A Few Cooking Suggestions

BY

MRS. W. W. VAUGHN
"The things I like about Crisco"

I have seen it manufactured in the bright clean building, devoted exclusively to Crisco. I have seen the uniformed, cleanly workers make and pack Crisco, and know that no hand touches the Crisco itself until the can is opened by myself or you.

I know that Crisco is a purely vegetable fat. I know that it is the cream of delightful food oils. No animal fat is added.

I know that the Procter & Gamble Company would not manufacture anything but a high class product possessing all the merits they claim for it in their advertisements.

I like Crisco's non-smoking feature. What woman today wants a smoky kitchen? I further appreciate Crisco in frying, in that it is capable of taking such a high temperature without smoking, forming a tasty crust instantly, and then baking instead of soaking the interior of the food.

I am delighted to find a cooking fat which does not absorb food odors or flavors. I have fried fish, then onions, then potatoes in the same Crisco, by straining the Crisco after each frying.

Crisco has no odor, save that delicate aroma which identifies the genuine Crisco and suggests its pleasing purity. I have never before found a cooking fat of this sort.

I am enthusiastic over the fact that I can use Crisco in the place of butter, as well as in the place of lard. In cake making, Crisco gives butter richness without butter expense. Crisco costs about one-third as much as good butter, and is even more economical than pail lard. I have found that salt should always be added when using Crisco in the place of butter.

I confess I never thought that such a product as Crisco was possible. I now recognize the boon Crisco has been to poor digestions because, when Crisco is properly used, the richest food digests with ease. Crisco readily digests at the temperature of the body, 98 degrees.

Everyone joins with me in being glad that that objectionable "lardy" taste is a thing of the past.

Mrs. W. H. Vaughan.
1. **Cecils**

1 cupful cold roast beef or rare steak chopped fine.  
Salt and pepper to taste  
1 teaspoonful minced onion  
1 teaspoonful Worcestershire sauce  
1 tablespoonful bread crumbs  
1 tablespoonful melted Crisco  
1 egg

Shape like croquettes, roll in flour, dip in egg and finally in crumbs. Fry in deep Crisco hot enough to brown a crumb of bread in 40 seconds, drain and serve with tomato sauce.

2. **Tomato Sauce**

1 cupful of strained tomato juice  
1/2 teaspoonful onion juice  
1/4 teaspoonful salt  
1/4 teaspoonful pepper

Rub together 2 tablespoonfuls of Crisco and 2 tablespoonfuls flour, add to tomato juice, season, and let simmer in double boiler for 5 minutes.

3. **Chicken Croquettes**

Boil one good sized chicken until tender. When cold, grind the meat in food chopper; add  
2 cupfuls bread crumbs  
1/2 cupful melted Crisco  
1 teaspoonful finely minced onion  
2 tablespoonfuls finely minced celery  
Salt to taste  
Dash of paprika

Add 3 eggs, and enough of the chicken broth to form into croquettes. Have deep Crisco hot enough to brown a crumb of bread in 40 seconds. Roll croquettes in flour, dip in egg, cover with bread crumbs, and fry in basket. Have Crisco deep enough to cover croquettes, so they brown evenly. You can use the same Crisco again and again. (Makes 25 good sized croquettes.)

*Use level measurements for all ingredients*
4. **Fried Chicken**

Select young, tender chickens and disjoint. Wash carefully and let stand over night in refrigerator. Then cook by one of the following methods:

**A**

Drain the chicken but do not wipe dry. Season with salt and white pepper and dredge well with flour.

Fry in deep Crisco hot enough to brown a crumb of bread in 60 seconds. It will require from 10 to 12 minutes to fry chicken.

Drain on paper and place in oven or warmer until ready to serve. Place on platter garnished with parsley and rice croquettes.

**B**

Make a batter of 1 cupful bread flour, ½ cupful water, 1 teaspoonful salt, 2 eggs, few grains of pepper, 1 tablespoonful Crisco.

Mix dry ingredients, add water and well beaten eggs and then the Crisco. Have kettle of Crisco hot enough to turn a crumb of bread a golden brown in 60 seconds. Drain chicken but do not dry.

Dip each joint separately in batter and fry in the deep Crisco until a golden brown. It should take from 10 to 12 minutes. Serve on a folded napkin, garnish with parsley.

**C**

Drain chicken but do not wipe dry. Season with salt and pepper and dredge well with flour. Put 3 tablespoonfuls of Crisco in frying pan and when hot place chicken in pan, cover, and allow chicken to steam for 10 minutes. Remove the cover from the pan and allow the chicken to brown, taking care to turn frequently. Serve on platter, garnished with parsley, and serve with cream gravy.

5. **Fried Oysters**

Choose selected oysters and dry between towels. Roll in cracker crumbs, seasoned with salt and pepper, then in beaten egg and then in crumbs again. Fry in deep Crisco until a golden brown. For frying oysters the Crisco should be hot enough to turn a crumb of bread a golden brown in 20 seconds. Drain on paper.

*Use level measurements for all ingredients.*
6. **Creamed Chicken**

2 tablespoonfuls flour
2 tablespoonfuls Crisco
2 cupfuls hot sweet milk
1 1/4 teaspoonfuls onion juice
1 tablespoonful Worcestershire sauce
2 cupfuls tender chicken chopped fine

Rub Crisco and flour together. Add to hot milk and stir in double boiler until thick. Season with salt, white pepper, a dash of paprika and the onion juice and Worcestershire sauce. Add chicken and remove to back of range. Allow chicken to stand 20 minutes to ripen and serve in rice border on toast; in timbale molds, or fill a hollow loaf of bread.

7. **Timbale Molds**

3/4 cupful flour  
1/2 cupful sweet milk  
1 teaspoonful sugar  
1 well beaten egg  
1/2 teaspoonful salt to which add  
1 teaspoonful melted Crisco  
Beat well until blended

Place batter in cup into which timbale iron is to be dipped. Have kettle of Crisco on the fire and heat until a cube of bread will become a golden brown in 60 seconds. Heat the timbale iron in the hot Crisco and dip into batter, submerge in Crisco. When golden brown, lift off and drain on paper.

8. **Fish Pudding**

Boil two pounds fish in clear water till done. Shred or break in small pieces, free from skin and bone. Make cream sauce of

1 cupful sweet milk  
1 tablespoonful Crisco  
1 teaspoonful salt  
1/4 teaspoonful onion juice

When thick, add the flaked fish. Stir well and when taken from the fire, add 2 well beaten eggs, mix thoroughly. Press in a Criscoed mold, cover with greased paper, set mould in warm water, bake in oven half-hour. Serve with cream sauce, potato balls and chopped parsley.

*Use level measurements for all ingredients*
9. **Potato Balls**

Peel large potatoes and with a potato scoop make small balls, reserving balance of potato for soup or mashed potatoes. Boil the balls in water to which add 1 teaspoonful salt, until they are tender, then drain and pour white sauce (Recipe No. 13) over them.

10. **Fried Lamb Chops**

Trim chops and dip in slightly beaten egg, then roll in bread crumbs, seasoned with pepper and salt. Fry in deep Crisco hot enough to turn a crumb of bread a golden brown in 60 seconds. Drain on paper.

11. **Potato Nests**

Boil 6 medium size potatoes, when thoroughly cooked, run through ricer, add 1½ tablespoonfuls melted Crisco and yolk of one egg. Salt and pepper to taste. Put in pastry bag. Arrange potatoes on chop dish and put in oven to brown. Fill with green peas when ready to serve.

12. **Green Peas**

One can of extra small peas, steamed in can for half hour. When chops are fried and potatoes brown, add a white sauce to peas after draining them. Fill the potato nests, arranging chops in center of platter.

13. **White Sauce**

1 tablespoonful Crisco, rubbed into
1 tablespoonful flour
¼ teaspoonful salt
½ teaspoonful white pepper

Have 1 cupful milk in double boiler, and blend in the flour and Crisco. This should cook 10 minutes before adding the peas.

*Use level measurements for all ingredients*
Potatoes Au Grautin

Wash 6 well shaped white potatoes and rub skin well with Crisco. Bake until tender, cut slice off one end, and with teaspoon remove all the potato from shells. Mash the potato adding 1 tablespoonful Crisco, 2 tablespoonfuls grated cheese, salt and pepper to taste, yolk of one egg. Refill the shells and bake 15 minutes. Serve on hot napkin.

Rice Croquettes

\[ \frac{1}{2} \text{ cupful rice, washed and steamed} \]
\[ \text{When cold, add} \]
\[ 1 \text{ egg beaten very light} \]
\[ 1 \text{ tablespoonful melted Crisco} \]
\[ \frac{3}{4} \text{ cupful grated cheese} \]
\[ \text{Salt to taste} \]

Form into croquettes, roll in flour, and submerge in deep Crisco heated until a crumb of bread will turn a golden brown in 40 seconds.

Apple Fritters

\[ 1 \frac{1}{2} \text{ cupfuls sifted flour} \]
\[ 1 \text{ tablespoonful sugar} \]
\[ 2 \text{ teaspoonfuls baking powder} \]
\[ \frac{3}{4} \text{ teaspoonful salt} \]
\[ 2 \text{ apples cut in } \frac{1}{4} \text{ inch slices} \]
\[ 1 \text{ well beaten egg} \]
\[ \text{About } \frac{3}{4} \text{ cupful milk or sufficient to make drop batter} \]
\[ 1 \text{ tablespoonful melted Crisco} \]

Sift dry ingredients into bowl, add milk to egg and stir liquid into the dry materials beating thoroughly, add melted Crisco last.

Cover slices of apple with batter, dip out by tablespoonfuls and drop in deep Crisco heated so that a crumb of bread will brown in 60 seconds. Cook 3 or 4 minutes. Drain and sprinkle with powdered sugar.

Any other fruit can be substituted for apples, or several kinds used at a time makes a delicious fritter.
17. **Waffles**

4 cupfuls flour  1 teaspoonful baking powder
2 tablespoonfuls corn meal  2 cupfuls buttermilk or sour milk
1 teaspoonful soda  2 eggs
1 teaspoonful salt  2 tablespoonfuls melted Crisco

Sift together the dry ingredients; add the milk gradually, then the well beaten eggs and lastly the Crisco. Beat thoroughly and bake on well Criscoed irons.

18. **Beaten Biscuits**

2 cupfuls flour  ½ teaspoonful baking powder
1 teaspoonful salt  3 tablespoonfuls Crisco
1 teaspoonful sugar  ½ cupful milk
½ cupful water

Sift together the dry ingredients. Cut the Crisco in with a knife or work in lightly with tips of fingers. Mix the milk and water together, chill thoroughly and add gradually to the dry ingredients. Everything should be as cold as possible. Mix into a smooth, elastic dough, and put on a floured board. Beat into a thin sheet with triangular biscuit beater. Sprinkle over with pastry flour. Roll up like jelly roll and continue the beating in the same way until the dough is smooth and velvety and blisters when rolled out. Roll to ½ inch in thickness and cut into small biscuits, prick in center and set in refrigerator for an hour before baking. These should be baked in a moderate oven and the gas turned off when the biscuits are golden brown. Allow the biscuits to remain for 10 minutes in the cooling oven to dry out. These biscuits are similar to a cracker.

19. **Strawberry Short Cake**

2 cupfuls flour  1 teaspoonful sugar
1 teaspoonful salt  ¼ cupful Crisco
4 teaspoonfuls baking powder  ¾ cupful milk

Sift together the dry ingredients. Cut in the Crisco thoroughly with a knife and add the milk gradually, mixing with a knife to a soft dough. Toss on floured board and roll lightly. Bake in round layer pan in hot oven. Split and butter before filling with strawberries, cut in halves. Sprinkle with powdered sugar, cover the top layer with whole berries and garnish with whipped cream.

*Use level measurements for all ingredients.*
20. **Baking Powder Biscuit**

- 2 cupfuls flour
- 4 teaspoonfuls baking powder
- 1 teaspoonful salt
- 2 tablespoonfuls Crisco
- ¼ cupful milk

Mix and sift twice the dry ingredients. Work in Crisco with tips of fingers; add gradually the liquid, mixing with a knife to a soft dough. Toss on a floured board, pat and roll to one-half inch in thickness. Shape with a biscuit cutter. Place on a tin greased with Crisco and bake in a hot oven 12 or 15 minutes.

21. **Boston Brown Bread**

- 1½ cupfuls Cream corn meal
- 1½ cupfuls Graham flour
- 1 teaspoonful salt
- 1½ teaspoonfuls soda
- ¾ cupful dark molasses, (Sorghum is best)
- 1 cupful buttermilk or sour milk
- 1 tablespoonful melted Crisco

Sift together dry ingredients. Add molasses, buttermilk (or sour milk) and Crisco. Put in one pound molds, well Criscoed, (a baking powder can makes an excellent mold) and steam in fireless cooker or in double boiler on gas stove for 3 hours. Remove from can while still hot and place on wire trivet to cool.

22. **Egg Rolls**

- 1 cupful mashed Irish potatoes
- 1 cake Fleischmann’s yeast
- 2 eggs
- ½ cupful sugar
- 1 cupful sweet milk scalded and cooled to tepid
- 1 cupful tepid water
- 2 tablespoonfuls melted Crisco

Boil potatoes until tender, put through ricer, while warm add the sugar to them, then the well beaten eggs—now the
yeast which has been dissolved in the water, add milk and flour alternately; set to rise in a warm place, when sponge has risen to twice its bulk, add melted Crisco, make into a smooth dough, with about one quart of flour which has been sifted with one tablespoonful of salt. Knead thoroughly; set aside to rise, when light, roll out, cut with biscuit cutter, place in well greased pans, and allow to rise again until double in size which should take about 20 minutes, then bake.

23. Nut Wafers

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 tablespoonful Crisco</td>
<td>7 tablespoonfuls flour</td>
</tr>
<tr>
<td>1 cupful brown sugar</td>
<td>2 eggs (whites only)</td>
</tr>
<tr>
<td>1 cupful ground nut meats</td>
<td></td>
</tr>
</tbody>
</table>

Sift sugar and flour together, rub in Crisco; add well beaten whites and pinch of salt. Work in the ground nut meats. Drop from spoon on well Criscoed tins. Bake in hot oven.

24. Wafers to Serve with Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 cupfuls flour</td>
<td>1 teaspoonful salt</td>
</tr>
<tr>
<td>1 teaspoonful cream tartar</td>
<td>1 tablespoonful Crisco</td>
</tr>
</tbody>
</table>

Sift together the dry ingredients, add the Crisco mixing thoroughly. Then add just enough sweet milk to make a stiff dough. Roll thin and cut out any shape. Bake in quick oven.

25. Cheese Straws

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 cupful grated cheese</td>
<td>Yolk of 1 egg</td>
</tr>
<tr>
<td>1 cupful flour</td>
<td>Salt and cayenne to taste</td>
</tr>
<tr>
<td></td>
<td>1 tablespoonful Crisco</td>
</tr>
</tbody>
</table>

Mix flour, cheese, salt and cayenne together. Moisten with beaten yolks and melted Crisco. Work into a paste, chill on ice; roll out in a thin sheet; cut in strips 4 inches long, ½ inch wide. Bake a light brown in hot oven. Little rings can be made of the strips, bake them, then pass the others through them like straws. Strips may be plaited and baked.

*Use level measurements for all ingredients*
26. Cheese Balls

\[ \frac{1}{2} \text{ cupful dry bread crumbs} \quad \frac{1}{2} \text{ teaspoonful salt} \\
1 \text{ cupful grated cheese} \quad \frac{1}{4} \text{ teaspoonful mustard} \\
1 \text{ egg} \quad \text{A few grains cayenne pepper} \]

Mix dry ingredients, add egg, shape in small balls, and fry in deep Crisco.

27. Nut Balls

\[ \frac{1}{2} \text{ lb. cold sweetbreads or other meat and} \]
\[ 1 \text{ doz. chopped blanched almonds} \]
Add 1 egg and form into balls

Roll in raw egg and bread crumbs and fry in deep Crisco, hot enough to brown a crumb of bread in 40 seconds.

28. Grape Fruit Salad

Take out pulp of grape fruit and refill with:
\[ 1 \text{ cupful of cubes of grape-fruit freed from skin} \]
\[ 1 \text{ cupful malaga grapes, seeded} \]
\[ 1 \text{ cupful pineapple chunks} \]
\[ 1 \text{ cupful marshmallows, quartered} \]
\[ \frac{1}{2} \text{ cupful broken pecan meats} \]

Mix with boiled dressing 20 minutes before serving. Garnish with the boiled dressing.

29. Czarina Salad

One tablespoonful Knox gelatine, soften in \( \frac{1}{2} \) cupful cold water 20 minutes; add one cupful of white vinegar boiling, and see that the whole boils one second; flavor with salt and pepper to taste. When cold, add to the aspic 2 cupfuls of vegetables—tomatoes, sweet peppers, celery, tiny bit of onion, one apple, tablespoonful nut meats; turn into mold which has been rinsed with cold water, and set aside to congeal. Turn out on a platter lined with lettuce and garnish with boiled dressing.

Use level measurements for all ingredients
30. **Apple Salad**

Peel 6 sound apples and take out large core, rub over with lemon juice. Have a syrup of 1 cupful sugar, 1 cupful water, juice of one lemon, boiling before putting apples in to cook. Turn apples from time to time until tender; remove and set aside to cool. Stick salted almonds in the sides of apples; fill core with pineapple, crystallized cherries and marshmallows. Serve as salad with boiled dressing or as a desert with Foamy Sauce.

31. **Foamy Sauce**

\[
\begin{align*}
1 \frac{1}{2} & \text{ tablespoonfuls Crisco} \\
1 & \text{ cupful sugar} \\
\frac{1}{4} & \text{ teaspoonful salt, cream together and add} \\
& \text{Yolk of one egg beaten in well} \\
& \frac{1}{2} \text{ cupful warm water stirred in slowly} \\
& \text{Fold in beaten white of one egg}
\end{align*}
\]

Put in double boiler and cook until thick. Flavor to taste.

32. **Boiled Dressing**

\[
\begin{align*}
\text{Yolks 10 eggs, or yolks of 4 eggs may be used, in which case, add } & 1 \text{ tablespoonful flour to dry ingredients.} \\
1 & \text{ teaspoonful prepared mustard} \\
1 & \text{ teaspoonful salt} \\
1 & \text{ teaspoonful celery seed} \\
& \frac{1}{2} \text{ teaspoonful white pepper} \\
& \text{Dash cayenne} \\
& \frac{1}{2} \text{ cupful sugar} \\
& \frac{1}{2} \text{ cupful melted Crisco}
\end{align*}
\]

Beat yolks very light. Add sugar and other dry ingredients. Pour melted Crisco in last, beating well. Have boiling in double boiler 1 cupful mild white vinegar. Pour egg mixture into boiling vinegar and stir until thick. This keeps indefinitely if sealed in a glass jar. When ready to use, add 1 cupful of whipped cream or 1 cupful of sweet cream to 1 cupful of the dressing.
33. Doughnuts Made With Potatoes

3 tablespoonfuls Crisco   2½ cupfuls flour
¾ cupful sugar, creamed   3 teaspoonfuls baking powder
2 eggs   1 teaspoonful salt
1 cupful mashed potatoes,
(warm)   1 teaspoonful mace
           1 teaspoonful nut-meg
¼ cupful sweet milk

Cream Crisco and sugar together, add well beaten eggs, then potatoes. Sift together the dry ingredients and add to the Crisco mixture alternately with the milk. Add enough flour to roll. Cut all doughnuts before beginning to fry. Have Crisco heated until a cube of bread becomes golden brown in 60 seconds.

34. Plain Pastry

1 cupful flour
5 tablespoonfuls Crisco
½ teaspoonful salt
Just enough cold water to hold dough together.
(This makes two crusts.)

Sift the flour and salt and cut the Crisco into the flour with 2 knives until it is finely divided. Then add the water sparingly, mixing it with a knife through the dry materials. Form into a dough, roll out on a floured board, about one-quarter inch thick. Use a light motion in handling the rolling pin, and roll from the centre outward.

The Crisco should be of a consistency such that when scooped out with a spoon it rounds up egg shaped. Crisco will always be in excellent condition for use if kept at the usual room temperature.

35. Flake Pastry

1 cupful flour
4 tablespoonfuls Crisco
½ teaspoonful salt
Just enough cold water to hold dough together
(Two tablespoonfuls should be sufficient.)

Sift the flour and salt and cut ½ the Crisco into the flour with a knife until it is finely divided. The finger tips may

Use level measurements
for all ingredients

—13—
be used to finish blending the materials. Then add the water sparingly, mixing it with a knife through the dry materials. Form with the hand into a dough and roll out on a floured board to ¼ inch in thickness.

Spread ½ of the remaining Crisco on the two-thirds of the dough nearest you; fold twice, so as to make three layers, folding in first that part on which the Crisco has not been spread. Turn dough, putting folded edges to the sides; roll out, spread and fold as before. Repeat once more. Use a light motion in handling the rolling pin, and roll from the center outward.

Should the Crisco be too hard, it will not mix readily with the flour, in which case the result will be a tough crust.

36. White Layer Cake

1½ cupfuls sugar  3 cupfuls flour
 ¾ cupful Crisco  3 teaspoonfuls baking powder
1 cupful milk or water  1 teaspoonful salt
  White of 3 eggs  1 teaspoonful vanilla

Cream Crisco, add sugar and cream together. Sift dry ingredients and add alternately with milk. Add vanilla, beat mixture thoroughly, and last fold in stiffly beaten whites of eggs. Grease layer cake tins with Crisco, pour in cake mixture and bake in a moderate oven, for 15 minutes.

37. Golden Orange Cake

2 cupfuls sugar  1 cupful sweet milk
 1 cupful Crisco creamed  Yolks of 10 or whole
  together  of 5 eggs
 1 teaspoonful salt  4 cupfuls flour
 1 teaspoonful Orange  4 teaspoonfuls baking powder,
 extract  sifted three times

Bake in loaf in moderate oven for 40 minutes, or layers, 20 minutes.

Use level measurements for all ingredients
38. **Orange Icing**

Boil 2 cupfuls sugar, 1 cupful of water, until it strings, pour over well beaten yolks of 4 eggs, beat until smooth and thick, add 1 1/2 teaspoonfuls Orange Extract and spread rapidly on cake.

39. **Devils’ Food Cake**

| 2 cupfuls granulated sugar | 2 squares Baker’s chocolate |
| 3/4 cupful Crisco creamed together | grated |
| 3/4 cupful milk | 1 cupful nut meats |
| 4 eggs, yolks creamed with sugar and Crisco | 2 cupfuls flour |
| 1 cupful hot mashed potatoes | 3 teaspoonfuls baking powder |
| | 2 teaspoonfuls cinnamon |
| | 1/2 teaspoonful nutmeg |

Cream together the sugar and Crisco, then cream with the yolks of the eggs. Stir in the mashed potatoes, grated chocolate and nut meats. Sift together the flour, nutmeg, and cinnamon and stir in alternately with the milk. Beat thoroughly, and lastly fold in the beaten whites of eggs.

40. **Apple Meringue**

Peel and core 1/2 doz. tart apples. Bake with sugar until party done. Pour around them a custard made of

| 3 egg yolks | 1 pint milk |
| 1/2 cupful sugar |

Cook again, adding chopped fruits, nuts on candied ginger if desired. Make a meringue of three whites of eggs, pile on top of the apples and brown lightly in slow oven.

41. **Fruit Charlotte Russe**

1 pt. double sweet cream, whipped very stiff. Fold in,

| 1 cupful sugar, flavor with vanilla or sherry. Add |
| 1 cupful chopped Maraschino Cherries |
| 1/2 pound marshmallows cut in quarters |
| 1/2 cupful chopped pecans |
| 1 teaspoonful granulated Knox Gelatine dissolved in |
| 2 tablespoonfuls warm water |

*Use level measurements for all ingredients*
42. **Woodford Pudding**

\[
\begin{array}{ll}
\frac{1}{2} \text{ cupful Crisco} & 1 \text{ teaspoonful soda} \\
1 \text{ cupful sugar} & \frac{1}{2} \text{ cupful flour} \\
3 \text{ eggs, well beaten} & 1 \text{ cupful blackberry jam} \\
\frac{1}{2} \text{ cupful buttermilk} & 1 \text{ teaspoonful nutmeg}
\end{array}
\]

Cream Crisco and sugar well, add \(\frac{1}{2}\) teaspoonful salt. Add the eggs beaten together until light. Sift nutmeg into the flour. Alternate the flour and buttermilk into which the soda has been well stirred, add the jam last. Bake in a moderate oven and serve with the following sauce.

**WOODBORD SAUCE**

2 tablespoonfuls Crisco creamed, into this beat as much pulverized sugar as it will take up. Add \(\frac{1}{4}\) teaspoonful salt, place this over boiling water and stir until it becomes a liquid, season with vanilla or Sherry wine and just before serving add 1 cupful of whipped cream. Serve hot.

43. **Marshmallow Pudding**

1 tablespoonful Knox Gelatine, softened in 1 cupful water, then add 1 cupful boiling water

When cold, but not set, pour over the whites of 4 well beaten eggs, into which has been folded \(\frac{1}{2}\) cupful of granulated sugar.

When the whole begins to set, divide in three parts, color 1 part pink with Burnett's Damask Rose Paste and flavor with tablespoonful Sherry wine. Have mold oiled with melted Crisco and pour in the pink part. Color next third with Leaf Green Paste, and flavor with \(\frac{1}{2}\) teaspoonful Pistachio Extract, and place on the pink in mold. Leave the last third white and flavor with Orange. Broken nuts and crystalized fruits may be used between layers if desired.

*Use level measurements for all ingredients*
Delmonico Pudding

Heat 2 cupfuls milk to the boiling point in double boiler. Beat the yolks of 2 eggs very light and beat into them ½ cupful of sugar, add this to the hot milk and cook until the custard coats the spoon. Take from the fire, add 2 tablespoonfuls Knox Gelatine, which has been softened in ¼ cupful cold milk, 1 teaspoonful vanilla, and ⅛ cupful Sherry wine and let cool. Beat the whites of the eggs stiff and fold into them ½ pint of whipped cream. When custard begins to set, fold into it the cream and whites and put into a mold oiled with Crisco. Mold with alternate layers of broken macaroons and crystalized cherries.

Use level measurements for all ingredients
Book of Recipes Free

This leaflet is intended only to give you a few suggestions and to assist you in following me as I prepare the various dishes.

The manufacturers of Crisco publish a booklet containing a number of my favorite recipes as well as many others, numbering more than one hundred in all.

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IMPORTANT POINTS

Crisco does not require refrigeration. It will always be in excellent condition for use if kept at a moderate temperature.

If Crisco has become chilled, use the same method in creaming you would use in creaming butter, viz: warm the bowl with hot water or by placing on the stove for a moment, but never melt the Crisco for cake or pastry.

In using Crisco instead of butter, add salt in the proportion of one level teaspoonful to each cupful of Crisco, to compensate for the salt used in butter to preserve it.

In making sauces, thoroughly blend the flour and Crisco before adding the milk.

In using melted Crisco in Boiled Dressing, Croquettes, Rolls, Fritters, etc., be sure that the melted Crisco is cooled sufficiently so that the hot fat will not injure the texture of the foods.

Deep fat frying, which means submerging the food in the fat, is far superior to shallow or sauté frying and can be done most economically with Crisco, because so little is absorbed by the food, and the Crisco does not take up the odor or flavor of the food which is fried in it. This characteristic makes it possible to use Crisco for frying one article of food after another.

In frying with Crisco, it is economy to use three pounds in the kettle, clarifying the fat when it is put away. To clarify Crisco, take that which has been used for deep frying and when it has cooled, but not solidified, strain through a double thickness of cheese cloth, replace kettle on stove, drop several slices of Irish potato into the Crisco and reheat. When the potatoes are golden brown, take out and pour the Crisco back into the tin. With this little care, fish, oysters, onions, chops, fritters, doughnuts, etc., may be fried over and over again in the same Crisco, and this feature means a big saving.

For deep frying, heat Crisco until a crumb of bread becomes a golden brown in

- 60 seconds for raw dough mixtures, as crullers, fritters, etc.
- 40 seconds for cooked mixtures, as croquettes, codfish balls, etc.
- 20 seconds for French fried potatoes.

Seconds may be counted thus: one hundred and one, one hundred and two, etc.

The fat may be also tested by dropping into it a little piece of the article to be cooked. When it rises to the top, bubbles vigorously and browns quickly, the fat is hot enough. Never have Crisco smoking hot, for it is then too hot. Do not put cold fat into a hot vessel.
Use level measurements to insure uniform results
A Few Cooking Suggestions
by Mrs. W.W. Vaughn, Cincinnati OH, for Proctor & Gamble’s “Crisco.” 24pp + wraps, 44 recipes, with a coupon for larger cook book. I have seen the uniformed, cleanly workers make and pack Crisco, and know that no hand touches the Crisco itself until the can is opened by myself or you. ... Everyone joins with me in being glad that that objectionable “lardy” taste is a thing of the past. Illus. of the average housewife on back cover, using level measurements. $20.
"A few cooking suggestions" Cincinnati OH
Mrs. W.W. Vaughn 24 pp ca. 1910 44 RECIPES

Extolling Proctor & Gamble's "Crisco"

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Includes Cook Book Coupon