

# LADIES' HOME JOURNAL COOKERY BOOK

## • TABLE OF CONTENTS •

	PAGES
Measures and Weights . . . . .	3
Dictionary of Cookery Terms . . . . .	3
Cooking Vegetables . . . . .	4 and 5
Methods for Meats . . . . .	6
Using Eggs in Cookery . . . . .	7
Suggestions for Cheese . . . . .	8
Coffee for Connoisseurs . . . . .	8
Deep Fat Frying . . . . .	9
Making Muffins . . . . .	10
Good Griddle Cakes . . . . .	11
Waffles . . . . .	11
For Success with Plain Cake . . . . .	12
Perfect Pastry . . . . .	13
A Cookery Clinic . . . . .	14 and 15
Index . . . . .	16

EDITOR'S NOTE: It is a mistake to assume that every woman is a born cook. This mistaken association between womanliness and cookery would not matter greatly if it were not the source of considerable concern for many a fine young modern woman who begins her vocation of homemaking without the advantage of experience in the kitchen. And, unfortunately, a little mistake at such a time of intense desire to please seems far more serious than it really is. The potatoes that are soggy, the cake that falls and the steak that is dry look like evidence that she will never be a cook.

For some women, the initial discouragement and humiliation are so complete that it is years before they are at home in the kitchen or know any of the joys of preparing tempting foods.

In reality, cookery is both a science and an art and, like all other sciences and arts, needs to be patiently learned. Making of the kitchen a happy workshop for experimenting will save much nervous fatigue. One cultivates in time a "knack" for various technics, but success is not nearly so much a matter of luck as many of us suppose. In other words, there is a right and a wrong way of doing things, and, happily, the former is usually every bit as easy as the latter. It is just that one needs to know the fundamentals upon which success really depends. And here they are!

Copyright, 1932. The Curtis Publishing Company



## MEASUREMENTS AND WEIGHTS

### Common Measurements in Cookery

3 Teaspoonfuls . . . . .	= 1 Tablespoonful
4 Tablespoonfuls . . . . .	= $\frac{1}{4}$ Cupful
5 $\frac{1}{2}$ Tablespoonfuls . . . . .	= $\frac{1}{2}$ Cupful
8 Tablespoonfuls . . . . .	= $\frac{1}{2}$ Cupful
10 $\frac{3}{4}$ Tablespoonfuls . . . . .	= $\frac{3}{8}$ Cupful
12 Tablespoonfuls . . . . .	= $\frac{3}{4}$ Cupful
16 Tablespoonfuls . . . . .	= 1 Cupful
2 Tablespoonfuls . . . . .	= 1 Liquid Ounce
$\frac{1}{2}$ Cupful . . . . .	= 1 Gill
2 Cupfuls . . . . .	= 1 Pint
4 Cupfuls . . . . .	= 1 Quart
4 Quarts . . . . .	= 1 Gallon

In order that all users of recipes may include the same proportions of ingredients, a simple code of measuring has been set up.

1. Measure flours (except whole wheat and bran) after they have been sifted once.

2. Measure all dry ingredients by filling the cup with a tablespoon and level by passing the edge of a knife across the top. Never tap the cup or pack the ingredients in with a spoon.

3. Measure teaspoonfuls or tablespoonfuls by dipping the spoon more than full and level by passing the edge of a knife across the top. To measure half spoonfuls fill the spoon level full and divide the contents lengthwise with a knife.

4. Solid fat may be measured by weighing in water. If one-third cupful of sired, fill a cup two-thirds full of water, submerge the fat until the water runs one cup mark. The water may then be poured off and the fat removed from the cup by sticking.

### Measurements Equivalent to One Pound

Almonds, Chopped . . . . .	= 4
Apricots, Dried . . . . .	= 3
Bran . . . . .	= 16
Bread Crumbs, Dried . . . . .	= 4 $\frac{1}{2}$
Butter or Other Fat . . . . .	= 2
Cheese, Grated . . . . .	= 4
Cocoa . . . . .	= 4
Coconut, Shredded . . . . .	= 5
Cornmeal . . . . .	= 3
Flour, Sifted . . . . .	= 4
Graham Flour, Unsifted . . . . .	= 3 $\frac{1}{2}$
Molasses . . . . .	= 1 $\frac{1}{2}$
Raisins, Seeded . . . . .	= 3
Rice, Uncooked . . . . .	= 2 $\frac{1}{2}$
Sugar, Brown . . . . .	= 2 $\frac{1}{2}$
Sugar, Granulated . . . . .	= 2 $\frac{1}{2}$
Sugar, Powdered . . . . .	= 2 $\frac{1}{2}$
Walnuts, Chopped . . . . .	= 5

## DICTIONARY OF COOKERY TERMS

**BAKING** is cooking by dry heat, usually in an oven, or it may be under hot coals or on heated stones or metals.

**BASTING** is moistening meat while cooking to prevent drying and to add flavor.

**BEATING** is a rapid over and over motion through a mixture with a spoon or similar utensil to remove lumps or incorporate air.

**BLANCHING** is cooking for a short time in boiling water for such purposes as to loosen skins, to cause food to shrink in volume or to draw out undesirable flavor.

**BOILING** is cooking in liquid (usually water) at the boiling point.

**BRAISING** is browning in a hot receptacle in a small amount of fat, then simmering, covered, in juices from the meat or in added liquid.

**BROILING** is cooking by direct heat as from hot coals, a gas flame, or an electric element.

**FOLDING** is combining ingredients by a downward movement with a spoon or spatula through the mixture, then up and over to prevent the escape of air which has been incorporated into one of the ingredients.

**FRICASSEING** is stewing in stock, gravy or sauce.

**FRYING** is cooking in fat: (1) in a small amount of fat, called also sautéing; (2) in a large amount of fat, called also deep-fat frying.

**MARINATING** is allowing food to soak in a combination of acid and seasonings.

**PAN-BROILING** is cooking in a shallow frying pan, pouring off accumulated fat.

**PARBOILING** is simmering for a short time preliminary to another method of cooking.

**ROASTING** is baking applied to poultry, game and meats.

**SAUTÉING**—see Frying.

**SEARING** is browning the surface of meat by the quick application of intense heat.

**SIMMERING** is cooking in water just below the boiling point.

**STEAMING** is cooking in steam without liquid pressure.

**STEWING** is the same as simmering.

**STIRRING** is combining ingredients by a circular motion to blend them, to prevent the formation of lumps, or to keep food from sticking to the pan while cooking.

**WHIPPING** is rapidly beating to incorporate air.