Menus with Recipes
Prepared and Tested for A-B Gas Ranges
<table>
<thead>
<tr>
<th>ARTICLE</th>
<th>Light Burner</th>
<th>Place in Oven after</th>
<th>Bake or Roast for</th>
<th>Then reduce to</th>
<th>—and Bake or Roast for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>350</td>
<td>15 min.</td>
<td>45 to 60 min.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Biscuits</td>
<td>450</td>
<td>20 min.</td>
<td>12 to 15 min.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yeast Biscuits</td>
<td>400</td>
<td>20 min.</td>
<td>10 min.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Muffins</td>
<td>400</td>
<td>20 min.</td>
<td>10 min.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn Bread</td>
<td>400</td>
<td>20 min.</td>
<td>10 min.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vanilla or filled cookies</td>
<td>450</td>
<td>20 min.</td>
<td>10 min.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bran Cookies</td>
<td>475</td>
<td>20 min.</td>
<td>10 min.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Molasses Cookies</td>
<td>375</td>
<td>15 min.</td>
<td>18 min.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plain Cake</td>
<td>375</td>
<td>15 min.</td>
<td>20 min.</td>
<td></td>
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<tr>
<td>Layer Cake</td>
<td>375</td>
<td>15 min.</td>
<td>20 min.</td>
<td></td>
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</tr>
<tr>
<td>Fruit Cake - Large</td>
<td>375</td>
<td>15 min.</td>
<td>3 to 4 Hours</td>
<td></td>
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<tr>
<td>Sponge Cake</td>
<td>325</td>
<td>15 min.</td>
<td>1 Hour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Angel Food Cake</td>
<td>320</td>
<td>15 min.</td>
<td>1 Hour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Berry &amp; Fruit Pies</td>
<td>450</td>
<td>20 min.</td>
<td>30 min.</td>
<td>400</td>
<td>10 min.</td>
</tr>
<tr>
<td>Open Crust Cut Pie</td>
<td>450</td>
<td>20 min.</td>
<td>30 min.</td>
<td></td>
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</tr>
<tr>
<td>Pumpkin &amp; Custard</td>
<td>450</td>
<td>20 min.</td>
<td>10 min.</td>
<td>325</td>
<td>30 min.</td>
</tr>
<tr>
<td>Pastry Shell</td>
<td>500</td>
<td>20 min.</td>
<td>12 min.</td>
<td>450</td>
<td>40 min.</td>
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<tr>
<td>Small Potatoes</td>
<td>500</td>
<td>20 min.</td>
<td>25 min.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual Custards</td>
<td>325</td>
<td>15 min.</td>
<td>40 min.</td>
<td></td>
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<tr>
<td>Roast Beef</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Uncovered 3 to 8 lbs.</td>
<td>550</td>
<td>20 min.</td>
<td>20 min.</td>
<td>450</td>
<td>15 min.</td>
</tr>
<tr>
<td>Rare</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>550</td>
<td>20 min.</td>
<td>20 min.</td>
<td></td>
<td>30 min.</td>
</tr>
<tr>
<td>Well Done</td>
<td>550</td>
<td>20 min.</td>
<td>20 min.</td>
<td>450</td>
<td>40 min.</td>
</tr>
<tr>
<td>Roast Beef Covered</td>
<td>Same</td>
<td>Same</td>
<td>25 min.</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Larger Roasts</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Larger Roasts, 13 min.</td>
<td>to lb for rare, 15 min. to lb for medium, 18 min. to lb. for well</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loin of Pork</td>
<td>500</td>
<td>20 min.</td>
<td>30 min.</td>
<td>450</td>
<td>25 min. to lb</td>
</tr>
<tr>
<td>Fresh Ham</td>
<td>500</td>
<td>20 min.</td>
<td>30 min.</td>
<td>450</td>
<td>30 min. to lb</td>
</tr>
<tr>
<td>Loin of Veal</td>
<td>500</td>
<td>20 min.</td>
<td>30 min.</td>
<td>450</td>
<td>25 min. to lb</td>
</tr>
<tr>
<td>Leg of Lamb Yearling</td>
<td>550</td>
<td>25 min.</td>
<td>30 min.</td>
<td>450</td>
<td>20 min. to lb</td>
</tr>
<tr>
<td>Spring Lamb</td>
<td>550</td>
<td>20 min.</td>
<td>30 min.</td>
<td>450</td>
<td>15 min. to lb</td>
</tr>
<tr>
<td>Poultry</td>
<td>500</td>
<td>20 min.</td>
<td>15 min.</td>
<td>450</td>
<td>10 min. then</td>
</tr>
<tr>
<td>Fish</td>
<td>475</td>
<td>10 min.</td>
<td>Time governed by size</td>
<td>About 30 min. to lb</td>
<td></td>
</tr>
</tbody>
</table>

The above is a reproduction of the A-B Cooking Chart, one of which accompanies every A-B Gas Range equipped with A-B Oven Heat Control. To insure uniform results correct time and temperature is as important as correct measurement of ingredients.
Recognized Authorities Endorse A-B Gas Ranges

A-B Gas Ranges have received highest awards at notable expositions; they have won the unstinted praise of the country's foremost culinary experts, and, in more than a million homes, they have earned a coveted reputation for splendid baking, unusual economy and remarkable heating efficiency of their burners. A-B Gas Ranges are manufactured in the largest exclusive gas range factory in the world.
The menus on the next page were used in a seven-day efficiency test of A-B Gas Ranges. As a result of this test conducted, the A-B Range was given exceptionally high endorsement.

Recipes for these menus will be found on following pages as also additional menus and recipes—all of which have been used in practical tests.

Particular attention is called to the importance of time and temperature. Wherever this is not given in the individual recipe, refer to the cooking chart on Page 2.
The following menus for Sunday are three of the twenty-one prepared to test the efficiency and economy of the A-B Gas Range.

### Breakfast
- Oatmeal
- Milk
- Creamed ham
- Popovers
- Butter
- Coffee
- Cream

### Dinner
- Fricassee of chicken
- Mashed potatoes
- Squash
- Celery
- Dressed lettuce
- Ice cream
- Coffee
- Cream

### Supper
- Cream toast
- American cheese
- Stewed apricots
- Tea

The high heating efficiency of the A-B patented burners received special comment in the seven day test in which the above menus were employed.
Without a doubt one of the greatest problems which confronts the average housewife is that of "meal planning." The menus below make ideal meals for Monday and show how a wholesome properly-balanced diet should be arranged.

**Breakfast**

APPLE SAUCE
EGGS A LA GOLDEN ROD ON TOAST
COFFEE
CREAM

**Luncheon**

POTATO SOUP
CRACKERS
HOT CHOCOLATE
LEMON JELLY
WHIPPED CREAM

**Dinner**

BROILED STEAK
BAKED POTATOES
FRENCH FRIED ONIONS
SLICED COCOANUT AND ORANGES
CUP CAKES
CREAM

Beauty of design is as characteristic a feature of A-B Gas Ranges as their complete and satisfying usefulness. The possessors of A-B Gas Ranges have as much reason to be proud of their beauty as of their high cooking and baking efficiency.
These menus were selected as representative of a well-balanced diet. It will be noted that the dinner for Tuesday consists of Roast Leg of Lamb with Creamed Peas. Mint Sauce may be added without destroying the food values of the meal. The complete menus follow:

**Breakfast**

- GRAPE FRUIT
- HASHED BROWNED POTATOES
- CORN MUFFINS
- BUTTER
- COCOA
- WHIPPED CREAM

**Luncheon**

- CHEESE SOUFFLE
- CURRANT JELLY
- CREAM PIE WITH MERINGUE
- TEA

**Dinner**

- ROAST LEG OF LAMB
- CREAMED PEAS
- BAKED POTATOES
- RASPBERRY SHERBET
- PLAIN COOKIES
- BUTTER
- COFFEE

Among the findings recorded in the preparation of these menus were the ventilated ovens. A-B Gas Ranges have ovens heavily lined with asbestos. This is an important factor in the building of an oven that will bake evenly and economically.

See Pages 15-29 for Recipes
There is no attempt in this little booklet to produce elaborate menus. The selections offered are simply representative of a well-balanced diet, and may be accepted largely as suggestions.

**Breakfast**
- ORANGE JUICE
- CREAM OF WHEAT WITH DATES
- MILK
- FRENCH OMELET
- GRAHAM MUFFINS
- COFFEE
- CREAM

**Luncheon**
- COLD LAMB
- POTATO SALAD
- JELLY ROLL
- TEA

**Dinner**
- FINNAN HADDIE—CREAM SAUCE
- RICE
- PARSNIPS
- STEAMED SPINACH WITH EGG
- CHOCOLATE BLANC MANGE
- CREAM
- COFFEE

Contrary to common belief, gas range ovens do not burn out; they rust out. A characteristic feature of A-B Gas Ranges is the guaranteed rust-proof oven linings of Wilder Metal "Aluminum Alloy.”
The following meals have been chosen as representative of a wholesome, well-balanced diet for Thursday. Similar foods may, however, be substituted from other menus, without affecting the "balance" of the menu.

**Breakfast**
- Sliced Bananas
- Bran Muffins
- Coddled Eggs
- Coffee
- Butter
- Cream

**Luncheon**
- Oyster Stew
- Crackers
- Canned Peaches
- Cakes
- Tea

**Dinner**
- Baked Ham
- Mashed Potatoes
- Creamed Cauliflower
- Waldorf Salad
- Cottage Pudding
- Brown Sugar Sauce
- Coffee

A-B White Porcelain Aristocrat Gas Ranges are not only recommended for their beauty, but for their greater durability.

See Pages 15-29 for Recipes
As the end of the week draws near, the housewife usually has difficulty in selecting menus which will not be identical with any used previously in the week. The menus for Friday, selected as representative of a wholesome well-balanced diet, follows:

**Breakfast**
- STEWED PRUNES
- WHEATENA MILK
- COFFEE
- CREAM

**Luncheon**
- SCALLOPED TOMATOES
- NUT BREAD CREAM CHEESE
- BUTTER
- STRAWBERRY JAM HOT CHOCOLATE

**Dinner**
- BAKED FISH
- CREAMED POTATOES CORN A LA SOUTHERN
- CHOCOLATE CAKE
- COFFEE

These menus, together with twenty-one others, were prepared to demonstrate the remarkable efficiency of A-B GAS RANGES. Not only was the oven found perfectly ventilated, and possessing excellent baking qualities, but showed exceptional economy resulting from the patented burners.

See Pages 15-29 for Recipes
A FEW MORE MENUS

The following are menus of complete meals which can, if you have the A-B Oven Heat Control, be cooked at one time in the oven. These are more substantial than the menus which were given on the preceding pages.

Menu I
Tomato and Celery Salad
Roast Chicken
Riced Potatoes
Baked Squash
Stewed Apricots
Indian Pudding

Menu II
Cheese and Olive Salad
Roast Leg of Lamb
Baked Potatoes
Boiled Turnips
Stewed Prunes
Rice Pudding

Menu III
Roast Rib of Pork
Sweet Potatoes
Escalloped Cabbage
Graham Pudding
Baked Apples

Menu IV
Celery and Cabbage Salad
Beef Rib Roast
Mashed Potatoes
Boiled Asparagus
Escalloped Corn
Sponge Cake
Bread Pudding
CHOSEN CAKE RECIPES

COCOANUT CREAM CAKE
Cream two cups of sugar with ¾ cup of butter, add yolks of 3 eggs beaten light, 2 cups flour, ¾ cup cornstarch sifted with 3 level teaspoons baking powder, alternating flour with 1 cup milk. Beat thoroughly, then add ½ teaspoon vanilla and fold in the stiffly beaten whites of three eggs. Bake in layers.

ENGLISH TEA CAKES
2 eggs, 1 cup powdered sugar, ½ teaspoon almond extract, 1 cup pastry flour, 1 teaspoon baking powder, ¼ teaspoon salt, ½ cup milk. Bake in gem pans.

FRUIT CAKE
1 cup dark sugar, ½ cup butter, 1 cup molasses, 1 cup coffee (cold liquid), 3 eggs, 3 tablespoons mixed spices, 1 pound currants, 2 pounds raisins, 3 teaspoons baking powder, ¼ pound citron.

LOAF CAKE
2 cups flour, ⅓ teaspoon salt, 2 teaspoons baking powder, ⅓ cup butter, ½ cup sugar, ½ cup raisins, ¼ cup chopped citron, 1 egg, ¾ cup milk. Bake about 45 minutes.

WALNUT CAKE
½ cup butter, yolks 3 eggs, 2 ½ teaspoons baking powder, ¾ cups flour, ¹⁄₄ cup sugar, ¼ cup milk, whites of 2 eggs, ¾ cup walnut meats, 1 teaspoon vanilla.

NUT LOAF CAKE
Cream ¾ cup butter, add ¼ cup sugar and cream well. Mix and sift thoroughly 1 ¼ cups flour, ¼ teaspoon cream of tartar, 1 ½ teaspoons baking powder and add to the creamed mixture, alternately, with ¼ cup milk. Add ¼ cup walnut meats cut into small pieces, then fold in the stiffly beaten whites of 4 eggs. Pour into loaf cake pan and bake slowly about 30 to 40 minutes.

For time and temperature for the above recipes consult cooking chart.

Page Twelve
FAVORITE PIE RECIPES

COCONUT PIE
2 cups milk, ½ cup sugar, 1 cup grated cocoanut, 1 tablespoon butter, 3 eggs (yolks only), 2 tablespoons cornstarch, ¼ tablespoon salt, juice of ½ lemon. Bake the shell and cook the filling separately. Cover with meringue.

PUMPKIN PIE
1 ¼ cups steamed pumpkin, 1 teaspoon cinnamon, ½ teaspoon salt, 1 ½ cups milk, ⅔ cup brown sugar, ½ teaspoon ginger, ½ cup cream. Bake with one crust.

LEMON PIE
Pour enough cold water over 3 tablespoons of cornstarch to make a thin paste; stir while pouring on a cup of boiling water and cook until preparation boils. Remove from fire, add 1 tablespoon butter, 1 well-beaten egg, ¼ teaspoon salt, 1 cup sugar and add the juice of 1 large lemon. Mix together thoroughly and bake between two crusts.

DESERTS

ALMOND PUDDING
4 tablespoons butter, ½ cup molasses, 1 ¼ cups flour, ⅛ teaspoon cinnamon, ½ cup milk, ⅔ cup sugar, 2 eggs, ½ teaspoon soda, ¼ teaspoon salt, ½ cup almonds. Mix and steam 2½ hours.

CARAMEL PUDDING
1 pint milk, yolks of two eggs, 2 tablespoons sugar, 1 tablespoon cornstarch. Add wine macaroons or any preserved fruit. Heat milk in double boiler, beat yolks very light and add sugar. Cook till thick and make meringue of the 2 whites and 4 tablespoons sugar. Set in oven to brown slightly.

CHERRY PUDDING
Cream ¼ cup butter with ½ cup sugar, add yolks of 2 eggs, beaten very light, 2 cups milk, 2 cups of flour, 4 teaspoons baking powder and last the whites of eggs, beaten stiff. Stone cherries to measure 3 cups, drain off juice and put them in pudding dish.

For time and temperature consult cooking chart on Page 2.

Page Thirteen
<table>
<thead>
<tr>
<th>Measure</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups butter (packed)</td>
<td>1 pound</td>
</tr>
<tr>
<td>4 cups flour</td>
<td>1 pound</td>
</tr>
<tr>
<td>2 cups granulated sugar</td>
<td>1 pound</td>
</tr>
<tr>
<td>2 2/3 cups powdered sugar</td>
<td>1 pound</td>
</tr>
<tr>
<td>3 1/2 cups confectioner's sugar</td>
<td>1 pound</td>
</tr>
<tr>
<td>2 2/3 cups brown sugar</td>
<td>1 pound</td>
</tr>
<tr>
<td>9 large eggs</td>
<td>1 pound</td>
</tr>
<tr>
<td>1 square Baker's chocolate</td>
<td>1 ounce</td>
</tr>
<tr>
<td>1/2 cup almonds</td>
<td>1 ounce</td>
</tr>
<tr>
<td>3 teaspoonfuls</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>16 tablespoons</td>
<td>1 cup</td>
</tr>
<tr>
<td>2 level tablespoonfuls</td>
<td>1 ounce</td>
</tr>
<tr>
<td>4 level tablespoonfuls flour</td>
<td>1 ounce</td>
</tr>
<tr>
<td>2 gills</td>
<td>1 ounce</td>
</tr>
<tr>
<td>25 drops of liquid</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>1 pint finely chopped meat</td>
<td>1 pound</td>
</tr>
<tr>
<td>2 2/3 cups granulated corn meal</td>
<td>1 pound</td>
</tr>
<tr>
<td>4 tablespoonfuls</td>
<td>1 wineglass</td>
</tr>
<tr>
<td>4 1/4 cups rye meal</td>
<td>1 pound</td>
</tr>
<tr>
<td>4 1/3 cups coffee</td>
<td>1 pound</td>
</tr>
</tbody>
</table>

The measuring of the present day, as taught in all schools of cookery, is understood to be level, and flour is always sifted before measuring. It is understood everything is level, which gives more correct measurements.
APPLE SAUCE

- Pare and quarter apples. Add enough water to prevent burning. Cook apples until soft, add sugar and cook until dissolved. Cool.
- Time in cooking, 30 minutes.

BAKED HAM

- Have a slice of ham cut an inch thick. Brown on both sides in frying pan. Cover with hot milk and bake slowly until tender.
- Time in cooking, 2 hours.
- Temperature, 325 degrees.

BAKED FISH

- Wash fish, stuff bread dressing and sew up. Place in baking pan and lay over it strips of salt pork. Add a little water and bake until tender, basting frequently with the liquid in the pan.
- Time in cooking, 1 hour.
- Temperature, 350 degrees.

BAKED APPLES

- Core apples. Put in baking dish and pour in water. Sprinkle sugar over apples. Bake until soft.
- Time in cooking, 30 minutes.
- Temperature, 375 degrees.
TWO POPULAR NUMBERS FROM THE A-B ARISTOCRAT LINE

No. 503  A-B GAS RANGE

A beautiful full size standard cabinet gas range handsomely finished in contrasting black and white vitreous enamel; smooth white vitreous enamel door frames; sanitary slide-easy grates; four standard size burners and simmerer, and standard cooking top; capacious oven. A splendidly constructed, beautifully designed gas range.

Dim. Inches: Size Cooking Top 21x24, Size Baking Oven 21x16x14, Length Over All 47, Extreme Height 53\(\frac{1}{2}\), Depth Over All 29

No. 505  A-B GAS RANGE

A beautiful full porcelain enamel standard cabinet gas range with gray enamel door frames and cooking top frame; sanitary, slide-easy grates; four standard size burners and simmerer and standard cooking top; capacious oven. This range with its smooth, flowing surfaces unbroken by crevices, bolts or screws is one of exceptional beauty.
### BAKED BEANS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups beans (navy, yellow eyed or red kidney)</td>
<td>2 teaspoons salt, 1/4 teaspoon mustard, 2 tablespoons molasses, 1 small onion, 1/2 pound salt pork, 2 tablespoons sugar</td>
</tr>
</tbody>
</table>

Soak beans over night in cold water. Drain, add fresh water, heat slowly, and simmer until skins burst. Drain. Put onion in the bottom of the bean pot. Put in beans. Scald pork, cut through the rind every half inch, and bury it in the beans so that only the rind is exposed. Mix sugar, salt, molasses, and mustard, dissolve in a cup of boiling water and pour over the beans. Add more water to cover beans. Cover bean pot and bake slowly for 6 to 8 hours. Uncover for last hour to brown the pork.

Time in cooking, 8 hours.
Temperature, 275 degrees.

### BROWN BREAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup rye meal</td>
<td>3/4 tablespoon soda</td>
</tr>
<tr>
<td>1 cup corn meal</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>1 cup graham flour</td>
<td>3/4 cup molasses</td>
</tr>
<tr>
<td>2 cups sour milk</td>
<td></td>
</tr>
</tbody>
</table>

Mix dry ingredients. Add molasses and sour milk. Pour into a well-greased mold. Steam three hours.

Time in cooking, 3 hours.

### BROWNED PARSNIPS

Boil parsnips until tender. Remove skins and cut in quarters or slices lengthwise. Brown in a frying pan with bacon fat or butter.

Time in cooking, 1 hour.
BRAN MUFFINS

1 cup flour  1 1/2 cups milk
1 teaspoon soda  1/2 cup molasses
1 teaspoon salt  1 egg well beaten
2 cups bran

Mix and sift flour, soda, and salt. Add bran, milk, molasses and egg. Bake in buttered individual tins in a moderate oven.

Time in cooking, 40 minutes.
Temperature, 325 degrees.

BROWN SUGAR SAUCE

1/2 cup brown sugar  1 cup water
1/2 tablespoon cornstarch  1 teaspoon vinegar

Mix sugar and cornstarch. Add water and cook until thick syrup. Add vinegar just before serving.

Time in cooking, 10 minutes.

CHEESE SOUFFLE

6 tablespoons butter  3/4 cup cheese
9 tablespoons flour  12 eggs
1 1/2 cups milk  Speck pepper
1 teaspoon salt


Time in cooking, 45 minutes.
Temperature, 325 degrees.

COCOA

4 cups milk  10 teaspoons sugar
10 teaspoons cocoa  1 cup water

Mix cocoa, sugar, and water. Boil until thick. Add to hot milk. Serve at once.

Time in cooking, 10 minutes.
## A-B Menu Recipes

### Chocolate Blanc Mange

- 2 cups milk
- 1 ½ squares chocolate
- 1/2 teaspoon vanilla
- 3 tablespoons cornstarch
- ½ cup sugar


**Time in cooking, 20 minutes.**

### Chocolate Cake

- ½ cup butter
- 1 cup sugar
- 2 eggs
- ½ cup milk
- 1 ½ cups flour
- 2 squares chocolate
- ½ teaspoon salt
- 1 teaspoon vanilla


**Time in cooking, 40 minutes.**

**Temperature, 375 degrees.**

### Corn Muffins

- ½ cup corn meal
- 1 cup flour
- 3 teaspoons baking powder
- 1 tablespoon melted butter
- ¼ cup milk
- 1 egg (slightly beaten)
- 1 tablespoon sugar
- ½ teaspoon salt

Mix and sift dry ingredients. Add milk and egg. Thoroughly mix and add butter. Bake in a moderately hot oven.

**Time in cooking, 25 minutes.**

**Temperature, 375 degrees.**
CODDLED EGGS

Put eggs into boiling water, remove from fire and let stand 5 minutes.

CORN A LA SOUTHERN

1 1/2 cups canned corn
2 eggs
Speck pepper

1 1/2 cups milk
1/2 teaspoon salt
1 1/4 tablespoons butter

Beat egg. Add to corn with melted butter, milk, salt, and pepper. Bake in moderate oven until firm.

Time in cooking, 1 hour.

Temperature, 325 degrees.

COTTAGE PUDDING

1/4 cup butter
2 1/4 cups flour
3/8 cup sugar
4 teaspoons baking powder
1 egg
1 cup milk
1/2 teaspoon salt
1 teaspoon vanilla

Cream butter and sugar. Add egg well beaten. Mix and sift dry ingredients. Add to first mixture alternately with the milk. Add vanilla. Bake in moderately hot oven.

Time in cooking, 25 minutes.

Temperature, 375 degrees.

CREAMED POTATOES

2 cups potato cubes
2 tablespoons flour
2 tablespoons butter
1 cup milk
1/4 teaspoon salt

<table>
<thead>
<tr>
<th>CREAM PIE WITH MERINGUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ingredients:</td>
</tr>
<tr>
<td>2 cups hot milk</td>
</tr>
<tr>
<td>2 eggs (separated)</td>
</tr>
<tr>
<td>5 tablespoons flour</td>
</tr>
<tr>
<td>1 1/2 teaspoons flavoring</td>
</tr>
<tr>
<td>1/2 cup sugar</td>
</tr>
<tr>
<td>Plain pastry</td>
</tr>
<tr>
<td>Method:</td>
</tr>
<tr>
<td>Mix sugar and flour. Add hot milk. Cook until starch is thoroughly done. Beat egg yolks slightly. Pour first mixture into eggs. Add flavoring. Pour into pie plate lined with plain pastry. Bake 35 minutes in a moderate oven. Cover with meringue made of stiffly beaten whites, and continue baking for 20 minutes in a slow oven.</td>
</tr>
<tr>
<td>Time in cooking: 35 minutes—20 minutes</td>
</tr>
<tr>
<td>Temperature: 325 degrees—275 degrees</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CREAMED GREEN PEAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ingredients:</td>
</tr>
<tr>
<td>2 cups peas</td>
</tr>
<tr>
<td>1 cup white sauce (made according to cream sauce recipe)</td>
</tr>
<tr>
<td>Method:</td>
</tr>
<tr>
<td>Heat peas and add to cream sauce. Serve hot.</td>
</tr>
<tr>
<td>Time in cooking: 15 minutes</td>
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</tbody>
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<table>
<thead>
<tr>
<th>CREAM SAUCE</th>
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</thead>
<tbody>
<tr>
<td>Ingredients:</td>
</tr>
<tr>
<td>1 1/2 cups milk</td>
</tr>
<tr>
<td>3 tablespoons butter</td>
</tr>
<tr>
<td>3 tablespoons flour</td>
</tr>
<tr>
<td>Method:</td>
</tr>
<tr>
<td>Time in cooking: 15 minutes</td>
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</tbody>
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<table>
<thead>
<tr>
<th>CREAM TOAST</th>
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</thead>
<tbody>
<tr>
<td>Ingredients:</td>
</tr>
<tr>
<td>6 slices toast</td>
</tr>
<tr>
<td>3 tablespoons flour</td>
</tr>
<tr>
<td>2 cups milk (hot)</td>
</tr>
<tr>
<td>2 tablespoons butter</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>Method:</td>
</tr>
<tr>
<td>Melt butter. Add flour. When thoroughly mixed add hot milk. Cook in double boiler until thick. Pour over toast and serve.</td>
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</tbody>
</table>

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CUP
CAKES
2 tablespoons butter  ¼ cup milk
¼ cup sugar  ¾ cup flour
1 egg  1½ teaspoon baking powder
1 teaspoon vanilla
Cream butter and sugar. Add egg. Mix and sift flour and baking powder. Add alternately
with milk to first mixture. Add flavoring. Bake in rather hot oven.
Time in cooking, 25 minutes.
Temperature, 375 degrees.

DRESSED
LETTUCE
1 head lettuce  4 tablespoons olive oil
6 tablespoons French dressing  2 tablespoons vinegar
Seasonings
Mix oil and vinegar. Add seasonings. Wash lettuce. Add dressing just before serving.

EGGS A LA
GOLDEN
ROD
2 cups milk  8 eggs
4 tablespoons flour  8 slices toast seasonings
4 tablespoons butter
Add hot milk. Return to double boiler and cook until thick. Add seasonings. Pour sauce
over toast. Put chopped whites over sauce. Sprinkle grated yolks on top of whites.

FRENCH
FRIED
ONIONS
4-6 Spanish onions  Flour
Slice onions, dredge with flour, and fry in deep fat until a golden brown. Drain on soft
paper. Sprinkle with salt and pepper.
Time in cooking, 20 minutes.
Temperature, 370 degrees.
FINNAN HADDIE CREAM SAUCE

2 pounds finnan haddie
Cover finnan haddie with cold water, heat slowly, and let simmer until tender. Remove bones and separate fish into flakes. Put into hot cream sauce. Sprinkle with chopped parsley.
Time in cooking, 20 minutes.

FRENCH OMELET

6 tablespoons milk 6 eggs 2 teaspoons butter
Melt butter in skillet. Break eggs and beat vigorously with milk added to them. Pour into skillet and cook very gradually on top of stove for five minutes. Put into oven and cook until mixture is firm. Roll and serve at once.
Time in cooking, 15 minutes.
Temperature, 325 degrees.

GRAHAM MUFFINS

1 cup graham flour 4 teaspoons baking powder
1 cup white flour 1 cup milk
¼ cup sugar 1 teaspoon salt 1 egg (slightly beaten)
2 tablespoons melted butter
Mix and sift white flour, salt, sugar and baking powder. Add graham flour. Add milk and slightly beaten egg. Add melted butter. Bake in muffin pans in moderately hot oven, for 20 minutes.
Time in cooking, 20 minutes.
Temperature, 375 degrees.

HASHED BROWNED POTATOES

3½ cups mashed potatoes ¼ cup fat—bacon
Melt fat. Add potatoes. Cook until brown.
Time in cooking, 20 minutes.
JELLY ROLL

- 2 eggs (separated)
- 2 teaspoons baking powder
- ¾ cup sugar
- ¼ teaspoon salt
- 4 tablespoons cold water
- 1 cup flour
- 1 teaspoon vanilla
- 1 cup jelly

Beat yolks. Add sugar, gradually beating after each addition. Add water and beat well. Mix and sift flour with baking powder and salt. Add to the first mixture and beat again. Add vanilla. Fold in egg whites beaten stiff. Pour into a shallow rectangular pan which it will fill to the depth of a quarter of an inch. Bake 20 minutes at 325 degrees. Remove from pan to a cloth which has been sprinkled with powdered sugar. Spread with jelly beaten until smooth, and roll.

Time in cooking, 20 minutes.
Temperature, 325 degrees.

LEMON JELLY

- 1 cup sugar
- ½ cup lemon juice
- 2 tablespoons gelatine
- 3½ cups water
- 6 walnut halves

Soften gelatine with ½ cup of water. Add boiling water and sugar. When dissolved, cool. Add lemon juice when mixture is luke-warm. Put a walnut half in the bottom of each mold. Set away in cool place to stiffen.

OYSTER STEW

- 18 oysters
- 4 tablespoons butter
- 1½ cups oyster liquor
- 1 teaspoon salt
- 5 cups milk
- Speck pepper

Heat oysters in liquor until edges are slightly curled. Heat milk and add seasoning. Add oysters and serve at once.

Time in cooking, 15 minutes.
**NUT BREAD**

2 cups white flour  ¾ cup sugar
2 cups graham flour  ½ cup molasses
1 teaspoon soda  2 cups sour milk
1 teaspoon salt  1 cup nut meats
2 teaspoons baking powder

Mix and sift dry ingredients. Add molasses, milk, raisins, and nuts. Pour into a well-greased bread pan and bake for one and one-half hours in a rather slow oven.

Time in cooking, 1½ hours.
Temperature, 325 degrees.

**POPOVERS**

1½ cups flour  1½ cups milk
¼ teaspoon salt  3 eggs
1 teaspoon melted butter

Add salt to flour. Beat eggs. Add milk and continue beating. Add flour and continue beating. Thoroughly heat and grease muffin pans. Pour mixture into pans. Put in a hot oven and reduce the heat after the popovers are well risen.

Time in cooking, 20 minutes—temperature, 450 degrees; 25 minutes—temperature, 300 degrees.

**POTATO SALAD**

4 large potatoes (boiled)  1 tablespoon grated onion
½ cup celery or cucumber, diced  Mayonnaise Lettuce

Cut potatoes in cubes. Add celery or cucumber and onion. Mix with mayonnaise. Put on lettuce leaves and serve at once.
PLAIN COOKIES

- ¼ cup butter
- ½ cup sugar
- 1 egg
- 1¼ cups flour
- 2 tablespoons milk
- 1 teaspoon baking powder

Cream butter and sugar. Add slightly beaten egg. Mix and sift flour and baking powder. Add alternately with milk to first mixture. Roll out very thin with little or no flour on the board. Bake in moderately hot oven.

Time in cooking, 25 minutes.
Temperature, 375 degrees.

POTATO SOUP

- 6 cups milk
- 6 medium potatoes
- 1 onion (small) thinly sliced
- 1 tablespoon butter
- 2 tablespoons flour
- 1 teaspoon salt
- Speck pepper


Time in cooking, 1 hour.

RASPBERRY SHERBET

- 1 quart raspberries
- 1 ½ cups sugar
- 1 egg white
- 1 cup water
- 2 tablespoons lemon juice

Boil sugar and water until a thin syrup. Mash berries and add to syrup. Cool and add strained lemon juice. Freeze to a mush. Add beaten egg white. Freeze until egg is thoroughly combined. Let stand for two hours. If canned berries are used, less sugar will be needed.
PLAIN

PAstry

1 cup flour
2 tablespoons butter
2 tablespoons lard
Speck salt
Water

Thoroughly combine salt, flour and shortening. Add sufficient cold water to make a stiff paste.

SPINACH

WITH

EGG

2 cups finely chopped spinach (steamed)
2 hard cooked eggs

Add seasoning to hot spinach. Put into serving dish. Cover with chopped egg.

Time in cooking, 25 minutes.

STEWED

PRUNES

Wash prunes. Cover with cold water, and let soak over night. Cook slowly until tender in water in which they were soaked. Add sugar if desired.

Time in cooking, 30 minutes.

TOMATO

SCALLOP

3 cups tomato
3 cups soft bread crumbs

Add salt and pepper to tomatoes. Grease casserole, Put in a sufficient amount of tomato to completely cover bottom. Put in a layer of crumbs. Continue adding tomatoes and crumbs in alternate layer. Halve the last layer of crumbs. Dot with butter. Bake in a moderate oven for 15 minutes.

Time in cooking, 15 minutes.

Temperature, 350 degrees.
VANILLA
2 cups milk
Pinch salt
ICE CREAM
1 cup sugar
2 tablespoons flour
2 eggs
2 cups cream
1/2 tablespoon vanilla
Time in cooking, 20 minutes.

WALDORF SALAD
1 cup walnut meats
2 cups cut celery
4 medium apples
8 large leaves lettuce
12 tablespoons mayonnaise
Pare apples and cut in small pieces. Add celery and nuts. Thoroughly mix with mayonnaise. Put on nests of lettuce and serve at once.
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