SWEETS are a very necessary part of a well balanced diet---in fact should constitute one-tenth part of the normal food consumption according to nutrition experts. They are the richest source of energy producing elements.

Experiments have proven that sugar, which is the final refinement of cane syrup, lacks the Vitamin B factor, the growth promoting element, so that pure cane syrup as exemplified in ALAGA syrup is a food more valuable in this respect than sugar.

Because of its purity and consistent high standard of quality, ALAGA syrup is the ideal ingredient for the introduction of this essential food element into your daily menus. Besides its additional food value, ALAGA syrup adds a delicious taste to every dish in which it is used---to the delight of every member of your family.
TWENTY-FIVE years ago, Mr. L. B. Whitfield, the Founder of the Alabama-Georgia Syrup Company, foresaw the need of a syrup that would be unlike and superior in food elements and sweetening qualities to ordinary syrups.

After exhaustive tests, he perfected the formula, using only 100% pure Georgia cane syrup, blended with a small percentage of high quality corn syrup. This blend for a quarter of a century has pleased the exacting taste of the most discriminating users.

Its delicious flavor and high quality are due in the first place to the nature of the soil on which cane is grown. This cane grows on a light soil so that it is unnecessary to use bleachers or chemicals of any kind in the manufacture of the syrup. The juice of the cane being boiled down to the consistency of a thick syrup, thereby giving ALAGA SYRUP a flavor not obtainable from syrups made from cane grown on other soils where it is necessary to use chemicals or bleachers in the manufacture of the syrup.

The Alabama-Georgia Syrup Company does all of its purchasing on the plantations during the harvest time, storing the raw syrups in their own cold storage, thereby preventing fermentation, and the syrup thus stored retains its naturally sweet flavor. This raw stock is drawn from cold storage for the manufacture of ALAGA SYRUP according to demand throughout the year, which gives every user complete assurance of consistently high quality at all seasons.

Because of this discrimination and the fact that no sugars are extracted, ALAGA naturally has greater food value than syrups on which bleachers and chemicals have been used and from which sugars have been extracted.

The quality of syrup thus obtained has met with such widespread approval that the Alabama-Georgia Syrup Company has grown from a small factory occupying one building in 1906, to a plant including cold storage, now occupying more than five acres of floor space. The famous ALAGA BRAND being distributed in more than thirty states.

Such popularity can only be achieved and maintained by the most scrupulous adherence to a high standard of quality.
Alaga Baked Ham

1 ham 1 teaspoon mustard
Alaga syrup Whole cloves
Soft bread crumbs Celery leaves

For a small family a ham, butt will be sufficiently large. Boil the ham with an onion, a few celery leaves and a teaspoon of mustard, until it is almost tender. Skin it and cut off some of the superfluous fat.

Mix Alaga syrup and bread crumbs, two parts syrup to one part bread crumbs, and spread over the ham. Insert cloves one inch apart, making a diamond pattern. Bake in a moderate oven (350 degrees F.) until ham is very tender and has a nice glaze.

Minced Ham in Cider Cups

1 cup minced boiled ham. 1/4 teaspoon cayenne pepper 2 cups cider
3 hard cooked eggs 3 tablespoons lemon juice
1/2 teaspoon salt 1/2 cup minced celery 1/2 cup Alaga syrup
Pepper 2 tablespoons gelatin 1 cup whipped cream

Soak gelatin in cold water and pour over it boiling cider to which syrup and lemon have been added. Strain into ring molds. When firm remove from the molds and fill with a mixture of the other ingredients.

Sweet Potatoes With Pineapple

6 small sweet potatoes 1/2 cup Alaga syrup
1/2 as much pineapple as potato 1/4 cup water

Boil potatoes with the skins on. When cool, peel and cut in slices about 1/4 inch thick. Mix Alaga syrup and hot water. Cover bottom of baking dish with this mixture, add sweet potatoes and sliced pineapple, and pour the remaining syrup mixture over the tops. Bake 25 minutes at 400 degrees F.

Alaga Baked Beans

2 cups dry navy beans 1/2 pound salt pork 1/2 teaspoon dry mustard
1 small onion 1 teaspoon salt 2 tablespoons Alaga syrup

Soak beans in cold water over night. In the morning, drain and place in fresh water with the onion sliced, and simmer gently until the skins begin to burst. Be careful that they do not cook long enough to become mushy.

Mix the mustard, salt and Alaga syrup in a measuring cup, and fill the cup with the liquor from the boiled beans. Lift the beans into a baking dish with a slotted spoon, allowing the liquid to drain off. Stir the syrup mixture through them thoroughly. Bury pieces of salt pork in the beans. Fill the baking dish with liquid in which the beans have cooked, and bake in a moderate oven until liquid is absorbed and beans are tender, about two hours. It may be necessary to add more liquid before the beans are tender, in which case it should be hot.
Corn Fritters With Alaga

2 cups corn, fresh or canned
1 teaspoon salt
½ teaspoon pepper
1 egg
1 teaspoon melted fat
½ cup milk
2 cups flour
2 teaspoons baking powder

Chop the corn very fine and add the salt, pepper, well-beaten egg, melted fat, milk, and flour sifted with baking powder. Stir mixture thorougly. Drop by spoonfuls into deep hot fat and serve with Alaga syrup.

Alaga Corn Bread

1 cup corn meal
1 cup flour
3 teaspoons baking powder
1 teaspoon salt
¼ cup Alaga syrup
1 teaspoon sugar
¼ cup milk
2 eggs
1 tablespoon butter

Mix the corn meal, flour, baking powder, salt and sugar together. Add the milk, syrup, eggs well beaten, and melted butter. Pour into a buttered baking pan and bake in a hot oven, 450 degrees F., for 20 minutes. Serve piping hot.

Alaga Baked Ham
**Old Fashioned Alaga Cookies**

1 cup Alaga syrup  
1 cup shortening  
1 cup brown sugar  
1 teaspoon soda  
2 eggs

Put the syrup, shortening, brown sugar and 1 teaspoon soda in a saucepan and boil for ten minutes. Cool to lukewarm.

Add the eggs slightly beaten, and the salt, cinnamon, cloves and additional 1 teaspoon soda, sifted with the flour. More than four cups of flour may be required. This will depend upon the absorbent qualities of the flour itself.

Roll dough into a thin sheet and cut into fancy shapes. If no cutter is at hand, use a sharp knife to trace around a cardboard pattern. Bake the cookies ten minutes at 425 degrees F.

This cookie dough may be used immediately after making up, but is even better if made into a long roll, thoroughly chilled, and the cookies sliced from the roll with a sharp knife or a string, just before baking. The cookies are very crisp.

**Boston Brown Bread**

1 cup corn meal  
1 cup rye flour  
1 cup graham flour  
1 1/2 teaspoons soda  
1 teaspoon salt  
3/4 cup Alaga syrup  
2 cups sour milk

Mix and sift the dry ingredients. Mix syrup and milk and add dry ingredients. Beat thoroughly and turn into well greased molds, filling each mold about two-thirds full. Cover and steam three hours. Remove the covers and bake the bread at 375 degrees F. long enough to dry it off. Raisins may be added if desired.

If it is desired to use sweet milk and baking powder use 1 3/4 cups sweet milk and 4 teaspoons baking powder.

**Soft Ginger Cookies**

3/4 cup solid shortening  
3/4 cup brown sugar  
3/4 cup Alaga syrup  
3 to 4 cups flour  
2 eggs  
1 teaspoon salt  
1 tablespoon ginger  
1/4 cup sour cream or milk  
1/4 teaspoon soda  
1 teaspoon baking powder

Cream shortening and sugar. Add the eggs one at a time, and beat until light and creamy. Add the syrup. Sift dry ingredients and add with sour cream. Chill the dough. When ready to bake, roll thin and cut into large cookies. Bake in hot oven for 15 to 30 minutes.
Waffles and Pan Cakes

Waffles

1 1/2 cups flour
1/2 teaspoon salt
3 teaspoons baking powder
1 cup milk
2 eggs
1 tablespoon shortening

Mix flour, salt and baking powder, add milk gradually, then the eggs beaten until very light, and the melted shortening. Pour a spoonful onto each section of a waffle iron and bake. Serve with Alaga syrup.

Griddle Cakes

2 1/2 cups flour
1 tablespoon Alaga syrup
4 1/2 teaspoons baking powder
2 cups milk
1 egg
1 teaspoon salt

Sift dry ingredients together, add the milk and syrup mixed, then the egg beaten well. Beat all together until smooth. Bake on hot griddle.

If it is desired to use sour milk, use 2 cups sour milk instead of the sweet milk, and 1 teaspoon soda instead of baking powder. An excellent variation is to substitute 1 cup corn meal for 1 cup of the flour.

Corn Flakes Waffles

1 1/2 cups bread flour
3 tablespoons corn meal
2 cups corn flakes
2 eggs
3 teaspoons baking powder
1 teaspoon salt
1 tablespoon Alaga syrup
4 tablespoons shortening
About 2 cups milk

Mix and sift the flour, corn meal, baking powder, salt together; add the corn flakes rolled and crushed fine, then the eggs well beaten, the syrup, and the melted shortening. Add enough milk to make a thick batter. Bake in well greased, hot waffle irons and serve with Alaga syrup.

Spider Corn Bread

1 cup cornmeal
1/2 cup rolled oats
1 teaspoon soda
1 teaspoon salt
2 eggs
2 cups sour milk
2 tablespoons

Mix the dry ingredients, add the eggs well beaten, and the milk. Melt the shortening in a frying pan and add to the mixture. Heat pan and turn in the bread. Cook on top of the stove three minutes, then place in a moderate oven and cook 15 to 20 minutes. Serve hot with butter and Alaga syrup.
Alaga Quick Cake

1 teaspoon soda
1 tablespoon warm water
1 cup Alaga syrup
1/4 cup melted butter
1/4 teaspoon salt
1/2 cup buttermilk
2 1/2 cups all-purpose flour

Dissolve the soda in the warm water, add the syrup, and stir until foamy. Add the butter melted (but not too hot), salt, buttermilk and flour. The flour may be an all-purpose flour, and should be sifted before measuring. A few raisins add flavor. They should be floured before adding to the batter.

Mocha Layer Cake

1/2 cup butter or substitute
1 cup brown sugar
2 egg yolks
1/2 cup Alaga syrup
1/2 cup made coffee
2 cups all-purpose flour
1 teaspoon each cloves, cinnamon and mace
1/2 teaspoon salt
1 teaspoon baking powder

Beat the butter and sugar until creamy; add egg yolks, then the syrup and coffee. Last of all, add the flour, spices, salt and baking powder sifted together. Bake in layers 20 minutes in a moderate oven (350 degrees F.) and put together with Fudge Frosting.

Fudge Frosting

2 cups sugar
1/2 cup milk
1 1/2 tablespoons butter
2 squares chocolate
1 tablespoon Alaga syrup
1 teaspoon vanilla
6 marshmallows or 2 heaping tablespoons marshmallow whip

Put first five ingredients into a sauce pan and boil to soft boil stage (234 degrees F.). Remove from fire and stir in the marshmallows until they dissolve, cool, add vanilla and beat until right consistency to spread on cake.

Hot Alaga Cake

1/2 cup shortening
1/2 cup brown sugar
1 egg
1/2 cup Alaga syrup
2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon soda
1/2 teaspoon allspice
1 teaspoon cinnamon
1/2 cup milk

Cream shortening and add sugar, beating until thoroughly blended. Add the beaten egg and syrup. Sift the flour, baking powder, salt, soda and spices together and add alternately with the milk to the first mixture. Stir thoroughly. Bake in a shallow pan at 425 degrees F. about 20 minutes. Serve hot. This might also be served as a cottage pudding, with lemon or any fruit sauce.
Cakes

Alaga Icing
Salt

Boil the syrup until it spins a thread. Beat the egg white until stiff and add baking powder and salt. Slowly pour the syrup over the egg white, beating constantly and continuing to beat until the icing will hold its shape.

Fruit Cake

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>all-purpose flour</td>
<td>4 cups sifted</td>
</tr>
<tr>
<td>sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>Alaga syrup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>cider</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>tart jelly</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>sour cream</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>cinnamon</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>nutmeg</td>
<td>1/2 teaspoon</td>
</tr>
</tbody>
</table>

Prepare all the fruit before mixing it. Cut the citron into very small pieces. Cream the butter and sugar. Separate the eggs, and add the yolks after the butter and sugar are blended. Add the cider, jelly, sour cream and syrup. Mix the salt, soda and spices with one-half the flour. Mix the other half of the flour with the fruit and nuts. Add the dry ingredients gradually to the liquid ingredients, then the floured fruit, and last the whites of the eggs. If the fruit is well covered with flour it will be scattered through the cake and will not settle to the bottom.

Bake the cake in a tube pan lined with greased paper, in a slow oven (275 to 300 degrees F.). A low fire allows the heat to penetrate the cake mixture slowly and does not dry it out or burn the crust. When the cake is firm to the touch and rises with the finger, it is done. It may also be tested with a straw.

Pork Cake

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>dry mince meat boiled down in 1 cup water or</td>
<td>1 package</td>
</tr>
<tr>
<td>mince meat</td>
<td>2 1/4 cups flour</td>
</tr>
<tr>
<td>salt</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>pork</td>
<td>1 teaspoon cream of tartar</td>
</tr>
<tr>
<td>sugar</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Alaga syrup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>citron</td>
<td>1/4 pound</td>
</tr>
</tbody>
</table>

Cut the salt pork into small pieces and fry out the fat. Strain and cool. Blend the cooled fat with the sugar. Add the Alaga syrup and beat vigorously. Sift the flour, soda and cream of tartar together. Add to the syrup mixture alternately with the hot water. Fold in the citron cut fine, and the cooled mince meat.

Bake in loaf tin 2 hours at 350 degrees F.
**Tea Time Dainties**

### Alaga Rolled Wafers

- ½ cup Alaga
- 1 cup brown sugar
- ½ cup butter
- 1 scant cup flour
- 1 tablespoon ginger

Heat Alaga syrup to boiling point, add butter, then slowly stir in the flour mixed and sifted with the ginger and sugar. Drop small portions from tip of spoon onto a buttered pan, placing portions about two inches apart. Bake in a slow oven (275 degrees F.) until delicately browned. Cool slightly, remove from pan and roll over handle of wooden spoon.

### Alaga Hermits

- 1 cup Alaga syrup
- 1 cup brown sugar
- 1 cup drippings or other fat
- 1 cup chopped raisins
- ½ cup strong coffee
- 2 eggs
- 1 teaspoon each soda, ground cinnamon, cloves, nutmeg
- ¼ teaspoon allspice
- Flour to make a soft dough

Cream the sugar and fat. Add eggs well beaten, coffee, syrup, dry ingredients, and chopped fruit in order mentioned. Roll a small portion of the dough at a time on a floured board. Cut and bake in a quick oven (450 degrees Fahrenheit).

### Doublets

- 1 cup Alaga syrup
- 3 eggs
- 1 tablespoon melted butter
- 3 cups all-purpose flour
- ½ teaspoon salt
- 2 teaspoons baking powder

Combine the syrup, egg-yolks well beaten, and the melted butter. Add the flour sifted well with the salt and baking powder. Fold in the whites of the eggs beaten stiff.

Drop far apart on a greased baking sheet as they spread in baking. Avoid making them too large. Bake at 400 degrees F. for about 12 minutes.

Put together in pairs with fondant or fudge. These are especially dainty for afternoon tea.
Spicy Southern Gingerbread

1 cup Alaga syrup  
1 cup brown sugar  
1 cup shortening  
1 cup boiling water  
3 cups flour  
3 eggs  
2 teaspoons soda  
2 teaspoons ginger  
1½ teaspoons cinnamon  
½ teaspoon each cloves, nutmeg and baking powder

Add the eggs well beaten, to the syrup, sugar and melted shortening, which have been mixed. Then add the dry ingredients previously sifted together, and last, the hot water.

Oatmeal Sandwich Bread

1 pint rolled oats  
1 teaspoon salt  
1 quart boiling water  
½ yeast cake softened in 2 tablespoons lukewarm water  
½ cup Alaga syrup  
2 quarts (8 cups) flour

Pour the boiling water over the rolled oats and salt and let stand until lukewarm. Then add the other ingredients.

Let rise several hours. Cut down with a knife and beat well. Put in pans and when well raised bake in a hot oven (400 degrees F.) for ten minutes, then reduce heat to 350 degrees and continue baking for one hour. This mixture is not stiff enough to knead.

Raisin Bran Muffins

1 cup bran  
¾ cup flour  
4 teaspoons baking powder  
½ teaspoon salt  
1½ tablespoons Alaga syrup  
1 tablespoon melted shortening  
½ cup seeded raisins  
½ cup milk  
1 egg

Mix and sift the flour, baking powder and salt, stir in the bran, add the syrup, melted shortening, floured raisins, and milk gradually. Then add the well beaten egg and bake in muffin tins in a hot oven (400-425 degrees) for 30 minutes. This makes eight large or twelve small muffins.
Apple Ginger Pudding

- \(\frac{1}{2}\) cup Alaga syrup
- 1 small egg
- \(\frac{1}{2}\) tablespoons melted shortening
- 1 teaspoon ginger
- \(\frac{1}{4}\) teaspoon cinnamon
- \(\frac{1}{2}\) teaspoon soda
- \(\frac{1}{4}\) teaspoon salt
- \(\frac{1}{4}\) cup hot coffee
- \(\frac{3}{8}\) cup all-purpose flour
- \(\frac{1}{4}\) cups unsweetened apple sauce

Oil a baking dish and pour in the apple sauce. Then beat the egg, syrup, shortening, together. Mix and sift the flour, ginger, cinnamon, soda, and salt together and add to the first mixture, then add the hot coffee. Pour this batter over the apple sauce and bake in a moderate oven (350 degrees F.) for approximately 30 minutes. This amount fills a seven-inch pudding pan, and makes six servings.

Serve with whipped cream or any favorite pudding sauce.

Alaga Pie

- \(\frac{1}{2}\) cups Alaga syrup
- \(\frac{1}{4}\) cup butter
- 1 tablespoon flour
- \(\frac{1}{2}\) cup sugar
- 2 eggs
- \(\frac{1}{2}\) cup nut meats chopped (walnut or pecan are best)

**PASTRY**

Melt the butter, add flour and stir until smooth. Then add sugar and syrup and boil three minutes. Cool. Add beaten eggs and nuts.

Pour into pie pan lined with unbaked pastry. Bake in a hot oven (450 degrees) for ten minutes, then reduce heat to 350 degrees and bake 30 to 35 minutes longer. Makes one medium sized pie.

Frozen Alaga Custard

- 1 cup Alaga syrup
- 1 cup milk
- 1 egg
- 1 tablespoon cornstarch
- 1 square chocolate, melted, or 2 heaping teaspoons cocoa and \(\frac{1}{4}\) teaspoon butter
- \(\frac{1}{2}\) pint whipping cream

Heat the milk in the top of double boiler. Mix the cornstarch with a few drops of cold milk, and pour the hot milk over it slowly, stirring constantly. Add the syrup. Beat the egg and pour the hot mixture over it. Add chocolate.

Cook in double boiler until it thickens slightly and will coat the spoon. Remove from fire, cool, then chill in refrigerator.

Fold in the stiffly beaten cream, turn into freezer or trays of automatic refrigerator and freeze. More chocolate may be used to give the custard a pronounced flavor.
Desserts

Cocoanut Pudding

1 pint milk 4 tablespoons cornstarch 1/4 cup shredded cocoanut
1/2 cup Alaga syrup 1/2 teaspoon vanilla

Add 1/4 cup cold milk to the cornstarch and stir until smooth. Heat remainder of the milk, and pour over the cornstarch mixture, stirring constantly. Add the Alaga syrup and cocoanut and cook in a double boiler 40 minutes. Stir until the mixture thickens, then occasionally. Add vanilla when done and pour into molds which have been dipped into cold water. Serve cold with or without whipped cream.

Suet Pudding

1/2 cup Alaga syrup 1/2 cup suet chopped fine
1/2 cup milk or water 1 1/2 cups flour
1/2 teaspoon each salt, soda, cinnamon, nutmeg
2 teaspoons baking powder
1/2 cup raisins

Mix the suet, syrup and milk. Sift flour and other dry ingredients together. Mix with the fruit and add to the first mixture. Pour into a well greased mold and steam two hours. Or put into small individual molds and steam 35 minutes.

Chopped figs, chopped dates, sliced citron and currants, mixed, or stoned and chopped prunes may be used instead of raisins.

Alaga Parfait

1/4 cup Alaga syrup 1 pint heavy cream 3 egg whites

Cook syrup until it spins a thread. Pour the syrup over beaten egg whites and beat until cold. Fold into the stiffly whipped cream. Place in freezing tray of mechanical refrigerator. When frozen, pile lightly in sherbet glasses and serve with topping of whipped cream.
Candy

Alaga Taffy

| 2 cups Alaga syrup | 4 tablespoons butter or other fat |
| 1 cup granulated sugar | ½ teaspoon vanilla |
| ¾ cup water | ⅛ teaspoon soda |

Cook the syrup, sugar and water slowly to the hard-boil stage, stirring during the latter part of the cooking to prevent burning. Remove from the fire, add the fat, soda and vanilla, and stir enough to mix. Pour into a greased pan and when cool enough to handle pull it until it becomes light in color. Any coloring may be achieved by use of cake coloring. Stretch the taffy in a long, flat rope and cut with scissors into small pieces.

Popcorn Balls

Make the same syrup as for peanut brittle, but instead of peanuts add popped corn enough to thicken. Take the mixture out by the spoonful and roll as soon as it can be handled, then roll these balls over and over in kernels of popcorn until no more will stick to the ball.

Cocoanut Rolls

| 1 ¾ cup Alaga syrup | ⅛ cup currants |
| ⅛ teaspoon maple flavoring | ½ cup raisins |
| 1 cup moist cocoanut |

Stir the ingredients together to make stiff loaf. Pack in a small mold and chill in refrigerator. Then roll and shape into small rolls. Dust with confectioners' sugar.

Peanut Brittle

| 1 cup Alaga syrup | 2 tablespoons butter |
| 1 cup brown sugar | 1 cup blanched peanuts |
| 1 tablespoon vinegar |

Boil syrup, sugar, vinegar and butter to hard-ball stage, then add peanuts. Remove at once from fire, add 1 teaspoon baking soda, beat hard and pour into buttered tins.
Miscellaneous

Alaga Cough Syrup

AN EFFECTIVE remedy for the hacking coughs that accompany colds is made as follows: One cup Alaga syrup, \( \frac{1}{2} \) teaspoon ginger, 2 tablespoons butter. Simmer over slow fire for 15 minutes. Do not let it boil.

Upon removing from fire stir in a tablespoonful of lemon juice or vinegar. Take a teaspoonful several times a day.

Bran Bread

1 1/2 cups bran  
1 1/2 cups boiling water  
1 tablespoon shortening  
1 1/2 teaspoons salt  
1 3/4 cup Alaga syrup  
1 yeast cake softened in  
1 1/2 cup lukewarm water  
4 cups flour

Pour the boiling water over the bran. Add the shortening and salt and let stand until lukewarm. Add the syrup and the yeast, which has been softened in water. Add the flour and beat well.

Let the mixture rise until double in bulk. Beat and turn into buttered bread pan. Let rise again. Bake in moderate oven (350 to 400 degrees F.) for 50 minutes.

Baked Apples

Core apples and fill with Alaga syrup instead of sugar. Bake in moderate oven.

Pumpkin Pie

1 1/4 cups cooked pumpkin  
1 1/4 cups Alaga syrup  
3/4 teaspoon salt  
2 eggs  
1 tablespoon cornstarch  
1 1/4 cup rich milk  
1 1/4 teaspoons cinnamon  
1 3 teaspoon ginger

Line a deep pie plate with crust, fluting the edges. Combine all the ingredients mentioned above, pour into the crust and bake at 400 degrees for ten minutes, then at 350 degrees until the custard is firm in the center.

Alaga syrup may be substituted for sugar in many recipes, using the same quantity of syrup as the recipes calls for of sugar, but reducing the liquid one-fourth. That is, if the recipe calls for one-half cup of sugar and one cup of milk, use one-half cup Alaga syrup and three-fourths cup of milk.

To remove grass stain from cotton materials cover the spot with syrup and allow to stand for a few hours. Rub the syrup well into this stain, then wash in lukewarm soap suds.
ALAGA Syrup comes to you in this sanitary, convenient can. Manufactured in the modern plant illustrated below, under scrupulous sanitary conditions, it is vacuum sealed and always reaches you in perfect condition.

Ask for ALAGA by name.

The Alabama-Georgia Syrup Co.
Montgomery, Alabama

The Home of ALAGA Syrup