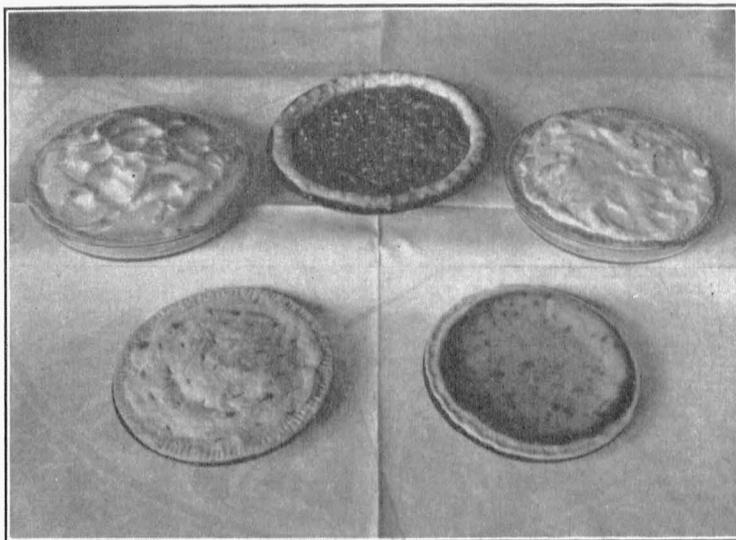


UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE
AGRICULTURAL EXPERIMENT STATION
BULLETIN 335

The Use of Lard in Cookery

JESSIE ALICE CLINE



COLUMBIA, MISSOURI
APRIL, 1934

Agricultural Experiment Station

EXECUTIVE BOARD OF CURATORS.—MERCER ARNOLD, Joplin; H. J. BLANTON, Paris; GEORGE C. WILLSON, St. Louis.

STATION STAFF, APRIL, 1934

WALTER WILLIAMS, LL. D., President

F. B. MUMFORD, M. S., D. Agr., Director S. B. SHIRKEY, A. M., Asst. to Director
MISS ELLA PAHMEIER, Secretary

AGRICULTURAL CHEMISTRY

A. G. HOGAN, Ph.D.
†L. D. HAIGH, Ph.D.
W. S. RITCHIE, Ph.D.
E. W. COWAN, A.M.
ROBERT BOUCHER, JR., A.M.
LUTHER R. RICHARDSON, Ph.D.
U. S. ASHWORTH, A.B.

AGRICULTURAL ECONOMICS

O. R. JOHNSON, A.M.
BEN H. FRAME, A.M.
†F. L. THOMSEN, Ph.D.
C. H. HAMMAR, Ph.D.

AGRICULTURAL ENGINEERING

J. C. WOOLEY, M.S.
MACK M. JONES, M.S.
†R. R. FARNS, A.M.

ANIMAL HUSBANDRY

†E. A. TROWBRIDGE, B.S. in Agr.
L. A. WEAVER, B.S. in Agr.
A. G. HOGAN, Ph.D.
F. B. MUMFORD, M.S., D. Agr.
F. F. MCKENZIE, Ph.D.*
J. E. COMFORT, A.M.*
†H. C. MOFFETT, A.M.
S. R. JOHNSON, A.M.
C. E. TERRILL, B.S.
H. D. FOX, A.M.
A. J. DYER, B.S. in Agr

BOTANY AND PHYSIOLOGY

W. J. ROBBINS, Ph.D.
C. M. TUCKER, Ph.D.

DAIRY HUSBANDRY

A. C. RAGSDALE, M.S.
†WM. H. E. REID, A.M.
SAMUEL BRODY, Ph.D.
C. W. TURNER, Ph.D.
WARREN GIFFORD, A.M.
E. R. GARRISON, A.M.
H. A. HERMAN, A.M.
WARREN C. HALL, A.M.
R. C. PROCTOR, B.S. in E.

ENTOMOLOGY

LEONARD HASEMAN, Ph.D.
T. E. BIRKETT, A.M.
GEO. D. JONES, B.S.

FIELD CROPS

W. C. ETHERIDGE, Ph.D.
C. A. HELM, A.M.*
L. J. STADLER, Ph.D.*

*In cooperative service with the U. S. Department of Agriculture.

B. M. KING, A.M.*
E. MARION BROWN, A.M.*
Miss CLARA FUHR, M.S.*

HOME ECONOMICS

MABEL CAMPBELL, A.M.
JESSIE ALICE CLINE, A.M.
ADELLA EPEL GINTER, M.S.
HELEN BERESFORD, B.S.
BERTHA BISBEY, Ph.D.
JESSIE V. COLES, Ph.D.
BERTHA K. WHIPPLE, M.S.
SUZANNE DAVIDSON, A.M.
ADELIA WEISS, A.M.
ALMA SWENSON, A.M.
VIANNA DIZMANG, A.M.

HORTICULTURE

T. J. TALBERT, A.M.
A. E. MURNEEK, Ph.D.
H. G. SWARTWOUT, A.M.
GEO. CARL VINSON, Ph.D.
FRANK HORSFALL, JR., A.M.
R. A. SCHROEDER, B.S. in Agr

POULTRY HUSBANDRY

H. L. KEMPSTER, M.S.
E. M. FUNK, A.M.

RURAL SOCIOLOGY

E. L. MORGAN, Ph.D.
†WALTER BURR, A.M.
ARTHUR S. EMIG, Ph.D.
L. G. BROWN, Ph.D.

SOILS

†M. F. MILLER, M.S.A.
H. H. KRUSEKOPF, A.M.
W. A. ALBRECHT, Ph.D.
HANS JENNY, Ph.D.
L. D. BAVER, Ph.D.
H. F. WINTERKORN, Ph.D.

VETERINARY SCIENCE

A. J. DURANT, A.M., D.V.M.
J. W. CONNAWAY, D.V.M., M.D.
CECIL ELDER, A.M., D.V.M.
O. S. CRISLER, D.V.M.
ANDREW UREN, D.V.M.
HAROLD C. MCDOUGLE, A.M.
P. L. PIERCY, D.V.M.

OTHER OFFICERS

R. B. PRICE, B.L., Treasurer
LESLIE COWAN, B.S., Sec'y of University
A. A. JEFFREY, A.B., Agricultural Editor
L. R. GRINSTEAD, Ass't. Agricultural Editor
J. F. BARHAM, Photographer
LEON WAUGHTAL, Assistant Photographer
JANE FRODSHAM, Librarian

†On leave of absence.

TABLE OF CONTENTS

	Page
Introduction; Why Use Lard?	5
Definition and Kinds of Lard	6
Composition and Nutritive Value	7
Ways of Judging Lard	8
The Care of Lard	9
Care of Lard After Frying	10
Directions for Using Lard	10
Recipes for Using Lard	11
Directions for Use of Recipes	11
General Methods of Mixing Batters and Doughs	11
Griddle Cakes, Waffles, Muffins	13
Fancy Quick Breads	14
Biscuits and Their Variations	15
Light Breads and Rolls	16
Cakes	20
Cookies	21
Pastry	23
Fried Foods	25
Puddings and Desserts	28
Miscellaneous	29
Acknowledgments	30
Selected References on Lard	31

PURPOSE OF THE BULLETIN

In the light of recent investigations, lard is being revalued as a culinary fat. Certain false and erroneous characterizations by competitors are being corrected. It is the purpose of this bulletin to present a true picture of lard and its use in cookery to the housewife, the manager of the institution kitchen, and the teacher of food preparation. A correct view of its qualities should increase its use. If the use of lard is increased, the cost of foods using fat will thus be lowered to the consumer, and the livestock producer and farmer will be materially aided by a better utilization of this important agricultural commodity.

The Use of Lard in Cookery

JESSIE ALICE CLINE

WHY USE LARD?

The cost of living may be lowered, and the demand for agricultural products increased, by the maximum use of lard. The best of lard now* costs at retail less than half as much as most of the hydrogenated cottonseed oils. In addition to its low cost per pound, it also requires only about three-fourths as much lard as most lard substitutes for shortening purposes. It is therefore the most economical fat to use for this purpose.

Lard is also the most easily used of any of the shortenings, since it can be manipulated over the greatest range of temperatures. For example, lard can be worked satisfactorily as it comes from the refrigerator, and again equally as well at room temperatures.

Lard is an excellent fat to use for frying purposes, since it can be heated to sufficiently high temperatures without burning. It has the qualities, if not overheated, which permit its being used over and over again for deep-fat frying without undesirable changes in flavor and odor. Also, its low cost makes it possible to use a fresh supply frequently.

Lard has a highly desirable flavor which it imparts to light breads, quick breads, and pastries of all kinds, as well as to many kinds of cakes and cookies.

It is one of the most easily and completely digested and absorbed of the fats used in cooking. It is, furthermore, a natural product rendered from the original fresh fat. It is a fat of high nutritive value.

In addition to its importance from the culinary and nutritive standpoints, lard is one of the most important agricultural products of the United States. The last Federal census shows the total value of hogs in the United States to be \$641,098,909. The manufacture of lard is, of course, an important part of pork production, since at least 15 per cent of the average hog is marketed as lard. Ordinarily the heavier the hog, the larger the percentage of lard secured.

In the past, about one-half of our packing house lard was exported to Germany and England, about 112,000,000 pounds going annually to Germany alone. During recent years, Germany has been making an effort to produce a satisfactory lard substitute from soybean oil. In addition to this, she is also encouraging domestic production of pork and pork products. In February, 1933, Germany raised her import duty on lard from \$1.08 per hundred weight to \$5.41 per hundred weight, and in the following July this was again increased to what amounts now to around \$15.00 per hundred weight. From the foregoing

*February, 1934.

facts it is apparent that it is to the interest of the American people to use this excellent product at home.

There are some 80 edible fats and oils on the market today, each one having some excellent qualities and adaptabilities. It is obvious that no one of this group possesses the combined good qualities of all. This has brought about fierce competition with resulting confusion to the intelligent buyer of fats seeking the truth. Today, as never before, lard is being revalued as a culinary fat, and its good qualities, established through long usage, are becoming better known. If the use of lard is increased, the cost of foods using fat will thus be lowered to the consumer, and the livestock producer and farmer of the entire country will be materially aided by a better utilization of this surplus agricultural commodity.

DEFINITION AND KINDS OF LARD

Lard is the edible rendered fat from hogs, each 200-pound hog producing about 30 pounds of lard. It is classified according to the part of the animal from which the fat is taken and according to the method of rendering.

The following kinds of lard are available on the retail market: *kettle-rendered leaf lard*, *kettle-rendered lard*, and *prime steam* or *steam-rendered lard*. If prime steam lard is put through a bleaching process, it is known as *refined lard*. It may be stated in this connection that the trend in the manufacture of lard is away from bleaching as an unnecessary and an undesirable step. The consumer of lard is learning that an extreme and unnatural whiteness is not an essential quality of the product. It is apparent that the natural color of lard will not affect the color of pie crust, light bread, biscuits and other quick breads.

Kettle-rendered leaf lard is made from the leaf fat, or the internal fat of the abdomen of the hog, excluding that adherent to the intestines.^{24*} It is rendered in an open kettle which is steam-jacketed, at a temperature of 230 to 250 degrees Fahrenheit. This method of making lard is similar to the home method; it is light in color, slightly grainy with firm texture, has a mild and pleasing flavor, and excellent keeping qualities. It can be obtained in one and two-pound cartons; four and eight-pound pails; 25 and 50-pound tierces; 20 and 65-pound hardwood tubs; 57-pound butter tubs; and 120-pound drums.

Kettle-rendered lard is made from leaf and back fat, and rendered in a steam-jacketed open kettle at a temperature of 240 to 260 degrees Fahrenheit. Kettle rendered lard is light in color but some darker than leaf lard, slightly grainy in texture, is of very good keeping quality and

*Numbers refer to Selected References on Lard, page 32.

has a very pleasing, nutty flavor. This lard can be obtained in two, four and eight-pound tins or pails; 50-pound drums and tierces; 20, 57 and 65-pound tubs; and 120-pound drums. It is also sold in bulk.

Prime steam lard is made from killing and cutting fats, rendered in direct contact with steam in a closed tank under a pressure of 30 to 50 pounds, or at a temperature of about 285 degrees Fahrenheit. It is usually cooled rapidly over a chill roll or refrigerated drum which produces a very smooth texture. It is whiter, and has a different flavor than kettle rendered lard. This kind of lard represents 80 per cent of the commercial product, and is available in one-half, one, two, four, and eight-pound cartons; two, four, eight, 25 and 50-pound cans; 20, 28, 50, 57, 65, and 120-pound drums to be sold in bulk. The keeping qualities are satisfactory, and the cost is usually less than that of the kettle rendered lards.

Hydrogenated lard has recently been placed upon the retail market by at least two packing houses. This type of lard is manufactured from lard, or from lard with a small amount of other fats, and treated with hydrogen and a catalyst, in such a way as to convert part of the glycerides of unsaturated fatty acids into glycerides of saturated fatty acids. The result of this treatment is a very firm fat, which is white or creamy white in color, smooth in texture, perfectly odorless, and bland or neutral in flavor, and of excellent keeping qualities. It has slightly less shortening value than natural lard, but creams well. Hydrogenated lard costs more than the natural product.

COMPOSITION AND NUTRITIVE VALUE

Lard is a wholesome animal product. It is 100 per cent fat and therefore a good energy food. It furnishes over 4000 calories per pound, and from this it can be seen that even small amounts of it in a food serve to bring up the energy value of that food.

Recent investigations seem to indicate that fats have a value in nutrition other than calories. It is believed they carry some dietary essential in the form of unsaturated fatty acids. In this respect lard has a definite value.

In considering the nutritive value of a food, the ease and completeness of digestibility should not be overlooked. The softer natural fats are more readily absorbed than the hydrogenated fats. When used in a mixed diet, animal fats such as lard and butter are more completely digested and absorbed than are the hydrogenated vegetable fats, those from the common animal sources being about 96 per cent absorbed, while the average of hydrogenated oils from common vegetable sources only about 93.8 per cent.

WAYS OF JUDGING LARD

Besides digestibility and nutritive value, other measuring sticks by which a fat used in cookery should be judged are:

Flavor
Smoking temperature
Shortening power
Plasticity
Cost

Flavor.—The use of lard improves the flavor of quick breads, light breads, pastries, fried foods, and some kinds of cakes and cookies. The rich nutty flavor of kettle rendered lard is most desirable in these products. In general it has been believed that butter only should be used in cake making, but recent experiments show that even white and delicately flavored cakes may be made with lard.

Smoking Temperature.—Opinions are changing concerning the digestibility of foods cooked in fat, or fried. A reasonable amount of properly fried foods can be digested without trouble by the normal healthy individual, and frying develops and improves the palatability of many bland foods.

There are two types of frying: in one, referred to as *frying*, the food is cooked in a small amount of fat; and in the other, referred to as *deep-fat frying*, the food is cooked by immersion in fat.

Whether frying or deep-fat frying, the temperature of the fat is an important factor in the amount of fat absorbed, and the amount of fat absorbed determines in the main the ease of digestion of the fried food. The fat should be hot enough to cause rapid browning of the surface so as to prevent fat absorption, but not so hot as to cause a decomposition of the fat, with the formation of the irritating substance, acrolein. This decomposition is indicated by the smoking of the fat, therefore, the smoking temperature should not be a test for determining when a fat is hot enough for frying. The use of a thermometer is a much better and more economical method.

The exact temperature necessary to give the best results in frying varies with the size of the pieces and with the cooked or uncooked condition of the food to be fried. When it is merely necessary to heat through and brown, as is the case with most croquettes, a slightly higher temperature can be used than when uncooked material is being fried, such as doughnuts. When the pieces of food are coated with egg or batter, a lower frying temperature can be used without undue fat absorption if the coatings are permitted to dry somewhat before immersing in the fat. No food needs a frying temperature higher than 380 degrees Fahrenheit, and most can be fried at temperatures considerably under this. The smoking temperature of good lard is above 380 degrees,

the exact smoking temperature depending upon the kind of lard, the way it has been cared for, the number of times it has been used for frying, and the temperature to which it has been heated.

Shortening Power.—The value of a fat for pastry making is measured chiefly by its shortening power. Lard ranks higher in shortening value than any other plastic fat used in cooking. The comparative shortening values of the various fats have been found⁹ to be as follows: refined lard 100 per cent; vegetable stearin-vegetable oil compound 83 per cent; hydrogenated lard 76 per cent; animal stearin-vegetable oil compound 75 per cent; hydrogenated cottonseed oil 71 to 75 per cent. In other words, it takes only about three-fourths as much lard as hydrogenated vegetable fat to do an equal amount of shortening.

When fat is used for shortening, it surrounds the gluten and starch particles of the flour and lessens their adhesiveness, thus preventing the pastry from being tough. The most tender pastry is the one in which the fat surrounds the *greatest surface* of gluten and starch particles. It seems from experiments with different fats used in pastry, that fats differ decidedly in the degree to which they spread themselves around the gluten and starch. There are several explanations of this difference, one of which is plasticity.

Plasticity.—Lard has the greatest plastic range of any fat, that is, it can be worked or molded over the greatest range in temperatures. It is not "brittle" as it comes from the refrigerator, but can readily be blended with flour at this temperature, and again almost equally well at room temperatures. This great ease of manipulation and high shortening power, combined with its excellent flavor and relatively low cost, place lard at the head of the list of shortening fats.

Cost.—As has been mentioned above, lard is the most economical fat to use in cookery. At the present time*, three to four pounds of lard can be purchased for one of butter, and about three pounds of lard for one of hydrogenated cottonseed oil. In addition to this difference in price per pound, less lard is needed to give a certain shortness.

Because of its relatively low cost, the use of lard is an economical way of adding flavor and food value to low cost diets, which are apt to be made up of the bland foods. Fats constitute a very economical source of energy, since they furnish two and one-fourth times as many calories as proteins and carbohydrates. As has been brought out before, lard is the most economical of the fats; therefore it is one of the most economical energy foods.

THE CARE OF LARD

First of all, lard should not be purchased in too large quantities. Other things being equal, the age of the lard will determine the degree of deterioration. The same generalization may be applied to exposure

*February, 1934.

to the air, to light and to temperature. The amount of moisture in the lard is undoubtedly a factor in some aspects of deterioration.

Lard should, therefore, be kept in a *tightly closed* container which prevents entrance of light and air. A wooden pail, or a crockery jar, with a tight-fitting lid is excellent. The proper container helps to maintain the original qualities of the lard, and at the same time prevents the lard taking up odors and flavors from other things. If purchased in small quantities in a carton, it should be left in the carton. Space in the refrigerator should be saved for the lard supply as well as for butter. It should be stored in a dry place at 50 degrees Fahrenheit or below.

According to Helser,¹⁰ in using lard from a large container, it is much better to use the top off evenly, rather than to dig down in the center or at one side, since this latter method exposes more surface to the air and damages its qualities. For the same reason, a container which is tall and narrow is better than one which is short and wide.

CARE OF LARD AFTER FRYING

Lard which has been used for deep-fat frying should be strained through one or more thicknesses of cloth to remove any particles of flour, crumbs, or other food. The more of these food particles left in the fat, the lower the temperature at which the fat will burn when reheated. If fish, onions, or other strong flavored foods, have been fried in lard, slices of potatoes should be cooked in it to remove these flavors. Between fryings the used lard should be covered tightly and kept in a cold place just as is best for unused lard.

DIRECTIONS FOR USING LARD

No special recipes are needed for the use of lard in cookery. It must be remembered, however, that:

1. Lard is 100 per cent fat, while butter is only 85 per cent;
2. Lard has the greatest shortening value of any of the plastic fats used in cookery, about one-fourth more than the hydrogenated vegetable oils.

When using lard in a recipe calling for butter, only about four-fifths as much lard as butter will be needed. For every cup of butter called for, fill a cup with lard and then remove two and one-half tablespoons. Also, since lard is unsalted, the salt in the recipe should be slightly increased to secure the best flavor.

Since it has been found that 75 per cent as much lard as hydrogenated cottonseed oil gives almost identical shortness,⁹ when using lard in recipes calling for hydrogenated fats, not over three-fourths as much lard is needed. For example, if the recipe calls for one cup of hydrogenated fat, three-fourths cup of lard is sufficient to give the same shortness to the batter or dough.

Recipes Using Lard*

DIRECTIONS FOR USE OF RECIPES

1. All measurements are level (scrape off with spatula).
2. Sift flour *once* before measuring.
3. Unless otherwise so stated, the recipes here are for soft wheat flour.
If substituting hard wheat† flour reduce the amount called for from one to two tablespoons per cup.

4. The following abbreviations are used in the recipes:

ts. = teaspoon	qt. = quart
tb. = tablespoon	lb. = pound
c. = cup ($\frac{1}{2}$ pint)	F. = Fahrenheit
pt. = pint	° = degree

TABLE OF WEIGHTS AND MEASURES

3 ts. = 1 tb.	2 pt. = 1 qt.
16 tb. = 1 c.	4 qt. = 1 gal.
2 c. = 1 pt.	

GENERAL METHODS OF MIXING BATTERS AND DOUGHS

I. For **Quick Breads—With Egg**.—(1) Sift dry ingredients together. (2) Melt fat and combine with liquid ingredients. (3) Pour liquid into dry, stirring *as little as possible*, with all except *popovers* which may be *beaten 2 minutes*.

II. For **Plain Cake**.—Use “modified conventional” method‡; (1) Cream fat and 2 tbs. of milk; then add three-fourths of the sugar, gradually; cream until light and fluffy; (2) Stir egg yolks into remaining milk; (3) Beat egg whites until stiff, but not dry; add remaining one-fourth sugar, beat until the sugar just barely disappears‡; (4) Sift flour, salt, and baking powder together; (5) Add flour and liquid alternately being careful *never to add enough liquid to let the fat separate*; begin and end with flour; (6) Carefully fold in egg whites into which sugar has been beaten.

III. For **Biscuits and Pastry—Doughs Without Egg**.—(1) Sift dry ingredients together; (2) Cut in the lard, which should be *cold*; (3) Add the liquid, cold; (4) Work only until thoroughly mixed; (5) Pat or roll, depending upon thickness desired.

*The recipes given on succeeding pages were originated, or collected, and tested by students in Experimental Cookery, University of Missouri.

†Sometimes called “all-purpose” or “bread” flour.

‡Jennie D. Fisher, Institute of American Meat Packers, Chicago, Ill.

‡Contribution on improvement of method, Belle Lowe, Iowa State College, reported at Annual Lard Conference, Chicago, Ill., Aug. 1933.

BASIC RECIPES FOR MUCH-USED BATTERS AND DOUGHS

Batter or Dough	Liquid		Flour	Egg	Lard	Leavening		Salt	Sugar	Temperatures	
	Kind	Amt.				Kind	Amt.				
With Egg	Popovers.....	Sweet Milk	1 c.	1 c.	1	1 tb.	Steam		½ ts.	0-1 tb.	450° F. for 15 min. (Hot) 325° F. for 20-30 min. (Slow)
	Griddle Cakes.....	Sweet Milk	1 c.	1½ c.	1	1 tb.	Baking Powder	3 ts.	½ ts.	0-1 tb.	
	Waffles.....	Sweet Milk	1 c.	1¾ c.	2	2 tb.	Baking Powder	3½ ts.	¾ ts.	1-2 tb.	450° F. (Hot)
	Muffins.....	Sweet Milk	1 c.	2¼ c.	1-2	1-2 tb.	Baking Powder	4½ ts.	1 ts.	2 tb.	400° F. (Moderate)
	Muffins.....	Sour Milk	1 c.	2 c.	1-2	1-2 tb.	Soda	½ ts.			
	Plain Cake.....	Sweet Milk	¾ c.	1¾ c.	2	⅓ c.	Baking Powder	2 ts.	1 ts.	2 tb.	400° F. (Moderate)
Without Egg	Biscuits.....	Sweet Milk	1 c.	3 c.	0	3-5 tb.	Baking Powder	6 ts.	1 ts.	0	450° F. (Hot)
	Biscuits.....	Sour Milk	1 c.	2¾ c.	0	2¾-5 tb.	Soda	½ ts.			
	Short Cake or Rolled Dumplings	Sweet Milk	1 c.	3 c.	0	6-9 tb.	Baking Powder	3½ ts.	1 ts.	0	450° F. (Hot)
	Pastry.....	Ice Water	6 tb.	2 c.	0	6-8 tb.	Baking Powder	6 ts.	1 ts.	3 tb.	450° F. (Hot)
							Steam		1 ts.	0	450-475° F. (Hot) (shell)

*Add ½ ts. Vanilla.

GRIDDLE CAKES, WAFFLES, MUFFINS

CORN MEAL GRIDDLE CAKES (18 small griddle cakes)

Flour, soft wheat, $\frac{1}{2}$ c.	Sugar $\frac{1}{2}$ tb.
Corn meal 1 c.	Egg 1
Soda $\frac{1}{2}$ ts.	Sour milk 1 c.
Baking powder 1 ts.	Melted lard 1 tb.
Salt $\frac{1}{2}$ ts.	

Sift the dry ingredients together. Beat the eggs and add the sour milk and melted lard. Pour the liquid into the dry, stirring as little as possible. If the batter seems too thick as it is poured from a pitcher on to a heated griddle, thin with a little sweet milk. Use either a soapstone griddle, or an iron one oiled with lard. Try to make every cake the same size, and cook them slowly.

BREAD CRUMB GRIDDLE CAKES

Flour, soft wheat, $1\frac{1}{2}$ c.	Boiling water $\frac{1}{2}$ c.
Stale bread crumbs 1 c.	Milk $1\frac{1}{4}$ c.
Baking powder 4 ts.	Egg 1 (well beaten)
Salt 1 ts.	Melted lard 3 tb.
Sugar 2 ts.	

Add the boiling water to the bread crumbs, let stand 5 minutes, then add milk. Add the beaten egg and then the melted lard. Sift together the flour, baking powder, salt and sugar, and add the liquid ingredients to the dry ones. Cook as any other griddle cakes.

FRENCH PAN CAKES

Flour 1 c.	Milk $\frac{3}{4}$ c.
Salt $\frac{1}{4}$ ts.	Eggs 2, separated
Baking powder 1 ts.	Lard 1 tb.

Sift the dry ingredients together. Combine the milk, beaten egg yolks and melted fat. Pour the liquid into the dry. Fold in the stiffly beaten whites. Cook as any other griddle cakes, spread with jam, jelly or marmalade, or sugar and butter, and roll like a jelly roll.

WAFFLES (Makes 6 Large Waffles)

Flour, soft wheat, 2 c.	Sugar $2\frac{1}{2}$ tb.
Soda $\frac{3}{4}$ ts.	Eggs 2 large or 3 small
Baking powder $\frac{3}{4}$ ts.	Sour milk $1\frac{1}{2}$ c.
Salt $\frac{3}{4}$ ts.	Lard $\frac{1}{4}$ c. (melted)

Sift all the dry ingredients together. Beat the egg yolks, add the sour milk and the melted lard. Pour the liquid ingredients into the dry, slowly, with the least stirring possible. Carefully fold in the stiffly beaten whites last. Pour from a pitcher on to a waffle iron heated to 450° F. (hot).

GRAHAM MUFFINS (Makes 18 Muffins)

White flour, soft wheat, $1\frac{1}{2}$ c.	Sugar 3 tb.
Whole wheat flour, not sifted, $1\frac{1}{2}$ c.	Egg 1 large or 2 small
Baking powder $1\frac{1}{2}$ ts.	Sour milk $1\frac{1}{2}$ c.
Soda $\frac{3}{4}$ ts.	Melted lard $1\frac{1}{2}$ tb.
Salt $\frac{3}{4}$ ts.	

Sift dry ingredients together. Beat eggs, add the sour milk and the melted lard. Pour the liquid into the dry ingredients and *stir as little as possible*. Fill muffin rings, oiled with lard, three-fourths full and bake at 400° F. (moderate oven).

FANCY QUICK BREADS

PRUNE BREAD OR MUFFINS

Flour, white, soft wheat, 3 c.	Eggs 2
Flour, whole wheat, 2 c.	Sour milk 2 c.
Baking powder 1 ts.	Prune juice 1 c.
Soda 2 ts.	Prunes, drained and chopped, 2 c.
Salt 1 ts.	Melted lard $\frac{1}{4}$ c.
Sugar 1 c.	
Nuts 1 c.	

Sift the dry ingredients together. Stir the nuts into them. Beat the eggs and add the sour milk, prune juice, prunes and melted lard. Pour the liquid into the dry ingredients and put into pans oiled with lard. Bake in loaves at 375° F. or in muffin rings at 400° F. (moderate oven).

INGLENOOK COFFEE CAKE

Lard 2 tb.	Salt 1 ts.
Sugar 2 c.	Milk $1\frac{3}{4}$ c.
Eggs 2	Butter 1 tb.
Flour, soft wheat, 4 c.	Brown sugar 6 tb.
Baking powder 4 ts.	Cinnamon 4 ts.

Mix as for plain cake or muffins. Sprinkle the top with the brown sugar and cinnamon and dot over with butter. Bake at 350° F. (slow to moderate oven) in a pan oiled with lard, for about 30 minutes.

NUT BREAD

Sugar $\frac{3}{4}$ c.	Nuts, chopped, 1 c.
Flour, soft wheat, $2\frac{1}{2}$ c.	Egg, unbeaten, 1
Baking powder $4\frac{1}{2}$ ts.	Milk 1 c.
Salt $\frac{1}{2}$ ts.	Lard 2 tb.

Sift the dry ingredients together and add the nuts. Combine the milk, egg and melted lard, and stir into the dry ingredients. Bake in oiled cans uncovered at 400° F. (moderate oven) for 30 minutes.

BAKED BROWN BREAD

Brown sugar $\frac{1}{2}$ c.	Raisins 1 c.
Brown corn syrup, molasses or sorghum $\frac{1}{2}$ c.	Soda $\frac{3}{4}$ ts.
Egg (beaten) 1	Baking powder 5 ts.
Sweet milk $1\frac{1}{2}$ c.	Flour, soft wheat, $1\frac{1}{3}$ c.
Salt 1 ts.	Whole wheat flour 2 c.
	Lard 2 tb.

Combine sugar, molasses and egg. Add the milk and melted lard. Sift together the flour, soda and salt. Mix with the whole wheat flour. Add the liquid to the dry ingredients. Add raisins which have been cut in two and dredged with flour. Fill oiled molds $\frac{2}{3}$ full, cover and bake in a slow oven (350° F.) 40-50 minutes. Remove lids and finish baking at an increased temperature (375° - 400° F.) for 10 minutes.

INGLENOOK GINGERBREAD (Serves 12-15)

Lard 1 c.	Ginger 2 ts.
Sugar $\frac{1}{2}$ c.	Soda 2 ts.
Sorghum 1 c.	Salt 1 ts.
Eggs 2	Hot water 1 c.
Flour 3 c.	

Cream the lard and sugar; add sorghum and blend. Put in unbeaten eggs and beat thoroughly. Sift the flour, ginger, soda, and salt together, and add alternately with hot water. Bake at 325° F. (slow oven) for 30-35 minutes.

BISCUITS AND THEIR VARIATIONS

PLAIN BAKING POWDER BISCUITS

(8 to 10 Small Biscuits)

Flour 2 c.	Lard (cold) 2 tb.
Baking powder 4 ts.	Milk $\frac{3}{8}$ c.
Salt $\frac{1}{2}$ ts.	

Mix and sift dry ingredients. Cut the lard into these with two knives or a pastry cutter, until the mixture has somewhat the appearance of cornmeal. Add milk gradually, enough to make a very soft dough. Stir only enough to mix well. Turn dough on to a lightly floured board. Pat with hand or with rolling pin as lightly and quickly as possible until $\frac{1}{2}$ to $\frac{3}{4}$ of an inch in thickness. Cut with a biscuit cutter dipped in flour. Place biscuits about one-half inch apart (or close together if biscuits with little crust are desired) on a slightly greased baking sheet. The tops may be brushed over with milk if desired. Bake 10-15 minutes in a hot oven (425° to 450° F.)

Emergency or drop biscuit may be made by increasing the liquid until the mixture may be dropped from a spoon without spreading. Drop by spoonfuls on a greased pan, one-half inch apart. Brush over with milk, and bake in hot oven as above.

SOUR MILK BISCUITS (8 to 10 Small Biscuits)

Flour 2 c.	Baking powder 1 ts.
Salt $\frac{3}{4}$ ts.	Lard 2 tb.
Baking soda $\frac{3}{8}$ ts.	Sour milk $\frac{3}{4}$ c. (solid clabber)

Proceed as above, mixing and sifting soda with other dry ingredients.

FRUIT ROLLS OR PINWHEEL BISCUITS

(Makes 6 rolls about 2 inches in diameter, and $\frac{3}{4}$ inches thick)

Flour, soft wheat, 2 c.	Lard (cold) 2 tb.
Baking powder 4 ts.	Milk $\frac{1}{2}$ to $\frac{3}{8}$ c.
Salt $\frac{1}{2}$ ts.	Currants, raisins or
Sugar 2 tb.	citron, cinnamon and sugar

Make as for plain biscuits, mixing and sifting sugar with other dry ingredients. Roll into a rectangle, to $\frac{1}{4}$ inch in thickness. Brush over lightly with softened lard, sprinkle with fruit (currants, raisins, or citron), and cinnamon and sugar, or with cinnamon and sugar alone. Roll like a jelly roll, slice off pieces $\frac{1}{2}$ inch in thickness. Place on a slightly greased baking sheet, cut side up. Bake at 400° F. (moderate oven) for about 12 minutes.

DROP BISCUITS (Serves 12)

Flour 1 qt.	Lard 4 tb. (scant)
Baking powder 2 $\frac{1}{2}$ tb.	Milk 1 pt. or just
Salt 1 $\frac{1}{4}$ ts.	enough to make a
	batter that will
	drop from the spoon

Sift the dry ingredients together. Cut or chop the lard into these until the mixture resembles corn meal in appearance. Add the milk slowly to the other ingredients until it will drop from the spoon, stirring *as little as possible*. Drop from a spoon on to a baking sheet oiled with lard and bake at 450° F. (hot oven).

DROP BISCUITS (Sour Milk—Serves 12)

Flour 1 qt.	Salt 1 $\frac{1}{4}$ ts.
Baking powder 4 ts.	Lard 4 tb. (scant)
Soda 1 ts.	Sour milk or
	buttermilk 1 pt.

Sift the dry ingredients together. Cut in the lard and add sour milk. *Stir as little as possible*. Drop from a spoon on to a baking sheet oiled with lard and bake at 450° F. (hot oven).

SHORT CAKE (6-8 Servings)

Flour 2 c.	Sugar 2 tb.
Baking powder 4 ts.	Lard 4 tb.
Salt $\frac{1}{2}$ ts.	Milk $\frac{3}{4}$ c.

(It takes at least 2 pints of berries for this amount of short cake)

Sift the dry ingredients and cut in the cold lard. Add milk. Roll to $\frac{1}{4}$ inch thickness and spread half with melted butter or lard. Put other half on top and bake 10-12 minutes at 450° F. (hot oven).

Individual shortcakes may be made by cutting with a cookie cutter (about $2\frac{3}{4}$ inches in diameter) and placing one piece on top of another with butter or lard between.

When baked, split open and place sweetened strawberries or sliced peaches on lower half with fruit on top of it; then the other piece of shortcake and fruit over the whole.

Serve with cream or whipped cream.

CHICKEN OR TURKEY SHORTCAKE

Omit the sugar from the shortcake recipe. Use a well-seasoned creamed chicken or turkey and prepare a chicken or turkey shortcake. Garnish the top of the shortcake with cranberry jelly.

BEATEN BISCUITS

(2 dozen Biscuits $1\frac{1}{2}$ inches in Diameter)

Flour, soft wheat, 1 qt.	Lard 4 tb. (scant)
Salt 1 ts.	Water $\frac{3}{4}$ c. or enough to form a very stiff dough

Sift the flour and salt together. Cut in the cold lard with 2 knives or spatulas. Add cold water to form a very stiff dough. Use about 1 tb. of flour on the board. Beat the dough with a wooden potato masher, constantly folding the dough over and over, using about 2500 strokes or about 20 minutes of *continuous beating*; or put the dough through a beaten biscuit machine about 150 times. Roll the dough to $\frac{1}{2}$ to $\frac{3}{4}$ inch thick. Cut with a floured beaten biscuit cutter, or small biscuit cutter and prick with a fork. Bake on a slightly oiled baking sheet at 350° F. (slow oven) for about 20 minutes. Serve hot or cold.

LIGHT BREADS AND ROLLS

LIGHT BREAD

(Using Compressed Yeast—1-pound Loaf)

Flour, soft wheat*, $3\frac{1}{2}$ c.	Sugar 4 ts.
Water $\frac{3}{8}$ to $\frac{3}{4}$ c. (for soft wheat flour)†	Lard 1 ts.
Yeast 1 cake compressed	Salt 1 ts.

Success in breadmaking depends largely upon the use of proper amount of liquid. Follow directions carefully.

Measure the sugar into a bowl. Break up the yeast and add to sugar. Be sure yeast is fresh. The yeast should be only slightly moist, breaking with a clean fracture.

Add $\frac{1}{2}$ cup of lukewarm water (about 90° F.) to the sugar and yeast; set in a warm place for 30 minutes, preferably in a pan of warm water rather than too near intense heat. Keep temperature of mixture even (80°-90° F.).

Sift flour and measure into bowl; set in warm place, preferably in warming oven or over hot water. Flour should be warmed only slightly (80°-90° F., lukewarm), to prevent chilling yeast mixture and retarding fermentation.

*About 3 cups before sifted.

†Directions for determination of correct amount given below.

When sugar, yeast, and water have been fermenting almost 30 minutes, measure the lard into mixing bowl and place in oven to melt. Measure salt, and add to lard.

At the end of 30 minutes, the yeast mixture *should be foamv*. Stir yeast mixture thoroughly and add to salt and lard. Add enough to the warmed flour to make a thin batter; beat thoroughly for one minute. Add remainder of flour gradually.

Measure $\frac{1}{4}$ cup lukewarm water; add liquid slowly and carefully until a soft dough is formed, half to one-third of water last measured will usually be sufficient; about $\frac{5}{8}$ to $\frac{3}{4}$ cup of liquid is usually required for $3\frac{1}{2}$ cups of soft wheat flour. The dough should be so soft that quick handling is necessary to prevent sticking to fingers and board. It should be just stiff enough to hold its shape. Soft wheat flour requires a soft dough for best results.

(After the first baking from each sack of flour, the amount of water recorded as correct may be added all at once to the sugar and yeast.)

Turn the dough out on the board to knead. If correct amount of liquid has been used, the bowl will be left quite clean, and the dough is soft, smooth, velvety and elastic. This first kneading, including both mixing and kneading, requires 10 to 20 minutes. Evenness and rapidity of stroke in kneading count more than strength. Avoid chilling the dough during the process.

Place the dough top-side-down in a slightly greased and warmed mixing bowl to grease the top surface, then turn the dough over. Cover closely with plate or lid. Set to rise in a warm place, as in warming oven or over hot water, keeping the dough warm, until *double in bulk*, which will require 45 or 50 minutes.

Turn the dough out on board, again using no flour and leaving bowl clean. Knead very gently but thoroughly until large gas bubbles are broken and small gas bubbles are evenly distributed. About two minutes for one loaf of bread is sufficient. Avoid excessive kneading at this point.

Mold quickly into smooth loaf. Great care should be taken to form a smooth top surface and to seal all foldings of the dough on the under side. Place the molded dough top-side-down in a well greased, slightly warmed pan; turn loaf over. All surfaces will thus be slightly greased. Cover with an inverted bread pan of the same size (about $8\frac{1}{2} \times 4 \times 3$ inches for a pound loaf).

Set again in a warm place to rise. Let rise to *almost three times its original bulk*, requiring about 70 minutes.

Place the bread in a moderately warm oven (350° F.) for ten minutes, allowing dough to finish rising in oven. Increase the heat after ten minutes to a hot oven (400° to 420° F.). Keep this temperature 25 minutes—a total baking period of 35 minutes. The finished loaf should be of golden brown color and should shrink from the pan.

Remove bread from pan as soon as baked. Stand the loaf on end so all parts cool quickly. After thoroughly cool, store in tin box or stone jar and cover closely.

LIGHT ROLLS

Rolls require less time for both rising and baking. Pinch off portions of dough made from the recipe above or from the Raisin Bread recipe below (omitting the raisins). Knead until smooth and make into balls, the size varying from that of a walnut to that of an egg, according to preference. For rolls with little crust, the balls should be placed close together in a well greased bread pan and allowed to treble in bulk. If the dough is made into balls the size of an egg (about 8 to a pound-loaf pan), the rolls when trebled will come above the top of the pan and should be baked as bread in a moderately warm oven for 10 minutes, increased to a hot oven for about 25 or 30 minutes. When baked, remove to rack to cool.

If rolls with more crust are desired, place the balls about an inch apart on a baking sheet or in a shallow pan. Let rise to double or treble in bulk, depending upon the degree of lightness and the size desired. Bake in a moderate to hot oven (410° - 420° F.) 20 to 25 minutes.

Dough may be rolled three-fourths inch thick and cut with a biscuit cutter or shaped into small biscuits. Then place biscuits in rows on a floured board, cover with a cloth and let rise until at least double in bulk. Make a crease through the center of each roll by means of the floured handle of a wooden spoon. Press the sides together and place close in a greased shallow pan, pressed edges forming the top surface. Brush lightly with melted lard, cover, let rise until very light and bake 15-20 minutes in a hot oven (400°-450° F.)

CLOVER-LEAF ROLLS

Pinch off small pieces of dough the size of a marble. Shape into smooth, round balls by rolling between the palms of the hands. Place three balls together in each compartment or cup of a muffin pan, previously greased. The cups should be not more than half full. Brush over the surface lightly with melted lard. Let rise until treble in bulk and bake about 20-25 minutes in a hot oven (400°-450° F.).

BREAD-STICKS OR FINGER ROLLS

Take a small piece of dough and roll between the palms of the hands until round, then roll with the hand on a board until four inches long and the thickness of a large lead pencil. Place in greased bread-stick pans, or an inch apart on a baking sheet or shallow pan. Let rise until trebled in bulk and bake for about 20 minutes in a moderately hot oven. For very crisp salad rolls, the heat of the oven should be reduced after rolls are brown, and they should be baked longer. Additional salt may be used in the beginning or worked into the dough, and the sticks sprinkled with salt before baking.

PARKER-HOUSE ROLLS

Use plain bread dough or increase both sugar and lard to two tablespoons for the recipe calling for $3\frac{1}{2}$ to 4 cups sifted flour. Roll the dough into a sheet $\frac{1}{3}$ inch thick; cut with a biscuit cutter, first dipped in flour. Brush each biscuit lightly with melted lard, crease through the center, fold one half over the other, and press edges together firmly. Place in greased pan one inch apart, brush surface lightly with melted fat, cover and let rise until at least double in size. Bake in hot oven 15 to 20 minutes, according to the size of the rolls. Rolls will part slightly as they rise, and if hastened in rising are likely to lose their shape.

CINNAMON ROLLS

Use plain or rich bread dough as suggested above. When it is ready for molding, take a portion of it, place on a slightly floured bread board, and roll into a rectangular sheet one-half inch in thickness. Pull the dough out to form four corners and keep the sheet in this shape. Spread lightly with softened butter or lard, sprinkle with sugar and cinnamon. Roll like a jelly roll, keeping the corners square; cut into inch slices; place close together on greased baking sheet, cut side up. Brush surface very lightly with melted fat, cover and let rise until trebled in bulk. Sprinkle the top with chopped nuts, or brush with a mixture of milk and sugar. Bake for 20 to 25 minutes in a moderately hot oven (about 400° F.). The rolls may be baked without the sugar and milk coating, and this added a few minutes before rolls are taken from the oven. Currant rolls may be made by substituting currants for the cinnamon.

MRS. BRADY'S ROLLS

Lard $\frac{1}{2}$ c.
Mashed Potatoes $\frac{1}{2}$ c.
Milk 1 pt.

Heat the milk and pour on the potatoes and lard and run through a strainer. Cool to lukewarm and add compressed yeast, 1 cake, moistened in a tablespoon of lukewarm water. Add:

Salt $\frac{1}{2}$ ts.	Soda $\frac{1}{4}$ ts.
Sugar $\frac{1}{2}$ c.	Flour, soft wheat, to make a <i>batter</i>
Baking Powder 1 ts.	

Let rise $2\frac{1}{2}$ hours in a warm place. Add flour to make a *soft dough*. Roll and

cut with biscuit cutter or make into rolls. Let rise in a warm place until they double their bulk. Bake 20 min. at 400° F. (Moderate oven).

RAISIN BREAD

Compressed yeast $\frac{3}{4}$ cake	Sugar 2 tb.
Liquid $\frac{3}{4}$ c.	Lard 2 tb.
Salt $1\frac{1}{4}$ ts.	Flour, soft wheat, $3\frac{1}{2}$ -4 c.
Raisins $\frac{3}{4}$ c.	

Since milk absorbs less flour than does water, care must be taken not to make the dough too stiff. The dough should be especially soft in order that the raisins may be kneaded in easily. Prepare the dough by the straight dough, quick method. When ready to mold, add the raisins which have been separated and dredged with flour. Knead in until raisins are evenly distributed. They should not appear on the surface of the bread if it is possible to knead them in as they will burn when bread is baked and give it a burnt flavor. Place dough in greased pan, brush surface lightly with melted lard, press dough gently into corners of pan, set in warm place and let rise until almost trebled in bulk (above top of pound-loaf pan). This will require $1\frac{1}{2}$ hours or more. Bake for 10 minutes at 350° F. and for 35-40 minutes at 410°-420° F. (moderate oven). Since the large amount of sugar causes the crust to brown quickly, the bread should be covered with paper or an inverted bread pan when the crust has attained the desired color, or the temperature may be reduced and a longer baking period allowed.

MRS. DIZMANG'S EGG ROLLS

Warm Water $1\frac{1}{2}$ c.	Hard Wheat Flour to make a
Sugar 1 ts.	drop batter (The method used
Dried Yeast $\frac{1}{2}$ to 1 cake	here will not do with soft wheat
	flour).

Add the sugar and yeast to the *lukewarm* water, then beat in sufficient flour to make a drop batter. Cover and let rise in a warm place until light and foamy, the time depending upon the amount of yeast used. (A sponge with the smallest amount of yeast should be very light when left over night).

Add the following:

Scalded milk 1 c.	} Mix until smooth, cool to lukewarm.
Hard Wheat Flour 2 tb.	
Sugar $\frac{3}{4}$ c.	
Eggs 2	
Lard $\frac{1}{3}$ c.	
Salt $2\frac{1}{2}$ ts.	
Hard Wheat Flour to make a medium stiff dough.	

Combine as for light bread. Knead well, put into a slightly greased bowl, cover, and put in a warm place until the dough trebles its bulk. This requires about 3 hours. Knead again and allow the dough to again treble its bulk, about 2 hours. Mold into balls and place in an oiled pan in a warm place to rise, about 2 hours. Bake at 350°-375° F. (moderate oven) for 25 to 30 minutes.

CAKES

(See recipe and method for plain cake, pages 11 and 12)

ONE-EGG CAKE

(One small loaf cake or one layer of layer cake)

Lard (scant) $\frac{1}{4}$ c.	Milk $\frac{1}{2}$ c.
Sugar $\frac{1}{2}$ c.	Flour, soft wheat, $1\frac{1}{2}$ c.
Egg 1	Baking powder $2\frac{1}{2}$ ts.
Flavoring	Salt $\frac{1}{2}$ ts.

Use the modified conventional method of mixing, beating the egg without separating. Bake in a pan which has been well oiled at an oven temperature of 375° F. (moderate oven).

VARIATIONS OF ONE-EGG CAKE

Many variations are possible, using this recipe as the foundation. Below are suggestions:

Spice Cake.—Sift with dry ingredients: Cinnamon 1 ts., Ground Cloves $\frac{1}{4}$ ts., Grated Nutmeg $\frac{1}{2}$ ts.

Cocoa Cake.—Sift 3 or 4 tablespoons cocoa with flour with the same amount of flour omitted.

Brown Sugar Cake.—Use brown sugar, packing firmly, instead of granulated.

Date or Raisin Cake.—Add the chopped fruit, which has been dredged in part of the flour.

Nut Cake.—Add $\frac{1}{4}$ to $\frac{1}{2}$ cup chopped nut meats, dredged in a part of the flour, after the cake is well mixed. The fat should be decreased by one-half the amount of nuts used.

APPLE BUTTER NUT CAKE (or Apple Sauce Cake)

Lard $\frac{1}{2}$ c. (scant)	Flour $1\frac{3}{4}$ c.
Sugar 1 c.	Salt $\frac{1}{4}$ ts.
Egg 1	Soda 1 ts.
Raisins 1 c.	Hot apple butter or
Nuts 1 c.	apple sauce 1 c.

Cream the lard and sugar together, add the beaten egg and continue to beat. Add the nuts and raisins, chopped and floured. Add the dry ingredients (flour, soda, salt) which have been sifted together; then the hot apple butter or sauce. Bake in layers at 375° F. (moderate oven). Put together with apple butter or apple sauce, and sift powdered sugar over the top. Serve with a fork.

NUT SPICE CAKE

(For Loaf Cake and Cup Cakes)

Lard 7 tb.	Cloves $\frac{1}{2}$ ts.
Brown Sugar 1 c.	Grated Nutmeg $\frac{1}{4}$ nut
Molasses $\frac{1}{2}$ c.	Raisins, seeded and cut
Eggs (yolks) 4	into pieces, 1 c
Sour Milk 1 c.	Currants $\frac{1}{2}$ c.
Flour $2\frac{1}{2}$ c.	English Walnuts, cut
Soda 1 ts.	into pieces, $\frac{1}{2}$ c.
Cinnamon 1 ts.	Baking Powder $1\frac{1}{2}$ ts.

Cream lard, add sugar and continue creaming. Add molasses, yolks of eggs beaten until light and lemon-colored, and sour milk. Mix and sift soda, baking powder and spices. Add raisins, currants, and nut meats, well floured. Fill greased muffin pans two-thirds full and bake in a moderate (350°-375° F.) oven forty to fifty minutes, or bake in layers about an hour—depending upon the size or depth of the pans. Ice with any desired icing or serve without icing.

MRS. AVERY'S DATE CAKE

Lard $\frac{1}{3}$ c.	Vanilla $\frac{1}{2}$ ts.
Sugar 1 c.	Chopped Dates 1 c.
Egg 1	Boiling Water 1 c.
Flour 2 c.	Soda 1 ts.

Mix as you would any plain cake and bake at 350° F. (slow oven).

CUP CAKES (About 12 Cup Cakes)

Lard $\frac{1}{2}$ c.	Milk $\frac{1}{2}$ c.
Sugar $\frac{3}{4}$ c.	Flour $1\frac{1}{8}$ c.
Eggs 2	Baking Powder $2\frac{1}{2}$ ts.

Combine as for any other cake. Fill well oiled muffin pans three-fourths full and bake 25-30 minutes at 375° F. (slow to moderate oven). Chocolate icing may be used.

CHRISTMAS FRUIT CAKE (About 6 lbs.)

Lard $\frac{1}{2}$ lb.	Nuts 1 c.
Sugar $\frac{1}{2}$ lb.	Cinnamon 1 tb.
Sorghum 1 c.	Nutmeg $\frac{1}{2}$ ts.
Eggs 5	Salt $\frac{1}{2}$ ts.
Flour 4 c.	Sour Milk $\frac{1}{2}$ c.
Raisins 1 lb.	Cider or Fruit Juice $\frac{1}{2}$ c.
Currants 1 lb.	Tart Jelly $\frac{1}{2}$ c.
Citron $\frac{1}{4}$ lb.	Soda $\frac{1}{2}$ ts.

Chop the fruits and nuts. The citron is best if cut in fine shreds of about 1/16 inch. If almonds are used, blanch before chopping. Dredge the fruits and nuts with 1 cup of the flour and sift the rest of the flour with the dry ingredients.

Cream the lard and sugar, add the sorghum and continue creaming, then the beaten yolks of eggs. Add the flour mixture and the rest of the liquids alternately until all are combined. Add fruits and nuts and fold in the stiffly beaten whites last. Pour into loaf or tube pans which have been lined with paper and well oiled with lard. The tops may be decorated with nuts and fruits. Bake at 275° F. (very slow oven), for 3 to 3 $\frac{3}{4}$ hours, depending upon size pans used.

When thoroughly cool, store in tin with apples or other moist fruits.

COOKIES

"JIM'S" DROP COOKIES

Brown sugar 1 c.	Soda 1 ts. dissolved in
White sugar $\frac{1}{2}$ c.	1 tb. hot water
Lard (melted) $\frac{1}{2}$ c.	Raisins $\frac{1}{2}$ c.
Eggs (beaten together) 2	Nuts $\frac{1}{2}$ c.
Nutmeg 1 ts.	Flour, until very stiff,
Cloves $\frac{1}{2}$ ts.	about 3 c. or enough
Cinnamon 1 ts.	to hold shape when
	dropped

Combine in the order given, drop by teaspoonfuls on to a baking sheet oiled with lard, and bake at 350° F.

COCOA FRUIT COOKIES

(About 3 dozen Cookies 2 inches in Diameter)

Lard $\frac{2}{3}$ c.	Raisins, cut in two and
Brown sugar 1 c.	dredged with flour, 1 c.
Flour $2\frac{1}{2}$ c. or more to make	Salt $\frac{1}{2}$ ts.
very stiff	Baking powder 1 ts.
Cocoa $\frac{1}{4}$ c.	Eggs 2
Nuts (chopped) $\frac{1}{2}$ c.	

Sift dry ingredients and add to creamed fat and sugar. Add well beaten eggs, nuts, and raisins. Add enough more flour to make a stiff, drop mixture, one which

will not spread when dropped on back of greased pan. Heap each portion high on a small space on greased pan so that the heat of the oven makes them spread only slightly. Bake in moderately hot oven for 15 to 20 minutes (350°-400° F.).

ROLLED COOKIES, OR ICE BOX COOKIES

Lard 7 tb.	Salt $\frac{1}{2}$ ts.
Sugar 1 c.	Baking powder 2 ts.
Egg 1	Vanilla 2 ts.
Milk $\frac{1}{4}$ c.	Flour $2\frac{1}{4}$ - $2\frac{1}{2}$ c.

Cream together the lard and sugar, add the well beaten egg and the milk and flavoring. Sift together $2\frac{1}{4}$ cups of flour, the salt and the baking powder. Combine with the liquid ingredients. *Add enough more flour to make a stiff dough which can be rolled.* Chill before rolling so that less flour will need to be added and the cookies will be more tender. Roll only a small quantity of the dough at a time and keep all the dough as cool as possible. Use enough flour on board to roll out, but brush off any superfluous flour from the surfaces before baking. Roll $\frac{1}{8}$ - $\frac{1}{4}$ inch thick according to preference. Bake on lightly greased baking sheets or on back of dripping pans at a temperature of 400°-450° F. (hot oven), for 5-15 minutes, according to size and thickness of cookies. Remove from pans when slightly cooled. Dough may be shaped into a roll, chilled thoroughly in refrigerator, and then sliced, place cut side down on the baking sheet and bake as above.

SOUR MILK COOKIES

Lard $\frac{1}{8}$ c.	Soda $\frac{1}{2}$ ts.
Sugar 2 c.	Flavoring 1 ts.
Eggs 2	Flour 4 to 6 c.
Sour milk 1 c.	

Cream lard and sugar. Add eggs and beat well. Add the flour and sour milk alternately. Chill several hours or over night. Roll to $\frac{1}{8}$ to $\frac{1}{4}$ inch thick. Cut and bake at 425° F. (hot oven) for 8 minutes.

This makes 100-125 *thin* cookies.

CRISPS (50 Tea Cakes)

Lard <i>scant</i> $\frac{1}{2}$ c.	Vanilla $\frac{1}{2}$ ts.
Sugar $\frac{1}{2}$ c.	Flour $\frac{3}{4}$ c.
Egg 1	Rolled oats $\frac{1}{2}$ c. or more

Cream the lard, add the sugar and cream well. Add egg, unbeaten, and mix thoroughly. Add the vanilla, flour and rolled oats.

Drop by teaspoonfuls on to a pan, oiled with lard. If preferred, flatten these with a spatula dipped in cold water and place a nut meat on each. Bake at 300° F. (slow oven) for 35 minutes.

DATE COOKIES

Lard $\frac{1}{2}$ c.	Hot water 4 tb.
Sugar 1 c.	Cloves $\frac{1}{2}$ ts.
Eggs 2	Cinnamon 1 ts.
Dates 1 lb. cut fine	Salt $\frac{1}{2}$ ts.
Nuts $\frac{1}{4}$ lb. chopped	Flour 2 c. or enough
Soda 1 ts.	to drop

Cream the lard and sugar. Add the egg and beat. Stir in the chopped and floured dates and nuts. Dissolve the soda in the hot water and add slowly. Add the dry ingredients (flour, spices, salt) which have been sifted together. Drop by teaspoonfuls on to a baking sheet greased with lard. Bake at 375° F. (moderate oven).

CHRISTMAS COOKIES (20 lbs.)

Lard 2 c. or 1 lb.	Nuts 2 c.
Sugar 2 c.	Cinnamon 5 ts.
Sorghum 4 c.	Cloves, ground 2½ ts.
Sour milk 2 c.	Soda 2 ts.
Flour 5 qts.	Salt 1 ts.
Raisins 2 c.	

Combine the lard, sugar, and sorghum by melting (*don't boil*) and beating together. Cool. Add the chopped nuts, and raisins. Sift the spices, salt and soda with the flour. Add the flour and milk alternately. Chill the dough in the refrigerator over night. Roll to ¼ inch thick and cut in any desired shape. Bake until slightly browned at 350° F. (slow oven). When cold, store in tin with apples.

PASTRY

PLAIN PASTRY (For a Single-crust Pie)

Flour 1 c.	Ice Water 3 tb.
Lard 3-4 tb.	Salt ½ ts.

Have the ingredients *cold* and the room and hands as cool as possible. Leave 1 tablespoon of the flour out for rolling, and sift the flour with the salt. Cut in the *cold* lard with two spatulas or a pastry cutter to about the size of navy beans. Add the ice water (small amount at a time) mixing it quickly and evenly through the flour and lard with a fork, until the dough just holds together in a ball. If time permits, chill before rolling. Turn on to a *slightly* floured board, and roll from the center out in each direction with *swift, light* strokes, turning it over occasionally to prevent sticking. Roll until the dough is 1-16 inch thick and transfer to a pie pan by folding half the dough over on top of the other half. Do not stretch the dough but press it firmly to the tin. Trim off the extra crust with a knife. Prick a single crust with a fork to prevent blistering. Bake at 450°-475° F. (hot oven), for 10 minutes.

APPLE PIE

Tart apples 6 or enough to fill crust	Sugar ½ or more c.
Butter 2-4 tb.	depending on apples

Line a pie tin with pastry. Pare and slice the apples in *thin* slices. Arrange the sliced apples in alternate layers with the sugar, filling the pie tin quite full. Dot over well with butter. Cover with a top crust, using either the entire crust or strips. Bake at 400° F. (moderate oven) until the apples are cooked and the crust slightly browned. Serve hot with cheese.

If the apples are tasteless, a small amount of lemon juice and grated lemon rind will improve the flavor.

If desired, small amounts of cinnamon and nutmeg may be cautiously used. Too much nutmeg will mask the apple flavor.

DEEP-DISH CRANBERRY PIE

Cranberries 3 c.	Sugar 1½ c.
Water 1 c.	Salt ¾ ts.

Boil the cranberries in the water until they "pop". Add sugar and salt. Cool somewhat. Pour into a deep pie dish. Cover with a layer of plain pastry, fitting pastry firmly over edge of dish. (The pastry should be slashed to allow escape of steam). Baked at 450° F. for 15 minutes.

CHOCOLATE PIE

Filling

Milk 2 c.	Bitter chocolate 2 squares
Flour 3 tb.	Sugar $\frac{3}{4}$ c.
Egg yolks 2	Salt $\frac{1}{8}$ ts.
	Vanilla 1 ts.

Meringue

Egg Whites 2	Salt $\frac{1}{8}$ ts.
Sugar 4 tb.	Vanilla $\frac{1}{2}$ ts.

Filling.—Mix the sugar, salt, and flour. Add scalded milk and chocolate which was melted over hot water. Bring to the boil. Cool somewhat, and stir in slightly beaten yolks. Finish cooking in the double boiler so as not to overcook the eggs. Add the vanilla. Fill a previously baked pie shell.

Meringue.—Add the salt to the egg whites and beat until the eggs are stiff. Gradually add the sugar and continue beating until all the sugar is used. Add vanilla. Pile lightly on the filled crust, leaving the meringue in peaks, or at least rough on top. "Set" the meringue in a slow oven (250° to 300° F.). Too hot an oven will produce a tough, watery meringue.

LEMON CHIFFON PIE

Egg yolks 3	Boiling water 3 tb.
Sugar 1 c.	Egg whites 3
Lemon (grated rind and juice) 1	Salt $\frac{1}{8}$ ts.

Beat yolks until light and lemon colored. Add half the sugar gradually, and the grated lemon rind and juice, then the boiling water. Cook over hot water *until the mixture coats a spoon*. Add the salt to the egg whites, and the rest of the sugar to the stiffly beaten whites; carefully fold into the custard. Pour into a baked crust and place in an oven at 250° F. (slow oven) until it is thoroughly "set" and slightly browned.

MRS. MOORE'S PUMPKIN PIE (one 9 inch pie)

Milk 1 c.	Cinnamon 1 ts.
Pumpkin, cooked or canned, $1\frac{1}{2}$ c.	Ginger $\frac{1}{2}$ ts.
Sugar $\frac{3}{4}$ c.	Cloves $\frac{1}{4}$ ts.
Eggs 2	Flour 1 ts.
	Vanilla $1\frac{1}{2}$ ts.

Thoroughly mix sugar, flour and spices; add to the pumpkin. Beat the eggs and stir into the milk. Combine the two mixtures and add the vanilla. Line a pie pan with pastry and brush over with slightly beaten egg white. Place in an oven at 450° F. (hot) for 5 min. or until egg white is set. Pour pumpkin mixture into crust and bake for 10 min. at 450° F. and then reduce temperature and bake for 30 min. at 350° F. (slow) or until custard is set.

CHEESE CAKE OR CHEESE PIE

Line a *deep* pie tin with ordinary pie crust. Brush over with white of egg to prevent the crust becoming soggy from the filling. Put in the following filling and bake together:

Grated American (or Cottage) cheese 1 lb.	Eggs 2 or yolks 4
Milk (whole) 1 c.	Salt $\frac{1}{4}$ ts.
Flour $\frac{1}{4}$ c.	Juice and grated rind of 1 lemon
Sugar $\frac{1}{2}$ c.	

Mix sugar, flour and salt. Add hot milk and boil 1 minute. Remove from the fire, stir in grated cheese and then the beaten eggs. Stir in lemon. Pour into crust and bake 10 minutes at 450° F. (hot oven), 30 minutes at 300° F. (slow oven). Serve cold.

LOUISE MOORE'S SWEET POTATO PIE

Milk 1 c.	Cinnamon 1 ts.
Sweet potato, cooked and sieved, $\frac{3}{4}$ c.	Ginger $\frac{1}{2}$ ts.
Sugar $\frac{1}{2}$ c.	Nutmeg $\frac{1}{2}$ ts.
Eggs 2	Cloves $\frac{1}{4}$ ts.
	Flour 1 ts.
	Vanilla $1\frac{1}{2}$ ts.

Follow directions as given for pumpkin pie.

FRIED FOODS

Since smoking fat is burning fat, some other test for frying temperatures is necessary to obtain the best results. The use of a thermometer is of course the most accurate method. Without a thermometer the following bread tests may be used:

Fat at 350° F. will brown a cube of bread in not less than one minute.

Fat at 360° F. will brown a cube of bread in one minute.

Fat at 370° F. will brown a cube of bread in about 40 seconds.

A deep frying kettle and wire basket are essentials for deep fat frying.

POTATOES FRIED IN DEEP FAT

Potato Chips.—Slice peeled potatoes *crosswise* as thin as paper, using either a sharp paring knife or better still, a mechanical vegetable slicer. Wash through several waters to remove starch. Cover with cold water until ready to fry. Dry thoroughly between towels and fry a few at a time in a wire basket lowered into deep lard, heated to 360° F. (brown a cube of bread in 1 minute or less). Stir occasionally with a fork. Remove from fat *before* reaching the desired color because the chips brown somewhat after removal. Drain thoroughly on unglazed paper and salt while hot. Serve hot or cold.

Shoestring Potatoes.—Cut peeled potatoes with a knife or slicer into *strips* 3 inches long by $\frac{1}{8}$ inch across. Wash thoroughly and let stand in cold water. Dry thoroughly, and fry in deep lard heated to 360° F. (brown a cube of bread in 1 minute) until a golden brown. Drain, salt, and serve immediately.

French Fried Potatoes.—Cut peeled potatoes into *strips* with a knife or slicer, about $\frac{1}{2}$ inch across. Wash, and soak in cold water. Dry thoroughly and fry about one cupful at a time in deep lard heated to 350° F. (brown a cube of bread in *not less than* 1 minute). Drain, salt and serve immediately while hot and crisp.

FRENCH FRIED ONIONS

Onions, medium-sized, 6	Egg 1
Flour 1 c.	Salt $\frac{1}{4}$ ts.
Milk 1 c.	Lard

Peel the onions, slice in $\frac{1}{8}$ inch slices and separate into rings. Make a batter of the flour, milk, egg and salt. Dip the onion rings into the batter. Heat deep lard to 360° F. (brown a cube of bread in 1 minute). Place the onions in the frying basket, lower into the hot fat and fry until a golden brown. Drain thoroughly. Serve hot. (These remain crisp and may be reheated and used another day in the same way as potato chips.)

CORN FRITTERS—No. 1 (1 dozen Fritters)

Flour, soft wheat, $2\frac{1}{8}$ c.	Egg 1
Baking powder 2 ts.	Lard 1 tb.
Salt $\frac{1}{2}$ ts.	Whole grain corn, <i>thoroughly drained</i>
Milk (or milk and liquor from corn) 1 c.	2 c.

Mix and sift dry ingredients. Beat the egg and add the liquid and melted fat. Pour the liquid gradually into the dry ingredients, stirring as little as possible. Stir in the drained corn.

Drop by spoonfuls into deep lard heated to 350°-360° F. (brown a cube of bread in not less than 1 minute). Fry from 3 to 5 minutes until cooked through and a golden brown. A rounded tablespoon of batter will make a fritter about 2½ by 1½ by 1 inch, which will cook thoroughly and brown in 5 minutes.

Serve hot with broiled or fried chicken.

CORN FRITTERS—No. 2 (More egg, less corn)

Flour 1 c.	Paprika ¼ ts.
Baking powder 2 ts.	Eggs 2
Sugar 2 tb.	Cream style corn 1 c.
Salt ½ ts.	Lard 2 ts.

Sift dry ingredients together. Beat egg slightly and add milk, melted lard and corn. Gradually add the liquid ingredients to the dry. Drop by spoonfuls into hot fat as in the recipe above.

APPLE OR BANANA FRITTERS (Cover batter)

Flour 1 c.	Milk ¾ c.
Baking powder 1 ts.	Egg 1
Sugar 1 tb.	Lard 1 ts.
Salt ½ ts.	Bananas or apples peeled and cut in desired shapes and sizes

Combine the flour mixture as any other batter. Dip fruit (banana cut in halves or fourths, and apple into eighths) into the cover batter and drain somewhat. Fry in deep lard as the fritters above.

Apple fritters are attractive made by slicing the cored apples in half-inch slices, resembling doughnuts.

Powdered sugar may be sifted over these fritters before serving.

DOUGHNUTS

(3 dozen Doughnuts, 3 Inches in Diameter)

Flour 6½ c.	Salt 1 ts.
Baking powder 5 ts.	Lard 2 tb.
Eggs 2 large or 3 very small	Nutmeg ½ ts.
Sugar 1 c.	Cinnamon ½ ts.
	Milk 1 c.

Remove a small portion of the flour for rolling. Sift the flour and baking powder together twice. Combine the thoroughly beaten eggs, sugar, salt, spices, and melted lard, mixing until light and fluffy. Add the flour and milk alternately, one-third of each at a time. Roll the dough on a floured board to ⅜ inch thick and cut with doughnut cutter. Fry in lard heated to 350° F. (brown a cube of bread in not less than 1 minute) until a golden brown (about 2 min. on each side). Drain. Roll in sugar while hot.

RICE-CHEESE CROQUETTES

Cooked Rice 2 c.	Milk 1 tb.
Ketchup or Chili Sauce 4 tb.	Egg 1
Parsley—chopped fine 1 tb.	Sifted crumbs
Grated Cheese ½ c.	Lard for frying

Mix the rice, ketchup and grated cheese in a double boiler until the cheese is melted. Shape the mixture into croquettes using 2 spatulas. Roll in crumbs, dip in the beaten egg diluted with the milk, and again in the crumbs. Fry in deep lard at a temperature of 350° F. (brown a cube of bread in not less than 1 min.) until a golden brown.

FRIED CHICKEN—SOUTHERN STYLE

Select young chickens with at least one-third the breast bone cartilage. Cut into individual servings, wash, drain and season with salt and pepper. Roll in flour or corn meal until there is a good coating all over each piece. Brown in small amount

of hot lard (300°-325° F.), turning frequently, until each piece is a *golden brown* color. Reduce the heat and cook *very slowly* for a total of 20 minutes, depending upon the size of the pieces.

Gravy should be made in the *frying pan in which the chicken was fried*, using milk as the liquid, with one and one-half to two tablespoons of flour (and an *equal* amount of fat in which the chicken was cooked) to each cup of milk, seasoning as desired.

DEEP-FAT FRIED CHICKEN

For variety, young, tender chicken may be fried in deep fat. It may be disjointed, cut in fourths, or divided into halves, according to the size of the chicken or according to preference as to style of cutting. Each piece should be seasoned, and coated in flour, corn meal, or diluted egg (1 tb. liquid to 1 egg) and crumbs. The egg and crumbs give the most desirable coating for deep fat frying.

Fry in deep lard heated to 300° F. until the chicken is tender and a golden brown color.

CITY DRUMSTICKS

Pork steak, cut 1 in. thick, 1 lb.	Flour $\frac{1}{3}$ c.
Veal steak, cut 1 in. thick, 1 lb.	Skewers 6 wooden
Salt $\frac{3}{4}$ ts.	Lard $\frac{1}{3}$ c.
Pepper	Onion

Cut meat into $1\frac{1}{2}$ -in. squares (1 inch thick). Season. Arrange the pork and veal alternately on the skewers. Roll in flour. Fry in lard, as you would chicken legs. After the meat is browned on all sides, add a little chopped onion and *cover closely* and cook until the meat is tender. Serve with gravy made in the skillet in which the meat was cooked.

FRIED FISH

Fish may be fried in a small amount of fat or in deep fat. For either it should be seasoned with salt and pepper and coated with corn meal, flour, or egg and crumbs.

Heat lard to 325°-350° F. (brown a cube of bread in slightly over 1 minute) and cook the fish until hot through and a golden brown color. (Since fish is much more tender than chicken, it does not need so long cooking).

Serve with lemon.

LIVER A LA MADAM BEGUE

Remove membrane from liver, if necessary, and cut into 1 to $1\frac{1}{2}$ -inch cubes. Marinate for 30 minutes or longer in a well seasoned French dressing, using twice as much oil as vinegar. Fry in deep lard at 350° F. until well browned. Serve piled on a plate and garnished with parsley and lemon.

OVEN-FRIED LIVER WITH ONIONS OR BACON

Remove membrane from liver, if necessary, and slice $\frac{1}{2}$ to $\frac{3}{4}$ inch thick. Roll in seasoned flour and place in a pan in a small amount of hot lard. Put in a hot oven to brown, turning at least once. When well seared, decrease the oven temperature and cook until well done. Serve with onions fried in lard or with strips of crisp bacon.

FRIED LIVER

Remove membrane from liver, if necessary, and cut in one-inch cubes. Salt, roll in egg and crumbs and fry in deep lard at 350° F. Serve with French fried onions (see page 25) which may be cooked in the same lard after the liver is finished.

BRAIN OYSTERS

Brain 1	Salt
Eggs 2	Bread Crumbs
Milk 2 tb.	Parsley

After the brain has been parboiled, separate into pieces about the size of large

oysters. Dip in slightly-beaten egg, to which one tablespoonful of milk has been added, and then roll in seasoned crumbs, again in egg, and again in the crumbs. Fry in deep lard at 350° F. until a golden brown. Serve hot, garnished with slices of hard-cooked egg and parsley.

SPANISH KIDNEY

Tomato 6 slices

Beef kidney 1 or lamb or pork kidneys 3 pairs

Cut beef kidney in six pieces (split open each lamb or pork kidney) and remove the white tubes and fat. Soak in cold water 30 minutes.

Melt a small amount of lard in iron frying pan and add slices of tomato. Arrange kidneys on top of each slice. If lamb or mutton kidneys are used, they may be held open with a skewer. Place a square piece of bacon over each kidney and broil until tender. Remove from under flame, cover, and simmer over fire for a few minutes. Arrange on a platter. Pour melted butter, mixed with lemon juice and parsley, over each serving, and garnish with green peppers fried in lard.

MARTHA'S FRIED ASPARAGUS

Bleached asparagus stalks 1 can

Salt and pepper

Egg 1

Sifted bread or cracker crumbs

Vegetable liquor 2 tb.

Lard for frying

Drain the asparagus and season with salt and pepper. Beat egg slightly and dilute with 2 tablespoons of asparagus liquor. Dip the stalks of asparagus in the diluted egg and then in the crumbs. Fry in deep lard at 350° to 365° F. (brown cube of bread in 1 minute) until a golden brown. Serve at once.

PUDDINGS AND DESSERTS

BAKED INDIAN PUDDING

Milk 2 qts.

Egg 1

Corn Meal 1 c.

Salt 1 ts.

Sorghum 1 c.

Cinnamon 1 ts.

Lard $\frac{1}{2}$ c.

Ginger 1 ts.

Scald 3 pints of milk and stir the corn meal gradually into it, stirring constantly. Add the sorghum, lard, well-beaten egg, salt, cinnamon, and ginger. Mix well and pour into a baking dish oiled with lard. After the pudding has baked an hour, pour in the rest of the milk, but *do not stir*. Bake a total of about 3½ hours at 300° F. (slow oven). Serve hot with cream or ice cream.

FIG PUDDING

Lard $\frac{1}{2}$ c.

Flour 2½ c.

Sorghum 1 c.

Baking Powder 2 ts.

Eggs 2

Salt 1 ts.

Finely chopped figs 2 c.

Cinnamon 1 ts.

Grated lemon rind $\frac{1}{2}$

Nutmeg $\frac{1}{2}$ ts.

Sour Milk 1 c.

Salt 1 ts.

Soda $\frac{1}{2}$ ts.

Cream the lard, add the sorghum and blend. Add the eggs and beat until smooth. Add figs and lemon rind. Add sour milk and soda mixed together, and then the flour, baking powder, salt and spices which were previously sifted together. Bake in a tube pan well oiled with lard. Serve hot with the following sauce:

Lemon Sauce

Lard $\frac{1}{2}$ c.

Thin cream $\frac{1}{4}$ c.

Brown sugar 1 c.

Lemon juice $\frac{1}{2}$ a lemon

Salt $\frac{1}{4}$ ts.

Nutmeg $\frac{1}{2}$ ts.

Cream the lard, brown sugar and salt. *Gradually* beat in the cream. Add the lemon juice and the nutmeg.

THRIFTY CHRISTMAS PUDDING

Lard $\frac{1}{2}$ c.	Lemon peel 1 tb.
Sorghum $\frac{1}{2}$ c.	Flour $1\frac{1}{4}$ c.
Egg 1	Soda $\frac{1}{2}$ ts.
Ground raw carrots 1 c.	Water 1 tb.
Currants $\frac{1}{2}$ c.	Baking powder 1 ts.
Dried apricots, chopped fine $\frac{1}{2}$ c.	Salt $\frac{1}{2}$ ts.
Raisins $\frac{1}{2}$ c.	Cinnamon $\frac{1}{2}$ ts.
Pecans, chopped $\frac{1}{2}$ c.	Nutmeg $\frac{1}{2}$ ts.

Blend the sorghum and lard, add the beaten egg and mix well. Add the ground or grated carrots, chopped raisins, currants, lemon peel, apricots and nuts. Sift together the flour, salt, baking powder and spices and add to the rest. Dissolve the soda in the hot water and add last. Fill well oiled tin cans three-fourths full and steam.

STEAMED MOLASSES PUDDING

Flour $2\frac{1}{2}$ c.	Sorghum or molasses 1 c.
Sugar $\frac{1}{4}$ c.	Lard $\frac{1}{4}$ c.
Cinnamon 2 ts.	Water 1 c.
Ginger $\frac{1}{2}$ ts.	Soda 2 ts.
Salt 1 ts.	Raisins 1 c.
Eggs 2	

Sift all the dry ingredients together except the soda. Stir soda into boiling water and combine all liquid ingredients. Stir the liquid ingredients into the dry. Add the raisins, and pour into well-greased molds, filling about two-thirds full. Steam for 3 to 6 hours, depending upon the size can used.

MISCELLANEOUS

SPOON CORN BREAD

Water 1 qt.	Lard 2 tb.
Corn meal 2 c.	Salt 1 ts.
Milk 1 pt.	Eggs, unbeaten, 4

Gradually stir corn meal into boiling water and boil at least five minutes, stirring constantly. Remove from the fire, add milk, melted lard, salt and beaten yolks of eggs. Carefully *fold* in the stiffly beaten whites. Pour into a baking pan which has been greased with lard. Bake at 300° F. for 1½ hours or until an inserted knife will come out clean.

Serve with a large spoon as one would a soufflé or omelet.

CHEESE SOUFFLE (Serves 12)

Milk 3 c.	Eggs 12 (beaten separately)
Flour $\frac{1}{3}$ c.	Grated Cheese $\frac{1}{2}$ lb.
Lard $\frac{1}{2}$ c.	Salt 1 ts.
Seasonings	

Make a cream sauce, by melting the lard, stirring in the flour and salt, adding the milk and bringing to a boil. Remove from the fire, stir in the grated cheese, add the beaten yolks and any desired seasoning, such as tobasco, paprika, etc. Fold in the stiffly beaten whites last and pour into a baking dish oiled with lard. Bake in a pan of water in an oven at 325° F. until when a spatula is inserted it comes out clean (about 1½ hr.).

SWISS STEAK

Round steak cut one and one-half inches thick makes the best piece to use for a Swiss steak. Pound well, using as much flour as the meat will take. The pounding

helps make the meat tender and the flour soaks up the juices which would otherwise be lost by the pounding. Season with salt and pepper, and then sear on both sides in hot lard. Cover with tomatoes and brown slices of onion. Cover with a tight-fitting lid and cook slowly either in the oven or on top of the stove for 3 to 4 hours.

LIVER LOAF

Beef, calf, or pork liver 1½ lbs.	Pepper—dash
Bread crumbs 1½ c.	Minced onion 2 tb.
Milk to moisten	Parsley, chopped 2 tb.
Egg 1	Lard, melted 4 tb.
Salt 1½ ts.	

Pour boiling water over liver and let stand 5 minutes. Drain and grind or chop fine. Add the other ingredients and mix thoroughly. Shape into a loaf. Brush over with more melted lard or lay strips of bacon across the top. Bake at 325° F. for 45 minutes to 1 hour. About 15 minutes before serving 1 c. of tomato sauce or tomato soup may be poured around the loaf and served with it.

ACKNOWLEDGMENTS

The writer wishes to express her indebtedness to Professor E. A. Trowbridge and Professor L. A. Weaver, Department of Animal Husbandry, to Professor Bertha A. Bisbey, Department of Home Economics, and to Professor Albert G. Hogan, Department of Agricultural Chemistry, University of Missouri, for helpful suggestions and criticisms; to Miss Sibyl Smith, Senior Chemist, Office of Experiment Stations, United States Department of Agriculture, and to Dr. W. Lee Lewis, Director, Department of Scientific Research, Institute of American Meat Packers, for reading the manuscript and making valuable criticisms and contributions; to Miss Jennie D. Fisher, Institute of American Meat Packers for the recipe and method of making cake; to Mr. R. P. Steddum, Chief, Meat Inspections Division, U.S. Bureau of Animal Industry, for help in defining the different kinds of lard; to Mr. J. J. Voltersen, Chief Chemist, Armour and Co.; to Mr. L. M. Tolman, Research and Technical Department, Wilson and Co.; to Dr. L. B. Parsons, Mr. J. R. Shipner, and Mr. H. H. Smith, Cudahy Packing Co.; and to Swift and Co.; for information on kinds of lard available on the retail market and for samples of lard with which to carry on cooking tests; and to Miss Inez S. Willson, Director of Home Economics, and Mr. R. C. Pollock, General Manager, National Live Stock and Meat Board, whose generous help and encouragement made this publication possible.

SELECTED REFERENCES ON LARD

1. Ahlborn, Margaret. *A Comparison of the Shortening Power of Various Fats as Tested by Their Tensile Strength in a Baked Product*, Jour. of Home Econ., Vol. 18, p. 417, 1926.
2. Blinks, Ruetta Day and Moore, Willetta. *Food Purchasing for the Home*, pp. 121-123. J. B. Lippincott, Philadelphia, 1930.
3. Burr, George O., Mildred M., and Miller, Elmer S. *On the Fatty Acids Essential in Nutrition III*, Jour. Biol. Chem., Vol. XCVII, No. 1, July, 1932.
4. Child, Alice M., Niles, Kathryn B., and Kolshorn, Agnes. *Food Preparation Studies*, pp. 36, 38-41, and 74-75. John Wiley and Sons, New York, 1932.
5. Clemen, Rudolph. *By-Products in the Packing Industry*, pp. 84-130. Univ. of Chicago Press, 1927.
6. Davis, Clark E. *Shortening: Its Definition and Measurement*, J. Ind. and Eng. Chem., Vol. 13, p. 797, 1921.
7. Evans, Herbert M. and Lepkovsky, Samuel. *Vital Need of the Body for Certain Unsaturated Fatty Acids*, Jour. Biol. Chem., Vol. XCVI, pp. 143-164, 1932.
8. Fisher, J. D. *Shortening Value*, Nat'l. Provisioner, Vol. 87, No. 21, pp. 115-116, Nov., 1932.
9. Fisher, J. D. *Shortening Value of Plastic Fats*, Indus. and Eng. Chem., Vol. 25, p. 1171, Oct. 1933.
10. Helsler, M. D. *Farm Meats*, pp. 70-72. The Macmillan Co., New York, 1923.
11. Hilditch, I. P. *The Industrial Chemistry of Fats and Waxes*, Ch. V. Bailliere, Tindall and Cox, London, 1927.
12. Kerr, Robert H. and Sorber, D. C. *The Analytical Detection of Rancidity*, J. Ind. and Eng. Chem., Vol. 15, p. 383, 1923.
13. King, Florence B. *Food Preparation Study*, pp. 32-36, and 98-111. John Wiley and Sons, New York, 1933.
14. Langworthy, C. F. and Holmes, A. D. *Digestibility of Some Animal Fats*, U. S. Dept. Agr. Office of Exp. Sta. Bul. 310, 1915.
15. Lewis, W. Lee. *Superiority of Lard as a Shortening*, Nat'l. Provisioner, Vol. 87, p. 114, 1932.
16. Lowe, Belle. *Experimental Cookery*, Ch. XIII. John Wiley and Sons, New York, 1932.
17. MacLeod, Annie Louise and Nason, Edith H. *Chemistry and Cookery*, Ch. XXXII. McGraw-Hill, New York, 1930.
18. Monroe, Day and Stratton, Lenore Monroe. *Food Buying and Our Markets*, pp. 269-270. M. Barrows and Co., Boston, 1925.
19. National Live Stock and Meat Board. *Lard Studies*, Food and Nutrition News, Vol. III, No. 2. 407 So. Dearborn St., Chicago.
20. Nelson, P. Mabel, and Lowe, Belle. *Use Lard as a Household Fat*, Iowa State College of Agr. and Mechanic Arts, Ext. Service, 1932.
21. Platt, Washington, and Fleming, R. S. *The Action of Shortening in the Light of the Newer Theories of Surface Phenomena*, J. Ind. and Eng. Chem., Vol. 15, p. 390, 1923.
22. Sherman, Henry C. *Food Products*, 3rd ed., pp. 13, 30, 221, 436, 444-446, 452-455, 457, 629. Macmillan, New York, 1933.
23. Sweetman, Marion Deyoe. *Food Preparation*, Ch. IX. John Wiley and Sons, New York, 1932.
24. *Definitions and Standards for Food Products*, U. S. Dept. Agr. S. R. A., F. D. No. 2, Rev. 3, 1932.