

Fruit Desserts

Collection of More Delicious Fruit Dessert Recipes

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CONTENTS

| |
|--|
| <u>Preface</u> |
| <u>Fruit And Fruit Desserts</u> |
| <u>Fruit In The Diet</u> |
| <u>Composition Of Fruits</u> |
| <u>Effect Of Cooking On Fruit</u> |
| <u>Serving Fruits</u> |
| <u>Fruit Desserts</u> |
| <u>Serving Fruit Desserts</u> |
| <u>Fruit Dessert Recipes</u> |
| <u>Flavorings For Desserts And Puddings.</u> |

Fruit Dessert Recipes

| | | |
|-------------------------------|--------------------------------|----------------------------|
| Apples | Blackberry Cornstarch Pudding | Oranges |
| Apple Dessert | Blackberry Tapioca | Orange Dessert -1 |
| Apple Meringue Dessert | Gooseberry Tart | Orange Dessert -2 |
| Baked Sweet Apple Dessert | Gooseberry Pudding | Orange With Berries |
| Apple Pudding -1 | Whortleberry Pudding | Oranges In Jelly |
| Apple Pudding -2 | Cranberry Pudding | Orange Jelly |
| Apple Pudding (grated) | Cranberry Sauce | Orange Pudding -1 |
| Apple Custard Puddings | Cranberry Jelly | Orange Pudding -2 |
| Apple Compote | Clear Dessert | Orange Pudding -3 |
| Baked Apples With Cream | Cherries | Orange Marmalade Pudding |
| Apple Rose Cream. | Cherry Fritters | Orange-apple Compote |
| Apple Snow | Cherry Pudding -1 | Pineapples |
| Apple Dumplings -1 | Cherry Pudding -2 | Pineapple Pudding -1 |
| Apple Dumplings -2 | Cherry Tart | Pineapple Pudding -2 |
| Apple Sauce | Date Pudding -1 | Plums |
| Apple Sponge Pudding | Date Pudding -2 | Stewed Plums. |
| Apple And Lady-finger Pudding | Date Pudding -3 | Plum Pudding -1 |
| Apple And Honey Pudding | Fruit Foam Dessert | Plum Pudding -2 |
| Porcupine Apples | Fruit Shape | Stewed Prunes. |
| Baked Apples | Fruit Ice-cream | Stuffed Prunes. |
| Apples In Jelly | Fruit Cream | Prune Whip. |
| Maple Apples | Frozen Fruits (peaches). | Prune Dessert. |
| Apricots | Fruit Tapioca | Peaches |
| Apricot Pudding -1 | Tutti-frutti Ice-cream | Peach Cream. |
| Apricot Pudding -2 | Fig Pudding | Peach Meringue. |
| Apricot Soufflé. | Fig With Barley | Peach Tapioca. |
| Apricot Shape | Figs Stewed | Stewed Peaches. |
| Bananas | Fig, apple And Tapioca Pudding | Pears |
| Banana Dessert -1 | Figs (pressed) | Pears (baked) |
| Banana Dessert -2 | Grapes | Pears With Peaches |
| Banana Dessert -3 | Grape Apple Dessert | Quinces |
| Bananas In Syrup | Grapefruit | Quinces (baked) |
| Baked Bananas | Grapefruit Ambrosia | Stewed Quinces And Apples. |
| Banana Fritters | Grapefruit Dessert | Red-raspberry Whip |
| Bread And Fruit Pudding | Grapefruit Cream | Raspberry Shortcake. |
| Berries | Lemons | Raisins With Cornstarch |
| Blackberry Sponge | Lemon Pudding | Strawberry Shortcake. |
| Pressed Blueberry Pudding | Lemon (baked) pudding. | Strawberry Ice Cream |
| Blueberry Pudding | Melons. | Strawberry Pudding |
| Berry Jam Pudding | Mixed Fruit Compote | Strawberry Mousse |
| | | Strawberry Sago Pudding |

Flavorings For Desserts And Puddings.

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|-------------------------|--------------------------|
| Almond Sauce | Fruit Coloring |
| Almond Paste. | Foamy Sauce. |
| Caramel Sauce | Lemon Pudding Sauce. |
| Cocoanut Flavor | Mock Cream. |
| Cocoanut Sauce | Molasses Sauce. |
| Cream Sauce | Orange Sauce. |
| Cranberry Pudding Sauce | Orange And Lemon Flavor. |
| Custard Sauce | Peach Sauce. |
| Egg Sauce -1 | Plain Pudding Sauce. |
| Egg Sauce -2 | Red Sauce. |
| Fruit Cream | Rose Cream |
| Fruit Sauce -1 | Sago Sauce |
| Fruit Sauce -2 | Whipped Cream Sauce |

PREFACE

This Ebook deals with varieties of fruits and Desserts that can be made from them. With fruits becoming less seasonal and more a daily food, an understanding of them is of great value. It is important to learn their place in the diet, their nature, composition and food value. We will then proceed with the preparation and serving of every variety of fruit dessert. Custom has so long established the usage of finishing the dinner with a dessert of some kind that a menu is considered quite incomplete without it.

FRUIT AND FRUIT DESSERTS**FRUIT IN THE DIET**

Fruits are the fleshy, juicy products of some plant or tree which, when ripe, is suitable for use as food. Although some fruits are seedless, they generally contain the seeds of the plants or trees that produce them. Many fruits require cooking to make them palatable while others are never cooked and some others may be cooked or eaten raw. Fruits, because they are wholesome, appetizing and attractive, occupy a valuable place in the diet. In fact, it is these qualities rather than their food value that accounts for the popularity of fruits among all people. In addition to causing fruits to appeal to the esthetic sense, their attractiveness serves another important purpose. It is said that Nature made them attractive in color, odor and flavor in order that birds might be allured to attack them for food and by spreading the seeds, assist in their propagation. Many fruits are eaten raw while others are cooked either because they require cooking to make them appetizing or because it is desired not to use them in their raw state. The cooking of fruits has a variety of effects on them, being sometimes advantageous and other times detrimental. The flavor is always changed by the application of heat and in some cases the acid that fruit contains becomes stronger. On the other hand, the fibrous material or cellulose of fruits is softened by cooking and thus becomes more digestible.

COMPOSITION OF FRUITS

The composition of fruits is a matter of considerable importance, for on it the food value of the fruits depends. To a certain extent, the composition of all fruits is the same but the varieties of this food differ in their food values almost as greatly as do vegetables. Small quantities of protein and fat are contained in fruits that very little attention need be given to these substances. Exceptions are found in avocados or alligator pears and in ripe olives, both of which are high in fat. Whatever food value fruits may have, whether it be high or low is due to the carbohydrate they contain. Some green fruits and bananas contain a very small amount of starch but on the whole the carbohydrate of fruits is in the form of sugar and is in solution in the fruit juices. The chief form of this carbohydrate is known as 'levulose' or 'fruit sugar'. However, 'glucose', another form of sugar, is also found in nearly all fruits, grapes and dried fruits such as figs, raisins, etc., containing an unusually large amount. All fruits contain a certain percentage of mineral salts. The quantity varies in the different kinds of fruits. These salts have the opposite effect on the blood from those found in meats and cereals but they act in much the same way as the minerals of vegetables. The minerals commonly found in fruits are iron, lime, sodium, magnesium, potash and phosphorus. These are in solution in the fruit juices to a very great extent and when the juices are extracted the minerals remain in them.

Some fruits contain only a small amount of acid while others contain larger quantities. It is these acids, together with the sugar and the volatile oils of fruits, that constitute the entire flavor of this food. Most ripe fruits contain less acid than unripe ones and cooked fruits are often higher in acid than the same fruits when raw. Numerous kinds of acid are found in the different varieties of fruits. For example, lemons, oranges, grapefruit and a few other fruits belonging to the class known as citrus fruits contain 'citric acid'; peaches, plums, apricots, and apples, 'malic acid'; and grapes and many other fruits, 'tartaric acid'. The water content of fresh fruits is very high reaching 94 per cent in some varieties. Dried fruits on the other hand contain much less water, their content being in some cases as low as 15 to 20 per cent. It naturally follows that the fruits low in water are high in food value, while those containing considerable water have in their composition less of the material that adds food value. The high percentage of water in fresh fruits together with the acids they contain, accounts for the fact that these fruits are so refreshing. In fruits, as in vegetables, cellulose is found in varying quantities. The larger the quantity, the lower will be the food value of the fruit, except where the water has been evaporated as in the case of dried fruits. The digestibility of this cellulose, however, is not worth considering because while it is possible that small amounts of very young and tender cellulose from fruits may be digested, on the whole this characteristic may be disregarded.

EFFECT OF COOKING ON FRUIT.

Cooking affects fruits in numerous ways depending on the condition of the fruit itself, the method used and the length of time the heat is applied. When fruits are cooked in water or in a thin sirup, the cellulose becomes softened. On the other hand, if they are cooked in a heavy sirup, as for instance, in the making of preserves, the cellulose becomes hardened and the fruit, instead of breaking up, remains whole or nearly so and becomes tough and hard in texture. The addition of quantities of sugar, as in the latter case, besides helping to keep the fruit whole, increases its food value. Another change that usually takes place when fruit is cooked is in its flavor. This change is due either to an increase in the acid contained in the fruit or to a decrease in the amount of sugar. Like other raw foods, fruits in their fresh state contain vitamins; that is, a substance that helps to keep the body in a healthy, normal condition. These are found to some extent in cooked fruits but not in the same quantity as in raw ones. Therefore, raw fruits should be included in the diet as much as possible.

SERVING FRUITS.

While the serving of fruits is a simple matter, it should be done in as dainty a way as possible so as not to detract from their natural attractiveness. If the skins are to remain on the fruits while serving, a knife, preferably a fruit knife, should be served with them and nothing smaller than a salad plate should be used. The carefully washed leaves of the fruit served make an attractive garnish. For instance, large, perfect strawberries with the stems on, when heaped on a plate garnished with strawberry leaves and served with a small dish of powdered sugar, are always attractive. Likewise, a bunch of grapes served on grape leaves never fails to attract.

A mixture of a number of fruits such as peaches, pears and plums, or, in winter, oranges, bananas, and apples, piled in a large bowl and passed after salad plates have been distributed, not only makes an excellent dessert but permits the persons served to take their choice. Fresh berries, sliced peaches, bananas, oranges, etc. may be served in sauce dishes which should be placed on a service plate. They may be passed or served from a bowl. Canned or stewed fruits may be served in the same way.

FRUIT DESSERTS

As usually served, the dessert is but a "snare and delusion" to the digestive organs. Compounded of substances "rich," not in food elements but in fats, sweets and spices, and served after enough has already been eaten, it offers a great temptation to overeat; while the elements of which it is largely composed serve to hamper the digestive organs, to clog the liver, and to work mischief generally. At the same time it may be remarked that the preparation of even wholesome desserts requires an outlay of time and strength better by far expended in some other manner. Desserts are quite unnecessary to a good, healthful and nutritious dietary. The simplest of all desserts are the various nuts and delicious fruits with which nature has so abundantly supplied us at no greater cost than their harmful substitutes and which require no expenditure of time or strength in their preparation. If other forms of dessert are desired, a large variety may be prepared in a simple manner so as to be both pleasing and appetizing.

SERVING FRUIT DESSERTS

There are few invariable rules for either table-setting or service. When every one has finished the course, start clearing of the table by first removing all large dishes of food; after that the plates and all soiled dishes, mats and all table furniture except the glasses, napkin rings and center-pieces. Lastly remove all crumbs with a brush or napkin. When done, place a plate in front of each person with a doily and finger bowl upon it and then bring the dessert and dessert dishes. If the dessert is pudding, a spoon or fork should be placed on the plate at one side of the finger bowl. If the dessert is fruit, a fruit napkin may be used in place of the doily, the real purpose of which is to prevent the bowl from sliding about the plate in moving it. A fork and silver knife, or knife and spoon as the fruit may require, should be served with it.

FRUIT DESSERT RECIPES

APPLES

APPLES, of which there are at least a thousand varieties, are probably the best known of the non-tropical fruits. Some apples mature early in the summer, while others do not ripen until late in the fall. The late apples can be kept

during the entire winter if they are properly stored, but the summer varieties must generally be used immediately, as they do not have good keeping qualities. Apples of all kinds may be prepared in a large variety of ways. They are much used for sauce, pie, and numerous desserts, as well as for jelly and, with various fruit mixtures, for jams and preserves.

APPLE DESSERT.

Pare some large tart apples, remove the cores, put into the cavities a little quince jelly, lemon flavored sugar, or grated pineapple and sugar, according to the flavor desired. Have as many squares of bread with the crust taken off as there are apples, and place a filled apple on each piece of bread, on earthen pie plates; moisten well with a little quince jelly dissolved in water, lemon juice, or pineapple juice, according to the filling used. Cover closely, and bake in a rather quick oven till the apples are tender. Serve with whipped cream and sugar.

APPLE MERINGUE DESSERT.

Pare and core enough tart, easy-cooking apples to make a quart when stewed. Cover closely and cook slowly till perfectly tender, when they should be quite dry. Mash through a colander, add a little sugar and a little grated pineapple or lemon peel. Beat light with a silver fork, turn into a pudding dish, and brown in a moderate oven ten or fifteen minutes. Then cover with a meringue made with two tablespoonfuls of sugar and the beaten whites of two eggs, and return to the oven for a moment to brown. Serve cold.

BAKED SWEET APPLE DESSERT.

Wash and remove the cores from a dozen medium-sized sweet apples, and one third as many sour ones, and bake until well done. Mash through a colander to make smooth and remove the skins. Put into a granite-ware dish, smooth the top with a knife, return to the oven and bake very slowly until dry enough to keep its shape when cut. Add if desired a meringue made by heating the white of one egg with a tablespoonful of sugar. Cut into squares, and serve in individual dishes. The meringue may be flavored with lemon or dotted with bits of colored sugar.

APPLE PUDDING -1

Take half a dozen large codlins, or pippens, roast them and take out the pulp; take eight eggs, (leave out six of the whites) half a pound of fine powder sugar, beat your eggs and sugar well together, and put to them the pulp of your apples, half a pound of clarified butter, a little lemon-peel shred fine, a handful of bread crumbs or bisket, four ounces of candid orange or citron, and bake it with a thin paste under it.

APPLE PUDDING -2

Soak three matzoth and squeeze the water out well; put them in a bowl with three good-sized apples cut in small thick pieces; add one-quarter pound of currants, one-quarter pound of raisins, a little cinnamon, some rind of lemon cut thin, one-quarter pound of brown sugar and two ounces of melted fat; mix all well together with six beaten eggs; pour in a greased dish and bake in a moderate oven. This pudding can be boiled if preferred. Serve with rum sauce.

APPLE PUDDING (GRATED)

Take six good-sized apples, six yolks of eggs, one-half cup of sugar (or to taste), one-half pound of grated almonds, or one-half cup of matzoth-meal, one-half teaspoon of salt, one-half teaspoon of cinnamon. Pare the apples and leave them whole. Then grate all the apple from the pulp. To this add the above, also about three tablespoons of chicken or goose grease. When all is well mixed, add the whites well beaten to a stiff froth. Mix very light. Bake in well-greased baking dish.

APPLE CUSTARD PUDDINGS.

Put a quart of pared and quartered apples into a stewpan, with half a cupful of water and cook them until they are soft. Remove from the fire and add half a cupful of sugar, two tablespoonfuls of butter and the grated rind and the juice of a lemon. Have ready mixed two cupfuls of grated bread crumbs and two tablespoonfuls of flour; add this also to the apple mixture, after which stir in two well-beaten eggs. Turn all into a well-buttered pudding-dish and bake forty-five minutes in a moderate oven. Serve with sugar and cream or hard sweet sauce.

APPLE COMPOTE.

Take large ripe pippin apples. Pare, core, and weigh them, and to each pound allow a pound of fine loaf-sugar and two lemons. Parboil the apples, and then set them out to cool. Pare off very nicely with a penknife the yellow rind of the lemons, taking care not to break it; and then with scissors trim the edges to an even width all along. Put the lemon-rind to boil in a little sauce-pan by itself, till it becomes tender, and then set it to cool. Allow half a pint of water to each pound of sugar; and when it is melted, set it on the fire in the preserving kettle, put in the apples, and boil them slowly till they are clear and tender all through, but not till they break; skimming the syrup carefully. After you have taken out the apples, add the lemon-juice, put in the lemon-peel, and boil it till quite transparent. When the whole is cold, put the apples with the syrup into glass dishes, and dispose the wreaths of lemon-peel fancifully about them.

BAKED APPLES WITH CREAM.

Pare some nice juicy sweet apples, and remove the cores without dividing. Bake until tender in a covered dish with a spoonful or two of water on the bottom. Serve with whipped cream. Or, bake the apples without paring and when done, remove the skins, and serve in the same manner. The cream may be flavored with a little lemon or rose if desired. This delicious dessert served with whipped cream and sugar, or with mock cream flavored with cocoanut.

APPLE ROSE CREAM.

Wash, core, slice, and cook without paring, a dozen fresh snow apples until very dry. When done, rub through a colander to remove the skins, add sugar to sweeten, and the whites of two eggs; beat vigorously with an egg beater until stiff, add a teaspoonful of rose water for flavoring, and serve at once, or keep on ice. It is especially important that the apples be very dry, otherwise the cream will not be light. If after rubbing through the colander,

there is still much juice, they should be cooked again until it has evaporated; or they may be turned into a jelly bag and drained. Other varieties of apple may be used, and flavored with pineapple or vanilla. Made as directed of snow apples or others with white flesh and red skins, the cream should be of a delicate pink color, making a very dainty as well as delicious dessert.

APPLE SNOW.

Pare and quarter some nice tart apples. Those that when cooked will be whitest in color are best. Put them into a china dish, and steam until tender over a kettle of boiling water. When done, rub through a colander or beat with a fork until smooth, add sugar to sweeten and a little grated lemon rind, and beat again. For every cup and a half of the prepared apple allow the white of one egg, which beat to a stiff froth, adding the apple to it a little at a time, beating all together until, when taken up in a spoon, it stands quite stiff. Serve cold, with or without a simple custard prepared with a pint of hot milk, a tablespoonful of sugar, and the yolks of two eggs.

APPLE DUMPLINGS -1

Core as many apples as may be required. Fill the holes with a mixture of sugar and cinnamon; make a paste for a short crust, roll it out, and wrap each apple in it. Bake the dumplings about 30 or 40 minutes in the oven, or boil them the same time in plenty of water, placing the dumplings in the water when it boils fast. Serve with cream or sweet white sauce.

APPLE DUMPLINGS -2

6 codlins or any other good apples.
butter paste
salt and water as necessary

Take codlins or any other apples, pare and core them, make a little cold butter paste, and roll it up about the thickness of your finger, so lap around every apple, and tie them single in a fine cloth, boil them in a little salt and water, and let the water boil before you put them in; half an hour will boil them; you must have for sauce a little white wine and butter; grate some sugar round the dish, and serve them up.

APPLE SAUCE.

When apple sauce is to be made, apples that are somewhat sour and that will cook soft easily should be selected. This is a dessert that can be made all during the winter when it is often difficult to obtain other fruits fresh. It is usually served when roast chicken is the main dish of a meal, but is just as appetizing when served with other foods.

10 medium-sized apples
1/2 c. water
1 c. sugar

Wash the apples, cut them in quarters, remove the cores, and, if desired, peel them. Put them into a saucepan, add the water, and allow them to cook until they are very soft. If the apples are inclined to be dry, a little more water may be necessary. When done, force them through a colander or a sieve, add the sugar to the pulp, and return to the stove. Cook until the sugar is completely dissolved and, if necessary, until the apple sauce is slightly thickened, stirring frequently to prevent scorching. Remove from the heat, and season with lemon peel cut fine, cinnamon, or nutmeg.

APPLE SPONGE PUDDING

Pare eight apples and cut off the tops carefully, so as to be able to use them as covers to the apples. Now scrape out the inside with a knife, being careful not to break the apple. Mix the scrapings with sugar, raisins, cinnamon, pounded almonds and a little white wine. Fill this mixture into the hollow of the apple and clap on a cover for each apple; then grease a pudding dish, lay in the apples and stew them for a few minutes, but not long enough to break them. Make a sponge cake batter of eight eggs and two scant cups of sugar and a pinch of salt and add the grated peel of a lemon and beat until thick, at least half an hour. Fold in a cup of matzoth flour, sifted very fine. Pour this batter over the apples and bake in a moderate oven. Serve with wine sauce. Half this quantity is sufficient for a small family.

APPLE AND LADY-FINGER PUDDING

Core and peel apples, take top off, chop the top with almonds, citron and raisins; butter your pan, fill apples, sugar them and pour over a little wine, bake until tender; when cool add four yolks of eggs beaten with one cup of sugar, then last, add beaten whites and eight lady fingers rolled, and juice of one whole lemon; pour over apples, bake. Eat cold.

APPLE AND HONEY PUDDING

Take four cups of raw apples cut in small pieces, two cups of bread crumbs, one-half cup of hot water, two teaspoons of butter, two teaspoons of cinnamon, one-half cup of honey. Put a layer of the apple in a well-buttered pudding dish; then a layer of crumbs. Mix the honey and hot water. Pour part of this over the crumbs, sprinkle with cinnamon and dot with a few bits of butter. Fill the dish with alternate layers of apples, crumbs, honey, etc., having a layer of crumbs on top. Cover and bake forty-five minutes. Serve with cream.

PORCUPINE APPLES.

A pleasing change in the way of an apple dessert may be had by making porcupine apples.

6 large apples
1 c. sugar
1 c. water
2 doz. almonds
Currant jelly

Wash, core, and pare the apples. Make a sirup by bringing the sugar and water to the boiling point. Put the apples into the sirup, cook on one side for several minutes, and then turn and cook on the other side. Do not allow the apples to cook completely in the sirup, but when they are still hard remove them and continue to boil the sirup down. Set the apples in a shallow pan, stick the almonds, which should be blanched, into them so that they will project like porcupine quills, sprinkle them with sugar, and bake in the oven until they are soft and the almonds slightly brown. Remove from the oven, fill the center of each with currant jelly, pour the juice over them, and serve.

BAKED APPLES.

Nothing is more palatable than baked apples if a juicy, sour variety can be secured.

6 medium-sized sour apples
1/2 c. brown sugar
1/2 tsp. cinnamon
1 Tb. butter
1/2 c. water

Wash and core the apples, place them in a baking dish, and fill the centers with the brown sugar mixed with the cinnamon. Put a small piece of butter on top of each apple, pour the water in the bottom of the pan, set in the oven, and bake until the apples are soft. Baste frequently with the juice that collects in the bottom of the pan. Serve hot or cold, as desired. Apples baked in this way may be improved in flavor by serving grape juice over them. Heat the grape juice, and then, if the apples are to be served hot, pour about 2 tablespoonfuls over each apple just before serving. In case the apples are to be served cold, pour the hot grape juice over them and then allow them to cool.

APPLES IN JELLY.

Pare and core without cutting open, a half dozen medium-sized tart apples of the same degree of hardness. Fill the centers with a little grated lemon rind and sugar. Steam until tender but not broken. Have ready half a package of gelatine which has been soaked for an hour in just enough water to cover. Prepare a syrup with one cup of sugar and a pint of water. When boiling, turn the syrup over the gelatine, stirring well to dissolve it, and add the juice of half a lemon. Strain, place the apples in a deep dish with a little space between each; turn the mixture over them, and set in the ice box to cool. Serve with or without a little whipped cream.

MAPLE APPLES.

Apples cooked in maple sirup have a very pleasing flavor. The sirup that remains in the pan is poured over the apples when they are served.

6 medium-sized apples
1 c. maple sirup

Wash, peel, and core the apples. Bring the maple sirup to the boiling point in a saucepan. Drop the apples into the hot sirup, cook first on one side, and then turn and cook on the other. As soon as they become soft, remove from the sirup, pour the sirup over them, and serve.

APRICOTS

APRICOTS, in appearance, are a cross between peaches and plums. They are grown extensively in the western part of the United States, but they can be grown in any climate where peaches and plums are raised. As they contain considerable acid, they require a large quantity of sugar when they are cooked with their skins and seeds. They are used most frequently for canning, but they make excellent marmalades and jams. They are also dried in large quantities and, in this form, make delicious desserts.

APRICOT PUDDING -1

1 tin of apricots, 6 sponge cakes, 1/2 pint of milk, 2 eggs. Put the apricots into a saucepan, and let them simmer with a little sugar for 1/2 an hour; take them off the fire and beat them with a fork. Mix with them the sponge cakes crumbled. Beat the eggs up with milk and pour it on the apricots. Pour the mixture into a wetted mould and bake in a hot oven with a cover over the mould for 1/2 an hour. Turn out; serve either hot or cold.

APRICOT PUDDING -2

Put 1 pint milk into saucepan, add two tablespoons Crisco, and bring to boiling point. Mix 1/2 cup cornstarch with 1/2 cup milk and stir slowly into boiling milk, add 1/2 teaspoon salt. Heat 1 cup apricot jam, and strain off juice. Stir the pieces of apricot into cornstarch and cook for 5 minutes. Sprinkle 1 tablespoon chopped pistachio nuts into wet mold and pour in hot mixture. Turn out when cold and surround with apricot juice.

APRICOT SOUFFLE.

No more attractive as well as delicious dessert can be prepared than apricot souffle. The apricots are just tart enough to give it a very pleasing flavor.

2 Tb. butter
4 Tb. flour
1/3 c. sugar
Pinch of salt
1 c. scalded milk
3 eggs
1/2 tsp. vanilla
1 can apricots

Melt the butter, add the flour, sugar, and salt, and stir in the hot milk. Bring this mixture to the boiling point. Separate the yolks and whites of the eggs. Beat the yolks until they are thick and lemon-colored, and then pour the hot mixture over them, stirring constantly to prevent the eggs from curding. Beat the whites until they are stiff, fold them into the mixture, and add the vanilla. Place the apricots without juice in a layer on the bottom of the buttered baking dish, pour the mixture over them, and bake for 45 to 60 minutes in a hot oven, when it should be baked through and slightly brown on top. Remove from the oven and serve with the sirup from the apricots. Whipped cream may also be added if desired.

APRICOT SHAPE.

Take a quart of nicely canned apricot, sweetened to taste; turn into a colander and drain off the juice, taking care to keep the fruit as perfect as possible. Put two thirds of a box of gelatine to soak in just enough of the juice to cover. When the gelatine is ready, heat the remainder of the juice to boiling and pour over it. When well dissolved, add the fruit, turn into cups, and mold. Serve with cream.

BANANAS

BANANAS are a tropical fruit that have become very popular with the people in the North. As they are usually picked and shipped green and then ripened by a process of heating when they are ready to be put on the market, it is possible to obtain them in a very good condition. It should be remembered, however, that they are not ripe enough to eat until all the green color has left the skin. Bananas are eaten raw more often than in any other way, but many persons find cooked bananas very agreeable. Then, too, it is sometimes claimed that cooked bananas are more digestible than raw ones because of the starch that bananas contain.

BANANA DESSERT -1

Cut the ends from the fruit and serve whole, piled in a basket with oranges, grapes, or plums. Another way is to peel, slice, and serve with thin cream. Bananas are also very nice sliced, sprinkled lightly with sugar, and before it had quite dissolved, covered with orange juice. Sliced bananas, lightly sprinkled with sugar, alternating in layers with sections of oranges, make a most delicious dessert.

BANANA DESSERT -2

Dissolve half a box of gelatine in a half cup of warm water. Heat three cups of rich milk to boiling, and add to it one cup of sugar and turn over the well-dissolved gelatine and strain. Let it partly cool, and mix in three or four bananas, sliced thin or chopped fine. Turn all into a mold previously wet with cold water, and leave till hardened, which may require several hours unless the mold be placed on ice. When well molded, turn into a glass dish, serve with whipped cream flavored with vanilla or lemon.

BANANA DESSERT -3

Soak a cup of tapioca over night. In the morning cook in a double boiler in a quart of water until transparent. When done, add a cup of sugar and three or four sliced bananas. Serve cold with cream.

BANANA PUDDING.

Cut sponge cake in-slices, and, in a glass dish, put alternately a layer of cake and a layer of bananas sliced. Make a soft custard, flavor with a little wine, and pour over it. Beat the whites of the eggs to a stiff froth and heap over the whole.

BANANAS IN SYRUP.

Heat in a porcelain kettle a pint of currant and red raspberry juice, equal parts, sweetened to taste. When boiling, drop into it a dozen peeled bananas, and simmer very gently for twenty minutes. Remove the bananas, boil the juice until thickened to the consistency of syrup, and pour over the fruit. Serve cold.

BAKED BANANAS.

If bananas are to be cooked, they can be made very appetizing by baking them with a sirup made of vinegar, sugar, and butter. When prepared in this way, they should be cut in two lengthwise, and then baked in a shallow pan.

6 bananas
2 Tb. butter
1/3 c. sugar
3 Tb. vinegar

Remove the skins from the bananas, scrape the surface and cut them in half lengthwise. Arrange the halves in a shallow pan. Melt the butter and mix it with the sugar and the vinegar. Pour a spoonful of the mixture over each banana and then set the pan in the oven. Bake in a slow oven for about 20 minutes, basting frequently with the remainder of the sirup during the baking. Remove from the oven and serve hot.

BANANA FRITTERS.

Delicious fritters can be made with bananas as a foundation. The accompanying recipe, if carefully followed, will result in a dish that will be appetizing, especially to those who are fond of this fruit.

4 bananas
1 Tb. lemon juice
1/2 c. flour
2 Tb. sugar
1/4 tsp. salt
1/3 c. milk
1 egg
1 Tb. butter, melted
Powdered sugar

Remove the skins from the bananas, scrape them, and cut them once lengthwise and once crosswise. Sprinkle the pieces with the lemon juice. Make a batter by mixing and sifting the flour, sugar, and salt. Stir in the milk gradually, and add the yolk of the beaten egg and the melted butter. Lastly, fold in the beaten egg white. Sprinkle the bananas with powdered sugar, dip them into the batter, and fry in deep fat until brown. Sprinkle again with powdered sugar and serve.

BREAD AND FRUIT PUDDING.

Line a pudding-basin with slices of bread from which the crust has been removed. Take care to fit the slices together as closely and neatly as possible. Stew any juicy fruit in season with sugar to taste. Do not add water. (Blackcurrants or raspberries and redcurrants are best for this dish.) When done, fill up the basin with the boiling fruit. Top with slices of bread fitted well in. Leave until cold. Turn out and serve.

BERRIES

BERRIES are among the most perishable fruits and begin to come into market early in the summer season. In most localities, the berry season begins with strawberries and ends with blackberries. Because the numerous varieties are somewhat juicy and soft and therefore extremely perishable, they will not stand shipping and storage for long periods of time. In the preparation of berries for the table, they should be handled as little as possible in order to prevent them from breaking up and losing their shape. After being purchased, they should be kept where it is cool until they are to be used. It is advisable not to wash them until just before serving, as the extra handling usually bruises them and causes them to spoil.

BLACKBERRY SPONGE.

One of the few desserts made from fresh blackberries is that explained in the accompanying recipe and known as blackberry sponge. This is very delicious, for the berries are combined with cake and the combination then served with whipped cream.

1 qt. blackberries
3/4 c. sugar
1 c. water
4 pieces plain loaf or sponge cake
Whipped cream

Heat half of the berries with the sugar and the water until they are mushy. Then force the whole through a sieve. Cut the cake into cubes and put them into a bowl. Pour the juice and the blackberry pulp on the cake. Press the mixture down with a spoon until it is quite solid and set in the refrigerator or some other cold place to cool. Turn out of the bowl on a large plate, garnish with the remaining berries, heap with the whipped cream, and serve. Sufficient to Serve Six.

PRESSED BLUEBERRY PUDDING.

A delicious pudding can be made by combining blueberries with slices of bread. The accompanying recipe gives directions for pudding of this kind.

1 qt. blueberries
1 c. water
1/2 c. sugar
8 slices bread
Whipped cream

Put the blueberries, water, and sugar into a saucepan and boil for a few minutes. Put four of the slices of bread, which should be cut about 1/2 inch thick, in the bottom of a square pan. Pour one-half of the blueberries and the juice over the bread, and put the four remaining slices of bread on top of the berries. Pour the rest of the blueberries and juice over the bread. Place another square pan over the top and weight it down so as to press the pudding. Then set the pudding in the refrigerator until it is cool. Cut into squares, remove from the pan, and serve with sweetened whipped cream.

BLUEBERRY PUDDING.

A baking-powder biscuit dough baked with blueberries makes a very appetizing dessert. To serve with a pudding of this kind, a cream or a hard sauce should be made.

Baking-powder-biscuit dough
1 qt. blueberries
1/2 c. sugar

Make a rather thin baking-powder-biscuit mixture. Spread a layer of this in the bottom of a square pan and cover it with a layer of the blueberries. Pour 1/4 cupful of the sugar over the berries and then cover with another layer of the dough. Over this, pour the remainder of the berries and sprinkle the rest of the sugar over all. Place in the oven and bake for about 20 minutes. Remove from the oven, cut into squares, and serve with cream or hard sauce. Sufficient to Serve Six.

BERRY JAM PUDDING.

Make a jam by mashing well some fresh raspberries or blueberries and sweetening to taste. Spread over slices of fresh, light bread or buns, and pile in layers one above another in a pudding dish. Pour over the layers enough rich milk or thin cream heated to scalding, to moisten the whole. Turn a plate over the pudding, place a weight upon it, and press lightly till cold. Cut in slices, and serve with or without a cream dressing.

BLACKBERRY CORNSTARCH PUDDING.

Take two quarts of well-ripened blackberries which have been carefully looked over, put them into a granite-ware boiler with half a cup of water, and stew for twenty minutes. Add sugar to sweeten, and three heaping tablespoonfuls of cornstarch rubbed to a cream with a little cold water. Cook until thickened, pour into molds, and cool. Serve cold with milk or cream. Other fresh or canned berries may be used in the same way.

BLACKBERRY TAPIOCA.

Soak a cup of tapioca over night. When ready to cook, add three cups of boiling water and cook in a double boiler until transparent and smooth. Sprinkle a quart of fresh blackberries with sugar, and stir lightly into the tapioca. Pour into molds and serve cold with cream and sugar. Other fresh berries may be used in the same way.

GOOSEBERRY TART.

Fill a pudding dish with well prepared green gooseberries, adding a tablespoonful or two of water. Cover with a crust as for Apple Tart, and when light, bake in a moderately quick oven. Cut the crust into the required number of pieces, and dish with gooseberries heaped on top. Serve cold with sugar and cream.

GOOSEBERRY PUDDING.

Take a quart of green gooseberries, pick, coddle, bruise and rub them through a hair-sieve to take out the pulp; take six spoonfuls of the pulp, six eggs, three quarters of a pound of sugar, half a pound of clarified butter, a little lemon-peel shred fine, a handful of bread-crumbs or bisket, a spoonful of rose-water or orange-flower water; mix these well together, and bake it with paste round the dish; you may add sweetmeats if you please.

WHORTLEBERRY PUDDING.

Whortleberries are good both in flour and Indian puddings. A pint of milk, with a little salt and a little molasses, stirred quite stiff with Indian meal, and a quart of berries stirred in gradually with a spoon, makes a good-sized pudding. Leave room for it to swell; and let it boil three hours.

When you put them into flour, make your pudding just like batter puddings; but considerably thicker, or the berries will sink. Two hours is plenty long enough to boil No pudding should be put in till the water boils. Leave room to swell.

CRANBERRY PUDDING.

A pint of cranberries stirred into a quart of batter, made like a batter pudding, but very little stiffer, is very nice, eaten with sweet sauce.

CRANBERRY SAUCE.

One can hardly imagine a turkey dinner without cranberry sauce as one of the accompaniments; but it may be served when meats other than turkey are used. In fact, because of its tart flavor, it forms a most appetizing addition to any meal.

1-1/2 c. water
2 c. sugar
4 c. cranberries

Add the water to the cranberries and place over the fire to cook in a closely covered kettle. As soon as the skins of the berries have cracked, add the sugar. Cook slowly for a few minutes or until the sugar is completely dissolved. Remove from the fire and cool before serving.

CRANBERRY JELLY.

If the cranberries are preferred without the skins, cranberry jelly should be tried. When cool, this solidifies and may be served in attractive ways.

2 c. water
1 qt. cranberries
2 c. sugar

Pour the water over the cranberries and cook them for 10 or 15 minutes. Then mash them through a sieve or a colander with a wooden potato masher. Add the sugar to the mashed cranberries. Return to the heat and cook for 5 to 8 minutes longer. Turn into a mold and cool.

CLEAR DESSERT.

Soak a box of gelatine in a large bowl with half a cup of cold water. When soft, pour over it three pints of boiling water, add the juice of three large lemons and two cups of sugar. Stir well, strain, and pour into molds previously wet with cold water. Put into the refrigerator until hardened. Serve with whipped cream. Quince, apricot, orange, or pineapple juice may be substituted for lemon, and thus a variety of desserts may be made.

CHERRIES

CHERRIES come in numerous varieties, some of which are sweet and others sour. The method of using them in cookery depends largely on the kind of cherry that is to be used. Any of the varieties may be canned with varying quantities of sugar and then used for sauce.

Can be served on stems, piled in a basket or high dish, with bits of green leaves and vines between. Rows of different colored cherries, arranged in pyramidal form, make also a handsome dish.

CHERRY FRITTERS.

Something different in the way of dessert can be had by making cherry fritters according to the accompanying recipe.

1 c. flour
2 tsp. baking powder
1/4 tsp. salt
2 Tb. sugar
1/2 c. milk
1 egg
2 Tb. butter
1/2 c. cherries cut into halves

Mix and sift the dry ingredients, add the milk and egg, and beat all together well. Add the melted butter and fold in the cherries. Drop by spoonfuls into hot fat and fry until brown. Remove from the fat, sprinkle with powdered sugar, and serve.

CHERRY PUDDING -1

For cherry dumpling, make a paste about as rich as you make short-cake; roll it out, and put in a pint and a half, or a quart of cherries, according to the size of your family. Double the crust over the fruit, tie it up tight in a bag, and boil one hour and a half.

CHERRY PUDDING -2

Soak and cook a half cup of tapioca in a pint of water until transparent. Have a pint of fresh pitted cherries in an earthen pudding dish. Sprinkle them well with sugar, pour over them the cooked tapioca, and bake for an hour in a moderate oven. Serve hot with or without cream.

CHERRY TART.

Prepare the same as for Apple Tart, with stoned cherries, only omitting the water, as the cherries will be sufficiently juicy of themselves. If the fruit is very juicy, sprinkle a tablespoonful of flour over it before putting on the crust. Plum and peach tart may be made in the same manner, and are both very nice.

DATE PUDDING -1

Melt three tablespoons of butter, add one-half cup of molasses, one-half cup of milk, one and two-third cups of flour sifted with one-half teaspoon of baking-soda, one-quarter teaspoon of salt, one-quarter teaspoon each of cloves, cinnamon, and nutmeg. Add to the above one-half pound of dates, stoned and cut. Turn into a well-buttered mold. Butter the cover also and steam two and one-half hours. Keep at a steady boil. Serve with any kind of sauce.

DATE PUDDING -2

Take 1/2 lb. of plain wholemeal biscuits, 1/2 lb. dates, 2 ozs. nutmeg, 1 heaped tablespoon wholemeal flour, grated rind of 2 lemons and water. Grind the biscuits to flour in the food-chopper. Wash, stone, and chop the dates. Grate off the yellow part of the lemon rinds. Rub the nutmeg into the biscuit-powder. Add dates, lemon peel, and flour. Mix with enough water to make a paste stiff enough for the spoon to just stand up in alone. Be very particular about this, as the tendency is to add rather too little than too much water, owing to the biscuit-powder absorbing it more slowly. Put into a greased pudding-basin or mould. Steam or boil for 5 hours. "Ixion Kornules" may be used instead of the biscuits, if preferred. They save the labour of grinding, but they need soaking for an hour in cold water before using. Well squeeze, add the other ingredients, and moisten with the water squeezed from the kornules.

DATE PUDDING -3

This recipe is inserted especially for those who object to the use of manufactured sugar.

1/2 lb. "Ixion" plain wholemeal biscuits, 1/2 lb. dates, 2 ozs. nutter, 1 heaped tablespoon wholemeal flour, grated rind of 2 lemons, water.

Grind the biscuits to flour in the food-chopper. Wash, stone, and chop the dates. Grate off the yellow part of the lemon rinds. Rub the nutter into the biscuit-powder. Add dates, lemon peel, and flour. Mix with enough water to make a paste stiff enough for the spoon to just stand up in alone. Be very particular about this, as the tendency is to add rather too little than too much water, owing to the biscuit-powder absorbing it more slowly. Put into a greased pudding-basin or mould. Steam or boil for 5 hours. "Ixion Kornules" may be used instead of the biscuits, if preferred. They save the labour of grinding, but they need soaking for an hour in cold water before using. Well squeeze, add the other ingredients, and moisten with the water squeezed from the kornules.

FRUIT FOAM DESSERT.

Soak half a package of gelatine in half a cup of cold water until soft. Heat to boiling two and one half cups of red raspberry, currant, strawberry, or grape juice, sweetened to taste, and pour over the soaked gelatine. Stir until perfectly dissolved, then strain, and set the dish in ice water to cool. When it is cold and beginning to thicken, beat the whites of three eggs to a stiff froth and stir into the thickening gelatine. Beat thoroughly for fifteen minutes with an egg beater, or whip till the whole is of a solid foam stiff enough to retain its shape. Turn into molds previously wet with cold water, or pile roughly in large spoonfuls in a glass dish. Set away in the refrigerator until needed. Serve with a little whipped cream piled lightly around it.

FRUIT SHAPE.

Take a quart of nicely canned red raspberries, sweetened to taste; turn into a colander and drain off the juice, taking care to keep the fruit as perfect as possible. Put two thirds of a box of gelatine to soak in just enough of the juice to cover. When the gelatine is ready, heat the remainder of the juice to boiling and pour over it. When well dissolved, add the fruit, turn into cups, and mold. Serve with cream. Peaches, strawberries, apricots, and other canned fruit may be used in place of the raspberries, if preferred.

FRUIT ICE-CREAM.

To every pint of fruit juice allow one pint of cream; sugar to taste. Let the fruit be well ripened; pick it off the stalks and put it into a large earthen pan. Stir it about with a wooden spoon, breaking it until it is well mashed; then, with the back of the spoon, rub it through a hair-sieve. Sweeten it nicely with pounded sugar; whip the cream for a few minutes, add it to the fruit, and whisk the whole again for another five minutes. Put the mixture into the freezer and freeze. Raspberry, strawberry, currant, and all fruit ice-creams are made in the same manner. A little powdered sugar sprinkled over the fruit before it is mashed assists to extract the juice. In winter, when fresh fruit is not obtainable, a little jam may be substituted for it; it should be melted and worked through a sieve before being added to the whipped cream; and if the color should not be good, a little prepared cochineal may be put in to improve its appearance. In making berry flavoring for ice-cream, the milk should never be heated; the juice of the berries added to cold cream, or fresh rich milk, mixed with cold cream, the juice put in just before freezing, or when partly frozen.

FRUIT CREAM.

Make a rich, boiled custard; flavor with wine and vanilla; pour it into a freezer. When half frozen, add pounded almonds, chopped citron and brandy, peaches or chopped raisins. Have the freezer half full of custard and fill up with the fruit. Mix well and freeze again. Almost any kind of fruits that are preferred may be substituted for the above.

FROZEN FRUITS (PEACHES).

One can or twelve large peaches, two coffee-cupfuls of sugar, one pint of water and the whites of three eggs beaten to a stiff froth; break the peaches rather fine and stir all the ingredients together; freeze the whole into form. Frozen fruit of any kind can be made the same way; the fruit should be mashed to a smooth pulp, but not thinned too much. In freezing, care should be taken to prevent its getting lumpy.

FRUIT TAPIOCA.

Cook three fourths of a cup of tapioca in four cups of water until smooth and transparent. Stir into it lightly a pint of fresh strawberries, raspberries, currants, or any small fruit, adding sugar as required. For variety a cup of canned quinces or apricots may be substituted for fresh fruit. Serve warm or cold with whipped cream or mock cream.

TUTTI-FRUTTI ICE-CREAM.

Take two quarts of the richest cream and add to it one pound of pulverized sugar and four whole eggs; mix well together; place on the fire, stirring constantly, and just bring to boiling point; now remove immediately and continue to stir until nearly cold; flavor with a tablespoonful of extract of vanilla; place in freezer and, when half frozen, mix thoroughly into it one pound of preserved fruits, in equal parts of peaches, apricots, gages, cherries, pineapples, etc.; all of these fruits are to be cut up into small pieces and mixed well with frozen cream. If you desire to mold this ice sprinkle it with a little carmine, dissolved in a teaspoonful of water, with two drops of spirits of ammonia; mix in this color, so that it will be streaky or in veins like marble.

FIG PUDDING

Take 1/2 lb. of plain wholemeal biscuits, 1/2 lb. figs, 2 ozs. nutmeg, 1 heaped tablespoon wholemeal flour, grated rind of 2 lemons and water. Grind the biscuits to flour in the food-chopper. Wash, stone, and chop the figs. Grate off the yellow part of the lemon rinds. Rub the nutmeg into the biscuit-powder. Add figs, lemon peel, and flour. Mix with enough water to make a paste stiff enough for the spoon to just stand up in alone. Be very particular about this, as the tendency is to add rather too little than too much water, owing to the biscuit-powder absorbing it more slowly. Put into a greased pudding-basin or mould. Steam or boil for 5 hours. "Ixion Kornules" may be used instead of the biscuits, if preferred. They save the labour of grinding, but they need soaking for an hour in cold water before using. Well squeeze, add the other ingredients, and moisten with the water squeezed from the kornules.

FIG WITH BARLEY.

One pint of well-steamed pearl barley, two cups of finely chopped best figs, one half cup of sugar, one half cup of thin sweet cream, and one and one half cups of fresh milk. Mix all thoroughly, turn into an earthen pudding dish; place it in the oven in a pan half full of hot water, and bake slowly till the milk is nearly absorbed. The pudding should be stirred once or twice during the baking, so that the figs will be distributed evenly, instead of rising to the top.

FIGS STEWED

2 c. pulled figs
3 c. water

Wash the figs and remove the stems. Put them into a preserving kettle with the water and allow them to come slowly to the boiling point. Simmer gently over the fire until the figs become soft. If they are desired very sweet, sugar may be added before they are removed from the heat and the juice then cooked until it is as thick as is desirable. Serve cold.

FIG,APPLE AND TAPIOCA PUDDING.

Cook three fourths of a cup of tapioca. Have ready two cups of finely sliced or chopped tart apples, and one cup of chopped figs, which have first been lightly steamed. If preferred, raisins may be used in place of half the figs. Put the fruit in the bottom of the pudding dish, turn the tapioca over it, and bake till the fruit is very soft. If the apples are not very tart, sprinkle the juice of a lemon over them before adding the figs and tapioca.

FIGS (PRESSED)

Look over carefully, and select only such as are perfectly good. They may be served dry, mixed with bunches of raisins, or steamed over a kettle of boiling water. Steamed figs make an excellent breakfast dish, and are considered much more wholesome than when used dry. Steamed raisins are likewise superior to dried raisins.

GRAPES

GRAPES are a fruit extensively cultivated both for eating and for the making of wines and raisins. Although found in many varieties, they naturally divide themselves into two general classes: those which retain their skins, such as the Malaga, Tokay, Muscat, Cornichon, Emperor, etc., and those which slip out of their skins easily, such as the Concord, Niagara, Delaware, Catawba, etc. Grapes are much used as a fresh fruit. When they are to be used in this way, the bunches should be put into a colander and washed thoroughly by running cold water over them. Then all the imperfect ones should be removed and the grapes kept cool until they are to be served. Clean grape leaves make an attractive garnish for the individual plates or the serving dish on which the grapes are placed.

GRAPE APPLE DESSERT.

Sweeten a pint of fresh grape juice with a pint of sugar, and simmer gently until reduced one third. Pare and core without dividing, six or eight nice tart apples, and stew very slowly in the grape juice until tender, but not broken. Remove the apples and boil the juice (if any remain) until thickened to the consistency of syrup. Serve cold with a dressing of whipped cream. Canned grape pulp or juice may be utilized for this purpose. Sweet apples may be used instead of tart ones, and the sugar omitted.

GRAPEFRUIT

Grapefruit, also known as 'shaddock', is a large, pale-yellow fruit belonging to the citrus group. One variety, known as the 'pomelo', is the kind that is commonly found in the market. It is slightly flattened on both the blossom and stem ends. Grapefruit has a typical flavor and a slightly bitter taste and contains neither a great deal of sugar nor a large amount of acid.

When grapefruit has been properly ripened, it is rather sweet, so that many persons prefer it without sugar; but when sugar is desired, the fruit is very much more delicious if it is prepared some time before it is to be served, the sugar added to it, and the fruit placed in a cool place.

GRAPEFRUIT AMBROSIA

Take 5 pounds of grapefruit (preferably half pink and half red), 5 large, 6 medium, or 7 to 8 small, one cup sweetened flaked coconut, 2 tablespoons Campari, 2 tablespoons sugar and Salt. Cut peel including all white pith from each fruit with a sharp knife. Cut each segment from each fruit free from membranes. Halve grapefruit segments crosswise and transfer pieces to a bowl. Stir in coconut, Campari, sugar, and just a pinch of salt. Refrigerate, covered, for one hour.

GRAPEFRUIT DESSERT

Take two large grapefruitS, peeled, divided into sections, seeds removed, and chilled Sifted confectioners' sugar or granulated sugar substitute to taste 1/4 cup dry or cream sherry, or brandy, or grapefruit or orange juice or as desired, divided Freshly grated grapefruit peel and sprigs of fresh mint for garnish Evenly divide grapefruit sections into dessert dishes or sherbet glasses. About 15 minutes before serving, sprinkle each serving with confectioners' sugar or granulated artificial sweetener to taste. Immediately before serving, add 1 tablespoon sherry or brandy or grapefruit juice or orange juice or as desired to each serving. Garnish each with a sprinkle of grated grapefruit peel and a sprig of fresh mint.

GRAPEFRUIT CREAM

1 1/3 Cup grapefruit
2/3 Cup Sugar
3 Large Eggs
1 1/2 Tsp Cornstarch

In a small bowl, combine 1 tablespoon of grapefruit juice and the cornstarch and stir until smooth. Put the remaining juice in a medium nonaluminum saucepan. Add the sugar, place over medium heat, and cook, stirring, until the sugar

melts. Whisk in the cornstarch mixture and remove from the heat. With a whisk, lightly beat the eggs in a large bowl. Whisk the warm juice into the eggs. Pour the mixture into a 1 1/2-quart souffle dish and cover with aluminum foil, pressing the foil around the rim to seal. Put the souffle dish on the steamer rack, place over simmering water, cover, and steam until the pudding is set and a knife inserted into the center comes out clean, about 35 minutes. remove the souffle dish from the steamer pot and let cool. Refrigerate until chilled then Serve cold.

LEMONS

LEMONS are a citrus fruit raised in tropical regions. Lemons contain very little sugar, but they are characterized by a large amount of acid. Because of this fact, their juice is used to season foods in much the same way as vinegar is used. In fact, their chief uses are in making desserts and in seasoning such foods as custards, pudding sauces, etc. However, their juice is also much used in the making of beverages, such as lemonade and fruit punch.

LEMON PUDDING

A small cupful of butter, the grated peel of two large lemons and the juice of one, the yolks of ten eggs and whites of five, a cupful and a half of white sugar. Beat all together and, lining a deep pudding-dish with puff paste, bake the lemon pudding in it; while baking, beat the whites of the remaining five eggs to a stiff froth, whip in fine white sugar to taste, cover the top of the pudding (when baked) with the meringue and return to the oven for a moment to brown; eat cold, it requires no sauce.

LEMON (BAKED)PUDDING.

Take one quart of milk, two cupfuls of bread crumbs, four eggs, whites and yolks beaten separately, butter the size of an egg, one cupful of white sugar, one large lemon juice and grated rind. Heat the milk and pour over the bread crumbs, add the butter, cover and let it get soft. When cool, beat the sugar and yolks and add to the mixture, also the grated rind. Bake in a buttered dish until firm and slightly brown, from a half to three-quarters of an hour. When done, draw it to the door of the oven and cover with a meringue made of the whites of the eggs, whipped to a froth with four tablespoonfuls of powdered sugar and the lemon juice; put it back in the oven and brown a light straw color. Eat warm, with lemon sauce.

MELONS.

Watermelons should be served very cold. After being well washed on the outside, put on ice until needed. Cut off a slice at the ends, that each half may stand upright on a plate, and then cut around in even slices. Instead of cutting through the center into even halves, the melon may be cut in points back and forth around the entire circumference, so that when separated, each half will appear like a crown. Another way is to take out the central portion with a spoon, in cone-shaped pieces, and arrange on a plate with a few bits of ice. Other melons may be served in halves, with the seeds removed. The rough skin of the cantaloupe should be thoroughly scrubbed with a vegetable brush, then rinsed and wiped, after which bury the melon in broken ice till serving time; divide into eighths or sixteenths, remove the seeds, reconstruct the melon, and serve surrounded with ice, on a folded napkin, or arranged on a bed of grape leaves. Do not cool the melon by placing ice upon the flesh, as the moisture injures the delicate flavor.

MIXED FRUIT COMPOTE.

Flavor three tablespoonfuls of sugar by mixing with it a little of the grated yellow rind of an orange, or by rubbing it over the orange to extract the oil. If the latter method is used, the square lump sugar will be preferable. Pare, quarter, and slice three medium-sized tart apples. Peel, remove the seeds, and cut in quite fine pieces three oranges. Put the fruit in alternate layers in a glass dish. Sweeten a cupful of fresh or canned raspberry juice with the flavored sugar, and turn it over the fruit. Put the dish on ice to cool for a half hour before serving.

ORANGES

ORANGES belong to the group of citrus fruits, but they differ from both lemons and grapefruit in that they contain more sugar and less acid. Two kinds of oranges supply the demands for this fruit, Florida and California oranges. Florida oranges have a skin more the color of lemons and grapefruit and contain seeds, but they are considered to be the finest both as to flavor and quality. 'California oranges', which have a bright-yellow or orange skin, are seedless and are known as 'navel oranges'. Probably no citrus fruit is used so extensively as oranges. Because of their refreshing subacid flavor, they are much eaten in their fresh state, both alone and in combination with other foods in numerous salads and desserts.

ORANGE DESSERT -1

Take half a pound of candid orange, cut them in thin slices, and beat them in a marble mortar to a pulp; take six eggs, (leave out half of the whites) half a pound of butter, and the juice of one orange; mix them together, and sweeten it with fine powder sugar, then bake it with thin paste under it.

ORANGE DESSERT -2

Soak one third of a cup of gelatine in one third of a cup of cold water until soft; then pour over it one third of a cup of boiling water. Add a scant cup of sugar, the juice of one lemon, and a cupful of orange juice and pulp. Set the dish containing the mixture in a pan of ice water until it begins to harden. Have ready the whites of three eggs well whipped, add to the jelly, and beat all together until light and stiff enough to drop. Pour into molds wet in cold water, and lined with sections of oranges, from which seeds and white fiber have been removed.

ORANGE WITH BERRIES

Serve whole or cut the skin into eighths, halfway down, separating it from the fruit, and curling it inward, thus showing half the orange white and the other half yellow; or cut the skin into eighths, two-thirds down, and after loosening from the fruit, leave them spread open like the petals of a lily. Oranges sliced and mixed with well ripened strawberries, in the proportion of three oranges to a quart of berries, make a palatable dessert.

ORANGES IN JELLY.

Pare divide, and take out the seeds from four or five sweet oranges, being careful to remove all the white rind and shreds. Place in a deep dish and pour over them a syrup prepared as for

Apples in Jelly, using the juice of a whole lemon. Set in the ice box over night. A very little orange peel may be grated into the syrup if liked; and if the oranges are very sweet, less sugar will be required. If one can afford to use orange juice in place of the water in making the syrup, the dessert will be greatly improved.

ORANGE JELLY.

Soak one quarter of a box of gelatine until soft in just enough cold water to cover. Then pour over it one half cup of boiling water. Stir until well dissolved, add the juice of one small lemon, one cupful of orange juice, and one half cup of sugar. Strain, turn into molds previously wet in cold water, and set on ice to harden. Strawberry, raspberry, and other fruit juices may be used in a similar manner.

ORANGE PUDDING -1

Take three large seville oranges, the clearest kind you can get, grate off the out-rhine; take eight eggs, (leave out six of the whites) half a pound of double refin'd sugar, beat and put it to your eggs, then beat them both together for half an hour; take three ounces of sweet almonds blanch'd, beat them with a spoonful or two of fair water to keep them from oiling, half a pound of butter, melt it without water, and the juice of two oranges, then put in the rasping of your oranges, and mix all together; lay a thin paste over your dish and bake it, but not in too hot an oven.

ORANGE PUDDING -2

Take two large Sevil oranges, and grate off the rind, as far as they are yellow; then put your oranges in fair water, and let them boil till they are tender; shift the water three or four times to take out the bitterness; when they are tender, cut them open, and take away the seeds and strings, and beat the other part in a mortar, with half a pound of sugar, till 'tis a paste; then put in the yolks of six eggs, three or four spoonfuls of thick cream, half a Naples-biscuit grated; mix these together, and melt a pound of very good fresh butter, and stir it well in; when 'tis cold, put a bit of fine puff-paste about the brim and bottom of your dish, and put it in and bake it about three quarters of an hour.

ORANGE PUDDING -3

Take three or four seville oranges, the clearest skins you can get, pare them very thin, boil the peel in a pretty quantity of water, shift them two or three times in the boiling to take out the bitter taste; when it is boiled you must beat it very fine in a marble mortar; take ten eggs, (leave out six of the whites) three quarters of a pound of loaf sugar, beat it and put it to your eggs, beat them together for half an hour, put to them half a pound of melter butter, and the juice of two or three oranges, as they are of goodness, mix all together, and bake it with a thin paste over your dish.

ORANGE MARMALADE PUDDING.

3/4 lb. of Allinson wholemeal bread, some orange marmalade, 1 pint of milk, 3 eggs, some butter. Butter a mould thoroughly, cut the bread into slices and butter them, then arrange the bread and butter in the mould in layers, spreading each layer with marmalade. When the mould is 3/4 full, beat up the eggs with the milk and pour it over the layers; let the whole soak for 1 hour; cover the mould tightly, and steam the pudding for 1-1/2 hours. Dip the mould in cold water for 1 minute before turning it out; serve with white sauce.

ORANGE-APPLE COMPOTE.

6 oranges, 8 fine sweet apples, 1 oz. of ground sweet almonds, syrup as in "Orange Syrup." Peel the oranges and the apples, cut them across in thin slices, coring the apples and removing the pips from the oranges. Arrange the fruit into alternate circles in a glass dish, sprinkling the ground almonds between the layers. Pour over the whole the syrup. Serve when cold.

PINEAPPLES

The food value of pineapples is slightly lower than that of oranges and apples. However, pineapples have a great deal of flavor, and for this reason they are very valuable in the making of desserts, preserves, marmalades, and beverages of various kinds. It is said that the combination of pineapple and lemon will flavor a greater amount of food than any other fruit combined.

The pineapple when fresh and ripened to perfection, is as mellow and juicy as a ripe peach, and needs no cooking to fit it for the table. Of course it must be pared, and have the eyes and fibrous center removed. Then it may be sliced in generous pieces and piled upon a plate, or cut into smaller portions and served in saucers. No condiments are necessary; even the use of sugar detracts from its delicate flavor. Pineapples found in our Northern markets are, however, generally so hard and tough as to require cooking, or are valuable only for their juice, which may be extracted and used for flavoring other fruits. When sufficiently mellow to be eaten raw, they are usually so tart as to seem to require a light sprinkling of sugar to suit most tastes. Pineapples pared, cut into dice or small pieces, lightly sprinkled with sugar, to which just before serving, a cup of orange juice is added, form a delicious dish.

PINEAPPLE PUDDING -1

Butter a pudding-dish and line the bottom and sides with slices of stale cake (sponge cake is best); pare and slice thin a large pineapple, place in the dish first a layer of pineapple, then strew with sugar, then more pineapple, and so on until all is used. Pour over a small teacupful of water and cover with slices of cake which have been dipped in cold water; cover the whole with a buttered plate and bake slowly for two hours.

PINEAPPLE PUDDING -2

One of the most satisfactory desserts made from pineapple is the pudding given here. It is in reality a corn-starch pudding in which grated pineapple is used for the flavoring.

2-1/2 c. scalded milk
1/3 c. corn starch
1/2 c. sugar
1/4 tsp. salt
1/4 c. cold milk
1-1/2 c. grated pineapple, canned or fresh
2 egg whites

Scald the milk by heating it over the fire in a double boiler. Mix the corn starch, sugar, and salt, and dissolve in the cold milk. Add to the scalded milk in the double boiler and cook for about 15 or 20 minutes. Remove from the fire and add the grated pineapple from which all juice has been drained. Then fold in the whites of the eggs beaten stiff. Pour into molds previously dipped in cold water, allow to cool, and serve with cream.

PLUMS

PLUMS are among the very strong acid fruits. Some varieties of them seem to be more tart after they are cooked than before, but, as already explained, this condition is due to the fact that the acid contained in the skin and around the seeds is liberated during the cooking. This fruit, of which there are numerous varieties, is generally used for canning, preserving, etc.

Plums make a most artistic fruit piece, served whole and arranged with bunches of choice green grapes, in a basket or glass dish. A fine edge may be made from the velvety leaves of dark purple foliage plants.

STEWED PLUMS.

Because of the many varieties of plums with their varying degrees of acidity, it is difficult to make a recipe with a quantity of sugar that will suit all kinds. The recipe given here is suitable for medium sour plums, such as egg plums and the common red and yellow varieties. Damsons and green gages will probably require more sugar, while prune plums may require less.

1-1/2 qt. plums
1 lb. sugar
3/4 c. water

Wash the plums and prick each one two or three times with a fork. Bring the sugar and water to the boiling point and, when rapidly boiling, add the plums. Cook until they are tender, remove from the fire, cool, and serve.

PLUM PUDDING -1

Soak a small loaf of bread; press out every drop of water, work into this one cup of suet shaved very fine, the yolks of six eggs, one cup of currants, one cup of raisins seeded, one-half cup of citron shredded fine, three-quarters cup of syrup, one wineglass of brandy, one cup of sifted flour and the stiffly-beaten whites of eggs last. Boil four hours in greased melon mold.

PLUM PUDDING -2

To one pound of currants add one pound of raisins, one pound of shred suet, one pound flour (or half a pound bread crumbs and half a pound of flour), a quarter of a pound of candied orange and lemon peel, a little citron cut thin, half a pound of moist sugar; mix all well together as each article is added, then stir in six beaten eggs and a glass of brandy, beat the pudding well for half an hour, let it stand some time, then put it into a basin and boil six or seven hours in plenty of water; it should be seasoned according to taste with ginger, nutmeg, cloves, &c. Serve with sifted sugar or whites of eggs beaten to a froth.

STEWED PRUNES.

PRUNES are the dried fruit of any one of several varieties of plum trees and are raised mostly in Southern Europe and California. In their fresh state, they are purple in color, but they become darker during their drying. A simple way in which to prepare prunes is to stew them and then add sugar to sweeten them. Stewed prunes may be served as a sauce with cake of some kind or they may be used as a breakfast fruit.

1 lb. prunes
1 c. sugar

Look the prunes over carefully, wash them thoroughly in hot water, and soak them in warm water for about 6 hours. Place them on the stove in the same water in which they were soaked and which should well cover them. Cook slowly until they can be easily pierced with a fork or until the seeds separate from the pulp upon being crushed. Add the sugar, continue to cook until it is completely dissolved, and then remove from the stove and cool. If desired, more sweetening may be used or a few slices of lemon or a small amount of lemon peel may be added to give an agreeable flavor.

STUFFED PRUNES.

After prunes have been stewed, they may have the seeds removed and then be filled with peanut butter. Stuffed in this way and served with whipped cream or merely the prune juice, they make an excellent dessert. Select prunes of good size and stew them according to the directions just given, but remove them from the fire before they have become very soft. Cool and then cut a slit in each one and remove the seed. Fill the cavity with peanut butter and press together again. Serve with some of the prune juice or with whipped cream.

PRUNE WHIP.

A very dainty prune dessert can be made from stewed prunes by reducing the prunes to a pulp and then adding the whites of eggs.

1 c. prune pulp
1/4 c. powdered sugar
2 egg whites
Whipped cream

Make the prune pulp by removing the seeds from stewed prunes and forcing the prunes through a sieve or a ricer. Mix the powdered sugar with the pulp. Beat the whites of the eggs until they are stiff and then carefully fold them into the prune pulp. Chill and serve with whipped cream.

PRUNE DESSERT.

Prepare some prune marmalade. Put in a square granite-ware dish, which place inside another dish containing hot water, and cook it in a slow oven until the marmalade is dry enough to retain its shape when cut with a knife. If desired add a meringue as for baked sweet apple dessert, dotting the top with pink sugar. Serve in squares in individual dishes.

PEACHES

PEACHES may be divided into two general classes: those having a yellow skin and those having a white skin. In each of these classes are found both 'clingstone' and 'freestone' peaches; that is, peaches whose pulp adheres tightly to the seed, or stone, and those in which the pulp can be separated easily from the stone.

PEACH CREAM.

Pare and stone some nice yellow peaches, and mash with a spoon or press through a colander with a potato masher. Allow equal quantities of the peach pulp and cream, add a little sugar to sweeten, and beat all together until the cream is light. Serve in saucers or glasses with currant buns. A banana cream may be prepared in the same manner.

PEACH MERINGUE.

To every pint of stewed or canned peaches, sweetened to taste, stir in the beaten yolks of two eggs. Bake in a deep pudding dish fifteen minutes, then cover with the whites of the two eggs beaten till very light with two tablespoonfuls of sugar. Brown in the oven, and serve cold with whipped cream. For peaches, substitute any other stewed fruit desired.

PEACH TAPIOCA.

For this will be needed a quart of nicely canned peaches, a cup of tapioca, and from one half to three fourths of a cup of sugar, according to the sweetness of the peaches. Soak the tapioca over night in just enough water to cover. When ready to cook, put in a double boiler with three cups of water, and cook for an hour. Remove from the fire and add to it the juice from the peaches, of which there should be a cup and a half, which has been secured by draining the peaches in a colander, and stir it well into the tapioca. Place a layer of this mixture in an oiled pudding dish, add the peaches, cover with the remainder of the tapioca, and bake for an hour in a moderate oven.

STEWED PEACHES.

Fresh stewed peaches make a very desirable dessert to serve with simple cake or cookies. Children may very readily eat such dessert without danger of digestive disturbances. Adding a tablespoonful of butter to the hot stewed peaches and then serving them over freshly made toast makes a delightful breakfast dish. The cooked peaches may also be run through a sieve, reheated with a little flour or corn starch to thicken them slightly, and then served hot on buttered toast.

1-1/2 qt. peaches
1 lb. sugar
1 c. water

Peel the peaches, cut into halves, and remove the seeds. Put the sugar and water over the fire to cook in a saucepan and bring to a rapid boil. Add the peaches and cook until they may be easily pierced with a fork.

PEARS

PEARS, like apples, come in summer and winter varieties. A number of the small varieties of pears are much used for pickling. Pears are most valuable when they are canned and used for sauce. It is usually advisable to pick pears before they are entirely ripe, for then they may be kept for a considerable length of time and will ripen slowly.

PEARS (BAKED)

Hard pears make an excellent dessert when baked. Pare, halve, remove seeds, and place in a shallow earthen dish, with a cup of water to each two quarts of fruit. If the pears are sour, a little sugar may be added. Bake, closely covered, in a moderate oven until tender. Serve with sugar and cream. Tart pears are the best for baking, as the sweet varieties are often tasteless.

PEARS WITH PEACHES

Pick out the finest, and wipe the wool from the peaches. Edge a plate with uniform sized leaves of foliage plant of the same tints as the fruit, and pile the fruit artistically upon it, tucking sprays or tips of the plant between. Bits of ice may also be intermingled. Yellow Bartlett pears and rosy-cheeked peaches arranged in this way are most ornamental.

QUINCES

QUINCES are one of the non-perishable fruits. They mature late in the fall and may be kept during the winter in much the same way as apples. While quinces are not used so extensively as most other fruits, there are many uses to which they may be put and much can be done with a small quantity. As their flavor is very strong, a small quantity of quince pulp used with apples or some other fruit will give the typical flavor of quinces.

QUINCES (BAKED)

Pare and remove the cores. Fill the cavities with sugar, put in a shallow earthen dish, and add water to cover the bottom; bake till soft, basting often with the syrup. If the syrup dries out before the fruit is perfectly tender, add a little more hot water.

STEWED QUINCES AND APPLES.

The combination of quinces and apples is very delicious. Sweet apples, which are difficult to use as a cooked fruit because of a lack of flavor, may be combined very satisfactorily with quinces, for the quinces impart a certain amount of their strong flavor to the bland apples and thus the flavor of both is improved.

1 qt. sweet apples
1 pt. quinces
1 lb. sugar
1 c. water

Wash, peel, core, and quarter the fruit. Add the sugar to the water and place over the fire until it comes to a rapid boil. Then add the quinces and cook until they are partly softened. Add the sweet apples and continue the cooking until both are tender. Remove from the fire, cool, and serve.

RED-RASPBERRY WHIP

1 qt. raspberries
1 c. powdered sugar
2 egg whites

Put the raspberries, sugar, and egg whites into a bowl. Mash the berries before starting to whip. Beat the mixture with an egg whip until it is reduced to a pulpy mass and is stiff and fluffy. Pile lightly into a bowl, chill, and serve with ladyfingers or sponge cake.

RASPBERRY SHORTCAKE.

Either black or red raspberries make a delicious shortcake when combined with a cake or a biscuit mixture.

1 qt. raspberries

1 c. sugar

Biscuit or plain-cake dough

Mash or chop the berries, as preferred, and add the sugar to them. Bake the biscuit or plain-cake dough in a single, thick layer, and when it has been removed from the pan split it into halves with a sharp knife. Spread half the berries between the two pieces of biscuit or cake and the remaining half on top. Cut into pieces of the desired size and serve with plain or whipped cream.

RAISINS WITH CORNSTARCH

Measure out one pint of rich milk. Rub two tablespoonfuls of cornstarch perfectly smooth with a little of the milk, and heat the remainder to boiling, adding to it a tablespoonful of sugar. Add the braided cornstarch, and let it cook until it thickens, stirring constantly. Then add a half cup of raisins which have been previously steamed. This may be served hot with sugar and cream, or turned into cups and molded, and served cold with lemon, orange, or other fruit sauce for dressing.

STRAWBERRY SHORTCAKE.

For strawberry shortcake, either a biscuit or a plain-cake mixture may be used, some persons preferring the one and other persons the other. This may be made in a large cake and then cut into pieces and the crushed berries inserted between the halves. This dish may be made more attractive in appearance if a few of the finest berries are saved and used as a garniture.

1 qt. strawberries

1 c. sugar

Biscuit or plain cake dough

Mash or chop the berries, add the sugar to them, and let them stand until the sugar has dissolved. Bake the biscuit or plain-cake dough in a single thick layer or, if desired, bake it in individual cakes, cutting the biscuit dough with a cookie cutter and putting the cake mixture in muffin pans. Remove from the pan, cut in two with a sharp knife, and spread half of the berries over the lower piece. Set the upper piece on the berries. In the case of the large cake, sprinkle powdered sugar over the top and then on this arrange a number of the largest and finest of the berries as a garniture. Cut in pieces of the desired size and serve with or without either plain or whipped cream. In preparing the individual cakes, spread a spoonful or two of the crushed berries over the top, and serve with whipped cream.

STRAWBERRY ICE CREAM

1 quart cream Strawberry

1 quart cream

1 cup sugar

1 tablespoon vanilla extract

Scald 1 cup of cream; add sugar and stir until dissolved. Cool and add remainder of cream and vanilla. Add one quart of berries which have been washed, hulled, crushed and slightly sweetened. Then Freeze it.

STRAWBERRY PUDDING

Cook a quart of ripe strawberries in a pint of water till well scalded. Add sugar to taste. Skim out the fruit, and into the boiling juice stir a scant cup of granulated wheat flour previously rubbed to a paste with a little cold water; cook fifteen or twenty minutes, pour over the fruit, and serve cold with cream sauce.

STRAWBERRY MOUSSE

1 quart strawberries
1 cup sugar
1/4 box or 1 tablespoon granulated gelatine
2 tablespoons cold water
3 tablespoons boiling water
1 quart cream

Wash and hull berries, sprinkle with sugar and let stand one hour; mash and rub through fine sieve; add gelatine which has been soaked in cold water and dissolved in boiling water. Set in pan of ice water and stir until it begins to thicken; fold in whipped cream. Put into mold, cover, pack in salt and ice, 1 part salt to 3 parts ice; let stand 4 hours. Raspberries, peaches, shredded pineapple, or other fruit can be substituted for strawberries.

STRAWBERRY SAGO PUDDING.

Soak a small cup of sago an hour in just enough water to cover. Drain off any water that may not be absorbed. Mix two thirds of a cup of sugar with this sago, and stir all into a quart of boiling water. Let it boil until the sago is perfectly transparent and pour in a pint of nicely hulled strawberries. Turn into molds to cool, or serve warm with cream, as preferred. Tapioca can be used instead of sago, but needs longer soaking. Raspberries, stoned cherries, or currants can be used in place of strawberries.

FLAVORINGS FOR DESSERTS AND PUDDINGS.

ALMOND SAUCE.

Heat a pint of rich milk in the inner cup of a double boiler, placed directly upon the stove. When the milk is boiling, stir into it a heaping tablespoonful of flour, which has been rubbed to a cream in a little cold milk. Boil rapidly until thickened, stirring constantly; then add three tablespoonfuls of almondine; place in the outer boiler, and cook for five or ten minutes longer.

ALMOND PASTE.

Blanch the nuts, then allow them to dry thoroughly, and pound in a mortar to a smooth paste. They can be reduced much easier if dried for a day or two after blanching. During the pounding, sprinkle with a few drops of cold water, white of egg, rose water, or lemon juice, to prevent them from oiling.

CARAMEL SAUCE.

Stir a cup of sugar in a saucepan over the fire until melted and lightly browned. Add one cup of boiling water, and simmer ten minutes.

COCOANUT FLAVOR.

Cocoanut, freshly grated or desiccated, unless in extremely fine particles, is a very indigestible substance, and when its flavor is desired for custards, puddings, etc., it is always better to steep a few tablespoonfuls in a pint of milk for twenty minutes or a half hour, and strain out the particles. The milk should not be allowed to boil, as it will be likely to curdle. One tablespoonful of freshly grated cocoanut or two of the desiccated will give a very pleasant and delicate flavor; and if a more intense flavor is desired, use a larger quantity.

COCOANUT SAUCE.

Flavor a pint of new milk with cocoanut. Skim out the cocoanut, and add enough fresh milk to make one pint. Heat the milk to boiling, add two tablespoonfuls of sugar, thicken with two even spoonfuls of cornstarch, and proceed in the same manner as for Mock Cream.

CREAM SAUCE.

Beat together two thirds of a cup of sugar, one tablespoonful of thick, sweet cream, and one egg. Wet half a teaspoonful of cornstarch with a little milk, and stir in with the mixture; then add five tablespoonfuls of boiling milk, stirring rapidly all the time. Pour into the inner cup of a double boiler; have the water in the outer cup boiling, and cook five minutes. Flavor to taste.

CRANBERRY PUDDING SAUCE.

To a quart of boiling water add two cups of sugar, and when well dissolved, one quart of carefully sorted cranberries. Mash the berries as much as possible with a silver spoon, and boil just seven minutes. Turn through a colander to remove skins, cool and serve.

CUSTARD SAUCE.

Rub two teaspoonfuls of flour to a smooth paste with half a cup of new milk. Heat two and a half cups of fresh milk in a double boiler to scalding, then stir in the braided flour; heat again, stirring constantly till just to the boiling point, but no longer; remove from the stove and cool a little. Beat together one egg, three tablespoonfuls of sugar, and a little lemon rind for flavoring. Turn the hot milk over this, a little at a time, stirring briskly meanwhile. Return the

whole to the double boiler, and cook, stirring frequently, until when a spoon is dipped into the custard a coating remains upon it. Then remove at once from the fire. If the spoon comes out clean, the custard is not sufficiently cooked.

EGG SAUCE -1

Separate the yolks and whites of three eggs. Beat the whites to a stiff froth, and stir in very gently, so as not to let the air out of the beaten whites, one cup of powdered sugar and a teaspoonful of vanilla or lemon flavoring powder. Lastly, stir in carefully the beaten yolks of the eggs, and serve at once.

EGG SAUCE -2

Beat the whites of three eggs to a stiff froth with one half cup of sugar. Add three tablespoonfuls of lemon juice and one of water. Serve at once.

FRUIT CREAM.

Take the juice pressed from a cupful of fresh strawberries, red raspberries, or black caps, add to it one third of a cup of sugar, and place in the ice chest till chilled. Set a cup of sweet cream also on ice till very cold. When thoroughly cold, whip with an egg beater till the froth begins to rise, then add to it the cold fruit juice and beat again. Have ready the white of one egg beaten to a stiff froth, which add to the fruit cream, and whip till no more froth will rise. This makes a delicious dressing for simple grain molds and blanchmanges, but is so rich it should be used rather sparingly. Serve as soon as possible after being prepared. Fruit syrup, in the proportion of two or three tablespoonfuls to the pint of cream, may be used in the same manner when the fresh juice is not available. The juice of orange, quince, and pineapple may also be used in the same manner as that of berries.

FRUIT SAUCE -1

Heat a pint of red raspberry, currant, grape, strawberry, apricot, or any other fruit juice to scalding, and stir in a tablespoonful of cornstarch previously rubbed to a cream with a little cold water. Cook till it thickens; then add sugar according to the acidity of the fruit. Strain and cool before using. If fruit juice is not available, two or three tablespoonfuls of pure fruit jelly may be dissolved in a pint of hot water and used instead of the juice. A mixture of red and black raspberry juice, or currant and raspberry, will be found acceptable for variety.

FRUIT SAUCE -2

Mash a quart of fresh berries, add one cup of sugar, beat very thoroughly together, and set away until needed. Just before it is wanted for serving, turn into a granite fruit kettle and heat nearly to boiling, stirring constantly to avoid burning. Serve hot with hot or cold puddings, or molded desserts.

FRUIT COLORING

For ornamenting the meringues of puddings and other desserts, take a little of the fresh juice of cranberries, red raspberries, currants, black raspberries, grapes, or other colored

juices of fruits, thicken it stiff with the sugar, spread on a plate to dry, or use at once. It may be colored yellow with orange peel strained through a cloth, or green with the juice of spinach. Sugar prepared in this manner is quite as pretty and much more wholesome than the colored sugars found in market, which are often prepared with poisonous chemicals.

FOAMY SAUCE.

Beat one egg or the whites of two very thoroughly with one half cup of sugar and a little grated lemon rind. Pour on this very slowly, stirring constantly to make it smooth, one cup of boiling milk, part cream if it can be afforded. If the whites alone are used, they should not be beaten stiff. If preferred, the lemon may be omitted and a tablespoonful or two of currant juice or quince jelly added last as flavoring.

LEMON PUDDING SAUCE.

Heat to boiling, in a double boiler, a pint of water in which are two slices of lemon, and stir into it a dessertspoonful of cornstarch; cook four to five minutes, or until it thickens. Squeeze the juice from one large lemon, and mix it with two thirds of a cup of sugar. Add this to the cornstarch mixture, and allow the whole to boil up once, stirring constantly; then take from the fire. Leave in the double boiler, surrounded by the hot water, for ten minutes. Cool to blood heat before serving.

MOCK CREAM.

Heat a pint of fresh, unskimmed milk in a double boiler. When the milk is boiling, stir in two tablespoonfuls of sugar, and two even tablespoonfuls of cornstarch which has first been rubbed smooth in a very little cold milk. Bring just to a boil, stirring constantly; then pour the hot mixture, a little at a time, beating thoroughly all the while, over the well-beaten white of one egg. Put again into the double boiler, return to the fire, and stir till it thickens to the consistency of cream.

MOLASSES SAUCE.

To one half cup of molasses, add one half cup of water, and heat to boiling. Thicken with a teaspoonful of flour rubbed to a cream with a little cold water. Serve hot.

ORANGE SAUCE.

Squeeze a cupful of juice from well-flavored, sour oranges. Heat a pint of water, and when boiling, thicken with a tablespoonful of cornstarch. Add the orange juice, strain, and sweeten to taste with sugar that has been flavored by rubbing over the yellow rind of an orange until mixed with the oil in the rind. If a richer sauce is desired, the yolk of an egg may be added lastly, and the sauce allowed to cook until thickened.

ORANGE AND LEMON FLAVOR.

Orange or lemon flavor may be obtained by steeping a few strips of the yellow part of the rind of lemon or orange in milk for twenty minutes. Skim out the rind before using for desserts.

Care should be taken to use only the yellow part, as the white will impart a bitter flavor. The grated rind may also be used for flavoring, but in grating the peel, one must be careful to grate very lightly, and thus use only the outer yellow portion, which contains the essential oil of the fruit. Grate evenly, turning and working around the lemon, using as small a surface of the grater as possible, in order to prevent waste. Generally, twice across the grater and back will be sufficient for removing all the yellow skin from one portion of a lemon. A well-grated lemon should be of exactly the same shape as before, with no yellow skin remaining, and no deep scores into the white. Remove the yellow pulp from the grater with a fork.

PEACH SAUCE.

Strain the juice from a well-kept can of peaches. Dilute with one half as much water, heat to boiling, and thicken with cornstarch, a scant tablespoonful to the pint of liquid.

PLAIN PUDDING SAUCE.

Thicken one and one half cups of water with one tablespoonful of cornstarch; boil a few minutes, then stir in two thirds of a cup of sugar, and one half cup of sweet cream. Take off the stove, and flavor with a little rose, vanilla, or lemon.

RED SAUCE.

Pare and slice a large red beet, and simmer gently in three cups of water for twenty minutes, or until the water is rose colored, then add two cups of sugar, the thin yellow rind and juice of one lemon, and boil until the whole is thick syrup. Strain, add a teaspoonful of rose water or vanilla, and serve.

ROSE CREAM.

Remove the thick cream from the top of a pan of cold milk, taking care not to take up any of the milk. Add sugar to sweeten and a teaspoonful or two of rose water. Beat with an egg beater until the whole mass is thick. Good thick cream, beaten in this manner, makes nearly double its original quantity.

SAGO SAUCE.

Wash one tablespoonful of sago in two or three waters, then put it into a saucepan with three fourths of a cup of hot water, and some bits of lemon peel. Simmer gently for ten minutes, take out the lemon peel, add half a cup of quince or apricot juice; and if the latter, the strained juice of half a lemon, and sugar to taste. Beat together thoroughly.

WHIPPED CREAM SAUCE.

Beat together with an egg beater until of a stiff froth one cup of sweet cream which has been cooled to a temperature of 64 deg. or less, one teaspoonful of vanilla or a little grated lemon rind, and one half cup of powdered white sugar, and the whites of one or two eggs. The sauce may be variously flavored with a little fruit jelly beaten with the egg, before adding to the cream.