

**HOME HELPS: A
PURE FOOD
COOK BOOK**

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Home Helps: A Pure Food Cook Book by Various

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VARIOUS

**HOME HELPS: A
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HOME HELPS

A PURE FOOD COOK BOOK



A Useful Collection of Up-to-date, Practical Recipes
by five of the Leading Culinary Experts
in the United States:

MRS. MARY J. LINCOLN LIDA AMES WILLIS

MRS. SARAH TYSON RORER

MRS. HELEN ARMSTRONG

MARION HARLAND



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"Nature's Gift from the Sunny South"



The Source of
Cottolene

85-100-100

—Introduction—

This is the "pure food" age. So much has been written, so many laws have been made, so much discussion has been rife in favor of this all-important topic for the housewife, that we feel no apology or explanation is necessary for this book of "Home Helps."

We have tried to make it just what its name implies—a help for the home. Every housewife should have a cook-book, whether she be a bride with little or no experience or a past-master in the culinary line. The trouble has been to find a book that was practical, containing mostly simple, everyday, useful recipes, calling for few ingredients and requiring little time in preparation. We believe we have succeeded in making "Home Helps" the most practical book in this respect ever issued.

The old saying, "Too many cooks spoil the broth" is not applicable here, and in selecting the favorite recipes of Mrs. Lincoln, Mrs. Rorer, Mrs. Armstrong, Marion Harland and Miss Willis, we have incorporated a feature never before found in one volume.

We commend this book to the daily use of the millions of American housewives who are interested in preparing pure foods under the most approved and scientific methods. Whether your household "cookery" is in your own hands or that of a hired cook, this volume cannot fail to be invaluable. The more you use it, the more good you will get from it.

While this book is published in the interests of **Cottolene**, the perfect shortening which has been aptly termed "Nature's Gift from The Sunny South," and **Cottolene** is naturally specified as the cooking fat in a number of recipes where lard or butter would otherwise be used, there are many recipes given where no mention of **Cottolene** is made; and, furthermore, wherever this superior cotton-oil cooking fat is specified, it has only been after careful tests by these famous experts have shown it to be preferable to either lard or butter from the standpoint of economy, palatability and healthfulness.

Yours for healthful cooking,

THE N. K. FAIRBANK COMPANY

Cottolene

Cottolene, the perfect shortening, is a cooking fat of about the consistency of butter. It is neutral in taste, practically without odor, and is composed of but two ingredients—carefully selected cotton oil, refined by our own exclusive process, and the choicest beef suet. It contains nothing else, not even salt.

Cottolene is better than lard—better than butter. Lard is made from hog fat, which is often impure and always indigestible. Cottolene on the contrary is essentially a vegetable product, contains not an ounce of hog fat, and is clean and pure, from inception to completion. In cakes and fine pastry, Cottolene can be substituted for butter with excellent results, and for frying it is better. Cottolene is also more economical than either lard or butter— $\frac{1}{2}$ less being required.

As further evidence of its superiority over all other cooking fats, Cottolene was awarded the Grand Prize (highest award possible) at the Louisiana Purchase Exposition, held in St. Louis in 1904, as were also cakes and pastry baked with Cottolene. Gold Medals, representing highest awards in each case, were also granted Cottolene at the Charleston Exposition in 1902, Paris Exposition in 1900, and at the Chicago World's Fair in 1893.

Cottolene is packed only in sealed tins of special design, which are absolutely air-tight and protect the contents not only from all odors of coal-oil, codfish, etc., so common in the average grocery, but also from dust, dirt and other contaminations to which goods sold in bulk—such as lard—are frequently exposed.

There are many imitations, but remember—no imitation was ever so good as the original. There is only one Cottolene. Take No Substitute.

Made only by

THE N. K. FAIRBANK COMPANY

How to Use Cottolene

If you occasionally buy strong butter or rancid lard you do not denounce butter or lard, or give up their use. Be as fair with Cottolene. No edible fat will keep indefinitely when stored too long in a warm place, or otherwise abused.

A general rule for the use of Cottolene as shortening in all mixtures is: *Use one-third less than the amount given for butter or lard in the recipe.*

For cake making, cream the Cottolene as you would butter, adding a little salt, as it contains none.

In sautéing, or browning, use only enough Cottolene to grease the pan. Add more fat when you turn the food. Cottolene should be put into the pan while cold and after the bottom of the pan is once covered with the melted Cottolene, more can be added as desired. Unless used in this way, Cottolene may burn and throw off an odor, as would any other cooking fat.

For deep frying, have Cottolene at least deep enough to cover, or float, the article being fried, heating slowly. For uncooked mixtures, test with a bit of dough, which should rise at once to the top with some sputtering; the fat should be kept at an even temperature. For croquettes, fish balls, or other cooked mixtures which will brown in one minute, test with a block of white bread, which should brown in a few seconds. Make this test always—never trust your eye.

Uncooked fish and meat are better when covered with bread crumbs to give the crisp crust desired in fried food. The fat should be hot at first, that it may not penetrate, then reduce the heat, that the food may cook till done, without burning. Never let the fat heat to the smoking point, for then it is burning hot. Cook only three or four pieces at once, for more will chill the fat and prevent perfect frying. Clarify the fat after frying, by browning a piece of raw potato in it, then strain through fine cheese cloth. It is then again ready to use.

What Noted Cooking Ex- perts Think of Cottolene

In addition to the remarks and recommendations made in other parts of this book, the following testimonials received from famous authorities on Domestic Science, attest the high regard in which Cottolene is held by all those who have made a careful study of food preparation and food values.

MRS. SARAH TYSON RORER

Principal Philadelphia Cooking School and Culinary Editor "*The Ladies' Home Journal*."

"I use Cottolene in every and all the ways that one would use lard, also in the preparation of sweet cakes. I consider it an important frying medium and a much more healthful product than lard."

MARION HARLAND

Author of the famous "*Marion Harland Cook Book*."

"Many years ago I discontinued the use of lard in my kitchen and substituted for it—as an experiment—Cottolene, then comparatively a new product. Since my first trial of it I can truly say that it has given complete satisfaction, whether it is used alone, as 'shortening,' or in combination with butter in pastry, biscuits, etc., or in frying. I honestly believe it to be the very best thing of its kind ever offered to the American housekeeper."

MRS. JANET M. HILL

Editor "*Boston Cooking School Magazine*."

"For several years I have used Cottolene in my own kitchen and find it very satisfactory. I am glad to commend it."

MRS. SARAH PEARSON STUART

Editor Household Department "*American Housekeeper*."

"When properly used, Cottolene never makes other than light, wholesome and nutritious food, that can be readily digested by the most delicate stomach."

MRS. HELEN ARMSTRONG

Teacher of Cookery.

"Having used Cottolene constantly for over five years, both as shortening and for frying purposes, I feel no hesitancy in recommending it as a very superior article. It is not only much more wholesome than lard, but produces more palatable results."

These are but a few. Other well known authorities who have tested Cottolene and recommend its use are :

Mrs. F. A. Benson **Mrs. Emma P. Ewing**
and Mrs. Christine Tertune Herrick

Eminent Physicians Endorse Cottolene

Nine-tenths of all human ailments are due primarily to indigestion or are aggravated because of it. The chief cause of indigestion is food prepared with lard. The following are but brief extracts from letters received, showing the high esteem in which Cottolene is regarded as a cooking medium by physicians ranking among the highest in the profession.

J. HOBART EGBERT, A. M., M. D., PH. D.

From an article in the "*Medical Summary*" entitled "Available Facts for Consumptives and Others with Wasting Diseases".

"In cooking food, we would recommend the preparation known as 'Cottolene', a wholesome combination of fresh beef suet and purest cottonseed oil. This preparation is both economical and convenient, free from adulterations and impurities, and dietetic experiments conclusively show that incorporated in food it yields to the body available nourishment."

R. OGDEN DOREMUS, M. D., LL. D.

Professor of Chemistry, Toxicology and Medical Jurisprudence, Bellevue Hospital Medical College, New York.

"As a substitute for lard, which is its purpose, Cottolene possesses all the desirable qualities of lard without having the objectionable features inherent in all products obtained from swine."

DR. JAMES PAIGE EMERY,

From an article in the "*American Housekeeper*" entitled "The Most Healthful of All Cooking Fats".

"Cottolene, being essentially a vegetable product, forms the most healthful and nutritious cooking medium known to the food experts and medical profession."

WM. JAGO, F. I. C., F. C. S.

That eminent chemist, William Jago, than whom there is no higher authority on cooking fats, reports as follows from Brighton, England:

"I find Cottolene to consist practically of 100 per cent. pure fat, the following being the actual results obtained by analysis: Percentage of Pure Fat, 99.98. I found the 'shortening' effect of 72 ozs. of Cottolene practically equal to that of 1 lb. best butter. For hygienic reasons, Cottolene may be used with safety as a perfectly harmless and innocuous substitute for other fats employed for dietetic purposes."

Other eminent Physicians who have endorsed and recommended Cottolene are: **Henry Seffmann, M. D.**, Professor of Chemistry, Woman's Medical College of Pennsylvania, Philadelphia; **Prof. Jesse P. Battershall, Ph. S., F. C. S.**, Chemist U. S. Laboratory, New York; **Dr. Allen McLane Hamilton**, New York, N. Y.; **Dr. Edw. Smith**, Analyst New York State Board of Health.