

# **PRACTICAL HOUSEHOLD RECEIPTS**

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Practical Household Receipts by Louise Deming Hulbert

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**LOUISE DEMING HULBERT**

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P r a c t i c a l  
Household Receipts



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By LOUISE DEMING HULBERT  
(SECOND EDITION)



New York  
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1904



# Practical Household Receipts

**Second Edition**



THE first edition of this little book met with a reception far beyond the expectation of its compiler. It was not intended to be a complete cook book, but was offered simply as a collection of receipts for such simple, inexpensive and eminently practical dishes as represent the every-day wants of most households. In this second printing any pretension to completeness is again disclaimed, although a number of receipts have been added, particularly a few simple and attractive meat dishes. In the days of our grandmothers cooking schools were not as numerous as now, but many of the dishes they produced for the home table have never been improved upon. Some of the receipts here brought together are heirlooms which have been handed down from those days; others are more recent inventions, gathered from one source or another, and some have been contributed by friends. Deeply gratified with the success that has thus far attended a modest endeavor in the field of culinary literature, the compiler has prepared a second edition, in the hope that it will find yet new friends, and prove at least of some small value in the world, which, willy-nilly, must go on cooking.

L. D. H.

## Kitchen Weights and Measures



4 gills...	=	1 pint
2 pints ..	=	1 quart
4 quarts..	=	1 gallon
16 ounces	=	1 pound
$\frac{1}{2}$ kitchen cupful.....	=	1 gill
1 kitchen cupful.....	=	$\frac{1}{2}$ pint or 2 gills
4 kitchen cupfuls.....	=	1 quart
2 cupfuls of granulated sugar.....	=	1 pound
$2\frac{1}{2}$ cupfuls of granulated sugar.....	=	1 pound
1 heaping tablespoonful of sugar.....	=	1 ounce
1 heaping tablespoonful of butter.....	}	= 2 ounces or $\frac{1}{4}$ cupful
Piece of butter size of an egg.....		
1 cupful of butter.....	=	$\frac{1}{2}$ pound
4 cupfuls of flour.....	}	= 1 pound
1 heaping quart of flour.....		
8 rounded tablespoonfuls of dry material	=	1 cupful
16 tablespoonfuls of liquid.....	=	1 cupful



## Practical Household Receipts



### RUSKS.

One cup of sugar; one-half cup of butter; one yeast cake, dissolved in one and one-half tumblers of sweet milk; stir in enough flour to make a sponge. Let this rise over night. In the morning make into rusk form and let them rise again. Then bake quickly in buttered tins.

### BOSTON BROWN BREAD.

One and one-half cups of cornmeal, one and one-half cups of rye flour, one cup of sifted white flour, two cups of sweet milk, one cup of sour milk, two-thirds of a cup of black molasses, one teaspoonful of soda, one teaspoonful of salt. Stir together and steam for three hours.

### POP OVERS.

Beat three eggs (whites and yolks together) until very light. Add two cups of milk and one-half teaspoonful of salt. Pour slowly over two cups of sifted flour, stirring constantly. Be careful not to pour too rapidly, or the batter will be lumpy. Grease gem pans and set them in the oven until very hot. Strain the batter through a sieve to get it perfectly smooth, then quickly fill the gem pans half full. Bake for about twenty-five minutes in a very quick oven. Do not open the oven until about done, or they will fall. They should swell to about four times the bulk of batter.

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BREAKFAST PUFFS.

One tablespoonful of butter and one teaspoonful of sugar, rubbed well together; one egg, one cupful of milk, three teaspoonfuls of baking powder, two cups of sifted flour. Stir together and bake in buttered tins in a hot oven.

DELICIOUS GRAHAM BREAD.

One pint of sour milk, one teaspoonful of soda, one-half cup of black molasses, a pinch of salt. Stir in plain graham flour until moderately thick. Bake in a slow oven for three-quarters of an hour.

OATMEAL CAKES.

One cup of brown sugar, two eggs, three-quarters of a cup of butter, four tablespoonfuls of sour milk, one teaspoonful of soda, one teaspoonful of cinnamon, two cups of rolled oats, two cups of sifted flour. Stir together and bake in buttered puff tins in a hot oven.

CORN BREAD.

One-half cup of sugar, a piece of butter the size of an egg, two eggs, one cup of cornmeal mixed with two cups of sifted flour, two teaspoonfuls of baking powder, one-half teaspoonful of salt, one cup of milk. Stir together. Put in buttered tins and bake in a moderate oven.

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CORN SOUP.

Twelve ears of corn, grated (not cut), or one can of corn, in two quarts of cold water. Cook until tender and strain. Add two tablespoonfuls of flour and a piece of butter the size of an egg, rubbed together; one pint of sweet milk, salt and pepper. Cook for thirty minutes. Just before serving add two eggs, beaten light. This will serve eight persons.

BLACK BEAN SOUP.

One pint of beans, soaked over night; one-half pound of beef or soup bone, one-quarter pound of salt pork. Boil for four or five hours; then strain and pour the broth into a kettle. Add salt and pepper, a little allspice, cloves and a small pinch of mace, half a lemon, cut into very thin slices, and two hard-boiled eggs, sliced. Add a glass of sherry just as it goes to the table.

POTATO SOUP.

Five medium-sized boiled potatoes, pressed through a sieve; add one onion, grated or chopped fine. Heat one quart of milk and add to it one tablespoonful of flour and one tablespoonful of butter, rubbed together. Then add the potatoes and onions to the milk, stir together and season with salt, pepper and chopped parsley. Cook for thirty minutes.

TAPIOCA SOUP.

Six potatoes, one onion and half a head of celery, boiled together until tender in two quarts of water. Strain through a colander. Add one quart of milk; a piece of butter the size of an egg and two tablespoonfuls of flour, rubbed together; three tablespoonfuls of tapioca. Season with salt and pepper and cook until the tapioca is tender.