

**LARKIN HOUSEWIVES'  
COOK BOOK: GOOD  
THINGS TO EAT AND  
HOW TO PREPARE THEM**

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Larkin Housewives' Cook Book: Good Things to Eat and How to Prepare Them by Various

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**VARIOUS**

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# LARKIN HOUSEWIVES' COOK BOOK

Good Things to Eat  
and  
How to Prepare Them

Five hundred and forty-eight recipes, of which four hundred and eighty are prize recipes selected from more than three thousand submitted by practical housekeepers in the Larkin Recipe Contests. Compiled especially for customers and friends of the Larkin Co. by the Larkin Kitchen.

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**T**O the woman who takes pride in serving tasty and attractive dishes, who delights in placing on her table "Good Things to Eat," who wishes to have the means of "variety" ever at her command, this Cook Book will be a valuable and constant adviser.

It is interesting to note that it contains recipes from the North, South, East and West; the favorite recipes of practical and experienced housewives. No recipes were accepted from professional cooks but all from the homes of our many customers. We believe that this book will prove unique on account of the immense variety given.

Here will be found an answer to the question that is ever perplexing the housewife—what to serve for the coming meal. Here she will find most valuable suggestions that will enable her to prepare, in great variety and in a practical and economical way, delicious and appetizing dishes that will be a source of real satisfaction and extreme delight to those in her home who truly appreciate "Good Things to Eat."



*"Now, good digestion wait on appetite,  
And health on both!"*

—SHAKESPEARE.

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# How to Measure

## Level Measurements Only Are Used In These Recipes

Flour, meal, powdered sugar and soda should be sifted before measuring. A cupful is measured level; do not shake down.

A cup, as used in these recipes, holds one-half pint (two gills) of liquid, or one-half pound of granulated sugar or butter. A tin or glass measuring-cup, divided into quarters and thirds, can be purchased at any house-furnishing store for ten cents.



To measure a level tablespoon or teaspoon, make smooth with a knife but do not pat down.

A half spoonful is measured by cutting in half lengthwise; a fourth spoonful by cutting a half spoonful crosswise a little nearer the handle of the spoon.



A "pinch" is as much as you can hold between the first finger and thumb.



A family scale is a great convenience, both for use in cooking and for weighing purchases.



# Weights and Measures

16	tablespoons	.....equal	1	cup
3	teaspoons of liquid	....."	1	tablespoon
4	tablespoons of liquid	....."	1/2	gill or 1/4 cup
2	gills	....."	1	cup
2	cups	....."	1	pint
4	" (2 pints)	....."	1	quart
4	" of sifted flour	....."	1	quart or 1 pound
2	" " butter	....."	1	pound
1/2	cup "	....."	1/4	pound or 4 ounces
2	cups " granulated sugar	....."	1	pound
2 1/2	" " powdered sugar	....."	1	pound
1	pint " water or milk	....."	1	pound
1	" " solid fat	....."	1	pound
4	tablespoons of coffee	....."	1	ounce
2	" " butter	....."	1	ounce
2	" " sugar	....."	1	ounce
4	" " flour	....."	1	ounce



### To Test Fat for Frying

1. Drop a piece of soft bread into the hot fat; if the bread browns in forty seconds, the temperature is right for any cooked mixture.
2. Use the same test for uncooked mixtures, allowing one minute for bread to brown. Fresh fat or oil should be used for batter and dough mixtures. It can then be used for fish, meat and croquettes, but should be frequently clarified.

### To Clarify

Melt fat, add raw potato cut in small pieces, heat the fat gradually; when fat ceases to bubble and potatoes are well browned, strain through double cheese-cloth. The potato absorbs any odors or gases and collects some of the sediment. The remaining sediment will settle in the bottom of the pan. When you have only a small amount of fat to be clarified, add boiling water to the cold fat, stir vigorously and set aside to cool; the fat will float to the top and the sediment can be scraped from the bottom.

### To Try Out Fat

Any odd pieces of fat may be tried out more easily in a double sauce-pan than by putting into the oven; it will then take less watching.

### Sautéing

Sautéing is frying in a small quantity of fat. In many cases the word sauté might be used in this book but is not, as the word is not generally understood, so we have used the more common word "fry," which really means cooking in deep fat. All foods when fried should be drained on soft paper.

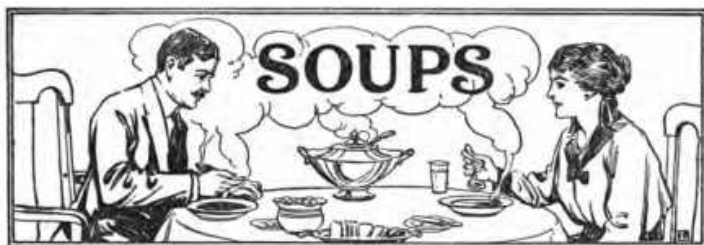
### Fricasseeing

Fricasseeing is sautéing and cooking in a sauce.

### To Egg and Crumb

Before frying, dip the mixture in bread-crums, then in the egg, then again in the crumbs. One tablespoon of cold water may be used with the egg to good advantage.

To prepare the crumbs put stale bread, thoroughly dried out, through the food-chopper, using the fine or coarse cutter according to the kind of crumbs required.



**T**HE cheaper cuts of beef are best suited for the making of soup—the vein, neck, flank, cheek and shin. Though quite tough and sinewy they are full of nutriment and flavor.

Water cannot dissolve the fiber of the beef, so we therefore always remove the beef from the soup and make it over into meat dishes. The bones from roasts or poultry, or part of the steak from dinner, should all be put into a kettle, covered with cold water and simmered until the goodness is cooked out. Never boil soup-meat of any kind, for boiling hardens the meat without drawing out the goodness. Be quite sure to have a lid that closely fits the soup kettle or much of the goodness and flavor will pass off in the steam.

#### **To Make Meat Soups**

Wipe meat with clean cloth wrung out of cold water. Cut the lean meat in small pieces. By doing so a larger amount of surface is exposed to the water and the juices are readily drawn out. Always cover soup-meat with cold water and bring slowly to the boiling-point. If a portion of the meat is browned before adding water, the soup will have a richer flavor.

#### **To Bind Soups**

Cream soups and purees (purees are soups with the vegetables strained out or forced through a sieve) if allowed to stand, will separate, unless bound together. To bind a soup melt some butter, add an equal amount of flour and when mixed add a small quantity of the soup; then add to the remainder of the soup. In this way lumps will be avoided.

#### **To Prevent Cream of Tomato Soup Curdling**

Put soda with the tomato, allowing one-fourth teaspoon soda to two cups of tomatoes, then add to the thickened milk, stirring all the time. If you wish to keep the soup hot for a while, leave it in the separate sauce-pans and do not add the soda until ready to serve.

#### **Croutons to Serve with Soup**

These are made by cutting stale bread into thin slices. Remove the crust, spread with butter and bake until crisp and brown, or brown in the frying pan.

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*Use Level Measurements Only. See Page 6.*