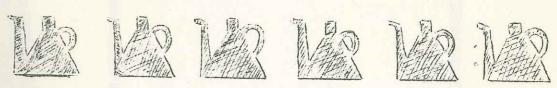
1 cup sugar

1 grated lemon rind

2 eggs

l .lemon'

Beat all the ingredients, except the lemon juice together in top of a double boiler. Then, place over rapidly boiling water, beating the mixture together constantly with a rotary beater, 6 or 7 minutes, till it is stiff enough to stand in peaks. Then remove it from heat. Add lemon juice; beat continuously, until of consistancy to spread.





COOKIES & PASTRIES

The New England Shakers were a hard working people living in a cold, biting climate, in a northerly location. Because of this, they tried to get the most nutritious food available. The Shaker Sisters became extremely skilled in putting the berries and vegetables they harvested, and the meat they raised into their pies, pastry, and cookies. This provided tasty, hardy food, which added nutriment to their diet.

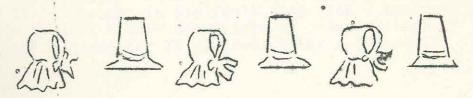
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SOUR MILK COOKIES

- 2 cups sugar
- 1 cup butter
- 2 eggs
- to cup sour milk
- 1 teaspoon baking soda
- 3 cups flour

Cream the sugar and butter, add eggs. Dissolve the soda in the sour milk. Add it to the sugar mixture. Alternate with the flour, until a soft biscuit dough is formed. Drop dough, with teaspoon, on a greased cookie sheet. Press cookie down with finger. Bake at 300 degrees for 5 minutes. Then, remove from oven and press down again. Bake 15 minutes longer.



OUR MILK COOKIES

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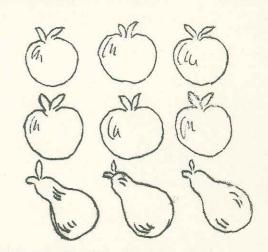
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FRUIT COOKIES

- 4 cups brown sugar
- 2 eggs
- 8 cups flour
- ½ cup sour milk
- $2\frac{1}{2}$ cups shortening
- 4 teaspoons vanilla
- 2 lbs. crystallized fruit
- 2 teaspoons baking soda



Cream the shortening and sugar for 2 minutes. The shortening should be at room temperature. Then, add the unbeaten eggs and cream for 2 minutes. Dissolve the baking soda in sour milk. Add it to the mixture alternately with 7 cups of sifted flour and then add the vanilla. Flour the fruit with the remianing cup of flour. Mix in the fruit; drop with a teaspoon onto a greased cookie sheet. Bake at a temperature of 350-400 degrees for 15 minutes. Makes 4-5 dozen.

FRUIT COOKIES

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8 cups Thour

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2 cups shurtening

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2 beas ones baking sods

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COCOANUT CUSTARD PIE

3 egg whites

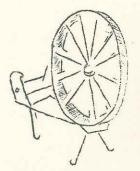
1 cups sugar

2 cups milk

to cup cocoanut

1 teaspoon vanilla extract

teaspoon nut-meg



Beat eggs; add sugar. Scald milk but do not boil. Add milk to eggs and sugar. Add vanilla, nutmeg and cocoanut. Put in an unbaked shell and bake for forty minutes in an oven at 350 degrees.

COCOANUT CUSTARD PIE

\$ egg whites

1g cups sugar

2 cups milk

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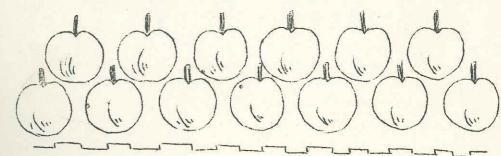
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APPLE PIE

- 1 dozen medium green apples
- 2/7 cup brown sugar
- a cup granulated sugar
- d teaspoon nutmeg
- l tablespoon ground lemon rind
- 1 tablespoon corn starch

Wash and core one dozen medium green apples. Mix dry ingredients together; sprinkle over apples. Four 2 tablespoons of melted butter over this. (Use whites glaze if desired.) Bake for ½ an hour at degrees. Drop the temperature to 325 degrees for another ½ an hour.



BLUEBERRY PIE

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3 cups blueberries

1\frac{1}{4} cups sugar

\frac{1}{8} teaspoon nutmeg

1 tablespoon lemon rind

2 tablespoons cornstarch

2 tablespoons butter

Wash and drain three cups of blueberries. Mix all ingredients in nine inch pie shell. Bake for forty-- five minutes.

22.

BLUEBERRY PIE

2 tablespoons butter

Hash and drein three cups of blueburgion. Mix all

PUMPKIN PIE

l½ cups pumpkin

½ cup brown sugar

½ cup molasses

3/4 cup white sugar

2 eggs

2 tablespoons butter

1 teaspoon soda

1 teaspoon salt

teacup milk

teaspoon mace

teaspoon nutmeg

Beat eggs; add pumpkin. Then add sugar, molassas and other ingredients. Pour into eight inch pie shell and bake fifty minutes at 350 degrees.



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TART SHELLS

2 cups sifted flour

½ teaspoon salt

½ cup butter

3 tablespoons cold water

2 tablespoons sugar

Sift all dry ingredients. Then, cut butter in dry ingredients and pour in cold water. Fold dough over lightly and roll lightly on floured board. Take a 10 inch water glass, cut dough, and fit over a muffin tin. Prick dough with a fork three times and bake at 375 degrees for 15 minutes. Black-eyed Susans may be used by placing dough inside the muffin tin; filling it with Black-eyed Susans.

MIRT SHELLS

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S tablespoons sugar

Sift all dry ingredients. Then, out butter in dry ingredients and pour in cold water. Fold dough over inguily and roll iignly on Floures board. Take a 10 inch water glass, out dough, end fit over a maffin time Prios dough with a fork three lines and bake at 375 dayses for 15 mindres. Black-eyed baskans may be used by placing dough inside the muffin tim; filling to with Black-eyed Susans.

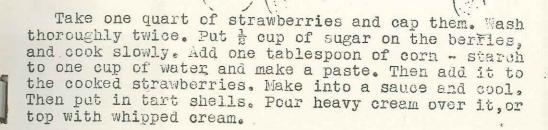
STRAWBERRY TARTS

1 quart strawberries

toup sugar

1 tablespoon corn starch

1 cup water





BREADS & BISCUITS

The history of bread baking dates back many hundreds of years, probably back to the early stone age. Gradually, over these years, great changes have taken place in the textures and qualities of the different types of breads. Around the year 1871, the Shakers discovered certain flaws in the milling of the wheat. The major flaw was that the vital wheat germ was being discarded during the process. The Shakers, being among the first to recognize the value of nutrition, decided then and there to put the ancient quality of simplicity into the milling, and the baking of their breads, and insisted on retaining the wheat germ when milling the flour.

BREADS 6 BISCUITS

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NUT BREAD

1 egg

1/4 cup dark brown sugar

14 cups milk

1 cup orange juice

3 cups flour

3½ teaspoons baking powder

3/4 cups raisins

1 cup walnuts

1/4 teaspoon salt

½ teaspoon cinnamon

Beat eggs and add sugar, milk, and orange juice. Sift all dry ingredients. Add to mixture and mix for five minutes. Take 2 extra tablespoons of flour and add to the dough. Put in a loaf pan and bake for 50 minutes in a 350 degree oven.

NUT BREAD

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1/A oup dark brown sugar

1/a oups milk

5 oup orange julos

3 oups flour

3/4 dars relains

1 oup walnuts

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Boat of a such auger, milk, and prance joine. Sift all dry ingredients, add to mixture and mix for five mingles. Take 2 extra tablespoons of flows and add to the dough. Fut in a lost pan and bake for 50 minutes in a 550 degree oven.

CINNAMON ROLLS

2½ cups milk

3/4 cups shortening

4 cups flour

14 cups sugar

2 eggs

½ teaspoon salt

3 tablespoons cinnamon

Scald milk, but do not boil. Add fat to warm milk. After mixture is cool, add salt, and then one yeast cake dissolved in 2 tablespoons of cold water. Beat the eggs and sugar and combine with flour. Make soft dough and let rise for l \(\frac{1}{2} \) hours in a moderate room. Roll on floured board. Melt some butter and pour it over the dough. Take 4 more tablespoons of sugar, two tablespoons cinnamon, and \(\frac{1}{2} \) box of raisons. Sprinkle on dough and roll dough. Cut \(\frac{1}{2} \) inch thick and put on greased cookie sheet. Let rise for forty minutes and then bake at 375 degrees for 20 minutes.

CINNAMON ROLLS

24 oups milk
4 oups flour
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2 oups engar
2 eggs
5 teblespoons oinnamen

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greased cookie sheet, Let rise for forty minutes and

then bake at 775 degrees for 20 minutes.

POTATO BISCUITS

12 cups mashed potatoes

3 tablespoons butter

4 tablespoons baking powder

3/4 cups milk

1 cups flour

1 teaspoon salt

Sift all dry ingredients. Add butter. Then, work in potatoes; beat well. Roll dough lightly and cut biscuits one inch thick. Put on greased baking sheet and bake at 375 degrees.





POTATO BISCUITS

13 cups mashed potatoes

tablespecia baking powder

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Sift all dry ingredients, Add butter. Then, work in potetoes; best well. Roll doors lightly and out bisoutte one inch thick. Fut only comed baling sheet and bake at 575 degrees.

BLUEBERRY MUFFINS

1/4 cup butter(margarine may be substituted)

1/4 cup sugar

2 eggs

1/4 teaspoon baking powder

2 cups flour

2/3 cups milk

1 cup blueberries

Cream butter and sugar, add sifted flour and dry ingredients, alternately with milk and eggs. Sift ½ cup of flour over blueberries and stir into mixture. Bake at 375 degrees for thirty minutes.

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BLUEBERRY MUFFINS

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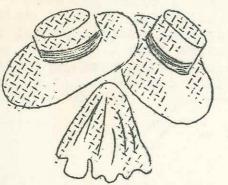
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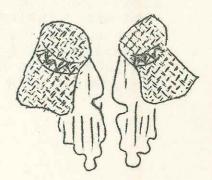
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order and sugar, edd sitted flows and dry a located a second dry a located a second second fitter and stir into mixture.

ODDS & ENDS

In all of their cookies and cakes, the Shakers used great quantities of sweet butter, never salt butter. As they raised their own cows, the Shakers had plenty of cream. This was set at room temperature. Then using an old-fashioned butter churn, it was made into sweet butter. However, this was not just the simple process of churning, for it was washed as many as two or even three times in cold water. The sweetness of the fresh butter was very important to the definite flavors of all Shaker cooking. The fresh butter was molded into handmade Shaker boxes.





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In all of their cookles and cases, the Shakers used great quantities of great botter, never salt butter. Treat quantities of great botter, never salt butter. As they raised their own cows, the Spakers bad plenty of cream. This was set at room, to we made into sweet an old-familiary to this was net, just the simple process of confirm, for it was washed as many as two or even this three in cold water. The sweetness of the fresh better was not ded into being man molded into





FLOATING ISLAND

1 cups milk

3/4 cup sugar

1/2 teaspoon of vanilla

3 egg yolks

1/2 teaspoon nutmeg

2 tablespoons cornstarch

Beat egg yelks; add sugar and cornstarch. Scald milk, but do not boil. Combine mixtures; place over a double boiler; cook for 20 minutes. Put in a sauce pan and cool. Beat whites stiff, add 3 tablespoons of confectionary sugar. Fold custard in egg whites. Put in refrigerator and chill. Sprinkle with nutmeg, just before serving.

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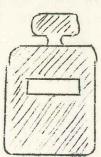
ICE CREAM PLAIN

- 2 teaspoons vanilla
- 3 quarts milk
- 9 eggs
- 5 tablespoons flour
- 3 cups sugar

Put milk in a double boiler and scald. Beat eggs. Then add sugar and flour to the beaten eggs. Combine this mixture with the scalded milk. Cook for fifteen minutes. Then cool. Flavor with vanilla and freeze.







CE CREAM PLAIN

PICKLED PEPPERS

- 2 medium chopped cabbages
- 4 ground, fresh horse-raddishes
- 1 dozen medium peppers
- 2 tablespoons powdered mustard
- 3 teaspoons salt
- 1 quart vinegar

Cut the top off peppers. Scoop out insides; wash in cold water. Mix all ingredients, except vinegar, together and stuff peppers. Pack in a jar; cover with cold sharp vinegar. Let stand at about 70 degrees at least 48 hours.

PICKLED PEPPERS

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VELVET CREAM

1 teacup cream

2 tablespoons strawberry jelly

2 tablespoons currant jelly

2 tablespoons sugar

2 egg whites

Beat the egg whites 'till stiff. Fold in the other ingredients. Beat all together to make a cream.

Pet milk may be substituted for cream; egg whites or powdered eggs may be used, confectioners sugar may be used instead of granulated sugar.

VELVET CREAM

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2 tentispoons strawberry jelly

2 tablespoons ourrant jelly

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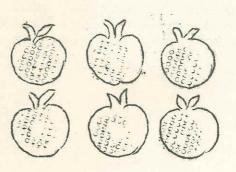
CRYSTALLIZED FRUIT

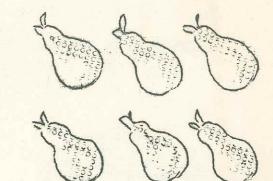
Canned fruit

2 cups sugar

1 cup water

Drain the canned fruit on a towel. Make #3 simple syrup (2 cups of sugar, 1 cup of water). Cook fruit in syrup 35 minutes, at 350 degrees. Let cool.





CRYSTALLIZED FRUIT

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POTATO SALAD

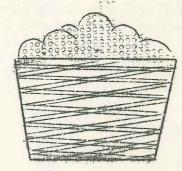
6 boiled potatoes

3 small onions

3-4 stalks of celery

French dressing

Chop the potatoes and onions finely. Mix with the celery. Pour over French dressing. Chopped parsley may be used instead of celery.



POTATO SALAD

6 beiled potatoes
3 small onions
3-4 stalks of celery
French disculng

Oney the polation and onions finally. Mix with the cellary, Four over French drescing, Chargood paralog may be used instead of belary.

HASH

l pint of any cold meat

1 tablespoon butter

1 tablespoon flour

1/2 pint boiling water

1 tablespoon salt

1/2 teaspoon pepper

1 small minced onion (if desired)

Cut the meat in small squares. MeIt and brown the butter. Gradually mix in the flour; then the boiling water. Let boil. Add the meat and season with pepper and salt. Add the small minced onion, if desired.



HASH

I pint of any cold meat

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Cat the ass in small squares. Melt den brown the butter, Gradually mix in the flower then the builing water. Let boil. Add the meat and season with pepper and sait. Add the small minord onion, if denired.

SLAW

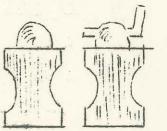
1/2 small head of cabbage

2 tablespoons vinegar

2 eggs

1/2 cup cream

1 tablespoon melted butter



Chop the cabbage very fine and put in bowel. Put the vinegar in a sauce pan and set on fire. Beat eggs very light; add them to the cream and butter. Stir into the boiling vinegar. Season the mixture with salt and pepper. Mix with the chopped cabbage and set on ice.

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MACARONI with BROWN SAUCE

1/4 lb. macaroni

Chop the ombbage very fine and not in bowel. To the the vincial in a sense pan and cet on fire. Heat set in a sense pan and the creat into the order and bottom. Still the fine the call the vine case and the call the vine case and the call the call the chopped and the call the call the chopped and the call the call the call the chopped and the call the

- 1 quart soup stock
- 1 tablespoon of butter
- 1 teaspoon of flour
- 2 tablespoons of grated cheese

Break macaroni in pieces 2 inches long. Put soup stock up to boil. Add macaroni and boil rapidly 1 an hour. Drain. Brown the butter, add the flour and mix smoothly. Add 1 pint of the stock, and stir until it boils; let boil up once. Then , put grated cheese in with the macaroni. Season to taste and serve.

