

Some Delicious Recipes From Tennessee for Mrs. Wilson's Readers Today

A Southern Housewife Tells How She Prepares Various Dishes That Are Favorites in Her Home

By MRS. M. A. WILSON

Potato Blaque
This famous potato soup is very nourishing and fine for the children during the cold weather. Pare and slice thin four medium size potatoes and add two cups of water; cook until the potatoes are soft and then turn in sieve and rub through, return to the saucers and add
One quart of milk.
Three-quarters cup of flour, dissolved in the milk.
Bring to boiling point and cook slowly for ten minutes. Now beat in the yolks of two eggs.
Four tablespoons of butter.
One tablespoon of finely grated onion.
Two teaspoons of salt.
One teaspoon of pepper.
Now whip the whites of the two eggs

stiff and beat into the potato soup. It is then ready to serve.

Lemon Butter Cream
Place in saucepan
One cup of sugar.
One-quarter cup of butter.
Two tablespoons of cornstarch, dissolved in six tablespoons of cold water.
Yolks of three eggs.
Juice of three lemons.
Stir to blend and then heat to boiling point. Cook slowly for three minutes, then add the stiffly beaten whites of the eggs, and when cold fold in one cup of whipped cream. Chill. Fill in sherbet glasses, and serve with plain sponge cake.

Lemon Custard Pudding
Crush fine sufficient soda crackers to fill a measuring cup. Rub a baking dish well with butter. Place the crackers in the bottom of the dish.
Place in saucepan
One quart of milk.
Six level tablespoons of cornstarch.
Stir to dissolve and bring to boiling point. Cook slowly for five minutes. Cool.
Now add
One cup of sugar.
Juice of three lemons.
Grated rind of one large lemon.
One-half cup of melted butter.
Yolks of five eggs.
One-quarter teaspoon of nutmeg.

Beat with egg-beater to blend and pour over the crackers and bake in slow oven for forty-five minutes. Whip the whites of the eggs until very stiff and dry. Then whip in one cup of sugar and pile on the pudding. Return to

oven to brown slightly. Chill and serve.

Apple Custard
Rub a baking dish with butter and then dust with finely chopped nuts. Place small nicely baked apples in this dish and the dish should be sufficiently large to accommodate six small baked apples. Now pour over a custard made as follows:

One quart of milk.
One cup of sugar.
Two teaspoons of vanilla.
One-quarter teaspoon of salt.
Six well-beaten eggs.
Beat this mixture hard for five minutes. Then pour over the prepared apples in the baking dish and bake in slow oven for fifty minutes. Any of the above dishes may be made

in half portions, if they are too large for the average family. You will find these desserts splendid and just a little different from the ordinary, and well worth trying for Sundays and holidays.

Some Tennessee Corn Bread Recipes

Mince five one-half pound of salt pork and cook in skillet until the pork is nicely browned. Then turn in baking pan and place the baking pan where it will heat.
Place in saucepan
One quart of boiling water.
and add
One teaspoon of salt.
One cup of corn meal.
Stir and cook for five minutes. Turn in mixing bowl and let cool and add
Two cups of buttermilk or other sour milk.

Two cups of flour.
One-half cup of molasses.
Two well-beaten eggs.
Two level tablespoons of baking powder.
and beat hard to blend. Turn in the prepared pan and bake in hot oven for thirty-five minutes.
This corn bread should be just one inch thick in the pan when placed to bake.
You can use one cup of either bacon or sausage drippings in place of the fat salt pork, should you desire.

MRS. WILSON'S ANSWERS
My dear Mrs. Wilson—I am planning to cook some applebutter outdoors, and what sort and how large a kettle shall I buy? Is it possible

to use any other than a copper kettle? They are so hard to clean.
I would like to know the process of boiling and bottling cider to keep it sweet. I have been told that it is necessary to raise it to certain temperature for a certain length of time. Do you happen to have this information?
KATHERYNE F. G.

I think you will find it a delusion to boil your applebutter outdoors, and unless you have means at hand to protect you from the fire it is dangerous, particularly on a windy day.
However, if you intend to carry out this process, almost any large kettle will do. The farmers use a large iron pot. It will depend upon the amount you want to make the size required. A four-gallon iron pot is a good size for this work.

To make the applebutter hang the pot on iron crane or pipe placed so that a fire may be built underneath. Place three gallons of cider in the kettle and boil until reduced about one-half; now add four pecks of pared and sliced apples and cook slowly until very thick; this must be stirred very often from the time apples are added, and constantly when it becomes thick. When the mixture begins to thicken add
Four pounds of brown sugar.
Three tablespoons of cinnamon.
Two tablespoons of ginger.
Two teaspoons each of nutmeg, allspice and cloves.
Fill into sterilized crocks and when cold cover with melted paraffin and seal in the usual manner for jellies.
Fill cider into sterilized bottles; place bottles in hot water bath with water just to the neck of the bottles, process

for forty minutes, remove and seal carefully, and when cold dip the tops of the bottles in melted paraffin.
My dear Mrs. Wilson—Will you give me recipe for caramel candy. Also one for milk chocolate.
MRS. C. F. H.

Place in saucepan
Three cups of sugar.
One cup of molasses.
One-half cup of butter.
Cook until the mixture registers 285 degrees on a candy thermometer or forms a firm ball when tried in cold water. Turn about one inch thick in well-oiled pan. Cut before cold.
You will not find it satisfactory to attempt to make a milk chocolate. You can purchase a splendid grade much cheaper than you can make it.

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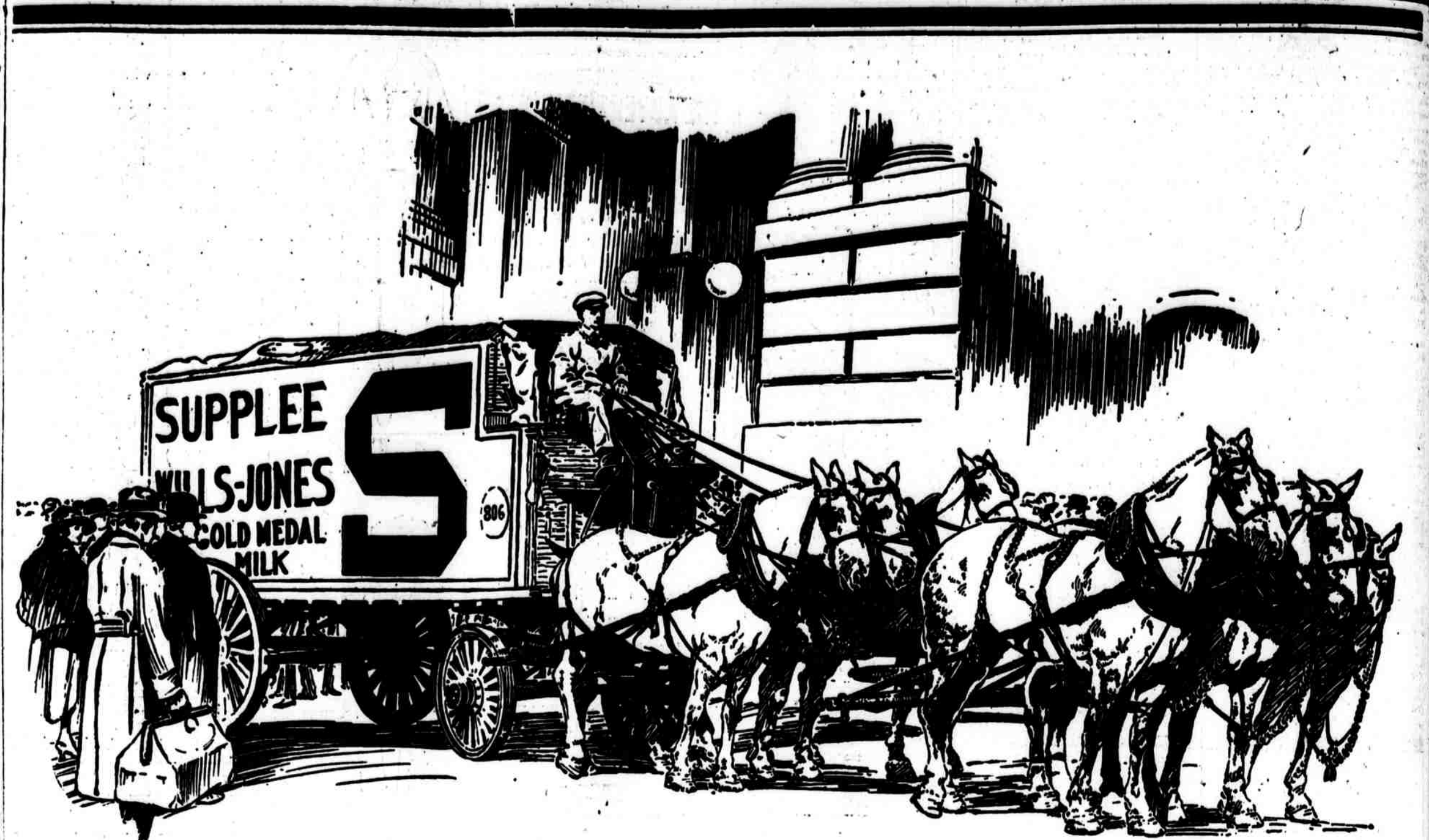
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