12 dozen
time-saving recipes

containing 144 tested recipes
and a great many
time-saving kitchen suggestions
12 dozen time-saving recipes

Procter & Gamble
CINCINNATI, OHIO
Crisco is the registered trade-mark of a shortening manufactured by The Procter & Gamble Company
12 dozen time-saving recipes

For some time, we believe, there has been among homemakers a definite need of recipes for dishes that are simple and easy to prepare—recipes with ingenious little wrinkles that cut time in the kitchen and save labor.

For today, activities outside the home are demanding more and more of women's time.

In consequence, our mode of living has become simpler. The lavish formalities of entertaining of twenty or even ten years ago now seem pretentious and out of date.

Countless devices and methods for lightening the labor of housework have been adopted. The vacuum cleaner and the electric clothes-washer are no longer novelties to be found in only a few homes.

Yet there still remains a need of labor-saving methods in the kitchen.

With this in mind we have gathered into this little book 144 time-saving recipes. We have included, too, a number of short cuts in cooking methods which will save you time and worry.

In no case has the quality of the cooked food been sacrificed in the cause of easy preparation. Each recipe makes a perfectly delicious dish. Each recipe is practical for use in the average home—all ingredients are those which you probably have on hand or can procure easily.
In using Crisco with these time-saving recipes see how Crisco adds in many ways to the delight of eating and to the ease of preparing foods. Crisco is a modern, trouble-saving ingredient.

Crisco is the only shortening and cooking fat you need to keep on hand—it serves every purpose. And it stays fresh and sweet a long time without ice box help.

Foods fried in Crisco are a crisp, appetizing golden-brown outside; tender and well done inside.

In frying notice that Crisco does not smoke at proper frying temperatures—it does not fill your kitchen and your home with the unpleasant odor of hot fat. And as Crisco does not absorb flavors from foods fried in it, you can use the same Crisco for frying over and over again.

Crisco makes light, tender cakes, too, cakes that no one will be able to tell from those made with expensive butter; flaky and tender pie crusts; fluffy, golden biscuits; light, feathery muffins.

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

PROCTER & GAMBLE
Saving Time in Meal Preparation

Careful planning is the first and most important means of cutting down the time for preparing meals. If you plan your meals for at least a day in advance you will be better able to arrange your work schedule so that you will have a great deal of extra freedom.

Often you can cook double amounts of food one day, reserving half to be used in some other form the following day. Boiled potatoes, for instance, can be scalloped or creamed the second day; mashed potatoes can be made into croquettes. The same vegetables which are served with the meat one day can be incorporated into the soup or salad two days later without arousing a suspicion on the part of the family. Even desserts can be revamped until they are not recognized. (Many suggestions for utilizing foods for two purposes will be found in the chapters of this little book.)

By preparing in the morning as much as possible of the food for the day, you will save precious leisure to be used later for other things. It simplifies the lunch and dinner preparations tremendously to have the vegetables and the dessert all ready to cook, or sometimes cooked and ready to reheat. Occasionally, you will find it possible even to prepare practically a whole meal in advance, leaving only the final heating and serving to be done at mealtime.

Of course, labor-saving devices, too, help to reduce the amount of time spent in the kitchen. Among the most valuable of these aids are fireless cookers, pressure cookers, mechanical mixers, electric equipment for the table (percolators, toasters, waffle irons, grills, etc.) and heat-regulated ovens.
This does not include all of the numerous devices which simplify and shorten the preparation of food. A satisfactory can opener, a wire basket for deep frying, a convenient knife sharpener—in fact the best tool in the right place will more than pay for itself every time, in actual dollars-and-cents worth of time saved—not to mention cut or burned fingers, lost tempers and frayed nerves.

A few short cuts helpful in simplifying cooking in general are:

1. To measure any amount of fat quickly and conveniently, use the glass-cup and cold-water method. For \( \frac{1}{2} \) cup of Crisco, fill the cup \( \frac{1}{2} \) full of cold water and add Crisco until the water rises to the surface. For \( \frac{1}{4} \) cup of Crisco, use \( \frac{3}{4} \) cup of cold water; for \( \frac{1}{8} \) cup of Crisco, \( \frac{7}{8} \) cup water, etc. Pour off the water and see how easy it is to remove the Crisco.

2. Keep flour and Crisco mixed in the proper proportions for white sauce. Once a week make up balls of 2 tablespoons Crisco and 2 tablespoons flour (an average amount for 1 cup liquid), and keep them in the refrigerator. Either melt Crisco and stir in the flour, or blend the solid Crisco with the flour in a quantity. Form into balls (about 1 rounding tablespoon to each ball). It is very simple to drop a ball or part of one, as needed, in the hot liquid; stir until completely melted, cook a minute or so, and the sauce is done.

3. Use a soft brush for greasing pans and for coating surfaces with fat or liquids.

4. Grate cheese by putting through the food chopper.

5. Crush nuts with a rolling pin on a board.

6. After using the food chopper for anything sticky, moist or greasy, run a few crackers through to push out the last bits of material and to simplify cleaning.

7. Keep cocoa and sugar combined in the proper proportions for beverage making. A small amount of cornstarch and a pinch of salt may be added to this mixture to improve the consistency and flavor of both the iced and hot varieties of cocoa.

8. Keep a small saucepan for melting chocolate. (One which will fit on top of the tea kettle is handy.) Do not add water to chocolate when melting. Just place the squares in the pan and melt over hot water or on top of the oven. It is not necessary to wash the pan between occasions of using, if it is kept covered.

Other helpful short cuts will be found in each chapter.
Quick Breads
Yeast 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.

Because they can be so quickly prepared and because there are endless delicious recipes and variations for them which can be easily followed, quick breads have become a very popular part of the daily menu. They add a touch of luxury and delight to even the simplest lunch or tea.

**Time-Saving Hints**

1. Where biscuits are served frequently, it will save time to keep a well-blended mixture of flour, Crisco, salt and leavening, in the proper proportions, in a tightly closed container. When needed, simply stir in the liquid, shape and bake. This time-saving method may be used for waffles and griddle cakes, too.

2. Baking powder biscuits and soda biscuits may be kept several hours in the ice box before baking. Prepare the biscuits as usual, place them on a greased pan, brush top with melted Crisco or with milk, cover and keep in a cool place. When needed, bake as usual.

3. To reheat cooked muffins or biscuits, place in paper bag, fasten closely and put in a moderately hot oven. Or—brush surface of each biscuit with water and place on a pan in a hot oven until heated.

4. When time is short, try “drop” biscuits. Simply increase the liquid in the recipe (see master biscuit recipe) and drop dough by the spoonful onto a greased baking sheet or into muffin tins—then bake. Much quicker than rolled or cut biscuits.

5. Quick bread in loaf shape takes less time to prepare than individual biscuits or muffins, and provides variety in the menu as well. (See page 14.)
6. Occasionally, when making popovers, double the recipe and save half of the popovers to be filled with creamed chipped beef at luncheon the next day.

**Yeast Bread Short Cuts**

1. To hasten yeast-raised dough, increase the amount of yeast.
2. In cold weather, warm the flour slightly before adding to the dough. Chilling retards the yeast action.
3. Yeast dough for rolls may be kept in the refrigerator for several days, to be used as needed (see Everlasting Rolls, page 14). From this dough may be made, as well, Raised Doughnuts (page 15), Cinnamon Rolls (page 15), Raisin Buns (page 15), etc.
4. Stale bread makes very satisfactory Quick Patty Shells.
5. Keep dry bread for bread crumbs. When thoroughly dry, crush with rolling pin or run through food chopper (cover mouth of chopper with paper bag, to keep floor clean). Keep crumbs in covered container for "crumbing" fried foods.

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**BAKING POWDER BISCUITS**

*(Regular Method)*

Mix and bake while the rest of the meal is being prepared

- 2 cups white flour
- 4 teaspoons baking powder
- ¾ to 1 cup milk or water
- 1 teaspoon salt
- 4 to 6 tablespoons Crisco

Sift dry ingredients, rub in Crisco with finger tips or cut in with knives or fork. 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 (450° F.).

**Variations**

*Use the standard recipe given above*

**Drop Biscuits**—*Require no rolling or cutting*—Add a little more liquid—just enough to make a mixture which will drop easily from a spoon into well-greased muffin tins. Bake in a hot oven as usual.

**Cheese Biscuits**—*Simply add cheese*—Stir in ½ cup grated cheese before dropping or rolling.
RASPBERRY BUNS—Any other kind of jam may be used as well—Cut biscuits in circles ⅛ inch thick. Put a teaspoon of raspberry jam in center. Moisten the edges with water and turn half the round over the other half. Place on greased pan and bake as usual.

CINNAMON ROLLS—Quicker than the yeast-raised variety, and just as good—Roll biscuit dough out on floured board to ¼ inch in thickness. Spread with filling. Roll up and cut into slices ½ inch thick. Place cut edges together in a deep well-greased baking pan. Bake in a moderately hot oven (375° F.) for about 15 minutes.

FILLING

⅔ cup Crisco  ¼ teaspoon cinnamon
⅔ cup sugar  1 egg yolk
Cream Crisco with sugar and cinnamon. Add egg yolk

PECAN ROLLS—A special treat—Line deep greased pan with 1 cup brown sugar creamed with 2 tablespoons Crisco and 1 tablespoon cold water. Sprinkle with broken pecan meats.

Roll out biscuit dough to ½ inch thick. Sprinkle with sugar and cinnamon. Form into a roll and cut as in cinnamon rolls. Place cut side down in the sugar-and-nut-lined pan. Bake in a hot oven about 20 minutes. Turn out on a plate and serve hot.

ORANGE TEA BISCUITS—Stir 1 tablespoon grated orange rind into biscuit dough before rolling. Cut with very small round biscuit cutter. Brush surface with a mixture of sugar and orange juice. Bake in a hot oven.

BAKING POWDER BISCUITS
(Reserve Supply)

A mixture to keep on hand for use as needed

1 quart flour  2 teaspoons salt
2 ¹/₂ tablespoons baking powder  ¹/₂ cup Crisco

Sift dry ingredients. Work in Crisco. Store in covered container in cool place. When ready to use, take out as much as needed, add liquid to make a stiff dough. Roll, cut and bake as usual.

BUTTERMILK OR SODA BISCUITS

Double the recipe and use the dough for several days
Keep covered in a cool place

2 cups flour  1 teaspoon salt
¹/₂ teaspoon soda  4 tablespoons Crisco
³/₄ cup buttermilk

Sift together salt, soda and flour. Work in Crisco. 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 in thickness. Cut with a small round cutter and bake in a hot oven (450° F.) 12 to 15 minutes.

The dough can be kept in the refrigerator for two or three days. When wanted, remove all or part of dough. Knead slightly, roll out, cut and bake as usual.

**QUICK COFFEE CAKE**

A breakfast treat which can be stirred up in 5 minutes

| 1 1/2 cups flour | 1 egg |
| 1/2 teaspoon salt | 1/2 cup milk |
| 2 tablespoons sugar | 1 1/2 tablespoons melted Crisco |
| 2 teaspoons baking powder | Flavering |

Mix dry ingredients together and break egg into the middle of the mixture. Add melted Crisco. Beat mixture thoroughly. Flavor with grated rind of lemon or a little nutmeg, or a few drops of vanilla.

Do not scrape dough pan clean, but leave just a bit of dough and add 2 tablespoons sugar, 1 tablespoon flour and some cinnamon; rub together with the hands and sprinkle over top of cake. To add to richness, dot with bits of butter. This cake should be baked in a flat pan.

Bake at 400° F. for about 20 minutes.

**WHOLE WHEAT NUT BREAD**

Keep a loaf on hand for sandwiches

| 2 cups whole wheat flour | 1/2 cup molasses |
| 1 cup bread flour | 3/4 cup milk |
| 1 teaspoon soda | 1/2 cup water |
| 3 teaspoons baking powder | 1 cup walnuts, cut in small pieces |
| 2 teaspoons salt | 2 tablespoons melted Crisco |
| 4 tablespoons sugar | 3/4 cup nut meats |

Mix whole wheat flour, flour, soda, baking powder, salt and sugar together. Add molasses, milk and water, and mix well. Add nuts and Crisco and beat thoroughly. Pour into a greased loaf pan and let stand 20 minutes. Bake in slow oven (300° F.) 1 to 1 1/2 hours.

**ORANGE BREAD**

Different from nut bread, but just as easy to make

| 2 eggs | 1 teaspoon salt |
| 1 cup sugar | 4 teaspoons baking powder |
| 3/4 cup milk | 2 tablespoons Crisco |
| 3 cups flour | 1/2 cup nut meats |
| 1/2 cup chopped orange peel (fresh) |

Beat eggs with sugar. Stir in milk alternately with flour, salt and baking powder sifted together. Add melted Crisco and chopped nut meats and orange peel dredged with flour. Pour into greased pan. Allow to stand 15 minutes before putting in oven. Bake in moderate oven (350° F.) 40 minutes or longer.

If more orange peel is desired, decrease the nut meats accordingly.
PEANUT BUTTER BREAD

Very easy to make

2 cups bread flour
2 teaspoons baking powder
½ teaspoon salt
½ cup sugar

½ cup peanut butter
4 tablespoons Crisco
1 cup milk
2 eggs, beaten light

Sift flour, baking powder, salt and sugar together. Work peanut butter and Crisco into mixture until well blended. Mix eggs with milk, add to dry mixture and mix thoroughly. Turn into one medium-sized Criscoed bread pan. Bake in a moderate oven (325° F.) 1 to 1½ hours, depending upon the size of the pan.

POPOVERS

Make them for breakfast — reheat for lunch

1 cup flour
¼ teaspoon salt

1 cup milk
2 eggs
1 teaspoon melted Crisco

Sift flour and salt. Add milk and egg beaten together. Then add melted Crisco. Beat entire mixture vigorously with a Dover egg beater. Pour into hot Criscoed popover pans. Bake 10 to 15 minutes at 425° F. After “popping” reduce temperature to 375°, and continue baking for about 30 minutes.

PLAIN MUFFINS

Always serve them warm — fresh or reheated

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

2 tablespoons sugar
1 egg
¾ to 1 cup milk

Sift together flour, baking powder, salt and sugar. Beat together egg, milk and melted Crisco. Stir the liquid lightly into the dry ingredients. Do not beat. Bake in well-greased muffin tins in a hot oven, 20 to 30 minutes.

VARIATIONS

BRAN — Substitute 1½ cups bran for 1 cup wheat flour. Add molasses if desired, ¼ to ½ cup.

WHOLE WHEAT — Substitute 1 cup whole wheat for 1 cup flour.

CORN — Substitute ¾ cup yellow cornmeal for 1 cup flour.

CEREAL — Substitute cooked rice, oatmeal, or other cereal for part of the flour, ⅛ or ¼.

FRUIT — Add ½ to 1 cup nuts or fruit. Double sugar, if sweet muffins are desired.
**WAFFLES**

*The same batter may be used for griddle cakes*

2 cups flour  1 tablespoon sugar
4 teaspoons baking powder  1 1/4 to 1 1/2 cups milk
1 teaspoon salt  2 eggs
2 tablespoons melted Crisco

Mix and sift flour, baking powder, salt and sugar. Add milk and egg yolks and mix well. Fold in the stiffly beaten egg whites. Add melted Crisco. Bake as usual. Serve with maple syrup, honey or marmalade.

**GRIDDLE CAKES**

The Waffle recipe may be used for Griddle Cakes also. It is not necessary to separate the eggs. Simply sift all dry ingredients together, add eggs, milk and Crisco.

**WHITE BREAD**

*(Short Time Method)*

1 cake dry or compressed yeast*  4 tablespoons sugar
1/2 cup warm water  1 tablespoon salt
1 quart scalded skim milk or water  4 tablespoons Crisco
3 quarts flour

Soak yeast in warm water. To scalded liquid add sugar, salt and Crisco. Stir in part of the flour, enough to form a stiff batter. When cooled to lukewarm add yeast-and-water mixture. Beat well. Add remainder of flour and knead on a floured board until smooth. Return to bowl, grease surface with Crisco, cover and let rise in a warm place until double in bulk. Knead again and shape into loaves. Grease surface, keep in a moderately warm place until light and bake in a moderately hot oven (400° F.) until brown. Reduce temperature to 375° F. and continue baking, about 1 hour in all.

**EVERLASTING ROLLS**

*The dough will keep for a week*

1 cake dry or compressed yeast*  1/2 cup sugar
1/2 cup warm water  1 egg
1/2 teaspoon sugar  1 1/2 teaspoons salt
1/2 cup Crisco  2 cups warm water
8 cups flour

Dissolve yeast in 1/2 cup of warm water and 1/2 teaspoon sugar for 45 minutes. Cream Crisco well with the sugar, add the beaten egg, salt, warm water and dissolved yeast. Then add sifted flour, so that the dough can be well kneaded. When it is elastic to the touch, put the dough in a warm place to double its

*If dry yeast is used this bread should be mixed the night before the bread or rolls are to be baked. If compressed yeast is used the dough may be mixed the same morning.*
bulk. Then knead it down again, shape and let rise until double in bulk. Bake in a hot oven (400° F.).

This dough may be kept in the refrigerator to be used at some later time. When it is used, it should always be kneaded down, rolled out, and cut, placed in the pan and allowed to rise again until double in bulk.

CINNAMON ROLLS
Use part of the dough for these rolls

Roll out Everlasting Rolls dough to 1/2 inch in thickness; sprinkle with cinnamon and sugar, dot with Crisco. Roll up like a jelly roll. Cut into slices crosswise. Place slices upright in a well-greased pan. Let rise until almost double in bulk. Just before putting in oven, brush surface with milk or melted Crisco. Bake in a hot oven. Or they may be glazed just after removing from the oven by brushing with a milk and sugar wash.

RAISIN BUNS
Another part for buns for dinner

Knead seedless raisins (which have been “plumped” by soaking for a few minutes in hot water), into Everlasting Rolls dough. Shape into balls. Place close together in a well-greased pan. Brush surface with melted Crisco. Let rise until double in bulk. Bake quickly.

DOUGHNUTS
Save some dough for this breakfast delicacy

Cut off small pieces of Everlasting Rolls dough. Roll into a long strip with the hands. Twist the strip, bring the two ends together to form a double twist. Let rise until light. Fry in deep Crisco (360° F.) until nicely browned on both sides.

COFFEE CAKE
(Quick)

A quick method for yeast-raised doughs

1/2 cup milk 1 cake yeast
3 tablespoons Crisco 2 tablespoons lukewarm water
2 tablespoons sugar 2 to 2 1/2 cups flour
1 teaspoon salt 1 egg

1/2 cup brown sugar

Heat milk and add Crisco, sugar and salt. When lukewarm add the yeast cake dissolved in warm water. Add 3/4 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 1/2 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° F.) 15 to 20 minutes.
Cereal, Egg and Cheese Dishes

Cheese and milk are the two most valuable foods that 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 skilfully 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.

As for eggs—when 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 for use in egg dishes of all kinds because of its delicate flavor.

Time-Saving Hints (Cereals)

1. Use a fireless cooker for cooking breakfast cereals. It will not only save the bother of watching to prevent burning, but will also prevent the inevitable ruin of a double boiler because of continued "boiling dry."

2. Save cereal left over from breakfast for use in muffins, griddle cakes and for frying for luncheon.
3. Cook rice in large quantities, using part for a vegetable and keeping part for pudding, soup, muffins or omelet.

4. Prepare a large supply of noodles at a time, dry thoroughly and keep in covered containers for future use.

TIME-SAVING HINTS (Eggs)

1. If there is any doubt about the freshness of eggs, it will save time in the end to break each egg into a saucer first rather than to drop it directly into a bowl containing more eggs or some other ingredient.

2. To save yolks left over from angel cake, meringue, etc., either cover with cold water and keep in the refrigerator, or drop into boiling water and cook until hard. When cold, press the hard yolk through a sieve and keep for use in garnishing creamed dishes, salads, etc.

3. When beating whites and yolks separately for cakes, souffles, etc., always beat the whites first, then the yolks may be beaten with the same beater without washing in between. A small egg beater which will fit into a cup will simplify the beating of a single white or yolk.

4. To save time in making custards, scald the milk before adding to the egg. This will cut the baking almost in half.

5. Soft custards which start to curdle during cooking can usually be smoothed out by this method: Remove pan immediately from heat. Set in another pan of cold water and beat custard with an egg beater. Omelets provide quick and satisfactory emergency dishes for luncheon. (See page 18.)

6. For a convenient method of cooking eggs, try baking. This method requires practically no watching. (See page 19.)

7. To help form an emulsion quickly in making mayonnaise, use 1/2 cup of a former batch for a starter, adding part of the oil directly to it. Then beat in the egg mixed with the seasonings, and the rest of the oil and vinegar as usual.

FRIED CORNMEAL OR OATMEAL MUSH

For left-over cereals

Make mush in the regular way. Turn it into a shallow greased pan, smoothing the surface evenly. When cold, turn the mush from the pan. Cut cold mush into slices about 1/4 inch thick, and fry until brown and crisp in a hot skillet well greased with Crisco. If preferred the slices may be sprinkled with flour, or dipped first in salted beaten egg and then in bread or cracker crumbs before frying. The fat should be hot, so that a crust will quickly form upon the slices and prevent them from soaking up any grease. Oatmeal and other cereals may be fried in the same way.
FRIED NOODLES
Serve in place of potatoes

Cook noodles in boiling broth or salted water until tender. Pour into colander to drain and let cold water run over them to keep the noodles from sticking together.

Melt enough Crisco 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 dry bread crumbs and fry until brown. Spread over the surface of the noodles. Garnish with hard-boiled egg slices.

PLAIN OMELET
The simplest kind of omelet

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

Beat eggs and liquid together with a fork until well blended. Add seasonings. Pour into a hot, well-greased skillet. 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 onto 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.

QUICK FLUFFY OMELET
A quick method—the yolks and whites are beaten together

4 eggs
4 tablespoons milk
1/2 teaspoon salt
Pepper

Beat eggs until frothy. Add milk and seasoning. Pour into hot frying pan well greased with Crisco. Cover and cook slowly over very low flame (about 20 minutes).

ECONOMICAL OMELET
When eggs are scarce

1 cup bread cubes
4 eggs
4 tablespoons milk or water
1/2 teaspoon salt

Crisco

Cut bread into small 1/2 inch cubes. Fry in Crisco until brown. Beat eggs slightly; add milk and salt. Stir in browned bread cubes. Pour mixture into frying pan in which bread was browned. Cook slowly with cover on until set. (When eggs are scarce, bread serves as an extender.)
BAKED EGGS

They will bake without further attention while you are preparing the rest of the breakfast

Grease ramekins or custard cups with Crisco, and into each break an egg; or use a flat pyrex dish to cook a number of eggs at once. Add salt, pepper and 1 tablespoon of cream to each. Set the dishes into a pan of hot water and bake in a slow oven until the eggs are of the desired hardness.

EGGS FLORENTINE

A delicious luncheon dish for the children or grownups

In the bottom of a Criscoed baking dish or casserole spread a layer of cooked spinach, making depressions or nests for as many eggs as you wish to cook.

Into each nest break an egg. Cover with thick white sauce, and sprinkle with cheese. Dot with Crisco. Bake in a moderate oven until the eggs are firm, about 30 minutes.

CHEESE SOUFFLE

Be sure to bake it slowly

<table>
<thead>
<tr>
<th>2 tablespoons Crisco</th>
<th>2 eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons flour</td>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>1 cup grated American cheese</td>
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</tbody>
</table>

Paprika

Melt Crisco, blend in flour. Add hot milk gradually. Cook until slightly thick. Stir in beaten egg yolks, salt and cheese. Remove from fire, cool slightly, and fold in beaten egg whites. Pour into greased casserole. Sprinkle with paprika. Place casserole in a pan of water and bake in a slow oven (250°F) 30 minutes, or until stiff.

WELSH RAREBIT

A good emergency luncheon dish

<table>
<thead>
<tr>
<th>1 tablespoon Crisco</th>
<th>1 egg</th>
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</thead>
<tbody>
<tr>
<td>1 tablespoon flour</td>
<td>¼ teaspoon salt</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>¼ teaspoon mustard</td>
</tr>
<tr>
<td>2 cups grated cheese</td>
<td>Few grains cayenne</td>
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</table>

Make a white sauce of flour, Crisco and milk. Add grated cheese. When melted, stir in beaten egg. Season. Serve on toast or crackers.

BAKED RICE WITH CHEESE SAUCE

For left-over cooked rice

<table>
<thead>
<tr>
<th>3 cups cooked rice</th>
<th>1 cup grated cheese</th>
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</thead>
<tbody>
<tr>
<td>1 ½ cups thin white sauce</td>
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</table>

Put a layer of rice in a greased baking dish. Sprinkle with cheese and cover with a layer of hot white sauce. Repeat until all the ingredients are used, having a layer of cheese on top. Bake in a hot oven (400°F), 20 to 25 minutes.
SCRAMBLED EGGS AND GREEN PEPPERS WITH TOMATO SAUCE

Scrambled eggs that are different

2 tablespoons chopped green pepper  4 eggs
1 tablespoon Crisco  ½ cup canned tomato soup

Simmer the chopped pepper in Crisco for a few minutes. Stir in the slightly beaten eggs. Scramble all together, adding salt and pepper to taste. Cook slowly until dry. Heat the tomato soup and pour over just before serving.

SPANISH RICE

A dish that requires very little preparation before cooking

1 small onion  1 green pepper
1 cup washed rice  1½ teaspoons salt
3 tablespoons Crisco  1 can tomatoes
1 cup boiling water

Fry chopped onion and rice in a hot skillet well greased with Crisco. When rice is brown, add pepper, salt and tomatoes, cover and simmer slowly. Add boiling water when necessary until rice is tender.

TOMATO AND CHEESE SAUCE FOR BOILED RICE

Save the water from boiled rice for this sauce

2 cups rice water  ⅛ teaspoon paprika
1 tablespoon cornstarch  ½ cup grated cheese
1 teaspoon salt  ¼ cup tomato juice

Mix cornstarch with one tablespoon of cooled rice water, stir into rest of rice water—boiling. Add remainder of ingredients. Boil until thick.
Vegetables

How important a part vegetables play in the daily diet! But when you buy vegetables, remember that price is no indication of food value. Cabbage, for instance, a vegetable which can be obtained almost any season of the year and in almost any locality at a low price, is one of the most valuable foods we have; whereas mushrooms, almost the highest priced of vegetables, have very little food value.

Learn to cook the cheaper vegetables in novel and appetizing ways. Discover new, quick ways to serve left-over vegetables attractively. Then there will be many pleasant surprises in store for your family.

Time-Saving Hints

1. To hasten French frying of potatoes at dinner time, partially fry the potatoes in the morning. Just before serving, plunge into hot Crisco for a final browning.

2. Scalloped or au gratin potatoes made from wholly cooked or parboiled potatoes save a great deal of time in baking.

3. In the summer when vegetables are plentiful, can an assortment for use later in soup. What a convenience in the midst of a hurried day to be able to open a can of mixed carrots, celery, peas and tomatoes directly into the soup kettle!

4. Celery and lettuce are always ready for serving if they are cleaned immediately on arrival and kept rolled in a damp cloth or in waxed paper in the refrigerator.

5. Green peppers whole or in pieces may be kept after cutting by covering with cold water and placing in the refrigerator.

6. For saving time, containers and gas, there are many combinations of vegetables or vegetables with meat, which can be cooked together in the
same kettle. Green beans, sliced cottage ham and potatoes may all be boiled together in this way, to the distinct improvement of the flavoring of the dish. Prepare the beans for cooking, put in a deep kettle and cover with water. Place the cottage ham slices over the beans and surround with pared whole potatoes. Cover tightly and cook until tender.

---

**FRENCH FRIED POTATOES**

*Quick Method*

Partly cooked ahead of time. Redipped in hot Crisco just before serving.

Wash and pare potatoes. Cut into lengthwise strips and soak in cold water until ready to fry. Dry thoroughly, place in wire basket and fry in Crisco heated to 350° F. until just starting to brown. Remove, drain on paper and allow to stand until shortly before time to serve. Just before serving plunge into hot fat (380 to 390° F.) and fry until golden brown. Drain and salt.

**QUICK CARAMEL SWEET POTATOES**

They brown in a very few minutes.

Cut boiled sweet potatoes in lengthwise slices ¼ inch thick. Put a layer of potatoes in a shallow well-greased baking dish. Sprinkle generously with brown sugar, salt, and dot with small bits of Crisco. Place in a very hot oven or under the flame in the broiler until the sugar is melted and the surface nicely browned.

**CREAMED POTATOES**

A quick method.

Peel potatoes. Cut into small (½ to 1 inch) cubes. Place in boiling salted water. Cook until tender. Drain off water and add thin white sauce.

Grated cheese may be added to sauce before pouring over the potatoes.

Other variations for the sauce include chopped pimentos, green pepper, chopped broiled bacon, etc.

**POTATO PUFF**

Made from left-over mashed potatoes.

2 cups mashed potatoes  
2 tablespoons Crisco  
2 eggs  
½ cup milk  
½ teaspoon salt

Add melted Crisco to potatoes and beat until creamy. Add well-beaten eggs, milk and seasoning. Place in greased baking dish and bake until brown in a moderate oven (325° F.).
POTATOES AU GRATIN

(Quick Method)

Use parboiled potatoes to hasten baking

Put a layer of parboiled potatoes in a Criscoed baking dish, then a layer of grated or very small pieces of cheese; season with salt and pepper. Continue until potatoes and cheese are used, ending with a layer of cheese. Add thin white sauce nearly to top. Bake until cheese is melted and brown crust has formed on the top.

FRIED CARROTS

A different way to serve carrots

Cut cold-boiled carrots into strips. Dip in cold milk, roll in flour and fry in deep Crisco (385 to 395°F, or when a piece of bread browns in 20 seconds). Remove when brown, drain on soft paper, sprinkle with salt and serve hot.

CARROT STRIPS

Quickly cooked

Scrape carrots, slice them lengthwise in thin pieces and again cut each slice in long pieces. Cook until tender in a covered pan in as little boiling salted water as possible. When tender, drain and season well with butter, salt and pepper. Let the carrots simmer for a few minutes in the remaining water and butter. Serve hot.

FRENCH FRIED ONIONS

They cook more quickly in deep fat than in a skillet

Cut large onions across into slices about $\frac{1}{4}$ inch thick. Separate slices into rings. Dip rings into milk, then into flour and fry in deep Crisco (360 to 370°F). Drain and salt slightly.

FRIED CAULIFLOWER

Use freshly cooked or left-over cauliflower

Dip boiled cauliflower sections in beaten egg and then in bread crumbs. Drop into deep Crisco heated to 375°F or until a piece of bread browns in 60 seconds. Drain and serve hot with or without a cream sauce.

SCALLOPED CABBAGE

Keep dried bread crumbs on hand for dishes such as this

Put a layer of boiled cabbage into a greased baking dish, then a layer of white sauce, season with salt and pepper. Continue until the ingredients are all used. Cover the top of the mixture with crumbs mixed with Crisco. Bake in a moderate oven for about 20 minutes or until crumbs are brown. Use

$1\frac{1}{2}$ cups medium white sauce
1 cup crumbs
2 tablespoons melted Crisco
**WHITE SAUCE**

3 tablespoons Crisco  
3 tablespoons flour  
1 teaspoon salt  
1½ cups milk

Melt Crisco, blend in flour and salt. Stir in hot milk slowly. Cook until thick.

**BAKED CORN**  
*A complete luncheon dish*

2 tablespoons Crisco  
1½ tablespoons flour  
1 cup milk  
2 cups cooked or canned corn  
1 tablespoon sugar  
1 teaspoon salt  
½ teaspoon pepper  
2 eggs

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° F.) 25 minutes, or until corn is firm.

**FRIED TOMATOES, CREAM GRAVY**  
*When tomatoes are in season*

3 tablespoons Crisco  
4 tablespoons flour  
2 tablespoons sugar  
2 cups milk  
1½ teaspoons salt  
½ teaspoon pepper  
4 large tomatoes

Melt Crisco in frying pan. Mix flour, sugar, salt and pepper. Cut tomatoes in ½ inch slices. Dip in flour mixture and fry in Crisco until brown. Remove to a hot platter. Put the milk in the pan and bring to boiling point, stirring constantly until it thickens. Add a little salt, if necessary. Pour over the tomatoes and serve hot.

**FRIED VEGETABLE BALLS**  
*A good way to use left-over vegetables*

2 cups any cooked vegetable, chopped  
2 tablespoons Crisco  
2 tablespoons grated onion  
1 cup dry bread crumbs  
1 egg yolk  
½ teaspoon salt  
2 tablespoons grated cheese  
1 egg, with ¼ cup water for coating

Combine vegetable, Crisco, egg yolk, cheese and seasonings with ½ cup crumbs. Let stand 10 minutes to swell crumbs. Shape into balls. Beat egg with ¼ cup water until mixed. Roll balls in crumbs, then in egg and then in crumbs again. Drop in hot deep Crisco (300° F., or when a piece of bread browns in 40 seconds), until brown. Drain on soft paper and serve.
Frying

If you deep fry often enough to become thoroughly familiar with its technique, you will find this method of cooking food one of the quickest. With a kettle of deep Crisco kept handy, it is only a matter of heating it, and this can be done while the food is being prepared. Then a few minutes of cooking and the food is ready for the table.

Among the appliances which help to simplify deep frying are:

- A deep flat-bottomed frying kettle.
- A wire basket with a handle for holding small foods while they are submerged in the fat.
- Absorbent paper (toweling) for wiping greasy utensils and for draining foods.
- A deep frying thermometer to test the temperature of fat.

For many types of foods, pan or skillet frying is well adapted. As a method of cooking food it is quick and convenient. Often too, several kinds of foods can be fried in succession in the same skillet. For instance, in preparing a breakfast dish of sausage and fried apple slices, cook the sausage first, transfer it to a platter placed in a warm oven where it can safely wait while the apples cook in the skillet.

An omelet pan, too, can be used to advantage in a small family to cook two different kinds of foods at a time. Fish can be fried in one half while tomatoes stew in the other section, or chicken can be creamed in one section with corn cakes frying in the other.

The skillet can even be utilized for making desserts (see Fruit Skillet Cake on page 35).
TIME-SAVING HINTS

1. Many foods may be entirely prepared for frying in the morning—even to rolling in egg and crumbs—and kept in the refrigerator until needed. Just before time to serve, fry quickly in hot deep Crisco. Croquettes of all kinds, vegetables and fish can be put on the table in a very short time by this method.

2. Many left-over deep-fried foods can be reheated in the oven the next day.

3. The usual tedious way of making doughnuts is simplified by dropping batter from a spoon directly into hot Crisco. This makes a round ball of a doughnut which tastes just as good as the conventional round ring with the hole in center.

4. Corn flakes and bran flakes are quicker and easier to use for “crumbing” than bread crumbs.

DROP DOUGHNUTS—SNOWBALLS

No rolling and cutting of dough

2 eggs
1/2 cup sugar
1 tablespoon Crisco
1 cup milk
1 teaspoon vanilla
3 1/2 cups flour
2 teaspoons baking powder
Pinch of salt

Beat eggs until light. Add sugar, melted Crisco, milk and vanilla. Sift flour, baking powder and salt together. Stir into first mixture. Drop by teaspoonfuls into hot Crisco (360 to 370°F). Fry like doughnuts. When cool dust with powdered sugar.

CROQUETTES
A foundation recipe for any kind of croquettes

Meat, fish, poultry or vegetables can be used in these croquettes.

2 tablespoons Crisco
4 tablespoons flour
1 teaspoon salt
1 cup milk
2 cups cooked meat (poultry or fish), finely ground
1 teaspoon lemon juice
1 teaspoon onion juice
1 teaspoon chopped parsley

Melt Crisco and blend with flour and salt. Stir in gradually the heated milk. Cook until thick. Add meat and seasoning. Cool thoroughly. Shape into croquettes. Roll in finely ground bread or cracker crumbs. Dip in beaten egg and again coat with crumbs. Fry in deep fat heated to 390°F, or until a cube of bread browns in 40 seconds.
**QUICK CROQUETTES**

Equal parts mashed potatoes or rice with left-over meat, fish or vegetables, finely chopped, make delicious quick croquettes. Simply mix them together, season well with salt, pepper and a bit of chopped onion or onion juice. Roll in egg and crumbs and fry as usual.

**CODFISH BALLS**

*Can be made while the Crisco is heating*

<table>
<thead>
<tr>
<th>2 cups potatoes cut into pieces</th>
<th>1 egg</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup shredded salt codfish</td>
<td>1 tablespoon melted Crisco</td>
</tr>
<tr>
<td>Pepper</td>
<td></td>
</tr>
</tbody>
</table>

Cook fish and potatoes together in boiling water until soft. Drain and mash thoroughly. Add beaten egg, melted Crisco and dash of pepper. Drop by spoonfuls into deep Crisco heated to 390° F., or until a cube of bread browns in 40 seconds. Fry until golden brown. Drain on absorbent paper.

**CHEESE PUFFS**

*Serve in place of meat*

1 egg

1/2 cup milk

1 cup flour

1/2 cup grated cheese

Beat eggs well. Add milk. Sift together flour, baking powder and seasoning. Add to milk and eggs; then add cheese. Beat well. Drop by spoonfuls in hot Crisco (350° F.) and fry until golden brown. Drain on soft paper.

**CROUSTADES**

*Quick patty shells*

Cut slices of stale bread about 2 inches thick. Shape into rounds with a cookie cutter or simply by cutting off the corners. With a sharp-pointed knife dig a hole in the center, cutting almost through to the bottom.

Drop into a kettle of hot Crisco (375° F., or when a small cube of bread browns in 60 seconds), and fry until golden brown on all sides. Fill with creamed meat, fish or vegetables.

**QUICK SALMON CROQUETTES**

*Fried quickly in a skillet*

1 cup fish

1 egg

1 teaspoon chopped green pepper

1 teaspoon chopped onion

1 teaspoon chopped parsley

Remove the bones from the canned fish. Shred finely, add beaten egg and finely minced green pepper, onion and parsley. Shape into balls, roll in flour or finely ground bread crumbs and brown quickly in a skillet well greased with Crisco.
FRIED OYSTERS
(Quick Method)
A great number can be fried at one time

1 pint oysters
Salt
Pepper
1/2 cup cracker or stale bread crumbs

Flour
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 (350° F.), about 5 minutes. Drain on unglazed paper and serve hot.

CLAM FRITTERS
Oysters can be substituted for clams

1 cup flour
1/4 cup milk
1/4 teaspoon salt
1/4 cup clam juice
1/8 teaspoon pepper
1 cup chopped
2 eggs
1 teaspoon melted Crisco

Mix and sift flour, salt and pepper. Add beaten eggs, milk and clam juice and mix until smooth. Stir in Crisco and clams. Drop by tablespoon in deep hot Crisco (350° F.) and fry about 5 minutes or until brown. Drain on unglazed paper and serve with Tartar Mayonnaise.

SALTED NUTS
Fix the nuts for your next party yourself

Select raw peanuts, or fresh almonds, walnuts or pecans. Remove skins from almonds by pouring boiling water over and allowing them to stand from 2 to 5 minutes, or until the skin is loosened.

Place nuts in a wire basket and lower it into deep Crisco, heated to 390° F., or until a cube of bread browns in 40 seconds. Fry until delicately browned. Remove on paper and sprinkle generously with salt.

FRUIT FRITTERS
They make a nice, quick dessert

1 cup flour
1 tablespoon baking powder
1 tablespoon sugar
1/4 teaspoon salt
1 tablespoon melted Crisco
1 egg
1/3 cup milk
Sliced apples, bananas, or pineapple

Sift dry ingredients together. Combine egg, milk and melted Crisco. Stir liquid into dry mixture. Add apple slices and drop by spoonfuls into deep Crisco heated to about 360° F. Fry until golden brown. Drain on unglazed paper. Sprinkle with powdered sugar and serve warm.
The ART OF COOKING AND SERVING
by SARAH FIELD SPLINT

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

HOME MAKERS, 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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It is odorless and neutral in flavor.
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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.

PROCTER & GAMBLE
CINCINNATI
RICE FRITTERS
Serve with the meat course or as a luncheon dish

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>1/2 cup milk</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon melted Crisco</td>
<td></td>
</tr>
<tr>
<td>1 cup flour</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon baking powder</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/8 teaspoon grated nutmeg</td>
<td></td>
</tr>
<tr>
<td>3/4 cup cold cooked rice</td>
<td></td>
</tr>
</tbody>
</table>

Combine egg yolks with milk and melted Crisco. Stir in sifted dry ingredients. Add rice and fold in beaten whites. Drop by spoonfuls into hot Crisco (360° F.)
Cakes

To simplify cake making, develop a system. First sift and measure all dry ingredients, using sheets of paper to hold them instead of pans or bowls. The paper can be thrown away or simply set aside to be used again. Then measure the shortening and the liquids with the same cup, spoons, etc.

By this method, a cake can be made in a minimum length of time, leaving only one cup, one teaspoon, one mixing spoon, one spatula, and one bowl to be washed (with one extra bowl if the eggs are beaten separately).

There is a hurry-up method for putting the ingredients together, which, though not adapted to every type of cake, will simplify tremendously the making of simple plain cakes. It consists of beating all or at least part of the ingredients together at once. See next page for Quick Plain Cakes I and II.

Time-Saving Hints

1. In cold weather when the ingredients and utensils are likely to be chilled, a tablespoon or two of warm (not hot) water added to the shortening will make creaming with the sugar easier, and will not affect the texture of the cake.

2. To measure Crisco with the least effort, follow the method given on page 8 (that is, partially fill the measuring cup with cold water, add the shortening until the water level reaches the top, then pour off the water).

3. Paper-lined pans simplify the removal of cakes after baking and also save energy in washing the pans.

4. When making cup cakes, paper cups may be used to line the muffin tins. This will save washing the pans and if the cakes are left in the cups after baking they will keep fresh longer.
5. For a small family, where a large cake seems to last forever, the batter may be divided, using part for cup cakes and part for a small cake to be frosted and used immediately. The cup cakes may be served as desserts, with fruit or sauces, or hollowed out and filled with a cream mixture.

6. For quick decorating, use the candy flowers that can be purchased at the confectionery.

7. A bread mixer can be utilized for mixing a fruit cake quickly and thoroughly.

8. Loaf, layer and cup cakes may be made at the same time of the same batter (see Quick White Cake).

---

**QUICK WHITE CAKE**

*Loaf, layer and cup*

This batter may be used for loaf cakes, layer cakes or cup cakes. It may be divided to make a small loaf cake and some cup cakes or a small loaf cake or layer cake.

- 1 cup sugar
- 4 tablespoons Crisco
- 1/2 cup water
- 1 1/4 cups pastry flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon flavoring
- Whites of 2 eggs
- 1/4 teaspoon salt


**ICING**

Add 2 tablespoons cream (or milk) to egg yolks. Stir in enough confectioners' sugar until right consistency to spread. Flavor.

---

**QUICK PLAIN CAKE I**

*Might be called “5 Minute Cake”*

- 1 cup sugar
- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup melted Crisco
- 2 eggs
- Milk
- 1 teaspoon vanilla

Mix sugar, flour, baking powder and salt together. Sift 2 or 3 times. Put Crisco in measuring cup, add eggs and fill cup with milk. Add liquid to the sifted flour mixture. Add vanilla and beat thoroughly. Bake in 2 greased layer cake pans in a hot oven (400° F.) 15 to 20 minutes. Cool. Put layers together and ice top with Quick Frosting. This cake may also be baked in greased muffin pans.
**Quick Frosting**

1 cup sugar  
1/4 cup water

1 egg white  
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.

**Quick Plain Cake II**

*Can also be made in 5 minutes*

1 egg  
4 tablespoons Crisco  
2 3/4 cup sugar  
1/2 cup milk

1 1/4 cups flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
1/2 teaspoon vanilla

Beat egg, Crisco and sugar to a cream. Stir in alternately the milk and sifted dry ingredients. Add vanilla and beat. Bake in a Criscoed pan at 375° F. Makes one layer.

**Tea Squares**

*Take a little longer to mix but do not need to be iced*

1/2 cup Crisco  
1 cup sugar  
1/2 teaspoon salt  
2 eggs

1 1/2 cups flour  
1 teaspoon baking powder  
1/2 cup milk  
1/2 teaspoon vanilla

Cream Crisco, sugar and salt together. Beat until light and soft. Add well-beaten eggs, and mix thoroughly. Mix and sift flour and baking powder and add to the first mixture alternately with the milk. Add vanilla. Beat thoroughly and pour into well-greased shallow baking pan. Bake in a hot oven (375° F.) 30 minutes. When partly cool, dust with powdered sugar, cut in squares and serve while warm.

**Five-Minute Spice Cake**

*After measuring the ingredients, it only takes 2 minutes*

1/3 cup Crisco  
1 1/3 cups brown sugar  
2 eggs  
1 1/2 cup milk  
1 3/4 cups flour

3 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/2 teaspoon grated nutmeg  
1 cup chopped raisins

Put all ingredients together in a bowl and beat thoroughly until smooth. Bake in loaf pan in a moderate oven (350° F.) 50 to 60 minutes. Ice with white or caramel frosting. May also be baked in cup cakes.
Caramel Frosting

Make the frosting while the cake is baking

- 2 cups brown sugar
- 1 cup milk or cream
- 1 tablespoon Crisco
- 1 teaspoon vanilla
- 1 teaspoon salt

Cook the sugar with the milk until it forms a soft ball when dropped in cold water. Stir in the Crisco and vanilla and a pinch of salt, and beat until thick enough to spread.

Quick Chocolate Cake

A universal favorite—quickly made

- ½ cup Crisco
- 1 cup sugar
- 2 eggs
- ¼ cup cocoa
- 2 teaspoons baking powder

Cream Crisco with sugar. Add the well-beaten eggs, cocoa, and then the milk slowly, stirring all the time. Add the vanilla. Sift together flour, salt and baking powder. Add to the mixture, stir until smooth and bake in two layers about 20 minutes in a hot oven (375° F.). Ice with caramel frosting.

Graham Cracker Cake

Serves as a complete dessert

- ½ cup Crisco
- 1 cup granulated sugar
- 2 eggs
- 1 cup milk
- ½ teaspoon salt
- 2 doz. graham crackers
- 2 cups crumbs
- 2 teaspoons baking powder
- 1 cup chopped nuts

Cream Crisco and sugar together, beat yolks of eggs till light and add to this. Then add milk. Roll the crackers fine. Mix baking powder with cracker crumbs, add this to other mixture together with salt and chopped nuts. Last add beaten whites of eggs. Bake in 2 layers in oven at 375° F. When cool spread whipped cream, sweetened and flavored, between layers and on top of cake.

Featherweight White Cake

To make it into a Lady Baltimore Cake, use a filling of dates, figs and nuts moistened with lemon juice and ice with boiled icing

- ½ cup Crisco
- 1 cup sugar
- ½ cup milk
- 2 cups flour
- ½ teaspoon salt
- 2 teaspoons baking powder
- 3 egg whites
- 1 teaspoon vanilla

### Maple Nut Cake Loaf

*Will keep a long time*

- 1/2 cup Crisco
- 1 cup light brown sugar
- 2 eggs
- 1/2 cup milk
- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup chopped nuts
- 1 teaspoon vanilla

Cream the Crisco with the sugar; stir in the beaten yolks. Add alternately the milk and the flour sifted with the baking powder and salt. Stir in the nuts well dredged with flour and the vanilla. Fold in the beaten whites of the eggs. Bake in a paper-lined loaf pan in a moderate oven (350° F.) about 40 minutes. Ice with caramel icing.

### Devil's Food

*A typical mahogany colored Devil's Food*

- 1/2 cup Crisco
- 2 cups brown sugar
- 2 eggs
- 2 squares from 1/2 pound cake bitter chocolate
- 1/2 cup boiling water
- 3/4 cup sour milk
- 2 1/2 cups sifted flour
- 1 teaspoon salt
- 1 teaspoon soda

Cream Crisco. Add brown sugar; continue creaming. Add eggs which have been well beaten. Dissolve chocolate in boiling water and add with sour milk. Mix thoroughly. Last add flour, salt and soda which have been sifted together. Bake in layers in a moderate oven (350° F.).

### Ginger Puffs

*These are delicious served warm with whipped cream for dessert*

- 1 3/4 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon soda
- 1 teaspoon ginger
- 1/4 cup melted Crisco

Mix and sift dry ingredients. Stir in unbeaten egg together with molasses and sour milk. Add melted Crisco. Stir until thoroughly blended. Put in greased muffin pans and bake 20 minutes at 375° F.

### White Cup Cakes

*When the yolks are needed for salad dressing, use the whites in these cup cakes*

- 1/2 cup Crisco
- 1 cup sugar
- 1/2 cup milk
- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 4 egg whites
- 1 teaspoon almond flavoring

Chopped blanched almonds

Cream Crisco with sugar. Sift dry ingredients and add alternately with the milk. Fold in stiffly beaten egg whites and flavoring. Pour into small Criscoed...
muffin pans and sprinkle surface with sugar and finely chopped almonds. Bake in a moderate oven (350° F.) until browned lightly on surface.

**YELLOW CUP CAKES**

*They don't require any icing*

- ¼ cup Crisco
- ½ cup sugar
- 4 egg yolks
- ¼ cup milk

Ingredients:
- ¾ cup flour
- ¼ teaspoon salt
- 1½ teaspoons baking powder
- Shredded almonds

Preparation:
Cream Crisco, add sugar gradually, egg yolks well beaten, milk and flour mixed with salt and baking powder. Put in paper cases or tiny Criscoed muffin pans, sprinkle with shredded almonds and powdered sugar. Bake at 375° F. 20 minutes.

**PLAIN CUP CAKES**

*May be served with hot chocolate or fruit sauce for dessert*

- ½ cup Crisco
- 1 cup sugar
- 3 eggs
- 1¾ cups flour

Ingredients:
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup milk
- 1 teaspoon vanilla

Preparation:
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 (375° F.) 15 to 20 minutes.

**FRUIT SKILLET CAKE**

*A cake dessert*

- 4 tablespoons Crisco
- 1 cup brown sugar
- 1 can sliced pineapple

Ingredients:
- (Any kind of cooked fruit may be substituted for the pineapple)

Preparation:
Heat Crisco and sugar together in a heavy skillet until the sugar is all melted. Cool. Arrange pineapple slices over the surface of this caramel mixture.

Beat eggs until very light and frothy. Beat in sugar gradually. Add alternately the water and the sifted dry ingredients. Pour the batter over the pineapple.

Bake in a moderate oven (350° F.) about 40 minutes or until the cake is set. While still hot turn out of the skillet upside down on a serving plate. Cover with whipped cream and decorate with cherries.
Cookies

One of the fond memories of almost everyone's childhood is grandmother's old stone cookie jar. Every time you dipped into it, it seemed that overnight it had been miraculously refilled.

Grandmother never begrudged the countless hours she spent rolling, cutting and baking her cookies.

But today there are quicker ways of baking cookies—that children may still find the cookie jar filled, and mothers may still have their leisure.

Time-Saving Hints

1. A canvas to replace the board on which cookies are rolled, and a stockinette cover for the rolling pin, prevents the dough from sticking.

2. To save rolling and cutting of cookies, form the dough into a loaf or bar, and cut off slices to bake. This dough may be kept in the refrigerator and used as needed, or it may be cut and baked all at once. (See page 37.)

3. Drop cookies also save rolling and cutting and the need of washing rolling pin, board, etc. (See pages 37 and 38.)

4. For a large quantity of drop cookies, a canvas pastry bag can be used to advantage. Simply squeeze out the cookies one by one onto the baking sheet.

5. Cookies baked in a sheet and cut after baking also save time. (See page 39.)

6. Cookie sheets in place of small pans are more convenient for baking, and they are easier to clean afterward.

7. Chopped nuts and fruits for cookies can be prepared quickly by putting them through the food chopper.
SLICED NUT COOKIES
Makes a great many

1 1/2 cups melted Crisco 1 cup chopped nuts
1 cup white sugar 5 cups flour
1 cup brown sugar 1 teaspoon soda
3 eggs, well beaten 1 teaspoon salt
1 teaspoon cinnamon or other spices

Cream Crisco with sugar. Add eggs slowly, mixing thoroughly. Stir in nuts; then dry ingredients sifted together twice. Shape into roll about 2 1/2 to 3 inches in diameter. Put in Criscoed pan in ice box over night. When ready to bake slice thin and bake in hot oven (375° F.).

CARAMEL WAFFERS
Another sliced cookie recipe

3/4 cup Crisco 3 cups flour
2 cups brown sugar 3/4 teaspoon salt
2 eggs 1 teaspoon cream of tartar
1 teaspoon soda

Cream Crisco. Work in sugar gradually. Beat in eggs. Continue beating until mixture is fluffy. Sift dry ingredients. Add to first mixture. Shape into 2 rolls about 2 inches in diameter. Place in ice box over night. When ready to bake, cut in thin slices. Bake at 350° F. for about 10 minutes.

CHOCOLATE DROP COOKIES
May be iced with chocolate or white icing, if desired

1 cup brown sugar 1 1/2 cups flour
3/4 cup melted Crisco 1/2 teaspoon soda
2 squares melted chocolate 1/2 teaspoon salt
1 egg 1/2 teaspoon baking powder
3/4 cup milk 1/2 cup chopped nut meats
1/2 teaspoon vanilla

Mix sugar with melted Crisco. Add melted chocolate, slightly beaten egg and milk. Lastly, stir in sifted dry ingredients, then nut meats and vanilla. Drop by spoonfuls onto a well-greased baking sheet. Bake in a moderate oven (360° F.).

HERMITS
They improve on keeping in a stone crock or cookie jar

1 cup Crisco 1 1/2 teaspoons salt
1 1/2 cups sugar 1 teaspoon cinnamon
3 eggs 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 onto greased pans. Bake in a moderate oven (375° F.) 15 to 20 minutes. These cookies improve on keeping in stone crock or cookie jar.

**Crisco Macaroons**

*Crisp, as macaroons should be*

- 2 eggs
- ¾ cup rolled oats
- 2 tablespoons Crisco
- ½ cup sugar
- ½ cup coconut (grated)
- 2 cups corn flakes
- ½ teaspoon baking powder
- ½ teaspoon salt

Beat eggs until light and mix with rolled oats. Let stand while creaming Crisco and sugar; combine the two mixtures. Add coconut, corn flakes, baking powder and salt.

Drop by spoonfuls onto well-greased baking sheets. Bake 15 minutes in a moderate oven (350° F.). Remove from pan while still hot.

**Orange Drop Cookies**

*Delicious and different*

- ½ cup Crisco
- 1 cup sugar
- 4 egg yolks
- 1 orange rind (grated)
- ½ cup orange juice
- 3 cups pastry flour
- ½ teaspoon salt
- 1 ½ teaspoons baking powder
- ½ cup nut meats (chopped)
- (hickory nuts are good)

Cream Crisco and sugar. Add beaten egg yolks, then orange rind and juice. Beat in flour, salt and baking powder, sifted together. Add the nuts. Drop by teaspoons onto a greased baking sheet. Bake at 350° F. When cool cover with orange frosting.

**Orange Frosting**

- 1 egg yolk
- ½ orange rind (grated)
- ¼ teaspoon salt
- 2 tablespoons orange juice
- 2 cups powdered sugar

Beat yolk, add orange rind and juice. Blend with powdered sugar, creaming thoroughly. Add salt.

**Brownies**

*A rich confection, easily made*

- ¼ cup Crisco
- 1 cup sugar
- 2 squares unsweetened chocolate
- 2 eggs (beaten)
- ¼ teaspoon salt
- ½ cup pastry flour
- 1 teaspoon vanilla
- 1 cup chopped nut meats

Cream Crisco and sugar together thoroughly. Then add the chocolate which has been melted. Stir in rest of ingredients. Mix well. Line a square pan,
about 7 inches, with paper, grease with Crisco and spread mixture about ½ inch deep in pan. Bake at 375° F. for 30 minutes. Cut into lengths or squares immediately after removing from the oven.

**DATE BARS**

*No rolling or cutting, not even dropping required*

1 cup stoned dates  
1 cup nuts  
1 cup powdered sugar  
2 eggs  
1 tablespoon melted Crisco  
1 tablespoon lemon juice  
4 tablespoons flour  
½ teaspoon salt

Put dates and nuts through food chopper. Add sugar and beaten eggs and mix well. Add melted Crisco, lemon juice, flour and salt, and mix thoroughly. Spread evenly in a greased shallow pan, having mixture ¼ inch thick. Bake in a moderate oven (325° F.) about 30 minutes. While hot cut in strips and roll in powdered sugar before serving.

**FILLED COOKIE SQUARES**

*They are baked in one large sheet*

1 cup Crisco  
1 cup sugar  
2 eggs  
½ cup sour milk  
5 cups bread flour  
¼ teaspoon soda  
1 teaspoon baking powder  
1 teaspoon salt

Cream Crisco with sugar. Add unbeaten eggs one at a time, beating thoroughly after each addition. Add sour milk, then fold in flour which has been sifted with baking powder, salt and soda. Roll out to a sheet as large as the baking pan. Spread with date filling. Cover with a layer of cookie dough. Bake in a hot oven (375° F.). Cut in squares while warm.

**Filling**

2 cups chopped dates  
½ cup water  
½ cup sugar  
½ cup nuts

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

**FROSTED NUT COOKIES**

*The frosting is baked on the cookies*

½ cup Crisco  
1 cup white sugar  
2 eggs, well beaten  
½ teaspoon vanilla  
1½ cups flour  
½ teaspoon salt  
1 teaspoon baking powder  
Nuts

Cream Crisco with sugar; add eggs, vanilla and flour sifted with salt and baking powder. Spread out ¼ inch thick on a baking sheet. Sprinkle with finely chopped nuts. Cover with frosting. Bake for 20 minutes at 325° F. Cut into squares before entirely cool and remove from pan.
Beat the white of 1 egg and fold in 1 cup of light brown sugar and flavor with 1/2 teaspoon vanilla.

**GINGER DROP COOKIES**

*They flatten out during baking*

- 1/2 cup Crisco
- 1 cup brown sugar
- 1 teaspoon salt
- 1 cup molasses
- 1 teaspoon ginger
- 1 egg
- 1 teaspoon soda
- 1 cup sour milk
- 4 cups flour

Cream the Crisco and sugar and salt together. Add molasses and ginger. When mixed add beaten egg. Dissolve soda in sour milk. Add, and mix thoroughly. Lastly add the flour. Drop teaspoonfuls of the batter on a Criscoed baking pan and bake in a hot oven (375° F.).

**FRUITED SQUARES**

*Another date confection*

- 3 eggs unbeaten
- 1 cup sugar
- 2 tablespoons melted Crisco
- 1 cup dates cut medium fine
- 1 cup nuts
- 5 tablespoons flour
- 1/4 teaspoon salt
- 1 teaspoon baking powder

Add sugar to eggs. Mix. Add Crisco. Stir in dates and nuts, then flour, salt and baking powder sifted together. Spread about 1 inch thick in well-Criscoed shallow pan. Bake in a slow oven (300° F.) 1 1/2 hours. Cut in squares and roll in powdered sugar.

**OATMEAL DROP COOKIES**

*They keep well, also*

- 1 egg
- 1/2 cup sugar
- 6 tablespoons Crisco
- 2 tablespoons sour milk
- 1 cup rolled oats
- 1 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon soda
- 1 teaspoon baking powder
- 1/2 cup raisins
- 1/2 cup nut meats

Beat eggs with sugar. Add melted Crisco, milk and rolled oats. Stir in sifted dry ingredients, raisins and nuts. Drop by spoonfuls onto pan well greased with Crisco and bake in a moderate oven (350° F.) about 15 minutes.
HONEY DROP COOKIES
Attractive and easy to make

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

Blend together Crisco, sugar, honey and salt. Stir in eggs one at a time. Add flour previously sifted with baking powder. Add vanilla. Drop \( \frac{1}{2} \) teaspoon batter for each cookie on a Criscoed pan, placing a half walnut or pecan nut on each. Bake in a hot oven.

BOSTON DROP COOKIES
They are crisp and brown on the edges

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

Cream Crisco, add sugar gradually and cream thoroughly. Add unbeaten eggs to sugar and Crisco mixture, and beat well. Sift flour, salt and baking powder together and add to first mixture. Add vanilla. Beat entire mixture vigorously. Drop by teaspoonfuls on a Criscoed pan. Bake at 350° F. for 10 minutes.
Pastry

There are two distinct types of pie crust—the "flaky" and the "mealy." The flaky pie crust is composed of many very thin layers or "flakes." The mealy pie crust, on the other hand, is dense, close grained and crumbly.

The same proportion of ingredients are used for both types of pie crust. The difference lies in the method of manipulation.

To make a mealy (crumbly) crust, work the Crisco into the flour as finely as possible. If a flaky crust is desired, leave the Crisco in small lumps in the flour mixture. In either case, use just as little water as possible to hold the mixture together.

The amount of water, more than any other one factor, determines the tenderness of the crust—the less water, the shorter the crust.

Time-Saving Hints

1. A mixture of flour, salt and Crisco blended together in the proper proportions may be kept on hand in a covered container in the refrigerator. When a pie is needed, simply take out some of the mixture (1 cup to a shell), stir in enough water to make a dough, roll out and bake.

2. Pastry dough, entirely made up, may be kept covered in the refrigerator ready to roll out when needed.

3. When making a covered pie, an extra shell or individual small shells may be baked and kept in a cool, dry place for use a day or two later with a cream filling and a meringue top. Small baked shells filled with jam and topped with whipped cream or meringue serve as hurry-up desserts.

4. A canvas cover and a stockinette on the rolling pin can be used in place of a plain board or porcelain surface in rolling out the crust. Not only is sticking prevented but only an occasional washing is necessary. Simply shake well after using and fold up until needed again.
5. Some people prefer to roll out pie crust on a sheet of plain paper which can be picked up, crumbs and all, and thrown away after using.

6. For cutting shortening into flour, many women like an empty baking powder can, using the edge of the can as a cutting knife. (Punch holes in the top with an ice pick to let the air through.) Others prefer a wire egg beater or fork to knives or spatulas for this purpose.

7. To prevent juices soaking under crust in custard and fruit pies, brush the bottom with melted Crisco or with slightly beaten white of egg.

8. To prevent juices running out of berry pies, add flour or cornstarch to the sugar for sweetening the fruit (about 1 tablespoon cornstarch or 2 of flour to each cup of sugar). Pour off all excess juice before adding fruit to a pie so there will be less juice to escape.

9. For custard and pumpkin pies (see page 45), use scalding milk to pour over the egg mixture. (Caution—pour slowly, stirring all the time.) This not only saves time in baking but prevents, to a certain extent, soaking of the crust.

10. When making cream pie of any kind, prepare extra filling to use as pudding for the smaller members of the family who have not reached the pie-eating stage.

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**PLAIN PASTRY**

*Enough for 2 crusts*

2 cups flour  
3/4 teaspoon salt  
2/3 cup Crisco  
Ice water

Mix and sift flour and salt. Cut in Crisco with a knife or fork. Add only water enough to hold the ingredients together.

For a 2-crust pie, divide dough in 2 parts and roll out on a slightly floured board. Line pie pan with half of the pastry, put in filling, cover with top crust, fasten edges together by moistening with cold water, prick with a fork, and bake.

For a 1-crust pie, line a pie pan with 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° F.) 10 to 15 minutes.

If a less rich pastry is desired, use only 1/2 cup Crisco.

**FLAKY PASTRY**

*A quick method for making flaky pastry*

2 cups flour  
1 teaspoon salt  
2/3 cup Crisco  
Cold water

Mix and sift flour and salt. Cut in 2 tablespoons of the Crisco with a knife or fork. 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 $\frac{1}{3}$ of 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 before using.

**ONE-CRUST APPLE PIE**

*Saves time in making and baking*

4 large tart apples  
$\frac{1}{2}$ cup sugar  
Few grains nutmeg  
1 tablespoon Crisco  
Plain pastry  
Whipped cream

Wash, pare and core apples and cut in thin slices. Put them in the bottom of pie pan and sprinkle with sugar and nutmeg. Dot with small bits of Crisco. Roll plain pastry to a sheet and fit over the apples. Trim off edge of the pastry and press with fingers or fork to make a fancy edge. Prick top to allow steam to escape. Bake in a quick oven (425°F.) 10 minutes. Reduce heat to a moderate oven (325°F.) and bake 20 minutes. Cool. Turn out upside down on a serving dish. Cover with whipped cream, sweetened and flavored.

**CHOCOLATE BREAD CRUMB PIE**

*A new use for bread crumbs*

Plain pastry  
3 eggs  
1 cup sugar  
2 tablespoons soft bread crumbs  
2 squares unsweetened chocolate  
$\frac{1}{2}$ cup chopped nuts  
Cherries  
1 cup whipped cream

Line a pie pan with plain pastry and pinch with fingers to make a fancy edge. Beat eggs well and add sugar, bread crumbs and melted chocolate. Mix well. Pour into the pie pan. Bake in a hot oven (375°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.

**LEMON CAKE PIE**

*No meringue to bother with*

1 tablespoon Crisco  
$\frac{3}{4}$ teaspoon salt  
1 cup sugar  
2 eggs  
2 tablespoons flour  
$\frac{3}{4}$ cup milk  
Juice of 1 lemon

Cream Crisco, salt and sugar together. Add yolks of eggs, flour, milk and lemon. Lastly, fold in the whites of the eggs beaten until they just hold their shape.

Pour into unbaked plain pastry crust and bake in a hot oven for 5 minutes, then turn down heat. Bake until custard thickens in center, about 35 to 40 minutes.
CUSTARD PIE
*Easy to prepare, let it take its time in baking*

1½ tablespoons flour
4 tablespoons sugar
½ teaspoon salt
2 eggs

2 cups scalded milk
½ teaspoon vanilla
Few grains nutmeg
Plain pastry

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°F.) 10 minutes. Reduce heat to a slow oven (300°F.) and bake until custard is firm. When done a silver knife inserted will come out clean.

PUMPKIN PIE
*Just another type of custard pie*

Line individual pans with pastry, building up the edges.

FILLING

¾ cup brown sugar
½ teaspoon ginger
1 teaspoon cinnamon
1½ cups milk

½ teaspoon salt
1½ cups strained pumpkin
2 eggs

Mix sugar, ginger, cinnamon and salt together, then add pumpkin and mix thoroughly. Add eggs beaten light, then the hot milk. Fill the lined pie plates. Put into hot oven (400°F.). After 15 minutes, reduce heat to 325°F. Bake until set—about 1 hour.

APRICOT CUSTARD TARTS
*The shells may be already baked*

Fill individual baked pie shells with custard and top with apricot meringue.

CUSTARD

¼ cup sugar
1 tablespoon cornstarch
½ teaspoon salt

1 cup scalded milk
2 egg yolks
½ teaspoon vanilla

Mix and sift dry ingredients. Pour over hot milk, stirring constantly. Cook until slightly thickened. Add egg yolks which have been beaten. Cook for a minute longer. Add vanilla. Cool before pouring into shells.

MERINGUE

½ cup mashed dried apricots
3 tablespoons sugar

½ teaspoon lemon juice
2 egg whites

Soak the dried apricots in cold water. Boil until soft. Drain. Put apricots through a coarse strainer or mash thoroughly. Stir in sugar and lemon juice. Beat egg whites until stiff. Add apricot mixture and continue beating with egg beater until mixture will retain its shape.
TAFFY TARTLETS

The crust is not baked before the filling

Fill individual pastry shells (unbaked) with the following mixture:

- 2 eggs
- 2 cups brown sugar
- 2 tablespoons Crisco
- 2 teaspoons vanilla
- 4 teaspoons cold water

Beat eggs, add sugar and vanilla. Then add water and melted Crisco. Mix well. Pour into unbaked shells and bake in a moderate oven (375° F.) until firm.

CRANBERRY TARTS

Quick and very attractive

Fit pastry carefully into muffin tins or individual pie pans. Add filling. Bake in a hot oven (425° F.) until crust browns at edges and filling is set.

**FILLING**

- 2 cups cranberries
- ½ cup water
- 1 cup sugar
- 2 egg yolks

Cook cranberries with water in a covered kettle until the skins burst. Add sugar. Remove from fire and stir in slowly the slightly beaten egg yolks.
Puddings

DESSERT is the topping off of a meal. Your family's hunger having been satisfied, you are justified in giving rein to your imagination for this course.

If the first part of your meal consists of rather heavy foods, you will choose one of the lighter desserts. But for the ending of a light meal, your children (including your husband!) will rejoice at the Steamed Fruit Pudding (page 49) or the Date Pudding (page 50).

TIME-SAVING HINTS

1. To save time in the oven, puddings may be baked in individual dishes, ramekins or custard cups suitable for this purpose. Many of these are sufficiently attractive to be brought to the table if desired for serving, thus eliminating another step of the preparation.

2. Cream puddings and sauces of all kinds may be made up ahead of time and kept in the refrigerator for several days.

3. When making custard or cream pies, save part of the mixture for cooking separately as a dessert for the children.

4. Left-over boiled custard combined with dry cake, or crumbed macaroons, makes a very satisfactory dessert, especially if topped with whipped cream or meringue and garnished with jelly.

5. In shortcake season, the thoroughly blended dry materials (flour, sugar, salt, baking powder and shortening) may be kept in a covered container in the refrigerator, all ready to add the milk and bake. In this way, a fresh berry shortcake can be prepared and served warm, for dinner, with the expenditure of a very few minutes more time than it would take to fix the berries alone.

6. Plum Puddings (see page 50) may be made in quantity and baked in small containers (Crisco cans with the rim cut off or baking powder cans serve this purpose nicely) and kept covered in a cool place ready for reheating and serving as desired. It is a comfortable feeling to know that there is always a dessert in reserve when unexpected company arrives.
DUTCH APPLE CAKE
Will bake while dinner is being eaten

2 cups flour  4 tablespoons Crisco
\[\frac{1}{4}\] cup sugar  1 egg
4 teaspoons baking powder  \[\frac{3}{4}\] cup milk
1 teaspoon salt  Sliced apples

Cinnamon
Sift dry ingredients together. Work in Crisco. Beat egg with milk and stir into dry mixture. Spread out flat in greased pan about \(\frac{1}{2}\) inch thick. Cover surface with wedge-shaped apple slices. Sprinkle generously with a mixture of cinnamon and sugar and dot with Crisco. Bake in a hot oven (400° F.) 20 to 30 minutes. Serve warm with vanilla or lemon sauce.

VANILLA OR LEMON SAUCE
Can be prepared in quantity and kept for several days

\[\frac{1}{2}\] cup sugar  1 teaspoon Crisco
1 tablespoon cornstarch  1 teaspoon vanilla
\[\frac{3}{4}\] cup water  Pinch of salt

Mix sugar with cornstarch, stir in boiling water, boil until slightly thickened. Add Crisco, vanilla and salt.
For lemon sauce, substitute juice of \(\frac{1}{2}\) lemon in place of vanilla.

APPLE DUMPLINGS
Bake with an “oven dinner”

2 cups flour  1 tablespoon sugar
4 teaspoons baking powder  4 tablespoons Crisco
1 teaspoon salt  \[\frac{3}{4}\] cup milk

Cinnamon
Sift dry ingredients. Work in Crisco with finger tips. Stir in milk. Roll out on floured board to \(\frac{1}{4}\) inch in thickness. Cut into rounds large enough to cover completely 1 small apple. In center of each round place apple pared and cored. Sprinkle with cinnamon and dot with Crisco. Bring crust up over sides of apple to enclose it. Place on greased baking pan with smooth side up. Brush top with milk 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 sauce or cream.

CHOCOLATE BREAD PUDDING
Another baked pudding

1 cup bread crumbs  \(\frac{1}{2}\) cup sugar
2 cups scalded milk  1 egg
1 square chocolate  \(\frac{1}{4}\) teaspoon salt
\(\frac{1}{4}\) cup water  \(\frac{1}{2}\) teaspoon vanilla
1 tablespoon melted Crisco

STEAMED FRUIT PUDDING
Steamed puddings require no attention during cooking

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

Mix the dry ingredients, shortening and milk together. Place a tablespoon of batter in each of 6 greased cups. Place fruit over this, and remainder of batter on top, 2/3 full. Steam 20 minutes. Unmold, and serve hot with a hot pudding sauce.

CRANBERRY ROLY POLY
Any other fresh fruit can be used in place of cranberries

2 1/2 cups pastry flour 1/4 cup sugar
4 teaspoons baking powder 3/4 cup sweet milk
1 teaspoon salt 1 egg, well beaten
2 tablespoons Crisco 2 cups cranberries

Sift flour, baking powder, salt and sugar together. Work in Crisco. Add egg and milk.
Roll out to a sheet about 1/2 inch thick. Spread surface with Crisco, cover with cranberries and sprinkle generously with sugar. Roll up. Place in center of a large flat pan well greased. Brush over top with melted Crisco. Bake in hot oven until browning starts. Reduce heat to 350° F. and finish baking 45 minutes.

OLD-FASHIONED RICE PUDDING
Prepare in the morning while you are working in the kitchen

3 tablespoons rice 1/4 teaspoon salt
3 tablespoons sugar 4 cups milk
2 tablespoons Crisco Ground nutmeg
1/2 cup raisins

Wash and drain rice. Add sugar, salt, Crisco and nutmeg. Stir into milk. Put in well-greased baking dish and bake in a very slow oven (275° F.) for about 2 hours. Stir occasionally during the first hour.

BUTTERSCOTCH RICE PUDDING
A cold dessert, ready to serve

1 tablespoon granulated gelatine 2 cups milk
1/2 cup cold water 1/4 teaspoon salt
1/2 cup rice 2 tablespoons Crisco
1 cup brown sugar

Soak gelatine in cold water 10 minutes. Cook rice with milk in a double boiler until nearly done. Add salt. Cook together in another pan the brown sugar and Crisco until sugar is melted. Add this to the rice and milk and finish cooking. Add gelatine to cooked rice mixture and turn into a mold.
DATE PUDDING
A good emergency dessert. Will keep well

2 eggs 2 tablespoons milk
1 cup sugar 1 package dates (10 oz.)
4 tablespoons flour 1 cup nuts
1 teaspoon baking powder 2 tablespoons Crisco
1/4 teaspoon salt 1 teaspoon vanilla

Beat eggs with sugar until light. Stir in flour, sifted with baking powder and salt, and milk. Then add chopped dates, nuts, melted Crisco and vanilla. Pour into small greased muffin pans. Bake in a moderate oven (350° F.) about 20 minutes.

LONDON PUDDING
Ready long before the guests arrive

2 egg yolks 1 teaspoon vanilla
1/2 cup Crisco 18 lady fingers
1 cup confectioners’ sugar Whipped cream
5 tablespoons strong coffee Nuts

Cherries

Cream eggs, Crisco and sugar together until thoroughly blended. Add coffee and vanilla. Place in a dish or pan a layer of lady fingers, then the sauce. Alternate until all material is used. Let stand several hours in the refrigerator. Serve with whipped cream with nuts and cherries for garnishing.

ENGLISH PLUM PUDDING
Make a large quantity, can be kept for weeks

1 cup Crisco 1/2 cup chopped figs
1/2 cup granulated sugar 2 ounces citron cut fine
4 eggs (separated) 1/4 cup fruit juice (any kind)
Fresh bread crumbs to make 1 cup 1 cup flour
when moistened with the 2 teaspoons baking powder
1/2 cup milk (hot or scalded) 1 teaspoon salt
1 cup seeded raisins cut fine 1 teaspoon cinnamon
3/4 cup currants 1/2 teaspoon nutmeg

1/2 teaspoon mace

Cream Crisco and sugar, add egg yolks beaten well. Add the bread crumbs when cool. Then the fruit juice and fruit. Sift together remaining dry ingredients and last stir in egg whites, beaten stiff. Fill greased mold 3/4 full, cover and steam 5 hours in a covered steamer over kettle of hot water. Serve warm with hard sauce.
CHOCOLATE ICE BOX PUDDING

Can be prepared the day before the party

1/2 cup Crisco
1/2 cup powdered sugar
1/2 teaspoon salt
3 egg yolks

1 square chocolate
1/2 teaspoon vanilla
3 egg whites
Lady fingers

Whipped cream

Cream Crisco with sugar and salt until very light. Blend in egg yolks, one at a time. Add melted chocolate and vanilla and fold in egg whites. Line a mold with lady fingers, fill center with mixture. Allow to stand in ice box 12 hours. Pile whipped cream lightly over surface before serving. The mixture may be arranged in alternate layers with lady fingers or sliced sponge cake, if preferred.
Sandwiches

It is related that the sandwich was named after the English nobleman by whom it was invented. The Fourth Earl of Sandwich was so industrious a gambler that he wouldn’t leave the card table even to eat. So he devised this new form of eating—the portable meal!

If the story is true, we owe him a debt, for sandwiches are not only a convenient and delicious food for school lunches, afternoon teas, picnics, and motor parties—they are a quick “square meal” when made of hot meat and thick rich gravy.

Time-Saving Hints

1. When preparing any quantity of sandwiches, always soften the spread that is being used by adding cream or salad dressing. It will not only simplify tremendously the task of “spreading,” but it will prevent tearing the bread and it will make the spread go much farther.

2. Day-old bread can be cut quicker and to better advantage than perfectly fresh bread.

3. Sandwiches may be prepared in the morning for an afternoon or evening party, if they are kept in a cool place tightly covered. One of the most satisfactory methods of preserving the freshness of sandwiches is by wrapping them in a cloth wrung out of cold water.

4. To make sandwiches of the layer or ribbon variety (see page 55) quickly, cut lengthwise slices from a large loaf. Spread the slices with the desired fillings, put together in the form of a loaf and slice across. Or to save even more time, simply cover the whole loaf and set aside until ready to serve, when the sandwiches may be sliced off as desired. Such a loaf coated with cream cheese or some other spread may be even served from the tables, thus eliminating any preliminary cutting of the sandwiches.

5. Save left-over bits of meat, fish, cheese, nuts, etc., for sandwiches. Grind them while the food chopper is being used for something else, and then store them away in the refrigerator ready for the hasty sandwich for the children’s lunch or the late evening “hungry time.”
6. Quick breads—nut, orange, etc. (see page 12) and raisin buns (see page 15) —do not need any filling other than butter to make them palatable. Such breads save the time of preparing and spreading fillings.

7. Dried fruit fillings, properly prepared, will keep fresh and moist for a long time (see page 54). They are very convenient to have on hand.

8. Hot sandwiches are becoming more and more popular for replacing two or more dishes at lunch. They are easily and quickly made and serve as a whole meal in themselves (see page 54).

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**Covered Sandwich Suggestions**

**Graham Bread**—Crisp watercress sprinkled with salt or chopped and mixed with mayonnaise.

**Graham Bread**—Cream cheese mixed with chopped almonds.

**White Bread**—Ground chicken and ham mixed with chopped olives and seasoned with salt, pepper and lemon juice.

**Nut Bread**—Crisco sandwich spread.

**White Bread**—Chopped nuts mixed with orange marmalade.

**White Bread**—Minced tuna fish, chopped green pepper, chopped sweet pickle moistened with mayonnaise.

**White Bread**—Ground chicken liver and chopped hard-cooked egg, seasoned well with salt, pepper and finely chopped onion.

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**Open Sandwiches**

**Whole Wheat Bread**—Spread with cream cheese and apricot marmalade.

**Rye Bread**—Spread with sardine paste.

**Boston Brown Bread**—Spread with cream cheese.

**White Bread**—Spread with mayonnaise and minced pimento.

**White Bread**—Spread with finely chopped olives and nuts moistened with mayonnaise.

**Orange Bread**—Spread with whipped cream, garnished with pecans.

**White Bread**—Crisco sandwich spread blended with finely minced parsley.
HOT SANDWICHES

BAKING POWDER BISCUITS—Split and covered with creamed chicken or oyster filling.

WHITE OR RYE BREAD—Spread with “barbecue mixture.”

WHITE BREAD—Spread with “fried ham cake” filling. Especially good for picnics.

WHITE BREAD—Covered with tomato slice, grated cheese, and slice of bacon, broiled under open flame until bacon crisps and cheese melts.

WHITE BREAD—Filled with grated cheese, fried in hot Crisco, turning as soon as one side is browned (a pan cake lifter is useful for turning) or toasted on both sides.

CRISCO SANDWICH SPREAD

This will keep in a cool place for several weeks. If it becomes hard, warm slightly and beat to proper consistency

| 1 cup Crisco | Few grains cayenne |
| 1 egg yolk | 1 teaspoon salt |
| ⅛ teaspoon mustard | ½ teaspoon Worcestershire sauce |
| ⅛ teaspoon paprika | 2 tablespoons lemon juice |
| 2½ tablespoons vinegar |

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.

DATE FILLING

Fig may be substituted for dates

| ¾ cup dates | ¾ cup water |
| ½ cup sugar | Butter |

Wash and stone the dates, add the water, and bring to a boil. Cook for 5 minutes, add the sugar, and cook a few minutes longer, until they are tender. Keep tightly covered in a cool place.

Spread thin slices of white or nut bread with butter and the date mixture, spreading one side of the sandwich with butter and the other with dates.

BARBECUE MIXTURE

A meal in itself

| ¼ pound boiled ham or fresh pork, shredded | 1 teaspoon mustard |
| ¼ pound boiled tongue (chopped) | 1 teaspoon salt |
| 1 tablespoon chopped sweet pickle | 1 teaspoon onion juice |
| 1 teaspoon lemon juice | 2 tablespoons salad oil |
| | 1 egg yolk |

Blend dry ingredients, add lemon juice, egg yolk, pickle and enough water of meat broth to make a thin paste. Add meat, heat and spread. Serve warm.
SARDINE PASTE
*For open or covered sandwiches*
Remove bones from sardines. Mash, adding hard-cooked egg yolk, salt, mustard, lemon juice and paprika.

FRIED HAM CAKE
*Broil over the campfire, if you like*

1 pound ground ham  
3 eggs beaten slightly  
2 tablespoons finely chopped onion
Pepper

Mix thoroughly. Shape into flat cakes and fry or broil until brown. Place between slices of rye bread or between halves of rolls.

RIBBON SANDWICHES
*May be served in loaf form, if desired*
Cut slices of bread lengthwise from loaf. Spread first slice with finely chopped ham or chicken well seasoned; cover with another slice of bread spread with any kind of cheese mixture. On the third slice spread chopped olives and nuts moistened with salad dressing. Press tightly together and cut slices about 1 inch thick from loaf.

Any other pleasing combination may be used for filling.