A SUGGESTION
Prove to yourself that no other shortening is as excitingly new, creamy, and easy to work with as Super-creamied Crisco. You know that a white cake is the surest test of a fine shortening, so just try the Lady Baltimore Cake recipe on Page 4. You'll be convinced.

COOKING HINTS and tested RECIPES
The New Crisco

NOW so improved, so much lighter and creamier, it will make all other shortenings seem old-fashioned. The new Super-Creamed CRISCO not only has all the advantages which have made that famous shortening America's favorite for 25 years, but it brings you in addition, fluffy creaminess, and even greater digestibility.

MIRACLE! It's super-creamed!

The minute you slip a spoon into this new satin-smooth CRISCO, you'll discover this new CRISCO isn't creamed just two or three times—but over and over again—super-creamed.

MIRACLE! It's so easy to use.

Imagine! New Super-Creamed CRISCO is so fluffy that it mixes perfectly with the sugar and eggs of your cake recipe in half a minute! Try it yourself. Just put CRISCO, sugar, and eggs into your mixing bowl, stir briskly, and in 30 seconds, the mixture is blended.

MIRACLE! It makes super-fine cakes!

Super-Creamed CRISCO brings to cakes extra richness, extra tenderness and, best of all, extra lightness. Cakes have a melt-in-the-mouth quality not found in those made with any other shortening.

MIRACLE! It makes extra digestible pastry.

Even novices at cooking marvel at the ease with which they can now turn out flaky, tender pastry—with this new CRISCO! Experienced pastry-makers too, are astonished at the tender, delicately flaky pie crusts they can make.

MIRACLE! It is perfect for pan fried and deep fried foods.

Here's a thrill. CRISCO gives you matchless, golden brown fried foods with the real food flavor at its best. Absolutely no greasy, fatty taste. The new Super-Creamed Crisco quickly seals in the flavor of all foods with a delicate, golden crust that prevents their becoming fat-soaked or soggy and makes fried foods digestible.

MIRACLE! You can use CRISCO for everything.

Don't use CRISCO for cakes and pastry only, but try it for cookies, for biscuits, for fritters, for deep frying and pan frying as well. Your dealer has Super-Creamed CRISCO now in the regular blue and white wrapped can. Buy it in the economical 3-lb. size and use it for everything—in these special tested recipes and all your other favorite foods.

Copyright, 1937 . . . by The Procter & Gamble Company, Cincinnati, Ohio
Cake Makers! Here’s a Friendly Challenge!

We don’t care what shortening you usually use for cakes!
We still say “You’ve never made such a tender, light cake as you’re going to make when you try new Super-Creamed Crisco!”

As you know, a white cake is the aristocrat of cakes! But it can be . . . alas . . . dry, tough, and tasteless! Knowing this, we ask you to try the recipe for white cake given on page 4 using Super-Creamed Crisco.

When you take this white cake out of the oven, it will be \( \frac{1}{4} \) inch higher than you expect. Cut it, and you’ll marvel at its fineness. Taste it—you’ll feast on the whitest, lightest, tenderest white cake you’ve ever tasted. And if it lasts that long, cake made with this amazing new Crisco will remain moist and tender three or four days.

But don’t try Super-Creamed Crisco just for cakes. Pastry made with it is tender and flaky. Foods fried in it are crisp and deliciously flavored, and best of all, they’re more digestible.

Cake Making Simplified

Measure accurately. Use standard cups and spoons. The recipes in this book require level measurements.

Stir Crisco, sugar, and eggs together. You can do this because Crisco comes to you already creamed in the can.
Advice to Cake Makers

Cake making is a fine art. Approach it earnestly but not laboriously and you'll find it easy to master.

Choose ingredients with care. Well known brands are safer than unknown products.

Measure carefully. Use standard measuring cups and spoons. Be sure to level off the surface of baking powder, salt, sugar, and other solid ingredients.

Mixing is important.

(1) Blend the shortening and sugar together thoroughly—a well-creamed mixture makes for a fine textured cake. This is easy with Super-Creamed Crisco.

Sugar and even eggs can be blended directly with Crisco. No pre-creaming is necessary. Crisco is already creamed in the can. (Note—Don't keep Crisco in the refrigerator.)

(2) Add the flour and milk alternately—a little of each at a time. Do not beat the mixture hard after the flour is added. (Cake flour makes cake more tender than ordinary all-purpose flour.)

Sift flour before measuring and again with baking powder and salt. Study the instructions on your baking powder can. If they say, "Use 2 teaspoons per cup of flour," follow the recipes in this chapter exactly. If they say, "Use 1 teaspoon per cup of flour," reduce the amount of baking powder in these recipes one-half.

Egg whites for white cake should be beaten stiff but not dry. Stop beating as soon as the egg holds its shape. Fold—do not stir beaten whites into batter. Stirring breaks down the air cells.

Follow recipe directions for baking. A cake is done when it starts to shrink from the sides of the pan, or when it springs back without leaving an impression when pressed on top.

Paper linings in pans (cut piece just to fit the bottom—not the sides) will eliminate all difficulty in removing cake.

Lining pans with wrapping or writing paper makes cakes easy to remove.

Touch top of cake with finger tips. If it springs back without leaving an impression, it is done.
**Secrets of Success for White Cakes**

Don’t beat flour in hard. Too much working of mixture after flour is added is inclined to toughen cake.

Don’t beat egg whites until dry—only until stiff. The extra moisture is needed in the batter.

Be careful to bake white cake at a low temperature. Too much heat toughens egg white.

---

**LADY BALTIMORE CAKE**

\[
\begin{align*}
\frac{1}{2} \text{ cup Crisco} & \quad 1 \text{ teaspoon salt} \\
1\frac{1}{2} \text{ cups sugar} & \quad 1 \text{ cup milk} \\
2\frac{1}{2} \text{ cups cake flour} & \quad 1 \text{ tablespoon lemon juice} \\
2 \text{ teaspoons baking powder} & \quad 4 \text{ egg whites}
\end{align*}
\]

Blend Crisco and sugar until light. (No creaming is needed with Super-Creamed Crisco.) Sift flour, baking powder, and salt together. Add alternately with the milk. Add lemon juice and then the beaten egg whites. Pour into two round layer pans (9-inch) rubbed with Crisco and dusted with flour, and bake in a moderate oven (350°F.). When cool, spread Lady Baltimore Filling between layers. Ice with Boiled Icing.

**Lady Baltimore Filling**

\[
\begin{align*}
\frac{3}{4} \text{ cup chopped raisins} & \quad \frac{1}{2} \text{ cup drained and chopped maraschino cherries} \\
\frac{3}{4} \text{ cup chopped walnuts} & \quad \frac{1}{4} \text{ cup icing} \\
\frac{1}{2} \text{ cup chopped steamed figs} & \quad
\end{align*}
\]

Mix chopped fruit and nuts together. Add one-quarter cup of icing prepared for top. Blend thoroughly.

**Boiled Icing**

\[
\begin{align*}
2 \text{ cups sugar} & \quad \frac{1}{4} \text{ cup water} \\
\frac{3}{4} \text{ cup light corn syrup} & \quad 2 \text{ egg whites} \\
1 \text{ teaspoon vanilla} & \quad
\end{align*}
\]

Cook sugar, corn syrup, and water, stirring until sugar is dissolved. Boil to 242°F., or until syrup forms a soft ball in cold water. Pour this syrup over egg whites beaten stiff. Beat constantly until mixture holds its shape. Add vanilla.

---

**HAPPY BIRTHDAY CAKE**

\[
\begin{align*}
\frac{2}{3} \text{ cup Crisco} & \quad \frac{3}{4} \text{ teaspoon salt} \\
1\frac{1}{2} \text{ cups sugar} & \quad 1 \text{ teaspoon vanilla} \\
1 \text{ cup milk} & \quad \frac{1}{2} \text{ teaspoon almond flavoring} \\
3 \text{ cups cake flour} & \quad 5 \text{ egg whites} \\
3 \text{ teaspoons baking powder} & \quad
\end{align*}
\]

Measure Crisco and sugar, also \(\frac{1}{4}\) cup of the milk, into mixing bowl. Stir until light and fluffy (with Super-Creamed Crisco this will take only about a minute). Add sifted dry ingredients alternately with remaining \(\frac{3}{4}\) cup milk. Fold in beaten egg whites. Add flavoring. Pour into a tube pan (9-inch). Bake in moderate oven (325°F.) 1 hour and 20 minutes. Ice with Boiled Icing (above) and decorate with birthday candles.
Secrets of Success for Cakes Containing Nuts and Raisins

These cakes are often made with brown sugar. Always sift or roll brown sugar to remove lumps.

Dry raisins after washing by spreading out on a flat pan in a warm oven or in the sun.

Dredge raisins and chopped nuts together with flour—using part of flour from the recipe.

JAM CAKE

\[
\begin{align*}
\frac{1}{2} \text{ cup Crisco} & \quad \frac{2}{3} \text{ cup seedless raisins} \\
1\frac{1}{2} \text{ cups brown sugar} & \quad \frac{2}{3} \text{ cups flour} \\
2 \text{ eggs} & \quad 1 \text{ teaspoon salt} \\
\frac{2}{3} \text{ cup strawberry or blackberry jam} & \quad 4 \text{ teaspoons baking powder} \\
\frac{2}{3} \text{ cup chopped nuts} & \quad 1 \text{ teaspoon cinnamon} \\
\frac{1}{3} \text{ cup milk} & \quad 1 \text{ teaspoon nutmeg}
\end{align*}
\]

Blend Crisco, sugar, and eggs in one stirring. (This quicker method is possible because Crisco is Super-Creamed.) Add jam, nuts, and cleaned raisins. Sift dry ingredients together and add alternately with milk. Pour into an 8-inch tube pan rubbed with Crisco and bake in moderate oven (350°F.) about one hour. Serve plain or with Currant Jelly Icing.

Currant Jelly Icing

\[
\begin{align*}
\frac{1}{2} \text{ cup red currant jelly} & \quad 2 \text{ tablespoons cold water} \\
1\frac{1}{4} \text{ cups granulated sugar} & \quad 2 \text{ egg whites} \\
\frac{1}{8} \text{ teaspoon salt}
\end{align*}
\]

Mix jelly, sugar, and water and cook over a slow fire to 238°F., or until it forms a soft ball in cold water. Pour syrup slowly over stiffly beaten egg whites, to which salt has been added. Beat to a spreading consistency.

TOMATO SOUP CAKE

\[
\begin{align*}
\frac{1}{2} \text{ cup Crisco} & \quad 2 \text{ teaspoons baking powder} \\
1 \text{ cup sugar} & \quad 1 \text{ teaspoon cinnamon} \\
1 \text{ cup tomato soup in which 1 teaspoon soda has been dissolved} & \quad \frac{1}{2} \text{ teaspoon cloves} \\
2 \text{ cups flour} & \quad 1 \text{ teaspoon nutmeg} \\
\frac{3}{4} \text{ cup raisins} & \quad 1 \text{ cup chopped walnuts}
\end{align*}
\]

Blend Crisco, the Super-Creamed shortening, with the sugar. Add tomato soup and soda. Sift dry ingredients and add to the first mixture. Stir in nuts and raisins. Pour into a small tube pan or a loaf pan and bake in a moderate oven (350°F.) for 50 to 60 minutes.

Frosting

\[
\begin{align*}
1 \text{ 3-ounce package cream cheese} & \quad 1\frac{1}{2} \text{ cups 4X sugar} \\
1 \text{ teaspoon vanilla}
\end{align*}
\]

Cream together well and spread on cake when it is cool. Let stand one day before cutting.
Secrets of Success for Whole Egg Cakes

Use finely granulated sugar. Sift it several times, if necessary, to remove lumps.

Blend Crisco, sugar, and eggs together in one operation. There is no need to cream Crisco—it comes to you already super-creamed.

Add a little flour before putting in any milk, then add flour and milk alternately. This keeps the first mixture from breaking down or "curdling" as it does when milk is added first.

Bake whole egg cake in a hotter oven (375°F.) than chocolate and white cake.

ORANGE NECTAR CAKE

| 3/4 cup Crisco | juice of 1 orange (1/2 cup) |
| 11/2 cups sugar | 3 cups flour |
| 3 eggs | 4 teaspoons baking powder |
| grated rind of 1 orange | 3/4 teaspoon salt |
| juice of 1/2 lemon | 1/2 cup water |

Blend Crisco, sugar, and eggs until light. (Super-Creamed Crisco needs no creaming before sugar and eggs are added.) Add orange rind and fruit juices. Stir in sifted dry ingredients alternately with water. Blend well. Pour into three 8-inch layer cake pans rubbed with Crisco. Bake in a moderately hot oven (375°F.) for 20 minutes. Cool. Ice with Seven Minute Icing and sprinkle top and sides with grated coconuts.

Seven Minute Icing

| 11/2 cups sugar | 1/2 cup water |
| 2 egg whites | 1/2 teaspoon vanilla |

Put sugar, unbeaten egg whites, and water in top of double boiler, with water in lower part boiling vigorously. Beat constantly with Dover egg-beater for seven minutes or until frosting is thick enough to spread. Remove from heat. Add vanilla and continue beating until frosting is cool.

PRUNELLA CAKE

| 1/2 cup Crisco | 1 1/8 cups flour |
| 1 cup sugar | 1/2 teaspoon baking powder |
| 2 eggs | 1/2 teaspoon soda |
| 3/4 cup chopped prunes, stewed and stoned | 1/2 teaspoon salt |
| 1/2 cup sour milk | 1/2 teaspoon cinnamon |
| | 1/2 teaspoon nutmeg |
| 1/2 teaspoon allspice | |

Blend Crisco, the shortening that needs no creaming, with the sugar and eggs. Add prunes. Stir in sour milk. Add flour, baking powder, soda, and spices sifted together. Pour into two layer pans (8-inch) rubbed with Crisco. Bake in a moderate oven (350°F.) for about 25 minutes. Cool. Put layers together and ice with Creamy Icing.

Creamy Icing

| 2 cups confectioners’ sugar | 2 tablespoons Crisco |
| 1/2 teaspoon cinnamon | 2 tablespoons prune juice |
| 1/8 teaspoon salt | 1 tablespoon lemon juice |

Mix sugar with cinnamon and salt. Blend half this mixture with Crisco. Then add the rest of the sugar mixture and fruit juice. Beat until of proper consistency to spread.
Secrets of Success for Chocolate Cakes

Do not substitute cocoa for chocolate or vice versa without adjusting liquid and flour to give batter right consistency. Three tablespoons of cocoa are about equal to 1 square (1 ounce) of unsweetened chocolate.

Soda with chocolate gives a reddish color. When mahogany red cake is desired, increase soda in recipe.

Buttermilk can always be substituted for sour milk—or sweet milk soured by adding vinegar—2 tablespoons to a cup.

Melt chocolate over hot water or on top of oven. Do not overheat it.

Bake chocolate cake in a moderate—not hot—oven.

CHOCOLATE PEPPERMINT CAKE

$\frac{1}{4}$ cup Crisco  
1 cup sugar  
2 egg yolks  
2 squares unsweetened chocolate  
1 teaspoon vanilla

Blend Crisco, sugar, and egg yolks briskly. (Crisco is Super-Creamed—you don’t need to cream it!) Add melted chocolate. Sift flour, salt, and soda together and add alternately with sour milk to the Crisco mixture. Mix thoroughly and add vanilla. Pour into a square (7 or 8 inches) or oblong baking pan rubbed with Crisco, and bake in a moderate oven (350°F.) for about 30 minutes. Cool and spread thickly with White Frosting. As soon as frosting has set, pour over and spread with two squares melted chocolate mixed with one teaspoon Crisco.

White Frosting

$\frac{1}{2}$ cups sugar  
$\frac{1}{2}$ cup water  
2 egg whites

Put sugar, water, and unbeaten egg whites in a double boiler. Beat constantly for four minutes, then add flavoring or crushed candy and continue cooking until frosting is of the consistency to spread. Remove from hot water and continue beating until cool.

BLACK DEVIL’S FOOD CAKE

$\frac{1}{4}$ cup Crisco  
1 cup thick sour milk  
$\frac{1}{2}$ cups sugar  
3 eggs  
$\frac{1}{2}$ cup cocoa  
$\frac{1}{2}$ cup hot water  
1 teaspoon vanilla

Blend Crisco with the sugar and eggs together in one easy stirring. (Easy with Super-Creamed Crisco.) Add cocoa mixed with hot water and sour milk in which soda has been dissolved. Stir in flour, salt, and baking powder previously sifted together. Add flavoring. Pour into two 8-inch layer cake pans rubbed with Crisco. Bake in a moderate oven (350°F.) for about 20 minutes. When cool, put together and frost with Marshmallow Icing.

Marshmallow Icing

$\frac{3}{4}$ cups sugar  
$\frac{1}{2}$ cup water  
3 egg whites  
12 marshmallows

Boil sugar and water together until syrup forms a soft ball in cold water (238°F.). Pour slowly over egg whites beaten stiff. While icing is hot, add marshmallows cut into pieces.
CAKES

JIFFY CAKE

- 3/4 cup Crisco
- 3 1/2 cups brown sugar
- 2 eggs (save 1 white for icing)
- 1/2 cup milk
- 1 1/2 teaspoon lemon extract
- 1 1/2 cups flour
- 3/4 cup milk
- 3/4 teaspoon lemon extract
- 1 1/4 teaspoon baking powder
- 1/2 cup sugar
- 3/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1/4 teaspoon cloves
- 1/4 teaspoon ginger
- 1 cup chopped raisins

Put all ingredients together (including Super'Creamed Crisco) and beat thoroughly until smooth. Pour into a shallow pan (8" x 10") rubbed with Crisco. Bake in a moderate oven (350°F.) for 25 to 30 minutes. Sprinkle with powdered sugar while warm, or ice with Seven Minute Icing made with 1 cup of sugar and 1 egg white. (See page 6.)

CASSEROLE FRUIT CAKE

- 1 cup dried apricots
- 3/4 cup Crisco
- 1 cup sugar
- 4 eggs, separated
- 1 cup seedless raisins
- 3/4 cup slivered candied cherries
- 1/2 cup sliced candied orange peel
- 1 1/4 cup sliced citron
- 1/2 cup sliced almonds
- 1 teaspoon grated lemon peel
- 2 cups flour
- 1 teaspoon salt
- 1/2 teaspoon soda

Cover apricots with cold water. Bring to boil. Boil 1 minute. Drain. Slice coarsely. Then beat the Crisco, sugar, and egg yolks together until light. (Crisco needs no preliminary creaming!) Stir in raisins and fruits (measure fruits after cutting). Sift flour, salt, and soda. Add alternately with stiffly beaten egg whites. Pour into well-Criscoed 2-quart casserole. Cover it. Bake in very slow oven (275°F.) 2 hours or longer, depending on thickness of loaf.

BLACK DEVIL'S FOOD CAKE

See page 7

8
CUP CAKES

ONE EGG CUP CAKES

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

Blend Super-Creamed Crisco, sugar, and egg together well. Sift flour and baking powder together. Add alternately with the milk, a little at a time. Add vanilla. Bake in Criscoed gem pans in a moderate oven (375°F.). Ice with Chocolate Frosting.

Chocolate Frosting

\[
\begin{align*}
2 \text{ tablespoons Crisco} & \quad 1 \text{ cup confectioners' sugar} \\
1 \text{ egg yolk} & \quad 1 \text{ tablespoon milk or cream} \\
1 \text{ square (1 ounce) chocolate} & \quad \frac{1}{2} \text{ teaspoon salt}
\end{align*}
\]

Blend Crisco, salt, and egg yolk together. Add melted chocolate. Stir in powdered sugar and beat to a "spreading" consistency.

GINGER PUFFS

\[
\begin{align*}
\frac{1}{2} \text{ cup Crisco} & \quad \frac{1}{2} \text{ teaspoon baking powder} \\
\frac{1}{2} \text{ cup sugar} & \quad \frac{1}{2} \text{ teaspoon soda} \\
1 \text{ egg} & \quad 1 \text{ teaspoon cinnamon} \\
\frac{1}{4} \text{ cup molasses} & \quad 1 \text{ teaspoon ginger} \\
\frac{3}{4} \text{ cups flour} & \quad \frac{1}{2} \text{ teaspoon salt} \\
\frac{1}{2} \text{ cup sour milk} &
\end{align*}
\]

Blend Crisco, sugar, and egg together (60 seconds will do it with Super-Creamed Crisco!). Add molasses. Sift dry ingredients and add alternately with the sour milk to the first mixture. Pour into Criscoed muffin tins. Bake in a moderately hot oven (375°F.) for 20 to 25 minutes.

Variation

These are delicious served warm with whipped cream.

COTTON TOPS

| 5 tablespoons Crisco | \(2\frac{1}{2}\) teaspoons baking powder |
| \(\frac{3}{4}\) cup sugar | \(\frac{1}{2}\) teaspoon salt |
| 1 egg | 6 tablespoons cocoa |
| \(\frac{3}{4}\) cups flour | \(\frac{2}{3}\) cup milk |
| halved marshmallows |

Blend creamy Crisco with sugar and egg in one easy stirring (easy because of Super-Creamed Crisco). Sift the dry ingredients and add alternately with the milk to the Crisco mixture. Pour in Criscoed muffin pans and bake in a moderately hot oven (350°F.) about 20 minutes. Just before removing from oven, place a halved marshmallow on top of each cake and let it melt slightly.

ALMOND CAKES

\[
\begin{align*}
\frac{1}{2} \text{ cup Crisco} & \quad 2 \text{ teaspoons baking powder} \\
1 \text{ cup sugar} & \quad 1 \text{ teaspoon almond flavoring} \\
4 \text{ egg whites} & \quad \text{chopped almonds} \\
\frac{1}{2} \text{ cup milk} & \quad \text{powdered sugar} \\
\frac{3}{4} \text{ cups pastry flour} & \quad \frac{1}{2} \text{ teaspoon salt}
\end{align*}
\]

Blend Crisco with sugar until light and fluffy. (Super-Creamed Crisco saves blending time!) Sift dry ingredients and add alternately with the milk to the sugar mixture. Fold in stiffly beaten egg whites and add flavoring. Pour into small Criscoed muffin pans and sprinkle with chopped almonds and powdered sugar. Bake in a moderate oven (350°F.) for 20 minutes.
**COOKIES**

**BROWNIES**

- ½ cup Crisco
- 1 cup sugar
- 2 eggs
- 2 squares chocolate
- ¼ teaspoon vanilla
- ¼ teaspoon salt
- ½ cup flour
- ½ cup chopped walnut meats

Blend Crisco, sugar, and eggs in one quick operation. (No tedious creaming is needed with Super-Creamed Crisco!) Then add the melted chocolate, vanilla, salt, flour, and nut meats. Spread out in a layer one-half inch thick on a pan rubbed with Crisco and bake in a moderate oven (350°F.) for 20 minutes. Cut into oblong strips when partially cool. Remove from pan immediately after cutting.

**ICE-BOX COOKIES**

- ½ cup Crisco
- ¾ cup sugar
- 1 egg
- 1½ cups flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon vanilla
- ½ cup chopped nuts

Blend Crisco, sugar, and egg together. (Super-Creamed Crisco needs no preliminary creaming.) Add sifted dry ingredients. Add nuts and vanilla. Mix thoroughly. Form into a roll. Wrap in waxed paper. Chill in refrigerator for several hours. When ready to bake, cut into ¼ inch slices with a very sharp knife. Place on Criscoed cookie sheet. Bake in a moderately hot oven (375°F.) for about 10 minutes.

**OATMEAL COOKIES**

- ½ cup Crisco
- 1 egg
- 1 cup sugar
- 2 cups flour
- 1 teaspoon cinnamon
- ½ cup chopped raisins or dates
- ½ cup chopped hickory nuts or walnuts
- ¼ cup milk

Blend Crisco (the Super-Creamed vegetable shortening), sugar, and eggs. Stir in dry ingredients. Add the raisins and nuts. Stir in only enough milk to make a stiff dough. Drop 1 inch apart on a tin rubbed with Crisco. Bake in moderately hot oven (375°F.).

**FILLED DATE BARS**

- 1 cup Crisco
- 1 cup sugar
- 2 eggs
- ½ cup sour milk
- 5 cups flour
- ½ cup sugar
- ½ cup chopped nut meats

Blend Crisco, sugar, and eggs together. (Done in a jiffy with Super-Creamed Crisco.) Add sour milk, then fold in flour which has been sifted with salt, baking powder, and soda. Roll this dough out to two sheets as large as the baking pan. Spread one with Date Filling. Cover with the other sheet of dough. Bake in moderately hot oven (375°F.). Cut in strips while warm.

**Filling**

- 2 cups chopped dates
- ½ cup water

Add sugar and water to chopped dates. Simmer 10 minutes. Remove from fire, cool, and add chopped nuts.

**BOSTON DROPS**

- ½ cup Crisco
- ½ cup sugar
- 2 eggs
- 1 ½ cups flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon vanilla
Blend sugar with Super-Creamed Crisco. Beat thoroughly. These cookies depend upon air beaten into the batter for lightness. Beat in eggs, one at a time. Stir in flour previously sifted with salt and baking powder. Mix until smooth. Stir in vanilla. Drop by teaspoonfuls on baking pans rubbed with Crisco. Bake in a moderately hot oven (375°F.) about 10 minutes.

### DOUBLE-DECKER COOKIES

| 3/4 cup Crisco | 4 cups flour |
| 3/4 cup sugar | 1 teaspoon salt |
| 1 egg | 2 teaspoons ginger |
| 1 cup molasses | 1 teaspoon soda |

Put Crisco, sugar, egg, molasses in mixing bowl. Beat until light. (Easy with Super-Creamed Crisco!) Add sifted dry ingredients, a little at a time. When mixed, roll thin on lightly floured board. Cut half of dough with round cookie cutter. Use doughnut cutter to cut remainder. Bake on Criscoed cookie sheets in moderate oven (350°F.) 10 to 12 minutes. Put cookies together with—

### Cream Filling

Blend 1 tablespoon Crisco with 1/2 cup sifted confectioners’ sugar, 1/8 teaspoon salt, 1/4 teaspoon ginger. Beat in 1 tablespoon boiling water. Add 1 1/2 cups sifted confectioners’ sugar alternately with another tablespoon boiling water, if needed. This filling should be quite thin.
Pie Makers!

HERE'S NEWS FOR "NEW HANDS"
AND "OLD HANDS"

Whether you're a novice or an old timer, it doesn't make a speck of difference—new Crisco will help you make pies that are flakier, more tender, more digestible!

New Super-Creamed Crisco cuts in so easily that pastry-making is simplified. It blends in so evenly that flour and Crisco are mixed in perfect proportions to give you pastry that is rich without being greasy—flaky without being tough.

Crisco pastry is more digestible, too. New Crisco is prepared as scientifically as "baby food" to digest more quickly. That's why Crisco pastry digests with amazing comfort and ease! Today, Crisco pastry can be served confidently to children and elderly folks—as well as to people who have to protect delicate digestions!

Pie Makers—why not try new Super-Creamed Crisco for cakes, too? You have a surprise in store for you.

Pastry Making Simplified

The cold water method is an easy way to measure Crisco.

Cut Crisco into flour. A pastry blender is convenient, or you can use a fork, a wire egg whip, or two knives or spatulas.
Advice to Pastry Makers

PIES AND TARTS

The crust is the foundation of the pie. It must be good.

Good crust may be "crisp and flaky" or it may be "tender and mealy" according to individual or family preference.

The same recipe will make both kinds of crusts.

To make Flaky Crust cut the Crisco into the flour with knives or a pastry blender. Each lump of Crisco should be about the size of a pea. Add ice-cold water to make a stiff dough. Roll out to a sheet, fold over and roll again. Repeat once or twice.

To make Crumbly, Mealy Crust work the Crisco into the flour thoroughly. The mixture should look like coarse corn meal (no lumps). Add water (not iced) a tablespoon at a time, using only enough to hold the mixture together. Roll out on a floured board.

This recipe will make good pastry. Follow it carefully. Don’t guess at measurements.

\[
\begin{align*}
\frac{1}{2} \text{ cup Crisco} & \quad 1\frac{1}{2} \text{ cups all-purpose flour} \\
\frac{1}{2} \text{ teaspoon salt} & \quad 4 \text{ to } 6 \text{ tablespoons water}
\end{align*}
\]

Sift salt and flour together. Cut in Crisco. (It’s less than one minute’s work with the new Super-Creamed Crisco.) Stir in gradually just enough water to hold the mixture together. Divide in two parts and roll out separately to form upper and lower crusts for one medium-sized pie.

A piece of canvas and a covered rolling pin help to prevent sticking when rolling dough. Fit pastry into pan carefully. Flute edges of one-crust shells with fingers.
Any pastry dough becomes more tender on standing. This is why dough kept in the refrigerator seems richer than that which is baked immediately.

In rolling pastry a piece of canvas or a heavy towel rubbed well with flour will do a great deal toward overcoming troublesome sticking. Shake out the cloth after using and fold up for the next time. Wash occasionally.

To keep "shells" (crusts baked before filling is added) from bulging or shrinking during baking, fit the sheet of dough carefully into the corners of the pan. Do not leave any air spaces between pan and dough. Prick the bottom with a fork.

Fasten the upper and lower edges of two-crust pies together tightly. Brush the lower edge with water. Press the upper edge down with a fork or fold into scallops with the finger tips. Prick or slash the top crust to allow steam to escape.

To give a nice, shiny appearance to a top crust, brush before baking with milk or with milk mixed with a little egg.

Bake all pies in a hot oven (400-425°F.). When necessary to cook the filling longer, reduce the heat, but always start with plenty of heat.

Cheese, nuts, and other ingredients added to plain pastry make interesting variations.

Pastry Variations

For cheese crust (especially nice for apple and pumpkin pie) and cheese straws, reduce the Crisco to \( \frac{1}{4} \) cup and add \( \frac{1}{2} \) cup grated cheese.

For sweet crust (grand with ice cream filling) reduce Crisco to \( \frac{1}{2} \) cup and add 2 tablespoons powdered sugar and 1 egg yolk.

For whole wheat crust (also good for apple pie) substitute whole wheat for half the white flour.
The Secret of Successful Custard Pie Depends Mainly on Two Things: An Unsoaked Crust—a Smooth, Velvety Filling

To prevent soaking of the bottom crust—
1. Brush with melted Crisco or beaten egg white.
2. Use scalding milk and pour warm filling into crust.

To prevent separation of the filling—
1. Bake slowly. After the first 10 minutes of high temperature needed to set the crust, reduce temperature.
2. Remove as soon as the filling is done. Test by slipping in a silver knife. If it comes out clean, the filling is thoroughly cooked.
3. Evaporated milk (diluted with water, of course) makes filling more velvety than bottled milk.

**CUSTARD PIE**

3 eggs

\( \frac{3}{4} \) cup sugar

\( \frac{1}{4} \) teaspoon salt

\( \frac{1}{8} \) teaspoon nutmeg or mace

2 cups milk, scalded

Beat eggs slightly with sugar, salt, and spice. Stir in hot milk slowly. Line a deep pie pan with digestible Crisco pastry, making the edges around the rim thick and high. Brush bottom with slightly beaten egg white or melted Crisco to prevent soaking. Strain the warm custard into the shell and bake in a hot oven (425°F.) for 10 minutes. Reduce heat to moderate (350°F.) and continue baking for about 30 minutes or until the custard is set.

**Variation**

Spread canned peaches or cherries in bottom before adding custard.

**PUMPKIN PIE**

\( \frac{3}{4} \) cup sugar

1 teaspoon cinnamon

1 teaspoon ginger

1 \( \frac{1}{2} \) cups pumpkin, canned

2 eggs

\( \frac{1}{2} \) teaspoon salt

1 \( \frac{1}{2} \) cups hot milk

Blend sugar, spices, and salt together. Combine with pumpkin. Add beaten eggs. Mix well and stir in hot milk. Pour into pan lined with digestible Crisco pastry and bake in a hot oven (425°F.) until pie crust begins to brown at edges—about 15 minutes. Reduce heat to moderate (350°F.) and bake until filling has set (about 30 minutes.)

**Variations**

Just before serving, sprinkle with \( \frac{1}{2} \) cup coconut, dribble with \( \frac{1}{4} \) cup corn syrup, and brown slightly in a moderate oven.

Spread with slightly sweetened whipped cream and sprinkle with 1 cup chopped nuts.
PASTRY

• The Secret of Successful Meringue Pie Depends Largely on a Smooth Filling and a Fluffy Meringue

To keep filling smooth and thick—
1. Blend thickening agent (cornstarch or flour) with sugar.
2. Stir filling constantly while cooking. Be sure to let mixture come to a boil before adding eggs.
3. Never put lemon juice in at beginning. It is likely to react with the cornstarch or flour and cause the filling to become thin.

To keep meringue from shrinking—
1. Use correct proportion of sugar and egg whites—2 tablespoons to each white.
2. Add sugar gradually. Beat until mixture is very smooth.
3. Bake meringue slowly. Allow 10 to 20 minutes.

LEMON MERINGUE PIE

1 cup sugar
3 tablespoons cornstarch
½ teaspoon salt
2 egg yolks
1 ½ cups water
1 orange, juice and pulp
1 lemon, juice and grated rind
2 tablespoons Crisco

Blend sugar, cornstarch, and salt together. Stir in water and cook until thick. Just before removing from stove add beaten yolks, fruit juice, lemon rind, and Crisco. Cook for a few minutes longer. Pour into baked, digestible Crisco pastry shell. Cover with meringue made with 2 whites and 4 tablespoons sugar. Brown in slow oven (325°F.).

CHOCOLATE MERINGUE PIE

2 squares from ½ lb. cake of chocolate
¾ cup cornstarch
2 cups milk
3 egg yolks
¾ cup sugar
1 tablespoon vanilla
1 teaspoon Crisco


RHUBARB MERINGUE PIE

4 cups rhubarb, cut in pieces
1 cup sugar
1 egg
3 tablespoons flour
2 tablespoons orange juice

Cover the rhubarb with boiling water. Drain after 2 or 3 minutes. Blend the sugar with the flour and add rhubarb and orange juice. Add well beaten egg. Line a pie pan with digestible Crisco pastry. Fill with rhubarb mixture and bake in a hot oven (400°F.) until the crust starts to brown on the edges. Let pie cool partially and cover with meringue. Replace in slow oven (325°F.) to brown.

Meringue

2 egg whites
4 tablespoons sugar

Beat egg whites until frothy. Add sugar, 1 tablespoon at a time, and continue beating until stiff.
The Secret of Success in Making Fruit Pies Lies Largely in an Unsoaked Crust, a Juicy but not Run-Over Filling

To prevent soaking of the crust in berry pies—
1. Sprinkle bottom with flour.
2. Bake quickly.

To keep juice from boiling over—
1. Mix flour or tapioca with berries.
2. Drain off excess juice before putting berries in crust.
3. Seal edges of top and bottom crust together.

FRESH CHERRY PIE

1 quart cherries  
1 cup sugar
2 tablespoons flour

Stem and stone cherries. Mix sugar and flour together. Combine with cherries. Place in pan lined with digestible Crisco pastry. Cover with top crust, plain or lattice fashion. Bake in hot oven (400°F.) for about 25 minutes.

Variations

Any other fruit—blueberries, huckleberries, blackberries, red raspberries, etc.—may be used in place of cherries.

CANNED CHERRY PIE

1 can (2 cups) pitted red cherries  
1 teaspoon lemon juice
½ cup sugar  
1 tablespoon flour

Turn cherries, juice and all, into saucepan. Add sugar and heat thoroughly. Remove from stove. Drain off excess juice. Put cherries into Crisco pastry-lined pie pan. Sprinkle with lemon juice and flour. Add top crust of digestible Crisco pastry plain or in strips arranged in lattice fashion. Press edges with fork. Bake in hot oven (400°F.) until brown (about 25 minutes).

BLUEBERRY PIE

1 quart berries  
1 cup sugar
2 tablespoons flour  
½ teaspoon salt

Pick over, wash, and drain berries. Mix flour, sugar, and salt together. Dredge berries with mixture. Turn into a pan lined with digestible Crisco pastry. Cover with upper crust. Moisten under edge with water before pressing upper edge down. Fasten securely by pinching together with the fingers. Prick top surface to allow steam to escape during baking. Bake in a hot oven (400°F.). Just before serving sift powdered sugar over top.
The Secret of Success in Apple Pie Lies Largely in a Well-Cooked Filling and a Rich-Looking, Rich-Tasting Crust

Follow carefully the recipe for plain pie crust. Brush top surface with milk.

Select good cooking apples—otherwise they will be hard and clear looking even after long baking.

Bake until apples are tender.

Test by sticking with a fork.

### PLAIN APPLE PIE

- 5 or 6 large tart apples
- 4 tablespoons Crisco
- 1 cup sugar
- 1/4 teaspoon nutmeg
- 1/8 teaspoon cinnamon

Wash, pare, and cut apples in quarters. Remove cores and slice thin. Line a pan with plain Crisco pastry and put apples into it, heaping them up slightly in the center. Pour sugar over them and dot with bits of Crisco. Sprinkle with nutmeg and cinnamon. Moisten edge of pastry, cover with a top crust, trim, and press edges together. Prick top to allow steam to escape. For a shiny crust, brush surface with milk or with egg diluted with water. Bake in a hot oven (425°F.) for 10 minutes. Reduce heat to 350°F. and bake 20 to 30 minutes longer.

### APPLE SCOTCH PIE

- 6 to 8 apples
- 1 1/2 cups dark brown sugar
- 1 cup water
- 2 teaspoons vinegar
- 4 tablespoons flour
- 1/8 teaspoon salt
- 2 tablespoons Crisco
- 1 teaspoon vanilla

Peel, core, and slice apples. Cook half of sugar with water and vinegar until it boils. Add apples; simmer till tender. Remove apples from syrup. Mix remaining 3/4 cup sugar with flour and salt. Add slowly to syrup; cook again until it thickens. Remove from stove; add Crisco and vanilla. Line pie pan with digestible Crisco pastry. Fill with apples. Pour in apple scotch mixture. Cover with strips of pastry arranged in lattice fashion. Bake in hot oven (425°F.) 20 to 25 minutes.

### DEEP DISH APPLE PIE

- 1/4 to 1/2 cup sugar
- 5 medium apples
- 1 tablespoon flour

Grate apples, skin and all with coarse grater or vegetable slicer. Mix with sugar and flour. Put into deep glass pie dish or shallow casserole. Cover with top crust. Prick or slash to allow steam to escape. Bake in a hot oven (425°F.) for 10 minutes. Reduce heat to moderate temperature (350°F.), and continue baking for about 30 minutes.
The Secret of Success in Tart-Making Lies Largely in the Preparation of the Shells

Roll pie crust dough to a sheet as usual. Cut into rounds to fit small patty pans or individual pie pans. Fit carefully into pans (some women prefer to bake shells on inverted pans). Prick surface well with a fork to prevent loss of shape in baking.

STRAWBERRY CHEESE TARTS

1 cup sugar
1 1/2 cup cold water
1 quart cleaned strawberries
3 tablespoons thin cream or sour milk
2 tablespoons cornstarch mixed with 2 tablespoons cold water
2 3-ounce packages cream cheese

Bring sugar and water to boiling point. Pour this syrup over berries. Let stand until cool. Then drain off all juice. Reserve juice. To 1 1/2 cups of juice add cornstarch mixed with water. Cook 10 minutes, stirring frequently, to form a clear, thick glaze. Cool. While cornstarch glaze is cooking, mix cream cheese and cream. Spread a layer of this on bottoms of baked Crisco tart shells. Arrange a layer of berries over the cheese. Pour about two tablespoons of cornstarch mixture over each tartlet, to glaze the berries. Let stand until glaze is set. Makes 10 to 12 tartlets.
Advice on Making Quick Breads

Quick breads or hot breads—it doesn’t matter which they are called if the muffins are light and tender, and the biscuits flaky.

Do you like thick fluffy baking powder biscuits? Then handle the dough as little as possible.

Do you want the thinner, flaky kind? Then knead the dough until smooth.

One foundation recipe for biscuits will serve many purposes.

Add cheese, nuts, marmalade, or cinnamon sugar, and you have special biscuits for special occasions.

Keep a quantity of dry biscuit mixture (flour, baking powder, salt, and Crisco) in the refrigerator for quick baking. If you use a slow acting baking powder this mixture will keep almost indefinitely.

The secret of light, tender muffins is in the mixing, Never, never try to beat the dough until smooth. Add the liquid quickly, stirring as little as possible. Let the batter look a bit rough and uneven.

Most baking powder doughs should be baked immediately after mixing, but not nut and orange loaves. Let these two stand 15 to 20 minutes in the pan before putting them in the oven if you want the best results. And never cut these loaves while warm—better wait until they are a day old.

Waffles are no longer a breakfast bread exclusively.

Add corn meal to plain waffle batter and you have a grand background for creamed chicken. Add chopped bacon or ham and use for a luncheon dish. Add ground nuts or chocolate and serve with whipped cream for dessert.

Do not grease electric waffle irons. If you want crispier, browner waffles, put the extra fat into the batter instead of on the surface. Additional eggs also help make richness and crispness. Added sugar increases browning.

The New Super-Creamed Crisco is ideal for quick breads or hot breads, just as it is for all baking and frying.
Secrets of Success in Biscuit Making

Work the Crisco into the flour mixture finely. Add liquid gradually, using just enough to make a stiff dough.

Knead the dough for a fine, smooth textured biscuit. Handle lightly for a fluffy biscuit. Always bake biscuits in a hot oven.

BAKING POWDER BISCUITS

| 2 cups flour | 1 teaspoon salt |
| 4 teaspoons baking powder | 4 to 6 tablespoons Crisco |
| \( \frac{3}{4} \) cup milk or water |

Sift dry ingredients, work in Crisco. (It’s easy with Crisco, the fluffy, digestible shortening.) Add liquid and mix to a soft dough. Toss on slightly floured board, pat into shape and cut with biscuit cutter. Bake 15 minutes in a hot oven (425°F.).

Variations

Orange Tea Biscuits—Cut biscuits with small cutter. After placing in pan, brush tops with orange juice and sprinkle with granulated sugar or dip loaf sugar in orange juice and press \( \frac{1}{2} \) lump into each biscuit. Grated orange rind may be added to the dough if desired.

Cheese Biscuits—Reduce amount of Crisco to 2 tablespoons and add \( \frac{1}{2} \) cup grated cheese to dry ingredients.

Short Cake—Add 2 tablespoons sugar to the dry ingredients and mix 1 egg with the milk. Bake in a large round layer or cut into individual sizes with a large biscuit cutter.

Pecan Rolls—Roll biscuit dough to \( \frac{1}{4} \) inch in thickness. Spread with 2 tablespoons Crisco and sprinkle with \( \frac{1}{4} \) cup chopped pecans and \( \frac{1}{4} \) cup brown sugar. Roll up like a jelly roll. Cut slices 1 inch wide and place cut side down in a baking dish which has been spread with a paste made of 2 tablespoons Crisco and 4 tablespoons brown sugar. Bake in a moderately hot oven (375°F.) for 20 to 30 minutes.

SODA BISCUITS

| 2 cups flour | 1 teaspoon salt |
| \( \frac{1}{2} \) teaspoon soda | \( \frac{3}{4} \) cup thick sour milk or buttermilk |
| 4 tablespoons Crisco |

Sift together flour, soda, and salt. Work in Crisco. (Crisco makes light, digestible biscuits.) Add milk gradually, mixing to a stiff dough. It may not be necessary to use all the milk. Place on a floured board. Knead until smooth. Roll to \( \frac{1}{2} \) inch thickness. Cut with a small round cutter, brush tops with Crisco, and bake in a hot oven (450°F.) 12 to 15 minutes.
PLAIN MUFFINS

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

Sift flour, sugar, baking powder, and salt together. Stir in egg beaten with milk. Mix lightly. Don’t try to get a smooth batter. Add sweet, wholesome Crisco, melted. Bake in muffin pans rubbed with Crisco, in a hot oven (400°F.) 20 to 25 minutes. This makes 12 to 14 muffins.

Variations
Bran—Substitute 1 1/2 cups bran for 1 cup flour and add 1/4 to 1/2 cup molasses.
Whole Wheat—Substitute 1 cup whole wheat flour for 1 cup flour.
Corn—Substitute 3/4 cup yellow corn meal for 1 cup flour.
Cereal—Substitute cooked rice, oatmeal, or other cereal for part of the flour—1/4 to 3/4.
Marmalade—Put 1 teaspoon marmalade in center of batter for each muffin.
Date—Add 1/2 cup chopped dates to batter.
Cheese—Add 1/2 cup grated cheese to batter.
Blueberry—Add 1/2 cup blueberries dredged with flour to batter.

STEAMED BROWN BREAD

1 cup ground rolled oats 1 teaspoon salt
1 cup graham flour 3/4 cup molasses
1 cup corn meal 1 3/4 cups sour milk
2 teaspoons soda 1 tablespoon Crisco
1 cup raisins

Mix flours, soda, and salt. Don’t sift them—just mix well. Add molasses, milk, and sweet digestible Crisco, melted, and mix thoroughly. Stir in raisins. Rub molds with Crisco (baking powder cans can be used). Fill about 2/3 full. Put on covers and steam or bake 2 to 3 hours.

NUT BREAD (1 loaf)

2 eggs 1 teaspoon salt
1 cup sugar 4 teaspoons baking powder
2 tablespoons melted Crisco 3/4 cup milk
2 1/2 cups flour 1 cup chopped nut meats

Beat eggs with sugar. Add melted Crisco (the wholesome, digestible shortening). Sift flour, salt, and baking powder together and add alternately with the milk to the first mixture. Add chopped nuts. Let stand in loaf pan, rubbed with Crisco, for 20 minutes. Bake 40 to 50 minutes in a moderate oven (350°F.). This batter may also be baked in baking powder cans if round slices are desired.

Variation
Orange Bread—Substitute 1/2 cup chopped orange peel (fresh) for the nuts in the above recipe.
Secrets of Success for Waffles

Batter should be thin enough to pour easily. Add more liquid if necessary.
Sour milk can be used in place of sweet. Omit baking powder and add 1 teaspoon soda.
Be sure to have iron hot enough or waffles will stick.

PLAIN WAFFLES

| 2 cups flour | 2 eggs |
| 3 teaspoons baking powder | 1 1/2 cups milk |
| 1/2 teaspoon salt | 4 tablespoons melted Crisco |

Sift flour with baking powder and salt. Beat eggs until light. Blend with milk. Stir liquid into dry mixture. Add melted Crisco (the vegetable shortening that is so wholesome). Pour onto hot waffle iron and cook until brown and crisp. Makes 6 average sized waffles.

Variation

Cocoanut Waffles—Add 1/2 cup cocoanut just before pouring onto the griddle.
Nut Waffles—Add 1/2 cup finely ground nuts and 1 tablespoon sugar.
Bacon Waffles—Sprinkle chopped bacon (partially cooked) over hot iron just before adding batter. Or place bacon strips over top of batter just before putting top of iron down.
Corn Meal—Substitute 1 cup corn meal for 1 cup flour. Use sour milk or buttermilk in place of sweet milk.
Chocolate—Add 1/2 cup cocoa and 4 tablespoons sugar to the dry ingredients.

RICH WAFFLES

| 3 cups flour | 2 cups milk |
| 1 teaspoon salt | 4 eggs (separated) |
| 4 teaspoons baking powder | 1/2 cup melted Crisco |

Sift flour, salt, and baking powder together. Blend milk with egg yolks. Stir liquid into dry mixture. Add melted Crisco and fold in beaten egg whites.
NEWS!

FRIED FOODS AS HEALTHFUL
AS IF BAKED!

With new Crisco, you can satisfy your family’s natural appetite for fried foods.

You see, you’ve never had a chance before to fry with a fat that is so quick-to-digest—not even with the old Crisco that was always famous for its digestibility! No other all-vegetable shortening is like new Crisco. It is the latest product of science! Brand new!

Foods fried in Super-Creamed Crisco are crisp and golden brown with a delicious crunchiness, yet so greaseless that a Crisco doughnut, for instance, wouldn’t even “oil” your fingers. And because Crisco “cooks” the outside with magic speed, no fat can soak in. That’s why Crisco fried foods are actually as light and wholesome as if oven-baked, and why they preserve their own natural flavors, with no fatty taste. (Crisco can be strained after deep frying and used again and again. It will not carry the flavor of one food to another.)

Be sure to try Super-Creamed Crisco for cakes and pies as well as for frying. You will find them extra rich and tender.

Deep Fat Frying Simplified

Proper equipment makes deep frying simple and successful. Fill kettle half-full of Crisco. Heat to correct frying temperature. Never wait for Crisco to smoke.
There are two kinds of frying—(1) deep or French frying, and (2) pan frying and sautéing.

Pan frying is a common method of cooking. Deep frying, though not so common, is becoming more and more popular as women learn that it isn’t difficult and that deep fried foods can be digestible.

Crisco is the ideal shortening for both kinds of frying. It is the digestible, vegetable shortening. Crisco-fried foods are golden-brown, crisp and crusty, well-cooked throughout, and not grease-soaked. They even look healthful and digestible. Such foods are wholesome and nutritious. They will not harm any one. Crisco’s sweet freshness makes all foods fried in it sweet-tasting and digestible. Use Crisco for all frying and you play safe.

Crisco itself remains sweet and fresh after many fryings. It does not carry the taste of one food to another. You can fry fish, then onions, then doughnuts in the same kettle of Crisco.

Proper equipment makes any task easier. Deep frying is no exception. Necessary equipment includes a 2½ or 3-quart saucepan or a regular deep frying kettle with a wire basket or slotted spoon for lifting foods out of the fat. A frying thermometer is helpful but not essential.

Always have enough Crisco in the kettle to cover the food. The kettle should be ½ to ¾ full—no more, or the hot fat may bubble over the top during frying.

To judge the proper frying temperature, use a thermometer or the bread test. Never wait for Crisco to smoke. A smoking fat is burning.

Drain food on unglazed paper after frying. After frying, strain Crisco through cheesecloth to remove food particles. Use Crisco over and over again for frying.
actually decomposing. Crisco doesn’t smoke at proper frying temperatures.

The bread test. Drop an inch cube of bread into the hot Crisco. Count the number of seconds it takes to brown, as follows:

Fry fritters and doughnuts in Crisco that browns bread-cube in 60 seconds (365-375°F.).

Fry croquettes, codfish balls in Crisco that browns bread-cube in 40 seconds (375-385°F.).

Fry raw potatoes in Crisco that browns bread-cube in 20 seconds (385-395°F.).

Note: When frying several batches of food at one time, as for instance croquettes for a large group of people, be sure to test the temperature of the Crisco just before adding each batch. The addition of cold food lowers the temperature of the Crisco, consequently it must be reheated.

Take Care of Your Frying Fat!

1. Before Frying: See that your Crisco fills the frying kettle half full. Keep up the level in the kettle by adding fresh Crisco occasionally.

2. After Frying: Strain the fat through cheesecloth whenever crumbs and bits of food begin to collect in the kettle.

3. Between Fryings: Keep Crisco covered and in a moderately cool place.

STRAWBERRY CHEESE TARTS

See page 19
DEEP FRYING

Secrets of Success in Deep Frying Potatoes

Follow directions carefully.

Do not try to fry too many potatoes at a time. It is quicker to fry several small batches than one large batch which overcrowds the kettle. The potatoes fried first may be kept warm in the oven while the others are being fried.

When potatoes are not crisp and crusty, they have not been left in the hot Crisco long enough. Try reducing the frying temperature and cooking for a longer time.

FRENCH FRIED POTATOES

Cut pared potatoes lengthwise into strips about ½ inch wide. Soak them in cold water. Drain thoroughly. Dry as much as possible. Place them a few at a time in a wire basket and plunge it into deep, pure, digestible Crisco heated to 395°F, or hot enough to brown an inch cube of bread in 20 seconds. Fry until well browned and thoroughly cooked in center (test by removing one strip with a fork). Drain on unglazed paper. Salt just before serving. Strain Crisco and fry with it over and over again.

Variation

Potato Squares—Cut strips into short lengths—about ½ inch. Fry as usual.

FRENCH FRIED CAULIFLOWER

1 medium-sized cauliflower
½ cup milk
1 egg yolk
¼ teaspoon salt
¾ cup flour

Wash the cauliflower and separate into flowers. Boil until tender in salted water, then drain. (A slice of lemon boiled with cauliflower keeps it perfectly white.) Beat the egg yolks until light. Add the milk, salt, and flour. Beat smooth with an egg beater. Dip each section of cauliflower in batter. Drop in deep Crisco (the quicker digesting frying fat) heated to 375-385°F., or hot enough to brown an inch cube of bread in 40 seconds. Fry until golden brown.

Variation

Dip cauliflower in beaten egg and fine dry bread crumbs instead of batter.

FRENCH FRIED ASPARAGUS

12 stalks canned asparagus
1 egg
½ cup finely ground dry bread crumbs

Dip each stalk of asparagus in beaten egg and roll in bread crumbs. Fry until brown in deep Crisco heated to 375-385°F., or hot enough to brown an inch cube of bread in 40 seconds. (New Super-Creamed Crisco makes fried foods digestible.)

Variation

Serve on toast with cheese sauce (this makes a nice luncheon dish). Place 3 or 4 pieces on a slice of toast and pour this cheese sauce over them:

1 tablespoon Crisco
1 cup milk
1/4 teaspoon salt
2 tablespoons flour
1/2 cup cheese

Melt Crisco, stir in flour and salt. Add hot milk and cook until thick. Add cheese grated or cut in cubes. Cook over hot water until cheese is melted.
DEEP FRYING . . .

Secrets of Success for Croquettes

Don’t make croquettes too large. Oversized croquettes are apt to burst open during frying or to be underdone in the center. Be sure that each croquette is well covered with an even coating of egg and crumbs. Cracks in the coating often cause croquettes to burst.

Have sufficient fat in kettle to cover croquettes all over. Never let top surface be exposed during frying.

CHICKEN CROQUETTES

2 tablespoons Crisco
2 teaspoons minced onion
4 tablespoons flour
1 teaspoon salt
½ teaspoon pepper

1 egg
1 tablespoon milk or water

Coating
finely ground bread crumbs

Melt Crisco, add minced onion, and pan fry until yellow. Blend in flour, salt, and pepper; stir until smooth. Add milk. Cook until the mixture thickens. Add chicken and minced parsley. Chill thoroughly. Form into croquettes. Roll in fine, dry crumbs; dip in egg diluted with milk or water and roll again in fine dry crumbs. Fry in deep Crisco heated to 375-385°F., or hot enough to brown an inch cube of bread in 40 seconds. (Strain Crisco through cheesecloth or fine sieve back into can. Crisco can be used again and again for frying.)

HAM AND RICE CROQUETTES

2 tablespoons Crisco
4 tablespoons flour
½ teaspoon salt
½ teaspoon paprika

1 egg
1 cup milk

Coating
finely ground bread crumbs

Blend Crisco with flour and seasoning. Stir in hot milk. Cook until thick. Just before removing from stove stir in slightly beaten egg. Add rice and ham to sauce. Mix thoroughly and turn on a dish to cool. Form into balls or cylinders, roll in fine dry bread crumbs, then in beaten egg, diluted with 1 or 2 tablespoons of milk or water, and again in crumbs. Fry in deep Crisco (healthful because Crisco is such a digestible fat) heated to 375-385°F., or hot enough to brown an inch cube of bread in 40 seconds. Fry until golden brown. Drain on absorbent paper.

RICE AND CHEESE CROQUETTES

(8 to 10 croquettes)

1 tablespoon Crisco
1 tablespoon flour
½ teaspoon salt

1 egg
½ cup milk
2 cups cooked rice

Coating

2 tablespoons milk or water

Melt Crisco and blend with flour and salt. Stir in milk and cook until mixture thickens. Add cheese broken into pieces. Cook over low heat until smooth.
Secrets of Success for Doughnuts

Grease-soaking of doughnuts is often due to overrich dough. If increasing the frying temperature doesn’t remedy this condition, reduce the amount of sugar or shortening in the recipe.

Keep dough as soft as possible. Too much flour makes doughnuts stiff and dry or cracked on the surface. Be careful about using too much flour on the board also. Chilling the dough makes it easier to handle.

DOUGHNUTS

| 3 tablespoons Crisco | ¼ teaspoon cinnamon |
| ⅔ cup sugar          | ¼ teaspoon cloves   |
| 2 eggs               | ⅛ teaspoon mace     |
| 4 cups flour         | 1 teaspoon salt     |
| 4 teaspoons baking powder | ⅔ cup milk |

Blend Crisco with sugar and eggs (easy with Super-Creamed Crisco). Sift dry ingredients together and add alternately with the milk to the first mixture. Turn dough out on a slightly floured board a portion at a time. Pat out to ⅛ inch thickness. Cut with a small doughnut cutter dipped in flour. Fry until a delicate brown in deep Crisco heated to 365-375°F., or hot enough to brown an inch cube of bread in 60 seconds. Drain on paper, cool, and sprinkle with powdered sugar. Doughnuts fried in Crisco are healthful because Crisco is such a digestible fat.

Variation

Doughnut Balls—Roll dough out to ¼ inch in thickness. Cut with a small round cutter (about 1 inch). Fry as usual. While warm roll in powdered sugar.

PINEAPPLE FRITTERS

| 1 cup flour            | ⅔ cup milk |
| 2 tablespoons sugar    | 1 egg      |
| ⅓ teaspoon baking powder | 1 tablespoon melted Crisco |
| ¼ teaspoon salt        | 6 slices pineapple |

Sift dry ingredients. Stir in egg and melted Crisco beaten with milk. Cut pineapple slices in half. Dip in batter and drop into hot Crisco heated to 365-375°F., or hot enough to brown an inch cube of bread in 60 seconds. (Crisco makes deep frying digestible.) Fry until brown. Sprinkle with powdered sugar.

Variations

Fruit Fritters—Substitute apple slices, bananas, or other fruit for pineapple.
Corn Fritters—Add 1 ½ cups corn to batter. Drop by spoonfuls into hot Crisco.

POTATO PUFFS

| 2 tablespoons melted Crisco | 2 eggs, well beaten |
| 2 cups mashed potatoes (left-over) |

Mix Crisco with potatoes, add eggs and beat together thoroughly. Season with salt and pepper. Drop by spoonfuls in deep Crisco heated to 375-385°F., or hot enough to brown an inch cube of bread in 40 seconds, and fry until golden brown—about a minute. This will serve 6 to 8 people. (Strain Crisco back into can. Crisco can be used for frying over and over again.)

Variations

Add chopped cooked bacon (3 to 4 slices) to the potato mixture before frying.
Add grated cheese (½ cup) to the potato mixture.
HAM CAKES

Mix ham, bread crumbs, eggs, mustard, onion, and salt. Shape into 6 flat patties. Melt Crisco in skillet. First brown pineapple rings in Crisco. Remove pineapple, then brown the ham patties. Place a ham patty on each pineapple ring.

FRIED NOODLES

Melt enough Crisco (the quick digesting vegetable frying fat) in a skillet to cover the bottom generously. When hot, add noodles. Fry them, stirring occasionally until well browned. Remove to a serving dish. Melt more Crisco in the skillet. Stir in about a half cupful of ground bread crumbs and fry until brown. Spread them over the surface of the noodles. Garnish with chopped parsley.

HASHED BROWN POTATOES

Cut potatoes fine, season with salt and pepper. Remove seeds and stems from peppers. Wash, drain, and chop fine. Mix with potatoes. Put about \( \frac{1}{8} \) inch of melted Crisco in frying pan. (Crisco is a digestible frying fat.) Heat slowly. When hot, add potatoes and cook slowly, stirring occasionally with a fork. When partly brown, fold into omelet shape in one side of pan. Fry until a rich brown. Turn out on platter, keeping omelet shape.

CARROTS O'BRIEN

Cut large carrots in boiling salted water until tender, then drain, cover with cold water and slip the skins from them. Cut lengthwise in matchlike strips, or crosswise in slices. Cut a green pepper, freed from its seeds, into long thin strips, and do the same with one canned pimiento. Fry the carrots and green peppers in Crisco (the vegetable fat that is so digestible), taking care that they cook without browning, then add the pimiento and cook a few moments longer. Season to taste, and sprinkle a teaspoon of lemon juice and a teaspoon of finely chopped parsley over the dish just before serving.

PANNED CORN AND PEPPERS

Cut enough from ears of fresh corn to fill two cups. Chop the peppers. Add salt. Mix together. Melt Crisco in a frying pan. (Crisco makes frying digestible.) Add corn and peppers. Cover and cook slowly about 10 minutes or until corn is tender. Uncover and cook until thoroughly done, and just before serving, add cream.

Variation

Use canned corn (well drained) instead of fresh.
GLORIFIED CORN MEAL MUSH

1 cup corn meal  
1 quart boiling water  
4 tablespoons Crisco

Stir corn meal slowly into boiling salted water. Cook uncovered for about 30 minutes or until very thick. Stir occasionally to prevent sticking. When thoroughly cooked, add ham and pour into a bread pan rubbed with Crisco. Chill until firm. Slice 1/4 to 1/2 inch thick. Melt enough Crisco in skillet to cover bottom generously. (Crisco gives you fried foods that digest quickly!) When hot add corn meal slices. Fry until brown on one side. Turn with wide spatula or pancake turner and brown other side.

QUICK SALMON CAKES

1 cup salmon  
1 egg  
1 teaspoon chopped green pepper  
1 teaspoon chopped parsley

Remove the bones from the canned salmon. Shred finely, add beaten egg, finely minced green pepper, onion, and parsley. Shape into flat cakes, roll in flour or finely ground bread crumbs, and brown quickly in a skillet well covered with melted Crisco. (Crisco-fried foods are digestible.)

Variation

Shape into croquettes, roll in egg, then in fine dry bread crumbs, and fry in deep Crisco.

CORNED BEEF HASH

2 cups chopped corned beef  
2 cups chopped boiled potatoes  
2 tablespoons minced onion

Canned corned beef may be used as well as home cooked. Melt sweet, digestible Crisco in skillet. Add onion and green pepper and fry until slightly brown. Add other ingredients, mixing thoroughly, and cook until well heated. Season to taste. If a dry hash is desired, it may be put in the oven to brown. Hot water may be added and the skillet covered for those who prefer a moist hash.

Variation

Serve with Fried Apple Rings.

Fried Apple Rings

Select 2 or 3 large cooking apples. Cut them crosswise in 1/2-inch slices. Melt 3 tablespoons Crisco in frying pan. When hot, add apple rings. Fry on both sides until nicely browned. Sprinkle with powdered sugar and top with a bit of jelly.

FRENCH TOAST

2 eggs  
4 tablespoons milk  
1/8 teaspoon salt  
6 to 8 slices bread

Beat eggs, stir in milk and salt. Dip bread quickly, one slice at a time, into the mixture. Have a skillet containing about 1/4 inch of hot Crisco ready. (Crisco makes fried foods digestible.) Fry bread slices, turning to brown both sides. Serve hot with jelly or maple syrup.

Variation

For a nice luncheon dish, spread each slice of toast with finely chopped ham (heated). Garnish with currant or mint jelly.
**PAN FRYING . . .**

**FRIED EGGPLANT WITH TOMATOES**

1 medium-sized eggplant  
1 egg  
1 cup crushed cornflakes

2 or 3 ripe tomatoes  
1/2 teaspoon salt

Peel eggplant. Slice thin. Dip in beaten egg, then in cornflakes. Fry in skillet well greased with Crisco (the quicker digesting vegetable frying fat) until brown on both sides and tender. Cut tomatoes in round slices about 1/2 inch thick. Dip in cornflakes but not in egg. Fry in hot Crisco until nicely brown and tender. Serve one slice of tomato on each slice of eggplant.

**LAMB THRIFTIES**

1 pound lamb (shoulder or other cheap cut)  
1 egg  
1 cup ground raw carrots  
(about 5, small)  
2 teaspoons minced onion

1/2 teaspoon salt  
3/4 teaspoon pepper

Trim waste from meat. Put through food grinder. Blend with ground carrots. Add egg and seasonings and shape into balls. Roll in flour. Melt enough pure, digestible Crisco in skillet to cover bottom generously. Fry Lamb Thrifties until browned. Cover skillet and fry very slowly 10 minutes. Transfer meat balls to platter. Stir 2 tablespoons flour into drippings left in skillet. Brown smoothly. Add 1 1/2 cups stock or water. Cook until gravy thickens. Pour over Lamb Thrifties.

**APPLE GRIDDLE CAKES**

2 cups bread broken in pieces  
2 cups hot milk  
1 tablespoon Crisco  
1 tablespoon sugar  
1 cup chopped ripe apples

1/2 teaspoon salt  
2 eggs, separated  
1 cup flour  
2 teaspoons baking powder

Soak bread and milk together overnight or until soft. Then rub to a paste. Add Crisco, the creamy, digestible shortening, sugar, and salt, then egg yolks beaten until light. Add flour and baking powder sifted together. Fold in the stiffly beaten egg whites. Stir apples into batter with a fork. Drop by spoonfuls on Criscoed griddle. Brown smoothly. Add 1 1/2 cups stock or water. Cook until partly done and then turn and finish cooking. Serve hot with syrup or jelly.

**Variation**

Substitute huckleberries for apples. Serve with butter and sugar.

**PLAIN OMELET**

4 eggs  
4 tablespoons milk or water  
1/2 teaspoon salt  
white pepper

Beat eggs and liquid together with a fork until well blended. Add seasonings. Pour into a hot skillet well greased with Crisco (the quicker digesting frying fat). Cook slowly over a low fire. Prick the omelet with a fork as soon as it begins to set to prevent bubbles from forming and to permit the liquid egg on top to run through to the bottom. This hastens cooking. When well browned, turn out of pan to a warm platter, folding or rolling as it is turned out. Before rolling up, the surface may be spread with cheese, ground ham, or jelly, if desired.

**FLUFFY OMELET**

4 eggs  
4 tablespoons water or milk  
1/2 teaspoon salt  
pepper

Separate eggs. Beat yolks with water and seasoning. Beat whites until stiff. Fold into yolk mixture. Pour mixture into a hot skillet, well covered with Crisco, the sweet, digestible frying fat. Cook very slowly until well puffed. Finish cooking in a slow oven (275°F.) until dry and delicately brown on top. Serve on a hot platter.
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