

**SEMPER FIDELIS;  
COOK BOOK**

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Semper Fidelis; Cook book by Various

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**VARIOUS**

**SEMPER FIDELIS;  
COOK BOOK**



STOCKTON, CAL.  
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1907.

## PREFACE

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**I**F the heart of man is reached through his stomach, as some observer has remarked, then the housewife who uses this Cook Book has the great advantage of continuing indefinitely, at her pleasure, the heart's best devotion which her husband promised before he was her husband, and which he pledged at the altar should continue long after the last surviving dollar was expended, to show how much more he valued her than money, during the journey of the honeymoon. With it the diffident maiden need not wait with enforced patience and anxious suspense, for the man of her choice to tell whether cupid has struck him with one of his shafts or not. All she needs to do is to wisely use the directions prescribed within and invite him to dine.

Not only will the use of this book make revelations of the heart, but it will have a happy effect upon the brain, causing others to think pleasant thoughts and say nice things, especially if they are visitors; and as for servants, why, it will be just marvelous what wisdom they will have in culinary arts after studying this text-book of cookery; besides, they will be perfectly able to get along without any advice.

If health is a great desideratum, as discerning folk agree, then this product of philosophy and experience in kitchen chemistry is in a fair way to be an article in the doctor's prescriptions. Hereafter, at least, the M. D. advice will run something like this: "Keep the feet warm, the head cool, the heart right, the brain steady and eat the food prepared according to the recipes published in the Cook Book of the Semper Fidelis Circle, mixing it thoroughly by the use of those dental formations prepared for the purpose by nature or the D. D. S."

In conclusion: This book is not to fill a long felt want, but to keep the want from being long felt.

May your heart be glad, your brain sound, your health perfect and may the Great Provider's blessing be ever upon you and yours. May the following lines of you be true:

"Some ha' meat but canna' eat,  
And some could eat that want it;  
But we ha' meat and we can eat  
So let the Lord be thanket."

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## SOUPS

While soup is the one dish to which all the odds and ends of the table, except the sweets, may contribute, it may nevertheless be made from any of the same articles in their virgin state.

Soup stock is easily made and kept. Beef furnishes a good foundation for the same. It should always be put on in cold water, using a quart of water to a pound of meat and bone. Cut the meat and crack the bone, and add about 1 tablespoon salt to a gallon of water. Never let soup boil rapidly. From 4 to 6 hours is the regulation time given by the best soup makers.

As soon as scum arises, skim and continue skimming, so as to have stock clear. Scum will rise better if a dash of cold water is added just as the soup begins to boil. The less palatable bits of meat—as the flank end of beefsteak and remnants of roasts—may be boiled down and added to the stock. Old meat is better for soup than young meat. Soup should be boiled the day before it is used, strained while hot and placed in a clean dish to cool, so that the fat may be removed before using.

**EGG SOUP.**—Mrs. John Inglis.

Brown squares of bread with butter in the frying pan or use toasted bread cut into  $\frac{1}{2}$  inch squares. Beat well 3 eggs; pour over them 1 quart scalding milk, stirring all the time; add the toast squares and a piece of butter; season to taste. Serve at once.

**CRAB SOUP.**—Mrs. A. H. Wright.

Meat from 1 crab, 1 hard-boiled egg, 1 quart hot milk. Melt piece of butter; add  $\frac{1}{2}$  tablespoon flour and stir smooth; add a little cold milk, then the quart of hot milk, salt, a dash of cayenne, the crab chopped fine and lastly the egg chopped fine. Serve as soon as hot. Enough for six persons. Rolled cracker may be substituted for the egg if desired.

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## SOUPS.

**SOUP STOCK.** (Fine.)—Oakland Cooking School.

Four lbs meat, 2 lbs bone, 1 onion,  $\frac{1}{2}$  cup carrot,  $\frac{1}{2}$  cup turnip, 1 piece celery, 6 cloves, 10 pepper corns, 1 bay leaf, 1 sprig parsley, 2 teaspoons salt. Cut meat into small pieces, crack bones, and soak in 3 qts cold water 1 hour. Cook in same water 4 or 5 hours; then add vegetables finely chopped, and seasoning; cook 2 hours more; strain. Then to 1 quart of stock add the white and crushed shell of 1 egg, beating until it boils again; then strain.

**WHITE SAUCE FOR SOUP STOCK.**—Miss Gurnee.

One quart milk,  $\frac{1}{2}$  cup butter, 1-3 cup flour,  $\frac{1}{2}$  teaspoon pepper (red, preferable), a little sugar and celery salt, and salt to taste. Prepare and use the flour in this as one would ordinarily for thickening—putting butter and salt in last.

**SCOTCH BROTH.**—Grandma.

Have ready any plain soup stock. Just before soup is needed for table, beat 1 egg lightly and stir into soup stock. As soon as the mixture boils it is done. Serve at once.

**BEAN SOUP.**—Mrs. M. H. Orr.

One pint of white beans soaked, parboiled, mashed and strained. Add 3 pints milk, pepper, salt, a little butter, 3 hard-boiled eggs chopped fine, and small cubes of bread fried in salt pork fat.

**CLAM CHOWDER.**

Fry 4 thin slices of salt pork a rich brown. Cut into small pieces. Place the grease from pork in bottom of stew-pan with some of the pieces. Cover with a layer of thinly sliced potato; add a layer of clams, then a layer of crackers wet in milk. Repeat until all are used. Season each layer with pepper, salt, bits of the pork and a little butter. Turn in all the liquor from the clams and add a small quantity of water. Cover tightly and cook slowly until potatoes are tender. Just before serving add 1 pint of milk or cream.

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#### ASPARAGUS SOUP.

Boil 1 quart of asparagus, cut in inch lengths, in 1 quart of water until tender, rub through a colander and return to the water in which it was boiled. Heat 1 pint milk; stir into it 1 tablespoonful butter rubbed with 1 of flour, and cook a few moments. Season and pour into asparagus. Let it get boiling hot, and pour into tureen over toasted bread cut into dice. *Serve at once.*

**CREAM OF CORN SOUP.**—Mrs. Geo. W. Tatterson.

Twelve ears of tender corn scraped. Boil the cobs 20 minutes in 1 quart of water; remove them and put in the corn; boil 15 minutes, then add 2 quarts of rich milk. Season with salt, pepper and butter and, if thickening is desired, use 2 table-spoons flour. Boil the whole for 10 minutes and turn into a tureen in which are the yolks of 3 well-beaten eggs.

**CORN SOUP.**—Oakland Cooking School.

One can corn,  $\frac{1}{4}$  cup butter, 1 pint water,  $\frac{1}{4}$  cup flour, 1 quart milk, 1 tablespoon chopped onion, 2 teaspoons salt,  $\frac{3}{4}$  teaspoon white pepper (yolks of 2 eggs, but not necessary). Chop corn before using, and strain soup before serving.

#### VEGETABLE SOUP.

Prepare a stock from 3 pounds of meat and bone and 3 quarts of water, according to directions in "Soups." Add a carrot, a turnip, an onion, a tomato, a small potato, some celery and parsley, chopped fine. Some add also a little rice or barley. Boil  $\frac{1}{2}$  hour, and serve. If desired real thick, use browned flour. A cup of rich milk or cream poured into tureen just before serving, is favored by some. If one does not care to eat the vegetables, the soup may be run through a sieve when the vegetables are done, and then put on fire again for a moment to heat.