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THE

WOMAN SUFFRAGE COOK BOOK,

CONTAINING THOROUGHLY TESTED AND RELIABLE RECIPES
FOR COOKING, DIRECTIONS FOR THE CARE OF THE
SICK, AND PRACTICAL SUGGESTIONS,

CONTRIBUTED ESPECIALLY FOR THIS WORK.

EDITED AND PUBLISHED BY

MRS. HATTIE A. BURR,

12 WAYNE STREET, BOSTON.

In what thou eatest and drinkest, seeking from thence
Due nourishment, not gluttonous delight,
So mayest thou live, till, like ripe fruit, thou drop
Into thy mother's lap; or be with ease
Gathered, not harshly plucked; for death mature.

MILTON.

IN AID OF THE
FESTIVAL AND BAZAAR,

DECEMBER 13-19, 1886.

"COUNTRY STORE,"

APRIL 21-26, 1890.

BOSTON.

WAR TIME RECIPES

of New England Housewives

See SUNDAY POST for Full Page of Recipes

LIBERTY FRUIT CAKE.

One cup molasses, 1-3 cup shortening, 3-4 cup water, 1 teaspoonful cinnamon, 1-2 teaspoon nutmeg, 1 cup raisins, 1-2 teaspoonful salt, 2 ounces citron, cut fine; 1 cup rye flour, 1 cup corn flour, 5 teaspoonfuls baking powder. Beat the molasses and shortening to a cream; add water, spices, fruit, respectively; then sift the baking powder with the flour, add to the batter; mix well; put in baking pan and bake in moderate oven about 45 minutes.

PUMPKIN PIE.

Cook slowly until tender pumpkin cut in pieces; remove cover, dry off and press through colander. To 2 1-2 cups pulp add 2 teacups milk, 1 teaspoon each of salt, butter, cinnamon, ginger and 1 tablespoon molasses, 2 eggs and sugar to taste. Add beaten eggs last when mixture is cold. Pour in open crust; bake slowly 40 to 50 minutes, when it rises up all over—but it must not boil.

WAR TIME RECIPES

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MAPLE SYRUP FROSTING.

One white of an egg, beaten well. Over this pour 1 cup of hot maple syrup. Stir quickly.

NUT FILLING.

Two-thirds cup walnuts, 1-2 cup raisins. Put through meat chopper whites of 2 eggs, beaten stiff, and 2 tablespoons sugar.

WHITE CAKE.

Two cups flour, 1 cup sugar, 1-2 cup butter, 1-2 cup milk, whites and yolks of 2 eggs, 1 teaspoon cream of tartar, 1-2 teaspoon soda.

EGG SALAD.

Cut hard-boiled eggs in half. Take out yolks, mash, add dressing to moisten. Season with celery salt. Stuff whites with this. Arrange on lettuce leaves and serve with mayonnaise.

FRIED TOMATOES IN BUTTER.

Dip slices of ripe tomatoes in a batter of flour, milk and an egg, then fry a delicate brown.

THE WOMAN'S JOURNAL.

A Weekly Newspaper, published every Saturday in Boston, devoted to the interests of Woman—to her educational, industrial, legal, and political Equality, and especially to her right of Suffrage.

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WOMAN SUFFRAGE TRACTS.

Twenty-seven different Woman Suffrage Tracts (sample copies) sent post-paid for 10 cents. Address WOMAN'S JOURNAL, Boston, Mass.

Kitchen Weights and Measures

Two cupfuls equal a pint.
One teaspoonful salt to one quart of soup.
One tablespoonful of salt to two quarts of flour.
One pint of milk or water equals a pound.
Two cupfuls of solid butter equals one pound.
One teaspoon extract to one loaf of plain cake.
Sixteen tablespoonfuls liquid equal one cup.
One teaspoonful of soda to one cupful of molasses.
One teaspoonful of soda to one cupful of sour milk.
Four cupfuls of flour equal one quart or pound.
Twelve tablespoons dry material equal one cupful.
One dozen eggs should weigh one and one-half pounds.
Three teaspoons of baking powder to one quart of flour.
Two even teaspoonfuls of liquid equal one even tablespoonful.
One scant cupful of liquid to two full cups of flour for bread.
Two and one-half cupfuls of powdered sugar equal one pound.
Three even teaspoonfuls dry material equal one even tablespoonful.
One scant cupful of liquid to two cups of flour for batter.—American Grange Bulletin.

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in a kettle of boiling water, one quart of new milk; before the milk comes to a boil make a batter of one-quarter pound of butter and a tablespoonful of flour, and stir it into the milk, then add the lobster, and boil ten minutes.

MARY C. AMES.

Escalloped Oysters.

Soak cracker-crumbs in milk. In the bottom of a pudding-dish put a layer of the cracker-crumbs, on this a layer of oysters, seasoning with pepper, salt, a little lemon-juice or vinegar, plenty of butter, adding some of the oyster liquor; on this put another layer of soaked crumbs, then one of oysters well seasoned, continuing these layers till the pan is full, a layer of crumbs being on top. Brown well, and serve hot.

MISS L. F. S. BARNARD.

Macaroni and Oysters.

Take boiled macaroni and put a layer in a deep dish, above this put a layer of good-sized oysters dried with a soft towel; season these two layers with butter, pepper and a very little salt; add another layer of macaroni, season with butter and salt; a layer of oysters, season with butter, and pepper, and salt; the top layer of macaroni, with butter and salt. Set in the oven long enough to cook oysters and brown the macaroni.

MRS. SARAH R. BOWDITCH.

Salmon Hash.

Mash until light eight good-sized potatoes, season thoroughly, stir into the potato one-half can of salmon picked fine; heap on a platter, smooth, and mark with a fork, and set in the oven to brown. Salt salmon may be used instead of canned salmon.

ELIA C. ELDER.

Salmon is considered the most nutritious fish

Stuffed Lobster.

Chop very fine, then add to a lobster weighing three pounds and a half, a piece of butter the size of two eggs,

salt, two handfuls of bread crumbs, a little milk, nutmeg, black pepper, and a little cayenne; then put it on the fire for a few minutes until heated through, then put in shells. cover with crumbs, add a little butter, and brown in the oven.

REBECCA HOWLAND.

Boil fresh mackerel or salt with vinegar in water. Vinegar hardens the water.

To Cook Terrapin.

Decidedly the terrapin has to be killed before cooking, and the killing is often no easy matter. The head must be cut off, and, as the sight is peculiarly acute, the cook must exercise great ingenuity in concealing the deadly weapon. I have known half an hour to be consumed in the effort. When accomplished, the terrapin is put in cold water and boiled until the feet can be easily pulled off. Remove it from the water, take off the bottom shell, separate the four quarters, be careful to take the gall from the liver, then utilize every part but the sand bag and the intestines; season with cayenne, salt, and a little black pepper; put in a small quantity of the water in which it was boiled, add three or four ounces of butter and a pint of good cream. Stew for ten minutes.

ANNA ELLA CARROLL.

Boiled Halibut - Cut next to the tail is best. Rub a little salt on, soak 15 min. in vinegar & water, then wash & scrape. Lie in a cloth moist with vinegar 10 min. to a pound; when half done turn over; serve with drawn butter or egg sauce.

Baked - Take a piece weighing 5 or 6 lbs. lay in salt water 2 hours. Wipe score into skin, bake 1 hour baste with butter & water, done when a fork will penetrate. It should be a fine brown color. To the drippings add a teaspoon of Worcestershire sauce, the juice of a lemon thicken with brown flour. Boil up once.

Boiled Mackerel Sauce (fresh) 2 tablespoons of butter 1 of lemon 1 teaspoon salt & pepper. 1 cup cream a few spoonful of water 2 of butter, a scant tablespoon of flour. a little chopped parsley add all to the drippings. Boil once. Pour around fish. Boil & serve the same sauce. Garnish fish with lemons

Salad Dressing.

Four eggs, two teaspoonfuls of mustard, one of salt, two of sugar, a little red pepper, one cup of cider vinegar, butter size of an egg. Make this over the teakettle. Beat mustard, salt, sugar and pepper with the eggs, and stir in the vinegar when just cool enough not to curdle eggs; add the butter as you take it off. Will keep six weeks in cold weather, and three in warm, if in ice-chest.

JANE HOSMER.

Newburyport

Housekeeper's Receipt for Chicken Salad.

The meat of one chicken and one turkey cut in pieces not too small; four small heads of celery; or about equal parts of meat and celery, the latter cut in smaller pieces.

FOR DRESSING. The yolks of eight eggs, stir with silver fork in shallow dish one way, dropping in a few drops of salad-oil at a time as you stir; use a small flask of the oil and keep on stirring until very thick; add a heaping teaspoonful and a half of mustard dissolved in two of vinegar, and salt to taste. Mix your celery, turkey and chicken, and taking a little of the dressing thin it with vinegar and mix with your salad, which arrange on a dish, garnishing with celery leaves, and when ready to serve put the dressing, thinned a very little with vinegar, over it—do not, however, do this until just as it goes to the table.

MRS. ELLEN W. E. PARTON.

Lobster Salad.

Chop the meat of two small lobsters and a head of lettuce, mix well together; add the whites of two hard-boiled eggs chopped; mix the yolks of the eggs, one tablespoonful of mustard, one of olive oil, two of vinegar, one of white sugar, a teaspoonful of salt, a little pepper, and the yolks of two raw eggs; pour over, or mix with the lobster.

SARAH F. SARGENT.

Cream Dressing
Beat 1 gill of cream 1 tablespoon corn starch, cook;
then stir in beaten yolks of 2 eggs, take from fire;
add 1/2 teaspoon salt a dash of pepper 1/2 teaspoon
of vinegar or lemon

Mayonnaise Salad.

One tablespoonful mustard, one tablespoonful sugar, one-tenth teaspoonful cayenne pepper, one teaspoonful salt, the yolks of three un-cooked eggs, juice of half a lemon, one-quarter cupful vinegar, one pint oil, one cupful whipped cream. Beat the yolks and dry ingredients until very light and thick, with either a silver or wooden spoon, or, better still, with a Dover egg beater of second size; the bowl in which the dressing is made should be set in a pan of ice water during the beating; add a few drops of oil at a time until the dressing is very thick and rather hard; after it has reached this stage the oil can be added more rapidly; when it gets so thick that the beater turns hard, add a little vinegar—when the last of the oil and vinegar have been added it should be very thick. Now add lemon juice and whipped cream, and place on ice for a few hours, unless you are ready to use it. The cream, though a great improvement, may be omitted without injury.

SARAH E. M. KINGSBURY.

Tomato Salad.

Choose large, smooth tomatoes, remove the skins without tearing the substance by pouring over them hot water; with the curved end of a paring knife remove from the stem end of each tomato the hard portion, thus forming a hollow for receiving the dressing; put the tomatoes thus prepared on ice. With any of the standard dressings (I prefer Durkee's) as a basis, prepare dressing as follows: to one-half pint of this dressing thoroughly beaten to a froth, add two tablespoonfuls of thick, sweet cream, also thoroughly beaten; heat this in a saucepan and when at boiling heat add two teaspoonfuls of gelatine (Coxe's), previously dissolved in just enough cold water to cover it; let this come to a boil and boil three minutes; that it may be quite smooth it should be stirred constantly and rapidly. The dressing should be

Waldorf Salad
Pare core & cut into dice & add apple 1 qt celery cut in 1 in.
pieces 1/2 teaspoon salt 1/2 of paprika 1/2 tablespoon tarragon vinegar
Mix then stir in 1/2 cup of Mayonnaise dressing serve on
lettuce or just as it is garnished with the above

Mountain Dew Pudding —
1 Pt. milk. yolks 2 eggs 2 tablespoons cocoanut & cup foracker
crumbs. Lemon. Bake 2 hours — (Spanish Cream) —
1/2 cup tapioca soaked in milk over night. add 1 qt. boiling
milk. yolks of 2 eggs 1 cup sugar. salt. Boil 30 min. add beaten
white. Bake 1 hour. — Wakefield Pudding

For a pudding dish put layers of stewed apples. sugar. Lemon
till 3 parts full pour over 1 quart milk 1 egg. Bake 2 hours.

— Formal Pie —
Slices, sprinkle salt. stand a few min. drain. sugar 1/2 cup cream
1 egg rub over cover. Bake 2 hours. — Egg Lard —

Chop fine white cabbage to 3 pts. (Add 2 spoon sugar 1 tea-salt-
1 of prepared mustard. Butter size of egg 2 hard cooked eggs 1/2 cup
vinegar) eggs beaten smooth. pour over cabbage

— Fairfield Pudding —
Boil 1 pt. milk 2 even tablespoons cornstarch. sugar.
Beat whites of 2 eggs. ~~add~~ in while hot. pour in cups. then to a
pt. of hot milk add beaten yolks. salt & vanilla. pour over pudding
— Arthur Pudding made same using water (milk) lemon.

— Raspberry Pyramid —
1/2 cup rice cooked, put on a dinner plate a thin layer of rice
then one of ripe raspberries so on in form of a pyramid, when
cold slice. serve with sweetened cream or cold custard.

Waffles —
Yolks of 3 eggs 1 1/2 cups milk 1 tablespoon melted butter beaten
white 1/2 spoon B-P salt 1 pt. flour — The Lemon Squip —
1 cup sugar 1/4 of water 1/2 spoon butter 1/2 spoon lemon.

Scrup Thickening
1/2 spoon of flour, cornstarch or rice flour to 1 qt. Liquor
1/2 spoon each of cloves & allspice, 1 each of mace & nutmeg, 3 of cinnamon

Spice Salt for Soups & Stuffings
4 oz. salt 2 of celery salt 1 each of w-pepper and ground ~~thyme~~
Marjoram & summer savory 1/2 oz. sage 1 salt pepper
of cayenne 1/2 of one clove allspice & orange.

Remove rind of orange cut fine 1/2 of a peeled lemon 1 cup
sugar beaten white of 1 egg spread between layers of cake powdered

Oatmeal Bread
1 cup rolled oats in 1 cup of milk 1/2 of boiling water 1 tablespoon
lard, salt, when cool add 1/2 cup molasses, 1/2 fat cake flour to knead rise.

Carpenter Pudding
Fill a mould 2/3 full of stale cake (or bread) currants citrus
& raisins. Make a custard of 1 qt milk 4 eggs 1/2 tablespoon
of sugar. Let stand 5 min. Bake or steam 1 hour, liquid sauce

Cookies
1/2 cup butter 1/2 of sugar 2 eggs 1 cup water 2 of flour
1/2 spoon of baking powder