

THE COOKRIGHT

COOK BOOK

Good Cooking Means

Good Health

The E. W. Society Of America

Cookright Cook Book 3

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## THE BUTTER QUESTION

### YESTERDAY'S HEALTH

#### AUTHORITIES VS. TODAY'S

In view of the fact that the use or non-use of butter has for sometime been a much mooted question among some health advocates, we write the following paragraphs in an efforts to help guide to a correct conclusion in the matter.

During the years in which the butter question came to Mrs. E.G. White's attention, the best health authorities as will be seen in the following paragraphs, were teaching that butter is indigestible and unhealthful. And in view of the fact that in her writings of diet and health, she strongly recommends the advocacy of good health authorities then the source of her I formation on laboratory food tests, is obvious. "Our workers," she advises, "should use their knowledge of the laws of life effect. Read the best authors on these subjects, and obey religiously that which your reason tells you is truth." -Counsels on Health, p. 566.

In the following lines we quote first the earlier ideas of butter, and next the latest scientific findings.

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#### THE ADVOCACY OF

#### HEALTH AUTHORITIES IN

#### MRS. WHITE'S DAY

*The Family and Householder's Guide, Storke, 1859:*

"Butter is used as a sauce to many articles of good, and is frequently added to flour to be baked into cakes and pastry, and it is in both these forms injurious, for, though it does not produce effects that are immediately apparent, it lays the foundation of stomach complaints of the greatest obstinacy. Its use in this form is also very apt to give rise to a gross and unhealthy habit of body, characterized by the

frequent appearances of boils and other sores, discharges from behind the ears, etc., or eruptions on the head and other parts of the skin. Its immoderate use also occasions too great fullness of the system."

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## THE ADVOCACY OF HEALTH

### AUTHORITIES IN OUR DAY

The World book, 1926: "Fat occurs in milk in the form of tiny globe-like particle was enclosed in a thin skin, membrane, but this belief is no longer held by scientists, for several reasons. One of these is that by violent agitation of hot milk with an egg beater the fat globules may be divided into smaller ones, and the milk is still normal in

appearance. Were each globule surrounded by a membrane this would not be the case. When milk is shaken about, or churned, the liquid globules are solidified and the fat particles cling together, forming the compact mass known as butter."

Journal of the American Medical Association, 1946: "The Council recognizes that butter is a most valuable food and that all efforts of producers should be directed to maintain the sanitary and nutritional qualities of the product."

According to Bridges & Mattice, "Food & Beverage Analysis," published in 1942, Butter is one of the most assimilable sources of fat as well as a carrier of vitamin "A"

Food Products, Sherman: "...In experiments by Luhrig the coefficient

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Of digestibility of 97.86 percent for the butter and 97.55 percent for the oleomargarine."

Council on Foods and Nutrition American Medical Assn., August 22, 1942: In 1902 the importance of the distinction was not clear, but by 1913 it was evident that vegetable oils and many of the animal fats used in making oleomargarine were devoid of vitamin A, while butter was a rich source of this vitamin."

### CONCLUSION

From the preceding excerpts we see that during more recent years all health authorities, so far as we are able to find, highly recommend the use of butter. In fact, Mrs. White herself wrote 1901: "As the situation now is, we cannot say that milk and eggs and butter should be entirely discarded.... But I wish to say that when the time comes that is no longer safe to use milk, cream, butter, and eggs, God will reveal this."-Counsels on Diet and Foods, pp. 352, 353. (Bold face ours.)

Clearly, then, as to the laboratory tests, we should accept the best authorities. But as to when and whether these products should be eliminated from our diet, the matter lies in the wisdom of God, in Inspiration.

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In view of these conflicting information, those who whose conviction is that butter is good food, may supplement the "oil or "fat" with butter if they so prefer.

#### THRIFT WAYS

1. Save time when baking anything calling for chopped nuts, by putting them in a paper bag and roll or pound until crumbled.
2. Keep a large powder puff in your flour can and dust your rolling pin and board with it
3. Buy a small fish bowl to beat cream or eggs in: there will be no splash as the crown of bowl catches the drops
4. Keep a small pane of glass with your cookbooks. You can read your recipe readily, and also protect your cookbook from being soiled.
5. To make hard rolls extra crusty, keep a pan of boiling water in the oven while the rolls are backing
6. Heat lemons thoroughly before squeezing, by dropping them into hot water for several minutes and they will yield much more juice.
7. Pan washing and fuel can be saved by heating all leftovers in a muffin tin.
8. Use an inverted glass pie plate for a cover when cooking dumplings.

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9. To separate an egg yolk from the white, break it over a funnel. The white will run out leaving the yolk in the funnel.

-Rexall Magazine

#### TABLE OF MEASURES

(All measurements are level.)

3 tsp.....1 tbsp.

16 tbsp.....1 cup  
2 c.....1 pt. Or 1 lb.  
2 pts .....1 qt.  
4 qts.....1gal.  
2 tbsp. (liq.) ...1 oz.  
8 oz. ....1 c.  
16 oz .....1 lb.

### Useful Equivalent

4 tbsp. Flour ..... 1 oz.  
1 c. flour .....4 oz.  
4 c. flour ..... 1 lb.  
3  $\frac{1}{4}$  c. whole wheat flour .....1 lb.  
1 tbsp. butter ..... $\frac{1}{2}$  oz.  
1 c. butter .....8 oz.  
1 tumbler (common drinking glass) .....6 oz  
1 lb. raisins .....2  $\frac{2}{3}$  c.  
1 lb. figs (chopped) .....3 c.  
1 lb. walnuts (chopped) .....3  $\frac{1}{2}$  c.

### Helpful Substitutions

2 tbsp. flour are equivalent to 1 tbsp. cornstarch, in thickening gravies or sauces.

1 cup sour milk is equivalent to 1 tbsp. vinegar plus 1 cup sweet milk.

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#### Abbreviations Used

C .....cup

lb .....pound

oz .....ounce

doz .....dozen

tbsp ..... Tablespoon

pt. ....pint

qt. ....quart

gal. ....gallon

tsp. ....teaspoon

## SALADS

### Creamed Cabbage Salad

Shred one medium-sized cabbage. Mix together 2 tbsp. sugar, the juice of two lemons, and a pinch of salt. Pour this over the cabbage. Stir in thick sour cream, and serve cold.

### Plain Cabbage Salad

Chop the cabbage fine, salt to taste, and dress with mayonnaise.

### Green Nut Salad

To three parts of shredded raw spinach or other greens, add one fourth part of shredded green onion tops and a few diced tomatoes. Dress with mayonnaise, or any dressing of your own choice, and sprinkle with flaked nuts.

### Aristocrat's Tomato and Cucumber Salad

On lettuce leaves attractively arrange thin slices of tomato and cucumber, and garnish with strips of green and red peppers. (parboil pepper, peel

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And cut in strips before using). Serve with your favorite salad dressing, and sprinkle with finely chopped parsley.

### Semi-Tropical Fruit Salad

2 oranges

3 bananas

2 good-sized peaches

$\frac{1}{2}$  lettuce

1 c. whipping cream

10 English walnut meats

Peel oranges, and separate each section. Peel bananas, and cut in  $\frac{1}{4}$ -inch slices. Slice peaches to the size and shape of orange section. Arrange on lettuce leaves, and top with whipped cream. Cut walnut meats in pieces and sprinkle over. Serve 4.

Plain Banana Salad

Slice ripe bananas crosswise. Mix equal parts of peanut butter and honey, then thin down with orange juice and pour over the sliced fruit.

Banana-Berry Salad

Alternately place in salad dish, layers of slice bananas and strawberries. Top with whipped cream, and serve.

Combination Salad

2 c. finely shredded cabbage

1 c. tomato cut fine

1 red bell pepper, finely cut

1 stalk celery cut fine

(or celery salt may be added)

2 or 3 tbsp. lemon juice

2 carrots shredded fine

2 tbsp. parsley, minced

1 green bell pepper, finely cut

1 tsp. Salt, unless celery salt is added

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Mix all ingredients, and add dressing-either mayonnaise or  $\frac{1}{2}$  cup cream.

## SALAD DRESSINGS

### Homemade Mayonnaise

(Uncooked)

1 raw egg

1 tsp. Salt

Juice of half a lemon

1 c. vegetable oil

Beat egg in bowl with a pinch of salt until stiff. Add the lemon juice and beat together. Then while beating slowly, add the oil a tablespoonful at a time. When the mayonnaise is stiff, add the rest of the salt, and stop beating. Serve fresh, or keep in refrigerator.

### Boiled Dressing

$\frac{1}{2}$  c. cream

$\frac{1}{2}$  tsp. Cornstarch

1 egg yolk

2 tsp. Vegetable oil

salt to taste

2 tbsp. lemon juice

Rub the starch smooth in the cream. Cook in covered double boiler for about 10 minutes and remove from fire. Mix together the egg yolk, oil salt, and lemon juice, and then gradually stir salt, and lemon juice, and then gradually stir mixture into the hot cream and starch. Place again on fire, and continue stirring until the desired thickness is obtained. Makes  $\frac{3}{4}$  c. dressing.

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### Confectioner's Salad Dressing (Without Oil)

$\frac{1}{4}$  c. lemon juice

$\frac{1}{4}$  c. sugar



1 egg (separated)

Boil lemon juice and sugar to a thin syrup, and test in cold water till a soft ball is formed. Fold this into beaten egg yolk, and then into beaten white.

French Dressing

3 tbsp. salad oil

juice of 1 lemon

$\frac{1}{2}$  tsp. Salt

cayenne pepper

Beat in bowl, or vigorously shake in a bottle. Pepper may be omitted if not desired.

SOUPS

Vegetable soup No.1

$\frac{1}{2}$  cup raw split peas

3 carrots

2 tbsp. rice

2 potatoes

$\frac{1}{4}$  c. tomatoes

1 tbsp. oil, or butter

1 medium onion

6 small whole okra

2 qts. Vegetable stock

salt to taste

Cook peas, carrots (diced), and rice until almost tender. Add diced potatoes and tomatoes, salt, oil, onion (chopped fine), and okra. Add vegetable stock, and finish cooking. Serves 8-10.

Vegetable Soup No. 2

2 finely sliced carrots

1 c. finely cut celery (with leaves)

1 bunch of radishes chopped fine

4 large tomatoes, or 1 large can of  
tomatoes

$\frac{1}{2}$  c. chopped parsley

$\frac{1}{4}$  c. chopped okra

1  $\frac{1}{2}$  qts. Vegetable stock

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Drop all ingredients in boiling water, and cook slowly for about 15 minutes, or until carrots are tender. Salt and oil to taste. Serves 8.

Vegetable Protein Soup

1 c. green split peas

2 qts. Water

1 onion (chopped fine)

1 potato

1 carrot (diced)

2 eggs

1tbsp. B-plex

$\frac{1}{2}$  c. noodles

salt and parsley to taste

1 piece celery (diced)

Cook vegetables in the water until peas are done. Scramble the eggs quite hard, then stir in 1 tbsp. of B-plex. Put this and the noodles into the soup, and simmer for about 10 minutes. Serve 6. See page 31 for B-plex recipe.)

Potato Soup

3 c. potatoes (diced)

$\frac{1}{2}$  c. celery (finely chopped)

salt to taste

1 tbsp. onion (finely chopped)

2tbsp. butter (or vegetable oil)

1 qt. Milk

Mix all ingredients and level with water. (If celery is not available,  $\frac{1}{2}$  tsp. Celery salt may be substituted.) Cover and cook until potatoes are done. Then, without draining, put through a colander into 1 qt. Cold milk. Heat while stirring well, and serve hot. Serves 8.

### Potatoes or Legume Soup

Scrub 2 large-sized potatoes, but do not pare. Put potatoes through food

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Grinder, also celery (if used). Put in a pot and cover with water. Add 2 tbsp. butter (or vegetable oil) and a little salt, and let boil until the water is almost gone. Then beat 2 tbsp. flour in one quart of milk and pour into the boiling vegetables. Keep stirring and as soon as the potatoes are done, remove from fire. Additional salt may be required. Serve hot.

If left-over mashed potatoes are used, thin them in the milk. If left-over whole potatoes are used, put them diced in the milk, bring to boiling, then let simmer over slow fire for about 10 minutes. Potatoes may be substituted with fresh or left-over peas or beans. Water may be substituted with soup stock broth made up of vegetables which are good only for what broth there is in them.

### Lentil, Rice, Pea, or Bean Soup

Soak 1 c. lentils, peas, or beans for an hour, then wash and cook in 5 c. water (or use left-overs). Add  $\frac{1}{2}$  c. chopped onions, a little parsley, and 1 carrot split in halves. When cooked, rub 1 tbsp. flour into 1 tbsp. oil, and stir into soup while boiling, let simmer for a few minutes, then serve. Take out the carrot. If desired, add 2 c. tomatoes while cooking the soup.

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For rice soup, prepare the same way, but do not soak the rice; replace water with milk, but use less. Serves 4 or 5.

### Bean Soup

2 c. dried beans handful or  
chopped parsley and celery  
2 large onions cut in halves  
3 medium-sized potatoes (diced)  
pinch of garlic  
pinch of salt  
2 tbsp. butter (or vegetable oil)  
2 c. juice or stewed tomatoes

Cook the beans, parsley, celery, onions, potatoes, and seasoning in a 4 qts. of water until beans are tender. Remove onions and use for side dish. Then add the butter (or vegetable oil and tomatoes. Let simmer for 15 minutes. Add  $\frac{1}{2}$  c. sour or sweet cream if desired. Serves 6.

### Tomato Soup

Put tomatoes in a porcelain stew pot. Add water (half as much as the tomatoes), and then a tbsp. of chopped parsley, 1 tbsp. vegetable oil, 1 tbsp. chopped parsley, 1 tbsp. chopped celery, and 1tbsp. chopped okra for ever 3 pts of soup. (If not all these articles are available, some may be omitted. Cook until done, and run through a colander, or serve as is.

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### Mineral Broth

2 beets, including tops  
4 stalks of celery, including leaves  
1 bunch of mustard greens  
 $\frac{1}{2}$  c. cabbage

$\frac{1}{4}$  c. parsley

1 carrot top (greens)

3 turnip tops

2 qts. water

salt to taste

Chop finely all ingredients, or put through grinder. Bring to boiling, and boil slowly for 30 minutes. Put through strainer and serve hot. Serves 6.

### Turnip Soup

1 large turnip

1 large potato

3 large onions

2 stalks of celery, with leaves

$\frac{1}{2}$  c. chopped parsley

2 tbsp. rolled oats

2  $\frac{1}{2}$  qts. water

Chop or grind turnip, potato, onion, celery, and parsley. Place these and all other ingredients in boiling water and cook 15 minutes. Salt to taste and serve hot. Serves 6-8.

### Asparagus Cream Soup

2 bundles asparagus

4c. cold water salt

3 c. milk

1 tbsp. oil

1 tbsp. flour

Chop two bundles of fresh asparagus, and cook in the cook water to which has been added a little salt. Cook slowly until; the water is reduced to one-half, and put

asparagus through a colander. Then while bringing to a boil 3 c. milk, rub together the oil and the flour, and stir slowly into the boiling milk. Keep it boiling for a few

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minutes. Then add the asparagus. Stir and serve with toast. Serves 6.

Creamed Pea Soup

2 c. pea puree ((thick)

$\frac{1}{4}$  glass cream

salt to taste

1 pt. Milk

2 tbsp. oil

or butter

Mix all ingredients, heat and serve. Serves 6.

Pearl Barley Soup

$\frac{1}{2}$  c. pearl barley

1 tbsp. vegetable oil

sprig of parsley

1 carrot

5 c. water

salt to taste

Wash and soak the pearl barley overnight in the water. In the morning add the vegetable oil, parsley, and carrot (split in halves), and cook until done. Add more water as needed. Season with salt and little cream or the stiffly beaten white of an egg. Then beat the yolk, and pour it into soup while it is boiling, and stir vigorously. Serves 8.

Carrot and Barley Soup

$\frac{1}{4}$  c. barley

3 c. Vegetable broth

1 c. carrots

2 tbsp. chopped onion

2 tbsp. chopped okra

4 c. milk

salt to taste

Wash the barley and let it soak over night in 2 c. water. Then, without draining, heat and add 3 c. vegetable broth, or soup stock, or water in which potatoes have been cooked. (If these are not available, cook in 3 c. water.

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Until barley is soft; then add 4 c. milk, bring to a boil while stirring.) If needed, more liquid may be added while barley is cooking. Run the vegetables through the food chopper and immediately add the boiling barley. Let simmer for 20 minutes. Serves 6

Combination Vegetable Soup

Prepare equal amounts of diced turnips, asparagus, carrots, cabbage, green peas, or any such vegetable, and as many varieties as available. Put in a soup pot, stir together and flavor with parsley,

onions, celery, and salt. Then cover with water, and cook until done, first bringing quickly to a boil, then cooking slowly. Rub through a colander or serve as is.

Vegetable Chowder

1 c. lima bean

4 qts. water

1c. dried green split peas

1 large onion or 1 small onion and a clove of garlic

2 c. finely cut cabbage

2 c. green string beans

2 c. noodles

2tsp. Salt

Soak beans over night, cook in the water till nearly tender, then add peas. Let cook about then to twenty minutes, and onion ad garlic finely cut. Add other vegetables. When vegetables are done, add the salt, drop in the noodles and let cook about ten minutes. Add a little oil. Serves twelve.

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Lima Bean Soup

3 c. cooked or left over

lima beans(dried)

3 tbsp. flour

$\frac{1}{2}$  c. chopped onions

2 No. 2 can tomatoes

2 c. milk

salt to taste

oil or butter

Put bean through a colander. Brown the flour and onions, add tomatoes, and cook five minutes. Add milk to bean puree, then the tomato mixture. Season with salt, heat to boiling point, and serve. (Serves 8.)

Onion Soup

1  $\frac{1}{2}$  c. chopped onion tops

2 medium-sized carrots

1  $\frac{1}{2}$  qts. boiling water

2 medium-sized potatoes

salt to taste

oil or butter



$\frac{1}{4}$  c. cream

$\frac{1}{2}$  c. rice (raw)

Place all ingredients (except cream) into boiling water. Cook until tender, put through colander, add cream, and serve. Serves 8.

## SANDWICHES

### Combination Sandwich Spread

3 c. ground soy beans

1 c. tomato

1 c. ground peanuts

$\frac{1}{2}$  c. chopped onions

1 tsp. salt

1 tbsp. flour

3 tbsp. B-plex

Combine all ingredients, and cook about 2 hours in cans or jars with lids on. Cool, and use as sandwich spread.

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### Sandwich Nut Meat

$\frac{1}{2}$  c. chopped onions

$\frac{1}{4}$  ground gluten

$\frac{1}{4}$  c. peanut butter

2 tbsp. flour

$\frac{1}{2}$  c. shredded carrots

$\frac{3}{4}$  c. water

pinch garlic

sage

salt to taste

$\frac{1}{4}$  c. soy sauce

Put all ingredients in a bowl, and mix well. Place in well oiled No. 2 cans, and steam in pressure cooker (low pressure) for 2 hours, or in double boiler for 3 hours. Let cool, remove from cans, and slice thin. Serves 8.

#### Sandwich Variety No. 1

Spread mayonnaise on both slices of wheat or rye bread, then put sliced avocado between. Season with a little salt and lemon juice. May be served with chopped watercress or other leafy vegetables. (So far as we know, avocados combine well with vegetables.)

#### No. 2

Mix honey with dates, raisins, prunes, nuts, or nut butter. Grind and spread on thinly sliced bread.

#### No. 3

Legumes, such as beans, lentils, or dried peas, make wholesome and nourishing sandwiches. Mash with a fork, and season with lemon juice.

#### Egg Sandwich

Spread mayonnaise on both slices of bread (thin). Slice hard boiled egg and put between the bread. Serve with lettuce leaf.

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#### Bean Sandwich

Spread mayonnaise on both slices of bread. Put a layer of beans and a thin slice of onion between the bread, slightly press together, and serve with lettuce leaves.

#### Nut-Fruit Sandwiches

Put dates, seedless raisins or other appropriate dried fruit, and any kind of nuts, through grinder. Season with a few drops of lemon juice, and spread between buttered bread.

#### Nut Tomato Sandwich

Spread nut butter on both slices of bread, and line with a leaf of lettuce. Slice tomatoes, season with salt, and put in between the bread.

### Gluten Sandwiches

Roll gluten cutlets in cracker crumbs, fry in vegetable fat until brown put between thinly sliced bread, adding slice pickle, onion, or sliced tomato.

## VEGETABLE DISHES

### Plain steamed Spinach

Wash spinach leaves and place in heavy kettle. Add pinch of salt, a little

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Butter (or oil), and then steam. (No water is needed).

### Steamed Cabbage

Wash and grate  $\frac{1}{2}$  head of cabbage, add chopped green bell pepper, parsley, and 3tbsp. butter (or vegetable fat), then steam until tender. Serves 5.

### Stuffed Cabbage

1 head cabbage

1 c. raw rice

2 c. chopped onions (fried)

1 c. bread crumbs

1 c. chopped gluten  $\frac{1}{2}$  c. soy sauce

2 tbsp. oil

$\frac{1}{4}$  c. chopped parsley

salt to taste

Separate leaves from a cabbage head, drop in boiling water for 3 to 5 minutes to wilt. In the meantime combine all other ingredients and mix well. Then loosely wrap small amounts of the mixture in cabbage leaves. Put a cabbage leaf, or a very thin layer of sauerkraut, alternately with layers of the stuffed leaves, tightly in the

kettle, level with water, cover with a lid, and steam slowly until rice is cooked. Serve with thick clabbered milk, with tomato sauce, or plain.

### String Bean Stew

1 c. chopped onions

1 tsp. vegetable oil

3 c. broken string

3. c. water

1 c. diced gluten

salt to taste

Braze the onions in the oil, then add the beans, and braze them for awhile.

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Pour cold water in, add other ingredients, and cook until beans are done. (If the beans are fresh, scald them in boiling water first.) Serves 8

### Creamed Onions

Take 1 Doz. Green onions, cut off heads and cook in just enough water to cover the bottom of the kettle. Salt and put  $\frac{1}{2}$  glass of cream over onions. Let simmer on cool part of stove, and serve.

### Toasted Sweet Potatoes

Boil 6 medium-sized sweet potatoes until tender; peel and mash; or use left overs. Add 2 tsp. vegetable fat, or butter, cream and salt to taste, a few grains of nutmeg, one tbsp. Chopped parsley, brown sugar and two beaten eggs. Stir the ingredients thoroughly. Form into 2-inch squares, roll in bread crumbs, and brown in a hot oven. Serve hot as is, or slice and serve with sauce or gravy. Serves 8-10.

### Fried Tomatoes

Peel and slice 2 lbs. Green tomatoes, Sprinkle with salt, dredge with flour, and sauté in butter (or vegetable fat). Serve on platter, and pour white sauce over (recipe on p. 44), then sprinkle with finely chopped green bell peppers and parsley. Serves 6.

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## Fried Eggplant

Peel eggplant, slice thin, and salt. Let stand  $\frac{1}{2}$  hour. Dip each slice into egg batter and then into bread crumbs. Oil each piece, place in an oiled baking dish, brown in low oven, and serve with tomato sauce if desired. One medium eggplant will serve 4-6.

## Squash Soufle'

1 qt. Cooked summer

squash (canned or fresh)

3 eggs (beaten)

1 c. rich milk

salt to taste

1tsp. butter or oil

Mash squash, thoroughly mix in the beaten eggs, the milk, salt, and melted butter (or oil). Place in a baking dish, and bake until set and golden brown.

## Breaded Baked Squash

1 qt. Cooked whole summer squash

1 egg

cornmeal

Slice squash  $\frac{1}{8}$  inch thick, dip in beaten egg, salt, and cover with corn meal. Bake in oil until rich brown.

## Baked Okra

Select small whole okra; wash, sprinkle with salt, and steam until half done. Cool partially, dip into beaten egg batter, and roll in bread crumbs. Place in well-oiled baking pan and bake until tender. Turn once while baking.

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## Okra Stew For Health's Sake

$\frac{1}{2}$  lb. fresh okra

1 lb. fresh tomatoes

(peeled and cut  
into halves)

$\frac{1}{2}$  lb. onions

finely chopped)

salt

4 large carrots

(cut in halves length-wise)

1 large potato(cut in cubes)

2 tbsp. oil or butter

1 c. water

Combine all ingredients, and cook slowly in a tightly covered kettle. When done, take out carrots, cut in small cubes, and a little liquid from stew for seasoning, and serve as a side dish. Turn stew into a platter and sprinkle with finely chopped parsley. Serves 8.

Improved Pancakes

3 c. grated potatoes

4 or 5 eggs (separated)

$\frac{1}{2}$  level tbsp. salt

1 c. flour

To the grated potatoes add the egg yolks, salt, and flour. Beat egg whites stiff, and fold carefully into other ingredients.

If onion is desired, use about  $\frac{1}{2}$  tsp. grated onion. (Amount of flour used depends upon variety of potatoes.) Mashed cauliflower or broccoli may be used in place of potatoes with salt to taste. Serves 6

Pea Pie

2 carrots

2 potatoes

1 c. peas

$\frac{1}{2}$  c. flour

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$\frac{1}{4}$  c. chopped onion

$\frac{1}{2}$  c. nut meat (plain)

3 tbsp. vegetable oil or butter

2 $\frac{1}{2}$  c. milk

4 tbsp. finely chopped parsley

3 eggs

salt to taste

Split carrots and potatoes in fourths, then slice them very thin; chop the onion; dice the nutmeat; scramble 2 eggs in oil. Then mix all these ingredients with the peas. Add 2 c. milk in which has been stirred  $\frac{1}{4}$  c. flour, then add parsley and salt, mix thoroughly. Oil a pan or casserole, and then cover bottom with sifted cornmeal. Pour in ingredients, bake in a moderate oven until carrots are done. Take  $\frac{1}{4}$  c. flour and 1 egg and mix to a smooth paste with  $\frac{1}{2}$  c. milk. Pour over mixture of baked vegetables. Sift over it sufficient cornmeal to cover well, and bake to a golden brown, or a pie crust may be used if preferred Serves 6.

Egg Plant Patties

2 c. cooked or steamed fresh eggplant

1 tbsp. raw peanut butter

emulsified with hot water

1 large onion minced fine

2 eggs beaten

pinch of sage

$\frac{1}{2}$  tsp. salt

1 tsp. celery salt

1 c. raw oatmeal

1 c. toasted bread crumbs (oiled)

Mash the eggplant thoroughly, add the peanut butter, onions, eggs, and seasonings. Beat or mix thoroughly, then add the oatmeal. Have mixture

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quite soft, then mold into patties and roll in bread crumbs, arrange in baking pan and bake about forty minutes. Serve with a Spanish sauce or brown gravy.

Corn Souffle'

3 tbsp. vegetable oil

3 tbsp. flour

1 cup milk

$\frac{1}{2}$  tsp. salt

1 tsp. sugar

2 c. corn pulp

(if canned corn is used,  
grind through a grinder

3 eggs separated

Make a white sauce of vegetable oil, flour, milk, salt. Mix corn pulp, sugar, and egg yolks, beaten light, and add cream sauce. Fold in stiffly beaten whites of eggs and pour into greased baking dish and set in pan of hot water in oven (350 deg. F.). Bake till set in center. Serves 6-8.

Creamed Celery

1  $\frac{1}{2}$  tbsp. butter or fat

3 tbsp. flour

1 tsp. salt

$\frac{3}{4}$  c. liquid in which celery



was boiled

$\frac{3}{4}$  c. milk

1 large bunch celery

cut in  $\frac{1}{2}$  inch lengths

and boiled

Melt butter in pan, and blend in flour and salt. Add celery liquid and milk, bring to a boil, stirring constantly. Add celery, Heat through. Serves 6.

Potatoes Fried In Sour Cream

Peel and slice six potatoes quite thin. If onion is a favorite, slice an

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onion thin, too. Melt a very little fat in a hot skillet, add potatoes and onion, sprinkling each layer with a dash of salt. Pour in thick cream to half cover. Put lid on the skillet and cook slowly turning potatoes occasionally with a spatula. When nearly tender, remove lid and fry until cream is absorbed and potatoes start to brow. Serves 8.

Creamed Corn

1 pt. Canned dried corn

1 c. milk

salt to taste

1 tbsp. oil

Place corn in double boiler and heat through. Add milk, salt, and oil. Let simmer for  $1 \frac{1}{2}$  hours Serves 4.

Shoe-string Gluten and Sauerkraut

$2 \frac{1}{2}$  c. stewed tomatoes

salt to taste

2 tbsp. butter

$2 \frac{1}{2}$  c. sauerkraut

2 c. gluten cut in thin strips

Drain tomatoes, reserving liquid. Cut up tomatoes and put them in oiled baking dish. Sprinkle with salt. Dot with butter. Cover with layer of crumbs. Add layer of sauerkraut, and layer of gluten strips. Alternate layers. Seasoning and dotting each with butter, until all ingredients are used. Have layer of buttered crumbs on top. Add tomato liquid. Bake in hot oven (400 deg. F.) for 20 minutes. Serves 6.

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Baked Carrots in sweet Sauce

2 c. sliced carrots

2 tbsp. butter (or vegetable fat)

1tbsp. cornstarch

2 tbsp. sugar

$\frac{1}{2}$  tsp. salt

2 tbsp. lemon juice

$\frac{1}{2}$  c. carrot liquor

Cook carrots in saucepan in salted water to cove, about thirty minutes, or until tender. Drain, saving liquor. Melt butter in saucepan; add cornstarch, sugar, salt, and blend into smooth paste. Add lemon juice and carrot liquor, add a little water if necessary to make a  $\frac{1}{2}$  cup carrots. Bake in moderate oven (350 deg. F.) 15 minutes.

Main Dishes

B - plex

(For use in gravies and other dishes.)

12 pieces toast (burned)

$\frac{1}{4}$  lb. yeast

2 tbsp. Tomato juice

$\frac{1}{4}$  tsp. onion salt

4 tbsp. soy sauce

$\frac{1}{4}$  tsp. celery salt

In 2 qts. water put 12 pieces of toast which have been burned crisp and almost black. Boil until water is dark. Strain off the liquid and boil down to a thick syrup.

Add this syrup to the remaining ingredients, and melt. Cook in heavy pan until thick and coffee-colored. Put in jar and keep in cool place.

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Enriched Gluten Cutlets

5 lbs. White flour

3qts. water

2 tbsp. B-plex

6 tbsp. soy sauce

1 onion

1 tbsp. salt

Gradually mix the 3 qts. of cold water into the flour until the mixture becomes a fine lump of dough. Knead it well, cover with cold water, and let stand half an hour. Then to wash out the starch, put the dough in lukewarm water and work with the hands. When the water becomes milky, pour it off, add fresh water, and continue the process until the starch is washed away-the water cleared. (It is important that all the starch be washed from the dough.) There then remains a lump of gluten. Stretch out the gluten fairly thin first one side and then another until it is as thin as pie crust. Next lay it on a floured board and spread half of it with one shredded carrot, then fold in several times and thoroughly work the carrot into the dough. Finally, shape the gluten into fat cutlets about  $\frac{1}{4}$  inch thick and 3 inches wide.

To 4 cups of water add B-plex, soy sauce, onion (ground), and salt. Drop the cutlets in and simmer for 2 hours, adding water if necessary. Put in glass container and store in cool place until ready to use. Makes 2 dozen cutlets.

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Other choice and suitable vegetables may be used in place of carrots.

Breaded Cutlets

Spread B-plex on both sides of the cutlets, dip in flour and brown both sides in deep vegetable fat. Place in baking dish, make gravy and pour over the cutlets, and slowly heat in oven for  $\frac{1}{2}$  hour, then serve.

### Gluten Steaks

2 onions

1 carrot

1 pepper

1 potato

parsley

celery

1 c. soy sauce

$\frac{1}{2}$  c. oil or butter

2 tbsp. brewers' yeast

1 tsp. salt

sage

garlic

Put all these ingredients in 2 qts of water, bring to boil and add 2  $\frac{1}{2}$  lbs. Raw gluten cutlets. Cook for 1 hour, then fry until brown. Put in deep pan, pour the broth over, and simmer in oven.

### Gluten Loaf

1 c. nut meats

1 onion

2 tsp. parsley

2 eggs

1 tsp. salt

1 can tomato soup

or tomato puree

1 lb. gluten

2 tsp. flour

(You may use enough beet juice to color it if desired.)

Combine all ingredients except the gluten, then grind them coarse. Dice the gluten and stir into the mixture.

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Shape into a loaf and put in a baking pan. Finally dissolve 2 tsp. B-plex in 1 c. hot water, and pour over loaf, basting it while baking until brown. Serves 6.

Gluten Pot Roast

4 c. ground gluten cutlets

1 c. cracker crumbs

1 ground onion

2 eggs

1 tsp. b-plex

1 c. gluten broth (see recipe)

Mix ingredients, turn into baking dish, pour tomato sauce over, and bake in oven about an hour. Serves 8.

Improved Corn Griddle Cakes

$\frac{1}{4}$  c. cornmeal

$\frac{1}{2}$  c. boiling water

$\frac{3}{4}$  c. milk

1 c. dry bread crumbs

$\frac{1}{2}$  tsp. salt

1 egg (separated)

Scald the cornmeal with the boiling water. Heat the milk, but do not boil. Stir into the cornmeal. Add crumbs and salt. This should make a thick batter. Add the egg yolk. Fold in the stiffly beaten egg white. Cook on a hot, slightly oiled griddle, and serve with honey or syrup. Flatten them out a little with spoon when you first put them in the pan. (Makes 6 or 7 cakes.)

#### Vegetarian Meat

$\frac{1}{2}$  c. bread crumbs

$\frac{1}{2}$  c. walnut meats

1 c. cooked lentils

$\frac{1}{2}$  c. ground onion

$\frac{1}{2}$  c. cooked potato

1 c. water

Put ingredients through food chopper. Stir in 2 beaten eggs. Add salt and

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Sage to taste, make into a loaf, and bake. Serves 6.

#### Boiled Rice

Be careful to select the large kernel called Head Rice. Put cold water in kettle, add oil and salt, and  $\frac{1}{2}$  cup chopped parsley to each cup of raw rice, and bring to boil. Then (not before water has boiled) wash head rice thoroughly and add to boiling water slowly so as not to stop it from boiling. Stir until rice freely and loosely moves within the water. Lower heat, but be sure it is boiling, not soaking. Feel the bottom of kettle with a spoon and if it is becoming coated with rice stir until pulled loose. Stir as little as possible but do not let it scorch. If It should scorch, then do not stir, but turn the rice over to another kettle without scraping off bottom, and thus finish cooking.

If you have to add water, let it be boiling hot, and do not overcook. When rice is half done, again reduce the heat, low enough that rice cannot scorch, and let simmer for an hour without stirring .

Important: (Brown rice is not devitalized as is the white, but good quality is hard to find on the markets. Some of the brown rice, though, is not worth cooking, and even more deficient than good polished rice and even more deficient than good polished rice. If have to use

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The polished rice, then add one eighth part wheat germ in order to replenish some of the deficiency.)

Noodles and Noodle Soup

Beats the yolks of two eggs, then add one cup of flour, and knead well for about 8 minutes. Put on floured board and divide into 3 parts. Roll out each as thin as a nickel. Sprinkle flour over it to prevent sticking together, and roll up Then shred thin with a sharp knife. Shake out well. Add these slowly, while stirring, to a boil stew or soup and let cook 20 minutes. If the stew or soup cannot stand longer cooking, then cook separately in slated boiling 20 minutes before adding, or if desired, serve noodles by themselves seasoned with a little butter, oil, or sauce.

Bean Loaf No. 1

1 c. kidney or yellow beans

1/3 tsp. salt

1/3 tsp sage

$\frac{1}{4}$  c. gluten flour

4 tbs. tomato juice

1 chopped hard boiled egg

Mash beans into fine paste. Then add all the ingredients, mix well, and turn into an oiled bread tin. Bake until set and golden brown. Serve with gravy or tomato sauce. Serves 4.

Bean Loaf No. 2

1 c. stale bread

1 c. milk

marjoram, sage, and salt to taste

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2 tbsp chopped onions

1  $\frac{1}{2}$  tbsp. vegetable oil, or butter

1 c. cooked beans

1 tbsp. browned flour

1 egg (beaten)

1 tbsp. chopped parsley

Soak the bread in the milk, simmer the onions in the oil, then mash the beans. Put the soaked bread, the mashed beans, the marjoram, sage, and salt together and thoroughly mix in the flour. Then combine with these all other ingredients, and pour into oiled pan, and bake until set and brown. Serves 6.

Beans may be replaced with  $\frac{1}{2}$  c. chopped nuts or with lentils, and the bread increased to  $1\frac{1}{2}$  c. (Call it nut or lentil loaf.) The other ingredients may be supplemented or added to.

Boiled Nut-Meat With Tomato Sauce

1 lb. nut-meat (plain)

1 c. chopped onion, green pepper, celery, and parsley

salt to taste

vegetable oil

1 pt. Tomato puree

Slice and oil the nut-meat on both sides, broil until brown, then dice. Braise the vegetables in oil, and add the tomato puree, salt to taste. Cook until tender, pour over broiled nut-meat and serve. Serves 8.

Vegetarian Pot Roast

4 c. bread crumbs

2 c. milk



2 tbsp. vegetable oil  
4 tbsp. chopped onion  
 $\frac{1}{2}$  tsp. sage  
2 c. cooked kidney beans  
2 eggs, beaten  
 $\frac{1}{2}$  tsp. salt  
1 c. chopped walnuts

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Combine all ingredients, mix well, and put through food grinder. Put in a well oiled bread tin and bake in a medium hot oven until golden brown. Remove from oven and let cool for  $\frac{1}{2}$  hour, pour over it brown gravy, and again bake for  $\frac{1}{2}$  hour, basting it occasionally with the gravy. Serve hot or cold. Serves 8 or ten.

#### Oatburgers

$\frac{1}{2}$  c. chopped onions  
 $\frac{1}{4}$  c. shredded carrot  
1tbsp. butter (or oil)  
 $\frac{1}{4}$  c. uncooked rolled oats  
 $\frac{1}{2}$  c. milk  
3 beaten  
salt to taste  
1 tbsp. peanut butter

Brown the onions and the carrots in the butter (or oil) Then add all the other ingredients, and mix well. Drop by the spoonfuls into a hot oiled skillet and brown on both sides. Cover with thin gravy and boil on both sides. Cover with thin gravy and boil 10 minutes. Serve 6.

#### Potato Stew With Dumplings

(Stew)

2 c. raw potato cut into  $\frac{1}{2}$ -inch cubes

1 tsp. onion chopped fine

$\frac{1}{4}$  c. fine filberts

1 tsp. okra chopped fine

1  $\frac{1}{4}$  tsp. salt

2 tbsp. vegetable oil, or butter

Combine all ingredients, and cook until done. Stir 2 tbsp. flour in  $\frac{1}{2}$  c. cold water, and add to 2 c. boiling water. Boil for one minute. Stir into above mixture. (The filberts may be used whole or chopped.)

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(Dumplings)

Boil  $\frac{1}{2}$  c. water, 2 tbsp. vegetable oil, and salt to taste. Then take off fire and blend with  $\frac{2}{3}$  c. flour, taking care that it does not lump. Return to stove and heat until flour is thoroughly cooked. Removed from fire and break in 2 whole eggs one at a time, and mix well each time. Finally drop by teaspoon into the stew and cook moderately for 25 minutes in a covered kettle. Sprinkle with a little chopped parsley. These dumplings may be used in any stew. Serves 6.

Noodles

1 egg

$\frac{1}{2}$  c. flour

1tbsp. milk

sprinkle of salt

Mix all ingredients to a stiff dough, and roll out fairly thin. Sift flour over it, fold and cut in  $\frac{1}{8}$ -inch strips. Spread on cloth to dry until ready to use.

Eggplant With Noodles

1 c. onions

2 tbsp. oil, or butter

2 medium-sized eggplants, diced

1 c. tomatoes run through a chopper

1 c. noodles

Braze onions in oil. Add eggplant and tomatoes to onions, and cover with about 2 c. water. Bring to boiling point, and add the noodles. Add to this preparation 1 c. cream sauce, place in baking dish, and cook for 20 minutes,

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or until tender and lightly browned. Serves 6. or 8.

### Improved Cornmeal Mush

1 medium-sized onion

2tbsp. vegetable oil, or butter

4 c. water

2 tsp. salt

1 c. tomato puree

2 c. cornmeal

1 egg

Put the onion through a food chopper, then simmer in the oil, but do not brown. Add the water salt, and tomato puree, and let boil for about 8 minutes. Stir the cornmeal into 1 c. Cold water, and pour into the boiling liquid. Boil slowly until thick. Add 1 beaten egg, and stir thoroughly. Cook in top of double boiler for 1  $\frac{1}{2}$  hour. Serve hot with milk, cream or sauce. May also be made into a loaf, then sliced and fried, or baked. Serves 4-6.

### European Pot Pie

$\frac{1}{2}$  c. potatoes

$\frac{1}{2}$  c. carrots

$\frac{1}{2}$  c. onions

$\frac{1}{4}$  c. tsp. sage

1/8 c. parsley (chopped)

salt to taste

3 tbsp. flour

$\frac{1}{2}$  c. water

$\frac{1}{2}$  can tomato soup (or thick puree)

1 c. cooked kidney beans

pie crust

$\frac{3}{4}$  tbsp. oil

Grind together the potatoes, carrots, and onions. Add sage, parsley, salt, oil, and stir in the flour. Cook in the water until carrots are soft. Add tomato soup. Put kidney beans through the grinder and stir them into the cooked vegetables. Pour in an oiled pan over

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a layer of pie crust, cover with another layer of crust, brush with milk or oil, mark with a knife, and bake to a golden brown. (If desired, lentils or other legumes may be used in place of kidney beans.) Serves 6-8

Beans may be omitted, and 1/2 c. raw rice used as follow: Grind together the potatoes, carrots, and onions. Add the water, sage, parsley, and oil, and bring to boiling. Wash rice (drain well) and put into the boiling vegetables a little at a time so as not to stop boiling. Stir to make sure the rice does not settle on the bottom or scorch while cooking. Boil rapidly until rice is cooked and firm, and the water absorbed. Then add the tomato soup or puree, and season with salt. Bake instead of boiling.

For protein meat pie, replace beans with chopped nutmeats and diced gluten.

To make sausage substitute, use either one of the formulas (or make one of your own), but add enough bread crumbs to stiffen. Eggs may be added if desired. Shape on a floured board and brown in fat, or wrap in fresh wilted cabbage leaf, (turn in the end), pack tightly in a pot, pour a little water over, and cook until cabbage is done.

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### Nut And Cheese Loaf

2 c. bread crumbs

1 c. ground walnut meats

1 c. cottage cheese

$\frac{3}{4}$  tsp. salt

1 tbsp. chopped onion

1tbsp. chopped parsley

1 c. milk

1 egg slightly beaten

Mix ingredients in order given, shape in pan and bake twenty-five minutes. Serve with white sauce. Serves 6-8.

### Tasty Mold

1  $\frac{1}{2}$  c. cooked macaroni

1 c. cottage cheese

1 c. bread crumbs

1 tbsp. minced parsley

3 tbsp. pimentos

1 tbsp. minced onion

1 c. scalded milk

1 egg-well beaten

1 tsp. salt

3 tbsp. melted vegetable fat, or oil

Cut macaroni into short pieces, combine all ingredients in order given and put in ring mold. Place mold in pan of hot water. Bake 375 deg. F. until firm, about 35 minutes. Unmold and serve hot. The center may be filled with creamed eggs. Serves 6.

## GRAVIES AND SAUCES

### Brown Gravy

Heat a tbsp. butter or vegetable oil in a frying pan; stir in 2 tbsp. flour, and when browned add 2 c. boiling water or milk, and salt to taste. While stirring, do not let lumps form. Add 1 tsp. soy sauce or B-plex. Makes about 2  $\frac{1}{2}$  c. gravy.

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To make it egg gravy, stir in 1 well-beaten egg while the gravy is boiling hot.

### Enriched Gravy

1 tsp. onion (chopped)

2 tsp. oil or butter

3 tbsp. flour

2 c. milk

1 or 2 eggs

salt to taste

Simmer onions in the oil. Then lightly beat the yolks of eggs with a fork, add to the onions, and stir as you would for scrambled egg\'. Mix the flour in the milk (cold) until smooth, and pour slowly into the

onion and egg mixture. Add salt. Bring to a boil while stirring, then remove from fire, and serve while hot. Makes over 2  $\frac{1}{2}$  c. gravy.

### B-plex Gravy

Melt 2 tbsp. butter or other shortening in skillet, and put in 2 tbsp. flour. Brown this, and then add 2 tsp. B-plex, stirring constantly. Pour in enough potato water or other vegetable liquid to make the desired thickness.

### Boiled Eggs Sauce

Beat two eggs. Stir  $\frac{1}{2}$  tbsp. cornstarch into 1 tbsp. sugar. Mix with eggs, and quickly stir into 1 c. boiling milk. Let boil until thick. Remove from fire, and use any kind of flavor desired.

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### B-plex Sauce

Heat butter or vegetable oil in skillet, and brown flour in it. Add B-plex while stirring. Then thin with water in which vegetables have been cooked.

### Cream Sauce

Heat 2 tbsp. butter or vegetable oil, then stir in 2 tbsp. of flour, and keep over fire about one minute, do not brown. Gradually add a glass milk, stirring smooth. Add salt to taste, and cook 10 minutes over very slow fire, or else steam in a double boiler. Makes about 1  $\frac{1}{2}$  c. sauce.

### Bread Crumb Sauce

2 tbsp. shortening

2 tbsp. flour

1 c. milk

$\frac{1}{2}$  tsp. salt

Mix and then stir until smooth, cooking slowly 10 minutes.

### Spanish Sauce

2 medium-sized onions

1 tbsp. oil or butter

$\frac{1}{2}$  level tsp. salt

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2 medium-size bell peppers

celery

1 level tsp. natural sugar

1 pt. Cooked tomatoes

Grind onions, peppers, and celery; add salt, sugar, and tomatoes, and cook in oil until done, stirring often. (Makes 2  $\frac{1}{2}$  c. sauce.) May be poured over spinach or other greens and vegetables.

### Tomato Sauce

2 c. tomatoes, strained

pinch thyme

$\frac{1}{4}$  tsp. salt

$\frac{1}{4}$  onion juice

2tbsp. flour

2 tbsp. vegetable oil

Combine tomato juice thyme, salt, and onion juice, and then heat. Mix the flour and oil until smooth, and stir into the hot mixture. Cook 5 minutes and serve hot. Makes about 2  $\frac{1}{2}$  c. sauce.

#### Pineapple Sauce

1 tbsp. cornstarch

2 tbsp. brown sugar

2 c. pineapple juice

Mix the starch and sugar together. After bringing the juice to near boiling, combine ingredients. Stir smooth, and take off fire. Serve cold. Makes about 1  $\frac{1}{4}$  c. sauce.

#### Banana and Date Sauce

3 c. milk

2 tbsp. (rounding

cornstarch

3 eggs (separated)

$\frac{1}{4}$  c. sugar

salt

18 dates (chopped)

4 good sized bananas

1 tbsp. vanilla

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In double boiler, heat milk to scalding point. Mix the cornstarch to a paste and stir smooth into the hot milk. Cook until the cornstarch is done (about 20 min.)

Beat yolk and add sugar, mixing thoroughly. In a slow stream add the hot milk and cornstarch to the beaten yolks. Mix and return to double boiler. Cook about ten minutes, or until the eggs cook. Add salt and vanilla.

Beat whites of eggs stiff and fold mixture and the chopped dates into the whites very carefully. Allow to cool for a few minutes and pour over sliced bananas. If desired, place in refrigerator to chill. Serves 8.

## BAKERY GOODS

### Whole Wheat Crisps

3 c. entire wheat flour

$\frac{1}{2}$  corn meal

1 tbsp. molasses

$\frac{1}{2}$  c. bran

2 tbsp. brown sugar

salt to taste

Mix all ingredients and add enough water to make them hold together. Then spread very thinly on wide pan. Bake in medium hot oven to a very light brown. Take out and when cold, put then slowly dry to crisp in a very slow oven. Keep in an air-tight container. May be used as a substitute for bread crumbs or as cereal.

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### Bran Chew

3 c. bran

$\frac{1}{4}$  molasses

1 tsp. salt

$\frac{1}{4}$  c. brown sugar

4 tbsp. water

Mix ingredients thoroughly, spread on tray, and bake in oven, until dry, then brown slightly.

### Crunchy Crumbles

2 c. whole wheat flour

$\frac{1}{4}$  c. sugar

1 tsp. salt

$\frac{1}{4}$  c. molasses

$\frac{1}{2}$  c. shortening or butter

$\frac{1}{4}$  c. Cornmeal

Mix the ingredients dry, working in shortening. Add water to moisten stirring as little as possible. Spread in pans and bake slowly. Grind and toast in oven again.

### Health Cake

$\frac{1}{2}$  c. butter or

shortening

$\frac{1}{2}$  tsp. salt

1 c. sugar

4 eggs (separated)

2 tsp. vanilla

1  $\frac{1}{2}$  c. flour

Put shortening, salt, lemon juice and small amount of lemon juice, in a bowl. Mix until creamy. Add sugar gradually while stirring. Beat yolks and add to the mixture. Fold in the flour. Add vanilla. Then beat the whites of the eggs stiff. And fold them into cake batter. Pour into oiled pan, and bake in a slow oven for about 40 minutes. Cover with frosting.

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### Molasses Cake

$\frac{1}{2}$  c. oil

3 eggs (separated)

1  $\frac{1}{2}$  c. flour

salt

$\frac{1}{2}$  cup sugar

2 tbsp. water

$\frac{1}{2}$  c. molasses

vanilla

Spice (1 tsp. cinnamon and  $\frac{1}{2}$  tsp. nutmeg are good. One-fourth tsp. allspice can also be used.)

Whip the oil into the egg yolks. Sift the flour, salt, and spice together. Beat the sugar into the egg yolks. Fold the flour, alternating with water, into the egg mixture. Add the molasses and vanilla. Fold in gently the stiffly beaten whites.

#### Whole Wheat Nut Cake

1 c. sugar

2 tbsp. hot water

$\frac{1}{2}$  tsp. vanilla

4 eggs (fresh and cold)

1 cup flour

$\frac{2}{3}$  c. chopped nuts

Let sugar dissolve in the hot water, then stir in the vanilla. Beat the eggs in a bowl with egg whip until light. Add the hot sweetened water and beat until thick, and fold in the flour and walnuts. Finally pour into an oiled tin and bake 30-45 minutes. Put icing on cake, and sprinkle with nuts if so desired.

#### Whole Wheat Cake

2 eggs (separated)

$\frac{1}{3}$  c. oil

$\frac{1}{3}$  c. water

1 1/3 c. brown or raw sugar

flavoring

1/4 tsp. salt

1 1/4 c. sifted whole wheat flour

1/2 c. sifted white flour

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Use two 1 qt.-sized bowls. Into one bowl place yolks of eggs. Add oil, water, sugar, flavoring and salt to the yolks while beating as you would for mayonnaise. Set aside. Place egg whites in other bowl and beat fairly stiff. Take the bowl with the egg yolk mixture, and add flour, mixing well.

Important: Flour should be lightly and gently folded in. Slowly pour this batter over the beaten egg whites (not the whites over the batter) in a small stream. With a spoon, gently fold the batter into the whites. Bake about 15 minutes: first 7 minutes in a hot oven, and last 8 minutes in a medium hot oven. Cup cake or cake tins should first be greased with oil and then floured.

Date Bars

1 c. nuts, chopped

1 c. stoned dates, chopped

1 c. powdered sugar

2 beaten eggs

1/4 c. flour

1 tbsp. melted

shortening or butter

1/2 tsp. salt

1 tbsp. lemon juice

Mix well the nuts, dates, sugar, and eggs. Add the rest of the ingredients and stir thoroughly. Turn into greased, shallow pan (made about 1/4 inch thick). Bake in moderate oven 20 to 25 minutes. While hot, cut into bars and roll in powdered sugar.

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### Raised Coffee Cake

1 c. milk

$\frac{1}{2}$  c. shortening

1 c. sugar

$\frac{1}{2}$  tsp. salt

1 cake yeast or  $\frac{1}{2}$

oz. Bulk yeast

1 extra tbsp. sugar

grated lemon

3 eggs

about 4 c. sifted flour

2 tbsp. lemon juice

$\frac{1}{3}$  c. blanched almonds, shredded walnuts (or pecans may be used)

Scald milk in double boiler, add shortening, sugar, and salt, cool to lukewarm. Then add yeast which has been blended with the extra tablespoon sugar. Add grated lemon rind, juice, and beaten eggs. Beat until well blended. Add flour gradually, beating after each addition. Consistency should be that of very thick cake batter. Add raisins which have been floured, and lemon juice or vanilla. Beat until batter is smooth. Grease 10-inch tube pan, sprinkle with flour, and shake out excess. Sprinkle pan with chopped nuts. Pour in batter, cover and let rise until batter is about  $\frac{1}{4}$  inch from top of pan. Bake in medium oven until done (30-40 min.)

Let stand about five minutes after removing from oven then invert on a cake rack remove from pan, cool and sift confectioners sugar over top. Will serve 12 to 15.

### Ice Box Cookies

1 c. shortening

or butter

2 c. flour

1 c. sugar

2 eggs

1 tsp. vanilla

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Mix all ingredients together and set in icebox over night, or until chilled. Roll out and cut into any shape, brush with egg and milk mixed together, sprinkle with sugar and cinnamon that has been mixed together, and sprinkle nuts (ground) on top. Bake until light brown. If desired, 1 c. flour and  $\frac{1}{2}$  c. nuts may be added when mixing, and after cookies are chilled, they may be sliced and d baked instead of rolled out and cut.

Sweet Potato Pie

$\frac{1}{4}$  c. butter

$\frac{1}{2}$  c. brown sugar

1 c. mashed sweet potatoes

3 eggs

1/3 c. corn syrup

1/3 c. milk

$\frac{1}{2}$  tsp. salt

1 tsp. vanilla

1 c. broken pecans

plain pastry

Cream the butter and sugar, and mashed potatoes and slightly beaten eggs. After mixing well, combine with syrup, milk, salt, vanilla, and pecans. Cover pie pan with plain pastry. Turn mixture into pan. Bake in hot oven about 10 minutes, then lower heat, and continue baking in moderate oven 35 to 45 minutes longer. (The pecan may be omitted.)

Fruit Nut Bars

1 c. brown sugar

$\frac{3}{4}$  c. whole wheat flour

1 c. chopped dates, figs, or raisings

1 c. nut meats

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1 tsp. cinnamon

$\frac{1}{4}$  tsp. nutmeg

3 eggs, separated

1 tsp. vanilla

$\frac{1}{4}$  tsp. salt

Mix all dry ingredients, and to fruit and nuts. Add vanilla to egg yolks and whip light. Blend through first mixture. Spread into buttered and floured baking pan  $\frac{1}{2}$  inch in thickness. Bake in moderate oven until firm to touch. Cut into about 12 bars.

### Fruit Crisps

1 lb. raisins, dates or figs

1 c. white flour

$\frac{1}{2}$  c. soy bean flour

$\frac{1}{2}$  c. whole wheat flour

$\frac{1}{2}$  tsp. salt

3 tbsp. butter or vegetable fat

scant  $\frac{2}{3}$  c. cold water

3 tbsp. brown sugar

Combine all dry ingredients. Add the fat and rub with fingers through and through to mix in the fat. Pour in slowly enough water, while mixing, to make a stiff dough. Then knead together, and roll out to the thickness of pie crust. Wash the dried fruit and immediately grind through a coarse food mill. Spread the fruit over half the

dough, and pull the other half over the baking pan, punch with a fork, and cut into 1  $\frac{1}{2}$  inch squares. Bake on the top grate of a hot oven to a very light golden brown.

#### Rye Nut Wafers

1  $\frac{1}{4}$  c. rye flour

$\frac{3}{4}$  c. white flour

2 tbsp. brown sugar

$\frac{1}{2}$  tsp. peanut butter

2 tbsp. vegetable fat or butter

$\frac{1}{2}$  tsp. salt

Mix all the dry ingredients and peanut butter; rub the fat thoroughly into them. Slowly pour in sufficient water to make a medium stiff dough. Roll out  $\frac{1}{4}$  inch thick, punch with a fork, and cut with a biscuit cutter. Then bake to a light golden brown.

#### Butterscotch Bar

$\frac{1}{4}$  c. shortening

1 c. brown sugar

1 egg

1 tsp. salt

$\frac{3}{4}$  c. nut

1 tsp. vanilla

1 c. flour

Cream shortening, and gradually add sugar. Beat in egg. Add dry ingredients, nut, and flavoring. Spread in well-oiled pan about  $\frac{1}{4}$  inch thick. Bake 25-30 minutes at 300 degrees. Cut into 8 bars.

#### Bonitsa

Put flour and salt into a bowl, and mix thoroughly with lukewarm water until the dough is rubbery in consistency--not too hard, not too soft. Then divided the dough into



balls about the size of a baked biscuit and place them in a warm place for overnight. Then, using the board covered with a white cloth, pull or roll the dough in

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a round circle a little at a time until it becomes as thin as paper. Spread vegetable fat over every sheet of dough. Then roll into the dough sheets any fruit or vegetable filling you wish, such as spinach, apple, or cheese and egg mixed. Place the bonitsas in oiled baking pan, and bake as you would an ordinary pie. The rolls should have just enough dough around the filling to hold in together. The rolls are to be not larger than 3 inches in diameter, and as long as the sheets happen to be.

Crackers

2 c. whole wheat flour

1/3 c. oil

1 c. ground raisins

1 c. soy pulp

1/3 c. water

1 tsp. salt

Mix ingredients well, adding the raisins before the liquid. Roll out thin and bake to a golden brown.

Whole Wheat Bread

2 1/2 oz. baker' yeast

2 oz. shortening (not oil)

6 oz. sugar or honey

2 oz. salt

7 c. water

5 lbs. whole wheat flour

Thoroughly blend yeast, shortening, sugar (or honey), and salt in the water. Mix with flour and knead thoroughly. (Mixture should be only medium stiff.) Allow to arise in

a moderately warm place until it doubles in bulk. Mix down and let rise again. Repeat kneading and let it rise the third time. Di-

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vide into 7 equal portions, and round each. Let rise the fourth time. and then shape into loaves, and let rise 1 inch above top of bread pan. Then place in over at 325 degrees. When well browned, removed and thoroughly cool before putting away. Makes 7 one-pound loaves.

Soy Bread

Same ingredients as for whole wheat bread except use only 3 lbs water, and in place of whole wheat flour, use 4 lbs. white flour and 1 lbs. soy flour.

Rye Bread

Same as for soy bread except use 1 lb. of rye flour in place of soy flour.

Bran Muffins

3 eggs (separated)

$\frac{1}{4}$  c. oil

1 tsp. salt

1 tbsp. natural sugar

3 c. cold water

3 c. sifted whole wheat flour

2 c. bran

Place the whites or eggs in one mixing bowl, and yolks in another. Then, while beating yolks, slowly add the oil, salt, sugar and water, in the order named. Set this mixture aside, then whip whites to medium stiffness, and put aside. Next take the bowl with the beaten yolks, add the flour and bran, and mix thoroughly. Finally pour this batter over the whites but do not stir.

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Use a spoon to fold them in. Drop in the heated, oiled pans, and bake 20 to 25 minutes in a moderate oven. This recipe will make 1  $\frac{1}{2}$  dozen medium-sized muffins. Best results are obtained if they are cooked in a very hot iron gem pans.

#### Whole Wheat Soy Gems

1 egg

1 c. cold soy milk

$\frac{1}{4}$  c. soy bean flour

$\frac{1}{2}$  tsp. salt

1 c. whole wheat flour

Break egg in mixing bowl, add the milk and salt, and beat thoroughly. Stir the flour in and beat to smooth batter.

Turn into hot gem-irons, filling each compartment level. Bake in moderately hot oven from 30 to 40 minutes. Serve hot with honey or jelly.

#### Whole Wheat Puffs

1  $\frac{3}{4}$  c. rich milk

1/3 tsp. salt

2 large eggs (separated)

1 c. whole wheat flour

$\frac{1}{2}$  c. white flour

Put the milk, salt and yolk of egg in mixing bowl. Beat with a batter whip until thoroughly mixed; and flour a little at a time, and beat five minutes. Then very carefully fold in the beaten whites of the eggs. Drop into hot puff irons, and bake twenty minutes in moderate oven.

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#### Corn Puffs

For corn puffs use same recipe as for whole wheat puffs, but replace white flour with cornmeal, and add 1 tbsp. sugar.

## Whole-Wheat Waffles

For waffles use same recipe as for whole wheat puffs, but use only  $\frac{1}{2}$  c. whole wheat, and bake in hot waffle iron until brown.

## Unleavened Entire Wheat Sticks

To 5 c. whole what flour, add  $\frac{1}{2}$  c. corn, olive or nut oil, and salt. To this, add enough water to make a stiff dough. Then urn dough out on a floured board and knead it by folding over and over, from 7 - 10 minutes or longer, until it is light and pliable. Roll it out  $\frac{1}{2}$  inch thick and cut in 1 -inch-wide strips. Then roll these to pencil like sticks and bake in medium oven till delicate brown.

## Corn Bread (Without Oil)

1 c. cornmeal

2 tbsp. flour

1 tsp. sugar

1  $\frac{1}{2}$  tsp. salt

2 eggs, separated

1  $\frac{1}{4}$  c. boiling water

Sift ingredients together. Stir smooth with 1 c. boiling water, then

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add rest of water. Add beaten yolks to the beaten whites and mix lightly, but thoroughly, with the batter. Bake in quick oven. Serves 4.

## DESSERTS

### Rice Pudding

2 c. cold leftover rice

3 eggs (separated)

1 tsp. butter (or vegetable fat)

4 tbsp. sugar

12 tsp. grated lemon rind

1 c. milk

salt

2 tsp. lemon juice

To the rice, add beaten egg yolks, butter, sugar lemon rind, milk and salt to taste. Stir well in a baking dish and bake in the oven until set. Then make meringue with the whites of the eggs and the lemon juice. Cover the pudding with the meringue, and brown slightly in a medium hot oven. Serves 6.

#### Rice Custard

2 eggs

2 c. milk

2 tbsp. sugar

1 c. cold left over rice

Beat eggs in sugar and milk, and pour over the rice. Bake in a moderate oven until set. If baked too long, it will turn watery. Raisins may be added if desired. Serves 4-6.

#### Fruit Whip

Use any kind of soft fruit, cooked or raw. Sweeten with brown sugar if

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necessary, and flavor with lemon juice (a little grated lemon rind may e added). And put  $\frac{1}{2}$  inch thick in a baking dish. Then beat stiff the whites of eggs, sufficient to cover well the entire surface of the fruit, and bake about ten minutes, or until delicate brown. Serve with whipped cream, prepared as follows:

Cook the yolks (until hard) by dropping them in boiling water. Then, with a fork mash them to fine powder, and blend into whipped cream.

#### Fruit Pudding

Line a baking dish with bread crumbs to which has been added a little flour (about 2 level tsps. flour to 1 c. crumbs. Then put a layer of chopped and sweetened fruit and another layer of bread crumbs. Sprinkle with 1 tbsp. corn meal, moisten with fruit

juice or milk, press down on the fruit, and bake in the oven. Serve with boiled eggs sauce. (See p. 43 for sauce.)

### Applesauce Pudding

Cut apples into quarters, without peeling, then remove cores. Cook in as little water as possible, sweeten with honey, and strain through colander. Season with lemon juice and grated lemon rind, and put in baking dish.

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Stir 3 beaten eggs into 2 c. boiling milk and 2 tbsp. sugar, until thick. Pour this mixture over the fruit sauce, and bake in hot oven about 10 minutes. Serves 6.

### Eggs Mush

Bring milk to boiling. Then sift flour over it very slowly while stirring briskly to avoid lumping. Finally, while mixture is yet on the fire, stir in one well-beaten egg to about every 2 cups of mixture. Serve while hot, with cream and sweetening

### Fruit Batter Pudding

2 eggs

$\frac{1}{2}$  c. milk

1 tsp. salt

sliced fruit

6 tbsp. flour

Beat eggs to a foam, and then add the milk, and while still beating, sift in very slowly the flour and salt. Place a layer of sliced and sweetened fruit in an oiled baking dish, and then pour the batter over it. Bake until done, and serve cold with cream or milk.

### Improved Cornstarch Pudding

3 tbsp. cornstarch

1 tbsp. cornmeal

2 c. boiling milk

2 tbsp. brown sugar

$\frac{1}{4}$  tsp. salt

2 eggs (separated)

1 tsp. vanilla (or 2 tbsp. lemon juice)

In  $\frac{1}{2}$  c. cold water stir smooth the cornstarch and the cornmeal. Then beat into the boiling milk. Stir into this

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the sugar and salt. Cool a little and in the meantime beat the yolks stiff, then quickly beat them into the mixture. Cook in double boiler for 5 minutes. Remove from fire and after cooling a little, add the vanilla; beat the egg whites stiff, and fold in. Put in baking dish, and bake 30 minutes in a slow oven. Serve cold with any preferred sauce. Serves 6.

Bread Pudding

4 eggs (separated)

4 tbsp. brown sugar

2 c. dried bread (diced)

4 c. milk

Stir the yolks of the eggs (well beaten) and the brown sugar into the milk. Then pour this over the finely diced bread. Put in a baking dish and bake in the oven. Remove and cool. Spread with jam or marmalade, and top with meringue made of the whites of eggs beaten stiff. Serves 8.

Soy Custard

4 eggs

$\frac{3}{4}$  sugar

pinch of salt

$\frac{1}{2}$  tsp. nutmeg

1 tsp. vanilla

2  $\frac{1}{2}$  c. soybean milk

Beat eggs, sugar and salt together until thick and lemon colored. Add nutmeg and vanilla to milk. Combine with egg mixture. Pour in baking dish and cook in oven (500 deg. F.) for ten minutes. Then reduce heat and continue cooking until custard is firm.

Serves 8.

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### Rice Fruit Pudding

2 eggs (separated)

$\frac{1}{4}$  c. milk

sugar to taste

1 c. cold cooked rice

1 c. diced and sweetened stewed fruit

To the egg yolks add the milk, sugar, rice, and stir together. Oil a baking dish and line the bottom with half of the mixture. Then cover with the fruit, add the whites of the eggs (beaten stiff) to the rest of the fruit mixture, and put a layer on top of fruit. Bake to light brown, then cool thoroughly and serve with cream. Rice may be substituted with some other grain, or bread or cracker crumbs. Serves 4-6.

### Grated Sweet Potato Pudding

4 medium-sized

sweet potatoes

1 c. sugar

3 eggs

$\frac{1}{4}$  c. milk

1 tsp. lemon juice

$\frac{1}{2}$  c. molasses

4 tbsp. oil

3 tbsp. oil

3 tbsp. flour



1 tsp. vanilla

Grate the potatoes, and add the rest of the ingredients, mixing in thoroughly. Bake slowly in individual dishes for about an hour in a moderate oven. Serve with white sauce.

Serves 8. (See p. 44 for sauce recipe.)

## FROZEN DISHES

### Buttermilk Ice

1 c. buttermilk

1 c. brown sugar

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1 sm. Can crushed pineapple and juice of one lemon (or any one of the following combinations may be used in place of crushed pineapple)

No. 1-1 c. orange juice and juice of one lemon.

No. 2-2 c. pineapple juice and juice of one lemon

No. 3-1/2 c. pineapple juice, 1/2 c. orange juice and juice of one lemon.

(Pineapple may be replaced with all other fruit except cherries.)

Mix well and freeze, setting cold control low for pleasing consistency. Freeze half way, then take out and crush the mixture to a heavy paste. Put back in refrigerator to finish freezing.

### Pineapple Refrigerator Cake

3 yolks

dash of salt

1/2 c. sugar

1 9 oz. Can of crushed

pineapple, drained

3 egg whites

2 extra tbsp. sugar

1 c. heavy cream, whipped

2 c. graham crackers

2 tbsp. lemon juice

Beat egg yolks, salt, and  $\frac{1}{2}$  c. sugar together; and pineapple juice and lemon juice. Cook over hot, not boiling, water until mixture coats spoon. Stir constantly. Add pineapple, and cool. Make meringue of egg whites and two tbsp. sugar. Fold in whipped cream and custard. Coat sides of oiled refrigerator tray with water crumbs. Spread half the remaining crumbs over bottom. Pour in custard mixture. Cover with

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remaining crumbs. Freeze firm. Serves 6 to 8.

## DRINKS

### Cereal Coffee

1  $\frac{1}{2}$  qts. fresh bran

1 pt. Oat flour

3 pts. Cornmeal

1 c. molasses

$\frac{1}{2}$  c. boiling carrot juice to which 1 tbsp. honey has been added

Combine and thoroughly mix all ingredients and turn into a large flat pan. Bake in oven to a rich brown color, stirring often to prevent scorching. Prepare for drinking, as you would ordinary coffee, only let boil a little longer. Sweeten to taste.

### Berry Punch

2 c. sugar

1  $\frac{1}{2}$  qts. water

juice of 1 lemon

juice of 1 orange

1 pt. grated pineapple

2 c. assorted berries

Boil sugar in the water. Then add the juice of the lemon and the orange, and grated pineapple. Let stand for an hour. Cool with ice, and add mashed and stained berries, or grapes (whatever you may have on hand) and serve. (Makes about 3 qts. after ice is added.)

Grated pineapple may be substituted with pineapple juice, or another kind of juice.

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Yogurt

The noted longevity of the Bulgarian peoples is attributed to Yogurt Buttermilk made of whole milk. Rich in lactic acid, it is more nourishing than sweet milk. And it has more than mere food value. Its properties are such as to prevent as well a correct colonic and intestinal disorders. It is also an unexcelled tonic for the relief for constipation.

Here is the recipe:

After bringing one quart milk (raw preferred) to just below the boiling point, cool it to 112 deg. F. Then dissolve in a little warm milk, the contents of two Bulgarian buttermilk (yogurt) capsules, and add to the quart of milk. (Some prefer to dispense with the preliminary heating by adding the capsules immediately after milking, while the milk is still warm.) Stir well, cover with a heavy cloth, and keep in a warm place. When it curdles, beat well and serve.

For the next batches, follow the same process, except use one tablespoon of the previously-made buttermilk, and the contents without the capsules for a

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Few times, and then begin the original process over again.

Economy Toasted Coffee

Put slices of dry waste bread or crust in a slow oven, and brown until a little darker than roasted coffee beans. Then crush to fine curbs with a rolling pin. Pour boiling water over the Economy Toasted Coffee, and boil in coffee pot about 12 minutes. Strain and serve with cream and sweetening. The average user

prefers 2 level tbsp. Economy Toasted Coffee to 1 c. water. Keep surplus coffee crumbs in an air-tight container.

#### Vegetable Drink

Grind carrots fine, and then put through juice extractor. Add a small amount of honey, a pinch of salt, and serve. (Best with a vegetable meal.)

Beets, celery, spinach, parsley, chard, and many other kinds of vegetables may be prepared in this same manner.

#### Fruit Juice Substitute

Dissolve three tbsp. fruit jelly (any kind in 2 glassfuls of hot water. Cool, and serve.

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### SIMPLE DISHES FOR THE SICK

#### Baked Custard

Stir together 1 tbsp. of either brown sugar or honey, and 1 c. milk to each beaten egg, a few grains of salt, and little cinnamon or nutmeg. Pour into individual cups (if so desired, put in a cup. (Other flavors may be used.)

#### Milk Toast

Put milk in a sauce pan and add to every cup of milk 1 tsp. vegetable oil,  $\frac{1}{4}$  tsp. salt, and 1 tbsp. toast crumbs. Then cook 10 minutes while sting, Pour over oven-made toast, and serve hot.

#### Baked Milk

Put milk in a sauce pan and add to every cup of milk 1 tsp. vegetable oil,  $\frac{1}{4}$  tsp. salt, and 1 tbsp. toast crumbs. Then cook 10 minutes while stirring, pour over oven-made toast, and serve hot.

#### Cereal Gruel

With 1 c. cold water, mix to paste 1 c. cornmeal or graham, flour, or bread crumbs or other cereal. Then stir this into a mixture of 2 c. boiling water and 1 c. milk. Salt to taste and

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Cook until done. Quickly stir in one beaten egg, take off fire and serve hot.

#### Water Scrambled egg

Heat 1 c. water and  $\frac{1}{4}$  tsp. salt to boiling in a saucepan; break into it 2 fresh eggs, and stir quickly until set, but not stiff. Drain away the water and serve on toast at once.

#### Nutritious Remedy

8 pieces of fresh okra

(or 1 tsp. powdered okra)

1 pt. water

Chop okra and boil 3 minutes in the water. To remove the mucilagenous particles, put through a very fine strainer. Season with salt, and use hot. This is a valuable broth to take if hungry, or if suffering from gas, or if something is needed just before retiring.

#### MISCELLANEOUS

##### Boiled White Icing

2 tbsp. white Karo

1  $\frac{1}{4}$  c. sugar

1 c. water

1 egg white

Combine syrup, sugar, and water. Boil until several drops of syrup form a hard ball when tested in cold water. While beating, pour syrup slowly over the stiffly beaten egg whites. Flavor as desired, and beat until almost cold.

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Enough for a medium-size two-layer cake.

##### Cream Pie Filler

1 pt. rich milk

$\frac{1}{2}$  c. sugar

1 tsp. vegetable fat

1/3 c. cornstarch

2 eggs (separated)

½ tsp. vanilla

salt to taste

Heat the milk without scorching, then add the sugar, salt, fat, and the cornstarch (first moistened in cold milk), and stir until thick. Beat the egg yolks, stir into the mixture, and let cook until eggs are set. Cool, then spread between layers of sponge cake. Beat whites of eggs, add 2 tbsp. sugar, spread on top, and slightly brown in oven.

#### Almond Meal

Put almonds through fine food chopper. Good to sprinkle over fruit salads, or to use in soups or in baking.

#### Oven Made Toast

Arrange slices of bread on tins, and dry in a moderate oven until crisp throughout; do not brown. Oven dried toast makes a wholesome dish with milk or cream, and keeps indefinitely. Do not let your bread become stale and be wasted-toast it.

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#### Fruit Puree On Toast

Rub through a colander, stewed plums, apricots, peaches, or prunes, then heat to boiling, and thicken with cornstarch if so desired. Sweeten to taste. Put toast on plate. Pour over it the fruit puree, and serve hot.

#### Emergency Substitute for Butter

1/3 lb. of soy flour

1 qt. Water

5 tbsp. lemon juice

1/3 tsp. salt

Moisten flour with a small amount of cold water, then add the remainder of water. Put in double boiler and boil thirty minutes. While mixture is still at boiling point, add lemon juice and let stand till it curds. It will be a much finer curd than cottage cheese. Pour into a bag and let drain thoroughly. Put into a bowl and work 1/3 teaspoon of salt into it. Let it stand over night to season then add a little cream to make of desired consistency. If you like onion, add a tablespoon finely chopped onion.

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