

**HAMILTON COOK BOOK.  
COMPILED BY THE WOMEN OF  
THE FIRST METHODIST EPISCOPAL  
CHURCH, HAMILTON, OHIO, 1914**

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Hamilton, Ohio, 1914 by Various

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**VARIOUS**

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# HAMILTON COOK BOOK

COMPILED BY

The Women of the  
First Methodist Episcopal Church,  
Hamilton, Ohio,

1914



Price, \$1.00

BROWN & WHITAKER,  
PUBLISHERS, : : : HAMILTON, OHIO.

## Dedication.

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*THE list of culinary literature is so large that it is almost the fashion to apologize for taxing a much abused public with the burden of a new book on this subject, and unless there were good reasons for it, the publication of another book of this character would be unwarranted. But every house-keeper knows that the only Cook Books of value are those which have been compiled by practical cooks and contain recipes that have been fully tested. Then it was felt that a good cook book would be a boon to many who last year lost the old pen-written heirloom that had served them so long.*

*The names attached to these recipes, together with the statement accompanying them that they were "all tried and known to be good," is the best possible assurance of their value and reliability. It is a matter of regret that many choice recipes have been unavoidably omitted for lack of space, and others on account of their similarity to those already received.*

*The compilers express their appreciation to those who contributed material for this book, and their gratitude to the merchants and business men of Hamilton whose advertisements made its publication possible.*

*Confident of its intrinsic value, the women of The First Methodist Episcopal Church of Hamilton commend and dedicate this book to all whose high function it is to make homes.*

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## Suggestions for Dinner-Giving.

Remember that you invite your friends to dine with you, not primarily to supply them with good food, but for the pleasure of their society. Strive to make that pleasure mutual by bringing together people of congenial tastes.

Plan the seating of your guests before their arrival so that you may lead them into the dining-room and assign them to their places with ease and graciousness.

Do not seat husbands and wives side by side at the table, but bring together friends who have not so often the pleasure of a meeting.

Do your worrying over the preparation and serving of your dinner before and not after it is announced. The perfect hostess makes her guests feel that *they* are her chief interest and enjoyment, which no culinary slip of the moment can interrupt.

Don't expect your waitress to serve your meal correctly and quietly unless you have had a complete understanding with her beforehand as to your wishes.

Do not overload your table. Arrange flowers or other decorations either higher or lower than the faces of your guests; otherwise they are only barriers to social intercourse.

Don't attempt a more elaborate meal than you are equipped both to prepare and to serve. It is uncomplimentary to your guests to come up to the hour of their arrival in a state of physical exhaustion.

The rule for having the hostess served first is good. She frequently prevents embarrassment by showing to her guests how she expects certain courses to be taken to the plates.



Above all things be natural. A dinner, like a home, should reflect the innate qualities and manner of life of its host and hostess. If you are your own cook and waitress, keep to the simplicity of your every-day habits. One of the most charming and distinctive luncheons in the writer's memory was entirely prepared and served by the hostess. But she did it so naturally and with such unpretending frankness that she never for a moment lost her identity either as a lady or as a capable housewife.

Rules for setting a table are somewhat flexible, yielding to the amount of space available, but the usual form is to place the knives and soup spoon to the right of the service plate, forks and napkins to the left, butter-spreader and small spoons at the head of plate, goblet at tip of knife, bread-and-butter plate at tip of fork. Service plates should remain on table until after the fish course, and fresh ones brought on for the dessert.

Many hostesses enjoy the informality of serving coffee in the parlor immediately after dinner.



More cakes are spoiled in the  
*baking* than in the *making*

**T**HE RIGHT range is more important than the right recipe, and "right" in a range means a whole lot more than appears on the surface.

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# Soups.

## SOUP STOCK.

White stock is used in preparing white soups, and is made from a knuckle of veal, or chicken, cut up in small pieces.

The shin bone or the neck make more nutritious soup than any other part of the animal. Always put meats for soup on in cold water and simmer slowly for several hours. Salt should never be added until soup is done, as it hardens the water.

Consommé or stock forms the basis of all meat soups. The best stock is made from fresh, uncooked beef, with the addition of cracked bones, which contain glutinous matter that adds strength and thickness to the soup. Boiling water only dissolves the surface of the bones, but by breaking them the gelatine which they contain may easily be dissolved.

Stock for soup is usually made from the cheaper meats, providing it is of cuts that contain the most nutriment. When making the stock, the meat should be cut into small pieces and the bones cracked and allowed to soak in cold water before heating, in order to get all the nourishment extracted. Put in a kettle that can be tightly covered, so none of the juices are evaporated, and let it simmer (never boil hard) for 2 to 3 hours. In clearing the stock, first let it cool, so that the hardened fat may be taken from the top. Then drop into it the white and shell of an egg to 1 quart of stock. Whatever flavoring is used must be added while stock is cold. Stir the stock until thoroughly heated, so the egg will do its work; let boil 10 minutes, draw to back of stove, add 1 cup of cold water, strain through napkin wrung out of hot water. Do not boil any vegetables or cereals in the stock, as it wastes the essences, but cook separately, adding to the stock at the last.