14 "Delicious Recipes"
Made with Creamettes
The more tender — more delicious MACARONI PRODUCT

TRY CREAMETTES TODAY. You'll like them!
Correct Diet

is of Vital Importance
to Good Health

What do you know about balanced meals?

It is literally true that your physical (and mental) welfare is dependent upon the foods you eat. Poor combinations of foods frequently lead to trouble. Good combinations nourish, strengthen and rebuild the body.

You may be surprised at the important contribution made by CREAMETTES and we know you will welcome the following information contributed by well known dieticians, food experts and members of the Medical profession.

CREAMETTES nourish quickly. They are made from the finest Amber Durum Semolina found anywhere in the world. The best part of the wheat berry contributes its most nutritious content to Creamettes.

CREAMETTES are quickly and easily digested. 89% is assimilated (a very high percentage compared with some foods which show only 20% assimilable food value). Easily digested by old and young alike.

CREAMETTES are rich in Minerals and Vitamins. Furnish all the needed minerals such as calcium, magnesium, iron, phosphorus, chlorine, etc. These are the minerals needed by the body for maximum good health.

CREAMETTES combine well with other foods to make balanced one-dish meals. It combines ideally with meats to form a balanced meal of health essentials. It combines with vegetables to supply elements otherwise lacking. It combines delightfully with cheese to make a substantial nutritious meal. Thus it not only serves to produce savory new dishes, but aids in the balancing of meals for health.

Serve CREAMETTES often. It is amazingly wholesome, intriguingly delicious.
CREAMETTE SALAD

DOESN'T THIS LOOK TEMPTING?

1 package Creamettes
1 small can Tuna Fish
1 1/2 cups chopped Celery
1 tablespoon chopped
Pimento

1 tablespoon chopped
Green Pepper
About 1 cup Mayonnaise
Sliced Stuffed Olives

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain and chill thoroughly in cold water. To the boiled and chilled Creamettes add the chopped celery, shredded Tuna fish, pimento and green pepper and mayonnaise. Garnish with sliced olives. The dish may be served at once or placed in the refrigerator for serving when desired. Shrimp or salmon may be used for variety in lieu of the Tuna fish.
CREAMETTE CASSEROLE

1 package Creamettes  
3 to 4 tablespoons of Butter  

1½ cups grated Nippy Cheese

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain and chill thoroughly in cold water. Put a layer of the boiled and chilled Creamettes about one inch thick in a buttered bake dish. Sprinkle with cheese, dot with bits of butter. Season with salt and paprika. Add one or two more layers until dish is full. Bake in a hot oven 15 to 20 minutes.
CREAMETTE RAVIOLA
A ONE DISH MEAL FOR THE ENTIRE FAMILY

1 package Creamettes
\( \frac{1}{2} \) pound of ground Beef (Hamburger)
1 medium sized Onion chopped fine

1 cup Celery chopped fine
3 to 4 tablespoons Butter
1 can of Tomato Puree or Tomato Soup

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain and chill thoroughly in cold water. Place butter in frying pan, add hamburger in bits about the size of your thumb. Fry slightly, then add onions and fry until nearly done. Add tomato puree or tomato soup and chopped celery. Cover frying pan and let simmer until tender. Add the sauce to the Creamettes and reheat. Serve very hot.

"Try this today and give the whole family a treat."

Quick Cooking
CREAMETTES SPANISH STYLE

1 package Creamettes
1/4 pound diced Bacon
3 medium sized Onions
1 cup grated Nippy Cheese
Butter the size of an egg
1 can Tomato Puree or Tomato Soup

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain and chill thoroughly in cold water. Fry the diced bacon and onions together until the bacon begins to brown. Add the tomato puree. Then boil the mixture about 5 minutes longer. Put a layer of boiled and chilled Creamettes about one inch thick in buttered bake dish. Sprinkle with cheese, dot with bits of butter, season with salt and paprika. Add part of the sauce. Add one or two more layers as above until the dish is full. Bake in a hot oven 15 to 20 minutes.

CREAMETTE SALMON SAVOURY

1 package Creamettes
1 cup white Sauce
1 pound can Salmon
1 small Pepper, chopped fine
1/2 teaspoon Salt
1 1/2 pounds Asparagus Tips, parboiled first, with a little salt or 1 can of Asparagus
1 cup grated Nippy Cheese
1/8 teaspoon Pepper

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain and chill thoroughly in cold water. Mix the other ingredients together and add them to the cooked and chilled Creamettes reserving some of the grated cheese for top of the dish. Grease casserole or baking dish, sprinkle with grated cheese and bake in moderate oven for 35 to 45 minutes. Serves 6 to 8.

CREAMETTES WITH TOMATO SOUP

1 package Creamettes
1 can Tomato Soup
1 heaping tablespoon Butter

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain but do not chill or blanch in cold water. Place back in kettle and add the butter. Pour the soup over the Creamettes and let simmer 4 or 5 minutes. Season to taste.

CREAMETTES—the more tender—more delicious macaroni product
CREAMETTE LOAF

1 package Creamettes
1 1/2 cup scalded Milk
1 cup soft Bread Crumbs
1/4 cup melted Butter
1 1/2 cups grated Nippy Cheese
Few drops Worcestershire Sauce if desired.

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain and chill thoroughly in cold water. Cook other ingredients except the eggs about 10 minutes. Take off fire, add the eggs and mix well. Mix this evenly with the Creamettes. Put in a buttered bake dish and bake 40 minutes in a pan of hot water in moderate oven.
**CREAMETTE FRUIT SALAD**

1 package Creamettes  
2 Apples  
2 Bananas  
1 cup Marshmallows  

1 cup whipping Cream  
1/2 cup boiled Salad Dressing  
1 cup shredded Pineapple  
Small Head of Lettuce

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain and chill thoroughly in cold water. Cut the apples, bananas and marshmallows into small pieces. Whip the cream and add salad dressing. Mix all together and serve on a leaf of lettuce. Dates and nuts may also be added if desired.

**CREAMETTES AND MELTED BUTTER**

It is not necessary to go to the trouble of preparing potatoes as Creamettes and Melted Butter can be prepared in half the time and served with great delight and satisfaction with roast, steaks and chops, and is a delightful luncheon by itself.

1 package Creamettes  
1/4 cup Butter

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain but do not chill. Put in a casserole and add the butter. Salt and pepper to taste. Mix well and serve hot.

**CREAMETTES AND BACON**

1 package Creamettes  
1/2 pound Bacon  
1 small Onion  
1/4 pound grated Nippy Cheese  
4 Eggs  
1/4 teaspoon Salt  
1/8 teaspoon Pepper  
1 tablespoon Butter

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain and chill thoroughly in cold water. Fry bacon until crisp. Remove and add sliced onion, frying until onion is brown. Remove onion and pour off enough of the bacon fat so that only about 2 tablespoons remain. Add 1/2 of cheese to eggs and scramble, using a low flame. Add salt and pepper during cooking. Mix butter and fried onion with the Creamettes and heat through. Place hot Creamettes on a platter and place eggs and bacon on top of the Creamettes. Sprinkle with remaining cheese. Serve hot.

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CREAMETTES AND PORK SAUSAGE

1 package Creamettes  1 can Tomato Puree or Tomato Soup
1 pound Link Pork Sausage  ½ teaspoon sweet Marjoram
1 medium sized Onion  ½ teaspoon Thyme
1 cup warm Water or Soup Stock  Salt and Black Pepper to season

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain and chill thoroughly in cold water. Fry pork sausage until nicely browned, remove from frying pan and brown the finely chopped onion in the pork fat. Now add tomato puree, warm water or stock and seasoning and let cook for 10 minutes. Return sausage to this mixture and simmer slowly for 15 minutes more. When the gravy is done, mix it with the cooked Creamettes and arrange on a platter with sausage around the edge.
OYSTER CREAMETTES

1 package Creamettes
1 pint Oysters
½ cup Cream
½ cup Butter
½ teaspoon Salt
½ teaspoon Pepper

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain and chill thoroughly in cold water. Pick over oysters. Butter a baking dish. Alternate with a layer of oysters and a layer of cooked Creamettes until all are used. Heat cream, butter, salt and pepper. Pour over all and bake in moderate oven for ½ hour.

CREAMETTE RAREBIT

1 package Creamettes
2 tablespoons Butter
1 tablespoon Flour
1½ cups hot Milk
1 teaspoon Salt
¼ teaspoon Paprika
1 teaspoon Worcestershire Sauce or prepared Mustard
3 cups grated Cheese
2 Egg Yolks

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain and chill thoroughly in cold water. In a double boiler, melt the butter, add flour, hot milk, salt, paprika and Worcestershire and cook till the mixture thickens. Then add the cheese, stirring constantly until melted. Pour a little of this mixture over the well beaten egg yolks, blending thoroughly, and then pour back into the rarebit, stirring well until the egg is cooked. Arrange the Creamettes on toast or crackers, pour the rarebit over it and serve piping hot. Creamette wide egg noodles may be substituted for the Creamettes.

CREAMETTE CUSTARD

1 package Creamettes
2 Eggs
3 cups Milk
½ cup Sugar
1 spoon Vanilla
½ spoon Salt

Pour a package of Creamettes into two quarts of rapidly boiling water to which two heaping teaspoons of salt has been added. Boil 8 to 10 minutes until tender. Drain and chill thoroughly in cold water. Beat eggs, add salt, sugar, vanilla and milk. Pour into a buttered cake dish. Add the boiled and chilled Creamettes. Sprinkle with grated nutmeg and bake about twenty minutes in a moderate oven. Raisins may be added if desired.

CREAMETTES—the more tender—more delicious macaroni product
When Children won’t eat what they should

—there’s a better way to get results than forever scolding “you must”

CHILDREN have perfectly normal human reactions, enjoying one food, disliking another. Of course, the difficulty arises when they dislike foods they really need for proper growth. But bear in mind that it is not enough to say, “Johnny, you must eat such-and-such because it’s good for you.”

The clever way to give Johnny the food elements he needs for health is to serve him something he likes . . . which at the same time contains these necessary elements.

Such a food is . . . Creamettes.

Children almost universally love Creamettes. Its delicious nut-meat flavor wins them from the first dish to second and third helpings. But the point of importance is, that each spoonful of Creamettes is a generous helping of Health because Creamettes nourish quickly, build strong muscles, and develop sturdy physiques. It is a complete food . . . a balanced basic food . . . filled with the elements needed for health, and it’s easily digested, too. Win your children subtly to health. Serve Creamettes often.
From this Single Package

... the basic part for a meal to serve six people!

KEEP this in mind as you find food costs slowly mounting higher ... to save money, SERVE CREAMETTES TWICE A WEEK.

One package of Creamettes when cooked according to several of the recipes given in this book will make the only basic or hot dish necessary for a substantial meal to serve 6 people. Here is a nutritious balanced food that offers innumerable variations for delightful meals.

But more than that, here is a food whose delicious superiority is apparent at the first taste. Women repeatedly ask, "How DO you give Creamettes such a delicious nut-meat flavor. Nothing else seems to compare with it." And after thirty years of conscientious effort to make the best MACARONI PRODUCT possible, we are modestly proud of the fine things women say ... and continue saying about it.