Here's how to save up to $7 a month

Appetizing and Nutritious

Econo-Meals

30 low cost menus ★ 30 delicious recipes

Developed in the Famous Crisco Kitchens

of Procter & Gamble
New "Sure-Mix" Crisco
is different from any other shortening—
it does more!

Until you change to Crisco, you'll never realize that a shortening can make such an exciting improvement in foods you serve your family.

Crisco is all-vegetable. No shortening is purer or as creamy. But—in addition to that—Crisco gives you a special success secret due to a patented process not used by any other shortening you can buy.

Because of its "Sure-Mix" secret you can get lighter cakes with Crisco than with any other shortening we know of—even the most expensive!

See what delicious pies Crisco gives you! Crisco makes you SURER of tender, flaky pastry than any other shortening! And try Crisco's New Pastry Method (see inside back cover)—it's sure-fire for flaky pie crust!

And in frying, Crisco is unsurpassed. None of the heavy smoke and smell that old-fashioned shortening gives you! And Crisco fried foods are so digestible even children may eat them!

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Patent No. 2064737 and other patent pending
Commercial Visible Systems
New York, N. Y.
*CHICKEN SHORTCAKE*

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

Sift flour with baking powder and salt. Work in Crisco. Add milk and mix to a stiff dough. Toss on lightly floured board, pat to one-half inch thickness. Cut half of dough into rounds with biscuit cutter, brush tops with melted Crisco. Cut out the remaining dough with doughnut cutter. Place these on top of whole rounds. Bake 15 minutes in a hot oven (425°F.). When done, separate biscuits, pour creamed chicken between. Replace top.

TO MAKE CREAMED CHICKEN: Melt 2 tablespoons Crisco. Blend in 6 tablespoons flour, 1 teaspoon salt. Stir in 2 cups milk (or half milk, half gravy). Cook until thickened. Add 2 cups diced chicken. Heat thoroughly.

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**MENU**

*Chicken Shortcake*  
Fried Sweet Potatoes  
Buttered Okra  
Rice Pudding  
Raisin Cookies - p. 30

**ECONO-MEALS SERVE 6** — The recipes given here are designed to make 6 generous servings. If your family is larger or smaller, adjust the recipe accordingly.

Crisco's ECONO-MEALS are planned to save an average city or small town family at least $7 on its food bills every month! And this ECONO-MEAL saving is based on the lowest typical food prices we could find.

Even if you live on a farm, ECONO-MEALS can save you money by suggesting the most economical use of the foods you serve. And aside from these savings, you know you'll be serving highly nutritious, well-balanced meals that will help keep your family healthy. So — save money — protect health! Use Crisco's ECONO-MEALS daily!
**HAM AND RICE CROQUETTES**

2 tablespoons Crisco  
4 tablespoons flour  
½ teaspoon salt  
½ teaspoon paprika  
1 cup milk  
1 egg  
1 cup boiled rice  
1 cup chopped ham (cooked)

Blend Crisco with flour and seasonings. Stir in hot milk. Cook until thick, stirring constantly. Add rice and ham, mix thoroughly, and set aside to cool. When thoroughly cold, 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 until brown in deep Crisco heated to 375°-385° F., or hot enough to brown an inch cube of bread in 40 seconds.

If preferred, this mixture may be formed into flat round cakes and fried in a skillet. Melt enough Crisco in hot skillet to cover bottom. Add cakes, brown on one side, then turn to cook other side. If necessary, add more Crisco before turning.

**OPEN TOP APPLE PIE**

Use New Crisco Pastry Method Shown Inside Back Cover.

6 to 8 apples  
1 tablespoon flour  
1 cup sugar  
1 teaspoon cinnamon  
1 tablespoon Crisco

Core, peel, and slice apples. Mix with sugar, flour, and cinnamon. Arrange in unbaked pastry shell. Dot with Crisco. Bake at 450° F. 10 minutes. Reduce temperature to 375° F. and bake for one hour.
**CUP CAKES—QUICK COCOA ICING**

1 egg

\[ \frac{1}{4} \text{ cup Crisco} \]

\[ \frac{3}{4} \text{ cup sugar} \]

\[ \frac{1}{2} \text{ teaspoon vanilla} \]

\[ \frac{1}{2} \text{ cup milk} \]

\[ 1 \frac{1}{2} \text{ cups flour} \]

\[ 2 \text{ teaspoons baking powder} \]

\[ \frac{1}{4} \text{ teaspoon salt} \]

Blend together Crisco, sugar, egg, and vanilla. Sift flour with baking powder and salt, and add alternately with milk. Bake in Criscoed muffin or cup cake pans in a moderate oven (375° F.). Ice with Cocoa Icing made by blending together 3 tablespoons Crisco, 3 tablespoons cocoa, \( \frac{1}{2} \) teaspoon salt and \( \frac{1}{2} \) cup of confectioners sugar. Add \( \frac{1}{2} \) cup more sugar alternately with 1 tablespoon strong coffee liquid. Beat to a spreading consistency.

**MENU**

- Salmon Loaf
- Stuffed Baked Potatoes
- Scalloped Tomatoes
- Mixed Fruit
- *Cup Cakes

**THURSDAY**

- *Ham Roll-Ups
- Sweet Potato Cakes
- Spinach Apple Salad
- Gingerbread - p. 6
- Lemon Sauce

**HAM ROLL-UPS**

2 cups flour

\[ \frac{1}{2} \text{ teaspoon salt} \]

3 teaspoons baking powder

\[ \frac{1}{2} \text{ cup Crisco} \]

\[ \frac{1}{2} \text{ cup milk} \]

2 cups left-over ham, ground

Sift together flour, salt, and baking powder. Work in Crisco until the mixture looks like coarse cornmeal. Add milk to form stiff dough. Roll out to a sheet \( \frac{1}{2} \) inch thick. Spread with ham moistened with milk, or white sauce, or left-over gravy. Roll up like jelly roll and cut into slices one inch thick. Lay slices flat on greased pan and bake in a quick oven (400° F.). Serve with mushroom or tomato sauce.
BARBECUE DINNER

Cut meat into cubes. Brown in hot Crisco in skillet. Add rest of ingredients and simmer with lid on skillet for 20 minutes. Place in baking dish. Top with strips of biscuit dough arranged lattice fashion. Bake at 400°F. for 25 to 30 minutes. TO MAKE BISCUIT DOUGH: Sift together 1 cup flour, 2 teaspoons baking powder, ½ teaspoon salt. Cut in 3 tablespoons Crisco. Add ½ cup milk and mix to a soft dough. Roll out on floured board to ½ inch thick. Cut into strips 1 inch wide.

GINGERBREAD

Blend together Crisco, sugar, and egg. Stir in molasses and milk alternately with sifted dry ingredients. Blend well. Pour into lightly greased pan (square or oblong). Bake in a moderately hot oven (375°F) about 40 minutes.
**OATMEAL DROP COOKIES**

Blend together Crisco, sugar, and egg. Stir in sifted dry ingredients alternately with milk to form a soft dough. Add raisins lightly dredged with flour. Drop by teaspoons about 1 inch apart on a flat pan or cookie sheet rubbed with Crisco. Bake in a moderately hot oven (375°F).

**LAZY DAY BEEF AND BEANS**

Brown onion in 2 tablespoons Crisco in hot skillet. Blend mustard with sugar, and add with onion to beans. Place in baking dish. Top with sliced corned beef. Sprinkle lightly with brown sugar and dot with rest of Crisco. Heat thoroughly before serving, with corn bread.

**TO MAKE CORN BREAD:** Blend together 1 cup flour, ¾ cup cornmeal, 4 teaspoons baking powder, 1 teaspoon salt, and stir in ¾ cup milk beaten with 1 egg. Add 3 tablespoons melted Crisco. Spread about 1½ inches thick in a flat baking pan. Bake in a moderate oven (350°F).
**SPICED CUP CAKES**

Blend together Crisco, sugar, and egg. Sift flour with other dry ingredients and add alternately with sour milk. Stir in raisins. Bake in greased cup cake pans in a moderately hot oven (375° F.). Serve with or without icing.

These cup cakes may be served also with hot lemon or vanilla sauce for dessert. Reheat in oven or if slightly old, freshen by steaming.

**SPAGHETTI WITH MEAT BALLS**

Blend meat with other ingredients. Shape into balls. Fry in skillet in hot Crisco until well browned all over. Fill baking dish with Italian Spaghetti (homemade or canned). Top with browned meat balls. Place in a moderately hot oven (375° F.). Cover and bake 15 to 20 minutes.
**LATTICE TOP CHERRY PIE**

*Use New Crisco Pastry Method Shown Inside Back Cover.*

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

Turn cherries, juice and all, into saucepan. Add sugar and heat thoroughly. Remove from stove.

Drain off excess juice. Put cherries, with just enough juice to moisten, into pastry-lined pie pan. Sprinkle with lemon juice and flour. Cover with strips of pastry arranged lattice fashion. Press edges with fork. Bake in a hot oven (400° F.) until brown (about 25-30 minutes).

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**MENU**

**FRIDAY**

- Old Fashioned Bean Soup
- Toasted Cheese Sandwiches
- Pickled Beet Salad
- *Cherry Pie

**MENU**

- Salmon Patties
- Creamed Potatoes
- Peas And Carrots
- Baking Powder Biscuits
- *Lemon Meringue Pie

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**LEMON MERINGUE PIE**

*Use New Crisco Pastry Method Shown Inside Back Cover.*

3/4 cup sugar
3 tablespoons cornstarch
3/4 teaspoon salt
2 egg yolks

Blend together sugar, cornstarch, and salt. Stir in hot water and cook until thick, stirring constantly. Just before removing from stove, add beaten yolks, lemon juice and rind, and Crisco. Cook for a few minutes. Cool slightly and pour into baked pastry shell. Cover with meringue made by beating 2 egg whites with 4 tablespoons sugar. Brown in a slow oven (325°F.).
MONDAY MEAT PIE

*MONDAY MEAT PIE

Use New Crisco Pastry Method Shown Inside Back Cover.

¾ cup diced onion 1 cup cooked potatoes
4 tablespoons Crisco
2 cups cubed cooked meat (beef, veal, or pork) 1 cup cooked carrots
1 #1 can peas

Brown onion in hot Crisco. Combine with meat and vegetables. Add left-over gravy to moisten. If no gravy is available, use water. Season with salt and pepper. Place in baking dish and top with pastry in whole sheet or strips arranged in lattice fashion.

MENU

*Monday Meat Pie  Baked Potatoes
Cabbage Salad  Pickled Beets
Corn Bread - p. 8
Apricot Upside-Down Cake - p. 29

SUNDAY

*ONE EGG PUMPKIN PIE

USE NEW CRISCO PASTRY METHOD SHOWN INSIDE BACK COVER.

½ cup brown sugar ½ teaspoon cinnamon
½ teaspoon salt 1 egg (well beaten)
½ teaspoon ginger 1½ cups pumpkin
¼ teaspoon cloves 1 cup hot milk

Blend together sugar, salt, and spices. Add pumpkin, beaten egg and milk. Pour into pan lined with Crisco pastry. Bake in a moderate oven (375° F.) until edges are brown and filling is set.

*ONE EGG PUMPKIN PIE

Use New Crisco Pastry Method Shown Inside Back Cover.

¾ cup diced onion 1 cup cooked potatoes
4 tablespoons Crisco
2 cups cubed cooked meat (beef, veal, or pork) 1 cup cooked carrots
1 #1 can peas

Brown onion in hot Crisco. Combine with meat and vegetables. Add left-over gravy to moisten. If no gravy is available, use water. Season with salt and pepper. Place in baking dish and top with pastry in whole sheet or strips arranged in lattice fashion.
**DINNER IN A DISH**

4 tablespoons Crisco  
1 medium onion, chopped  
1 green pepper, sliced  
1 pound hamburger  
1 egg  
2 cups fresh corn or canned corn niblets  
½ cup canned tomatoes  
½ cup dry bread crumbs

Heat Crisco in skillet and lightly fry pepper and onions. Add meat and blend thoroughly. Season with salt and pepper. Remove from fire. Stir in egg. Put 1 cup of corn in baking dish, then half the meat mixture, then half the canned tomatoes. Then add another layer of corn, meat, and the remainder of the canned tomatoes. Cover with finely ground bread or cracker crumbs. Dot with bits of Crisco. Bake in a moderately hot oven (375°F.) 35 to 40 minutes.

**MENU**

*Dinner in a Dish  
French Fried Potatoes  
Pickle Relish  
Cherry Roll - p. 21

**TUESDAY**

**MENU**

Split Pea Soup  
Cottage Ham  
Corn Bread - p. 8  
*Apple Dumplings

**APPLE DUMPLINGS**

2 cups flour  
4 teaspoons baking powder  
1 teaspoon salt  
1 tablespoon sugar  
6 tablespoons Crisco  
¾ cup milk

Sift dry ingredients together. Work in the Crisco as for pie crust. Add milk to form a stiff dough. Roll out on floured board to one-fourth inch thickness. Cut into rounds large enough to completely cover one small apple. In center of each round place apple which has been pared and cored. Fill center with sugar. Sprinkle with cinnamon and dot with Crisco. Bring crust up over sides of apple to enclose it.

Place smooth side up on baking pan rubbed with Crisco. Brush top with melted Crisco and bake in a moderate oven (375°F.) until well browned on surface and thoroughly cooked inside. Test by running a fork into center. Serve with vanilla or lemon sauce.
**SPICE CAKE**

- ½ cup Crisco
- 1½ cups brown sugar
- 1 egg
- ¾ cup milk
- 1½ cups flour

3 teaspoons baking powder
½ teaspoon salt
1 teaspoon cinnamon
¾ teaspoon nutmeg
½ teaspoon cloves

Blend together Crisco, sugar, and egg. Add sifted dry ingredients alternately with milk. Beat until smooth. Pour into a shallow pan (8x8) rubbed with Crisco. Bake in a moderate oven (350° F.) for 25 to 30 minutes. Sprinkle with confectioners sugar while warm or make a confectioners sugar icing using 2 cups confectioners sugar, 2 tablespoons Crisco, and 1 to 2 tablespoons milk.

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**MENU**

- Creamed Codfish
- Baked Potato
- String Beans
- Hot Mustard Sauce
- Stewed Prunes
- *Spice Cake

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**THURSDAY**

- *American Chop Suey
- Boiled Rice
- Garden Salad
- French Dressing
- Pumpkin Pie - p. 14

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**AMERICAN CHOP SUEY**

- ¼ cup Crisco
- 1 cup chopped celery
- 2 small onions
- 2 to 3½ cups left-over cooked meat
- 3 tablespoons soya sauce

1 tablespoon sugar
2 tablespoons cornstarch
1 cup water
1 small can bean sprouts


Serve on boiled rice.
**SUNDAY**

*CHERRY ROLL*

2 1/2 cups flour
   4 teaspoons baking powder
   1 teaspoon salt
   1/4 cup sugar
   4 tablespoons Crisco
   1/4 cup milk
   2 cups canned cherries, drained

Sift flour, baking powder, salt, and sugar together. Work in Crisco. Add milk to form a stiff dough. Roll out to a sheet about 1/2 inch thick. Spread surface with melted Crisco, cover with drained cherries, and sprinkle generously with sugar. Roll up like a jelly roll. Bake in a moderately hot oven (400° F.) until brown. Serve with hot lemon or cherry sauce made by thickening the left-over cherry juice.

**MENU**

- Short Ribs of Beef
- Browned Potatoes
- Lima Bean Succotash
- Carrot and Cabbage Salad
- *Cherry Roll*
- Hot Sauce

**SATURDAY**

*HAMBURGER ROLL*

2 cups flour
   1/2 teaspoon salt
   3 teaspoons baking powder
   1/2 cup Crisco
   3/4 cup milk
   1 lb. hamburger

Sift together flour, salt, and baking powder.

Work in Crisco as for pastry. Stir in milk to form stiff dough. Roll out to a sheet 1/2 inch thick. Spread with hamburger. Season with salt and pepper. Roll up like a jelly roll. Place in flat pan and bake in a moderately hot oven until nicely browned. Serve with left-over gravy or cheese sauce.
**MACARONI-FRANKFURTER CASSEROLE**

4 tablespoons Crisco
2 tablespoons flour
1 cup milk
3 cups cooked macaroni
½ cup grated cheese
6-8 frankfurters

Melt Crisco, blend in flour. Add milk and cook until slightly thick, stirring constantly. Add cheese and macaroni. Transfer to baking dish. Top with frankfurters whole or sliced lengthwise in half. Dot with Crisco, using about 2 tablespoons. Bake in a hot oven (400° F.) 10 to 15 minutes if macaroni is already hot—20 to 25 minutes if cold.

**MENU**

*Macaroni-Frankfurter Dinner
Buttered Spinach
Tomato Jelly Salad
Lemon Meringue Pie - p. 12

**MONDAY**

*Hash Barbecue
Potato Cakes
Boiled Onions
Hot Pickled Beets
Sliced Pineapple
Raisin Cookies - p. 30

**HASH BARBECUE**

2 cups chopped corned beef (or other cooked meat)
2 cups diced cooked potatoes
2 tablespoons minced onion
salt and pepper
1 ½ teaspoons horseradish
¼ cup catsup
1 teaspoon Worcestershire sauce
4 tablespoons Crisco

Melt Crisco in skillet. When hot, add meat, potatoes, and onion mixed together. Cook until brown. Turn or stir to brown other side. (If wet hash is preferred, add water to moisten and cook with lid on). Season with salt and pepper. Turn out into serving dish. Combine horseradish, catsup, and Worcestershire sauce. Heat. If necessary thin with a little water. Pour over hot hash.
THURSDAY

*DEEP DISH APPLE PIE

- 3 tablespoons water
- ½ cup Crisco
- ½ teaspoon salt
- 1 cup flour

Blend salt and flour together in mixing bowl. Take out 3 tablespoons and mix with 2 tablespoons water to form paste. Work Crisco into rest of flour in bowl until mixture looks like fine cornmeal. Add flour-water paste to flour mixture in bowl. Mix thoroughly. Roll out to fit deep pie dish. Fill dish with sliced apples mixed with sugar and spices as desired. Top with pastry. Bake in a moderately hot oven (375° F.) until brown.

* * *

MENU

Frankfurters  Scalloped Potatoes
Fried Cabbage or Sauerkraut  Pickled Beets
* Deep Dish Apple Pie

WEDNESDAY

*CORNED BEEF HASH

- 2 cups chopped corned beef (cooked)
- 2 cups cubed boiled potatoes
- 3 tablespoons Crisco
- 2 tablespoons chopped onion
- 1 cup milk or water

Melt Crisco in frying pan. Add onion. Brown slightly. Add other ingredients to onions. Mix well. Spread out in pan. Cook slowly. As bottom browns, keep lifting and cutting it in, so that crusty bits are worked through hash. Fold hash over like an omelet. Serve with fried apples.

**TO MAKE FRIED APPLES: Cut them crosswise in ½ 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.
**RAISIN TARTS**

Blend 1 1/2 cups of sifted flour with 1/2 teaspoon salt in mixing bowl. Take out 1/4 cup of this flour and mix with 3 tablespoons water to make a paste. To the remaining flour add 1/2 cup Crisco. Cut in with knife, fork or blender, until the pieces are the size of small peas. Add flour paste to Crisco-flour mixture. Mix thoroughly until the dough comes together and can be shaped into a ball. Roll out on a floured board to 1/4 inch thickness. Line individual pie pans or muffin tins with dough. Add raisin filling made by cooking together 1/2 cup sugar, 1 tablespoon cornstarch, 1 cup hot water, 1/2 cup raisins. Top with strips of pastry. Bake in a hot oven (425° F.) for 15-20 minutes, or until brown. Serve warm with hot lemon sauce.

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**LIMA BEAN BARBECUE**

Brown onion in hot Crisco in skillet. Combine with beans and other ingredients. Place in a baking dish. Top with thick slices of bacon or salt pork. Brown in hot oven.

**Whole Wheat Muffins**

Blend together all dry ingredients. Lightly stir in egg beaten with milk. Add melted Crisco. Do not try to smooth out batter. Bake in small muffin pans (lightly greased) in a moderately hot oven (375° F.).
**APRICOT UPSIDE-DOWN CAKE**

- ¾ cup Crisco
- ¾ cup sugar
- 1 egg
- ½ cup apricot juice
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 ½ cups flour

Blend together Crisco, sugar, and egg. Measure out ½ cup of juice left from soaking apricots. Add alternately with sifted dry ingredients, blending thoroughly to form a soft, smooth batter.

In skillet melt ¼ cup Crisco. Add ½ cup brown sugar. Arrange dried apricots, soaked overnight, in bottom of skillet. If desired, place nutmeat or piece of stewed prune in center of each apricot cup. Pour over cake batter. Bake in a moderate oven (350° F.). Serve warm. May be garnished with whipped cream if desired.

**MENU**

*Fried Cornmeal Mush Slices*
*Creamed Chipped Beef*
*Peas and Carrots*
*Apricot Upside-Down Cake*

**SUNDAY**

*Ham Shoulder*
*Scalloped Potatoes*
*Cabbage*
*Green Tomato Pickles*
*Ginger Cookies*
*Fruit Gelatine*

**DOUBLE DECK GINGER COOKIES**

- ¾ cup Crisco
- ¾ cup sugar
- 1 egg
- 1 cup molasses
- 4 cups flour
- 1 teaspoon salt
- 2 teaspoons ginger
- 1 teaspoon soda

Blend together Crisco, sugar, and egg. Stir in molasses. Add sifted dry ingredients, a little at a time. Roll out on lightly floured board. Cut half of dough with round cookie cutter. Use doughnut cutter to cut remainder. Bake on Criscoed cookie sheets in a moderate oven (350° F.) 10 to 12 minutes. Put a round and a “holey” cookie together with cream filling made by blending 1 tablespoon Crisco with ½ cup sifted confectioners sugar, ½ teaspoon salt. Beat in 1 tablespoon boiling water. Add 1 ½ cups sifted confectioners sugar alternately with another tablespoon of boiling water if needed.
NOW YOU CAN BE SURE OF FLAKY PIE CRUST!

Use Crisco and Crisco's new sure-fire Pastry Method

EASY AS A-B-C!

Now—no more guesswork. Follow this method exactly and be sure of flaky tender pie crust.

DOUBLE CRUST MEASUREMENTS

2 cups sifted flour  2/3 cup Crisco
1 teaspoon salt  1/4 cup water

Sift flour and salt into bowl. Take out 1/3 cup of this flour and mix with 1/4 cup of water to form a paste. Cut Crisco (with knives, fork, or blender) into the remaining flour till the pieces are the size of small peas. Add flour-paste to Crisco-flour mixture. Mix thoroughly until the dough comes together and can be shaped into a ball. Divide in half—roll out both crusts about 1/8 inch thick. All measurements level.

ONE-CRUST MEASUREMENTS

Use 1 1/2 cups flour, 1/2 teaspoon salt, 1/2 cup Crisco. Take out 1/4 cup flour and blend with 3 tablespoons water. All measurements level.

MENU

Country Sausage Cakes
Mashed Sweet Potatoes
Stewed Tomatoes  Corn Muffins
(Use Corn Bread Recipe - p. 8)
Applesauce  *Raisin Squares

TUESDAY

*RAISIN FILLED COOKIE SQUARES

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

Blend together Crisco, sugar, and egg. Add milk alternately with sifted dry ingredients to form stiff dough. Divide dough in half. Roll out separately into two rectangular sheets. Place one sheet on flat pan or baking sheet. Cover with raisin filling made by cooking 1 cup raisins with 1/4 cup sugar, 1 tablespoon cornstarch, and 1/2 cup water (filling should be cooled before spreading). Place other sheet on top. Fasten at edges. Bake in moderately hot oven (375° F.). While still warm after baking, cut into squares.
Pure All-Vegetable Crisco is Digestible!

Read what Doctors say: In answer to a question sent to doctors by a leading medical publication, 2 out of 3 doctors who replied specifically called attention to Crisco’s digestibility.

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