CREAM OF WHEAT

What It Is.

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 we have as nearly an ideal health food as it is possible to conceive.

Dyspeptics and others who are troubled with 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 alike to sick-room and nursery.

CREAM OF WHEAT is, however, not only one of the most desirable foods for those of
health and weak digestion, but in addition one of the most delicious breakfast foods ever placed upon the table, and is as healthful as it is dainty.

It may also, because of its peculiarly delicate character, be used in the making of a variety of dainty and delicious dessert dishes which cannot fail to prove an agreeable addition to the dinner menu.

From the fact that it sells at a trifle higher price than some breakfast foods, many people jump to the conclusion that it is not economical. Such, however, is not the case. Its highly concentrated character makes it really one of the cheapest foods on the market, as will be readily seen when our recipes are read. One two-pound package will make twelve quarts of cooked food. Do you know of anything much cheaper?

The many excellent qualities of Cream of Wheat may be summarized as follows:

It is very rich in gluten and phosphates and therefore is particularly healthful.

Owing to its highly concentrated character, it is very economical.

And because of its peculiarly dainty flavor it makes one of the most delicious additions to the breakfast table or dinner menu.

Cream of Wheat Co.
Minneapolis Minn., U.S.A.
Breakfast Porridge.

To one quart of boiling water add one-half teaspoonful of salt and three-fourths of a cup of Cream of Wheat. Stir in slowly and cook fifteen minutes in a covered dish set in boiling water. Cooking one-half to three-quarters of an hour will not injure, but really adds to its delicacy. Serve hot with cream and sugar. Many prefer, however, and we think it adds to the daintiness of the dish, that the food be allowed to stand until it assumes a jelly-like consistency before serving.

Pudding.

Heat three cups of milk, to which have been added two well-beaten eggs and a little salt, to nearly boiling. Take about 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 tablespoon of butter, one-half cup of raisins, and flavoring. Bake twenty minutes.

Cream of Wheat Ice Pudding.

To one quart of fresh milk add three to four tablespoonfuls of granulated sugar. Heat to boiling and then add slowly one cup—about one-fourth of a pound—of CREAM OF WHEAT. Stir thoroughly, and add one or two beaten eggs, with one and a half teaspoonfuls of flavoring and a pinch of salt. Boil and stir ten to fifteen minutes, or until smooth and thick enough; then turn the whole into a wet mould or porcelain dish, set aside, and when cool 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 considered very palatable by some.

Cream of Wheat with Berries.

Take one quart of raspberries and one 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 juice is pressed out; place on the fire again and pour in slowly one and a half cups of Cream of Wheat and stir gently until it thickens; take from fire and pour into a wet dish or mould. After it is cool put on ice. Serve with white vanilla sauce.

Plain Pudding.

Put in a double boiler three cups of milk and a half cup of sugar. Let this get hot. Stir in two beaten eggs and one-half cup of Cream of Wheat. Put in only 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 Entree.

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

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
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.

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.

Quick Lunch Pudding.

A 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.
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 half a teaspoonful of salt. Cook steadily for eight or ten minutes. For children or invalids this is very wholesome.

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, stirring slowly meanwhile. Cook about five minutes. Now add the whites of the eggs, beaten to a stiff froth, and remove from fire at once. Flavor to taste and serve with cream and sugar.

Cream of Wheat la Glace.

Put one pint of milk in a farina boiler and heat to boiling point; sweeten, then 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
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 a thin batter, and a little salt. Beat well and bake in gem pans in a quick oven.

Apple Pudding.

Put 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. Then add three apples sliced thin and 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 brisk fire till nearly boiling, but do not let boil.

Snowflake Pudding with Cloth of Gold.

Let one quart of milk come to a boil. Then add one cup of Cream of Wheat, sprinkled in slowly and stirred 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 moulds 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.

Griddle Cakes.

Four cups of milk, yolks of three eggs, and a piece of butter the size of an egg. Heat in a double boiler and when hot add, while stirring constantly, one-half cup of Cream of Wheat. Stir until thickened, then take from fire, and when partially cool stir in the whites of the eggs, whipped, two tablespoonfuls of baking powder and a half teaspoonful of salt. Bake on hot griddle and serve immediately.

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, and when cold serve with whipped cream. This recipe is excellent.
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.

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 teaspoonsfuls of baking powder, two cups of 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.

Baked Fruit Pudding.

Take one quart of milk, one teaspoonful of salt, one cup of sugar and two well-beaten eggs. Heat this and then 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 the
above, alternating in this order until all has been used. Bake ten minutes in a quick oven. Whipped cream flavored with sherry wine makes an excellent sauce.

Cream of Wheat Balls.

One-half cup of Cream of Wheat, two cups of milk, one-half teaspoonful of salt, a dash of paprika, five drops of onion juice and the yolk of an egg. Make a porridge of the Wheat, milk and salt and as it thickens add the paprika, onion juice and beaten yolk. Stir well to mix and cook the egg. Pour it into a dish to cool. When cold roll into small balls, dip into beaten egg, then into cracker crumbs and again into egg, and fry in hot fat to a light amber. Serve on a napkin, or use as a garnish on a tray of meat.

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 or a light sauce.
Pudding.

Scald one quart of milk in a double boiler, then add one-half teaspoonful of salt and stir in slowly one-third cup of Cream of Wheat. Cook about half an hour, then pour over it two or three eggs which have been beaten until very light, and remove from the fire at once. Then with a spoon lightly fold the eggs into the pudding. The secret of success lies in stirring in the egg lightly and carefully. Do not beat it, and do not cook longer after adding the egg. This makes dessert for six.

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.
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THE IDEAL FOOD
FROM
CHILDHOOD TO
OLD AGE
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