THE WINTER COOK BOOK

THE BODY NEEDS FRUITS AND VEGETABLES

We need to eat and serve fruits and vegetables every day because they are rich in mineral matter, which the body must have to build and repair bones, teeth and other tissues and to keep it in good running order. They also contain vitamins necessary for health, and the normal growth and development of the body. Because of their bulk, vegetables and fruits also help to prevent constipation. Fruits also aid digestion by preventing organic acids which help in the secretion of the digestive juices. This bulletin provides information on the preparation of various fruits and vegetables for winter use.

These nutrition facts convince us of the necessity for a liberal use of fruits and vegetables in the diet the year around, winter as well as summer. "But," objects the housewife, "vegetables and fruits are too expensive in winter" or, "we can't get fresh vegetables at our store in winter time." These comments tell us that cost and an available supply are the problems to be solved. Home production and storage is the best answer to both. Carrots, cabbage, beets, rutabagas, parsnips, squash, onions and potatoes can all be successfully grown and stored on Montana farms. Peas, beans, corn, spinach, tomatoes and several other vegetables can be successfully grown and canned or dried for winter use (except in perhaps a few sections where the season is too short for corn and tomatoes to mature). These home stored and canned foods greatly reduce the cost and add pleasing variety to winter meals.

When the home supply fails, it is good economy to buy cabbage and the root crops in quantity for home storage. Canned tomatoes, canned spinach, dried peas, beans and corn and dried fruits bought in quantity are wise food expenditures when the home garden disappoints. Quantity buying is always more economical than buying piece-meal. Food prices generally advance as midwinter approaches. Early fall when the supply is plentiful and price most reasonable is the time for laying in the winter's vegetables and fruits. *

*Directions for drying and storing vegetables see F. B. 879 "Home Storage of Vegetables" and F. B. 984 "Farm and Home Drying of Vegetables," issued by United States Department of Agriculture, Washington, D. C.
Good practices in vegetable cookery are the same winter and summer. However, in winter we must use more stored and canned vegetables. The lack of a supply fresh from the garden or market calls for better planning on the part of the housewife to insure attractiveness and variety. The fewer kinds at hand the more the methods of preparation need to be varied so that the family will not tire of those that are available.

**RULES FOR COOKING VEGETABLES**

Cook all vegetables the shortest possible time. **Cook till just tender.** Overcooking injures flavor and color, destroys vitamins, causes loss of mineral content and lessens the digestibility of some vegetables. Do not keep hot on stove after cooking is finished for same reasons.

If vegetables are to be cooked in water, have water boiling vigorously. Drop prepared vegetables in and bring quickly back to a vigorous boil. Remove from heat the moment they are done.

Cook strong flavored vegetables—cabbage, cauliflower, brussels sprouts, rutabagas, turnips, onions—the shortest possible time in a large amount of rapidly boiling water in uncovered kettle.

Cook green vegetables—cabbage, green beans, peas, asparagus, Brussels sprouts—in large amount of rapidly boiling salted water (1 to 1 1/2 t salt per qt. of water) in uncovered kettle for shortest possible time to avoid injury to color. (Exception: spinach).

Cook mild flavored vegetables—carrots, beets, parsnips, squash, Irish potatoes, sweet potatoes, celery, wax beans—in a small amount of water, or steam or bake them.

**POTATO RECIPES**

Pare potatoes as thinly as possible and drop immediately into cold water. When all are ready put potatoes into rapidly boiling water. Rapid boiling tends to make potatoes mealy. When done, drain and dry by holding pan over heat a few minutes. Mash thoroughly. Measure with the eye. For each pint add 1 to 1 1/2 t salt, 1 to 1 1/2 T butter and 1 c hot milk. Beat vigorously with a heavy whip to make light and fluffy. Very mealy potatoes will require more milk. Serve immediately garnished with bits of butter, pepper or paprika.

Note: If boiled potatoes must stand before serving, cover with a few layers of cheesecloth to absorb moisture which otherwise would make potatoes soggy. Never put lid on dish or pan.

**Baked Potatoes**

Select smooth, uniform-sized potatoes. Scrub thoroughly, dry and rub with fat (bacon fat preferred) and put in oven to bake. Time depends on
variety of potato, size of potato and temperature of oven. Potatoes 2 inches in diameter take about 60 minutes. It is economy to put potatoes into cold oven and heat oven and potatoes at same time. Put into too hot an oven, potatoes may cook too fast. A heavy inedible crust will form outside and the best part of the potato will be discarded. Potatoes should be turned a few times during baking. As soon as done slit lengthwise and across with paring knife and squeeze potato lightly to help steam escape. The thin brown skin can be left on or peeled off before serving. A lump of butter, salt, pepper, and paprika is placed in the slit and the potatoes served at once.

Scalloped Potatoes

| 2 lbs. potatoes sliced | 2 T flour (if desired) |
| 2 c hot milk | 2 t salt |
| 1/3 c butter | Pepper or paprika |

Bacon or ham if desired

Make a white sauce of flour, seasonings, and milk. Pour potatoes which have been sliced and arranged in a buttered baking dish. Cover and bake till almost tender. Remove cover, finish baking and brown.

Variations: Slices of bacon with mustard or slices of ham in bottom of dish make a one dish meal. One fourth as many sliced carrots mixed among the potatoes make an attractive and tasty dish.

Dutch Potatoes

6 potatoes
6 link sausages

Pare medium sizes potatoes and remove centers with apple corer. Put sausage in each potato. Place in baking pan and lay a slice of salt pork or bacon over each. Pepper lightly and bake till potatoes are tender, basting occasionally with drippings and a little hot water. Potatoes may be left unpared if desired.

German Escalloped Potatoes

| Potatoes | Salt |
| 2 c chicken broth | Pepper |
| 1 c milk | 2 T flour |

Fill a buttered baking dish with diced potatoes. Mix milk and broth and thicken with flour. Season as desired. Pour over potatoes to just cover. Bake till potatoes are almost done. Sprinkle with buttered crumbs and finish baking.

Oven Tanned Potatoes

6 potatoes
1 c grated cheese

Boil potatoes in salted water till almost tender. Drain and while hot roll in the fat and then in the cheese. Brown in a hot oven for about 15 minutes.

Stuffed Baked Potatoes with Carrots

| Potatoes | Cream |
| Butter | Carrots |
| Salt and Pepper |

Select medium sized smooth potatoes. Wash, brush with fat and bake till done according to directions for baking potatoes. Cut baked potatoes lengthwise and scoop out centers. Put through a potato ricer with equal parts of cooked carrots. Add cream, butter, salt and pepper and whip till fluffy. Fill potato shells rounding each one. Put in oven to puff and brown slightly. Garnish with paprika and serve.
Hashed Browned Potatoes (leftovers)

Cold boiled potatoes  Milk
Fat

Heat small amount of fat in a large frying pan. Add cold sliced potatoes. Cover with milk and cook till milk begins to bubble. Season with salt and pepper and hash with knife till potatoes are very fine and all milk is absorbed. Brown on bottom. Turn on hot platter and serve.

Franconia Potatoes

Cook uniform sized potatoes in salted boiling water for ten minutes. Drain dry and place in hot oven around roasting meat for about 45 minutes or 1 hour before roast is done. Baste frequently. Serve on platter with roast.

Baked Sliced Potatoes

2½ c raw sliced potatoes
1½ t salt
Pepper

Put layers of seasoned potatoes in a buttered glass baking dish. Put bits of butter on each layer. Cover and bake in hot oven till browned.

Potato Puff

6 medium potatoes riced
3 T butter
1/4 t salt
1/4 c grated cheese
1/4 c bread crumbs
1/2 t paprika

Add butter, seasoning and eggs to the hot riced potatoes. Beat till light and pile on a buttered baking dish. Cover with grated cheese and then with crumbs mixed with the melted butter. Bake till crumbs are brown.

Hungarian Potatoes

1 qt diced raw potatoes
3 T shortening
1 T chopped onion
2 c tomatoes
1 t salt
1/4 t paprika

Melt shortening, add onion and cook till slightly browned. Add remaining ingredients and place in greased baking dish. Cover and bake 1 1/2 hours.

Glazed Carrots

6 large carrots
1/4 c butter
2/3 c brown sugar
1/4 c hot water

Cook carrots 15 minutes in boiling salted water. Remove skins, cut into thick slices or quarters and place in baking dish. Cover with a syrup made of the sugar, water and butter. Bake till brown, basting occasionally. A syrup of boiled cider may be used.

Normandy Carrots

2 c cooked carrots cubed
1/2 c sugar
1/2 c vinegar
2 T butter
1 T cornstarch
1/4 t salt

Mix dry ingredients, add vinegar and butter and cook till smooth and thick. Add cooked carrots. Serve very hot.

Carrots Delmonico

6 carrots
1 T sugar
1 T butter
1/4 c cream
3 T butter
3 T flour
1 c liquid in which carrots are cooked
1/2 t lemon juice

Scrape and dice carrots. Put in a casserole. Cover with boiling water
in which are 1 T sugar and 1 T butter. Bake uncovered till tender. Make white sauce of butter, flour and 1 c of liquid in which carrots were cooked. Mix cream with beaten egg yolks. Add to white sauce and cook till egg thickens. Add ½ T of lemon juice, and seasonings. Pour over drained carrots and serve very hot.

**Creamed Carrots and Onions**

2 c cooked diced carrots 1 c cooked onions 1 c medium white sauce

Add vegetables to hot white sauce and let stand 5 minutes before serving.

**Stuffed Carrots**

Select large uniform carrots. Scrape and cut in halves, also remove slice from other side so pieces will lie flat in dish. Cook till tender and remove centers with sharp spoon or apple corer. Fill with one of the following stuffings:

- **Spinach Stuffing for Carrots:** Fill carrots prepared as above with cooked, finely chopped and seasoned spinach. Round tops smoothly. Pour melted butter over and serve very hot.
- **Cheese Stuffing for Carrots:** 2/3 c breadcrumbs, ½ c hot milk, ½ c grated cheese, 1 T butter, Salt and pepper.
  Mix together and stuff carrots as directed above. Sprinkle with grated cheese and put in oven till heated through. Garnish with paprika.
- **Rice and Nut Stuffing for Carrots:** 2-3 c bread crumbs, 1-3 c peanut butter, 2-3 c hot milk, Salt and pepper.
  Mix peanut butter with a little hot milk till smooth. Add remaining milk and bread crumbs. Season with salt and pepper. Stuff carrots. Sprinkle few crumbs over top and set in oven till crumbs are brown.

**Carrots Southern Style**

6 medium carrots 1 small onion 2 T butter 2 egg yolks 1/8 t pepper 1 t salt

Scrape, wash and slice carrots. Cook in boiling water to which onion and seasonings have been added. When tender, drain. Blend fat and flour in a saucepan. Add carrots and stir carefully. Just before serving add well beaten yolks of eggs. Stir till eggs are set. Serve at once.

**Carrots and Peas with Green Mint**

2 c carrots cooked and cubed 1 c green peas cooked Few sprigs of mint Butter Salt and pepper Sugar

Cook carrots, peas and mint leaves together a few minutes. Drain. Add salt and pepper, a generous amount of butter and sprinkle with sugar. Set in oven till sugar melts. Serve garnished with fresh mint leaves.

**Carrot Jam**

1 ½ lbs carrots Sugar 3 lemons ½ c chopped nuts 1 qt. cold water

Run carrots through fine knife of food chopper. Add water and bring to a boil. Cover tightly and cook very slowly till tender. Add fruit which has been washed and sliced paper thin. Measure and add 2-3 the volume of sugar. Stir and cook quickly till a sample rapidly cooked is thick as jam. Add the nuts and pour into sterile glasses.
**Carrot Pudding**

- 1 1/2 c brown sugar
- 1 c ground suet
- 3 c flour
- 1 c grated suet
- 4 t baking powder
- 1 c grated carrot
- 1 t cinnamon
- 1 c chopped figs
- 1/2 t allspice
- 1 c milk
- 1/2 t nutmeg
- 2 eggs
- 1/2 lemon—grated rind and juice
- 1 c seeded raisins

Sift and mix ingredients. Add suet and fruit and mix till fruit is well floured. Add milk, beaten eggs and carrots. Mix thoroughly. Steam in greased pans for 3 hours. Serve with lemon sauce, hard sauce or apricot sauce (See dried fruit recipes).

**RECIPES FOR SPINACH AND GREENS**

**Spinach Egg Baskets**

- 6 slices bacon
- 6 eggs
- 1 can spinach
- Salt and pepper

Shred bacon and cook till crisp. Add juice drained from spinach and cook till almost evaporated. Add spinach. Divide into small mounds with a hole in the center of each. Drop egg into each mound. Sprinkle with salt and pepper. Cover pan and cook slowly till egg is desired consistency. Serve very hot garnished with paprika and bits of butter.

**Baked Spinach**

- 2 c chopped cooked spinach, (either canned or fresh)
- 1 T butter
- 3/4 t salt
- 3/4 t pepper
- 1 c minced ham
- 1 c white sauce

Season spinach with salt, pepper and butter. Spread one-half of the spinach in a buttered, glass baking-dish, then add a layer of minced ham—one cupful is sufficient—next, the hard-cooked eggs chopped fine, a layer of seasoned white sauce, and last the remainder of the spinach. Sprinkle one-fourth cupful of grated cheese over the top and set in a 500°F oven until a rich brown.

**Spinach and Cheese Scallop**

- 2 c cooked spinach
- 1 c grated cheese
- Salt and pepper
- 1 c bread crumbs
- 2 T butter

Chop spinach and add seasonings. Arrange alternate layers of spinach, cheese and crumbs in a greased baking dish, having crumbs on top. Dot with butter and bake 15 minutes in a hot oven.

**Spinach and Carrot Loaf**

- 2 c chopped greens
- 3 eggs, slightly beaten
- 3/4 c carrots, cooked and diced
- 2 c rice, boiled
- Salt and Pepper

Mix, place in greased pan and bake in moderate oven for 1/2 hour.

**Buttered Greens**

- 1 qt spinach or other greens
- 3 T butter
- 2 to 3 T lemon juice or vinegar
- Onion juice to taste
- 1 T salt
Cooked Greens in Nest of Rice and Potato
Boiled rice or potato  Cheese sauce
Cooked greens  Salt
Place cooked greens in a nest of hot cooked rice; brown in oven and serve with a cream sauce or cheese sauce.

Greens with Egg Sauce
Cooked greens  Hardcooked egg
White sauce  Salt and pepper
Chop egg white and add to sauce; put sauce over greens and sprinkle on top of the egg yolk which has been put through a sieve.

TOMATO RECIPES
Tomatoes are perhaps our cheapest source of vitamin C. In winter when raw foods are scarcest they are especially valuable in the diet. Here are some good recipes:

Stewed Tomatoes
To one quart of tomatoes add half a minced onion, two cloves, and salt, pepper and sugar to taste. Add butter liberally just before taking up, and heat the sauce in which it is to be served. After delicately seasoning the stewed tomatoes, it may be poured on squares of hot buttered toast and served as a main dish, for luncheon. Or pour over the stewed tomatoes a liberal amount of hot buttered croutons the last minute just before serving. When scalloping tomatoes, always cut them in pieces, put in a dish, and season highly with minced onion, two or three cloves, salt and pepper. Mix well and use in layers with the crumbs instead of slicing directly in the baking-dish as is usually done.

Scalloped Tomato Surprise
Cook 3 large, but delicate onions in boiling salted water until soft but not broken. Lay them in the bottom of a buttered baking dish, with a sharp knife divide in quarters, not cutting entirely through the onions. Press the quarters slightly apart and between each two sections put one tablespoonful of chopped and seasoned left-over meat of any kind. Carefully pour around this cupful of well seasoned canned tomatoes to which has been added one-fourth cupful of bread crumbs. Dot liberally with butter, sprinkle with fine crumbs, add more dots of butter and bake in a hot oven 500°F one-half hour.

Scalloped Tomatoes
2 c tomatoes  2 T butter
1 T minced onion  2 T sugar
1 c bread crumbs  Pepper
1 t salt
Melt butter and add crumbs. Do not brown. Use either canned or fresh tomatoes, cut in pieces, add the onion and seasonings. Cover the bottom of a buttered baking dish with a layer of tomatoes, then a layer of crumbs. Repeat, having crumbs over the top. Dot with butter and bake until brown.

Tomato and Hominy
2 c boiled hominy  2 T fat
1 c canned tomato  2 T flour
½ t salt  Pepper
Dry bread crumbs
Make sauce of melted fat and flour, tomato juice and seasonings. Combine
with hominy, put into baking dish, cover with crumbs and bake 30 minutes in a moderately hot oven—400 degrees. Variations: corn, or string beans may be substituted for hominy.

**Tomatoes and Rice**

- 1 c rice
- 2 c tomatoes

Cook rice till about half done. Drain and add tomatoes and bacon fat and minced bacon. Cook slowly until all liquid is absorbed and rice is done.

**Tomato Souffle**

- 2 c strained tomato
- 1 t cornstarch
- 3 egg yolks beaten
- 1/2 c bread crumbs

Mix cornstarch, salt, sugar and 1 c tomatoes. Cook till smooth. Stir in beaten egg yolks and cook till thick. Cool somewhat and fold in beaten egg whites. Have 1 c seasoned tomato pulp poured over crumbs in bottom of baking dish. Pour egg mixture over and bake in moderate oven till egg is set. Set dish in pan of water.

**ONION RECIPES**

**Baked Stuffed Onions**

- 6 medium large onions
- 1/2 c milk
- 1/4 c chopped ham or bacon or
- 1 T butter
- 1/2 c soft bread crumbs
- Salt
- Pepper

Dry bread crumbs

Remove slice from top of onion and cook until almost tender in large amount of salted water. Drain, remove centers, leaving 6 onion cups. Chop the centers of onions, combine with ham, soft crumbs and seasoning. Fill onions with the stuffing. Place in buttered baking dish. Cover with dry crumbs and the milk and bake till tender. A slice of cheese may be laid over each onion before baking. Serves 6.

**Baked Onions**

- 6 medium onions
- 4 T butter
- Salt and pepper
- Juice of 1 lemon


**Browned Onions**

- 12 small onions
- 1 c brown stock
- Sugar
- Salt and pepper

Boil onions for 15 min. Drain and place in buttered baking dish. Pour brown stock over them. Sprinkle with sugar, salt and pepper and bake till tender, basting frequently. Serves 6.

**Scalloped Onions with Apples**

- 3 large apples
- 2 onions parboiled
- 1 T sugar
- 1 t salt
- 2 T butter
- 1 c bread crumbs
- 1 T vinegar or lemon juice
- Water

Arrange alternate slices of onions and apples in buttered baking dish.
Sprinkle each layer with salt, sugar and crumbs. Melt butter, add lemon juice and water. Pour enough over each layer to moisten. Cover with buttered crumbs and bake till onions and apples are done. Serves 6.

**Fried Onions and Apples**

- 3 T butter
- 1 pt sliced onions
- 1 qt sliced tart apples
- 1 T sugar
- ¼ t salt

Melt fat in heavy skillet. Add apples and onions. Cover, cook slowly till nearly tender. Stir frequently to prevent burning. Uncover, sprinkle salt and sugar over apples and onions and continue cooking till lightly browned. Serve at once.

**French Fried Onions**

- Sliced mild onions separated into rings
- 1 c flour
- 1 egg
- ¼ t salt

Make batter of milk, flour and egg. Dip onion rings into batter and drain. Fry in deep fat till golden brown. Spread on absorbent paper and sprinkle with salt. These, like potato chips, will keep a week.

**Baked Onions in Tomato Sauce**

- Onions
- Tomato sauce
- Buttered crumbs

Cut onions in half. Put in buttered baking dish. Cover with well seasoned tomato sauce and bake till onions are tender. Cover with toasted crumbs and let brown in oven. Serve at once.

**Baked Beets—No. 1**

Wash, cut off stem and root end. Place on rack in oven. Bake slowly till tender (4 or 5 hours). Cool enough to handle and slip off skins. Slice and season with salt, butter, sugar or honey, pepper and a small amount of vinegar or sweet cider. Reheat and serve. Beets prepared in this way have a wonderfully rich color and flavor and are practical if baked when heat is required for other things.

**Baked Beets—No. 2**

Pare and slice beets and place in covered baking dish. Add ½ c of cider or ¼ c vinegar and ¼ c water. Season with salt and pepper and sugar. Cover dish and bake in oven slowly till tender. Shake and stir occasionally so all will lie a part of time in the liquid and be evenly colored.

**Savory Beets**

- 6 medium beets
- 3 T butter
- 1½ t sugar
- ¾ t salt

Cook beets till tender. Skin and dice. Make sauce of other ingredients. Pour over hot beets and serve. Serves 6.

**Harvard Beets**

- 12 small beets or 2 c diced cooked beets
- ¼ c sugar
- 1½ T cornstarch

CABBAGE RECIPES

Stuffed Cabbage
1 medium head cabbage 1 c white sauce
1 c left over meat chopped fine 2 T parsley, minced
(ham especially nice) ½ t salt
1 c bread crumbs
Dash of pepper
Cook cabbage till almost tender, in large amount of boiling salted water. Turn upside down to drain. Remove heart of cabbage and fill with stuffing made of remaining ingredients. Tie up in cheese cloth and finish cooking (filling side up) till tender. Very attractive sliced and served at the table.

Cabbage a la Buttercup
Small head of cabbage 1 c milk
2 T fat
2 T flour
1 c grated cheese
Take a small firm head of cabbage and cut in eights not cutting through the heart. Tie in a thin cloth and cook in large amount of rapidly boiling salted water 35 minutes. Remove from cloth and place on large flat serving dish so sections divide like petals of a flower. Pour cheese sauce made of remaining ingredients. Pour over cabbage. Sprinkle with grated cheese and paprika and serve at once.

“Five-Minute” Cabbage
Drop shredded mild cabbage into hot milk and simmer for 5 min. Thicken with blended flour and butter. Season with salt and a little cream. Serve hot.

Hot Cole Slaw
2 eggs
1/4 c water
1/4 c vinegar
2 T sugar
Shredded cabbage

Cabbage in Sour Cream Dressing
1 small head cabbage Salt and pepper
1 egg
1/2 c vinegar
1 t sugar
1 T finely chopped pepper or pimento
Shred cabbage and cook a few minutes. Drain and season with salt and pepper. Mix egg, vinegar, sugar, cream and butter. Bring to boiling point and pour over the cabbage. Sprinkle with paprika and pepper before serving. Serves 6.

DRIED BEAN RECIPES

Boston Baked Beans
3 c dried beans 2 T sugar
2 t salt
2 T molasses
Navy beans, lima beans, yellow-eyes and kidney beans may all be baked by this recipe.
Soak beans overnight in cold water. Add more water if needed and bring
to simmering point. Cook till skins begin to burst. Drain and put into bean pot or baking dish with cover. Mix seasonings with 1 c boiling water and pour over beans. A small peeled onion may be first put in bottom of bean jar as desired. Score pork and bury in the beans so that just the rind is exposed. Add boiling water to cover. Put lid on and bake in a slow oven (300°F) for at least 6 hours. Add more water as needed. Remove cover for the last half hour to crisp the pork. Eight or ten hours baking is not too long.

Braised Lima Beans

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<thead>
<tr>
<th>1 1/2 c dried lima beans</th>
<th>1/2 c chopped celery</th>
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<tr>
<td>1/2 c chopped onion</td>
<td>Salt and pepper</td>
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<tr>
<td>1/2 c chopped carrot</td>
<td>1 c stock</td>
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Soak beans overnight in cold water and parboil for 10 min. Drain and mix with vegetables. Season with salt and pepper. Add stock. Cover and bake till beans are tender. (About 1 1/2 hours in moderate oven).

Savory Succotash

<table>
<thead>
<tr>
<th>1 c dried red kidney beans</th>
<th>2 T bacon fat</th>
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<tr>
<td>1 small onion</td>
<td>1 No. 2 can corn</td>
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<tr>
<td>2 T chopped green pepper</td>
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Soak beans overnight in cold water. Cook till tender. Cook green pepper and onion in fat till soft and browned. Add corn and beans and simmer a few minutes. Serve hot.

SAUERKRAUT RECIPES

Sauerkraut and Spareribs

Side of Spareribs

If ribs are fresh, salt and let stand overnight. Place curved side up in a large baking pan. Cover completely with sauerkraut and pour enough water over all for baking. Bake in moderate oven till meat is very tender. Potatoes may be added when meat is nearly done. Serve in separate dishes.

Sauerkraut and Navy Beans

<table>
<thead>
<tr>
<th>1 1/2 c navy beans</th>
<th>2 T bacon grease</th>
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<tr>
<td>1 c sauerkraut</td>
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Cook beans till almost done. Cook sauerkraut and bacon grease about 1/2 hour. Combine beans and kraut and finish cooking.

Sauerkraut with Cheese and Bacon

<table>
<thead>
<tr>
<th>4 c sauerkraut</th>
<th>6 slices bacon</th>
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<tr>
<td>1 c grated cheese</td>
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Place alternate layers of sauerkraut and grated cheese in buttered baking dish or casserole. Put strips of bacon on top. Bake in hot oven, 450° until cheese is melted and bacon crisp. Serves 6.

Sauerkraut with Tomatoes

<table>
<thead>
<tr>
<th>2 c sauerkraut</th>
<th>1 c cooked tomatoes, drained</th>
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<tr>
<td>1 c celery, diced</td>
<td>2 T butter</td>
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<tr>
<td>1 c buttered dry bread crumbs</td>
<td>1 c tomato juice</td>
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<td>1 t salt</td>
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Arrange sauerkraut, celery, tomatoes and crumbs in two alternate layers in a greased baking dish. Sprinkle each layer lightly with salt. Pour tomato juice and melted butter over vegetables. Cover with crumbs and bake in a moderate oven (375°). Serves 8. If celery is not available celery seed adds a nice flavoring.
Sauerkraut and Carrot Salad

2 c sauerkraut
8 medium carrots
1 c cream dressing
½ c walnut meats

Grate carrots. Combine with sauerkraut. Add cream dressing. Serve on lettuce or cabbage leaves and decorate with nut meats.

SQUASH RECIPES

Steamed Squash

Pare squash very thinly. Cut in slices, removing seeds and stringy portion. Place in steamer over a kettle of boiling water and cook until tender (30-40 min.). Drain and place in stew pan with butter, salt and pepper to taste. Cook uncovered over a slow fire for 15 minutes, stirring once or twice.

Squash Baked in Cream

Pare squash and cut into uniform pieces. Put in buttered baking dish. Sprinkle with salt and pepper. Pour cream over to almost cover. Bake slowly till squash is done.

Stuffed Squash

1 small squash
1 c cooked chopped string beans
1 c bread crumbs
1 hard-cooked egg
2 raw eggs
½ c cooked macaroni
1 c ground peanuts
½ t sage

Peel the squash. Cut off the top, scrape out the seeds and rub salt inside and out. Combine all the remaining ingredients and salt to taste. Fill the squash shell. Put the top on again and fasten with toothpicks. Bake one hour in a 300-degree oven. Serve hot with apple sauce.

Squash Brown Betty

Cover the bottom of a buttered pudding dish with uncooked summer squash cut in small, thin pieces, and sprinkle with sugar and a very small dash of cinnamon; add a layer of whole wheat bread, crumbled and liberally lotted with butter.
Alternate these layers until the dish is full, having a layer of bread on top. Pour in enough milk to moisten well and bake slowly until thoroughly one and nicely browned. Serve hot with hard sauce.

TURNIP RECIPES

Turnip Supreme

1 qt diced turnips
1 c white sauce
2 eggs
2 T chopped onion
½ lemon, juice and grated rind

Cook turnips according to general directions. Make white sauce, add onions and well beaten eggs and cook till eggs are done. Remove from fire and add lemon juice and rind. Pour over turnips and serve.

Turnips and Corn (left over dish)

Turnips, cooked and cubed
Corn, canned
Salt and pepper
Butter

Use equal parts of turnips and corn. Season and cook together a short time. Do not cook too long. The strong flavor of the turnips blend with the mild flavor of corn.
CORN RECIPES

Southern Corn Custard
1 No. 2 can corn 2 eggs
2 c scalded milk 2 T sugar
2 T melted butter 1 t salt

Pepper

Beat eggs slightly. Add other ingredients and mix thoroughly. Pour into well buttered baking dish or individual custard cups. Set in pan of boiling water and bake in moderate oven (325°F) till firm. Serve very hot.

Scalloped Corn with Celery
2 c corn 1 t salt
1 c celery leaves, finely chopped 1 T green pepper or pimento
1 c toasted bread crumbs chopped
1 c hot milk 2 T butter

Arrange corn, celery and crumbs in alternate layers in a baking dish. Add fat and seasoning to hot milk and pour over vegetables. Cover with toasted crumbs and bake 20 minutes in moderate oven.

Luncheon Corn
2 c corn 1 t sugar
1½ c milk or stewed tomato Toast
1 t salt Paprika
2 T butter Parsley

Cook corn in milk or tomato for 5 min. Add seasoning. Pour into dish lined with thin crisp buttered toast. Garnish with toast points standing up around the edge and with parsley and paprika.

PARSNIP RECIPES

Parsnips in Egg Sauce
4 or 5 parsnips ⅛ t salt
2 T flour ⅛ t pepper
2 T butter 2 hard-cooked eggs
1 c milk or chicken broth

Peel parsnips, quarter and cook according to general directions. Make a white sauce of flour, butter, milk and seasonings. Turn the drained parsnips into the sauce and add the hard cooked eggs which have been quartered. Serve in hot vegetable dish.

Parsnips and Sausage
6 medium sized parsnips Graham flour
¾ c water 1 lb sausage

Steam or boil parsnips till tender. Drain and peel. Cut in half lengthwise and cover with sausage. Roll in flour and fry or bake.

WINTER SALADS

Salads make attractive ways of introducing raw foods into the diet. Raw fruits and vegetables should be used because they contain more vitamins, minerals, bulk and roughage than cooked vegetables. This is especially true of vitamin C, the antiscorbutic.
vitamin. All vegetables and fruits that are palatable in the raw state should be served raw frequently.

Salads require chewing, a practice often sadly neglected to the detriment of digestion and the health of teeth and gums.

Salads are "filling" foods and tend to discourage over eating. Salads add pleasing contrasts in color, texture and flavor to the meal.

The problem of salad making in wintertime is a very real one. Individual salads seem to need a garnish of some sort and what shall we use? If we cannot have lettuce, we need not feel completely lost. Cabbage leaves make a very good substitute, however. The leaf may be used whole as a cup to hold a fruit or vegetable salad or the cabbage may be shredded and formed into a bed for the salad proper. The desired touch of green also may be obtained from the window box of parsley which is found in many kitchens. Pimento is usually available in cans and it may be used to give color. For special occasions, apple or orange cups may be made and the salad served in these; they are decorative enough in themselves and do not need any garnish.

The apple is one of the most valuable of fruits as a foundation for salad. The well known cole slaw may be trimmed up by adding tart apples cut in small pieces. To prevent apples from discoloring dip them in lemon juice, or if you are preparing a number ready to cut fine, drop them into water to which a little salt has been added—1 t to 1 qt. of water. Red apples add much to the appearance of a salad if used without paring. They may be scooped out and filled with any salad which blends well, chicken salad being an especially fine filling. Even the everyday waldorf salad is prettier if made of red apples with the skins left on.

**WINTER SALAD COMBINATIONS**

- Cabbage, grated pineapple and sour-cream dressing.
- Cabbage, chopped peanuts and boiled dressing.
- Cabbage, diced celery, diced apple, chopped nuts and whipped cream flavored with sugar and vanilla.
- Cabbage with French dressing and celery seed.
- Cabbage, chopped beet pickles, diced celery, diced hard-boiled eggs and dressing.
- Cabbage, dates and nuts (salted peanuts) with sour cream dressing.
- Cabbage, grated raw carrots, peanuts, boiled dressing.
- Cabbage, diced pineapple, diced apples. Serve with boiled dressing, garnished with whipped cream and blanched almonds.
- Cabbage, beets and horse radish with sweetened vinegar. This is a good combination with a meal of baked beans.
Cabbage, mild onions, celery seed, cream dressing.
Equal parts of finely shredded cabbage and diced bananas with cream dressing.
Cabbage, pineapple, coconuts, dressing.
Carrots, raisins, peanuts, mayonnaise.
Carrots, cooked peas, celery, mayonnaise.
Carrots, raisins, diced apples.
Carrots, shredded coconut, French dressing.
Carrots, chopped raw spinach, mayonnaise, celery, peanuts, salad dressing.
Carrots, grated cheese, paprika, dressing.
Carrots, cabbage, raisins, dressing.
Apples, celery, nuts or raisins or dates, mayonnaise and whipped cream.
Apples, cold chicken, celery, nuts, mayonnaise.
Apples, cabbage, raisins, dressing.
Apples, Bermuda onion, French dressing.
Apples, celery, pineapple, orange, coconut, dressing.
Apple, celery, peanut butter, lemon juice.
Apple, celery, peanut butter, dates, dressing.

**Tomato Jelly Salad**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 c canned tomatoes</td>
<td></td>
</tr>
<tr>
<td>1 c hot water</td>
<td></td>
</tr>
<tr>
<td>1 t chopped onion</td>
<td></td>
</tr>
<tr>
<td>2 T vinegar</td>
<td></td>
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<tr>
<td>1 t salt</td>
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Combine first ingredients. Bring to boiling point and put through sieve. Soak gelatine in cold water and dissolve in hot water. Add to first mixture. Cool and add celery when mixture begins to set. Turn in individual molds and chill. Serve on lettuce with dressing. Sliced olives, hardcooked egg, etc., may be used as a garnish.

**Perfection Salad**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 T gelatin</td>
<td></td>
</tr>
<tr>
<td>½ c cold water</td>
<td></td>
</tr>
<tr>
<td>½ c mild vinegar</td>
<td></td>
</tr>
<tr>
<td>1 c boiling water</td>
<td></td>
</tr>
<tr>
<td>½ c sugar</td>
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</tbody>
</table>

Soak gelatine in cold water 5 minutes and dissolve in boiling water. Cool and add vinegar, lemon juice, sugar and salt. Strain and when mixture begins to set add vegetables. Turn into mold and chill. Serve on lettuce with any desired salad dressing. **Note:** Apple, pineapple, green peas, or nuts may be substituted for pineapple or cabbage. Gelatin salads should always have at least one crisp ingredient.

**Health Salad**

Dissolve a package of Lemon Gelatin in a cup of boiling water and add one cup of juice from a can of crushed pineapple. Cool and add one cup of crushed pineapple, one cup raw carrot, one-half cup chopped apples, one-fourth cup sugar, one teaspoon salt. Serve on lettuce with salad dressing.
**Fruit Salad Dressing**

- 1/2 c pineapple juice
- 1/4 c sugar
- 1/2 t salt
- 1 T cornstarch

Mix dry ingredients. Add unbeaten egg and juice. Cook in double boiler till thick. Add whipped cream.

**Cheese Cole Slaw**

- 2 c shredded cabbage
- 1/4 c grated cheese
- 1 t salt
- 1 t brown sugar

Mix cabbage and cheese. Combine seasonings and add buttermilk, the amount depending on the thickness. Pour over cabbage. Garnish with green pepper rings.

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**WINTER FRUITS**

Fruit is the most appetizing of our foods, hence its popularity as a breakfast appetizer. It is also one of our most important foods to promote good health and nutrition. This is a very happy combination. We have one food which is both enjoyable and valuable.

By far the most common fruit food, especially in winter, is the apple and the apple is adapted, perhaps more than any other fruit, to a great variety of uses in the household. Apples are pleasing either raw or cooked; they may be stewed, baked or canned to equally good effect from the standpoint of palatability. Apples combine well with other fruits and with many other food materials.

Our most common form of apple cookery is the baked apple. They may be served in such a variety of ways that they may be used daily on the menu, yet not become monotonous. Almost everyone is fond of apple sauce either plain or in any one of its fancy dresses. Apple snow made of egg white beaten until light and folded into the sauce, may be served with cream, plain or whipped, with a soft custard, with jelly or with a fruit juice. Even our one standard American dish—apple pie—can have a number of new variations added to its train.

**APPLE RECIPES**

**Baked Apple Variations**

- White or brown sugar and butter.
- Raisins, dates or figs.
- Crushed pineapple.
- Sugar and coconut.
- Pared, dipped in red syrup and baked. Put meringue on top and brown.
- Baked, cooled and ice cream and butterscotch sauce added.
- Quartered and brown sugar and butter added. Marshmallows browned before serving.
- Quartered and maple syrup added.
- Sugar, lemon juice and jelly served on top.
Southern Style Baked Apples
Core and cut into halves six fine apples. Lay in baking dish skin down. Pour over this a syrup made of sugar, water and lemon juice, using about two cups of water, half a cup of sugar and two tablespoons of lemon. Bake until tender, being careful not to break. Place these on a serving dish. Fill the centers with apple jelly and pour liquid from the pan over them. Press a meringue onto the tops of apples; bake in a moderate oven just a few moments.

Apple Mapleine
Take a cup of mapleine syrup and one and one-half cups of water, two tablespoons of butter. Boil to a sauce. Now halve eight apples and bake in syrup until tender, basting with syrup until the apples are glazed. Serve with whipped cream.

Baked Apples and Marshmallows
8 apples
½ c marshmallows cut in quarters
1 c brown sugar
Brown sugar syrup—(½ c water, 1 c sugar)

Blushing Apples, Orange Sauce
Core six red apples, but do not peel. Cook in boiling water till tender. Remove the skins and scrape off all pulp adhering to inside and add to apple. Reduce the water to one cupful, add one cupful of sugar and the juice of an orange. Cook until thick and like syrup and pour over the apples. Drop a spoonful of whipped cream on each.

Apple Crisp
4 c sliced apples
1 ½ t cinnamon
7 T butter
½ c water
1 c sugar
¾ c flour
Cut 6 or 8 apples in ¼ inch slices. Butter a baking dish, add the apples and pour over the water and cinnamon. Work together the sugar, flour and butter until crumbly. Spread over the apple mixture and bake uncovered. Serve while warm with whipped cream.

Deep Dish Apple Tapioca
2/3 c minute tapioca
3 tart apples, thinly sliced
2 ½ c hot water
1 c seedless raisins
½ t salt
¼ c molasses
½ c sugar
¼ t nutmeg
¼ t cinnamon
2 T butter
Sprinkle tapioka over apples, in greased baking dish. Add water, raisins, and salt, and bake in moderate oven (375° F.) for 20 minutes, stirring every 5 minutes. Add molasses, sugar, nutmeg, cinnamon, and butter, and bake 20 minutes longer, or until apples are tender. Serve hot or cold with lemon, maple, or hard sauce, or garnish with whipped cream. Serves 6.

Apple Meringue Pie
5 apples
½ c cold water
3 eggs
1 lemon
⅓ c granulated sugar
2 T butter or butter substitute
2 T powdered sugar
Pare, core and cut up tart apples and cook them in the water until soft, stewing them very slowly. Beat this sauce smooth partly cold, then add
beaten egg yolks, lemon juice and grated rind and the sugar, increasing the amount of sugar, if desired. Cook till thick in double boiler. Pour into baked crust into which grated cheese was added during the mixing. Beat the whites of the eggs, stiff, add powdered sugar, spread on top of the pie and return to the oven to brown.

**Dutch Apple Pudding**

| 1 c milk     | 8 T sugar |
| 2-2/3 c flour| 1 egg     |
| 6 T fat      | 5 T baking powder |
| Cinnamon     | Apples or plums |
| 1 T salt     | 1 T salt |

Spread dough in pan 1 in. thick and place slices of apples in rows on top. Sprinkle with sugar and cinnamon. Bake in hot oven 20 minutes. Serve with fruit sauce or cream and sugar.

**Apple Sauce Cake**

| ½ c butter | 1 T salt |
| 1½ c brown sugar | 1 T cinnamon |
| 1 egg | ½ t cloves |
| 1 T soda | 1½-2 c flour |
| 1 c thick apple sauce | | |

Cream shortening and sugar together. Add beaten egg and mix well; dissolve soda in apple sauce and add. Sift salt, cinnamon, and cloves with part of the flour and add to the first mixture. Add enough more flour to make a fairly stiff batter. (The amount depends upon the thickness of the apple sauce). Pour into a greased loaf pan and bake in moderate oven (350 degrees F.) 50 to 60 minutes. 1 cup raisins may be added to the batter.

**Apple Gingerbread**

| 6 apples | 2 T lemon juice |
| ¼ c sugar | | |

Wash, pare, core and slice apples. Put them in an oblong glass dish or aluminum pan. Add lemon juice and sugar. Place uncovered in a hot oven, while gingerbread batter is being prepared (or about ten minutes) remove apples from oven and pour batter over them. Bake fifty minutes in moderate oven. The gingerbread is made as follows:

| 1 egg | 2 c flour |
| ½ c sugar | ½ T cinnamon |
| 1 c sour milk | ½ T salt |
| ¾ T ginger | ¾ T baking soda |
| ¾ T nutmeg | 1 T baking powder |
| ½ c molasses | 3 T fat |

Beat the egg, add the sugar, sour milk and molasses. Mix and sift the other ingredients. Beat the mixture thoroughly.

**Apples with Sweet Potatoes**

Pare and quarter cooking apples. Sweet potatoes pared and cut about same size as the apple quarters. To 1 qt. of half apples and half potatoes add 2 slices of lemon or orange, 2 cloves, 1 c brown sugar, and salt to season. Place in covered baking dish and bake till potatoes are tender. Remove orange and cloves, stir mixture and serve. Butter may be added if desired. If there is too much liquid in pan, cook down on top of stove before serving. Serve as vegetable with pork roasts or chops.
DRIED FRUITS FOR WINTER

Practically everything that may be said for the use of fresh fruits in the diet is equally true of dried fruits. Dried fruits have some things in their favor in that they are found in the market in all seasons of the year and in all sections of the country; they are less difficult to keep and require less room for storage. The cheapest way we can buy fruits is in the dried form. For economy use dried fruits.

The food value of prunes, raisins, dates, currants, and figs is similar. The iron content of raisins has been overemphasized in some ways; they contain iron, though in no higher percentage than the others in this group, in fact, rather less. There is enough to be said in their favor as a food, however, to make it unnecessary to unduly stress any point.

Figs have not been used to as great an extent and are not capable of as many combinations because they contain so many seeds. The skin and seeds of canned and preserved figs are not so tough, therefore these are gaining in popularity. A very delicious seedless Texas fig is obtainable on the market. Figs of good quality are worthy of a more prominent place in our dietary and these seedless figs should find a good market.

Peaches, apricots and to some extent berries and other small fruits are available in dried form. These serve well in regions where fresh fruit is difficult to obtain; it is far better to use these than to limit fruit on the menu.

DRIED FRUIT RECIPES

Stewed Prunes

Properly cooked prunes are nutritious and delicious. To be properly cooked they should be washed thoroughly, covered with warm or hot water and allowed to stand until tender. If kept on the range or elsewhere to keep the water hot, less time is required. If not, after the soaking process they should be cooked for a short time only, below the boiling point. No sugar need be added to California prunes of good quality, but Oregon prunes are more tart and one may prefer them sweetened a little. Some prefer the prunes uncooked after the soaking; it is not really necessary to cook them if they are tender. They may be served plain as a breakfast fruit or in combination with cereal. Cornflakes, shredded wheat, cream of wheat, cream of barley or farina are well adapted to serving with prunes, dates or raisins.

Breakfast Prunes

Carefully look over and wash prunes. Cover with water and let stand two to twelve hours, according to state of dryness. Cook slowly in a covered dish until tender. Cool without uncovering. This method prevents shrinking and develops the natural sweetness of the fruit. Other dried fruits may be cooked in the same manner. If the fruit is sour enough to need sugar, add when the cooking is finished, stirring carefully to avoid breaking fruit and re-covering at once.
Norwegian Prune Pudding

3/4 c cornstarch 1 t cinnamon
1/2 c sugar 1 1/2 c hot prune pulp and juice
1/2 c cold prune juice 2 T lemon juice

Mix starch, sugar and cinnamon thoroughly. Add prune juice and stir till smooth. Add prune pulp and lemon juice and cook till smooth and thick. Mold and cool. Serve with cream or lemon sauce. One or two sticks of cinnamon may be added to prunes while soaking and cooking instead of using the ground spice.

Jellied Prunes

2 T gelatin 2 T lemon juice
1/2 c cold water 1/2 lb prunes
1/2 c boiling water Cream
3/4 c sugar

Cook prunes according to directions. Drain, saving the juice. Stone prunes and cut in pieces. Combine pulp and juice. There should be 2 cupfuls, if not, add hot water. Soak gelatin in cold water 5 min. Dissolve in hot water and add sugar. Cool, add lemon juice, prune mixture. Turn into mold to set. Serve with plain or whipped cream.

Prune Betty

2 c cooked pitted prunes 1/2 c hot prune juice
1 c toasted fine bread crumbs 1/2 c marmalade or jelly
1 T butter

Butter baking dish. Cover bottom and sides with bread crumbs; add a layer of prunes, a layer of marmalade and a layer of crumbs. Continue until all are used, having last layer of crumbs. Break the butter into bits and sprinkle over top. Pour hot prune juice over all; bake in medium oven about 15 minutes. Serves four persons. Dried apricots or equal parts apricots and prunes may be used.

Prune Cream Pie

1/3 c sugar 1 t vanilla
2 T flour 3/4 c finely chopped walnuts
1 c hot milk 1 c cooked pitted prunes
2 eggs 1/2 t salt

Mix sugar and cornstarch, add scalded milk gradually. Pour over egg mixture, add prune pulp and walnuts. Mix well; pour into pan lined with pastry. Sprinkle a little grated nutmeg over top and set into a hot oven, reducing heat after ten minutes. Bake until firm in center about 30 minutes.

Prune and Rolled Oat Drop Cookies

2 eggs 1 c cooked pitted prunes
1 c sugar 1/2 c prunes juice
2/3 c flour 1 t vanilla
1 t baking powder 3 T melted shortening
3/4 t salt 3 c rolled oats
3/4 c milk

Beat eggs; add sugar gradually, beating until creamy. Sift together flour, baking powder and salt and add to egg mixture alternately with milk. Beat until smooth; add chopped prunes and other ingredients in order given. Drop on well greased cookie pan 3 inches apart. Bake in a moderate oven from 15-20 minutes. These cookies make a wholesome dessert for children.
Prune Ice Cream

2 c prune pulp 1/4 t salt
2 c sugar 1 c milk
Juice 2 lemons 2 c cream
Juice 2 oranges

Put prunes through sieve. To 1 c pulp add all next five ingredients. Whip cream, mix altogether thoroughly and freeze.

Casserole of Dried Fruit

4 c figs, prune, apricots or figs 1 c sugar
or a mixture of these soaked 1/2 lemon, sliced thin
several hours

Put fruit in a casserole with water in which fruit has been soaked. Add sugar and lemon slices. Cover and bake at 350° F (moderate oven) till tender. Cool without uncovering to prevent shrinking. Serve as dessert with or without cream or serve cold.

Dried Fruit Whip

1 c pulp of cooked dried apricots, prunes or peaches 1 egg white
Sugar to taste 1 T lemon juice
Dates

Mix fruit pulp and lemon juice and sweeten to taste. Add 1 egg white. Beat with rotary egg beater till stiff. Serve very cold in sherbet cups. Decorate with strips of date.

Dried Fruit Salad

Prunes, large Cottage cheese
Dates Nuts
Raisins Cocoanut

For each salad use 2 prunes, 2 dates and 2 T raisins. Cook prunes, cool, stone and stuff with cheese. Stone dates and stuff with nuts. Chop raisins, form in balls and roll in cocoanut. Arrange on lettuce leaf and serve with mayonnaise.

Souffle of Dried Fruit

1 c pulp of cooked dried apricots, prunes or peaches 1/4 c orange juice
1 c sugar 4 egg whites
Cream

Cook fruit pulp, sugar and orange juice till slightly thick. Fold into stiffly beaten egg whites. Turn into greased baking dish and bake 20 minutes at 175 degrees F. Serve with cream.

Apricots and Prunes

1/2 lb dried apricots 1 lemon—juice
1 c dried prunes or figs 1 orange—juice and grated rind
1/4 t salt 1/2 c sugar

Wash and cover the apricots and prunes with warm water. Soak several hours or over night if possible. Add lemon and orange juice and grated rind and cook the mixture very slowly at simmering temperature until the apricots and prunes are tender. Remove from the fire, add sugar (more than 1/2 cup may be desired), salt and stir until dissolved. Serve cold for breakfast, or as a dessert with or without cream. One-half cup of grated pineapple may be substituted for the lemon and orange, or it may be omitted.
Dried Apricots—Stewed
Wash and cover dried apricots with warm water; soak several hours or overnight if possible. Put over slow fire; cook until tender in same water in which they were soaked; add sugar to taste after removing from fire and stir until sugar is dissolved. If a thick syrup is desired, remove apricots and cook juice slowly until like thin syrup. Use as a breakfast fruit, for dessert with or without cream, or as a basis for various pudding, etc. Long soaking and very slow cooking bring out the fine flavor of the fruit and develops the natural fruit sugars. Equal parts of prunes and apricots cooked together make a very delicious sauce.

**Apricot Cake Filling**

1. 1 c cooked apricots
2. 2 egg whites
3. 1 c sugar
4. Pinch of salt

Mash apricots thoroughly. Add sugar. Add salt to egg whites and beat until stiff then fold in the apricots. Pile on slices of sponge cake and place in oven until nicely browned. Left-over, practically dried cake may also be used in this way or the filling may be spread on fresh layers and when browned the layers may be stacked in the usual way.

**Apricot Tapioca**

1. 2 c stewed apricots
2. 2 c milk
3. ¼ c sugar
4. ¼ c minute tapioca
5. 2 eggs
6. Pinch of salt

Scald milk, add sugar, salt and tapioca and cook until tapioca is clear and transparent. Stir in beaten yolks and remove at once from fire. Mash apricots and stir into tapioca when cold. Place in serving dish and cover with a meringue made of the egg whites and 2 T of sugar. Brown nicely and serve cold.

**Prune-Cot” Filling for Shortcake**

1. 2 c cooked prunes
2. 2 c cooked apricots
3. 1 c sugar
4. 1/2 T lemon juice

Mix and serve over baked and buttered shortcake.

**Apricot Roly Poly**

1. 2 c flour
2. 4 t baking powder
3. ¾ t salt
4. 2 T sugar
5. 4 T fat
6. 1 egg
7. ¼ c milk
8. Cooked apricots
9. Syrup
10. ¼ c apricot juice
11. 1 c sugar

Mix as baking powder biscuits, sift dry ingredients, rubbing in fat, adding egg slightly beaten with milk. Roll to ¼ inch thick in an oblong. Spread with cooked apricots, sprinkle with sugar, dot with butter, roll crosswise to make a long roll, place in a well-greased bread pan. Bake in hot oven about ten minutes, reduce heat. Baste with syrup made by boiling apricot juice and sugar two minutes. Serve with cream. Will serve six persons.

**Apricot Pudding Sauce**

1. 1 c cooked, dried apricots
2. 2 T lemon juice
3. 1 c apricot juice
4. 4 T sugar
5. 2 t cornstarch

Press cooked apricots through coarse sieve; add lemon and apricot juice. Mix sugar and cornstarch and add to hot mixture. Cook ten minutes. Serve over boiled rice, cornstarch pudding, or slices of stale cake.
Peach Bavarian

1 c peaches, cooked  1/2 c sugar
2 t gelatin  1 c hot water
3 egg whites  1/4 c cold water
1 c whipping cream

Run peaches through the collander, add sugar, dissolve gelatin in 1/4 c cold water and allow to stand for 5 minutes. Add boiling water and strained peaches to gelatine. Set in a cool place until slightly hardened and beat until very light with an egg whip. Stir in stiffly beaten egg whites and the cream which previously has been whipped. Pour into mold which has been dipped in cold water and set in a cold place until hard. Dried apricots or prunes may be used.

Peach Custard Pie

1 c dried peaches  3/4 c sugar
2 c milk  1/2 t cinnamon
3 eggs  1/4 t salt
Pastry

Cook peaches according to directions for cooking dried fruits and put through sieve. Scald milk, add beaten eggs mixed with sugar, cinnamon and salt. Add peaches and pour into unbaked pie shell. Sprinkle top with cinnamon. Put in hot oven for 10 minutes. Reduce temperature and finish baking.

Fig Tapioca

3/4 c granulated tapioca  1 c cut figs
1/2 t salt  1/2 c brown sugar
4 c boiling water  Nuts

Add tapioca slowly to boiling water and salt, and cook over hot water until clear. Add figs and sugar and cook five minutes. Pour into pudding dish or into individual dishes and garnish with halved walnuts or pecans. Serve very cold with plain or whipped cream. Prunes may be used instead of figs.

DRIED VEGETABLES

The same things may be said for the majority of dried vegetables that was said in regard to fruits; that is, when fresh vegetables are not available, these are a desirable substitute and should be used rather than omit vegetables from the dietary. Commercially dried vegetables are often somewhat cheaper than canned ones.

In Montana, where the higher altitudes affect the canning problem, the drying of fruits and vegetables is an efficient and convenient way in which to plan for winter storage.