

THE  
WOMAN SUFFRAGE  
Cook Book.

A Compilation of Recipes from Suffrage Cookbooks



# FOREWORD

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The women's suffrage movement in both England and America utilized a vast array of promotional and fundraising strategies to agitate for voting rights for women. This includes everything from buttons and pins featuring a variety of pro-suffrage slogans to popular amusements like boardgames and motion pictures. Suffrage organizations were also keen to produce materials that would be helpful for daily life, including cookbooks. The first suffrage cookbooks appeared in England and the United States during the 1880s, and were inspired by the community cookbooks created by women's auxiliary groups for religious institutions and civic organizations.

While today some may bristle at connecting the political equality of women with succeeding at domestic duties, suffrage cookbooks proved to be a savvy advocacy tool. They occupied a space that was deemed suitable for respectable women, while undermining the charge by anti-suffragists that women who wanted to vote would abandon all household responsibilities.

Special Collections at the Johns Hopkins University Sheridan Libraries is actively collecting suffrage cookbooks. We are pleased to share some favorite holiday recipes from the *Woman Suffrage Cook Book* (Boston, 1890), the *Washington Women's Cook-Book* (Seattle, 1909) and the *Suffrage Cookbook* (Pittsburgh, 1915). Some of the recipes even include the names of their contributors, giving us a glimpse of the innumerable forgotten women who advocated for universal suffrage.

We encourage you to bake like a suffragette this winter and share your creations with us on Instagram by tagging us at [\*\*@jhuspecialcollections\*\*](https://www.instagram.com/jhuspecialcollections).



# *Candy*

## Washington Women's Cook Book Recipes

### Fudge

Two cups sugar, one cup milk, butter size of a walnut, one small tablespoon cocoa. Boil about fifteen minutes. When done pour into buttered plates and cut in squares. Chopped nuts and raisins may be added if desired.

MISS EVELYN JOHNSON, LaConner.

### Fudge No. 2

Take two squares of unsweetened chocolate or one teaspoon of unsweetened cocoa, two and one-half cups of sugar, one scant cup of milk, a piece of butter half as large as an egg; mix all together and cook over a hot fire for four minutes; beat all the time while cooking and continue to beat afterwards until smooth. Add vanilla while beating. Pour on a well-buttered plate and cut in squares.

EDNA GRAHAM, Avon.

### Taffy

One pint syrup- Tea Garden Drips won't do- one half cup brown sugar, small piece butter; let boil slowly, stir often till it looks thick. Test by dropping a little in cold water; if it hardens it is done. Add one-sixth teaspoon soda, stir well, turn out on a buttered plate. As soon as cool enough butter your hands and pull the taffy; work it until it has a light yellow color. If flavoring is desired dip the fingets in the flavoring while pulling the taffy.

HATTE STRUZENBERG, Avon.

### Marshmallows

Five cups sugar, three cups water, boil it until it threads. Put one box Knox's gelatine in a bowl, use half of the lemon flavoring and the coloring tablet; dissolve with three tablespoons of water, pour the boiled sugar over it and beat one-half hour. Add vanilla. Put a paper on a platter dusted with cornstarch, pour contents in, let stand over night, then cut in squares.

MRS. EVELYNE OSBERG, LaConner.

### Christmas Candy

Put two cups of sugar (granulated or confectioner's), six tablespoonfuls of water and two tablespoonfuls of glucose in a pan; stir it up and boil until when you drop a bit in cold water you can take it up in your fingers and work. Pour in a platter and with a form beat as you would an egg; it will get thick and white. Add any flavoring or nuts you like. Now take the fondant on a board and knead until smooth and creamy. Pinch off small pieces and shape them like chocolate creams setting them on a board a few minutes before dipping. Have a small cake of chocolate and a piece of paraffne wax, about the size of a walnut, in a cup and set the cup in a basin of hot water until all is melted and very hot. Take a toothpick and stick into the lower side of the piece of fondant; dip quickly in the hot chocolate. By this process you will have as nice chocolate creams as you can get at any confectioner's. The glucose may be purchased at a drug store or a confectioner's.

MRS. THOS. ROUSH, Mt. Vernon.

### Peanut Candy

Two cups sugar, one and one-half cups peanuts slightly chopped, one-fourth teaspoonful of salt. Melt the sugar; when melting stir in peanuts and pour in butter plates.

MISS ANNA WHELAN.

## Washington Women's Cook Book

### Burnt Sugar Candy

One cup of browned granulated sugar, one-half cup weak vinegar, cook until it hairs and set aside on the back of the stove; then melt one-half cup of white sugar and add to the above; then let come to a boil. Remove from fire and beat to a cream, adding nuts or cocoanut as desired. Spread on platter to cool. When cold cut in squares. Better when a few days old.

MRS. GERTRUDE MUSCOTT, Anacortes.

### Butter Scotch

Two cups light brown sugar, two if syrup, half cup butter; boil until it becomes brittle by dropping in water. Just as you take it off add quarter teaspoon bitter almond extract; pour on buttered plates and cut in squares when cold.

MRS. A. I. DUNLAP, LaConner





# *Holiday Meals*

# Washington Women's Cook Book

## A Christmas Dinner

*Table Decorations: Scarlet Carnations and Holly*

*Eastern Oysters on the Half Shell*

*Clear Soup, served with grated Parmesean Cheese Bread Sticks*

*Boiled Halibut*

*Hollandaise Sauce*

*Cucumbers*

*Timbales Regance*

*Mushroom Sauce*

*Roman Punch*

*Turkey, stuffed with Chestnuts*

*Cranberry Sauce*

*Browned Sweet Potatoes*

*French Peas*

*Broiled Teal Duck on Toast, with Hearts of Lettuce, French Dressing*

*English Plum Pudding, Foaming Sauce*

*Ice Cream with Maple Syrup and Chopped Nuts*

*Sauce*

*Fancy Cakes*

*Glace Fruits*

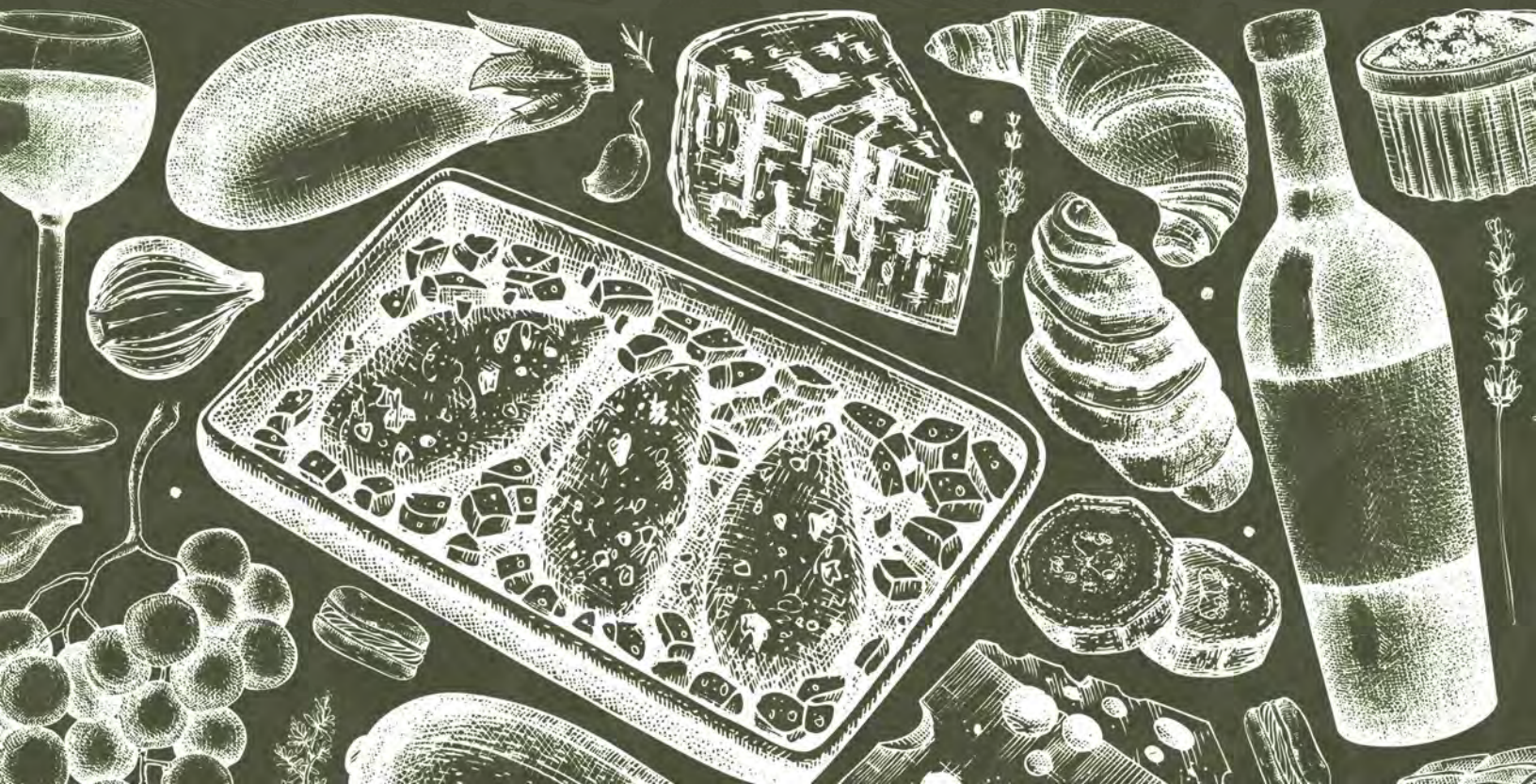
*Bonbons*

*Black Coffee*

*Cigars*

*Coffee for ladies served in drawing room*

MRS, J. C. HAINES, Seattle.





# *Dessert*



# Washington Women's Cook Book

## S'Cookies

Three-quarter pound flour, half pound butter, quarter pound sugar. Wash the butter free from salt. Add a pinch of baking powder to flour. One egg, yolks of two more eggs. Put ingredients together in hash bowl and chop lightly until all the flour is taken up by other contents. Take out of bowl onto board. Do not mold or knead with the hands, but press lightly into shape, so it can be rolled. Roll to about one-third inch in thickness and cut in strips about one-half inch wide and three inches long. Bend into shape of an S, lay in pan and bake in moderate oven.

## Cookies

One-half pound flour, one-third pound butter, one-half pound sugar, one whole egg, one yolk, grated rind of one lemon, one tablespoonful sweet cream, small cup finely cut almonds. Chop the ingredients together in chopping bowl, not mixing with the hands. When blended turn out on board and roll about one-quarter inch thick and bake.

## Hazelnut Macaroons

Whites of two large eggs, one-half pound powdered sugar, stirred about fifteen minutes; quarter pound blanched almonds chopped fine; quarter pound hazelnuts chopped fine; pinch of baking powder. Flour the mixing board and roll to about one-half inch thickness.

## Prune Pie

Cut open and remove stones from fresh prunes. Cover pan with dough and arrange the halved prunes, cut side up on dough. Cover with sugar, sprinkle with finely rolled toasted bread crumbs and a light sprinkle of cinnamon, about two tablespoonful melted butter, and bake without a crust.

## Zimmersterne (Cinnamon Stars)

Whites of two large eggs, one half pound powdered sugar, one-half pound unblanced almonds, chopped very fine or ground, one spoonful cinnamon, grated rind of half a lemon. Beat the eggs to a stiff froth. Stir eggs and sugar together for fifteen minutes. Add almonds and small pinch of baking powder. Roll out about one-half inch thick. Cut in stars or small fancy shapes.

## Pie Crust

Take five ounces flour, two ounces butter, one egg, a little milk; mix well together and roll thin.

## Lemon Ice

One quart milk, one pound sugar, grated rind of half a lemon. Let come to a boil in a double boiler. Add the juice of six lemons and freeze immediately.

## Pudding Sauce

Four yolks eggs, four tablespoons sugar, one large cup whipped cream. Flavor to taste.

## Apple Pie

Two yolks eggs, three tablespoonfuls sugar, three small potatoes boiled and grated. Stir eggs and sugar light and add potatoes. Line a pie tin with pie crust or puff paster or a thin layer of shortened raised dough. Spread over the crust a layer of shortened raised dough. Spread over the crust a layer of thickly sliced apples. Pour over it the batter and bake.

# Washington Women's Cook Book

## German Cookies

One and one-half cup sugar, one cup butter, three eggs, one teaspoonful soda dissolved in hot water, one cup chopped walnuts, one cup chopped seeded raisins, one spoonful cinnamon, flour to make dough stiff enough to roll.

## German Pancakes

Two eggs, one-half pint flour, milk enough to make thin batter a little thicker than cream, one spoonful butter and lard melted. Salt. Grease pan and heat well, pour a few spoonfuls of the batter into the hot pan. Lift the pan and turn so that batter spreads over entire bottom, then pour off all except thin layer that adheres to bottom of pan. Return pan to fire and let cake brown on both sides. Put on heated plate, cover with jelly or syrup and roll. To be eaten immediately.

## Lemon Sauce

Two cups hot water, one cup sugar, three large tablespoons cornstarch, one tablespoon butter, juice and grated rind of one lemon. Boil water and sugar together five minutes, add cornstarch wet in cold water, cook in double boiler ten minutes, add butter and lemon juice last.

HARRIET E. WRIGHT, South Bellingham

## Milk Sauce

Two-thirds cup milk, one-half cup sugar, quarter cup butter. Put all together and let come to a boil, then take off the fire and beat slowly into it one well-beaten egg.

MRS. ANNA B. HYDE, Columbia City

## Egg Sauce

When melted, stir in two well-beaten eggs and flavor. One cup sugar, one cup boiling water or milk.

## Strawberry Sauce

One-half cup butter creamed with one cup white sugar, stir into this one large cup of strawberries washed and mashed smooth.

## Hard Sauce

One cup of powdered sugar, one-quarter cup butter, whites of two eggs, one teaspoon vanilla. Beat the butter very hard and add the sugar, gradually beating until very light. Add the whites of the eggs one at a time and lastly the flavoring. Beat very light.

MISS ROSALIE KELLOGG, Portland

## English Plum Pudding

One and one-half pounds of Muscatel raisins, one and three-quarters pounds of currants, one pound of Sultana raisins, two pounds of moist sugar, two pounds of bread crumbs (or flour), sixteen eggs, two pounds finely chopped suet, six ounces mixed candied peel, one ounce grated nutmeg, one ounce ground cinnamon, one-half ounce of pounded bitter almonds, the rind of two lemons grated, one-half pint milk. Stone the raisins, wash and dry the currants, slice the candied peel, grate the bread crumbs, mix all the dried ingredients, then add the eggs well beaten. Stir in the milk and when all is thoroughly mixed put it in well-buttered moulds or pudding cloths; tie down tight and boil six or eight hours. Have the water boiling when the pudding is put in and keep it boiling.

MRS. R. RAWLINS. La Conner.

## Washington Women's Cook Book

### Plum Pudding

Three-fourths of a bowl of suet- bowl to hold one and one-half pints- two teaspoons salt, one bowl sweet milk, six eggs, one bowl brown sugar, one-fourth pound citron, two bowls raisins, five or six cups flour- enough to make stiff batter- four teaspoons baking powder, flavor with one grated nutmeg. Boil three and one-half hours. Put fruit in last after being floured. Scald pudding bag and sift over with flour. An old English recipe.

MRS. CARRIE OAKLEY, Anacortes.

### Steamed Pudding

One cup molasses, one cup butter, one cup brown sugar, one cup sour milk, one cup raisins, two cups flour, two eggs, one teaspoon soda, spices to taste; steam three hours.

Sauce- One-half cup butter and one cup sugar mixed to a cream, one and one-half cups boiling water, thickened to the consistency of thick cream, flavor to taste; pour while hot over butter and sugar and whip until light and foamy.

MRS. L. A. BLAIR, Elma.

### Banana Cream

Four cups milk, one-half cup sugar, tablespoon of gelatine dissolved in warm water or milk, two eggs, well beaten.

### Doughnuts

Two cups sugar, three eggs, one tablespoon melted butter. One and one-half cups sweet milk, three teaspoons baking powder, little salt, flavor with nutmeg, flour enough to roll.

MRS. ANNIE E. TAYLOR.

### Cookie, No. 1

Four cups of flour, one cup of butter, one and one-half cups sugar, four eggs, two heaping teaspoons baking powder, three tablespoons milk, lemon and nutmeg. Rub butter and flour together, add sugar, beaten eggs, milk and flavoring.

### Cookies, No. 2

Two cups sugar, one full cup butter, one buttermilk, two eggs, one teaspoon soda, vanilla, flour to stiffen.

MRS. B. R. McCLELLAND, Olympia.

### Oatmeal Cakes

One tablespoon butter, one cup granulated sugar, stir well, then add two well beaten eggs, one-half cup milk, two cups rolled oats, one teaspoon vanilla, let stand one-half hour then add one cup raisins and one and one-half cups nuts chopped, two cups flour and two teaspoons baking powder.

MRS. ALMA LANGDON.

### Oatmeal Crisps (Excellent)

Two and one-half cups of Quaker rolled oats. One cup sugar, two teaspoons baking powder, one tablespoon melted butter, two eggs, two teaspoons vanilla. Drop mixture one-half teaspoon at a time on buttered pans far apart. Bake ten minutes or more in a moderate oven.

MRS. J. C. HAINES.

## Washington Women's Cook Book

### Hermits

Three-fourths cup of shortening, one cup molasses, one cup sugar, two eggs, a large cup sour milk, a teaspoon of soda in a half cup of boiling water. Half a teaspoon each of ginger, nutmeg, cinnamon and cloves. A little salt, three cups of Graham flour, one cup white flour, one cup raisins and half cup finely chopped nuts. Beat well and drop on buttered tips.

### Apple Rolls

Make a rich baking powder biscuit dough, roll out quite thin, spread with apple chopped fine, sprinkle over this some sugar, bits of butter and either cinnamon or nutmeg, roll up like rolled jelly cake and slice off pieces about an inch thick. Place these in a buttered pan and bake a nice brown.

### Snowball Doughnuts

Three eggs, one cup sugar, one tablespoon melted butter, one cup sweet milk, four teaspoons baking powder sifted with flour to roll out. Only one bowl is used in mixing. Beat in each ingredient in order named. Roll one-half inch thick and cut with small baking powder can, cut out center with thimble. Turn often and fry evenly. Dust with sugar in a paper sack.

MRS. S. A. HUNSICKER

### Michigan Doughnuts

One cup sugar, two eggs, one tablespoon melted lard, one cup hot mashed potatoes, one cup sour milk, one teaspoon soda, one teaspoon baking powder, nutmeg and flour. Mix soft as can be handled and fry in hot cottolene.

MRS. PRUDDEN, Puyallup.

### Cream Puffs

One-half cup butter melted in one cup of hot water. Set on stove to boil, while boiling stir in one cup of flour, stir until smooth. When cool drop in and stir- not beat- one after the other three eggs; drop on hot tins and bake twenty or thirty minutes.

Filling: One cup milk, one egg, one tablespoon sugar. Boil and thicken with cornstarch, flavor with vanilla.

JULIA H. HAWLEY, Kirkland.



## The Woman Suffrage Cook-Book

### Sago and Apple Pudding

Take a pudding dish holding two quarts and fill with sour apple quarters. Sprinkle four large spoonfuls of best sago over them and fill with hot water. Bake an hour, or until the apple is done. It is better to prepare the pudding two or three hours before baking. Eat with sugar and milk.

MRS. SARA T. L. ROBINSON.

### Apple Snow Pudding

Make a custard of one pint rich milk, two tablespoonfuls cornstarch, yolks of two eggs, two tablespoonfuls of sugar and a little salt. Flavor with vanilla when nearly cool; pour into a glass dish; bake six apples, remove the skin and cores, add to the pulp one cup pulverized sugar and the whites of two eggs. Beat till very light and stiff; pour over the custard and add candied cherries or bits of jelly.

MISS E.C. ELDER.

### Apple Folly

Pare, core and bake four apples, add one cup sugar and the white of one egg and beat all together half an hour.

Sauce- One pint milk, one egg with the yolk of the one used in the pudding, one and a half teaspoonfuls cornstarch. Put on the stove and stir till it thickens. Flavor with vanilla.

HULDA B. LOUD.

### Baked Pie-Plant

Cut two pounds of pie-plant into a pudding-dish, sprinkle over it half a cupful of sugar and two tablespoonfuls of flour, or what is better, half a cupful of rolled bread-crumbs, add water until the pie-plant until the pie-plant is two-thirds covered, bake in a quick oven thirty or forty minutes. This method of preparing pie-plant removes the medicinal taste, and makes an acceptable spring dish.

ALICE B. STOCKHAM, M.D.

### Berry Pudding

Slice and spread with butter a loaf of baker's bread, arrange these slices in a pudding-dish and pour over them hot berry sauce; set away to cool. To be eaten with a hot sauce.

S. LOUISE SIMONDS.

### Last Century Blackberry Pudding

Quart of molasses, teaspoonful each of allspice, cloves and cinnamon, same of salt, three pints of blackberries, two eggs, two teaspoonfuls of baking powder, flour enough to make the spoon stand in the batter; stir the blackberries in the last thing, boil in a bag four to five hours. Can be made just as well without eggs. Blackberries or huckleberries may be used, and, in winter, the same receipt makes an excellent cheap plum pudding.

MRS. LILLIE DEVEREUX BLAKE.

### Strawberry or Blueberry Pudding

Toast slices of bread and place in the dish from which they are to be served; over each slice pour enough canned strawberries or blueberries, thoroughly heated, to soften the bread. Serve hot. This is a delicious pudding, both easily and quickly made. When fresh fruit is used it should be stewed with enough sugar to sweeten it.

JENNIE W. SMITH.

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### Dark Bread Pudding

Stale loaf of baker's bread, sliced and buttered; lay in deep pudding-dish with raisins between each slice; cover with a custard made with two quarts of milk and from four to six eggs; dark spices to taste; stand half an hour before baking eight or ten hours in slow oven. Slice cold, and serve with hot sauce.

MRS. M. A. FOSTER.

### Frosted Tapioca Pudding

Three tablespoonfuls of pearl tapioca, soaked over night in one cup of water; add one quart of milk; when it boils, add the yolks of four eggs and one cup of sugar, beaten together. Flavor and salt to the taste.

Frosting- Beat the whites to a froth, add four tablespoonfuls of sugar gradually, and beat until you can turn over the bowl without the liquid running out. Drop it on the pudding in lumps, and brown in the oven.

MRS. JOSIE CURRIER.

### Indian Tapioca Pudding

Two tablespoonfuls tapioca soaked over night, three tablespoonfuls Indian meal, one quart milk, one cupful cold water, two-thirds cupful molasses, a little salt and a small piece of butter. Mix tapioca, meal, molasses, salt and butter together and pour over it a quart of boiling milk. Stir thoroughly and just before putting in the oven add the cupful of cold water. Bake two hours, stirring once or twice after it begins to bake.

MRS. WILLIAM C. COLLAR.

### Snow Pudding

Pour over three tablespoonfuls of corn starch dissolved in a little cold water one pint of boiling water. Add the whites of three eggs well beaten and steam twenty minutes.

Sauce- After scalding one cupful of milk stir in the yolks of three eggs beaten with a cupful of sugar and a small piece of butter; when cold flavor with vanilla.

MRS. AUGUSTA RICH.

### Snow Pudding

Soak one-fourth box gelatine in one-fourth cupful cold water until soft, then add one cupful boiling water, one cupful sugar and one-fourth cupful lemon juice. Strain into a bowl and set on ice. Beat the whites of three eggs to a stiff froth, and when the jelly begins to thicken add the beaten whites and beat all together until very light. Pour into a mould. Make a boiled custard, using the yolks of the three eggs, three tablespoonfuls of sugar, one pint of milk and a little salt. When the jelly is moulded put it in the dish from which it is to be served and pour the custard over it. Garnish with sliced fruits or blocks of jelly.

MISS E. C. ELDER.

### Excellent Snow Pudding

Half a box gelatine, half a pint cold water; let it soak half an hour, then add half a pint of boiling water. When cool, add the whites of three eggs, two cups sugar, juice of two lemons, and beat the whole well half an hour or more. Set away to cool in a mould. Make a boiled custard of the yolks of the eggs, and one and one-half pints milk; sugar to taste. Serve the solid part floating in the custard, with whipped cream poured over the top.

MRS. FORREST W. FORBES

## The Woman Suffrage Cook-Book

### Apple Truffles

One dozen juicy apples of fine flavor, two cups white sugar, one scant quart of milk, four eggs, one pint of sweet cream, two tablespoonfuls of powdered sugar, juice and grated rind of one lemon. Slice the apples and put them into a glass jar; cover closely, set in warm water, bring to a boil, and cook until tender and clear, then beat to a pulp, sweeten with one cup of sugar and the rind and juice of the lemon. Put the mixture into a glass dish, and set in a cold place. Make a custard of one quart of milk, the four eggs, well beaten, and one cup of sugar. Put into a double boiler and cook until it thickens. When cold, flavor to taste with vanilla. Pour this over the apple, which must be ice-cold and stiff to prevent its rising. Whip the cream to a stiff froth (with the two tablespoonfuls of sugar), and pile over all.

MRS. ALICE A. GEDDES.

### Chocolate Cake

One-half cupful butter, one cupful sugar, two eggs, one-half cupful milk, one and one-half cupfuls flour, one and one-half teaspoonfuls baking powder.

Iceing- One cupful sugar, five tablespoonfuls of water; boil till it strings. Pour in it one and one-half squares of Baker's chocolate melted; let this boil till it strings, then stir this into the beaten whites of the eggs till it hardens; spread between the layers of cake.

MARY GAY CAPEN.

### Citron Cake

One cupful of butter, two cupfuls of sugar, three cupfuls of flour, three tablespoonfuls of molasses, three eggs. Two cupfuls of currants, one cupful of citron chopped fine, one cupful of milk, one teaspoonful of cream of tartar, one-half teaspoonful of soda, one teaspoonful each of clove and cinnamon, one half a nutmeg.

SARAH F. SARGENT.

### Cocoanut Cake

One-half cupful of butter, one and one-half cupfuls of powdered sugar, two cupfuls of flour, one-half cupful of milk, whites of five eggs, one teaspoonful cream of tartar, one-half teaspoonful soda, juice of half a lemon. Beat the butter and sugar to a cream, add the lemon juice, then the milk, and later the whites, beaten to a stiff froth, lastly add the flour into which the soda and cream of tartar have been mixed. Bake in two sheets in a moderate oven about half an hour. When a little cool frost with the following.

Frosting- Whites of three eggs, two large cupfuls of powdered sugar, one-half pound can of cocoanut. Beat the whites to a stiff froth, then add the sugar and cocoanut and juice of half a lemon. Put half the frosting between the sheets and the rest on top. St. Louis flour to be used.

SARAH E. M. KINGSBURY.

### Cocoanut Cookies

Into two and one-half cupfuls of pastry flour, rub with the hands one-half cupful of butter. Add one cupful of sugar, one and three-fourths cupfuls of grated cocoanut (that which comes by the pound is best) and two saltspoonfuls of cream of tartar. Beat one egg and stir in; dissolve one saltspoonful of soda in boiling water and add, moulding the mixture well together with the hands. If it is not wet enough, add a very little milk or water. The danger is in getting it too wet to roll out well, and probably no moisture will be needed. Roll thin, cut with a doughnut cutter and bake quickly.

MRS. H. R. SHATTUCK.

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### Soft Molasses Gingerbread

One cupful of sugar, one-half cupful of butter, one cupful of milk, one egg, one cupful of molasses, one teaspoonful of soda in the milk, three scant cupfuls of flour, ginger, or not as you like.

LUCY GODDARD.

### Coffee Cakes

Beat three eggs very light, add two cupfuls brown sugar, one cupful butter, one cupful sweet milk, one teaspoonful soda, two teaspoonfuls cream of tartar. Make a stiff dough by kneading in flour, roll out to about one-half inch thick, sprinkle with powdered sugar and cinnamon, roll up as if for jelly rolls, and cut off slices about half an inch thick, dip in granulated sugar and bake.

MRS. DR. FLAVEL S. THOMAS, M. S.

### Cookies

One cupful sour rich cream, one cupful white sugar, one-half teaspoonful soda, flour enough for a soft dough- only enough to roll out easily; salt and nutmeg if desired.

MRS. SARA T. L. ROBINSON.

### Cream Cookies

Two cupfuls of sugar, one cupful of butter, one-half cupful of sour cream, one level teaspoonful of soda dissolved in a little hot water, enough flour to roll out as soft as possible.

EMILY S. BOUTON.

### Fruit Cookies

One and one-half cupfuls sugar, one-half cupful butter, five tablespoonfuls milk, one teaspoonful soda, spice of all kinds, one cupful currants or raisins, chopped, flour to roll out thin.

MRS. L. W. JONES.

### Lep Cookies

One gallon molasses, two pounds lard, one pound citron, one teacupful each of cinnamon and spice, one-half teacupful cloves, four or six nutmegs, two pounds picked nuts (hickory or pecans), flour to make a stiff dough; roll thin, and bake quickly; ice, and dry well before putting away.

MRS. JESSIE F. A. BANKS.

### Molasses Cookies

Put into a large coffee-cup one teaspoonful of soda, two tablespoonfuls of *hot* water and three tablespoonfuls of melted butter. Fill the cup with molasses, add a little ginger if liked. Two cups are enough for one baking. Mix soft and bake quickly.

LOUISA G. ALDRICH.

### Guess Gingerbread

Lard size of one egg and a half, quarter cup sour milk or buttermilk, three-quarters cupful molasses and half cupful brown sugar, one egg (beaten separately), salt and ginger to taste, *even* teaspoonful soda; flour for soft batter.

J. S. FOSTER.



## The Woman Suffrage Cook-Book

### Molasses Cookies

One egg, one cup molasses, one-half cup of sugar, one teaspoonful each of salt, soda and ginger; flour enough to roll easily. This receipt calls for neither milk or shortening, and makes very nice cookies. Bake in quick oven.

MRS. ELLIE A. HILL.

### New Bedford Cookies

Two cups of sugar, one cup of sour milk with half a teaspoonful of soda dissolved in it, one cup of butter. Flour to roll not too stiff, and bake quickly.

EMILY A. FIFIELD.

### Spiced Cookies

One cup of sugar, two cups of molasses, two-thirds of a cup of butter, one cup of milk, one teaspoonful of soda, one small teaspoonful of cloves, and one small teaspoonful of cinnamon, two eggs, one-half a nutmeg, and five cups of flour.

LOUISA G. ALDRICH.

### Sugar Cookies

One egg, one cup of sugar, half a cup (scant) of butter, half a cup of milk, nutmeg to taste, two teaspoonfuls of cream of tartar, one of soda. Make soft dough as can be handled; roll thin and bake in quick oven.

MRS. ELLIE A. HILL.

### Feather Cake

Beat to a cream half a cup of butter, add to this two cups of sugar, and beat well together; add one cup milk with one teaspoonful soda dissolved in it; beat well. Then add one cup sifted flour with two teaspoonfuls cream of tartar previously rubbed into it. Add next the well-beaten yolks of three eggs. Beat the whites separately until stiff; add them, and then two more cups of flour. Beat well between each addition.

MRS. MARY F. CROWELL.

### French Cake

Three cups sugar, one cup butter, beaten together, four eggs, beaten separately, and added, one and one-half cups of milk, five cups flour, one teaspoonful soda, two of cream-tartar, flavor to taste; makes two loaves.

MRS. ALICE M. SOUTHWICK.

### Frosting

One cup sugar, one-third cup milk; boil about four minutes, or until it drops like syrup from the spoon. Take from the fire and beat until it stiffens, and is of the right consistency to pour and spread quickly over the cake.

MRS. S. A. RICHARDS.

### Boiled Frosting for Cake

Two-thirds of a cup of sugar to the white of one egg. Cover the sugar with cold water in a sauce-pan, boil, not stirring, until, when tried in a little cold water, it will break like candy. Beat the white of the egg very light, pour the boiling syrup into it slowly, beating hard all the time. Continue to beat until stiff enough to put on the cake.

MRS. M. M. WOOLFORD

## The Woman Suffrage Cook-Book

### Fruit Cake

Two cups sugar, one cup molasses, two cups butter, six eggs, five cups flour, one teaspoonful soda, one teaspoonful of each kind of spice, one pound citron, one and one-half pounds raisins, one pound currants. Make two loaves; bake four hours in a slow oven.

MRS. ZILPHA H. SPOONER.

### Fruit Cake

Stone and chop one pound of raisins, one pound of currants, and slice half pound of citron. Beat five eggs and add two cups of brown sugar, beat well; add one cup of butter, one of molasses, one-half cup of sour milk, one large teaspoonful of soda, one teaspoonful of all kinds of spices, six cups of flour, reserving one-half cup of the flour to mix with the fruit to prevent it from settling; add the fruit last. Place buttered letter-paper in the bottom of the tins.

MRS. M. E. SAMMET.

### Fruit Cake

One-half cupful each of brown sugar, butter, molasses, and milk, one egg, two cupfuls of flour, one cupful of currants, one cupful of raisins, one-quarter pound of citron, one-half teaspoonful of soda, one-half teaspoonful each of nutmegs, cinnamon, and cloves.

MRS. B. J. STONE.

### Fruit Cake

One and one-half cupfuls butter, two cupfuls brown sugar, one and one-half cupfuls molasses, one cupful sweet milk, four eggs, one teaspoonful soda, one tablespoonful cloves, one tablespoonful allspice, one tablespoonful cinnamon, one nutmeg, one-half pound citron, two pounds raisins, one pound currants. Flour to make it sufficiently stiff to hold up the fruit, (about six cupfuls of flour). Bake in an oven not very hot.

Frosting- Whites of three eggs, two even teaspoonfuls of powdered starch, one pound powdered sugar, extract to suit taste.

AMANDA M. LOUGEE.

### Lowell Fruit Cake

Five coffee cups of flour, five eggs, two cups of molasses, one cup brown sugar, one cup butter, one teaspoonful soda, one pound of raisins, a half pound of currants, and a quarter pound of citron if liked.

MISS E. B. PLYMPTON.

### Plain Fruit Cake

One cup of butter, one cup sweet milk, two cups brown sugar, three cups flour, four eggs, one pound raisins, one-half pound currants, one-fourth pound citron, three teaspoonfuls baking powder, cinnamon and nutmeg to taste. I sometimes substitute one-fourth pound figs for the one-half pound currants. This cake is good in three days, will keep three months.

### Gingerbread

Two-thirds cup butter, one cup sugar, one cup milk, one cup molasses, two eggs, four cups flour, one teaspoonful ginger, one teaspoonful soda in the molasses, two teaspoonfuls cream of tartar in the flour.

EMILY A. FIFIELD.

## The Woman Suffrage Cook-Book

### Ginger Snaps.

Put into a large cup one teaspoonful of soda, two tablespoonfuls hot water and three tablespoonfuls melted butter. Fill the cup with molasses, add ginger; mix hard, roll thin and bake in a quick oven.

MRS. S. C. WRIGHTINGTON

### Molasses Gingerbread

One cup molasses, one teaspoonful soda in the molasses, one tablespoonful melted butter one-half cup cold water, small teaspoonful ginger, flour for soft batter.

MRS. M. A. EVERETT.

### Molasses Gingerbread

One cup molasses, one even teaspoonful soda, one cup hot water, one-half cup of butter, flour to make it the consistency of cake if to be baked in small tins; if to be rolled add a little flour. A pinch of ginger, cassia and clove, or if ginger alone, a tablespoonful. Dissolve the soda in a spoonful of water and stir it in the molasses till it foams, then add the other ingredients.

MRS. E. C. CROSBY.

### Short Gingerbread

One cup of milk, two cups sugar, one of butter, one-half teaspoonful of saleratus, one tablespoonful of yellow ginger, flour enough to roll. Roll very thin.

MISS C. WELLINGTON

### Soft Gingerbread

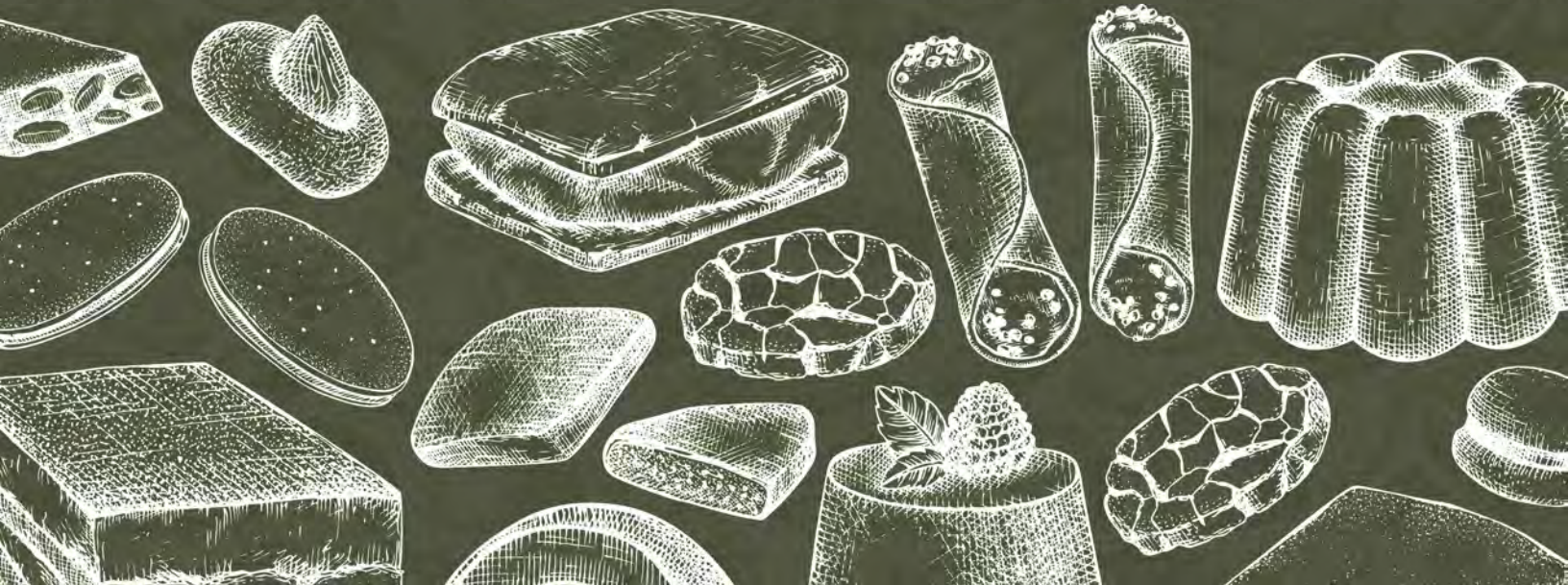
One cup molasses, piece of butter the size of an egg, two-thirds cup of milk, two cups flour, one teaspoonful soda dissolved in one-third cup of boiling water.

MRS. FORREST W. FORBES.

### Ginger Snaps

One cup butter, one cup sugar, one cup molasses, two-thirds cup water, one heaping teaspoonful soda, one teaspoonful ginger, and a plenty of flour. Roll very thin. Mix butter and sugar together, add molasses and then the water, reserving a little in which to dissolve the soda, which should be put in after a part of the flour has been used.

MRS. WILLIAM C. COLLAR.



## Suffrage Cook-Book

### Delicious Nut Cake

*Old English Recipe, year 1600  
Coffee cup is used for measure*

2 cups of sugar rolled fine or sifted  
1 cup of butter- creamed together  
3 cups of flour- sifted 4 times  
1 cup of cold water  
4 eggs, whites and yolks beaten separately  
2 large cups of walnut chopped or rolled  
2 teaspoons of cream of tartar- level measure

Cream butter and sugar, stir in yolks, beat hard for 5 minutes, add water, then flour, mix the tartar in it- then nuts, then beaten whites of eggs. Bake 3/4 of an hour if loaf, or half hour if divided into two portions or layers.

### Icing

4 cups sugar  
1/2 pint hot water  
4 eggs beaten  
Citric acid about size of pea  
Vanilla

Boil water and sugar until it threads. Pour over the beaten whites of 4 eggs. Beat until almost cold then add citric acid dissolved in one teaspoon boiling water, flavor with vanilla and spread between layers and over cake. This keeps a long time in a locked closet.

### Christmas Cakes

1/2 lb. butter  
6 eggs  
1 lb. powdered sugar  
Flour enough to roll

Beat eggs separate. Cream butter; add sugar. Separate eggs; beat and add. Then flour to roll.

## Suffrage Cook-Book

### Cocoanut Tarts

7 eggs (whites)  
1 lb. sugar (pulverized)  
1/2 lb. butter  
1 cocoanut

Grate the cocoanut, beat the butter and sugar to a cream; beat the eggs until very dry and light; mix well together and bake on pie crusts rolled very thin. This amount will make four large tarts.

### Stewed Apples

Cut apples in quarters and immediately put in saucepan and pour over them boiling water just to cover. Put on lid and boil quickly until tender. Sprinkle sugar over them to taste. But never stir the apples at any time. When sugar is on leave the lid off, let cook about five minutes longer, never stirring. Ready to serve, hot or cold.

### Cinnamon Apples

3 cups sugar- pinch salt  
2 1/2 cups water  
1 cup cinnamon drops  
8 apples

Make a syrup of water and sugar. Put in cinnamon drops. Pare and core apples. Place in syrup and boil until tender, do not allow to break.

Take out when tender and place in a dish or if you wish in individual dishes. Pour over syrup, and allow to cool. When cold pour whipped cream on top of each and a cherry on top of cream.

### Pineapple Cake

1 egg  
1/2 cup butter  
3/4 cup sugar  
3/4 cup milk  
1 1/2 teaspoons baking powder  
1 1/2 cups flour

Make in two layers and when ready to serve put grated pineapple on each layer of cake. Whip half a pint of cream, sweeten to taste and put over pineapples.  
(Bananas can be used instead of pineapples).

## Suffrage Cook-Book

### Cinnamon Cake

1 cake compressed yeast  
1 1/2 cups sugar  
1/4 lb. butter  
1 tablespoon lard  
1 pink luke warm milk  
Pinch of salt  
Flour to stiffen

About six o'clock in the evening soak a cake of yeast in a little luke warm water, make sponge with a little flour, water and yeast. Let rise until light, about an hour.

Melt butter and lard and cream with sugar and salt; add luke warm milk and some flour, then stir in sponge and gradually add more flour until stiff, not as stiff as bread dough. Do not knead, simply stiffen.

Let rise until morning, then simply put in square or round cake pans about one and one-half inches thick. Do not roll, just mold with the hands and let rise about an hour.

Cover with little lumps of butter, then sprinkle with sugar and cinnamon and bake twenty minutes. Thin slices of apples can be placed on top, also peaches or almonds, blanched and chipped. This is the genuine German cinnamon cake, and is excellent.

### Golden Cake

1/2 cup butter  
1 cup sugar  
Yolks 10 eggs  
1/2 cup milk  
2 cups flour  
3 teaspoons baking powder  
2 teaspoons orange extract

Cream butter. Add sugar gradually and yolks of eggs beaten until thick, add lemon colored extract. Mix and sift flour and baking powder and add alternately with milk to the first mixture.

### Ginger Cookies

3 lbs. flour  
1 lb. butter and lard mixed  
1 lb. brown sugar  
1 pint molasses  
1 good sized teaspoon of soda or 2 level ones

Add ginger to taste- about 4 level teaspoons, also lemon extract or grated rind and juice if preferred.

Put flour, sugar, and butter together and rub thoroughly. Make hole in center and pour in the molasses in which the soda has been beaten in. Stir all well together, break off enough to roll out; cut, space in pan and bake in very moderate oven.

These keep well, especially in stone crock. This recipe makes a quantity if cut with small cutter.

## Suffrage Cook-Book

### Soft Gingerbread

1/2 cup butter  
2 eggs  
1 cup hot water  
1 teaspoon cloves  
1 teaspoon soda  
1/2 cup sugar  
1 teacup molasses  
1 teaspoon cinnamon  
1 teaspoon ginger  
2 1/2 cups flour

Dissolve soda in couple teaspoonfuls hot water.

### Gingerbread

1 cup sugar  
1 cup molasses  
2 1/2 cups flour  
3/4 cups lard and butter  
2 eggs  
1 dessert spoon soda dissolved in cup cold water  
1 teaspoon ginger  
1 teaspoon cloves  
1 teaspoon cinnamon

Bake in slow oven and leave in pan until cold.

### Cream Gingerbread

2 eggs, beaten, add  
3/4 cup sugar  
3/4 cup sour milk  
1 tablespoon ginger  
3/4 cup molasses  
1 teaspoon soda well sifted  
2 level cups flour

Bake in gem pans. Greatly improved by adding nuts and raisins.

## Suffrage Cook-Book

### Cream Gingerbread Cakes

2 eggs  
1/2 cup molasses  
Grated rind of 1/2 lemon  
1 teaspoon cinnamon  
2 cups flour  
1/2 cup sugar  
3/4 cup thick sour milk  
1 saltspoon salt  
1 tablespoon ginger  
1 1/2 teaspoons soda (level)

Beat 2 eggs until light, add 1/2 cup of sugar, 1/2 cup molasses, 3/4 cup thick sour cream, the grated rind of 1/2 lemon, 1 saltspoon of salt, 1 teaspoon cinnamon, 1 tablespoon ginger, and finally, add 2 cups of well sifted flour mixed with 1 1/2 teaspoons soda (level).

Bake in gem pans. If desired add nuts and raisins which improves them very much.

### Parliament Gingerbread

*(With apologies to the English Suffragists)*

1/2 lb. flour  
1/2 lb. treacle  
1 oz. butter  
1/2 small spoon soda  
1 dessert spoon ginger  
1 dessert spoon mixed spices  
1/2 cup sugar  
A bit of hot water in which soda is dissolved

Put flour in a basin, and rub in butter, and dry ingredients; then, soda and water; pour in treacle, and knead to smooth paste. Roll quite thin and cut in oblongs. Bake about 1/4 hour.

### Soft Gingerbread

1 cup sour milk  
1/2 cup butter  
2 eggs  
2 pints flour  
1 cup molasses  
1/2 cup sugar  
1 1/2 teaspoons soda  
2 teaspoons ginger



## Suffrage Cook-Book

### Dr. Van Valja's Griddle Cakes

1 cup boiled rice  
1 level tablespoon flour  
Yolks of three eggs  
Pinch salt

Beat the eggs to a froth, put in the rice and flour, bake on rather hot griddle greased with butter- eat with sugar and cinnamon. Very good for a dyspeptic.

### Sally Lunn

1/4 cup sugar  
1 egg  
2 cups flour  
2 tablespoons melted butter  
1 cup milk  
3 teaspoons baking powder

A good breakfast toast is made by dipping the slices of bread in a pint of milk to which a beaten egg and a pinch of salt are added, and frying.

### Peppermint Cup

Soak half an ounce of pulverized gum arabic in half a cupful of cold water for 30 minutes. Dissolve it over hot water. Add one cupful of powdered sugar and cook until it will spin a thread. Pour this upon the stiffly beaten whites of two eggs, and when blended add gradually a pint of boiling cream, a few drops of essence of peppermint and a tiny pinch of baking soda. Serve while it foams, sprinkled with a little powdered cinnamon.

### Amber Marmalade

1 orange  
1 grape fruit  
1 lemon

Slice very thin. Measure the fruit and add 3 times the quantity of water. Stand in an earthen dish over night and in morning boil for ten minutes. Stand another night and the second morning add pint for pint of sugar and boil steadily until it jellies.

This should make 8 or 10 glasses but the size of fruit determines the quantity. Stir as little as possible during the two hours or more of the cooking which it requires. Do not use the rind of the grape fruit.

## Suffrage Cook-Book

### Grape Juice

5 lbs. concord grapes  
1 quart water  
Sugar

Boil grapes five to ten minutes. Then strain through a wire strainer and afterwards cheese cloth. To every quart of juice add 1 lb. sugar. Bottle and seal.

### Inexpensive Spice Cake

1/2 cup shortening  
2 cups brown sugar  
Grated rind of lemon  
2 eggs, 3 cups flour  
1 lb. seeded raisins  
1/2 teaspoon cinnamon  
Dash of cloves and nutmeg

Boil raisins in 1 1/2 cups water twenty minutes. Mix shortening, sugar, lemon rind, eggs and spices, add one cup flour then raisins drained but still hot. Then the other two cups flour and 1/2 cup of the water in which the raisins were boiled to which add 1 teaspoon bi-carbonate soda.

Bake in gem pans in moderate oven. This makes 30 cakes which can be iced with white or chocolate icing.

### Black Walnut Cake

1 cup butter (creamed)  
1 cup sugar  
4 eggs  
1 cup milk  
2 teaspoons baking powder  
Flour to stiffen  
1 cup walnuts  
1 teaspoon vanilla

Bake 20 or 30 minutes according to oven.

# Suffrage Cook-Book

## Scripture Cake

1 cup of butter- *Judges 5 Chap. 25 Verse*  
1 1/2 cup of flour- *1 Kings 4 Chap. 22 Verse*  
3 cups of sugar- *Jeremiah 6 Chap. 20 Verse*  
2 cups of raisins- *1 Sam'l 30 Chap. 12 Verse*  
2 cups of figs- *1 Sam'l 30 Chap. 12 Verse*  
1 cup of water- *Genesis 24 Chap. 17 Verse*  
1 cup of almond- *Genesis 43 Chap. 11 Verse*  
6 Eggs- *Isiah 10 Chap. 14 Verse*  
1 tablespoon of honey- *Exodus 33 Chap. 3 Verse*  
A pinch of salt- *Leviticus 2 Chap. 13 Verse*  
Spices to taste- *1 Kings 10 Chap. 10 Verse*

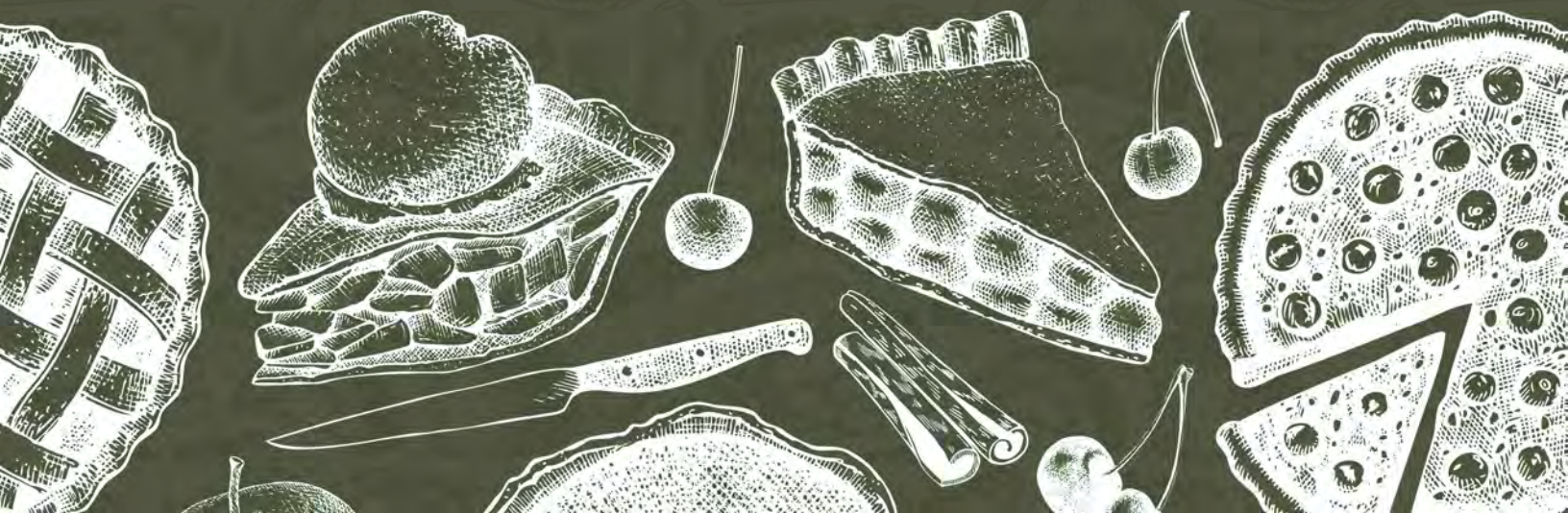
Follow Solomon's advice for making good boys and you will have a good cake.  
*Proverbs: 23 Ch. 14 Verse*

## Suffrage Angel Cake (a la Kennedy)

11 eggs  
1 full cup Swansdown flour (after sifting)  
1 1/2 cups granulated sugar  
1 heaping teaspoon cream of tartar  
2 teaspoons vanilla  
1 pinch of salt

Beat the eggs until light- not stiff; sift sugar 7 times, add to eggs, beating as little as possible. Sift flour 9 times, using only the cupful, discarding the extra flour; then put in the flour the cream of tartar; add this to the eggs and sugar; now the vanilla. Put in angel cake pan with feet. Put in oven with very little heat. Great care must be used in baking this cake to insure success. Light the oven when you commence preparing material. After the first 10 minutes in oven, increase heat and continue to do so every five minutes until the last 4 or 5 minutes, when strong heat must be used. At thirty minutes remove cake and invert pan allowing to stand thus until cold.

MISS ELIZA KENNEDY.





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Seattle: Trade Register Print, 1909.

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