Glenna Snow's Cook Book

BUCHTEL BOOKS

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Glenna Snow, editor, *Glenna Snow's Cook Books: A New Edition with a Photo Insert and an Introduction by Kevin Kern*

Glenna Snow's Cook Book

A NEW EDITION WITH A PHOTO INSERT
AND AN INTRODUCTION BY KEVIN KERN

BUCHTEL BOOKS • AKRON, OHIO

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Glenna Snow's Cook Book

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INTRODUCTION
Kevin Kern

To many, the thought of a historian writing the introduction to a cookbook might seem as absurd as a chef writing the introduction to an encyclopedia (and even more absurd to those who are aware of the culinary limits of this particular historian). Yet apart from their obvious utility as repositories of recipes, cookbooks are—like any written work—historical documents that are a product of their time and place of origin. Looking beyond the ingredients, measurements, and oven settings that are standard to any cookbook, a careful reader of *Glenna Snow's Cook Book* can find evidence of the everyday life and culture that shaped its construction.

While some of these clues are simple dated semantic usages (ground beef is "hamburg" instead of "hamburger," a porcelain-enameled pot is a "granite kettle"), most of the historically distinctive features of this volume reflect larger trends in American national and domestic life. Compiled from recipes submitted by readers to the *Akron Beacon Journal* from 1932 to 1944, this text is not only an extremely practical kitchen companion, but also represents a unique opportunity to better understand these trends and gain a glimpse into everyday life in Akron, Ohio during the 1930s and 1940s.

Portions of this book subtly reflect the dynamic place in which it was written. In the years leading up to the 1930s and 1940s, Akron was the scene of remarkable demographic changes. It became the fastest-growing city in the country during the decade between 1910 and 1920—a product of the more than 900 percent growth of the rubber industry—tripling in size from 69,067 to 208,435 and jumping from the 81st to the 32nd largest city in the U.S. It added

yet another small city's worth of population by 1930, when that year's census listed its population at 255,040. The Great Depression dramatically reversed this trend, causing the city to lose more than 10,000 people by 1940; but the economic boom caused by World War II created yet another boomlet, placing the city's population at nearly 275,000 by 1950.

Some of Akron's phenomenal growth during the early part of this period came from Europe, particularly immigrants from Germany, Austria, and Hungary. Together, these places accounted for more than 15,000 of Akron's foreign-born population, and built on the already substantial first- and second-generation German presence that had characterized the city in earlier decades. Although the "New Immigration" from Eastern and Southern Europe touched Akron as well, the two largest contributors (Italy and Russia) accounted for far fewer new Akronites (3,614 and 3,065 respectively) before the immigration restriction laws of the early 1920s effectively shut the door on these countries.

However, most of Akron's population increase—more than fifty thousand—came from internal migration from other states, particularly the Appalachian regions of Pennsylvania, West Virginia, Kentucky, and Tennessee. The influx from these regions was so great that some would joke that the correct answer to the question "What is the capital of West Virginia?" was "Akron, Ohio." Although this time period was also marked by the "Great Migration" of African-Americans to northern cities, and although Akron's African-American population did indeed increase substantially from 1910 to 1940, most of Akron's new southern-born population was white. African-Americans comprised less than 5 percent of the city's total population when this book was originally published.

Glenna Snow's Cook Book makes few overt references to its geographic origin (one notable exception being a discussion of the best cooking apples to be found in Northeast Ohio [p. 125]). However, some hints of Akron's demographic history lie in the types of recipes it includes—or, in some cases, omits. The ethnic recipes favored seem to be from those regions that donated the largest percentages of Akron's foreign-born population, particularly Hungary (Hungarian Butter Pastry [p. 269], and Goulash, Noodles, and Pigs in Blankets [p. 263]) and Germany/Austria (including Hassenpfeffer [*sic*], several "Bavarian" and "Austrian"-named deserts and "kuchens," and numerous slaw and sauerkraut recipes).

In contrast, the book lists relatively few Italian dishes as such (Ravioli [p. 202], Spaghetti [p. 203], and Stew [p. 409]). Macaroni makes a brief appearance [p. 201], but the two recipes—Macaroni, Eggs, and Mushrooms and Macaroni Mousse (the closest the book comes to macaroni and cheese)—are hardly in forms standard to Italian cuisine. There is no Chicken Parmesan, no Lasagna, no Fettuccini Alfredo, nor any other currently popular Italian food (there is a Chicken Tetrazzini recipe [p. 232], but that dish was essentially an American invention). The book does make mention of going to an "Italian importing store," but only as a way to purchase dried mushrooms for a completely different ethnic dish: Egg Foo Yong [p. 174]. Perhaps this is not surprising, as Italian immigrants were barely 3 percent of Akron's population at the time. However, it does serve to illustrate the point that Akron's demographic profile cast a shadow on the construction of this book. If these "home-tested" recipes were selected, as Snow states in her introduction, because they "would be the most universally used" [vii], then these inclusions and deletions say much about the ethnic background of most of her readers.

Some recipes that seem to represent foreign immigration actually represent either long-established ethnic patterns, or the far more substantial internal migration that swelled the city during its phenomenal growth. Several "Dutch" recipes (Apple Pie [p. 272], Peach Cake [p. 161]), plus such dishes as Schnitz un Knepp [p. 225], Scrapple [p. 225], and Pon Hoss [p. 253]) are staples of Pennsylvania Dutch cooking, indicating the strong presence of Pennsylvanian immigrants of German descent in parts of Northeast Ohio. Although the roots of this immigration trace back to the mid-1800s, evidence of the early twentieth-century Pennsylvanian Appalachian invasion can also be found in such recipes as Pittsburgh Potatoes [p. 442] and the deceptively-named City Chicken [p. 227], a dish originally thought to be from Western Pennsylvania. City Chicken is still a regional favorite in both Ohio and Pennsylvania.Similarly, there are numerous reflections of Akron's southern influx in these recipes, in both names and ingredients. Southern Canapés [p. 6], Jambalaya [p. 377], and Louisiana Rice Pudding [p. 164] are among the most obvious examples of southern influence, but more subtle linguistic evidence appears, too, such as the term "mush" for boiled cornmeal cereals [pp. 87–88] and "craklin" for pork rinds (Cracklin Bread [p. 33]). Of course, most of the numerous cornmeal-, hominy-, and okra-based recipes themselves betoken a southern and African-American flavor to the

cookbook that many southern immigrants of the time must have appreciated. This does not mean the appreciation was always reciprocated—Glenna Snow states rather matter-of-factly, "Okra is a vegetable used extensively in the south. It has a slimy appearance which the northerner does not care for." Yet despite this pronouncement, five okra-based recipes immediately follow. In this way, life imitated food—although many long-time Akron residents perhaps did not care for the Appalachian/southern invasion, they eventually learned to live with it.

While a careful reading of the cookbook reveals hints of the place where it was written, reflections of its place in time are ubiquitous and often plain to see. The years during which it was compiled were ones of great change, affecting everything from the world stage to the kitchen cupboard. A global depression, followed immediately by a world war (still raging when this second edition found its way into Akron homes), left marks on these pages, as did an even longer-term revolution of the American kitchen. Major transitions in American foodways and culinary practices that began in the late 1800s made 1940s American kitchens very different than those of previous generations, and they would be even more different still less than a generation later. Paging through almost any section of this book, the reverberations these international and domestic events had on the book's original audience are almost palpable.

The Great Depression and World War II may have been vastly different events, but in some ways had very similar effects on American household economies. Both caused privation and the need for frugality in the kitchen, either from lack of money or from wartime rationing. American families squeezed the most out of the resources at hand, from stretching dollars to stretching food. Although few examples of this could be clearer than the recipes for War Cake [p. 63], Economical Cakes [p. 69], Economical Gingerbread [p. 31], or Economy Oatmeal Cookies [p. 107], this volume is replete with other unambiguous references to the types of constraints under which Akron's homemakers had to operate.

Some of the clearest evidence of these restrictions lies in the ingredients lists that accompany the recipes. The most economical ingredient, of course, is one that costs nothing at all, and there are several recipes devoted to such items. Dandelions, a free ingredient literally (and lamentably) at Akronites' doorsteps, show up several times throughout the book, as canned greens [p. 326], cooked greens (two ways) [p. 427], Mock Mushrooms [p. 428], and Dandelion Wine

[p. 451]. For those willing to go a little further to forage, the book also provides two recipes for Crab Apple Jelly [pp. 350, 369], with the implicit assumption that these could be easily gathered from the ordinarily commercially useless crab apple trees that were found with some frequency around the area. Similarly, one of the many helpful hints that Snow throws in states, "Since elderberries grow by the roadside they are almost always free for the picking. The blossoms are especially good for wine." The book elsewhere gives recipes for cobbler [p. 155], jam [p. 363], jelly [p. 370], and preserves [p. 375] made from this windfall ingredient, as well as Elderberry Blossom Fritters [p. 123]. For the even more committed foragers, there are several pages of recipes for game animals, including several preparations of rabbit, and one for the most plentiful game animal in Akron: squirrel [pp. 213–215].

Other recipes reflect the need to make ingredients that are cheap, but perhaps less-than-appealing, seem more appetizing. Organ meat, for example, was often relatively less expensive, allowing a frugal homemaker to put meat on the table if she could get her family to eat it. Although the cookbook introduces the poultry section with brief recommendations for giblets, it spends several pages on these "variety meats" in beef and calves [pp. 237–243], including multiple preparations for livers, kidneys, pancreases, tongues, brains, and tripe. Other lesser-used parts of animals find some use, too, including a recipe for Oxtail Soup [p. 406] and one for Pickled Pig's feet [p. 223]. Perhaps the most unusual of these (to twenty-first century eyes, at least) is the recipe for Souse, traditionally a kind of headcheese made from the parts of the animal that were otherwise cast off. This book's recipe calls for pig's knuckles, but also helpfully suggests that heart and tongue can be used. Souse also apparently had the advantage of being easy to slice, and would keep for up to two weeks in a cool place, if the family did not choose to finish it at the first or second try. Along similar lines, the book frequently addresses the issue of making the most of food the family did not finish, not only incidentally ("Croquettes are a good method of using up leftover materials"), but also with a four-page section devoted entirely to repurposing leftover food [pp. 197–200]. Helpfully alphabetized by food, a second life for almost any food described in the book is here, including bean sandwiches and brain patties.

A number of recipes imply the need to pinch pennies, either by giving instructions on how to make even the most commonly-purchased things at

home, or by making the most of every item that passes through the kitchen. In the first group are recipes for various candies, gumdrops, after-dinner mints, and lollypops [pp. 80–82]; snack foods like crackers [p. 113] and potato chips [p. 122]; and condiments like catsups [p. 341]; all of which could be made more economically at home, given the time and the will to do so. For those with even more will, the book also gives instructions on how to render lard and make soap [p. 253]. The latter recipe calls for ten pounds of "waste fat," a reference to the second group of "waste not, want not" ideas that pervade the text. In the canning section, Snow commands that if the tops of the canning beets are young and tender, "do not throw them away, but can them the same as spinach for a winter green." Similarly in introducing a discussion about cooking vegetables, Snow adds that "All liquor drained from cooked vegetables should be saved for soup or added to tomato juice for a beverage." Even chicken feet find a use, with Snow recommending they be used for making chicken broth. For the frugal homemaker, Snow's book provides numerous ways to stretch the family food dollar nearly as far as it can go.

Although making do was something common to both the Great Depression and World War II, many instances in these pages seem to refer more to wartime rationing. A number of recipes actually advertise the limited amount of rationed ingredients in their names, including Sugarless Brownies [p. 412], One-Egg Cakes [pp. 50, 62, 73], and Butterless, Eggless, Milkless Cake [p. 57]. Furthermore, Snow devotes an entire section to substitutes and extenders [pp. 410–414], which includes instructions on how to stretch or replace butter (using margarine, fat, lard, milk, cream, or gelatin), sugar (using molasses, maple syrup, corn syrup, or honey), coffee (using roasted whole grain wheat), and in an instance of a substitute for a substitute, synthetic maple syrup (using boiled corn cobs and brown sugar). The section also has handy charts for making the transition between ingredients, giving equivalents in standard measures, and warning about the different properties between, for example, cake flour and bread flour. Elsewhere [pp. 250–251] is a list of meat substitutes, using carrots, cheese, rice, nuts, and soybeans. Sprinkled throughout the rest of the text are a number of "mock" recipes, including Mock Chicken A La King (tuna) [p. 189], Mock Sausage (lima beans) [p. 432], and Mock Whipped Cream (egg whites and apple sauce) [p. 148]. Snow states in her introduction that these had been added "because of the war," but she also supposed that they would "be used

universally from now on. There are often in peace times occasions which require that we use another ingredient rather than the one called for in the recipe." Given the decades-long experience of rationing and privation between two world wars and a great depression, Snow certainly could be forgiven for assuming such trends might continue. Furthermore, shortages did not apply only to foods and ingredients, but also to other important kitchen supplies. Pressure cookers had only become widely available to most American homes in the late 1930s, but the conversion to a wartime industrial footing ended most consumer production of these coveted items. While Snow strongly recommends the use of pressure cookers in her canning section, she also acknowledges their scarcity on more than one occasion [pp. 301, 316, and 324] and provides alternative methods of canning.

Snow's discussion of canning points to another long-term trend that this cookbook illustrates—the evolution of American domestic foodways. During the 1930s and 1940s, American kitchens were in the midst of a transition from older, traditional practices toward the modern kitchen life that became common the 1950s. There is no better example of the past, "present" (1944), and future of this transition than in Snow's section on food preservation. At nearly ninety pages [pp. 289–376] (almost 20 percent of the book), it is by far the longest section, highlighting the great changes that took place in American kitchens and pantries during the previous decades. Although the book concentrates on contemporary techniques, there are plenty of references to older methods and equipment throughout. Salting, drying, pickling, sulphuring, and preserving with sugar were preservation methods with ancient histories, and all draw some attention in this section. Furthermore, Snow feels obligated to point out that in order to can effectively, an oven with automatic heat control is mandatory, ruling out the use of older coal-, gasoline-, oil-, or wood-heated ovens that some homes still used. Other references to pre-automatic ovens pop up elsewhere, especially the use of the terms "slow oven" [p. 48] or "moderate oven" [p. 49], which describe the more general way homemakers used to judge cooking heat.

Other sets of recipes illustrate an older mindset toward food and its relative value. One telling insight into the traditional closeness that American homemakers had to their food comes in the section on canning meats; Snow's very first instruction is to make sure that the "animal heat" has left the body [p.

316]—an indication of just how fresh meat could be (for veal, for example, she recommends a full 24 hours for this to happen [p. 319]). As if to reinforce the point, her instructions for chicken include the provision "If the chickens are in your possession, they should be confined 12 to 24 hours before killing. Give water but no feed. Kill six to twelve hours before canning. Avoid bruising, bleed thoroughly." Other references to chicken reveal a startling (to twenty-first century eyes) assumption about the relative popularity and value of different meats. Until large-scale poultry-raising operations had begun in the 1940s, chicken was a relatively expensive kind of meat, often reserved for Sunday meals or special occasions. Thus, Snow provides several "mock chicken" recipes such as California Chicken [p. 226], City Chicken [p. 227], Mock Chicken Stew [p. 409], or Poor Man's Chicken [p. 236] using the then-cheaper substitute ingredient of veal. "Although it is a young meat, it is a tough meat," Snow explains in her introduction of veal recipes [p. 235], reflecting the contemporary perception of veal as a generally inferior product. Dairy farms often cast off male calves as relatively useless, so it is perhaps easy to see how this perception arose. Nevertheless, recipes like this, as well as statements like "Salmon is the most used of the canned fish. Although it may be purchased fresh, there are few who buy it that way," show some very distinct differences in traditional foodways that still persisted into the 1940s.

Despite the lingering signs of earlier times and traditions, Snow's book also illustrates the departures from them by the 1930s and 1940s. Again, the section on food preservation is most revealing in this respect. By the 1930s and 1940s, canning had made tremendous advances, and American homemakers were canning more than ever before. Part of this was due to wartime exigencies: the government encouraged American households to grow victory gardens and can the surplus, to allow more of the nation's food production (as well as the tin and steel that would ordinarily go into cans) to be directed to the war effort. However, the scale and scope of canning had been steadily increasing for decades, especially with the introduction of pressure canners, the mechanization of the glass jar-making process (which made canning jars much less expensive), and scientific experimentation that set standards for the amount of time for each method that was "safe" for each kind of food. This is clearly evident throughout this section, with detailed descriptions of the science behind the canning process and explicit references to minimum times for each food using each method.

The "Canning Budget" [pp. 302–303] reveals just how thoroughly canning had become an ingrained part of the American household. Snow explains here that households should can from 80 to 120 quarts of food for each family member—divided up in lots of green and yellow vegetables (30–45 quarts), tomatoes (20–30 quarts), fruit (30–45 quarts), and meat (10 quarts)—and includes a helpful accompanying chart that converts raw measures to canned quantities. For a family of four (the average-size U.S. family in 1940), this budget could mean canning close to 500 quarts of food every year. The weeks that this would entail, working over batches of boiling water for hours on end in the heat of the late summer—and all in the days before home air conditioning—should give every reader renewed respect for the efforts of American homemakers of that generation.

Snow's knowledgeable comments in the canning section and elsewhere touch on another indication of a transition from earlier times. The book's very construction and its author's official title—Home Economics Editor—mark a major shift in American culinary practices. Home economics as an academic discipline was a rather new development, first becoming widespread in the 1910s and 1920s. The cookbook reads like a home economics text, with nutritional and descriptive information provided for most major ingredients. Read Snow's explanation of the causes of spoilage [p. 300] or her description of vitamins [p. 415], and see how this was much more than just a traditional collection of recipes. Indeed, even though her detailed description of how to kill and butcher a chicken [p. 316–317] serves as an example of more traditional cooking duties, it is also an example of transition in the American kitchen. Previously, homemakers did not need a book to tell them how to do this—it was knowledge that was passed down, usually from mother to daughter, as part of the gendered education common in American culture. This book, then, serves as a departure from that time, assuming little knowledge on the part of the reader, and explaining everything fully in a systematic way.

Another departure from the past appears in Snow's nod to the fact that Akron homemakers were getting cooking information from another relatively new medium: processed food packaging. These references crop up here and there, but most pointedly in the discussion of cereals, where she states that although some cereals need to be cooked, "Since there are directions on the boxes we are not using our space to repeat them here." Such a line would be

unimaginable in a cookbook of a previous generation (when consumers often purchased food in bulk using their own containers), and acknowledged the inroads that pre-packaged and processed foods were beginning to make in American life. This trend would of course continue in the years to come.

This book provides other glimpses into the future of American kitchens, with the section on food preservation again providing some of the best examples. Snow devotes three pages [pp. 338–340] to methods of freezing various foods. Although virtually no private homes had freezers in 1944, families were able to rent space in freezer lockers found in butcher's shops, grocery stores, farmers' co-ops, and other businesses that could afford to purchase and maintain these large, room-like freezers. Snow gives explicit instructions on how to prepare food for freezing, including the directive to label each package with the kind of meat, its weight, the date, and the locker number. Electric home freezers may have been several years in the future, but in other ways the future had already arrived in Akron kitchens, particularly in the electrification of other appliances. Instructions in many recipes give different times for hand mixing as opposed to using an electric mixer [pp. 65, 396]. Similarly, while the book has many "ice-box" recipes (Ice Box Cake, Ice Box Pie, Ice Box Cookies), it also has such items as Apricot Refrigerator Cake [p. 126], Refrigerator Frosting [p. 195], Refrigerator Rolls [p. 26], and Refrigerator Sour Cream Cookies [p. 112]. Within a few years after the publication of this book, the post-war economic boom completed the electrification of the American kitchen, with most homes eventually gaining refrigerators, freezers, and other laborsaving appliances.

Although this introduction could provide many other examples of the ways *Glenna Snow's Cook Book* reflects its time and place, there is no substitute for actually reading and enjoying the recipes themselves. The book is thoroughly indexed, but to really get a sense of it, page through it and select recipes at random. Read them not only for ideas for dishes to serve, but also for insight into the lives of the hundreds of people who submitted them. In doing so, you will not only be getting a taste of some authentic home cooking from an earlier era, but also a taste of the era itself.

Glenna Snow's Cook Book

Introduction

(TO THE SECOND EDITION)

We take pleasure in presenting to our readers the second edition of the Glenna Snow cook book. The recipes in the first edition were chosen from the columns of the Akron Beacon Journal, published from 1932 to 1938 — this book contains almost all of those same recipes, as we found very few could be omitted, they being the best of their kind. We have added a great many more recipes which we have taken from the column since 1938.

We know that we have not published all your favorite recipes, but we have tried to select those which would be the most universally used, and have put in blank pages so that you could add your individually preferred ones.

We have made a complete index which will be found in the back of the book. It is cross indexed so that you should not have any trouble finding the recipe you want.

The recipes in this book are plain recipes, each one being written in a form easy to follow; as one reads, the ingredients stand out in bold face type and the directions go right along as the ingredients are added. Explanations are often given in the recipe so that the reason for so doing will be more readily understood.

We have written all recipes in a readable form so that each ingredient, with its amount falls into the proper place at the proper time, to give the best results.

We advise the reading of each recipe completely before starting to make the product. It not only tells what is needed but it also gives a definite idea as to what you are going to do. Some things need to stand, while others must be put immediately into an oven which should be ready for them. A few minutes spent in reading a recipe will save many mistakes.

The cover of this book is washable. Just wipe it off with a damp cloth, if some egg or fat happens to drop on it, but do it immediately as it will be much harder to remove if it has dried on the cover.

We hope our readers will feel that this is their book. We had to omit the names of those contributing to make space for more recipes.

We have added a chapter on substitutes which have had to be

used because of the war, but which will be used universally from now on. There are often in peace times occasions which require that we use another ingredient rather than the one called for in the recipe.

We have enlarged the chapter on food preservation to meet your needs in what ever manner you plan to store food for winter.

We wish to thank the management of the Akron Beacon Journal for this opportunity of giving to you these recipes in book form. We especially want to acknowledge the help throughout the years of our Woman's Editor, Mrs. Ethel Myers and Mrs. J. B. Romer, a housewife, who devoted much of her time in arranging the recipes in this book.

GLENNA H. SNOW.

Home Economics Editor
Akron Beacon Journal

Appetizers

Appetizers are dainty bits of food served before the meal to give zest to the appetite. They usually have a sharp tang as cheese or cured fish would have.

A Canape is a small open faced sandwich used as an appetizer. Relishes, chopped meats and fish usually are the basis of these appetizers.

Small rounds of baked pie crust may be used for the base of canapes.

APPETIZERS

Spread small squares of fresh bread with butter, then with a very fine soft cheese. Roll like a jelly roll, fasten a strip of bacon around the center holding it in place with a tooth pick. Toast these on all sides. It is well to leave the last side to be toasted after the guests have arrived, so they will be very hot when served.

Small frankfurters may be heated and served on hors d'oeuvre sticks.

Small pickled onions may have a bit of melted cheese poured over the top and served on sticks.

Ground dried beef mixed with garlic and cottage cheese may be made either into balls and served on sticks, or rolled in another piece of dried beef.

Sardines may be crushed and mixed with butter and served on crackers. Anchovies and caviar are two other small fish products, which when mixed with mayonnaise and served on crackers make excellent appetizers.

Hard cooked eggs, parsley, chives, paprika and pimentos make excellent garnishes for any of these.

Assorted plate of these appetizers served with a cocktail (either alcoholic or not) makes very pleasing first course for an evening dinner.

CURRY COCOANUT BALLS

Mix **1 tablespoonful butter, 1 tablespoonful Indian Chutney, 1 teaspoonful curry powder** and **1 cup cream cheese** together well. Roll in balls, cover with freshly grated **cocoanut.**

PINEAPPLE WEDGES

This is an attractive appetizer. Wash the **whole pineapple** thoroughly, cut off the top. Do not peel. With a sharp knife follow the outline of the eye of the pineapple, cutting in cone shape towards the core. Each eye makes a wedge—serve on a salad plate with the apex of the cones towards the center of plate. A **mound of confectioner's sugar** may be in the center.

ROQUEFORT ROLLS

Blend 2-3 oz. packages of cream cheese with **1/7 lb. Roquefort cheese,** add **2 tablespoonfuls** finely chopped **celery, 1 tablespoonful** finely chopped **onion, a dash** of **cayenne** and enough **salad dressing** to moisten. Form into rolls. Roll in **ground nuts.** Chill. Serve with tomato juice and crackers.

SARDINE CANAPES

Cut slices of bread with a diamond cutter and spread with **sardine butter.** This is made by mashing sardines and adding just enough creamed butter to make a paste. Season the mixture highly with **cayenne** and **lemon juice.** After spreading with butter, put a border of very finely **chopped egg whites** around the edge and over the border place at intervals the tiniest shreds of **fresh green pepper.** Vary the canapes by decorating every other one with a border of **sifted egg yolk** over which is placed the same size shreds of **red pepper.** If the green pepper is first parboiled in water containing a bit of soda it will have a brighter color.

SOUTHERN CANAPES

Chop a **few spoonfuls of cold chicken,** the same amount of **cooked ham,** moisten to a paste with **creamed butter.** Spread this on fancy cuts of **sauted bread.** Cover with **grated cheese** and run under the gas flame to heat and melt cheese. Garnish with **olive sections.**

Cocktails

Cantaloupe is a very excellent melon used mostly in the fresh stage. It is excellent for appetizers, for breakfast fruit and makes a lovely dessert for supper.

CANTALOUPE BALL

Cut melon in half and remove seeds. Scoop out the balls, using a French cutter or the half teaspoonful in your measuring set, for this purpose. Cover with grape juice to which a few drops of lemon or lime juice has been added. Place in refrigerator and chill. At serving time arrange in cocktail glasses and garnish with mint.

CRANBERRY

Boil 2 **cups sugar** and 2 **cups water** together for 5 minutes. Add **1 pound cranberries** and cover, cooking slowly until popping stops. Strain through a fine wire sieve (reserve cranberries for sauce). Now add the juice of **1 large grapefruit, 1 lemon** and **3 large oranges** to cranberry juice and stir well. Pour into a glass covered jar and chill. A little water or sugar may be added if it seems too strong or not quite sweet enough.

EGGNOG

Beat **16 egg yolks** thoroughly. Add **1 pound powdered sugar,** rolled fine and stir again until mixture is smooth. Then add **1 quart good whisky** very slowly, a few tablespoonfuls at a time. Next add **1 pint of white Jamaica rum** slowly. Next add **1 pint whipped cream** and **1 quart milk** to which **vanilla** or **nutmeg** have been added to suit the taste. Add **whites** of the **16 eggs** beaten stiff. Do not stop stirring or beating and always stir in the same direction; clockwise or counterclockwise. This mixture should be made at least a day before use and kept cold. After eggnog has set it develops a crust. This should be cut through to quarter the crust and the nog stirred in the same direction as when made.

Buttered pop-corn makes a good appetizer. Freshly popped corn salted, makes a good substitute for cereal, with sugar and cream.