

the
service
cook book
by
Mrs. Ida Bailey Allen

Wakefield
TX
715
A42

number one

3 teaspoonfuls } 1 tablespoon
 ½ fluid ounce }
 16 tablespoons } 1 cup
 2 gills }
 ½ liquid pint }
 8 fluid ounces }

1 liquid pint } 2 cups
 16 fluid ounces }

LIQUID MEASURE

4 fluid ounces 1 gill
 4 gills 1 pint
 2 pints 1 quart
 4 quarts 1 gallon
 31½ gallons 1 barrel
 2 barrels 1 hogshead

DRY MEASURE

(For fruits, vegetables and other dry commodities)

2 pints 1 quart
 8 quarts 1 peck
 4 pecks 1 bushel
 105 quarts 1 barrel

VARIOUS WEIGHTS

2 cups liquid 1 pound
 2 cups shortening 1 pound
 4 cups flour 1 pound
 1½ cups rice 1 pound
 2 cups chopped meat (packed) 1 pound
 1 square chocolate 1 ounce
 4 tablespoons grated chocolate 1 ounce
 4 tablespoons cocoa 1 ounce

1 cup sugar, granulated ½ pound
 1 cup butter ½ pound
 1 cup lard ½ pound
 1 cup flour ¼ pound
 1 cup rice ½ pound
 1 cup cornmeal 5 ounces
 1 cup bread crumbs (stale) 2 ounces

SIZE AND CONTENTS OF CANNED FRUITS OR VEGETABLES

No. 1 can 1 1/3 cups
 No. 2 can 2 2/5 cups
 No. 2½ can 3 3/5 cups

No. 3 can 4 cups
 No. 10 can 13¼ cups

TEMPERATURE GUIDE FOR OVEN COOKERY

Temperature registered	White paper turns light brown in	Flour sprinkled on tin plate turns light brown in
Slow oven 250°—350° F.	2 minutes	5½ minutes
Medium oven 350°—375° F.	1 minute	3½ minutes
Hot oven 375°—450° F.	30 seconds	1½ minutes

TEMPERATURE GUIDE FOR DEEP FAT FRYING

Temperature registered	Cube of bread will become light brown color in
360°—370° F.	About 55 seconds
370°—380° F.	About 50 seconds
380°—390° F.	About 45 seconds
390°—395° F.	About 40 seconds

ROASTING TEMPERATURE CHART

Kind of Food	Temperature	Allow the following time for cooking. Add 25 minutes to allow the meat to reach a cooking temperature when placed in a cold oven.
Beef—rare	Start all meats and poultry to roast at 450° F. for 15 minutes. Then reduce to 400° F. for remainder of time.	15 minutes per pound
medium		20 minutes per pound
well done		22 minutes per pound
Ham or Fresh Pork		20 minutes per pound
Lamb		20 minutes per pound
Meat Loaf		45 minutes to 1¾ hours
Mutton		20 minutes per pound
Veal		20 minutes per pound
Poultry		20 minutes per pound

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Mrs. Ida Bailey Allen

Ida Cogswell (Bailey) Allen

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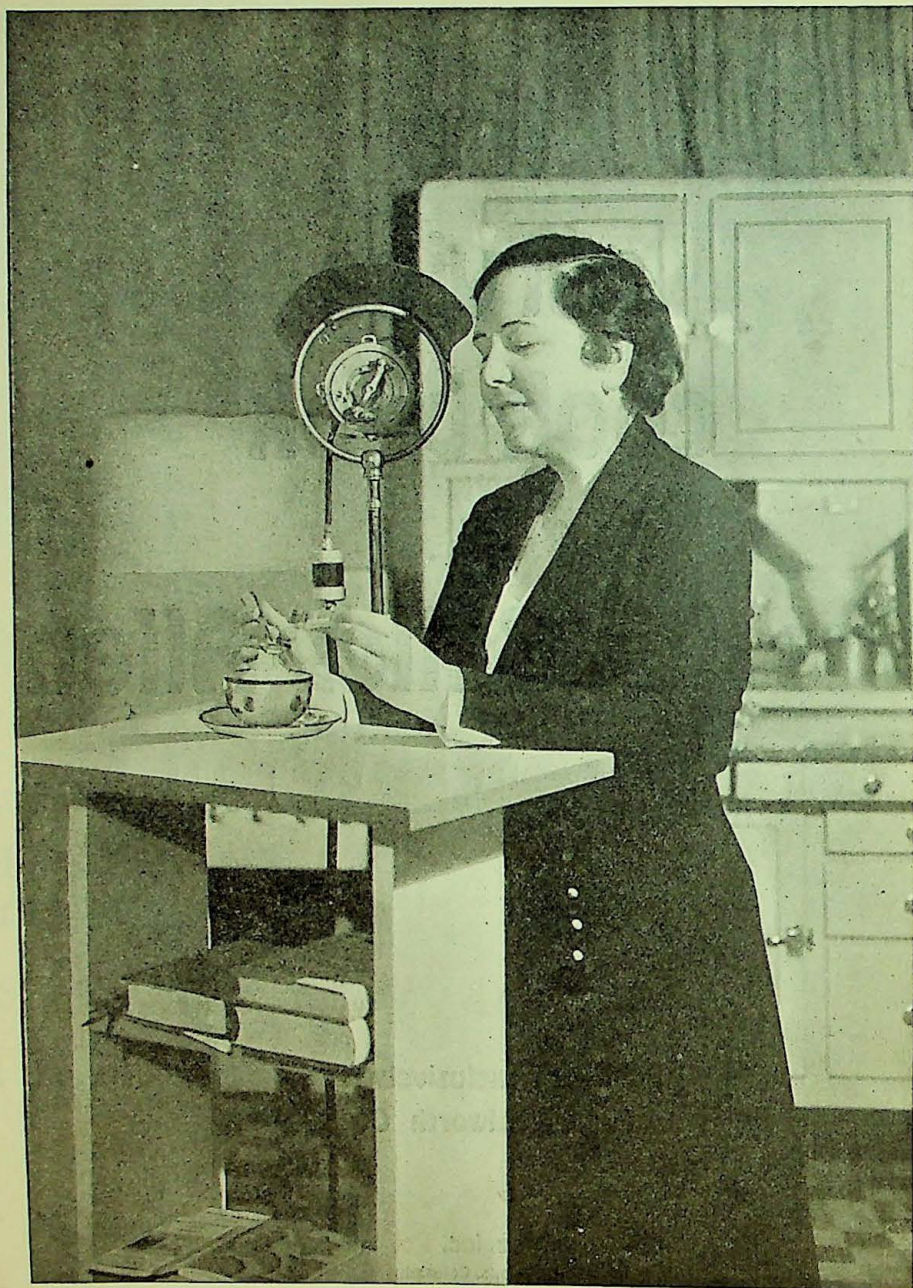
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Mrs. Ida Bailey Allen

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The Home Maker

Millions of radio listeners and followers of women's pages in newspapers and magazines in all parts of North America have bestowed upon Mrs. Ida Bailey Allen, author of this up-to-the-minute cook book, the affectionate title of "the home-maker." Nor is this title undeserved, for Mrs. Allen, in her long and distinguished career in the field of home economics, has been the most contributing force in making the word "home" more than an academic term.

Nearly two million women who have listened to her coast-to-coast broadcasts over the Columbia network in the past two years have written to her. The circulation of books, large and small, written by Mrs. Allen, has totaled more than ten million. She has written authoritatively on every topic touching the woman in the home and she is consulted constantly by America's food companies and purveyors, as well as manufacturers of household articles, for advice in connection with their activities.

Mrs. Allen was formerly Home Economics Editor of "Good Housekeeping," "Pictorial Review," and "Woman's World." She is President and Founder of the National Radio Home-Makers Club, with members in virtually every city, town, and hamlet in the United States and Canada. During the World War Mrs. Allen's talents were drafted by the United States Food Administrator as lecturer.

Thousands of radio listeners annually visit Mrs. Allen's modern home atop 400 Madison Avenue, New York City, where they may see the latest developments in home-making and where they may watch her staff of dietitians in their never-ending task of developing and testing new recipes for cooking. The publishers are gratified that Mrs. Allen extends the same invitation to the purchasers of this cook book through the Woolworth Stores to meet her when they are in New York. They will find a very gracious woman, the very embodiment of home-making.

THE PUBLISHERS.

Foreword - An Invitation

Do you look upon cooking as an adventure or as a stupid daily task? Temple Bailey, the novelist, considers it an adventure, for in a recent article she says, "By adventure, I do not mean only the gay and happy things. I mean, too, the comfortable and restful things. When misfortune came and I could not have the joyous outlets of my girlhood, I found my adventure in the enjoyment of a good book; or a good art gallery; a good meal I learned to cook."

And the good meal means adventure not only for the cook, but for her enthusiastic audience.

Anyone at all interested in human beings, in new foods and the countries from which they come, in new flavors and the mental stimulus that comes from the concocting of "different" dishes by "different" methods, will enjoy interesting experiences every day within the kitchen's four walls.

A school teacher whom I know, retired last fall to do the thing in which she felt she would be most interested. She took a one-room apartment and started to cook for the first time in her life. She has looked up the native habitats of tapioca and dasheens, the nutritive value of nectarines and brown rice; she knows whether it is better economy to use one large egg or two small ones; how to tell the age of a chicken; how to prepare bouillabaisse, and how to make one gas burner do the work of three.

One of her favorite sports is making candy, especially penuche, which is so popular that she has finally succeeded in developing the penuche flavor into a delicious tea cake called Penuche Squares, the recipe for which she contributed to this volume.

A professor of literature in one of the oldest New England colleges, is also interested in cooking as a hobby. He is famous for his hospitality which is based upon Good Conversation and Good Food. A popular dish among his friends and college students is Risotto, made according to the recipe in this book.

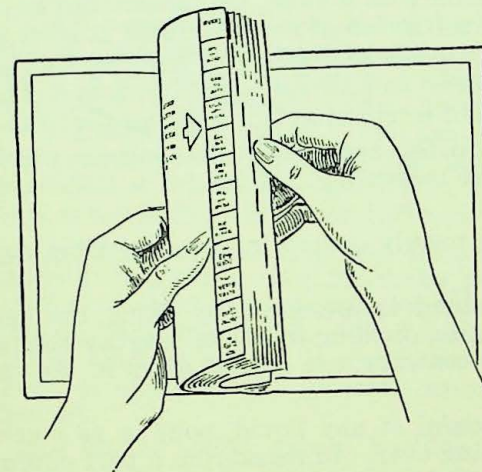
There is no gainsaying the fact that food adventuring is fun. I hope that you will all accept my invitation to try all the recipes in this book, looking upon the newer recipes as road maps to guide you to new culinary delights.

At the same time food adventuring takes you even farther, for if we watch the prices of food as we shop about for our materials, it leads toward economy. If we window-shop we can discover many new and interesting utensils and devise many new ways in which to serve the foods. And if we really think as we prepare the fascinating new dishes, we will agree with Mrs. Franklin D. Roosevelt who said. "We, in this country, have been rather negligent in the art of cooking; it is an art which not only serves the pleasure of the palate, but as well builds up the strength of a nation."

Ida Bailey Allen

SPECIAL INDEX

A heavy black mark is printed on the margin of the right-hand pages of each section dealing with a separate classification. By bending the leaves of the book backward these marks are exposed opposite the index headings which are printed on this page. If the thumb of the right hand is placed on the mark opposite the section desired the book can be opened directly to the corresponding listing.



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