

A HOME HELPER

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A Home Helper by Various

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VARIOUS

A HOME HELPER

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By the

HOME HELPERS'
CLUB



FOR THESE DAYS OF
H. C. L.

Recipes Old and New used and found true by members of
THE HOME HELPERS' CLUB
of Wilmington, Vt.
1919

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MEASURING

Accurate measurements are necessary to good cooking. Level measurements are now generally used.

Fill cup or spoon with material and level it off with a case knife. Pack butter, lard, etc., down solidly.

Measure flour after sifting and do not pack.

To obtain $\frac{1}{2}$ t. and $\frac{1}{2}$ tb. cut down lengthwise through spoon. Use standard cups for measuring.

The following is a list of equivalents and abbreviations.

Table of Weights and Measures.

Butter—2 solid cups equal 1 lb.

Butter—2 tb. equal 1 ounce

Butter—4 tb. equal $\frac{1}{2}$ cup.

Bread—1 cup stale crumbs equals 2 ounces.

Coffee—4 cups equal 1 pound.

Dry and solid materials— 8 tb. equal 1 cup.

Flour—4 tb. equal 1 ounce.

Flour—4 cups equal 1 lb. or 1 qt.

Spice—2 tb. ground equal 1 ounce.

Meat—1 pt. chopped, equals 1 pound. *

Milk— 1 pt., or water, equals 1 lb.

Teaspoons—3 make 1 tb.

Sugar—2 tb. equal 1 ounce.

Sugar—2 cups equal 1 lb.

Liquid—1 tb. equals $\frac{1}{2}$ ounce.

Liquid—1 cup contains 16 tb.

Liquids—4 t. equal 1 tb.

Rice—1 cup makes $\frac{1}{2}$ lb.

All measurements are level unless otherwise stated.

Table of Proportions

- 1 qt. flour requires $1\frac{1}{2}$ cups lard or butter for pastry.
 1 qt. flour requires 4 tb. lard or butter for biscuit.
 1 qt. flour requires 1 t. salt.
 1 qt. flour requires 4 t. baking powder.
 1 qt. flour requires 1 pt. liquid for batter.
 1 measure liquid to 3 measures flour for bread.
 1 t. soda to 1 pt. sour milk.
 1 t. soda to 1 cup molasses.

Time for Baking.

Loaf Bread.....	45 to 60 minutes
Rolls and Biscuits.....	10 to 20 minutes
Graham Gems.....	30 minutes
Ginger Bread.....	20 to 30 minutes
Sponge Cake.....	45 to 60 minutes
Plain Cake.....	30 to 40 minutes
Fruit Cake.....	2 to 3 hours
Cookies.....	10 to 15 minutes
Custards.....	15 to 20 minutes
Pies.....	30 to 45 minutes

Time for Cooking Vegetables.

String Beans.....	1 to 2 hours
Beets.....	1 to 3 hours
Turnips.....	1 to 3 hours
Carrots.....	$\frac{3}{4}$ to 1 hour
Cabbage.....	1 to 3 hours
Squash.....	1 hour
Green Peas.....	20 to 30 minutes
Boiled Potatoes.....	20 to 30 minutes
Asparagus.....	15 to 25 minutes
Baked Potatoes.....	1 hour



SOUPS

American Chop Suey

1 large cup macaroni, $\frac{1}{2}$ cup rice, boil in salted water 'til soft. Fry 2 large onions until tender, in $\frac{1}{2}$ can tomatoes. 1 lb. Hamburg steak, or any other kind of meat. Mix in baking dish, season to taste. Bake $1\frac{1}{2}$ hours.

Mrs. Henry Whitney.

Browned Beef Soup

6 lbs. shin of beef, 3 qts. cold water, $\frac{1}{2}$ t. pepper, 6 cloves, bay leaf, 3 sprays thyme, $\frac{3}{4}$ cup chopped onions, $\frac{3}{4}$ cup chopped carrots, $\frac{1}{2}$ cup chopped turnips, 3 parsnips. 6 sprays parsley. Salt to taste. Crack the bone, cut meat into small pieces. Place marrow of bone in frying pan, add $\frac{1}{3}$ of beef, and brown. Put other meat, fat and bone in sauce pan. Cover with cold water. Add browned meat and heat slowly. Simmer 4 hours, add seasoning. Strain thru colander and serve.

Mrs. Charles May.

Baked Bean Soup

2 cups baked beans, 2 cups tomatoes, 2 cups water, 2 slices onion. $1\frac{1}{2}$ tb. flour, 2 tb. butter, 2 tb. chopped pickle, salt, pepper, bay leaf, cloves, paprika and lemon juice. Cook together 20 minutes, beans, tomatoes, water, onions and seasoning. Bind with flour and butter, strain and add pickle.

Mrs. Flint M. Bissell.

Baked Bean Soup

To $1\frac{1}{2}$ cups cold baked beans add 4 cups boiling water, 1 small onion, celery salt. Cook 20 minutes. Rub thru sieve. Add $\frac{1}{4}$ cup tomato catsup. Blend 1 tb. butter and 1 tb. flour and stir into boiling soup.

Mrs. Fred May.

Cabbage Soup

Chop fine $\frac{1}{2}$ head cabbage. Boil $\frac{1}{2}$ hour in 1 pt. water. Drain remaining water, add 1 pt. boiling milk, $\frac{1}{2}$ cup cream, butter size of egg, pepper and salt to taste.

Mrs. Fred May

Chestnut Puree

1 pt. cooked and mashed chestnuts, 1 pt. milk, 1 cup cream, 1 tb. butter, 1 egg, salt and pepper.

Mrs. Joan Cuneo.

Corn Soup

Heat can of corn and 1 qt. milk, season and add 2 cups sliced boiled potatoes.

Mrs. C. T. Batchelder.

Cream of Carrot Soup

4 good sized carrots, 2 stalks celery, 2 potatoes, 2 onions cut all up and fry in vegetable oil or butter. Add 1 qt. hot water and boil til tender. Press thru sieve. Add 1tb. butter, parsley and cloves, 1 t. sugar, salt and pepper to taste. One pt. hot milk, thickened.

Mrs. Charles May.

Cream of Pea Soup

Drain liquor from one can of peas. Add 2 cups water and one slice onion. Cook 10 minutes. Strain, and add 2 cups scalded milk thickened with 2 tb. flour blended with 2 tb. butter. Salt to taste.

Mrs. Fred May.

Cream of Sago Soup.

4 tb. sago, 1 pint water, 1 small onion. 1 pt. milk. Soak sago in water, one hour. Add onion chopped fine, and the milk. Cook in double boiler $\frac{1}{2}$ hour. When ready to serve season to taste and add lump of butter.

Mrs. Charles May.

Cream of Tomato Soup.

1 qt. fresh or canned tomatoes, pinch of soda. 3 tb. butter, 1 qt. milk, 3 tb. cornstarch, salt and pepper to taste. Mix butter, cornstarch, milk and seasoning. Heat tomatoes, add soda. When both are thoroughly heated, mix and serve at once.

Mrs. Peter Reando.

Danish Sweet Soup

1 pt. grape juice, 1 pt. water, $\frac{1}{4}$ t. cloves, $\frac{1}{4}$ cup minute tapioca, 1 cup stewed and chopped prunes, 4 tb. sugar. Cook in double boiler 1 hour. If it becomes too thick add a little more water.

Maddalena Cuneo.

Five Minute Soup.

Dice several slices stale bread. Fry in hot butter. Add hot milk to quantity desired. Season with salt and pepper and serve as soon as it has boiled up once.

Mrs. Fred May.

Green Corn Soup.

To clear chicken or beef broth, add corn cut from six ears, 1 tb. butter blended with 1 tb. flour. Boil about 10 minutes. Just before serving, add one beaten egg, salt and pepper to taste.

Mrs. Fred May.

Oyster Soup.

1 dozen oysters, 1 cup milk, 1 rounded t. butter, $\frac{1}{2}$ t. cornstarch, salt. Drain oysters, chop very fine, put back in liquor and skim as they boil. Add the milk and cornstarch. Just before serving, add butter. Clam soup may be made in same way.

Mrs. Carrol Batchelder.