40 Tested Recipes

Best Foods

Shortening

One of The Best Foods

From Soup through Dessert
BEST FOODS SHORTNING will revolutionize your attitude toward shortenings—for it is all you ever thought a shortening should be—and more!

BEST FOODS SHORTNING has a firmer consistency than you have ever found in any other, for it is made of pure, delicate fat crystals, secured from cocoanut oil by a new and exclusive process. BEST FOODS SHORTNING contains nothing but these crystals, which give a creamy, velvety texture, free from even a suspicion of grease.

BEST FOODS SHORTNING keeps three to four times as long as any shortenings you have used. Proof of its extraordinary keeping qualities is seen in the packaged form in which you buy it. To increase its usefulness and save precious minutes, keep BEST FOODS SHORTNING at room temperature. Then its consistency will be just right for any use. It need not be chilled to remain pure and sweet indefinitely. Indeed, it hardens at a low temperature and will not cream or blend so readily when kept in the refrigerator.

BEST FOODS SHORTNING may be used in every phase of cookery which requires a shortening. Try it for deep fat frying. It will not spread a "hot fat" odor through the house. It brings out the flavors of foods cooked in it, and never carries the flavor of one food to another. Foods fried in BEST FOODS SHORTNING are crisp, delicious and digestible, for BEST FOODS SHORTNING smokes only at a high temperature, making fried foods palatable and easy to assimilate.

This recipe book indicates the great versatility of BEST FOODS SHORTNING. In our laboratory we have used it in dishes which cover the entire range of courses from soup through dessert. Each recipe has been carefully tested, and is presented to you in the hope that it will become a favorite in your family.

Martha Adams

THE BEST FOODS HOME ECONOMICS SERVICE
297 FOURTH AVENUE
NEW YORK CITY
Vegetable Soup

4 small carrots  
1/2 cup diced celery  
1 cup diced potatoes  
1 onion  
1 cup tomatoes  
4 cups boiling water  
4 tablespoons Best Foods Shortening  
1/2 tablespoon finely chopped parsley  
Salt and pepper

Wash and scrape the celery and carrots; pare the potatoes; cut in uniform size. Cut the onion in thin slices. Combine the vegetables, except the potatoes and cook for ten minutes in the four tablespoons of Best Foods Shortening, stirring constantly. Add the potatoes and cook five minutes longer. Then pour in the water and the tomatoes and cook an hour, or until the vegetables are soft. The last five minutes of the cooking add the parsley. Season with salt and pepper and serve piping hot.

White Sauce I

1 tablespoon Best Foods Shortening  
1 tablespoon flour  
1 1/2 cups scalded milk  
1/2 teaspoon salt  
Few grains pepper

Melt the Shortening in the upper part of double-boiler—add flour and seasonings and stir until well blended. Then pour the hot milk on gradually while stirring constantly, and let boil two minutes. Lower heat and continue cooking for fifteen minutes.

White Sauce II

2 tablespoons Best Foods Shortening  
2 tablespoons flour  
1 cup milk, scalded  
1/2 teaspoon salt  
Few grains pepper

Make as White Sauce I. Used for creamed and escalloped dishes.

White Sauce III

4 tablespoons Best Foods Shortening  
4 tablespoons flour  
1 cup milk, scalded  
1/2 teaspoon salt  
Few grains pepper

Make same as White Sauce I. Used for croquettes.
Cream of Celery Soup

1 quart milk, scalded
3 tablespoons flour
3 tablespoons Best Foods Shortening
1 quart chopped or diced celery
1 slice onion
1 bay leaf
Salt and pepper

Cook the celery, onion and bay leaf in water enough to cover. When celery is very soft, rub through a sieve. This should provide about one pint of pulp. Make a white sauce of the milk, flour and Shortening. Combine the sauce and the vegetables. Season with salt and pepper to taste, re-heat and serve at once.

Cream of Spinach Soup

1 quart of milk, scalded
3 tablespoons flour
3 tablespoons Best Foods Shortening
2 quarts spinach
Salt and pepper

Pick over and cook the spinach for thirty minutes in a small amount of boiling water. Drain, chop fine and rub through a coarse sieve. Make a white sauce of Best Foods Shortening, flour and milk and seasonings. Add the spinach pulp. Cook the combined mixture ten minutes and serve hot.

Cream of Tomato Soup

1 quart milk, scalded
4 tablespoons flour
4 tablespoons Best Foods Shortening
1/2 can tomatoes
2 teaspoons sugar
1 slice onion
3/4 teaspoon soda
1/8 teaspoon pepper

Make a white sauce of the milk, flour and Best Foods Shortening. Add the onion to the tomatoes and cook until tender or about fifteen minutes, and rub through a coarse sieve. Just before serving, add the soda and the sugar to the tomatoes and gradually add them to the white sauce, stirring constantly. Add the seasonings and serve at once. If the soup begins to curdle, beat thoroughly with an egg beater.
**Half-a-Dozen Waffles**

1 1/4 cups flour
4 teaspoons baking powder
1 teaspoon salt
2 eggs
1 cup milk
5 tablespoons melted Best Foods Shortening

Sift dry ingredients together (flour, baking powder, and salt). Add beaten eggs and milk and mix well; then stir in melted Shortening and beat thoroughly. Cook on a hot waffle iron. Serve with maple syrup or honey, or powdered sugar and cinnamon and Nucoa.

**Whirligigs**

2 cups flour
4 tablespoons Best Foods Shortening
4 teaspoons baking powder
1/2 cup milk
1/2 teaspoon salt
3 tablespoons Nucoa
3/4 cup brown sugar

Sift the dry ingredients, and blend in Shortening with a fork. Add milk to make a rather soft dough. Knead slightly and roll out 1/4 inch thick. Spread the dough with well creamed Nucoa, and sprinkle with brown sugar. Roll up as for a jelly roll, and cut into one inch pieces. Stand each piece on end on a well oiled tin or in small muffin pans, and bake for a half-hour in a moderate oven (375°F).

**Baking Powder Biscuit**

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
3/4 cup milk
3 tablespoons Best Foods Shortening

Mix and sift dry ingredients (flour, salt and baking powder). Cut in the Shortening with a knife or mix lightly with finger tips. Add milk gradually to make a soft dough. Roll out one-half inch thick on a floured board and cut with biscuit cutter. Bake in a hot oven (400°F) for ten minutes and raise heat to 450°F for last few minutes for browning.
Griddle Cakes

3 cups flour
1½ teaspoons baking powder
1 teaspoon salt
2 cups milk

Mix and sift the dry ingredients (flour, baking powder, and salt). Beat the eggs; combine with the milk, and pour slowly into the dry ingredients. Beat the mixture thoroughly and add the melted Shortning. Drop by spoonfuls onto a hot griddle oiled with Best Foods Shortning. When puffy and full of bubbles and cooked at the edges, turn and cook on the other side. Serve with Nucoa and maple syrup.

Dumplings

2 cups flour
4 teaspoons baking powder
¾ cup milk
1 teaspoon salt
2 tablespoons Best Foods Shortning

Mix and sift the dry ingredients (flour, baking powder, and salt) cut in the Shortning with a knife or work in with the finger tips. Add milk gradually, stirring quickly and lightly. Turn onto a floured board, roll out to half an inch thickness, and cut with a small cutter. Put into an oiled steamer, cover closely, and steam for fifteen minutes without opening the steamer.

Date Muffins

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
3 tablespoons melted Best Foods Shortning
1 tablespoon sugar
1 egg
1 cup milk
½ cup chopped dates

Mix and sift dry ingredients (flour, baking powder, salt and sugar). Add chopped dates well floured and beaten egg combined with milk. Lastly stir in melted Shortning, beating thoroughly. Bake in oiled muffin tins in a quick oven (450°F) for 20 to 25 minutes. Makes twelve muffins.
Omelet

- 4 eggs
- 4 tablespoons water
- ¾ teaspoon salt
- ½ teaspoons paprika
- 1 tablespoon Best Foods Shortening

Separate the eggs. Beat the yolks slightly, add the water and seasonings and mix well together. Beat the egg whites stiff and fold into the yolk mixture. Pour into a frying pan with the melted Shortening and cook slowly until firm. Put into the oven for one or two minutes at the end to cook the top. Fold, turn onto a platter and serve immediately.

For a Savory Omelet for luncheon, to the beaten yolks add 1 teaspoon of Worcestershire Sauce, 2 tablespoons minced Parsley, and 4 tablespoons Grated Cheese before folding in the egg whites.

Creamed Eggs on Toast

- 6 hard cooked eggs
- 2 tablespoons Best Foods Shortening
- ½ onion
- 6 slices hot toast
- 2 tablespoons flour
- 2 cups milk, scalded
- 1 teaspoon salt
- ¾ teaspoon pepper

Remove the shells from the eggs, and cut each egg into six pieces. Heat the Shortening in a frying pan, and cook the chopped onion in it until yellow. Do not brown the onion. Remove the onion when yellow, and make a sauce of the Shortening, flour, liquid and seasonings. Cook sauce until it thickens, then add the eggs. When thoroughly heated, turn out onto hot toast spread with Nucoa, and serve immediately.

Spanish Rice

- ¾ cup rice
- 4 tablespoons Best Foods Shortening
- 4 cups water
- 2 onions
- 2 cups tomatoes
- ¾ cup chopped green peppers

Fry the rice in the Best Foods Shortening until brown. Then add the water and boil until soft. Drain. Fry the onions in a small amount of Shortening. Mix with tomatoes and chopped peppers and add to the rice. Add the seasonings. Place in an oiled baking dish and bake thirty minutes in a moderate oven.
Cheese Souffle

$\frac{1}{2}$ cup grated cheese  
$\frac{3}{4}$ cup flour  
$\frac{3}{4}$ cup Best Foods Shortening  
3 eggs

1 cup milk, scalded  
$\frac{1}{2}$ teaspoon salt  
paprika  
1 very small onion, minced fine or grated

Make a white sauce of the flour, Shortening, and milk. Add the cheese, and stir until thick. Add the egg yolks, slightly beaten, salt, paprika and onion juice. Then fold in the stiffly beaten whites of eggs. Pour into an oiled baking dish and bake in oven until firm (350°F to 400°F for 25 to 30 minutes). Serve immediately.

Cheese Fondue

1 cup hot milk  
1 cup soft bread crumbs  
1 cup grated cheese

2 tablespoons Best Foods Shortening  
$\frac{3}{4}$ teaspoon salt  
3 egg yolks  
3 egg whites

Combine the milk, bread crumbs, cheese, Shortening and salt. Add the egg yolks beaten up until light colored. Lastly fold in the egg whites beaten until stiff. Pour the mixture into a baking dish oiled with Shortening. Bake for twenty to twenty-five minutes in a moderate oven.

Scalloped Eggs and Cauliflower

1 medium cauliflower  
2 hard cooked eggs  
$\frac{3}{4}$ teaspoon salt  
Pepper

1$\frac{3}{4}$ cups milk, scalded  
3 tablespoons flour  
3 tablespoons Best Foods Shortening  
Bread crumbs

Break the head into small flowerets and cook in boiling water. Add salt just before cooking is completed. Melt the Shortening in the upper part of double-boiler—add flour and stir until well blended. Then pour the hot milk on gradually while stirring constantly, and let boil two minutes. Lower heat and continue cooking for fifteen minutes. Oil a baking dish with Best Foods Shortening, and place a layer of cauliflower in it, then a layer of sliced eggs, then a layer of white sauce. Put a layer of crumbs over the top and bake in a hot oven for about thirty minutes.
Use a broad, flat-bottom kettle for deep fat frying.

Fill the kettle about one-third full of Best Foods Shortening. If more than this amount is used, foods that contain moisture may cause it to bubble and boil over. Place over a low flame and let Shortening melt slowly.

In all deep fat frying, it must be remembered that when a hot fat begins to smoke, decomposition sets in, producing elements which commonly make fried foods indigestible.

Best Foods Shortening smokes only at a very high temperature and need not be heated to this point to fry foods satisfactorily. Foods fried in Best Foods Shortening are, therefore, sure to be palatable and easy to digest. The fact that Best Foods Shortening bubbles does not mean that it is too hot. Therefore, do not turn down the gas flame after the deep fat frying process begins.

To test the temperature of Best Foods Shortening, drop in an inch cube of bread. If it browns in the length of time indicated below (count slowly to the number specified), it is hot enough for frying. A bit of the mixture to be fried may also be dropped into the frying kettle to test the heat.

When the bread test has been secured, dip the frying basket for a moment into the hot Shortening to be oiled and warmed. Do not place too much food in it to be cooked at one time, for the cold mixture lowers the temperature of the Shortening. When each portion of food is delicately browned, raise the basket from the hot Shortening, let drip a moment, and remove fried food to drain. Allow the fat to reheat for a few moments, and use the bread test before frying again.

**Time and Temperatures for Deep Fat Frying**

<table>
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French Fried Potatoes

Raw potatoes    Best Foods Shortening
    Salt

Wash and pare potatoes. Cut into long strips (or any shape desired). Soak one hour in cold water to cover. Drain, and dry them between towels. Fry in hot Best Foods Shortening for five minutes. Drain on soft paper, sprinkle with salt, and serve hot.

Doughnuts

3/4 cup sugar
3 1/2 cups flour
2 tablespoons Best Foods Shortening
3/4 cup milk
2 eggs
1/2 teaspoon salt
1/2 teaspoon nutmeg
3 teaspoons baking powder

Cream sugar and Shortening and mix in well beaten egg. Add milk and stir in dry ingredients (flour, baking powder, salt and nutmeg). Roll out dough on a floured board, cut out with doughnut cutter and fry in Best Foods Shortening heated to a temperature of 365°F until delicately browned. Drain on soft paper, and sprinkle with powdered sugar while warm. This recipe makes about thirty-six medium sized doughnuts.

Veal Croquettes

1 cup milk, scalded
4 tablespoons flour
4 tablespoons Best Foods Shortening
1 teaspoon onion-juice
1/2 cup chopped ham
1 teaspoon salt
3/6 teaspoon pepper
Paprika
2 cups minced veal

Make white sauce of Shortening, flour and milk. See White Sauce III. Then add onion juice, salt, pepper and paprika. Cook for one minute and remove from the fire. Add to this the minced veal and chopped ham. Cool, and shape. Dip in crumbs, egg and crumbs again. Fry in hot Best Foods Shortening until delicately browned and drain on soft paper.

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**Chicken Cutlets**

2 cups cooked chicken  
4 tablespoons chopped mushrooms  
1 teaspoon salt  
½ teaspoon pepper  
1 teaspoon parsley  
1 tablespoon lemon-juice  
4 tablespoons Best Foods Shortening  
4 tablespoons flour  
1 cup milk, scalded  
1 egg  
½ teaspoon onion-juice

Mix the chicken, mushrooms, salt, pepper, parsley and the onion and lemon juice. Make white sauce of Shortening, flour and milk. See White Sauce III. Add the chicken mixture and cook for three minutes more. Stir in the egg beaten until light. Take from the fire immediately, pour into a greased flat dish and allow to cool. The colder the mixture becomes, the better it may be handled. Shape into cutlets; dip in crumbs, egg and crumbs again. Fry in hot Best Foods Shortening until delicately browned. Then drain on soft paper.

**Corn Fritters**

2 cups corn, fresh or canned  
1 teaspoon salt  
½ teaspoon pepper  
1 egg  
1 tablespoon melted Best Foods Shortening  
½ cup milk, scalded  
2 cups flour  
1½ teaspoons baking powder

Chop corn very fine. Drain and add salt, pepper, well beaten eggs, Shortening, milk, flour and baking powder. Fry until delicately browned in hot Best Foods Shortening.

**Salmon Croquettes**

4 tablespoons Best Foods Shortening  
4 tablespoons flour  
1 cup milk, scalded  
1¾ cups cold flaked salmon  
Few grains pepper  
Few grains cayenne  
½ teaspoon salt  
1 teaspoon lemon juice

Make white sauce of Shortening, flour and milk. See White Sauce III. Pour over flaked salmon. Then add seasonings and lemon juice. Spread on a plate to cool. Shape; dip in crumbs, egg, and crumbs again. Fry in hot Best Foods Shortening until delicately browned and drain on soft paper.
Prize Cake

% cup Best Foods Shortening
2 cups sugar
1 cup milk

% teaspoon salt

Cream the Shortening; add the sugar and cream again for ten minutes. Add dry ingredients alternately with milk. Then add flavoring, and lastly fold in the egg whites which have been beaten light. Bake in a moderate oven (350° F) for 45 minutes. Ice with Cocoa Frosting.

Devils' Food Cake

% cup Best Foods Shortening
2 cups sugar
4 eggs
1 cup milk

3 ounces (squares) bitter chocolate

Cream the Shortening; add sugar gradually; add egg yolks beaten until thick and lemon colored. Mix and sift dry ingredients (flour, baking powder and salt), and add alternately with the milk. Last, add melted chocolate, vanilla and stiffly beaten egg whites. Bake for 45 minutes to 1 hour at an oven temperature of about 350° F. Bake in a round pan with a tube or in layers.

Prune Cake

% cup Best Foods Shortening
1 1/2 cups sugar
1 cup sour milk
2 eggs
2 1/2 cups flour

1 level teaspoon baking powder
1 teaspoon each cloves, allspice and cinnamon
1 level teaspoon soda
1 cup cooked prune pulp chopped fine
1/2 teaspoon salt

Cream the Shortening; add the sugar gradually; then the beaten eggs and prune pulp. Mix and sift the dry ingredients (flour, baking powder, spices and salt) and add alternately with milk in which the soda has been dissolved to the prune mixture. Bake in a loaf pan in a moderate oven (350° F) for thirty-five to forty minutes.
Cocoa Frosting

1½ cups confectioners’ sugar  ¼ cup cocoa
⅜ cup Best Foods Shortening  1 teaspoon vanilla
3 tablespoons hot water  Pinch of salt

Cream the Shortening; add sugar gradually, then cocoa and salt. Beat thoroughly. Last add vanilla, and gradually pour into the mixture the hot water, while beating constantly.

Pineapple Cake

½ cup Best Foods Shortening
1 cup granulated sugar
2 eggs
½ cup milk
2 cups flour
2 teaspoons baking powder
½ teaspoon salt
1 teaspoon vanilla
1 large can crushed or sliced pineapple
1 cup brown sugar
2 tablespoons Nucoa

Cream the Shortening; add the sugar gradually, then the beaten egg yolks. Mix and sift the dry ingredients (flour, baking powder and salt) and add alternately with the milk, mixing well. Fold in the beaten egg whites and the vanilla.

Drain the pineapple. Melt the Nucoa in a large frying pan. Spread the brown sugar over the pan. Add the pineapple (if sliced is used, place slices closely together on the pan; if crushed, simply pour in the well-drained fruit). Pour cake batter over fruit. Bake in a moderate oven (360°F) about 45 minutes. Turn cake upside-down on serving dish. Spread with whipped cream.

Cream Cheese Cookies

⅛ cup Best Foods Shortening
1 cup flour
⅛ teaspoon salt
1 1/2 c. cream cheese

Cream the Shortening and cream cheese. Add the flour gradually. Knead; then put in the ice box over night. The next morning knead thoroughly; roll out about one quarter of an inch thick and cut with a cookie cutter. Dip the top of the cookies in stiffly beaten egg whites. Sprinkle with granulated sugar and chopped nut meats. Bake in a moderate oven (350°F) for twenty to twenty-five minutes, until delicately browned.
Veribest Cookies

1 cup granulated sugar  1 1/2 teaspoons soda
1 cup brown sugar     3 cups flour
1 1/2 cups Best Foods  2 teaspoons cinnamon
Shortening            2 teaspoons vanilla
2 beaten eggs         1/2 cup chopped walnuts
1/2 teaspoon salt     or almonds

Cream the sugar and Shortning, add the beaten eggs. Sift and mix together the flour, soda, salt and cinnamon. Add to the first mixture. Then add vanilla and lastly the chopped nuts. Knead together thoroughly and form into a thick roll about six inches long. Put in a cool place or on ice over night. Slice thin the next day and bake in a hot oven (390 F) for fifteen to twenty minutes. This makes about from 40 to 50 cookies.

Brownies

3/4 cup Best Foods Shortening 1/2 cup chopped walnuts
1 cup sugar
2 eggs
1/4 cup flour
3/4 teaspoon salt
1/2 teaspoon vanilla

Mix Best Foods Shortening, sugar, eggs, melted chocolate and vanilla. Stir in the flour, salt and nuts. Pour into a shallow baking pan and bake 30 to 35 minutes in a moderate oven at a temperature of 350° F. Remove, and when cold cut into 2 inch squares.

Lace Wafers

2 1/2 cups oatmeal 2 eggs
1 cup sugar
3/4 teaspoon salt 2 tablespoons melted Best Foods
2 1/2 teaspoons baking powder Shortening

Cream sugar and Shortning. Add well beaten eggs. Mix together the dry ingredients and combine with the first mixture. Lastly add the vanilla. Drop by spoonfuls onto a tin well oiled with Best Foods Shortening, leaving two inches between each spoonful. Bake for 10 minutes at a temperature of 425° F. Allow wafers to cool before removing from pan.
Plain Pastry

2 cups flour
\( \frac{3}{4} \) to \( \frac{3}{8} \) cup Best Foods Shortening

Mix flour and salt together and cut in Shortening, or mix lightly with the finger tips. Add cold water and mix lightly. Roll out \( \frac{3}{8} \) inch thick on a floured board. (This will make upper and lower crust for one large pie.) Bake in a very hot oven (500° F).

Lemon Cream Pie

1 cup sugar
2 eggs
2 tablespoons Best Foods Shortening
5 tablespoons flour

1 cup hot water
\( \frac{1}{2} \) teaspoon salt
1 lemon
Grated rind of lemon

Mix sugar, salt and flour in a double boiler; add the hot water slowly and stir it until thickened. Then allow to cook covered for ten minutes. Add the beaten egg yolks with the Shortening and cook for a few minutes longer. Remove from the stove and add the lemon juice and grated rind of the whole lemon. Pour into a baked pie shell. Make a meringue of the two stiffly beaten egg whites and four tablespoons of sifted sugar, flavored with \( \frac{1}{4} \) teaspoon of lemon extract. Spread on the pie and brown in a slow oven for from eight to ten minutes. Serve cold.

Caramel Pie

3 tablespoons granulated sugar
\( \frac{1}{2} \) cup brown sugar
\( \frac{1}{2} \) cup milk, scalded
\( \frac{1}{4} \) teaspoon salt
2 tablespoons Best Foods Shortening
3 tablespoons flour
3 eggs
2 tablespoons cold water

Caramelize the white sugar; add the scalded milk, and brown sugar, and bring to a boil. Mix the flour with the cold water, and add slowly, stirring until smooth. Then add Shortening and salt. Place this mixture in a double boiler or over hot water, and add the beaten egg yolks, stirring until thick. Cover and cook, with occasional stirring, for twenty minutes. Remove from the stove and when partly cooled, pour into a baked pastry shell.
Brown Betty

\[ \frac{3}{4} \text{ cup melted Best Foods Shortening} \]
\[ 2 \text{ cups bread crumbs from the center of the loaf} \]
\[ 2 \text{ cups sliced apples} \]
\[ \frac{1}{2} \text{ cup fruit juice or water} \]
\[ \frac{1}{2} \text{ cup sugar} \]
\[ 1 \text{ teaspoon cinnamon} \]
\[ \text{Juice and grated rind of one lemon} \]

In the bottom of a baking dish place a layer of bread crumbs that have been mixed with the melted Shortening and spread over half of the apples. Sprinkle with half of the sugar and cinnamon, rind of the lemon, lemon juice and the fruit juice or water. Repeat; lastly cover with remaining bread crumbs and bake in a moderate oven for forty-five minutes. The first half of the baking keep the baking dish covered to prevent the crumbs from browning too rapidly. Serve with Hard Sauce.

Hard Sauce

\[ \frac{1}{2} \text{ cups Best Foods Shortening} \]
\[ 1 \text{ cup confectioners’ sugar} \]
\[ 1 \text{ cup granulated sugar} \]
\[ \frac{1}{2} \text{ teaspoon lemon extract or vanilla extract} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ \frac{1}{2} \text{ teaspoon nutmeg} \]
\[ 2 \text{ teaspoons boiling water} \]

Cream the Shortening, add the sugar and salt and mix thoroughly into the Shortening. Add the boiling water gradually, and last, the flavoring. Beat until smooth.

Steamed Date Pudding

\[ 1 \text{ pound dates} \]
\[ \frac{3}{4} \text{ cup Best Foods Shortening} \]
\[ 3 \text{ cups bread crumbs} \]
\[ \frac{3}{4} \text{ cup brown sugar} \]
\[ 1 \text{ egg} \]
\[ 1\frac{1}{4} \text{ cups milk, scalded} \]
\[ 4 \text{ tablespoons flour} \]
\[ 2 \text{ teaspoons baking powder} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]

Chop dates fine and mix with bread crumbs; add sugar. Beat the egg; add milk and melted Shortening, and stir into dates and crumbs. Mix baking powder and flour and add to other ingredients. Pour into an oiled, one-pound coffee can and steam for three hours. Serve with your favorite pudding sauce.
Uncooked Fondant

1/2 cup Best Foods Shortening
2 1/2 cups confectioners' sugar
1/2 teaspoon salt
3/4 cup cocoa
1 teaspoon almond extract
3/4 cup ground nut meats

Cream the sugar and Shortening. Add the cocoa, salt, ground nut meats, and vanilla and cream thoroughly. Knead the fondant on a platter dusted with confectioners' sugar. Make into balls and press halves of walnuts or pecans on each side.

Prize Fudge

2 cups granulated sugar
2 squares chocolate
1 cup milk
1/2 teaspoon salt
2 tablespoons Best Foods Shortening
1/2 teaspoon vanilla

Place the sugar, grated chocolate, salt and milk in a saucepan, and heat slowly, stirring constantly, until chocolate is melted. Bring to the boiling point and continue cooking until mixture forms a soft ball when dropped in cold water. Remove from fire and place in a bowl of cold water until almost cool. At this point begin to beat the mixture, gradually working in the Best Foods Shortening and vanilla. Continue beating until the whole mixture becomes thick and creamy. When stiff, turn on a greased plate and knead. Turn into an oblong pan greased with Best Foods Shortening; cut in squares. A cup of nuts may be added while beating the mixture.

Panoche

2 cups brown sugar
3/4 cup milk
2 tablespoons Best Foods Shortening
1 teaspoon vanilla
1 cup chopped nuts
1/4 teaspoon salt

Boil sugar and milk until it forms a soft ball in cold water (238° F). Remove from fire, add Shortening, vanilla and salt, and beat until creamy. Stir in the chopped nuts and pour into an oiled dish or onto oiled paper. When partly cold, mark in squares.
Peanut Fancies

1 cup shelled peanuts, chopped rather coarsely
2 cups brown sugar
½ cup warm water
2 tablespoons Best Foods Shortening
1 teaspoon salt (omit if salted peanuts are used)

Bring sugar and water to a boil; add peanuts and Shortening. Bring again to a boil and cook gently for five to eight minutes, stirring the mass constantly until it forms a soft ball when tried in cold water ($238^\circ F$). Set the pan in cold water for about five minutes; then beat for two minutes and drop by spoonfuls on waxed paper or a plate oiled with Shortening. Set in a cool place to harden.

Honey Candy

1 cup brown sugar
1 cup strained honey
2 tablespoons Best Foods Shortening
½ teaspoon salt
1 teaspoon vanilla or rose extract
½ cup milk or water

Put all ingredients except the flavoring into a saucepan, and stir over a low fire until dissolved. Then boil until it forms a hard ball in cold water ($265^\circ F$). Remove from the fire, stir in the flavoring, and pour into a well oiled tin. Just before it becomes cold, mark into squares and when cold, wrap each piece in waxed paper.

Cocoanunt Candy

1½ tablespoons Best Foods Shortening
3 cups confectioners' sugar
1 whole egg
½ cup milk

Cream the Shortening with half of the sugar. When smooth, add the unbeaten egg, and stir until creamy. Then beat in the remainder of the sugar with the salt, cocoanut and flavoring (orange juice and grated rind may be used with excellent results both as to color and flavor). Make into small balls, roll in the cocoanut and cool in refrigerator at least half an hour.
THE BEST FOODS FAMILY

Nucoa Nut Margarine
Best Foods Gold Medal Mayonnaise
Best Foods Relish Spred
Best Foods Thousand Island Dressing
Bread and Butter Pickles
Best Foods Shortning.

THE BEST FOODS HOME ECONOMICS SERVICE

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The Scientific Meal Planning Chart
The Salad Bowl
The Truth About a Much Discussed Food

has been enormous and we promise further educational literature of increasing interest. Write us for any of the publications which interest you and we will be most happy to send them. Address

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