TESTED RECIPES WITH

Blue Ribbon Malt Extract
GUARANTEE

BLUE RIBBON MALT EXTRACT
IS FULLY GUARANTEED

Blue Ribbon Malt Extract is made from the finest materials obtainable. It is manufactured in our own factories under the direction of expert scientists, by our own process developed to produce the highest possible quality. Blue Ribbon factories are spotlessly clean and kept so by a rigid system of sanitation.

We guarantee: Blue Ribbon Malt Extract to be highly concentrated; rich in nutritive value; pure and wholesome in every particular, and to comply with all pure food laws.

We guarantee: Blue Ribbon Malt Extract to be made from the finest barley malt, and to contain absolutely no adulterants. We guarantee Hop Flavored Blue Ribbon Malt Extract to be prepared with selected hops of best quality, and without the use of artificial flavoring matter of any kind.

We further guarantee: Blue Ribbon Malt Extract always to be uniform in quality, pasteurized and packed in modern sanitary cans in order that it may reach you in perfect condition.

PREMIER MALT PRODUCTS CO.

President.

America's Biggest Seller
TO THE HOUSEWIVES OF AMERICA

The recipes selected for this edition of the Blue Ribbon Recipe Book were chosen from many hundreds which were submitted to me. Each recipe printed here has been thoroughly tried in our own Model Kitchen, submitted to various Home Economics experts who pronounced the results perfect.

Blue Ribbon Malt Extract is a valuable addition to the diet, and a delightful means of bringing new taste to everyday cooking. Its use in bread, for instance, will decrease the leavening time, and produce a larger, lighter loaf of better texture, deeper crust, and more appetizing appearance. Bread and other goods baked with Blue Ribbon Malt Extract will also keep their freshness and tastiness much longer.

Malt extract has long held an important place in the industrial preparation of food. Bakers and confectioners use it widely. Manufacturers of famous breakfast foods bring palatability to their products by flavoring with malt extract. For some food uses plain malt extract imparts the desired taste, for others the addition of the tang derived from fragrant hops is an advantage. Old time bakers and chefs knew the advantages of using malt and hops, but their methods entailed considerable work. Now, by the convenient use of Hop Flavored Blue Ribbon Malt Extract, the same fine results can be had, and the work is done away with, producing distinctive foods of agreeably superior flavor. Both Plain and Hop Flavored Blue Ribbon Malt Extract should be on hand for use as directed in the recipes.

This book contains a wide and delicious selection of foods and confections suitable for every meal of the day. Why not choose now some new, palatable treat for your next meal?

Sincerely yours,

Harriet Holdridge

Director of Home Economics,
PREMIER MALT PRODUCTS CO.

Endorsed by Prudence Penny

The discriminating housewife is on the lookout for ways to keep her cookery intriguing. To the modern woman, the mere thought of getting into a cookery rut means a hunt for some new recipe. This little volume acquaints modern housewives not only with a new dish for every day in the year, but with a new flavoring to help her give variety to much used recipes. The flavor or sauce gives the distinctive, professional touch to one's cooking.

Prudence Penny

Home Economics Expert,
CHICAGO HERALD & EXAMINER.
The story of Blue Ribbon Malt Extract is a story of modern business magic—a reminder of the old saying that if a man can make a fine product the world will come to his door for it.

Today's supremacy of Blue Ribbon Malt Extract is also a tribute to the good judgment of the American public, which has chosen it for its own, and whose demand has given it this supremacy.

With certainty, and with giant strides, Blue Ribbon Malt Extract has won its way to leadership in its field. It is the perfect result of an ideal which was conceived by men who believed implicitly that if they made the best and finest malt extract, they would succeed. They pledged their money, their time, their reputations, their success to this ideal—and the Blue Ribbon Malt Extract of today is the result.

Consider this: In less than 10 years, Blue Ribbon Malt Extract became the greatest selling malt extract in America, and the demand is increasing year by year.

There can be but one answer to this success—supremacy is never accidental—it must be based on fundamental genuineness and quality. Blue Ribbon Malt Extract is the greatest selling malt extract because it is the best. The entire nation has proclaimed it so by demanding it in huge quantities.

Blue Ribbon Malt Extract has obtained its leading place and sales because the public prefers it.

The great factories where Blue Ribbon Malt Extract is made are models of modern specialized machinery and sanitation. The tidy housewife who could visit any of our plants would be delighted with their spotless cleanliness and the rigid sanitary precautions practiced.

If you have never tried Blue Ribbon Malt Extract, you have a most delightful treat in store. You will understand, after you try it, why it is the final choice of millions of users.

MEASUREMENTS - - OVEN HEATS - - INSTRUCTIONS

We wish to emphasize strongly the necessity of using accurate measurements in preparing these Blue Ribbon recipes. Standard measuring cups and spoons should be used. All measurements are level. Best results are obtained when measurements are accurate and directions carefully followed. There are two kinds of Blue Ribbon Malt Extract — PLAIN AND HOP FLAVORED. Be sure to use the kind specified in the recipes. Oven heats are important. For your guidance, we print here a scale of oven heats: 302° to 350° Moderate 352° to 400° Hot 402° to 450° Quick 452° to 500° Very Hot 502° to 550° Broil

Blue Ribbon Malt Extract is packed in sanitary tin cans to insure its reaching you in good condition. For long storage after opening the can, transfer contents to a covered jar and keep in the refrigerator.
With Plain or Hop Flavored Malt Extract

WHITE BREAD

3 quarts sifted flour
1 quart lukewarm water
2 cakes compressed yeast
1/2 tablespoon sugar
1 1/2 tablespoons Blue Ribbon Malt Extract (hop flavored or plain)

Make a sponge, dissolve the sugar, Blue Ribbon Malt Extract, and yeast in the lukewarm water. Add the remaining ingredients. Knead to soft dough, place in greased bowl, and let rise to double in bulk. Knead, mould into loaves, place in greased bread pans, and let rise until double. Bake in hot oven for fifteen minutes 400°F, lower temperature to moderate at 350°F. Bake until done.

WHOLE WHEAT BREAD

1 cake compressed yeast
1 1/2 tablespoons sugar
1 1/2 tablespoons Blue Ribbon Malt Extract (hop flavored or plain)

Make a sponge, dissolve the Blue Ribbon Malt Extract, sugar and yeast in the lukewarm water. Add the flour, and let rise until light. Add the remaining ingredients. Use enough more white flour to make a smooth dough; knead well. Let rise in greased bread pans until double. Bake in hot oven at 400°F., the first fifteen minutes, reduce the heat to moderate, at 350°F. for the last three quarters of an hour.

Malt Extract Is a Highly Nutritious and Beneficial Food
**With Plain Malt Extract**

**Baking Powder Biscuits**
- 2 cups sifted flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup milk

Sift the dry ingredients together. Mix the Blue Ribbon Malt Extract and melted butter with the milk. Blend with a fork carefully. Mix with the dry ingredients to make a soft dough, using a spoon or knife. Toss on a floured board, and roll out to one inch thickness. Cut with a biscuit cutter. Bake in a quick oven at 450°F for fifteen minutes.

**Chocolate Nut Sandwich Loaf**
- 2 cakes compressed yeast
- 3 cups milk scalded
- 1 cup sugar
- 2 tablespoons Blue Ribbon Malt Extract (plain)

Scald the milk. Dissolve the Blue Ribbon Malt Extract and the melted fat and the sugar in the milk, and cool to lukewarm. Dissolve the yeast in the lukewarm milk. Sift the dry ingredients together, add chopped nuts. Mix with the liquid, and work into a smooth dough. Cover and let rise in a greased bowl until double in bulk. Mould into two loaves, place in greased bread pans, and let rise until double. Bake in a moderate oven at 350°F. until done, about one hour.

**Hot Corn Bread**
- 3 cups cornmeal
- 1 cup flour
- 1 1/4 tablespoons baking powder
- 3/4 teaspoon salt
- 1/2 cup sugar
- 3/4 cup melted butter
- 1 tablespoon Blue Ribbon Malt Extract (plain)

Sift the dry ingredients together. Mix the Blue Ribbon Malt Extract and the melted butter with the milk, and whip with a fork. Add to the dry ingredients; mix well. Add and mix in the slightly beaten eggs. Bake in greased pans in a moderate oven for forty-five minutes at 350°F.

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**With Hop Flavored Malt Extract**

**Graham Loaf**
- 2 cups graham flour
- 1 cup white flour
- 1/2 teaspoon salt
- 1 1/2 cups milk
- 1/2 cup raisins
- 2 tablespoons Blue Ribbon Malt Extract
- 1 teaspoon baking powder

Mix dry ingredients, add raisins. Mix soda and molasses, add Blue Ribbon Malt Extract, Hop Flavored, and yeast in three cups of lukewarm water. Let rise in a greased bowl until double in bulk. Add enough flour to make a smooth dough, knead well. Let rise in a greased bowl. Knead, mould into loaves, place in oiled baking pans, and let rise until almost double. Bake in a hot oven for the first quarter of an hour, at 400°F. Reduce the heat to moderate to finish baking, about forty-five minutes at 350°F.

**Oatmeal Bread**
- 1 1/2 cups sugar
- 2 cups milk
- 1 tablespoon salt
- 2 cups flour
- 1/2 teaspoon mace

Mix dry ingredients, add sand. Add enough water to make a smooth dough, knead well. Let rise in a greased bowl. Knead, mould into loaves, place in oiled baking pans, and let rise until almost double. Bake in a hot oven for 15 minutes 400°F.; reduce the heat to moderate to finish baking—about 45 minutes at 350°F.

**Rye Bread (Dark)**
- 2 cups milk
- 2 tablespoons salt
- 2 tablespoons Blue Ribbon Malt Extract
- 1 cake yeast
- 2 cups rye flour
- 2 1/2 cups water

Scald milk. Add Blue Ribbon Malt Extract, Hop Flavored, to the milk. Add 2 cups hot water and stir in salt. Cool. Add the yeast dissolved in two-thirds cup of lukewarm water. Mix dry ingredients. Mix all together. Add enough flour to make a smooth dough, knead well. Let rise in a greased bowl. Knead, mould into loaves, place in oiled baking pans, and let rise until almost double. Bake in hot oven for 15 minutes 400°F.; reduce the heat to moderate to finish baking—about 45 minutes at 350°F.

**Rye Bread (Light)**
- 1 1/2 tablespoons Blue Ribbon Malt Extract
- 2 tablespoons salt
- 1 cake yeast
- 3 cups rye flour
- 1 cup white flour
- 4 cups boiling water

Mix shortening, Blue Ribbon Malt Extract, Hop Flavored, and salt in boiling water, and cool. Add yeack cake and flour. Let rise until morning, add more white flour to stiffen dough (about seven cups). Rise and knead. Bake in bread pans in hot oven one-half hour at 425°F. Brush with fat. Makes four loaves.

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Grow Robust Children with Blue Ribbon Malt Extract Foods
**Cheese Biscuits**

- 2 cups flour
- 1/4 teaspoon salt
- 4 teaspoons baking powder
- 2 tablespoons butter or lard
- 1 teaspoon Blue Ribbon Malt Extract (hop flavored)
- 1/4 cup milk
- 4 tablespoons grated cheese

Sift the flour, salt and baking powder. Melt the butter and blend Blue Ribbon Malt Extract, Hop Flavored, together. Mix with the flour as for baking powder biscuits (see page 4). Add the milk and cheese. Roll out and cut into biscuits. Bake in a quick oven at 425°F.

**Fluffy Corn Bread**

- 6 tablespoons butter or lard
- 3 cups milk
- 1 tablespoon Blue Ribbon Malt Extract (hop flavored)
- 2 eggs

Sift the dry ingredients together and add the eggs. Mix the Blue Ribbon Malt Extract, Hop flavored, and butter with the milk, beat with a fork to blend well. Mix all together thoroughly, and pour into greased pans. Bake in a moderate oven at 350°F.

**Fruit Loaf**

- 1/2 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon soda
- 2 1/2 cups graham flour
- 1 1/2 cups sour milk
- 1 cup brown sugar
- 1 cup chopped nuts
- 1 egg
- 1 cup raisins

Sift the flour, baking powder and soda together. Mix the graham flour and brown sugar together, and add the beaten egg. Mix together the Blue Ribbon Malt Extract, Hop Flavored, molasses and milk. Add to the dry ingredients. Add the floured chopped nuts and raisins. Fill greased baking powder cans half full. Bake in a moderate oven at 325°F. for an hour.

**Soft Gingerbread**

- 2 1/2 cups flour
- 1/2 teaspoon cloves
- 1 teaspoon each ginger and cinnamon
- 1 teaspoon baking powder
- 1/4 cup brown sugar
- 1 tablespoon Blue Ribbon Malt Extract (hop flavored)
- 3/4 cup molasses
- 1/4 cup shortening
- 1 cup boiling water
- 2 teaspoons soda
- 2 beaten eggs

Sift the dry ingredients together. Mix the molasses, shortening, Blue Ribbon Malt Extract, Hop Flavored, and soda thoroughly with the boiling water. Add the beaten eggs. Add to the other ingredients, mix well. Bake in moderate oven at 325°F. until done—about forty-five minutes.

**Apple Cake**

- 3 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon mace
- 1/4 teaspoon cinnamon
- 1/4 cup sugar
- 1/2 cup milk
- 2 eggs

**Topping**

- 1/4 cup sugar
- 2 teaspoons cinnamon
- 1/4 cup flour
- 3 teaspoons butter

Sift the dry ingredients together. Blend by beating with a fork the Blue Ribbon Malt Extract, melted butter and milk. Add to and mix well with the dry ingredients, then add the slightly beaten eggs, mixing well. Place in a greased pan. Pare and core apples and slice in eighths, place edge down in parallel rows close together on dough. Cover with the topping, spread evenly. Bake in hot oven at 375°F. until done.

**Christmas Cakes**

- 1/2 cup butter
- 1/4 cup milk
- 1 1/2 cups sugar
- 4 cups flour
- 3 egg yolks
- 1 tablespoon Blue Ribbon Malt Extract (plain)
- 1 teaspoon orange extract

Cream the butter, sugar and Blue Ribbon Malt Extract together; add the beaten egg yolks. Add the milk and orange extract, or juice. Sift the flour and baking powder together. Mix into the batter. Roll out to one-eighth inch thickness, and cut in desired shapes. Bake on cookie sheet twenty minutes in a hot oven at 375°F. Ice with butter icing. Garnish with chopped almonds.

**Griddle Cakes**

- 2 cups flour
- 1 1/2 cups milk
- 3/4 teaspoon salt
- 3 1/2 teaspoons baking powder
- 1 egg
- 1 tablespoon Blue Ribbon Malt Extract (plain)

Mix the dry ingredients, and add beaten egg and milk. Beat well. Add the butter and Blue Ribbon Malt Extract. Drop by spoonful on greased hot griddle. When puffed up full of bubbles and cooked on the edges turn and cook on the other side. Serve with a syrup or jam.
### With Plain Malt Extract

**Upside Down Cake**
- 3 tablespoons butter
- 1 tablespoon Blue Ribbon Malt Extract (plain)
- 1 cup brown sugar
- 5 slices whole pineapple or 1 cup grated pineapple
- 3 egg yolks
- 1 cup sugar
- Speck of salt
- ½ cup water
- 1 cup pastry flour
- 1 teaspoon vanilla
- 1½ teaspoons baking powder
- 3 egg whites

Melt butter, brown sugar and Blue Ribbon Malt Extract together under gentle heat. Place a layer of pineapple in a pan and cook with above until waxy. On top of this pour the following cake batter: Beat egg yolks, add sugar. Beat. Sift dry ingredients together, add ½ cup water and vanilla. Fold in stiffly beaten egg whites. Bake in moderate oven at 325°F for 45 minutes. Serve with whipped cream.

### Molasses Cup Cakes
- 3 cups pastry flour
- 1 teaspoon each of cinnamon, cloves, ginger
- 2 teaspoons soda
- ½ cup brown sugar
- ½ cup molasses

Sift all the dry ingredients together. Cream sugar and shortening. Blend molasses and Blue Ribbon Malt Extract together, and add the water. Mix with the creamed mixture. Add the flour, mix in the well beaten eggs. Bake in muffin tins at 325°F.

### Mocha Cake
- 3 cups pastry flour
- 4 tsps. baking powder
- 1 teaspoon salt
- ½ cup shortening
- 1½ cups sugar
- 1 tablespoon Blue Ribbon Malt Extract (plain)
- 3 eggs
- 1 cup coffee

Cream the shortening and sugar together, and add the Blue Ribbon Malt Extract. Add the eggs one at a time and cream between addition. Add the coffee. Sift the dry ingredients together. Cut and fold into the first mixture. Bake in layers in hot oven at 375°F for twenty minutes. Ice with mocha icing.

### With Hop Flavored Malt Extract

**Fruit Cake**
- ½ cup butter
- ½ cup brown sugar
- 1 cup molasses
- ½ cup milk
- 1 tablespoon Blue Ribbon Malt Extract (hop flavored)
- 2 tablespoons flour
- 3 eggs
- 1 cup raisins
- 1 cup currants
- ½ cup candied orange peel
- ½ cup citron

Cream the Blue Ribbon Malt Extract, Hop Flavored, sugar and butter together. Add the eggs, beat. Add the chopped fruit, molasses, flavoring and milk. Sift all the other dry ingredients together and mix into the batter. Pour into greased loaf pans. Bake three hours in a slow oven at 275°F. (See page 15 for Candied Orange Peel.)

### Devil's Food Cake
- 6 tablespoons shortening
- 2 squares chocolate
- 1 tablespoon Blue Ribbon Malt Extract (hop flavored)
- 2 cups brown sugar
- ½ cup sour milk
- 2 eggs

Sift the dry ingredients together, and add the milk, shortening and eggs. Cook the chocolate, Blue Ribbon Malt Extract, Hop Flavored, and water together until thick. Add to the batter and add the vanilla. Bake in layers in hot oven at 375°F for half an hour.

### Apricot Cake
- ½ cup shortening
- 2 cups pastry flour
- 1 cup sugar
- 1 tablespoon Blue Ribbon Malt Extract (hop flavored)
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon cloves

Cream the shortening, sugar and Blue Ribbon Malt Extract, Hop Flavored, together. Add the egg yolks, beat. Add the apricot pulp. Sift the other dry ingredients together, add to the creamed mixture, and mix well. Fold in the stiffly beaten egg whites. Bake in layers in hot oven at 375°F for twenty-five minutes. This can also be baked as cup cakes.

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*Blue Ribbon Malt Extract Imparts an Inimitable Flavor*
With Hop Flavored Malt Extract

**CURRANT JELLY CAKE**

1 1/2 cups pastry flour 1/4 cup cooking oil
2 1/2 teaspoons baking powder 1 egg
1/2 teaspoon salt 1 teaspoon Blue Ribbon Malt Extract (hop flavored)
1/2 cup sugar 1/2 cup milk

Sift the dry ingredients together. Beat the milk, cooking oil and Blue Ribbon Malt Extract, Hop Flavored, together to blend. Add the egg and liquid to the dry ingredients, mix well. Bake in layers in hot oven twenty minutes at 375°F. Mix 1 1/2 teaspoons Blue Ribbon Malt Extract, Hop Flavored, with one glass of currant jelly and spread between the layers. This cake has a very unusual flavor. A very thin glace icing or powdered sugar is used on the top.

**DUTCH APPLE CAKE**

1 cake compressed 3/4 teaspoon salt
1/2 teaspoon cinnamon
1 tablespoon Blue Ribbon Malt Extract (hop flavored)
1 cup scalded milk 2 eggs
1 1/2 cups sugar 6 cooking apples

Scald the milk. Add the sugar, Blue Ribbon Malt Extract, Hop Flavored, and salt to the milk, and cool to lukewarm. Add the yeast and dissolve thoroughly. Melt the butter and add to the beaten eggs; mix in the above. Add the flour, mix thoroughly until smooth, let rise until double, about one hour. Put in a baking pan, press the edges up to the sides of the pan to keep the dough from shrinking away, and let rise twenty minutes. Pare, core, and slice the apples into eighths. Place the apples on top of the dough in parallel rows close together, edges down. Blend some sugar and cinnamon together, sprinkle with a few currants on top of the apples. Let rise until light. Bake in a moderate oven for half an hour at 350°F. Serve with cream or a sauce.

**PINEAPPLE CAKES**

1 1/2 cups sugar 1/2 cup butter
3 eggs 2 eggs
1 1/2 cups grated pine-
apple 1 tablespoon Blue Ribbon Malt Ex-
tract (hop flavored)
1 tablespoon Blue Ribbon Malt Extract (plain)
3/4 teaspoon soda 3/4 teaspoon lemon ex-
tract

Cream sugar, Blue Ribbon Malt Extract, Hop Flavored, and shortening together thoroughly. Add the eggs, beat well. Add the flavoring and grated pineapple. Sift all the dry ingredients together and fold into the first mixture, mix well. Pour into greased muffin tins. Bake in a hot oven at 375°F. for fifteen minutes. The cakes may be iced or served as a pudding with pineapple sauce.

**GOLD CAKE**

1 tablespoon Blue Ribbon Malt Extract (plain)
1/2 teaspoon lemon or orange juice
3/4 cup butter

Sift the dry ingredients together. Dissolve the Blue Ribbon Malt Extract in the milk. Add the eggs, butter and fruit juice to the dry ingredients. Bake in muffin tins in a moderate oven at 350°F. for twenty-five minutes.

**SOUR CREAM CAKE**

1 cup sugar 1 tspn. baking powder
1/2 cup butter 1 teaspoon cloves
2 eggs 2 teaspoons cinnamon
1 tablespoon Blue Ribbon Malt Ex-
tract (plain) 1 teaspoon nutmeg
1 1/2 cup chopped raisins 1 teaspoon allspice
2 cups flour 1 cup sour cream or milk
1/4 teaspoon soda 1/4 teaspoon soda

Cream the butter, sugar and Blue Ribbon Malt Extract together. Beat the eggs until light, and add to the mixture. Flour the raisins in some of the flour which has been measured. Dissolve the soda in the sour cream and add to the creamed mixture. Mix well. Sift the flour and spices together. Add with the raisins to the creamed mixture. Pour into layer cake pans greased and lined with oiled paper. Bake at 350°F. from thirty to thirty-five minutes.

**HARD TACK**

3 eggs 1 cup sugar
1 tablespoon Blue Ribbon Malt Ex-
tract (plain) 1 cup flour
1 cup chopped fruit, raisins, currants,
1 cup chopped nuts etc.

Whip the eggs, and blend in the Blue Ribbon Malt Extract and sugar, mixing well. Add the flour carefully. Add the nuts and fruit. Bake in a moderate oven at 350°F. in shallow greased pan. Cut in squares. Icing may be used on these cookies.

Delectable Cheese Dishes Are Created by Adding Malt Extract
DROP SPICE COOKIES

\[
\frac{3}{4} \text{ cup butter} \\
1 \text{ cup sugar} \\
1 \text{ tablespoon Blue Ribbon Malt Extract (plain)} \\
2 \text{ eggs} \\
\frac{1}{4} \text{ cup milk}
\]

Cream the butter, sugar and Blue Ribbon Malt Extract together. Add the eggs, and beat well. Sift the flour and the other dry ingredients together. Add to the creamed mixture, alternating with the milk, mix well. Drop from a teaspoon onto a greased cookie sheet. Bake at 400°F for fifteen minutes.

SUGAR COOKIES

\[
1 \text{ cup sugar} \\
\frac{3}{4} \text{ cup butter} \\
1 \text{ egg} \\
\frac{3}{4} \text{ cup milk} \\
\frac{3}{4} \text{ cups pastry flour} \\
\frac{1}{2} \text{ teaspoon salt} \\
\frac{1}{2} \text{ teaspoon cinnamon} \\
\frac{1}{2} \text{ teaspoon vanilla}
\]

Cream the sugar and butter. Add well beaten egg and the Blue Ribbon Malt Extract. Mix well. Sift the dry ingredients together, and add to the first mixture. If necessary to handle the dough, add more flour. Roll very thin and cut with a cookie cutter. Bake in a quick oven at 450°F. From twelve to fifteen minutes. Makes three dozen cookies.

BUTTERSCOTCH COOKIES

\[
2 \text{ cups brown sugar} \\
\frac{3}{4} \text{ cup butter} \\
1 \frac{1}{2} \text{ tablespoons cream of tartar} \\
1 \frac{1}{2} \text{ teaspoons soda} \\
2 \text{ eggs}
\]

Sift all the dry ingredients together, including the sugar. Cream the Blue Ribbon Malt Extract and butter together. Cut the butter into the flour with two knives until uniformly mixed. Slowly add the beaten eggs. Knead on a board until pliable and smooth, and mould into two loaves. Set on ice overnight. Slice thin next day and bake on a greased cookie sheet for five minutes at 400°F., or a hotter oven for a hard cookie. For a soft cookie bake on a greased cookie sheet for ten minutes at 350°F or a moderate oven.

MALT COOKIES

\[
1 \frac{1}{2} \text{ cups flour} \\
2 \frac{1}{2} \text{ teaspoons baking powder} \\
3 \text{ tablespoons Blue Ribbon Malt Extract (plain)} \\
5 \text{ tablespoons corn syrup} \\
3 \text{ tablespoons melted butter} \\
\frac{1}{2} \text{ cup nuts and raisins}
\]

Sift the dry ingredients together. Cream the sugar and butter together, add the well beaten egg. Mix the corn syrup and Blue Ribbon Malt Extract together thoroughly. Add the syrup and sour milk to the creamed mixture. Fold in the dry ingredients. Add the nuts and raisins. Drop from a spoon on cookie sheet. Bake in a moderate oven 350°F for fifteen minutes.

With Plain Malt Extract

DATE BARS

\[
1 \text{ cup pastry flour} \\
1 \text{ tablespoon Blue Ribbon Malt Extract (plain)} \\
1 \text{ cup sugar} \\
6 \text{ eggs}
\]

Blend the Blue Ribbon Malt Extract and beaten egg yolks together with the sugar. Sift the flour and baking powder together and add to the egg yolks. Add the floured nuts and dates. Fold in the stiffly beaten egg whites. Pour into a greased shallow pan so it will be about three-quarters of an inch thick. Bake at 300°F for forty minutes. Cut into bars when cool. Roll in powdered sugar.

DATE SQUARES

\[
1 \text{ cup brown sugar} \\
\frac{3}{4} \text{ cup butter} \\
2 \text{ teaspoons Blue Ribbon Malt Extract (plain)} \\
1 \text{ pound chopped dates} \\
1 \frac{1}{2} \text{ cups flour}
\]

Cream the butter, sugar and Blue Ribbon Malt Extract together. Add the eggs, and beat well. Dredge the chopped dates in some of the flour. Add to the creamed mixture, alternating with the other dry ingredients. Add the milk and stir in the dates. Pour into a greased shallow pan. Bake in a moderate oven at 325°F. for half an hour. Cut into small squares.

OATMEAL COOKIES

\[
2 \text{ cups flour} \\
\frac{3}{4} \text{ teaspoon cinnamon} \\
2 \text{ cups oatmeal} \\
1 \text{ cup sugar} \\
1 \text{ cup butter or lard} \\
(\text{use } \frac{3}{4} \text{ teaspoon salt if lard is used}) \\
10 \text{ tablespoons sour milk} \\
1 \text{ cup raisins}
\]

Sift the flour, salt and cinnamon together, and add the oatmeal. Cream the sugar, butter and Blue Ribbon Malt Extract. Add the eggs to the creamed mixture. Dissolve soda in sour milk. Add the flour to creamed mixture, alternating with the sour milk and soda mixture. Add the floured raisins. Bake in a moderate oven at 325°F.

Culinary Wonders Are Accomplished with Blue Ribbon Malt Extract
With Hop Flavored Malt Extract

**FILLED COOKIES**

2 1/2 to 3 cups flour 1/2 cup melted fat or oil
1 cup sugar 1/2 cup milk
3 tablespoons baking 1 teaspoon flavoring powder
1/2 teaspoon salt 1 1/2 teaspoons Blue Ribbon Malt Extract
1 egg (hop flavored)

Sift together the flour, sugar, baking powder and salt. Add the Blue Ribbon Malt Extract, Hop flavored, milk, fat and flavoring (lemon preferred). Mix well. Add enough additional flour to make it roll without sticking. Roll thin and put on one cookie (see following recipe), covering this with another, and press the edges together. Bake in hot oven at 400°F. Any thick jam or filling can be used.

**RAISIN FILLING**

1 cup chopped raisins, 1 tablespoon flour
1/2 cup sugar
1/2 cup water
1 teaspoon lemon juice

Mix ingredients and boil until thick.

**GINGER COOKIES**

3/4 cup lard, melted 1/4 cup hot water
1 tablespoon Blue Ribbon Malt Extract (hop flavored) 1 1/2 teaspoon baking powder
1 cup corn syrup or molasses 4 cups flour

Mix the melted lard, Blue Ribbon Malt Extract, Hop Flavored, molasses and hot water together. Add the ginger, cinnamon, salt and soda; mix well. Add flour, just enough to roll thin, and cut. Bake in a moderate oven at 325°F.

**VANILLA WAFERS**

1/2 cup butter 1/2 cup milk
1 cup sugar 2 teaspoons vanilla
1 teaspoon Blue Ribbon Malt Extract (hop flavored) powder
1 egg 1/2 teaspoon salt

Cream the butter, and Blue Ribbon Malt Extract, Hop Flavored, sugar gradually, egg well beaten, milk and vanilla. Mix and sift dry ingredients. Add the first mixture. Place on floured board and roll out as thinly as possible. Cut with a cutter that has been dipped in flour. Place in a buttered and floured pan, and bake in a moderate oven at 325°F.

**PREMIER COOKIES**

2 cups sugar 1 tablespoon Blue Ribbon Malt Extract (hop flavored)
6 1/2 cups flour 1 cup melted shortening
1 1/4 teaspoons salt 1 teaspoon baking powder
1 teaspoon soda 1 cup sour milk
2 eggs

Sift the dry ingredients together. Blend the Blue Ribbon Malt Extract, Hop Flavored, with the sour milk and shortening, with a fork. Add to the dry ingredients. Add the slightly beaten eggs. Roll out; cut. Bake in a moderate oven twenty minutes at 350°F.

**PEANUT DROP COOKIES**

1 1/4 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
1/4 cup chopped peanuts
1 egg

Sift the dry ingredients together. Add the peanuts and mix well. Add the Blue Ribbon Malt Extract, Hop Flavored, to the milk. Add the unbeaten egg, milk and fat. Mix well. Drop a teaspoonful at a time on oil tins, some distance apart. Garnish with whole peanuts. Bake in a hot oven at 375°F.

**ORANGE DROPS**

1/4 cup butter
1/2 cup sugar
1 1/2 teaspoons Blue Ribbon Malt Extract (hop flavored)
1/2 cup molasses
1/2 cup milk
4 egg yolks

Cream the butter, sugar and Blue Ribbon Malt Extract, Hop Flavored, together, and beat in the egg yolks. Add the milk. Sift together the flour, baking powder and salt. Fold into the batter, and add the grated orange rind and juice. Bake in muffin tins in a hot oven at 400°F. about twenty minutes.

**ORANGE COOKIES**

1/4 cup butter
1 1/2 cups sugar
1 tablespoon Blue Ribbon Malt Extract (hop flavored)
3 egg yolks

Cream butter, sugar and Blue Ribbon Malt Extract, Hop Flavored, together. Add the egg yolks, beat. Add the milk and orange juice. Sift the flour, salt and baking powder together and fold into the batter. Add more flour if needed. Roll out thin and cut with a cookie cutter. Bake on greased cookie sheet in a hot oven at 375°F.

**HERMITS**

1 cup sugar
1/2 cup shortening
1 tablespoon Blue Ribbon Malt Extract (hop flavored)
2 eggs
1/4 cup sour milk or cream
1/2 cup raisins
1/4 cup chopped nuts

Cream the butter, sugar and Blue Ribbon Malt Extract, Hop Flavored, together. Add the eggs, beat. Add the milk, raisins, nuts, mix well. Fold in the dry ingredients. Drop from a teaspoon onto a greased cookie sheet. Bake in moderate oven at 350°F. for twenty-five minutes until done.

*Improve Natural Vegetable Foods with Blue Ribbon Malt Extract*
With Plain Malt Extract

BROWN DATE COOKIES

\[
\begin{align*}
\frac{1}{2} \text{ cup Blue Ribbon Malt Extract} \\
2 \text{ cups brown sugar} \\
1 \text{ cup shortening} \\
2 \text{ eggs, beaten} \\
\frac{1}{8} \text{ teaspoon salt}
\end{align*}
\]

Cream the shortening, brown sugar and Blue Ribbon Malt Extract together. Add the beaten eggs and salt. Grind the dates and peanuts, and add to the creamed mixture. Add the water and vanilla. Sift the flour and soda together, and add to make a soft batter. Roll out and cut with a cookie cutter. Bake in a moderate oven at 325°F.

ROUGH RIDERS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup sugar</td>
<td></td>
</tr>
<tr>
<td>(\frac{1}{2}) cup lard</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon cloves</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons cinnamon</td>
<td></td>
</tr>
<tr>
<td>1 cup raisins</td>
<td></td>
</tr>
<tr>
<td>1 cup flour</td>
<td></td>
</tr>
</tbody>
</table>

Cream sugar and fat together. Dissolve the Blue Ribbon Malt Extract in the sour milk. Sift all the dry ingredients together, including the soda. Flour the raisins in the flour and oatmeal. Mix all together. This makes a stiff dough. Spread and pat down. Bake in a slow oven at 300°F. Cut into squares. One half cup nut meats may be added.

CHOCOLATE MALTED NUT ICING

\[
\begin{align*}
2 \text{ cups powdered sugar} \\
4 \text{ tablespoons butter} \\
\frac{1}{2} \text{ cup egg yolk} \\
2 \text{ tablespoons milk}
\end{align*}
\]

Cream all together to a smooth paste. Spread between layers and on top of cake. Garnish with chopped nuts.

CARAMEL ICING

\[
\begin{align*}
2 \text{ cups powdered sugar} \\
\frac{1}{2} \text{ cup butter} \\
1 \text{ egg} \\
\frac{1}{8} \text{ teaspoon salt}
\end{align*}
\]

Cream all together to a smooth paste. Spread on the cake.

CHOCOLATE MALTED ICING

\[
\begin{align*}
2 \text{ cups powdered sugar} \\
2 \text{ tablespoons melted butter} \\
\frac{1}{8} \text{ teaspoon salt} \\
1 \text{ tablespoon Blue Ribbon Malt Extract (plain)}
\end{align*}
\]

Cream all together to a smooth paste. Spread on the cake.

PREMIER FUDGE ICING

\[
\begin{align*}
1 \text{ cup sugar} \\
\frac{1}{2} \text{ cup milk} \\
\frac{1}{8} \text{ teaspoon salt}
\end{align*}
\]

Boil the sugar, milk, salt and chocolate together until the syrup will form a firm ball when a little of it is dropped in ice water. Add the butter and Blue Ribbon Malt Extract. Mix. Pour over the stiffly beaten egg white, beating with egg beater, until it becomes the right consistency to spread on a cake.

With Hop Flavored Malt Extract

TRILBY COOKIES

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup brown sugar or (\frac{1}{2}) cup sour milk</td>
<td></td>
</tr>
<tr>
<td>white</td>
<td></td>
</tr>
<tr>
<td>1 cup butter or lard</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons Blue Ribbon Malt Extract (hop flavored)</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon soda</td>
<td></td>
</tr>
<tr>
<td>(\frac{1}{4}) teaspoon salt (more if desired)</td>
<td></td>
</tr>
</tbody>
</table>

Cook the filling until thick, then cool. Cream the sugar, fat and Blue Ribbon Malt Extract, Hop Flavored, together. Add the sour milk to which the soda has been added. Add the flour and salt sifted together. Roll on a floured board very thin, and cut and place on cookie sheet. Bake in a hot oven at 400°F. Place filling between the cookies bottom side together after cookies have been baked.

DATE TORTE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup sugar</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>(\frac{1}{2}) teaspoon baking powder</td>
<td></td>
</tr>
<tr>
<td>1 cup walnuts</td>
<td></td>
</tr>
<tr>
<td>1 package dates</td>
<td></td>
</tr>
<tr>
<td>1 cup boiling water</td>
<td></td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon soda</td>
<td></td>
</tr>
<tr>
<td>(\frac{1}{4}) cups flour</td>
<td></td>
</tr>
</tbody>
</table>

Cream together the Blue Ribbon Malt Extract, Hop Flavored, butter and sugar. Add the well beaten eggs, mix. Sift together the flour and baking powder. Add the chopped walnuts to the flour. Add the flour to the creamed mixture, and mix thoroughly. Pour the boiling water over the dates, add the soda, mix well. Add to the other ingredients at once. Add the vanilla if desired. Bake in two bread pans in a slow oven about forty-five minutes at 275°F.
With Plain Malt Extract

MALTED FUDGE ICING
2 cups brown sugar 2 tablespoons butter
½ cup milk 1 tablespoon Blue Ribbon Malt Extract (plain)
¼ teaspoon cream of tartar
Dissolve the brown sugar and cream of tartar in the milk. Boil until a drop in cold water will form a very soft ball. Add the butter and Blue Ribbon Malt Extract. Cool. Beat until it thickens. Avoid having any crystals on the side of the pan or on the spoon.

MOCHA ICING
1 ½ cups sugar 1 tablespoon Blue Ribbon Malt Extract (plain)
½ cup coffee (strong) 1 square chocolate
½ teaspoon salt 2 egg whites
Boil the sugar, salt and coffee together until it spins a thread. Add the melted chocolate and Blue Ribbon Malt Extract. Pour in stiffly beaten egg whites. Spread on the cake.

SEVEN MINUTE ICING
¾ cup sugar 1 tablespoon Blue Ribbon Malt Extract (plain)
3 tablespoons water 1 egg white
When the water in the lower part of the double boiler is boiling rapidly, put the sugar, water and egg white in the top of the double boiler. Beat constantly with egg beater, keeping the water boiling rapidly for seven minutes. Remove the top section from the double boiler, and add the Blue Ribbon Malt Extract to give the icing the delicious malted flavor. Spread on the cake. Pieces of marshmallow may be added if desired.

MALTED MILK FILLING
1 cup sugar 2 cups milk
3 tablespoons cornstarch 2 eggs
3 tablespoons flour 2 teaspoons Blue Ribbon Malt Extract (plain)
¼ teaspoon salt
Sift the dry ingredients together, add the milk and cook in a double boiler until thick. Add the slightly beaten eggs. Cook slowly. Flavor with Blue Ribbon Malt Extract. Filling for cream puffs, Washington pies, cakes, pies, etc.

ORANGE Icing
2 cups powdered sugar 2 tablespoons melted butter
2 tablespoons orange juice
Mix all together until rich and creamy paste. Spread over the cake.

CHOCOLATE MALTED FUDGE FROSTING
2 cups sugar
1 cup milk
2 squares chocolate
3 tablespoons butter
1 teaspoon vanilla
1 tablespoon Blue Ribbon Malt Extract (plain)
Boil the sugar, milk and chocolate together until a drop will form a very soft ball in water. Add the Blue Ribbon Malt Extract and butter. When cold add vanilla until thick.

MOCHA FROSTING
½ cup butter
1 tablespoon Blue Ribbon Malt Extract (plain)
1 square melted chocolate
1 egg yolk
Enough coffee to make a paste that will spread (2 tablespoons)
2 cups powdered sugar
Cream all together.

With Hop Flavored Malt Extract

BITTERSWEET ICING
3 squares melted chocolate
2 cups powdered sugar
1 egg
Cream all but chocolate until smooth. Spread on the cake. Let this set. Pour the melted chocolate over the top of the icing.

ORANGE ICING
2 cups powdered sugar
½ teaspoon salt
1 egg yolk
2 tablespoons Blue Ribbon Malt Extract (hop flavored)
4 tablespoons melted butter
4 tablespoons orange juice
Cream all together.

CARAMEL ICING
2 cups powdered sugar
½ cup butter
1 egg
Cream all together.

Meats with Blue Ribbon Malt Extract Are "To the King's Taste"
With Hop Flavored Malt Extract

**Orange Filling**

1 cup sugar 1 teaspoon Blue Ribbon Malt Extract (hop flavored)
2 tablespoons cornstarch 2 eggs
3/4 teaspoon salt 3 tablespoons flour
2 tablespoons sugar 1/2 cup orange juice
1 cup water

Mix the dry ingredients together. Add the water. Cook until thickened (15 minutes). Add the slightly beaten egg yolks, orange juice and Blue Ribbon Malt Extract, Hop Flavored. Stir in the orange juice and Blue Rib-
With Plain Malt Extract

**HARD SAUCE**

- 1/2 cup butter
- 2 tablespoons Blue Ribbon Malt Extract (plain)
- 1 1/2 cups powdered sugar

Cream the butter and Blue Ribbon Malt Extract together. Add the sugar and blend until smooth.

**CREAM SAUCE**

- 1 cup whipped cream
- 6 tablespoons milk
- 1/2 cup powdered sugar
- 1 teaspoon Blue Ribbon Malt Extract (plain)

Mix the whipped cream and milk. Beat until stiff. Add the Blue Ribbon Malt Extract. Add the sugar. Beat.

**LEMON SAUCE**

- 3/4 cup butter
- 1 cup sugar
- 1/2 teaspoon Blue Ribbon Malt Extract (plain)
- 2 egg yolks
- 1 teaspoon lemon juice
- 3 tablespoons milk
- 1 tablespoon salt
- 1 teaspoon cinnamon
- 2 teaspoons ginger
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1/2 cup milk
- 3 or 4 eggs

Cream the butter, sugar and Blue Ribbon Malt Extract together. Add the slightly beaten egg yolks. Add the water. Cook until thickened. Add the lemon juice. Serve on fritters, apple dumplings, etc.

**PIE CRUST**

- 1 1/4 cups flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 6 tablespoons lard (Crisco)

Sift dry ingredients together. Mix lard with dry ingredients until flour looks mealy. Add water and Blue Ribbon Malt Extract. Roll out on a floured board. This recipe makes one pie crust.

**PUMPKIN PIE**

- 2 cups pumpkin
- 1 cup sugar
- 1 tablespoon Blue Ribbon Malt Extract (plain)
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 2 teaspoons ginger
- 3/4 teaspoon allspice
- 1 cup milk
- 2 cups boiling water
- 4 eggs

Rub the pumpkin through a sieve. Add the sugar, Blue Ribbon Malt Extract, and spices. Add the milk and eggs. The whites may be beaten stiff and folded into the pie, or use as a meringue with sugar. Bake ten minutes in a hot oven at 400°F, and about half an hour in a moderately hot oven at 350°F.

**CARROT PIE**

- 2 tablespoons flour
- 1/2 cup sugar
- 2 tablespoons butter
- 1 teaspoon Blue Ribbon Malt Extract (plain)
- 1/2 cup milk
- 4 eggs

Boil carrots and run through a sieve. Add all other ingredients except egg whites. Mix well. Add beaten egg whites. Cook in medium oven at 325°F.

**FRUIT SAUCE**

- 2 egg whites
- 1/4 cup sugar
- 2 tablespoons juice of 1 orange, or 1/4 cup pineapple juice
- 1/2 teaspoon Blue Ribbon Malt Extract (Hop flavored)
- 1/2 teaspoon salt
- 1/2 cup lemon juice

Beat egg whites stiff, and gradually add the sugar and salt. Mix the fruit juice and Blue Ribbon Malt Extract, Hop Flavored, together. Beat well. Serve on puddings or light desserts immediately.

**APRICOT SAUCE**

- 1/2 cup sugar
- 1 tablespoon Blue Ribbon Malt Extract, Hop Flavored
- 1/2 cup apricot pulp
- 1/2 teaspoon lemon
- 1/2 teaspoon salt
- 1/2 cup milk

Blend the Blue Ribbon Malt Extract, Hop Flavored, and the butter together. Add the cornstarch, salt and sugar. Add the apricot pulp and lemon juice. Cook until thickened. Serve on cakes and puddings.

**MALT CREAM PIE**

- 1 cup sugar
- 2 tablespoons Blue Ribbon Malt Extract (plain)
- 6 tablespoons flour
- 2 cups milk
- 2 egg yolks
- 2 tablespoons butter
- 1 teaspoon lemon juice
- 2 tablespoons Blue Ribbon Malt Extract (hop flavored)

Scald the milk. Mix flour and sugar together, and add to milk. Cook until thickened. Add the butter and slightly beaten egg yolks. Cook one minute, or until thick. Add the lemon juice and Blue Ribbon Malt Extract. Pour into baked pastry shell. Cover with meringue. Bake until meringue is done at 325°F.

**With Hop Flavored Malt Extract**

**LEMON PIE**

- 1/2 cup flour
- 1 cup sugar
- 1/2 cup boiling water
- 1 tablespoon butter
- 3 egg yolks
- 1/2 teaspoon salt
- 1/2 teaspoon lemon juice
- 1/4 cup pineapple juice

Mix the sugar, flour and salt together, then add the water. Stir and cook until thickened. Add the slightly beaten egg yolks, Blue Ribbon Malt Extract, Hop Flavored, butter and lemon juice. Cook slowly until thickened, in a double boiler. Cool and place in a baked crust. Cover with meringue and brown in the oven at 325°F.

**FRUIT SAUCE**

- 1/4 cup sugar
- 2 egg whites
- 1/2 teaspoon Blue Ribbon Malt Extract, Hop Flavored
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/2 cup pineapple juice

Beat egg whites stiff and gradually add the sugar and salt. Mix the fruit juice and Blue Ribbon Malt Extract, Hop Flavored, together. Beat well. Serve on puddings or light desserts immediately.

**APRICOT SAUCE**

- 1/2 cup sugar
- 1 tablespoon Blue Ribbon Malt Extract, Hop Flavored
- 1/2 cup apricot pulp
- 1/2 teaspoon lemon
- 1/2 teaspoon salt
- 1/2 cup milk

Blend the Blue Ribbon Malt Extract, Hop Flavored, and the butter together. Add the cornstarch, salt and sugar. Add the apricot pulp and lemon juice. Cook until thickened. Serve on cakes and puddings.

Expert Dietitians Recommend Malt Extract for Use in Every Kitchen
CHOCOLATE MALTED PIE

\[
\begin{align*}
\frac{3}{4} \text{ cup sugar} & & 1 \text{ cup milk} \\
2 \text{ eggs} & & \frac{3}{4} \text{ cup or 4 level tablespoons} \text{ Blue Ribbon Malt Extract (plain)} \\
\frac{3}{4} \text{ cup flour} & & \\
2 \text{ squares chocolate} & & \text{(grated)}
\end{align*}
\]

Scald the milk in a double boiler. Mix dry ingredients together. Add the chocolate and Blue Ribbon Malt Extract. Pour the milk into dry ingredients, mixing well. Cook in a double boiler until it begins to thicken. Add the well beaten eggs, stirring constantly. Cook until thick. Pour into a baked pie crust. Cover with meringue made from the whites of eggs well beaten with two tablespoons of sugar. Bake in a medium oven at 325°F.

WASHINGTON PIE

CAKE

\[
\begin{align*}
\frac{3}{4} \text{ cup lard or butter} & & 2 \text{ teaspoons baking powder} \\
1 \text{ cup sugar} & & 1 \text{ egg} \\
1 \text{ cup milk} & & 2 \text{ teaspoons Blue Ribbon Malt Extract (plain)} \\
1 \frac{3}{4} \text{ cups pastry flour} & & \\
\end{align*}
\]

FILLING

\[
\begin{align*}
2 \text{ cups milk} & & \frac{3}{4} \text{ cup sugar} \\
2 \text{ tablespoons cornstarch} & & 1 \text{ tablespoon butter} \\
4 \text{ tablespoons sugar} & & 1 \text{ tablespoon Blue Ribbon Malt Extract (plain)} \\
\end{align*}
\]

CAKE—Cream lard, sugar and Blue Ribbon Malt Extract together. Add the slightly beaten egg yolk. Sift the flour and baking powder together. Alternately add the flour and milk to the creamed mixture. Fold in the stiffly beaten egg white. Bake in layers in a moderate oven at 325°F.

FILLING—Scald the milk in a double boiler. Mix the cornstarch, sugar and butter together. Add to the milk. Cook until it thickens, stirring often. Add the slightly beaten eggs, and cook until thick. Add the Blue Ribbon Malt Extract. Spread on top and between the layers of cake. Two squares of chocolate may be added for chocolate filling.

APPLESAUCE TART FILLING

\[
\begin{align*}
2 \frac{1}{2} \text{ cups applesauce} & & 1 \text{ tablespoon Blue Ribbon Malt Extract (plain) to each cup of applesauce} \\
1 \text{ teaspoon cinnamon} & & \\
2 \text{ egg whites} & & \\
1 \text{ tablespoon butter} & & \\
\end{align*}
\]

Mix all together thoroughly. Make individual pastry shells, then bake. Add the applesauce, cover with meringue and bake at 325°F. Serve with cheese.

HOME-MADE BUTTERSCOTCH (HARD)

\[
\begin{align*}
2 \text{ cups corn syrup} & & 1 \text{ cup water} \\
2 \text{ cups sugar, light or granulated} & & 2 \text{ tablespoons Blue Ribbon Malt Extract (plain)} \\
\frac{3}{4} \text{ teaspoon salt} & & \\
\end{align*}
\]

Stir until it comes to a boiling point and then cover and cook until a light yellow color or 300°F. Take off fire and add one-fourth pound butter. Stir until dissolved and then add Blue Ribbon Malt Extract. Stir until thoroughly mixed and then pour in thin sheets, in greased or buttered pans. When almost cool, lift out and place on waxed paper and work as desired.
With Hop Flavored Malt Extract

CHOCOLATE FUDGE

3 cups sugar 1 tablespoon Blue Ribbon Malt Extract (hop flavored)
1 1/2 cups milk
3 squares chocolate 1 1/2 tablespoons butter
Stir the grated chocolate, sugar, Blue Ribbon Malt Extract, Hop Flavored, and milk until the sugar is dissolved. Boil to soft ball stage, or 234°F. Add the butter, remove from fire, cool to lukewarm, and beat until creamy. Pour into buttered tins.

3 cups sugar
1/2 cup milk
3/4 pound nuts
1/8 teaspoon cream of tartar
Mix the sugar, milk and cream of tartar together until the sugar is dissolved. Wipe down the sides of the pan. Boil to the soft ball stage. Remove from fire and add the butter and Blue Ribbon Malt Extract, Hop Flavored. Beat until the mixture thickens, add the nuts. Pour into a buttered pan, cut into squares.

COTTAGE CHEESE TART FILLING

1 pound cottage cheese
1 tablespoon cornstarch
1 cup thin cream or top milk
2 tablespoons butter
1 cup sugar
Dissolve the cornstarch and Blue Ribbon Malt Extract, Hop Flavored, in the milk. Add the milk to the cheese, then add butter, sugar, and mix together. Add the slightly beaten eggs, then the lemon juice, grated rind and the currants. Line the inside of muffin tins with pie crust. Pour the filling into the crusts, and bake in a slow oven until thick at 275°F. Serve with jelly or marmalade on top of tarts.

CANDIED ORANGE PEEL

4 orange peels
1/2 cup water
1 cup sugar
Peel the fruit. (Oranges, lemons or grapefruit may be used.) Quarter the peel. Boil the peeling in quart of water until soft, drain. Remove the white part of the peel carefully and cut in strips. Boil the 1/2 cup water, sugar, Blue Ribbon Malt Extract, Hop Flavored and fruit peel together until it spins a thread. Drain and roll in granulated sugar.

Blue Ribbon Malt Extract Has a Very High Food Value.
America's Biggest Seller

The Home of Blue Ribbon —

A composite view of the four immense plants of the Premier Malt Products Company, devoted exclusively to the manufacture of malt extract.
With Hop Flavored Malt Extract

WELSH RAREBIT

1 1/2 cups cheese 1/8 teaspoon cayenne pepper
1 1/2 cups milk 1/8 teaspoon mustard
3 eggs 1 teaspoon Blue Ribbon Malt Extract (hop flavored)
1/2 teaspoon salt Speck of pepper
1/2 teaspoon pepper

Scald the milk in a double boiler. Add the cheese which has been cut in small pieces. Stir until the cheese is melted. Add the seasoning to the eggs, beat well. Add the eggs slowly, stirring constantly, to the milk and cheese mixture. Stir until the mixture is thick, or coats the spoon. Remove from fire and add the butter. Then add Blue Ribbon Malt Extract, Hop Flavored. Serve hot on toast or crackers. To make a smooth tasty dish, milk must be perfectly sweet.

MACARONI AND CHEESE

4 cups macaroni 2 cups grated cheese broken into short lengths 1 teaspoon salt
4 cups milk 1 teaspoon Blue Ribbon Malt Extract (hop flavored)
1/2 cup flour 1/4 teaspoon pepper
4 tablespoons butter 1/4 teaspoon pepper

Cook the macaroni in boiling salted water, then drain and rinse in cold water. Blend the Blue Ribbon Malt Extract, Hop Flavored, with the butter, salt, pepper and flour over the fire, gradually add the milk. Stir constantly. Cook until thickened. Remove from fire and add the grated cheese. Mix the sauce and macaroni together and pour into a buttered baking dish. Cover with buttered bread crumbs, and heat in the oven until the crumbs are brown.

TOMATO RAREBIT

2 tablespoons flour 2 eggs beaten
2 tablespoons butter 1/2 teaspoon salt
1/2 cup milk or thin cream 1/2 teaspoon mustard
1/2 teaspoon soda 1/8 teaspoon cayenne pepper
1/2 cup finely cut cheese 2 tablespoons Blue Ribbon Malt Extract (hop flavored)
1/4 cup tomatoes

Mix the butter and flour together in a double boiler. Gradually add the milk, stir until thickened. Mix the soda with the tomatoes and add to the milk. Add the cheese and eggs. Then add the Blue Ribbon Malt Extract, Hop Flavored. Season to taste with salt, pepper, cayenne and mustard. Serve at once on toast.

CHEESE FONDUE

1 1/2 tablespoons butter 2 small eggs
1 1/2 cups grated cheese 4 1/2 tablespoons baking powder
1/4 cup hot milk 1 1/2 tablespoons Blue Ribbon Malt Extract (hop flavored)
1 1/2 teaspoon salt 1 teaspoon pepper
1/2 teaspoon mustard

Dash cayenne pepper

Melt the butter and mix it with the Blue Ribbon Malt Extract, Hop Flavored, milk and seasoning. Add the cheese and bread crumbs, mix well. Add the beaten egg yolks. Cook about three minutes until well blended, and remove from fire. Add the baking powder, and fold in the stiffly beaten egg whites. Bake in a greased dish in a moderate oven about thirty minutes at 325° F.

ITALIAN SPAGHETTI

1 package spaghetti 1 1/2 pounds veal or beef steak
DRESSING

Priming off the meat 1 quart tomatoes
1/2 pound ground pork 2 tablespoons butter
1 cup chopped celery 1 tablespoon flour
1/2 cup bread crumbs 1 egg
Salt and pepper to taste 1/2 teaspoon cayenne pepper
1 section chopped garlic Salt and pepper to taste
Hot water enough 3 sections chopped garlic

To moisten the dressing

Cook the spaghetti in boiling salted water until tender, then drain and rinse in cold water. Remove the skin, bone and fat from the meat. Cut the meat in pieces 2 1/2 inches long by 1 1/2 inches wide. Pound to one-quarter inch thickness.

Make Dressing: grind the meat trimming, add the pork, celery and bread crumbs. Bind together with an egg. Moisten slightly with hot water. Season to taste with salt, pepper, cayenne and garlic juice. Spread the dressing on the meat. Roll up and fasten with toothpicks. Salt and pepper the meat, dredge with flour. Fry in hot butter to a golden brown. Cover with tomato sauce and cook slowly until tender. Make the tomato sauce. Mix the flour, butter, Blue Ribbon Malt Extract, Hop Flavored, together, and blend with the tomatoes. Season with salt and pepper, and add the chopped garlic. When the meat is tender, add the spaghetti and cook slowly until the spaghetti has absorbed the flavoring, about ten minutes. Add the grated cheese. Serve on a large platter. This serves eight.
With Plain Malt Extract

VEAL BIRDS
2 pounds veal steak
1 cup crumbs
1/2 cup hot water
Drop of onion juice
Salt

SAUCE
4 tablespoons butter
1/2 cup flour
2 cups water
Salt and pepper

Remove bones, skin and fat. Pound steak and cut in pieces about 3 inches by 4 inches. Grind the trimmings. Add the crumbs, egg, Blue Ribbon Malt Extract, seasoning and hot water. Spread the dressing on the meat. Roll into balls and fasten with toothpick. Sprinkle with salt and pepper, and dredge with flour. Sear in hot fat to a golden brown. Cover with the cream sauce in a stew pan. Cook slowly twenty minutes until tender.

PORK PIE
1 1/2 cups pork (cut into little pieces)
2 cups milk
Salt
Pepper
3 tablespoons flour
1 tablespoon Blue Ribbon Malt Extract
1 teaspoon Blue Ribbon Malt Extract (plain)

Cut left over pork into cubes, or if raw, cut it and fry until tender. Make a white sauce of the butter, flour and milk. Season to taste with the salt and pepper. Add the Blue Ribbon Malt Extract to the white sauce. Pour over the meat in a casserole, and let cool. Add sweet potato cookies on top (see page 22). Bake in a moderate oven at 310°F. until the cookies are done. Be careful to keep the white sauce from simmering after it is in the oven.

SPANISH MICKEL
1/2 package macaroni (boiled)
1 can tomatoes strained or soup
4 tablespoons of fat
1 onion chopped
1 green pepper
3 tablespoons Blue Ribbon Malt Extract
Meat
Dissolved in the tomato juice

Take a half a loaf of left over meat, or about one and one half pounds left over ground meat. Mix with one can of tomatoes. Fry the chopped peppers and onions in the fat. When cooked, mix with the macaroni which has been boiled and drained. Add the meat, tomatoes and Blue Ribbon Malt Extract. Season to taste with salt and pepper. Mix well. Put in greased bread pan, cover and bake in a slow oven at 275°F. until done. Serve with tomato sauce. This makes one bread pan full, enough for five people.

BROWN SAUCE
1 1/2 tablespoons fat
2 tablespoons flour
1/2 teaspoon salt
Pepper
1 teaspoon onion juice

Brown the fat and onion juice, and add the flour and brown it. Pour in the liquids. Add the Blue Ribbon Malt Extract. Season with the salt and pepper.

With Hop Flavored Malt Extract

CHEESE STRAWS
1/2 cups pastry flour
1 teaspoon baking powder
1/2 teaspoon salt
4 tablespoons water
1 tablespoon Blue Ribbon Malt Extract
1 package very soft cheese (about one-half cup)

Sift the dry ingredients together. Cut in the fat until mealy. Add water enough to make the right consistency. Blend the Blue Ribbon Malt Extract, Hop Flavored, and the cheese together thoroughly. Roll out the pie dough on board, spread with some of the cheese. Fold over itself and roll out again. Repeat until the cheese is thoroughly blended with the dough. Roll one-quarter inch thick on a cookie tray, and cut in four-inch strips, one-quarter inch wide. Bake in a moderate oven at 350°F. until done.
CORN FRITTERS

2 cups corn (drained) 1 teaspoon Blue Ribbon Malt Extract (hop flavored)
1 1/2 cups flour 2 or 3 eggs beaten
1 teaspoon baking powder 2 tablespoons butter

Drain corn if very moist; if just out of the can it need not be drained, but add two tablespoons of milk. Add the Blue Ribbon Malt Extract, Hop Flavored, and the melted butter, and then the beaten eggs. Add the flour and baking powder which have been sifted together. Fry in deep fat until brown. Serve with a sweet sauce or syrup.

CORN CAKES

2 cups cornmeal 1/2 teaspoon soda
1 cup sour milk or 1 egg
buttermilk 2 tablespoons fat
2 teaspoons salt 1 teaspoon Blue Ribbon Malt Extract (hop flavored)
1/2 teaspoon baking powder

Mix dry ingredients together. Dissolve the Blue Ribbon Malt Extract, Hop Flavored, in the butter-milk; add to dry ingredients. Add the slightly beaten eggs. Fry on a griddle.

FRENCH DOUGHNUTS

6 cups bread dough ready to form into loaves 1 tablespoon Blue Ribbon Malt Extract (hop flavored)
1 1/2 cups sugar 1 teaspoon mace
6 tablespoons melted butter 3 eggs 1 1/2 cups flour
Cream together the sugar, butter, Blue Ribbon Malt Extract, Hop Flavored, and the slightly beaten eggs. Sift flour and spices together. Mix the creamed mixture into the dough thoroughly, and add the flour, mixing well. Let rise until double. Roll to one-quarter inch thickness, and cut with doughnut cutter. Let rise until light. Fry in deep fat 370°F. Drain on brown paper. Sprinkle with sugar.

PIECE APPLE FRITTERS

1 small pineapple or 2 teaspoons baking powder
1 can shredded pine-
apple 2 tablespoons sugar
1 teaspoon Blue Rib-
on Malt Extract (hop flavored) 1 beaten egg
1 cup flour 1/4 cup milk
1 tablespoon lemon juice
Peel and grate the pineapple, or if shredded, drain. Mix the Blue Ribbon Malt Extract, Hop Flavored, with the pineapple, and blend well. Sift the dry ingredients together, and add the egg and milk. Add the pineapple and lemon juice. This makes a drop batter. Drop from the tip of a tablespoon into smoking fat. Fry until golden brown in deep fat, then drain. Serve with lemon or fruit sauce (see page 13).

CHEESE OMELET

2 egg yolks 1/2 teaspoon Blue Ribbon Malt Extract (hop flavored)
2 tablespoons hot water 1 cup grated cheese 1/4 teaspoon salt Speck of pepper
4 egg whites 1 tablespoon butter
Beat the yolks and add the seasoning. Mix the Blue Ribbon Malt Extract, Hop Flavored, and hot water together; add to the yolks; then add the cheese, salt and pepper. Beat the egg whites stiff. Fold egg whites into the yolks. Melt the butter in a frying pan. Pour in the omelet and cook slowly until brown underneath. Cook the top under a hot plate in the oven. Serve on a warm platter.

APRICOT OMELET

1 cup apricot pulp 1/2 teaspoon salt and pepper
1/2 teaspoon Blue Ribbon Malt Extract (hop flavored) 4 tablespoons milk
1 tablespoon butter 1/2 teaspoon baking powder
4 eggs
Beat the egg yolks light, then add the seasoning, milk, and Blue Ribbon Malt Extract, Hop Flavored. Beat the egg whites stiff and add the baking powder. Fold into the yolks carefully. Melt the butter in a pan. Pour in the omelet and cook slowly until puffed up and brown underneath. Brown the top in the oven under the broiler. Spread with apricot pulp, fold, and serve at once on a warm plate.

With Hop Flavored Malt Extract

DOUGHNUTS

1 cup sugar 1 tablespoon Blue Ribbon Malt Extract (hop flavored)
3 tablespoons shortening 1 teaspoon salt
2 eggs 4 1/2 cups pastry flour
1 cup milk 4 teaspoons baking powder
1 teaspoon vanilla 1/2 teaspoon mace
Cream shortening and sugar. Add eggs slightly beaten. Mix Blue Ribbon Malt Extract, Hop Flavored, with milk and vanilla and beat a few seconds with egg beater. Add to sugar and egg mixture. Sift dry ingredients and add to mixture. Divide into fourths. Toss one-fourth onto a well floured bread board, roll to one-half inch thickness, cut with a doughnut cutter and fry in deep fat at 360-370 degrees F., or until a piece of bread dropped in fat will brown in sixty seconds. Lift doughnuts out of fat with a wire whisk egg beater and place on absorbant paper. Sprinkle with powdered sugar. Makes two dozen average size doughnuts.
With Hop Flavored Malt Extract

**CURRANT JELLY OMELET**

1 glass currant jelly  
1 teaspoon Blue Ribbon Malt Extract (hop flavored)  
4 eggs

Mix the currant jelly and Blue Ribbon Malt Extract, Hop Flavored, together. Make a foamy omelet, (beat the egg yolks very lightly). Add the salt, pepper and milk, mixing well. Beat the egg whites into the first mixture carefully. Melt the butter in a frying pan. Turn in on top. Spread the jelly on the omelet. (Currant jelly sauce may be used; see next column) Fold and serve on a hot plate.

**SPANISH OMELET**

2 tablespoons butter  
1 tablespoon cornstarch  
1 tablespoon flour  
1 1/2 cups strained tomatoes  
1 1/2 teaspoon salt  
1 teaspoon chopped green peppers

Melt the butter, stir in the flour, cornstarch, Blue Ribbon Malt Extract, Hop Flavored, and sugar. Blend with the strained tomatoes. Cook until thickened, then add the vegetables, and cook until tender. Pour part of the mixture between the folds of a foamy omelet and the rest over the top.

**MEAT LOAF**

1 pound round steak  
1 1/2 pound cured ham  
1 cup bread crumbs  
1 teaspoon salt  
1/2 teaspoon pepper  
1 tablespoon chopped green peppers  
1 tablespoon vinegar

Grind the meat. Add the rest of the ingredients. Moisten at last with the milk. Form into a loaf, dust with flour or crumbs, and dot with butter. Bake in a hot oven at 400°F.

**CHILI CON CARNE**

1 pound ground beef  
3 tablespoons lard  
1 can tomatoes strained  
1/2 teaspoon salt  
Speck of pepper

Sear the meat in the lard. Add to the tomatoes and cook very slowly until tender. Add the beans, salt, pepper and Blue Ribbon Malt Extract, Hop Flavored. Add one to two teaspoons of chili powder.

**MEXICAN MEAT ROLLS**

2 cups ground pork  
1/2 teaspoon pepper or beef  
3/4 cup bread crumbs  
1 teaspoon salt  
1 teaspoon Blue Ribbon Malt Extract (hop flavored)

Mix the meat and bread crumbs together; add the butter, salt, pepper, paprika, onion juice and Blue Ribbon Malt Extract, Hop Flavored. Bind together with an egg, moisten slightly. Shape into little individual rolls or croquettes. Flour, brown in hot fat, place in a baking dish, cover with tomatoes which have been seasoned well with salt and pepper. Bake in a slow oven at about 275°F so the tomatoes do not boil, simmer about an hour.

**HAMBURGER Cakes With Sauce**

1/2 pound ground lean beef  
Salt and pepper  
Onion juice

Season the meat with the salt, pepper and onion. Shape, fry as meat cakes. Serve hot with tomato sauce or Blue Ribbon radish sauce (see page 23).

**CURRANT JELLY SAUCE**

2 tablespoons butter  
2 tablespoons flour  
3/4 teaspoon salt  
1 cup water or meat stock  
1 cup currant jelly

Mix the Blue Ribbon Malt Extract, butter and flour together, then add the water. Cook until thick. Add the jelly, lemon juice and salt. Cook for five minutes.

**LEMON SAUCE FOR FISH**

1/4 tablespoon chopped pimentos  
1 tablespoon lemon juice  
1/2 tablespoons chopped parsley

Cream the Blue Ribbon Malt Extract and butter together. Add the chopped ingredients. Gradually add the lemon juice. Blend well. Serve at once on fish.

**HORSERADISH SAUCE**

1/2 tablespoon lemon juice  
1 tablespoon Blue Ribbon Malt Extract (plain)

Mix the butter, Blue Ribbon Malt Extract and flour together. Add the meat broth and milk. Cook until thickened. Add the grated horseradish. Season to taste with salt and pepper. Serve hot with boiled meats.

**Malt Extract in Breads Makes Them Like Mother Used to Make—Plus** [21]
With Hop Flavored Malt Extract

SOUTHERN HAM
1 teaspoon Blue Ribbon Malt Extract (hop flavored)
1 cup milk
Few cloves

Trim the ham. Mix the mustard and sugar well into the ham. Stick in a few cloves. Mix the Blue Ribbon Malt Extract, Hop Flavored, with the milk and pour over the ham. Bake gently two or three hours. Water may be used instead of milk.

HALIBUT STEAK WITH DRESSING
1 teaspoon Blue Ribbon Malt Extract (hop flavored)
1/2 teaspoon onion juice
1/2 cup chopped celery
4 slices bacon

Clean the fish and remove bones. Salt and pepper fish. Make a dressing of the other ingredients, and moisten with egg. Place between layers of fish, and cover with bacon. Bake in a moderate oven at 350°F. Serve with a white sauce.

MACARONI LOAF
1 1/2 cups macaroni
2 tablespoons chopped peppers
2 cups bread crumbs
2 tablespoons chopped parsley
2 teaspoons salt
1 1/2 cups grated cheese

Cook the macaroni in boiling salted water until tender; drain. Blend the Blue Ribbon Malt Extract, Hop Flavored, the melted butter, salt and milk together. Add the slightly beaten eggs, mix well; add cheese. Pour over the chopped parsley, green peppers and bread crumbs. Mix all together into a loaf. Bake in a buttered casserole in a pan of hot water (like custard) one-half hour to three quarters of an hour in a slow oven at 275°F. Serve with tomato sauce.

SWEET POTATO BISCUITS
1 cup mashed sweet potatoes
1 1/2 cups milk
2 tablespoons fat
1 egg
2 tablespoons sugar

Mix the sweet potatoes, butter and Blue Ribbon Malt Extract, Hop Flavored, together. Add the sugar, egg and milk; beat well. Sift the flour, baking powder and salt together. Add to the potato mixture. Work into a smooth dough, roll out and cut into small biscuits. Brush with milk. Bake in a hot oven at 400°F. for fifteen minutes.

SWEET POTATO COOKIES
1 1/2 cups flour
1 teaspoon baking powder
1/2 teaspoon mace
1 tablespoon Blue Ribbon Malt Extract (hop flavored)

Sift together the first three ingredients. Cream the butter, sugar and Blue Ribbon Malt Extract, Hop Flavored. Add the eggs, mix well. Mix in the sweet potatoes. Add the flour. If necessary to make a smooth dough, add the two tablespoons of milk. Roll a quarter of an inch thick, and cut with a cookie cutter. Bake eight minutes in a hot oven at 400°F.

ITALIAN CHEESE DISH
6 tablespoons cornstarch
3/4 teaspoon salt
3/4 teaspoon paprika
2 cups milk
1 egg

Mix the cornstarch, salt and paprika together, then add the milk. Cook in a double boiler until thick. Add the slightly beaten egg and the grated cheese. Cook until still hot. Add the Blue Ribbon Malt Extract, Hop Flavored, and the butter. Blend well. Pour into a mold so that the paste will be one and one-half inches thick. Cool. Cut in strips two and one-half inches long and one inch wide. Roll in bread crumbs and fry as croquettes in deep fat. Serve plain or with a sauce.

PIMENTO CHEESE ROAST
2 cups lima beans
1 teaspoon Blue Ribbon Malt Extract (hop flavored)
3 pimentos
3/4 pound cheese
3 tablespoons butter

Put the beans, cheese and pimentos through a food chopper. Mix well. Add the Blue Ribbon Malt Extract, Hop Flavored, and blend thoroughly with the mixture. Add the butter. Form into a roll, using just enough bread crumbs to make it hold together in a roll. Place a couple of slices of bacon on top. Bake frequently with butter and water. Serve with bacon gravy or tomato sauce. (See page 23)

[22] Prepare Foods with Blue Ribbon Malt Extract, Says Modern Cookery
With Hop Flavored Malt Extract

FISH WITH CREAM SAUCE

2 cups cooked fish 1 teaspoon Blue Ribbon Malt Extract (hop flavored)
2 tablespoons butter 2 drops onion juice
1 tablespoon flour Salt and pepper to taste
1 cup milk

Cook fish until tender in salted water, shred and remove skin and bones. Blend butter, flour, Blue Ribbon Malt Extract, Hop Flavored, together with the milk. Cook until thick, season with salt and pepper, and then add the eggs. Mix fish with white sauce. Bake in a greased casserole in moderate oven at 350°F. half an hour. Serve with cream sauce or egg sauce.

MOLDED FISH WITH SAUCE

2 cups halibut Salt
3 hard cooked eggs Pepper
1 ½ cups heavy cream Cayenne

Cook until tender in salted water, then skin, remove bones, and shred. Chop three hard cooked eggs, and add to halibut. Add cream, salt and pepper to taste. Press down into a greased baking dish, cover and set in a pan of hot water, keep temperature below boiling. Bake until firm. Turn out and serve with Blue Ribbon Sauce (see following recipe).

BLUE RIBBON SAUCE

1 ½ cups water 2 cloves
1 slice carrot 2 tablespoons butter
1 sprig of parsley 3 tablespoons flour
1 bay leaf ½ cup cream
1 slice of onion 2 egg yolks
1 teaspoon Blue Ribbon Malt Extract Speck of salt
(hop flavored) Speck of pepper

Cook all vegetables in the water with seasoning, then strain, and add the Blue Ribbon Malt Extract, Hop Flavored. Blend the butter and flour together, add to the water, and cook until thick. Add the egg yolks, then the cream. Season with salt and pepper cayenne to taste.

CHEESE SAUCE

2 cups milk 4 tablespoons flour
2 tablespoons butter 1 teaspoon Blue Ribbon Malt Extract (hop flavored)
1 cup cheese Salt and pepper

Mix together the Blue Ribbon Malt Extract, Hop Flavored, butter, salt, pepper and flour, and gradually add the milk. Cook until thickened, and remove from fire. Add the grated cheese, and stir until melted.

PARSLEY SAUCE

6 tablespoons butter ½ teaspoon Blue Ribbon Malt Extract (hop flavored)
3 tablespoons lemon juice 1 tablespoon chopped parsley
1 ½ tablespoons ½ teaspoon salt

Cream all together.

BLUE RIBBON RADISH SAUCE

6 tablespoons grated horseradish 2 tablespoons vinegar
2 tablespoons Blue Ribbon Malt Extract 3 ½ teaspoons cayenne
(hop flavored) 1 teaspoon Blue Ribbon Malt Extract (hop flavored)
1 tablespoon chopped parsley ½ teaspoon celery salt

Mix all together, except cream. Add the cream beaten stiff. Serve with meat.

SHRIMP COCKTAIL SAUCE

1 cup chili sauce 1 tablespoon lemon juice
1 tablespoon Blue Ribbon Malt Extract ½ teaspoon onion juice (hop flavored) ½ teaspoon salt

Place cooked or canned shrimp in cocktail glasses. Sprinkle with minced green peppers, and serve with the cocktail sauce.

TOMATO SAUCE

2 cups strained tomatoes 1 tablespoon chopped green peppers
1 teaspoon Blue Ribbon Malt Extract (hop flavored) 1 teaspoon sugar
4 tablespoons butter 4 tablespoons chopped parsley
4 tablespoons onion juice 4 tablespoons chopped green peppers

Mix the butter with the sugar, flour and Blue Ribbon Malt Extract, Hop Flavored. Add the strained tomatoes, chopped vegetables and onion juice. Cook for fifteen minutes. Season with salt or pepper. Serve with meat or fish.

Blue Ribbon Malt Extract Desserts Make a Good Meal Complete [23]
With Plain Malt Extract

**CHOCOLATE MALTED PUDDING**

4 cups milk  
2 eggs  
6 tablespoons sugar  
6 tablespoons cornstarch  
1 square chocolate  
Y2 teaspoon salt  
Y2 cup Blue Ribbon Malt Extract (plain)

Heat the milk, and add Blue Ribbon Malt Extract and grated chocolate. Mix yolks, sugar, cornstarch and salt. Cook in a double boiler until thick. Beat into the egg whites which have been beaten stiff, and cool in molds. This makes a very good pudding or pie filling or ice cream sauce.

**CHOCOLATE BREAD PUDDING**

2 cups bread crumbs  
4 cups milk  
2 squares chocolate  
Y2 cup sugar  
2 eggs  
2 tablespoons Blue Ribbon Malt Extract (plain)

Soak the stale bread crumbs in the milk twenty minutes. Melt the chocolate, add the sugar and Blue Ribbon Malt Extract and salt. Mix some of the milk with this. Add the slightly beaten eggs; mix all together. Turn into buttered baking dish. Bake in a moderate oven at 350° F. until set. Serve with meringue on top.

**FIG STEAMED PUDDING**

1 cup suet  
1 cup nuts  
Y2 cup currants  
1 cup raisins  
1 cup citron  
1 2/3 cups figs  
3 2/3 cups bread crumbs  
1 1/3 cups flour  
3 teaspoons baking powder  
1 1/2 teaspoons salt  
1 teaspoon cinnamon  
1 teaspoon mace  
1 teaspoon allspice  
3 teaspoons cloves  
1 1/2 cups brown sugar  
3 eggs  
2 tablespoons Blue Ribbon Malt Extract (plain)

Sift all the dry ingredients together. Chop the fruit and nuts, and flour with some of the flour. Grind the suet and mix with the Blue Ribbon Malt Extract, milk and eggs. Mix all together adding the fruit last. Steam in well greased molds for three hours.

**FLOATING ISLAND PUDDING**

2 cups milk  
3 eggs  
2 tablespoons cornstarch  
1/3 cup sugar  
1/6 teaspoon salt  
1/6 teaspoon Blue Ribbon Malt Extract (plain)

Seal the milk in a double boiler. Mix sugar and cornstarch, add the egg yolks, and stir until thoroughly mixed. Pour the milk slowly over the above. Put back in double boiler and cook until custard thickens slightly, or coats the spoon. Remove from fire, add salt and Blue Ribbon Malt Extract, mixing thoroughly. Fold in the stiffly beaten egg whites, which have been sweetened with sugar or jelly. Do not beat too much. Leave islands of egg whites.

**Malted Milk Rice Pudding**

1 quart milk  
Y2 cup rice  
1/4 teaspoon salt  
3/4 cup raisins  
6 tablespoons sugar  
1/2 teaspoon lemon juice  
3/4 teaspoon nutmeg  
2 teaspoons Blue Ribbon Malt Extract (plain)

Wash rice. Mix all ingredients together except lemon juice and Blue Ribbon Malt Extract, and cook in a double boiler until the rice is done. Stir frequently to prevent the rice from sticking. When rice is thoroughly cooked, add lemon juice and Blue Ribbon Malt Extract. Serve.

**MALT COCOA JUNKET**

1 quart milk  
3/4 cup sugar  
Y.5 teaspoon nutmeg  
1 junket tablet  
2 teaspoons Blue Ribbon Malt Extract (plain)

Heat the milk to lukewarm, and stir in the sugar, nutmeg, cocoa and Blue Ribbon Malt Extract. Dissolve the junket in a teaspoon of cold water by crushing. Stir into the milk. Pour into individual dishes. Let set without shaking.

**Malted Coffee Mousse**

1 cup sugar  
1 cup strong coffee  
2 cups heavy cream  
3 eggs  
6 tablespoons Blue Ribbon Malt Extract (plain)

Whip the sugar and egg yolks together. Add the coffee. Cook in a double boiler until thickened. Remove and add the Blue Ribbon Malt Extract. Add the whipped cream and freeze three hours.

**BANANA FRITTERS**

3 tablespoons sugar  
?1 teaspoon salt  
2 or 3 eggs  
3 1/2 cups flour  
2 eggs  
3 or 4 bananas  
1 tablespoon Blue Ribbon Malt Extract (plain)

Mix and sift the dry ingredients together. Beat the eggs light. Blend together the Blue Ribbon Malt Extract, sugar, butter and milk, then add the eggs. Gradually add the flour, mix well. Peel bananas and cut into small cubes; add to the batter. Fry in deep fat until golden brown. Roll in powdered sugar after draining. Serve with caramel sauce or lemon sauce (see pp. 12-13).

Serve Blue Ribbon Malt Extract Dishes for Every Meal of the Day
With Plain Malt Extract

**GRAPE JUICE SHERBET**

- 1 tablespoon gelatine
- 1/2 cup cold water
- 1 cup sugar
- 1 1/2 cup boiling water
- 2 cups grape juice

Soak the gelatine in cold water. Boil the sugar and water together ten minutes. Add the Blue Ribbon Malt Extract. Mix with the gelatine. Cool. Add the fruit juices. Freeze.

**CHOCOLATE MALTED ICE CREAM**

- 1 tablespoon flour
- 1/4 teaspoon salt
- 1 egg
- 2 cups scalded milk

Mix the sugar, salt and flour together. Add the slightly beaten egg and milk. Cook in double boiler, stirring constantly until thick. Melt together the Blue Ribbon Malt Extract, chocolate, one tablespoon sugar and two tablespoons of milk. Add hot to the custard part. Cool. Add the cream. Freeze.

**CARAMEL ICE CREAM**

- 1 tablespoon flour
- 1 cup sugar
- 1/4 teaspoon salt
- 1 egg
- 2 cups scalded milk

Mix the flour, sugar and salt together. Add the beaten egg and milk. Cook in double boiler until it is thickened (about 20 minutes), stirring constantly. Add the Blue Ribbon Malt Extract, cream and vanilla. Freeze.

**With Hop Flavored Malt Extract**

**LEMON ICE**

- 4 cups water
- 3/4 cup lemon juice
- 2 cups sugar (hop flavored)

Boil the sugar and water together five minutes. Add the Blue Ribbon Malt Extract, Hop Flavored and cool. Add the lemon juice. Freeze. An orange may be added if desired.

**ORANGE ICE**

- 1 quart water
- 2 cups sugar
- Juice of six oranges
- Juice of one lemon

Mix the sugar and flour. Boil the water, sugar and flour together ten minutes. Add the Blue Ribbon Malt Extract, Hop Flavored, and cool. Add the orange and lemon juice. One half cup more sugar may be added if desired. Freeze four hours.

**APRICOT SHERBET**

- 2 cups apricot pulp
- 1 cup sugar
- 1 lemon (juice and grated rind)

Cook the apricots, and press through a colander. Boil the sugar and water together five minutes. Add the Blue Ribbon Malt Extract, Hop Flavored, and then cook. Add the apricot pulp and lemon juice. Freeze.

**BAKED CARAMEL CUSTARD**

- 2 cups milk
- 2 eggs or more
- 4 tablespoons sugar
- 1 teaspoon vanilla

Mix all together. Pour into individual baking dishes. Place dishes in a pan of warm water and bake in a moderate oven at 315° F. until when cut with a knife, the knife comes out clean, or the mixture is firm.

**BAKED BANANAS**

- 6 bananas
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon cloves
- 1/4 teaspoon cinnamon

Peel and cut bananas lengthwise, and place close together in a baking dish. Mix the rest of the ingredients and sprinkle over the bananas. Dot with butter. Bake in a quick oven at 402° F. until brown on top.

**PREMIER PUDDING**

- 2 cups milk
- 3 eggs
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 teaspoon vanilla (hop flavored)

Scald the milk in a double boiler, then cool. Mix sugar, cornstarch, salt, vanilla, eggs and Blue Ribbon Malt Extract. Hop Flavored, to a smooth paste, gradually adding the milk to the paste, stirring well. Cook in a double boiler until thick, stirring constantly. Turn into wetted bowls. Serve cold with whipped cream or custard sauce.
With Plain Malt Extract

TOMATO SOUP
4 tablespoons butter 1/2 teaspoon soda
4 tablespoons flour 1 quart milk
1 teaspoon salt 2 teaspoons Blue Ribbon Malt Extract
Speck of pepper (plain)
2 cups strained tomato juice

Blend the first four ingredients together. Gradually add the tomato juice. Cook until smooth. Add the soda. Add the milk and Blue Ribbon Malt Extract last. Serve at once.

CREAM OF CELERY SOUP
3 cups of celery 1 teaspoon Blue Ribbon Malt Extract
1 quart milk (plain)
1 tablespoon butter Salt and pepper to taste
2 tablespoons flour 1 slice onion
1 pint water


CREAM OF CORN SOUP
1 pint grated corn or 2 tablespoons flour
1 can run through a 1 to 2 egg yolks or colander none
3 pints of boiling 3 tablespoons grated cornstarch water or veal stock onion
1 pint hot milk Salt and pepper
3 tablespoons butter Speck of mace or (plain)
nutmeg

Cook the corn until tender, and run through a sieve. Blend the butter and flour together, alternately adding the liquid. Add to the corn and cook until well blended (do not boil). Add the slightly beaten egg yolks and cook a minute longer. Remove from fire and add the Blue Ribbon Malt Extract, salt and pepper.

PRINCESS SOUP
1 quart milk 3 tablespoons grated cheese
2 small carrots sliced 2 egg yolks
2 small onions sliced Salt and pepper
Speck of mace or 2 teaspoons Blue Ribbon Malt Extract nutmeg
2 tablespoons butter (plain)
2 tablespoons flour

Put the milk, carrot, onion and spice in a double boiler. Mix butter and flour together. Remove the vegetables from the milk and add the butter and flour. Stir until thickened. Add the Blue Ribbon Malt Extract. Add the cheese and stir until melted. Remove from the fire and add the beaten egg yolks, salt and pepper. Serve at once. This cannot be re-heated. Veal stock may be used.

POTATO SOUP
1 1/2 cups mashed potatoes 3 tablespoons flour
3 cups water Salt and pepper to taste
4 cups milk 2 tablespoons Blue Ribbon Malt Extract
2 slices of onion (plain)
3 tablespoons butter

Blend the potato, water and milk together. Add onion and cook until flavored. Blend butter, flour, salt and pepper together and dissolve in a little milk. Add to the soup. Cook until smooth. Add the Blue Ribbon Malt Extract. Serve at once.

LIMA BEAN SOUP
1 cup lima beans 4 cups cold water
( soaked over night) 2 tablespoons corn starch
2 tablespoons chopped onion 3 cups milk
Sprig of parsley 4 tablespoons butter
2 bay leaves 1 teaspoon Blue Ribbon Malt Extract
Salt and pepper to (plain)
taste

Cook the first five ingredients together until tender. Run through a sieve. Mix the butter, cornstarch and milk together. Cook for five minutes. Add the Blue Ribbon Malt Extract. Combine the two mixtures and cook all together.

Blue Ribbon Malt Extract Is the Successful Cook's Favorite
With Hop Flavored Malt Extract

**Cheese Salad Dressing**
- 1 teaspoon Blue Ribbon Malt Extract (hop flavored)
- 1 yolk of hard cooked egg
- 1 cup salad oil
- ½ pound soft cheese (beat until creamy)

Cream the Blue Ribbon Malt Extract, Hop Flavored, and the cheese together until very soft and creamy. Add the yolk of the hard cooked egg. Add the salad oil, a drop at a time, beating constantly with an egg beater until very thick. Add a little lemon or vinegar to thin.

**Club Dressing**
- 1 cup French dressing (see page 28)
- 1 teaspoon chopped onions
- 1 cup chili sauce
- 1 teaspoon Blue Ribbon Malt Extract (hop flavored)

Blend all the ingredients together carefully. Beat with an egg beater until emulsified or thick in a bowl. Serve at once. This may be kept in a bottle and beaten just before serving.

**Fruit Salad Dressing**
- 2 lemons
- 2 eggs
- 1 cup sugar
- 2 teaspoons Blue Ribbon Malt Extract (hop flavored)

Beat the eggs well. Add the lemon juice and sugar. Beat. Cook in double boiler and boil until it thickens. Add the Blue Ribbon Malt Extract, Hop Flavored. Apples or bananas will not discolor if this dressing is used. Orange or pineapple juice may be used to vary this recipe. Whipped cream may be added to make a more delicate dressing.

**Plain Salad Dressing**
- 6 tablespoons catsup
- 3 tablespoons vinegar
- 4 ½ tablespoons salad oil
- 1 tablespoon Blue Ribbon Malt Extract (hop flavored)

Mix all together thoroughly.

**Perfection Salad**
- 1 tablespoon gelatine
- ¾ cup water
- ¾ cup vinegar
- ¾ cup sugar
- ½ teaspoon salt
- 1 cup boiling water
- 1 cup sliced celery

Soften the gelatine in cold water. Mix vinegar, lemon juice, sugar, salt, and Blue Ribbon Malt Extract, Hop Flavored, in boiling water. Bring all to a boil, and add softened gelatine. When mixture begins to thicken add the celery, cabbage and pimentos. Turn into a wet mold, then chill. Serve with mayonnaise dressing (see page 28).

**Russian Dressing**
- 1 cup mayonnaise
- 2 tablespoons chili sauce
- 1 tablespoon parsley
- 1 tablespoon chopped pimentos

Mix all together.

**Spanish Dressing**
- ½ cup French dressing
- 6 tablespoons Roquefort cheese (or ¼ pound)
- 1 teaspoon Blue Ribbon Malt Extract (hop flavored)

Cream all together. Very good with vegetable combinations.

**Aspic Salad**
- 2 cups tomatoes
- 1 medium onion chopped
- 2 teaspoons salt
- 1 bunch celery chopped
- 2 tablespoons chopped green peppers
- 4 cloves

Boil the tomatoes, onion, green peppers, celery and cloves together and salt, then strain. Add the Blue Ribbon Malt Extract, Hop Flavored, and lemon juice. Dissolve the gelatine in a little cold water, and when set, add the hot tomato mixture. Mix well. Cool in ice box until firm. Serve in slices garnished with olives. Very good with meat.

**Tartar Sauce**
- 1 cup mayonnaise
- 1 teaspoon chopped onion
- 1 tablespoon capers
- 2 tablespoons olives
- 2 tablespoons pickles
- 1 tablespoon parsley

Chop the capers, olives, pickles, parsley and onions fine. Add the Blue Ribbon Malt Extract, Hop Flavored, to the mayonnaise, blend well. Add the chopped vegetables, mix well. Serve on vegetables or fish and meat.
FRENCH DRESSING

1 teaspoon Blue Ribbon Malt Extract (hop flavored)
1 teaspoon paprika
1 teaspoon mustard
1/8 teaspoon celery salt

Mix the dry ingredients, then add the salad oil. Add the Blue Ribbon Malt Extract, Hop Flavored, to the lemon juice. Add to the oil. Put all in a bottle. Shake well just before using.

MAYONNAISE DRESSING

1 egg
1 cup salad oil
1/2 teaspoon salt
1/8 teaspoon sugar
1/8 teaspoon mustard
3 tablespoons lemon juice and vinegar

Put the whole egg, or just the yolk, in a medium sized bowl, and beat very lightly. Add salad oil, a little at a time, about a tablespoon full, beating constantly. Add the vinegar and lemon juice when necessary to thin the dressing. Add the Blue Ribbon Malt Extract, Hop Flavored. Add the seasoning. Beat well.

ROQUEFORT CHEESE DRESSING

2 1/4 oz. Roquefort
1 1/2 tablespoons lemon cheese
1 tablespoon olive oil
1/4 teaspoon paprika
1/2 teaspoon salt
1/2 teaspoon sugar

Cream olive oil into cheese until smooth. Add the paprika, pepper, salt and sugar, mixing thoroughly, then stir in the lemon juice. Add Blue Ribbon Malt Extract, Hop Flavored, and cream, beating until of uniform consistency. Serve on salads.

THOUSAND ISLAND DRESSING

1 cup mayonnaise
1 teaspoon Blue Ribbon Malt Extract (hop flavored)
1 chopped pimento

Mix all together, and beat or shake until thoroughly blended.

BOILED DRESSING

1/2 tablespoon salt
1 1/2 tablespoons sugar
1/2 tablespoons flour
Speck of cayenne
2 eggs or 3 yolks
1/2 cup milk
1/2 tablespoon melted butter
2 tablespoons Blue Ribbon Malt Extract (plain)

Mix the dry ingredients together, and add the beaten yolks or eggs. Blend in the melted butter, milk and vinegar slowly. Cook over boiling water until the mixture thickens. Add the Blue Ribbon Malt Extract; mix well. Remove from the fire and cool.

GOLDEN DRESSING FOR FRUIT SALADS

2 eggs
2 teaspoons Blue Ribbon Malt Extract (plain)

Beat eggs slightly. Add the lemon and pineapple juice, sugar and cornstarch. Cook in a double boiler until thickened. Add the Blue Ribbon Malt Extract; mix well. This is served on fruit salads. Cream, whipped or plain, may be added if desired.

JAPANESE SALAD DRESSING

2 1/2 cups tomato juice
2 teaspoons salt
5 tablespoons sugar
1 teaspoon Blue Ribbon Malt Extract (plain)

Mix the dry ingredients together. Add the tomato juice, Blue Ribbon Malt Extract and vinegar. Mix well. Cook in double boiler, stir while cooking. Cook until thick and smooth. Cool. Add to one cup of mayonnaise.

Foods Made with Blue Ribbon Malt Extract Are Tasty.
With Plain Malt Extract

**BAKED BEANS**

- 1 quart navy beans
- 3 tablespoons Blue Ribbon Malt Extract (plain)
- ½ tablespoon mustard
- 2 tablespoons sugar
- 1 tablespoon salt
- 1 tablespoon molasses
- ½ cup boiling water
- ⅛ teaspoon soda

Soak the beans in cold water over night. Drain. Add fresh water. Add soda and simmer until tender. Drain. Rinse in cold water. Scald the rind of the pork. Scrape it and gash it into one half inch slices. Put the beans and the pork in a pot, leaving the rind exposed. Mix the molasses, salt, Blue Ribbon Malt Extract and boiling water together. Pour over the beans. Bake for three hours, or until soft, in a moderate oven at 325°F. One half cup tomato catsup, or tomatoes and vinegar may be used instead of one half cup of the water. Then only one half teaspoon of mustard is used.

**BAKED CARROTS**

- 6 small cooked carrots
- 1 cup milk
- 1 tablespoon butter
- 3 tablespoons sugar

Slice the cooked carrots lengthwise. Mix the Blue Ribbon Malt Extract with the milk. Add the rest of the ingredients to the milk. Pour over the carrots. Bake for twenty-five minutes at 350°F.

**CANDIED SWEET POTATOES**

- 6 medium sweet potatoes
- 3 tablespoons Blue Ribbon Malt Extract (plain)
- ½ cup sugar
- 1 tablespoon butter

Wash and pare the sweet potatoes. Cook in boiling water until tender. Drain. Cut in halves lengthwise. Place in a buttered baking dish. Mix the sugar, butter and Blue Ribbon Malt Extract together. Add the water. Pour over the sweet potatoes. Bake in a moderate oven for forty minutes at 325°F. Baste while baking.

**SOUTHERN SWEET POTATOES**

- 2 cups mashed sweet potatoes
- ⅛ cup butter
- ½ cup sugar
- 1 tablespoon Blue Ribbon Malt Extract (plain)
- ⅛ teaspoon salt
- 2 teaspoons chopped black walnuts
- Marshmallows

Cook, drain and mash the sweet potatoes. Add the Blue Ribbon Malt Extract. Add the butter, salt and cream. Beat well. Use more cream, if needed, to make this the consistency of ordinary mashed potatoes. Add the black walnuts. Place in a buttered baking dish. Cover with marshmallows. Bake at 325°F. until they are brown.

**CHEESE SOUFFLE**

- 4 tablespoons butter
- 1 teaspoon salt
- ½ teaspoon pepper
- 6 tablespoons flour
- ⅛ cup grated cheese
- 1 cup milk
- 6 eggs

Mix the butter, salt, pepper and flour together. Add the milk, and cook until thickened. Remove from fire and add the Blue Ribbon Malt Extract, Hop Flavored, the well beaten egg yolks and the grated cheese. Fold in the stiffly beaten egg whites. Pour into a buttered baking dish. Bake in a slow oven twenty minutes at 275°F. Serve at once.

**CHEESE BALLS**

- 1½ cups grated cheese
- 2 teaspoons Blue Ribbon Malt Extract (hop flavored)
- ⅛ teaspoon paprika
- 3 egg whites
- Bread crumbs

Mix together the cheese, salt, paprika and Blue Ribbon Malt Extract, Hop Flavored, until thoroughly blended. Add the stiffly beaten egg whites, and shape into small balls. Roll in sifted bread crumbs. Fry in deep fat to a delicate brown. The balls will cook in less than a minute.

**POTATOES AU GRATIN**

- 3 cups cold boiled potatoes diced or sliced
- 2 cups white sauce

Mix together the cheese, salt, pepper, butter and Blue Ribbon Malt Extract, Hop Flavored, then add milk. Cook until thickened, and add cheese mixture. Pour over the potatoes. Place in a buttered baking dish and cover with buttered bread crumbs. Bake at 350°F. until crumbs are brown.

Blue Ribbon Malt Extract Makes Palatable Salad Dressings
With Hop Flavored Malt Extract

CABBAGE AU GRATIN

1 head cabbage 1 1/2 cups milk
2 tablespoons butter 1/2 teaspoon salt
2 tablespoons flour 1/4 teaspoon pepper
1 teaspoon Blue Ribbon Malt Extract (hop flavored)
2 tablespoons butter

Cut the cabbage as for coarse slaw. Cook in boiling salted water until tender, then drain. Make a white sauce of the butter, flour, salt, pepper and Blue Ribbon Malt Extract, Hop Flavored. Mix together with the milk, and cook until thickened. Add the cheese. Pour over the cabbage in a buttered baking dish, and cover with buttered bread crumbs. Bake for twenty minutes in a moderate oven at 350°F.

RICE AU GRATIN

3 cups cooked rice 1 teaspoon Blue Ribbon Malt Extract (hop flavored)
1 1/2 cups grated cheese 1 cup bread crumbs
1 1/2 cups milk 1 cup minced ham or other cooked meat
2 tablespoons melted butter 1/2 teaspoon onion juice

Mix the flour, salt, butter and Blue Ribbon Malt Extract, Hop Flavored, together, and add the milk. Cook until thickened. Pour over the cooked rice. Add the grated cheese and beaten egg. Cover with buttered bread crumbs. Bake in a slow oven at 275°F. Diced cooked meat may be added.

POTATO AND CHEESE CROQUETTES

3 cups mashed potatoes 1 teaspoon onion juice
1 cup grated cheese 1 tablespoon chopped parsley
1 tablespoon Blue Ribbon Malt Extract (hop flavored) 1 egg

Mix the warm mashed potatoes, grated cheese and Blue Ribbon Malt Extract, Hop Flavored, together. Add the finely minced parsley, onion juice and unbeaten egg. Mix well. Shape into croquettes. Dip in buttered bread crumbs. Bake in a greased pan in a hot oven for twenty minutes at 400°F.

TOMATO RICE

6 tablespoons rice 1 teaspoon Blue Ribbon Malt Extract, hop flavored,
1 can tomatoes Salt and pepper
2 onions 1 cup cooked meat

Mix first five ingredients and cook for thirty minutes, replacing water that evaporates. Add chopped meat and let simmer for one hour.

Scalloped Corn

4 cups corn 1/2 cup milk
3 cups crackers Pepper
1/2 teaspoon salt 1 teaspoon Blue Ribbon Malt Extract (hop flavored)
2 tablespoons butter

Roll the crackers fine. Season the corn with the melted butter, Blue Ribbon Malt Extract, Hop Flavored, salt and pepper. Put a layer of corn and a thin layer of crackers alternately in a buttered baking dish. Pour the milk over all. Cover with buttered bread crumbs. Bake in a hot oven at 400°F. until corn is cooked and crumbs brown.

STUFFED GREEN PEPPERS

6 green peppers Salt and pepper
1 cup bread crumbs 1 teaspoon Blue Ribbon Malt Extract, hop flavored
1 cup minced ham or other cooked meat 1/2 teaspoon onion juice
2 tablespoons butter 2 cups canned tomatoes, strained

Wash the peppers, cut off stems, remove the seeds and wash well. Chop meat fine, add bread crumbs and seasoning. Thoroughly mix Blue Ribbon Malt Extract, Hop Flavored, in milk and add to meat. Fill peppers; pour tomatoes over them and add small piece of butter to each. Bake for one hour in slow oven, 275°F. in covered dish.

Beverages

With Plain Malt Extract

MALT CHOCOLATE CREAM

Chocolate Cream Syrup: Mix one ounce chocolate cream flavor with eight ounces hot water and stir thoroughly into one pound of Blue Ribbon Malt Extract, plain. Or use 3 ounces chocolate cream flavor with 1 1/2 pints of water to one 3 pound can of Blue Ribbon Malt Extract. Keep the mixed syrup in a cool place. For one glass of Malt Chocolate Cream use 1 1/2 tablespoons of chocolate cream syrup and one teaspoon of sugar. Serve with plain or charged water.

MALT COCOA

Make a paste of one teaspoon cocoa and two teaspoons Blue Ribbon Malt Extract, for each cup. Work smooth with a little hot milk, or mixture of hot milk and hot water then add balance of milk, or milk and water, and stir. Sweeten if desired.

MALT COFFEE

Add to the coffee in the percolator one and one-half teaspoons of Blue Ribbon Malt Extract, plain, for each cup. Work smooth with a little hot milk, or mixture of hot milk and hot water; then add balance of milk, or milk and water, and stir. Sugar and cream to taste.

MALT TEA

Flavored, with Blue Ribbon Malt Extract, plain, is added to the tea leaves before steeping. Or add one teaspoon of Blue Ribbon Malt Extract in each cup of tea, and stir. Sugar and cream to taste.

Blue Ribbon Malt Extract Preserves Foods in Fresh Condition [30]
MALTED MILK
Add to two or three tablespoons (depending on richness desired) of Blue Ribbon Malt Extract, plain, enough hot milk to make a paste; then add milk to make one pint. Malted milk is good to drink hot or cold, in a variety of ways, for instance plain, or seasoned to taste with pepper and salt, or with a little grated nutmeg added. For egg malted milk, use one egg for a large glass of the drink, shaking thoroughly.

Beverages
With Hop Flavored Malt Extract

BASE SYRUP
Dissolve Blue Ribbon Malt Extract, Hop Flavored, in the proportion of 1 pound Blue Ribbon to one pint of hot water; mix thoroughly. Cool before using. Do not make up more than two days' supply at one time. Keep in the ice box. Use the Base Syrup as directed in the following recipes. Where charged water is called for in making up the beverages, use any carbonated water or a syphon bottle.

HOP MALT FIZZ
Fill glass half full of charged water, stir in 1 1/2 to 2 tablespoons Base Syrup, then fill up glass with charged water and stir again. Charged water should be ice cold.

HOP LEMON FIZZ
Fill glass half full of cold charged water, stir in 1 tablespoon Base Syrup, the juice of 3/4 lemon and 1 heaping teaspoon of sugar to taste. Then fill up glass with cold charged water and stir again.

HOP LIME FIZZ
Made the same as Hop Lemon Fizz (see above recipe), using lime juice to suit taste, instead of lemon juice.

HOP GINGERADE
Make a ginger flavored syrup by stirring 4 ounces of ginger flavoring extract into 1 pint of Base Syrup; or smaller quantities in the same proportion. For 1 glass gingerade fill glass half full of cold charged water, stir in 1 tablespoon ginger flavored syrup, 1 1/2 teaspoons sugar and the juice of 3/4 lemon, then fill up glass with the charged water and stir again. Ginger flavored syrup for gingerade can also be made by using household gingerale extract instead of ginger flavoring extract. In that case use 2 to 3 ounces gingerale extract to one pint of base syrup.

HOP ROOT BEER
Make a root beer flavored syrup by stirring 1 1/2 ounces household Root Beer Extract into 1 pint of Base Syrup. For one glass of Malt Root Beer use 1 tablespoon root beer flavored syrup and 2 teaspoons sugar. Fill glass half full of cold charged water, stir, fill full of cold charged water and stir again.

BLUE RIBBON COCOA CREME
For one glass of Cocoa Creme place 1 tablespoon Base Syrup, 2 teaspoons sugar and 1 teaspoon cocoa in glass and work smooth. Fill glass part full of cold charged water, stir, then fill up with the charged water and stir again.

BLUE RIBBON COCOA MILK CREME
The same as Blue Ribbon Cocoa Creme, using cold milk instead of charged water, or use one-half milk and one-half charged water, to suit taste.
When Choosing Meats. Good meat is not flabby, but firm, and quickly recovers its form when pressed, the mark of pressure disappearing. Its smell is agreeable. If you cannot satisfactorily determine this, stick a knife in close to the bone and note the smell when the knife is removed. Any fluid oozing from good meat is watery, not mucilaginous.

Tough Meats. In order not to lose the flavor of meats when their toughness calls for long cooking, they should be seared before cooking to prevent the escape of the juices, or the juice should be allowed to escape into the gravy which is served with the meat.

When Choosing Fish. Stale fish is readily revealed by its odor. When fresh, the flesh is firm and quickly regains shape following pressure. It is a good, even color. The eyes are bright and prominent, the gills red.

When Choosing Vegetables. Green vegetables are in a sound condition when fresh, and are crisp and bright in color. Softness or faded yellow appearance shows they are stale. Root vegetables, while they do not seem to deteriorate, are finer when fresh. They should be completely ripened before storing and then set in cool, but not too cold, dry chambers; moisture or warmth will cause growth and sprouting, which lessens their value.

Garnishes. Edible garnishes are always best. Perhaps the simplest means of garnishing is a sprig of parsley on meats or a slice of lemon on fish.

When Making Jelly. When the jelly is ready to pour into glasses, put the glasses in a pan of hot water to prevent their cracking. The pan should be shallow and the water about two inches deep.

To Raise Breads. If you would have your breads and rolls rise well and evenly, do not allow the baking pans to touch each other, for air must circulate around each pan for best results.

Soup Too Salty. Grate a raw potato and cook it with the soup a few minutes longer. The potato will absorb the salt.

Grainy Candy or Icing. The use of Blue Ribbon Malt Extract in candies and icings will prevent their graining.

Cracked Eggs. Wrap them individually in soft paper and you may boil them safely.

Cleaning Piano Keys. Rub lightly with soft cloth moistened with alcohol. If slightly yellowed, dampen clean dry cloth with peroxide of hydrogen and rub over keys.
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America's Biggest Seller

ALWAYS THE SAME