BETTER FOODS
with this
PURE OIL

CONTENTS 1 PINT

TRADE MARK
AMAIZO OIL
Best for
SALADS AND COOKING
UNSURPASSED WHEREVER SHORTENING IS USED

MANUFACTURED BY:
AMERICAN MAIZE PRODUCTS CO.
NEW YORK, CHICAGO.

WHOLESALE - NUTRITIOUS
The American Indian did not realize, as he cultivated his maize, that one day corn would become the food of every nation.

He could not imagine the perfection of the processes and research that have made the golden corn kernels yield their most valuable element, oil, to the makers of Amaizo.

**AMAIZO Oil is wholly vegetable.**

It is so pure and wholesome that physicians are recommending it to those who are under-nourished. A tablespoonful taken three times a day for a month will improve your health.

**AMAIZO OIL**

*In the Can with the Hygienic Top Collects No Dust — No Rust*

Copyright, 1923, American Maize-Products Co.
Books for Your Friends

If you will send us the names and addresses of friends who you think would like to have the New Amaizo Cook Book, we will mail them a copy free of charge.

Write with lead pencil if handier and send this slip to the American Maize-Products Co., 41 East 42d Street, New York, N. Y. Thank you for the courtesy.

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City ................................................................. State.

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FOREWORD

THIS book has been compiled after many urgent requests by users of AMAIZO. Included with the recipes are general directions which should cover the preparation of any foods in which shortening is used. Our selection of recipes embraces only a few of the many ways in which AMAIZO may be used.

AMAIZO is made by our own process, developed after many years of research and experiment, and we can unhesitatingly state that AMAIZO is the finest vegetable oil obtainable. For this reason, the preparation of foods with it is simple and in every way satisfactory.

You will note in using AMAIZO for deep frying that constant repetition of its use for this purpose does not change the color or consistency, as is the case with many other oils.

Two of its many economical features are: First, in practically all recipes the lesser quantity of AMAIZO necessary as compared with other shortenings. Second, time-saving, because AMAIZO is in a liquid state, instead of solid, and can be brought up to the required temperature in a shorter time than other oils and fats.

Another excellent feature of AMAIZO is the unusual quality which eliminates odors or smoke in the kitchen. It should always be borne in mind that if any smoke should be detected, it is due to heating the oil far in excess of any temperature required for cooking.

Every recipe in this book has been tested many times, and all have been found most excellent.

In recipes requiring a leavening agent, Royal Baking Powder is suggested because we believe that best results in cooking are always obtained when every ingredient used is of the highest quality.
All Recipes in this Book Have Been Carefully and Thoroughly Tested

GENERAL DIRECTIONS

Use level measurements for all materials.

For accurate cooking it is always best to have standard measuring cups, divided into halves, quarters and thirds, good oven thermometer and a fat or syrup thermometer. (In purchasing the latter be sure it registers 500°F.)

If you have no thermometer you will find simple and practical temperature tests for baking, boiling and frying given in the table on following page and also in the recipes.

To make level measurements, put as much as possible of the material to be measured into spoon or cup and scrape off excess with back of knife.

To measure ½ spoon first measure level spoon, then divide with knife in middle lengthwise.

To measure ¼ spoon take one level spoon; divide in half as above; then divide across the middle of spoon.

TABLE OF WEIGHTS AND MEASURES

16 tablespoons Amaizo = 1 cup
1 saltspoon = ⅛ teaspoon
3 teaspoons = 1 tablespoon
16 tablespoons = 1 cup
2 cups = 1 pint
2 pints = 1 quart
4 cups = 1 quart
2 cups granulated sugar = 1 pound
3½ cups confectioner’s sugar = 1 pound
2½ cups powdered sugar = 1 pound
4 cups flour = 1 pound
2 cups butter = 1 pound
2 tablespoons butter = 1 ounce
2 tablespoons liquid = 1 ounce
4 tablespoons flour = 1 ounce
1 square unsweetened chocolate = 1 ounce
**TEMPERATURE TABLE**

**FOR DEEP AMAIZO FRYING**

If you have no thermometer use bread test—temperature is correct when a small piece of bread dropped into hot Amaizo browns in time as specified below for each food:

<table>
<thead>
<tr>
<th>Food</th>
<th>Degrees Fahrenheit</th>
<th>Degrees Centigrade</th>
<th>Bread Test</th>
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<tbody>
<tr>
<td>Codfish Balls</td>
<td>385°</td>
<td>196°</td>
<td>40 sec.</td>
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<td>Smelts and other fish</td>
<td>375°</td>
<td>191°</td>
<td>60 &quot;</td>
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<tr>
<td>Oysters</td>
<td>390°</td>
<td>199°</td>
<td>30 &quot;</td>
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<tr>
<td>Croquettes</td>
<td>385°</td>
<td>196°</td>
<td>40 &quot;</td>
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<tr>
<td>French Fried Potatoes</td>
<td>395°</td>
<td>202°</td>
<td>20 &quot;</td>
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<tr>
<td>Fritters</td>
<td>375°</td>
<td>191°</td>
<td>60 &quot;</td>
</tr>
<tr>
<td>Doughnuts</td>
<td></td>
<td>191°-196°</td>
<td>60 &quot;</td>
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**FOR BAKING**

If you have no thermometer use paper test—oven is correct temperature when piece of glazed paper browns in time as specified below for each food:

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<th>Food</th>
<th>Time Min.</th>
<th>Degrees Fahrenheit</th>
<th>Degrees Centigrade</th>
<th>Paper Test Min.</th>
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<tr>
<td>Yeast Bread</td>
<td>60</td>
<td>*425°-350°</td>
<td>218°-177°</td>
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<td>Parker House Rolls</td>
<td>15-20</td>
<td>425°</td>
<td>318°</td>
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<td>Biscuits</td>
<td>10-15</td>
<td>450°</td>
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<td>20-25</td>
<td>400°</td>
<td>204°</td>
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<td>↑400°-425°</td>
<td>204°-218°</td>
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<tr>
<td>Layer Cake</td>
<td>15-20</td>
<td>↑425°-450°</td>
<td>218°-232°</td>
<td>1½</td>
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<td>Loaf Cake</td>
<td>45-50</td>
<td>375°</td>
<td>190°</td>
<td>2½</td>
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<td>Pie</td>
<td>30-40</td>
<td>*425°-400°</td>
<td>218°-204°</td>
<td>1½</td>
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<td>Pastry Shells</td>
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<td>500°</td>
<td>260°</td>
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**SUGAR SYRUPS**

If you have no thermometer use cold water test—boil syrup until it reaches stage indicated below—test by dropping small amount of syrup into cold water.

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<th>Candy</th>
<th>Degrees Fahrenheit</th>
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<tr>
<td>Fudge</td>
<td>238°</td>
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<td>Fondant</td>
<td>238°</td>
<td>114°</td>
<td>&quot;</td>
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<td>250°</td>
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<td>Penuche</td>
<td>238°</td>
<td>114°</td>
<td>Soft &quot;</td>
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<td>Glaced Nuts</td>
<td>310°</td>
<td>154°</td>
<td>Crack &quot;</td>
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<td>Peanut Brittle</td>
<td>348°</td>
<td>176°</td>
<td>Caramel &quot;</td>
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* Reducing temperature last half of baking.
† Depending upon type of cake.
BREADS, BISCUITS AND MUFFINS

**AMAIZO** can be used most satisfactorily in breads, biscuits, rolls, muffins and other quick breads. Following are a few delicious recipes but you can take any of your old favorites using the same amount of Amaizo as butter, lard or other shortening called for.

Increase the salt in proportion of one teaspoon salt to each cup of Amaizo.

Amaizo is a great time saver, as it is all ready for use, while solid fats have to be creamed or melted before adding.

**BREAD**

<table>
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<td>1 tablespoon sugar</td>
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</tr>
<tr>
<td>1 tablespoon salt</td>
<td></td>
</tr>
<tr>
<td>½ yeast cake</td>
<td></td>
</tr>
<tr>
<td>¾ cup lukewarm water</td>
<td></td>
</tr>
<tr>
<td>6 cups sifted flour</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons Amaizo</td>
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</tbody>
</table>

To 2 cups boiling water add the sugar and salt. When lukewarm add the yeast which has been softened in ¾ cup lukewarm water. Add to this 3 cups sifted flour and beat until light and full of bubbles. Cover and set in a warm place for about 1½ hours. Add Amaizo to this sponge, then remaining flour to make soft dough. Turn out on floured board and knead for about 10 minutes in order to distribute the yeast well. Cover and allow to rise in a warm place over night or until double in bulk. Mold lightly into two loaves; brush top of each with Amaizo; put into loaf pans greased with Amaizo and allow to rise until twice the size. Bake in hot oven (425°F.) for about one hour, reducing the heat the latter part of the baking.

**BOSTON BROWN BREAD**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup corn meal</td>
<td></td>
</tr>
<tr>
<td>1 cup graham meal</td>
<td></td>
</tr>
<tr>
<td>1 cup rye meal</td>
<td></td>
</tr>
<tr>
<td>2 cups sour milk</td>
<td></td>
</tr>
<tr>
<td>1 cup molasses</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons salt</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons Amaizo</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons soda</td>
<td></td>
</tr>
</tbody>
</table>

Stir well together all ingredients but the soda and allow to stand for about 15 or 20 minutes for meal to swell. Add soda; beat well and pour into molds, greased with Amaizo, about two-thirds full. Cover well; steam 2½ hours. Put into oven; bake about ¾ hour.

All measurements in above recipes are level.
CORN BREAD

1 cup corn meal 2 teaspoons salt
1 1/4 cups flour 1 1/2 cups milk
4 teaspoons Royal Baking Powder 2 tablespoons Amaizo
3 tablespoons sugar 1 egg

Sift dry ingredients into bowl; add milk, Amaizo and beaten egg; beat well and pour into shallow pan greased with Amaizo. Bake in hot oven (425° to 450°F.) about 25 minutes.

GRAHAM BREAD

3/4 cup molasses 1/4 yeast cake
2 1/2 teaspoons salt 1/4 cup lukewarm water
2 cups hot liquid (milk or milk and water) 3 cups flour
3 cups graham flour

Add molasses and salt to liquid; cool and when lukewarm add yeast which has been softened in 1/4 cup lukewarm water. Add flour and beat well. Cover and allow to rise over night or until double in bulk. Beat again and turn into bread pans greased with Amaizo having pans one-half full; allow to rise but not quite double its bulk. Brush with Amaizo and bake about one hour in hot oven (425°F.) reducing the heat the last part of baking.

PARKER HOUSE ROLLS

1 yeast cake 1 tablespoon sugar
1 1/4 cups milk scalded and cooled 3/4 cup Amaizo
3 3/4 cups bread flour 1 egg
2 teaspoons salt

Soften the yeast in 3/4 cup milk after it has been cooled to lukewarm temperature; then add remainder of milk to 2 cups bread flour; when cool add the yeast mixture and beat until smooth; cover and allow to rise until very light and bubbles appear—about 40 minutes to 1 hour. Then add all at once salt, sugar, Amaizo and unbeaten egg and mix until smooth batter. Add the remaining 1 3/4 cups flour and turn out on floured board; knead well; return to bowl and cover and allow to rise in warm place. When double in bulk turn out on slightly floured board; roll out to 3/4 inch in thickness; cut with biscuit cutter; crease across top of each a little less than half; brush small side with Amaizo; fold large side well over the small. Put into pan greased with Amaizo; allow to rise in a warm place until double in size and bake in hot oven (400° to 425°F.) for about 20 minutes.

These rolls will take from 5 to 6 hours and the recipe makes 14 large or 24 small rolls.

All measurements in above recipes are level.
QUICK LUNCHEON ROLLS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>flour</td>
<td>4 cups</td>
</tr>
<tr>
<td>salt</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Royal Baking Powder</td>
<td>6 teaspoons</td>
</tr>
<tr>
<td>Amaizo</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>milk</td>
<td>1 1/2 cups</td>
</tr>
</tbody>
</table>

Sift together flour, salt and baking powder; float Amaizo on milk and add, mixing with spoon to smooth dough easy to handle on floured board. Knead quickly a few times to impart smoothness; divide into small pieces; form each into short, rather thick tapering rolls; place on pans greased with Amaizo and allow to stand in warm place 15 to 20 minutes; brush with Amaizo. Bake in hot oven (450° to 475° F.). When almost baked brush again with Amaizo. Bake 10 minutes longer and serve hot.

BISCUITS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>flour</td>
<td>2 cups</td>
</tr>
<tr>
<td>Royal Baking Powder</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>salt</td>
<td>1 1/2 teaspoons</td>
</tr>
<tr>
<td>Amaizo</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>milk or half milk</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

Sift together flour, baking powder and salt; add Amaizo and mix in lightly with knife or fork; add liquid slowly; roll or pat out on floured board to about one inch in thickness, handling as little as possible. Cut with biscuit cutter and bake on pan greased with Amaizo in hot oven (475°F.) 10 to 15 minutes.

MUFFINS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>flour</td>
<td>2 cups</td>
</tr>
<tr>
<td>Royal Baking Powder</td>
<td>1 cup</td>
</tr>
<tr>
<td>sugar</td>
<td>3 teaspoons</td>
</tr>
<tr>
<td>salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>milk</td>
<td>2 eggs</td>
</tr>
<tr>
<td>Amaizo</td>
<td>2 tablespoons</td>
</tr>
</tbody>
</table>

Sift together flour, baking powder, sugar and salt; add milk, well-beaten eggs and Amaizo; mix well. Half fill muffin tins greased with Amaizo and bake in hot oven (400°F) 20 to 25 minutes.

POPOVERS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>flour</td>
<td>2 cups</td>
</tr>
<tr>
<td>salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>eggs</td>
<td>2 cups milk</td>
</tr>
<tr>
<td>Amaizo</td>
<td>2 teaspoons</td>
</tr>
</tbody>
</table>

Sift together flour and salt. Make a well in flour, break eggs into well, add milk and Amaizo and stir until smooth. Pour into hot gem pans greased with Amaizo and bake 25 to 35 minutes in hot oven (425° to 450°F.).

All measurements in above recipes are level.
CINNAMON BUNS

1 1/4 cups milk
1 yeast cake
1/4 cup sugar
2 teaspoons salt
flour—about 5 cups

1 egg
1/4 cup Amaizo
3/2 cup brown sugar
4 teaspoons cinnamon
6 tablespoons seeded raisins

Scald the milk. Allow yeast cake to stand in 1/4 cup of milk which has been allowed to cool to lukewarm temperature. Add the sugar and salt to remainder of milk and when lukewarm add the yeast mixture. Add 1 1/4 cups sifted flour. Beat well; cover and allow to rise until light and full of bubbles. Add beaten egg, Amaizo and sufficient more flour to knead. Knead well on floured board. Then put into bowl; cover and allow to rise until double in bulk.

Roll out dough 1/2 inch thick; brush with Amaizo; sprinkle with brown sugar, cinnamon and raisins. Roll up as for jelly roll and cut into one-inch pieces. Have prepared 5 tablespoons butter creamed well with 5 tablespoons brown sugar. Spread this thickly over bottom and sides of iron baking pan or iron skillet. Place pieces rather close together with cut sides down on pan. Cover and allow to rise until double in size. Bake in a hot oven (400° to 425°F.) for about 25 minutes. Remove from pan at once; invert and serve.

This recipe makes 12 large or 18 small buns.

COFFEE CAKE

2 cups flour
1 teaspoon salt
3 tablespoons sugar

4 teaspoons Royal Baking Powder
2 tablespoons Amaizo
1 cup milk

Sift dry ingredients; mix in Amaizo and enough milk to make very stiff batter. Spread 1/2-inch thick in pan greased with Amaizo; add following mixture:

TOP MIXTURE

4 tablespoons flour
1 tablespoon cinnamon

6 tablespoons sugar
2 tablespoons Amaizo

Mix the dry ingredients; mix in Amaizo and spread thickly over the top of dough. Bake in a moderate oven (350°F.) for 30 minutes.

All measurements in above recipes are level.
GRAHAM GEMS

1 cup flour 1 cup graham flour
1 teaspoon salt 1 cup milk
4 teaspoons Royal Baking Powder 1 egg
2 tablespoons sugar 3 tablespoons Amaizo

Sift flour, salt, baking powder and sugar together. Mix with graham flour; add milk, beaten egg and Amaizo. Bake in gem pans greased with Amaizo in hot oven (400°F.) about 25 minutes.

GRIDDLE CAKES AND WAFFLES

Grease griddles and waffle irons with a brush or clean piece of cheesecloth dipped into Amaizo.

You will find Amaizo produces much less smoke and odor and is very much easier to use than a solid fat.

GRIDDLE CAKES

1¾ cups flour 2 eggs
¾ teaspoon salt 1½ cups milk
3 teaspoons Royal Baking Powder 1 tablespoon Amaizo

Sift dry ingredients into bowl; add beaten eggs, milk and Amaizo; mix well. Bake on hot griddle slightly greased with Amaizo turning only once.

BUCKWHEAT CAKES

1½ cups buckwheat flour 1½ teaspoons salt
½ cup flour 2 cups milk
5 teaspoons Royal Baking Powder 1 tablespoon Amaizo

Sift flours, baking powder and salt together; add milk and Amaizo. Beat well and bake on hot griddle slightly greased with Amaizo turning only once.

WAFFLES

2 cups flour 1½ cups milk
4 teaspoons Royal Baking Powder 2 eggs
1 teaspoon salt 2 tablespoons Amaizo

Sift flour, baking powder and salt together; add milk to egg yolks, and add to dry ingredients; add Amaizo; mix in beaten egg whites. Bake in very hot waffle iron, well greased with Amaizo, until brown on one side; turn and brown other side. Serve immediately on hot plate with butter and maple syrup.

All measurements in above recipes are level.
FRYING

Amaizo is most successfully used for all kinds of frying—in shallow pan or sauteing, in deep kettle or saucepan. You will find, however, that most foods are more digestible and more palatable if fried in deep Amaizo.

Amaizo is excellent for this purpose as it heats quickly, is easy to keep at uniform temperature and does not fill the house with disagreeable smoke and odors. Amaizo does not absorb odors or flavors; so you can safely fry delicately flavored foods in it after frying fish, for example.

Always use plenty of Amaizo—enough to completely cover articles to be fried.

Have Amaizo at the right temperature before attempting to fry any food.

After food is cooked drain well in wire basket, then drain on unglazed paper.

After all food is fried cool Amaizo, strain through clean cheesecloth and reserve for further use.

If desired or necessary Amaizo can be used as shortening for breads and biscuits after it has been used again and again for frying.

DOUGHNUTS (WITHOUT SHORTENING)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 eggs</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>⅔ cup milk</td>
<td>1 cup sugar</td>
</tr>
<tr>
<td>3 cups flour</td>
<td>¾ teaspoon nutmeg</td>
</tr>
<tr>
<td>4 teaspoons Royal Baking Powder</td>
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</table>

Beat eggs until light; add milk, then add this liquid to the dry ingredients which have been sifted well together. Roll out ¼ inch thick on slightly floured board and fry in deep Amaizo hot enough to brown a piece of bread in 60 seconds (365°-375°F.). Drain well on unglazed paper. Sprinkle with powdered sugar.

DOUGHNUTS (WITH SHORTENING)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 egg</td>
<td>3¾ cups flour</td>
</tr>
<tr>
<td>1½ tablespoons Amaizo</td>
<td>3 teaspoons Royal Baking Powder</td>
</tr>
<tr>
<td>¾ cup milk</td>
<td>½ teaspoon nutmeg</td>
</tr>
<tr>
<td>¾ cup sugar</td>
<td>1 teaspoon salt</td>
</tr>
</tbody>
</table>

Beat egg well; add Amaizo and milk. Sift dry ingredients together and add to make soft dough. Roll out ¾ inch thick on slightly floured board and fry in deep Amaizo hot enough to brown a piece of bread in 60 seconds (375°-385°F.). Drain well on unglazed paper and sprinkle with powdered sugar.

All measurements in above recipes are level.
CHOCOLATE DOUGHNUTS

2 tablespoons Amaizo
2/3 cup sugar
1/4 teaspoon salt
1/8 teaspoon nutmeg
1/2 teaspoon vanilla

2 1/2 oz. (2 1/2 squares) melted chocolate
1 cup milk
3 cups flour
3 teaspoons Royal Baking Powder

Mix the Amaizo and sugar together; add the salt, nutmeg, vanilla and melted chocolate (cooled); then add the milk. Add the flour and baking powder which have been sifted together; roll out on slightly floured board 1/4 inch thick. Cut out and fry to a light brown in deep Amaizo hot enough to brown a piece of bread in 60 seconds (375°F.). Drain well and sprinkle with powdered sugar.

CRULLERS

1 cup sugar
2 eggs
4 tablespoons Amaizo
3 cups flour

1 teaspoon cinnamon or mace
1 teaspoon salt
3 teaspoons Royal Baking Powder
5/8 cup milk

Add sugar gradually to beaten eggs; add Amaizo and one half the flour, cinnamon, salt and baking powder which have been sifted together and mix well; add milk and remainder of dry ingredients to make soft dough. Roll out on floured board to about 1/2 inch thick and cut into strips about 4 inches long and 1/2 inch wide; roll in hands and twist each strip bringing ends together to form cruller. Fry in deep Amaizo hot enough to brown a piece of bread in 40 seconds (385°F.). Drain and roll in powdered sugar.

CODFISH BALLS

1 cup salt codfish
2 cups potatoes, cut into cubes or small pieces
1/6 teaspoon pepper
1/2 tablespoon Amaizo
1 egg

Pick over, wash and shred fish into small pieces. Put potatoes into deep saucepan; cover with cold water; add fish and boil until potatoes are soft. Take off fire; drain well; beat with wire whip or fork until light and all lumps are out of potatoes; add seasoning, Amaizo and slightly beaten egg. Drop by spoonfuls into deep Amaizo hot enough to brown a piece of bread in 40 seconds (385°F.) and fry until golden brown. Drain on brown paper and serve immediately.

All measurements in above recipes are level.
FRIED FISH

Filet of sole, smelts, oysters and other fish are better and more digestible fried in deep Amaizo.

Wash fish; cut large fish into pieces convenient for frying. Smelts and oysters are fried whole. Dip in batter or roll in flour, then egg, and cover with bread crumbs. Fry in deep Amaizo hot enough to brown a piece of bread in 60 seconds (375°F.) until nice golden brown and cooked through. Oysters take but a few minutes and are sufficiently cooked when light brown.

FRITTER BATTER

| 1 cup flour | 1 egg |
| 1½ teaspoons Royal Baking Powder | ½ cup milk |
| ½ teaspoon salt | 1 tablespoon Amaizo |

Sift dry ingredients together; add beaten egg, milk and Amaizo; beat well until smooth.

APPLE FRITTERS

4 large apples 1 tablespoon lemon juice
2 tablespoons powdered sugar

Peel and core apples and cut into slices or small pieces; add sugar and lemon juice. Add to fritter batter and fry by spoonfuls in deep Amaizo hot enough to brown a piece of bread in 60 seconds (375°F.). Fry a light brown and drain on unglazed paper. Sprinkle with cinnamon and powdered sugar and serve immediately.

Pineapple and other fruit fritters can be made by draining fruit from syrup, chopping into small pieces and adding to fritter batter.

CLAM FRITTERS

| 1½ cups flour | ½ cup milk or clam juice |
| 2 teaspoons Royal Baking Powder | 2 eggs |
| 1 teaspoon salt | 2 teaspoons grated onion |
| ⅛ teaspoon pepper | 2 teaspoons Amaizo |
| ¼ teaspoon paprika | 10 clams |

Sift together dry ingredients, add liquid, beaten eggs, onion and Amaizo. Rinse clams in cold water; put through meat chopper and add to batter. Take one spoonful of batter for each fritter and fry in deep Amaizo hot enough to brown a piece of bread in 60 seconds (375°F.). Drain on unglazed paper and serve immediately.

All measurements in above recipes are level.
BANANA FRITTERS

3 bananas 1 tablespoon lemon juice
1 tablespoon sugar

Force bananas through sieve; add sugar and lemon juice and add all to plain fritter batter (page 10); beat thoroughly. Drop by spoonfuls into deep Amaizo hot enough to brown a piece of bread in 60 seconds (375°F.). Drain on unglazed paper and sprinkle with powdered sugar. Serve with few drops lemon juice or a lemon sauce.

CORN FRITTERS

\[
\begin{align*}
\frac{3}{4} \text{ cup milk} & \quad \frac{3}{4} \text{ teaspoon pepper} \\
2 \text{ cups cooked corn cut from the cob} & \quad 3 \text{ teaspoons Royal Baking Powder} \\
2 \text{ cups flour} & \quad 1 \text{ tablespoon Amaizo} \\
1\frac{1}{2} \text{ teaspoons salt} & \quad 2 \text{ eggs}
\end{align*}
\]

Add milk to corn; add flour sifted with salt, pepper and baking powder; add Amaizo and well-beaten eggs. Beat all together well and fry by spoonfuls in deep Amaizo hot enough to brown a piece of bread in 60 seconds (375°F.). Drain well on unglazed paper and serve immediately.

FRENCH FRIED POTATOES

Select small potatoes. Pare and cut lengthwise in long narrow strips. Allow to stand a few minutes in cold water. Drain and dry well. Fry a few at a time in deep Amaizo hot enough to brown a piece of bread in 20 seconds (395°F.). Fry until light golden brown and cooked through. Drain on unglazed paper and salt just before serving.

Sweet potatoes can be fried in the same way.

CHICKEN CROQUETTES

\[
\begin{align*}
\frac{3}{4} \text{ tablespoon onion juice} & \quad \text{few grains pepper} \\
\frac{3}{4} \text{ tablespoon chopped parsley} & \quad 2\frac{1}{2} \text{ cups chopped chicken} \\
1 \text{ teaspoon lemon juice} & \quad 1 \text{ cup thick white sauce} \\
\frac{3}{4} \text{ teaspoon salt} &
\end{align*}
\]

Mix seasonings with chicken; add white sauce (page 24) until mixture will hold together. Form into small croquettes and set aside to cool. Beat one egg with 2 tablespoons milk. Roll croquettes in dry bread crumbs, then in egg mixture and then in the dry bread crumbs, covering well. Fry in deep Amaizo hot enough to brown a piece of bread in 40 seconds (385°F.). Drain well on unglazed paper and serve garnished with parsley on hot platter.

All measurements in above recipes are level.
RICE CROQUETTES

2 cups cold cooked rice
3 tablespoons milk
1 1/2 teaspoons salt
1/8 teaspoon white pepper
few grains Cayenne
1 teaspoon lemon juice
1 teaspoon powdered sugar
2 tablespoons chopped parsley
1 1/2 tablespoons Amaizo
1 egg

Heat the rice, milk and seasonings in double boiler. Add Amaizo and beaten egg. Cook until egg thickens. Spread mixture on shallow plate to cool then shape into small croquettes. Roll in bread crumbs, then dip in egg beaten with 2 tablespoons milk and roll in bread crumbs again until well covered. Fry in deep Amaizo hot enough to brown a piece of bread in 40 seconds (385°F.). When a nice golden brown drain on unglazed paper and serve garnished with parsley in hot dish.

NUT AND POTATO CROQUETTES

2 cups hot riced potatoes
1/4 cup milk
1 tablespoon Amaizo
1 teaspoon salt
1/6 teaspoon pepper
few grains cayenne
yolk of 1 egg
1/2 cup chopped pecan nut meats

Mix all ingredients with fork until light. Shape as for croquettes. Roll in bread crumbs. Dip in egg which has been mixed with a little cold water. Roll in bread crumbs again and fry a golden brown in deep Amaizo hot enough to brown a piece of bread in 40 seconds (385°F.). Drain on unglazed paper and serve.

PASTRY

Mix Amaizo with dry ingredients just as you would any solid fat.

Have all materials as cold as possible.

Handle paste as little and as lightly as possible.

For best results roll out paste, fold, put on ice, allow to stand for about 1/2 hour; roll out again as above, then bake in very hot oven.

In making berry pies, before filling brush paste over with white of egg or sprinkle lightly with a little flour. This keeps the juice from soaking into the paste.

Always cool fillings before adding to pie as the hot filling is apt to soak into the crust and make it soggy.

All measurements in above recipes are level.
PASTRY

2 cups flour 1/2 cup Amaizo
1/2 teaspoon salt 1/4 cup cold water
1 teaspoon Royal Baking Powder

Sift together flour, salt and baking powder; add Amaizo and rub in very lightly with tips of fingers or cut in with knife. Add cold water slowly, just enough to hold dough together. Handle paste as little and as lightly as possible. Divide into halves; roll out one part very thin on floured board and use for bottom crust. Prick in several places with fork. Fill pie and roll out other half of paste for top. Cover pie loosely bringing edges of paste well over pan; press edges together; trim off paste; prick top with fork and bake in hot oven (450°F.), reducing temperature after 15 minutes. Time required depends upon filling.

This recipe is sufficient for one double crust medium sized pie with 2 to 4 small tarts.

BERRY PIE

3 cups blueberries, huckleberries or blackberries 1/4 teaspoon salt
1 teaspoon flour 1/3 cup sugar

Line pie plate with Pastry; fill heaping full with berries sprinkled with flour, salt and sugar; dot with small pieces of butter. Cover with top crust or strips of pastry across top. Bake about 45 minutes in hot oven (425°F.).

APPLE PIE

1 1/2 cups flour 4 cups or 1 qt. sliced apples
1 1/2 teaspoons Royal Baking Powder 6 tablespoons sugar
3/4 teaspoon salt 1/4 cup Amaizo
1/4 cup cold water 1 tablespoon butter

Sift together flour, baking powder and salt; add Amaizo and mix in very lightly; add just enough water to hold dough together. Roll out half on floured board. Line bottom of pie plate; prick paste with fork. Add apples which have been washed, pared and cut into small pieces; sprinkle with sugar and small pieces of butter; flavor with cinnamon or nutmeg; wet edges of crust with cold water; roll out remainder of pastry and cover pie loosely, pressing edges tightly together. Trim off extra paste; prick top and bake in moderate oven (400°F.) about 30 minutes.

All measurements in above recipes are level.
CHOCOLATE CREAM PIE

2 cups milk
2/3 cup sugar
2 squares (2 oz.) unsweetened chocolate
1 1/4 tablespoons corn starch
1 egg
1/2 teaspoon vanilla extract
1/4 teaspoon salt
whipped cream

Scald milk, sugar and chocolate together in top of double boiler. When thoroughly mixed and dissolved add corn starch which has been mixed with a little cold milk, stirring until smooth. Add beaten egg and cook until smooth and thick. Add vanilla and salt; cool and bake in one crust in moderate oven (375°F.) about 30 minutes. Cool and before serving spread thickly with sweetened whipped cream.

PUMPKIN PIE

1 1/2 cups stewed and strained pumpkin
1 1/2 cups milk
2/3 cup brown or granulated sugar
2 eggs
1/2 teaspoon ginger
3/4 teaspoon salt
1 teaspoon cinnamon
1 tablespoon Amaizo

Mix pumpkin with milk, sugar, beaten eggs, ginger, salt and cinnamon; add Amaizo and beat well together two minutes. Cool and bake in one crust in moderate oven (400°F.) for 15 minutes, then reduce heat and bake 45 minutes in moderate oven (375°F.).

FLUFFY LEMON PIE

1/3 cup Amaizo
1/4 cup boiling water
1 1/2 cups flour
1/2 teaspoon salt
1 teaspoon Royal Baking Powder

Mix Amaizo with boiling water. Sift flour, salt and baking powder together. Stir dry ingredients into liquid. Turn out on floured board and roll out to 1/8 inch in thickness. Line pie plate and bake in hot oven (500°F.) 10 to 15 minutes.

FILLING

3 egg yolks
1/2 cup sugar
1/4 teaspoon salt
3 tablespoons boiling water
3 egg whites
1/2 teaspoon Royal Baking Powder

Cook first five ingredients over boiling water until thick, stirring constantly. Beat egg whites stiff; beat in baking powder and add to thickened mixture; pour into baked pastry shell and return to oven (400°F.) until a delicate brown.

All measurements in above recipes are level.
CAKE

For cake making Amaizo is most economical and makes delicious, wholesome and satisfying cakes, of which the following recipes are good examples.

You can substitute Amaizo for shortening in any of your own cake recipes by using \( \frac{3}{4} \) less Amaizo than the butter or butter substitutes called for and the same amount as when lard is called for.

Since Amaizo contains no salt it is necessary to add salt to your cake recipe. Add it in the proportion of one teaspoon salt to each cup of Amaizo.

In most recipes where whole eggs are used beat whole eggs or yolks; add sugar then Amaizo. Where just the whites are used fold the beaten whites in last.

Mix all cakes made with Amaizo well, but long beating is unnecessary.

The baking of all cakes is most important. You will find that better results are obtained by using a slightly higher temperature for baking cakes with Amaizo. Especially is this true of layer, cup cakes and cookies.

Consult Temperature Table, page 2, when baking any cakes not included here.

**PLAIN CAKE**

| 1 egg | 3 tablespoons Amaizo |
| 1 cup sugar | 2 cups flour |
| 1 cup milk | 3 teaspoons Royal Baking Powder |
| 1 teaspoon vanilla extract | 1 teaspoon salt |

Beat egg well; gradually add the sugar and about one tablespoon of the milk; add flavoring and Amaizo gradually, then half of the flour which has been sifted with the baking powder and salt, then remainder of the milk and remainder of the flour mixture. Mix well and bake in greased loaf pan in moderate oven (375°F.) 35 to 45 minutes. Cover top and sides with following chocolate icing:

**CHOCOLATE ICING**

| 1 unbeaten egg white | \( \frac{3}{4} \) teaspoon vanilla extract |
| \( 1\frac{1}{2} \) cups confectioner's sugar | \( \frac{3}{4} \) teaspoon salt |
| 3 squares (3 oz.) unsweetened chocolate | 1 teaspoon Amaizo |

Put egg white into shallow dish; add sugar slowly, beating with wire whip until of right consistency to spread; add chocolate, vanilla, salt and Amaizo; mix well, and spread on cake.

*All measurements in above recipes are level.*
DEVLK'S FOOD

4 squares (4 oz.) unsweetened chocolate
1 cup sugar
½ cup sweet milk
2 eggs
¼ cup Amaizo

¾ cup sour milk
1¼ cups flour
¼ teaspoon salt
¼ teaspoon soda
½ teaspoon vanilla extract

Save white of one egg for icing. Melt chocolate in top of double boiler; add ½ cup sugar mixing well, then add the sweet milk slowly; add yolk of one egg and cook stirring until mixture thickens; put aside to cool. Beat one egg well and add very slowly ½ cup of sugar, Amaizo, sour milk and flour sifted with salt and soda; mix well and add chocolate mixture and vanilla. Bake in two greased shallow cake pans in moderate oven (340°F.) for about 25 minutes. Put together with following boiled frosting:

BOILED FROSTING

1 cup granulated sugar
½ cup water
white of 1 egg
½ teaspoon vanilla extract

Boil sugar and water without stirring until syrup spins a thread (240°F.). Pour very slowly over stiffly beaten egg white and beat until smooth. Add flavoring; mix well and spread between layers and on top of cake.

POUND CAKE

5 eggs
1½ cups sugar
1 teaspoon vanilla extract
1 teaspoon lemon extract
¾ cup Amaizo

½ cup milk
2½ cups flour
2 teaspoons Royal Baking Powder
¾ teaspoon salt

Beat egg yolks until thick and pale yellow; add sugar very slowly, beating well between each addition. Add flavoring and Amaizo gradually and beat vigorously; add milk a very small amount at a time beating well between each addition. Beat egg whites until light and add alternately a little at a time with the flour which has been sifted with the baking powder and salt two or three times. Stir mixture well until very light and fluffy, but do not beat. Bake in greased loaf pan in moderate oven (300° to 350°F.) about one hour. Cover with the following frosting:

All measurements in above recipes are level.
ORNAMENTAL FROSTING

1½ cups granulated sugar  
⅔ cup water  
2 egg whites  
1 teaspoon flavoring extract

Boil sugar and water without stirring until syrup spins a thread (240°F.); add very slowly to beaten egg whites; add flavoring and beat until smooth and stiff enough to spread. Put over boiling water, stirring continually until icing grates slightly on bottom of bowl. Spread on cake, saving a small portion of icing to ornament the edge. This can be forced through a pastry tube or through a cornucopia made from ordinary brown paper.

CHOCOLATE LOAF CAKE

3 squares (3 oz.) unsweetened chocolate  
2 tablespoons sugar  
1½ tablespoons milk  
2 eggs  
1 cup sugar  
4 tablespoons Amaizo  
½ teaspoon vanilla extract  
1²⁄₃ cups flour  
2 teaspoons Royal Baking Powder  
⅔ teaspoon salt  
⅔ cup milk

Cook slowly until smooth first three ingredients. Beat egg yolks until thick and lemon colored; add sugar slowly and beat well; stir in the Amaizo, then the chocolate mixture and flavoring, beating between each addition. Sift flour, baking powder and salt together and add alternately a little at a time with the milk; fold in beaten egg whites. Bake in greased loaf pan for about one hour in moderate oven starting at 300°F. and gradually raising the temperature to about 350°F. Spread top and sides with the following chocolate icing:

CHOCOLATE 7-MINUTE ICING

1 unbeaten egg white  
⅔ cup granulated sugar  
3 tablespoons cold water  
1½ squares (1½ oz.) unsweetened chocolate  
⅔ teaspoon vanilla extract

Place first three ingredients in top of double boiler; place over boiling water and beat with egg beater for 5 minutes; add chocolate and beat 2 minutes longer or until thick enough to spread, add flavoring and spread on cake.

All measurements in above recipes are level.
CREAM LAYER CAKE

2 eggs 3 teaspoons Royal Baking Powder
1 1/2 cups sugar 1/2 teaspoon salt
1/3 cup Amaizo 1/2 cup milk
1 1/4 cups flour 1 teaspoon vanilla extract

Beat egg yolks well; add sugar slowly, then add Amaizo and half the flour which has been sifted with the baking powder and salt. Add the milk and flavoring and mix well. Add the rest of the flour and stir in the egg whites which have been beaten until stiff. Bake in two greased layer tins in moderate oven (400°F.) about 20 minutes. Put together with cream filling and cover top and sides with white icing.

CREAM FILLING

1/4 cup sugar 1/2 teaspoon vanilla extract
1 tablespoon corn starch rind of 1 orange
2 egg yolks 1/6 teaspoon salt
1 cup scalded milk 1 teaspoon Amaizo

Mix well together sugar, corn starch and egg yolks. Add slowly to scalded milk. Cook in top of double boiler until smooth and thick. Remove from fire. Add vanilla, orange rind, salt and Amaizo. Spread thickly between layers of cake.

WHITE ICING

1 1/2 cups confectioner's sugar 1 teaspoon Amaizo
1 egg white 1/2 teaspoon vanilla extract

Add sugar slowly to unbeaten egg white mixing until smooth and stiff enough to spread. Add Amaizo and flavoring and spread on top and sides of cake.

ORANGE LAYER CAKE

2 eggs 3 teaspoons Royal Baking Powder
1 cup sugar 1/2 teaspoon salt
1 1/3 cup Amaizo 1/2 cup milk
1 1/4 cups flour 1 teaspoon vanilla extract

Save egg whites for icing.
Beat egg yolks well; add sugar slowly, then add Amaizo and half the flour which has been sifted with the baking powder and salt. Add the milk and flavoring and remainder of flour and mix well. Bake in two greased layer cake tins in hot oven (425°F.) about 20 minutes. Put the following filling and icing between layers and on top of cake.

All measurements in above recipes are level
ORANGE FILLING AND ICING

whites of 2 eggs
1½ cups confectioner's sugar
rind and soft pulp of 1 orange

Whip eggs to stiff froth; add sugar, a little at a time, until stiff enough to spread. Whip in pulp and rind of orange. Orange coloring may be added if desired.

CHOCOLATE LAYER CAKE

2 eggs
1 cup sugar
½ cup Amaizo
1 teaspoon vanilla

½ cup milk
1¾ cups flour
½ teaspoon salt
3 teaspoons Royal Baking Powder

Separate eggs; save one white for icing. Beat egg yolks well; add sugar slowly, the Amaizo a little at a time and the vanilla; mix thoroughly and add half the milk and half the flour which has been sifted with salt and baking powder, then add remainder of milk and remainder of flour, mixing well after each addition; fold in beaten egg white. Bake in three greased layer tins in hot oven (425°-450°F.) about 15 minutes. Put following filling between layers and spread top and sides with chocolate icing:

CHOCOLATE FILLING

3 squares (3 oz.) unsweetened chocolate
3 tablespoons milk
1 tablespoon Amaizo
1 egg yolk

¾ cup powdered or confectioner's sugar
1 tablespoon corn starch
½ teaspoon salt
1 teaspoon vanilla extract

Melt chocolate in top of double boiler; add milk, Amaizo and egg yolk. Stir in sugar gradually; mix corn starch with a little cold water and add stirring constantly until smooth and thick. Remove from fire; add salt and vanilla and spread thickly between layers of cake.

CHOCOLATE ICING

1 unbeaten egg white
1½ cups confectioner's sugar
2 squares (2 oz.) melted chocolate

½ teaspoon vanilla extract
½ teaspoon salt
1 teaspoon Amaizo

Put egg white into shallow dish; add sugar slowly, beating with wire whip until of right consistency to spread; add chocolate, vanilla, salt and Amaizo. Mix well and spread on cake.

*All measurements in above recipes are level.*
MOCHA LAYER CAKE

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<tr>
<td>1 1/2 cups granulated sugar</td>
<td>1/2 cup Amaizo</td>
</tr>
<tr>
<td>2 cups flour</td>
<td>1 cup milk</td>
</tr>
<tr>
<td>1/2 cup corn starch</td>
<td>1 teaspoon vanilla extract</td>
</tr>
<tr>
<td>3 teaspoons Royal Baking Powder</td>
<td>whites of 3 eggs</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
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Sift all dry ingredients together three times; add Amaizo to milk and add to dry ingredients. Mix but do not beat hard. Add flavoring; fold in beaten egg whites. Bake in three greased layer tins in hot oven (450°F.) about 15 minutes. Spread the following filling between layers and on top and sides of cake:

MOCHA FILLING AND Icing

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<th>MOCHA FILLING AND ICING</th>
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<tbody>
<tr>
<td>2 tablespoons butter</td>
<td>1 teaspoon vanilla extract</td>
</tr>
<tr>
<td>3 cups confectioner's sugar</td>
<td>3 1/2 tablespoons strong coffee</td>
</tr>
<tr>
<td>1 1/2 tablespoons cocoa</td>
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To the butter add sugar very slowly; add cocoa and beat until light and smooth; add vanilla and coffee slowly making the icing soft enough to spread.

COCOANUT MARSHMALLOW LAYER CAKE

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<tr>
<td>2 eggs</td>
<td>3/4 cup milk</td>
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<tr>
<td>1 cup sugar</td>
<td>1 3/4 cups flour</td>
</tr>
<tr>
<td>1/2 cup Amaizo</td>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>1 teaspoon vanilla extract</td>
<td>3 teaspoons Royal Baking Powder</td>
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</tbody>
</table>

Separate eggs and save the whites for icing and filling. Beat egg yolks until thick and lemon colored; add sugar very slowly, then the Amaizo a little at a time mixing thoroughly, and the vanilla. Add half the milk and half the flour which has been sifted with the salt and baking powder; then add remainder of milk and remainder of flour mixing well after each addition. Bake in three greased layer tins in hot oven (425°F.) about 20 minutes. Put following filling between layers and on top of cake:

COCOANUT FILLING AND ICING

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<th>COCOANUT FILLING AND ICING</th>
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<tbody>
<tr>
<td>1 1/2 cups granulated sugar</td>
<td>1/2 teaspoon vanilla extract</td>
</tr>
<tr>
<td>1/2 cup water</td>
<td>few drops of lemon juice</td>
</tr>
<tr>
<td>2 egg whites</td>
<td>1 cup fresh grated cocoanut</td>
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</tbody>
</table>

Cook sugar and water without stirring until syrup spins a thread (240°F.); pour very slowly over stiffly beaten egg whites. Beat until thick; add flavoring and spread on cake. While icing is soft sprinkle thickly with the grated cocoanut.

All measurements in above recipes are level.
NUT LUNCHEON CAKES

1 egg
1¼ cups white or brown sugar
½ cup milk
4 tablespoons Amaizo
1¾ cups flour
3 teaspoons Royal Baking Powder

½ teaspoon salt
1 teaspoon cinnamon
1 teaspoon vanilla extract
1 cup chopped hickory, walnuts or pecan nuts

Beat egg until light and add sugar slowly; then add about a tablespoon of milk and Amaizo a little at a time, beating well between each addition. Sift flour, baking powder, salt and cinnamon together and add alternately with the milk to the first mixture. Add flavoring and mix well. Mix in nuts slightly floured. Put in greased individual cake tins and bake in moderate oven (400°F.) 15 to 20 minutes. Remove from pan; sprinkle with powdered sugar or cover with Chocolate Icing (page 15).

COCOA CUP CAKES

2 eggs
1 cup sugar
4 tablespoons Amaizo
½ cup milk
1¾ cups flour
3 teaspoons Royal Baking Powder

3/4 teaspoon salt
½ cup cocoa
1 teaspoon vanilla extract

Beat egg yolks well. Add sugar slowly, then add Amaizo a little at a time; beat continually. Add alternately, a little at a time the milk and the flour which has been sifted with the baking powder, salt and cocoa. Stir until smooth. Add beaten egg whites and vanilla. Put one tablespoon of batter into each greased muffin tin and bake in moderate oven (400°F.) about 20 minutes. Cover with Boiled Frosting (page 16) or Chocolate Icing (page 17).

ORANGE CUP CAKES

2 eggs
1¼ cups sugar
½ cup milk
5 tablespoons Amaizo
1¾ cups flour
3 teaspoons Royal Baking Powder

½ teaspoon salt
1 teaspoon orange extract
grated rind of 1 orange

Beat eggs until light and add sugar slowly; then add about a tablespoon of milk then Amaizo a little at a time, beating well between each addition. Sift flour, baking powder and salt together and add alternately with the remainder of milk to the first mixture. Add flavoring and orange rind and mix well. Bake in small greased cake tins in moderate oven (400°F.) about 20 minutes. When cool spread with following orange icing:

All measurements in above recipes are level.
ORANGE ICING

2 tablespoons Amaizo grated rind and pulp
2½ cups confectioner's sugar of ½ orange
1 teaspoon orange juice 1 egg white

Put Amaizo, sugar and orange juice into bowl; add rind and pulp from which the skin and seeds have been removed; beat all together until smooth. Fold in beaten egg white and spread on top of cakes.

Icing sufficient for 26 small cakes.

CREAM PUFFS

1 cup boiling water ½ teaspoon salt
¾ cup Amaizo 3 eggs
1 cup flour 2 teaspoons Royal Baking Powder

Heat water and Amaizo in saucepan until it boils up well. Add flour sifted with salt all at once and stir vigorously. As soon as thoroughly mixed remove from the fire, cool and mix in unbeaten eggs one at a time. Add baking powder; mix again and drop by spoonfuls about two inches apart on greased tin. Shape into circular form. Bake from 30 to 40 minutes in hot oven (400°F.). Cut with sharp knife near the bottom to admit the filling.

CREAM FILLING

½ cup corn starch 1 egg
1 cup sugar 2 cups scalded milk
¾ teaspoon salt ½ teaspoon vanilla extract

Mix corn starch, sugar and salt together; add slowly beaten egg and stir into this gradually the scalded milk. Cook about 15 minutes in double boiler stirring constantly until thickened. Cool slowly and flavor.

For Chocolate Cream Filling add 1½ squares (1½ oz.) unsweetened chocolate to scalded milk.

GINGER SNAPS

½ cup molasses 1 teaspoon ginger
¾ cup brown sugar 1 tablespoon vinegar
1 teaspoon salt ½ cup Amaizo
1 teaspoon soda ¾ cup hot water
1 teaspoon Royal Baking Powder 2½ cups flour

Mix molasses and brown sugar together; add salt, soda, baking powder and ginger and mix thoroughly. Add liquids, mixing after each addition. Lastly add flour. Mix and roll out very thin on floured board; cut with cookie cutter. Bake on greased tin in hot oven (450°F.) for about 7 minutes.

All measurements in above recipes are level.
COOKIES

1 egg
3/4 cup white or brown sugar
5 tablespoons Amaizo
1/4 cup milk
1 1/4 cups flour

1 teaspoon vanilla or grated rind
of lemon
2 teaspoons Royal Baking Powder
1/4 teaspoon salt
1/4 teaspoon grated nutmeg

Beat egg until light. Add sugar slowly, then Amaizo, milk
and vanilla. Beat well and add, a little at a time, the flour
which has been sifted with the baking powder, salt and nut-
meg. Add only sufficient more flour to roll easily. Roll out
very thin on floured board. Cut with cookie cutter. Sprinkle
with sugar. Put a raisin or piece of nut in the center of each.
Bake on greased tin about 12 minutes in hot oven (400°F.).

BROWNIES

2 tablespoons Amaizo
1 cup flour
1 cup sugar
1 egg
2 squares (2 oz.) melted
unsweetened chocolate
1/2 teaspoon vanilla extract

1/2 teaspoon Royal Baking Powder

1/4 teaspoon salt
1/2 cup milk
1/2 cup chopped walnuts

Mix Amaizo, sugar, unbeaten egg, chocolate and vanilla to-
gether. Sift flour with salt and baking powder and add alter-
nately with the milk to first mixture. Mix in nuts. Line
pan with paraffin paper; spread mixture rather thinly (about
1/4 inch) on pan and bake in slow oven (320°F.) for about 25
minutes. Turn out from pan; remove paper and cut into small
squares while still warm.

STRAWBERRY SHORTCAKE

2 cups flour
3/4 teaspoon salt
2 tablespoons sugar
4 teaspoons Royal Baking Powder

3 tablespoons Amaizo
1/2 cup milk
1 egg

Sift dry ingredients two or three times into bowl. Add Amaizo
and milk to beaten egg; add this liquid to the dry ingredients.
Mix well but do not beat. Put into one greased deep pie
plate. Bake in hot oven (450°F.) for about 20 minutes. Re-
move from pan; split through the middle; spread lightly with
butter. Put sweetened crushed strawberries in between layers
and on top of cake. Cover with slightly sweetened whipped
cream and arrange whole strawberries on top.

Other fruit, such as peaches, raspberries, apricots or
oranges can be used in place of strawberries.

All measurements in above recipes are level.
SAUCES AND GRAVIES

Amaizo is a most economical and excellent fat to use in making creamed soups and sauces for vegetables, fish and meat.

Use about \( \frac{1}{4} \) less than you would of butter and add salt to taste.

For Soups and Vegetables

| Thin White Sauce | Hollandaise |
| Thick White Sauce |

For Meat and Fish

| Brown Sauce or Gravy | Cocktail Sauce |
| Sauce Tartare |

For Puddings and Ice Cream

| Chocolate Sauce | Caramel Sauce |

THIN WHITE SAUCE

\[
\begin{align*}
1 \frac{1}{2} \text{ tablespoons Amaizo} & \quad \frac{1}{2} \text{ teaspoon salt} \\
1 \frac{1}{2} \text{ tablespoons flour or 1 tablespoon corn starch} & \quad \text{few grains pepper} \\
& \quad 1 \text{ cup scalded milk}
\end{align*}
\]

Put Amaizo in top of double boiler. Add flour and seasonings and stir until thoroughly blended. Cook over flame adding milk gradually, stirring constantly until smooth and thick. Put over hot water, cooking until ready to use.

Use for creamed vegetables and scalloped dishes, and as basis for creamed soups.

THICK WHITE SAUCE

\[
\begin{align*}
2 \text{ tablespoons Amaizo} & \quad \text{few grains pepper} \\
\frac{3}{4} \text{ cup flour or } \frac{1}{4} \text{ cup corn starch} & \quad 1 \text{ cup scalded milk} \\
\frac{1}{2} \text{ teaspoon salt} & 
\end{align*}
\]

Mix the same as Thin White Sauce and use for croquettes or where very thick sauce is required.

HOLLANDAISE SAUCE

\[
\begin{align*}
yolks of 2 eggs & \quad \frac{1}{2} \text{ teaspoon salt} \\
2 \text{ tablespoons Amaizo} & \quad \text{few grains cayenne pepper} \\
1 \text{ tablespoon lemon juice} & \quad \frac{1}{2} \text{ cup boiling water}
\end{align*}
\]

Add yolks of eggs one at a time slowly to the Amaizo. Beat well; add the lemon juice, salt and pepper. About 5 minutes before serving add the boiling water slowly and stir rapidly. Cook over water or in double boiler until it thickens. Serve hot on cauliflower, asparagus or fish.

All measurements in above recipes are level.
GRAVY

Put one tablespoon Amaizo and one teaspoon butter in frying pan. When heated add ½ tablespoon flour; stir until well blended and browned. Add boiling water slowly to make right consistency for gravy. Season with salt and pepper and Worcestershire if desired.

SAUCE TARTARE

To 1 cup Mayonnaise (page 27) add ¼ teaspoon mustard, 1 teaspoon powdered sugar and just before serving mix in 1 tablespoon each of finely chopped capers, olives, pickles and parsley.

COCKTAIL SAUCE

To one cup thick Mayonnaise (page 27), add one teaspoon finely chopped parsley, one tablespoon chopped pimientos, one tablespoon finely chopped olives, two tablespoons tomato catsup and a few drops tobasco.

Serve on cold crabmeat, lobster, shrimp or oysters.

CHOCOLATE SAUCE

1 square (1 oz.) unsweetened chocolate
2 tablespoons Amaizo
½ cup boiling water

Melt chocolate in top of double boiler; add Amaizo; mix and add water a little at a time, stirring constantly; then add sugar and bring to boiling point. Boil 5 minutes without stirring. Remove from fire; add vanilla and salt and serve hot.

CARAMEL SAUCE

1 cup golden or light syrup
½ cup milk
2 teaspoons Amaizo
½ teaspoon salt

Put all ingredients into saucepan and cook slowly, stirring continually. Boil to 240°F. Serve hot immediately or place over hot water until ready to serve.

SALADS AND SALAD DRESSINGS

Wash salad greens well in cold water. Drain off all the water; put in clean cloth on ice until ready to serve.

Amaizo is a most economical and delicious oil for salad dressings of all kinds.

In making mayonnaise, using one egg yolk for the base, you can add Amaizo in almost infinite quantity.

All measurements in above recipes are level.
Mayonnaise made with Amaizo can be put in covered glass or jar and kept in a cool place for several days. If too thick, thin down with a small amount of vinegar or lemon juice.

**LOBSTER SALAD**

Put live lobster in large kettle of boiling water with 1 tablespoon salt to each quart of water. Boil rapidly for 20 minutes. When cold remove from shell; remove intestinal vein and cut into small pieces for serving.

Marinate slightly with French Dressing (page 27), and serve very cold on lettuce leaves. Cover with Mayonnaise (page 27), and garnish with hard boiled eggs, olives and capers if desired.

**CHICKEN SALAD**

3 cups cold chicken, cut into pieces 1½ cups mayonnaise
1 cup celery, cut into small pieces 2 hard boiled eggs
1 teaspoon salt olives
½ teaspoon pepper

Mix well chicken, celery, seasoning and ½ cup mayonnaise. Serve cold on lettuce leaves garnished with small pieces of eggs and olives. Cover with Mayonnaise (page 27), to which capers have been added if desired.

**AVOCARDO (ALLIGATOR PEAR) SALAD**

Pare avocados. Cut into slices. Arrange on lettuce leaves or romaine and serve very cold with Roquefort or French Dressing (pages 27-28).

Or if desired the avocados can be simply cut in half, stone removed and half filled with French dressing.

**AVOCARDO AND GRAPE FRUIT SALAD**

Pare avocados and grape fruit removing all white skin and seeds from the latter. Slice the avocados and arrange with pieces of grape fruit on lettuce or romaine. Serve with French Dressing (page 27).

**BARTLETT PEAR AND CREAM CHEESE SALAD**

Use fresh ripe pears. Pare; cut into halves; remove cores and stems. Place on lettuce leaves or other salad greens. Fill hollows with seasoned cream cheese balls. Garnish with small strips of pimiento or green pepper and paprika. Serve cold with either French dressing or mayonnaise (page 27).

Canned pears drained from the syrup can be used if desired.

*All measurements in above recipes are level.*
VEGETABLE SALAD

Use fresh boiled vegetables in season. Serve cold on lettuce leaves or other salad green and cover with Mayonnaise.

Any combination of vegetables, such as beets, beans, peas, asparagus tips and carrots, is excellent.

MAYONNAISE

1 egg yolk
1/2 teaspoon salt
1/16 teaspoon cayenne pepper
2 tablespoons vinegar or lemon juice
1 cup Amaizo

Have utensils and ingredients cold. Put egg yolk and seasonings into shallow dish or into bowl if egg beater is used; mix in about a teaspoon of vinegar or lemon juice; add Amaizo and remaining vinegar, beating until all the vinegar and Amaizo are added. Mayonnaise made with Amaizo thickens quickly with no danger of separating.

A larger quantity of mayonnaise can be made up in this way by using the same foundation of one egg yolk and adding Amaizo until desired quantity is made. This dressing will be very thick but can be kept covered in a cold place for several days. If it is too stiff, thin with lemon juice or vinegar just before serving.

THOUSAND ISLAND DRESSING

To each cup of Mayonnaise take the following:

2 tablespoons chopped green peppers
2 1/2 tablespoons chopped pimientos
1 teaspoon onion juice
1 hard cooked egg, chopped fine
2 tablespoons tomato catsup
2 tablespoons chili sauce
1/2 cup whipped cream

Mix the first seven ingredients; add salt if necessary; mix thoroughly with the mayonnaise and fold in the whipped cream. Serve ice cold on lettuce or other salad greens or use as cocktail sauce.

FRENCH DRESSING

2 tablespoons vinegar
4 tablespoons Amaizo
1/2 teaspoon salt
1/2 teaspoon sugar
3/4 teaspoon pepper
3/4 teaspoon paprika

Put all ingredients into bowl. Beat well and serve very cold.

All measurements in above recipes are level.
ROQUEFORT DRESSING

To French Dressing (page 27), add 3 tablespoons Roquefort cheese which has been crumbled with fork. Add the cheese just before serving.

COOKED SALAD DRESSING

| 1 teaspoon dry mustard | yolks of 2 eggs |
| 1 1/4 tablespoons flour | 1/3 cup hot vinegar |
| 2 teaspoons salt | 1 cup milk |
| 2 tablespoons sugar | 2 tablespoons Amaizo |
| few grains cayenne | whites of 2 eggs |

Mix the dry ingredients. Add egg yolks, hot vinegar and milk a little at a time stirring continually. Put the mixture into double boiler and stir until thick. Add Amaizo immediately after taking from the fire. Mix in beaten egg whites; cool and serve.

If mixture starts to curdle set top of double boiler in pan of cold water and beat with Dover egg beater or wire whip until smooth.

CANDIES

Amaizo is excellent for making candy. When using Amaizo in your candy recipes take 1/4 less than butter called for. Add it to other ingredients just as you would butter or butter substitute; and add salt in proportion of one teaspoon salt to each cup of Amaizo.

CHOCOLATE CARAMELS

| 2 cups granulated sugar | 2 cups top milk or thin cream |
| 2 squares (2 oz.) bitter chocolate | 1 teaspoon vanilla extract |
| 3/4 cup light syrup | 1/4 teaspoon salt |
| 1/3 cup Amaizo |

Put the sugar, chocolate, syrup, Amaizo and half of the cream over the fire and stir until it boils thoroughly; then stir in gradually, so as not to stop the boiling, the second cup of cream. Put the syrup thermometer in; let the mixture boil, stirring every three minutes until the thermometer registers 252°F. Then stir in vanilla and salt and turn into two greased pans to make a sheet 3/4 inch thick. When nearly cold cut into squares; roll each in waxed paper or let stand 24 hours to dry off before wrapping.

If you have no thermometer boil the syrup to a pretty firm hard ball when tested in cold water.

In summer boil syrup a few degrees higher.

*All measurements in above recipes are level.*
Amaizo is a Perfect Shortening

FUDGE
2 cups granulated sugar  3 tablespoons Amaizo
2 1/2 squares (2 1/2 oz.) chocolate  1/2 teaspoon vanilla extract
or 7 tablespoons cocoa  1/4 teaspoon salt
3/4 cup milk

Boil sugar, chocolate or cocoa and milk together to 238°F. or until a small amount tested in cold water will make a soft ball; add Amaizo; cool; add vanilla and salt and beat until creamy. Pour into greased pan and when almost cold cut into squares.

PENUCHE
2 cups light brown sugar  1/6 teaspoon salt
1/2 cup milk  1 cup walnut meats
2 tablespoons Amaizo  1 teaspoon vanilla extract

Boil the sugar and milk until a small amount tested in cold water will make a soft ball (238°F.); add the Amaizo, salt and chopped nuts, cool; add vanilla and beat until creamy; pour into greased shallow pan and when almost cold cut into squares.

SALTED ALMONDS
1 pound almonds  3/4 cup Amaizo

Shell, blanch and dry almonds. Heat Amaizo in large frying pan; add a few of the almonds at a time and fry until a delicate light brown stirring constantly to keep from burning and to brown evenly. Remove; drain on unglazed paper and sprinkle with salt.

Peanuts can be done in the same way after shelling and removing skins.

POP CORN
1/2 cup popping corn  1 1/2 tablespoons salt
3 tablespoons Amaizo

Put corn with Amaizo into iron skillet or frying pan. Cover and place on stove. Shake pan continually to keep from burning. Remove from fire and sprinkle with salt. This recipe makes about 2 quarts of popped corn.

CANDIED POP CORN
2 tablespoons Amaizo  1/2 cup water
2 cups brown sugar  2 quarts popped corn
1/2 teaspoon salt

Put Amaizo into saucepan, and add sugar, salt, and water. Bring to boiling-point and let boil sixteen minutes. Pour over corn, and stir until every kernel is well coated with mixture.

All measurements in above recipes are level.
Why Amaizo Oil Is Perfect For Salads

Mayonnaise is made very rapidly with AMAIZO. With one egg almost an unlimited quantity of mayonnaise can be made. It keeps for days in a covered glass jar. It is always successful; never curds; does not tire your wrist with long stirring.

AMAIZO gives a smooth rich flavor in both mayonnaise and French dressings. It never gets rancid, even in warm weather; does not cloud in cold weather.

These are the reasons why famous chefs and manufacturers of well known brands of salad dressings have used AMAIZO for years.

In the Can with the Hygienic Top
Collects No Dust — No Rust
Advantages
of
AMAIZO OIL

Will not curd in mayonnaise.

Does not smoke at cooking temperature.

Does not get rancid.

Does not discolor.

Economical—can be used over and over.

Does not carry the flavor of one food to another.

Wholly vegetable—increases the nutritive value of foods.

Foods cooked with AMAIZO retain their natural flavor.

*In the Can with the Hygienic Top Collects No Dust—No Rust*
AMAIZO OIL

Best for

SALADS AND COOKING