

**THE BATTLE CREEK COOK  
BOOK; A COLLECTION  
OF WELL TESTED RECIPES**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649087440

The Battle Creek cook book; a collection of well tested recipes by Various

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Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

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**VARIOUS**

**THE BATTLE CREEK COOK  
BOOK; A COLLECTION  
OF WELL TESTED RECIPES**



THE BATTLE CREEK  
COOK BOOK

A COLLECTION OF

WELL TESTED RECIPES

SELECTED BY

THE WOMEN OF THE  
FIRST CONGREGATIONAL CHURCH  
BATTLE CREEK, MICH.

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"He Hath Never Fed of the Dainties that Are Bred in a Book"

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BATTLE CREEK, MICH.  
ELLIS PUBLISHING COMPANY  
1922

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# KELLOGG'S BRAN

*MAKES the best bran muffins you ever ate—  
and they help keep you healthy*

Kellogg's Bran is not only ready to eat—a brand-new cereal food made of bran—but because of its unusual goodness and choice flavor it is way ahead of ordinary brans for making bread, muffins, gems, pancakes, etc.



## *Kellogg's Bran Muffins*

Cream  $\frac{1}{4}$  c. sugar, and shortening size of an egg, together. Add to this one egg, 1 c. sour milk (or sweet milk), 1 c. Kellogg's Bran,  $1\frac{1}{4}$  c. flour, 1 level tsp. soda (or 2 tsp. baking powder if sweet milk is used), Pinch Salt. Mix well.

This will make twelve large delicious muffins.

Muffins made with Kellogg's Bran—whether you use your own recipe or follow the one on the package—are not only light and tempting, but they have a rich, palatable taste. This is because we keep the nutlike flavor in the bran as we krumble it, and bring out a sweet, pleasing flavor besides.

Millions of people have welcomed Kellogg's Bran. For them it makes a pleasure instead of a distasteful task of eating bran in some form every day to avoid constipation.

**CAUTION**—Be sure to get the genuine. Ask your grocer for Kellogg's Bran. Remember the name **KELLOGG'S**. You only get the wax-tite package bearing the signature of

*W.K. Kellogg*

## SOUPS

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"Ceres presents a plate of vermicelli;  
For love must be sustained like flesh and blood;  
While Bacchus pours out wine, or hands a jelly;  
Eggs, oysters, too, are amatory food."

### Stock For Soups

Stock for soups is made from meat or bones, or of cooked joints of meat (omitting the fat—this would give a tallowy flavor to the soup), to which may be added chicken, turkey, beef, or mutton bones, well broken up. Put all this in cold water without salt; let it come slowly to boiling point, then skim well; set it back and let it simmer gently for six hours, until the meat is in shreds. Rapid boiling hardens the fiber of the meat, and the savory flavor escapes with the steam. Add a little pepper and salt, strain into a stone jar, let it cool, and remove all the grease. This stock will keep for many days in cold weather, and from it can be made all the various kinds of soups.

### White Soup

A knuckle of veal, 2 turnips, 1 carrot, 2 tablespoons of whole pepper, 2 tablespoons of ground rice or farina. Boil and strain through a sieve. Beat the yolks of three

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eggs; put in a very little of the whites, add a pint of cream. Do not boil the eggs and cream, but put them in a tureen and stir as you pour the soup upon them.

MRS. ANNA SCOTT.

### Oyster Soup

Drain 1 can of oysters. Boil the liquor and 1 pint of water; skim well. Season with butter, pepper, and salt. Add oysters and let come to a boil, then add 1 cup milk or cream, heated separately.

MISS CORA C. LEON.

### Tomato Soup

One quart canned tomatoes, 2 heaping tablespoons of flour, 1 teaspoon of salt, 1 of sugar, and 1 pint of hot water. Let tomatoes and water come to a boil. Rub flour, butter, and a little tomato juice together, stir into boiling mixture. Boil 15 minutes. Strain through a sieve and serve with dice of toasted bread.

MRS. WALTER CLARK.

### Tomato Soup

One quart of tomatoes, 1 teaspoon salt, 1 quart of hot water, 1 teaspoon sugar, pepper to taste, 4 cloves, 1 tablespoon of butter, 1 tablespoon chopped onion, 1 tablespoon chopped parsley, 1 tablespoon corn-starch. Add cloves, salt and pepper to tomatoes and boil in a porcelain kettle. Put the butter in a saucepan and when it bubbles, put in the onion and parsley. Fry five minutes, being careful not to burn it; let it simmer ten minutes; add more salt

if needed. Strain it; then add the corn-starch dissolved in a little water. Serve with boiled rice or toasted crackers

MRS. SALLIE PALMER.

### Tomato Soup

Boil 1 quart of tomatoes in 1 quart of water until smooth. Add 1 heaping teaspoon of soda. When the effervescence has subsided, add 1 quart of scalded milk with butter size of an egg. Salt and pepper and thicken with cracker crumbs.

MRS. J. C. BARBER.

### Pea Soup

Soak 1 quart split peas over night. Next morning boil with 2 carrots, 2 onions, 1 stalk celery and a little piece of salt pork. Boil all the morning, being careful not to scorch; strain, and serve hot.

MRS. ARTHUR SMITH.

### Green Pea Soup

Cover a quart of green peas with hot water, and boil until they mash easily. Mash, and add 1 pint of stock or water. Cook together 2 tablespoons of butter and 1 of flour, until smooth, but not brown; add to the peas and then add 1 cup of milk and 1 of cream. Season with salt and pepper, and boil once; strain and serve. A cup of whipped cream added at the last moment is an improvement. Canned peas may be used if desired.

MRS. MAUDE C. WARD.

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### Potato Soup

Boil 3 potatoes and put through a colander; mix these with a small piece of melted butter, 1 tablespoon of browned flour, salt, a little onion and a little finely chopped parsley. Add the mixture with a few bread crumbs to soup stock already prepared. Improved by adding just before serving, a cup of whipped cream.

MRS. NELLIE HAWKHURST.

### Black Bean Soup

One pint black beans boiled soft and put through sieve, being careful not to let any of the skins through. Add this to about 1 quart beef stock and season well. Add either catsup or Chilli sauce. Serve with sliced lemon. The whites of hard boiled eggs, chopped fine, are nice to add to any dark soup.

MRS. MARY McCAMLY SMITH.

### Bean Soup

One pint of beans soaked over night in cold water. In the morning add 2 quarts of water and  $\frac{1}{2}$  teaspoon soda. Boil  $\frac{1}{2}$  hour in the soda water, then pour off and wash thoroughly in cold water. Boil again in 2 quarts of water to which is added a little butter, pepper and salt and 1 hard boiled egg, chopped fine.

MRS. W. H. NOBLE.

### Potato Soup

Three large potatoes,  $\frac{1}{2}$  green pepper cut fine, 3 onions, 1 slice fat salt pork, 3 stalks celery cut fine, parsley. Cook in small amount of water until done. There should