

**THE NEW
RUTHERFORD
COOK BOOK**

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The New Rutherford Cook Book by Anonymous

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ANONYMOUS

**THE NEW
RUTHERFORD
COOK BOOK**

The New
Rutherford Cook Book

compiled by

The Ladies Aid
of South Bristol
Maine

Members of Committee:

Mrs. O. W. Wickstrom, Mrs. Geo. M. Woodwell, Mrs. D. G. Berry
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1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes that proper record-keeping is essential for ensuring transparency and accountability in financial operations.

2. The second part of the document outlines the various methods and techniques used to collect and analyze data. It highlights the need for consistent and reliable data collection processes to support informed decision-making.

3. The third part of the document focuses on the analysis and interpretation of the collected data. It discusses the various statistical and analytical tools used to identify trends, patterns, and anomalies in the data.

4. The fourth part of the document addresses the challenges and limitations associated with data analysis. It discusses the potential for bias, errors, and misinterpretation, and provides strategies to mitigate these risks.

5. The fifth part of the document concludes by summarizing the key findings and recommendations. It emphasizes the importance of ongoing monitoring and evaluation to ensure the continued effectiveness of the data analysis process.

RUTHERFORD COOK BOOK

∴ Soups

"Spare your breath to cool your porridge."

FISH CHOWDER

3 pounds of fresh pollock 1 quart sliced potatoes
or cod 2 good sized onions
½ pound salt pork

Fry pork in deep kettle and take out scraps. Put in your fish in medium pieces, add potatoes and onions, dredge with flour, add pepper and salt and nearly cover with cold water. Cook until potatoes are done. When ready to serve take from stove and put in one quart of milk and about one-fourth pound of butter.—*Mrs. M. N. Crowley.*

CLAM STEW

One pint clams boiled ten minutes in one cup water saved from the clams. Add one quart milk scalding hot, a generous piece of butter, pepper to taste.—*Mrs. O. T. Gamage.*

CLAM CHOWDER

1 quart clams 3 potatoes
1½ quarts milk 3 slices salt pork
Butter half size of egg

Fry out pork, add clams chopped slightly, potatoes sliced thin, a little pepper and boiling water to just

cover clams and potatoes. Boil till potatoes are done, then add milk and butter.—*Mrs. O. T. Gamage.*

POTATO SOUP

6 boiled and mashed potatoes	½ pound butter
1 quart milk	1 egg
	Celery, salt and pepper to season

While mashing potatoes add butter and gradually pour in the boiling milk. Stir well and strain through a sieve. Heat again and when ready to serve pour over the beaten egg in the tureen.—*Mrs. Clarinda Gamage.*

LOBSTER STEW

One quart milk, scalded in double boiler; add one pint boiled, chopped lobster, butter size of walnut, salt and red pepper to taste.—*Albertine French.*

OYSTER BULLION

Take one pint oysters cut in small pieces, cover with cold water and simmer ten minutes. Strain through fine sieve and serve very hot. When serving add one teaspoonful whipped cream to each cup.—*O. T. G.*

CREAM OR CORN SOUP

1 can corn	1 pint milk
	1 tablespoon butter

Press the corn through a sieve, add milk and butter, bring to boiling point, season with salt and pepper.—*A. M.*

CORN STEW

1 can corn, heated	Butter size of an egg
Add 1½ pints milk	Salt and pepper to season

Bring to a boil and serve with toasted crackers.—*M. F. Tibbetts.*

MOCK BISQUE SOUP

1 can, or 1 quart stewed tomatoes	$\frac{1}{2}$ teaspoon soda
1 quart milk	1 tablespoon flour
	2 tablespoons butter

Strain tomatoes, heat and add soda. Rub butter and flour together and add to heated tomato. Boil, then add milk. Be careful that soup does not boil after adding milk. Season with salt and pepper.—*E. G. McFarland.*

CREAM OR CHICKEN SOUP

1 pint chicken stock	1 tablespoon flour
1 pint milk	2 tablespoons butter or chicken fat

Rub butter or fat and flour together, add to stock and boil ten minutes, add milk, season with salt and pepper and it is ready to serve.—*E. G. M.*

CORN CHOWDER

1 qt. of sliced potatoes	4 slices salt pork fried
1 pint water	
Cook until potatoes are nearly done then add	
1 can corn	1 pint milk

A small piece of butter, salt and pepper to taste.—*Mrs. Warren L. Gamage.*

BARLEY SOUP

Boil $\frac{1}{2}$ cup of pearl barley in 1 quart of water for two hours. Add this to 2 quarts of soup stock, let boil five minutes. Add salt and pepper. Serve with crackers.—*Mrs. Frances Leeman.*

OYSTER STEW

1 quart milk	Butter size of an egg
1 pint oysters	Salt and pepper to taste

Scald milk in double boiler. Cook oysters in as little water as possible in separate dish until edges ruffle.

When milk is thoroughly scalded, add oysters, then salt and pepper, the butter last. Serve immediately with toasted oyster crackers and sweet pickles.—*Mrs. Elliott P. Gamage.*

VEGETABLE SOUP

Put on to boil in morning early about 2 pounds soup meat with bone. Run through meat chopper small piece of cabbage, turnip, carrot, onion, potato. Cook about two hours after vegetables are added. Just before serving, put in part of can of Van Camps tomato soup.—*L. R. Otis.*

SPLIT PEA SOUP

Soak 2 cups split peas over night. Put in kettle with one onion, ham bone, three quarts cold water. Simmer gently about three hours or until peas are well cooked. Strain and season.—*Lula Bowman.*

VEGETABLE SOUP WITHOUT STOCK

1 cup shredded cabbage	Salt and pepper
$\frac{1}{2}$ cup each diced turnip and carrots	2 qts. water
1 small onion	5 teaspoons butter
$\frac{1}{2}$ teaspoon minced parsley	$\frac{1}{2}$ cup barley

Boil three hours adding water as it boils away.—*L. M. Bowman.*