

**COOK BOOK:
HELPFUL RECIPES
FOR WAR TIME**

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Cook Book: Helpful Recipes for War Time by Mrs. Robert S. Bradley

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MRS. ROBERT S. BRADLEY

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Helpful Recipes for War Time

Compiled by

MRS. ROBERT S. BRADLEY

Pride's Crossing, Mass.

For the Benefit of the
Red Cross

and

American Fund For
French Wounded

\$1.00

1917

NORTH SHORE BREEZE
Manchester-by-the-Sea, Mass.

THE COOK'S DUTY

EVERY cook who contrives a way to save food is doing just as patriotic a service as if she were in Red Cross work, and in her efforts to reduce the waste of fats or to use other cereals instead of wheat flour she is helping the Sammies in France quite as surely as if she were knitting socks.

There is no doubt at all as to the value of kitchen thrift. The difficulty comes with bringing home to the cook herself the vitally important part she is playing in putting the excellent suggestions showered upon her into practice.

But we know that the crops our fields are growing must suffice, not only for our own needs and the heavy demands of the boys whom we are sending 3,000 miles to the trenches, but that perhaps the most important task ahead of us in feeding the armies of our allies in the fields and the civilian population of France, Belgium and England. And so every pound of food we save from wastage is ammunition that will do its part in bringing the war quickly to an end. It does not matter where the saving is made. The little economies of the working man's wife, who already is at her wits' end to feed her family, and the large savings in the household of the millionaire are both needed. No doubt the housewife, who puts on her gingham apron and goes into the kitchen to superintend the preparation of food, can do more real service than the woman of wealth, whose desire to help is handicapped by the very size of the retinue of servants she employs. But there is need for every form of economy that will save an ounce of food, and every cook is drafted to this universal service.

HOOVER'S RULES

MR. HOOVER'S rules for patriotic economy are now, in condensed form, before the American people. If they were observed religiously henceforth by every family in the United States, they would constitute in themselves a national "food control"—not all the control that is needful, but a very beneficent arrangement. They involve no hardship. They are so important that the best consideration of them here is their repetition:

Save the Wheat—One wheatless meal a day. Use corn, oatmeal, rye, or barley bread and non-wheat breakfast foods. Order bread twenty-four hours in advance so your baker will not bake beyond his needs. Cut the loaf on the table and only as required. Use stale bread for cooking, toast, etc. Eat less cake and pastry.

Save the Meat—Beef, mutton, or pork not more than once daily. Use freely vegetables and fish. At the meat meal serve smaller portions, and stews instead of steaks. Make made-dishes of all left-overs. Do this and there will be meat enough for every one at a reasonable price.

Save the Milk—The children must have milk. Use every drop. Use buttermilk and sour milk for cooking and making cottage cheese. Use less cream.

Save the Fats—We are the world's greatest fat wasters. Fat is food. Butter is essential for the growth and health of children. Use butter on the table as usual, but not in cooking. Other fats are as good. Reduce use of fried foods. Soap contains fats. Do not waste it. Make your own washing soap at home out of the saved fats.

Save the Sugar—Sugar is scarcer. We use today three times as much per person as our allies. So there may be enough for all at reasonable price; use less candy and sweet drinks. Do not stint sugar in putting up fruit and jams. They will save better.

Save the Fuel—Coal comes from a distance and our rail-ways are overburdened hauling war material. Help relieve them by burning fewer fires. Use wood when you can get it.

Use the Perishable Foods—Fruits and vegetables we have in abundance. As a nation we eat too little green stuffs. Double their use and improve your health. Store potatoes and other roots properly and they will keep. Begin now to can or dry all surplus garden products.

Use Local Supplies—Patronize your local producer. Dis-tance means money. Buy perishable food from the neighborhood nearest you and thus save transportation.

ORIGIN OF INDIAN CORN

INDIAN CORN has special historical interest for Americans from the fact that it is generally recognized as being native to American soil. It was originally a tropical or subtropical plant, but the Indians, though unconscious of the trend of their attempts to extend corn growing, nevertheless succeeded in evolving varieties which would ripen as far north as Canada. Its cultivation and use, therefore, even in the early days were very widely distributed in America. With fish and game it made the staple food of the Indians, and except for wild rice, which grew abundantly in shallow fresh waters, and the seeds of certain wild grasses (both used in relatively small quantities), it was the only cereal known to them.

In all the history of America corn has played an important part. The desire to produce it was probably the incentive which most frequently led the Indians to abandon nomadic life and to form settlements. Because of the quickness and ease with which it can be raised, it was doubtless, too, the means of saving from starvation many of the pioneers who came from other lands to settle here. So important was this food in the days when the country was being settled, that both Indians and colonists in their controversies often found it more efficacious to destroy the corn crops of their adversaries than to make open war upon them.

After the discovery of America the use of corn spread rapidly to other countries, and it is now very generally raised in all regions of the world where it will flourish. So generally has it come into use that it now ranks with wheat, rye, barley, oats, and rice as one of the food grains of the world and may be called the American Indian's greatest gift to modern civilization.

THE COOKING OF CORN MEAL

A STUDY of the modifications in methods of cooking, which have been rendered necessary by the changes in the composition of the meal, was made a few years ago at Teachers College, Columbia University, New York City, for the Office of Experiment Stations. The result of these investigations, which are still unpublished, may be summarized as follows:—

In general it was found that about 10 per cent more water was needed for the new-process meal than for the old process, and that where the large amount of water used renders the meal liable to sink, the mixture of meal and water should be thoroughly heated before being used for such preparations as bread. In some cases, too, it was found best in using new-process meal to pour the meal into a dish of boiling water instead of pouring the boiling water over the meal in a cold dish, for this brings the mixture to a higher temperature.

In later experiments made in the Office of Experiment Stations it was found that in some cases, notably in that of making quick-process breads out of yellow corn meal, pouring the meal into hot water was insufficient. In these cases it seems necessary to hold the dish of moist meal over the fire for a few seconds.

When convenience, as well as the final results, was taken into consideration, it was found best in almost every case to mix the meal with cold water and to heat it thoroughly over boiling water in a double boiler. Except when very finely ground meals were used, it was found unnecessary to stir at any time, not even when the meal and water were put into the boiler. The conclusion was reached, in fact, that in all cases, even those in which the liquid used was not water, but either sweet or sour

milk, the best results were obtained by heating the meal and liquid together in a double boiler without stirring. For example, sour-milk corn bread was prepared first according to the directions usually given in the cookbooks, *i. e.*, by mixing the dry ingredients and then adding the sour milk, butter and eggs. Then, for the sake of comparison, the same ingredients were combined by heating all of them but the soda and eggs for 10 or 15 minutes in the double boiler. After the mixture had cooled, the soda, dissolved in a little water, and the eggs were added. The bread prepared by this second method had a better flavor, and, though more moist than that prepared by the first method, held its shape quite as well.

Since the composition of the new-process meal differs from that of the old-process meal in having less fat as well as less water, it is desirable to make allowance for this when using the new meal. In making such simple dishes as hoecake and corn-meal pone, which originally were prepared from the meal and water alone, a little lard or butter should be added and in other dishes the allowance of fat should be slightly increased.