SARAH FIELD SPLINT'S
Selected Recipes

Containing 199 Tested Recipes
Crisco is the trade-mark for a superior shortening manufactured by The Procter & Gamble Co.
Cincinnati, U. S. A.

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199 Selected Recipes

by

Sarah Field Splint

Procter & Gamble
CINCINNATI, OHIO
For the larger tea the dining room table is laid with a pretty cloth, the tea service is at one end, and if men are invited, a coffee service is surely at the other.

For the woman without a maid no form of entertaining is more practical than the gathering together of two or three choice friends over a cup of tea.
AS EDITOR of the Food Department of McCall's Magazine, Miss Sarah Field Splint renders a notable service to the homemakers of the country. Over two million women look to her for advice on matters of nutrition, cooking and serving.

During the war, Miss Splint was Chief of the Division of Home Conservation in the U. S. Food Administration. She has been Associate Editor of The Delineator and also Editor of The Woman's Magazine.

In this book, Miss Splint presents 199 of her choicest recipes, selected from among the hundreds she has gathered or originated during her long experience. Each recipe makes a perfectly delicious dish. Each is practical for use in the average home. All ingredients are those which you probably have at home or can procure easily.

In using Crisco with Miss Splint's recipes notice the many ways in which it adds to the delight of eating and the pleasure of preparing foods.

In frying, notice how free from smoke and odor Crisco is. Remember, by straining Crisco after frying you can use it again and again. (Crisco does not absorb flavors from foods fried in it.)

Crisco alone serves every purpose of a shortening and cooking fat. It makes beautifully flaky and tender pie crust; light, fluffy biscuits and muffins. And foods fried in Crisco are deliciously crisp and brown outside, tender and digestible inside.

If you ever wish to ask questions about the use of Crisco, address Home Economics Dept., Procter & Gamble, Cincinnati, Ohio. We will be pleased to help you.

PROCTER & GAMBLE
Nothing so contributes to a pleasant dinner hour as a pretty table. The centerpiece may be a little more elaborate than for luncheon. The cloth is smooth and spotless.

A detail photograph of a correctly set family dinner table.
CHAPTER I

Deep Fat Frying

To wipe out that bugaboo of the indigestibility of anything that is fried, one must keep in mind two cautions, first—as to the kind of fat used for frying and the way it is used; second—as to the preparation of the food to be fried. A fact to be learned by heart is that when fat begins to smoke it begins to decompose. It then tends to become less digestible and to lose some of its nutritive value. A fat which decomposes at a comparatively low temperature, like butter, lard and some vegetable fats, has to be used with much greater care than Crisco.

Crisco has the advantage of a very high smoking point. There is no reason why, in frying, Crisco should be heated enough to reach the decomposition point. Lard, an animal fat, smokes at a much lower temperature, thus demanding much greater vigilance on the part of a cook if decomposition and the resulting indigestible products are to be avoided.

**CHEESE BALLS**

\[
\begin{align*}
\frac{1}{2} \text{ pound grated American cheese} & \quad \frac{1}{6} \text{ teaspoon salt} \\
2 \text{ cups soft bread crumbs} & \quad \text{Few grains cayenne} \\
3 \text{ eggs} & \quad 1 \text{ egg} \\
1 \text{ teaspoon Worcestershire sauce} & \quad 2 \text{ tablespoons water} \\
\frac{1}{2} \text{ cup dry bread crumbs} & \\
\end{align*}
\]

Mix cheese, crumbs, 3 beaten eggs, Worcestershire sauce, salt and cayenne. Form into balls. Dip in slightly beaten egg diluted with water, roll in crumbs and fry in deep hot Crisco until a delicate brown. Drain on unglazed paper. Serve hot with Tomato Sauce (page 31).

**FRIED BANANAS**

Remove skins from 3 bananas, cut in halves lengthwise and crosswise. Sprinkle with salt and lemon juice. Dip in flour, then in slightly beaten egg, diluted with 2 tablespoons water. Roll in fine crumbs and fry in deep hot Crisco 3 to 4 minutes or until brown. Drain on unglazed paper. Serve with roast meats.
CROUSTADES
Cut stale bread in 2½ inch slices, and the slices in squares, oblongs or circles. Scoop out the centers with a fork leaving cases ¼ inch thick. Fry in deep hot Crisco until a delicate brown. Drain on unglazed paper. Fill with creamed vegetables, meat or fish.

RAISED DOUGHNUTS

Add sugar, Crisco and salt to the scalded milk. When lukewarm add the yeast cake mixed with warm water. Add enough flour to make a sponge (about 2 cups). Set in a warm place to rise. When light add well-beaten eggs, nutmeg and enough flour to make a soft dough. Cover and let rise until double in bulk. Knead until free from large air bubbles. Roll out on a slightly floured board to ½ inch thickness. Cut with a doughnut cutter, cover and set in a warm place to rise again until double in bulk. Put them top side down in deep hot Crisco. Fry on one side, turn and fry on the other side. When a delicate brown remove from fat and drain on unglazed paper. Just before serving sprinkle with confectioners' sugar.

This recipe makes 30 doughnuts.

DOUGHNUTS

Cream sugar and Crisco together. Add well-beaten egg and milk and mix well. Mix and sift flour, baking powder, cinnamon, clove, mace and salt. Add to the first mixture and mix thoroughly. Turn out on slightly floured board and roll to ½ inch thickness. Cut with a doughnut cutter and fry in deep hot Crisco until a delicate brown. Drain on unglazed paper. Sprinkle with confectioners' sugar before serving.

This recipe makes 24 doughnuts.

VEAL CROQUETTES

Put veal through meat grinder. Add parsley and White Sauce (page 30), and mix well. Season more if necessary. Chill. Form into croquettes. Roll in crumbs, dip in slightly beaten egg diluted with water, and roll again in crumbs. Fry in deep hot Crisco about 5 minutes. Drain on unglazed paper.
FRIED CLAMS IN BATTER

1 pint clams
2 eggs
1 teaspoon salt
1/4 teaspoon pepper
1/4 cup milk
1/4 cup clam liquor
1 cup flour
1/2 teaspoon baking powder

Pick over clams and remove pieces of shell. Dry between towels. Beat eggs, and add salt, pepper, milk and clam liquor. Mix and sift the flour and baking powder, add the liquid mixture and beat until well mixed. Dip clams in the batter, and fry in deep hot Crisco about 5 minutes. Drain on unglazed paper.

FRIED OYSTERS

1 pint oysters
Salt
Pepper
1/4 cup cracker or stale bread crumbs
1 egg
2 tablespoons water

Pick over oysters and remove pieces of shell. Dry between towels. Sprinkle with salt, pepper and flour. Dip in slightly beaten egg diluted with water and roll in crumbs. Fry in deep hot Crisco about 5 minutes. Drain on unglazed paper and serve hot with Tartar Mayonnaise (page 40).

FRIED SCALLOPS

1 quart scallops
Salt
Pepper
3/4 cup fine bread or cracker crumbs
1 egg
2 tablespoons water

Wash scallops and dry between towels. Sprinkle with salt, pepper and flour. Dip in slightly beaten egg diluted with water and roll in crumbs. Fry in deep hot Crisco about 5 minutes. Drain on unglazed paper and garnish with slices of crisp bacon and watercress.

FRENCH FRIED ONIONS

Cut 4 or 5 Bermuda onions in thin slices. Fry in deep hot Crisco until brown. Drain on unglazed paper. Sprinkle with salt.

POTATO PUFFS

3 medium sized potatoes
1/2 cup boiling water
1/2 cup Crisco
1/2 cup flour
2 eggs
1 teaspoon salt
1/8 teaspoon pepper
Few grains nutmeg

Pare potatoes and cook in boiling salted water. When done put through a ricer or coarse sieve. Put water and Crisco over the fire and bring to boiling point. Add flour and cook, stirring constantly until the mixture leaves the sides of the pan. Cool. Add eggs one at a time, beating well after each egg is added. Add potatoes to this mixture with salt, pepper and nutmeg. Season more if necessary. Drop by tablespoons in hot Crisco and fry 8 to 10 minutes or until brown. Drain on unglazed paper.

This recipe makes 9 puffs.
FOR DEEP FAT FRYING:

An iron kettle (round or square bottomed); a wire basket for draining and lifting out cooked food; a deep-fat thermometer to gauge correct temperature of fat; a long handled spoon and wire dipper for lifting food from fat if no basket is used; a fork for removing food from basket; a shallow pan lined with unglazed paper on which to drain food, and a bowl, strainer and cheesecloth to use in clarifying Crisco after each frying.

SHOESTRING OR JULIENNE POTATOES

Pare 5 or 6 potatoes. Cut in $\frac{1}{4}$ inch strips making them as uniform as possible in size and length. Soak in cold or ice water $\frac{1}{2}$ to 1 hour. Drain. Dry between towels and fry in deep hot Crisco until a delicate brown. Drain on unglazed paper and sprinkle with salt.

SWEET POTATO CROQUETTES

2 cups hot mashed sweet potato 1 teaspoon sugar
2 tablespoons Crisco 2 eggs
1 teaspoon salt $\frac{1}{2}$ cup fine bread crumbs
$\frac{1}{8}$ teaspoon pepper 2 tablespoons water

Mix sweet potato with Crisco, salt, pepper, sugar and one well-beaten egg. Beat well. If mixture is too stiff, add a little hot milk. Shape into croquettes. Roll in crumbs, dip in beaten egg diluted with water, and roll again in crumbs. Fry in deep hot Crisco until brown and drain on unglazed paper. A nice accompaniment to baked ham.

FRIED RICE CAKES

2 cups boiled rice $\frac{1}{2}$ teaspoon salt
1 egg Few grains nutmeg
2 tablespoons flour $\frac{1}{2}$ cup fine bread crumbs
1 teaspoon baking powder 1 egg yolk
1 tablespoon sugar 2 tablespoons water

Mix rice, beaten egg, flour, baking powder, sugar, salt and nutmeg. Mix well. Form into balls. Roll in fine bread crumbs, then in beaten egg yolk diluted with water, and again in crumbs. Fry in deep hot Crisco until a delicate brown. Drain on unglazed paper and serve with jelly, Cheese Sauce or Tomato Sauce (pages 30 and 31).
CHAPTER II

Soups

CLEAR soups, consommes and bouillons are used chiefly as appetizers, for which reason they are served as the first course of a heavy luncheon or dinner.

Milk or cream soups, which include bisques and chowders as well, have a more valuable place in the diet because of their nutritive qualities.

The best method of making cream soup is to combine the desired vegetable stock with a white sauce of the proper consistency. A most delicious white sauce, rich and absolutely smooth, is made with Crisco. Crisco, melted, blends easily with flour so that as the milk is added an even-textured sauce results. And is there anything worse than lumps of “thickening” in soup?

The following recipes for cream soups have been worked out in chart form to make them easy for you to use. If you learn to make one of these soups well, you will be able to make all of them well and to add others of your own choosing if you like. Almost any combination of left over vegetables and the water in which they are cooked can be prepared in the same way.

**THIN WHITE SAUCE**

| 2 tablespoons Crisco | 1 teaspoon salt |
| 2 tablespoons flour   | ½ teaspoon pepper |
| 2 cups milk           |                  |

Melt Crisco, add flour, salt and pepper and mix well. Add milk slowly and bring to the boiling point, stirring constantly to avoid lumping. Keep hot over boiling water until ready to combine with vegetable mixture.

**MEDIUM WHITE SAUCE**

| 2 tablespoons Crisco | 1 teaspoon salt |
| 4 tablespoons flour  | ½ teaspoon pepper |
| 2 cups milk          |                  |

Melt Crisco, add flour, salt and pepper and mix well. Add milk slowly and bring to the boiling point, stirring constantly to avoid lumping. Keep hot over boiling water until ready to combine with vegetable mixture.
CREAM SOUPS

Made with Thin White Sauce

CREAM OF CORN SOUP. Cook 2 cups fresh cooked or canned corn with 1 cup water, 1 slice onion, 1 teaspoon sugar and ¼ teaspoon salt in a saucepan 20 minutes. Press through a sieve, mix with the white sauce and add 1½ tablespoons chopped parsley. Serve hot.

CREAM OF PEA SOUP. Cook 2 cups fresh cooked or canned peas with 1/2 cups water, ½ teaspoon sugar, ¼ teaspoon salt and 1 slice onion in a saucepan 15 minutes. Press through a sieve and add to the white sauce. Serve hot.

CREAM OF CAULIFLOWER SOUP. Cook 1 small head of cauliflower, broken into pieces, 1 stalk celery, cut in pieces, 1 slice onion, ½ teaspoon salt in enough water to cover until cauliflower is tender. Strain and save 1½ cups stock. Press cauliflower through a sieve and add with the stock to the white sauce. Serve hot.

CREAM OF ASPARAGUS SOUP. Cook 1 bunch of asparagus with 2 tablespoons chopped onion and ¼ teaspoon salt in boiling water until tips are tender. Strain and save 1½ cups stock. Cut off tips, press through a sieve and add pulp and stock to the white sauce. Serve hot.

CREAM OF POTATO SOUP. Cut 3 medium-sized potatoes in halves and cook with 1 slice onion, 1 stalk celery, cut in pieces, and ¼ teaspoon salt in 3 cups boiling water. When tender, strain and save 2 cups stock. Press potatoes through a sieve and add stock and pulp to the white sauce. Sprinkle with 3 tablespoons chopped parsley. Serve hot.

CREAM SOUPS

Made with Medium White Sauce

CREAM OF TOMATO SOUP. Cook 2 cups stewed or canned tomatoes, ½ cup water, 2 teaspoons sugar, 2 whole cloves, ½ teaspoon salt and 1 tablespoon chopped onion in a saucepan 20 minutes. Stir well and pour into the hot white sauce. Serve immediately.

CREAM OF CELERY SOUP. Cut into small pieces the tops and stalks of 1 small bunch of celery. Put in a saucepan with 5 cups cold water, ½ teaspoon salt and teaspoon pepper. Cook until onions are tender. Press through sieve and use 2 cups soup. Add to hot white sauce. Serve hot.

CREAM OF ONION SOUP. Slice 4 medium-sized onions, add 2 cups water, ½ teaspoon salt and ¼ teaspoon pepper. Cook until onions are tender. Press through sieve and use 2 cups soup. Add to hot white sauce. Serve hot.

CREAM OF SPINACH SOUP. Wash and pick over 1 quart spinach. Cook with ½ teaspoon salt and 3 cups boiling water for 20 minutes. Press through a sieve and use 2½ cups liquid and pulp. Add to the hot white sauce. Serve hot.

CREAM OF MUSHROOM SOUP. Peel ¼ pound mushrooms using caps and stems. Slice thin and cook with ½ teaspoon salt and 3 cups boiling water for 20 minutes. Press through a sieve and use 2½ cups liquid and pulp. Add with ½ cup cream to the hot white sauce. Serve hot.

CREAM OF WATERCRESS SOUP. Wash and cut fine leaves of 1 bunch watercress, reserving 2 tablespoons to sprinkle on the soup. Cook with ½ teaspoon salt and 2 cups water for 10 minutes. Add liquid to the hot white sauce. Serve hot.
## Tomato Purée

- 1 quart fresh tomatoes
- 2 cups water or meat stock
- 1 slice onion
- ½ bay leaf
- 2 stalks celery
- 1 sprig parsley
- 2 tablespoons flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon sugar
- 1 tablespoon Crisco

Wash and cut tomatoes in quarters, add water (or stock), bay leaf, celery, parsley, onion, salt, pepper and sugar and cook slowly until tomatoes are soft. In another saucepan melt Crisco, add flour and mix well. Add tomato mixture and stir until thick. Press soup through a fine sieve. Reheat over boiling water. Season more if necessary and serve with crisp croutons. Canned tomatoes may be used in this recipe.

## Split Pea Soup

- 1½ cups dried split peas
- 3 quarts water
- Ham bone
- 1/8 teaspoon pepper
- 1 onion, sliced
- 2 cups scalded milk
- 2 tablespoons Crisco

Wash and pick over peas and soak over night. Drain. Add water, ham bone and onion. Cover and cook slowly 3 hours or until peas are soft. Press through a sieve. Add milk, Crisco and pepper and heat thoroughly.

## Clam Chowder

- 1 dozen clams
- 4 tablespoons chopped onion
- 2 tablespoons Crisco
- 3 cups cooked potatoes, cut in cubes
- 1½ teaspoons salt
- ⅔ teaspoon pepper
- 4 cups scalded milk
- 2 tablespoons flour

Strain liquor from clams and set it aside. Clean and pick over clams, removing all particles of shell. Chop fine and put into a saucepan with the liquor. Cook 10 minutes. Fry onion in Crisco until a delicate brown and strain Crisco into the clams. Add potatoes, salt, pepper and milk and bring to the boiling point. Mix flour with a little cold water to make a smooth paste and add to the chowder. Stir gently until it thickens. Serve at once.

## Corn Chowder

- 4 tablespoons chopped onion
- 3 tablespoons Crisco
- 5 cups cooked potatoes, cut in 1/4 inch slices
- 2 cups cooked or canned corn
- 4 cups milk
- 1⅔ teaspoons salt
- ⅔ teaspoon pepper
- Few grains cayenne
- 6 small pilot crackers

Fry onion in Crisco until a delicate brown. Strain Crisco into a saucepan. Add potatoes, corn, milk, salt, pepper and cayenne. Bring to the boiling point. Serve a cracker in each portion of soup.
CHAPTER III

Cereals and Cheese

Cheese and milk are the two most valuable foods which can be substituted for meat in the meatless menu as they are rich in protein, the element usually supplied by meat. But to give them variety it is necessary to combine them skillfully with other things.

The cereal foods lack just the elements which milk and cheese contain and are therefore well suited to combine with them, especially if fat is added to make up for the lack of meat fat. Crisco, which is a pure vegetable fat, supplies this deficiency and helps to make a perfectly balanced dish of real nutritive value.

Baked Noodles, Cheese and Ham

4 cups cooked noodles  
1 cup ham, cut fine

2/3 cup grated cheese  
2 cups thin white sauce

Put a layer of noodles in a greased baking dish. Sprinkle with ham and cheese, then cover with a layer of White Sauce (page 30). Repeat until all the ingredients are used. Sprinkle top with cheese. Bake in hot oven (400 degrees F.) 20 to 25 minutes.

Rice Au Gratin

3 cups cooked rice  
1 1/2 cups thin white sauce

1 cup grated cheese

Put a layer of rice in a greased baking dish. Sprinkle with cheese and cover with a layer of hot White Sauce (page 30). Repeat until all the ingredients are used, having a layer of cheese on top. Bake in a hot oven (400 degrees F.) 20 to 25 minutes.

Italian Spaghetti

1 onion, sliced thin  
4 tablespoons chopped green pepper

1/2 pound mushrooms, chopped  
1/2 pound chopped beef

1 1/2 tablespoons Crisco  
1 can tomato paste

1 1/2 cups water  
1/2 teaspoon salt

1/2 pound spaghetti

Fry onion, green pepper, mushrooms and meat in Crisco until a delicate brown, stirring constantly. Add tomato paste, water and salt and cook 20 minutes.
Cook spaghetti in boiling salted water until tender. Drain. Serve on a hot platter and pour the hot sauce over it.

**CHEESE DREAMS**

Cut thin slices of bread and trim off crusts. Sprinkle thin slices of American cheese with salt, paprika and cayenne and put between two slices of bread. Cut in halves and dip in a mixture of 1 beaten egg, 1/2 cup milk and 1/4 teaspoon salt. Fry in hot shallow Crisco until brown on both sides. Drain on unglazed paper and serve hot.

**CHEESE SOUFFLÉ**

<table>
<thead>
<tr>
<th>1 cup grated cheese</th>
<th>3 egg yolks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup very thick white sauce</td>
<td>3 egg whites</td>
</tr>
</tbody>
</table>

Add the cheese to the hot White Sauce (page 30), and stir until melted. Cool. Add the beaten egg yolks. Fold in the stiffly beaten egg whites. Pour into a greased baking dish. Stand in a pan of warm water and bake in a moderate oven (325 degrees F.) 50 to 60 minutes.

**RING-TUM-DIDDY**

1/2 pound grated American cheese
1/2 teaspoon salt
1 can tomato soup
Few grains cayenne
Toasted crackers

Melt cheese in a saucepan over a slow fire. Add salt, cayenne and tomato soup. Stir until well mixed and heat thoroughly. Serve on toasted crackers.

**WELSH RAREBIT**

2 tablespoons Crisco
2 tablespoons flour
1/4 teaspoon mustard
1/2 teaspoon salt
1/2 pound grated cheese
1 cup thin cream
1 cup grated cheese
1 egg
Flour and cayenne and mix well. Add cream slowly and bring to the boiling point, stirring constantly. Add cheese and stir until melted. Remove from fire. Beat the egg well and pour hot sauce on it. Mix well. Serve hot on toast.

**CASSEROLES AND BAKING DISHES:** Large-size casseroles of glass, porcelain and earthenware; individual scallop shell, casseroles, baking dishes and custard cups in which foods can be cooked and served.
CHAPTER IV

Eggs

WHEN eggs are used as a breakfast dish—scrambled, fried, baked, poached or in an omelet—their possibilities are merely begun. With a cream sauce and a few hard cooked eggs one has the makings of an endless range of luncheon and supper dishes. An ingenious cook will add anything to eggs from minced green pepper or pimento to cheese and mushrooms and, presto, with a pretty garnish she has something to be proud of.

Crisco is the ideal fat to use in egg dishes of all kinds because of its delicate flavor. For frying, scrambling or making omelets eggs properly cooked in Crisco are apt to be more easily digested than when cooked in a fat which burns easily.

SHIRRED EGGS

Grease individual custard cups. Cover bottom and sides with dried bread crumbs. Break eggs into a saucer, one at a time, and carefully slip into the custard cups. Sprinkle with a little salt and pepper. Cover top with well seasoned crumbs. Bake in a slow oven (275 degrees F.) 15 to 20 minutes or until the egg white is firm and the crumbs are a delicate brown.

PUFFY OMELET

5 egg yolks
1 teaspoon salt
Few grains pepper

Few grains cayenne
5 tablespoons hot water
5 egg whites

1 tablespoon Crisco

Beat egg yolks until thick and add salt, pepper, cayenne and hot water. Mix well. Fold in lightly the stiffly beaten whites until thoroughly blended. Melt Crisco in an iron frying pan or omelet pan. Pour in the egg mixture and spread evenly. Cook over a slow fire, moving the pan occasionally so as to distribute the heat evenly. When a delicate brown underneath put in a moderate oven (350 degrees F.), and bake 10 to 15 minutes or until top is firm. Fold and serve on a hot platter. Garnish with parsley.
SPANISH OMELET
2 tablespoons Crisco  
3 tablespoons chopped green pepper  
3 tablespoons chopped onion  
1 large tomato  
3 tablespoons chopped celery  
1/4 cup chopped mushrooms  
3/4 teaspoon salt  
Few grains cayenne

Melt Crisco, add green pepper and onion and fry slowly until soft. Peel tomato, and cut in small pieces. Add tomato, celery, mushrooms, salt, pepper and cayenne to the first mixture. Cook over a low fire until the tomato is tender. Follow recipe for Puffy Omelet. Put the hot tomato mixture on one-half of the omelet and fold over. Garnish with parsley. Serve immediately.

GOLDEN EGGS
6 hard cooked eggs  
1 1/2 cups thin white sauce  
1/2 teaspoon salt  
2 teaspoons chopped parsley

Separate yolks from whites. Chop whites fine and add to the hot White Sauce (page 30). Pour sauce into a platter and arrange toast points around edge. Press egg yolks through a sieve over the sauce and sprinkle with parsley. Serve immediately.

SCALLOPED EGGS
6 hard cooked eggs  
1/4 teaspoon salt  
1 1/2 cups soft bread crumbs  
2 cups thin white sauce

Chop eggs fine and add salt. Put a layer of crumbs in the bottom of a greased baking dish. Add a layer of eggs and one of White Sauce (page 30). Repeat until all the ingredients are used, having a layer of crumbs on top. Bake in a moderate oven (350 degrees F.) 20 minutes or until crumbs are brown.

BAKED EGGS IN TOMATO SAUCE
2 cups cooked or canned tomatoes  
1 slice onion  
1/2 teaspoon salt  
2 teaspoons sugar  
1/2 cup grated American cheese

Cook tomatoes, onion, salt, sugar and pepper together 20 minutes. Press the pulp through a sieve, discarding seeds. Melt Crisco, add flour and mix well. Add the tomato juice slowly and bring to the boiling point, stirring constantly. Pour the sauce into six individual baking dishes. Break eggs, one at a time, into a cup and slip carefully into each dish. Sprinkle with cheese. Bake in a moderate oven (325 degrees F.) 15 minutes or until eggs are firm.

EGGS AND SPINACH EN CASSEROLE
1 1/2 cups cold chopped spinach  
6 eggs  
1 cup cheese sauce

Put 4 tablespoons well-seasoned spinach in bottom of individual baking dishes. Drop a raw egg on top of each. Sprinkle with salt and pepper. Cover with Cheese Sauce (page 30). Cook in a moderate oven (325 degrees F.) 15 to 20 minutes or until eggs are set.
CHAPTER V

Fish

The preparation and cooking of fish is simple and quickly accomplished and if properly prepared at the market it requires very little attention by the cook. Whole fish should be carefully washed in plenty of cold water, while sections, such as fillets and slices, should be wiped with a clean damp piece of cheesecloth.

As most fish is deficient in fat it should be cooked so that fat enters into its preparation in some way. In every case Crisco "just fills the bill." In baking, bits of Crisco dotted over the top make it rich and tender; in broiling, the pan rubbed with Crisco keeps the fish from sticking; and for deep fat frying and sautéing, cooking in Crisco is the best possible means of securing delicious, easily digested sea food.

CREAMED CODFISH

3 cups cooked cod, flaked
2 cups medium white sauce
2 tablespoons chopped parsley
1 tablespoon chopped pimento

Heat the flaked fish in the White Sauce (page 30). Add parsley and pimento and more seasoning if necessary. Serve on hot toast with baked potatoes.

HALIBUT STEAK

Wipe slices of halibut with a damp cloth, sprinkle with salt and pepper and dust with fine cracker crumbs. Cook in a small amount of Crisco in a frying pan 8 to 10 minutes or until brown on both sides. Drain on unglazed paper. Garnish with parsley and slices of lemon and serve with Hollandaise Sauce (page 31).

BAKED MACKEREL

2 tablespoons Crisco
1 cup bread crumbs
1 teaspoon chopped onion
1 teaspoon chopped capers

¾ teaspoon salt
½ teaspoon pepper
1 teaspoon chopped parsley
3½ to 4 pounds mackerel

Melt Crisco. Add crumbs, onions, capers, salt, pepper and parsley. Wash the fish and wipe with a damp cloth. Stuff and tie together. Sprinkle with salt and pepper and spread with melted Crisco. Bake in moderate oven (350 degrees F.) 50 to 60 minutes. Baste often with Crisco and water.
SCALLOPED OYSTERS

2 tablespoons Crisco  
1 1/2 cups soft bread crumbs  
30 oysters  
1/2 cup oyster liquor

Grease baking dish with Crisco and cover bottom with a layer of crumbs. On this put 10 oysters. Sprinkle each layer with salt and pepper and dot with small bits of Crisco. Repeat this process until all the ingredients are used, having a layer of crumbs on top. Pour the milk and oyster liquor over it and bake in moderate oven (350 degrees F.) 30 minutes. Serve with slices of crisp bacon.

BOILED SALMON

1 tablespoon Crisco  
1 onion, chopped  
1 stalk celery, chopped  
1 sprig parsley, chopped  
1 carrot, chopped  
2 1/2 pounds salmon

Melt Crisco, add onion, celery, parsley and carrot. Cook for 2 minutes, stirring frequently. Add water, bay leaf, salt, pepper and vinegar and bring to boiling point. Wrap salmon in cheesecloth and drop into the boiling water. Reduce heat and simmer 30 minutes. Remove cheesecloth and serve fish on hot platter. Garnish with lemon, cut in fancy shapes, and parsley. Serve with Parsley Sauce (page 31).

BROILED SALMON STEAK

Moisten slices of salmon with French Dressing (page 39), and let stand for 1 hour. Put in a broiler and broil on both sides. Brush while cooking with 1 tablespoon melted Crisco, using a little at a time. Cook 12 to 15 minutes. Remove to hot platter. Season with salt, pepper and juice of 1/2 lemon and sprinkle with 1 tablespoon chopped parsley. Serve with Béarnaise Sauce (page 30).

SHRIMP AND RICE, BAKED

2 cups cooked shrimp, cut in pieces  
2 cups cooked rice  
2 tablespoons chopped parsley  
1/2 cup dried bread crumbs

Mix shrimps, rice, parsley, pepper, cayenne and White Sauce (page 30). Pour in a greased baking dish and sprinkle with crumbs. Bake in a hot oven (400 degrees F.) 20 to 25 minutes or until crumbs are brown.
**FILLETT OF SOLE (FLOUNDER)**

1½ pounds fillets of flounder
Salt
Pepper

3/4 cup fine bread crumbs
1 egg
2 tablespoons water

Wipe fillets with a damp cloth. Sprinkle with salt and pepper. Dip in crumbs, then in slightly beaten egg diluted with water and again in crumbs. Cook in a small amount of Crisco in a frying pan 8 to 10 minutes, or until brown on both sides. Garnish with lemon and parsley and serve with Tartar Mayonnaise (page 40).

The roast is carved in the kitchen, then skillfully put together again so that its appearance is not harmed. It is then brought in and offered to each guest who serves himself.

All serving dishes are presented at the left side of the person seated. A fork and spoon are needed for convenience.
Do you know that about one-third of the money spent on food in the United States is spent for meat? This seems a high percentage but it is probably due to the fact that so many of us demand the expensive roasts, steaks and chops. Fortunately there is just as much nourishment in the cheaper cuts of meat as in the expensive cuts, and if they are properly cooked they will be deliciously tender and palatable.

**BRAISED BEEF**

- 21/2 pounds lower part of rump
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 tablespoons flour
- 3 tablespoons Crisco
- 1/2 cup carrots, cut in slices
- 1/2 cup onions, cut in slices
- 1/2 cup celery, cut in pieces
- 2 cups boiling water

Wipe meat with a clean damp cloth and cut in 3 inch cubes. Sprinkle with salt, pepper and flour. Put Crisco in frying pan and when hot add the meat and brown slightly. Put meat in a baking dish, add carrots, onions, celery and water. Cover tightly and bake in a moderate oven (325 degrees F.) 3 hours or until meat is tender. Thicken the stock with a little flour mixed to a smooth paste with water.

**SWISS STEAK**

- 2 pounds beef, round
- 1/2 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup boiling water
- 1 small onion, chopped
- 2 tablespoons Crisco
- 1/4 cup chopped green pepper
- 1 cup stewed or canned tomatoes

Wipe meat with a clean damp cloth. Cut in 2 inch square pieces. Mix flour, salt and pepper together. Pound flour into the meat with a wooden potato masher. Brown onion and meat in the Crisco. Add green pepper, tomatoes and water. Cover and cook slowly 2 hours or until meat is tender. The stock may be thickened more with a little flour mixed to a smooth paste with cold water.
BEEF STEAK PIE

2 pounds chuck steak  
1 teaspoon salt  
\frac{3}{4} teaspoon pepper  
2 tablespoons flour  
3 tablespoons cold water  
1 cup cooked carrots, cut in cubes  
2 cups cooked potatoes, cut in cubes  
1 cup cooked celery, cut in pieces  
6 cooked medium-sized onions  
2 tablespoons Crisco

Wipe meat with a clean damp cloth, cut in 1 inch cubes and sprinkle with salt and pepper. Cover meat with boiling water and simmer for 1 hour or until meat is tender. Put the meat in a baking dish. Thicken the stock with the flour mixed to a paste with the water. Add carrots, potatoes, celery and onions. Pour the gravy over it and dot with Crisco. Add more seasoning if necessary. Cover top with Plain Pastry (page 51). Bake in a quick oven (450 degrees F.) 10 minutes. Reduce the heat to a moderate oven (325 degrees F.) and bake 20 to 25 minutes.

HAMBURG BALLS

1 pound round steak, ground  
\frac{3}{8} cup milk  
2 eggs  
\frac{3}{4} cup soft bread crumbs  
1 teaspoon salt  
\frac{3}{8} teaspoon pepper  
\frac{3}{4} cups boiling water

Mix meat, beaten eggs, bread crumbs, salt, pepper and milk together. Fry onion in Crisco until a delicate brown and add to the meat mixture. Form in small flat circular cakes and sprinkle with flour. Fry on both sides in a small amount of Crisco until brown. Remove the cakes to a hot platter. Add flour to the Crisco in the pan and cook until a delicate brown, stirring constantly. Add water and bring to the boiling point, mixing well. Pour around the meat balls.

CREAMED BEEF ON TOAST

\frac{3}{4} pound dried beef  
2 cups medium white sauce

Pour boiling water over the dried beef to remove some of the salt. Drain. Follow the recipe for White Sauce (page 30), using \frac{3}{4} teaspoon salt in place of \frac{3}{4} teaspoon called for in the recipe. Add the beef and heat thoroughly. Serve on hot platter garnished with toast points.

STUFFED SHOULDER OF LAMB

1 shoulder of lamb  
Salt  
Pepper  
2 tablespoons chopped onion  
5 tablespoons Crisco  
\frac{3}{8} teaspoon salt  
\frac{3}{8} teaspoon pepper  
2 cups soft bread crumbs  
1 teaspoon chopped mint  
1 tablespoon chopped celery leaves

Have the shoulder blade removed. This leaves a pocket for the stuffing. Wipe meat with a clean, damp cloth, spread with 2 tablespoons Crisco and sprinkle the pocket and surface of the lamb with salt and pepper. Fry onion in 3 tablespoons Crisco until a delicate brown. Add bread crumbs, mint,
celery leaves, salt and pepper. Mix well. Fill pocket with stuffing. Put in a roasting pan and add a little hot water to cover bottom of pan. Bake in a very hot oven (460 degrees F.) 15 minutes. Reduce the heat to a moderate oven (350 degrees F.) for remaining time, allowing 15 to 20 minutes per pound. Baste every half hour, adding more hot water if necessary.

**Lamb en Casserole**

3 cups cold cooked lamb, cut in pieces  
1 tablespoon Crisco  
1 cup cooked carrots, cut in cubes  
1 cup cooked potato balls  
8 small onions, cooked  
Left over gravy

Brown lamb in Crisco. Put in a baking dish. Add carrots, potato balls and onions. Add left over gravy and enough hot water to moisten. Season with salt and pepper. Cover and bake in a hot oven (400 degrees F.) 20 to 25 minutes.

**Shepherd's Pie**

Chop cold cooked lamb and moisten with left over gravy. Put in a casserole or baking dish and dot with small pieces of Crisco. Cover with hot Mashed Potatoes. Spread top with beaten egg yolk mixed with 2 teaspoons cold water. Bake in a hot oven (400 degrees F.) 20 minutes or until brown.

For individual pies bake in small ramekins or custard cups 15 minutes.

**Individual Veal Cutlets**

2 pounds veal cutlet  
1 egg  
1 teaspoon salt  
2 tablespoons water  
1/8 teaspoon pepper  
2 tablespoons Crisco  
1/4 cup dried bread crumbs  
1 cup hot water

Cut veal into 6 pieces. Wipe with a clean, damp cloth, and sprinkle with salt and pepper. Roll in bread crumbs, dip in well-beaten egg diluted with water and roll again in crumbs. Melt Crisco in an iron frying pan. Put in the cutlets and brown on both sides. Add the hot water and simmer until tender, about 45 to 50 minutes. Remove them and thicken the stock with a little flour mixed to a smooth paste with cold water. Pour the sauce over the cutlets.

**Veal Loaf**

3 pounds raw, lean veal, chopped  
1 egg  
1/4 cup cracker crumbs  
1 tablespoon chopped parsley  
2 tablespoons melted Crisco  
1 1/2 teaspoons salt  
3/8 teaspoon pepper  
1 tablespoon chopped onion  
1/8 teaspoon nutmeg  
1/2 cup milk

Mix veal, cracker crumbs, beaten egg, parsley, Crisco, salt, pepper, onion and nutmeg together. Moisten with milk. Pack in a greased small loaf pan. Spread top with Crisco. Bake in a moderate oven (325 degrees F.) 1 hour. Prick top with fork to allow meat to absorb the Crisco. Baste occasionally with melted Crisco and a little hot water. Serve hot with Tomato Sauce (page 31), or cold with catsup or pickles.
VEAL SOUFFLÉ

4 egg yolks
1 1/2 cups very thick white sauce
4 egg whites
2 cups cooked ground veal
1/2 teaspoon salt
Add beaten egg yolks to the hot White Sauce (page 30), and mix well. Add the veal and salt. Cool, and fold in the stiffly beaten egg whites. Put in a greased casserole or baking dish set in a pan of hot water and bake in a moderate oven (325 degrees F.) 50 to 60 minutes.

STUFFED PORK TENDERLOIN

2 pork tenderloins
2 cups poultry stuffing
Salt
Pepper
Crisco
Have each loin split but not cut through. Open out flat. Sprinkle one loin with salt and pepper. Cover the other with Poultry Stuffing (page 23). Put the two together and tie securely. Spread with Crisco and sprinkle with salt and pepper. Bake in a moderate oven (350 degrees F.) 50 to 60 minutes. Baste often with Crisco melted in hot water. Garnish with Fried Apple Rings (page 24).

BROILED HAM

Spread thin slices of smoked ham with Crisco and sprinkle generously with brown sugar. Broil in a very hot oven (550 degrees F.) 10 minutes or until heated thoroughly. Serve with Fried Bananas (page 5).

BRAISED LIVER

2 cups celery, cut in small pieces
1 1/2 pounds liver (unsliced)
1 teaspoon salt
1/2 teaspoon pepper
2 tablespoons Crisco
1/4 cup water
8 small carrots
8 small onions
2 tablespoons flour
Bacon
Put celery in bottom of a greased covered casserole or baking dish. Sprinkle liver with salt and pepper. Put it on top of celery and dot with bits of Crisco. Add the water and cover. Bake in a moderate oven (350 degrees F.) 45 minutes or until liver and celery are tender. Cook carrots and onions in a small amount of boiling salted water until tender and put them in the casserole. Save vegetable stock, thicken with the flour mixed to a smooth paste with a little cold water, and pour over the liver. Cook 15 minutes longer. Serve hot with crisp bacon.

CHICKEN PIE

Dress, clean and singe a fowl. Put in a saucepan with boiling water to cover. Add a sliced carrot, 1 stalk celery, 1 sprig parsley and 1 slice onion. Bring to the boiling point; cover and simmer until fowl is tender, allowing about 30 minutes to the pound. When half done season with salt and pepper. Remove skin of the fowl and cut meat from the bones, keeping it in large pieces. Put in a baking dish. Boil chicken stock down to 3 cups, strain and skim off most of
the fat. Mix 4 tablespoons flour to a smooth paste with cold water and add to the stock. Bring to the boiling point, stirring constantly, and add to the chicken, with $\frac{1}{2}$ pound mushrooms sliced and sautéed in 2 tablespoons Crisco. Cover with Plain Pastry (page 51). Bake in a quick oven (450 degrees F.) 15 minutes or until crust is brown.

**AMERICAN CHICKEN CHOP SUEY**

- 2 cups cold chicken
- 1 cup cooked celery
- $1\frac{1}{2}$ cups cooked rice
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 tablespoon Crisco
- 2 tablespoons flour
- $1\frac{1}{2}$ cups chicken stock

Cut chicken and celery in thin strips before measuring. Mix them with the rice, salt and pepper. Melt Crisco, add flour and mix well. Add stock slowly and bring to the boiling point, stirring constantly. Add the chicken mixture and heat thoroughly. One cup of cooked mushrooms may be added.

**AMERICAN PORK CHOP SUEY**

Follow recipe for American Chicken Chop Suey, using cooked pork instead of the chicken.

**ROAST TURKEY**

Singe, dress, wash and wipe the turkey with a damp cloth. Slip back the skin from the neck and cut off neck close to body. The skin will turn back and keep in the stuffing. Cut off the tips of wings and cook neck, wings, gizzard and liver in water to cover, to use for the gravy. Fill the turkey with Chestnut Stuffing (below). Tie in shape with wings and legs close to the body. Spread with melted Crisco and sprinkle with salt and pepper. Put in a roasting pan in a quick oven (450 degrees F.) for 15 minutes. Add 1 cup water. Reduce heat to moderate oven (350 degrees F.) and cook until tender allowing 15 to 20 minutes to the pound. Baste often, adding more hot water if necessary. A 10 pound turkey will cook in about 3 hours.

**POULTRY STUFFING**

- 1 small onion
- 3 tablespoons Crisco
- 3 cups soft bread crumbs
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 teaspoon poultry seasoning

Slice onion and fry in Crisco until a delicate brown. Add bread crumbs, salt, pepper and poultry seasoning and mix well.

**CHESTNUT STUFFING**

- 3 cups soft bread crumbs
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 3 tablespoons Crisco
- $\frac{1}{4}$ cup hot milk
- 2 cups boiled French chestnuts

Mix bread crumbs, salt and pepper. Moisten with Crisco, melted in the hot milk. Chop the chestnuts rather fine and add to the bread crumb mixture. Mix thoroughly.
GIBLET GRAVY
Pour off the fat from the pan in which the poultry has been roasted, saving 4 tablespoons. Add 3 tablespoons flour and stir until it browns. Measure water in which the giblets were cooked and add enough water to make 3 cups. Add to the browned flour and stir until smooth and thickened. Add liver, gizzard and heart, chopped fine. Season with salt and pepper. Reheat and serve in hot gravy boat with the poultry.

OYSTER STUFFING

| 3 cups soft bread crumbs | 1 tablespoon chopped parsley |
| 1 teaspoon salt | 25 oysters (1 pint) |
| \( \frac{1}{8} \) teaspoon pepper | 2 tablespoons Crisco |
| Few drops onion juice | \( \frac{1}{4} \) cup oyster juice |

Mix crumbs, salt, pepper, onion juice and parsley. Clean oysters, removing particles of shell, and add to the crumbs. Moisten with Crisco melted in hot oyster juice. Mix thoroughly.

DUMPLINGS

| 2 cups flour | 4 teaspoons baking powder |
| 1 teaspoon salt | 3 tablespoons Crisco |
| \( \frac{3}{4} \) cup milk | |

Mix and sift flour, salt and baking powder. Cut in Crisco with a knife or rub in with the finger tips. Add milk to make a soft dough. Drop on top of chicken or meat stew, cover closely and steam 15 to 20 minutes without removing the cover.

YORKSHIRE PUDDING

| 1 \( \frac{1}{2} \) cup flour | 1 cup milk |
| \( \frac{1}{2} \) teaspoon baking powder | 2 egg yolks |
| \( \frac{1}{2} \) teaspoon salt | 1 tablespoon melted Crisco |
| 2 egg whites | |

Mix and sift flour, baking powder and salt. Add milk, beaten egg yolks and Crisco. Mix well. Fold in the stiffly beaten egg whites. Cover the bottom of an earthenware baking dish with drippings from roast beef. Pour the batter into the baking dish. Bake in a hot oven (400 degrees F.) about 20 minutes. Baste with drippings from the roast after it is well risen. Cut in squares and serve on platter with the roast.

FRIED APPLE RINGS

Wash, core apples and cut in \( \frac{3}{4} \) inch slices. Dip slices in sugar. Fry in a small amount of Crisco until apples are tender. Sprinkle with salt. Serve with roast pork.
Vegetables

Most vegetables should be cooked as quickly as possible and in very little water so that their nutritious substances will not be boiled away. Boiling vegetables in a large quantity of water is no longer considered the best way. The only exceptions to this rule are potatoes, dried beans and peas and the other starchy vegetables which should be cooked slowly in plenty of water. Whenever any water is left from cooking vegetables save it and use it for soup (page 9).

Vegetables contain very little fat. Potatoes, indeed, are mostly starch and dry eating unless fat in some form is added to them. When served with sauces made of Crisco, or mashed and beaten up to a fluff with Crisco and hot milk, or scalloped with Crisco dotted over the top, or prepared in any of the ways suggested in this chapter, the potato takes a new lease on life and grows in popularity.

Not only does Crisco add food value to vegetables with which it is cooked but, in the recipes where certain vegetables are sautéed, or cooked in a small amount of Crisco, a most delicious flavor is developed which cannot be obtained by any other method of cookery. Hot Crisco brings out their most delicate characteristics and makes them temptingly crisp and tender.

Baked Beans

2 cups dried beans

1/4 cup molasses

1/4 teaspoon mustard

1 1/2 teaspoons salt

1/8 teaspoon pepper

2 cups hot water

2 tablespoons Crisco

Wash and pick over beans and soak over night. Drain. Cook slowly in boiling salted water about 1 1/2 hours. Drain and put in a greased covered baking dish or bean pot. Mix molasses, mustard, salt, pepper and water together and pour over the beans. Dot with small bits of Crisco. Cover and bake in a moderate oven (325 degrees F.) 3 hours or until beans are soft. Uncover the
last half hour to allow the beans to brown. Serve with slices of crisp bacon or broiled sausages.

**BEETS PIQUANTE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon Crisco</td>
<td>1 tablespoon sugar</td>
</tr>
<tr>
<td>1/4 cup water</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>1/4 cup vinegar</td>
<td>1/8 teaspoon pepper</td>
</tr>
<tr>
<td>6 small beets</td>
<td></td>
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</table>

Cook beets in boiling salted water until tender. Melt Crisco and add water, vinegar, sugar, salt and pepper and bring to the boiling point. Remove skins of beets. Slice and reheat in sauce. Serve very hot.

**SCALLOPED CABBAGE**

Mix cabbage and White Sauce (page 30) together. Put a layer of cabbage in a greased baking dish, add a layer of crumbs and repeat process until all the ingredients are used. Sprinkle with cheese. Bake in a hot oven (375 degrees F.) about 20 minutes or until brown.

**CAULIFLOWER AU GRATIN**

Soak cauliflower in cold water 1/2 hour. Cook in boiling salted water until tender. Drain. Put in a baking dish and pour 2 cups medium White Sauce (page 30) over it. Sprinkle with 1/2 cup grated cheese. Bake in a hot oven (375 degrees F.) 25 to 30 minutes.

**BAKED CORN**

Melt Crisco, add flour and mix well. Add milk gradually and bring to the boiling point, stirring constantly. Add corn, sugar, salt and pepper and heat thoroughly. Remove from fire, add well-beaten eggs and pour into a greased baking dish. Bake in a moderate oven (350 degrees F.) 25 minutes, or until corn is firm.

**GREEN CORN FRITTERS**

Score the corn with the tines of a fork and scrape kernels from the cob with back of a knife. Add beaten egg, sugar, salt, pepper and melted Crisco. Mix and sift flour and baking powder, add to first mixture and mix well. Melt a little Crisco in frying pan. When hot, but not smoking, drop batter into it by tablespoons and fry on both sides until brown. Drain on unglazed paper. Serve immediately.
STUFFED PEPPERS

6 green peppers
1 cup chopped tomatoes
1 cup minced cold meat
1 cup cooked rice (or bread crumbs)

2 tablespoons Crisco, melted
1/2 teaspoon salt
1/8 teaspoon pepper
1 teaspoon chopped onion

Cut a piece from the stem end of each pepper and remove seeds and partitions. Put peppers in boiling water and parboil 5 minutes. Mix well together the tomatoes, cold meat, rice, Crisco, salt, pepper and onion and fill the peppers with the mixture. Put in a baking dish with a cup of hot water or stock. Bake in a hot oven (400 degrees F.) 30 to 40 minutes.

Almost any combination of vegetables makes a good stuffing for peppers.

HASHED BROWNED POTATOES

Melt 2 tablespoons Crisco in a frying pan. Add 2 cups finely chopped cold potatoes, 1 tablespoon chopped parsley, 1/2 teaspoon salt and few grains pepper. Mix thoroughly, then allow the potatoes to brown on the under side. Fold over like an omelet. Serve immediately.

POTATO SOUFFLE

3 cups hot mashed potatoes
2 tablespoons Crisco
1 teaspoon salt
Few grains cayenne

1 teaspoon chopped parsley
1 teaspoon onion juice
3 egg yolks
3 egg whites

Mix potatoes, Crisco, salt, cayenne, parsley and onion juice together. Add beaten egg yolks and mix well. Fold in the stiffly beaten egg whites. Put in greased baking dish, set in a pan of water and bake in a moderate oven (350 degrees F.) 50 to 60 minutes. Serve immediately.

GLACÉ SWEET POTATOES

Select medium-sized potatoes. Scrub with a vegetable brush to remove all particles of dirt. Cook in boiling water until tender. Drain off water and remove the skins. Cut in halves, lengthwise, and put them in a greased shallow pan. Make a syrup by boiling 1/4 cup sugar, 1/4 cup water and 1 1/2 tablespoons Crisco 5 minutes. Pour this over the sweet potatoes. Bake in a hot oven (400 degrees F.) 20 minutes or until a delicate brown, basting occasionally with the syrup.

SPINACH AND EGG

2 pounds spinach
2 tablespoons Crisco
1 teaspoon chopped onion
1/4 teaspoon mustard

1/8 teaspoon pepper
1 teaspoon salt
2 chopped hard cooked eggs
1/2 cup spinach water
6 slices bacon

Pick over spinach and wash thoroughly. Cook in saucepan using only the water which clings to the leaves. Add 1/2 teaspoon salt. When tender, drain and chop.
Melt Crisco, add onion, mustard, pepper and salt. Cook until onion is slightly browned. Add spinach, eggs and spinach water. Heat thoroughly. Garnish with crisp bacon.

**BAKED STUFFED TOMATOES**

<table>
<thead>
<tr>
<th>Bread crumbs</th>
<th>2 cups soft bread crumbs</th>
<th>2 tablespoons sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salt</td>
<td>1 teaspoon salt</td>
<td>3 tablespoons Crisco</td>
</tr>
<tr>
<td>Pepper</td>
<td>½ teaspoon pepper</td>
<td>6 tomatoes</td>
</tr>
</tbody>
</table>

Mix bread crumbs with salt, pepper, 1 tablespoon sugar and 2 tablespoons melted Crisco. Cut thin slice from stem end of tomatoes and remove a little of the center. Sprinkle with salt, pepper and sugar. Fill with the stuffing. Dot with small bits of Crisco and bake in a moderate oven (350 degrees F.) 1 hour.

For preparing vegetables and garnishes: Front row, left to right—a Julienne knife for making Julienne potatoes; an egg slicer; two types of slicers for making shoestring or lattice potatoes and potato chips; small scoops for making melon and potato balls; vegetable fork and paring knives. Back row—a Handy slicer for vegetables; a Roller mincer for parsley, onions, etc.; large and small chopping bowls and knives; a rice boiler and potato ricer.

*Vegetables are a part of some meat dishes, as they are in the case of this planked steak, garnished and ready to be carried to the table.*
CHAPTER VIII

Meat, Fish and Vegetable Sauces

There are two secrets in the making of good sauces! One is the way in which the fat and thickening are blended with the liquid, and the second is the manner in which the flavorings are added to the sauce. If the vegetables, such as onion, parsley and chive, used for flavoring sauces are first browned in Crisco, a decided flavor is brought out. If, on the other hand, a very subtle flavor is wanted the seasoning vegetables should be added to the sauce when it is completely made. Bland foods like asparagus need the more rich, highly seasoned sauces, while foods of pronounced flavor, like mutton, are best with a sauce whose flavor is sharp and obvious.

The other secret, that of carefully combining the liquid with the fat and thickening, is what gives the sauce its smooth texture and well-cooked flavor. The starchy taste of uncooked flour in a sauce is inexcusable.

Sauces made with Crisco have a delicacy of flavor and texture which only Crisco can give them. Hollandaise made with Crisco will be a boon to the housewife who has hitherto felt she could not make it because so much butter was required.

USES FOR WHITE SAUCE

Thin.............. To cream starchy vegetables such as potatoes. To make cream soups (page 10).

Medium........... To cream non-starchy vegetables such as carrots, onions, peas, cauliflower, etc. To make cream soups (page 10).

To cream chicken, salmon, oysters, etc.

Thick.............. To prepare scalloped dishes.

Very Thick........ To make croquettes and soufflés.
Melt Crisco, add flour, salt and pepper and mix well. Add milk slowly and bring to the boiling point, stirring constantly, to avoid lumping. Place over hot water until ready to use.

**ALMOND AND RAISIN SAUCE**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Thin</th>
<th>Medium</th>
<th>Thick</th>
<th>Very Thick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crisco</td>
<td>1 tbsp</td>
<td>1 tbsp</td>
<td>1 tbsp</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Flour</td>
<td>1 tbsp</td>
<td>2 tbsp</td>
<td>3 tbsp</td>
<td>4 tbsp</td>
</tr>
<tr>
<td>Pepper</td>
<td>1/6 tsp</td>
<td>1/6 tsp</td>
<td>1/6 tsp</td>
<td>1/6 tsp</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
<td>1 cup</td>
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<td>1 cup</td>
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**Melt Crisco, add flour and mix well. Add stock and stir until it thickens. Stir in raisins, almonds, sugar and vinegar. Season with salt and pepper if necessary.**

**Adds a new piquancy to boiled tongue.**

**BÉARNAISE SAUCE**

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>1/4 cup Crisco</td>
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<tr>
<td>4 egg yolks</td>
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</tr>
<tr>
<td>1/2 teaspoon salt</td>
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</tr>
<tr>
<td>Few grains cayenne</td>
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<td></td>
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<tr>
<td>1 tablespoon tarragon vinegar</td>
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<td></td>
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<tr>
<td>1/2 teaspoon onion juice</td>
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Mix Crisco and beaten egg yolks together. Add salt and cayenne and cook over hot (not boiling) water until thick, stirring constantly. Add vinegar and onion juice and cook 20 minutes, still stirring. Remove from fire and add parsley. Serve immediately.

Particularly good with halibut or other fish steak.

**CHEESE SAUCE**

Follow recipe for medium White Sauce. Add 1/2 cup grated cheese and stir until melted. Serve hot.

A rich, hearty sauce for bland vegetables or fish.

**EGG SAUCE**

Follow recipe for medium White Sauce. Add 1 chopped hard cooked egg and 1 teaspoon chopped parsley. Serve hot.

An easily made sauce that is good with any fish.
HOLLANDAISE SAUCE

\[
\frac{1}{3} \text{ cup Crisco} \quad \frac{1}{3} \text{ cup hot water}
\]
\[
\frac{1}{2} \text{ teaspoon salt} \quad 1 \text{ tablespoon lemon juice}
\]
\[
2 \text{ egg yolks} \quad \text{Few grains cayenne}
\]

Cream Crisco and salt together. Add beaten egg yolks and mix well. Add water gradually and cook over hot water, kept below boiling point, stirring constantly until the sauce thickens. Add lemon juice and cayenne and cook one minute. Remove from the fire and serve at once. If mixture curdles, add a tablespoon of cream and beat thoroughly. This sauce may also be used cold.

This is very delicious and much less expensive than when made with butter. Serve with fish or vegetables.

PARSLEY SAUCE

Follow recipe for thin White Sauce and add 3 tablespoons chopped parsley. This gives a touch of color and a delicate flavor to boiled fish.

SPANISH SAUCE

\[
2 \text{ tablespoons Crisco} \quad \text{Few grains pepper}
\]
\[
1\frac{1}{2} \text{ tablespoons chopped onion} \quad 1 \text{ cup strained tomato juice}
\]
\[
2 \text{ tablespoons flour} \quad 3 \text{ tablespoons cooked ham, chopped}
\]
\[
\frac{1}{2} \text{ teaspoon salt} \quad 3 \text{ tablespoons cooked celery, chopped}
\]
\[
\text{Few grains cayenne} \quad 2 \text{ tablespoons cooked carrots, chopped}
\]

Melt Crisco, add onion and fry until a delicate brown. Add flour, salt, cayenne and pepper and mix well. Add tomato juice and bring slowly to the boiling point, stirring constantly. Add ham, celery, and carrots. Serve hot. Use this with a simple meat dish when you want a different flavor.

TOMATO SAUCE

\[
2 \text{ cups cooked or canned tomatoes} \quad \text{Few grains cayenne}
\]
\[
1 \text{ teaspoon sugar} \quad 3 \text{ peppercorns}
\]
\[
2 \text{ whole cloves} \quad 2 \text{ tablespoons Crisco}
\]
\[
1 \text{ teaspoon salt} \quad 1\frac{1}{2} \text{ tablespoons flour}
\]

Cook tomatoes, sugar, cloves, salt, cayenne and peppercorns together slowly for 20 minutes. Strain. Melt Crisco, add flour and mix well. Add the tomato juice slowly and bring to the boiling point, stirring constantly.

A tasty way to use tomatoes with meat.
Quick Breads

QUICK BREADS, or hot breads as they are sometimes called, are breads which may be prepared in a very short time and are intended to be served at once while they are fresh and hot. Keeping them for any length of time spoils their flavor and lightness.

There are two general methods of combining the ingredients for quick breads. They differ in the way in which the shortening is added. In one case, unmelted Crisco is worked into the dry ingredients and the liquid then added gradually. This method is used for soft doughs of the baking powder biscuit type. The other method is used for thin mixtures, or batters, such as muffins, waffles, griddle cakes and popovers. For these Crisco is melted and added last, after the dry ingredients and liquid have been mixed together until free from lumps.

The handling of hot bread mixtures has a great deal to do with the success or failure of the finished product. Soft doughs should be handled as little as possible—only enough to mix the ingredients thoroughly. Muffin mixtures should be beaten only enough to make them smooth. Too much beating makes the muffins coarse grained and full of holes. Popovers, on the other hand, which depend upon the air beaten into them to make them “pop,” should be very thoroughly beaten after all the ingredients are combined.

PLAIN MUFFINS

2 cups white flour
2 tablespoons sugar
4 teaspoons baking powder
3 tablespoons Crisco
1 1/2 teaspoons salt
1 egg
1 cup milk

Mix and sift flour, sugar, baking powder and salt. Add the beaten egg and mix well. Add melted Crisco. Bake in greased muffin pans in a hot oven (400 degrees F.) 20 to 25 minutes. This makes 12 to 14 muffins.
549 Tested Recipes
most of them for practical, everyday foods; but many recipes for delightfully different specialty dishes for parties, formal dinners and special occasions. Each recipe is clear and easy to follow. Each makes a perfectly delicious dish.

Do you know
—what is the Russian style of serving?
—if fish is really a “brain food”?
—what foods supply energy?—which ones build bone and muscle?—which regulate body processes?
—how to keep your cakes from falling?
—why cheese is an important factor in diet?
—how to tell whether an egg is fresh?
—how to keep the nourishing juices in meats?
—how you can get your family to eat more of the healthful salads?
—how many cups of flour there are to a pound?
—how many fowl to buy to make Chicken à la King for 50 people?
—what are two secrets of baking flaky pastry?

These are but a few of the hundreds of cooking and serving questions answered by Sarah Field Splint in “The Art of Cooking and Serving.”
In her "The Art of Cooking and Serving" Sarah Field Splint has made a notable contribution to Homemaking

HOMEMAKERS, it would appear, are in need of a concise, authentic reference book on modern cooking and serving. Though our standards of living are higher today than ever before, they are simpler—for common sense and the new knowledge about health have shaped them. The lavish, formal customs of twenty or even ten years ago now seem pretentious and out of date.

With these facts in mind, we have published "The Art of Cooking and Serving." Sarah Field Splint, its author, doubtless needs no introduction to you. She is Editor of the Food Department of McCall's Magazine. During the war she was Chief of the Division of Food Conservation in the U. S. Food Administration. She has been Associate Editor of The Delineator and Editor of The Woman's Magazine.

In "The Art of Cooking and Serving" Miss Splint answers your everyday housekeeping questions, and your out-of-the-ordinary problems, too, in a clear, helpful way and with sympathetic understanding.

There are 549 tested recipes and 157 different "success secrets" and short-cuts—for every class of cooking. Each of the recipes makes a delicious dish. Most of them are for practical, everyday foods—simple and easy to prepare. But there are a number of recipes for specialty dishes—for parties, company dinners and those special occasions when you would like to serve "something a little different."

But "The Art of Cooking and Serving" is much more than simply another recipe book. It presents the latest information on nutrition and table service and countless other valuable suggestions.

For example: If you keep house without a servant, Miss Splint tells you how to plan and prepare your meals so that they are nourishing and pleasant—and how to serve them without over-exertion and wasted effort. She gives numbers of suggestions which help to make entertaining at meals more a delight and less a bothersome ordeal.

If, on the other hand, you have one or more servants, Miss Splint realizes that thereby your problems are not necessarily at an end. From her wealth of experience she gives to you helpful hints which will serve to make your days more pleasant. Questions of the latest approved table service, good taste in linen, silver and glassware are intimately discussed.
Just glance through this *Table of Contents*

Every topic of service and cooking on which you wish information is treated in a helpful, intelligent way. A cross-index (at rear of book) makes it easy to refer to any subject.

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*Name* .................................................................

*Street Address* .................................................................

*City* ................................................................. *State*
Crisco is the cream of refined edible vegetable oils.
It is used for frying, for shortening, for cake making.
It makes more appetizing foods.
It is economical and easy to use. It is digestible.
It is odorless and neutral in flavor.
It is 100% shortening.
Use Crisco wherever you need a shortening—in pies, pastries, biscuits, muffins, breads.
Use Crisco instead of butter in the most delicate cakes.
Use Crisco over and over again for frying. The taste of one food is not carried over into the next food fried in the same Crisco, if it is carefully strained through several thicknesses of clean cheesecloth.
Compare Crisco with whatever cooking fat you have been using. Put a little of each fat on the tip of a spoon. Taste first one and then the other, and notice how the sweet delicate flavor of the Crisco shows up in the comparison.
WHOLE WHEAT MUFFINS
Substitute 1 cup whole wheat flour for 1 cup of white flour in preceding recipe and increase the baking powder to 5 teaspoons.

BRAN MUFFINS
Substitute 1 cup bran flour for 1 cup white flour and increase baking powder to 5 teaspoons and milk to 3/4 cup.

BAKING POWDER BISCUITS

| 2 cups flour | 1 teaspoon salt |
| 5 teaspoons baking powder | 2 tablespoons Crisco |

Mix and sift flour, baking powder and salt. Cut in Crisco with a knife or rub in with the finger tips. Add milk gradually and mix to a soft dough. Roll out on a slightly floured board to 1/2 inch thickness. Cut with a biscuit cutter. Bake in a quick oven (450 degrees F.) 10 to 15 minutes.

This recipe makes 12 biscuits.

NOTE: For a richer biscuit use 4 tablespoons Crisco.

CHEESE BISCUITS
Follow directions for Baking Powder Biscuits and add 1/2 cup grated cheese before adding the milk.

SOUR MILK BISCUITS

| 2 cups flour | 2 tablespoons Crisco |
| 3 teaspoons baking powder | 1/2 teaspoon soda |
| 1 teaspoon salt | 3/4 cup sour milk |

Mix and sift flour, baking powder and salt. Cut in Crisco with a knife or rub in with the finger tips. Mix soda with the sour milk. Add slowly to the flour mixture and mix to a soft dough. Roll out on a slightly floured board to 1/2 inch thickness and cut with a biscuit cutter. Bake in a quick oven (450 degrees F.) 10 to 15 minutes.

This recipe makes 12 biscuits.

POPOVERS

| 1 cup flour | 1 cup milk |
| 1/4 teaspoon salt | 2 eggs |
| 1 tablespoon melted Crisco |

Mix and sift flour and salt. Add milk gradually. Add beaten egg and Crisco. Beat batter five minutes with a Dover egg beater. Pour batter into greased hot iron popover pans or hot greased earthen cups. Bake in a hot oven (400 degrees F.) 30 minutes. Reduce heat to a moderate oven (325 degrees F.) and bake 15 minutes. Do not open oven door for the first 15 minutes of baking.

This recipe makes 8 to 10 popovers.
CORNBREAD

1 1/2 cups milk  2 eggs
1 cup cornmeal  1 1/2 teaspoons baking powder
1 1/2 tablespoons Crisco  1/2 teaspoon salt
2 teaspoons sugar

Scald the milk and pour over the cornmeal and Crisco. Cool. Add beaten eggs, baking powder, salt and sugar and mix well. Pour into a greased shallow pan and bake in a hot oven (400 degrees F.) 25 to 30 minutes.

NUT BREAD

3 cups flour  1 egg
3 teaspoons baking powder  1 1/2 cups milk
1 cup sugar  1 cup nuts, cut in pieces
1 teaspoon cinnamon  1 cup raisins
1 teaspoon salt  2 tablespoons melted Crisco

Mix and sift flour, baking powder, sugar, cinnamon and salt. Beat egg and add milk. Stir liquid into flour mixture and mix well. Add nuts, raisins and Crisco. Pour into bread pan, let stand 1/2 hour and bake in moderate oven (325 degrees F.) 50 to 60 minutes.

STEAMED BROWN BREAD

1 cup white flour  3/2 cup sugar
1 cup whole wheat flour  1 teaspoon soda
1 cup cornmeal  1/2 cup molasses
1 1/2 teaspoons salt  1 1/2 cups buttermilk
2 tablespoons melted Crisco

Mix flour, whole wheat flour, cornmeal, salt and sugar together. Mix soda with the molasses and add with the buttermilk to the flour mixture. Add Crisco and mix well. Fill a greased pudding mold 3/4 full and steam 3 hours.

COFFEE CAKE

3 cups flour  3/2 cup Crisco
2 cups brown sugar  2 teaspoons baking powder
1 teaspoon salt  2 eggs
1 teaspoon cinnamon  3/4 cup milk

Mix and sift flour, salt, sugar and cinnamon. Cut in Crisco with a knife or rub in with the finger tips. Reserve 1 cup of this mixture to sprinkle on top of cake. To the remainder add the baking powder and mix well. Add the beaten eggs and milk and beat thoroughly. Pour into two greased layer cake pans and sprinkle top with crumbs reserved for this purpose. Bake in a hot oven (400 degrees F.) 20 to 25 minutes.

BUTTERSCOTCH ROLLS

Follow recipe for Raisin Rolls. Line a deep greased pan with 1 cup brown sugar creamed with 2 tablespoons Crisco and 1 tablespoon cold water. Lay the rolls on this mixture. Bake in a hot oven (375 degrees F.) 20 to 25 minutes. Turn biscuits out on a plate and serve hot.
RAISIN ROLLS

2 cups flour  
5 teaspoons baking powder  
1 teaspoon salt  
2 tablespoons sugar  
3 tablespoons Crisco

Mix and sift flour, baking powder, salt and 1 tablespoon of sugar. Cut in Crisco with a knife or rub in with finger tips. Add milk gradually and mix to a soft dough. Roll out on a slightly floured board. Brush over with the melted Crisco. Sprinkle with raisins, nuts, 1 tablespoon sugar and the cinnamon. Roll like a jelly roll and cut in 3/4 inch slices. Put in a greased baking pan, cut side down, and bake in a quick oven (425 degrees F.) 15 minutes. Serve hot.

This recipe makes 8 rolls.

WAFFLES

2 cups flour  
4 teaspoons baking powder  
1 teaspoon salt  
2 tablespoons melted Crisco

Mix and sift flour, baking powder, salt and sugar. Add milk and beaten egg yolks and mix well. Fold in the stiffly beaten egg whites. Add Crisco. Heat waffle iron thoroughly on one side, then turn and heat other side. Grease well with Crisco. Put a little of the waffle mixture in the center. The mixture will spread when the iron is closed. Brown on one side, turn and brown on the other. Serve with maple syrup, honey or marmalade.

The old method of guessing at the heat of your oven is too uncertain. If you have no oven regulator an oven thermometer placed on the baking shelf will tell you just when to put in your biscuits.
Yeast Breads

The ingredients essential to a good bread are flour, yeast, salt, sugar, liquid and shortening. The flour best suited to bread making is one which contains a large amount of gluten, for gluten produces a dough that is elastic and spongy. The yeast may be either compressed or dry, and the liquid either milk, water, or half milk and half water. Bread made with whole milk is, of course, more nutritious and should be used whenever possible.

A little salt is usually added to improve the flavor and regulate the fermentation, but too much retards the action of the yeast. Sugar adds flavor and helps to give a delicate brown crust. It also hastens slightly the action of the yeast, so use some and help the yeast along!

Shortening used in bread must be the very best, because on it depends the quality of crumb, the tenderness or toughness of the crust, and the keeping qualities and flavor of the loaf. Crisco makes the crust tender, the crumb flaky and improves the keeping qualities of bread.

A “nutty” flavor is given to the crust if, just before it comes from the oven, it is rubbed over with melted Crisco.

BREAD
(Over-Night Process)

| 1 cup milk                      | 2 1/2 teaspoons salt   |
| 1 cup water                    | 1 yeast cake           |
| 3 tablespoons Crisco           | 1/4 cup lukewarm water |
| 2 tablespoons sugar            | 6 or 7 cups flour      |

Heat milk and water and add Crisco, sugar and salt. When lukewarm add the yeast cake dissolved in the warm water. Stir in 3 or 4 cups of flour and beat thoroughly. Cover and set in a warm place to rise over night. In the morning add enough flour to make a firm dough. Knead on a slightly floured board until smooth and elastic to touch. Cover and set in a warm place to rise until treble in bulk. Knead again. Shape in loaves and put in greased bread.
pans. Cover and let rise again in warm place until double in bulk. Bake in a moderate oven (350 degrees F.) 50 to 60 minutes.

**BREAD**  
(Question Process)

<table>
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<th>1 cup milk</th>
<th>1 ½ teaspoons salt</th>
<th>1 ½ teaspoons sugar</th>
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<tr>
<td>2 tablespoons Crisco</td>
<td>2 tablespoons lukewarm water</td>
<td>2 tablespoons brown sugar</td>
<td>4 tablespoons Crisco</td>
<td>4 tablespoons lukewarm water</td>
</tr>
</tbody>
</table>

Heat milk and add Crisco, sugar and salt. When lukewarm add the yeast cake dissolved in warm water. Add 1 cup of flour and beat thoroughly. Cover and set in a warm place to rise until light, about 1 hour. Add enough flour to make a firm dough. Knead on a slightly floured board until smooth and elastic to touch. Cover and set in a warm place to rise until treble in bulk. Knead again. Shape in a loaf and put in a greased bread pan. Cover, set in a warm place and let rise until double in bulk. Bake in a moderate oven (350 degrees F.) 50 to 60 minutes.

**COFFEE CAKE**  
(Question Process)

<table>
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<tr>
<th>½ cup milk</th>
<th>1 yeast cake</th>
<th>2 tablespoons brown sugar</th>
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</thead>
<tbody>
<tr>
<td>3 tablespoons Crisco</td>
<td>2 tablespoons lukewarm water</td>
<td>1 egg</td>
</tr>
<tr>
<td>2 tablespoons sugar</td>
<td>2 to 2½ cups flour</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>½ cup brown sugar</td>
<td></td>
</tr>
</tbody>
</table>

Heat milk and add Crisco, sugar and salt. When lukewarm add the yeast cake dissolved in warm water. Add ½ cup flour and beat thoroughly. Cover and set in a warm place to rise until light—about 1 hour. Add beaten egg and brown sugar and enough flour to make a firm dough. Knead on a slightly floured board until smooth and elastic to touch. Cover and set in a warm place to rise until double in bulk. Knead again. Pat dough into a greased pan to ½ inch thickness. Cover and set in a warm place to rise until light. Brush top with melted Crisco, sprinkle with 1 teaspoon cinnamon and 2 tablespoons brown sugar. Bake in a hot oven (400 degrees F.) 15 to 20 minutes.

**PARKER HOUSE ROLLS**  
(Question Process)

| 2 cups milk | 3 teaspoons salt | 3 tablespoons sugar | 4 tablespoons Crisco | 4 tablespoons lukewarm water |
| 5 tablespoons Crisco | 2 yeast cakes | 6 or 7 cups flour |

Heat milk and add Crisco, sugar and salt. When lukewarm add the yeast cakes dissolved in warm water. Add 2 cups flour and beat thoroughly. Cover and set in a warm place to rise until light—about 1½ hours. Add enough flour to make a firm dough. Knead on a slightly floured board until smooth and elastic to touch. Cover and set in a warm place to rise until double in bulk. Knead again. Roll the dough to ¼ inch thickness and cut with large round
cutter. Brush each piece with softened Crisco. Mark through the center with the back of a knife and fold over. Place rolls on a greased shallow pan 1 inch apart. Cover and set in a warm place to rise until double in size. Bake in a hot oven (400 degrees F.) 15 to 20 minutes.

This recipe makes 2½ dozen rolls.

**DINNER ROLLS**

Follow recipe for Parker House rolls. Roll dough to ¾ inch thickness. Cut with a small round cooky cutter. Place rolls in a greased shallow pan 1 inch apart. Continue as for Parker House rolls.

This recipe makes 3 dozen rolls.

**CLOVER LEAF ROLLS**

Follow recipe for Parker House rolls. Pull off small bits of the dough after the third rising. Shape into small balls. Grease muffin pans and put 3 balls in each pan. Continue as for Parker House rolls.

This recipe makes 3 dozen rolls.

To keep your yeast dough at 80 to 82 degrees F. during the time it is rising, use thermometer, put it into the dough, and cover with a clean cloth. If room is not warm enough place bowl in a pan of warm water and add a little hot water occasionally to regulate temperature.
Salad Dressings and Accompaniments

Do not always use the same dressing on the same salad. Dress up an old salad with one of the new dressings in this Chapter. Or serve one of the cheese dainties as an accompaniment to the salad instead of the ordinary wafer.

**COOKED SALAD DRESSING**

- 3/4 teaspoon mustard
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons sugar
- 1 3/4 tablespoons flour
- 1/2 teaspoon paprika
- Few grains cayenne
- 1 egg
- 1 cup milk
- 4 tablespoons vinegar
- 1 1/2 tablespoons Crisco

Mix mustard, salt, sugar, flour, paprika and cayenne together. Add the beaten egg and mix well. Add milk and vinegar and cook over hot water until thick. Add Crisco and stir until melted.

**WHIPPED CREAM DRESSING**—To the foundation recipe add 1/2 cup whipped cream. Fold in lightly.

**TARRAGON DRESSING**—In the foundation recipe use only 2 tablespoons vinegar and add 2 tablespoons tarragon vinegar. Add 2 tablespoons chopped onion and 2 tablespoons chopped parsley.

**HORSERADISH DRESSING**—To the foundation recipe add 3 tablespoons prepared horseradish.

**CELERY DRESSING**—To the foundation recipe add 3/4 cup chopped celery, 2 tablespoons chopped green pepper and 2 tablespoons chopped red pepper.

**FRENCH DRESSING**

- 1 cup olive oil
- 3 tablespoons vinegar
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/8 teaspoon pepper
- 1/8 teaspoon paprika

Mix oil, vinegar, salt, sugar, pepper and paprika together and beat thoroughly. Or, put all ingredients in a glass jar and shake well.

**LEMON FRENCH DRESSING**—In the foundation recipe, substitute 3 tablespoons lemon juice for 2 tablespoons of the vinegar.

**CHIFFONADE FRENCH DRESSING**—To the foundation recipe add 1/4 cup chopped cooked beets and one chopped hard-cooked egg.

**THOUSAND ISLAND FRENCH DRESSING**—To the foundation recipe add 1/4 cup chopped green pepper, 2 tablespoons chopped stuffed olives, 1 tablespoon chopped parsley and 2 tablespoons chopped onion.
MAYONNAISE DRESSING

1 egg yolk
2 tablespoons vinegar
\(\frac{1}{4}\) teaspoon mustard
\(\frac{3}{4}\) teaspoon salt
\(\frac{1}{8}\) teaspoon pepper
1 cup salad oil

Beat egg yolk and add 1 tablespoon vinegar. Add mustard, salt and pepper and mix well. Drop oil a teaspoonful at a time into the egg mixture, beating constantly until \(\frac{1}{4}\) cup oil is added. Then add it in larger quantities, beating thoroughly after each addition. As the mixture thickens, add the remaining vinegar a little at a time. (Half lemon juice and half vinegar may be used.) Keep in a cool place.

FRUIT SALAD MAYONNAISE—To the foundation recipe add \(\frac{1}{2}\) cup whipped cream. Fold in lightly.

RUSSIAN MAYONNAISE—To the foundation recipe, add \(\frac{1}{2}\) cup Chili sauce and 2 tablespoons chopped green pepper.

PIQUANTE MAYONNAISE—To the foundation recipe, add \(\frac{1}{2}\) cup chopped sour pickle and 2 tablespoons chopped pickled onions.

TARTAR MAYONNAISE—To the foundation recipe, add 2 tablespoons chopped sour pickle, 2 tablespoons chopped stuffed olives, 1 teaspoon capers and 2 tablespoons chopped parsley.

RED MAYONNAISE—To the foundation recipe, add \(\frac{1}{4}\) teaspoon paprika and \(\frac{1}{2}\) cup catsup.

CUCUMBER MAYONNAISE—To the foundation recipe add \(\frac{1}{2}\) cup grated well-drained cucumber.

CHEESE FINGERS

1 cup flour
\(\frac{1}{2}\) teaspoon baking powder
\(\frac{1}{8}\) teaspoon cayenne
Water

Mix and sift flour, baking powder, cayenne and salt. Cut in Crisco with a knife or rub in with finger tips. Add cheese and enough cold water to hold mixture together. Roll out on floured board to \(\frac{1}{4}\) inch thickness. Cut in very thin strips with a knife or pastry jagger. Bake in a hot oven (400 degrees F.) 20 minutes.

This recipe makes about 50 fingers.

CHEESE CREAM PUDDS

1 cup boiling water
\(\frac{1}{4}\) cup Crisco
\(\frac{1}{2}\) cup flour
2 eggs

Heat water and Crisco to boiling point. Add flour, salt and cayenne, stirring constantly and cook until mixture leaves sides of pan. Add cheese and mix well. Cool. Add unbeaten eggs one at a time, beating well after each egg is added. Drop by teaspoons on a greased pan, making small balls. Cook in moderate oven (350 degrees F.) 30 to 40 minutes.

This recipe makes 48 puffs.
CHEESE STRAWS

Roll out Plain Pastry (page 51) to \( \frac{3}{8} \) inch thickness. Sprinkle with salt, cayenne and grated American cheese. Fold in 3 layers. Roll out again, spread and roll as before. Cut in strips \( \frac{3}{4} \) inch wide and 4 or 5 inches long. Bake in hot oven (400 degrees F.) 5 or 6 minutes.

FOR MOLDED SALADS, DESSERTS AND ICES, STEAMED BREADS AND PUDDINGS:
Covered molds with center tubes for steaming breads and puddings; covered melon and ring molds for frozen desserts and salads; and open molds—large, individual, border, fluted or in designs for molding desserts and jellied salads.

The salad course may be arranged in a pretty salad bowl and passed for each person to help himself.
Sandwiches

Instead of spreading your bread with butter try the new Crisco Spread—the first recipe in this chapter. It is a delicious spread for all kinds of sandwiches and much less expensive than butter! It has about the same consistency as mayonnaise dressing and is very much like it in flavor. One great advantage of Crisco Spread is that it may be kept in the ice box in a glass jar indefinitely. It is always ready for the hungry school boy's afternoon sandwich or the unexpected caller for whom you want to make a cup of tea. Less filling is needed to make sandwiches savory and appetizing if plenty of Crisco Spread is used on the slices of bread. It also helps to keep them fresh and moist.

**Crisco Sandwich Spread**

1 cup Crisco  
1 egg yolk  
$\frac{1}{4}$ teaspoon mustard  
$\frac{3}{8}$ teaspoon paprika  
$\frac{2}{3}$ tablespoons vinegar  
Few grains cayenne  
1 teaspoon salt  
$\frac{3}{2}$ teaspoon Worcestershire sauce  
2 tablespoons lemon juice

Cream Crisco. Add egg yolk slowly and beat well. Mix mustard, paprika, cayenne, salt, Worcestershire sauce and lemon juice together and stir into the first mixture. Add vinegar, beating in a little at a time. Mix thoroughly. This will keep in a cool place for several weeks. If it becomes hard, warm slightly and beat to proper consistency.

**Egg and Olive Sandwich**

Cut thin slices of white or whole wheat bread and trim off crusts. Spread lightly with Crisco Spread. Chop 2 hard cooked eggs fine, add $\frac{3}{4}$ cup chopped olives and enough mayonnaise dressing to moisten. Spread between two slices of bread. Cut in fancy shapes.

**Broiled Luncheon Sandwich**

Cut white bread in $\frac{1}{4}$ inch slices and trim off crusts. Spread lightly with Crisco Spread. Cover bread with thin slices of American cheese. Then put slices of tomato on the cheese and sprinkle with salt and pepper. Lay 2 strips of bacon over the top.
NUT AND RAISIN SANDWICH
Cut thin slices of white or graham bread and trim off crusts. Spread lightly with Crisco Spread. Make a filling of 1 cup chopped raisins and \( \frac{1}{4} \) cup chopped nuts moistened with mayonnaise dressing. Spread between two slices of bread. Cut with round cookie cutter.

CHEESE AND OLIVE CANAPE
Cut bread in \( \frac{1}{4} \) inch slices and cut in circles with a cookie cutter. Toast one side. Spread other side lightly with Crisco Spread. Cover with cream cheese moistened with mayonnaise dressing. Put a slice of stuffed olive in the center and put a \( \frac{1}{4} \) inch border of finely chopped stuffed olives around the edge.

WIDE OPEN SANDWICH
1 cup ham, chopped
1 hard cooked egg, chopped
2 tablespoons chopped green pepper
2 tablespoons chopped sour pickle
Few grains pepper
Finger rolls
Mix together ham, egg, green pepper, pickle and pepper. Moisten with mayonnaise dressing. Split rolls. Spread both halves lightly with Crisco. Spread and cover with some of the ham mixture. Decorate tops with thin slices of pickle and strips of green pepper. Serve open.

FOR THE FANCY TOUCH: 
Back row—a batter forcef with perforated changeable ends for making ornamental cookies; a pastry tube with fancy tips to make decorative frosting, whipped cream or Duchess potato garnishes, and for shaping French doughnuts, eclairs and cream puffs; an icing gun and tips for making ornamental frostings; fancy cutters for cookies and sandwiches. Front row—a pastry jagger; a pie-crust cutter-and-marker and patty pans

OTHER INDISPENSABLE TOOLS: A small grater; pan lifter; set of small fancy cutters for vegetable garnishes; a broad spatula for lifting cookies, turning fried foods, etc.; an apple corer; strawberry huller; snip for removing pine-apple eyes; knife sharpener; brush for greasing pans; pair of scissors for shredding lettuce, etc., and a board for kneading bread, rolling out pastry, etc.
Cakes and Cookies

There are really only two kinds of cakes, those made with shortening and those made without shortening. If we learn the general method of mixing these two kinds of cake, it is easy to follow all recipes.

Cakes made with shortening are probably the most popular, so let us discuss first the rules for mixing them. Step number one consists in blending together the shortening and the sugar. If this is done thoroughly the texture of the cake will not be grainy. This process is called "creaming," and is done by pressing Crisco and the sugar against the sides of the bowl with the back of a wooden or metal mixing spoon until the mixture is of a smooth creamy consistency.

Next the eggs are added.

After the eggs are well mixed in, the flour is sifted, measured and mixed with any other dry ingredients such as salt, baking powder and spices. This flour mixture is then added to the Crisco mixture. But it is not all put in at once. First, some of the flour goes into the mixing bowl, then some of the milk called for by the recipe and after each addition the ingredients in the bowl are beaten well. When all the flour and milk are in, the batter should have a final beating, lasting from one minute for a plain cake to three minutes for a rich one. When not beaten long enough a cake has a porous open texture with large holes; on the other hand too much beating makes a close-grained, tough cake.

For baking any kind of cake an oven thermometer should be used instead of trusting to the "feel" of the oven. We are not all equally sensitive to heat and what may feel "slow" to one person may feel "medium" to another. An accurate temperature for baking cake is next in importance to careful measurements of the ingredients which go into it. A cake baked in
too slow an oven rises over the sides of the pan and has a coarse, open texture, while one baked in too hot an oven becomes solid and close-grained with a hard crust.

Of the cakes made with shortening the plainer ones should be used the same day, or at least by the following day. Layer cakes which are put together with soft “fillings” however, and the richer cakes, made with more Crisco and more eggs, will keep fresh for several days.

---

CREAM PUDDS

\[
\begin{align*}
0.5 \text{ cup Crisco} & \quad 1.5 \text{ cups flour} \\
1 \text{ cup water} & \quad 5 \text{ eggs}
\end{align*}
\]

Put Crisco and water in a saucepan and bring to the boiling point. Add flour and mix well. Cook 2 minutes, stirring constantly. Cool. Add eggs one at a time beating after each egg is added. Beat for 5 minutes. Drop by tablespoons on a greased shallow pan 2 inches apart. Flatten with back of spoon into circles, leaving center a little thicker. Bake in a moderate oven (350 degrees F.) 30 to 35 minutes. Cool. Make a slit with a sharp pointed knife near the bottom of the puff and fill with Cream Filling (page 50), or whipped cream.

---

WEDDING CAKE

\[
\begin{align*}
0.5 \text{ pound Crisco} & \quad 1 \text{ tablespoon mace} \\
0.75 \text{ pound brown sugar} & \quad 0.5 \text{ tablespoon ginger} \\
6 \text{ eggs} & \quad 0.5 \text{ tablespoon clove} \\
0.5 \text{ cup molasses} & \quad 3 \text{ pounds raisins} \\
1 \text{ cup grape juice} & \quad 1 \text{ pound currants} \\
0.5 \text{ pound flour} & \quad 0.5 \text{ pound lemon and orange} \\
1.5 \text{ tablespoons cinnamon} & \quad \text{peel, chopped} \\
0.5 \text{ pound citron, chopped}
\end{align*}
\]

Cream Crisco and sugar together. Add the beaten eggs, molasses and grape juice and mix well. Mix and sift flour, cinnamon, mace, ginger and clove. Add enough of the sifted flour mixture to the fruit to keep it from sticking together. Add remaining flour and fruit to the first mixture and beat thoroughly. Line bottom of a large round pan with greased paper and grease sides of pan. Pour mixture into it and bake in a very slow oven (225 degrees F.) 3 to 4 hours. A small pan of water in the oven helps to keep the cake from burning during the long cooking. Ice and decorate with Ornamental Frosting.
### RICH CAKE

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<tr>
<td>Sugar</td>
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<td>Eggs</td>
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<td>Flour</td>
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<td>Baking powder</td>
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<td>Salt</td>
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<tr>
<td>Milk</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Vanilla</td>
<td>2 teaspoons</td>
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</tbody>
</table>

Cream Crisco and sugar together. Add beaten eggs a little at a time, and mix well. Mix and sift flour, baking powder and salt and add alternately with the milk to the first mixture. Add vanilla and beat thoroughly. Bake in greased cup cake pans in a quick oven (425 degrees F.) 20 minutes, or in 3 layer cake pans in a hot oven (400 degrees F.) 25 minutes. Spread layers and top of cake with Boiled Frosting II to which has been added 1/2 cup chopped raisins, 1/4 cup chopped candied cherries and 1/4 cup chopped nuts.

### FEATHERWEIGHT WHITE CAKE

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>Crisco</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>Flour</td>
<td>2 cups</td>
</tr>
<tr>
<td>Baking powder</td>
<td>2 teaspoons</td>
</tr>
</tbody>
</table>

Cream together Crisco and sugar. Mix and sift flour, baking powder and salt and add alternately with milk to first mixture. Fold in thoroughly stiffly beaten egg whites. Add vanilla and turn batter into two greased layer cake pans. Bake in moderate oven (350 degrees F.) 20 to 30 minutes.

Ice with coconut, maple icing, or use Lady Baltimore Filling (page 49) and boiled icing.

### DEVIL'S FOOD CAKE

<table>
<thead>
<tr>
<th>Ingredient</th>
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</thead>
<tbody>
<tr>
<td>Crisco</td>
<td>3 squares</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 1/2 cups</td>
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<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Flour</td>
<td>2 cups</td>
</tr>
<tr>
<td>Baking powder</td>
<td>2 1/2 teaspoons</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Chocolate</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Milk</td>
<td>2 1/2 teaspoons</td>
</tr>
</tbody>
</table>

Cream Crisco and sugar together. Add beaten eggs and mix well. Cook the milk and chocolate, cut in pieces, over a slow fire, stirring until thick. Cool. Mix and sift flour, baking powder and salt and add alternately with the chocolate to the first mixture. Add vanilla and beat thoroughly.

Bake in 2 layer cake pans in moderate oven (350 degrees F.) 25 to 30 minutes. Cool. Spread Marshmallow Frosting between layers and on top. Sprinkle with chopped nuts.

### DATE CAKE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
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<tbody>
<tr>
<td>Crisco</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Eggs</td>
<td>4</td>
</tr>
<tr>
<td>Flour</td>
<td>3 1/4 cups</td>
</tr>
<tr>
<td>Baking powder</td>
<td>5 teaspoons</td>
</tr>
<tr>
<td>Dates</td>
<td>3/4 cup</td>
</tr>
</tbody>
</table>

Cream Crisco and sugar together. Add well-beaten eggs and mix well. Mix and sift flour, baking powder, cinnamon, nutmeg and salt and add alternately with the milk to the first mixture. Beat thoroughly. Add dates and mix well.
APPLE SAUCE CAKE

\[
\begin{align*}
\frac{1}{2} \text{ cup Crisco} & \quad 1 \text{ cup thick apple sauce} \\
1\frac{1}{2} \text{ cups brown sugar} & \quad 1 \text{ teaspoon salt} \\
1 \text{ egg} & \quad 1 \text{ teaspoon cinnamon} \\
1 \text{ teaspoon soda} & \quad \frac{1}{2} \text{ teaspoon clove} \\
1\frac{1}{2} \text{ to } 2 \text{ cups flour}
\end{align*}
\]

Cream Crisco and sugar together. Add beaten egg and mix well. Dissolve soda in apple sauce and add. Sift salt, cinnamon, and clove with part of the flour and add to the first mixture. Add enough more flour to make a fairly stiff batter. (The amount depends upon the thickness of the apple sauce.) Pour into a greased loaf pan and bake in moderate oven (350 degrees F.) 50 to 60 minutes. 1 cup raisins may be added to the batter.

GRAHAM CRACKER CAKE

\[
\begin{align*}
2 \text{ tablespoons Crisco} & \quad 30 \text{ graham crackers} \\
\frac{1}{2} \text{ cup sugar} & \quad 2 \text{ teaspoons baking powder} \\
2 \text{ eggs} & \quad \frac{1}{2} \text{ teaspoon salt} \\
1 \text{ cup water}
\end{align*}
\]

Cream Crisco and sugar together. Add beaten eggs and mix well. Roll the crackers into fine crumbs and add the baking powder and salt. Add the water alternately with cracker crumbs to the first mixture. Beat thoroughly. Pour into 2 greased layer cake pans. Bake in a hot oven (400 degrees F.) 20 to 25 minutes. When cool, spread whipped cream, sweetened and flavored, between layers and on top of cake.

CUP CAKES

\[
\begin{align*}
\frac{1}{2} \text{ cup Crisco} & \quad 2 \text{ teaspoons baking powder} \\
1 \text{ cup sugar} & \quad \frac{1}{2} \text{ teaspoon salt} \\
3 \text{ eggs} & \quad \frac{1}{2} \text{ cup milk} \\
1\frac{1}{4} \text{ cups flour} & \quad 1 \text{ teaspoon vanilla}
\end{align*}
\]

Cream Crisco and sugar. Add beaten eggs and mix well. Mix and sift flour, baking powder and salt and add alternately with the milk to the first mixture. Add vanilla and beat thoroughly. Pour into greased muffin or cup cake pans and bake in quick oven (425 degrees F.) 15 to 20 minutes. This recipe makes 15 to 20 cakes.

FILLED CUP CAKES

Follow recipe for Cup Cakes. When cool split in halves crosswise and remove portion of the cake. Fill center with stiffly whipped cream, flavored and sweetened. Put halves together and ice all over with Boiled Frosting I or Creamy Chocolate Frosting.

SUGAR COOKIES

\[
\begin{align*}
\frac{3}{8} \text{ cup Crisco} & \quad 1\frac{1}{2} \text{ teaspoons salt} \\
1\frac{1}{4} \text{ cups sugar} & \quad 2 \text{ teaspoons baking powder} \\
2 \text{ eggs} & \quad \text{Grated rind 1 orange} \\
3 \text{ cups flour} & \quad 1 \text{ tablespoon orange juice}
\end{align*}
\]

Cream Crisco and sugar together. Add well-beaten eggs and mix well. Mix and sift flour, salt and baking powder and add to the first mixture. Add
orange rind and juice and mix to a smooth dough. Chill. Roll out thin on slightly floured board and cut with cooky cutter. Sprinkle with sugar and bake in a moderate oven (325 degrees F.) 12 to 15 minutes. This recipe makes about 60 cookies.

**HERMITS**

| 1 cup Crisco | 1 1/2 teaspoons salt |
| 1 1/2 cups sugar | 1 teaspoon cinnamon |
| 3/4 cup sugar | 1 teaspoon allspice |
| 1/2 teaspoon soda | 1 teaspoon clove |
| 2 teaspoons water | 1 teaspoon nutmeg |
| 3 cups flour | 1 1/2 cups raisins |

1/2 cup nuts, cut in pieces

Cream Crisco and sugar together. Add beaten eggs and mix well. Dissolve soda in water and add. Mix and sift flour, salt and spices and add to the first mixture. Add raisins and nuts and mix thoroughly. Drop by teaspoons on greased pans. Bake in moderate oven (325 degrees F.) 15 to 20 minutes. These cookies improve on keeping in stone crock or cooky jar. This recipe makes about 70 hermits.

**LACE WAFERS**

| 2 tablespoons Crisco | 1/2 teaspoon nutmeg |
| 1 cup sugar | 2 1/2 cups rolled oats |
| 2 eggs | 2 1/2 teaspoons baking powder |
| 1/2 teaspoon salt | 1 teaspoon vanilla |
| 1/4 teaspoon maple or almond flavoring |

Cream Crisco and sugar together. Add beaten eggs and mix well. Mix salt, nutmeg, rolled oats and baking powder. Add to the first mixture and mix thoroughly. Add flavoring. Drop by teaspoons on greased pans, two inches apart. Bake in a moderate oven (350 degrees F.) 12 to 15 minutes. This recipe makes about 60 cookies.

**MARGUERITES**

Follow recipe for Boiled Frosting I. Add 1 cup of chopped nuts and 1 tablespoon melted Crisco. Beat the mixture until it will hold its shape. Drop by teaspoons on soda or salted crackers. Bake in a moderate oven (350 degrees F.) 15 minutes or until a delicate brown.

**CHOCOLATE INDIANS**

| 1/2 cup Crisco | 1/2 cup flour |
| 1 cup sugar | 1 cup walnuts, cut in pieces |
| 2 eggs | 2 squares unsweetened chocolate |
| 1 teaspoon salt | 1 teaspoon vanilla |

Frostings

**BOILED FROSTING I**

| 1 3/4 cups sugar | 2 egg whites |
| 1/2 cup water | 1 teaspoon vanilla |

Cook sugar and water together, stirring until the sugar is dissolved. Boil without stirring (238 degrees F.) until the syrup forms a soft ball when tested in cold water. Pour over the stiffly beaten egg whites and beat constantly until the mixture holds its shape. When cool add vanilla.

**BOILED FROSTING II**

| 2 cups sugar | 1/2 cup water |
| 1/3 cup light corn syrup | 2 egg whites |
| 1 teaspoon vanilla |

Cook sugar, syrup and water together, stirring until sugar is dissolved. Boil without stirring (244 degrees F.) until syrup forms a rather firm ball when tested in cold water. Pour this syrup slowly over the stiffly beaten egg whites, beating constantly. Continue beating until mixture holds its shape. Add vanilla. This frosting will keep in a covered jar in a cool place. If it becomes hard on standing, add a very small amount of hot water and beat well.

**LADY BALTIMORE FROSTING AND FILLING**

Follow the recipe for Boiled Frosting I. Divide the frosting in halves and reserve a half for top and sides of cake. To the remainder (to be used between the layers), add

- 1 cup chopped raisins
- 1 cup chopped walnuts
- 1/2 cup blanched and chopped almonds
- 1/2 cup chopped citron
- 1 cup chopped figs
- 1/4 cup chopped candied cherries

**QUICK FROSTING**

| 1 cup sugar | 1 egg white |
| 1/4 cup water | 1/2 teaspoon vanilla |

Put sugar, water and unbeaten egg white in saucepan and cook over boiling water. Beat constantly until frosting is the proper consistency to spread. Add vanilla.

**CARAMEL FROSTING**

| 3 cups brown sugar | 1 cup milk |
| 1/2 teaspoon salt | 1/2 cup chopped pecan or walnut meats |
| 2 tablespoons Crisco | 1 teaspoon vanilla |

Put sugar, salt, Crisco and milk over the fire and stir until sugar is dissolved, and then only occasionally to prevent burning. Cook (236 degrees F.) until it forms a soft ball when tested in cold water. Cool slightly. Add nuts and vanilla. Beat until the frosting is the proper consistency to spread.
CREAMY CHOCOLATE FROSTING

\[
\begin{align*}
1\frac{1}{2} \text{ cups milk} & \quad 1\frac{1}{2} \text{ cups powdered sugar} \\
4 \text{ squares unsweetened chocolate} & \quad 1 \text{ teaspoon vanilla} \\
\text{Few grains salt} & \\
\end{align*}
\]

Cook milk with chocolate, cut in pieces, over a slow fire, stirring until thick and smooth. Add sugar and cook again until very thick, stirring constantly. Cool and add vanilla and salt.

FUDGE FROSTING

\[
\begin{align*}
1\frac{1}{2} \text{ cups brown sugar} & \quad \frac{3}{4} \text{ cup evaporated milk, or milk} \\
1\frac{1}{2} \text{ cups sugar} & \quad 1 \text{ teaspoon vanilla} \\
3 \text{ squares unsweetened chocolate} & \quad \frac{1}{8} \text{ teaspoon salt} \\
1 \text{ tablespoon Crisco} & \\
\end{align*}
\]

Cook sugar, chocolate cut in pieces, and milk together, stirring constantly until sugar is dissolved and then only occasionally to prevent burning. Cook (238 degrees F.) until it forms a soft ball when tested in cold water. Add Crisco, vanilla and salt, and beat until it is the proper consistency to spread.

MARSHMALLOW FROSTING

\[
\begin{align*}
\frac{1}{2} \text{ pound marshmallows} & \quad 1 \text{ egg white} \\
1 \text{ cup sugar} & \quad \frac{1}{2} \text{ teaspoon vanilla} \\
\frac{1}{4} \text{ cup water} & \quad \text{Few grains salt} \\
\end{align*}
\]

Cut marshmallows in pieces and melt over hot water. Cook sugar and water together (240 degrees F.) until the syrup forms a rather firm ball when tested in cold water. Pour the syrup slowly over the stiffly beaten egg whites and beat until stiff. Add melted marshmallows and beat until smooth and thick enough to spread. Add vanilla and salt.

ORANGE FROSTING I

\[
\begin{align*}
2 \text{ cups confectioners' sugar} & \quad 3 \text{ tablespoons orange juice} \\
& \quad \text{Grated rind of 1 orange} \\
\end{align*}
\]

Mix sugar, orange juice and rind together. Beat until smooth.

CREAM FILLING

\[
\begin{align*}
\frac{1}{2} \text{ cup sugar} & \quad 1 \text{ egg} \\
3 \text{ tablespoons flour} & \quad 1 \text{ cup milk} \\
\frac{1}{2} \text{ teaspoon salt} & \quad 1 \text{ teaspoon vanilla} \\
\end{align*}
\]

Mix sugar, flour and salt. Add beaten egg. Add milk and cook over boiling water until thick. Cool and add vanilla. Spread between layers of cake.

PINEAPPLE FILLING

\[
\begin{align*}
\frac{1}{2} \text{ cup sugar} & \quad 1 \text{ egg} \\
4 \text{ tablespoons flour} & \quad 1 \text{ cup pineapple, cut in pieces} \\
\frac{1}{2} \text{ teaspoon salt} & \quad \frac{3}{4} \text{ cup pineapple juice} \\
1 \text{ tablespoon Crisco} & \\
\end{align*}
\]

Mix sugar, flour and salt. Add beaten egg, pineapple and juice. Cook in a double boiler or over boiling water until thick, stirring constantly. Add Crisco and mix well. Cool and spread between layers of cake.
Two important principles underlie pastry making. They are short and easily remembered. In colloquial language they are, “Keep the water out” and “Get the air in.” In other words, pastry that is made with too much water is tough and hard, while pastry that is kneaded and prodded and crushed beneath a rolling pin makes a fine substitute for shoe leather.

So when you make pastry use the smallest amount of liquid that will hold the ingredients together.

Closely related to the question of liquid in pastry is the amount and kind of shortening used. Generally speaking, the less water and the more shortening the flakier the pastry will be. A soft, moist shortening has almost the effect of liquid on pastry, making it tough and rubbery.

For this reason, Crisco, which becomes hard when kept for some time in a cold place, is the ideal shortening. Instead of melting and contributing its share of moisture to the dough, it remains in tiny pieces which melt only in the heat of the oven and produce the much-desired “shortness.”

**Plain Pastry**

2 cups flour
1½ teaspoons salt

Mix and sift flour and salt. Cut in the Crisco with a knife. Add only water enough to hold the ingredients together. Do not knead. Chill thoroughly. Divide dough in 2 parts and roll out thin on a slightly floured board. Line a pie pan with one-half the pastry. Pinch pastry with the fingers to make a fancy edge and prick bottom and sides with a fork. Bake in a very hot oven (460 degrees F.) 10 to 15 minutes. For a 2 crust pie, line pie pan with pastry, put in a filling, cover with top crust and bake as directed for pies.

If a less rich pastry is desired, use only ½ cup Crisco.
FLAKY PASTRY

2 cups flour  
1 teaspoon salt  
2 1/4 cups Crisco  
Cold water

Mix and sift flour and salt. Cut in 2 tablespoons of the Crisco with a knife. Add enough water to make a stiff dough. Roll out in an oblong piece on a slightly floured board and dot with bits of Crisco, using 1/4 the remaining quantity. Fold over ends to the center and fold again to make 4 layers. Press ends together and roll out. Dot again with Crisco, fold and roll. Repeat this process a third time. Chill thoroughly.

This pastry may be used wherever plain pastry is called for.

TART SHELLS

Roll out Puff Paste to 1/4 inch thickness. Fit over inverted pie, muffin or patty pans. Prick bottom and sides all over with fork. Place on a baking sheet and bake in a quick oven (425 degrees F.) 15 to 20 minutes.

APPLE DUMPLINGS

Roll out Plain Pastry to 1/4 inch thickness. Cut in large circles. Cut tart apples in thin slices, and put a small amount in the center of each circle of pastry. Sprinkle with sugar and a little nutmeg and dot with a small bit of Crisco. Moisten edge of pastry with water. Bring opposite edges to the center and press tightly together. Prick top to allow the steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce the heat to a moderate oven (350 degrees F.) and bake 15 to 20 minutes.

BLUEBERRY PIE

2 1/2 cups blueberries  
Plain pastry  
1 teaspoon lemon juice  
1 cup sugar  
2 tablespoons flour

Wash and pick over blueberries. Drain. Line a pie pan with Plain Pastry. Mix sugar, flour and lemon juice with blueberries. Turn into the pie pan and moisten edge of pastry with water. Cover with a top crust, trim and press edges together. Prick top with a fork to allow the steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce the heat to moderate oven (350 degrees F.) and bake 20 minutes.

CHOCOLATE PIE

Plain pastry  
2 squares unsweetened chocolate  
3 eggs  
1 cup cream  
1 cup sugar  
2 tablespoons soft bread crumbs  
1/2 cup chopped nuts

Line a pie pan with Plain Pastry and pinch with fingers to make a fancy edge. Cut chocolate in pieces and melt over hot water. Beat eggs well and add sugar, bread crumbs and melted chocolate. Mix well. Pour into the pie pan. Bake in a hot oven (375 degrees F.) 20 minutes, or until filling is firm. When cold, sprinkle with chopped nuts. Spread with whipped cream and decorate with cherries and whole nuts.
CREAM PIE

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
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<tbody>
<tr>
<td>1 tablespoon Crisco</td>
<td></td>
</tr>
<tr>
<td>8 tablespoons flour</td>
<td></td>
</tr>
<tr>
<td>1/4 cup sugar</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>2 egg yolks</td>
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</tr>
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<td>1 teaspoon vanilla</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons confectioners’ sugar</td>
<td></td>
</tr>
<tr>
<td>2 cups milk</td>
<td></td>
</tr>
<tr>
<td>2 egg whites</td>
<td></td>
</tr>
</tbody>
</table>

Baked pie shell

Melt Crisco. Add flour, sugar, salt, milk and beaten egg yolks and cook over hot water until thick, stirring constantly. Add vanilla. Pour into a baked pie shell (see Plain Pastry). Cover top with a meringue made by beating the confectioners’ sugar into the stiffly beaten egg whites. Bake in a moderate oven (325 degrees F.) 15 minutes, or until a delicate brown.

CUSTARD PIE

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>1 1/2 tablespoons flour</td>
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</tr>
<tr>
<td>4 tablespoons sugar</td>
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</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>2 cups scalded milk</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon vanilla</td>
<td></td>
</tr>
<tr>
<td>Few grains nutmeg</td>
<td></td>
</tr>
<tr>
<td>Plain pastry</td>
<td></td>
</tr>
</tbody>
</table>

Mix flour, sugar, salt and well-beaten eggs together. Add the scalded milk, vanilla and nutmeg. Line a pie pan with Plain Pastry and pinch with fingers to make a fancy edge. Pour in the custard mixture and bake in a quick oven (425 degrees F.) 10 minutes. Reduce heat to a slow oven (300 degrees F.) and bake 20 minutes, or until custard is firm. When done, a silver knife, inserted, will come out clean.

LEMON MERINGUE PIE

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 tablespoons Crisco</td>
<td></td>
</tr>
<tr>
<td>8 tablespoons flour</td>
<td></td>
</tr>
<tr>
<td>1 cup sugar</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>2 cups water</td>
<td></td>
</tr>
<tr>
<td>2 egg yolks</td>
<td></td>
</tr>
<tr>
<td>Juice of 1 lemon</td>
<td></td>
</tr>
<tr>
<td>Grated rind of 1/2 lemon</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons confectioners’ sugar</td>
<td></td>
</tr>
<tr>
<td>2 egg whites</td>
<td></td>
</tr>
<tr>
<td>Baked pie shell</td>
<td></td>
</tr>
</tbody>
</table>

Melt Crisco, add flour, sugar, salt, water and beaten egg yolks. Mix well. Cook over hot water until thick, stirring constantly. Remove from fire, add lemon juice and rind and mix well. Pour into the baked pie shell. (See Plain Pastry.) Cover top with a meringue made by beating the confectioners’ sugar into the stiffly beaten egg whites. Bake in a moderate oven (325 degrees F.) 15 minutes or until a delicate brown.

The same filling can be used for lemon tarts.

PUMPKIN PIE

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain pastry</td>
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</tr>
<tr>
<td>1 1/4 teaspoons cinnamon</td>
<td></td>
</tr>
<tr>
<td>2 cups cooked and strained pumpkin</td>
<td></td>
</tr>
<tr>
<td>1 cup milk</td>
<td></td>
</tr>
<tr>
<td>1/2 cup sugar</td>
<td></td>
</tr>
<tr>
<td>3 egg yolks</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon cloves</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon ginger</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon nutmeg</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>3 egg whites</td>
<td></td>
</tr>
</tbody>
</table>

Line a pie pan with Plain Pastry and pinch with fingers to make a fancy edge. Mix the pumpkin and milk together. Add the beaten egg yolks. Add the
sugar mixed with the cinnamon, clove, ginger, nutmeg, and salt. Mix well. Fold in the stiffly beaten egg whites. Turn into the pie pan. Bake in a quick oven (450 degrees F.) 10 minutes, reduce heat to hot oven (375 degrees F.) and bake 20 minutes longer or until the filling is firm.

**Rhubarb Pie**

3 cups rhubarb  
Plain pastry  
1 cup sugar  
2 tablespoons flour  
1/8 teaspoon salt  
2 eggs

Peel rhubarb and cut in one-half inch pieces before measuring. Line a pie pan with Plain Pastry. Mix sugar, flour, salt and beaten eggs. Add to the rhubarb and pour into the pie pan. Moisten edge of pastry with water. Cover with a top crust, trim and press edges together. Prick top with a fork to allow steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce heat to a moderate oven (325 degrees F.) and bake 25 to 30 minutes.

**Banbury Tarts**

1/4 cup chopped raisins  
1/4 cup chopped dates  
1/4 cup chopped figs  
1/4 cup chopped nuts  
1 cup light brown sugar  
1 tablespoon flour  
1 egg  
Juice of 1 lemon  
Grated rind of 1 lemon  
Plain pastry

Mix raisins, dates, figs and nuts, sugar and flour together. Add beaten egg, lemon juice and rind. Mix well. Roll out Plain Pastry to 1/8 inch thickness and cut in pieces 3 inches square. Put a little of the mixture on each piece. Moisten edges with cold water, fold over diagonally and press edges together with tines of a fork. Bake in a hot oven (400 degrees F.) 15 to 20 minutes or until pastry is brown.

**Butterscotch Tarts**

1 cup brown sugar  
1 tablespoon Crisco  
2 tablespoons water  
1 cup milk  
2 tablespoons cornstarch  
1 egg yolk  
1/2 teaspoon vanilla  
1 tablespoon confectioners' sugar  
1 egg white

Boil brown sugar, Crisco and water together until sugar is dissolved. Mix milk, cornstarch and beaten egg yolk together and add to the sugar syrup. Cook over hot water until thick, stirring constantly. Cool. Add vanilla. Pour into baked Tart Shells. Decorate tops with meringue made by beating the confectioners' sugar into the stiffly beaten egg white. Bake in a moderate oven (325 degrees F.) 15 minutes or until a delicate brown.

This recipe fills 6 tarts.

**Gooseberry Tarts**

Wash 4 cups of gooseberries and drain. Cook slowly with 1 1/2 cups sugar and 1/4 cup water until berries are tender, stirring constantly until sugar is melted. Add 1 tablespoon Crisco and 1 teaspoon grated lemon rind. Cool. Pour into baked Tart Shells. Garnish with whipped cream, flavored and sweetened.
Desserts and Sauces

Desserts are of two types: fruits, ices, gelatines and simple puddings to top off a hearty meal, and pies, cakes and rich puddings for serving with a light repast.

A sauce gives even the simplest pudding a festive air and the housewife who wants to be ready for the unexpected guest or to keep her family's appetite whetted will learn how to make some of the good pudding sauces. Sauces are either hard or liquid, the latter offering many varieties with a basis of fruit juices, egg, cornstarch, chocolate, or caramel.

Crisco may be used successfully in any of these and makes a rich, delicious sauce; and the nicest part about it is that you can make a large enough quantity to satisfy the sweetest tooth in your household without going bankrupt for butter.

COTTAGE PUDDING

\[
\begin{align*}
\frac{1}{4} \text{ cup Crisco} & \quad 3 \text{ teaspoons baking powder} \\
\frac{3}{4} \text{ cup sugar} & \quad \frac{1}{2} \text{ teaspoon salt} \\
2 \text{ eggs} & \quad \frac{3}{4} \text{ cup milk} \\
2\frac{1}{4} \text{ cups flour} & \quad 1 \text{ teaspoon vanilla} \\
\end{align*}
\]

Cream Crisco and sugar together. Add beaten eggs and mix well. Mix and sift flour, baking powder and salt and add alternately with the milk to the first mixture. Add vanilla and beat thoroughly. Pour into a greased pan, having batter 1 inch deep in pan. Bake in a hot oven (400 degrees F.) 20 to 25 minutes. Cut in squares and serve with Lemon or Custard Sauce. This batter may also be baked in muffin pans and served as individual portions.

FRUIT COTTAGE PUDDING

Follow recipe for Cottage Pudding. Add \(\frac{3}{4}\) cup berries or chopped fruit, well drained and mixed with a little of the flour.
**PEACH BASKET TURNOVER**

- 2 egg yolks
- 1 cup sugar
- 1/2 cup hot water
- 2 egg whites
- 1 cup flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 1 cup brown sugar
- 2 tablespoons Crisco
- 1 can sliced peaches, drained
- 1/4 teaspoon salt

Beat egg yolks and 1/2 cup sugar together until light. Add hot water and remaining sugar and beat 5 minutes. Fold in stiffly beaten egg whites. Mix and sift flour, baking powder and 1/4 teaspoon salt. Add to first mixture and mix well. Add vanilla. Cream brown sugar and Crisco, add peaches and 1/4 teaspoon salt, and put in a shallow greased baking pan. Pour cake batter over the mixture and bake in hot oven (400 degrees F.) 45 minutes. Turn out on a platter and serve with the fruit juice and whipped cream.

**BREAD PUDDING**

- 2 eggs
- 1 1/2 cups soft bread crumbs
- 3 cups scalded milk
- 1 tablespoon Crisco
- 1/4 cup nuts, cut in pieces
- 2/3 cup sugar
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla
- 1/2 cup nuts, cut in pieces

Beat eggs, add bread crumbs, milk, Crisco, sugar and salt and mix well. Add vanilla and nuts. Pour into a greased baking pan and bake in a moderate oven (325 degrees F.) 45 minutes or until firm. Serve hot or cold with whipped cream.

**STEAMED FIG PUDDING**

- 1/8 cup Crisco
- 1/8 cup sugar
- 2 cups bread crumbs
- 1 1/4 cups scalded milk
- 3 eggs
- 1/4 cup flour
- 1/2 cup Sultana raisins
- 1/8 teaspoon baking powder
- 1/8 teaspoon salt
- 1/8 teaspoon cinnamon
- 1/8 teaspoon clove
- 1/8 teaspoon nutmeg
- 1/2 cup chopped figs


**BROWN BETTY**

- 3 cups dried bread crumbs
- 3 cups sliced tart apples
- 1/8 cup brown sugar
- 1/8 cup white sugar
- 1/2 cup water
- 1/8 teaspoon nutmeg
- 1/8 teaspoon cinnamon
- 1/8 teaspoon salt
- 3 tablespoons Crisco

Put a layer of bread crumbs in the bottom of a greased baking dish and cover with a layer of apples. Mix sugar with nutmeg, cinnamon and salt. Sprinkle apples with part of the sugar mixture and dot with small bits of Crisco. Repeat the process until all the ingredients are used, having a layer of crumbs on top.
DESSERTS AND SAUCES

Dot with Crisco. Pour the water over it and bake in moderate oven (350 degrees F.) 45 to 50 minutes. Serve with Foamy Sauce.

PLUM PUDDING

\[
\begin{align*}
&\frac{3}{4} \text{ cup Crisco} \\
&1 \text{ cup sugar} \\
&3 \text{ cups soft bread crumbs} \\
&1 \text{ teaspoon baking powder} \\
&1 \text{ teaspoon salt} \\
&\frac{3}{4} \text{ teaspoon nutmeg} \\
&\frac{1}{2} \text{ teaspoon cinnamon} \\
&\frac{1}{4} \text{ teaspoon mace} \\
&\frac{1}{4} \text{ teaspoon clove} \\
&3 \text{ eggs} \\
&\frac{3}{4} \text{ cup scalded milk} \\
&2 \text{ tablespoons chopped orange peel} \\
&2 \text{ tablespoons chopped lemon peel} \\
&1\frac{1}{2} \text{ cups raisins} \\
&\frac{1}{4} \text{ cup currants} \\
&\frac{1}{4} \text{ cup chopped figs} \\
&\frac{1}{2} \text{ cup nuts, cut in pieces} \\
&\frac{1}{2} \text{ cup grape juice}
\end{align*}
\]

Cream Crisco and sugar together, add bread crumbs, baking powder, salt and spices. Add beaten eggs and mix thoroughly. Add scalded milk. Add orange and lemon peel, raisins, currants, figs, nuts and grape juice to the first mixture, and beat thoroughly. Fill greased pudding mold \(\frac{3}{4}\) full, cover tightly and steam for 4 hours. Serve with Orange or Hard Sauce.

CUSTARD SAUCE

\[
\begin{align*}
&1 \text{ cup milk} \\
&2 \text{ egg yolks} \\
&\frac{1}{4} \text{ teaspoon vanilla}
\end{align*}
\]

Scald milk in double boiler or over hot water. Beat yolks, sugar and salt together until light, and pour scalded milk on them. Return to boiler and cook until mixture coats the spoon, stirring constantly. Chill and add vanilla.

To make a fluffy sauce, reserve 1 egg white, beat stiff and add to the custard just before taking from fire.

FOAMY SAUCE

\[
\begin{align*}
&\frac{1}{4} \text{ cup sugar} \\
&2 \text{ tablespoons flour} \\
&\frac{1}{2} \text{ teaspoon salt} \\
&1 \text{ cup milk} \\
&1 \text{ egg yolk} \\
&2 \text{ tablespoons sherry flavoring} \\
&\text{Few grains nutmeg} \\
&2 \text{ egg whites}
\end{align*}
\]

Mix sugar, flour and salt together. Add milk and beaten egg yolk and cook over hot water until thick. Add flavoring and nutmeg. Fold in the stiffly beaten egg whites.

LEMON SAUCE

\[
\begin{align*}
&\frac{1}{2} \text{ cup sugar} \\
&1 \text{ tablespoon cornstarch} \\
&\frac{1}{8} \text{ teaspoon salt} \\
&1 \text{ egg yolk} \\
&1 \text{ cup boiling water} \\
&2 \text{ tablespoons Crisco} \\
&2 \text{ tablespoons lemon juice}
\end{align*}
\]

Mix sugar, cornstarch and salt. Add boiling water slowly, stirring constantly. Boil 5 minutes. Take from the fire and add Crisco, lemon juice and beaten egg yolk.
HOT CHOCOLATE SAUCE

\[ \frac{1}{4} \text{ cups milk} \quad \frac{1}{2} \text{ tablespoon Crisco} \quad 2 \text{ squares unsweetened chocolate} \quad 1 \text{ cup powdered sugar} \quad 1 \text{ teaspoon vanilla} \quad \frac{1}{8} \text{ teaspoon salt} \]

Cook milk, chocolate and Crisco over a slow fire and stir until chocolate melts and the mixture is thick. Add sugar and cook until it thickens again, stirring constantly. Add vanilla and salt.

FOR MIXING CAKES, BREADS AND PASTRIES: Nests of bowls in glass, crockery or enamel; large and small sifters; spatula and knife for cutting Crisco into flour for pastry; large and small rotary beaters and wire whisks for beating eggs; plain and slotted mixing spoons; wooden spoons and a rolling pin

The first step in cake making consists of blending together the shortening and the sugar. This process is called "creaming" and is done by pressing Crisco and sugar against the sides of the bowl with the back of a wooden spoon until the mixture is of a smooth, creamy consistency.
CRISCO used in candy gives delightful results and you can use large quantities without extravagance. A little salt should be added to the candy.

**CHOCOLATE FUDGE**

2 cups sugar  
\( \frac{3}{4} \) cup milk  
2 tablespoons corn syrup  
3 squares unsweetened chocolate  
2 tablespoons Crisco  
1 teaspoon vanilla

Put sugar, milk, syrup and chocolate, cut in small pieces, into a saucepan and stir until sugar is dissolved. Cook slowly until the temperature is 236 degrees F., or until mixture forms a soft ball when tested in cold water. Remove from fire and add Crisco. When lukewarm, add vanilla and beat until thick. Pour into greased shallow pan. When cold cut in squares.

**PENUCHI**

2 cups brown sugar  
\( \frac{1}{2} \) cup evaporated milk  
2 tablespoons Crisco  
1 teaspoon vanilla  
\( \frac{1}{2} \) teaspoon salt  
1 cup nuts, broken in pieces

Cook sugar and milk together in a saucepan, stirring until the sugar is dissolved. Continue to cook slowly, stirring constantly until 236 degrees F. is reached, or until mixture forms a soft ball when tested in cold water. Add Crisco. Cool slightly, add vanilla, salt and nuts and beat until creamy. Pour into a greased pan and when cold cut in squares.

**MEXICAN KISSES**

Follow recipe for Penuchi, substituting \( \frac{1}{2} \) cup candied cherries, cut in pieces, for \( \frac{1}{2} \) cup of the nuts. Continue beating until it will hold its shape. Drop by teaspoons on waxed paper.

**VANILLA CARAMELS**

2 cups sugar  
1 cup brown sugar  
1 cup light corn syrup  
1 cup condensed milk  
1 1/2 cups milk  
1/2 cup Crisco  
1/2 teaspoon salt  
1 1/2 teaspoons vanilla

Cook sugar, corn syrup, condensed milk and milk together in a saucepan, stirring constantly until the sugar is dissolved. Cook slowly, stirring occasionally to prevent burning, until the temperature is 248 degrees F., or until mixture forms a firm ball when tested in cold water. Remove from fire, add Crisco, salt and vanilla and mix well. Pour into a greased pan. When cold remove from pan, cut in cubes and wrap each caramel in waxed paper.
Candy

Maple Nut Brittle

2 cups nuts, broken in pieces  
1 1/2 cups maple sugar, cut in pieces  
1 1/2 cups light corn syrup  
3/4 cup water  
2 tablespoons Crisco

Brown nuts slightly in the oven. Cook sugar, syrup, and water together in a saucepan, stirring until the sugar is dissolved. Add Crisco. Continue cooking without stirring until the temperature is 290 degrees F., or until syrup becomes brittle when tested in cold water. Add nuts and pour on an inverted greased pan in a very thin sheet. Do not scrape the bottom and sides of the saucepan. Break into pieces.

Molasses Mint Taffy

2 cups molasses  
2 teaspoons vinegar  
1 1/2 tablespoons Crisco  
3/4 teaspoon salt  
3/4 teaspoon soda

Cook molasses and vinegar in a saucepan slowly, stirring constantly, until the temperature is 270 degrees F., or until syrup becomes brittle when tested in cold water. Remove from fire and add Crisco, salt and soda. Stir until mixture ceases to foam. Pour into a greased pan. When cool enough to pull pour the peppermint in the center of the candy and draw the corners toward the center. Remove from pan and pull until light in color and firm. Roll into a thin rope. Cut in pieces and wrap in waxed paper.

Popcorn Balls

1 1/4 cups sugar  
1 1/4 cups brown sugar  
3/4 cup light corn syrup  
3 1/2 quarts popped corn  
1/4 teaspoons salt

Put sugar, brown sugar, syrup and water in a saucepan, stirring until sugar is dissolved. Add Crisco and continue cooking without stirring until the temperature 240 degrees F. is reached, or until mixture forms a soft ball when tested in cold water. Put popped corn in a large bowl and sprinkle with salt. Pour the hot syrup over it and mix thoroughly. Shape in small balls, wrap in waxed paper.

Salted Almonds

Blanch 1/2 pound shelled almonds in boiling water and remove skins. Put 1 teaspoon Crisco in a pie pan and place in a hot oven (375 degrees F.). When it is melted put the almonds into it and stir until well coated with Crisco. Cook until a delicate brown, stirring often so that they may brown evenly without burning. Drain on unglazed paper and sprinkle with salt. Do not enclose in box or tin until perfectly cold.

Almonds may also be browned in deep Crisco, drained and salted.
Large Quantity Cooking

The planning and ordering for a large number of people should be done as far ahead as practicable so that materials will be on hand and any gaps filled before the last minute. If roasts or hams are to be served they may be partly cooked the day before, the hams boiled and prepared with spices and sugar for a final baking. Beans can always be baked the previous day and reheated with no loss of flavor or delicacy. Macaroni dishes can be made ready for the oven, and vegetables can be prepared for boiling early in the day and allowed to soak in cold water. The ingredients for salad can be prepared and left in the ice box to chill.

BAKED BEANS

4 quarts pea beans
\(\frac{1}{4}\) cup soda
1 cup molasses
\(\frac{1}{2}\) cup sugar
3 quarts hot water

2 teaspoons mustard
2 teaspoons paprika
6 tablespoons salt
2 cups Crisco

Soak beans over night. Drain. Cover with water, add soda and cook slowly until almost tender. Drain. Add molasses, sugar, mustard, paprika, salt, Crisco and hot water. Bake in shallow pans in a moderate oven (325 degrees F.) 1 to 1\(\frac{1}{2}\) hours.

This recipe makes about 75 servings.

WHITE SAUCE

2 cups Crisco
3 cups flour
\(\frac{1}{4}\) cup salt
1 quart water

1 teaspoon pepper
1 teaspoon paprika
5 quarts milk

Melt Crisco and add flour, salt, pepper and paprika. Mix well. Scald milk and water. Add a little at a time to the flour mixture, stirring constantly to prevent lumping. Cook, stirring until thick and smooth.

This recipe makes 6 quarts of sauce.
MASHED POTATOES

15 pounds potatoes  
1½ quarts milk (scalded)  
¾ cup salt  
½ cup melted Crisco

Wash and pare potatoes and boil or steam until tender. Mash until free from lumps and add milk, salt and Crisco. Beat until light. Serve immediately. This recipe makes about 100 servings.

MACARONI AND CHEESE

5 pounds macaroni  
2 gallons water  
½ cup salt  
½ cup Crisco

Break macaroni in pieces. Cook in boiling salted water until tender. Drain. Add white sauce and cheese to the macaroni. Put in greased shallow baking pans. Cover with crumbs and dot with small bits of Crisco. Bake in moderate oven (350 degrees F.) 50 to 60 minutes. This recipe makes about 50 servings.

CHICKEN A LA KING

6 quarts cooked chicken  
1 small can pimento, chopped  
2 tablespoons salt  
2 teaspoons pepper

Cut chicken in cubes before measuring. Add pimento, salt, pepper and parsley. Peel mushrooms, slice thin and cook in Crisco 10 minutes. Add them with the white sauce to the chicken mixture. Heat over boiling water. Serve on toast or in patty shells. This recipe makes about 50 servings.

*(4 or 5 six pound fowls will give 6 quarts cooked meat.)*

CHICKEN SALAD

4 quarts cooked chicken, cut in small pieces  
4 quarts celery, cut in small pieces

Mix chicken, celery, salt and pepper. Moisten with French dressing and let stand several hours. Mix with Boiled Salad Dressing or mayonnaise dressing. Serve on lettuce leaves and garnish with slices of hard cooked eggs. This recipe makes about 50 servings.

BOILED SALAD DRESSING

1½ cups flour  
½ cup cornstarch  
1½ cups sugar  
2 tablespoons mustard  
1 teaspoon paprika

Mix flour, cornstarch, sugar, mustard, paprika, cayenne and salt together. Mix to a paste with a little of the milk. Scald remaining milk with the Crisco.
in a double boiler or over hot water. Add the first mixture to the milk gradually and cook until smooth and thick, stirring constantly. Pour on to the beaten eggs. Return to the fire and cook 3 minutes. Add vinegar a little at a time beating after each addition. Stir until dressing is well mixed and blended. Cool.

This recipe makes 4½ quarts of salad dressing.

**BAKING POWDER BISCUITS**

$\frac{6}{2}$ quarts flour
$\frac{1}{2}$ cup salt
\(\frac{3}{4}\) cup baking powder
3 cups Crisco
2 quarts milk

Mix and sift flour, salt and baking powder together. Cut in Crisco with a knife or rub in with the finger tips. Add milk slowly to make a soft dough. Roll out on slightly floured board to \(\frac{3}{4}\) inch thickness and cut with a biscuit cutter. Put on a greased baking sheet and bake in a quick oven (425 degrees F.) 10 to 15 minutes.

This recipe makes about 100 biscuits.

**CHOCOLATE CAKE**

1 cup Crisco
6 cups sugar
9 egg yolks
8 cups flour
3½ teaspoons salt
9 egg whites

Cream Crisco and sugar together. Add beaten egg yolks and mix well. Mix and sift flour, salt and baking powder and add alternately with the milk to the first mixture. Add melted chocolate and vanilla and beat thoroughly. Fold in stiffly beaten egg whites. Pour into greased shallow pans and bake in a moderate oven (350 degrees F.) 20 to 30 minutes. When cool cover with any desired frosting.

This recipe makes about 50 servings.

**APPLE PIES**

**Pie Crust**

6 pounds flour
4 tablespoons salt
3 pounds Crisco
Water

Mix and sift flour and salt. Cut in Crisco with a knife or rub in with finger tips. Moisten with just enough cold water to hold the mixture together. Chill thoroughly. Roll out thin on a slightly floured board.

**Pie Filling**

16 pounds tart apples
2 tablespoons cinnamon
\(\frac{1}{2}\) cup Crisco
7 pounds sugar
1 cup flour

Pare and core apples and cut in thin slices. Add cinnamon, sugar and flour and mix well. Line pie pans with pastry and fill with apple mixture. Dot
with Crisco. Cover with top crust, trim and press edges together to make a fancy edge. Prick top to allow steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes, reduce heat to moderate oven (350 degrees F.) and bake 20 to 30 minutes.
This recipe makes 14 pies.

**COFFEE FOR 100 PERSONS**

8 cups ground coffee  
18 quarts water
Tie the coffee in thick cheesecloth bags, leaving plenty of room for coffee to swell. Let stand in the water several hours. Bring slowly to boiling point and boil 5 minutes. Remove the bags and keep coffee hot for serving.

**COCOA FOR 100 PERSONS**

3 cups cocoa  
4 cups sugar  
½ teaspoon salt  
1 quart warm water  
2 quarts boiling water  
16 quarts hot milk
Mix cocoa, sugar, salt and warm water together until smooth. Add boiling water and boil 10 minutes. Pour into the hot milk, bring to boiling point, stirring constantly, and beat with an egg beater for a few minutes. Keep hot over boiling water. Serve with whipped cream.

*The dinner party, whether it be a small affair of a half dozen people, or stretches the table to the last limit of extra leaves, will always be the entertainment par excellence in our social calendar.*