

**A FEAST OF GOOD  
THINGS: A  
COOK BOOK**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649462742

A Feast of Good Things: A Cook Book by Various

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**VARIOUS**

**A FEAST OF GOOD  
THINGS: A  
COOK BOOK**



FOURTH EDITION

# A FEAST OF GOOD THINGS

---

## A Cook Book

PREPARED BY THE  
LADIES OF EMMANUEL CHURCH  
HASTINGS, MICHIGAN

"A little bit of patience often makes the sunshine come,  
And a little bit of love makes a very happy home.  
A little bit of hope makes a rainy day look gay,  
And a little bit of cooking makes glad a weary way."

HASTINGS, MICH.  
HASTINGS HERALD PRESS  
1910

641.6195

M624e

The committee in charge of this work wish to acknowledge the courtesy and help given us by all who have contributed of their knowledge in the art of cooking. They would also like to express their appreciation of the help from many business men and firms who have purchased advertising space herein.

## PREFACE

"More and more as civilization advances and the race improves, will the fact be recognized that upon what food we eat, how we eat it, and in what company, depend, in large measure, our health, social enjoyment, and moral character."

This little cook book that more than a decade ago made its appearance before you filled with the best of culinary art from every Hastings household, now makes its fourth appearance and will without doubt add as much comfort and joy to new homes, as to those of the past. Its travels have been extensive, from the north to the south, east to the west. From friend and from stranger has been wafted the message, "We could not keep house without the Hastings cook book—The Feast of Good Things."

## INDEX.

---

Soups . . . . .	5
Fish . . . . .	13
Salads . . . . .	19
Meats . . . . .	27
Vegetables . . . . .	39
Bread . . . . .	47
Eggs . . . . .	59
Breakfast and Tea Dishes . . . . .	63
Pies . . . . .	77
Puddings . . . . .	85
Fancy Desserts . . . . .	101
Cakes . . . . .	115
Pickles and Catsup . . . . .	139
Fruit . . . . .	147
Beverages . . . . .	151
Food for Invalids . . . . .	154
Sweets . . . . .	156
Table of Measurements . . . . .	160



## SOUPS.

Double, Double, Toil and Trouble.  
Fire burn and cauldron bubble.—MACBETH.

### SUGGESTIONS.

The stock for soup should always be made from uncooked meats; upon this depends fine flavor.

Cut meat and bone into small pieces, put in cold water and simmer and boil gently, without salt. Never boil soup meat fast. Add salt when thoroughly done.

Beef and bone, 8lbs., cook 6 or 8 hours, in kettleful of cold water, if more is needed add boiling hot, set aside to cool, next morning skim off the grease, simmer again two or three hours. Strain and you have your stock that will keep three or four days in cool place.—Mrs. Alice Williams, Oakland, Cal.

### STOCK FOR SOUP.

Take fresh juicy lean meat, bone and meat of about equal weight. Put in cold water in proportion of 2¼ pints to each pound, slightly salted. Watch closely, and just before it boils skim carefully. Allow it to boil for the first half hour, then simmer slowly partly covered for four hours. When the soup is cold remove the fat. The stock underneath will form a jelly, and in cool weather will keep at least a week. Chicken or turkey bones add to the delicacy of the soup. Good soup can also be made by using the trimming of fresh meat, bits of cold beef, or the bones of any meat or fowl. Just before dinner each day, it is only necessary to cut off some of the jelly and heat it. It is very good with nothing additional, but one can have a change by adding different flavor, such as vermicelli; tomato or other vegetables.—Mrs. L. D. Williams.

If soups, sauces or beef tea have an excess of fat, lay a piece of coarse brown wrapping paper or blotting paper on top and it will absorb the fat. Lift the paper and the liquid will run off. Repeat the operation until freed sufficiently.

If soup is over salted, add a teaspoonful of sugar and a tablespoon of vinegar.

A quart of water and a teaspoon of salt is about the right proportion to a pound of meat.

#### DICE FOR SOUP.

Cut slices of bread and butter them; cut into small squares; put into a pan, buttered side up, and brown in a quick oven.

#### TO COLOR SOUPS.

Soups may be colored a rich amber by adding a small quantity of burnt sugar.

#### FRIED BREAD FOR SOUPS.

Cut stale bread into dice and fry in boiling fat until brown. It will take half a minute. The fat must be smoking when the bread is put into it.—Mrs. Frank Goodyear.

#### BOUILLON SERVED AT LUNCHEONS, ETC.

Purchase about six pounds of beef and bones (soup bones) for ten persons. Cut up the meat and break the bones; add two quarts of cold water, and simmer slowly until all the strength is extracted from the meat. It will take about five hours. Strain it, removing every particle of fat, and if there is more than ten cupfuls, reduce it by boiling to that quantity. Season only with pepper and salt. Serve in cups.—Mrs. Ed. Powers.

#### BEEF BROTH A LA CREME.

One lb. best round beef steak, seasoned. Boil two hours in 2 quarts of water over slow fire closely covered; strain and add  $\frac{1}{2}$  pint milk,  $\frac{1}{2}$  pint cream, season with pepper and salt. Do not boil after adding milk and cream.—Mrs. D. D. Ford.

#### NOODLE SOUP.

Take 4 lbs. of beef, or some prefer an old hen, cover with water and cook until very tender, season well with salt, black

and cayenne pepper an hour before serving; chop very fine 3 medium sized potatoes and 2 onions and add. To prepare the noodles: Break 2 eggs into a bowl, and add  $\frac{1}{2}$  egg shell of cold water, mix with French's White Lily flour as stiff as you can handle it conveniently, roll into sheets, let them dry sufficiently that you may roll them without adhering to each other; roll them up together and cut with sharp knife into very narrow strips; let these cook 10 minutes and the soup is ready to serve.—Mrs. J. S. Goodyear.

#### OX-TAIL SOUP.

One ox-tail.  $1\frac{1}{2}$  lbs. of lean beef, 5 carrots, 4 onions and small bunch of thyme if you can get it. Cut the tail up in small pieces and fry in butter, also fry the onions and three of the carrots; lay them in the soup pot and add the beef, cut in small pieces; grate over this the two raw carrots and add 4 quarts of cold water, with salt and pepper to taste; boil 7 hours, then strain and thicken with 2 tablespoonfuls of browned flour, and boil 10 minutes longer.—Mrs. D. G. Robinson.

#### CELERY SOUP.

Boil a small beef bone and a little veal until tender. Pick the meat from the bones, and leave in the liquid. Add some rice and celery thoroughly cooked, pepper corn and tiny bit of sugar. Salt to taste.—Mrs. J. M. Russell.

#### TOMATO SOUP.

One quart of tomatoes, 3 pints of milk, 1 tablespoon of French's White Lily flour, 2 tablespoons of butter,  $\frac{1}{2}$  teaspoon of soda,  $\frac{1}{2}$  teaspoon sugar. Stew tomatoes until soft, strain through wire sieve. Return to kettle and add the soda; stir well; add the milk warmed, then add flour and butter mixed together. Boil well, add sugar, salt and pepper to taste and serve immediately.—Mrs. Edward Powers.