

**Menu**

**Asparagus Soup, Tomato Soup, Cream of Potato Soup  
Lobster a La Newberg, Salmon Croquettes, Pickled Oysters  
Sausage Roll, Salisbury Steaks, Veal Cutlets  
Baked Mashed Potatoes, Creamed Onions, Escalloped Corn  
Popovers, Emergency Biscuits  
Celery Salad, Potato Salad with Boiled Dressing, Orange Baskets  
Coffee Cream Cake, Chocolate Pudding, White Mountain Cake, Lemon Pie  
Coffee, Tea**

**“Asparagus Soup**

Place the waste ends of 2 bunches of asparagus to cook in 2 quarts or more of cold water. Boil until the asparagus is very soft, pour through a colander, pressing out as much of the pulp as possible, and add 1 quart of milk. Thicken with 2 tablespoons of flour rubbed together with 1 of butter. Season to taste with salt and pepper. —Mrs. Geo. C. Connett.”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 8)

**“Tomato Soup**

To 1 can of tomatoes add 1 quart of water and boil 15 minutes. Strain and add slowly 1 teaspoon of soda. Add to this 1 quart of boiling milk into which 2 tablespoons of corn starch have been dissolved. Season with salt, pepper, and a lump of butter. Serve with croutons.—Mrs. Oliver K. Day”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 10)

**“Cream of Potato Soup**

Boil 5 potatoes and an onion 5 minutes; drain, add 2 quarts of boiling water and cook until tender, then pass them with the liquid through a sieve. Season with salt and pepper, and stir in the yolks of 2 eggs, beaten with a cup of rich cream. Do not allow the soup to boil, but stir and cook until the egg becomes slightly cooked. Have ready a small turnip and half a carrot, cut in straws and cooked until tender, separately, in boiling water. Add these to the soup, together with 1 or 2 tablespoons of cooked peas.—Miss Mildred Ennis.”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 11)

**“Lobster a la Newberg**

Cut in small pieces 1 cup of lobster, cover with ½ cup of sherry wine, and add butter the size of a walnut, pepper and salt to taste. Cook all together for 10 minutes. Then add 1 well beaten egg, mixed with 1 cup of sweet cream. Let all come to a boil, and serve.—Mrs. Oliver K. Day”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 14)

**“Salmon Croquettes**

One can salmon, 1 cup tomato juice, pinch celery salt, pepper and salt to taste. Remove skin and bone from salmon. Mix with the tomato juice and seasoning, stiffen with cracker meal just enough to form into balls. Dip in well beaten egg, roll in cracker meal and fry in hot fat. Delicious.—Mrs. Abram Ayers.

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 14)

**“Pickled Oysters**

Heat 1 quart of oysters in their liquor to a boiling point (or until they are plump and the edges curl). Plunge in cold water, then drain at once. Add to liquor a few pepper corns, a few whole allspice, 5 or 6 cloves and a few blades of mace, and 1/3 cup vinegar. Let boil a few minutes, remove from fire, and when cold add juice of 1 ½ lemons, and slice remaining ½ and add also. Pour over oysters. Will be ready for use the next day.—Mrs. D.P. McClennan”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 14)

### **“Sausage Roll.**

Make a rich biscuit dough, rollout, put in each a fried sausage and punch over like a turnover. Bake until brown.”

---“Some Cookery Frills,” *Daily Record*, June 15, 1911 (p. 3)

### **“Salisbury Steaks**

Season 1 pound chopped round steak with a teaspoon salt, juice of ½ lemon. Mix and form into cakes ½ inch thick. Broil or cook in a dry frying pan 8 minutes, turn once. Serve on hot platter, baste with a little butter.—Mrs. P.W. Smith

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 16)

### **“Veal Cutlets**

Wipe cutlets with a damp cloth and dip them in egg and bread crumbs. Season with pepper and salt. Put in a frying pan in which you have some hot fat just to brown, then put them in a larger pan and pour over the sauce; let them cook for ¾ of an hour at the back of the stove. It is best to cover the pan. Sauce: 1 tablespoon dripping, 2 tablespoons flour, 1tablespoon Worcestershire sauce, 1 tablespoon chopped parsley, 1 pint of water or stock. Let dripping melt in the pan in which you have cooked your cutlets, add the flour and water, mix well, then add seasonings, sauce and parsley and pour over cutlets.—Dora A. Mosedale.”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 17)

### **“Baked Mashed Potatoes**

Take cold mashed potatoes. Break an egg and beat into them without having whisked it. Beat well together. Add a little salt, and put in baking dish with grated cheese on top. Bake about ½ hour or until nicely browned.---Mrs. Helen Day White.”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 19)

### **“Creamed Onions**

Peel about 3 cups of small silver skinned onions. Cook in boiling water 15 minutes, drain. Place in double boiler with 1 cup cream. Cook until soft. Add ½ teaspoon salt the last 10 minutes.--Mrs. G.C. Connett”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 21)

### **“Escalloped Corn**

One quart of milk, 3 eggs, 1 teaspoon of sugar, 2 tablespoons of melted butter, salt and pepper to taste. Grate the corn. Beat the yolks of the eggs, add the corn, then sugar, then melted butter, milk, salt and pepper, and last the frothed whites. Beat well while mixing until adding the whites, which should be stirred in very lightly. Bake in buttered pudding dish (covered) 1 hour. Remove the cover, and brown. Serve hot. —Mrs. Louis A. Vogt.”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 20)

### **“Popovers**

Separate 1 egg, beat the white stiff, then ad yolk and beat again. Add alternately 1 cup milk and 1 cup flour, last, put in ½ teaspoon salt. Have both oven and muffin tins sizzling hot, and bake about 20 minutes.---Carrie M. Day.”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 25)

### **“Emergency Biscuits**

Two cups flour, ½ teaspoon salt, 1 teaspoon Royal baking powder. Mix and sift, rub in 1 tablespoon butter. Mix to a thick batter with milk, drop by small spoonfuls on greased pan and bake in quick oven.—Mrs. Frank Baldwin”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 27)

### **“Celery Salad**

Cut celery into 1 inch pieces, splitting each one, rub dry on towel, place on ice. Prepare a small cup of English walnut meats, 2 heaping tablespoons of chopped olives and a cup of stiff Mayonnaise dressing. Mix and serve garnished with celery leaves.”—Mrs. G.C. Connett”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 27)

### **“Potato Salad**

Cold boiled potatoes cut in dice, some finely cut celery, a small onion minced very fine and a couple of hard boiled eggs cut in small pieces. Mix well with boiled dressing, garnish with slices of hard boiled eggs and celery tops.—Mrs. Benjamin Day”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 39)

### **“Boiled Dressing**

Yolks 2 eggs, 1/2 tablespoon salt, 1 1/2 tablespoons sugar, 1/2 tablespoon flour, 1 1/2 tablespoons melted butter, a little mustard, pinch of cayenne pepper, 3/4 cup milk, 1/4 cup vinegar. Mix all together, put in a double steamer, let boil until thick. When cold put a little cream in.—Mary A Mills.”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 39)

### **“Orange Baskets.**

Cut as many oranges as will be required, leaving half the peel whole for the basket and a strip half an inch wide for the handles. Remove pulp and juice; use juice for making orange jelly. Place baskets in a pan of broken ice to keep upright. Fill with orange jelly. When ready to serve put a spoonful of whipped cream over the jelly in each basket. Serve in a bed of green leaves.”

---“Some Cookery Frills,” *Daily Record*, June 15, 1911 (p. 3)

### **“Coffee Cream Cake.**

One and one-half cups sugar, two of flour, two eggs, 2 1/2 teaspoonfuls baking powder, pinch of salt, about three-fourths cup butter, one tablespoonful cocoanut. Melt butter, break in eggs without beating, pour in one-third cup milk half cup cold coffee; make in three layers. Cream for filling—One pint milk in double boiler, one-half cup of flour, two eggs beaten, salt, essence, one cup sugar; bill ingredients.”

---“Some Cookery Frills,” *Daily Record*, June 15, 1911 (p. 3)

### **“Chocolate Pudding**

Put 1 quart milk on to boil. Take 1 1/2 ounces of Baker’s chocolate, mix with a little cold milk, then stir into the boiled milk and set to cool. When nearly cold stir in the beaten yolks of 5 eggs. Flavor with vanilla and sweeten to taste. Bake until the consistency of custard. Beat whites of eggs with 6 tablespoons powdered sugar. Spread on top. Replace in oven and brown.”—Mrs. May A. Searing.”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 54)

### **“White Mountain Cake**

Cream 2/3 cup of butter with 1 1/2 cups sugar. Add 1/2 cup milk, 2 1/2 cups of flour, 3 teaspoons Royal baking powder, 1/8 teaspoon of salt. Lastly fold in the whites of 8 eggs which have been stiffly beaten with 1/2 teaspoon of cream of tartar. Flavor with almond or vanilla and bake in a loaf pan in a moderately hot oven.—Mildred C. Ennis”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 69)

### **“Lemon Pie**

One cup sugar, 1 tablespoon butter, yolks of 2 eggs, 3 dessert-spoons of flour, 1 1/3 cups milk. Wet flour with a little milk, grated rind and juice of 1 lemon. Beat whites of eggs to a stiff froth and add last. Pour in crust and bake (not too fast), Try it when you think it is done by sticking a knife blade down the middle of pie. If it comes out clean it is done. Mrs. Philip Stone.”

---*Methodist Episcopal Church Cook Book*, Morristown, New Jersey [1914] (p. 57)

## ***Food news & notes***

“The usual insipidity of potato soup is improved by adding a dash of vinegar just before serving. As all may not like the flavor the cruet can be passed. All fruit salads are improved by marinating in French dressing, though later served with mayonnaise. Instead of the individual pate, it is more popular now to pass one or two large pates, each guest serving herself. Fill with mushrooms, oysters or creamed sweetbreads. Biscuits or French rolls for formal use are more diminutive than ever. The former should be the size of a 50-cent piece and a quarter-inch thick. A delicious salad was made from different nuts, white grapes, a little shredded grape fruit, pineapple cut into cubes and shredded celery. Mask in mayonnaise or serve with a cream dressing. When a boiled egg is the usual breakfast dish, vary it by breaking it raw into the eggcup and cooking in hot water to the desired consistency. The flavor is quite different than when cooked in the shell. Fingers of bread about four inches long, quarter of an inch wide and the same thickness buttered thickly and browned in a quick oven are delicious to serve with boiled eggs. Salad is now usually passed in a salad dish, but when served directly on the individual plates and appetizing and artistic effect can be had by making nests of shredded lettuce or endive, in which are eggs made of cream cheese colored with spinach juice or sprinkled thickly with paprika or black pepper. Cover with mayonnaise. In baking a cake, stint the flour in the batter and you will have a much more tender cake. Good cranberries cannot be made if the sugar is allowed to boil in with the berries. After the cranberries are soft and strained through a colander add a scant pound of sugar to a quart of berries, bring to a boil and cook four minutes. Put three-quarters of a pint of boiling water on the berries when first cooked.”

---“Some Cookery Frills,” *Daily Record*, June 15, 1911 (p. 3)

“Fish in Jaqui’s pond at Morris Plains, it is said, are to be taken out and put in the club’s pond at Shongum Lake. Those who enjoy fishing in this section are sorry to learn of this, as Jaqui’s pond was fished in by everyone and the Shogum waters are private. The pond at the Plains was noted as a home for pickerel and bass, and taking those fish away decreases the now few fishing places about here.”

---“To Remove Fish,” *Daily Record*, August 17, 1911 (p. 1)

“Every child likes an occasional sweet and an occasional sweet in the way of dessert is not only not harmful, but good, for the little one. The sweet would be eaten immediately after the meal; hence it can best be served as a part of the dessert. The teeth should be cleaned, of course, after every meal, and incidentally the child who once forms the habit of brushing its teeth regularly will be uncomfortable when it forgets to do so. The teeth should always be thoroughly washed after eating sweets of any kind...Of course candy would not often be indulged in between meals, but a little milk chocolate eaten at a specific time between meals is not so harmful...Milk chocolate is probably the most wholesome sweet for children. It possesses real nutritive value and so should be considered a part of the child’s food...candied fruit is wholesome...Barley sugar is not injurious...Molasses candy may be given to children as part of the dessert. It should never be given between meals.”

---“Pints for Mothers: Candy for Children,” *Daily Record*, January 30, 1914 (p. 3)

“There has long been cultivated on the west coast of South America a plant called “quinoa,” which botanists and cereal experts believe may prove an excellent substitute for wheat, in fact preferable to the substitutes now in place, says the November *Popular Mechanics Magazine*. This plant, now attracting particular attention because of the shortage of foodstuffs, has been cultivated in South America in more or less primitive fashion, since pre-Inca experiments with it in the hope of finding suitable soil and climate in this country for its cultivation.”

---“Quinoa Substitute for Wheat,” *Daily Record*, January 21, 1919 (p. 4)