Pure Gluten Health Food

Cream of Wheat

Delicate Easily Digested
A Few Words of Interest

It is a well known fact that the wheat berry contains within itself a greater number of the properties which go to make up a perfect health food than any other grain. Therefore, when you couple with this fact the knowledge that the hard, glutinous wheat grown in the valley of the Red River of the North contains these elements in a greater degree than any other wheat in the world, and that CREAM OF WHEAT is made exclusively from the most glutinous part of Selected Hard Wheat, it will be readily seen that in it you have as nearly an ideal health food as it is possible to conceive. CREAM OF WHEAT is, however, not only one of the most desirable foods
for those of feeble health and weak digestion, but, being almost pure gluten, is in addition one of the most delicious breakfast foods ever placed on the table, and as nutritious as it is healthful. Try it, and we are satisfied that it will become one of the staples of your breakfast table.

Manufactured Solely By

THE CREAM OF WHEAT CO.

400-404 Third Ave. North, Minneapolis, Minn.
How It May Be Served

Breakfast Porridge

To one quart of boiling water add one-half teaspoonful of salt and 3/4 cup of CREAM OF WHEAT. Stir in slowly and cook fifteen minutes in a covered dish set in boiling water, stirring occasionally. Serve hot with cream and sugar. Many prefer, however, and we think it adds to the delicacy of the dish, that the food should be allowed to stand five to ten minutes, until it has assumed a jelly-like consistency.

Pudding

Heat three cups of milk, to which have been added two well beaten eggs and a little salt, to nearly boiling. Take one-half
cup of CREAM OF WHEAT, and mix well with one cup of cold milk till free from lumps; then pour into the hot milk and boil four or five minutes, stirring briskly. Flavor and serve with cream and sugar or pudding sauce.

**Pudding No. 2**

Take two cups of warm porridge and add to it one cup of cold milk; stir till smooth, then add one-half cup of sugar, one beaten egg, one tablespoonful of butter, one-half cup of raisins, and flavoring. Bake about twenty minutes.

**Cream of Wheat Ice Pudding**

To one quart of fresh milk add three to four tablespoonfuls of granulated sugar. Bring to boiling point and then add slowly one cup—about one-fourth of a pound—of CREAM OF WHEAT. Stir thoroughly; add one or two beaten eggs, with one
and a half teaspoonsfuls of Burnett flavoring and a pinch of salt. Boil and stir ten to fifteen minutes, till smooth and thick enough; then turn the whole into a wet mould or porcelain dish, set aside to cool, and when cold enough put on ice. Serve with fresh berries or any other fruit in summer, and with preserved pears, cherries or jams in winter. A claret sauce is also considered very palatable by some.

Cream of Wheat With Berries

Take one quart of raspberries and a quart of currants. Cover with water and set over fire to boil, after adding three or more cups of sugar, according to taste. When boiled long enough, strain carefully until all the juice is pressed out; place on the fire again and pour in slowly one and a half cups of Cream of Wheat,
and stir slowly until it thickens; take from fire and pour into a wet dish or mould. When cool put on ice. Serve with white vanilla sauce.

Plain Pudding

Put in a double boiler three cups of milk and a half a cup of sugar. Let this get hot. Stir in two beaten eggs and a half a cup of CREAM OF WHEAT. Put in a little of the wheat at a time, stirring constantly. Cook twenty minutes and add one teaspoonful of vanilla. Mould and serve cold with cream.

Cream of Wheat la Glace

Put one pint of milk in a farina boiler and heat to boiling point; sweeten and stir in one-half cup of CREAM OF WHEAT. Cook about ten minutes. Mould in a bowl and when cold slice round in slices about half an inch thick. Lay on a flat
dish and put jelly or preserves—jelly preferred—between the slices, terminating with the jelly.

**Cream of Wheat Entree**

Put in a sauce dish a tablespoonful of Cream of Wheat porridge and pour over this stewed cranberries. This will make a pretty and appetizing entree.

**Cream of Wheat Muffins**

Beat one egg, and add two tablespoonfuls of sugar, one teaspoonful of salt, one cup of sweet milk, one tablespoonful of melted butter, two tablespoonfuls of Cream of Wheat, and two teaspoonfuls of baking powder. Grease muffin tins well, and set on stove until hot; then pour in the batter and bake about twenty minutes in a moderate oven. This recipe makes a dozen good sized gems.
Cranberry Pudding

Take two cups of hot CREAM OF WHEAT porridge, and one-fourth cup of cranberry juice, with the skins strained out. Stir well and add sugar to taste. Mould and serve with cream and sugar.

Chocolate Blanc Mange

Take two cups of rather thick CREAM OF WHEAT porridge and sweeten to taste, adding a little vanilla extract. Take one tablespoon level full of cocoa, or one teaspoonful of chocolate, moisten with hot water and stir into porridge until it is of an even color. Put into mould. Serve with cream and sugar, vanilla sauce or whipped cream.

Hot Pudding

Use above recipe. After cooking as directed, turn into an earthen dish and bake in oven about fifteen
minutes. Serve hot with hard sauce, lemon sauce, vanilla sauce or milk.

**Children’s Diet**

Put one pint of milk in a farina boiler, and when boiling stir in half a cup of Cream of Wheat, and one-half teaspoonful of salt. Cook steadily for eight or ten minutes. This makes a wholesome dish for children or invalids.

**Quick Lunch Pudding**

One pint of milk, a little salt and two eggs well beaten together. Let this come to a boil; then add two tablespoonfuls of Cream of Wheat and cook just five minutes. Flavor and serve hot or cold, as preferred, with cream and sugar.

**Fruited Wheat**

To one quart of milk add two eggs. When boiling add one cup of Cream of Wheat, one cup of seeded
raisins and one cup of dried currants. Serve hot with flavored sauce.

Golden Wheat Pudding

One quart of milk, three eggs, two-thirds of a cup of CREAM OF WHEAT, and a little salt. To the milk add the yolks of the eggs, well beaten, and allow this to come to a boil; then sprinkle in the CREAM OF WHEAT, slowly stirring all the while. Cook about five minutes. Now add the whites of the eggs, beaten to a stiff froth, and remove from the fire at once. Flavor to taste, and serve hot with cream and sugar.

Favorite Gems

One cup of milk, two eggs, butter size of an egg, one tablespoonful of sugar, one and one-half teaspoonfuls of baking powder, enough CREAM OF
Wheat to make thin batter, and a little salt. Beat well and bake in gem pans in quick oven.

Snowflake Pudding With Cloth of Gold

Let one quart of milk come to a boil. Then add one cup of Cream of Wheat; sprinkle in slowly, stirring all the time. Add a little salt and allow this to cook about ten minutes. Then add the whites of two eggs, well beaten. Pour in mould and set in a cool place. When time to serve, turn the pudding out in a dish and pour over it the yolks of the eggs and one-half cup of powdered sugar well beaten together. Always use a double boiler in preparing Cream of Wheat, and allow cold water to stand in the moulds a while before using.
Steamed Pudding Without Eggs

One cup of sweet milk, one cup of raisins, one cup of suet, one-half cup of molasses, one-half cup of brown sugar, two teaspoonfuls of baking powder, two cups CREAM OF WHEAT, one cup of flour, one teaspoonful of nutmeg, one teaspoonful of allspice, one teaspoonful of cinnamon. First mix the CREAM OF WHEAT and baking powder; then all the rest. Pour into a buttered pan and cook in a steamer three hours. Serve with hot sauce.

Apple Pudding

Heat in a double boiler three cups of milk, and one-half cup of sugar. Let this get hot and then stir in two well beaten eggs and a little salt. Three apples sliced thin, one-half cup of CREAM OF WHEAT, stirred in slowly. Cook twenty minutes, and add one teaspoonful of vanilla. Serve with this sauce: One
pint of milk, two eggs and two teaspoonfuls of sugar. Stir over fire till nearly boiling, but do not let boil.

**Chocolate Blanc Mange**

To one pint of fresh milk add four tablespoonfuls of chocolate and sweeten to taste. Heat to boiling point, then add very slowly one-half cup of *Cream of Wheat* and a pinch of salt, stirring until it thickens. Then pour into a mould. Serve with whipped cream.

**Pudding**

Take three cups of milk and half a cup of sugar. Let this get hot, then add three well beaten eggs and stir in slowly one-half cup of *Cream of Wheat*; then one cup of grated cocoanut. Boil twenty minutes and add two teaspoonfuls of flavoring extract. Turn into moulds. When cold serve with whipped cream. This recipe is one of the most excellent yet tried.
Baked Fruit Pudding

Take one quart of milk, one teaspoonful of salt, one cup of sugar and two well beaten eggs. Heat and pour in slowly one cup of CREAM OF WHEAT, stirring constantly. Boil fifteen minutes; then butter a deep pudding dish and put in a layer of raspberry jam on the bottom over which pour a layer of above, alternating in this order until all the ingredients have been used. Bake in a quick oven ten minutes. Serve with whipped cream flavored with sherry wine.

Madge's Pudding

Mash one quart of cranberries and pour in one cup of sugar. Simmer slowly twenty minutes. Add one cup of CREAM OF WHEAT, stirring slowly and constantly while pouring. Turn into mould to cool, and serve with hard sauce.
CREAM OF WHEAT will also be found far superior to wheat, graham or buckwheat flour for making gems or pancakes, and the cold breakfast porridge cut in slices and fried in butter is one of the most delicious dishes imaginable.

It is far superior to cracker or bread crumbs for use in rolling oysters, clams, etc.
TWO POUNDS OF CREAM OF WHEAT
At the proportion of three-quarters of a cup of Cream of Wheat to one quart of water (which is the recipe for Breakfast Porridge shown on our package)

MAKES ELEVEN QUARTS COOKED FOOD.
You need not take our word for it, but can figure it out for yourself.
As against this,

TWO POUNDS OF OATMEAL
At the invariable recipe which is shown on all oatmeal packages,

MAKES SIX QUARTS COOKED FOOD.
As practically the only criticism on Cream of Wheat has been that it was too expensive, it will pay you to figure

WHICH IS THE CHEAPER.
Which is the best we will leave our customers to judge. But

DO NOT BE LED ASTRAY BY
The specious argument that because oatmeal sells for less money per package it is the cheapest.

SPEECIOUS ARGUMENTS
Have had their day. The proof of the matter is in the cooking of the food. We are not saying a word against oatmeal as a food, but simply answering the principal objection urged by the oatmeal people against Cream of Wheat.
CREAM OF WHEAT is an almost entirely Pure Gluten Health Food, and will not distress the most delicate stomach. Dyspeptics or anyone troubled with a weak digestion will find Cream of Wheat a boon out of all proportion with its money value. As a food for infants it is also without a peer. Delicate, nutritious and healthful, it is a blessing to the sick-room and nursery. Use it once and you will never be without it. Manufactured exclusively by the CREAM OF WHEAT CO., Minneapolis, Minn.