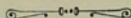




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"There, richer than the fabled gift  
Apollo showered of old,  
Fair hands the broken grain shall sift,  
And knead its meal of gold.

"Let vapid idlers loll in silk,  
Around their costly board;  
Give us the bowl of samp and milk,  
By homespun beauty poured.

"Then shame on all the proud and vain,  
Whose folly laughs to scorn  
The blessing of our hardy grain,  
Our wealth of golden corn."



## INTRODUCTION.

---

“ But I ate naught  
Till I that lovely child of Ceres saw,  
A large, sweet, round, and yellow cake; how then  
Could I from such a dish, my friend, abstain?”

It has been said, perhaps truly, that a well-to-do French family would live on what many an American family in the same sphere of life annually wastes. In such a case there is little doubt that the more economical is the better living of the two. To make the best of what we have is one of the sciences not taught in the schools, and is unknown in many households in this land of plenty. This hand-book is more in the interest of good living than of mere economy in expenses,—meaning by good living not only the preparation of palatable food, but also food conducive to health, comfort and length of days.

The most abundant food product of America is Indian corn. In the State of Iowa alone there were

over 300,000,000 bushels raised in 1888. The crop of the entire country was over two thousand millions of bushels in the same year. This crop in Iowa would average to each man, woman and child in the State about four tons:—or enough to furnish bread for forty millions of population. When we consider that this vast amount of food is produced upon less than one-fourth of the acreage within her boundaries, and under very primitive forms of culture, it is seen that the amount may be doubled, and that the real bread producing capacity of the State is sufficient for eighty millions of people.

To bring the attention of American housewives, economists and philanthropists to the possibilities presented in this immense food supply is the object of this unpretentious book. It is commended to their attention as offering variety easily obtained, toothsome dishes on short notice, and a diet, when discreetly combined and varied with other foods, that is eminently suited to our climate and conditions. That the judicious use of it will add to the comfort and health of the well-to-do is no less true than that the knowledge of its proper use may be a boon to such as wish to exercise due economy.

It has been said that dyspepsia kills more people than rum. It is certainly true that the American

constitution and the American character are being undermined by this insidious foe. This is not so much the result of over-feeding and hasty eating as from the character of the food consumed. Dyspepsia is the bane of those whose bread must be of the superfine order, and who despise foods that are not expensive.

Horace Mann said in his lectures to young men nearly half a century ago:—"No glutton or dyspeptic can stand up alongside a man with a sound stomach." The first organ that nature made for a living creature was a stomach. The first lesson of education is how to eat. It is the most important as well as the first. If proper habits of eating are formed by the young,—and the principles that underlie the science of nutrition are understood by them, they can then be more safely entrusted to the college, which is generally the paradise of ignorance and stupidity in all matters pertaining to the stomach. Brains are supposed by the schoolmen to be alone worthy of consideration. To give head culture is the object of the college, and the course of nutriment is so much neglected that good head work becomes impossible. An active mind is the aim, whether or no the body be sound—and on this principle the schools often ruin the best brains,



while the coarser fellows with sound stomachs first reach the goal of success.

The possession of a good digestive organ is more important than that of good eyes, good ears, a large brain; for these all depend for their health upon the nerves of nutrition; and if not properly supplied the organs lose their power of acting, and become of little force. There can be neither clear vision, good hearing, nor sound mental perception, long continued, except through that nutrition which comes from properly digested food. Nineteenths of the work of the schools is wasted because of indigestion. The dyspeptic stomach renders useless the finest brain.

Is it necessary to follow this subject into the realm of morals and piety? Fretfulness, moroseness, irritability, animalism, brutality, all may plead excuse in a foul stomach. These fill homes with sorrow, and from these come the so-called greater crimes and misfortunes which people our prisons and our hospitals.

The necessity of the hour is to find and apply a preventive rather than a cure. The latter is often difficult where the former may be easy. If it be true that nature makes no mistakes, may it not be that in the free use of the most abundant food she

has provided is to be found the panacea for the many ills growing out of indigestion? It is not reasonable to expect that all will accept this thought kindly. The haughty Syrian refused to wash in the waters of the humble Jordan, and preferred to live in his uncleanness rather than demean himself before his fellows. His life ended thousands of years ago, but his race is not extinct.

No claims are advanced for originality or literary merit. Liking the work, many odd moments have been enjoyed in preparing the dishes and noting successes. I have freely consulted famous cooks both north and south as well as east and west, and am indebted to hand-books of cookery published by Mrs. Henderson, Marion Harland, Mrs. Whitney, Miss Parloa, Mrs. Campbell, Mrs. Ewing, Mrs. Lincoln and others. Some of the best breads and cakes are suggested by "Fifty Years in a Maryland Kitchen," and "Housekeeping in the Blue Grass."

Many of the formulas now printed for the first time, were obtained from friends who have given them years of trial. If they shall lift the burdens of busy housewives and bring health and comfort to American homes I shall have ample reward for labor bestowed in their preparation.

M. S. S.



"Sing, O Song of Hiawatha,

Sing the mysteries of Mondamin,  
Sing the blessing of the Cornfields."

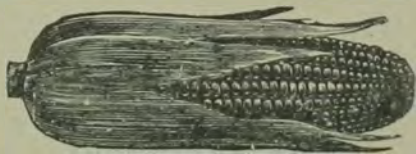
"And the maize-field grew and ripened,  
Till it stood in all the splendor  
Of its garments green and yellow,  
Of its tassels and its plumage,  
And the maize-ears full and shining  
Gleamed from bursting sheaths of verdure."

*"But for life the universe were nothing,  
and all that has life requires nourishment."*

*"Animals feed, man eats; the man of  
sense and culture alone understands eating."*

*"Cookery is not only an art, but a mas-  
ter art."*

*"The discovery of a new dish does more  
for the happiness of the human race than  
the discovery of a planet."*



# INDIAN CORN.

---

*"All things require skill but an appetite."*

## HISTORY.

According to our most eminent botanists the plant is a native of South America. It is claimed that Columbus found it in cultivation when he first landed in Cuba. It is certain that the early settlers at Jamestown and Plymouth found it in use by the Indians, and that by its cultivation in a manner similar to that of the savages it became a very important portion of the food of the white men. At the present time it circles the globe in a belt that comprises not less than four-fifths of its entire surface, and is more widely cultivated than is any other grain.

## TORTILLAS.

It enters largely into the daily food of many nations. The 'Tortilla,' (*tor-tee-ya*), of Mexico and Central America, is prepared and eaten now as it has been

# INDIAN CORN

AS

# HUMAN FOOD,

BY

MARY S. SCOTT.

"If the women of the present day would learn anew the processes of cooking corn bread, it would become fashionable, the family would be more healthy, and there would be great satisfaction in ministering to the better appetite and condition it would bring to each member of the family."—C. F. CLARKSON.

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NEVADA, IOWA,  
REPRESENTATIVE OFFICE, PAYNE & SON.  
1889.

STATE AND

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WASHERMAN

for many ages by the people of those countries. It is a thin cake, made from Indian Corn, by partially boiling the whole grains in water with a little soda or potash, until it is somewhat softened, but not broken up, and afterwards ground to a fine paste by rubbing it upon a flat stone with another stone square in form, and held in the hands like a rolling pin. The preparation of this paste is done by the peasant women, at which they are very expert, and in which they engage for many hours each day. When the mass is reduced to a condition suitable a small portion is taken in the hands and by patting between them, and turning, it assumes the form of a thin wafer the size of a dessert plate, and is then placed upon an iron or slate griddle over a quick fire of charcoal, where it is quickly baked on both sides, when it is ready for the table.

They are usually eaten with meat stewed with hot peppers, and the tortillas are sometimes folded into cup forms, and used for carrying the hot stew to the mouth. In such a case a bite of the cup is often taken with its contents. Sometimes two of the cakes are formed into a sandwich by spreading them with sauce of tomatoes, peppers, meat, or other intervening food, and are thus eaten by travelers.

The Kaffirs have largely discarded their ancient



dishes made from millet, and now reduce Indian corn to a paste by boiling the grains in an earthen pot until they are partially softened, after which they are reduced to a soft paste by pounding and rolling upon a flat stone, and made into a porridge (*isicaba*), which is eaten with a wooden spoon, in connection with sour milk.

Maize is used in many other countries as a porridge, or pudding, and in this condition is eaten alone or with meat, syrup, milk, or other agreeable foods. In Ireland such a dish is known as *Stir-about*, and in Italy as *Polenta*.

This grain also enters largely into the manufacture of fermented and distilled drinks. It is said of one old woman in Ireland who would not accept it as a food, even during the famine, that in the liquid state she was able "to worry down a little."

#### VARIETIES AND METHODS.

In tropical countries Maize grows to a great height, and three crops may be produced in a year. In high latitudes varieties that mature in fifty days are grown, and the stalks are not more than thirty inches high. The variations in the plant as well as the grain are many, and the uses to which it is applied are as numerous as the forms. The sweet varieties, and notably those with wrinkled kernels,

form a delicious food when boiled as whole ears, and make a part of numerous dishes when cut from the cob and combined with other vegetables and meats. The green ears roasted on the hearth, or by the burning heaps in the old-time clearing, or cooked by being buried in the hot embers and ashes, made many of the long remembered and toothsome feasts of the pioneers in the forests. These often formed the banquet of the boys in their nightly coon-hunts, and made compensation for hours of toil such as the lash never achieved from galley slave.

When in this unripe condition our grandmothers cut the grains from the cob and dried them by the fire or in the sun. Table cloths were spread upon the roofs of the cabin; platforms were extemporized from rough boards; pans were brought into use, and during the brief season of drying the thrifty housewife spared not, but laid up stores for the winter. This was a custom derived from the aborigines from whose tripod hung the pot of half dried meat mingled with dried corn, and kept the gaunt wolf from the wigwam.

The ripened corn, shelled and parched, often appeased the hunger of the savage, as well as that of the white man who was close upon his retreating steps. When mills for grinding were distant some

days journey, and the route was over the trackless waste, and the storm was in the air, many a family on the western prairie has lived on parched corn until a supply of other food could be had.

The hominy mortar is now only a tradition to the young American. To his grandfather and more remote ancestors it was a beautiful reality. In its most substantial and effective form it was made by excavating a large and deep bowl in the top of an oaken stump. The finishing touches were made by fire, and when with great patience it was smoothly finished it was a work of art. The pestle to this huge mortar was of hard wood, rounded on the end, sometimes tipped with an iron wedge, and suspended from a spring-pole over the mortar. By means of this implement the hulls were beaten and worn from the flinty grains which were more or less broken in the process, and the resultant product was called hominy. The word is a corruption of the Indian name for parched corn. In this form it was boiled in water, and dressed with milk or cream, and seasoned to the taste.

So popular and so palatable was this dish that in some parts of Indiana and Kentucky its use was not abandoned for many years after the grinding process supplanted it by a saving of the labor and care

in its preparation. In the latter State its manufacture by aged negroes was not uncommon forty years ago, and, possibly, is not to-day. Hand-made hominy was bought as a luxury after the grinding mills made the cheaper article a common food.

Another dish called hominy was made by eating the hulls from the grain with a strong lye of wood ashes. It was a'so called hulled corn—and was boiled in water till thoroughly cooked. It was eaten with milk, or heated in a frying pan with butter, or grease from the fried pork, and was a favorite breakfast dish. This kind of hominy was especially popular with the early settlers in Pennsylvania, and is still a favored dish among their descendants. In countries where coal is the leading fuel the hulls may be taken off by using potash.

In these forms, and in that of breads made from corn ground on the primitive mills of the remote settlements, this grain, with pork, lard and bacon, was the basis of the common food of the people, and in the unstinted hospitality of those times every body was invited to partake of "hog and hominy" wherever they might happen to be at the hour for meals. This was the pioneer grain, and the principal food of the pioneer. It cost little for labor and less for seed, and in the absence of means of trans-



portation the market price was merely nominal when it was abundant. Hogs were raised in a half or wholly wild state, and fattened upon the mast. Cattle ran on the range in summer, and a trifle of hay or the cane-brake put them through the winter. Milk, meat and eggs were the proper supplement to the nutrient elements in the corn, and on these foods there was grown a race never surpassed in health and vigor in all the world's history.

#### MUSH AND MILK.

Among the earliest and most popular dishes following the introduction of mills was pudding, or "mush" from corn meal. In its simplest form it was made by stirring the meal into boiling water, seasoning with salt, and keeping the pot at a boiling heat until the pudding was done to the taste. This dish with milk often made the evening meal. The family would surround the table, each with a bowl, porringer, or tin cup, into which milk was poured, and each with a spoon helped himself from the great dish of pudding in the center. A large spoonful of the pudding was placed in the milk in each individual porringer, and eaten by the possessor at his pleasure. In some cases the mush was eaten with butter instead of milk. Some preferred it with molasses. In the time of making maple sugar or



syrup the young folks had a faculty for making a combination of these elements—often surreptitiously—that was highly satisfactory.

In many families this mush and milk supper was eaten directly from the pot, still boiling on the hearth. There was, in such cases, no formal assembling for the meal. The small children had their suppers, and were stowed away in trundle-beds for the night. Others took their bowls of milk and helped themselves as they came in from the chores. The good dame and the girls took their portions when convenient. If there were more mouths to feed than there were spoons in the family this method was a relief from possible embarrassment, especially if stranger guests were present.

The remains of the supper sometimes constituted a not unimportant part of the breakfast of the next day. This might be prepared by simply pouring a pan of milk into the pot and heating the contents, which were then served in a large basin on the breakfast table. If there were not enough for the entire family this dish might be eaten by the children, surrounding the pot with their cups and spoons, while the older members formally surrounded the regular breakfast table. But the customary method of serving the supper remnants at the for-

mal table for breakfast was in the form of "fried mush", a dish happily not yet forgotten and never despised in the *cuisine* of the most fashionable families and hotels of the present day.

#### BREADS.

But the primitive breads made from corn meal were not to be despised. These, with the great open fire-place, the huge crane, the grotesque andirons, the blazing logs, the beds of embers, coals and hot ashes, and the jamb on which our grandmothers whetted the knife with which the smoked ham was cut for the frying pan, have all disappeared. They remain only in the memories of the aged, savory and sweet smelling, and suggestive of joys that are past.

Of these my grandmother has described with enthusiasm the corn-dodger. In its best estate it was a carefully mixed and seasoned dough made from corn meal and water, wrapped in wet corn-husks, pressed into a flat form, and baked in the hot coals and ashes. These cakes were brought to the table directly from the glowing hearth, broken (not cut), and eaten with butter or hot gravy from fried ham. In later days there was a counterfeit of the same name, baked in iron skillets, but without the flavor

of hickory ashes, and did not belong to the same family.

The "johnny-cake" and hoe-cake are of the same era as the ash-cake, or "dodger," and were baked before the fire, rather than in the coals. The hoe-cake is supposed to have taken its name from the dough having been spread upon a hoe near the fire till baked. If this was ever the fashion it was probably practiced by the negroes. The johnny-cake was made by spreading the dough rather thinly upon a board, (commonly a split clap-board, or "shake," made for roofing the cabin,) and placing the same upon the hearth, so arranging it that the heat would bake it rapidly, without burning it. But these breads passed out of fashion as cast-iron griddles, skillets and ovens came into use.

With these came the more elaborate cakes and loaves into which milk and eggs entered, some of which were called "pones," corrupted from the "paune" of the Indians. Some of these breads have a degree of popularity at the present day, and with the others are discussed in the following pages.

But the reign of the cast-iron skillet, bake-kettle covered with coals, and the Dutch oven, or tin reflector, was brief. These all passed away, and the cook stove reigned in their stead. With the de-

struction of the forests the open fire-place was abandoned for cooking as well as heating. The streams that had heretofore turned the wheels of the water-mill dried up, and the steam engine was introduced. Gradually the old horse power mills fell into decay. Thus, in one generation, the circumstances that had wrought corn-meal and its products into the greatest of luxuries, while also a prime necessity, were completely changed.

#### HOW TO GRIND.

The importance of the *manner of grinding* corn for human food is not generally understood. The steam-mill with its huge buhr mill-stones, in the hands of a miller whose ambition is quantity, and who knows nothing of quality, cuts and burns all the life out of the meal, and leaves it a heavy, dead mass. The cook may use all the customary appliances for making a lively and palatable bread, or other dish, but all in vain. The small mill-stones that were driven by horse-power, the capacity of which was about three bushels per hour, and through which the meal came cool and lively, with a "grain" perceptible to the touch, when manipulated by a miller who knew exactly the desired quality, gave results quite satisfactory. Next to this the



old country custom-mill, driven by water, made the best meal. This fact is of *prime importance*.

#### QUALITY.

There are also great differences in the qualities of the corn from which meal for family use is made. Without entering upon a discussion of the endless varieties of corn, and of their constituents, it may simply be said that bright, clean, white flint corn ought to satisfy the most fastidious. It may also be mentioned that it should be as fresh from the mill as may be practicable. If allowed to mass together for a few weeks, even though it may not heat, it loses its quality. Where practicable corn meal should be ground for customers at stated and brief intervals, and delivered in fresh condition. It will not do for the house-keeper to rely upon the ordinary miller or dealer as to this matter of quality. She must be her own judge. Her purveyor may be thoroughly honest, and yet unsafe, because ignorant of what constitutes corn meal of a form and quality that fit it for human food.

The farmer who grinds for his live-stock may often select with a sieve, from corn of good quality, ground at home, better meal for his table than he can get at the mills and stores. It is hoped that this hint may not be lost on the wife of the farmer



who has a feed-mill. To make this entirely certain, every farmer who has such a mill would do well to plant sufficient white flint corn to supply his own table, and have some to spare for his less fortunate neighbors.

#### HYGIENE.

The use of Indian corn as human food has been so greatly diminished within the past forty years as to demand an explanation. Is it because it has been supplanted by foods that are more healthful or more palatable? Is it because of any necessary difficulty in its manipulation? Can it be that it has simply fallen into disuse because it is so abundant and so cheap as to become unfashionable? All of these propositions except the last may unhesitatingly be answered in the negative.

Its healthful character may be argued both from its inherent qualities and its history as a food. When properly prepared and used with good judgment it is highly nutritious, especially in the winter, and is, of itself, a preventive and cure of that worst foe to the health of those engaged in sedentary occupations, namely constipation. This is probably not due to any peculiar element which it contains, but most likely to its mechanical properties, by which it stimulates the peristaltic action of the alimentary canal. However that may be the

fact remains; and it is not possible to assert with confidence that a liberal use of the various foods prepared from corn meal would not very greatly ameliorate the condition of many who are sufferers from the too constant use of fine flour and other too highly concentrated foods. Some experiments within my knowledge seem to prove that in many cases foods from Indian corn are worthy of a fair trial for health alone.

It is stated upon good authority that the use of corn meal as a food once each day for five months has been known to cure an obstinate case of dyspepsia. The reasonableness of this statement is enhanced by the fact that this disease was scarcely known in this country fifty years ago; and when it is considered that the inordinate use of hog products was more or less frequent at that time, is it not reasonable to suppose that Indian corn measurably prevented unfortunate results from the otherwise gross diet of that period?

There are also many other diseases that are more prevalent in America than formerly. It is impossible to say to what extent these ailments might have been prevented or ameliorated by the continued use of Indian corn. It is conceded that the present population is not as vigorous in many ways as were

the people of the early part of the present century. Our children have not the rugged bodies nor the blooming cheeks of the little folk of the days when "mush and milk" was the every day supper of the family. A few of our boys may play base ball fairly well, but in the days of "hog and hominy" every young man was athletic, and gloried in his strength. A discussion of the complexion and physique of our mothers and our daughters may not be in good taste, but it is certain the former would not suffer by the comparison. For how much of this want of the old vigor is the change of diet responsible?

As to the palatable character of the many preparations of Indian corn, and the difficulties that surround the preparation of the dishes, the reader is respectfully referred to the following pages. "The proof of the pudding is in the eating." "There is no accounting for tastes." Fairly sample these dishes, and if you should live to tell of it give your best judgment of their quality. Every dish described has been made, eaten and enjoyed. That they may be prepared by giving reasonable attention to the directions is proven by the fact that an inexperienced young woman has compounded each one of them from the written formulas given in these pages.

This little manual is put forth in the interest of better as well as cheaper food. If any one shall pass it by with a sneer because it treats of the possibilities of a food that is within the reach of the poor as well as the rich, let such an one reject also the fresh air and every other universal blessing. But, let it be remembered that while Indian corn is so plentiful and cheap that waste is the rule rather than the exception, yet there is no excellence even in the foods prepared therefrom unless care and wisdom unite in the selection of the material and in its manipulation. The *careful* housewife will compound many dainties by following the plain directions given herein, and to such only is the book commended.

Having with some care investigated this subject, I conclude it is the duty of each one to live up to his privileges. If it has been given to us to have better methods than the savages who once claimed this fair land, or even better methods than were possible to the pioneer settlers, we shall only prove ourselves worthy of the better methods by exemplifying them in our lives. If we live up to our privileges we shall be far from treating God's most abundant gifts with scorn.

Nature makes no mistakes. She provides a diet



suited to every climate. The Greenlander has his blubber; the inhabitant of the torrid zone has his fruits; the Scot in his rugged climate has his oatmeal, while the Southern Briton in his milder environment takes his grass at the second remove in the form of beef. The American has been bounteously provided for. His fields wave with grass; his cribs are bursting with corn; the cattle on a thousand hills are his; and he may take his corn in the ear, in the grain, from the hands of the miller and the cook; or he may have it at the second remove in savory roast or stew of corn-fed beef, of corn-fed mutton, or corn-fed pork or bacon, and not foolishly flout a wise Providence.

But while Indian corn is a standard and necessary food, in its crude forms, as well as in those of bread and porridge, it has, in its finest flours, and in certain forms of corn-starch, been introduced among the wealthy classes of many countries, and is used in the preparation of dessert puddings and blanc-mange, for which it seems better fitted than the flour of wheat. Thus hundreds of millions find nutriment, and other millions agreeable variety, and even luxury, in the various preparations of Indian corn.



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"MIXING WITH BRAINS."

In the matter of preparing palatable food there is much that must be left to the discretion and judgment of the cook. A celebrated cook is said to have accounted for the uniform excellence of his dishes from his habit of "mixing everything with brains." He is supposed to have referred to the thought and care bestowed upon his efforts. This is a very important consideration, especially in making bread.

## FRESH MEAL.

Meal as well as flour is liable to lose its best quality by want of care, or the mere lapse of time. Dampness may be absorbed from what seems to be a dry atmosphere. Heat and moisture very rapidly affect even corn in the ear, or shelled, but much more rapidly when ground.

Insects seem to be attracted by the sweet scent of freshly ground meal, and to have an instinct to deposit their eggs therein. Its almost imperceptible fermentation produces heat that soon starts them into life, and the quality of the meal is destroyed long before there is any visible mould, or other unfavorable sign apparent to the common observer. But the intelligent cook, by sight, or touch, or smell, will detect age in the meal, and turn it to an-

other destination than the human stomach. Good bread, or any other preparation from Indian meal for the food of man, can only be made from freshly ground corn, and from that which has been ground upon a mill adapted to that purpose.

It is probably from this fact that Indian corn has not yet become popular as human food in Europe. The liability to heat from being stowed in large quantities in the holds of ocean vessels, and to absorb unpleasant odors on the voyage, if not guarded against by very great care, would necessarily consign exported corn to baser uses. To what extent ordinary heating may be avoided by kiln-drying, and freshness still be preserved, could be known by experiment. But the importance of using freshly ground sweet meal in the preparation of human food indicates the necessity of shipping corn in the ear, or if shelled, with all possible precaution against heat and taint.

#### SOUTHERN CORN.

There is an opinion which widely obtains that corn grown in the Southern States is of a quality superior to that grown farther north for bread and other table uses. Marion Harland adopts this view. I think it is not well founded. The fact that corn is a cheap food, and that it was extensively used by the

negroes in the days of slavery, compelled them to invent and practice methods of preparation which tended to make it palatable. Many of the negro women became famous cooks. They practiced upon Indian corn under the spur of necessity. The simple methods of gathering the corn fresh from the field and pounding it in a mortar in quantities sufficient for their daily needs were just suited to the material on which they worked. Such bread, hot from the ashes, or just lifted from the smoking board before the roaring fire, was eaten by the master, the dainty mistress, or the romping children, with a relish that lingered long in the memory. It is from the circumstances which gave the bread this quality rather than from anything in the soil or climate which affected the corn, that this idea has been to some extent accepted.

#### THE BEST KIND.

There are many varieties of corn. They show under analysis their elements in different proportions. Some of these are better suited than others to table uses. The savage Indians raised the sorts that were most palatable under their simple modes of cooking. The southern planter grows the white flint corn for his table, and the larger, softer, yellow corn, for his mules, his pigs, and his poultry.

The northern farmer, with equal knowledge of quality, and more careful of details, should, by selection soon be able to use the best variety for every purpose, with results of great importance to our interests in the matter of food supply.

These are facts that should be widely known both north and south. Under changed conditions in the south there is possibility of danger that some of the customs of the early days that are worth preservation may become obsolete;—and, among others, the making of the very best foods from Indian corn may finally be numbered among the Lost Arts.

#### ANALYSIS.

The elements of which Indian corn is composed, in the proportions in which they are combined in the best varieties, do not seem to be equally suited as a food to all conditions. Being carbonaceous rather than nitrogenous,—fat-forming rather than muscle-forming, it is a better food in winter than in summer. For the same reason it has its complementary foods, which, as far as practicable, should be eaten with it. These are the albuminoid foods, such as eggs, milk, peas, beans, lean meats, &c. Thus “lamb and green peas,” “jowl and turnip greens,” “pork and beans,” are not more certainly



complementary dishes than are "mush and milk" as a diet.

NOTE:--The composition of Maize as given by PAYEN, is as follows:

|                      |       |
|----------------------|-------|
| Starch.....          | 67.55 |
| Gluten or zea.....   | 12.50 |
| Dextrine or gum..... | 4.00  |
| Fatty matter.....    | 8.80  |
| Celulose.....        | 5.90  |
| Salts or Ashes.....  | 1.25  |

It is no doubt from the excess of oily matter, which as seen above is about nine pounds in every one hundred, that the meal is so prone to change by its attracting oxygen from the atmosphere. This explains what is said elsewhere as to the difficulties that surround its preservation on sea voyages, and when stored in hot or damp climates, as well as the circumstances most favorable to its use as a food.

#### HIGH AUTHORITY.

Prof. Blot says: "Have your food selected and prepared according to constitution, occupation, climate, age and sex." In discussing the value of Indian corn preparations Marion Harland justly says: "As an article of diet, especially in the early warm days of spring, it is healthful and agreeable, often acting as a gentle corrective to bile and other disorders. In winter, also, it is always acceptable upon the breakfast or supper table, being warming and nutritious. In summer the free use of it is less judicious on account of its laxative properties."



The importance of these hints will be appreciated by all who aspire to be cooks, and who "mix their dishes with brains."

#### DEFINITE RULES.

Every formula has been thoroughly tested, and found to be worthy of trial. The attempt has been made to make each one thoroughly plain and easily understood. Many of them have stood the test of being prepared by a young girl from the written forms, and have been found to be more than satisfactory in results. Many of the dishes described will be varied by intelligent and ambitious cooks to suit varied tastes, but strict attention to exactness in following the forms will be rewarded by success, and will be the better course for those without extended experience.

There is much latitude allowable in compounding dishes. The competent cook will make many different dishes from a few plain materials, and thus greatly vary the daily diet by the "rule o'thumb," but in the formulas precision is attempted, and they may be safely followed in every detail. If when the effect of each ingredient is thoroughly understood it may be thought best to vary the proportions to suit different tastes the experiment may be tried, often with reasonable expectation of happy results.

## AUNT JERUSHA'S PUDDING.

But in illustration of the possibilities in the use of materials, and especially in the discretion permitted in mixing, I submit Aunt Jerusha's directions to a neighbor who was in pursuit of knowledge, under difficulties.

"If it's to be a small pudding, why, of course, you don't use so much flour; the bigger its to be the more flour you take. Sometimes you have to use a good deal, and then again you get up quite a pudding without using so much. Besides it depends a great deal on the baking powder. If that's real good, it don't make much difference about the flour."

"Do I use raisins?"

"Sometimes you do, and then sometimes you don't. It depends on whether you want it rich, or not, and what kind of sauce you're going to use."

"How much sugar?"

"Well, now, some folks take a good deal, and some folks don't. For my part I never like anything too sweet, and so I'm careful not to get in too much sugar. When you make it once or twice you'll have no trouble to get it so it suits you."

"How many eggs?"

"There! that's the beauty of it! With this pud-

ding it don't make so much difference how many you use. If you have plenty you can put in several; it won't hurt, but if eggs are scarce you can get along with less just as well, and nobody will see the difference."

"Do you mix with milk?"

"Yes—sometimes. It's not very particular. It all depends. If you have plenty of milk, you do; but if everything else is all right it's no matter about the milk."

"What about spices?"

"Use 'em if you want to. Some folks like 'em, and I sometimes think they rather help a pudding, especially if you use plain sauce. Follow your own taste about that; and if you don't get it right the first time don't blame me, for I have done my best to tell you just how to do it, and all about it."





## Many Dishes for Many Tastes.

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The following formulas are for use under many conditions, and for different appetites and capacities. Some of the dishes are sufficiently light and delicate for an invalid, while others are of substance suited to meet the demands of hard labor in the forest or field. If the cook select with judgment for each appetite all may be pleased.

Some dishes are marked thus \*. These have been found to give especial pleasure on the tables of some noted housewives. Others, marked thus \* \*, are thought to have excellence in the superlative degree. Such may have a place upon pretentious tables, and will stand the test of the palate of the epicure.



# MUSHES.

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"Heap high the farmer's wintry hoard,  
Heap high the golden corn,  
No richer gift hath autumn poured,  
From out her lavish horn."

## CORN MEAL MUSH.

*(Sometimes called Hasty Pudding.)*

2 quarts corn meal.

2 table spoons salt.

4 quarts boiling water.

Take freshly ground and newly sifted corn meal. Wet it with a quart of cold water. Add the salt to the hot water, and stir in the meal gradually, keeping the mass hot and well stirred. Made in this manner the mush will be smooth, and will cook evenly. Boil not less than two hours.

May be eaten hot with milk, or with butter, syrup, or with cream and sugar.

NOTE.—Hasty pudding, is so called from the custom of making it just as wanted, and bringing it to the table with about fifteen minutes cooking. In this way the meal was not thoroughly cooked, and therefore was said to disagree with many persons.

A cast-iron pot with feet, lessens the tendency to burn and is therefore the best vessel to use.

'Tis best to double the quantity needed, and put away half to become cold for frying. Oiling the mush on the top, prevents the formation of a crust by drying.



**BAKED MUSH.**

Make as in the preceding formula, but boil only one-half hour and then put in a buttered baking pan and bake from three to four hours, in a moderate oven. Should be fully two inches deep in the pan and when baked should be a rich brown. Eat hot, same as the corn meal mush.

This form of cooking mush cannot be too highly commended. Browning a crust over the top and next to the pan forms delicious morsels, and the flavor of the crust permeates the bulk of the disk, reminding one of sweet corn roasted on the coals. The thorough cooking of the meal which results from long baking makes the mush more easily digested, and fits it for the most delicate stomach. Those giving this method a fair trial will never abandon it for less thorough cooking.

It is best served by placing the baking pan on the table with its contents undisturbed, set in a platter, or on a thick mat.

**FRIED MUSH.**

Take of corn meal mush while hot and place in a brick-shaped pan, which has been wet in cold water. Set away to cool, and when wanted turn out and with a sharp, thin knife cut in slices from one-fourth to three-eighths of an inch thick.

Heat the griddle with equal parts of butter and lard upon it just enough to well cover the bottom when melted, and when the butter and lard begin to fry, lay the mush upon the griddle, and when the under side is a golden brown, turn with a griddle spade and brown the other side. Lay upon a hot platter and serve hot. Eat with or without syrup.

If butter alone is used for frying it is apt to burn, if lard alone is used it takes a longer time to brown it nicely, and the flavor is not as good.

#### **FRIED MUSH. (HOTEL STYLE.)**

Cut the mush in pieces one inch thick and three inches long, dip in well beaten egg, roll in sifted cracker crumbs and fry as doughnuts in boiling lard.

#### **CROQUETTES OF MUSH.**

1 quart of mush

well cooked. A piece of butter about the size of an English walnut stirred in while the mush is hot, then set away to cool. While it is cooling beat

2 eggs well with

1 salt spoon of salt

and when the mush mixture is about milk warm stir this in. When thoroughly mixed take a spoonful

of the mixture on a well floured board and form into croquettes, and as each is formed, roll to the edge of the board till needed. They should be about three inches long. Also add a little salt to the flour before rolling the croquettes in it. Take them from the board upon a griddle spade to drop into the fat, and fry one minute in *smoking hot* lard, or till a light golden brown. Drain upon paper and serve hot upon a folded napkin.

### CORN MEAL GRUEL.

1 pint boiling water and into it

$\frac{1}{2}$  tea spoon salt

2 even table spoons sifted meal

wet with enough cold water to make a smooth batter. Stir this carefully into the boiling water.

Boil gently half an hour, carefully stirring. If liked, one or two table spoons of cream may be added, and pour into a bowl. Should the gruel be too thick, milk or water may be used to thin. Salt should always be put into the boiling water before the meal is added. If the gruel is for a very delicate person, boil *one hour* very slowly, and the cream should be added after the gruel is taken from the fire. If for a cathartic, omit the cream.

**ANOTHER GRUEL.**

- 1 table spoon of flour
- 2 table spoons of corn meal.
- 1 small tea spoon salt.
- 1 quart boiling water or
- 1 quart of boiling milk.

Mix the flour, meal and salt with a little cold water to a smooth paste, and then stir into the boiling water. Boil thirty minutes, slowly. Thin with milk, cream or water.

For a milk gruel use a double boiler.

Corn meal is heating in its nature, and should not be given to any one with fever. When there is a lack of natural warmth it may be given to advantage.

NOTE.—When liked, a little sugar and nutmeg may be added to the gruel.

Corn meal gruel, if given during convalescence after scarlet fever, has been known to produce glandular swelling.

**BOILED WHEAT AND INDIAN GRUEL.**

- $\frac{3}{4}$  of a cup of flour.
- $\frac{1}{4}$  of a cup of fine corn meal.

Tie in a thin white cloth and plunge it into a quart of boiling water, (or enough to cover it) and

boil for three hours, adding water as it boils away. Take the ball from the water and cool in the cloth. When cool remove the cloth and the thin rind or crust that forms, and grate from ball. Add to

- 1 pint of boiling water,
- 2 table spoonfuls of grated ball and
- 1 tea spoonful of salt

mixed with a spoonful of cold water.

Let the gruel boil for fifteen minutes, stirring it occasionally to prevent burning. This is useful in slight indisposition of children. A table spoonful of molasses added to this gruel makes it slightly laxative.

### PORK SCRAPPLE.

Boil two or more hogs' heads till tender then take out the meat, pour the liquor into an earthen vessel to cool. When cold remove the grease and cut or pick the lean parts in small pieces.

Take the fat from the cold liquor, then return liquor and meat to the vessel and when boiling hot stir in meal and flour in the proportion of one-third flour and two-thirds corn meal, until the consistency of mush. Season with pepper and salt. Boil several minutes, stirring all the while. Mould, and when



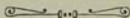
cold cut in thin slices (one-half inch) and fry in hot lard in an iron spider. (Do not attempt to fry in the sheet-iron frying pan.)

### **BEEF SCRAPPLE.**

Select a piece of beef as for soup. When boiled tender remove the meat from the liquor. Add pepper and salt as needed, and when this boils thicken with corn meal as for hasty pudding, or mush.

Simmer till thoroughly done, being very careful, for it will scorch easily. While this is cooking, cut the meat from the bone, mince fine, and when the mush in the kettle is done, (which will be in from thirty to forty minutes) add the minced meat, and simmer fully fifteen minutes longer. Mould in a long loaf-pan, and when wanted for breakfast cut in thin slices and fry a rich brown, on a griddle, or in the spider.

This is equal to meat in richness, and care must be taken, not to eat too freely of it,



## **HOMINIES.**

### **TO HULL CORN WITH POTASH.**

8 large ears of shelled corn,  
5 quarts of cold water and  
3 tablespoons of potash.

Place all in a kettle and boil till the hulls come off, which will be in about half an hour after the water comes to a boil. As soon as they will come off wash in several waters till they are all washed out, then put into the kettle with cold water and bring to a boil—changing this water three times, boiling a few moments each time. When the fourth water is on salt and cook till tender. For safety put into a tin pail and put a cover on the pail, and place in a kettle of boiling water and cook till done. (When done each grain of corn will be open like grains of pop-corn after being popped.) This is the only sure way to cook hulled corn without burning, unless you stand by and stir all the time. Before it is transfered to the pail it must be watched closely.

Eat with milk, or with cream and sugar, or fry in butter, as a breakfast dish, using butter enough to keep it from sticking, and to brown slightly.

### **TO HULL CORN WITH WOOD ASHES.**

Take a scuttle of wood ashes (hard wood when you can get them) put into an iron kettle with water enough to make three quarts of lye when turned off. Let the water boil over the ashes for fifteen minutes, then take from the fire and turn in a pint

of cold water to settle it. Turn off the lye and put in it

### 4 quarts of shelled corn

and put on the stove and boil from a half to three-quarters of an hour, stirring often, or till the outside skin will slip off. Strain off the lye and wash in several waters. Cover and let soak till next day: Turn off the water, pour over the corn a fresh water and with the hands rub to remove the black chits. Rinse till the water looks clear, and then put into a clean kettle with water enough to cover, and boil, taking care to repeat till you have the third water on the corn. Boil till quite soft.

(The corn may have swelled so that you can only cook the half at a time.)

Stir often so as not to burn. When quite soft add

2 large tablespoons of salt.

It may be finished off as in the directions of the previous formula.

### COARSE HOMINY.

Wash and put to soak over night one cup of hominy, and in the morning put on to boil in plenty of water, and keep covered till perfectly tender, then salt and allow it to boil with the cover slightly off toward the last that the water may evaporate.

Hominy requires long, slow and steady cooking. Before serving, stir in one heaping table spoon of butter.

### **TO FRY HOMINY. (COARSE.)**

Put some butter into the frying pan and when it begins to fry, turn in the cold boiled hominy and leave till it is heated, stirring once in a while, and allow the hominy to slightly brown. Turn upon a hot dish.

### **FINE HOMINY.**

Wash and put to soak over night

1 cup of hominy.

In the morning drain and put into an inner boiler, with boiling water in the outer one, and pour over the hominy,

2½ cups of milk

and cover both boilers close and boil an hour or more. Uncover and salt, and if not done cover and let stand and cook till done. Add more milk if it be needed.

(The hominy may be cooked in the same way by using water instead of milk, but it is not quite as rich.)

It may also be cooked in an open stew-pan, but

much care and watching is then required to prevent its burning. Stir in

1 large table spoon of butter

before serving. This makes a nice breakfast dish with cream and sugar. It is nice with the meat course.

### **FRIED HOMINY. (FINE.)**

Cut cold, boiled hominy in nice slices and fry as you would mush. (See page 36.)

Eat with syrup.

### **BAKED HOMINY.**

1 cup cold hominy.

2 cups sweet milk.

1 table spoon melted butter.

1 tea spoon sugar.

1 salt spoon salt.

2 eggs, beaten separately.

Stir well into the hominy, the butter the sugar and salt, then the yolks of the eggs, and, gradually, the milk. When the mixture is perfectly smooth stir in the beaten whites, and bake in a pudding dish till a delicate brown, and well set. *Serve hot.*

To be eaten with meat.



**HOMINY CROQUETTES.**

1 coffee cup of (fine) cold, boiled hominy.

1 table spoon full of butter.

$\frac{1}{2}$  cup rich milk.

Work these together until all are quite smooth and a soft paste; place the pan used for mixing in another of hot water, and heat, but do not boil, then carefully add

1 tea spoon sugar.

2 yolks of eggs well beaten.

Stir while they thicken and when cold and stiff flour your hands and form into oval balls, dip in the beaten white of the two eggs to which you have added

1 table spoon cold water.

(1 table spoon olive oil if liked.)

1 salt spoon salt.

Then roll in fine cracker crumbs, (the rolled cracker having been sifted,) and fry in boiling lard.

\* **HOMINY MUFFINS.**

2 cups of cold, boiled fine hominy.

3 cups of sour milk.

$\frac{1}{4}$  cup of melted butter.

3 eggs—beaten separatly.

2 tea spoons of salt.

2 table spoons of sugar.

1½ cups flour.

1 tea spoon soda.

Beat the hominy smooth, stir in the milk, then the yolks of eggs, butter, salt and sugar, then the soda dissolved in a little hot water, lastly the flour.

These must be quickly baked in iron gem-pans, and as quickly taken to the table.

### HOMINY WAFFLES.

1 cup sweet milk.

1 cup warm, boiled fine hominy.

½ tea spoon salt.

2 eggs beaten separately.

1 table spoon melted butter.

1 tea spoon baking powder

in flour enough for a thin batter.

Bake in a hot, well greased, waffle iron.

This formula makes nice, tender griddle cakes, which are more easily baked.

**\* HOMINY FRITTERS.**

- 1 pint boiled hominy—fine.
- $\frac{1}{2}$  cup of cream.
- 2 table spoons corn starch.
- 2 eggs, well beaten.
- 1 tea spoon baking powder.
- 1 salt spoon salt.

Mix to a smooth batter and drop large spoonfuls into hot fat, and fry brown.

If the hominy is freshly cooked it will be stiff enough to drop, but if cold hominy is used a little flour may be added.

**\* HOMINY TURNOVER.**

- 1 pint cold hominy.
- 1 cup cream or rich milk.
- 1 tea spoon salt.
- 1 tea spoon sugar.
- 2 well beaten eggs.

Work all together till fully mixed. Turn this into a frying pan in which has been melted a piece of butter about the size of an English walnut and stir till it is quite hot. Let it stand till a golden brown, fold like an omelet, and serve on a hot platter.

## BREADS.

### **CORN BREAD. NO 1.**

Two cups Indian, one cup wheat,  
One cup sour milk, one cup sweet,  
One good egg that well you beat.  
Half cup molasses, too;  
Half cup sugar add thereto,  
With one spoon of butter new.  
Salt and soda each a teaspoon;  
Mix up quick and bake it soon.  
Then you'll have corn bread complete,  
Best of all corn bread you meet.  
It will make your boy's eyes shine,  
If he's like that boy of mine.  
If you have a dozen boys  
To increase your household joys,  
Double then this rule I should,  
And you'll have two corn cakes good.  
When you've nothing else for tea  
This the very thing will be.  
All the men that I have seen  
Say it is of all cakes queen,  
Good enough for any king

That a husband home can bring,  
Warming up the human stove,  
Cheering up the hearts you love;  
And only Tyndall can explain  
The links between corn bread and brain.  
Get a husband what he likes  
And save a hundred household strikes.

—OLD RHYMES.

**CORN BREAD. NO 2.**

1 quart flour.  
1 quart of corn meal,  
1 quart of butter milk.  
2 eggs, beaten separately.  
2 table spoonfuls of molasses.  
1 tea spoonful of soda.  
1 tea spoonful of salt.

Bake in loaf.

**CORN BREAD. NO 3.**

1 pint corn meal.  
1 pint sour or butter milk.  
2 eggs, beaten separately—whites added the last.  
2 table spoons of sugar.



- 1 table spoonful of melted butter.
- 1 salt spoon of salt.
- $\frac{1}{2}$  tea spoon soda.

#### CORN BREAD. NO. 4.

- 2 heaping cups corn meal.
- 1 heaping cup flour.
- 3 eggs, beaten separately.
- $2\frac{1}{2}$  cups of milk.
- 1 large table spoon of butter, melted,  
but not hot.
- 1 large table spoon white sugar.
- 1 tea spoon soda, dissolved in hot  
water.
- 2 tea spoons cream-tartar—sifted into  
the flour and added the last thing.
- 1 tea spoon salt.

Bake steadily, but not too fast, in a well buttered mold. Turn out when done upon a plate and eat at once, cutting it into slices as you would cake.

In cutting corn bread, do not forget to hold the knife *perpendicularly*, and cut toward you—MARION HARLAND.

**CORN BREAD. NO. 5.**

- 1 pint of sweet milk.
- 1 pint of corn meal.
- 2 eggs, beaten separately.
- 1 heaping table spoon butter
- 1 heaping tea spoon salt.
- 3 tea spoons baking powder in
- 1 pint of flour.

Bake in a quick oven.

**CORN BREAD. NO. 6.**

- 1½ pints butter milk or sour milk.
- 1 egg.
- ½ tea cup sugar.
- 1 tea cup flour.
- 1 salt spoon salt.
- 1 tea spoon soda, even.
- 1½ pints corn meal.

Bake in a steady oven from thirty minutes to an hour, according to the thickness of the loaf.

**\* CORN BREAD. NO. 7.**

- 2 eggs, well beaten.
- 1 table spoon butter, melted.

1 tea spoon soda dissolved in  
1 pint sour milk or butter-milk.  
1 pint fine Indian meal.

Beat well and bake in a quick oven. Should the butter-milk be sweet add one tea spoon cream-tar-tar.

**CORN BREAD. NO. 8.**

Into 1 quart of boiling milk, stir  
1 pint of corn meal, and  
3 eggs, beaten separately,  
then put together and beat again and add  
1 even spoon of salt  
1 even spoon of sugar.

Bake either as a loaf or in gem-irons.

**\* CORN BREAD. NO. 9.**

2 table spoons of sugar.  
1 table spoon of butter.  
2 eggs, stir together then add  
1 cup sweet milk.  
 $\frac{3}{4}$  cup corn meal.  
3 tea spoons baking powder

in flour to make quite stiff.

**\* CORN BREAD. NO. 10.**

2 cups corn meal.

1 cup flour.

1 cup sour milk.

1 cup sour cream.

1 tea spoon soda.

3 eggs.

1 tea spoon salt.

It will bake in twenty or twenty-five minutes.

**CORN BREAD. NO. 11.**

2 cups corn meal.

1 cup flour.

1 tea spoon soda.

1 tea spoon salt.

1 heaping table spoon butter.

2 table spoons sugar.

3 eggs, beaten separately.

2 cups sour or butter milk.

Mix corn meal, flour, salt and sugar together. Stir the soda into the milk, melt the butter and add to the milk, then the yolks of eggs; now mix with the meal and flour &c., and just before the bread

goes into the oven, add the beaten whites.

If baked in a loaf, it will take thirty minutes, if in a thin cake or gem-irons about twenty minutes. Sweet milk may be used by substituting two tea spoons of baking powder for the soda.

### ASH CAKE.

1 quart corn meal scalded.

1 tea spoon salt.

1 table spoon lard melted.

Cold water to make a

soft dough. Mold with the hands into oblong cakes. A clean spot is swept upon the hot hearth, the bread put down and covered with hot wood ashes, and it must be washed and wiped dry, or carefully brushed before it is eaten.

A much neater way is to lay a cabbage leaf above and below the cake. The bread is thus steamed before it is baked and is made ready for eating by stripping off the leaves.

The hoe cake was a mixture of corn meal, water and salt, shaped into cakes by the hands, and baked upon a board before the fire, or, in earlier times, upon a hoe, from which it was named.



**HOE CAKE.**

1 quart of good sweet meal, sifted.

1 tea spoon salt

and turn on boiling water, stirring all the time, to make a stiff batter.

Wet the hands in cold water, and form the meal into oval cakes, then spread on a board (hard wood) set before the fire to bake. When baked on one side turn and bake the other.

When done split it open, butter well, and serve very hot.

The hoe cake for most of us must be baked as a thick griddle cake, for we have no open fires.

**CORN DODGER.**

1 quart corn meal.

1 salt spoon salt.

1 tea spoon sugar, or not as liked.

Scald all together with boiling water, leaving it thick enough to mold with the hands. Cover and let it stand to swell and till cool enough to work with. Now stir in

1 tea spoon butter

and form into oval cakes.

Have a hot griddle well greased, place the cakes

upon it and when brown on one side turn and brown the other. Serve them very hot. These cakes should be nearly an inch thick, and therefore must be baked slowly, and turned several times. They may be taken from the griddle on the top of the stove and placed in a bake pan and finished in the oven, but this was never done by our cooks of "olden times."

NOTE.--In scalding meal always turn in the boiling water slowly, stirring the mixture all the time until all the meal is moistened, and never forget to cover.

The dodger is a descendant of the hoe cake.

### CORN PONE.

The pone of olden times was made of corn meal, warm water, yeast and salt, and was baked in a dutch oven, five or six hours.

### JOHNNY CAKE.

- 3 tea cups corn meal.
- 1 tea cup flour.
- 2 tea cups sweet milk.
- 1 tea cup sour cream.
- 1 egg.
- 1 tea spoon soda.
- 1 tea spoon salt.

Bake in a loaf.

**INDIAN BREAD.**

3 large cups meal.

3 cups flour.

1 quart butter milk.

1 cup molasses or sorghum.

1 tea spoon salt.

1 dessert spoon soda.

Beat the soda into the molasses, then mix all together, put into a buttered mold and steam or boil four hours. Keep closely covered.

**STEAMED CORN MEAL BREAD.**

2 cups yellow meal.

1 cup flour.

$2\frac{1}{4}$  cups sour milk.

$1\frac{1}{2}$  tea spoons soda.

1 tea spoon salt.

$\frac{1}{2}$  cup molasses.

Steam all day.

**\* BREAD WITH MUSH.**

2 quarts of hot corn meal mush—made as for eating.

2 quarts of flour—wheat or graham stirred together, and when cool, add

1 quart of bread sponge.

$\frac{1}{2}$  cup of molasses.

1 tea spoon of salt.

$\frac{1}{2}$  tea spoon of soda.

Mix well together, add what flour may be necessary and knead thoroughly into small brick shaped loaves.

Let it rise and bake in a moderate oven from one, to one and a half hours.

**\* CRACKLING BREAD.**

1 quart corn meal.

1 pint cracklings.

2 tea spoons of salt.

Pour boiling water slowly over the corn meal and stir till all is moistened, add the salt and set away to cool. When cool enough to work with the hands, mix the cracklings into the moistened corn meal and with the hands shape into oblong cakes. They should be about one inch thick, two inches broad and about four long. Bake from twenty to thirty minutes. These are so rich that no butter is needed with them. Good for breakfast or dinner.

**"RYE AND INDIAN."**

1 quart of rye flour.

2 quarts of corn meal.

Scald the corn-meal by pouring just enough boiling water over it to wet it, but not enough to make a batter. Stir till the meal is thoroughly wet and then cover and let stand till cool enough to add the yeast. Then stir into it

$\frac{1}{2}$  tea cup of molasses.

2 tea spoons of salt.

1 tea spoon of soda.

1 tea cup of yeast or

1 yeast cake.

Make as stiff as can be made with a spoon, mixing with warm water, alternately with the rye flour, and let it rise all night. Put into a large deep pan, smoothing over the top. Let it stand from twenty to thirty minutes, and put in a slow oven and bake four to five hours.

This was the "rye and Indian" of our grandmothers.

**INDIAN BREAD.**

2 cups of fine Indian meal.

2 cups of rye flour.



2 cups of Graham flour.

1 cup of molasses.

$\frac{1}{2}$  cup of yeast.

1 tea spoon of soda.

2 tea spoons of salt.

Mix as stiff as you can with a spoon using tepid water and when well mixed turn into a well buttered bread pan and set to rise.

Bake slowly three hours.

**\* BROWN BREAD. NO. 1.**

1 pint corn meal.

1 pint Graham flour.

1 tea spoon soda.

1 tea spoon salt.

1 pint sour milk.

1 cup molasses.

Mix the meal, flour, salt and soda well; add the sour milk and molasses, and beat well.

Pour into a well greased mold or pail, filling only two-thirds full, cover with a tight cover, also greased, and set in a kettle of boiling water, or in a steamer, and cook four hours.

Keep the water boiling and as it boils away fill up

from a kettle of boiling water kept to replenish. If a crust is liked place in the oven for fifteen minutes to dry.—MRS. LINCOLN.

**BROWN BREAD. NO. 2.**

- 1 cup corn meal.
- 1 cup rye flour.
- 1 cup Graham flour.
- $\frac{1}{2}$  cup molasses.
- 1 tea spoon salt.
- 1 tea spoon soda.
- 1 pint butter-milk.

Mix well, steam three hours, or till wanted; as long steaming improves brown breads.

**\* BROWN BREAD. NO. 3.**

- 2 cups corn meal.
- 2 cups shorts,
- 1 cup flour—or 3 cups Graham in place of shorts and flour.
- $1\frac{1}{2}$  cups sweet milk.
- 1 cup butter-milk.
- 1 tea spoon soda.
- 1 tea spoon salt.

Steam three and a half hours, and bake one-half hour in a slow oven.

**\* BROWN BREAD. NO. 4.**

1 pint of Indian meal.

$\frac{1}{2}$  pint of rye meal.

1 pint of sweet milk.

1 even tea spoon of soda.

1 *small* half cup of molasses.

1 tea spoon of salt.

Dissolve the soda in the molasses. Boil four hours, or longer, in tin covered pudding dish or pail.—M. S. W.

**\* \* BROWN BREAD. NO. 5.**

1 pint of corn meal.

1 pint of rye flour.

$1\frac{1}{2}$  pints of butter-milk.

1 tea spoon of soda.

1 tea spoon of salt.

$\frac{3}{4}$  cup of molasses.

Boil five hours. In the absence of butter-milk you can use sweet or sour milk, but if very sour milk is used add one-half tea spoon more of soda.—M. S. W.

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**\* BROWN BREAD. NO. 6.**

3 cups of Indian meal.

1 cup of rye flour.

3 cups of sweet milk.

1 cup of sour milk.

$\frac{1}{2}$  cup of molasses.

1 dessert spoon soda.

1 dessert spoon salt.

Steam three hours or longer.

NOTE.—In using soda care should be taken that the quantity given is not exceeded. The spoon should be just level full.—M. S. W.

**CORN MEAL GINGER-BREAD.**

1 cup butter.

1 cup brown sugar.

1 table spoon ginger.

1 tea spoon cinnamon.

1 orange rind grated.

2 cups of flour mixed with

2 cups of corn meal.

6 eggs.

3 gills molasses or sorghum.

$\frac{1}{4}$  cup milk.

1 tea spoon soda dissolved in hot water.

Beat butter, sugar, spice and orange peel to a light cream; then add a fourth of the flour, then half the eggs, one at a time and beat. Gradually mix molasses and milk to the dough, then a part of the flour, and the other half of the eggs, and add the remaining flour, soda last. Pour into buttered pans and bake in a moderate oven for one hour.

#### INDIAN MEAL DOUGHNUTS.

$\frac{3}{4}$  tea cup of boiling milk.

$1\frac{1}{2}$  tea cups of very fine corn meal.

1 tea cup of wheat flour.

$\frac{1}{2}$  tea cup of butter.

$\frac{3}{4}$  tea cup of sugar.

2 eggs, well beaten.

$\frac{1}{2}$  a nutmeg or

1 tea spoon of cinnamon.

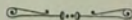
2 tea spoons of baking powder.

Pour the boiling milk over the corn meal, stirring that it may be all scalded, then add the butter, sugar, spice, and when cool, the beaten eggs.



Sift the baking powder into the flour and add to the mixture and work stiff enough to roll.

Should be about half an inch thick. Cut as other doughnuts and fry in boiling lard.



## CAKES.

### \*\* CORN MEAL GRIDDLE CAKES. No 1.

1 pint of corn meal.

1 heaping tea spoon of butter.

1 salt spoon of salt.

1 tea spoonful of sugar.

Pour boiling water slowly upon the mixture, stirring till all is moistened, and leave it for thirty minutes. Then break into the mixture

3 unbeaten eggs

which must be well beaten into the dough. Add

5 tea spoons of cold milk,

one spoonful at a time till it is all smooth and then bake on both sides a nice brown. Serve hot, one griddle full at a time as they are baked.

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\* **CORN MEAL BATTER CAKES. NO 2.**

1 pint butter-milk.

1 tea spoon soda.

1 tea spoon cream-tartar.

2 table spoons flour.

Corn meal for a thin batter—  
about one pint.

If the butter-milk is *very* sour omit the cream-tar-tar.

\* **CORN MEAL BATTER CAKES. NO. 3.**

1 pint corn meal.

$\frac{3}{4}$  pint of sour milk, in which dissolve

1 small tea spoon soda.

1 egg.

1 salt spoon salt.

1 table spoon flour.

Bake on a hot griddle.

\* **CORN MEAL GRIDDLE CAKES. NO 4.**

$\frac{3}{4}$  of a pint of meal, soaked over night in

3 cups of sour milk and

1 cup of sour cream.

In the morning add

1 pint of flour.

2 eggs.

1 salt spoon of salt.

1 heaping tea spoon of soda, dissolved  
in a little water.

\* **CORN MEAL GRIDDLE CAKES. NO. 5.**

1 pint corn meal.

2 table spoons of melted butter.

1 table spoon of sugar.

1 tea spoon of salt.

2 eggs.

Sour milk enough to make a batter.

1 tea spoon soda.

Difficult to bake. Very tender.

**CORN MEAL GRIDDLE CAKES. NO. 6.**

1 pint corn meal.

1 tea spoon butter.

1 salt spoon of salt.

1 tea spoon sugar.

No soda.

Over this pour *boiling* milk or water enough to  
wet the meal, and when cool enough add

2 eggs, beaten separately,  
and cold milk enough to make quite thin.

**RAISED GRIDDLE CAKES. NO. 7.**

- 1 cup white corn meal.
- 2 cups flour.
- 2 cups of milk.
- 1 pint of boiling water.
- 2 table spoonfuls of yeast.
- 1 table spoonful brown sugar.
- 2 eggs.
- 1 tea spoon salt.
- $\frac{1}{4}$  tea spoon soda.

Scald the meal at night with the boiling water, beat well, while warm stir in the flour, sugar, milk and yeast. Let rise all night. In the morning add eggs, soda and salt, and if too thin add corn meal to make the batter the right consistency.

(Leave a cup full for the next morning's rising.)—  
MRS. ALBERT.

**HOMINY PANCAKES WITH PEACH BUTTER.**

Make a pancake after formula given for Hominy Waffles—(See page 47.) and while hot spread them with butter, and with peach butter or jell, roll them, and arrange tastefully on a hot platter, with

a napkin underneath. Sprinkle sugar over the top, and serve immediately.

Care should be taken to make the pancake oblong otherwise after it is rolled the ends should be trimmed off.

**\* CORN MEAL FLAPJACKS.**

1 quart of boiling milk, scald

2 cups of corn meal and add

1 table spoon butter.

1 tea spoon sugar.

Cover and set away over night. In the morning add

2 yolks of eggs.

1 scant cup of flour.

1 tea spoon of salt.

1 tea spoon of soda,

which should be well stirred in, and just before baking on a griddle add the beaten white of the

2 eggs, mixed in lightly.

**SLAPPERS.**

SOUTHERN GRIDDLE CAKES.

1 quart of meal in a bowl,

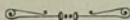
make a hole in the center and into it drop a lump of lard as large as a hickory nut,



1 salt spoon of salt and  
1 tea spoon of sugar.

Now slowly pour boiling water on, stirring the meal until all is moistened, and press it compactly together in the bottom of the bowl, and leave it to swell. When cool enough not to scald break into it

3 eggs—one at a time,  
and stir briskly to mix each egg through the dough. Then add a little milk and let the batter rest. From time to time add cold milk in small quantities till the batter is quite thin. (No soda.)  
—MRS. EWING.



## MUFFINS.

### \* \* ST. CHARLES CORN MUFFINS. NO. 1.

2 tea cups of white corn meal.  
1 cup of boiling water ( $\frac{1}{2}$  pint.)  
1 cup of sweet milk.  
2 eggs.  
 $\frac{1}{2}$  tea spoon of salt.

1 tea spoon of baking powder.

1 heaping table spoon of butter.

Pour the boiling water over the meal and stir that all may be wet and scalded. Add the melted butter, salt and milk. Then the beaten eggs.

Put the iron gem-pans into the oven to heat, putting into each mold a small piece of butter or lard.

Add the baking powder to the batter, and beat up thoroughly; then pour into the hot mold. Bake carefully about twenty or twenty-five minutes. This batter when ready will be very thin.

**\* CORN MUFFINS. NO. 2.**

1 quart of sour milk.

3 eggs, well beaten.

1 tea spoon of salt.

1 table spoon of melted lard.

1 pint of corn meal.

1 tea spoon of soda.

Bake in gem-irons.

**SPONGE CORN MUFFINS. NO. 3.**

1 cup of flour.

$\frac{1}{2}$  cup of corn meal,

$\frac{1}{2}$  tea spoon of soda.

- $\frac{1}{3}$  cup of sugar.
- 2 yolks of eggs.
- 1 white of egg.
- 1 table spoon of melted butter.
- 1 cup sour milk.

Makes eight gems.

To use sweet milk, take one table spoon of sugar instead of one-third cup. One and one-fourth cups of sweet milk, instead of one cup sour, and one tea spoon of cream-tartar.

#### **CORN MEAL MUFFINS. NO. 4.**

- 1 coffee cup corn meal.
- $\frac{1}{2}$  coffee cup flour.
- 2 eggs, beaten separately.
- $1\frac{1}{2}$  coffee cups sweet milk.
- 1 tea spoon lard.
- 1 table spoon white sugar.
- 1 tea spoon soda.
- 2 tea spoons cream-tartar.
- 1 tea spoon salt.

The last three sifted into the flour dry and sifted again and added last before going into the oven—the beaten whites having been beaten in just before. Bake in rings, or gem-irons.

**\* CORN MEAL MUFFINS. NO. 5.**

2 eggs.

2 table spoons of white sugar.

3 cups flour.

2 tea spoons baking powder.

2 heaping table spoons Indian meal.

1 large cup sweet milk.

1 table spoon of melted butter.

A little salt.

Sift the baking powder into the flour, beat sugar, and eggs together. Mix well, bake in hot iron gem-pans, well buttered. Bake fifteen minutes. This will make one dozen muffins.

**CORN MEAL MUFFINS. NO. 6.**

2 cups corn meal.

1 cup flour.

2 table spoons molasses.

1 tea spoon soda.

2 cups butter-milk or sour milk.

1 salt spoon salt.

Bake half an hour. These may be fried as griddle cakes.

**CORN MEAL MUFFINS. NO. 7.**

1 quart sour milk and  
1 tea spoon soda—stir till it froths.  
2 eggs.  
1 tea spoon salt.

Meal to make a stiff batter.

Turn the batter into the buttered pans, half an inch thick. Bake half an hour.

**\* CORN MEAL MUFFINS. NO. 8.**

2 cups sour milk.  
1 tea spoonful of soda.  
2 table spoons of sugar.  
2 table spoons of flour.  
1 egg.

1 scant salt spoon salt.

Corn meal sufficient to make a thin batter.

**\* CORN MEAL MUFFINS. NO. 9.**

$\frac{1}{2}$  pint of boiling water on  
3 cups corn meal—beat well.  
1 tea spoon salt.



1 tea spoon sugar.

1 heaping table spoon butter.

3 eggs.

2 cups of sweet milk.

2 tea spoons baking powder.

Bake in iron gem-pans thirty minutes; or if baked as a deep loaf, bake three-quarters of an hour.—M. S. W.

**\* CORN MEAL MUFFINS. NO. 10.**

2 cups of Indian meal.

2 cups of flour.

1 heaping table spoon sugar.

2 eggs.

1 heaping table spoon butter.

2 tea spoons baking powder.

Sweet milk to make a thin batter.

Bake in gem-irons.

**\* CORN MEAL MUFFINS. NO. 11.**

1 quart of sweet milk.

1 quart of Indian meal.

3 eggs.

1 table spoon butter or lard.

1 salt spoon salt.

1 tea spoon baking powder.

NOTE.—All corn cakes should be baked quickly and always eaten hot.

**\* CORN MEAL MUFFINS. NO. 12.**

1½ pints of sifted corn meal.

2 table spoons sifted flour.

Butter the size of a walnut.

1 quart of milk.

4 eggs, beaten light.

1 salt spoon salt.

Put the butter and milk in a sauce pan and let it remain on the fire till the butter softens, but do not heat to oil, then remove and stir till milk and butter are well mixed. Set to cool, and when milk warm, add a part of the eggs, and alternate with the meal a little of each at a time till all is used. Beat very hard and bake in cups or gem-irons.

NOTE.—The success of this muffin depends upon the amount of hard beating it receives.

**CORN MEAL MUFFINS. NO. 13.**

1 pint of corn meal.

1 pint of sweet milk.

2 eggs, well beaten.

1 table spoon of butter.

2 table spoons of flour.

1 salt spoon salt.

1 tea spoon of baking powder.

Boil the milk, then pour it on the corn meal, flour and butter, beat light, and when cool add the eggs, salt and baking powder. Beat all once more till the baking powder is well mixed. Bake in a quick oven, twenty minutes, in gem-irons, which should be heated before the mixture is poured into them.—  
—M. S. W.

**CORN MEAL MUFFINS. NO. 14.**

3 eggs, well beaten.

2 cups of corn meal.

2 cups of sweet milk.

1 tea spoon of cream-tartar.

$\frac{1}{2}$  tea spoon of soda.

$\frac{1}{2}$  tea spoon of salt.

1 heaping table spoon of butter.

Sift the cream-tartar into the meal, then add salt.

Dissolve the soda in the milk, and add to the meal and beat to a batter. Turn in the butter which has been melted, lastly the eggs, and beat hard, but not

long. Fill the gem-irons nearly full and bake. Put in a hot oven at first, then cool off a little.

**CORN MEAL MUFFINS. NO. 15.**

1 pint of rich butter-milk—sour.

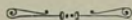
$\frac{1}{2}$  tea spoon of soda.

3 eggs, beaten separately.

$1\frac{1}{2}$  pints of corn meal.

1 salt spoon of salt.

The beaten whites to be added last. Bake in gem-irons, well buttered, and quite hot when the batter is put into them.



## WAFFLES.

**FLOUR AND INDIAN WAFFLES.**

$2\frac{1}{2}$  cups of sifted flour.

$\frac{1}{2}$  cup of sifted Indian meal.

1 tea spoon of soda.

1 tea spoon of salt.

1 heaping table spoon of butter.

2 eggs, beaten very light.

2 cups of rich sour milk.

Mix salt, soda, flour and meal, and melt the butter. Make a hollow in the flour, and pour in butter, eggs and sour milk, stirring as you pour, that all may be a smooth batter.

Heat the waffle irons. Oil them well with fresh lard and fill three-quarters full. Bake over a clear fire. Turn the waffle-iron often, that the waffles may not burn.

**\* IOWA WAFFLES.**

1½ pints of boiling water.

1 pint corn meal.

1 pint flour.

½ pint butter-milk or sour cream.

⅔ pint of sweet milk.

4 eggs.

1 heaping table spoon of butter.

1 tea spoon salt.

1 tea spoon soda.

1 tea spoon cream-tartar.

Make the corn meal into mush in the usual way, with the boiling water, and while hot stir in the



butter and salt. Cook the mush half an hour. Set the mush aside to cool. Meanwhile beat separately the eggs till very light; next beat into the mush the sour cream and soda, then the yolks of eggs alternating with the sweet milk, and work in gradually the flour, in which the cream Tarter has been sifted.

An hour should be allowed for making these waffles. Have a brisk fire, grease the iron thoroughly, but with nicety, and bake quickly. Fill the iron only half full of batter, that the waffles may have room to rise, or they will be heavy.

**\* CORN MEAL AND RICE WAFFLES.**

$\frac{1}{2}$  cup corn meal.

$\frac{1}{2}$  cup flour.

1 cup cold boiled rice.

2 eggs, well beaten.

1 table spoon melted butter.

$\frac{1}{2}$  tea spoon soda.

1 tea spoon salt.

1 pint sour milk.

Beat the mixture well before baking. Care must be taken to have the irons well greased, as with rice they are more liable to stick.

**CORN POP-OVERS.**

1 pint sweet milk scalded, with  
1 coffee cup corn meal stirred in.

1 heaping tea spoon butter.

1 salt spoon salt.

3 eggs, well beaten separately and  
stirred in last.

No soda.

Bake in gem-pans.

\* **CORN MEAL FRITTERS.**

3 cups of milk.

2 cups best Indian meal.

$\frac{1}{2}$  cup of flour.

4 eggs, beaten separately.

$\frac{1}{2}$  tea spoon soda, dissolved in hot water.

1 tea spoon cream-tartar sifted in the  
flour.

1 table spoon sugar.

1 table spoon melted butter.

1 tea spoon salt.

Beat the yolks of eggs very light, and add to all  
the ingredients (except the flour and cream of tartar

which should be added last); when these are well mixed add the whites of eggs, next the flour mixture.

Drop into boiling lard by the spoonful; when done, lay in the draining pan with brown paper in the bottom of the pan to absorb the fat. Eat with a sauce made of butter and sugar seasoned with cinnamon and a surprise of ginger.

### **SAUCE FOR FRITTERS.**

1 heaping table spoon butter and  
2 heaping table spoons of flour, rubbed  
together. Add  
 $1\frac{1}{2}$  cups boiling water and cook five minutes. Add  
 $1\frac{1}{2}$  cups brown sugar.  
1 salt spoon ginger and  
1 even tea spoon cinnamon; or if preferred, juice of  
 $\frac{1}{2}$  a lemon and  
 $\frac{1}{2}$  a nutmeg.

Stir till the sugar is all melted. Serve hot.

### **\* CORN MEAL PUFFS.**

1 quart boiling milk, in which stir  
2 small cups white corn meal and

$\frac{1}{2}$  cup flour.

1 small cup powdered sugar.

1 salt spoon salt.

4 eggs, beaten separately.

1 table spoon butter.

$\frac{1}{2}$  tea spoon soda dissolved in hot water.

1 tea spoon cream-tartar sifted into the flour.

$\frac{1}{2}$  tea spoon mixed cinnamon and nutmeg.

Boil the milk and stir in corn meal and flour; boil ten or fifteen minutes, stirring carefully to prevent scorching, then add the butter. Remove from the fire and beat hard. When cool add eggs, sugar, spices and soda, and beat hard; bake in greased cups or deep gem-irons.

To be eaten with the following sauce:

$\frac{1}{2}$  cup butter, beaten very light.

1 cup powdered sugar.

1 cup cream.

Set the dish in a basin of hot water and stir until it is all like cream: it will take but a short time.

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PUDDINGS AND DESSERTS.

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"The proof of the pudding is in the eating."

**BAKED INDIAN PUDDING.**

- 1 quart of milk or water.
- 1 tea cup of corn meal.
- 1 small cup of butter.
- 1 small cup of molasses.
- 1 lemon, juice and grated rind.
- 6 eggs, well beaten.

Boil the milk or water, and add to it the corn meal, wet with a little milk reserved for that purpose; and let it simmer with the steam shut in for an hour. Then mix the other ingredients, and bake about half an hour in a good oven.

**\* BOILED CORN MEAL PUDDING.**

- 2 cups of white corn meal.
- 2 cups of boiling water.
- 1 cup suet, chopped fine.
- 2 table spoons of sugar.
- 1 egg.



1 even tea spoon of salt.

1 tea spoon of ground ginger.

Boil the water with the sugar in it; sprinkle in the meal as for mush and cook five minutes; then add the suet, salt, and ginger. Wet and flour the pudding cloth, place it in a large bowl, pour in the mixture and tie, leaving room enough to swell. Boil five hours. Serve with hot sauce or syrup.

NOTES.—Have the pudding bag made of stout cloth.

Tie the string very tightly about the mouth of the bag, leaving one-fourth space for the pudding to swell.

The water must be boiling when the pudding goes in, and not stop boiling until it is done.

A plate must be placed in the bottom of the kettle to prevent sticking and scorching.

When a bag is used water must always entirely cover it, while the water must not quite reach the top of a mold.

When the time is up take the pudding out of the water and plunge for an instant into cold water, and as quickly remove and turn out. This will prevent sticking.

Boiled puddings should be served as soon as they are taken from the bag or mold.

### PLAIN CORN MEAL PUDDING.

*(Cooked with boiled dinner.)*

1 quart of sweet milk.

3 cups of corn meal.

1 tea spoon of salt.

Stir the Indian meal and milk in a thin batter, adding the salt; put it into the bag, tying loosely so as to allow plenty of room to swell, and not be heavy. Boil for four hours in the kettle with the the meat, and when time to add the vegetables, do so. When done it will be a rich red. Serve with molasses.

The lady who contributes this, says she imagines this pudding tastes better to one who is young and hungry, as the best ones she ever ate were those made by her grandmother.

**\* BOILED CORN MEAL PUDDING.**

1 quart of sweet milk.

1 quart of corn meal.

3 eggs, beaten separately.

$\frac{2}{3}$  cup of sugar.

1 cup of suet, chopped fine.

1 tea spoon of salt.

Scald the milk, and when boiling, stir in the meal. Cook ten minutes, then add suet and salt, and remove from the fire to cool. When cool add yolks of eggs and sugar. Now dip the pudding bag in hot water and flour it, that it may be ready to fill as

soon as you have added the beaten whites. Fill only half full, as it will swell very much. Boil four hours. Eat hot with a sauce made by stirring to a cream

1 cup of butter.

3 cups of powdered sugar.

2 tea spoons grated nutmeg, or

1 tea spoon extract of ginger and  
the juice and grated rind of  
1 lemon.

Beat the butter and sugar hard, and till it is much lighter in color than at first. Then add the flavoring, and set one side to cool, and till needed.

**\* BOILED INDIAN PUDDING.**

1 scant quart of corn meal.

1 tea spoon salt.

1 cup molasses.

1 cup of broken butter.

1 even tea spoon soda.

1 quart boiling milk.

Pour the milk over the corn meal, salt and boil for five minutes. Before taking from the fire stir in the butter, then the molasses, and lastly the soda.

(A kettle of boiling water must be ready and the pudding mold well buttered, before the soda is added.) Beat quickly and very light and turn into the mold. Boil for three hours, and be careful to have hot water with which to re-fill the kettle as the water evaporates. Eat with the following sauce:

2 cups sugar.

1½ cups boiling water.

1 table spoon butter.

2 lemons, juice and grated rind.

**\* \* DELICATE PUDDING.**

1 quart of milk.

2 heaping table spoons corn meal.

4 heaping table spoons sugar.

1 heaping table spoon butter.

3 eggs.

1 tea spoon salt.

½ tea spoon ginger.

Boil the milk and stir the meal into it; cook fifteen minutes, stirring often, that the milk does not scorch. Beat together the eggs, salt, sugar and ginger; stir the butter into the milk and meal, and

when well mixed, pour this gradually on the egg mixture. Pour into the pudding dish and bake one hour. Serve with cream and sugar.—MISS PARLOA.

### **CORN MEAL PUDDING.**

- 1 quart of scalded milk.
- 7 table spoons of corn meal.
- 1 tea spoon of salt.
- 1 tea cup molasses.
- 1 table spoon of ginger.

Pour the scalded milk over the corn meal, then add the other ingredients, and bake three hours covered. (This pudding is good if only baked one hour.)

### **INDIAN PUDDING—WITHOUT EGGS.**

- 7 heaping table spoons of corn meal.
- $\frac{1}{2}$  tea spoon salt.
- 2 table spoons of butter.
- $\frac{3}{4}$  cup of molasses.
- 1 tea spoon ginger, and
- 1 tea spoon mace. Pour into these
- 1 quart of boiling milk.

Mix well, and pour into a buttered dish; just before closing the oven door pour in



1 cup cold water.

Stir quickly and close the oven. Stir two or three times to prevent the meal from settling. Bake three-fourths of an hour.

**BAKED INDIAN PUDDING.**

Boil 2 cups of milk and while hot  
sprinkle in

$\frac{1}{2}$  cup of Indian meal.

Let it boil three minutes, and when cool, beat in  
1 egg.

$\frac{1}{2}$  cup of sugar.

$\frac{1}{2}$  tea spoon salt.

$\frac{1}{2}$  nutmeg.

Bake three-fourths of an hour. Eat with cream.

**\*\* AUNT EMERETTA'S INDIAN  
PUDDING.**

1 quart of milk.

6 table spoons of corn meal.

4 well beaten eggs.

2 table spoons of sugar.

1 tea spoon of ginger.

1 salt spoon of salt.

Take one half the milk, and when it comes to the boil, stir in the corn meal, and take from the fire immediately and add the other half of the milk. Then stir in the eggs, sugar, ginger and salt, and when well mixed, add to the corn meal and milk. Place in the oven and bake one hour.

Raisins or currants improve this pudding. Serve with cream.

### INDIAN PUDDING.

1 scant pint of corn meal.

$\frac{2}{3}$  cup of bread crumbs.

1 cup of molasses.

2 table spoons of brown sugar.

1 quart of milk.

$\frac{2}{3}$  pint of cold water.

2 eggs.

1 cup of raisins or not as liked.

1 tea spoon salt.

1 heaping table spoon of butter.

Bake three hours in a slow oven. Serve with cream only.

### \* JESSIE'S CORN MEAL PUDDING.

1 quart of boiling milk.

4 table spoons of corn meal.

$\frac{1}{2}$  cup of butter.

4 eggs.

1 cup sugar.

Flavor to taste.

Into the boiling milk stir the corn meal, which has been wet with cold milk, and let boil for twelve minutes. Then add the butter. Beat the yolks of eggs and sugar together, over these pour the corn meal mixture and stir well; add the beaten whites and flavoring; then pour into a buttered pudding dish and bake three-quarters of an hour.

**\* CARRIE'S INDIAN PUDDING.**

Over 2 cups of sifted corn meal pour  
1 quart of boiling milk; when cool  
add  
6 beaten yolks of eggs,  
1 cup of sugar and  
1 tea spoon salt.

Mix thoroughly and add, at the last moment,

6 beaten whites of eggs.

Stir well together and bake one hour. Serve with  
fairy sauce.

**\* AUNT SUE'S INDIAN PUDDING.**

Over 2 cups sifted white corn meal pour  
slowly

1 quart of boiling milk; when cool  
add the yolks of

6 eggs, beaten very light,

1 cup of sugar,

1 tea spoon of salt, and lastly the  
whites of the

6 eggs, well beaten, and

3 tea spoons baking powder mixed  
with an equal portion of flour.

Bake thirty minutes. Eat with fairy butter or  
wine sauce.

**\* \* INDIAN MEAL AND APPLE  
PUDDING.**

1 cup of Indian meal.

1 cup of molasses.

2 quarts of milk.

2 tea spoons of salt.

1 small cup suet, chopped fine.

- 1 quart of apples, pared and quartered.
- 1 tea spoon of ginger.
- 1 salt spoon of mace, or
- $\frac{1}{2}$  a nutmeg.

Put the milk on to heat, and when it boils, pour in the corn meal, which has been mixed with some of the cold milk, reserved from the two quarts. Cook this half an hour, stirring often. Add the other ingredients and pour into a deep pudding dish, which has been well buttered. Bake slowly three hours. Eat with cream.

#### **TAPIOCA AND INDIAN PUDDING.**

- $\frac{1}{2}$  cup of tapioca.
- 1 quart of milk.
- 4 table spoons of Indian meal.
- 1 table spoon of butter.
- 2 eggs, well beaten.
- 1 cup of sugar.
- 1 pint of sliced apples.

Soak the tapioca over night, and in the morning scald it in the milk, less one cup. When the milk and tapioca boil add the meal, wet with the cold milk; add the butter, and boil ten minutes. When



cool add the eggs, sugar and apples; beat till all is blended, and bake three hours. Cover the pudding pan for the first two hours.

The apples may be omitted, and spice, lemon or ginger used to flavor.

### **VIRGINIA HOMINY PUDDING.**

4 table spoons of hominy.

1 quart of milk.

Piece of butter size of an egg.

1 lemon.

8 table spoons of sugar.

4 eggs, beaten separately.

Wash the hominy, salt and add water to cover, and place in an inner boiler to cook. When nearly done add the milk. Let it steam until the milk boils and the hominy is tender. Take from the fire and add the butter and four table spoons of the sugar, the grated lemon rind, and the beaten yolks of the eggs. Put the mixture in a buttered pudding dish and bake till set, when the beaten whites, with the remaining sugar and lemon juice added, should be placed smoothly on the pudding; return to the oven to bake a light brown.

**\* \* MRS. HENDERSON'S CORN STARCH  
PUDDING.**

*(Three formulas in one.)*

1 pint rich milk.

2 large table spoons corn starch.

$\frac{1}{2}$  cup sugar.

4 whites of eggs, beaten stiff.

1 salt spoon salt.

Dissolve the corn starch in a little of the milk; stir the sugar into the remainder of the milk, which place on the fire. When it begins to boil, add the dissolved corn starch. Stir constantly for a few minutes, when it will become a smooth paste. Now stir in the beaten whites and cook for three minutes; remove from the fire and flavor with vanilla and turn into a wet pudding mold, and set to cool; or, you may add one-half a cocoa-nut, grated, before putting into the mold.

Serve with whipped cream around it; or a sauce of boiled custard made with the yolks, thus:

1 pint rich milk.

4 yolks of eggs, very well beaten.

$\frac{1}{2}$  cup sugar.

1 tea spoon corn starch,  
wet in cold milk. Boil all together and watch carefully. Flavor with one tea spoon of vanilla.

The corn starch is added to the custard to prevent it from curdling, as it is apt to do if left cooking a few minutes too long.

Always flavor after you have taken it from the stove.

If the milk is first boiled before it is added to the other ingredients there is less danger of the custard curdling.

With still the same formula for corn starch pudding, first flavor the whole with vanilla; then take out a third of the pudding and flavor it with half a bar of chocolate, which has been grated; stir in till smoothly and perfectly blended. Then put one-half of the white part into a mold (which has been wet with cold water), and smooth the top. Next put the dark part in; smooth again, and finish by putting the remaining white in, and put away to cool and get firm:

Or, with the same formula for corn starch pudding you may flavor with fresh fruit—strawberries, raspberries, or pine-apples. Serve with whipped cream, or boiled custard as given above.

**\* BAKED CORN STARCH PUDDING.**

4 table spoons of corn starch.

1 quart milk.

4 eggs, beaten separately.

$\frac{3}{4}$  cup sugar.

1 salt spoon cinnamon.

$\frac{1}{2}$  nutmeg.

1 table spoon butter.

Dissolve the corn starch in a little of the milk, heat the rest of the milk to boiling, and stir in the corn starch; boil five minutes slowly, stirring most of the time. Take from the fire and while yet hot stir in the butter, and set away to cool. Beat the eggs very light; add the yolks, sugar and seasoning to the corn starch mixture as soon as cool enough; when fully mixed, add the whites, and beat smooth. Then turn into a buttered pudding dish and bake half an hour. Eat cold with powdered sugar sifted over it.—M. H.

**\* CORN STARCH PUDDING, OR MOCK CANTALOUPE.**

1½ pints rich milk.

1 large heaping iron spoon corn starch.

1 tea cup of white sugar.

3 eggs, beaten separately.

1 salt spoon salt.

1 lemon.

Bring one pint of the milk and the sugar almost to the boil, then add the corn starch, which has been wet with half pint of milk reserved, and the salt. Cook for five minutes where it will only simmer. Then draw to the side of the range and add the yolks of eggs; cook two minutes, then stir in the beaten whites and place on the fire to slightly cook the eggs.

Now take a melon-mold, and grease it with butter and sprinkle the grated yellow part of the lemon all over the mold as evenly as possible. This done, gently turn the pudding into the mold and set away to cool.

Eat with a lemon sauce made as follows:

1 cup white sugar.

$\frac{1}{2}$  cup hot water.

1 heaping tea spoon butter, juice of  
1 lemon.

Bring to boil and set one side to partially cool.

Whipped cream and sugar flavored with lemon may be used instead.



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**\* DELMONICO PUDDING.**

3 table spoons of corn starch.

5 yolks of eggs.

6 table spoons of white sugar.

1 salt spoon salt.

1 quart of rich milk.

Beat the yolks of eggs very light, add the sugar and beat again; mix the corn starch with a little cold milk, mix all together and stir into the milk; just as it is about to boil, add the salt and stir until it has thickened well; pour into a dish for the table, and place the pudding in the oven until it will bear icing. The syrup of canned fruits added to the pudding is an improvement.

For the icing take

5 whites of eggs, and

10 table spoons of pulverized sugar.

Place a layer of peaches or other fruit on the pudding, then the icing, and put into the oven to brown lightly.

**CORN STARCH BLANC-MANGE.**

1 quart milk.

4 table spoons corn starch, wet in a  
little of the milk.

4 eggs, beaten separately.

1 cup sugar.

1 grated lemon peel.

1 salt spoon salt.

Scald the milk in a double boiler; stir in corn starch, lemon, salt and sugar, and cook five or ten minutes. Remove from the fire and stir in the yolks of eggs, and return and stir till the yolks are set; then stir in the beaten whites and let remain long enough to cook them; then pour into a wet mold and set in a cold place for a few hours, or over night. Turn out and serve with whipped cream around the base, with spoonfuls of jell interspersed: or in the absence of cream, serve with jelly, a spoonful on each share of the blanc-mange.

### **CORN STARCH PUDDING.**

1 quart of milk.

3 eggs.

3 table spoons of corn starch.

1 even tea cup sugar.

A little salt and flavoring to taste.

This is the usual formula.

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\* **AUNT SUE'S GREEN CORN PUDDING.**

12 ears grated green corn. To the pulp  
add

1 quart of milk.

Place in a covered tin pail and set in a kettle of  
boiling water. When hot strain through a wire  
seive; *rub all through.* Add

1 tea spoon sugar.

4 yolks of eggs, well beaten.

Put back in the pail and stir till hot, but do not  
let it boil. Then stir in

1 coffee cup of rolled cracker.

1 heaping table spoon of butter.

Bake one hour, take from the oven and spread  
on the top the beaten whites of

4 eggs, and

1 cup sugar

beaten together. Return to the oven till the icing  
is cooked, but not browned.

## GREEN CORN DISHES.

### TO BOIL GREEN CORN.

Clean by stripping off the outer husks, all but one whirl; turn these back and pick off all silks; then cover the ear with the remaining husks, tie at the top, put into boiling water and cook from ten to twenty minutes, according to the size.

Cut off the stem close to the ear which frees it from the husks, and send to the table hot.

In choosing young sweet corn, pierce with the nail and the milk should jet out.

You may remove all the husks if you prefer, but there is much sweetness lost by so doing. The corn has also a cleaner, whiter look than when boiled without the husk. Corn, if boiled too long, is hard and the flavor is impaired.

### STEWED GREEN CORN.

Cut from the cob, place in sauce-pan and stew from fifteen to twenty minutes in *boiling* water, or till very tender; turn off the water and add a pint of rich cream. Season with salt and pepper, and serve.

If you have no cream, turn off the water in which the corn has been boiled, except a cup full, and

cover with cold milk. Take a large lump of butter and chop it fine in some flour and add to the corn and milk, and boil. Season and serve.

### GREEN CORN PUDDING.

*(For a meat course.)*

1 dozen large ears of corn.

1 table spoon white sugar.

2 table spoons melted butter.

6 eggs, beaten separately.

1 quart of milk.

1 tea spoon salt.

Grate the corn from the cob, put the yolks of eggs with the grated corn and stir; add the butter and stir again; next gradually add the milk and salt; lastly the beaten whites of eggs. Turn all into a baking pan and place in the oven with a cover, and for the first twenty minutes raise the cover occasionally and stir that the corn may not settle to the bottom; this should be done three times. As it sets about the side turn to the center of the pan. Bake one-half hour. Ten minutes before serving remove the cover to brown.



**GREEN CORN PUDDING.***(For a meat course.)*

Grate the kernels from

10 large ears of corn, add

4 yolks of eggs, beaten light.

2 table spoons melted butter.

3 table spoons flour.

3 cups sweet milk.

1 table spoon of sugar—if the corn is  
sweet.

1 salt spoon salt.

1 salt spoon pepper, lastly

4 beaten whites of eggs.

Bake slowly for an hour. If field corn is used, instead of one table spoon of sugar one-half cup will be required.

**GREEN CORN OYSTERS.**

1 pint grated corn.

1 table spoon melted butter.

3 table spoons milk or cream.

3 eggs, well beaten.

3 heaping table spoons flour,\* or enough  
to hold together.

1 tea spoon salt.

$\frac{1}{4}$  tea spoon pepper.

Fry in hot lard, in frying pan, with the lard about two inches deep. Hold the spoon close to the fat, that the shape of the fritter may be better. Watch closely, and when a light brown, turn. Fry about five minutes.

### GREEN CORN FRITTERS.

12 ears of grated corn.

4 eggs, well beaten.

1 table spoon butter.

1 even tea spoon salt.

$\frac{1}{2}$  cup flour, in which sift

1 tea spoon baking powder.

Drop into boiling fat or lard, a small spoonful at a time.

### SUCCOTASH.

Corn.

Beans.

Take equal measure of green corn cut from the cob, and lima beans shelled; (or you may use either

butter beans or snap beans). Put the beans into boiling water and cook gently for twenty minutes, then add the corn and cook together till tender, stirring occasionally. Pour off most of the water and substitute milk, and bring to the boil, then put into it a heaping table spoon of butter, a tea spoon of flour wet in cold milk; pepper and salt to taste. Boil up, and serve at once.

Should you use string beans don't fail to *string* and cut up into short lengths. Succotash may be made from canned corn and dried beans. In that case the beans must be cooked tender before the corn is added.

Canned corn is better to heat or cook, without opening the can, an hour or more; then have ready the seasoning and open the can, and empty into the dressing and serve at once.

Small white beans may be used with dried corn for succotash:—in that case soak in water two cups of beans over night. In the morning cover with fresh water and put on to cook, with a piece of soda about the size of a bean. When this boils, pour off and cover with water and boil till half done, when the corn may be added. Season with butter, salt and pepper.

From the North American Indians we derive some

of our choicest methods of cooking corn. Roasted corn, succotash and parched corn are purely Indian dishes. The Onondaga Indians, living on the reservation near Syracuse, New York, still hold an annual feast in the early fall, called "the feast of Succotash," where the dish of honor consists of green corn, beans, pork, fowls, and occasionally other meats and vegetables, all boiled together in a large kettle.

#### **CORN AND TOMATO PUDDING.**

1 pint of grated green corn.

1 pint of tomatoes, peeled and sliced.

6 eggs, well beaten.

1 quart of milk.

4 table spoons of corn starch.

1 table spoon sugar.

1 tea spoon salt.

Bring the milk to a boil and add the corn starch, wet with a little cold milk reserved for the purpose; stir constantly until it thickens; then put in all the ingredients, and turn into a buttered pudding dish. Bake the pudding half an hour in a quick oven, but not hot enough to burn.

NOTE.—When to be used as a dessert, add 3 more table spoonfuls of sugar and eat with cream.

**STEWED CORN AND TOMATOES.**

1 quart of corn.

1 quart of tomatoes.

Cut the corn from the cob and peel and slice the tomatoes, and let these gently cook for a few minutes. Season with

1 heaping table spoon of butter.

1 salt spoon of pepper.

1 tea spoon of salt.

1 tea spoon of sugar, if liked.

Stir and serve in a hot dish. Canned corn and tomatoes may be cooked in the same way.

**BAKED GREEN CORN AND TOMATOES.**

Cut from the cob, by first cutting lengthwise, and then with the back of the knife press the pulp out,—enough corn to make

1 quart of pulp. Add

1 quart of peeled and sliced tomatoes.

Now butter a pudding dish, put in a layer of tomatoes and small bits of butter, then a layer of corn pulp, salt and pepper; then another layer of tomatoes, butter, salt and pepper; then corn, until your



dish is full. Then place cracker crumbs on the top; put into a good oven and bake one half an hour.

### PICNIC CORN.

*(Roasted.)*

Turn the husks back from the corn, pick off all the silks, re-cover with the husks and bind with a fine wire, and cover the corn with a thick bed of hot coals and ashes for a half hour. The husks must then be dusted of the ashes, and stripped from the corn. To be eaten very hot, with plenty of butter, salt and pepper, and—out of doors.

Corn may be roasted in the oven. When it is, it should be husked, the silks removed, and the ears placed in a very hot oven. They should remain until quite brown.

### BROILED GREEN CORN.

The ears must be husked, the silks removed, the corn rubbed with a little butter, mixed with salt and pepper, and placed on a wire gridiron over bright, hot coals. As soon as the corn is brown it should be laid upon a hot platter and a little melted butter with salt and pepper poured over each ear, and instantly sent to the table.

**CORN OMELET.**

5 eggs.

 $\frac{1}{2}$  cup cream.

3 ears of corn.

1 salt spoon salt.

 $\frac{1}{2}$  salt spoon white pepper.

Grate the corn from three ears—which have been dropped into boiling water and boiled for five minutes, to set the milk, and then allowed to cool. Three ears left from yesterday's dinner may be used. Break the eggs into separate dishes, and into the whites throw the salt, and into the yolks the pepper. Beat each very light. Into the yolks, after beating, put the cream, and beat, and then stir in the grated corn. Have an omelet pan or frying-pan ready with some butter melted; and now gently add the beaten whites to the yolks, and pour into the pan; stir or move gently with a fork so as to cook the whole at the same time if possible. Do not allow it to stick or burn. Fry a light brown, fold in half, turn upon a hot platter slightly oiled or buttered, place in the oven for a moment or two, and serve. *An omelet will fall and lose quality if not served the moment it is taken from the oven.* It is not a dish for tardy guests!

**GREEN CORN SOUP.**

- 1 pint raw, grated pulp.
- 1 pint milk or cream.
- 1 tea spoon salt.
- $\frac{1}{2}$  salt spoon white pepper.
- 1 tea spoon white sugar.
- 1 tea spoon flour.
- 1 table spoon butter.

Take cold water enough to cover the cobs, which break, if long, and put them on to boil for thirty minutes, and strain. There should be a pint of water after straining. Put this water on to boil, and when boiling add the corn pulp; cook fifteen minutes, and add the salt, pepper, sugar, and boiling milk. Rub the butter and flour together, and stir into the soup. Boil, and serve at once. Corn is better for soup when it is rather old for the table.

**CANNED CORN SOUP.**

- 1 can of sweet corn.
- 1 quart of boiling water.
- 1 quart of milk.
- 3 table spoons of butter, rolled in

1 table spoon of flour.

2 eggs.

1 tea spoon salt.

$\frac{1}{2}$  salt spoon pepper.

Drain the corn and chop in a chopping tray. Put on in boiling water and cook one hour. Rub through a colander, to remove the hulls, and return the water in which it was boiled to the fire. Add salt and pepper and stir in the butter and flour. Have ready the milk, nearly boiling, and pour upon the beaten eggs, and these into the soup. Simmer one minute, and serve.

### CHICKEN AND CORN SOUP.

2 quarts of chicken broth.

1 pint green corn pulp.

1 cup cream or milk.

1 table spoon butter, mixed with

1 table spoon flour.

$\frac{1}{2}$  salt spoon pepper.

Salt to taste.

Remove all fat from the chicken broth and boil the corn cobs in it for thirty minutes, strain and return the broth to the fire; add the corn pulp, and

boil fifteen minutes. Then stir in the butter and flour, and boil five minutes. Turn in the cream now and let it come to a boil, then serve.

### CORN PUREE.

- 12 large ears, grated.
- 1 quart chicken broth.
- 1 tea spoon chopped onion.
- 1 tea spoon salt.
- 1 blade mace.
- 1 salt spoon white pepper.

Boil the cobs, onions and mace in water enough to cover them, for twenty minutes. Take from the fire and strain, and set aside for use. Rub together

- 1 ounce of butter and
- 2 table spoons flour.

To this add the chicken broth, (the fat having all been removed) and cook five minutes. Then add the corn pulp, the corn water, salt and pepper and cook ten minutes. Pass through a soup strainer into the tureen, and serve hot.

In the absence of chicken broth one cup of cream and one pint milk may be used.



**CORN CHOWDER.**

- 1 quart of raw sweet corn, or
- 1 quart of canned corn.
- 1 pint sliced potatoes.
- $\frac{1}{4}$  pound fat salt pork.
- 1 large onion.
- 1 pint tomatoes, either canned or fresh sliced.
- 1 tea spoon salt.
- 1 salt spoon pepper.
- 1 heaping table spoon of butter.
- 3 heaping table spoons of flour.
- 1 pint rich milk.

Cut the corn from the cob. Boil the cobs twenty minutes in water enough to cover them, then remove the cobs, skin the onion and slice one half and fry with the salt pork. Pare and slice the potatoes; slice the remaining half of the onion; and pare and slice the tomatoes. Mix pepper, flour and salt together. Now put corn, potatoes, tomatoes and onion in the kettle in layers, sprinkling each layer with the mixture of pepper, flour and salt. Strain the fat from the onion and pork into the kettle, also the water from the cobs; cook till the corn and po-

tatoes are tender. Then add the butter and milk, bring to a boil, and serve very hot with fresh, crisp crackers.

NOTE.—If canned corn and tomatoes are used fully one quart of water must be supplied in place of the water from the cobs.

### SUCCOTASH SOUP.

18 ears of corn cut from the cob.

3 pounds of raw veal.

1 pint of shelled beans.

1 quart of rich milk—boiling.

1 tea spoon salt.

1 salt spoon pepper.

Boil the cobs with the veal one hour, remove the cobs, add the beans—which have been soaked over night or a few hours and boiled for a few moments in water in which a tea spoon of soda has been added, and this water turned off. Cook one half hour and add the corn. When the corn is done, add the boiling milk and seasoning, and serve.

### GREEN CORN WAFFLES,

*(Or Griddle Cakes.)*

1 pint of green corn pulp.

1 cup of rich cream.

1 cup of flour.

1 tea spoon of salt.

6 eggs, beaten separately.

Grate the corn from the cob, to this add the beaten yolks of the eggs and beat, then the cream and flour. Put the salt into the whites of eggs before beating and beat very stiff; add the whites just as you are ready to bake the waffles. Each waffle must be taken to the table as soon as removed from the iron.

When wanted for griddle cakes, only four eggs need be used.

### TO CAN CORN.

Fill the cans with the uncooked, freshly gathered corn; cut from the cob, and seal them hermetically; surround them with straw to prevent them striking against each other, and put them into a boiler over the fire, with enough cold water to cover them. Heat the water gradually, and when they have boiled an hour and a half, puncture the top of the cans to allow the escape of gases, then seal them immediately, while they are still hot. Continue to boil them for two hours and a half.

In packing the cut corn in the can, the liberated milk and juices surround the kernels, forming a liquid in which they are cooked.

**DRIED CORN FOR WINTER.**

Strip off the husk, cut the corn from the cob, put it on plates in thin layers, and place in a *warm* oven to dry. Watch and turn when dry on top: or it may be dried under glass by the sun; but when dried out of doors it must be brought into the house at night before the dew falls and spread out upon a table. When dry put in paper bags, and hang in a perfectly dry place.

When wanted for use take two cupfuls and soak for twelve hours, put over the fire in the same water and cook gently till done, which will be in about twenty minutes. Add cream, salt and pepper; or in the absence of cream, milk and butter. Serve hot.

**CANNED CORN.**

1 ounce tartaric acid, dissolved in  
 $\frac{1}{2}$  tea cup water. Take of this solution  
1 table spoonful to

2 quarts of sweet corn, cut from the cob.

Cook, and while boiling hot, fill the can, screw the cover down and return the can to a kettle of boiling water, and cook from one to two hours.

When to be used, turn into a colander, rinse with cold water, then cover with water; add a little soda

and bring to a boil, turn this water off, and add water again.

Should the corn still taste sour bring to a boil again with a little soda. When the acid taste is gone, add

1 tea spoon white sugar

and cook till done. Season with butter, pepper, and salt.

### TO KEEP CORN ON THE COB.

*(Processed Corn.)*

Take a basket of corn after all the husks and silks have been picked off, and place in a tight box with a stone jar of water.

Now in an earthen dish place some sulphur and with a paper or live coal light it, and close the box that the fumes of the sulphur may not escape. In eight or ten hours open the box, turn the charred sulphur over and light again, and close the box for twenty-four hours. Then take the corn and put into the crock of processed water; add more sulphur to the dish, light, close the box, and repeat again in twelve hours.

When wanted for use soak in soda water for twelve hours, changing the water at least twice—it



is very hard to get acid taste from the cob—and then boil as green corn.

Or cut the corn from the cob, put on in a kettle of water with a large tea spoon of soda and boil five minutes; then change the water three times, only letting the water come to a boil. When you add the last water also add one table spoon of white sugar, and cook ten minutes. Season with cream or butter, and salt and pepper.

### POP-CORN BALLS.

Pop the corn and reject all the kernels that are not nicely opened. Put into a stew-pan or kettle

1 pound of sugar and

$\frac{2}{3}$  pint of cold water,

and boil till quite waxy when dropped into cold water, then take from the fire and add

8 table spoons of gum-arabic solution which should be quite as thick as molasses.

Pour this mixture slowly over the corn (which should be in a good sized pan) and with a spoon under the corn lift it up and stir it about till well mixed; let it stand for a few moments, and then with floured hands press into balls. For home eating you may omit the gum-arabic.

**PARCHED CORN.**

Is corn browned in the oven or on the top of the stove. It was the food of the Indians, and is loved by children. It will sustain life on long marches.

Sweet corn parched and ground coarsely and eaten in milk with or without sugar, is a dish much enjoyed.

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Corn meal may be used to good advantage in place of soap for washing the hands.



