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**PRACTICAL BAKING LESSONS**  
 FRITTERS AND DOUGHNUTS



I am pleased to submit to you choice recipes for doughnuts and fritters. These few recipes I have selected from my large collection with a view of giving you the most practical, as well as the very best. If these meet with your favor, I am greatly pleased.

*Nevada Briggs*

**German Doughnuts**  
 4 cups flour 1/4 teaspoonful salt  
 1 cup milk 1 cup sugar  
 4 level teaspoonfuls K C Baking Powder  
 1/2 teaspoonful of molasses or nutmeg  
 2 eggs or 1 egg and 2 additional yolks  
 Sift together, three times, flour, K C, salt and spice. Beat the eggs very light, using the rotary egg beater, then gradually beat in the sugar, making a very light creamy mixture of the egg and sugar; beat in the milk and stir into the flour. Make a soft dough, roll into a sheet, cut into rounds, pinch a hole in the center with the finger and fry in deep fat. Fat for frying should not be hot enough to brown the doughnut until it has risen. When the doughnut is dropped into the fat it sinks to the bottom. As soon as it comes up it should be turned and turned a number of times while cooking. This recipe is excellent as they do not take the fat in frying and will stay moist for days.

**Potato Doughnuts**  
 Will remain moist for days  
 3 1/2 cups flour 1/4 teaspoonful salt  
 2 eggs 1/2 teaspoonful molasses  
 1 cup sugar 1 cup cold mashed potato  
 4 level teaspoonfuls K C Baking Powder  
 1/4 cup milk, or more, if needed  
 Sift three times, the flour, salt, spice and baking powder. Beat eggs with rotary beater, then still using rotary beater, gradually add sugar, then work in the mashed potato with a spoon and alternately add milk and flour mixture, fry as German Doughnuts.

**Apple Fritters**  
 1 cup sifted pastry flour 1/4 teaspoonful salt  
 1 egg, beaten light 1/4 cup milk  
 1 level teaspoonful K C Baking Powder  
 1 level teaspoonful powdered sugar  
 2 apples, pared and cut in small pieces  
 Sift together, three times, the flour, baking powder, sugar and salt. Add the milk to the beaten egg and stir in the dry ingredients. Then stir in the bits of apple. Drop batter into hot fat by spoonfuls and let fry until delicately brown, and apple is tender. Drain on soft paper. Serve with powdered sugar or jelly sauce. Apples, peaches, cherries, etc., and other fruit may be used in the same way.

**Jelly Sauce**  
 1/2 cup sugar 1/2 glass jelly  
 1 tablespoonful flour 1 1/2 cups cold water  
 1 tablespoonful lemon juice  
 Mix all together and cook until smooth.

**Pineapple Fritters**  
 1 cup flour 1/4 teaspoonful salt  
 1 egg 1/4 cup milk  
 1/2 cup chopped or grated pine apple  
 1 level teaspoonful K C Baking Powder  
 1 teaspoonful powdered sugar  
 Mix as apple fritters and fry in deep fat, serve with Pineapple Sauce.

**Pineapple Sauce**  
 1/2 cup sugar 1 teaspoonful flour  
 1 tablespoonful lemon juice  
 Cook until smooth with pineapple liquid and water, using enough water added to the pineapple liquid to make 1 1/2 cups.

**Cheese and Rice Fritters**  
 1 cup boiled rice, grains distinct  
 2 tablespoonfuls milk or melted butter  
 1/2 cup grated cheese 1 egg, beaten light  
 1 level teaspoonful K C Baking Powder  
 1/4 teaspoonful salt  
 2 level tablespoonfuls pastry flour  
 Sift together, three times, the flour, baking powder and salt. To the egg, add the rice, butter or milk, cheese and flour mixture. Drop by spoonfuls into butter melted in the blower of a chafin dish for frying pan. Let cook until a delicate brown color, then turn to cook the other side. Serve with White Sauce.

**White Sauce**  
 2 tablespoonfuls rounded of butter  
 1 tablespoonful rounded of flour  
 1 1/2 cups milk  
 Salt and pepper to taste.  
 Rub butter and flour together, add milk and cook until smooth.

**Helpful Hints**  
 Never let the fat be hot enough to brown before the doughnuts and fritters rise and expand. Often soggy fritters and tough doughnuts are made by having the fat too hot.  
 K C Baking Powder is especially adapted for doughnuts as one cannot fry all at once, and with K C the food can be mixed and stand for hours before cooking. This is an advantage over the old-fashioned one-action baking powders, cream of tartar and soda or sour milk and soda.  
 I urge every housekeeper to try a can of K C Baking Powder. The ease with which it can be used is very gratifying. One can mix any amount of batter and cook it as needed. For instance a large amount of biscuits can be mixed and cut out ready for the oven and baked as wanted through several hours. This is due to the double action of K C, which also makes it impossible for cakes to fall. Purchase a can of K C and be convinced for yourself just what it will do. Follow the directions carefully and success is sure to follow.

**NOTICE**  
 So many requests are being made for lessons that have been missed, that we have had the complete series of lessons durably bound and will send it free on request.  
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**On the Other Foot.**  
 "John, how much money have we in bank?"  
 "We? I have a few hundred dollars. Maria. Why?"  
 "Nothing, only I just got a letter to day from the lawyer who settled up my father's estate. There was more property than anybody anticipated, a good deal more."  
 "That's fine. How much do we get out of it, Maria?"  
 "We? I get a few thousand dollars. John. Why?"—Chicago Tribune.

**Did You Ever Drink Choc-a?**  
 No one probably drinks "choc-a" now, a mixture of coffee with milk and chocolate. Yet it was a favorite beverage of many eminent persons, including Voltaire and Napoleon. And some years ago it was enthusiastically advocated in England by the late W. J. Thomas, first editor of London Notes and Queries, who wrote, "I do not know a draft which so perfectly soothes and revives as that of hot, well frothed choc-a." His recommendation fell flat.—London Chronicle.

**Children and Promises.**  
 One of the incomprehensible things to a child is the fashion some grown-up people have of promising and forgetting. There is no surer way to lose a child's confidence and love. Children do not understand excuses or the pressure of circumstances. They only know, "She said she would, and she didn't." One child who had used the word "promise" was asked to tell its meaning. He replied, "To promise is to keep it in your mind, keep it in your mind, keep it in your mind till you do it."—Liverpool Post.

**Terrors of the Dutch Language.**  
 The names of the streets and the names over the shop doors in Holland are eminently calculated to tie your eye up in a knot. To come suddenly upon a dog show and find it called a rashondententoonstelling and upon an announcement which reads "Rijnsproegmataschappijjan den daartoe aangewesen vertegenwoordiger" is calu-

ated to stagger one, but apart from its language which is trying alike to the eye and the tongue Holland is a delightful place, and the Dutch are a splendid people.—Stim's "Diplomat Abroad."

**Humor of a Genius.**  
 Elizabeth Barrett Browning combined with an exalted spirituality an inimitable sense of humor which pervaded all her days. As illustrating this humor Lilian Whiting tells in "The Brownings—Their Life and Art," the story of the time Poe sent Mrs. Browning a volume of his poems with an inscription on the flyleaf that declared her to be "the noisiest of her sex."  
 "And what could I say in reply," Mrs. Browning laughingly remarked, "but 'Sir, you are the most discerning of yours?'"

**A Pyrenean Tradition.**  
 The Desert de Carlitte, in the Pyrenees, close on 10,000 feet above the sea, contains no fewer than sixty lakes of varying sizes. These, according to local tradition, were left at the time of the flood. When the waters subsided, it is said, Noah and his family landed on the Puy de Prigne, one of the highest peaks in the district. Proof of the truth of this tradition is found in an iron ring to which the peasants declare, the ark was moored when the landing was effected.

**"Going to the Dogs."**  
 The phrase "going to the dogs" has puzzled the explainers of metaphorical expressions rather needlessly. It has even been suggested that it is a profane perversion of "going to the gods." Shakespeare's "Throw physic to the dogs" and the Scriptural "Give not that which is holy unto the dogs" have been quoted in connection with the expression. But it seems a fairly obvious reference to the fate of the worn-out horse, condemned to be slaughtered. The old Greek curse "Go to the crows" may be compared, referring as it did to the Greek's horror of having his body left unburied as food for carrion birds.—London Spectator.

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