

The Little Girl's Cooking Book

EDITED BY FLORA KLICKMANN



Charles C. Stewart

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**The Little Girl's
Cooking Book**

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"The Little Girl's Cooking Book."**

Edited by FLORA KLICKMANN

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THE Little Girl's Cooking Book

Edited by FLORA KLICKMANN



Can't I make
some cakes,
Mother ? ”

The Office of “THE GIRL'S OWN PAPER AND WOMAN'S MAGAZINE”
4 Bouverie Street and 65 St. Paul's Churchyard, London, E.C. 4

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"I COOKED IT ALL BY MYSELF, FATHER!"

A Word to the Grown-ups.

Let the Little Girl try her hand at Cooking, if she wants to do so. Knowledge gained in this direction will be of practical worth to her throughout her life, no matter what her calling or position. And if she wastes a little material at the outset, it will be less serious than wasting the health and happiness of her household later through ignorance of facts about food.

In carrying out the simple recipes in this book, a child will become familiar with many of the methods employed in preparing everyday meals.



Preparing for the Party.

Arranging a Surprise!

Was I dreaming? or did someone tell me the other day that a certain little girl, who shall be nameless, is going to have a Birthday next week?

Oh! so you know the little girl, do you? It is yourself you tell me! Well, isn't that remarkable! I felt sure I had heard about it somewhere or somehow.

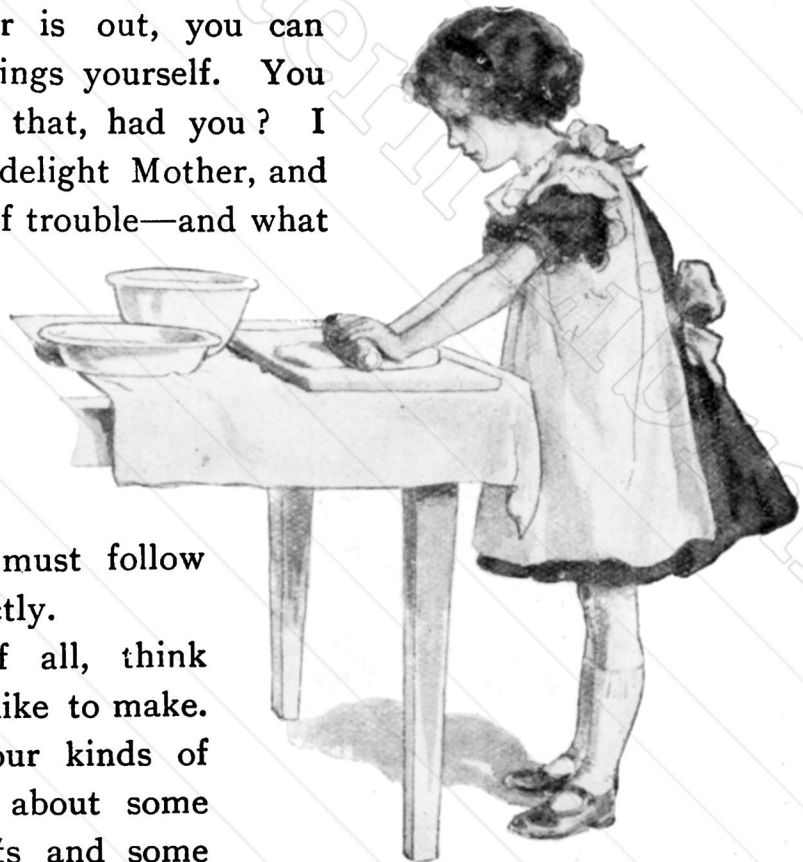
And all your dearest friends are coming to tea? You will have to provide a surprise for them all or introduce some novelty.

You can't think of any novelty? Why not make some of the refreshments yourself? I think that would be a novelty and a real surprise for everyone.

While Mother is out, you can make some nice things yourself. You hadn't thought of that, had you? I am sure it would delight Mother, and save her all sorts of trouble—and what a surprise it would be for your friends.

Oh, you can easily do this; it is not nearly so difficult as it sounds, only you must follow the directions exactly.

Now first of all, think what you would like to make. You might try four kinds of cake. And how about some nice supper sweets and some



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lemonade? This will give you something towards the tea and something towards the supper, and it will be a real help to Mother to have this much done.

The Menu.

Suppose you have Rock Cakes, Cocoanut Buns, Chocolate Cakes and Lemon Dream Cake. Doesn't that sound a lovely little list for tea?

Then to add to the supper, you can make Banana Goody. (Haven't you ever heard of it? You wait!) and Trifle, also Lemonade to drink. Suppose we arrange it as a menu, just as grown-up people do. It will look more impressive that way. Here it is:—

LEMON DREAM CAKE.

ROCK CAKES.

COCOANUT BUNS.

CHOCOLATE CAKES.

BANANA GOODY.

TRIFLE.

LEMONADE.

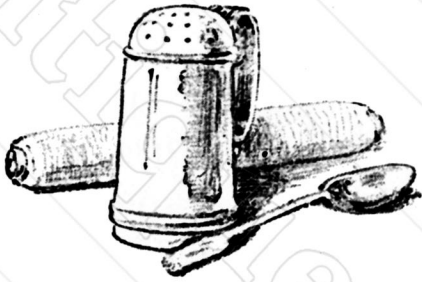
You may not have time to do all the things to-day, but you could make some to-morrow as well.

First of all you have some preparation to do. You have to prepare yourself, you have to prepare the utensils, and you have to prepare the ingredients.

How to Start.

As to preparing yourself. Tie your hair back and put on your cover-me-up pinafore with sleeves; wash your hands, being very particular about the nails, because people like to have their food prepared by cooks who are very careful about their own appearance. And of course you won't have a ring or a bracelet on while you are cooking. Now then you are ready.

**Arranging a
Surprise!**



Then as to the utensils for cake-making. We will make the rock cakes first, and you will want a bowl for mixing, a small basin, a collander, a cup, two forks, a teaspoon, a knife, a wooden spoon, one or two flat baking tins, a pastry board, and a clean cooking cloth. I know you are not making pastry now, but you should use a board when making any sort of cakes or pastry. It saves the table getting splashed, and it is much easier to clean a board afterwards than to scrub a table or wash a cloth.

We will use the cloth, however, spreading it over the table just where you are going to work. You can place the board over this.

And now that you have got out the utensils, and the table is ready, we will make a start with the first item on the menu.



Making the Rock Cakes.



Beating the Eggs.

After you have spread the clean cooking cloth on the table, you must get together the ingredients.

You will want :

6 oz. Flour.

2 oz. Currants.

1 Egg.

2 oz. Butter.

3 oz. Castor
Sugar.

1 teasp. Baking
Powder.

$\frac{1}{2}$ teasp. Ground
Ginger.

1 dessert spoon-
ful Milk.

If you have a nice Beef Dripping you can use that instead of the butter, or

you could use margarine, but butter is best.

Weigh the ingredients on the kitchen scales, and be careful to see that you have just the right quantity of everything.

Getting the Oven Ready.

Now you had better light your oven gas, as you will want it hot by the time the cakes are ready to go in. (If you are cooking by a kitchen range, you will not have to do this, as your oven

**Making the
Rock Cakes.**

will be already getting hot, I expect.) Don't turn on the tap until you have got your matches in your hand, as we don't want the gas to escape. Open the door, turn on the tap, and light the two rows of jets, gently, and close the door again.

Cleaning the Currants.

Then clean your currants. This is the best way. Put them into a basin with tepid water, and wash them. Pour the water away through a collander, so as not to pour away the currants, and, with fresh water, give them a second wash. Pour this water away, and rub the currants in a clean cloth. After that, put them into the oven on a plate for a few minutes, to finish drying. You don't want the oven hot for this, as you do not want the currants cooked yet. So if you have been very quick about them, and you put the plate on a low shelf, which is cooler



Testing if the Cakes are done.

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than the top of the oven, that will probably be just right.

If the oven has got hot before your currants are ready, you must turn the gas very low while they are drying. They must be quite dry, without being cooked. The reason you have to be so particular is that your cakes will be more likely to be heavy if you do not put the fruit in quite dry.

About Greasing the Tin.

Now grease your cake tin. Did you think that was the last thing to do? No, it isn't really, and I will tell you why. Presently you will have a doughy mass all mixed up, ready to go into the oven. When you have once got this mixed up you want to pop it into the oven quickly without wasting any time, and if, when it is all ready for cooking, you have to keep it back while you grease your tin, your cakes will not be so light as they would otherwise be.

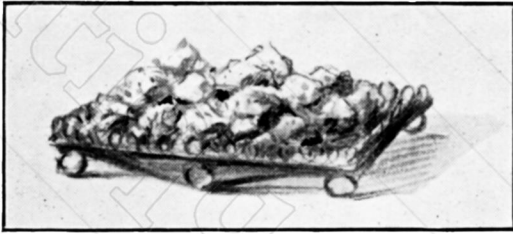
Take a piece of soft paper, put a small piece of dripping on it, and rub every part of the bottom and sides of the tin, until it is well greased. This is, as you probably know, to prevent the cakes sticking to the tin. It would be too dreadful if, after they were cooked, you couldn't get them away from the tin, wouldn't it? You will probably want two tins if they are not very large. Have two ready, and then if you don't want them both for the rock cakes, one will do for the cocoanut buns.

I daresay the currants are dry now. Take them out and pick them. By that I mean, take the stalks off. Some will have come off when you rubbed the currants in the cloth. But go over them carefully to see that none are left on.

Mixing and Beating.

Put the flour into a bowl, with the baking powder, and mix well with a wooden spoon. Next, holding the butter between the thumb and first finger of your left hand, shred it—or cut it into

Making the Rock Cakes.



**The Rock Cakes cooling on a
wire stand.**

thin slices—and let it drop into the flour. With the tips of your fingers rub the butter into the flour. Keep on working it about with your fingers until there are no lumps at all, but the mixture feels like bread-crumbs. Now add the sugar, currants and ginger,

and mix all well together.

Beat up your egg with an egg-whisk or a fork, or some people use a knife, until it is frothy. Add this to the mixture and beat well. Put the milk into the cup in which you have beaten the egg—so as not to waste any of the egg—and then add that to the basin. Keep on beating until all the ingredients are well mixed. The mixture should be quite stiff, and not at all liquid.

Getting the Cakes into the Oven.

Now, with two forks, lift little heaps—about a piling dessert-spoonful—out of the bowl, and place them in the tin. Poke them up with the fork to make them look “rocky.” They will get bigger while they are cooking. Don’t let them touch each other in the tin, but let each be standing by itself.

Put the tin into the oven, which must now be quite hot, and close the door gently, so as not to let in a rush of cold air.

The cakes will now take about fifteen minutes to cook. To test if they are done, stick a steel skewer into them, and if it comes out quite clean, the cakes are done. If there are any crumbs on the skewer, the cakes want a few minutes longer. Stick your skewer into the middle of the cakes, as that is the last part to cook.

Turn the rock cakes out of the tins on to a wire stand or sieve to cool. Don’t they smell delicious? You have made a splendid start!

Cocoanut Buns and Chocolate Cakes.

This is very plain sailing, and, having made rock cakes, you won't have the slightest difficulty with the cocoanut buns. So I will give you the recipe almost as if you were a grown-up cook, and you can go ahead.

6 oz. Flour.

4 oz. Castor Sugar.

4 oz. Dessicated Cocoanut.

2 oz. Butter.

1 teaspoonful Baking Powder.

1 Egg.

First, grease your tin, then add the baking powder to the flour, as you did before. Rub in the butter, and add the sugar and cocoanut. Beat the egg, and add also the milk.

Take out a dessertspoonful at a time, and place in the greased tin, making each little heap a trifle rocky with a fork. Do not let them touch each other in the tin.

Put into a rather hot oven, and cook for about 15 minutes, testing with a skewer to see if they are done.

When the skewer comes out with nothing sticking to it, you will know they are ready to take out of the oven. Turn them out on to a wire sieve to cool.

That was ever so easy, wasn't it?

Chocolate Cakes.

These are not any more difficult, but instead of baking them like rock cakes in a flat tin, you put each one in a separate little patty pan, or tartlet tin. That is a little more trouble, but not much, when you come to do it.

Grease each small tin, and shake a little flour into each. Then start away with the making. Here is the recipe :

3 oz. Flour.

2 oz. Castor Sugar.

4 oz. Chocolate Powder.

$\frac{1}{2}$ -teaspoonful Baking Powder.

2 oz. Butter.

1 Egg.

Mix the flour and baking powder together. Rub in the butter. Add the sugar and chocolate, and stir it well. Beat the egg, and

Cocoanut Buns and Chocolate Cakes.

add also the milk. Your mixture is not quite so stiff this time. Each little cake will be in its own tin, so there is no fear of its running into the next one.

Now, when it is all well mixed, half fill each little tin with the mixture. Do not put more, because you want your cakes to rise to the top of the tin, but not *over* the top and down the sides.

Put the tins into the oven, and cook for 15-20 minutes. When they are cooked (you know how to test them, don't you?) turn each out on to a wire sieve to cool. A wire sieve is better than a plate, because the air can get all round, and they cool evenly.



Lemon Dream Cake.

This is the queen of your cakes. Why? Because it has icing on the top. You had never thought of icing a cake, had you? But you will be able to manage this, now that you have had some practice, and won't your friends be astonished when they hear that you have made it yourself?

For the cake itself you will require :

$\frac{1}{4}$ -lb. Self-Raising Flour.

2 oz. Butter.

$\frac{1}{4}$ -lb White Sugar.

1 Egg.

The grated rind of a lemon.

$\frac{1}{2}$ -Saltspoon of Salt.

2 Tablespoonsful of Milk.

The first thing to do is to well grease a sandwich tin. This is a shallow round tin, in which one cooks jam sandwich mixture.

To get the grated rind of a lemon; first carefully wipe the lemon, to make sure it is quite clean. Then rub it over a basin against a grater. Grate it all round, until the rind has been rubbed off. When you have got all the yellow part off, don't rub any more, as you don't want the white part. That is rather bitter, and would spoil the flavour of your cake.

Rub the butter into the flour, and add the sugar. Beat the egg well, and add that, also the grated lemon rind and salt. Mix well together. Then pour on the milk, a little at a time, stirring it thoroughly, so that every tiny grain of flour shall be moist, yet not too wet.

Pour the mixture into the sandwich tin, spreading it well to the sides, so that it bakes nice and flat.

If you are using a gas oven you will need to use the flat



Lemon Dream Cake.



Miss Tabitha thinks she would like to make a few delicacies for her next Garden Party!

baking plate for this, so that the cake will not cook too quickly. The oven must be only moderately hot, and the cake will take about half an hour to bake. When it is done, turn it out on a cloth and leave it to cool for about half an hour.

Making the Icing.

While the cake is cooling you can be getting on

with the icing. For this you will want :

$\frac{1}{4}$ -lb. Icing Sugar. 2 tablespoonsful of strained Lemon Juice.

The icing sugar may be rather lumpy, so you had better rub it through a sieve to get it quite smooth. This is the way to do it :

Stand the wire sieve over a basin, and pour the sugar on to the sieve. Take a clean tablespoon, and press with the back of it any lumps that have not run through the sieve. Do this until all the sugar has been pressed through.

Now for the lemon juice. You know how to cut a lemon, don't you? Cut it through the middle, so that you get a point each end. Now squeeze each half in a lemon squeezer, and pour the juice through a strainer, to make sure there are no pips. It would be very trying if your best friend took a bite from her slice of Lemon Dream Cake, and found she had bitten one of the pips!

You will want two tablespoonsful of the juice for the icing. Mix this with the icing sugar until it is quite smooth.

When the cake is cool, place it on a plate, and pour the icing over, spreading it with a knife if it does not cover the cake of its own accord. This cake is most delicious. I know you will often want to make it.

Banana Goody for Supper.

Are you tired with your cooking? If so, I should leave the supper sweets till to-morrow. Or you might do a bit of the Banana Goody to-day and a bit to-morrow, because part of it has to get cold and set before you can add the rest. I will tell you how it is made, and then you will see what I mean. Only you must understand that you cannot start and make it straight off. The jelly part *must* set before you add anything else.

You will want for this:

1 pint packet of Bird's Jelly Crystals.

1 pint packet of Bird's Custard Powder.

2 Bananas.

1 pint Milk.

6 lumps of Sugar.

1 pint almost boiling water.

Some "Hundreds and
Thousands" sweets.

Have your kettle boiling. Put the jelly crystals into a basin. Pour from the kettle into a pint measure 1 pint of the water. Pour it on to the crystals, and stir and stir until it is all dissolved. Leave it to cool.

When it is cool, but not set, pour it into a round glass dish. You must leave it there until it is quite a jelly. And when it is really *firm*, you can go on with the recipe, but not before. You can leave it until to-morrow if you like.

Making the Custard Portion.

Now for the other part. Pour the contents of your pint packet of custard powder into a basin. From your pint of milk, pour into the basin just enough to mix the custard powder to a smooth paste.

Put the rest of the milk into an enamelled saucepan, with the sugar, and bring to the boil. When it boils, pour it into the mixed custard powder, stirring all the time, and as you stir, it will thicken. Now leave it to cool.

**Banana Goody
for Supper.**

Meanwhile, skin the bananas, and slice them into the glass dish all over the jelly, until the jelly is quite covered with little slices of banana.

Now you must pour your custard on the top of this when it cools, but before it is really thick. Do you know why? If it isn't quite cool, do you know what will happen? The warm custard running on to the jelly will melt the jelly, and they will get mixed up and run about together. You don't want a mix-up

of this sort! What you want is a dish with first a layer of stiff jelly, then a layer of sliced banana, and then a layer of set custard. It really sounds good, doesn't it?

So as soon as the custard is cool, but not thick, pour it on the top of the banana. Leave it for the custard to set. Then, as a finish, sprinkle some of those tiny coloured sweets called "hundreds and thousands," and you will have a pretty and very enjoyable dish.



Trifle and Lemonade.

You have tasted trifle, haven't you, and you know how nice it is. You certainly ought to make some for your party.

Here is the recipe :

6 Sponge Cakes.

4 tablespoonsful of Cold Milk.

Some Apricot Jam.

1 pint of Custard.

Split the sponge cakes in half, and spread each half with apricot jam. Place them in a glass dish or pretty china bowl, heaping them up in the middle. Now pour the cold milk over them—a little at a time, so as to make them soft. Let this stand for ten minutes to get the sponge cakes soaked with the milk.

Make a custard as you were taught to make it for the Banana Goody, and pour it over the sponge cakes. Don't pour it on *quite* hot, or you may crack the dish, if it is glass.

Isn't this a quickly-made dish?

If you want to make it look even more attractive, you can stick a few almonds on top, or put some preserved cherries here and there. But it is quite delicious without ornamentation.

If you don't happen to have any apricot jam in the house, you can use some other kind, but a sweet jam, such as strawberry or raspberry, is better for trifle than plum or damson.

And I will give you another hint : if you have any fruit juice from a tin of apricots, soak the sponge cakes in this, instead of the milk, and then add the custard. It makes a lovely dish.

The Lemonade is Important.

Now for the last supper item—and a very important one—Lemonade. You are sure to get very thirsty, so if you make the lemonade nicely it is bound to be popular.

You will want for this :

2 Lemons.

8 Lumps of Sugar.

1½ pints of Boiling Water.

First, peel the lemons thinly, so that you take off only the

Trifle and Lemonade.

peel and none of the white pith, which is bitter. Put this peel into a large jug. Now squeeze all the juice from the lemons, and pour that also into the jug. Add the sugar, and then pour on the boiling water. Stir well until the sugar is quite dissolved. Cover the jug with a clean cloth, and leave it until it is quite cold. Then strain it—to remove all the pips and rind—into another jug, and it will be quite ready to drink, and very delicious.

This finishes your party preparations. And if you make all these good things—and make them carefully—I am sure all your little friends will want to come again.



TEACHER: Now, can any one tell me the uses of salt.

BRIGHT PUPIL: To put on birds' tails.

The Plum Pudding.

**When Merry, Frosty Xmas comes
Mother takes sugar, peel and plums,
Spice, suet, flour, and eggs she takes,
And with them all a pudding makes.**

**Oh! we are glad when Xmas comes
And brings us Pudding crammed with plums!**

Make-me-Quickly Cake.

I will give you one other recipe. This is called Make-me-Quickly cake. You won't have time to make it with all the other cakes, but you may prefer it in place of the chocolate cakes or instead of the cocoanut buns.

You will want

4 oz. Flour.

3 oz. White Sugar.

2 oz. Butter or Margarine.

1 Egg.

1 teaspoonful Baking Powder.

The grated rind of half an orange.

Grease an ordinary round cake tin. Rub the butter into the flour. Add the remaining ingredients, as you have done with the other cakes. Pour the mixture into the cake tin. It should come about halfway up the tin, to give it room to rise.

You don't want your oven too hot for this sort of cake. Big cakes take a slow oven. Otherwise, if you have an oven that is too hot, the cake would brown on the outside before it had time to cook through. So put it in a moderate oven, and bake for about half an hour. When it is cooked, turn it out on to a sieve to cool.

This concludes the cake list, and when you have tried them all, I feel sure you will think every one is worth making—and eating.



Weighing Your Ingredients.

If Mother uses scales when cooking, you probably feel you already know quite a lot about weighing. Why, when you were ever so tiny you used to love to watch her sifting the things lightly into the scale-pan, and then perhaps taking a spoonful off again so that it should balance just rightly. And by far the most interesting part of going into the grocer's with Mother was to watch the man weighing up the goods.

Possibly too there have been red-letter days when Mother has allowed you to have the scales to "play at shops" with your little playmates, and what fun you have had weighing up imaginary quarters or half-pounds of tea or sugar, using sweets or whatever you could beg from the grown-ups as a substitute.

But when you are going to weigh in real earnest foodstuffs that are to be used in making things for other people to eat, there are various things you must learn to do accurately, otherwise your cookery will not be a success.

To know how to read your scales properly is the first item. What kind of scales are you using? If you have a balance scale with a pan at the top and a dial underneath with the quantities all marked round like a clock, all you have to do to tell when you have put sufficient of the ingredient into the scale is to watch the pointer on the dial until it points exactly to the quantity you want to measure, 1 oz., 2 ozs., 3 ozs., 4 ozs., and so on. You, of course, do not need me to tell you that there are 16 ozs. in 1 lb., and that 4 ozs. make a $\frac{1}{4}$ lb., and 8 ozs. a $\frac{1}{2}$ lb.

Or perhaps you are using the older type of household scale, that has the scale-pan at one side and a set of weights to be used on a stand at the other side. You must then choose the weight that is marked with the quantity you are wanting to weigh, put it on the stand, and put sufficient of your ingredient into the scale-pan to make the two sides balance evenly. That is to say, the

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bar underneath the scales must be exactly level, not slanting the least little bit down on one side or the other.

Then you must be quite sure that the scale-pan is scrupulously clean. Wipe it out well with a clean dry tea-towel every time you are ready to weigh anything, and if you should accidentally spill a drop of something sticky or greasy into it, wash it off at once with the dish-cloth.

When weighing any dry ingredients, such as flour, sugar, currants or bread-crumbs, put a piece of white paper at the bottom of the pan. But if you want to weigh treacle, melted butter, or any liquid or very sticky substance, you put this on the scale in a cup or basin. You must first weigh the cup by itself, and make a note of the exact weight, then when your ingredient is in the cup it will need to turn the scale at the quantity required plus the weight of the cup. That is to say, if you wish to weigh 2 ozs. of treacle, and your cup weighs 1 oz., your scale will need to register 3 ozs. This is where the lessons you have had in arithmetic will come in useful.

Another way of weighing liquids, when scales with weights are used, is to use two cups of the same weight placing one on the weight stand with the weight required. Then you put your ingredient into the other cup in the scale-pan, and when the scale is level you will have the quantity indicated on the weight you are using without any subtracting at all.

Those who have not any scales to weigh their ingredients by will find the following table of measurements very useful.

Flour	...	2 level	tablespoonfuls	equals	1 oz.
Cornflower	...	2 rounded	do.	do.	do.
Oatmeal	...	1½ level	do.	do.	do.
Breadcrumbs	...	2 level	do.	do.	do.
Butter Lard or Dripping	...	1 rounded	do.	do.	do.

**Weighing Your
Ingredients.**

Chopped Suet...	1 heaped	tablespoonful	equals	1 oz.
Currants, Sultanas, or Raisins ...	1 rounded	do.	do.	do.
Sugar (Demerara)	1 level	do.	do.	do.
do. (castor)...	1 level	do.	do.	do.
do. (loaf) ...	about 5 lumps	equals	1 oz.	
do. (icing) ...	1 rounded	tablespoonful	equals	1 oz.
Treacle ...	1	tablespoonful	equals	1 oz.
Almonds ...	1 rounded	tablespoonful	equals	1 oz.
Ground Ginger	3 level	teaspoonfuls	equals	$\frac{1}{2}$ oz.
Dessicated Cocoanut ...	2 rounded	tablespoonfuls	equals	1 oz.
Grated Chocolate ...	3 level	tablespoonfuls	equals	1 oz.

It will be quite an easy matter, with this list as a guide, for you to count up the number of ozs. required of each ingredient, but be sure you notice that there are three ways of filling a spoon, level, rounded, and heaped, and don't make the mistake of taking heaped spoonfuls when you really should only have level ones.





**IF YOU DUST THE ROOM FIRST, YOU WILL HAVE
TO BE QUICK ABOUT IT.**

Getting the Breakfast.

When Baby Brother is not well.

What a sad little girl it is sitting by the fire this evening. Why, I believe, there are tears in your eyes. Come tell me what's the matter, and let us see if we cannot cheer things up a little.

Baby Brother is not very well, did you say, and Mother is so busy nursing him, and is very worried about him.

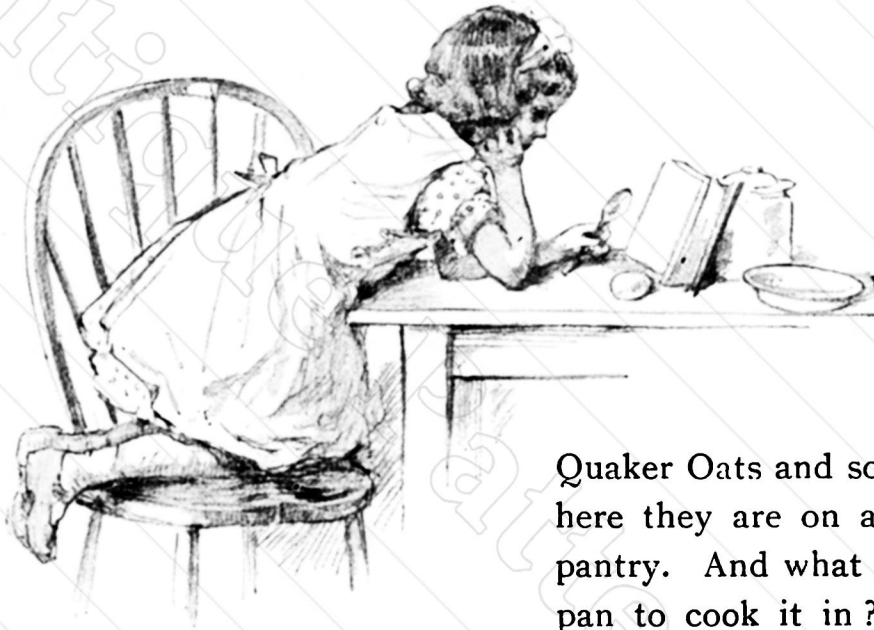
Well, crying won't help matters, will it? How would it be if you were to get busy too, and see if you can do anything to help Mother a little?

What was it Mother was doing last evening while you were having your supper in the kitchen? Preparing the porridge for breakfast, wasn't it. I think you could quite well manage to do this for her. You have watched her cooking so often, and now you have a chance of showing her how much you remember of all you have seen.

You must creep very quietly along to the kitchen, because Mother



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particularly said you were not to make a noise.

**Making the
Porridge Over-
night for
Breakfast.**

You will want the

Quaker Oats and some salt. Yes, here they are on a shelf in the pantry. And what about a saucepan to cook it in? Porridge is

one of the things that needs to be cooked in a double-saucepan, or in something that stands in a saucepan.

The double-saucepan is already standing on the side of the stove, but it contains some milk-food for baby; so we won't disturb that. It will be just as easy to use a large jam-jar, and stand it in an ordinary saucepan. It serves the same purpose as the double-saucepan.

Yes, there is a jar on the shelf in the cupboard, and the saucepan is hanging up in the scullery.

You will now want a cup from the dresser to measure out the oats. Father, Mother and yourself. Baby, of course, is not eating porridge just now. One cupful will be sufficient, as the oats swell up a good deal when cooked.

Draw three cupfuls of water from the tap and put it in the jar. Shake in your oats, and add a saltspoonful of salt; just filled level, not heaped up like a pinnacle. Stir it all up together with a spoon.

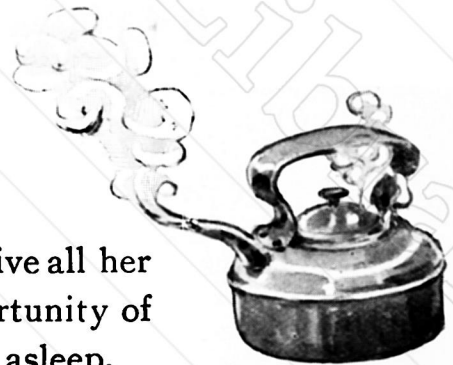
**When Baby Brother
is not Well.**

Now put some water in the saucepan. Don't put too much, or it will run over the sides when you stand the jar in it—about a third of the way up from the bottom of the saucepan should be sufficient.

There is a nice brisk fire burning. Put your saucepan on the hob where it will get hot quickly to commence with, and be sure and stir the porridge up every now and then, with a large spoon, when it is first getting hot, or it will all stick together in a lump at the bottom of the jar ; and that won't look very tempting on the breakfast table, will it !

When you hear the water bubbling round the jar, pull the saucepan a little to one side, so that it just simmers, and then let it stand for an hour. It will only need stirring well and heating up in the morning. When the water boils in the morning, and it is hot through, it will be ready to serve.

Why, the clock in the hall is striking eight, I declare ! How quickly the time has flown, and the tears are all forgotten. Here comes Mother to get you some supper. How tired she looks, and how pleased she will be to find what you have done. Perhaps, as you have been so useful, she will let you try your hand at cooking the breakfast in the morning. I should ask her, if I were you. She would then be able to give all her attention to Baby, or to take the opportunity of getting a little rest, if he happens to be asleep.



Getting the Breakfast Started

Buzz-rz-rz-rz! There goes Father's alarm! That means it is seven o'clock!

You had better get up at once if you are to have breakfast quite ready by a quarter-past eight, you ought to allow yourself plenty of time, as it will be much better for breakfast to be ready a little too soon, than that Father should have to wait for it and perhaps miss his train to the City. Slip on your dressing-gown, and run in and tell Mother you are up. She promised you, didn't she, that if you got up in time, she would let you try to get the breakfast all by yourself to-day, and she will like to know you are up in time.

**Get your Kettle on the Stove
as soon as possible.**

Dress quickly, and when you go downstairs fill the large kettle—you will want plenty of hot water—and put it on the gas-stove, also put the porridge saucepan on another of the burners. Mother always uses the gas-stove in the morning, doesn't she, and leaves the kitchen fire for Ellen, the maid, to attend to when she comes in after breakfast.

Next, put a match to the dining-room fire—if it is laid overnight—it will be burning quite cheerfully by the time you have laid the table.

Mother said it was to be eggs and bacon this morning, and you were to be sure and not forget to make some toast.

Cooking the Bacon.

Well, don't try to do everything at once. Let us see to the bacon first. Have the frying-pan in readiness on the stove. The rashers are not very large, so you had better cook two each for Father and Mother and one for yourself.

To take the rind off, get the small chopping board from the pantry and a sharp, small kitchen knife from the table-drawer,

Getting the Breakfast Started.

lay each rasher down separately, hold one end of the rind between your left-hand thumb and finger, and cut along close up to the rind, holding the knife straight downwards, as you would if you were trying to slit anything.

If Mother would prefer that you should not attempt to cut off the rind, or if you are afraid you might cut your fingers, just notch it along the edge in several places. This will do quite as well, but you must do one or the other, as if you were to put the bacon in the frying-pan with the rind on, it would all curl up and not cook evenly. If there is a little bacon fat handy in a jar in the pantry, that was saved from the previous cooking, put a dessert-spoonful of this in the pan, and let it get hot before you put the rashers in. This prevents the pan from burning. Then put the rashers into the frying-pan with the fat placed downwards and lapping one rasher over the other.



The frying-pan can stand on the griller part of the gas-stove, with the flame turned upwards. Have a very low gas to commence with.

Heating the Milk.

On another burner put a medium-size sauce-pan, pouring some hot water from the kettle into it, till it is not quite half full—you can fill up the kettle again if there is any fear of there not

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being enough water to make the coffee. Now stand a jug of milk in this saucepan to get hot. Hot milk is always used for coffee, and you may need a little hot milk with the porridge, so you will need to heat at least a pint. If you want to measure it, a breakfast cupful is about equal to a half-pint.

Put the milk in one of the jugs that mother uses in the kitchen, and stand the jug in the saucepan of hot water. But, whatever you do, don't put one of Mother's best milk jugs into the boiling water!

You can heat milk by putting it in a milk saucepan, and letting it remain over the fire until it boils, just as you would a saucepan of water. But this method has certain risks, which it is well to avoid if possible.

In the first place, the milk is apt to burn on the bottom of the saucepan, before it is hot enough at the top.

And, what is still more annoying, when the milk does actually boil, it promptly bubbles up to the top of the saucepan, over the rim, and down on to the stove, unless it is removed the very instant it boils. It would not be so difficult to prevent this mishap if one had nothing else to do but stand and watch the milk, so that the very moment it starts to boil it can be removed. But busy people who have a whole breakfast to get ready have no time to spare, have they? Therefore, it is much better to stand the jug of milk in a saucepan containing boiling water; because the milk neither burns nor boils over when it is heated by this method.

So now you can safely leave it to look after itself, while you run into the dining-room to lay the cloth.

Laying the Breakfast Table.



Getting the Cups and Saucers Ready.

Now that the first part of the breakfast cooking is on the stove, you can think about the breakfast table.

Put three porridge plates, three dinner plates, and a dish for the bacon up on the rack above the stove to get warm, or into the oven, with the gas turned very low, if there is no rack above the stove; and then while all is going merrily, you can run into the dining room and lay the cloth.

You will probably find most of the things you need for the breakfast

table in the sideboard. You will know where to find them in any case. I imagine the cloth will be in the centre drawer, and the dish-mats and serviettes in one of the small drawers. The knives, forks and spoons in one of the side cupboards or in another drawer, and the marmalade, sugar, salt cellars and cruet in the other cupboard.

You will also want three breakfast-cups and saucers and three small plates. The china is probably on the dresser, or in the pantry.

Put these on a small tray and take them in with you, this will save your having to make too many journeys backwards and forwards, from one room to the other.

See that the cloth is put on evenly.

In laying the table, first see that the cloth is put on quite

The Little Girl's Cooking Book.

evenly. Place the dish-mat for the bacon at Father's end of the table and the stand for the Coffee-pot at Mother's end with the cups and saucers arranged in front of it. The sugar too must be near the coffee-pot. You will need a stand, or a mat, for the coffee-pot and another for the hot milk. We must not let the hot things spoil the table.

At each end of the table and on the side where you yourself sit, lay a large knife and fork, a small knife, and a desert spoon for the porridge, and whoever serves the bacon (Father, I expect) will need an extra knife and fork and a tablespoon.

Place the two knives and the spoon at the right-hand, and a fork at the left hand, also a small plate for each at the left side, and the serviette.

Don't forget that you will need three teaspoons and three egg spoons.

You can group a pepper - pot, salt - cellars and mustard pot or a small cruet at one corner of the table and another set at the opposite corner if there are two sets in use.

Of course you will like to put some flowers on the table. Yes, there are two tall vases of daffodils on the sideboard that will look pretty side by side along the centre; and you might



Put some Flowers on the table if possible.

**Laying the
Breakfast Table.**

borrow that beautiful bowl of hyacinths that are just showing their lovely blooms, from the window-ledge, and place it a little away from the centre of the table towards the side where no one will be sitting. You will get a nice glimpse of them then between the daffodils while you are eating your breakfast.

**Take a look at
the Kitchen.**

The fire is burning up briskly and you had better return to the kitchen and see how things are going on there.

Yes the kettle is well on the way to boiling and the porridge is steaming hot. Stir up the porridge well, and turn over the rashers of bacon with a fork. You can now raise the gas a little higher underneath the bacon, and while it is just finishing off (it should be slightly browned, but not cooked till it shrivels up and is hard) I should get the bread out and cut three or four slices for toast and several slices to be cut in halves and arranged on a small dish for serving with the bacon. Get out the butter from the larder, and take both the butter and the bread into the dining-room. The butter-dish and the dish of cut bread can stand in convenient places on the table, and I should put the bread-board with the loaf on it on the side-board, to be ready if any extra bread is needed.

The bacon will now be ready for taking up. We must hurry back to the kitchen. Isn't it a busy life!

Breakfast is Ready !

And now we will get the hot dishes and coffee into the dining-room as quickly as possible. Begin with the bacon. Put this on to the hot dish, with a dish-cover over it, and stand it on the rack above the stove, or slip the dish into the oven, with the gas quite low, to keep it hot.

Now that you have taken off the bacon you can put on your egg-saucepan. Half-fill it with hot water from the kettle, and let it stand a little at one side until you are ready to put in the eggs.

Put some hot water in the coffee-pot to warm it, and you will just have time to run in to the dining-room and make the toast, or you can make it under the griller on the gas-stove. Have the toast-rack ready, as when toast is to be eaten dry it must be stood up immediately after it is made. This makes it crisp, whereas if it is laid on a plate it gets moist with the steam. If you are

making the toast under the gas-stove griller, put the three pieces of bread in the tin as you see in the picture. These need to be turned *twice*, if they are to be quite crisp.

You have only now to make the coffee and boil the eggs. You had better see that Father and Mother are nearly ready for breakfast before you do this, as you don't want the coffee to stand about too long after you have made it, and eggs are not nice



It is so very easy to break an egg!

Breakfast is Ready !

unless they are eaten soon after they have been boiled.

Yes, Father is just coming downstairs, and he says Mother will be down in a few minutes.

Making the Coffee.

Remember when making coffee that the coffee-pot should be very hot, and the water must be actually boiling when you pour it on the coffee. So turn out the hot water that is already in the coffee-pot, and put in a little fresh boiling water to heat it still more; empty this out when you are ready to make the coffee.

Now put the coffee into the strainer at the top of the coffee-pot. A tablespoonful for each half-pint of coffee required. If the coffee-pot holds $1\frac{1}{2}$ pints, you will need three tablespoonfuls; if it holds a quart use four. A pint and a half of coffee will be sufficient for three people, as with the hot milk this will make two cups for each person. But the quantity can of course be varied to suit the tastes of your own particular family. Some people like their coffee with very little milk, and others like it half milk, or perhaps nearly all milk.

Put the coffee into the strainer in the top of the coffee-pot, or into the muslin bag fitted into the top of the coffee-pot, whichever style of coffee-pot you use. Pour the boiling water slowly over the coffee, giving it time to filter through. Then put on the lid and let it stand for a few minutes while you cook the eggs, and it will be ready for serving.

Cooking the Eggs.

Now for the eggs. You can always tell when water is boiling, because of the little bubbles that appear on the top. But when boiling eggs you must be careful not to let



The toast ready to place under the griller.

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it bubble too vigorously, or the eggs will burst.

Lower each egg gently into the saucepan with a spoon. It is the easiest thing in the world to crack an egg while putting it into the saucepan, so be very careful indeed while doing this. If you should have the misfortune to crack one—you will hear it crack if you do—just pop a big spoonful of salt into the water at once, and this will prevent the egg boiling out into the water.

Time the eggs by the clock. A lightly-cooked egg needs to boil for $3\frac{1}{2}$ minutes; if the eggs are required to be well set, they should stay in the boiling water for 4 minutes, and a hard-boiled egg will need to be boiled for from $4\frac{1}{2}$ to 5 minutes.

While they are cooking, we will take up the porridge. Turn out the gas under the porridge saucepan; lift out the jar with a cloth—be *very* careful not to scald yourself—and put it on the table. With a large spoon, ladle out the porridge, putting a portion on each of the three hot plates, or if Mother serves it at the table, put all of it into a hot bowl, and carry this in, with the plates. Come back for the bacon-dish and the hot plates to go with it, and by this time the eggs will be done, I expect. You must keep an eye on the clock for this part of the business!

Lift out the eggs very gently, when they are ready,



Carrying in the Plates.

**Breakfast is
Ready!**

and put each one on a plate first of all. If you try to put them straight into the egg-cups or egg-stand, it is very probable that they will tumble over and break. And it would be a pity to have a catastrophe just now, when everything has been going so smoothly! When they are lying on their sides on the plate, it is quite an easy matter to put them into egg-cups, cracking each one lightly on the top with a spoon. This is to let the hot air inside escape, otherwise it might go on cooking the egg a little longer, and perhaps make it hard.

Now you can take up the jug of hot milk (with a cloth, remember, or there will be some trouble with your hands when you scald them!), put it on a tray with the eggs and coffee-pot, and carry them into the dining-room; but be sure you turn off all the burners if you have been cooking by the gas stove, otherwise you will be wasting the gas. And a good cook—a really good cook—never wastes anything, you know!

Here comes mother! I know she will be very delighted when she sees what a lovely breakfast is waiting on the table, all ready for her to serve.



Clearing Away the Breakfast Things.



Irene looks more like a juggler than a little girl clearing the table!

Just as there is a correct way of laying a table, so you will need to know how to clear the things away after breakfast is over.

Little Irene in our picture has evidently not yet learned how to clear a table properly. She looks more like a juggler at a circus than a little girl carrying crockery out to the kitchen! Over the lot will go in a minute, and then what will mother say! And Irene will be sure to explain, when all the broken pieces are lying on the floor.

“I couldn’t help it Mother, really; the things just slipped out of my hands.”

But it looks as if she could help it, and whatever you do, don’t take her as an example, will you?

First of all the bread, butter and milk should be put away, then get a small tray, and put as much of the dirty crockery as you can carry on to this, arranging everything carefully so that there is no danger of anything falling off. In packing the plates together, clear off any stray crumbs and scraps of bacon as you go along, into one plate or saucer; these will come in for the birds’ breakfast or for the chickens, if you have any. Any coffee dregs left in the cups must be emptied into the slop basin; you can then save a little space on your tray by slipping one cup inside the

**Clearing away the
Breakfast Things.**

other without any fear of the dregs being slopped all over the place.

When you have taken out all the dirty china and cutlery, put away the other things that are on the table, such as the sugar basin, and the marmalade jar, and be sure you take the sugar-tongs and marmalade spoon away with you to be washed. Now take the crumb scoop from the sideboard, and remove all traces of crumbs from the cloth. Fold up the cloth very carefully with the same creases as before, and put it back in its proper place.

There is another very important thing which you must remember when clearing the table, or in fact when doing anything about the house; and that is, to do everything with as little noise as possible. It is so easy to get into a bad habit of making a clatter about everything you do; but oh what a lot of trouble this causes to other people! And it will be so much more helpful to Mother, if, when you offer to do anything for her, you always try to remember to do everything as quietly as you can. When crockery is clattered together too, it so easily gets chipped and cracked. It is little points like this that make all the difference between a good housekeeper and a bad one, and I am sure you want to be a good housekeeper—one of the very best.



Washing up the Dishes.

We have all the things out of the dining-room now, haven't we, and the next thing is to wash them up.

Perhaps you do not feel that this is going to be quite such a pleasant task as cooking the breakfast and laying the table, but it has to be done all the same, and, like everything else, there is a right way and a wrong way of doing it.

And if you are to grow up to be a really useful woman, with, some day, perhaps, a little home of your own to look after, you must learn the best way to do everything that needs doing in a house.

I can hear some of the little girl readers of this book exclaiming: "But wherever I am I shall always have a maid to do the washing up for me. Ellen mostly does it for Mother. I need not bother to learn to wash up."

But Ellen had to be taught how to do it, hadn't she, and you will never be able to show anyone else how to do a thing, if you can't do it properly yourself. And even washing up can be quite jolly and interesting, if you set about it in the right way.

Sort out the Articles first of all.

Sort all the things out carefully first, putting all the greasy plates and dishes in one pile, and the less greasy things, such as the cups and saucers, bread-plates, etc., in another. Wipe the worst of the grease off the plates and the knives and forks with a piece of soft paper from the kitchen drawer. You can also prepare the saucepan and frying-pan in the same way, by removing all the grease possible both from the insides and the outsides. The cups, too, should be rinsed out with a little cold water to remove any coffee dregs, and this can be thrown away.

All this is a very necessary part of the process of washing up, as if all the grease and dregs go into the washing-up water with the crockery, when you pour the water away down the sink,

Washing up the Dishes.

the grease will clog the pipe up, and possibly prevent the next lot of water going down easily. The greasy paper, and any odd food refuse — not fit for the birds to eat— should be put on the fire, not in the dust-bin.

The Knives are important.

If possible, have two bowls of nice hot water for washing up, and in one put a little soap powder. Wash the greasy things in the soapy water, and the cups and saucers in the other bowl.

Spoons, forks, and knives are numbered among the greasy things, and these should have their turn first, while the water is nice and clean, but, whatever you do, don't put the handles of the knives into the water. They should be stood blades downwards in a jug of hot water that only reaches the blades and does not touch the handles.

Use the small dish-mop for washing everything (you won't then need to put your hands far into the water), sluicing it well into the handles of the cups and any part that is likely to collect dust and grit.



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Be sure you use a very clean towel for drying up; you will probably need more than one. The spoons and knives should be dried as soon as you have washed them, but the other things will not hurt for standing on the draining board for a little while. If you have a plate rack over your sink, you will, of course, rinse the plates in cold water, and put them up in the rack to dry.

The Saucepans require care.

Now you come to the saucepans. A special stiff brush is used for cleaning these, with hot water and a little soap powder, and when you have them quite clean, they should be rinsed out with clear, cold water, wiped thoroughly with a dish-cloth, or an old tea-towel, and placed over the stove, or in some warm place (but not too hot) to get thoroughly dry before putting them back on their shelf in the scullery.

In order to remove every possible trace of grease from the frying-pan, it is sometimes as well to fill this with water, add a little washing-soda, and let it stand on the stove and boil for a few minutes. It can then be well washed, and rinsed out with cold water in the same way as the saucepans. If you put this on the stove before you commence to wash the other saucepans, it will be ready when you have finished with them.

The forks and spoons should be well polished with a clean dry cloth, or a piece of chamois leather, before being taken back into the dining-room. And if Mother allows you to use the knife-machine, you can also clean the knives, and polish them well.

Leave your Sink Tidy.

When all the things are put away carefully, well wipe down the draining board, scald your mop and brushes well with hot water, and thoroughly wash the bowls inside and out. Rinse the tea-towels through in warm water, and, if fine, hang them out

**Washing up the
Dishes.**

in the garden to dry. Then thoroughly scrub and sluice the sink down with plenty of water.

I am sure, when you see all the cups and plates back in shining rows on the dresser, you will feel so glad and proud to think you have washed them up yourself, and will agree that there is some pleasure in washing up after all.



In addition to getting the Breakfast, Peggy always tidies her own bedroom during the holidays.



KATIE SHELLING PEAS.

A Little Lunch for Mother.

Boiled Whiting and Parsley Sauce.

What a tease Father is, isn't he? He says it is all very well for you to make "dream cakes" for children to eat; but *he* hasn't much time for dreams, and he does not believe that you could cook a solid meal that a grown-up could keep awake on!

Well, we shall see! And it is splendid of Mother to say she will let you get lunch while she and Mrs. Friend go out shopping this morning. You will have a chance to show them what you and your Cooking Book can do together. Won't they open their eyes!

Now a nice little lunch for Mother, Mrs. Friend, and yourself would be

BOILED WHITING WITH PARSLEY SAUCE.

BOILED POTATOES.

BANANAS AND CREAM.

BISCUITS AND CHEESE.

Now we will set to work. Do the potatoes first, because they will take longer to prepare and cook than the fish.

Boiled Potatoes.

Take six potatoes. Put them into a pan of water and wash them, scrubbing them with a brush to make sure they are quite clean. Now peel them, not going round and round as you would an apple, but starting at the top, and peeling lengthwise until you have peeled half. Then do the other half in the same way. Peel them as thinly as you can, because you will be throwing away good food if you cut off much of the white part of the potato with the skin.

Go over them very carefully after they are peeled, to make sure that you have removed every "eye" and every tiny bit of

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peel. If there should be any dark or bruised parts, cut these right away.

If the potatoes are what we call New Potatoes, you will have to scrape them with the knife instead of peeling them; the main thing is to get every bit of peel off, and a nice white potato ready to cook.

As you peel each one, throw it, when ready, into a pan of cold water, and leave the potatoes there until it is time to put them on to boil—that will be about half an hour, or 35 minutes, before you need to serve the lunch. At the end of this chapter I am giving you a little Time Table that will show you exactly the right time to do the various things.

When it is time to begin cooking them, put the potatoes into a saucepan with a teaspoonful of salt, and cover them with fresh cold water, not the water in which they have been lying. Put on the lid and bring them to the boil—that means, put them over the fire or lighted gas, and leave them there till the water boils. Once they boil, and you find the water bubbling merrily, turn the gas down, or shift the saucepan to the side of the fire, so that it will only simmer very gently.

It must not stop boiling altogether, as if it does this, the potatoes will not be cooked to time. But on the other hand, it must not boil at a full gallop! Otherwise those lovely potatoes that you peeled so carefully will boil all to pieces; and instead of having 6 nice floury balls to put on the table for lunch, you will only have something that looks like potato soup! Therefore, keep them only just simmering for 25 minutes, or until the largest potato is soft when you test it with a fork.

Peep at them occasionally, to see that they are all right. Some potatoes take less time to cook than others, and small ones cook more quickly than large ones.

Boiled Whiting and Parsley Sauce.

When the fork goes in quite easily, strain off the water and place the saucepan at the side of the stove for 2 or 3 minutes to dry the potatoes. But see that they do not burn at the bottom of the saucepan.

Have ready a hot vegetable dish. Take the potatoes from the saucepan and put them one by one into the dish. Do this carefully, so as to avoid breaking them.

Now that is a very simple way to cook potatoes, isn't it? But before you get to the straining and dishing up stages, you will have to attend to the fish. Indeed there are several important matters to be seen to, while the potatoes are simmering, as you will notice if you study the Time Table. We will take the fish next. Start this 15 minutes after you have put the potatoes on to cook.



WASHING THE PARSLEY.

Boiled Whittings.

You will need three small whittings, as there are three people to lunch. The fishmonger will have skinned and curled these,

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with their tails tucked into their mouths ready for boiling, so you will only need to dip them quickly into cold water to make sure they are quite clean. Then put them into a small fish-kettle—or if you haven't a small fish-kettle, use a saucepan—and cover them with cold water. Add a teaspoonful of salt.

When the water boils, draw the saucepan or fish-kettle to the side of the stove, so that it only simmers, with tiny bubbles showing at one side instead of large bubbles jumping up all over the top! Leave it simmering for 8 minutes, or till the whittings are done.

It is quite easy to tell when fish is properly cooked, because the fish is solid white, and comes away quite easily from the bones. If the fish sticks to the bones, or looks half-transparent, it is not done, and should be cooked a little more. Always remember that underdone fish is not good to eat. It must be thoroughly cooked, or it may make people ill!

When you see that the white fish is starting to come away from the bone, you will know that your whittings are quite done. Lift them out very carefully, as they must not break, and place them on a hot dish. If there is a drainer in the fish-kettle, it is a simple matter to lift the fish out of the water on the drainer, and then slide them on to the hot dish. But if you are cooking them in the saucepan you will need to take a fish slice in your right hand and a big spoon or fork in your left hand. Slip the slice under the fish and steady it with the fork or spoon, while you lift it out and put it on the dish. Save the water, you will need it for the sauce.

Now put the dish into the oven to keep hot while you attend to other matters. Leave the oven door open a trifle, as you do not want the fish to get baked or dried up!

Boiled Whiting and Parsley Sauce.

The next item is

The Parsley Sauce.

For this you will want

6 or 8 nice sprigs of Parsley.

½-pint of Milk, or better still, ½-pint of the water in which the fish was cooked.

1 tablespoonful of Flour.

1 piling tablespoonful of Butter.

1 saltspoonful of Salt.

A dust of Pepper.

A little cold water.

First, wash the parsley in a collander, to get it quite clean. Shake it well, and dry by tossing it in a clean cloth. Pick the leaves from the stalks, as the stalks may be a little tough. Chop the parsley quite fine on a board. You will want enough to make two tablespoonfuls. Put it on a plate till you are ready to use it.

Put the flour into a basin and mix it with a little water, stirring until it is quite smooth. Be sure and add only a very little water at a time, or else it will be lumpy, and lumps are very difficult to get out. So just add about a teaspoonful at first, and keep stirring it until it is smooth and creamy. Then add a little more, and get that nice and smooth. And so on, till all the flour is worked into a smooth cream.

Now you can use either milk or fish liquor; so suppose we use the fish liquor, as that will give it more flavour. Measure half-a-pint of this—or a breakfast cup full—and add it to the creamy flour and water. Mix it well; then put it into a little saucepan with the salt and pepper.

Put the saucepan over a low gas, and keep stirring it in one direction all the time, otherwise it will burn. When the mixture is hot, add the butter, still stirring as before. Bring it to the boil, and let it boil gently for about 2 minutes. And you must keep stirring while it boils, as you will find it getting thicker, and unless you keep it moving it will not only burn but very likely it will get lumpy. (It is quite a stirring story, isn't it!) Now add

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the chopped parsley. Draw the saucepan to a cooler part of the stove, as you want it to keep hot but not boiling, and stir for one minute longer, and it will be done. Pour it into a hot tureen; and that completes your first course, and the cooking for to-day. The bananas and cream, with the biscuits and cheese, are just taken out of the larder and put on the table without any further attention.

**The Order in which the Cooking
should be done.**

Now, in telling you how to cook the first course for this little lunch, I have told you how to finish off each item before doing the next.

But in reality, we are seldom able to finish one thing right off before we start on the next. More often we do a little bit to one part of the meal, and while that is cooking, we get ready something else, or a part of something else. A clever cook saves a great deal of time by doing one part of the preparations while another item is cooking. You will easily understand that it would be waste of time to stand still and do nothing for the half-hour that the potatoes are cooking, for instance.

Besides, there are other matters to attend to besides the actual cooking of the fish and potatoes. The table has to be laid; (you will read how to do this on page 51); plates and dishes must be put to get hot—it would not do to have your potatoes all ready to turn out, and then have only a cold vegetable dish on the dresser to turn them into! or only cold plates to put on the table when your lovely lunch is ready to serve!

Therefore, I will give you a little Time Table, showing the order in which you can do the various things that must be done. And this will show how you can save time by fitting in one thing with another, so as to have it all nicely cooked and everything piping hot and just ready to the minute!

Boiled Whiting and Parsley Sauce.

Allow an Hour and a Quarter to get Lunch Ready.

You will need to start your preparations an hour and a quarter before the time when lunch has to be ready on the table. Therefore, as Mother said that she and Mrs. Friend would be back and ready for a meal by one o'clock, you must begin your work at 11.45, that is, a quarter to twelve.

This is the order in which it will be best for you to do the various things that need to be done.

You will see that the parsley is to be chopped, and the flour and water for the sauce is to be mixed to a cream, quite early in the proceedings, and before the sauce has to be made. This is because you have a little time to spare after the potatoes are peeled, before the fish is put on to cook. Whereas you have not a great deal of time in which to make the sauce after the fish and potatoes are taken up and put into the oven to keep hot. You will be very glad to find your parsley all chopped and the flour mixed to a smooth cream without any lumps when it is time to make the sauce !

You may not be able to do *everything* to the actual minute I have named, because some potatoes take longer to cook than others, and all fish does not take exactly the same time to cook. But you will find it will work out very nearly to the times I have named, if you follow the order I have given.

Now for the

TIME TABLE.

- 11.45. Wash and peel potatoes.
- 12.0. Lay cloth for dinner, and put plates and dishes on rack to warm.
- 12.10. Wash and chop parsley.
- 12.15. Put potatoes on to cook.

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- 12.20. Mix flour and water for the sauce to a smooth cream. Then let it wait beside the parsley, till you need to make the sauce.
- 12.30. Wash fish and put it on to cook.
- 12.40. Try if potatoes are done. If so, strain them and put saucepan on one side of stove.
- 12.45. Dish up fish and put in oven to keep hot.
- 12.48. Dish up potatoes and put in oven to keep hot.
- 12.50. Stir up the flour and water, put in saucepan with the cup of water in which fish was boiled. Finish making the Parsley Sauce.

Now you should have everything ready to take into the dining room and put on the table, so that lunch can start by one o'clock precisely.

And I should like to hear what Mother and Mrs. Friend have to say about the beautiful meal you have got ready for them !



Janet washing Mint.

Laying the Table.

Now about laying the table. Spread your cloth evenly, so that the centre crease comes down the middle of the table. At the head of the table where Mother will sit you will put a mat for the hot plates, and farther in, another one for the hot dish of fish. On the opposite side of the table put a mat for the potato dish (you could sit opposite mother, and serve these, couldn't you? And next to it, a mat for the hot sauce-boat of parsley sauce.

Put the fish servers in front of Mother's place—one at each side of the mat. Also place a fish knife and fork for Mother—the fork to come on the left side and the knife on the right side of her plate. Beside the knife put a small knife for cheese. Across the top, put a dessert spoon and small fork—the handle of the spoon to come on the right side for the right hand, and the handle of the fork on the left side, for the left hand. At the point of the cheese knife, and just to the right of it put a glass for water, and on the left side of the fish fork, a cheese plate, placing Mother's serviette on the plate.

Lay a place in the same way for Mrs. Friend and yourself. Mrs. Friend will sit on Mother's right hand.

The Tablespoons come at the Corners.

Then you will want table spoons for the table. (Dear me! there is a lot to remember, isn't there!). Put two at the corner on Mother's right, and two at the corner on your right. Lay these



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head and tail fashion: you know what I mean, don't you—the top of one spoon lying alongside the bowl portion of the other. Then down the little “avenue” made by the two spoons place a salt cellar or pourer and pepper box.

You could also put a cruet, containing pepper, vinegar and sauce (if Mother uses this) in the centre of the table, unless you have a plant there. Also place the bread on the table—to the left of yourself—with the bread knife for cutting the bread and the bread fork for passing it. A jug of water could stand on Mother's left.

There will be room down the middle of the table for two little vases of flowers or small ferns.

Put the Fruit Course on the Table.

Your second course is quite ready, and you have not to keep it hot. So it can go on the table at once, and this will save you time and trouble later on.

Opposite where Mrs. Friend will sit, there is a space, and here you might put the dish with the bananas, the little jug of cream, the cheese dish and the biscuit box. You won't stand these in a line like a row of soldiers, of course, but just arrange them to fill up the space nicely.

The biscuit box might stand in the middle, with the cream in front. But see that the cream jug is nowhere near the edge of the table, because just think what a horrible affair it would be if it got knocked off! On one side of the biscuit box—but not in a straight line with it—put the bananas, and on the other side, the cheese dish.

The three pudding plates can stand on the sideboard until you are ready for them, as you don't want your table to look like a china shop!

Now I think everything is here, waiting for the moment when you bring in the fish, potatoes, sauce, and plates—all piping hot.

Laying the Table.

And, even if she is a little bit tired, I think it will be a happy little girl who will sit down to lunch with Mother and Mrs. Friend. It really doesn't matter about being a little tired if you have done a useful bit of work, does it? It is so nice to be helpful.





Other Dainties You can Make.

The Day you Make the Tea.



ISN'T it nice to see Auntie again after all these months? and wasn't she surprised to see how you have grown during the time she has been away? She will be more surprised still when she sees how much you have learnt. You are going to show her to-day how nicely you can make tea, and take it in to her and Mother in the drawing room. That will give Mother a chance to sit and have a cosy talk with Auntie.

Mother has cut the bread-and-butter, so you will just have to arrange the things on the tray, put some cakes on a plate, make the tea, and take it in to them.

You saw Mother cover the bread-and-butter with a plate turned upside down, didn't you? Do you know what she did that for? Well, if she had left the bread-and-butter uncovered the air would have got to it, and made it dry, whereas, by tightly covering it down, it is kept quite fresh and nice. And here let me tell you another thing. If the weather is hot, or the bread-and-butter has to be cut some time before it is going to be eaten, you cover it with another plate, and then you wet a clean tea cloth with cold water, and wrap it right round the two plates. This will keep the bread-and-butter moist for a few hours.

The wet cloth is not necessary now, however, because it is only a few minutes since Mother cut it. You have got your kettle on, and nearly boiling. What is the first thing you are going to do? You can't make the tea until the kettle boils, can you? Don't uncover the bread-and-butter yet, and



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don't take out the cakes yet, or they will start getting dry. The best thing is to put the things on the tray. First put a clean tray cloth, then put three cups and saucers and spoons, for Mother, Auntie, and yourself, because of course you will have a cup of tea with them. Then you will want some sugar in a little sugar basin, and a little jug of milk, also a stand for the tea-pot. Put a d'oily on the cake plate ready for the cakes. I expect you will have to carry in the plates of cake and bread-and-butter separately, as the tray will be too heavy for you with these on.

Don't use a large tea-pot. One that will hold the three cups of tea nicely will be plenty large enough.

Now the kettle is boiling, and the next thing to do is to make the tea-pot hot. Carry the tea-pot to the stove; never try to carry the kettle to the pot. Before you start pouring water out, be sure that the kettle is not too near to the edge of the stove, because it would be dreadful if it were to slip off! Use a kettle-holder, as sometimes the handle of the kettle gets very hot. Now, holding the tea-pot in your left hand, and using your right hand to tip the kettle, pour a little boiling water into the tea-pot. Let it stand a minute or two, then pour every drop of water away. Your tea-pot is now nice and hot.

Next you are going to put the tea into the pot. How much are you going to use? When you see Mother measuring tea



**A Level Teaspoonful for each
Person and one for the Pot.**

The Day you Make the Tea.

quickly into the tea-pot, do you think she guesses how much to put in? Oh dear no! We should get some funny cups of tea if we guessed at it. I will give you a little rule, so that you will know as well as Mother how much you should put in—not only to-day, but always, no matter how many people you are making tea for. Here it is :

A level teaspoonful for each person, and one for the pot. Do you quite understand what that means? Well, it means that if you are making tea for three people—as you are to-day—you will put in four teaspoonfuls—a spoonful for Mother, a spoonful for Auntie, a spoonful for yourself, and an extra one for the pot. Now you can go ahead, only, be sure you notice that the teaspoonfuls are to be level. That means not piled up, because you see, if you have a heaped up spoonful, that will make nearly two level ones.

Now put in your tea, and pour on the boiling water at once. Don't fill your tea-pot too full, or else when you put the lid on the tea will come flying out of the spout. Stand the tea-pot on the stand on the tray. Take a few little cakes out of the cake tin, and put them on the plate with the d'oily—some of those nice little rocks that you learnt how to make yesterday will do beautifully. Take in your tray first, and then come back for the plates of bread-and-butter and cakes.



Pour a little Boiling Water into the Teapot.

An Open Trellis Tart.

Every little girl wants to make tarts. You have, I am sure, from your earliest days found it particularly fascinating to watch Mother roll out the smooth white paste, and cut it up into different shapes for the pies and tarts she is making. It is more than likely too that you have sometimes been allowed to have a few small cuttings to pat up in any way you pleased. Very grimy little mounds you made of them too sometimes, but you placed them on a piece of greasy paper on the top of the stove and watched them cook, with great glee.

Most girls and boys—and older folks too for that matter—are very fond of pastry, so if you can learn to make good pastry, think how pleased big brother Jack will be when he is home for the holidays, and you are able to make him a large jam tart for his tea. It will have to be good though, won't it, or he is certain to tease you! Set to work this afternoon, and see what you can do.

If you start with an open jam tart, you are not likely to go very far wrong. For this you would use what is called short pastry; the best kind for most ordinary purposes, and the only kind you need bother about just now.

See that the Oven is quite Hot for Pastry.

Pastry has to be cooked in a very hot oven; so before you commence your cooking operations, see that you will have a hot oven to receive your pastry when



**An Open Trellis
Tart.**

ready. If it happens to be Mother's baking day, and she has had a brisk fire going in the kitchener all the morning, there will not be any difficulty here.

Or perhaps you are using a gas stove? In that case, light your oven and turn the gas well up just before you start to prepare your ingredients, etc. And the oven should be quite ready by the time you are. But remember, the oven *must* be very hot. If you put your pastry in when it is cool or only moderately warm, the fat will run, and it will become greasy and heavy.

**Mix Pastry Quickly and
Handle Lightly.**

Another point you must remember if you want to be a successful little pastry maker, is that the mixing and handling must be very lightly done, keeping the ingredients as cool and airy as possible. The lighter, and more quickly, the pastry is worked up, the easier it is to roll and shape. So you must be more than usually careful to get everything you will want ready to your hand before you commence to mix your ingredients. You will need—

6 oz. of Flour.

½-teaspoonful Baking Powder.

3 oz. of Butter.

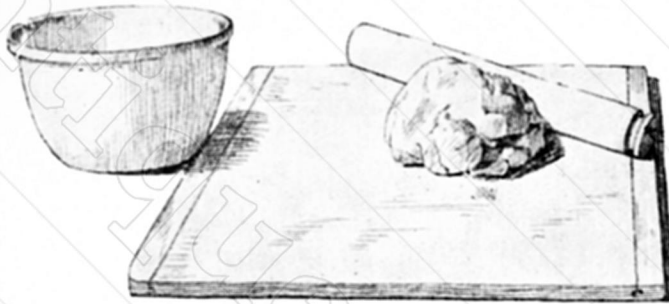
½-teaspoonful Salt.

Some water.

This will be sufficient for a tart made on a medium-sized plate—the size you use for your pudding at dinner-time should be about right. Use a good thick china one that will not be likely to crack easily with the heat; or, what is better, if you have it, an enamel one.

Weigh your ingredients as you have been instructed in the article on page 19. Put the flour in a fair-sized mixing bowl, and the butter on a plate ready to hand. Get out your pastry board, a sieve, a flour dredger, a small jug of water, a sharp knife, a fork, and have the salt and baking-powder close at hand. It might be

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as well, too, to get out one or two patty-pans, or a small baking-tin, to use for any small pieces of pastry you may have over. And of course you

must put out on the table the jam you are going to use.

**Plate and Baking Tins must
be well Greased.**

Grease your plates and baking-tins well, probably you will be able to find a piece of the greasy paper that has been used for packing up the butter or lard; rubbed well over with this they will do quite nicely. If not, take a small piece of white paper, put a little butter or lard on it, and rub this all over the plate, otherwise the pastry will stick to the plate when you want it to come away. The plate must be very dry, or the grease will not adhere to it.

When you have everything quite ready, it will be as well to wash your hands as a final preparation. Of course you started with clean hands, but as pastry has to be mixed with the hands, it is essential that you wash them just before the mixing process commences. Wash them in warm water, dry them thoroughly, then they will be nice and cool, and this will all help to make your pastry light.

The flour should first be sifted through a sieve; this is to make sure that there are no lumps, and to let the air get well into it. Next add salt and baking powder, and mix thoroughly.

Now shred the fat finely into the flour with a knife, and rub it in lightly with your hands, as far as possible only using the tips of your fingers. Your chief aim must be to keep the mixture as

An Open Trellis Tart.

cool and light as possible, so keep sifting it lightly with the fingers, letting the air flow freely through it, as if the flour reaches the palms of the hands it is more likely to become warm.



Custard goes well with Pies and Tarts.

When the mixture looks like bread-crumbs it is ready for the moistening. You will find it best to make a hollow place in the centre of the flour, and to pour the water, a little at a time, into the centre. Hold the jug in your left hand, and mix the paste with your right. Don't make both hands wet if you can help it. Pour a very small quantity of water in to commence with, and work the dry ingredients gradually into this from the sides of the basin, adding a tiny drop more water as you require it. You are not wanting to make the paste wet and sticky, but only need to use just enough water to hold the ingredients together.

Remember that it is easy to add a little more water if the paste is too dry, but it is difficult to get it dry if you make it too wet.

When the Paste is Ready to be Rolled.

When you have worked the paste into a nice smooth lump, prepare your pastry board by dredging it with a little flour, also rub flour over the rolling-pin. This is to prevent the paste sticking to the board and the rolling-pin. Whenever it is inclined to stick add a light dust of flour.

If your paste is of the right consistency, you will only need the very lightest sprinkling of flour on your bread. But if you should have made it a little too damp and sticky—and with first attempts we can't really expect to get it just right—dredge the paste well with flour, and knead the paste on the board with your hands,

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working the extra flour well in. This will dry it up again, but it is a treatment that must be avoided if possible, as all this extra handling will tend to make the pastry heavy.

Divide your paste into two pieces, one rather larger than the other. Then roll out the largest piece lightly on the board, working from the bottom upwards. When you have rolled it out to a level thickness of about a quarter-of-an-inch all over, and a little more than large enough to cover your plate, lift it from the board, place it over the plate, flour your knife, and cut the paste briskly round close up to the edge of the plate.

Adding the Jam.

Now you come to putting in the jam. If you prick over the centre of the paste with a fork, it will help to prevent this part rising too readily and causing the jam to run over on to the rim of the paste. It is as well not to put too much jam in, as you don't want it all to bubble over and spoil the crust; put just enough to cover the middle of the plate nicely without looking too scanty.

Now roll out the other piece of paste, cut it into short strips of about a half-inch in width. Twist these a little, and lay three across one way of the tart, and three across the other way to make a pretty trellis top. Damp the ends of each strip before placing them over, and gently press the ends into position. These pastry strips help to keep the jam in place when cooking too.

Everything being now complete, carefully place your tart in the oven. Be sure not to keep the oven open too long, and be very careful how you close the door when the pastry is in. Close it gradually and gently, so as not to make a big rush of cold air into the oven as you do it. If it is a gas oven you are using, you can turn the gas down to a moderate-sized flame now.

A tart of this kind should not take more than about half an hour to cook if the oven is really hot, and for the first ten minutes

An Open Trellis Tart.

you must not even open the door of the oven to have a look at it. This is very important indeed, as the pastry won't rise nicely if you keep looking at it. After ten minutes have passed you may look and see how it is getting on, and if it seems to be cooking better one side than the other, turn it round a little. You can test the paste with a skewer when you want to know if it is done. The skewer will come out quite clean if it is done enough, but if it needs more cooking there will be paste sticking to the skewer.

Using up the Odd Scraps of Paste.

When you have your tart in the oven you can gather together the odd scraps of pastry, roll them out again, and make them up into any shapes you fancy. If you like, you can just make a square of pastry, place a few currants and a little sugar and spice in the centre, roll the sides over, so that you have a little "currant bundle," damping the ends a little to hold the paste together.

Or you may like to make one or two small jam tarts in the patty-pans.

Of if Mother has some fancy-shaped pastry-cutters, these will come in useful for making some small oddments for eating with stewed fruit or jam.

If you are very ambitious you may perhaps try to shape the odd piece into a pig or a cat, putting in a currant for the eye, and generally making it as much like a real animal as possible.

Still another way, is to cut some of the pastry into small petal-shaped pieces, like you have seen Mother put on the top of a pie sometimes. Group three or four of these together on a small flat square or round foundation, place a small ball of the pastry in the centre of the group of leaves, and you have quite a pretty floral effect.

You haven't forgotten, I hope, that you have to look at your tart when it has been in the oven ten minutes. If the small odd-

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ments are ready, these can be put in then, and by the time the tart is done they will probably be ready to come out again.

Now clear up your table nicely, and if you have spilt any flour on the floor, sweep it up at once, before it has time to be trodden all over the kitchen.

The utensils should be washed and put away; but if for any reason you are not able to wash them up at once, be sure and put some water in the basin, and put the other things in it to soak. Pastry and floury substances are so hard to get off the crockery if it is left standing about before it is washed up. It is really the quickest and easiest way to wash the things up directly you have finished. Don't you think so?



Violet Peeling Apples.

Apple Turnovers are Good.

When once you have succeeded in making an open Trellis Jam Tart that has been approved by the various members of your family, you will be quite ready to start on this recipe for making Apple Turnovers.

The following ingredients should be sufficient for making three fair-sized turnovers :—

6 Apples (if these are large, 4 will be sufficient).

8 oz. Flour.

4 oz. Butter (or 2 oz. each of Butter and Lard).

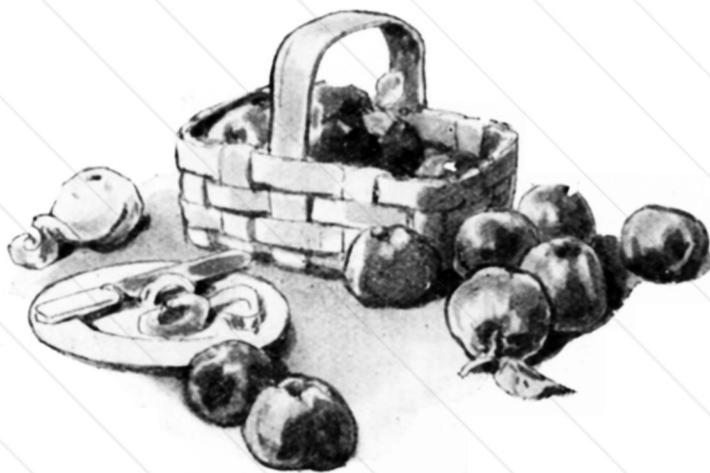
3 oz. Sugar.

$\frac{1}{2}$ -teaspoonful Baking-Powder.

1 teaspoonful grated Lemon Rind and the juice of a small Lemon.

When making the Jam Tart, you were told all about how to prepare your utensils, and what to do, and what not to do, when making pastry. You have only to turn back a page or two if you have forgotten any of the details. In baking the turnovers you will need to grease well a fair-sized flat baking tin.

You will also be able to find out all about how to prepare the lemon flavourings on page 12 if you should want any help over doing this.



Preparing the Apples.

Before you actually commence to make the paste, you must get the apples quite ready. Take a knife and pare each one, commencing from the top and working round and round until all the peel has been removed. Be very

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careful not to cut away much of the apple with the peel, or there will be that much less in the turnover; and you know how disappointing it is when a turnover is mostly "outside," and only a small portion of apple inside!

Now cut the apples into halves and quarters, scoop out the cores, and slice up each quarter into smaller pieces.

Making the Crust for the Turnover.

You are now ready to make the paste for the crust. Follow the directions given in the previous chapter. When you have your paste ready on the board, divide it into three equal parts. Roll out one of these into a nice oval-shaped piece about $\frac{1}{4}$ -inch thick. Divide the sliced apples into three equal portions. Mound up on one half of the paste one-third of your apples (that is, one of the portions into which you divided them), leaving about an inch-wide border round the outer edge.

Sprinkle over the top of the apples a third of the sugar and the lemon flavourings. Then add about two teaspoonfuls of water.

Damp the border of paste round the outer edge (this is to make the two edges stick together), and fold the other half over the apples, pressing the edges together evenly.

Make the other two turnovers in the same way, and arrange them side by side on the baking-tin.

The turnovers must be cooked in a very hot oven, just as you did the jam tart, but they will probably need a little more time, because the apples that are shut up inside will take longer to cook than jam. You will easily be able to tell if they are done by placing a skewer through the centre. If they are ready to come out of the oven, your skewer will go straight down and strike on the bottom of the tin without your feeling any obstruction, but if the

**Apple Turnovers
are Good.**

apples are not cooked sufficiently, it will not go in so easily, and you must let the turnovers stay a little longer.

**Making the Turnovers
look smart!**

It will very much improve the appearance of your turnovers if you treat the crust in this way. Break the white of an egg on to a plate, and whisk it up into a froth with a knife. When the turnovers are nearly done, take them out of the oven, brush the froth over the top of the crust, sift a little white sugar over the top of this, and then put the turnovers back into the oven to bake a little longer. After the crust has been frosted in this way, you will need to watch carefully to see that it does not burn.

**Making a Shallow Apple
Tart.**

With the same quantity of paste and apples, you could, if you prefer, make a shallow apple tart on a deep plate, and you could flavour it with cloves instead of lemon; cloves and apples always go well together.

For this you would divide the paste into two equal portions. Roll one out and cover over the bottom of the plate (which you greased, of course, before beginning to make the paste). Pile the sliced apples with the sugar in the centre and six cloves dotted about in different places. Then roll out the second piece of paste and cover it over the top of the apples, first damping the edge of the lower paste. Notch the edges with the back of a knife.

Another method of flavouring is to grate a little nutmeg over the apples; and some people use powdered cinamon, a level salt-spoonful would be enough for this tart. But you must use the flavourings that are most liked by your own family.

This apple tart must be put on the top shelf of a hot oven to start with. If it seems to be inclined to burn a little later on, put it on a lower shelf. The top shelf is always the hottest.

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Little Housekeepers

who take a pride in their cooking must never forget that the main dishes ought to be nourishing, as well as tempting to the appetite.

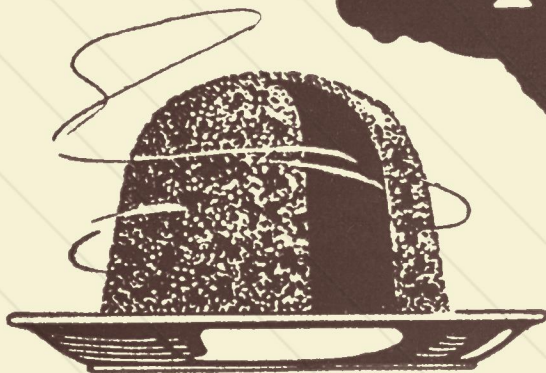
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