

Beef Tongue with Vegetables

1 fresh beef tongue, carrots, turnips, celery, onions, 1 cup canned tomatoes, salt, pepper, butter, flour

Boil fresh tongue 1 hour, then skin. Arrange all pared and cut vegetables on bottom of roaster or cooking pot. Season. Lay on tongue, together with stock to cover. Cook slowly 2 hours, covered. Remove tongue, thicken gravy and pour over. Save additional water or vegetable stock for soup.

Beef and Vegetable Stew

2½ lbs. chuck beef, 3 peeled onions, 3 small carrots, 3 white turnips, 3 stalks celery, 1 green pepper, 3 tbsp. flour, 3 tbsp. drippings, 3 cloves, 1 bayleaf, 2 tsp. salt, ½ tsp. pepper, 3 cups stock or water

Cut meat into convenient pieces and roll in seasoned flour. Sear in hot skillet, turning in drippings until evenly browned. Lay in casserole and cover with boiling stock. Add all vegetables which have been previously brought to boil together. Add spices and cover. Simmer moderate or slow oven for 2 hours. Serve with dumplings, or boiled macaroni, or mashed potato. Use beef round or hind shank of beef, or shoulder of mutton in single piece for variety.

Stuffed Beef and Sausage

2 lbs. round or flank steak, 1 lb. fresh winter sausage, flour, salt, pepper

STUFFING

2 tbsp. butter, 1 onion, minced; 1 cup crumbs, 1 cup boiling water, 1 tsp. salt, ¼ tsp. pepper, 1 tsp. poultry seasoning, ½ cup minced celery

Cut meat into convenient strips and dredge both sides in seasoned flour. Mix stuffing well. Place small portion of stuffing on each piece of meat and roll up and skewer. Separate sausage links and prick each one. Place sausages in bottom of greased casserole, cover with layer of beef rolls, and last sausage on top. Sprinkle top with flour and pour over a little boiling water and minced parsley. Cook moderate oven 1½ hours. Serve with hot spiced apple sauce. (Omit sausage and use potatoes, noodles, or macaroni in place, with stuffed beef rolls.)

Baked Veal, Raisin Sauce

2 lbs. veal steak, 2 cups fine cracker crumbs, 2 eggs, salt, pepper, 1 cup seedless raisins, 4 tbsp. shortening, 1 cup water, 2 tbsp. lemon juice

Trim meat, cut into even individual pieces. Roll each piece in crumbs, egg, and again in crumbs. Heat shortening in frying pan and lay in meat, turning pieces carefully until brown on both sides. Arrange meat in casserole. Add crumbs to water in frying pan, add lemon juice, and lay in raisins. Bring to scald. Pour all over veal. Cover, bake slow oven about 1 hr. Additional raisin sauce may be thickened with a spoon of cornstarch, and served as gravy in separate bowl.

Standby Emergency Veal Loaf

1½ lbs. lean veal, ¼ lb. fat salt pork, 1 egg, 1 egg yolk, 1 pimento, 3 tbsp. cracker crumbs, 1 tbsp. minced parsley, ½ tbsp. grated lemon peel, ½ tsp. powdered thyme, ¼ cup rich milk, 1 tsp. salt, 2 gratings nutmeg, ¼ tsp. pepper

Run meats through the meat chopper. Beat yolk and eggs until light. Mix all together and form into a loaf. Pack into brick pan. Place strips of bacon on top, and bake moderate oven about 2 hours, basting frequently. Serve hot, or cold with accompaniment of sliced tomatoes, cucumbers and sprays of cress, all moistened in mustard French dressing, to ripen.

Little Roast Pig

Suckling pig, butter, salt, pepper, cream, red apple, cranberries, potato croquettes, spiced apple sauce

Clean, truss and stuff pig. Make 3 gashes through skin on each side of backbone. Put on rack, brush with melted butter, sprinkle with seasonings. Pour around 2 cups boiling water. Cover and roast hot oven 3 hours, basting every 15 minutes. Remove cover half hour before serving and brush over with cream. Garnish with apple in mouth, cranberries in eyesockets, laurel over neck. Place croquettes and small portions of apple sauce around platter.

NUT POULTRY DRESSING

Poultry giblets, 1 loaf stale white bread, ½ tsp. salt, 1 onion, 2 tbsp. poultry seasoning, 2 cups walnut meats, chopped fine; 4 tbsp. melted butter

Cook giblets with onion and half bay leaf until tender. Chop fine. Remove crusts and crumb bread fine. Mix all materials, adding butter last. Stuff into poultry. (Do not use water in dressing, but use giblet stock for basting poultry.)

Pork Chops and Potatoes in Casserole

White potatoes, sliced; salt and pepper, flour, butter, 1 cup rich milk, 2 tbsp. tomato catsup, 6 loin pork chops

Lay layer of sliced potatoes in shallow greased casserole. Season, dredge with flour and dot with butter. Scald milk, add catsup, pour over potatoes. Lay chops on top. Place in hot oven for 15 min.; reduce heat, cook moderate oven until potatoes are tender, chops brown. (Thick mutton chops are good this way, using all tomato puree instead of milk.)

Casserole Rabbit Creole Style

2 rabbits, 3 pts. cold water, 1½ tsp. salt, salt, pepper, flour, ½ lb. bacon, sliced and diced; 1 onion, minced; 1 green pepper, minced; 3 tbsp. tomato catsup, 1 cup okra (may be omitted), 1½ tsp. salt, ¼ tsp. black pepper, 1 cup crumbs, 1 cup rich milk, parsley

Dress and clean rabbits and disjoint. Cover with water and salt for 3 hours. Drain, wipe, sprinkle with seasonings and roll in flour. Render bacon; lay rabbit in bacon fat and fry slowly until golden brown on all sides. Remove meat to casserole. Add minced pepper, onion, sliced okra, catsup, salt, pepper. Add milk to fat remaining in frying pan, with enough boiling water to make gravy. Pour over rabbit. Cover. Simmer moderate oven 1 hour. Sprinkle with minced parsley. This may have a top pie-crust added of either pastry or baking powder dough.

Smothered Turkey

1 young turkey hen, salt, pepper, flour, 1 cup cream, 3 tbsp. flour, 1½ cups turkey stock or bouillon, parsley, seasoning, bacon strips

Have turkey split down back, clean and wipe. Dust with flour and season. Arrange bacon strips across small baking pan. Lay on turkey, breast down. Pour over cream and cover tightly. Turn often and baste. Cook until tender. Add flour to fat remaining in pan, and add turkey gravy. Stir, season and add minced parsley. Pour around turkey on hot platter, laying bird breast up. (Use tomato soup in place of cream; follow with chickens, capon, etc.)

Nut Croquettes

2 cups hot riced potatoes, 3 tbsp. rich milk, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, 1 small onion, minced; $\frac{1}{2}$ cup chopped pecan nuts, 1 tsp. butter, 1 egg, fine breadcrumbs

Add salt, pepper, onion to the hot potatoes. Add milk and chopped nuts, and butter, melted. Mix all thoroughly. Shape into croquettes or rolls; cover with crumbs, roll in beaten egg, and then in crumbs. Fry in deep hot vegetable fat until golden brown. Serve with tomato or mushroom sauce. (This makes 10 croquettes.) Excellent meat substitute.

Ham Baked in Cider

1 large ham, 6 slices carrot, 6 slices onion, 2 stalks celery, 3 sprigs parsley, 1 tsp. whole cloves, 1 tsp. allspice berries, 1 tsp. peppercorns

Wash ham, soak at least 3 hours. Place with fresh water into kettle with above seasonings. Simmer until tender, but not lost shape. Remove skin. Cover with following paste: 1 cup stale crumbs, 1 cup sugar, and mustard mixed with vinegar to hold mixture together. Pour over 2 cups cider and bake slow oven, basting every 10 minutes.

Ham Casserole

Cooked macaroni, 1 cup finely minced cooked ham, $1\frac{1}{2}$ cups milk, 4 eggs, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, 1 tsp. mustard, $\frac{1}{2}$ tsp. onion juice

Cover bottom of shallow greased casserole with layer of cooked macaroni. Cover with layer of minced ham. Combine milk with slightly beaten eggs and seasonings. Bake moderate oven until firm. (Any cooked lamb, chicken or veal may replace the ham.)

Stuffed Meat Sandwich Loaf

$1\frac{1}{4}$ cups rich milk, $1\frac{1}{2}$ lbs. chopped round steak, $\frac{1}{2}$ lb. chopped lean pork, 1 cup crumbs, 1 beaten egg, 1 small onion, minced; 1 tsp. salt, $\frac{1}{8}$ tsp. pepper, 1 tsp. Worcestershire sauce

DRESSING

$\frac{3}{4}$ cup rich milk, 2 cups crumbs, 1 tbsp. minced parsley, 1 tbsp. minced green pepper, 2 stalks celery, minced; 3 tbsp. melted butter, salt and pepper

Mix all first ingredients together and pat into flat shape about inch thick. Make dressing by melting butter in small saucepan. Add other ingredients. Place dressing in small roll on top of meat. Fold meat up over it. Place additional butter on top. Baste frequently with hot water and melted butter. Bake moderate oven about 40 minutes. Serve hot with tomato or mushroom or brown sauce; or serve cold for sandwiches

Russian Meat Tarts

1 cup minced left-over meat or fish, 1 tbsp. butter, 1 tbsp. flour, salt, pepper, 1 cup rich milk, 1 egg yolk, beaten; sifted bread crumbs, pastry

Make a sauce of butter, flour and milk. Add meat or fish, season. Cut out rounds of pastry rolled thin (about 3 inches diameter); place spoon of mixture in center, fold over and wet edges. Press together. Dip in egg yolk, then in crumbs. Fry amber brown in deep fat.

Serve very hot.

Vary by using filling of seasoned cream cheese; mashed cooked asparagus, carrots, chopped cabbage; minced ham or tongue.

Spaghetti Baked With Fish

Boiled spaghetti (or macaroni), cooked leftover fish, grated cheese, white sauce

Use any fish, fresh or canned, picking over and flaking with fork. Have ready a greased shallow casserole. Lay in layer of boiled and drained spaghetti, then a layer of fish. Pour over hot white sauce and sprinkle with grated cheese. Repeat, having buttered crumbs and grated cheese as the top layer. Bake moderate oven until brown. Canned salmon is good; leftover cod, halibut, clams, are all satisfactory. Season sauce well.

Fish Chops

2 cups flaked fish, 3 tbsp. oil, 4 tbsp. flour, 1 cup milk or fish stock, 2 tsp. lemon juice, 1 tsp. onion juice, $\frac{1}{2}$ tsp. Worcestershire sauce

Put milk on to heat and make cream sauce of oil, flour and milk. Add hot milk or fish stock and stir until smooth. Add seasonings, salt and pepper. Stir in flaked fish and put aside until stiff and cold. Shape into chop shapes with bread crumbs. Place in oiled baking pan, sprinkle with oil and bake 10 minutes. Serve with tartare sauce.

Tuna Fish Pie With Biscuits

4 tbsp. butter, 1 slice onion, minced; 4 tbsp. flour, $\frac{3}{4}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, $1\frac{3}{4}$ cups boiling water, 2 chicken bouillon cubes, $\frac{1}{2}$ cup milk, 1 12-oz. can tuna fish, 1 cup celery, diced, 3 hard boiled eggs, baking powder biscuit

Make sauce of butter, flour, onion, seasonings, water, bouillon and milk. Stir until smooth and well-blended. Place sauce in greased shallow casserole. Combine picked fish, sliced eggs and celery (or potatoes) and lay in sauce. Cover with tiny baking powder biscuit. Bake hot oven for 20 minutes. (Any cooked fish may be substituted for tuna, or canned red salmon.)

Baked Fish au Gratin

6 small pan fish, lemon juice, salt, pepper, milk, crumbs, 2 tbsp. butter, 2 tbsp. flour, 1 cup boiling water, 1 bouillon cube, 1 tsp. anchovy paste, 1 tsp. lemon juice, $\frac{1}{4}$ tsp. salt, $\frac{1}{4}$ tsp. paprika, minced parsley, 1 tsp. Worcestershire sauce

Clean fish and cut slits in each side. Brush with lemon juice, salt and pepper and let stand 10 minutes. Dip in milk and roll in crumbs. Make sauce of all other ingredients and seasonings. Pour around fish, and bake 20 minutes moderate oven. Sprinkle with parsley and serve at once with fancy lemon garnish.

ASPARAGUS MAYONNAISE

1 bunch asparagus, $\frac{1}{2}$ cup mayonnaise, $\frac{1}{2}$ cup thick tomato sauce, 1 tsp. chopped chives

Cook asparagus and chill. Mix mayonnaise and tomato sauce and chives. Arrange asparagus on lettuce, and pour over sauce.

Cheese Salad Supreme

2 pkgs. lemon Jello, 3 cups boiling water, 1 tbsp. sugar, 1 tbsp. vinegar, 1 tbsp. lemon juice, $\frac{1}{2}$ lb. cream cheese, $\frac{1}{2}$ pt. whipped cream, 3 diced pimentos, $1\frac{1}{2}$ cups diced pineapple, lettuce leaves, mayonnaise

Pour boiling water over Jello and add lemon juice, vinegar, and sugar. Stir well. When cool, add cheese, whipped cream, pimentos and pineapple. Serve in ring mold. Unmold, on bed of lettuce, and fill cavity with mayonnaise. (Serve 15—excellent for bridge or summer refreshments—may also be served individually.)

Salad and Meat in Popover Shells

HOT POPOVERS

1 cup minced ham, 2 cups cottage cheese, 3 spring onions, minced; mayonnaise

POPOVERS

1 cup cooked peas, 1 cup diced stringbeans, 1 cup diced carrots, 1 cucumber, diced, grated raw onion, minced parsley, mayonnaise

Combine cheese, ham, onions, with cream to moisten, and sufficient mayonnaise to bind together. Serve in popovers split open, with radish and olive garnish.

Combine all cut vegetables with onion and parsley to flavor and mayonnaise to moisten. Arrange on split cold popovers, and garnish with small cheese balls, radish, or cress.

Winter Salad

2 cups diced apple, 1 cup diced heart celery, $\frac{1}{2}$ cup diced ripe olives, $\frac{1}{2}$ cup diced walnut meats, mayonnaise

Mix ingredients and serve on lettuce or in grapefruit cup with handle garnished with spray of holly and cherry in center of salad.

FROZEN BANANA SALAD

2 three-ounce cakes cream cheese or cottage cheese
1 teaspoon salt
 $\frac{1}{2}$ cup mayonnaise
Juice of one lemon
 $\frac{1}{2}$ cup crushed pineapple
2 medium-sized bananas
 $\frac{1}{2}$ cup walnut meats
 $\frac{1}{2}$ cup maraschino cherries in halves (may be omitted)
1 cup whipping cream
Crisp lettuce leaves

Mix cream cheese with salt, mayonnaise and lemon juice, then add pineapple, sliced bananas, nut meats and maraschino cherries. Fold in whipped cream and pour into refrigerator freezing tray. When frozen serve in slices on crisp lettuce leaves. Garnish with fresh fruit. Fresh whole strawberries are very attractive. Set cold control at freezing position.

Puffy Omelet

4 eggs
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ level teaspoon Rumford Baking Powder
 $\frac{1}{6}$ teaspoon paprika
4 tablespoons cold water
2 level tablespoons butter

Separate the whites from the yolks, add the Rumford Baking Powder to the whites and beat till stiff. Beat the yolks till thick. Blend the two, add the salt, paprika and water, then turn into an omelet pan in which the butter has been melted. Cook until the bottom and edges begin to set, then place in a moderate oven to finish cooking. Fold together, turn onto a hot platter. This Omelet made with Rumford is unusually light and fluffy, with a decided increase in volume.

Cheese Soufflé

3 level tablespoons flour
3 level tablespoons butter
3 eggs
1 cup milk
1 cup grated cheese
Salt and pepper to taste
 $\frac{1}{2}$ level teaspoon Rumford Baking Powder

Put the butter and flour together in a saucepan and stir till blended without browning. Add the milk, a little at a time, and stir till the mixture boils; then add the grated cheese, salt and pepper, and set aside to cool. Beat the eggs, yolks and whites separately; then add the yolks to the mixture in the saucepan and blend thoroughly. Then add the Rumford to the whites and beat them to a stiff froth. Fold the beaten whites into the mixture and turn the soufflé into a deep, well-greased dish. Bake in a moderate oven about 25 minutes, and serve at once.

This Cheese Soufflé is a very superior product, light and well puffed up, with a smooth texture.

Scrambled Eggs

For every portion of six eggs, use one level teaspoon of Rumford Baking Powder. Add the Rumford to the mixture just before cooking. When cooked the eggs will be lighter, more delicate and more tasty.

TUNA SOUFFLE

Make a thick white sauce, using 2 tablespoons butter, 3 tablespoons flour and $\frac{1}{4}$ cup milk. Add the beaten yolks of 3 eggs. Flake 1 tin Breast O'Chicken tuna and add to mixture. Allow to cool and fold in stiffly beaten whites of eggs. Place in buttered casserole and bake in hot oven for half an hour. Serve immediately.

TUNA COCKTAIL

1 tin Breast O'Chicken tuna
tomatoes
asparagus stalks
Thousand Island dressing
Shred the tuna with a fork and mix with dressing. Cut tomatoes into small sections. Line the cocktail glasses with stalks of asparagus and tomato sections alternately. Place tuna mixture in center.

CREAM OF CELERY SOUP

1 quart Qualitee Irradiated Vitamin-D milk
3 cups chopped celery
 $\frac{1}{2}$ bay leaf
1 tablespoon chopped onion
2 tablespoons Qualitee butter
2 tablespoons flour
salt
pepper
paprika

$\frac{1}{2}$ pint Qualitee Brown Label Cream
Cook celery, onion and bay-leaf in just enough water to cover, until celery is tender. Mash through a coarse sieve. Prepare white sauce with butter, flour and milk. Combine sauce and vegetable pulp. Season with salt and pepper, reheat, beat with egg beater, and top each serving with spoonful of whipped Brown Label Cream sprinkled with paprika.

VEAL CHOPS WITH FRUIT AND VEGETABLES

6 veal chops
6 medium size tomatoes
1 No. 2 can peas or left-overs
1 No. 2 can apricots

Butter the bottom of a shallow pan slightly. Cut the tomatoes in halves, dip in melted butter and bread crumbs and arrange in rows with cut side up. Next arrange the peas and apricots (cut side down). Season with salt and pepper, dot with butter. Place shallow pan with vegetables on bottom of roaster inset pan. Set broiler rack two inches from the heater. Lower assembled broiler unit into roaster over vegetables. Connect cord to wall outlet and heat 5 minutes. Place veal chops which have been seasoned, dotted with butter, on the slightly greased broiler rack. Turn chops at the end of 10 minutes, then broil 10 minutes longer.

GRILLED CHOPS AND FRUIT

Drain a can of pineapple spears well on paper toweling. Slice bananas lengthwise. Place the spear of pineapples between the two slices of banana, wrap with a strip of bacon and fasten with a toothpick. Put the chops, which have been brushed with melted butter on the broiler rack arranged two inches from the pre-heated broiling unit. Broil on one side 10 minutes, add the bacon rolls to the rack and broil 10 minutes, while the chops are browning on the other side. You may use lamb, veal or pork chops—all are equally good in this combination.

BAKED SWEET POTATOES

6 med. sweet potatoes
Cooking oil
Wash potatoes, but do not pare. Rub with oil to prevent skins from drying out. Place on oven rack or in a shallow pan. Bake with dinner.

TUNA FISH PIE

2 cups white sauce, medium thick
 $\frac{1}{4}$ teaspoon Worcestershire sauce
1 pimiento, cut fine
Large can tuna fish
Biscuit dough (2 cups flour)
Paprika or chopped parsley

Prepare white sauce of butter, flour, seasonings and milk. Add Worcestershire sauce,

pimiento and tuna fish. Place in large baking dish of roaster. Make regular biscuit dough and roll $\frac{1}{2}$ inch thick. Spread with melted butter and sprinkle with paprika or chopped parsley. Roll as for jelly roll, cut in $\frac{3}{4}$ inch slices. Arrange rolls, cut side down, on top of tuna fish. Bake 45 minutes at 400 degrees.

SCALLOPED EGGS WITH COTTAGE CHEESE

6 hardboiled Qualitee eggs
 $\frac{1}{2}$ cup Qualitee cottage cheese
1 cup white sauce
2 tablespoons chopped pimiento
 $\frac{1}{2}$ teaspoon minced onion
 $\frac{1}{2}$ teaspoon soda

Cut hard-boiled eggs into buttered casserole. Mix soda into cottage cheese and stir into white sauce. Add onion and pimiento. Pour over sliced eggs and cover with buttered crumbs. Bake in moderate oven until thoroughly hot and browned.

YORKSHIRE MEAT PIE

(For a one-dish meal)

- 1 cup GLOBE "A1" Pancake and Waffle Flour
- 2 eggs
- 1 cup milk
- 1/2 cup water
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/16 teaspoon thyme
- 1 pound lean beef
- 4 medium carrots, diced
- 6 medium onions, diced
- 2 tablespoons minced parsley
- 2 tablespoons GLOBE "A1" Oil

Cut beef into inch pieces; heat oil in frying pan and brown meat slightly. Turn into a casserole, sprinkle with parsley and place pieces of carrot between meat. Cover with onions. Mix water with remaining oil in frying pan, add seasonings and pour over mixture in casserole. Beat eggs, add milk, then stir in pancake flour, beating with wheel beater until smooth. Pour over meat and vegetables, and bake in a moderate oven (350 degrees) 1-1 1/2 hours, or until meat is tender. Serve with brown gravy or tomato sauce.

GRIDDLE CAKE BRUNCH

- 2 cups GLOBE "A1" Pancake and Waffle Flour
- 2 tablespoons GLOBE "A1" Oil
- 2 eggs
- 1 cup milk
- 1/2 cup water

Beat eggs, add oil, and beat thoroughly. Add the milk and water, then pancake flour, beating with a rotary beater until

batter is smooth. Bake large or small griddle cakes. While warm, spread half of each cake with filling, fold over, and place filled cakes in an oiled baking dish, having each cake overlapping the next one. Pour over a cheese sauce and place in oven (375 degrees) for 10 or 15 minutes.

Filling

- 1 cup cooked flaked codfish
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper
- 1/4 teaspoon onion salt
- 2 tablespoons GLOBE "A1" Flour
- 2 tablespoons butter
- 3/4 cup milk
- 1/4 teaspoon celery salt

Blend flour and butter, add milk slowly and bring to boiling point, add seasonings, then fish. Cook 3 minutes and use as filling.

Cheese Sauce

- 1 cup grated American cheese
- 1 teaspoon paprika
- 3 tablespoons GLOBE "A1" Flour
- 3 tablespoons butter
- 1 cup milk

Blend flour and butter, slowly add milk and bring to boiling, stirring constantly. Add paprika and cheese, stirring over low fire until cheese is melted. Pour over griddle cakes.

Casserole Tuna and Noodles

- 1 cup Knudsen Pimiento cream cheese
- 1 5-oz. package wide noodles
- 1 small can tuna fish
- 1 small can mushrooms
- 4 tablespoons chopped green pepper
- 3 hard boiled eggs
- 1 1/2 cups fresh milk
- 3 tablespoons butter
- 3 tablespoons flour
- salt and paprika

Make a white sauce by melting Knudsen's butter, adding flour and stirring to form a smooth paste; add Knudsen's Fresh Milk. Blend the cheese into the white sauce and allow to melt. Season. Cut in mushrooms; flake fish with fork. Combine with the other ingredients. Bake in a well battered casserole, in a moderate oven for 30 minutes.

SANDWICH LOAF

- 1 large loaf bread
- Butter
- 1 small can salmon
- 3 tablespoons chopped pickle
- 2 large tomatoes
- 1/2 green pepper, chopped
- 1 cup grated raw carrots
- 1/2 cup chopped celery
- Mayonnaise
- 3/4 pound cream cheese*
- 1 1/2 cups cream

Remove crusts from bread and cut into four slices, the long way of the loaf. Spread each slice with softened butter.

Drain and flake salmon. Combine with chopped pickle, moisten with mayonnaise, and spread on first slice.

Cover second slice of bread with sliced tomatoes, and season. Combine green pepper with mayonnaise, and spread over sliced tomatoes.

Combine grated carrots and chopped celery. Season with salt and pepper, moisten with mayonnaise, and spread on third slice of bread.

Put the four slices together, press into loaf shape, wrap tightly in wax paper, and chill in Servel Electrolux.

Spread top and sides with cream cheese softened with the cream. Keep in Servel Electrolux until ready to serve. Garnish with radish roses, parsley, carrot strips, stuffed olives, pimiento, etc., and cut into one inch thick slices.

*Or 5 packages cream cheese

TUNA COMBINATION SALAD

Shred 1 tin Breast O'Chicken tuna. Mix 2 tablespoons lemon juice, 1 teaspoon onion juice, 1/4 teaspoon salt, blend carefully into tuna and allow to stand. When ready to serve, add 1 cup finely chopped celery, 1 cup tiny peas, and 2 diced tomatoes and 1/2 cup chopped sweet peppers. Add salad dressing and mix. Arrange 4 stalks asparagus on nest of lettuce. Heap with salad mixture and top with mayonnaise. Garnish with olives.

"ROSE" SALAD

- 1 tin Breast O'Chicken tuna
- 6 medium tomatoes
- 2 1/2 cup chopped walnuts
- 3/2 cup chopped celery

Shred tuna with a fork. Add celery, nuts and juice of half a lemon. Moisten with mayonnaise to hold together. Peel tomatoes, place on crisp lettuce on salad plates. Cut tomato into six or eight "petals" (not all the way off) and bend down to make cavity. Fill with tuna salad mixture. Top with mayonnaise.

GOLDEN TUNA WITH EGG SAUCE

Mix 1 tin shredded Breast O'Chicken tuna with 2 cups fresh or left-over mashed potatoes. Add 1 well-beaten egg, 1/4 cup milk and seasonings to taste. Drop by tablespoons into deep hot fat and fry until crisp and golden. Drain on brown paper. Arrange on deep platter and serve at once with hot cream sauce to which 2 hard-boiled eggs and minced parsley have been added. Sprinkle with paprika.

BAKED STUFFED HAM RAISIN CRACKER DRESSING

- 1 slice ham 1 1/4 inches thick
- 2 cups cracker crumbs
- 1/2 cup raisins
- Honey or brown sugar
- 1 small can sliced pineapple

Have the butcher cut a pocket in ham slice for stuffing. Make a dressing of the cracker crumbs and raisins, using pineapple juice to bind together. Stuff ham and skewer. Place in a shallow baking dish, top with slices of pineapple and pour over it strained honey or brown sugar. Bake uncovered.

CASSEROLE OF PEAS AND MUSHROOMS

- 1 can peas
- 1 small can mushrooms
- Liquid from vegetables
- 2 tbs. flour
- 1/4 tsp. salt
- 3 tsp. butter
- 1/2 cup buttered crumbs

Mix the peas and mushrooms together and place in casserole. Melt the butter and add the flour to it. Then slowly add the vegetable liquids. Stir and cook until it thickens. Pour over peas and mushrooms. Cook uncovered. Before serving cover with buttered crumbs and brown slightly under the broiler.

The addition of Rumford in preparing the following foods will render them more nutritious due to the added calcium salts:

Hamburg Steak and Beef or Meat Loaf

One level teaspoon of Rumford Baking Powder per pound mixed with the chopped meat before cooking holds the meat together better, makes it lighter and improves the flavor.

Fish Cakes

One level teaspoon Rumford Baking Powder added to and thoroughly blended with the amount of mixture for 6 fish cakes makes them sweeter, lighter and creamier. It very noticeably improves the texture also.

Beef Stew

One level teaspoon Rumford Baking Powder added to $\frac{1}{2}$ cup flour for $2\frac{1}{2}$ pounds of beef makes a tender, juicy stew. The stew will tend to cook quicker and the vegetables in it will be tender.

Calves Liver

$\frac{3}{4}$ level teaspoon Rumford Baking Powder is added to $\frac{1}{2}$ cup of flour for about $1\frac{1}{2}$ pounds of calves liver. Dip the liver in the mixed flour and Rumford and fry. The liver will be unusually tender and delicate.

Broiled Fish

Sprinkle Rumford Baking Powder over fish when frying it. It will improve the flavor; will brown better and tend to cook quicker.

Dressings for Roast Chicken or Baked Fish

One level teaspoon of Rumford Baking Powder added to the bread dressing for Roast Chicken or Baked Fish makes it lighter. It improves its flavor and its appearance also.

Cottage Cheese

One level teaspoon of Rumford Baking Powder added to one pound of Cottage Cheese improves its flavor. It also helps to make it sweeter (less acid).

Cranberry Sauce

Prepare as usual in proportion of one quart of cranberries to 2 cups water. Cook till berries are tender. If preferred clear, rub through sieve to take out seeds and skins. Return to the fire adding to every quart of fruit 1 cup of sugar (instead of the usual 2 cups) and 1 level teaspoon of Rumford Baking Powder. Cook only till the sugar is dissolved. Chill before serving. This cranberry sauce will be sweet and fresh-flavored, with fine, clear color.

Note the great saving in sugar. Also consider the advantages in preparing fruit sauces with a minimum of sugar for invalids and children.

Stewed Prunes

Soak prunes overnight if possible. A little lemon peel, especially if they are sweet prunes, gives a pleasant tang. While stewing, add 2 level teaspoons of Rumford Baking Powder to every pound of prunes. This improves the flavor. And if the prunes are of the sour type, there will be no need for sugar if Rumford is used.

Tomato Bisque

6 fresh tomatoes or 1 can tomatoes	2 level tablespoons flour
1 small onion	1 level teaspoon Rumford Baking Powder
1 bay leaf	1 level teaspoon salt
2 cloves	$\frac{1}{4}$ level teaspoon pepper
1 sprig of parsley	1 level teaspoon sugar
2 level tablespoons butter	2 cups milk
$1\frac{1}{2}$ cups water if fresh tomatoes are used	

Peel tomatoes, cut in slices, simmer with chopped onion bay leaf, cloves, parsley and water for 10-12 minutes. Make a cream sauce by melting butter, adding flour, salt, Rumford Baking Powder and sugar: gradually add, stirring constantly so there are no lumps. Combine

CAKES

PUDDINGS

QUICK BREADS

COOKIES

PIES

ETC.

WAFFLES

A standard recipe

2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
3 eggs
1¼ cups milk
4 tablespoons melted shortening

Sift flour; measure; and sift again with baking powder and salt. Beat egg yolks; add milk and melted shortening; mix well; combine with flour mixture; and beat until smooth. Fold in stiffly beaten egg whites. Bake in hot waffle iron about 4 minutes, or until golden brown. Makes 6 waffles.

VARIATIONS

WHOLE-WHEAT WAFFLES: Substitute whole-wheat flour for all-purpose flour. Measure flour; mix with baking powder and salt. Increase milk to 1½ cups.

CORN MEAL WAFFLES: Substitute 1 cup yellow corn meal for ½ cup of the flour; add 2 tablespoons sugar; and increase milk to 1½ cups.

CHEESE WAFFLES: Add 1 cup grated American cheese to batter before folding in egg whites.

CHOCOLATE WAFFLES: Sift 4 tablespoons ground chocolate or cocoa with dry ingredients.

GRIDDLECAKES

A standard recipe

2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
2 eggs
1½ cups milk
2 tablespoons melted shortening

Sift flour; measure; and sift again with baking powder, salt, and sugar. Beat eggs; add milk; and then add shortening. Combine with flour mixture; beat with rotary beater only until smooth. Drop by tablespoonfuls on hot, slightly greased griddle. Turn cakes when bubbles break; bake until golden brown. Makes 10 to 12 4-inch griddlecakes.

VARIATIONS

BUTTERMILK GRIDDLECAKES: Substitute 2 cups buttermilk for 1½ cups sweet milk. Add 1 teaspoon soda; omit baking powder.

BUCKWHEAT GRIDDLECAKES: Substitute 1¼ cups buckwheat flour for 1¼ cups of the white; substitute sour milk for sweet. Add ¾ teaspoon soda; omit 1 teaspoon of the baking powder; and increase salt to 1¼ teaspoons.

WHOLE-WHEAT GRIDDLECAKES: Substitute half or all whole wheat flour for white; measure; and combine with other ingredients.

MUFFINS

Standard recipe

2 cups all-purpose flour
3 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
1 or 2 eggs
1 cup milk
4 tablespoons melted shortening

Sift flour; measure; and sift again with baking powder, salt, and sugar. Beat egg (or eggs); add milk and shortening; combine with flour mixture; and mix just enough to moisten all flour. Bake in well greased muffin pans in hot oven (425° F.) 25 minutes, or until done. Makes 12 medium-size muffins.

VARIATIONS

GRAHAM MUFFINS: Substitute 1 cup

graham flour for 1 cup of the white flour.
WHOLE-WHEAT MUFFINS: Substitute 1 cup whole-wheat flour for 1 cup of the white. Measure whole-wheat flour; combine with sifted white flour, baking powder, salt and sugar.

RYE MUFFINS: Substitute 1 cup rye flour for 1 cup of the white. Measure; combine with sifted white flour, baking powder, salt, and sugar.

CORN MEAL MUFFINS: Substitute ¾ cup corn meal flour for ¾ cup of the white.

POPOVERS

These will pop

1 cup all-purpose flour
¼ teaspoon salt
2 eggs
1 cup milk

Sift flour; measure; and sift again with salt. Combine unbeaten eggs and milk; sift flour mixture lightly over the milk; and beat with rotary beater until the batter is free from lumps. Half fill ungreased deep, heavy glass, porcelain, or pottery custard cups, or deep cast-iron muffin pans. Place in unheated oven; set regulator at hot oven (450° F.); start oven; bake 30 minutes; then reduce to moderate oven (350° F.); and continue baking 15 minutes, or until brown. Remove from pans; with sharp knife make small slit about 1 inch long on side of each popover just

under the crust to allow steam to escape. Makes 8 large popovers.

VARIATIONS

GRAHAM POPOVERS: Substitute ¾ cup graham flour for ¾ cup of the white. Measure flour; combine with other dry ingredients.

POTATO PANCAKES

An old German recipe

1 egg
1 cup grated raw potatoes
1 teaspoon grated onion
¼ teaspoon salt
½ teaspoon pepper
2 tablespoons flour

Beat egg; add to potatoes with onion, salt, pepper, and flour. Drop by tablespoonfuls on hot griddle with generous amount of shortening; fry until golden brown on both sides, turning once. Serve as meat accompaniment or as pancakes with melted butter and maple syrup. Makes 8 cakes 2 inches in diameter.

GINGERBREAD WAFFLES

Serve as dessert

2 cups all-purpose flour
1½ teaspoons soda
½ teaspoon salt
2 teaspoons ginger
1 egg
1 cup molasses
½ cup sour milk
½ cup melted shortening

Sift flour; measure; and sift again with soda, salt, and ginger. Beat egg; add molasses, sour milk, and melted shortening; combine with flour mixture; and beat until smooth. Bake in hot waffle iron about 3 minutes. Serve with whipped cream. Makes 6 waffles.

RICE WAFFLES

Serve with crisp bacon

1¼ cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
¾ cup cold cooked rice
2 eggs
1½ cups milk
4 tablespoons melted shortening

Sift flour; measure; and sift again with baking powder, salt, and sugar. Add rice; blend in with fork. Beat egg yolks; add milk and melted shortening; and combine with flour mixture. Mix until smooth; fold in beaten egg whites. Bake in hot waffle iron 3 to 4 minutes. Serve with melted butter and syrup. Makes 6 waffles.

Soft Ginger Cookies

3 to 4 cups flour
½ teaspoon salt
¼ teaspoon cinnamon
1 tablespoon ginger
¼ teaspoon nutmeg
½ cup shortening
¼ cup sugar
1 egg
1 cup Brer Rabbit Molasses*
1 tablespoon vinegar
2 teaspoons soda
½ cup boiling water

Sift 3 cups of the flour with salt and spices. Cream shortening and sugar. Add egg. Beat all together until light. Add molasses and vinegar, then sifted dry ingredients. Lastly, add soda dissolved in boiling water. If necessary, add more flour to make a soft dough. Drop by teaspoonful on greased cookie sheet. Sprinkle with sugar. Bake 8 to 10 minutes in moderate oven (350° F.). Makes about 50 plump, spongy cookies.

Molasses Taffy

2 cups Brer Rabbit Molasses*
1 cup sugar
2 tablespoons butter
1 tablespoon vinegar
Flavor if desired

Place ingredients in a granite kettle and boil to 260° F. or until a little of the mixture dropped in cold water becomes brittle. Pour into a buttered pan. When cool enough to handle, pull until a light color and hard. Butter the hands before pulling.

Apple Pudding

1½ cups flour
1 teaspoon cinnamon
½ teaspoon cloves
¼ teaspoon salt
A few gratings of nutmeg
1 teaspoon soda
1 cup Brer Rabbit Molasses*
2 cups chopped apples

Sift all dry ingredients except soda. Dissolve soda in molasses and add to flour mixture. Stir well. Stir in chopped apples and pour into buttered pan. Bake 35 to 45 minutes in moderate oven (350° F.) and serve with whipped cream or Hard Sauce. 8 to 10 servings.

New Orleans Pralines

1 cup brown sugar
¼ cup Brer Rabbit Molasses*
1 cup cream
2 tablespoons butter
½ teaspoon vanilla
2 cups pecan nutmeats

Boil the first four ingredients, stirring constantly, until when tried in cold water a soft ball is formed. Add vanilla, pour over the nuts and stir until it begins to sugar. Drop from tip of spoon in small piles on buttered pans.

Southern Spicy Gingerbread



2 eggs
¾ cup brown sugar
¼ cup Brer Rabbit Molasses*
¼ cup melted shortening
2½ cups flour
2 teaspoons baking powder
1 cup boiling water
2 teaspoons ginger
1½ teaspoons cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
¼ teaspoon baking soda
½ teaspoon salt

Add beaten eggs to the sugar, molasses and melted shortening; then add the dry ingredients which have been mixed and sifted, and lastly the hot water. Bake in small individual pans or in a greased pan in moderate oven (350° F.) 30 to 40 minutes. This recipe makes a light fluffy gingerbread that becomes a party dessert when topped with whipped cream.

New Ways to Serve Gingerbread

With ice cream—Split squares and place ice cream between layers.

With apple butter and cream cheese—Split squares and spread bottom layers with apple butter. Replace top layers and spread with soft cream cheese.

PEACH OR PINEAPPLE UPSIDE DOWN CAKE

Using Del Monte Canned Fruit

1 cup brown sugar.

3 tablespoons shortening.

Simmer shortening and brown sugar in heavy frying pan until melted. Remove pan and arrange 7 small or 5 large slices of pineapple with a red cherry or diced peaches in the center of each. Pour over it the following mixture:

3 eggs.

6 tablespoons pineapple juice.

1 cup granulated sugar.

1½ cups flour.

1 teaspoon baking powder.

Beat egg yolks with pineapple juice or peach juice, add sugar and beat until well dissolved. Sift and measure flour, sift again with baking powder. Fold in stiffly beaten egg whites. Bake in a cool oven (300 deg. F.) for 1 hour. Invert on a level tray and serve, warm or cold, with whipped cream. Any other fruit and fruit juice may be substituted.

Note: Ginger Bread Upside Down Cake may be made, using a

Ginger Bread recipe (see recipe) instead of the cake recipe given above. The shortening, brown sugar and pineapple would be prepared in the pan as in the regular Pineapple Upside Down Cake.

GINGER BREAD

Made with sour milk

¼ cup shortening.

½ cup sugar.

1 egg.

½ cup sour milk.

½ cup molasses.

¼ teaspoon salt.

2 cups flour.

1 teaspoon soda.

1 teaspoon cinnamon.

2 teaspoons ginger.

Cream shortening; add sugar gradually; add slightly beaten eggs. Sift and measure flour; sift again with soda and spices. Add a small amount to the creamed sugar and shortening. Finish combining by adding liquid and dry ingredients alternately. Stir until smooth and pour into greased shallow pan or muffin tins. Bake in hot oven (400 degrees F.) for 20 minutes.

Brown-Sugar Frosting

ONE teaspoonful of vinegar, brown sugar enough to mix; add the beaten white of half an egg, beat all well together and add more sugar until stiff enough to spread. It is very white, and never cracks.

MRS. K. F. T., Boise, Idaho.

3 Cranberries are better than holly berries—and more useful than mistletoe. Try combining a cup of cranberry sauce with tapioca (boil one fourth cup of the quick-cooking kind and cool). Add a little grated orange rind, two tablespoons of orange juice and one cup of cream—whipped. Fold together. Serve as you do sherbet. It's a knockout. I mean it's elegant!

4 Hot gingerbread covered with whipped cream is an inspired dessert. But—chop up some drained canned peaches, fold them into the cream, flavor with almond extract and count on second helpings. Have the gingerbread hot—and it's a cinch to make from a "mix," in a minute.

DIXIE WAFFLES

A southern idea of perfect waffles. The added corn meal gives a distinctive flavor that you'll like.

1 cup Sperry Pancake and Waffle Flour

1 cup Sperry Yellow Corn Meal

1 tablespoon sugar

1½ cups milk

2 eggs, separated

2 tablespoons melted butter

Mix flour, corn meal and sugar together, and stir in milk to which beaten egg yolks have been added, to make smooth batter. Add melted butter and fold in egg whites which have been beaten until stiff. Bake in medium hot waffle iron. 6 waffles.

PORK SAUSAGE ROLL-UP

Sperry pancakes wrapped around golden-brown sausages and served with a hot maple syrup sauce.

2 cups Sperry Pancake and Waffle Flour

1½ cups milk

1 egg

2 tablespoons melted butter

15 medium sized link pork sausages (2 lbs.)

Mix and bake pancakes according to directions on package. Fry sausage until tender and golden brown. Roll a sausage in each pancake and serve with Maple Glaze. 15 sausage rolls.

Maple Glaze

1 cup maple syrup 1 tablespoon butter

2 tablespoons cream

Boil all ingredients together without stirring, until thick, about 5 minutes.

QUICK BANANA FRITTERS

Add these to your list of emergency desserts. They're delicious and easy to make.

4 large bananas 1 egg, slightly beaten

Lemon juice ½ cup milk

1 cup Sperry Pancake and Waffle Flour

Peel bananas, cut in thirds crosswise, and sprinkle with lemon juice and let stand while preparing fritter batter. To Pancake and Waffle Flour add milk and egg, and beat well. Dip each piece of fruit in batter, and fry in deep fat, 360° (or when an inch cube of bread browns in 60 seconds) until a golden brown. Keep warm until serving time. Serve with sweetened whipped cream, sprinkled with nutmeg. 6 servings.

10 Crullers were called "matrimony" or "love knots." They are rolled in sugar and dusted with nutmeg. Eaten with coffee.

APRICOT MERINGUE PUDDING

A flavorful apricot custard topped with fluffy golden meringue

¼ cup shortening

½ cup granulated sugar

2 eggs, separated

1 cup Sperry Pancake and Waffle Flour

½ cup milk

½ teaspoon vanilla

2 cups canned or fresh apricots

¼ cup granulated sugar—for fruit

1 tablespoon lemon juice

¼ cup apricot syrup or water

¼ cup powdered sugar—for meringue

Cream shortening and sugar; add well beaten egg yolks beating until creamy. Sift Pancake and Waffle Flour, measure and add to creamed mixture alternately with milk to which vanilla has been added. Fill bottom of an 8-inch buttered casserole with apricots. Add granulated sugar and fruit juices. Pour batter over peaches and bake in a moderate oven, 350°, for 40 minutes. Remove from oven. Cover with meringue made by beating the egg whites until stiff and slowly adding powdered sugar. Bake meringue until golden brown in slow oven, 300°, for 20 minutes. 6 servings.

PEACH CASSEROLE

A fruit dessert served hot . . . just right for dinner on a cool evening. And it's quickly made with Sperry Pancake and Waffle Flour

Fruit Layer

2 tablespoons Drifted Snow "Home-Perfected" Flour

1 tablespoon sugar

⅛ teaspoon salt

½ cup canned peach syrup

1 teaspoon lemon juice

2 cups sliced canned peaches, well drained

Mix flour, sugar and salt. Add peach and lemon juice and beat until smooth. Blend with peaches and pour into buttered baking dish. Cover with cobbler batter and bake 40 minutes in a moderate oven, 350°. Serve hot. 8 servings.

Batter

⅓ cup sugar

1 cup Sperry Pancake and Waffle Flour

1 egg, slightly beaten

½ cup milk

2 tablespoons melted butter

¼ teaspoon vanilla

Mix sugar with flour and add egg and milk, beating until smooth. Blend in butter and vanilla and pour over peach mixture.

15 Lemon juice in banana fritters, banana fruit cup, baked bananas and bananas on the half shell is as called for as a button on an apron. Bananas just love lemons.

TO BAKE

Peeled: Peel bananas. Arrange in a shallow buttered baking pan. Brush with melted butter and sprinkle with salt. Bake in a moderate oven (375° F.) 12 to 18 minutes, or until bananas are tender . . . easily pierced with a fork. Serve whole or cut crosswise into halves or quarters. Serve very hot.

Unpeeled: Cut off both ends of each banana. Use a sharp knife to make a lengthwise slit through the peel. Bake in a moderate oven (375° F.) 15 to 20 minutes, or until skins are dark and bananas tender. Separate peel. Season with butter and salt, if desired. Serve very hot.

TO BROIL

Peel bananas. Arrange on broiler rack or in pan. Brush with melted butter and sprinkle with salt. Broil 6 to 10 minutes, or until bananas are brown and tender . . . easily pierced with a fork. Serve whole or cut crosswise into halves or quarters. Serve very hot.

TO FRY

Pan Frying (Sautéing): Peel bananas. Cut into quarters or lengthwise halves. Heat 1 or 2 tablespoons butter in frying pan. Fry bananas until tender, turning to brown evenly. Sprinkle with salt, if desired. Serve very hot.

Shallow Frying: For shallow frying, have 1 inch of melted fat or oil in frying pan.

Deep-fat Frying: For deep-fat frying, have deep kettle $\frac{1}{2}$ to $\frac{3}{4}$ full of melted fat. Heat fat to 375° F. or until a 1-inch cube of bread will brown in 40 seconds. Peel bananas. Cut into halves, quarters, or 1-inch thick pieces. Or prepare Banana Scallops, using recipe on inside of folder.

Shallow fry or deep-fat fry in hot fat 1 to 3 minutes, or until brown and tender. Drain on unglazed paper. Sprinkle with salt, if desired. Serve very hot.

1³/₄ cups sifted flour
 3/4 teaspoon soda
 1¹/₄ teaspoons cream of tartar
 1/2 teaspoon salt

1/3 cup shortening
 2/3 cup sugar
 2 eggs, well beaten
 1 cup mashed ripe bananas (2 to 3)

Sift together flour, soda, cream of tartar and salt. Beat shortening until creamy. Add sugar gradually, beating until light and fluffy. Add eggs and beat well. Add flour mixture alternately with bananas, a small amount at a time, beating after each addition until smooth. Turn into a well-greased loaf pan (8¹/₂x4¹/₂x3 inches) and bake in a moderate oven (350° F.) about 1 hour 10 minutes, or until bread is done. Makes 1 loaf.

VARIATIONS OF BANANA TEA BREAD

BANANA RAISIN BREAD—Add 1 cup seedless raisins to flour mixture.

BANANA NUT BREAD—Add 1/2 cup coarsely broken nut meats to flour mixture.

BANANA DATE BREAD—Add 1 cup finely chopped dates to flour mixture.

SLICED BANANAS WITH CUSTARD SAUCE

Delicious, Inexpensive . . . Whole Family Dessert

4 teaspoons flour
 4 tablespoons sugar
 1/4 teaspoon salt

2 egg yolks
 2 cups milk
 1 teaspoon vanilla

4 ripe bananas

Mix flour, sugar and salt in top of a double boiler. Add egg yolk and blend. Add milk and cook over boiling water until thickened, stirring constantly. Add vanilla. Chill. Just before serving, peel and slice bananas into serving dishes and pour sauce over each. Four generous servings, allowing 1 banana and 1/2 cup sauce for each serving.

1 fully ripe banana

1 cup cold milk

Slice banana into a bowl and beat with rotary egg beater or electric mixer until creamy . . . or press banana through medium mesh wire strainer with a spoon. Add milk and mix thoroughly. Serve COLD. Makes 1 large or 2 medium-sized drinks.

BANANA LAYER CAKE

Delicate, Moist Cake . . . Creamy Mellow Frosting

2¹/₄ cups sifted cake flour
 2¹/₂ teaspoons baking powder
 1/2 teaspoon soda
 1/2 teaspoon salt
 1/2 cup shortening

1 cup sugar
 2 eggs
 1 teaspoon vanilla
 1 cup mashed ripe bananas
 (2 to 3)

1/4 cup sour milk or buttermilk

Sift together flour, baking powder, soda and salt. Beat shortening until creamy. Add sugar gradually, beating until light and fluffy. Add eggs, one at a time, beating after each addition until fluffy. Stir in vanilla. Add flour mixture alternately with combined bananas and milk, a small amount at a time, beating after each addition until smooth. Turn into 2 greased 9-inch layer pans and bake in a moderate oven (375° F.) 25 to 30 minutes. Frost with Banana Butter Frosting.

BANANA BUTTER FROSTING

1/2 cup mashed ripe bananas (1 large)
 1/2 teaspoon lemon juice

1/4 cup butter

3¹/₂ cups sifted confectioners' sugar

Mix together bananas and lemon juice. Beat butter until creamy. Add sugar and bananas alternately, a small amount at a time, beating until frosting is light and fluffy. Makes frosting for one 9-inch layer cake.

TO MASH BANANAS

Slice bananas into a bowl. Beat with a fork, rotary egg beater or electric mixer until creamy. *Note*—Mashed bananas discolor quickly so prepare them just before using.

ALL MEASUREMENTS USED IN THESE RECIPES ARE LEVEL

Here's the recipe for my

Sponge Drops

- 3 eggs
- 1/2 cup sugar
- 1 tbsp. cold water
- 1/2 tsp. lemon flavoring (or vanilla)
- 1/2 tsp. grated lemon-rind
- 1/2 cup GOLD MEDAL "Kitchen-tested" Flour
- 1/4 tsp. cream of tartar
- 1/8 tsp. salt

BEAT THE EGG YOLKS very hard with a rotary beater until thick and lemon-colored (about 2 minutes). Then beat in sugar gradually. Beat in the water, flavoring, and lemon rind. Sift the flour once before measuring, and beat it into the egg-yolk mixture.

Beat the egg whites until frothy; add cream of tartar and salt, and beat until the egg whites are stiff enough to hold a point. Gently fold this into the egg-yolk mixture.

Then drop, by spoonfuls, onto ungreased wrapping paper placed on a baking sheet. The drops should be 1 1/2 to 2 1/2 inches in diameter, before baking. (Push the batter off from tip of spoon so it will stand up as thick as possible — it should be about 1/4 inch high at center of drops.)

Bake as soon as batter is dropped onto paper. When done, remove immediately from paper by running a spatula under each drop.

Bake for 12 to 15 minutes, at 375° F. (a quick, moderate oven). Above recipe makes 6 dozen (2 inch) drops.

TO SERVE AS OLD-FASHIONED SPONGE DROPS, the drops should be 2 to 2 1/2 inches in diameter. Sprinkle with confectioners' sugar immediately upon removing from oven. . . . To serve as Tea Cakes, they should be 1 1/2 inches in diameter. . . .

FRUITED AFTERNOON TEA CAKES may be made (from the Sponge Drops) as follows: Use 2 drops for each cake. Place flat surfaces together with icing between. Swirl some icing on top, and press a whole strawberry into it

(leave the strawberry hull on). Or use ripe cherries, big green grapes, raspberries, blackberries. Icing can be tinted and flavored to complement the fruit used — for example, strawberry flavoring and pink color with strawberries; raspberry flavoring or rose water and red coloring with raspberries; lemon flavoring with blackberries; orange flower water with grapes; almond flavoring with cherries. Whole nuts may be used instead of the fruit. The icing, then, should be chocolate.

Icing for Fruited Afternoon Tea Cakes

Cream 4 tbsp. butter, gradually blending in 3 cups of confectioners' sugar. And dilute the mixture with 4 to 5 tbsp. of cream. Continue beating until mixture is smooth and glossy. Divide the icing according to the number of different colors and flavors of icing desired. Blend a little vegetable coloring, and a few drops of the desired flavoring, into each part of the icing. *This will make icing for 3 dozen Afternoon Tea Cakes.* For Chocolate Icing add 1/2 square (1/2 oz.) of bitter chocolate — melted — or 1 tbsp. of cocoa — and 1/2 to 1 tbsp. more cream to 1/4 of the white icing you make.

Afternoon Tea Menu

Flower Sandwiches
Bonbons
Tea

Fruited Afternoon Tea Cakes
Salted Nuts
Iced Fruit Drink

Flower Sandwiches

(Here's something gay to make your afternoon tea a bit different)
Cut thin (1/4 inch) slices of bread in flower-like shapes with scalloped edges to give a petal-like effect. Decorate to resemble flowers: *Daisies:* Spread lightly with butter and cream cheese. Arrange halves of blanched almonds like petals of a daisy — radiating from a center of hard-cooked egg-yolk (put through a sieve). *Roses:* Spread edges lightly with mayonnaise and dip in finely minced parsley or watercress. Sprinkle chopped radishes over the lightly buttered tops. *Buttercups:* Spread lightly with butter. Place clusters of yellow hard-cooked egg in center. Surround with chopped watercress.

Try my aristocratic Duchess Spice Cake

An exceptionally interesting and rich-tasting spice-cake . . . deliciously moist. Many women call it their "favorite spice cake". The thick layer of creamy white icing between the layers of fruits and nuts in the center gives it an almost regal finish.

- 1/2 cup shortening
- 1 1/2 cups brown sugar
- 2 eggs
- 1 cup thick sour milk and sour cream mixed
- 1 1/4 cups GOLD MEDAL "Kitchen-tested" Flour
- 1 tsp. soda
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. cloves
- 1/4 tsp. salt
- 1 cup large seeded raisins (each raisin cut in two)
- 1/2 cup broken nut meats

CREAM THE SHORTENING and add sugar gradually, creaming thoroughly. Add well-beaten eggs. Then sift flour once before measuring. . . . Sift the flour, soda, salt and spices all together and add to the creamed mixture — alternately with the sour milk.

Add raisins and nuts with the last addition of the flour. . . . Now pour into well-greased-and-floured pans (or well-greased pans lined with wrapping paper) and bake.

Bake for 30 minutes for layers; 25 minutes for cup cakes; 45 to 50 minutes for loaf cake. Temperature, 350° F. (moderate oven). Size of pans: for layer cake, two 8-inch square pans; for cup cakes, 24 medium-sized muffin cups; for small loaf cake, one 6x10-inch pan. (For a larger cake, to fill an 8x12 inch pan or two 9-inch square pans, increase recipe by taking one-half more of each ingredient. Use same temperature, but bake longer.)

Note: Most of the fruit and nuts will sink to bottom of this cake, except when baked as cup cakes.

White Butter Icing

Use 3 cups of confectioners' sugar, 6 tbsp. butter, 3 tbsp. milk, 1/2 tsp. vanilla. . . . Cream the butter, and add sugar gradually, continuing the creaming while adding the milk to gradually moisten it. . . . Then beat till smooth and fluffy. Add the flavoring. . . . Then spread thickly between the cooled layers of the Duchess Spice Cake (placing the bottom of each of the two layers together so that there will be a layer of fruit and nuts next to the icing). Part of the icing may be spread over the top.

From a favorite recipe of one of the country's foremost actresses

These Grand Oatmeal Cookies!

Delicious in flavor, made distinctive by a blend of cinnamon, molasses, rolled oats, nuts and fruit. Very popular with the children. Fine for summer because of the ease of making them and their suitability for picnics, lemonade parties, etc.

1 1/4 cups sugar	1 tsp. baking powder
1/2 cup shortening, melted	1 tsp. soda
2 eggs	1/2 tsp. salt
6 tbsp. mild molasses	2 cups rolled oats
1 3/4 cups GOLD MEDAL "Kitchen-tested" Flour	1/2 cup chopped nuts
1 tsp. cinnamon	1 cup seeded raisins or chopped dates

MIX THE SUGAR and melted shortening together. Add the well-beaten eggs and molasses. Sift the flour once before measuring. Then sift flour, cinnamon, baking powder, soda, and salt all together, and add the rolled oats, the nuts and the fruit. . . . Combine the flour mixture with the molasses mixture and *blend thoroughly*. Drop small spoonfuls a little apart on a greased cookie sheet and bake. . . . *Bake 15 minutes, at 350° F. (moderate oven). Makes 6 dozen medium-size cookies. Note: These cookies are round and flat when baked.*

Storing Cookies

To keep cookies soft, place them (when cooled) in a jar with a tight cover. A slice or two of orange, lemon, or apple in the jar helps to keep cookies moist. To keep cookies hard or crisp, place them in a can with a loose cover.

These recipes guaranteed to give finest results only when used with GOLD MEDAL "Kitchen-tested" Flour. This flour has been pre-tested in our home ovens. Write me for any recipes you would like. These recipes are all adapted to this flour.

Betty Crocker

Minneapolis, Minn.

My "Pineapple Coffee Cake."

Crushed pineapple, honey, butter blended together to give an unusual and marvelous-tasting "finish" to this quick coffee cake. . . . With broiled ham or crisp bacon it offers something festive for breakfast. Makes breakfast an "occasion".



2 cups GOLD MEDAL "Kitchen-tested" Flour	1 egg
4 tsp. baking powder	2/3 cup milk
1/2 tsp. salt	2 tbsp. butter
2 tbsp. sugar	2 tbsp. honey
3 tbsp. shortening	1/2 cup crushed pineapple

SIFT THE FLOUR ONCE before measuring. Sift the flour, baking powder, salt and sugar all together. Then cut in the shortening with a pastry blender, or two knives, until finely blended. . . . Blend in a well-beaten egg — mixed with the milk. Pour out into a well-greased baking pan. Soften the butter, add the honey and well-drained crushed pineapple, and mix well. Spread the pineapple mixture over the dough. *Bake 30 minutes at 400° F. (moderately hot oven). Use an 8-inch square pan.*

"Kitchen-tested" is a registered trade-mark of General Mills, Inc.

Lemon Pie Filling

2 egg yolks	1 cup boiling water
1/3 cup sugar	Grated rind of one and juice of two lemons
3 level tablespoons flour	Pinch of salt
1 level tablespoon butter	1/2 level teaspoon Rumford Baking Powder

Beat the yolks of the eggs, add the sugar, salt and flour, then the Rumford Baking Powder, and pour the boiling water over them, stirring constantly. Add the lemon juice and rind, and the butter, and cook in double boiler until thick. Turn into previously baked crust, and finish with meringue or as desired.

This lemon pie filling is superior in every way in consistency and flavor.

Note that only 1/3 cup of sugar is used with rind of one and juice of two lemons. This is a real economy in the most expensive ingredient, sugar.

English Cream Filling

2 cups milk	6 level tablespoons corn starch
2/3 cup sugar	1 level tablespoon butter
	1 teaspoon vanilla
	1/4 to 1/2 level teaspoon Rumford Baking Powder

Scald the milk, mix the sugar and corn starch well together, then pour the scalded milk over them, stirring constantly. Return to the saucepan and cook in double boiler for three minutes. Add the butter, then the Rumford Baking Powder. When cool beat in the vanilla. This makes a firm flavory cream for sponge layer cakes or Cream Puffs.

White Mountain Cream Filling

White of one egg	1 tablespoon water
2/3 cup sugar	1 teaspoon Vanilla
	1/2 level teaspoon Rumford Baking Powder

Beat the white of egg till stiff, add sugar slowly, continue the beating; then add the water, flavoring and Rumford Powder. Turn the mixture into the upper part of a boiler, having plenty of boiling water in the

Beat till the filling is quite warm to the touch; then stand the pan in cold water and continue beating till cold. Pile between and on top of the layers of cake. This is a creamy filling, smooth and light, a delicious improvement over the usual white filling.

Cooked Icing

Whites of 3 eggs 1 pound granulated sugar
1 teaspoon vanilla
1 level teaspoon Rumford Baking Powder

*Cru
usu
Wi
br* Beat the whites of eggs to a stiff froth, gradually whipping the sugar into them. Turn the mixture into the upper part of a double boiler, having cold water in lower vessel. Continue beating till water boils; remove from the fire, add the Rumford Baking Powder, cool quickly, beat in the vanilla, then spread on cake. This makes an icing that is light, yet sets beautifully.

Chocolate Frosting

2 squares chocolate 1 cup confectioner's sugar
 $\frac{1}{4}$ cup boiling water
1 level teaspoon butter $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{4}$ to $\frac{1}{2}$ level teaspoon Rumford Baking Powder

Melt the chocolate in a double boiler; add the butter and water and stir thoroughly together. Add the Rumford and cook the mixture. Add the vanilla and enough of the sugar to make a consistency that spreads easily. This frosting is very creamy, easy to spread, but sets faster and firmer than ordinary recipes. Also it keeps better.

Chocolate Fudge

2 cups sugar $\frac{3}{4}$ cup milk
2 level tablespoons butter 1 square chocolate
2 level teaspoons Rumford Baking Powder

*crushed
mixture ov
erately hot over* Cook all (except the Rumford) together, till a little dropped in cold water forms a soft ball. Remove from fire and allow to cool slightly. Then add the Rumford and beat well till almost cold. Pour into buttered pans. When it begins to set, cut into squares.

"Kitchen-tested" is a registered trademark.

New RECIPES FOR Good Candy

KNOX DAINTIES

- 4 envelopes Knox Sparkling Gelatine
- 1 cup cold water
- 4 cups sugar
- $\frac{1}{4}$ teaspoonful salt
- $\frac{1}{2}$ cups boiling water
- $\frac{1}{2}$ teaspoonful peppermint extract
- 1 teaspoonful cinnamon extract
- Red and Green Coloring (Liquid or Paste)

Heat sugar, salt and boiling water to boiling point. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot syrup and stir until dissolved. Boil SLOWLY for 15 minutes. Remove from fire and divide into two equal parts. Color one part a delicate red and flavor with cinnamon extract; color the other part a delicate green and flavor with peppermint extract. Rinse two pans (size about 8 x 4 inches) in cold water, and pour in candy mixture to the depth of about three-fourths inch and put in a cool place (not a refrigerator), allowing candy to thicken for at least twelve hours. With a wet sharp knife loosen around the edges of pan, turn out on board lightly covered with powdered sugar. Cut into cubes and roll in powdered or fine granulated sugar.

NOTE: If lemon flavor is desired, add three tablespoonfuls lemon juice and two teaspoonfuls lemon extract to one part of the candy and leave it uncolored. Any preferred flavoring or coloring may be used.

This candy may be made by using 10 drops of oil of cinnamon or cloves instead of the extract. This must be stirred into the mixture thoroughly while it is hot.

It may also be made by using 1 teaspoonful ground cinnamon or cloves instead of the extract. In this case the ground spice is boiled with the sugar and water. The candy, however, is not as attractive as when made with extracts or oils.

Makes about 200 pieces, weighs about 2 $\frac{1}{2}$ lbs. and costs about 34c.

MARSHMALLOWS

- 2 envelopes Knox Sparkling Gelatine
- $\frac{1}{2}$ cup cold water
- 2 cups sugar
- $\frac{3}{4}$ cup boiling water
- $\frac{1}{2}$ teaspoonful salt
- 1 teaspoonful vanilla

Boil sugar and boiling water together until syrup tests thread stage (thread forms when syrup drops from edge of silver spoon). Remove from fire. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot syrup and stir until dissolved. Let stand until partially cooled. Add salt and flavoring. Beat until mixture becomes thick, fluffy and cold. Pour into pans (size about 8 x 4 inches), thickly covered with powdered sugar, having mixture one inch in depth. Let stand in cool place (not a refrigerator) until partially chilled. With a wet sharp knife loosen around edges of pan and turn out on a board lightly covered with powdered sugar. Cut in cubes and roll in powdered sugar. Fruit juices in place of part of the water, or nuts, chocolate or candied fruits, chopped, may be added—or the plain ones rolled in grated coconut before being sugared. Dates stuffed with this confection are delicious.

Makes about 100 pieces of candy, weighs about 1 $\frac{1}{4}$ lbs. and costs about 21c.

CHRISTMAS FUDGE

- 2 envelopes Knox Sparkling Gelatine
- 1 $\frac{3}{4}$ cups milk
- 1 $\frac{1}{2}$ squares unsweetened chocolate
- 2 $\frac{1}{2}$ cups sugar
- 1 cup chopped nut meats (walnuts or pecans)
- 1 teaspoonful vanilla
- $\frac{1}{4}$ teaspoonful salt

Bring sugar, salt, and 1 cup milk to boiling point and add melted chocolate. Pour $\frac{3}{5}$ cup milk in bowl and sprinkle gelatine on top of milk. Add to hot candy mixture and boil for fifteen minutes. Remove from range, beat until it thickens, add nut meats and vanilla. Turn into pan, that has been rinsed in cold water, let stand until cool, cut in squares and roll in powdered sugar.

NOTE: Chopped candied cherries or chopped seeded raisins may also be added, if desired.

Makes about 60 pieces, weighs about 2 lbs. and costs about 40c.

CHOCOLATE CREAMS

- 1 envelope Knox Sparkling Gelatine
- $\frac{3}{4}$ cup cold water
- 2 cups granulated sugar
- $\frac{1}{4}$ teaspoonful cream of tartar
- $\frac{1}{4}$ teaspoonful salt
- 1 teaspoonful peppermint or vanilla

Mix sugar and cream of tartar together, add one-half cup cold water and the salt and boil until the soft ball stage (syrup forms soft ball when tested in cold water)

—or until 238° F. Pour one-fourth cup cold water in bowl and sprinkle gelatine on top of water. Stir softened gelatine quickly through hot syrup and turn into a dish to cool, but do not scrape pan. When partially cool, add flavoring and beat until creamy. Cover dish with waxed paper or damp cloth and let candy stand in cold place until stiff enough to form in centers. Place small pieces of confectioners' dipping chocolate over hot water until chocolate is melted. Remove and drop centers one at a time into the chocolate and place on waxed paper. If centers are not dropped in chocolate at once, place in covered dish to keep from hardening.

Makes about 45 pieces, weighs about 1 $\frac{1}{2}$ lbs. and costs about 20c.

MAPLE PECAN DAINTIES

- 2 envelopes Knox Sparkling Gelatine
- $\frac{1}{2}$ cup cold water
- $\frac{3}{4}$ cup boiling water
- 2 cups light brown sugar
- $\frac{1}{4}$ teaspoonful salt
- 1 $\frac{1}{2}$ teaspoonfuls mapleine
- 1 cup pecans, chopped

Heat sugar, salt and boiling water to boiling point. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot syrup and stir until dissolved. Boil very SLOWLY for 15 minutes. Remove from fire and add mapleine. Allow candy to cool and stir in chopped nuts. Turn into pan (size about 8 x 4 inches) that has been rinsed in cold water. Allow to cool for at least twelve hours in a cold place (not a refrigerator). With a sharp knife loosen about edges of pan and turn out. Cut into cubes and roll in powdered sugar or chopped pecans.

Makes about 65 pieces, weighs about 1 $\frac{3}{4}$ lbs. and costs about 28c.

VANILLA CARAMELS

- 1 envelope Knox Sparkling Gelatine
- $\frac{1}{4}$ cup cold water
- $\frac{3}{4}$ cup syrup (white)
- $\frac{1}{4}$ cup evaporated milk
- 2 tablespoonfuls butter
- 1 teaspoonful vanilla
- 1 cup sugar
- 1 cup cream
- $\frac{1}{2}$ teaspoonful salt
- $\frac{1}{2}$ cup chopped nuts (or ground figs or dates)

Put sugar, syrup, cream and salt together. Heat, and when boiling, add evaporated milk and butter. Cook until when tested in cold water a firm ball may be formed (246° F.). Remove from fire. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot candy and stir until gelatine is dissolved. Add vanilla and nuts or fruit. Stir carefully without beating to thoroughly mix. Spread in buttered pan and when cold and firm remove from pan and cut in $\frac{3}{4}$ inch squares. Wrap in waxed paper.

Makes about 50 pieces, weighs about 1 $\frac{1}{2}$ lbs. and costs about 43c.

PEANUT SQUARES

- 2 envelopes Knox Sparkling Gelatine
- $\frac{1}{2}$ cup cold water
- 2 cups light brown sugar
- $\frac{3}{4}$ cup boiling water
- 1 tablespoonful lemon juice
- 2 cups peanuts, chopped fine
- $\frac{1}{4}$ teaspoonful salt

Heat sugar, salt and boiling water to boiling point. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot syrup and stir until dissolved. Boil slowly for 15 minutes. Remove from fire and allow candy to cool slightly, and add chopped peanuts and lemon juice. Turn into pan (size about 8 x 4 inches) that has been rinsed in cold water. Allow to cool for at least twelve hours in a cold place (not a refrigerator). With a wet, sharp knife loosen around edges of pan and turn out. Cut in cubes and roll in either chopped peanuts or powdered sugar. Other nuts may be used.

Makes about 100 pieces of candy, weighs about 2 lbs. and costs about 40c.

ENGLISH TOFFEE

- 1 envelope Knox Sparkling Gelatine
- $\frac{1}{4}$ cup cold water
- 1 $\frac{1}{2}$ cups light brown sugar
- 2 cups syrup (white)
- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ cup cream
- $\frac{1}{2}$ teaspoonful salt
- 2 teaspoonfuls vanilla or rum flavoring
- 1 teaspoonful rum flavoring

Put sugar, cream, syrup and salt together. Heat, and when boiling, add butter. Stir constantly while cooking. Continue to cook until when tested in cold water a hard ball may be formed (254° F.). Remove from fire. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot candy mixture and stir until gelatine is dissolved. Add vanilla or rum flavoring. Pour into buttered pans to the depth of about $\frac{1}{2}$ inch. When cold, remove from pan and cut in pieces about $\frac{1}{2}$ inch wide and 1 $\frac{1}{2}$ inches long. Wrap in waxed paper.

Makes about 65 pieces, weighs about 2 lbs. and costs about 35c.

New RECIPES FOR delicious Pies

LEMON CHIFFON PIE

(One 9 inch pie)

- 1 envelope Knox Sparkling Gelatine
- 1/4 cup cold water
- 4 eggs
- 1 cup sugar
- 1/2 cup lemon juice
- 1/2 teaspoonful salt
- 1 teaspoonful grated lemon rind

Add one-half cup sugar, lemon juice and salt to beaten egg yolks and cook over boiling water until of custard consistency. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard and stir until dissolved. Add grated lemon rind. Cool. When mixture begins to thicken, fold in stiffly beaten egg whites to which the other one-half cup sugar has been added. Fill baked pie shell or graham cracker crust and chill. Just before serving spread over pie a thin layer of whipped cream.

ORANGE CHIFFON PIE

Make same as Lemon Chiffon Pie but instead of 1/2 cup lemon juice and 1 teaspoonful grated lemon rind, use 1/2 cup orange juice, 1 tablespoonful grated orange rind and 1 tablespoonful lemon juice.

CHOCOLATE CHIFFON PIE

(One 9 inch pie)

- 1 envelope Knox Sparkling Gelatine
- 1/4 cup cold water
- 1/2 cup boiling water
- 6 level tablespoonfuls cocoa or 2 squares chocolate
- 4 eggs
- 1 cup sugar
- 1/4 teaspoonful salt
- 1 teaspoonful vanilla

Pour cold water in bowl and sprinkle gelatine on top of water. Mix boiling water and cocoa or chocolate until smooth. Add softened gelatine to hot chocolate mixture and stir until dissolved. Add egg yolks, slightly beaten, one-half cup sugar, salt and vanilla. Cool, and when mixture begins to thicken, fold in stiffly beaten egg whites and the other half cup sugar. Fill baked pie shell and chill. Just before serving spread over pie a thin layer of whipped cream.

APRICOT CREAM PIE

(One 9 inch pie)

- 1 envelope Knox Sparkling Gelatine
- 1/4 cup cold water
- 1 cup apricots, cooked or canned
- 1/2 cup apricot juice
- 1/2 cup sugar
- 2 tablespoonfuls lemon juice
- 1/4 teaspoonful salt
- 3/4 cup cream, whipped

Heat apricot juice. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot apricot juice and stir until dissolved. Add sugar, salt, lemon juice and apricots, which have been put through a sieve. Cool and when mixture begins to congeal fold in the whipped cream. Fill a baked pie shell with mixture and chill. Before serving spread pie with a thin layer of whipped cream.

COCOANUT FLUFF PIE

(One 9 inch pie)

- 1 envelope Knox Sparkling Gelatine
- 1/4 cup cold water
- 3 eggs
- 1/2 cup sugar
- 1 cup milk
- 1/4 teaspoonful salt
- 1/2 cup cocoanut
- 1 teaspoonful vanilla
- 1/2 teaspoonful lemon extract

Cook the egg yolks, slightly beaten, sugar, salt and milk over boiling water until of custard consistency. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard mixture and stir until dissolved. Cool and when mixture begins to congeal, fold in egg whites, beaten stiff and dry, cocoanut, vanilla and lemon extract. Pour into previously baked pie shell and chill. Garnish with toasted cocoanut.

PINEAPPLE CHIFFON PIE

(One 9 inch pie)

- 1 envelope Knox Sparkling Gelatine
- 1/4 cup cold water
- 1/4 cups canned, crushed pineapple
- 4 eggs
- 1/4 teaspoonful salt
- 1 tablespoonful lemon juice
- 1/2 cup sugar

Cook egg yolks, beaten slightly, 1/4 cup sugar, pineapple, lemon juice and salt over boiling water until of custard consistency. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard mixture and stir until dissolved. Cool. When mixture begins to congeal, fold in stiffly beaten egg whites to which the other 1/4 cup sugar has been added. Fill baked pie shell and chill. Just before serving spread over pie a thin layer of whipped cream.

CHILLED PECAN CUSTARD PIE

(One 9 inch pie)

- 1 envelope Knox Sparkling Gelatine
- 1/4 cup cold water
- 3 eggs
- 1/2 cup sugar
- 1/4 teaspoonful salt
- 1 cup milk
- 1 teaspoonful vanilla
- 1/2 cup chopped pecans, toasted

Cook egg yolks, slightly beaten, sugar, salt and milk over boiling water until of custard consistency. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard mixture and stir until dissolved. Cool and when mixture begins to congeal, fold in egg whites, beaten stiff and dry, vanilla and chopped pecans. Pour into previously baked pie shell and chill. Garnish with rim of whipped cream and a sprinkle of toasted pecans.

NOTE: Almonds may be substituted for the pecans, making a delicious pie.

KNOX FRUIT PIE

(One 9 inch pie)

- 1 envelope Knox Sparkling Gelatine
- 1/4 cup cold water
- 1/2 cup hot water
- 1/2 cup sugar
- 1/4 teaspoonful salt
- 1/2 cup orange juice
- 2 tablespoonfuls lemon juice
- 1/4 cup crushed pineapple
- 1 banana, sliced
- 1/2 cup cream, whipped
- 1 egg white, beaten stiff and dry

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add fruit juices. Cool and when mixture begins to congeal, beat well with egg beater. Fold in pineapple, banana, whipped cream and egg white. Pour into baked pie shell and chill. Serve topped with whipped cream, if desired.

MINCE PIE

(One 9 inch pie)

- 1 envelope Knox Sparkling Gelatine
- 2 1/4 cups cold water
- 2 cups apples, chopped very fine
- 1/2 cup seeded raisins, chopped very fine
- 1/4 cup currants
- 1/2 cup sugar
- 1 teaspoonful ground cinnamon
- 1 teaspoonful mace
- 1/2 teaspoonful salt
- 2 tablespoonfuls lemon juice

Cook together the apples, raisins, currants, sugar, cinnamon, mace, salt and 2 cups cold water until apples are very tender. Pour 1/4 cup cold water in bowl and sprinkle gelatine on top of water. Add to hot fruit mixture and stir until dissolved. Add lemon juice and chill. When mixture begins to congeal, pour into baked pie shell. Serve with strips of baked pie crust on top, or spread with whipped cream.

GRAHAM CRACKER PIE CRUST

(One crust for 9 inch pie)

- 1 1/2 cups graham cracker crumbs
- 1/2 cup powdered sugar
- 1/2 cup butter, scant

Crush graham crackers and mix with butter and sugar. Pat mixture firmly into pie pan. Place pie pan in refrigerator or cold place. Allow to stand for several hours, then fill with any of the above pie fillings (except mince) and chill.

CORN BREAD

- 1 1/2 cups pastry flour
- 2 tbsp. sugar
- 4 tsp. baking powder
- 1 tsp. salt
- 3/4 cup cornmeal

Mix and sift dry ingredients twice. Beat egg thoroughly and melted fat. Stir liquid into dry ingredients as quickly as possible just as soon as every trace of flour has disappeared. Oiled pan and bake in a hot oven (400° F.). May be baked in muffin tins at 425° F.

DATE MUFFINS

- 1 cup bread flour
- 1 cup graham flour
- 4 tsp. baking powder
- 1/2 tsp. salt
- 2 tbsp. sugar
- 1 egg

Sift flours, then measure. Resift with other dry ingredients until light and foamy and add diluted milk and melted fat. Stir liquid into dry ingredients, adding dates with last few stirs. T is important. Pour batter instantly into tins. Bake in a from 15 to 25 minutes. Makes 12 medium-sized muffins.

1 egg
2 tbsps. melted fat
1/2 cup Carnation
diluted w
3/4 cup water

1/2 cup Carnation
diluted
3/4 cup water
2 tbsps. melted
1 cup dates, w
chopped

For Syrup

Marshmallow-Date Mousse

1 cup whipping cream
1 teaspoon Mapleine

12 marshmallows
½ cup dates

Add Mapleine to cream. Whip stiff. Cut marshmallows in small pieces, shred dates, add to cream. Pour into mold or tray and freeze.

Mapleine Mousse

½ pt. whipping cream
3 tablespoons sugar

¼ teaspoon Mapleine

Whip cream, beating in sugar, Mapleine. Whip stiff, put in refrigerator tray lined with waxed paper, freeze. Nuts or fruit may be added when cream is stiff.

Cake Fillings, Frostings

Follow favorite recipe. Adding just enough Mapleine to produce a delicately rich maple shade, gives the desired delicious flavor.

For Seasoning

Mapleine Baked Beans

Wash 2 cups beans, cover with cold water, add pinch soda. Cook slowly ½ hour. Drain, rinse. Cover again with cold water, add salt, cook until beans are nearly tender. Drain. Place slice salt pork, small whole onion in bean pot. Add half beans, another slice salt pork, rest of beans. Sprinkle top with ½ cup brown sugar, ½ ts. dry mustard, ½ ts. Mapleine. Fill with hot water, bake.

Delicious Baked Ham

Slice of ham one inch thick. Soak two hours in slightly tart vinegar (or cider) and water. Drain, wipe dry. Mix ½ ts. Mapleine in cup sugar. Pound sugar into ham. Put ham in baking dish. Cover with Mapleine-sugar, add some tart water; push in a few cloves. Bake two hours. Serve with sauce made from liquid in pan, more tart water, flour to thicken, few drops Mapleine.

11 French toast, which is sliced bread dipped in beaten eggs and milk, and fried, is perfect to serve creamed chipped beef on—one of those believe-it-or-not items.

20 French toast really French is right here. Beat up three eggs with two tablespoons of milk and a "good dash" of nutmeg. Sweeten to taste with brown sugar. Fry in frying pan. Serve with currant jelly.

21 The day will come when fried pies will sweep the country. Be ahead of the times. They are fruit turnovers fried in deep fat. Eaten hot, with cheese. Keep your eye on fried bread too. Eaten with maple sirup.

16 That candy collection should include some big fat prunes, stoned, stuffed with plump raisins and chopped nuts, dipped in fondant, rolled in fine sugar and—so to eat!

For Flavoring

Mapleine Nut Bars

¾ cup flour
½ teaspoon salt
½ teaspoon baking powder
1 cup sliced dates

1 teaspoon Mapleine
½ cup chopped walnuts
1 cup brown sugar
2 eggs

Sift together baking powder, salt, flour. Add dates, nuts. Mix. Beat eggs, whip in sugar gradually. Stir in other ingredients and Mapleine. Spread evenly in shallow pan well greased, dusted with flour. Bake moderate oven. Cut in strips, remove from pan while warm. Keep in tightly closed jar.

Stuffed Baked Apples

Wash, core apples. Place 1 tbs. sugar, lump of butter in each. Set apples in baking dish, dot dish with butter. Sprinkle apples with cinnamon, nutmeg, sugar, a little flour. Add ½ ts. Mapleine to 1 cup water. Pour over apples and bake, basting occasionally.

PLEASE NOTE—If bottle cap seems to stick, tap the top of the cap lightly on a hard surface, then turn.

For Desserts

Quick Mapleine Icing

½ teaspoon butter
2 tablespoons hot milk
½ teaspoon Mapleine

1½ cups confectioner's sugar (sifted)

Add butter to hot milk. Stir in sugar gradually, making right consistency to spread. Add Mapleine.

Mapleine Sundae Sauce

1 cup sugar
1½ teaspoons cornstarch
1 cup hot water

1½ tablespoons butter
1 teaspoon Mapleine

Mix cornstarch and sugar, add hot water slowly, stirring until smooth. Add butter, Mapleine. Cook until thick. Stir constantly. Delicious on ice cream. A fine sauce for puddings.

Glazed Sweet Potatoes

Boil and peel six medium sweet potatoes. Slice lengthwise. Arrange in greased baking dish. Season with pepper, salt, bits of butter. Pour Mapleine Syrup* over potatoes. Bake in slow oven till brown.

CHOCOLATE MOUSSE

1 cup Carnation Milk
¼ cup Chocolate Sauce

Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Fold in the Chocolate Sauce. (This may be made or bought in small cans.) Pour into tray of automatic refrigerator and freeze. Requires 2 to 5 hours for freezing. Serves 5.

NOURISHING PUDDINGS & SAUCES

BREAD PUDDING

2 slices stale bread, cubed (1¼ cups)
1 tbs. butter
¼ cup sugar

1 egg
1 tall can Carnation Milk (1½ cups)
Nutmeg

Toast the bread to a golden brown. Place in a buttered baking dish. Sprinkle with sugar and dot with butter. Beat egg. Add milk, combine well and pour over bread. Sprinkle top generously with nutmeg. Bake in a moderate oven (350° F.) until set and well browned, 30 to 40 minutes. Serves 6.

CHOCOLATE SAUCE

3 sq. bitter chocolate
¼ cup water
1 cup sugar

½ cup white corn syrup
1 cup Carnation Milk
1 tsp. vanilla

Melt chocolate over hot water. Add water slowly, stirring until smooth. Add sugar and syrup. Boil to soft ball stage (235° F.). Remove from fire, add milk and vanilla. Makes 2½ cups.

QUICK HOT BREADS

CORN BREAD

1½ cups pastry flour
2 tbs. sugar
4 tsp. baking powder
1 tsp. salt
¾ cup cornmeal

1 egg
2 tbs. melted fat
½ cup Carnation Milk diluted with ¾ cup water

Mix and sift dry ingredients twice. Beat egg thoroughly and add the diluted milk and melted fat. Stir liquid into dry ingredients as quickly as possible. Stirring should cease just as soon as every trace of flour has disappeared. Pour batter at once into oiled pan and bake in a hot oven (400° F.). May be baked in corn stick pans or muffin tins at 425° F.

DATE MUFFINS

1 cup bread flour
1 cup graham flour
4 tsp. baking powder
¼ tsp. salt
2 tbs. sugar
1 egg

¾ cup Carnation Milk diluted with ¾ cup water
2 tbs. melted fat
1 cup dates, washed and chopped

Sift flours, then measure. Resift with other dry ingredients into mixing bowl. Beat egg until light and foamy and add diluted milk and melted fat. Stir liquid quickly into dry ingredients, adding dates with last few stirs. Time and speed of stirring are important. Pour batter instantly into tins. Bake in a hot oven (425° F.) Requires from 15 to 25 minutes. Makes 12 medium-sized muffins.