Condensed Milk and its uses in Good Cookery
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MILDRED MADDOCKS BENTLEY Director of The Delineator Home Institute, and well-known author and consultant on foods and cooking, says of Condensed Milk:—

“Personally, I believe this modern form of milk has a very definite place on every home supply shelf. It furnishes a convenient and thrifty form of milk.

“I have used Borden’s Condensed Milk and have no hesitancy in advising you to stock with it. Use it as indicated in the following recipes. You will find that dishes are smoother, richer, better with condensed milk used as an ingredient.”
Condensed Milk and its uses in Good Cookery

Milk—in this age of specialization—comes in a variety of improved forms, each one particularly suited for certain purposes. Not to know and use these different forms is to deprive yourself of a great convenience and economy, to say nothing of a high quality, that mean much in everyday practical cooking.

Take Condensed Milk, for instance. Experience shows that for certain household purposes this milk is superior to any other form of milk. No other milk has quite the same qualities, or is so especially suited for making sweetened dishes.

WHAT IS CONDENSED MILK?

Understand, first of all, that Condensed Milk is not a manufactured milk substitute, as some people still imagine. It is milk—the finest fresh milk produced in the very heart of our richest dairy country. The greater part of the water is removed from this fresh milk and pure cane sugar is added in just the right proportions to give it additional food and energy value.

This gives Condensed Milk certain unique advantages. Removing the water (milk is 87% water) leaves the milk doubly rich and nourishing. The sugar—besides
helping to preserve the milk in its fresh state—gives added food and energy value.

For this reason Condensed Milk makes dishes richer, creamier and more nourishing than plain bottled milk. Condensed Milk is more digestible, too, than either raw or pasteurized milk. The condensing process breaks up the hard indigestible casein and makes it easier to assimilate. Because of the low heat used the important vitamins are not affected. They are all present, just as in fresh milk.

But aside from its greater nutritive and digestive value, Condensed Milk is superior for all kinds of sweetened dishes. The milk and sugar are so thoroughly blended—already partly cooked, you might say—that you get much better results than when you try the old method of mixing the plain milk and sugar together yourself. It combines more quickly and easily with all the other ingredients—binds them together in a more even, smoother texture.

There is the advantage, too, that this milk is always absolutely uniform. The richness of the milk, the sweetness of the sugar, never vary in the slightest. There is never the risk you run with bottled milk—that it may have lost some of its original goodness, or turned a little sour. For Condensed Milk, sealed in airtight containers, reaches you just as fresh and rich as when it was put up. Because of its sugar content, it keeps fresh for a considerable time after the can is opened.

Condensed Milk can be bought in quantity, kept on hand without ice, and opened when needed. It eliminates the old difficulty of having to figure one’s milk needs so exactly as to have plenty of milk on hand, yet not so much that some of it spoils and must be thrown away. The saving it offers—in time, trouble and waste—means a great deal in the efficient preparation of meals.

Use Condensed Milk for all your dishes that call for both milk and sugar. This includes all kinds of desserts—custards, puddings, cream pies, cake frostings, Spanish
creams—as well as mayonnaise dressings, quick breads, candies, etc.

To give you practical knowledge of this milk, a group of typical recipes has been worked out, showing how Condensed Milk is used to the best advantage. These recipes, carefully tested, are given on pages 8 to 34.

FOR COFFEE

Borden’s Condensed Milk is also excellent in coffee in place of cream and sugar. This is, in fact, one of the most universally popular uses for Condensed Milk. Put a spoonful or two in the cup, then add the coffee.

Condensed Milk gives coffee, first of all, a golden mellow color, which is almost as important as the aroma and flavor. It enriches coffee, too—gives it the smooth, creamy consistency of “extra-heavy” cream. This matter of “body” is one of the first points experts consider in testing the “cup quality” of coffee.

Condensed Milk also gives coffee a distinctive blended flavor, quite different from that of plain milk and sugar. This is because of the thorough pre-blending of the milk and sugar in the condensing process. It is to get this same blended quality that a professional uses a boiled sugar syrup in making sweetened drinks.

Besides being improved in flavor, body, and color, coffee with Borden’s Condensed Milk is more digestible than coffee with cream and sugar. People who ordinarily have ill effects from cream and sugar in coffee often find they can drink coffee perfectly well with Borden’s Condensed Milk, because of its easier digestibility.

Condensed Milk for coffee has the final advantage of economy. Its cost is a mere fraction of that of cream and sugar.

These same advantages hold true for Condensed Milk for tea. It makes delicious cocoa, too.

Use Borden’s Condensed Milk undiluted in these beverages.
Use it diluted with water in proper proportion for cooking.

The original and very finest grade of Condensed Milk is Borden's Eagle Brand. It is exceptionally rich in butter fat and energizing elements and is guaranteed absolutely uniform—every can the same. It has long been famous as an infant food. (See page 35.)

Borden's also puts up Condensed Milk under different brand names to meet the local demand that has grown up in different sections—Magnolia, Star, Challenge, Standard, Peninsular, Leader, Dime and Darling. All bear the Borden name and guarantee. Just ask for Borden's Condensed Milk. These household brands are not quite as rich as Eagle Brand and are packed in slightly smaller cans.

Borden's Eagle Brand Condensed Milk and Borden's Household Condensed Milk might be compared to Grade A and Grade B bottled milk. Eagle Brand is a superfine grade of condensed milk, prepared especially for the most delicate matter of feeding children. Borden's Household Condensed Milk is the next highest grade—and a very high grade, too—intended for general household use, where it is not necessary to exercise such very extreme care as in infant feeding.

In buying Condensed Milk, be careful not to confuse it with Evaporated Milk. Borden's puts up both forms of milk, which sometimes leads people to imagine they are the same product.

Condensed and Evaporated Milk are two entirely separate and distinct products—each intended for its own special uses. They are alike in their high quality, their convenience and economy.

The main difference between them is that Condensed Milk is sweetened while Evaporated Milk is unsweetened. Condensed Milk, therefore, is used for all recipes that call for milk and sugar—Evaporated Milk is used for recipes that call for milk without sugar.

Keep this difference clearly in mind, in order that you may always use the right milk for the right purpose.
HOW TO MEASURE IN COOKING

Read recipe carefully before commencing to cook. Note down on a slip of paper the materials and quantities required. Assemble all utensils and ingredients. Careful measuring of both liquid and dry ingredients is necessary to insure success.

All materials are measured level, unless otherwise stated, that is, by filling cup or spoon more than full and leveling with the blade of a knife. Measure flour after sifting, using standard measuring cups rather than coffee or teacups, which vary greatly and will not give correct proportions.

To measure a spoonful of dry material, fill spoon heaping full, then level; to measure half spoonful, fill and level spoon, then divide in half lengthwise. For quarter spoonful, divide the halves crossways.

A saltspoonful is one-fourth of a level teaspoon.

To measure butter, lard and other solid fats, pack solidly into spoon or cup and level with a knife.

When recipe calls for one tablespoon of melted butter, measure after melting. When recipe calls for one tablespoon butter melted, measure before melting.
THE following dishes made with condensed milk have been worked out, wherever possible, on the basis of a "master recipe," which can then be varied in any number of interesting and attractive ways. Once you have the simple basic recipe in hand, you can easily make any of the variations given here—or go even further and work out variations of your own. These are only a few suggestions and do not attempt to cover the entire field of possibilities for using condensed milk.

We recommend as a start, that you try the Cocoanut Macaroons on page 31 and the Caramel Pudding on page 33.

*Recipes worked out and tested by Miss Amy Smith, practical cooking expert.
LEAFY vegetables such as lettuce, celery, watercress, endive and cabbage are especially rich in mineral matter and make very attractive salads.

Tomatoes, cucumbers, Bermuda or Spanish onions are also excellent uncooked salad materials.

The fruits most commonly used in salads are oranges, grapefruit, pineapple, apples, grapes, pears, bananas, and cantaloupe. A fruit salad may take the place of dessert at luncheon, dinner, or supper.

Canned or left-over cooked vegetables may be utilized for salads.

Chicken makes a delicious salad. Crab, lobster, shrimp, salmon and tuna fish also are commonly used for salads.

Salads should be daintily prepared and arranged attractively and always be served crisp and cold. The vegetables should be thoroughly washed, chilled in water until crisp, drained, and placed in a clean towel and put on the ice until serving time. The dressing should be added just before sending to the table.
DELICIOUS MAYONNAISE DRESSINGS

that never go wrong in the making

CONDENSED MILK MAYONNAISE

\[
\begin{align*}
\frac{1}{2} \text{ teaspoon salt} & \quad 2 \text{ tablespoons Borden's Condensed Milk} \\
\frac{3}{4} \text{ teaspoon paprika} & \quad \frac{1}{2} \text{ cup olive oil} \\
\frac{1}{2} \text{ teaspoon mustard} & \quad \frac{3}{4} \text{ cup vinegar or lemon juice}
\end{align*}
\]

Mix the dry ingredients well. Blend the condensed milk thoroughly with the dry ingredients. Add the oil gradually, stirring constantly; as the dressing thickens blend in a tablespoon of vinegar or lemon juice. Continue in this manner until oil is all incorporated. Chill.

FRUIT SALAD MAYONNAISE

For fruit salad use recipe for Condensed Milk Mayonnaise with following variations:

Omit mustard,
Blend in one-fourth cup orange or grapefruit juice.

Mix with salad just before serving.

CHILI MAYONNAISE

\[
\begin{align*}
\frac{1}{2} \text{ cup Borden's Condensed Milk Mayonnaise} & \quad 1 \text{ teaspoon minced pimientos} \\
\frac{1}{4} \text{ cup chili sauce} & \quad 1 \text{ teaspoon minced green pepper} \\
\frac{1}{4} \text{ teaspoon salt} & \quad 1 \text{ teaspoon chopped olives} \\
\frac{1}{4} \text{ teaspoon paprika} & \quad \frac{3}{4} \text{ cup chili sauce}
\end{align*}
\]

Blend thoroughly and serve with plain lettuce or vegetable salad.

THOUSAND ISLAND DRESSING

\[
\begin{align*}
\frac{1}{2} \text{ cup Condensed Milk Mayonnaise} & \quad 1 \text{ teaspoon minced pimientos} \\
1 \text{ teaspoon lemon juice} & \quad 1 \text{ teaspoon minced green pepper} \\
\frac{1}{4} \text{ teaspoon salt} & \quad 1 \text{ teaspoon chopped olives} \\
\frac{1}{4} \text{ teaspoon paprika} & \quad \frac{3}{4} \text{ cup chili sauce}
\end{align*}
\]

Mix all the ingredients except chili sauce thoroughly. Then gradually beat in the chili sauce.

RUSSIAN DRESSING

\[
\begin{align*}
1 \text{ cup Condensed Milk Mayonnaise} & \quad 3 \text{ tablespoons chili sauce} \\
\text{made with vinegar} & \quad 1 \text{ tablespoon lemon juice} \\
1 \text{ teaspoon minced chives} &
\end{align*}
\]

CREAM MAYONNAISE

\[
\begin{align*}
1 \text{ cup Condensed Milk Mayonnaise} & \quad \frac{1}{4} \text{ cup whipped cream}
\end{align*}
\]

Blend well, serve with fruit salad.
SOME SALADS

with which to serve these new dressings

GRAPEFRUIT SALAD

2 cups grapefruit sections  1 cup shredded celery hearts
⅔ cup orange sections  Lettuce
Borden’s Condensed Milk  Mayonnaise

Mix fruit and celery and chill. Just before serving blend a little mayonnaise into salad. Serve on lettuce with a garnish of the mayonnaise and strips of pimiento.

PINEAPPLE AND NUT SALAD

in apple cups

1 cup crushed pineapple (drained)  ⅔ cup finely shredded celery hearts
1 cup broken nut meats  6 red apples
Borden’s Condensed Milk  Mayonnaise

Mix pineapple, nut meats and celery hearts and chill. Cut off top of apples, scoop out centres to form cups. Just before serving fill apple cup with fruit and nut mixture blended with a little mayonnaise. Garnish with a teaspoon of mayonnaise and celery plumes.

VEGETABLE SALAD

⅝ cup cold cooked diced carrots  ⅔ cup shredded celery
⅝ cup cold cooked peas  Sliced cooked beets
⅝ cup cold cooked beans  Borden’s Condensed Milk Mayonnaise
Lettuce

Marinate vegetables, arrange on lettuce leaves, cover with the mayonnaise, garnish with slices of beet.

PEACH SALAD

1 cup sliced canned peaches  ⅔ cup orange sections
⅝ cup shredded celery hearts  Lettuce hearts
Borden’s Condensed Milk Mayonnaise

Drain peaches—combine with celery and orange. Chill. Arrange on crisp lettuce hearts, with garnish of mayonnaise.

PRUNE AND PINEAPPLE SALAD

Large prunes, cooked and stoned  Chopped nut meats
Slices of pineapple  Lettuce hearts
Cream cheese  Borden’s Condensed Milk Mayonnaise

Stuff the prunes with cream cheese, blended with a little cream. Roll in nut meats.
Place a slice of pineapple on lettuce, arrange three prunes on pineapple, and a spoonful of mayonnaise in centre. Serve very cold.
BREADS

Milk is the best liquid for bread making because of its contribution to food value. The loaf retains its moisture better, it gives a whiter color to crumb and a rich golden brown crust.

All liquids used in yeast breads should be scalded before using to insure destruction of any organisms which might develop in dough.

Sugar is used in bread to improve the flavor, to produce better color to crust and hasten the activity of the yeast.

Fat is added to give tenderness to crumb and crust and to improve keeping qualities of loaf.

Eggs give to breads a yellow color and by their leavening power add to the lightness of dough.

Quick breads, rolls, muffins, biscuits, etc., should be baked in a hot oven. Slow baking dries them out.

Condensed Milk is particularly adapted to making quick breads in which sugar is used, as the perfect blending of milk and sugar gives evenness of texture.
GENERAL DIRECTIONS FOR MIXING QUICK BREADS

*Muffins*—Mix and sift dry ingredients. Beat egg slightly, combine with liquid and add to dry ingredients. Beat only enough to thoroughly mix ingredients and produce a smooth texture. Beat in melted shortening lightly. Pour in well greased pans and bake at once in a hot oven.

*Popover* mixture being very thin will not hold air long. It should be thoroughly beaten with an egg beater for several minutes to introduce as much air as possible; poured at once into hot well-greased earthenware or iron pans; placed in a hot oven until batter has risen to full height; then the temperature reduced to prevent burning, until popovers are thoroughly baked.

MUFFINS AND QUICK BREADS

**PLAIN MUFFINS** (Basic Recipe)

- 1 1/2 cups flour
- 3/4 teaspoon salt
- 3 teaspoons baking powder
- 4 tablespoons melted butter
- 1 egg, slightly beaten
- 1/4 cup Borden's Condensed Milk
- 1/2 cup water

Mix and sift together dry ingredients. Dissolve condensed milk in water, add with egg to dry ingredients, beat well together. Add melted butter. Fill well-greased muffin tins two-thirds full of mixture. Bake in a rather hot oven (400° to 425° F.) fifteen to twenty minutes.

**GRAHAM MUFFINS**

Use recipe for Muffins, substituting one-half cup graham or whole wheat flour for one-half cup white flour.

**CORN MEAL MUFFINS**

Use recipe for Muffins, substituting one-half cup corn meal for one-half cup flour.

**RAISIN BRAN MUFFINS**

Use recipe for Muffins, substituting three-fourths cup bran for three-fourths cup flour, adding 3/4 cup raisins after milk and egg.

**BLUEBERRY MUFFINS**

Use recipe for Muffins, adding 1/2 cup blueberries after milk and egg have been added. Flour berries before adding.
MARMALADE MUFFINS

Use recipe for Muffins. Fill muffin pans one-third full of muffin mixture, put a teaspoon of orange marmalade on top of batter in each tin, cover with batter to fill tin two-thirds. Bake in a hot oven about fifteen minutes.

SALLY LUNN

2 cups flour 2 eggs, well beaten
3 teaspoons baking powder ¼ cup Borden’s Condensed Milk
½ teaspoon salt ¼ cup water
½ cup melted butter

Mix and sift dry ingredients. Dilute milk with water, add with eggs to dry ingredients and beat well. Add melted butter, bake in a well-greased shallow pan in a moderate oven (350° F.) about 30 minutes.

CORN BREAD

1 cup corn meal ¼ cup Borden’s Condensed Milk
1 cup flour ¼ cup water
3 teaspoons baking powder 1 egg, beaten slightly
½ teaspoon salt 2 tablespoons melted butter


APPLE JOHNNY CAKE

1 cup flour ¼ cup Borden’s Condensed Milk
3/4 cup yellow corn meal ¼ cup water
½ teaspoon salt 1 cup apples, cut in small thin pieces
3 teaspoons baking powder 2 tablespoons melted butter
1 egg, beaten slightly

Mix and sift dry ingredients. Dilute milk with water, blend well, combine with egg, add to dry ingredients, beat well. Stir in apples and melted butter, bake in a shallow well-greased pan in a moderate oven.

NUT BREAD

3 cups flour ¼ cup Borden’s Condensed Milk
4 teaspoons baking powder 1 cup water
1 teaspoon salt 1 cup pecan or English walnut meats, cut in small pieces
1 egg beaten
2 tablespoons melted butter

Mix flour, baking powder and salt, sift twice, add the nut meats. Dilute milk with water, blending thoroughly; mix with beaten egg and melted butter, add to dry ingredients, turn into a well-greased, oblong bread pan. Let stand twenty minutes. Bake in a moderate oven, about forty-five minutes, brush with melted butter after removing from oven. If desired, one-half cup chopped seeded raisins may be substituted for one-half cup nut meats.
YEAST ROLLS

STANDARD ROLL RECIPE (15 rolls)

\[ \begin{align*}
\frac{3}{4} \text{ cup Borden's Condensed Milk} & \quad 1 \text{ teaspoon salt} \\
1 \text{ cup hot water} & \quad 1 \text{ yeast cake} \\
2 \text{ tablespoons melted butter} & \quad \frac{3}{4} \text{ cup lukewarm water} \\
& \quad \text{Flour (about 4\frac{1}{2} cups)}
\end{align*} \]

Soften yeast cake in lukewarm water. Dilute milk with hot water, blending well, and bring to scalding point. Add butter and salt to milk, cool to lukewarm. Beat in thoroughly 2\frac{1}{2} cups flour, add dissolved yeast cake. Cover closely and let rise in a warm place. When light, add enough more flour to knead, cover, let rise again, toss on a lightly floured board, pat or roll out to desired thickness, shape, place in a buttered pan, brush with melted butter, and let rise until very light. Bake in a hot oven about fifteen minutes.

CLOVER LEAF ROLLS

Use Standard Roll recipe. When light, break off piece of dough equal to amount used for one ordinary roll. Divide into three equal parts, shape, place three tiny balls in a muffin pan, brush over with melted butter. When very light, bake in a rather hot oven about fifteen minutes.

PARKER HOUSE ROLLS (1\frac{1}{2} doz. rolls)

Use Standard Roll recipe. When light, roll dough to one-third inch thickness, cut with a biscuit cutter, brush each circle with melted butter, crease through centre with dull edge of a knife dipped in flour. Fold each roll over double. Place in well-greased pan one inch apart; brush with melted butter. When very light, bake in a brisk oven about fifteen minutes.

TEA ROLLS

Use Standard Roll Recipe, using two additional tablespoons butter, adding two well-beaten eggs and a pinch of mace. Make a sponge of the diluted scalded milk (cooled to lukewarm), yeast cake, and two cups flour. Let rise, then add butter, eggs, salt, mace, and enough flour to knead. Let rise in warm place. Shape into small oblong rolls. Put into buttered pan, brush well with melted butter, let rise, and bake in a brisk oven.

CONDENSED MILK IN GRIDDLCE CAKE BATTER

In making griddle cakes, if one spoonful of Borden's Condensed Milk is added to the batter, the cakes will brown more evenly in the baking process and will gain additional crispness.
DESSERTS

Desserts containing milk, eggs, cream, starches, etc., in large proportions, are of high nutritive value and become a very desirable method of administering these foods to individuals who do not care for plain milk, raw eggs and cereals, or are likely to become tired of them.

Puddings are usually baked, steamed or boiled. All starchy puddings should be well cooked to render them more digestible. In steaming puddings, an even temperature must be kept; the cover must not be lifted off the pan for the first half hour.

Egg and milk dishes should be cooked at a low temperature. If baked, the dish should be surrounded by hot water and baked at a moderate temperature.

Molds for gelatines or blanc manges should be rinsed in cold water before using.

Batter puddings should be baked in a quick oven.

Sauces should never be poured over puddings until the moment of serving.

Meringues—In making meringues for top of puddings or pies, the egg whites should be beaten very light. If well chilled they will beat to a froth more rapidly. The addition of a little salt is also an aid in bringing to a froth more quickly. Fine granulated sugar in a proportion of two tablespoons of sugar to each egg white used, is added gradually, continuing the beating until the meringue is fine grained and will hold its shape.

The meringue may be spread evenly over the surface, using knife or back of spoon, or put on unevenly by spoonfuls. The meringue should touch the pastry rim or baking dish all around or it will shrink away in the process of baking. Meringues are baked in a low oven 200° F. to 250° F. until delicately browned. Meringues baked in a too hot oven will be tough and shrunken instead of being light.
PUDDINGS

CREAM RICE PUDDING

4 tablespoons rice  
3/4 cup Borden's Condensed Milk  
1/2 teaspoon salt  
Nutmeg

Wash rice thoroughly. Dilute milk with water, blending well. Add rice and salt. Pour into a buttered pudding dish, add a sprinkling of nutmeg, set dish in a pan of hot water. Bake three hours in a very slow oven, stirring several times during the first hour of baking to prevent rice from settling. Serve either hot or cold.

RICE PUDDING

1/2 cup rice  
3/4 cup Borden's Condensed Milk  
2 1/2 cups water  
Rind of one-half lemon thinly sliced  
1/2 teaspoon salt  
1 tablespoon butter  
2 eggs, slightly beaten  
1/2 cup seeded raisins (may be omitted)

Wash rice thoroughly, cover with cold water, soak one hour, drain. Dilute milk with cold water, stirring well to blend. Add rice, salt and lemon rind, cook in a double boiler until rice is tender and milk nearly absorbed. Remove lemon rind, stir in eggs and butter. Cook slowly five minutes longer. Add raisins, pour into a buttered pudding dish, bake in a moderate oven twenty minutes.
APRICOT IN RICE BORDER

\[ \frac{3}{4} \text{ cup rice} \]  
\[ 1 \text{ cup Borden's Condensed Milk} \]  
\[ 2 \frac{1}{2} \text{ cups water} \]  
\[ 1 \text{ tablespoon butter} \]  
\[ 3 \text{ eggs slightly beaten} \]  
\[ \frac{1}{2} \text{ teaspoon salt} \]  
\[ 1 \text{ can apricots or equivalent} \]  
\[ \text{of fresh cooked apricots} \]  
\[ \text{Rind of one-half lemon thinly cut} \]

Prepare and cook rice in double boiler as directed in the preceding recipe. Pour into a ring mold, let stand until cold and firm. Turn out of mold into serving dish, fill centre with apricots. Boil the juice from can to a thick syrup, cool and pour over rice.

RICE AND APPLE PUDDING

\[ 4 \text{ tart apples} \]  
\[ \frac{3}{4} \text{ cup rice} \]  
\[ 1 \text{ cup Borden's Condensed Milk} \]  
\[ 2 \frac{1}{2} \text{ cups water} \]  
\[ \text{Sprinkling of cinnamon} \]  
\[ 2 \text{ egg yolks, slightly beaten} \]  
\[ \frac{1}{2} \text{ teaspoon salt} \]  
\[ 1 \text{ tablespoon butter} \]  
\[ \text{Rind of one-half lemon thinly peeled} \]  
\[ 2 \text{ egg whites, stiffly beaten} \]  
\[ 4 \text{ tablespoons granulated sugar} \]

Peel apples, cut in quarters and place in a saucepan. Add just enough water to cover, and simmer gently until tender but not broken. Remove carefully from liquid and place in a buttered baking dish, sprinkle with cinnamon. Prepare and cook rice in double boiler as directed in Rice Pudding recipe, pour over the apples, bake twenty minutes in a moderate oven, cover top with meringue and brown lightly in slow oven. Serve cold.

BREAD PUDDING

\[ 1 \text{ cup Borden's Condensed Milk} \]  
\[ 3 \text{ cups hot water} \]  
\[ 2 \text{ cups sifted soft bread crumbs} \]  
\[ 1 \text{ tablespoon melted butter} \]  
\[ 2 \text{ eggs, slightly beaten} \]  
\[ \frac{3}{4} \text{ teaspoon salt} \]  
\[ 1 \text{ teaspoon vanilla or few gratings nutmeg or grated rind one lemon} \]

Dilute condensed milk with hot water stirring until well blended. Bring to scalding point in a double boiler, add the bread crumbs and let stand until cool. Stir in the eggs, butter, salt and flavoring. Pour into a buttered pudding dish, set in a pan of water, and bake about forty-five minutes in a rather slow oven. (350° F.) Serve with plain cream or fruit sauce.

QUEEN OF PUDDINGS

Follow the recipe given for Bread Pudding, using one whole egg and yolks of two—reserving two whites for meringue. When the pudding is cool, spread with apricot, plum or raspberry jam, well-sweetened stewed rhubarb, or a tart jelly. Cover with meringue made of stiffly beaten egg whites and four tablespoons granulated sugar beaten in gradually. Brown lightly in a slow oven. (250° F. to 300° F.) Serve hot or cold.
CHOCOLATE BREAD PUDDING

1 cup Borden’s Condensed Milk
2 1/2 cups hot water
1 1/4 cups sifted soft bread crumbs
1 teaspoon vanilla

2 squares unsweetened chocolate
2 egg yolks, beaten
1/2 teaspoon salt
1/2 teaspoon vanilla

Meringue

2 egg whites, stiffly beaten
4 tablespoons granulated sugar

Add hot water to condensed milk. Blend thoroughly and add bread crumbs. Cover and let stand fifteen minutes. Melt chocolate over hot water. Add to bread crumbs and milk with egg yolks, salt and flavoring. Pour into a buttered pudding dish. Set in a pan of hot water and bake in a moderate oven about forty-five minutes. Cover top with meringue made of egg whites and granulated sugar. Brown lightly in a moderate oven.

ORANGE BREAD PUDDING

1/2 cup Borden’s Condensed Milk
2 cups hot water
1 cup sifted soft bread crumbs
2 egg yolks, slightly beaten
1/2 teaspoon salt

1 tablespoon melted butter
Juice of three oranges
Grated rind of one orange
3/4 teaspoon salt

Add hot water to condensed milk, blend thoroughly, and bring to scalding point. Pour over bread crumbs; let stand until cool. Add egg yolks, salt, melted butter, orange juice and rind. Pour into a buttered pudding dish, set in a pan of hot water. Bake in a moderate oven about forty-five minutes. Cover with meringue of stiffly beaten egg whites and one-fourth cup sugar. Brown lightly in a moderate oven. Serve cold. If desired, the whole eggs may be added to pudding, the meringue omitted and the pudding served cold with cream.

PLUM BREAD AND BUTTER PUDDING

2 cups hot, stewed, or canned pitted plums (well sweetened)
Thin slices of bread, buttered
3/4 cup Borden’s Condensed Milk

1 1/2 cups hot water
2 eggs, beaten slightly
3/4 teaspoon salt
1/2 teaspoon almond extract

Butter bread on one side, line the bottom of a buttered baking dish with slices of bread, cutting to fit. Cover with layer of plums, add another layer of buttered bread, then remainder of plums, covering with layer of bread. Dilute milk with water, blending well. Bring to scalding point in a double boiler. Add salt to eggs and pour on slowly the scalded milk, stirring continually; flavor, and pour over the bread—placing an inverted plate on bread to keep under liquid. Let stand until bread is soft. Set in pan of hot water and bake about forty-five minutes in a moderate oven. Serve cold, with or without cream.

TAPIOCA CREAM PUDDING

3/4 cup Borden’s Condensed Milk
2 1/4 cups hot water
4 tablespoons quick-cooking tapioca
3/4 teaspoon salt

2 eggs, beaten separately
1 tablespoon melted butter
1 teaspoon vanilla or any preferred flavoring
TAPIOCA CREAM PUDDING (Continued)

Dilute milk with hot water, blending well. Bring to scalding point in a double boiler. Stir in tapioca and cook about one-half hour. Add butter and salt to egg yolks. Pour over them gradually the hot tapioca, stirring constantly. Return to double boiler and cook three minutes longer. Pour slowly over the beaten egg whites, folding in gently; flavor and chill. Serve plain or with cream or fresh fruit sauce.

Vary cream tapioca pudding by arranging fresh or canned peaches, apricots, or sliced oranges in bottom of serving dish, pouring over the chilled tapioca cream.

PRUNE TAPIOCA WITH CUSTARD SAUCE

\[
\begin{align*}
\text{3/4 cup Borden's Condensed Milk} & \quad \text{3/4 teaspoon salt} \\
\text{1 1/4 cups hot water} & \quad \text{1 cup prune pulp} \\
\text{1 cup prune juice} & \quad \text{Juice and grated rind one-half} \\
\text{1/2 cup quick-cooking tapioca} & \quad \text{lemon} \\
\text{2 egg whites, stiffly beaten} & \\
\end{align*}
\]

Dilute milk with water, stirring to blend well. Add prune juice, tapioca and salt. Cook in double boiler about thirty minutes; pour the hot pudding over egg whites, beating slowly. Add prune pulp and lemon and chill. Serve with custard sauce.

Custard Sauce

\[
\begin{align*}
\text{1/2 cup Borden's Condensed Milk} & \quad \text{3/4 teaspoon salt} \\
\text{1 1/2 cups hot water} & \quad \text{2 egg yolks, beaten separately} \\
\text{1 teaspoon vanilla} & \\
\end{align*}
\]

Dilute milk with water, bring to scalding point, pour slowly over egg yolks, stirring constantly. Cook in double boiler, stirring until mixture coats spoon. Strain, chill and flavor.

PINEAPPLE TAPIOCA

\[
\begin{align*}
\text{1 cup grated or crushed pineapple} & \quad \text{3 tablespoons quick-cooking tapioca} \\
\text{3/4 cup Borden's Condensed Milk} & \quad \text{3/4 teaspoon salt} \\
\text{2 1/4 cups hot water} & \quad \text{2 egg whites, stiffly beaten} \\
\end{align*}
\]

Dilute milk with water, stirring well to blend. Bring to scalding point in a double boiler, add tapioca, pineapple, and salt. Cook one-half hour. Remove from fire, and fold in stiffly beaten egg whites. Chill. Serve with the following:

Boiled Custard Sauce

\[
\begin{align*}
\text{1/2 cup Borden's Condensed Milk} & \quad \text{2 egg yolks, beaten} \\
\text{1 cup hot water} & \quad \text{3/4 teaspoon salt} \\
\text{1 teaspoon vanilla} & \\
\end{align*}
\]

Dilute milk with water, bring to scalding point in a double boiler. Pour slowly over beaten egg yolks to which salt has been added. Return to double boiler and cook until mixture coats spoon, stirring constantly. Strain, cool and flavor.
BAKED PEAR AND TAPIOCA PUDDING

Halved canned pears
⅓ orange, grated rind and juice

Cover bottom of glass baking dish with halved pears. Sprinkle with grated rind and orange juice. Add juice from can to cover pears. Bake until pears are transparent and amber-colored.

TAPIOCA CREAM

⅔ cup Borden's Condensed Milk 4 tablespoons quick-cooking tapioca
2 ⅔ cups hot water ⅔ teaspoon salt

Dilute milk with hot water, blending thoroughly. Bring to scalding point in double boiler. Stir in tapioca and salt and cook about thirty minutes. Pour gradually over the beaten egg yolks, stirring continually. Return to double boiler and cook two minutes longer. Fold in the beaten egg whites and pour over the pears. Serve cold, plain or with cream.

BAKED ALMOND PUDDING

½ cup Borden’s Condensed Milk 3/4 lb. shredded blanched almonds
1 ⅔ cups hot water ⅔ teaspoon salt
⅔ lb. stale macaroons 3 eggs, beaten
⅔ lb. stale lady fingers, crumbled 1 teaspoon vanilla

Dilute milk with water, bring to scalding point. Pour over the crumbled lady fingers and macaroons. Let stand fifteen minutes, beat well, stir in eggs, salt, and shredded almonds. Add vanilla. Pour into a buttered mold, set in pan of hot water and bake in a moderate oven until set.

CUSTARD DESSERTS

CUSTARDS separate or curdle when cooked at too high temperature. Soft custards may curdle when they are cooked for too long a time or not stirred constantly while cooking. If a soft custard begins to curdle, remove the dish containing it immediately from heat, set in a pan of cold water and beat the custard vigorously to redistribute the particles of egg and milk solids.

When making firm custard, the dish containing it should be set in a pan of hot water, kept constantly at a temperature below the boiling point (180° F. to 200° F.) while the custard is baking or steaming. This means the oven must be also kept at a low temperature.
GENERAL DIRECTIONS FOR MIXING CUSTARDS

Scald milk to save time in making. Beat eggs slightly, thoroughly mixing with salt and flavoring (sugar if unsweetened milk is used). Pour the hot milk gradually over the egg mixture. For baked custard, pour mixture into a buttered baking dish set in pan of hot water and cook in a slow oven until firm. The custard is done if a knife blade comes out clean when thrust into the center.

Cook soft custard in the top of a double boiler set over hot water, kept at a temperature of 180° F. to 200° F., or just below the boiling point. Stir constantly until the mixture coats the spoon and has the thickness of cream. Remove at once from heat.

Soft custard may be served in cups or sherbet glasses with a garnish of whipped cream, tart jelly, or preserved fruit; as a sauce for most gelatine dishes; poured over fruit or sponge cake, lady fingers, or macaroons, then garnished with whipped cream or meringue. Soft custard is an excellent basis for ice cream, and is also used as the foundation of Spanish and Bavarian creams. A cold dessert should be thoroughly chilled before serving.
SOFT CUSTARD (Basic Recipe)

1/2 cup Borden’s Condensed Milk  2 whole eggs or 3 egg yolks
1 1/2 cups hot water  1 teaspoon vanilla or desired
1/2 teaspoon salt  flavor

Dilute condensed milk with hot water, bring to scalding point in double boiler. Pour slowly over slightly beaten eggs, mixing thoroughly. Return to double boiler, continue to cook, stirring constantly until mixture coats spoon. Cool, add salt and flavoring, chill.

SOFT COFFEE CUSTARD

Use recipe for Soft Custard, substituting 3/4 cup strong coffee for same quantity of hot water.

PEACH CUSTARD

Arrange alternate layers of lady fingers or stale sponge cake and sections of canned peaches in glass dish and pour over Soft Custard (basic recipe).

ORANGE OR BANANA CUSTARD

Arrange slices of sweet oranges or bananas in glass dish. Pour over Soft Custard (basic recipe), chill and serve with a garnish of whipped cream.

FLOATING ISLAND

Serve Soft Custard (basic recipe) in sherbet glasses with a spoonful of whipped cream floating on top.

BAKED PEACH CUSTARD

6 large, well-ripened peaches  3/4 teaspoon salt
3/4 cup Borden’s Condensed Milk  Grating of nutmeg
1 1/2 cups hot water  Butter
3 eggs beaten slightly  Sugar

Peel, cut in halves and remove pits from peaches—place in a buttered baking dish. Put a bit of butter and a teaspoon of sugar in each cavity, sprinkle with a little nutmeg. Make a custard mixture of milk, diluted with water, eggs and salt; pour over peaches, set dish in pan of hot water and bake in a moderate oven until firm. Serve lukewarm or very cold.

MOLDED CEREALS WITH FRUIT AND CUSTARD SAUCE

Pour Custard Sauce over any molded cereal combined with fruit—such as the following:

Rice mold with raisins
Oatmeal mold with dates
Cream of Wheat mold with fresh fruit

This makes a delicious wholesome dish.
GELATINE DESSERTS

SPANISH CREAM

$1 \frac{1}{2}$ tablespoons granulated gelatine
$\frac{3}{4}$ cup cold water
$\frac{3}{4}$ cup Borden’s Condensed Milk

2$\frac{1}{2}$ cups hot water
3 eggs, beaten separately
$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla

Soften gelatine in cold water. Dilute condensed milk with hot water, bring to scalding point in double boiler, add softened gelatine and stir until gelatine is dissolved. Pour slowly over the egg yolks, blending thoroughly. Return to double boiler; cook until thickened, stirring constantly. Remove from fire, add salt, flavoring, and stiffly beaten whites of eggs. Turn into individual molds. Chill. Serve with a garnish of whipped cream or soft custard sauce or fruit sauce.

COFFEE SPANISH CREAM

Use recipe for Spanish Cream, substituting one cup strong coffee for one cup water.

MACAROON CREAM

Make custard using same recipe as for Spanish Cream. Remove from fire, strain into pan set in ice water. Add $\frac{3}{4}$ cup pounded macaroons and flavoring, stirring until mixture begins to thicken. Then add stiffly beaten egg whites, mold and chill. Serve garnished with macaroons and broken pecan meats.
FRUIT SPANISH CREAM

Mold Spanish Cream (basic recipe) in individual sherbet glasses. When thoroughly chilled, scoop out centres, fill with sweetened fresh fruit or preserved or canned fruit. Garnish with spoonful of whipped cream and bit of fruit.

CHERRY SPANISH CREAM

1 3/4 tablespoons granulated gelatine  3 egg yolks, slightly beaten
3/4 cup cold water  3 egg whites, stiffly beaten
3/4 cup Borden's Condensed Milk  3/4 teaspoon salt
2 cups hot water  1/2 teaspoon almond extract
3/4 cup chopped Maraschino cherries  1/2 cup syrup from cherries

Soften the gelatine in cold water. Dilute the condensed milk with hot water, bring to a scalding point in a double boiler—add the softened gelatine to the hot milk, stir until gelatine is dissolved. Pour slowly over the egg yolks, blending thoroughly. Return to double boiler and cook until slightly thickened, stirring constantly. Remove from fire; add salt and flavoring, fold in the stiffly beaten egg whites, add the Maraschino syrup and chill. When mixture begins to thicken, add the cherries. Pour into individual molds. When firm, serve with a garnish of whipped cream and whole cherries.

CABINET PUDDING

3/4 cup Borden's Condensed Milk  1 teaspoon vanilla
1 1/2 cups hot water  3/4 teaspoon almond extract
3 egg yolks beaten slightly  1 cup candied fruit finely shredded
1 tablespoon granulated gelatine  3/4 cup angelica finely shredded
softened in 3/4 cup cold water  3/4 teaspoon salt
3/4 lb. macaroons  3/4 cup shredded almonds
3/4 lb. lady fingers

Soften gelatine in cold water. Dilute milk with hot water stirring until thoroughly blended. Bring to scalding point in a double boiler, pour slowly over egg yolks, stirring to mix well. Return to stove, add salt, cook, stirring constantly until the mixture coats spoon. Add gelatine, stir until dissolved, strain, cool slightly, and flavor.

Place mold in pan of ice water. Cover bottom with layer of fruit and almonds, then with custard mixture added carefully by spoonfuls. When firm add a layer of lady fingers, then layer of macaroons. Cover with layer of custard, when firm, repeat. Chill. Serve very cold with a garnish of candied cherries.

CHOCOLATE PUDDING

1 cup Borden's Condensed Milk  3/4 teaspoon salt
2 1/2 cups hot water  2 tablespoons granulated gelatine
2 squares unsweetened chocolate  4 tablespoons cold water

Soften gelatine in cold water. Dilute milk with water and bring to scalding point in a double boiler. Melt chocolate over hot water, add to hot milk and salt. Beat well. Add the softened gelatine, stir until dissolved, strain into mold and chill. Remove from mold and serve with cream or marshmallow sauce.
MARSHMALLOW MINT SAUCE

3/4 lb. marshmallows 1/4 cup boiling water
1 cup sugar 1 drop oil peppermint
Boil sugar and water to thin syrup. Add marshmallows cut in shreds. Stir until dissolved, cool, flavor and chill.

PASTRY

Either bread or pastry flour may be used in making pie crust, but pastry flour gives better results.

All utensils and materials should be very cold.

For rolling, use smooth wooden board and wooden rolling pin with handles.

Pie crust should be handled as little as possible.

Sprinkle tins with a little flour, do not grease.

Sift together the dry ingredients, cut the fat into them with two knives, add the water gradually, always pouring upon the dry flour and working only enough to obtain a paste which will cling together in a mass and leave the sides of the bowl clean.

The amount of liquid cannot be stated definitely, as it will vary with the amount of fat used and dryness of flour. The paste should be soft enough to roll out smoothly without breaking at edge.

If paste is chilled before rolling, it will be easier to handle and be of lighter texture when baked.

Never roll out more than enough dough for one crust at a time.

Sprinkle flour over board and rolling pin, place paste upon board, tossing quickly over and over to coat surface with dry flour and prevent sticking. Pat into a round, flat shape. Roll, with a light, quick motion of rolling pin, from center out, until the sheet is a little less than one-quarter inch thick, and a little larger than plate to allow for shrinking. In rolling, keep paste in a circular form. When crust is of right size, place rolling pin across it, fold one-half of paste over the pin, holding pin
firmly to prevent turning, lift the paste over pie pan and carefully place in position.

In making single crust pies, lay crust loosely on plate. Do not stretch. Fit smoothly to plate, trim crust one inch beyond edge, fold over and crimp with finger and thumb to form an extension about one-half inch high.

Prick well with a fork to allow the escape of air bubbles and to prevent uneven bottom. Place in a hot oven so that the fat will be cooked into the flour before becoming oily. When crust begins to brown, the temperature may be reduced.

If desired the rolled out crust may be fitted over the bottom of an inverted pie tin, and pricked well before baking.

Fillings should be cooled before putting into crust.

CREAM PIE (Basic Recipe)

\[
\begin{align*}
&\frac{3}{4} \text{ cup Borden's Condensed Milk} \\
&1 \frac{3}{4} \text{ cups hot water} \\
&\frac{3}{8} \text{ teaspoon salt} \\
&2 \text{ egg yolks, beaten slightly} \\
&1 \text{ teaspoon butter} \\
&\frac{3}{8} \text{ cup flour} \\
&1 \text{ teaspoon vanilla} \\
&Baked pastry
\end{align*}
\]
CREAM PIE (Continued)

**Meringue**

2 egg whites, stiffly beaten
4 tablespoons granulated sugar

Dilute milk with hot water, bring to scalding point in a double boiler. Add flour blended to a smooth paste with a little cold water; stir constantly until mixture thickens; continue cooking fifteen minutes longer, stirring occasionally. Pour gradually over the beaten egg yolks and salt, mixing thoroughly. Return to double boiler, stir and cook five minutes longer. Cool, add flavoring, pour into pastry shell, cover top with meringue. Bake in a slow oven (250° F.) until meringue is firm and slightly browned.

**CHOCOLATE CREAM PIE**

Add two squares unsweetened chocolate, melted over hot water, to Cream Pie Filling (basic recipe) just before removing custard from stove. Beat well, pour into pastry shell and cover top with meringue. Bake as directed for Cream Pie.

**NUT PIE**

Add one cup finely broken nut meats to Cream Pie Filling (basic recipe) after removing from stove. Cover with meringue. Bake as directed for Cream Pie.

**ORANGE OR BANANA PIE**

Arrange slices of bananas or oranges in baked crust. Pour over Cream Pie Filling (basic recipe), cover top with meringue and bake as directed for Cream Pie.

**COCOANUT PIE**

Add 1/4 cup shredded cocoanut to Cream Pie Filling (basic recipe). Cover with meringue to which 2 tablespoons of shredded cocoanut have been added. Bake in slow oven until meringue is slightly browned.

**PRUNE CREAM PIE**

<table>
<thead>
<tr>
<th>1 cup prune pulp</th>
<th>Grated rind half-lemon</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon corn starch</td>
<td>1/2 cup Borden's Condensed Milk</td>
</tr>
<tr>
<td>2 egg yolks, beaten slightly</td>
<td>1 cup prune juice or water</td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td>Baked pastry</td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
<td></td>
</tr>
</tbody>
</table>

**Meringue**

2 egg whites, stiffly beaten
4 tablespoons granulated sugar

Carefully wash one-half pound of prunes and soak over night in cold water. Stew gently in same water until soft; mash through colander. Dilute milk with prune juice or hot water. Bring to scalding point in double boiler. Thicken with the corn starch moistened in a little cold water; add salt; pour the mixture gradually over the egg yolks, stirring constantly. Return to double boiler, stir and cook five minutes longer. Remove and cool. Add prune pulp and lemon juice. Pour into pastry, cover top with meringue, and brown lightly in moderate oven.
BLUEBERRY CREAM PIE

\[
\begin{align*}
\frac{3}{4} \text{ cup Borden's Condensed Milk} & \quad \frac{3}{4} \text{ teaspoon salt} \\
1 \frac{1}{2} \text{ cups hot water} & \quad 1 \text{ tablespoon butter} \\
2 \text{ egg yolks, slightly beaten} & \quad 1 \text{ tablespoon corn starch} \\
2 \text{ cups blueberries} & \quad \text{Baked pastry}
\end{align*}
\]

**Meringue**

2 egg whites, stiffly beaten
4 tablespoons granulated sugar

Dilute milk with water and bring to scalding point in a double boiler. Thicken with the corn starch moistened with a little cold water. Add salt and butter, pour gradually over the egg yolks, stirring to blend well. Return to double boiler, stir and cook five minutes longer. Cool slightly, stir in 1 1/2 cups of blueberries which have been carefully washed, and picked over. Pour into the pastry shell. Sprinkle top with remaining berries. Cover with meringue made of egg whites and sugar. Bake in slow oven until meringue is slightly browned.

CUSTARD PIE

\[
\begin{align*}
\frac{3}{4} \text{ cup Borden's Condensed Milk} & \quad 4 \text{ egg yolks or 3 whole eggs, beaten slightly} \\
1 \frac{1}{2} \text{ cups hot water} & \quad \frac{1}{2} \text{ teaspoon salt} \\
\frac{3}{4} \text{ teaspoon salt} & \quad \text{Grated nutmeg} \\
\end{align*}
\]

Unbaked pastry

Dilute milk with water. Blend with eggs and salt, and pour into an unbaked crust. Sprinkle with nutmeg. Place in a rather hot oven to bake sides and bottom of crust; decrease the heat and cook at low temperature until knife inserted in centre will come out clean.

PUMPKIN PIE

\[
\begin{align*}
1 \frac{1}{2} \text{ cups steamed, strained pumpkin} & \quad 2 \text{ eggs, slightly beaten} \\
\frac{1}{2} \text{ teaspoon ginger} & \quad 1 \text{ tablespoon melted butter} \\
\frac{1}{2} \text{ teaspoon salt} & \quad 1 \text{ cup Borden's Condensed Milk diluted with 1 cup water} \\
1 \text{ teaspoon cinnamon} & \quad \text{Unbaked pastry}
\end{align*}
\]

Mix ingredients in order given, pour into pan lined with unbaked crust. Bake at rather high temperature at first to cock bottom and sides of crust. Reduce temperature and continue baking, testing as directed for custard pie.

SQUASH PIE

\[
\begin{align*}
2 \text{ cups squash, steamed and strained} & \quad 1 \text{ teaspoon cinnamon} \\
\frac{1}{2} \text{ teaspoon salt} & \quad \frac{1}{2} \text{ teaspoon ginger} \\
2 \text{ eggs, beaten slightly} & \quad \frac{3}{4} \text{ cup Borden's Condensed Milk} \\
1 \text{ tablespoon melted butter} & \quad 1 \text{ cup hot water} \\
\end{align*}
\]

Unbaked pastry

Add to squash, salt mixed with spices, stir in melted butter and eggs. Dilute milk with water, add gradually to mixture. Bake in one crust, following directions for pumpkin pie.
ICE CREAM

I. VANILLA ICE CREAM (French)

2 1/4 cups milk
1 tablespoon flour
1 egg or 2 egg yolks
1/6 teaspoon salt
1 1/4 cups Borden's Condensed Milk
1 tablespoon vanilla

Bring milk to scalding point in a double boiler. Blend egg or egg yolks with flour and salt, adding a little at a time and stirring until smooth. Pour the hot milk slowly over egg mixture, mixing well. Return to double boiler, cook over hot water until thickened, stirring constantly. Remove from fire, add condensed milk, stir until dissolved, cool, add flavoring, and freeze. This is a very wholesome and nourishing cream for children, and valuable in the sick room.

If a richer cream is desired, substitute one cup cream for one cup milk, added to cooled custard.

II. VANILLA ICE CREAM (Philadelphia)

1 1/4 cups Borden’s Condensed Milk
1/6 teaspoon salt
1 cup hot water
1 1/4 cups thin cream
1 1/2 tablespoons vanilla

Dissolve condensed milk in hot water, cool, add cream, salt and flavoring, and freeze.

I. CHOCOLATE ICE CREAM

Use recipe for Vanilla Ice Cream I. Melt two squares unsweetened chocolate in a small saucepan, set in a larger pan of hot water. After adding condensed milk, pour hot custard slowly into melted chocolate, blending well. Cool and freeze.
II. CHOCOLATE ICE CREAM

Use Vanilla Ice Cream recipe II. Melt two squares of unsweetened chocolate in small saucepan over hot water. Pour in gradually the condensed milk diluted with hot water, blend well. Cool, add cream and flavoring and freeze.

APRICOT MACAROON CREAM

Vanilla Ice Cream No. 1
Apricot jam or canned apricot
Crumbled macaroons

Dry macaroons in cool oven; pound fine. Place a layer of ice cream in mold, sprinkle with the crumbled macaroons, cover with a layer of apricot jam or canned apricots drained and chopped. Repeat until mold is full. Pack firmly in ice and salt mixture. Let stand two or three hours to ripen.

FROZEN PUDDING

Use recipe I. for Vanilla Ice Cream. One cup candied fruit (cherries, pineapple, angelica, apricots). Cut fruit in small pieces. Fill mold with alternate layers of cream and fruit. Pack in salt and ice mixture, let stand two hours to ripen. Or else add fruit to cream when partly frozen.

NESSELRODE PUDDING

Vanilla Ice Cream recipe I., using three egg yolks in making custard, 1 1/2 cups prepared French chestnuts, 1/2 cup candied fruit cut in small pieces, 1 cup cream. To cooled custard add cream and chestnuts and freeze. Line a quart melon mold with one-half of mixture. Add candied fruit to remainder. Fill mold, cover, pack in ice and salt, let stand two hours.

MISCELLANEOUS

COCOANUT MACAROONS

1 egg white stiffly beaten 1/4 cup Borden's Condensed Milk (about)
1 1/4 cups shredded cocoanut 1/2 teaspoon vanilla

Mix condensed milk and cocoanut. Fold in egg white. Drop by spoonfuls on a well-buttered pan. Bake until lightly browned in a moderate oven.

CONDENSED MILK CHOCOLATE FROSTING

2 squares unsweetened chocolate 1/2 cup Borden's Condensed Milk
1 tablespoon butter 1 teaspoon vanilla

Break chocolate in small pieces, melt with butter over hot water. Blend with condensed milk and flavoring. Beat until thick enough to spread between layers and on top of cake.
HOT CHOCOLATE SAUCE

1 square unsweetened chocolate  
1/2 cup Borden’s Condensed Milk  
1 tablespoon butter  
1/2 teaspoon vanilla  
1/4 cup hot water

Melt chocolate in a double boiler, add butter and condensed milk, mix well. Add water slowly, stir and cook five minutes. Flavor. If a thinner sauce is desired, add a little more water to chocolate mixture.

CANDIES

MAPLE NUT FUDGE

1/2 cup Borden’s Condensed Milk  
1/2 cup water  
1 cup sugar  
3/4 cup maple syrup  
1 tablespoon butter  
3/4 cup pecan meats broken in small pieces

Mix condensed milk, water, sugar and maple syrup. Put in saucepan, heat gradually to boiling point, stirring until sugar is dissolved. Cook slowly, stirring frequently until mixture forms soft ball (238°F.) when tested in cold water. Remove from fire, add butter, but do not stir it in. When lukewarm, beat until it creams, add nut meats, spread in a buttered pan. When it hardens, mark in squares.

CHOCOLATE FUDGE

1 cup Borden’s Condensed Milk  
1/2 cup water  
1 cup granulated sugar  
2 squares unsweetened chocolate  
1 tablespoon butter  
1 teaspoon vanilla

Mix condensed milk, sugar, water, and chocolate shaved or broken in fine pieces. Put in saucepan, heat gradually to boiling point, stirring until ingredients are well blended. Then follow same directions as for Maple Nut Fudge recipe above.
CHOCOLATE CARAMELS

1 cup Borden's Condensed Milk  
1/2 cup corn syrup  
1/2 cup water  
1 1/2 cups sugar  
3 tablespoons butter  
3 squares unsweetened chocolate  
1 teaspoon vanilla

Mix all the ingredients except vanilla, bring gradually to boiling point, cook over low flame until mixture will form a firm ball (245° F.) when tested in cold water. Remove from fire, add vanilla, pour into a greased pan. When cold, turn out of pan on bread board and cut in squares with a large butcher knife.

CHOCOLATE TRUFFLES

1/2 can Borden’s Condensed Milk  
1/2 pound sweet chocolate  
1/2 cup butter  
1 teaspoon vanilla

Melt chocolate in a double boiler. Remove from fire, add butter, then condensed milk and vanilla, stirring well. As soon as mixture begins to thicken, drop from point of spoon onto a buttered platter or baking sheet. Half nuts may be placed on these chocolate drops, or they may be rolled in chopped nut meats, chocolate “sprinkles” (chocolate shots), or grated chocolate.

BORDEN’S CARAMEL DESSERT

CARAMEL PUDDING (basic recipe)

Place unopened can of Borden’s Condensed Milk in a kettle of boiling water and simmer for two and a half hours, being careful not to let the kettle boil dry. Remove can, cool, and chill. Remove top of can, cutting along the side of the can—not the top—so that the contents may be removed whole; place on a serving dish, garnish with broken nut meats and whipped cream. To serve individually, cut in slices, garnish with nut meats and whipped cream—or use plain unsweetened cream, with or without garnish.
CARAMEL CAKE FILLING

Place the contents of one can of the caramelized milk in a double boiler, add one tablespoon butter, and one-fourth cup hot water. Stir and cook over the hot water until softened to a consistency to spread. Broken nut meats may be added.

BUTTERSCOTCH TARTS

Prepare the caramelized condensed milk as for cake filling. Cool slightly. Put into baked tart shells and serve cold with a garnish of whipped cream.

CARAMEL ALMOND SUNDAE

\[
\begin{align*}
\frac{1}{2} \text{ can caramelized Borden’s} & \quad 4 \text{ tablespoons hot water} \\
\text{Condensed Milk} & \quad \text{Vanilla ice cream} \\
2 \text{ tablespoons butter} & \quad \text{Blanched almonds, broken in pieces}
\end{align*}
\]

Place the caramelized condensed milk in double boiler, add butter, stir until melted. Add the hot water, gradually, stirring until of an even consistency. Serve cream in a sherbet glass, pour over spoonful of sauce and garnish with the broken almond meats.

For convenience, caramelize several cans at once and keep in the ice box for quick desserts, cake fillings, etc.
EAGLE BRAND CONDENSED MILK

For Babies

EAGLE BRAND has been the leading infant food for 60 years wherever bottle feeding is necessary. This fine full-cream cow's milk is modified with pure cane sugar in a way that makes it exceptionally digestible, forming soft, flocculent curds in the stomach. Often it will agree with a baby's delicate digestion when everything else fails.

Eagle Brand supplies just the right kind of nourishment for healthy development in an absolutely safe, dependable form. Its uniformity is guaranteed—every can exactly the same, no matter where you buy it. This is a matter of the utmost importance, of course, in feeding a little baby.

Eagle Brand is easy to carry with you, if you are travelling with a baby. It can be bought anywhere you happen to go—no matter how out-of-the-way the place—because of its universal use. For hot weather feeding it is particularly valuable, as it keeps without ice in the unopened can—always perfectly uniform.

Eagle Brand is simple for any mother to prepare and use.

For Malnutrition in Older Children

During the past few years Eagle Brand has also demonstrated its value as a corrective food for malnutrition among older children. A series of scientific experiments with several hundred undernourished school children—conducted by nutrition experts, doctors and pediatricians—showed that children who have a supplementary daily feeding of Eagle Brand improve greatly in weight, blood count and bone condition, as well as in mental alertness, general appearance and disposition.

For Eagle Brand supplies all the vital food elements
of milk—a child’s basic food—plus the extra energy from the sugar, which growing children especially need.

Many schools now serve Eagle Brand regularly every day. In many homes it is part of the children’s regular diet.

Eagle Brand is recommended—not as a substitute for bottled milk—but as a supplement to it, supplying extra calories in a child’s diet.

The best way to serve it is between meals—as a mid-morning or mid-afternoon drink. The standard formula is 2 tablespoonfuls diluted in 2-3 cup of cold water. Because it is so quickly and easily digested it does not spoil a child’s appetite for his regular meals.

Or for variety, serve Eagle Brand as a spread on bread or crackers (have the child drink more water in this case)—poured over cereals or fruit—made up into egg nogs, custards, and other simple dishes.

The form in which children take Eagle Brand is not so important as the fact that they get it regularly every day. It is only in this way that it can help to build up a child’s weight and health.

Complete detailed information on malnutrition and the whole subject of child health is given in the set of 3 Little Books for mothers, published by the Borden Company. This material is distributed free on request.
OTHER GOOD RECIPES
MADE WITH CONDENSED MILK

AFTER trying the preceding recipes, if you are an imaginative cook you will certainly want to venture further with Condensed Milk and work out recipes of your own. These blank pages provide a convenient place to write or paste such additional recipes.

The Borden Company, incidentally, would be glad to know of any new and interesting uses you may discover for Condensed Milk.
If you have found this little book on Condensed Milk helpful, you will probably want to go further and get equally useful material on other forms of milk.

The complete story of Milk in its various modern forms is published in a 96 page book entitled *Milk and Its Place in Good Cookery*. This book describes in detail each of the more important forms of milk, telling how to use the right milk for the right purpose. There is a whole separate section of recipes devoted to Evaporated Milk, Malted Milk, etc.—all just as good as the recipes you have tried here for Condensed Milk.

If interested in securing a free copy of *Milk and Its Place in Good Cookery*, write the Borden Co., Borden Bldg., 350 Madison Ave., New York City.