

**Pineapple and Nut Salad**

One can sliced pineapple (No. 2½), English walnuts, lettuce, mayonnaise.

Cut the pineapple into dice, and mix with mayonnaise. Serve in heart leaves of lettuce, and sprinkle nuts cut into small pieces over the pineapple.

**Lobster Salad**

One can lobster, lettuce, mayonnaise, gherkins, celery tips.

Cut the lobster into dice and keep on ice. When ready to serve, mix with mayonnaise, arrange on lettuce, garnish with sliced gherkins and the crisp tips of celery.

**Fish Roe Salad**

One can fish roe (8 ounces), two cucumbers, one onion, French dressing.

Cut the roe into dice, marinate with French dressing to which has been added a teaspoon of onion juice. Arrange on lettuce leaves, and garnish with thin slices cut lengthwise of slender cucumbers.

**Tomato Jelly Salad**

One can tomato (No. 3), one small onion, four cloves, one-half bay leaf, one-half package gelatin, one teaspoon salt, one eighth teaspoon pepper, mayonnaise, lettuce.

Soak the gelatin in one-half cup water, while the other ingredients are boiled for ten minutes. Press through a sieve and add the gelatin. Fill individual molds. When firm, take from mold, and place on a crisp lettuce leaf with a spoonful of mayonnaise on top. Small cheese balls may be used for a garnish.

**Salmon Salad**

One can red salmon (No. 1), lettuce, cucumber, mayonnaise, green olives.

Separate the salmon into flakes, place on lettuce leaves, cover with mayonnaise. Garnish with olives, and quarter disks of cucumber.

**Egyptian Salad**

One cup cold cooked rice, one onion, parsley, chives, one can sardines (No. ¾), lettuce, mayonnaise, canned beets.

Mix highly seasoned rice with grated onion, chopped parsley and chives, and add the finely cut sardines. Serve on lettuce with mayonnaise dressing. Garnish with the beets cut into shreds.

**Shrimp Salad**

One can shrimp (No. 2), one cup celery, lettuce, green and ripe olives, mayonnaise.

Cut the shrimp into small pieces, saving a few of the finest ones for garnishing. Mix the shrimp and celery with mayonnaise. Place on shredded lettuce with one whole shrimp on top. Garnish with the olives.

**Spinach Salad**

One can spinach (No. 3), one onion, one ounce butter, lemon juice, one can tongue, tartar sauce, water cress.

Pass the spinach through a food chopper, using the finest knife, and season with salt, pepper, lemon juice, and the butter melted. Pack tightly in slightly buttered individual molds, and cool. When ready to serve, remove from molds, and place on thin, trimmed slices of tongue. Place a spoonful of tartar sauce on each and garnish with watercress.

**Tomato Salad**

One can salad tomatoes, French dressing, lettuce, chives.

Take the tomatoes carefully out of the can, drain well, and place one on a lettuce leaf. Pour over French dressing and sprinkle with finely chopped chives.

This may be varied in many ways; the tomato may be cut into thick slices and dressed with thin slices of cucumber, or may have mounds of other vegetables, as peas, string beans, etc., and may be garnished with green, ripe, or stuffed olives, or cream cheese balls, mayonnaise, or tartar sauce.



**Polish Salad**

One can shrimp (No. 1), one can sardines, two hard boiled eggs, one onion, capers, gherkins, parsley, one-quarter cup vinegar, lettuce, mayonnaise.

Cut the shrimp and sardines into small pieces, mix with the finely cut eggs, onion, gherkins, and parsley. Moisten with the vinegar. Serve on lettuce with mayonnaise dressing.

**Plain Tomato Salad**

One can salad tomatoes, six small onions, lettuce, vinegar.

Drain the tomatoes, cut into thick slices, garnish with thin slices of young onions. Season with salt, pepper, and vinegar.

**Sardine Salad**

One can sardines (No.  $\frac{3}{4}$ ), six eggs, mayonnaise, water cress.

Skin the sardines and grind into a paste; boil the eggs hard, cut into halves and remove the yolks. Mix the yolks with the sardine paste, and moisten well with mayonnaise. Fill the whites with the mixture, and arrange on lettuce.

**Beet Salad**

One can beets, watercress, lettuce, French dressing.

Cut small beets in slices, dip in French dressing, arrange on lettuce leaves with slices overlapping. Garnish with watercress.

**Beet Salad**

One can beets, mayonnaise, one can peas (No. 1), one cup diced celery, lettuce, olives.

Trim the beets to uniform shape, cut off the end so they will stand on a plate. With a potato ball cutter take out the center, leaving enough of the outside to form a cup. Let the beets stand an hour in vinegar, then fill with the mixture of celery, peas, and mayonnaise. Arrange the beets on heart lettuce leaves, and garnish with olives and the beet balls.

**DESSERTS**

In using the canned fruits, a certain amount of sugar is designated, but this will necessarily have to be varied, according to the strength of the syrup in the can.

**Pears and Rice**

One can pears, large halves, (No.  $2\frac{1}{2}$ ), marmalade, rice, cream.

Cook the rice in milk in a double boiler, mix with cream and place in a shallow round dish. In the rice arrange the pears with the stem end toward center, and cut side up. Fill the scooped-out center of the pears with marmalade. Serve with a sauce made from the reduced syrup in the can flavored with maraschino.

**Strawberries and Macaroons**

One can large strawberries (No. 2), two dozen macaroons, one wine-glass rum.

Put a layer of macaroons in the bottom of the dish in which the dessert is to be served, then a layer of the drained strawberries. Sprinkle with sugar, then another layer of each until all are used. Pour the rum over them, and set on fire. The rum may be set on fire at the table.

**Berry Pudding**

One can berries (No. 2), two tablespoons corn starch, or four of flour, one-half pint thick cream.

Drain the berries, mix the juice with the cornstarch, and add sugar if the syrup is not sweet enough. Put in a double boiler, mixing the berries in, and cook until thick. Serve either hot or cold, with the cream, sweetened.

**Peach Conserve**

One can peaches (No.  $2\frac{1}{2}$ ), one lemon, one orange, one cup sugar, one cup raisins, one cup walnut meats.

Cook the thickly sliced outer skin of the lemon and orange in the peach syrup until tender, then add the peaches sliced, the walnuts cut in pieces, and also the raisins. Cook until of the desired consistency.



**Peaches and Macaroons**

One can peaches (No. 2½), one dozen macaroons, one egg yolk, one cup white wine.

Drain the peaches and place in a pan with the pit side up, reserving two of the pieces. Mince these with the macaroons, adding the beaten egg yolk and one tablespoon of sugar. Fill the peaches with the mixture, pour over them the wine, and sprinkle with sugar. Bake for ten minutes in a hot oven. A sauce may be made of the excess syrup, or it may be poured around the peaches while baking, and served as a sauce.

**Surprise Puffs**

One can fruit, biscuit dough.

Make a rather thin biscuit dough, with which half fill gem cups; on this place a half apricot, peach, or other fruit, well drained, then more dough on top, and bake. The syrup may be concentrated by boiling, properly seasoned, and used for a sauce.

**Apricot Soufflé**

One can apricots (No. 2), six egg whites, sugar, cream.

Drain the apricots, run through a food-chopper, and sweeten to taste. Add to the stiffly beaten whites, and bake in a buttered cake-pan for about half an hour. Serve with whipped cream.

**Apple Pudding**

One can apples (No. 2½), one ounce butter, three eggs, sugar, cinnamon, breadcrumbs.

Butter a deep baking dish, strew with crumbs, then pieces of apple, season with sugar and cinnamon, then another layer in the same way, placing crumbs on top, and dotting with butter. Beat the eggs light and pour over all. Bake for about half an hour. A few minutes before taking from the oven, shake powdered sugar on the top to give it a brown color. Serve with cream or a sauce made from the juice in the can.

**Cherry Soufflé**

One can cherries (No. 2), two tablespoons flour, two ounces butter, one pint milk, four eggs, nutmeg, cinnamon, one-half pint cream.

Wet the flour with the milk, then heat to thicken. Beat the egg yolks until light, add the butter softened and the spice, and mix with the milk, then add the stiffly beaten whites, the drained pitted cherries, and the cream. Bake in a hot oven, and serve immediately. A sauce may be made, if desired, from the syrup.

**Pineapple Mousse**

One can grated pineapple (No. 2), one tablespoon gelatin, one pint cream, one cup sugar.

Soak the gelatin in water, then add to the heated drained juice from the pineapple, strain, and cool. As it begins to stiffen, fold in the beaten cream, then mold, and freeze. To make it richer, the pineapple may be cooked with sugar, cooled, and used as a sauce.

**Apple Dumplings**

One can apples (No. 2½), one cup sugar, two teaspoons baking powder, one pint sifted flour, milk, nutmeg, salt.

Put the apples, syrup, and sugar into a covered saucepan, season with cinnamon, and heat. Make a soft dough of the flour, baking powder, salt, and milk, sifting the flour two or three times to make it very light. When the apple mixture boils, drop pieces of dough the size of a walnut in and cook for twenty minutes. The mixture may be used as a sauce. Other fruits may be used instead of the apples.

**Garnished Apricots**

One can apricots (No. 2), one cup sugar, one pint double cream, one-half cup chopped nutmeats.

Whip the cream, add the sugar and nuts, and fill the centers of the drained apricots with the mixture. Garnish with a half nut meat if walnuts be used, or a whole meat if a smaller nut.



**Apple Pudding**

One can whole apples (No. 3), one cup raisins, seeded, one cup sugar, three eggs, one teaspoon salt, one pound flour, one pint milk, one ounce butter, one teaspoon baking powder.

Butter a baking dish, set the apples in the bottom, filling the core with the raisins and sugar. Make a batter of the flour, salt, baking powder, and milk, beating until light, then add the well beaten eggs. Pour the batter over the apples, and bake in a moderate oven. When done, loosen the edges of the crust, and turn it upper side down on a plate. Arrange the apples on the crust.

**Jam Pudding**

Three tablespoons jam, three tablespoons flour, three tablespoons sugar, three ounces butter, one teaspoon salt, one-half teaspoon soda, one-half pint milk, two eggs.

Cream the butter and sugar, add the well beaten yolks, then the salt, jam, flour, well beaten whites, and lastly the soda dissolved in the milk. Cook in a covered dish, set in a pan of water and bake for one and one-half hours. The pudding may be served with cream, or a sauce made by creaming one cup of sugar with one-quarter pound of butter, add this to a cup of cream heated in a double boiler, then a well beaten egg. When it has thickened, add a tablespoon of brandy. In making the sauce, it is improved if it is beaten constantly with an egg beater while thickening.

**Fruit Bavarian Cream**

One can fruit (No. 2), one-half pint double cream, one cup sugar, four eggs, one-half package gelatin.

Soak the gelatin in water, then dissolve if necessary with the heated drained juice from the fruit, add the sugar, the well beaten eggs, and part of the cream. When beginning to set, add the stiffly beaten whites and the rest of the cream beaten dry. The fruit should be arranged in a mold, the mixture poured over it, and allowed to set. In serving, use sherbet glasses, and garnish with a rosette of whipped cream.

**Fig Pudding**

One can figs (No. 1), one cup crumbs, one-half pint milk, three ounces powdered suet, one-half teaspoon salt, one-half teaspoon nutmeg, one-half teaspoon cinnamon, three eggs.

Drain the figs and cut into small pieces. Soak the crumbs in the milk, then add the well beaten eggs, spices, and suet. Stir in the figs which have been dredged with flour. Turn into a greased pudding mold, with a tightly fitted cover, and steam for three hours. Use the drained syrup for a sauce, and garnish with whipped cream.

**Berry Ice**

One can berries (No. 2), one cup sugar, two cups water, lemon.

Boil the sugar, water, and the juice drained from the berries for about ten minutes. Cool, and if not tart, add the lemon juice, then freeze. The berries may be used in a pie or tarts.

**Prune Short Cake**

One can prunes (No. 2), one-half pint double cream.

Make a light biscuit dough, roll thin, and cut into rounds, placing two together, with a small bit of butter between them so they will separate readily when baked. Prepare the prunes as for soufflé, and use as one would the raw fruit, topping with whipped cream.

**Fruit Pudding**

One can fruit (No. 2), slices of bread one-half inch thick, butter, two egg whites, spice.

Line a pudding dish with the slices of bread, buttered, place the drained fruit on top, then cover with more buttered bread. Cover the pan, place in a pan of water in the oven, and bake for one and one-half hours. Make a meringue of the egg whites, and brown lightly. The fruit juice may be thickened with arrowroot or cornstarch, and used for a sauce. Some syrups may need more sugar and some seasoning.



**Berry Ice Cream**

One can berries (No. 2), one pint double cream, one pint milk, one cup sugar.

Mix the berries and cream, dissolve the sugar in the milk, then add to the other ingredients, and freeze. The syrup from the can may be held out, more sugar added, and boiled until thick, then served as a sauce, a tablespoon on a service of the ice cream. Any berry or small fruit may be used.

**Fruit Gelatin**

One can fruit (No. 2), one-half package gelatin, one cup sugar, cream.

Any fruit with clear syrup, as apricots, peaches, plums, etc., may be used. Filter the juice from the fruit, so that it may be clear. Soak the gelatin in water, then add the heated juice and the sugar. If the fruit is in halves, one half may be used for a service, placing it in a small shallow dish, and when the gelatin is about to set, pouring it over the fruit. If the fruit is sliced, the slices may be used to line a dish, and the gelatin poured over. Serve with the cream either plain or whipped. The whipped cream goes farther than the plain.

**Fruit and Custard**

One can fruit, one-half cup sugar, two teaspoons corn starch, one-half pint of milk, one egg yolk.

Drain the fruit and line a dish with the pieces, then pour over it a custard made of the other ingredients. The custard should be made in a double-boiler, and when cold, poured over the peaches.

**Peach Fritters**

One can halved peaches (No. 2), powdered sugar, three egg yolks, one-half pint milk, four tablespoons flour, one salt-spoon salt.

For the batter beat the egg yolks well, then add the milk, flour, and salt. Drain the peaches, sprinkle with powdered sugar, and dip in the batter. Fry in deep fat.

**Cherry Boats**

One can cherries (No. 2), one can marmalade (No. 1), one-half cup sugar, one-half tablespoon arrowroot, one-eighth teaspoon salt, two tablespoons currant jelly, one-half tablespoon brandy, one tablespoon maraschino syrup, one-half ounce butter.

Line boat-shaped tins with pie paste rolled thin, prick and fill two-thirds with uncooked rice. Bake in a hot oven until browned, then discard the rice, and remove the pastry from the tins. Cover the bottom of the boats with marmalade, and on this arrange the cherries in a row. Large ones are preferred. Serve with a sauce made by mixing the arrowroot, sugar, and salt, then adding gradually two-thirds cup of boiling water, stirring constantly. When thickened, add the other ingredients.

**Raspberry Layer**

One can raspberries (No. 2), one-half package gelatin, one cup sugar, one lemon, one-half pint cream.

Dissolve one-half package of gelatin in two cups of boiling water, add one cup sugar, and lemon juice to flavor. Strain to make clear, then pour into a mold and allow to stiffen, holding the remaining half in a warm place so it will not set. Heat the juice from the raspberries, and in it dissolve the other half package of gelatin. When cool, pour over the lemon layer, and when this layer has become stiff, pour over it the remainder of the lemon gelatin. This may be served with either plain or whipped cream, but not covered with the cream, as the layers should be seen.

**Pineapple, Grapefruit, Oranges**

One can grated pineapple (No. 2), two grapefruit (large), four oranges.

Peel the grapefruit, separate the sections, then remove the pulp, cutting into small bits; peel the oranges and cut into thin slices. Mix the pineapple with the prepared raw fruit, and let stand to season before using. If not sweet enough, add sugar.



**Prune Soufflé**

One can prunes in syrup (No. 2), one-half pint double cream, vanilla, lady finger biscuits.

Slip the stone from the prune and cut the flesh into pieces or run through a meat chopper, using the coarse cutter. Beat the cream dry, flavor with vanilla, and fold into the prunes. If the prunes are not sweet enough, sugar should be mixed with them before putting in the cream. White of egg may be used instead of cream, in which event the mixture should be baked long enough to cook the egg. Garnish the edges with cream or egg whipped and forced through a piping-bag.

**Pineapple in Ice Cream**

One can grated pineapple (No. 2), one jar currants in jelly, one pint double cream, one pint vanilla ice cream, one-half cup powdered sugar, one tablespoon kirsch, one teaspoon vanilla.

Beat the cream until stiff, add the sugar, vanilla, kirsch, and currants; beat thoroughly. Line a lemon mold with the ice cream, fill the center with the mixture, cover with the ice cream, cover, and pack in one part salt and two parts finely crushed ice. Let stand three hours.

**Pineapple Fritters**

One can pineapple, sliced, one-half cup sugar, one tablespoon kirsch.

Drain the slices, dip in batter, and fry in deep fat. Make a sauce to serve with them of the sugar, the syrup from the can, and the kirsch. This may be omitted, however, as the syrup is well flavored without it.

**Strawberry Charlotte**

One can strawberries (No. 2), one-half pint double cream, sponge cake.

Drain the berries and mix with the stiffly beaten cream. Line a mold with slices of the sponge cake, fill the center with the strawberries and cream. If not used immediately, keep separate, holding the cream in the refrigerator.

**Apricot Meringue**

One can apricots (No. 2), one-half pint double cream, four egg whites, four ounces powdered sugar.

Whip the cream until three times the original volume, and place it in the refrigerator on a fine sieve to drain. Beat the egg whites dry, add the sugar, then drop by tablespoonfuls on white paper placed on an oven board. Place in a slow oven, with the door open, until dry and browned slightly. When cool, remove the soft part in the center and replace with half an apricot. Place mounds of the whipped cream on top and serve. The meringues may be filled with whipped cream and pieces of apricots. Peaches or other tender fruit may be substituted for the apricots.

**Sliced Pears**

One can pears, halves (No. 2½), one tablespoon brandy.

Drain the pears, arrange in a glass dish. Cook the syrup from the pears until fairly heavy, add the brandy, and pour over the pears.

**Apple Tarts**

One can apples (No. 3), sugar, two egg whites, pie crust.

Line individual tart pans with pie crust, flute the edge, slice the apples and arrange them so that the slices overlap. Sweeten and spice to taste. Have the egg whites beaten dry, so that when the pies are baked, the meringue can be put on, and the pies returned to the oven for the meringue to brown.

**Peach Cake**

One can sliced peaches (No. 2), sugar, butter, biscuit dough, one egg.

Make a rich biscuit dough, adding to it the well-beaten egg, and mixing with milk. Mix rather thin, so that it can be spread without using a rolling pin, and place in a round layer cake tin. Arrange the peaches in overlapping layers, sprinkle liberally with sugar, and dot with butter. Bake so as to brown the dough.



**Marquise Pudding**

One can pears (No. 2½), one can shredded pineapple (No. 2) one can pitted cherries (No. 2), four egg whites.

Drain the fruit and reduce the syrup. Pass the pears through the meat chopper. When the reduced syrup is cool, add to it the pears, and place in the freezer, turning until partly frozen. While freezing add the stiffly beaten whites, then the rest of the fruit. Put the mixture in a mold, and surround with ice and salt.

**Plum Pudding, Cold**

One can plum pudding, one tablespoon gelatin, one cup sugar, one-half cup lemon juice, one-half cup brandy, two cups water.

Remove the pudding from the can and place in a round mold, make a jelly of the other ingredients, and when ready to set, pour round the pudding. Set in the refrigerator. When ready to serve, dip the mold in hot water for an instant to facilitate the removal of the pudding, and serve in slices. A spoonful of hard sauce may be placed on top.

**Fruit Pudding**

One can shredded pineapple (No. 2), one can apricots, halves (No. 2½), two oranges, puff paste, sugar.

Line a baking dish with puff paste, on this place a layer of the pineapple, sprinkle with sugar, then place a layer of sliced oranges with sugar strewn over them, then a layer of apricots with sugar. Repeat the layers until the dish is full. Cover with the puff paste, and bake to a light brown. A sauce may be made from the pineapple and apricot syrups.

**Pumpkin Pie**

One can pumpkin (No. 2), two eggs, one and one-half cups sugar, one pint milk, one-half teaspoon ginger, one teaspoon cinnamon, one-half teaspoon salt.

This is sufficient for two pies. If the spiced pumpkin be used, only the eggs and milk are needed.

**Peach and Tapioca Pudding**

One can peaches (No. 2½), one cup tapioca, sugar, four ounces butter, mixed ground spice, lemon.

Cook the tapioca in a double boiler for half an hour, using a quart of water. Put the peaches in a pan, sprinkle with sugar, the spice, the grated rind of the lemon, and dot with butter. Pour the tapioca over the fruit, bake to a light brown, and serve with a cream or wine sauce.

**Canned Fruit Ice Cream**

Drain the syrup and sweeten if necessary. This is best done by boiling the syrup after the addition of the sugar. If desired, it may be concentrated by cooking. When cool, add an equal quantity of scalded cream and freeze. To scald the cream, place in a double boiler, removing it when the water on the outside boils. The drained fruit if large may be cut into dice or put through a food chopper, using the coarsest knife, then added to the frozen cream about an hour before it is to be used, and well mixed.

Another way is to line the mold with ice cream, fill the center with the fruit, or the fruit mixed with whipped cream, then cover with the cream, and pack in ice for about two hours.

**Pastry Squares**

Roll pastry very thin, cut into four-inch squares, bring the points to the center, and press lightly. Bake until browned, then put a spoonful of jam in the center, with a spoonful of meringue on top, brown lightly in the oven.

**Pastry, Plain**

Two cups flour, four ounces butter, one-half teaspoon salt, one cup water.

Sift the flour and salt, cut in the butter with a knife, add the water, a little at a time, setting the portion mixed to one side. Save a little of the dry mixture for the board. Roll out, then fold and roll a second time. Other shortening may be substituted in part for the butter. The flour,



shortening, and salt may be mixed in large quantities and kept dry in the refrigerator, a portion being mixed with water when needed. By this means the time taken to make a pie is much shortened, besides having the paste very cold when the water is added. A preparation of this sort is on the market. The preparation of flour and shortening may be used for biscuit dough by sifting in more flour and baking powder.

#### Tarts

The pastry as given above may be used to line tart pans, pricking the bottom to prevent puffing, and placing in the refrigerator for half an hour before baking. When baked, they can be filled with jam, or a purée made by draining canned fruit, passing through a food chopper, seasoning, then heating to concentrate slightly. A mound of meringue may be placed on top, and is an improvement.

#### Baked Dumplings

One can fruit, pastry.

The fruit should be drained from the syrup, and the desired amount placed in the center of a six-inch square of pastry. Sugar and spice to taste; then brush white of egg on the edge of the pastry, bringing the four points to the top. Flute the edges by pinching and twisting, and brush the surface with white of egg. A few minutes before taking from the oven sprinkle with powdered sugar to form a glaze. The syrup may be made into a sauce. The canned fruit is really better than the raw for dumplings, as the fruit is cooked, and the dumpling can be taken out of the oven when the pastry is baked.

#### Canned Fruit Short Cake

Any of the canned fruits may be used instead of raw fruit in making shortcakes. Drain the fruit from the syrup, and cut it into suitable pieces and sweeten. Use the syrup for a sauce by concentrating. Arrowroot may be used to thicken, and a teaspoon of wine, kirsch, or maraschino added.

#### Jam Roly-poly

One can jam (No. 1), one pound flour, one-half pound suet, one egg, one-half pint milk, salt.

Make a dough of the flour, salt, suet (finely shredded and free from skin and fiber), the well-beaten egg, and the milk. Roll it into a long strip, a quarter-inch thick and the width of the pan to be used. Spread with the jam, which may be any kind, begin at one end and roll it so as to hold the jam inside, moisten the edges and press together. If a plainer dough be desired, the amount of suet may be reduced, and baking powder added to lighten the dough. Or six ounces of butter or other shortening may be substituted for the suet. Canned fruit, as strawberries, raspberries, cherries, etc., may be drained and used instead of jam, and sauce made from the syrup.

#### Raspberry Purée

One can black raspberries, one pint double cream, four ounces powdered sugar, vanilla.

Drain the berries as dry as possible in a sieve, then pass through the meat chopper, using the fine cutter. Whip the cream dry, add the sugar, and flavor with vanilla. Add the purée to the cream, reserving a part of the cream. Serve in glass dishes, garnish with piped rosettes of the uncolored cream. Any canned fruit may be substituted for the raspberries.

#### Fruit Rosettes

One can fruit (No. 2), one-half pint double cream, four eggs, one-half pint milk, three cups flour, one-half teaspoon salt, two tablespoons sugar.

To make the rosettes, make a batter of the flour, salt, and sugar sifted, and the well-beaten eggs, added to the milk, then mixed well with the flour. Add more milk if necessary. Let the batter stand at least an hour before using. Heat the rosette iron in hot fat, dip to half its height in the batter, then return to the hot fat and fry brown. Place the rosettes on soft paper. When ready to



serve, put the fruit in and garnish with whipped cream. These are useful for serving small amounts of different kinds of fruit.

#### Desserts for Children

One pint milk, four ounces semolina, five ounces powdered sugar, one egg, three whites, salt, fruit.

Soak the semolina in the milk for a while, then cook gently for half an hour, or longer, if cooked in a double boiler. While hot add the sugar, salt, egg, and the stiffly beaten whites. Pour into individual molds. When cool, turn out, and serve with jam, or shredded pineapple, or a purée made from the fruit drained, and passed through a meat chopper. These may be still further varied by using small fruits whole, by mixing cream with the purée of fruit, or reducing the fruit syrup and using it as a sauce.

#### Macaroons and Cream

Syrup from a can of blackberries, one pint double cream, ten macaroons, four ounces powdered sugar, vanilla.

Whip the cream dry, add sugar and vanilla. Reserve a part of the cream for garnish. To the remainder of the cream add the macaroons broken into small pieces. Serve the macaroon mixture in glass dishes, garnish with rosettes of the reserved cream, colored with the blackberry syrup.

#### Bavarian Cream with Custard

One-half pound sugar, seven egg yolks, one pint milk, one-half ounce gelatin, one pint cream, one ounce powdered sugar, vanilla.

Beat the sugar and egg yolks until light, add the gelatin, previously softened in a half cup of water, then pour on the scalding hot milk. Place over a low flame, stirring constantly, and remove from the fire when the custard has set sufficiently to coat the spoon. Strain, and while cooling, stir occasionally. While the custard is cooling, the cream may be whipped dry, and have the powdered sugar and vanilla added. When the custard is about to set, the cream is added and the whole well beaten.

A sauce may be made of the syrup from a can of fruit, filtered to remove the particles of fruit, and reduced. If necessary, sugar may be added during the reduction. Using the custard as a basis, the sauces may be varied by using that from different fruits and by adding a few drops of kirsch, maraschino, almond, etc.

#### Bavarian Cream with Fruit

One can fruit (No. 2), juice of two lemons, one ounce gelatin, one pint cream.

Make a purée of fruit by passing through the food chopper, add the lemon juice, and if necessary, more sugar, heat to boiling point. Add the gelatin, previously softened in water. Take from the fire and beat thoroughly. When cool and about to set, add the stiffly beaten cream. Plain cream may be served.

The fruit Bavarians admit of many variations. If specially firm, small fruit be used, the fruit may be served whole, reserving some of the finest for garnishing, and heating only the syrup from the fruit. After the gelatin is added, the juice should be filtered, and when cool, the fruit is added, and lightly mixed, so as to leave the fruit embedded in the clear jelly. Then the whipped cream is folded in lightly. When specially large, fine fruit is used, as halves of apricots, peaches, pears, etc., the jelly may be made from the syrup only, and a mound of it placed in the hollowed pit of the fruit, with the cream mixed with the jelly, or used for garnishing.

#### Fruit Ices

Ices may be made in great variety from the canned fruit. The fruit may be made into a purée, if necessary, more sugar added, and when the fruit is not sufficiently tart, lemon juice. Combinations of different fruits may be used to obtain additional flavors. To some of the preparations, such as pineapple and cherries, a few drops of kirsch may be added, and to others, maraschino or other suitable cordial.



## Fruit and Ice Cream Dishes

There are many dishes which may be made of ice cream and fruits, which are both attractive in appearance as well as being palatable. They are given under the name *coupes* in the recipes retaining the French names, and usually named after some public person, so that the names mean nothing to one not familiar with hotel or restaurant menus. Chantilly cream is often one of the ingredients. This is cream beaten dry, sweetened, and flavored with vanilla or other essence. These should be served in glasses of different shapes, the kind depending on the particular combination. A few are given to indicate some of the possibilities.

**Vanilla Ice Cream, Cherries, Cream**

Partly fill the glass with the ice cream, on this place some large pitted cherries drained from the syrup. Cover with a mound of Chantilly cream.

**Orange Ice Cream, Grated Pineapple**

Partly fill a tall glass with the orange flavored ice cream, fill with rich grated pineapple. If the pineapple is not sweet enough as it is in the can, it may have sugar added and reheated to blend the sugar, then used when cool.

**Combinations Which May Be Used**

- Almond ice cream, peaches, cream.
- Vanilla ice cream, currant jelly, cream.
- Vanilla ice cream, raspberry purée, cream.
- Vanilla ice cream, apricot, cherries in hollow.
- Chocolate ice cream, apricot, cream.
- Pineapple ice cream, apricot, cream.
- Vanilla ice cream, prune purée, cream.

These may be varied by placing the ice cream vertically in the glass with a layer of fruit purée between, and a mound of the whipped cream on top, or the fruit purée and the cream mixed for the central layer.

CANNED FRUIT FOR PRESERVES  
AND JAMS

There are some persons who like to prepare their own preserves, jams, and conserves, in order to get some particular effect which pleases them. It may be the addition of a little vinegar, lemon, geranium leaf, or a different proportion of spices. These preparations can be made from gallon canned fruits to good advantage. The extra standard and standard grades furnish fine stock for preserves, and the standard for jams and conserves. The seconds and water grades may be used for the latter, though, as a rule, there is no economy in doing so, and the stock is not quite so good. The advantage in using the canned stock lies in the fact that waste is eliminated, that the work can be done when convenient and in the quantity desired, and that there is no necessity for a large number of jars. There is the further advantage of always being able to blend two or more fruits, irrespective of the times at which they mature. The cost of stock is much less in gallon cans than in the small ones, and frequently much less than the cost of the fresh fruit, when the quality is considered.

The methods of preparing fruit are not clearly differentiated, in many cases different names being used for the same preparation, or one name is used to designate different preparations. This is not only true for the later works on cookery, but also for the earlier works. The terms by which certain preparations are designated should be exact, and clearly differentiated, so that the manufacturer, consumer, and official should be in accord as to what the term implies. At present the only term which seems to be understood as indicating definite ingredients and definite treatment is the word jelly, but jam, marmalade, conserve, and preserve are loosely used, and defined in various ways.

**Preserve**

A preserve is a preparation of fruit or vegetable, with or without spices, but with sugar in sufficient quantity to keep



without the use of any other agent and without being hermetically sealed. The term seems to have been introduced about 1600, and in the earliest times referred to confectioners' preparations of fruits and vegetables. The term has been used very loosely, and is applied indiscriminately to jam and marmalade, especially when it is the desire to take advantage of the better term to merchandise an inferior article. The real distinguishing feature of a preserve is that the fruit or vegetable is retained whole or in large distinct pieces in a very heavy syrup. When the product breaks up or becomes mashed to pieces in the syrup it properly becomes a jam. The making of a preserve requires greater care in the selection of the kind of fruit and its condition, and also takes more time to incorporate the proper amount of sugar than in the making of jam or marmalade. In the making of a preserve, it is necessary to have the final syrup almost at the point where sugar crystals form. The term "preserved fruits" frequently seen upon glass jars containing fruit in syrup (which will test 30° to 35° Brix) is misleading.

In making a preserve from canned stock, the juice is drained from the fruit and the latter is put in pans in shallow layers, not more than 2½ inches in depth. The syrup is concentrated until it has lost about one-fourth its volume and then sugar added equal in volume to the water which has been evaporated. When the syrup has cooled below 180° F., it is poured over the fruit. The following day the syrup is drained from the fruit, without disturbing the latter any more than is necessary, heated, and about one-eighth its volume is evaporated, sugar again being added to make up the loss. The syrup is poured over the fruit and this procedure is repeated every day for a week or ten days. The object is to bring the syrup to the proper strength very gradually, otherwise there is shrinkage of the fruit. There is a further advantage that much better fruits can be used. At the factory the strength of the syrup is increased by regular steps, always using a Brix spindle or hydrometer to do the testing. When the syrup has reached a point near

saturation, the fruit is placed in jars and the hot syrup poured over it, and the jars sealed. (The usual procedure is to start with a syrup testing about 20° and to increase each step by 5°.)

#### Conserve

The term conserve carries nearly the same meaning as preserve. It is an older term by about fifty years as it can be traced to about 1550. It has been applied indiscriminately to all fruits in syrup—preserves, jams, and marmalades. At the present time its special application is to combinations of fruits, or combinations of fruits and nuts, in syrup rather than to a single fruit.

#### Jam

A jam is a preparation of fruit and sugar, spiced or not spiced, more or less broken up by cooking or grinding, and evaporated to a fairly heavy consistency. A jam is the simplest preparation which can be made from fruit and sugar. The origin of the term, in the culinary sense, is somewhat doubtful, but from the beginning there has been the idea of bruising or crushing, and since 1730 the term has been used in essentially the same sense that it is today.

There is no real standard for jams, as the proportion of sugar may be varied depending upon the sweetness or tartness of the fruit, and it may be cooked to produce a light or a heavy body. In many of the household recipes the sugar and fruit are recommended in equal weights, but this method originated before hermetic closure jars were easily available, the object being to have the product keep under any household condition. This proportion is not the best for all products, nor is it so necessary under the modern method of packing.

In making jams from canned stock, the liquid is drained from the fruit and boiled until it is reduced to about one-half its volume; a quantity of sugar equal to the volume of syrup is then added and it is again cooked until it reaches a temperature of 217.5° F. (103° C.). In the meantime the



fruit is run through a meat chopper which cuts it into small pieces. As the fruit has previously been cooked in the can, very little cooking is required to bring it to the required consistency after it is added to the hot syrup. The final cooking should reach 217.5° F. (103° C.) for many fruits. Thus made, the jam will have a lighter color and less of the cooked flavor than the regular home-made jam, due to the shorter time required in cooking. Fruits which form jelly readily will not need to be cooked to as high a degree as those which are poor in pectins. Some plums give the proper consistency at 216.5° F. (102° C.), while some other fruits require 219° or 221° F. (104° or 105° C.). No hard rule can be laid down for the amount of sugar, as this depends upon the tartness of the fruit and the flavor desired. The general rule for making jams from fresh fruit and sugar is pound for pound, but a lesser proportion of sugar will suffice for the canned, besides permitting a larger amount to be eaten since they are less cloying to the taste, and as jam is a good food, its consumption is desirable. Jam has been given to soldiers to take the place of their allowance of meat, and has been found satisfactory in being more palatable and also in providing a proper food value.

In cooking the liquid before the fruit is added, a bag of spice may be added. Any of the ordinary spices may be used whole, and held loosely in a cheese-cloth bag. The bag can be left in the liquid for a short time when the spices are fresh, and used in a second batch for a longer time. The syrup should be skimmed carefully and, after the fruit is added, stirred only sufficiently to prevent sticking, and to loosen the mass to permit the scum to rise. This should be removed from time to time as carefully as if jelly were being made. Some persons think that because the fruit is in the form of jam that it can be stirred continuously. The object should be to have the fruit in as nearly a marmalade condition as possible, having a clear appearance.

With some fruits that lack tartness or much individuality, a small quantity of vinegar improves the finished flavor. Some of the larger varieties of plums that lack flavor when

used alone, are improved by the use of spices and vinegar. The vinegar seems to make apparent the latent flavor.

Many combinations may be used such as:

1. Peaches, spices, and orange marmalade.
2. Cherries with currant jelly (the heavy syrup that fails to become firm works well).
3. Raspberries and rhubarb.
4. Apricots and grated pineapple.
5. Pineapple slices cut into quarters or points, or the pieces, with vinegar and spices.

Figs cut into half-inch pieces and cooked with a small amount of vinegar and spices are a decided improvement over the usual lemon preparation.

Dried prunes which are now canned are exceptionally good for jams, and may then be used in soufflés as well as eaten as jam. The cooking in the closed can conserves their flavor to a much greater extent than in the home method of stewing. They are usually canned in syrup, so that no further sugar is required. Spice may be added and is desirable. The prunes have so much body that sometimes it is necessary to add liquor, which may be water or any fruit juice, and they need only sufficient cooking to blend them properly. When spicing is desired, some water may be added to the syrup at the start, so as to afford an opportunity to cook the liquid with the spices before adding the fruit. The small fruit may be used as they are just as good and much less expensive than the larger ones.

A feature in the use of the previously cooked fruit is that the cooking has destroyed the life of the tissue so that there is no resistance offered by the cells to the entrance of the sugar, consequently no shrinking or toughening occurs. In using the raw fruit in syrup, the stronger solution on the outside draws the water from the cells of the tissue so as to bring about an equalization of the densities, and with the withdrawal there is a shrinking of the cells and a consequent toughening. This feature is more readily noted in larger pieces than in the small pieces left after the grinding, and is the reason that orange, lemon, and grape fruit rinds



are cooked in water first, when used for marmalade. The shrinking is eliminated when the cooked fruit is used.

#### Butter

A fruit butter differs from a jam in being cooked and stirred or run through a sieve to give a smoother body; it has a thinner consistency and a lesser quantity of sugar.

#### Compote

Compote is a form of fruit preparation which has come from the French, and is of later origin than the other terms, dating from about 1700. The term is used to designate a fruit stewed in sugar, and usually so cooked as to preserve its form. Like the other terms it has been used for both the single fruits and mixtures, and also for fruits that have been broken into a jam-like structure. Less sugar is used than in preserves and jams, as compotes are consumed in a short time.

#### Marmalade

A marmalade is a form of preserve made by boiling fruits possessed of jellying properties with sugar, the whole fruit or pieces being suspended in the jelly. This is an old culinary term dating to about 1500, and like the others it has been applied to jams and preserves as well as to its distinctive type. The original marmalade stock seems to have been the quince, though the tendency in recent years has been to make the term apply to a product from citrus fruits, of which the rind cut into thin slices or pieces is a part. In Europe the Seville orange is used almost exclusively, and is imported for making marmalade into this country. It imparts a different flavor from that of our domestic orange. Lemons, limes, and grapefruit are also used as well as combinations of these fruits with bitter and sweet oranges.

The term marmalade is also used in preparations made from berries in which the juice is first made into a jelly and at the completion of the cooking, the whole fruit added. Compound marmalades are also made by making a jelly

of the juice of one fruit, like orange or apple, and then adding the other fruit.

In the preparation of any fruit a thermometer should be used, as otherwise there is no certainty as to the result. The length of time that a jam, jelly, or other preparation should be cooked cannot be given even approximately, because the time depends mainly on the intensity of the heat applied, and secondarily on the volume that is being cooked and the amount of surface exposed for evaporation. A certain amount of moisture has to be driven off, and fruits vary in their moisture content; after the moisture is driven off, there is a further cooking necessary to obtain the desired consistency. Where it is desired to retain the natural flavor and color, the more quickly the cooking is done the better. In the making of jam, however, there is so much risk of burning where the direct fire is used that it is safer to cook more slowly. In using a thermometer, the vexed question of time does not enter; when a certain degree of heat is reached, the consistency will necessarily follow. It simplifies the process materially, as it is reduced to the reading of the thermometer.

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## APPENDIX

## FOOD POISONING

It is frequently alleged that illness has been produced by the use of canned foods, and it is therefore apropos to present a brief review of what constitutes food poisoning. As canned foods are not generally eaten alone, it is necessary to consider the subject rather broadly and to indicate the relation that each kind may bear to cases of illness.

1. Illness may result from eating certain foods as a matter of personal idiosyncrasy, or special susceptibility. Some persons may be made ill from eating certain things which thousands of others eat every day with no unfavorable results. For example, some persons develop rash after eating strawberries, and others are similarly affected after eating buckwheat cakes. Many persons who live in the interior, and go to the seashore, are made ill by eating sea-food, as lobster, crab, or shell fish. The illness may be slight and transitory or it may be quite severe. The symptoms may vary from a mild rash, or "hives," to a severe intestinal irritation. The illness is not due to a definite poisonous principle, but to some peculiar individual susceptibility. With some persons it occurs only once, while with others it seems to recur and to become more severe each time the offending food is taken. There seems to be evidence that with some persons the use of certain canned food has the same effect as the same food freshly prepared.

2. Food may become infected with a poison during its development, as ergot, occurring in rye. As far as known, however, no poisoning of this character results from the use of any canned food.

3. Illness from the use of diseased meats and milk. It is well established that there is danger from the use of meats from animals affected with certain diseases, like trichina and tuberculosis. A greater danger, however, is from the use of meats from animals infected with



septic or pus-forming diseases. The danger from the use of meat from diseased animals is greatest when it is only partly cured or insufficiently cooked, as in hams, dried beef, mild-cured sausages, etc. There are people, especially among the Germans, who are rather fond of such meat, and they are the most frequent victims of disorders of this character. Milk from diseased animals is even more dangerous than the meat, and, furthermore, owing to the ease of outside infection, this product may also become the carrier of typhoid, scarlet fever, diphtheria, etc. In commercial canning the meats and evaporated milk are subjected to a temperature of 230° to 250° F., which no pathogenic organism can stand, and therefore the danger of direct infection is eliminated. Condensed milk is not given such a high temperature, but is heated to, or near, the boiling point and for a longer time than is practised in pasteurization. The safety measure in this last product, therefore, exceeds the requirements of health officials for fresh milk.

4. It is believed that illness may result from poisonous products formed in the body as a result of disease. The evidence upon this point is more or less contradictory, but the effect of high temperature is to break up such complex compounds and to give a greater protection than in the ordinary cooking. No defense can be offered for the use of meat or milk from any diseased animal, but if, perchance, such meat or milk should pass inspection, the operation of canning affords the maximum protection.

5. Poisoning may result from some forms of decomposition, especially in meats, fish, and milk. For a time this was thought to be due to a product produced by certain organisms, but there are some investigators who hold that these products are formed in certain stages of decomposition, and are not dependent upon particular species of organisms. The poisonous substance in such cases acts like a powerful chemical and in some instances can be separated as an alkaloidal body. This is known as ptomaine poisoning.

It is well known that poisoning does not result from the

use of all decomposed meats or other foods. Some game and chilled meats are purposely held until they show marked evidence of decomposition, and in fact are not considered prime until they are "ripe." Some persons bury fish until it is in such an advanced state of decomposition that the fins come away on moderate pulling. Sour milk and cheese are due to the action of organisms, but ordinarily are consumed with impunity. At times, however, violent illness and death will result from the use of meat, milk, and fish that show none of the usual evidence of decomposition, or at least that of an objectionable character. This most frequently results from foods prepared as salads, or foods held at a low temperature in an ice box for several days. It seems probable that poisoning may result from the use of canned foods as well as the freshly prepared if held under the same conditions and if infected with the same kind of organisms. It is, therefore, not a question of whether the stock be canned or not canned, but of the kind of infection after it is prepared and held for consumption. It is well established by the campaigns in cities for better milk for babies that marked advantage has followed the use of pasteurized milk over raw milk and that the advantage has been due to the destruction of objectionable bacteria which cause intestinal diseases. If the diseases in the children had been due to toxins or poisons formed by decomposition the good results would scarcely have followed as they would not have been broken up at the low temperature of pasteurization. Spoilage in canned foods may result from under processing, or from a leak in the container, and all such foods should be absolutely discarded.

There is some question as to whether ptomaine poisoning can result from the use of material which has undergone decomposition before canning and the toxin remain active in the food. The toxins and similar biological products, are broken up by heat, especially at the temperatures that are used in the processing of meat, milk, and fish.

Ptomaine poisoning has been alleged as the result of



using every class of canned foods, but it is doubtful whether ptomaines can occur in many fruits and most of the vegetables. This form of toxin is either produced by organisms which require a highly nitrogenous medium upon which to grow, or by the decomposition of nitrogenous matter. The fruits and most vegetables do not furnish sufficient protein, and the relatively high acidity of the fruits is also probably inimical to this form of decomposition.

6. Illness of the types known as botulism, paratyphoid, typhoid, etc., has been ascribed to canned foods. Botulism is a disease known as meat poisoning and has been known for a long time, especially in the sausage-eating districts of Europe. This form of illness differs from ptomaine poisoning in that it is due to the ingestion of very large numbers of virulent organisms along with whatever toxin may have been formed in the food. In ptomaine poisoning, the effect is that of a rapidly acting chemical, primarily affecting the nerve centers. In botulism there is the combined effect of a poison and of organisms, which is slower and more prolonged. The conditions giving rise to this form of illness are usually the eating of uncooked meat, and also like those in ptomaine poisoning, the mixing of meats with celery, watercress, lettuce, etc., which may have been grown upon sewage polluted ground, or become infected subsequently in handling. The use of raw vegetables alone, or if cooked, might have resulted in no harm, but by bringing them in contact with meat or fish for a time, these act as culture media to increase the numbers and virulence of the organisms. The canned food receives the blame, though it may have contributed only indirectly to an unfortunate result.

7. Illness has been charged to the use of spoiled foods. As spoilage is nearly always manifested by swelling of the can, foreign odor, unpleasant taste, some discoloration, etc., there is little excuse for using something unwholesome through error. The same injunction applies alike to canned and fresh foods, not to use anything which has spoiled or which is of doubtful character.

8. Poisoning from acid, solder, and tin. If there ever were a real basis for believing that poisoning arose from these sources, there is only remote ground for that at present. When solder is used at present, it is only upon the outside of the can and the total quantity used is small compared with early methods. The only flux to which objection has been made is chloride of zinc, and this has been largely superseded by other material. When chloride of zinc is used, the quantity required to solder the entire can is many times less than the minimum medicinal dose. The tin occurring in the canned foods results from the action of the food upon the container, and is the same as that which occurs in the use of any tin vessel used in cooking. The recent researches upon the poisonous effect of tin do not bear out the claims made by the early investigators, as the form in which it occurs in the canned food is such that it cannot be assimilated.

9. Decreased nutritive value through the destruction of vitamins. Researches in this direction are of very recent origin and while it seems to be shown very conclusively that foods do contain very minute quantities of a substance designated as vitamins, that the quantity which is obtained in a mixed diet is far in excess of the body demands. Whatever criticism is made upon canned foods, applies with equal force to all cooked foods, and since no one would advocate all canned or all cooked foods in any normal diet, this criticism is not of much force.

10. Illness produced by the breaking up of protein compounds. It has been demonstrated that when protein bodies are subjected to a high temperature, they break up or split into different compounds and that one part of this split proteid is very toxic if injected into the body. As long as the food is taken by way of the alimentary tract, poisoning does not result. The heating used in canning is not greater than that used in the regular home preparation of foods, in boiling, roasting, and baking, and food is rarely taken into the system except in a normal manner, so that while the scientific observations upon splitting of proteids is true, it is a wrong assumption to make that



poisoning may follow the use of canned foods any more than from the use of other cooked food.

11. Food intoxication. When foods which are very rich in an easily digested substance like sugar are taken in large quantity, a form of intoxication may result. The nasty headache which comes after slowly eating a half pound or more of chocolates during an afternoon or evening, and not taking exercise, is probably a typical example of such surcharging of the system. Some canned foods are very rich in sugar and might give the same result, but this should be charged to indiscretion in eating and not to the food material.

12. Illness from mixtures. While a normal body should be able to digest almost any combination of foods, it is not accomplished with ease, and if the digestion processes are below par, due to illness, overwork, fatigue, or mental depression, more or less trouble may result. Fermentation is a common disturbance, acute indigestion and inflammation of the alimentary tract are not infrequent. It is probable that most troubles arise from such causes, and it is just as prone to occur with one class of foods as another and is absolutely independent of any poisonous property in any one of them.

The symptoms of the various kinds of food poisoning are not distinctive, but are easily confused with other forms of illness. The diagnosis of isolated cases, so as to be able to state with a fair degree of certainty that a given case of illness is due to poisoning from some particular food, requires careful work and much more study than is usually given in the routine practice of medicine. If a number of cases occur, as at a banquet or other large function, the problem becomes somewhat simplified. In all outbreaks, the use of laboratory methods becomes necessary to make a proper diagnosis. It is not the desire of the writer to convey the impression that canned foods are blameless for some troubles, but owing to the methods of preparation and the impossibility of contamination while in the package, they present a minimum source of danger.



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