RECIPES FOR

50 Sweet Treats

AlAca Syrup

Favorite for 3 Generations
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Copyright 1954—Alabama-Georgia Syrup Co.
"Eat sweets for energy." That’s what food experts tell us. Sweets give you energy to work, give youngsters the pep they need to study and play. Alaga Syrup is one of the especially fine sweet-foods. It is easy to digest, so provides energy quickly. It’s "good every drop."

You can get Alaga Red Label, with real cane flavor; or Alaga Green Label if you prefer maple flavor.

Because Alaga is such a grand energy food, you’ll want to use it often. In this booklet you’ll find new ways to use Alaga in baking, for cakes and icings and breads.

There’s good reason for Alaga’s popularity. For example, the cane used by the Alaga people grows in a section of the country which has unusually light soil. This means the cane juices are light, and Alaga does not have to be bleached with chemicals as some syrups are. So there’s nothing put into Alaga that can harm its delicate flavor. You enjoy all of Alaga’s sweet goodness.

And all year around, any season, Alaga has this same uniformly sweet taste. The Alaga people secure cane from plantations at the peak of the season, at its best. The juice from this choice cane is sent immediately to Alaga’s specially designed storage containers, which keep it at peak flavor. This is why, every month in the year, you enjoy the same fine quality and taste in Alaga Syrup.
Griddle Cakes, Waffles, Hot Breads

GRIDDLE CAKES

2½ cups sifted flour
4½ teaspoons double-action baking powder
1 teaspoon salt
2 cups milk
1 tablespoon Alaga Red Label Syrup
2 eggs

Sift the dry ingredients together, add milk and Alaga Syrup mixed, then well beaten eggs. Combine, mixing just enough to moisten. Bake on a hot, greased griddle. Serve with Alaga Syrup. Makes about 16 five-inch cakes.

Variations: 2 cups sour milk and 1 teaspoon soda may be used in place of sweet milk and baking powder. 1 cup corn meal may be substituted for 1 cup of the flour.
WAFFLES

2 cups sifted flour
1 teaspoon salt
4 teaspoons double-action baking powder
3 eggs, separated
1⅔ cups milk
½ cup melted fat or salad oil

Sift together flour, salt, and baking powder. Separate eggs. Beat yolks until light colored. Stir milk into them and add melted fat. Stir this mixture gradually into dry ingredients. Beat well. Beat egg whites until stiff, and fold into batter. Bake in hot waffle iron until golden brown. Serve with Alaga Syrup. 6-7 waffles.

Variations:
Corn Flake Waffles—add 1 cup corn flakes to batter before baking.
Nut Waffles—add ½ cup chopped nuts to batter before baking.
Berry Waffles—Add 1 cup berries to batter before baking.

ALAGA CORN BREAD OR MUFFINS

⅔ cup corn meal
1⅔ cups sifted flour
5 teaspoons double-action baking powder
1 teaspoon salt
¼ cup Alaga Red Label Syrup
1 cup milk
1 egg
4 tablespoons melted fat or salad oil

Mix and sift dry ingredients together. Combine Alaga Syrup, milk, beaten egg and fat. Add dry ingredients, mixing only enough to moisten. Pour into well greased heated baking pan or muffin tin and bake in hot oven, 450°F., 20 minutes. Serve piping hot. (Delicious with Alaga Syrup). Makes 12 muffins.

CORN CAKES

1 cup corn meal
1 teaspoon baking powder
¼ teaspoon salt
1 tablespoon melted lard
1 egg
½ cup milk (about)

Sift dry ingredients together, add melted lard and egg, and beat well, using enough milk to form a thin batter. Fry on well greased griddle. Serve piping hot, with Alaga Syrup. Makes 6 medium cakes.
RAISIN BRAN MUFFINS

¾ cup sifted flour 1 tablespoon melted shortening or salad oil
4 teaspoons double-action baking powder ½ cup milk
½ teaspoon salt 1 egg
1 cup bran ½ cup seedless raisins
1½ tablespoons Alaga Red Label Syrup

Mix and sift flour, baking powder, and salt. Stir in the bran. Combine syrup, melted shortening, milk and well beaten egg. Add to dry ingredients, mixing only enough to moisten. Add raisins. Bake in well greased muffin pans at 375°F., 30 min. Makes 8 large or 12 small muffins.

BOSTON BROWN BREAD

1 cup oatmeal or Cream of Wheat (uncooked) 1½ teaspoons salt
1 cup cornmeal ¾ cup Alaga Red Label Syrup
1 cup whole wheat or graham flour 1 cup sweet milk
1½ teaspoons soda 1 cup raisins—if desired

½ cup nutmeats—if desired

Mix dry ingredients. Add Alaga Syrup, milk, raisins and nuts, blend well. Fill greased tins ¾ full, cover, and steam 3½ hours. Makes 3 pounds bread.

Half white flour and half bran may be substituted for whole wheat flour.

Rye flour may be used if available in place of oatmeal.

SPIDER CORN BREAD

1 cup cornmeal 1 teaspoon salt
½ cup rolled oats 2 eggs
1 teaspoon soda 2 cups sour milk
2 tablespoons shortening or salad oil

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 pour in the batter. Cook on top of stove 3 minutes, then place in a moderate oven, 350°F., and cook 15 to 20 minutes. Serve hot with butter and Alaga Syrup.
**ALAGA BRAN BREAD**

2 cups bran  
½ cup Alaga Red Label Syrup  
1½ cups milk  
1 egg  
1 cup flour  
½ teaspoon salt  
1 cup raisins—if desired  
1 teaspoon soda

Add bran to Alaga Syrup and milk and let soak 15 minutes. Beat egg and add. Sift dry ingredients, stir in raisins. Add to bran mixture and blend well. Bake in a well-greased loaf pan 375°F., 45 minutes.

**FRENCH TOAST**

2 eggs  
½ cup milk  
⅛ teaspoon salt  
¼ teaspoon cinnamon  
2 tablespoons Alaga Red Label Syrup  
6 slices bread  
Butter or margarine

Beat eggs slightly. Add milk, salt, cinnamon and Alaga Syrup, and beat thoroughly. Dip bread in mixture and brown on both sides in small amount of butter or margarine. Serve hot.

**BUTTERSCOTCH PECAN BISCUITS**

2 cups sifted all-purpose flour  
3 teaspoons double-action baking powder  
1 teaspoon salt  
4 tablespoons shortening  
¾ cup milk (about)  
3 tablespoons soft butter or margarine  
2 tablespoons Alaga Red Label Syrup  
½ cup chopped nuts

Sift dry ingredients together. Cut in the shortening with two knives or a pastry blender, until mixture is about the texture of coarse corn meal. Add enough milk to make soft dough, and mix just enough to blend with other ingredients. Turn out on lightly floured board and knead lightly about half a minute. Roll into rectangular shape ¼ inch thick; cut in half. Spread half the dough with butter and Alaga Syrup blended together. Sprinkle with chopped nuts. Top with remaining dough. Cut into small rounds and place on greased baking sheet in hot oven (450°F.) 12 to 15 minutes, or until brown. Serve hot.
Cookies and Candies

ALAGA HERMITS

\(\frac{1}{2}\) cup shortening \(\frac{1}{2}\) teaspoon nutmeg
\(\frac{1}{2}\) cup brown sugar \(\frac{1}{2}\) teaspoon allspice
1 egg \(\frac{1}{2}\) teaspoon salt
\(\frac{1}{2}\) cup Alaga Red Label Syrup \(\frac{1}{8}\) teaspoon cloves
1\(\frac{1}{4}\) cups sifted flour \(\frac{1}{4}\) cup strong coffee, prepared
\(\frac{1}{2}\) teaspoon soda \(\frac{1}{2}\) cup raisins
\(\frac{1}{2}\) teaspoon cinnamon \(\frac{1}{2}\) cup chopped nuts

OLD-FASHIONED ALAGA COOKIES

Very crisp and delicious. And you do all the mixing in just 1 pan:

1 cup Alaga Red Label Syrup 1 teaspoon salt
1 cup shortening 3 teaspoons cinnamon
1 cup brown sugar ½ teaspoon cloves
2 teaspoons soda 4 cups sifted flour
2 eggs

Boil Alaga Syrup, shortening, brown sugar, and 1 teaspoon of the soda in a 2-quart (medium-size) saucepan ten minutes. Cool to lukewarm. Add slightly beaten eggs. Sift flour together with cinnamon, cloves and remaining teaspoon of soda. Add to Alaga-egg mixture and blend well. (More than 4 cups of flour may be required, depending upon absorbent qualities of flour and size of eggs.)

Roll dough out thin with rolling pin and cut in fancy shapes. If no cutter is available, use a sharp knife and trace around a cardboard pattern. Place cookies on cookie sheet and bake 10 minutes at 425°F. Yield: 8 to 10 dozen.

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

For Ginger Cookies—Substitute 2 teaspoons of ginger for 2 teaspoons of the cinnamon in above recipe.

ALAGA ROLLED WAFERS

½ cup Alaga Red Label Syrup 1 cup sifted flour
½ cup butter or margarine 1 cup brown sugar
1 teaspoon ginger

Heat Alaga Syrup to boiling point. Add butter. Sift flour, sugar and ginger together. Slowly stir into Alaga mixture. Drop from tip of a teaspoon onto well greased cookie sheet about 2 inches apart. Bake in slow oven, 275°F., about 20 min. Remove from pan with spatula and roll around the handle of a wooden spoon. These are very crisp and candy-like. Makes 36.
DOUBLETS

2 cups sifted all-purpose flour
3 eggs, separated
3 tablespoons melted butter or margarine

Combine Alaga Syrup, egg yolks, and melted butter. Sift flour, salt and baking powder together and add to Alaga mixture. Fold in stiffly beaten egg whites and grated orange rind. Drop from a teaspoon onto a greased baking sheet far apart, as they spread in baking. Bake at 400°F. about 12 minutes. Makes about 60. These may be put together in pairs with fondant or fudge, for a “party” touch.

OATMEAL COOKIES

1/2 cup shortening
1 cup Alaga Red Label Syrup
1 egg
1 1/2 cups sifted flour
1/2 teaspoon salt
2 teaspoons double-action baking powder
1/4 cup milk
1 1/2 cups oatmeal
1/2 cup nuts, chopped
1 cup seedless raisins

Cream the fat, add Alaga Syrup mixed with beaten egg. Sift together flour, salt, and baking powder, and add alternately with milk to the first mixture. Add the oatmeal, nuts and raisins. Mix well. Drop by spoonfuls onto greased cookie sheet. Bake until golden brown in a moderately hot oven, 375°F. about 15 min. Remove from sheet while hot. Makes 5 dozen cookies.

CHOCOLATE COOKIES

2 squares unsweetened chocolate, melted and cooled
1/2 cup Alaga Red Label Syrup
1 egg
1/4 cup milk
1/2 cup shortening
1/2 cup sugar
1 1/4 cups sifted flour
1/2 teaspoon soda
1/2 cup chopped nuts

POPCORN BALLS

1 cup Alaga Red Label Syrup
1 cup sugar
1 tablespoon vinegar
¼ teaspoon salt
1 tablespoon butter or margarine
1 teaspoon vanilla
2 quarts popped corn

Boil Alaga Syrup, sugar, vinegar and salt over a low fire, stirring constantly, to 310°F. (When few drops tested in cold water become brittle.) Add butter and vanilla. Pour over the popped corn, mix and shape into large balls. Yields 12 balls.

BUTTERSCOTCH

¼ cup Alaga Red Label Syrup
1 cup sugar
1 tablespoon vinegar

2 tablespoons boiling water
½ cup butter or margarine
½ teaspoon vanilla

Combine first 4 ingredients; cook, stirring until sugar is dissolved. Continue cooking, without stirring, until small amount forms hard ball in cold water (250°F.). Add butter and cook to crack stage (272°F.), stirring enough to prevent scorching. Add vanilla and pour into well-buttered pan. When cool, mark into squares; when cold, break into squares with knife handle.

PEANUT BRITTLE

2 cups raw peanuts
1 cup sugar
½ cup water
¾ cup Alaga Red Label Syrup
½ teaspoon salt
1 teaspoon vanilla
1 teaspoon soda
1 tablespoon butter

Boil first 5 ingredients together slowly until 310°F. is reached or when peanuts have popped 5 or 6 times. Remove from fire. Add vanilla and soda and butter. Beat well. Pour into a buttered pan.

PRALINES

1 cup sugar
1 cup brown sugar
½ cup Alaga Red Label Syrup
1 cup cream
2 tablespoons butter or margarine
2 cups pecan halves
1 teaspoon vanilla

Boil the sugars, Alaga Syrup, and cream together, until mixture reaches the soft ball stage (238°F.). Stir constantly during cooking. Remove from fire. Add butter, nuts, and vanilla, and stir until mixture begins to sugar. Drop from tip of spoon into mounds on buttered baking sheets.
MAPLE-COCOANUT ROLLS

\[
\begin{align*}
\frac{3}{4} \text{ cup Alaga Green Label Syrup} & \quad \frac{3}{4} \text{ cup raisins} \\
1 \text{ cup moist shredded cocoanut} & \quad \text{Grated rind of an orange}
\end{align*}
\]

Stir together until stiff. Chill. Shape into rolls. Dust with confectioners' sugar.

ALAGA TAFFY

\[
\begin{align*}
2 \text{ cups Alaga Red Label Syrup} & \quad 1 \text{ tablespoon vinegar} \\
1 \text{ cup granulated sugar} & \quad 4 \text{ tablespoons butter or margarine} \\
\frac{3}{4} \text{ cup water} & 
\end{align*}
\]

Cook Alaga Syrup, sugar, and water slowly to hard-ball stage (260°F.) stirring during latter part of cooking. Add vinegar. Remove from fire, add butter. Pour into greased pan and when cool enough to handle pull until porous and light in color. Do not squeeze. Stretch into long rope, twist and cut into pieces. Wrap in waxed paper.
ALAGA MAGIC CAKE (New Method)

Measure into mixing bowl and beat vigorously by hand or with electric mixer at medium speed for 2 minutes:

2 cups sifted cake flour
1 cup sugar
½ cup Alaga Green Label Syrup
½ cup milk
1/2 cup shortening
1 teaspoon salt
½ cup milk

Add:

2 teaspoons double-action baking powder or 3 1/2 teaspoons single-action baking powder
2 whole eggs or 4 unbeaten whites
1/2 cup milk

Blend for 2 minutes. Pour into well-greased 9-inch layer pans, bake at 360°F. 30 min. Frost with Alaga Fudge Frosting (p.15).

For Chocolate Magic Cake—Use Alaga Red Label Syrup instead of the Green Label. Add 3 squares unsweetened chocolate, melted and cooled, with baking powder, eggs, and last of milk.
## MOCHA SPICE CAKE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups sifted all-purpose flour</td>
<td>2 teaspoons double-action baking powder</td>
</tr>
<tr>
<td>½ teaspoon cinnamon</td>
<td>¼ teaspoon cloves</td>
</tr>
<tr>
<td>½ teaspoon mace</td>
<td>½ cup butter or margarine</td>
</tr>
<tr>
<td>1 cup brown sugar</td>
<td>2 eggs, well beaten</td>
</tr>
<tr>
<td>½ cup Alaga Red Label Syrup</td>
<td>½ cup coffee (prepared)</td>
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</tbody>
</table>


## FRUIT CAKE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ pound butter or margarine</td>
<td>1 cup Alaga Red Label Syrup</td>
</tr>
<tr>
<td>3 eggs, separated</td>
<td>1 pound nutmeats</td>
</tr>
<tr>
<td>3 cups sifted flour</td>
<td>¼ pound raisins</td>
</tr>
<tr>
<td>¼ teaspoon salt</td>
<td>¼ pound dates</td>
</tr>
<tr>
<td>1 teaspoon soda</td>
<td>¼ pound candied cherries</td>
</tr>
<tr>
<td>1 teaspoon allspice</td>
<td>¼ pound candied lemon peel</td>
</tr>
<tr>
<td>1 teaspoon nutmeg</td>
<td>¼ pound candied orange peel</td>
</tr>
<tr>
<td>1 teaspoon cinnamon</td>
<td>¼ pound candied pineapple</td>
</tr>
</tbody>
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Cream butter and egg yolks. Sift 2 cups flour with salt, soda and spices and add alternately with the syrup. Cut fruit and nuts and mix with remainder of flour. Add and fold in the stiffly beaten egg whites. Bake in well greased paper-lined pans at 250°F. for 2½ hours. Cover cakes with waxed paper for first half of cooking. Makes 2 cakes approximately 2½ pounds each. Smaller size cakes would require less baking time and one five pound cake would require 3 hours.

## SPICY SOUTHERN GINGERBREAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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</thead>
<tbody>
<tr>
<td>½ cup Alaga Red Label Syrup</td>
<td>1 teaspoon ginger</td>
</tr>
<tr>
<td>½ teaspoon soda</td>
<td>1 teaspoon cinnamon</td>
</tr>
<tr>
<td>½ cup shortening</td>
<td>¼ teaspoon cloves</td>
</tr>
<tr>
<td>½ cup sugar</td>
<td>¼ teaspoon nutmeg</td>
</tr>
<tr>
<td>2 eggs, separated</td>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td>2 cups sifted flour</td>
<td>½ cup water</td>
</tr>
<tr>
<td>2 teaspoons double-action baking powder</td>
<td></td>
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</tbody>
</table>

Combine Alaga Syrup and soda and set aside. Cream shorten-
ing and sugar, add egg yolks, then add Alaga Syrup and soda mixture, beating well. Sift dry ingredients together and add alternately with water. Beat egg whites stiff and fold in. Bake in a well greased rectangular pan (5x9), 30 minutes at 350°F.

ALAGA COOKED ICING

\[
\begin{align*}
\frac{3}{4} \text{ cup Alaga Red Label Syrup} & \quad \frac{1}{3} \text{ teaspoon salt} \\
1 \text{ large or 2 small egg whites} & \quad \frac{1}{2} \text{ teaspoon double action baking powder}
\end{align*}
\]

Boil Alaga Syrup until it spins a thread. Beat egg whites until stiff and fold in baking powder and salt. Slowly pour the syrup over the egg whites, beating constantly until the icing will hold its shape. For extra fluffy icing add 6 marshmallows after pouring in syrup. Makes sufficient icing for 2-layer cake.

For Maple Flavor—Use Alaga Green Label Syrup.

POWDERED SUGAR ICING

\[
\begin{align*}
\frac{1}{4} \text{ cup butter or margarine} & \quad 2 \text{ cups confectioners' sugar, sifted} \\
2 \text{ tablespoons Alaga Red Label Syrup} & \quad 2 \text{ tablespoons milk or cream} \\
1 \text{ teaspoon vanilla or lemon flavoring} & \\
\end{align*}
\]


For Maple Powdered Sugar Icing—Substitute Alaga Green Label Syrup for Alaga Red Label Syrup.

MARSHMALLOW FUDGE FROSTING

\[
\begin{align*}
1 \text{ tablespoon Alaga Red Label Syrup} & \quad 2 \text{ squares baking chocolate} \\
2 \text{ cups sugar} & \quad 1 \text{ teaspoon vanilla} \\
\frac{1}{2} \text{ cup milk} & \quad 6 \text{ marshmallows or 2 heaping tablespoons marshmallow whip} \\
1 \frac{1}{2} \text{ tablespoons butter or margarine} & \\
\end{align*}
\]

Boil together first five ingredients in a saucepan to soft ball stage (234°F.). Remove from fire and stir in the marshmallows until they dissolve. Cool until lukewarm, add vanilla and beat until the right consistency to spread. Makes enough to fill and cover top and sides of a two layer cake.
SWEET POTATO PIE

1/4 cup Alaga Red Label Syrup  
1/2 cup sugar  
1/2 teaspoon salt  
3/4 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/4 teaspoon cloves  
Unbaked pastry for 9" pie  
3 tablespoons butter or margarine, melted  
1 1/2 cups cooked or canned sweet potatoes, mashed  
3 eggs, separated  
3/4 cup milk

Add Alaga Syrup, sugar, salt, spices and melted butter to mashed sweet potatoes. Mix thoroughly. Add well beaten egg yolks and milk. Mix well. Fold in stiffly beaten egg whites. Pour into pastry and bake in moderate oven (350°F.) 1 hour, or until a silver knife inserted in center of pie comes out clean.
PUMPKIN PIE

1 1/2 cups cooked pumpkin
1 1/4 cups Alaga Red Label Syrup
1/2 teaspoon salt
2 tablespoons cornstarch
1 1/2 cups milk

1 teaspoon cinnamon
1/4 teaspoon ginger
1 tablespoon butter or margarine
2 eggs slightly beaten

Unbaked pastry for 9” pie

Line a deep pie plate with pastry. Combine ingredients above in order given, pour into pastry (unbaked) and bake at 400°F. ten minutes, then at 350°F. 20 to 25 min. until custard is firm in center.

SPICY CHIFFON PIE

1 envelope (1 tablespoon) plain gelatin
1/4 cup cold water
3 eggs, separated
1/2 cup Alaga Red Label Syrup
1/2 cup milk
1/2 teaspoon cinnamon

1/4 teaspoon nutmeg
1/4 teaspoon salt
1/4 cup sugar
1 cup whipping cream
1 baked 9” pastry shell
1/2 cup crushed peanut brittle or 1/2 cup nuts (optional)

Soak gelatin in cold water for 10 minutes. Mix well beaten egg yolks, Alaga Syrup, milk and spices together. Cook in double boiler, stirring constantly until thick. Add gelatin. Chill until slightly thickened. Fold in egg whites which have been stiffly beaten with the salt and sugar. Pour into baked pastry shell. Chill until firm. Top with whipped cream. Sprinkle with crushed peanut brittle or chopped nuts, if desired.

ALAGA PECAN PIE

1/4 cup butter or margarine
1 tablespoon flour
1 1/2 cups Alaga Red Label Syrup

1/2 cup sugar
1 cup pecans
2 eggs

Unbaked pastry for 1 medium sized pie

Melt the butter, add flour and stir until smooth. Then add Alaga Syrup and sugar and boil 3 minutes. Cool. Add beaten eggs and nuts, blending well. Pour into pan lined with unbaked pastry. Bake in hot oven 450°F. 10 minutes, then reduce to 350°F. and bake 30 to 35 minutes.

For Maple Pecan Pie—use Alaga Green Label Syrup.
APPLE GINGER PUDDING

1¼ cups apple sauce  ¾ cup sifted all-purpose flour
¼ cup raisins  ½ teaspoon soda
1 egg  ¼ teaspoon salt
½ cup Alaga Red Label Syrup  ¼ teaspoon ginger
1½ tablespoons melted shortening or salad oil  1 teaspoon cinnamon

Grease baking dish and pour in the apple sauce. Sprinkle raisins on top. Then beat the egg, Alaga Syrup and shortening together. Mix and sift flour, soda, salt and spices together and add to the egg mixture. Add hot coffee, mix. Pour this batter over the apple sauce and raisins. Bake in a moderate oven, 350°F., 30 minutes. This amount fills a 7-inch baking dish and serves 6.

COCOANUT PUDDING

1 pint milk  ½ cup shredded cocoanut
4 tablespoons cornstarch  1 teaspoon vanilla
½ cup Alaga Red Label Syrup  Pink coloring

Add ¼ cup cold milk to the cornstarch in a cup and stir until smooth. Heat remainder of milk in top pan of double boiler. Pour the cornstarch mixture slowly in, stirring constantly. Add Alaga Syrup and cocoanut and cook in a double boiler 40 minutes. Stir until mixture thickens, then occasionally to prevent lumping. Add vanilla and coloring and pour into molds which have been rinsed in cold water. Chill. Serves 6.

MAPLE PECAN PARFAIT

½ cup Alaga Green Label Syrup  ¼ cup finely chopped pecans
3 egg whites
½ pint whipping cream  Yellow coloring

Cook Alaga Syrup until it spins a thread, (238°F.) Pour over stiffly beaten egg whites and beat until cold. Fold into stiffly whipped cream, along with nuts and a few drops of yellow coloring. Place in freezing tray of a mechanical refrigerator. When frozen, pile lightly in sherbert glasses and top with whipped cream and sprinkle with a few finely chopped pecans.
BAKED APPLES

6 cooking apples
\( \frac{1}{2} \) cup Alaga Red Label Syrup
2 tablespoons lemon juice
\( \frac{1}{4} \) cup butter or margarine
\( \frac{1}{2} \) cup water

Wash and core apples. Place in buttered baking dish. Combine Alaga Syrup and lemon juice. Pour into center of apples. Dot each apple with butter or margarine. Pour water around apples. Bake in hot oven, 400°F., 45 minutes. Baste frequently.

MAPLE NUT ICE CREAM

1 tablespoon gelatin soaked in \( \frac{1}{4} \) cup cold water
3 egg yolks, well beaten
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{2} \) cup Alaga Green Label Syrup
1 cup milk
1 cup whipping cream
\( \frac{1}{2} \) cup chopped nuts

Combine well beaten egg yolks, salt, Alaga Syrup, and milk. Cook in double boiler, stirring occasionally until mixture thickens. Remove from fire. Dissolve gelatin in hot mixture. Chill. Pour into freezing tray of mechanical refrigerator with control set at coldest point and freeze slightly. Beat with rotary egg beater until light. Fold in nuts and stiffly beaten cream. Return to freezing tray and freeze until firm.

GRATED SWEET POTATO PUDDING

\( \frac{1}{2} \) cup butter or margarine
1 cup Alaga Red Label Syrup
4 cups grated* yam sweet potatoes (raw)
\( \frac{1}{2} \) cup sugar
1 cup sweet milk
3 eggs
\( \frac{1}{2} \) cup chopped nut meats
1 cup raisins
\( \frac{1}{2} \) teaspoon cloves
1 teaspoon each allspice and cinnamon

In a heavy iron skillet melt the butter, or margarine. Mix other ingredients together, beating eggs and adding last. Pour mixture into the hot pan of butter. Stir until heated. Put skillet into moderate oven (350°F.) to bake. When crusted around edge and top, turn under and let the crust form again. Do this twice, allowing the last to remain on sides and top. Bake 40 minutes total. Serve with sweetened, flavored cream. 8 servings.

*Or run through food chopper.
**ALAGA BAKED HAM**

1 ham precooked  
1 cup Alaga Red Label Syrup  
½ cup bread crumbs  
Whole cloves

Remove wrappings from ham but do not remove rind. Rewrap loosely in inside glassine wrapper or heavy waxed paper. Place fat side up on rack in shallow uncovered pan. (If preparing butt or shank end of ham instead of whole ham, place cut side down.) Bake in 325°F. oven about 18 minutes per pound for whole ham. Half an hour before done, remove paper and rind, score fat, stud with cloves if desired, and cover with a glaze made by mixing Alaga Syrup and bread crumbs. Finish baking at the same low temperature 325°F. until glazed.
BAKED HAM SLICE

1 thick slice smoked ham
¼ cup Alaga Red Label Syrup
¼ cup orange juice
1 teaspoon grated orange rind

Place ham in an oiled shallow baking pan. Mix together Alaga Syrup, orange juice and rind. Pour over ham. Bake in moderate oven (350° F.) for 45 to 50 minutes, basting frequently.

HAM SALAD IN CIDER RINGS

SALAD—
1 cup minced boiled ham
2 hard cooked eggs—chopped
½ teaspoon salt
½ cup minced celery
1 tablespoon finely chopped parsley
1 tablespoon lemon juice
1 teaspoon prepared mustard— if desired
¼ teaspoon black pepper
dash cayenne
¼ cup mayonnaise

Blend above ingredients in order mentioned. Chill and serve on lettuce in cider rings, topping off with mayonnaise.

CIDER RINGS—
2 tablespoons plain gelatin
(2 envelopes)
¼ cup cold water
2 cups cider
½ cup Alaga Red Label Syrup
1 tablespoon lemon juice
¼ teaspoon salt

Soak gelatin in cold water. Heat remaining ingredients to boiling point. Remove from fire, add gelatin, dissolve well and pour into wet ring molds. Cool and chill in refrigerator. When firm, remove from mold on to a lettuce leaf and fill center with salad mixture. Serves 6.

BEETS IN ORANGE SAUCE

3 cups sliced, cooked beets
1 tablespoon butter or margarine
1 tablespoon flour
½ cup water
1 tablespoon Alaga Red Label Syrup
Salt
½ cup orange juice
1 tablespoon lemon juice
¼ teaspoon grated orange peel

Melt butter, add flour and blend. Add remaining ingredients, cook over low heat until thick, stirring constantly. Add beets, heat through. Serves 6.
OLD-FASHIONED ALAGA BAKED BEANS

1 lb. dry navy beans
1 medium onion
1 tablespoon salt
½ cup brown sugar

Soak beans in water overnight. Drain and cover with fresh water. Add sliced onion and salt and boil until beans are tender. Combine sugar, syrup and dry mustard and mix with the drained beans. Save the liquid in which they were cooked. Add some of it to the beans after transferring them to the bean pot. Cut up the bacon and add to the beans. Bake, covered, in a slow oven, 250°F., for 4 hours. If the beans dry out during baking, add more of the liquid to keep them moist.

ALAGA QUICK-BAKED BEANS

2 18-oz. cans Boston style baked beans
1 cup Alaga Red Label Syrup
1 teaspoon dry mustard
1 small onion, finely minced
Bacon strips

Drain beans in colander until all of sauce is gone. Wash under cold water for a few minutes and drain. Place in casserole, mix with Alaga Syrup, mustard, and onion. Place bacon strips across top and bake in moderate oven until bacon is brown and crisp. (Onion may be omitted if desired.) Serves 6 to 8.

CORN FRITTERS WITH ALAGA SYRUP

1 cup corn (fresh, canned whole, or cream style)
1 cup sifted flour
1 teaspoon double-action baking powder
½ teaspoon salt

½ teaspoon pepper
1 egg
1 tablespoon melted fat or salad oil
¼ cup milk

Chop the corn very fine. (Not necessary with cream style corn.) Sift flour, baking powder, salt and pepper together. Add to corn, with well beaten egg, fat, milk. Stir thoroughly. Drop by spoonfuls into deep hot fat. Fry on both sides until golden brown. Serve with Alaga Syrup. Makes about 2 dozen fritters.
SWEET POTATOES WITH PINEAPPLE

6 small sweet potatoes  ¼ cup Alaga Red Label Syrup
4 slices pineapple     ¼ cup hot water

Boil potatoes in skins 10 minutes. Cool, peel and cut in slices about ¼ inch thick. Mix Alaga Syrup and hot water. Cover bottom of baking dish with this mixture, add sweet potatoes and slices of pineapple, and pour remaining syrup mixture over the top. Bake in moderately hot oven, 400°F., 25 min. Serves 4-6.

CANDIED YAMS

6 medium sized yams  3 tablespoons butter or margarine
½ cup Alaga Red Label Syrup

Boil and peel yams. Cut into quarters lengthwise. Place in shallow buttered pan. Pour Alaga Syrup over yams and dot with butter or margarine. Bake in moderate oven, 350°F., for 30 minutes. 6 servings.

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