CROWN FLOUR

CHOICE RECIPES
COMPLIMENTS OF CROWN MILLS

CROWN CEREALS
THIS is the "pure food" age. Never before has the housewife used such care and discrimination in the selection of flour and other foods that are entirely free from adulterations and impurities.

The business of adulteration of foods attained such proportions and was carried on with such utter disregard for the health and general welfare of the public that the United States Government was forced to take cognizance of this growing evil and enact laws for the protection of the public health.

Bleached flour coming within the jurisdiction of the Federal Food and Drugs Act is adulterated if the bleaching has reduced the quality and strength of the flour or concealed the damage or inferiority according to a statement issued by the Bureau of Chemistry, United States Department of Agriculture. An article of food rendered injurious to health, by the addition of any ingredient or substance, would be adulterated under the law; and if by the bleaching of flour, an ingredient or substance is added which has the effect of rendering the flour injurious to health, appropriate action will be taken by the Government.

If the consumer would be sure that he is not being deceived and that the flour he buys is what it appears to be and not minus some of its best qualities he should look to the label on the sack as bleached flour must be branded plainly to show that it has undergone the process of bleaching.

CROWN FLOUR is absolutely pure and wholesome because it is made under excellent sanitary conditions, and because no artificial bleaching process is used to whiten the flour.

People generally are beginning to realize that bleached flour is inferior to the natural product and its use is viewed with suspicion. The importance of good wholesome food, economically prepared cannot be overestimated. These three things: Purity, Quality, Uniformity, have been our chief concern in the manufacture of CROWN FLOUR and the home baking will be greatly improved by using this excellent flour. Try it and you will find it a source of pleasure to every member of the household as well as being conducive to good health.

CROWN MILLS.
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Hints on Mixing

One thing has had so much influence in placing cookery upon its modern improved basis as the almost universal adoption of an accurate standard of measurement. The day has long gone by when the favorite cups and spoons of varying sizes in each household are the basis of cookery measuring.

An approved measuring set consists of two standard measuring cups, holding one-half pint each and divided into quarters and thirds. These may be made of either aluminum or glassware. The tin cup is too short lived to make it a good purchase. One set of accurate measuring spoons should be included. These are made of aluminum, and are graduated from one tablespoonful down to one-fourth teaspoonful.

A spatula for leveling off solid measurements is valuable. So, also, is an aluminum quart measure and a small compact spring scale. Use the scale more for checking the weights as purchased than for cooking by weight.

In measuring dry ingredients by cupfuls, put in the ingredient by spoonfuls, allow it to heap slightly, then level with a quick stroke of the spatula. When fractions of a cupful are to be measured, measure by tablespoonsfuls up to one-half cupful capacity, in preference to using a cup. For one-eighth of a teaspoonful, measure one-fourth, then cut in two with a spatula. Less than one-eighth of a teaspoonful is called "a few grains."

In measuring dry ingredients by spoonfuls, fill the spoon by dipping into the ingredient until heaping; then cut level with the spatula.

In measuring a solid fat, pack solidly into cup with spoon and cut level with the spatula. Especially with this type of ingredient, it is often more convenient to measure fractions of a cup with the spoon. Where it must be measured in the cup, pack up to the correct division indicated.

Fully as important as measuring are the correct motions for combining ingredients. These involve three processes—stirring, beating and "cutting in."

Beating is the motion necessary when air must be introduced into a mixture in order to leaven it. In beating, the ingredients must be turned over and over, continually bringing the under part upward to the surface.

The stirring motion blends ingredients together intimately.

The cutting and folding motion is necessary when a mixture already containing entrapped air, introduced by heating, must have an added ingredient, also well beaten, and the mixture accomplished without loss of air from either mixture. An illustration of this is a sponge cake where beaten whites must be cut and folded into the "yolk-sugar-and flour" mixture.
Quick Method for Making Bread

(Time required, three hours)

SCALD one quart of milk, let cool until lukewarm. Pour one cup of this into bowl and add two tablespoons sugar, two teaspoons salt and two tablespoons shortening; to these ingredients add sufficient Crown flour to make a stiff sponge. In the remainder of the quart of milk put three cakes compressed yeast and let stand 15 minutes, then pour into sponge and stir all thoroughly, adding enough Crown flour to make a smooth, velvety dough. Let rise until light, which should be about one hour. Knead down and let stand about 10 minutes, then mould into loaves and when double the original size place in rather quick oven for the first 10 to 15 minutes, then bake slowly. This makes three loaves, and the time required for baking them is 45 minutes.

NOTE.—Never have temperature of the liquid above 82 degrees; and never allow the yeast and salt to come in contact with each other. Invariably have salt taken up with flour before adding the yeast.

Try our Wheat Flakes—made of our best wheat—very wholesome and healthful because the whole wheat berry is used.

USE CROWN PRODUCTS—Crown Flour and Crown Cereals, which are made of grains grown in the Pacific Northwest; put up in a most sanitary manner.

Try our Crown Rolled Oats, which are hulled, steamed, rolled and packed without the touch of human hands.

Our Crown Pancake Flour is made of pure whole wheat flour; makes most delicious waffles, muffins or pancakes.

Our Crown Kernels of Wheat as a cereal are superior to any breakfast food of that variety; makes delicious cereal or puddings. Recipes for making puddings and cooking the cereal are printed on every package.

Our celebrated Ralston Select Bran is unequalled by any bran on the market.

Always keep a package of our different cereals on your shelf, namely: Crown Rolled Oats; Crown Kernels O Wheat; Crown Pancake Flour; Crown Buckwheat Flour; Crown Graham; Crown Whole Wheat, and last but not least—always use Crown Flour and you will have no failures.
White Bread
Over-Night Method

The over-night straight dough method has one special advantage—the process is largely completed during the night and the baking is done while the day is still young.

The ingredients specified will make six large loaves. If this amount of bread is not needed, take just half the quantities called for. In that case the remaining half cake of yeast can be kept in good condition several days by re-wrapping in tinfoil and keeping in a cool, dry place. Substitute milk for water if a richer bread is desired.

Dissolve yeast and sugar in the water, which should be luke-warm in winter and cool in summer, add lard or butter and half the flour (Crown Best Patent). Beat until smooth, then add balance of the flour, or enough to make moderately firm dough, and the salt. Knead until smooth and elastic. Place in well greased bowl and cover. Set aside to rise over night, or about nine hours. In the morning mould into loaves. Fill well greased pans half full, cover and let rise until light, or until loaves have doubled in bulk, which will be in about one and one-half hours. Bake 40 to 50 minutes.

1 cake compressed yeast.
2 quarts water.
2 tablespoons sugar.
2 tablespoons lard or butter, melted.
2 tablespoons salt.

"Boston Brown Bread"

1 1/2 cups corn meal.
1 1/2 cups rye flour.
3/4 cup sour milk or buttermilk.
2 teaspoons salt.
1 tablespoon baking soda.
1 tablespoon butter, oleomargarine or cooking oil.

Mix the ingredients, add milk, molasses and shortening. Mix baking soda with 2 tablespoons water, add and beat thoroughly. Brush mold or 1-pound baking powder cans with fat and fill two-thirds full, cover and steam 3 hours; remove cover and bake 20 minutes in moderate oven.

"Nut Bread"

1 cup nut meats.
2 cups (level) Crown Best patent flour.
2 teaspoons baking powder.
1/2 cup sugar. 1/2 teaspoon salt.
1 egg. 1 cup sweet milk.

Mix flour, salt, baking powder and sugar. Beat the egg yolk and white together until light. Add milk, stir into flour mixture, add nuts. Let stand in greased pan 15 minutes. Then bake in moderate oven (as for biscuits) 25 minutes. This is a very small loaf. Makes about 12 or 15 slices.
"Cinnamon Roll"

Make rich biscuit dough. Roll into long, narrow strip 1/4-inch thick. Spread with melted butter, sugar and cinnamon. Roll width-wise, pinch edge securely to prevent leaking. Place lengthwise in baking pan (doub-ling back if necessary). First quick, then moderate oven.

ACCURATE MEASUREMENTS

Careful measurements are necessary in order to obtain good results. The cup in which the flour (Crown Best Patent) is measured should be used for measuring the other ingredients. A standard cup contains one-half pint; 16 tablespoons equal 1 cup; 3 teaspoons equal 1 tablespoon. All measurements should be level. Dry ingredients should be leveled off with a knife. A cupful of liquid is as much as the cup will hold without running over.

Parker House Rolls

These delightful little “individual breads” are among the most popular of rolls. The name denotes the shape into which you mold them before the last lightening.

Dissolve yeast and sugar in lukewarm water, add lard or butter and one and one-half pints of Crown Best Patent flour. Beat until perfectly smooth. Cover and let rise in a warm place one hour, or until light.

Then add remainder of the flour, or enough to make a dough, and the salt. Knead well, or “throw and roll.” Place in greased bowl. Cover and let rise in a warm place for about one and one-half hours, or until double in bulk.

Roll out one-quarter inch thick. Brush over lightly with melted butter, cut with two-inch biscuit cutter, crease through center heavily with dull edge of knife, and fold over in pocketbook shape.

Place in well-greased, shallow pans one inch apart. Cover and let rise until light—about three-quarters of an hour. Bake ten minutes in hot oven.

1 cake compressed yeast. 4 tablespoons lard or butter, melted.
1 pint milk, scalded and cooled. 3 pints sifted Crown Best Patent flour.
2 tablespoons sugar.

Million Dollar Bread

1 quart Ralston Select Bran. 2 tablespoons melted shortening.
1 quart water. 1 1/2 cakes compressed yeast.
2 teaspoons salt. 2 1/2 quarts flour.
2 tablespoons sugar.

Put one quart Ralston Select Bran in container, add 1 quart cold water, let stand twelve hours, extract liquid from bran, add yeast and sugar dissolved in luke warm water, add shortening and one-half flour, beat until smooth and add balance of the flour or enough to make moderately firm dough and the salt. Knead until smooth and elastic. Place in well greased bowl and cover. Set aside to rise. When light, knead down. Let come up again, then mould and put into pans, let rise double in size and bake in moderate oven. This makes 3 delicious loaves of bread.
Gluten Bread

Gluten bread is particularly desirable for use in the case of persons suffering from diabetes and other diseases where starch must be eliminated from the diet. Gluten is a body-builder, and is to wheat what lean is to meat—the big food value.

Dissolve yeast and sugar in luke-warm liquid. Add lard or butter, then flour (Acme Special) gradually and salt. Knead thoroughly until smooth and elastic, or "throw and roll." Place in a well-greased bowl. Cover and set aside in a warm place, free from draught, to rise until light, which should be in about two hours.

Mold into loaves, place in well-greased pans, filling them half full. Cover, let rise again, and when double in bulk, which should be in about one hour, bake in moderate oven for forty-five minutes.

1 cake compressed yeast. 1 teaspoon salt.
1 cup milk, scalded and cooled. 1 tablespoon lard or butter, melted.
1 cup lukewarm water. 3 cups gluten flour.
1 tablespoon sugar.

Important—For diet, double the amount of water and omit milk, shortening and sugar.

Coffee Cake

Test the goodness of this Coffee Cake for yourself. It's delightful any time, for luncheon, afternoon tea or Sunday supper. With hot chocolate or rich creamy milk, it makes a tasty and nutritious meal.

Dissolve yeast and one tablespoonful sugar in lukewarm milk, add one and one-half cups Crown Best Patent flour. Beat well, cover and set aside, in a warm place, to rise one hour, or until light. Add to this the butter and sugar creamed, the mace, the fruit which has been floured, the balance of the flour, or enough to make a good cake batter, the salt and eggs well beaten. Beat for 10 minutes. Pour into well-buttered molds, filling them about half full, cover and let rise until molds are nearly full, then bake in a moderate oven. If made into two cakes, they should bake forty-five minutes; one large cake should bake one hour.

1 cake compressed yeast. 1/2 cup nuts.
1 pint milk, scalded and cooled. 4 tablespoons lard or butter, melted.
2 teaspoons sugar. 3 pints sifted Crown Best Patent flour.
1/2 cup raisins. Pinch mace.
1/2 cup dates. 2 eggs.

Feather Rolls

Sift one pint of flour, add one scant teaspoonful salt and one rounded tablespoonful of sugar. Mix in with a spoon, one rounded tablespoonful lard. Dissolve one-half of a compressed yeast cake in three-quarters of a cupful of lukewarm water. Add to the flour mixture, and make into a soft dough, using a spoon. Divide into ten parts, flour the tips of the fingers and form into small rolls. Place in an oblong pan, let rise overnight and bake in a quick oven.
Baking Powder Biscuit

2 cups Crown Best Patent Flour.  \( \frac{1}{4} \) of a cup milk and water in equal parts.
1 tablespoon lard.
4 teaspoons baking powder.
1 teaspoon butter.
1 teaspoon salt.

Mix dry ingredients and sift twice. Work in butter and lard with tips of fingers; add gradually the liquid, mixing with knife to soft dough. It is impossible to determine the exact amount of liquid, owing to the differences in flour. Toss on a floured board, pat, and roll lightly to one-half inch in thickness. Shape with a biscuit cutter. Place on buttered pan and bake in hot oven 12 to 15 minutes.

Beaten Biscuit

1 good quart Crown flour.
\( \frac{1}{4} \) of a cup of ice water and milk, half and half.
1 lump of lard or butter the size of a walnut.
1 teaspoon of salt.

Mix lard, salt and flour thoroughly together, then add the milk and water, which should make stiff dough.

Beat with wooden beater until the dough blisters and pops and is soft. Roll until the dough is a quarter of an inch thick and cut with small biscuit cutter. Stick with fork three times in center of biscuit. Bake in rather quick oven until done; then open the door and let them dry out. This takes about twenty minutes. Serve hot.

Ralston Select Bran Betty

One quart pared apples cut into small bits, one pint Ralston Select Bran, stale bread, also cut into bits. One pint of brown sugar, one-half pint cream. Line a pudding pan with the apples on top a layer of bread, sprinkle with brown sugar and cinnamon; repeat until all are used, then pour over this the cream. Bake one-half hour, stirring every ten minutes while in the oven.

Ralston Select Bran Bread

Two cups Ralston Select Bran, pinch salt, two cups Crown flour, two tablespoons molasses, one-half yeast cake. Set at night and rise until light, knead down again and when light bake an hour and a half.

Ralston Select Bran Pancakes

One cup Ralston Select Bran, one cup Crown Pancake flour, one teaspoon baking powder, two tablespoons sugar. Add lukewarm water and milk enough to make a thin batter. Bake on hot griddle.
Oatmeal Rocks

Put 2 cups of Crown Oatmeal. 1 1/2 cups seeded raisins. 1 cup English walnut meats through the coarse cutter of a meat grinder. Add 1 cup black walnut meats. 1/2 cup whole pecans.

Mix together 1 cup white sugar. 1 cup melted butter. 2 well beaten eggs. 1 teaspoon soda. 6 teaspoons sweet milk. 1 tablespoon vanilla.

To this mixture add the raisins and nuts. If needed add a little flour. Drop from a spoon about three inches apart. Bake in moderate oven.

There is always a jar of these in my house and we consider them very nourishing.

Cry Baby Cookies

2 1/2 cups Crown Pastry Flour. 1/2 cup chopped raisins. 2 1/2 cups Crown Rolled Oats. 1/2 teaspoon salt. 1 cup sugar. 1 level teaspoon soda. 2 eggs. 1 teaspoon nutmeg. 1 cup shortening. 1/2 teaspoon cinnamon. 4 tablespoons milk. 1/2 cup nuts. 1/2 cup good molasses.

Cream butter and sugar and add eggs well beaten, with milk and molasses, stir in rolled oats and flour. Roll out on moulding board, with flour enough to handle and cut into any shape cookies, bake in slow oven. This makes about seventy-five medium sized cookies.

Plum Pudding

1/2 lb. Chopped suet. 1/2 pint sweet milk. 1/2 lb. sugar. 2 tablespoons good cooking molasses. 1/2 lb. raisins. 1 teaspoon each cinnamon, cloves, allspice. 1/2 lb. currants. 1/2 teaspoon salt. 3/4 lb. citron. 5 eggs.

Enough Crown Pastry flour to make a stiff batter. Steam four hours. This keeps indefinitely.
Baking Powder Biscuits

The best biscuits are made from a dough just stiff enough to handle. Do not be afraid of kneading them lightly. It will make the crumbs fluffy. Biscuits may be made up an hour or two before a meal if they are cut out, covered with a cloth and kept cool.

2 cups Crown flour. 2 tablespoons lard. 4 teaspoons baking powder. About ¾ cup milk. 1 teaspoon salt.

Mix and sift the dry ingredients. Work in lard with tips of fingers. Add the milk, mixing with a knife. Toss on a slightly floured board, knead lightly, roll to three-fourths inch thickness. Shape with a floured cutter and place close together on a shallow greased tin. Bake in moderate oven.

Graham Gems

Two eggs, one small piece of melted butter, teaspoon sugar, one-half teaspoon salt, one and one-half teaspoons baking powder sifted in one cup Crown Best Patent flour, two cups Crown Graham flour and one small teaspoon soda dissolved in two cups sour or buttermilk. Bake in gem pans in hot oven.

Recipe for Muffins

Two cups Crown Pancake flour, two eggs, one and one-fourth cups cold water (or preferably sweet milk). Use no salt, no yeast, no baking powder. This recipe will make about 16 muffins.

Waffles

3 eggs beaten light 1/2 cup butter, oleomargarine or good 2 cups sweet milk or cold water cooking oil

Enough Crown Pancake Flour to make dough a little stiffer than for hot cakes. Bake on hot waffle iron and serve at once. This will serve six people.

Frosting, Filling, Cakes

Delicious Cake Filling

1/2 cup ground seeded raisins. 1/2 cup ground nut meats.
1/2 cup ground figs. 1/2 cup chopped dates.

Put these ingredients through a food chopper, chopping them very fine. Would advise putting them through chopper twice so they are thoroughly mixed; then add a little hot water; mix until it is a smooth paste, and add enough cake frosting to beat up light. Use this for filling between layer cakes. Very excellent.

If one desires to make a quantity, take one pound each of the above-named ingredients and handle in the same manner, following instructions carefully as to the chopping thoroughly; then pack in glasses or fruit jars. This most delicious filling will keep indefinitely.
White Layer Cake

1 1/2 cups sugar.  1 cup cold water.
1/2 cup butter or butter substitute.  1 teaspoon vanilla.
2 cups Crown Pastry flour.  4 egg whites.
3 teaspoons baking powder.

Cream butter and sugar together, sift baking powder and flour together three or four times, add five tablespoons flour to creamed mixture then cream and add the water and dry mixture alternately. Lastly fold in whites of eggs. Bake in layers.

White Loaf Cake

1 cup butter or substitute.  1/2 teaspoon vanilla.
2 cups sugar.  1 teaspoon lemon.
3 cups Crown Pastry flour.  Whites of 8 eggs.
4 level teaspoons baking powder.  1 cup cold water.

Cream butter and sugar, sift flour and baking powder four or five times, add one-third of the flour and then water and flour alternately. Lastly fold in whites of eggs. Bake in angel food pan.

White Layer Cake

1 1/2 cups sugar.  5 egg whites.
1/2 cup butter.  1 teaspoon extract.
1 cup sweet milk.  3 teaspoons baking powder.
2 1/2 cups Crown Pastry flour.

Cream butter and sugar until light. Sift flour several times with baking powder. Add one-third of the flour to mixture, then one-third of the milk and flour alternately. Lastly fold in whites of eggs, beaten stiff.

Note—In making cakes, if you will take out one-half cup of flour and add baking powder to it and add to your cake just before folding in whites of eggs you will get better results. Try this in all your cakes.

Cocoanut Filling

1 cup sugar.  1 cup cocoanut.
1 egg white.  1/2 teaspoon vanilla.
1/2 cup water.

Boil sugar and water until it threads. Pour onto the stiffly beaten white of eggs, beating constantly. Add vanilla and one-half cup of cocoanut. Beat until it is thick enough to spread. Sprinkle the remaining one-half cup of cocoanut over the cake. This cake recipe serves from twelve to sixteen people.
Mrs. Humphrey’s Cake Frosting

Beat until very light whites of three eggs and add one and one-half cups of powdered sugar, put in a double boiler, set in boiling water and cook for six minutes, stirring all the time, also beating the mixture. This makes a beautiful cake frosting and covers thoroughly a large cake. If desired you can add chocolate or any desired flavoring.

Mahogany or Devil’s Food Cake

1½ cups sugar. 1 tablespoon vanilla. 3 eggs
½ cup butter or substitute. 2 cups Crown Pastry flour.
1 cup milk. ½ cup chocolate.
1 teaspoon soda. ½ teaspoon flavoring.
2 teaspoons baking powder.

Cream butter and sugar together, beat eggs and add to butter and sugar and beat together. Add one-half of milk, a little at a time and beat, take half cup of the milk, add chocolate, put on stove and let boil. Let cool, then add soda and vanilla to chocolate and add to cake. Lastly add flour. Bake either in loaf or layer.

Plain Cake

2 eggs. 1 ½ cups Crown pastry flour.
1 cup sugar. 2 teaspoons baking powder.
1 tablespoon melted butter. ½ teaspoon flavoring.
½ cup milk.

Mix in order given and put together quickly. Bake in layer cake pans and use any desired filling.

Can’t Fail White Layer Cake

1/3 cup shortening. Butter or substitute. 3 level teaspoons baking powder.
1 cup sugar. ½ cup cold water.
2 cups Crown Pastry flour. 1 teaspoon vanilla.

Cream shortening and sugar until very light, add water slowly, almost drop by drop and beat constantly. Stir in flour and baking powder which have been sifted together several times, fold in whites of eggs beaten stiff, bake in moderate oven twenty or twenty-five minutes.

Yum Yum Layer Cake

1 ½ cups sugar. ½ cup of sweet milk.
½ cup butter or substitute. 1 teaspoon extract.
4 level teaspoons baking powder.

Cream butter and sugar until light, beat eggs until very light and color of lemon. Add to butter and sugar. Sift baking powder and flour together at least four times, add about one-third to cake mixture, cream well, then one-third milk and balance of flour and milk alternately. Bake in layers in moderate oven.

Page twelve
Recipe for Angel Food Cake

Whites of eleven eggs beaten very stiff

1/2 teaspoon salt.
1 level teaspoon cream of tartar.

1 cup Crown pastry flour.
1 1/2 cups sugar.
1/2 teaspoon flavoring.

While beating egg whites add salt and cream of tartar; sift flour and sugar five times and fold gently into egg whites; add flavoring. Bake in Angel Food pan. Dust pan with flour. Do not use any grease. Bake in slow oven 55 minutes.

Recipe for Sunshine Cake

1 cup Crown pastry flour.
1 1/4 cups sugar.
1/4 teaspoon salt.
1/2 teaspoon cream of tartar.

7 egg whites.
5 egg yolks.
1 teaspoon lemon juice.
1/2 teaspoon flavoring extract.

Sift the flour and sugar five times; separate the eggs and beat until very light; add lemon juice and flavoring; blend eggs gently and fold in dry ingredients, same as Angel Food Cake. Bake in Angel Food pan. Dust pan with flour but do not grease. Bake in slow oven 55 minutes. Invert pan on cake rack until cold, then remove from pan.

Apple Sauce Cake

1 cup sugar.
2 cups Crown Pastry flour.
1/2 cup butter.
2 level teaspoons soda.
1/2 cup chocolate.
1 teaspoon each cloves, cinnamon, and nutmeg.
1 cup raisins.
1 cup walnuts.

Mix above ingredients thoroughly, then add one and one-half cups hot apple sauce unsweetened and quite dry.

Molasses Ginger Cake

1/2 cup of brown sugar.
1/2 cup of butter.
1 egg.
1 cup molasses.
1 cup of hot water.
2 level teaspoons soda.
2 1/2 cups of Crown pastry flour.
2 teaspoons of cinnamon and one of ginger.

Cream the butter and sugar, beat and add the egg, then the molasses. Sift the flour, soda, cinnamon and ginger together, and stir into the egg and molasses, then add slowly the hot water. Bake in a shallow pan in which it will not lie more than an inch deep, or in deep gem tins.
Recipe for Scones

\[
\begin{align*}
pound powdered sugar. & \quad \frac{3}{4} \text{ quart milk.} \\
7 \text{ oz. butter.} & \quad \frac{3}{4} \text{ oz. baking powder.} \\
2 \frac{3}{4} \text{ lbs. Crown pastry flour.} & \quad \text{Cinnamon and salt to flavor.}
\end{align*}
\]

This recipe will make six dozen medium-size scones.

Golden West Cake

Take yolks of the 11 eggs left from the Angel Food Cake, put in mixing bowl and beat until stiff and the color of lemon. Add two cups sugar and cream thoroughly. Then sift together three cups Crown Pastry flour and three teaspoons baking powder, one-half teaspoon salt. Add one-third of flour to eggs and sugar mixture. Put two teaspoons butter into measuring cup and fill with boiling water. Add one-third cup of hot water to the cake mixture and stir well, then add the balance of the flour and hot water, alternately, until all is added. Add two teaspoons of extract and bake in large loaf cake, having oven first 15 minutes hot, then bake slowly 45 minutes.

Do not beat cake mixture at all—simply stir.

This makes a delicious cake.

Devil’s Food

Custard:

\[
\begin{align*}
1 \text{ cup grated chocolate.} & \quad 1 \text{ teaspoon vanilla.} \\
1 \text{ cup brown sugar.} & \quad \frac{3}{2} \text{ cup sweet milk.} \\
1 \text{ egg yolk.} & 
\end{align*}
\]

Stir all together in granite saucepan, cook slowly and set aside to cool.

Cake part:

\[
\begin{align*}
1 \text{ cup brown sugar.} & \quad \frac{3}{2} \text{ cup butter.} \\
2 \text{ cups Crown Pastry flour, sifted before using.} & \quad \frac{3}{2} \text{ cup sweet milk.} \\
2 \text{ eggs beaten separately.} & 
\end{align*}
\]

Cream butter and sugar, add yolks of eggs, add milk, sifted flour and whites of eggs, well beaten; beat together and stir in the custard; last of all, add one teaspoon of soda (level) dissolved in warm water. Bake in layers.

Filling:

\[
\begin{align*}
1 \text{ cup brown sugar.} & \quad 1 \text{ cup white sugar.} \\
1 \text{ cup water.} & \quad 1 \text{ tablespoon vinegar.}
\end{align*}
\]

Boil until thick like candy and stir in beaten whites of two eggs and one-fourth pound of marshmallows. Boil up again and beat till creamy, then put between layers.

Page fourteen
"Colonel Hayward Cake"

1 cup sugar.  
⅛ cup butter.  
⅛ cup sour milk.  
2 egg yolks.  
2 teaspoons baking powder.

2 cups Crown Pastry Flour.  
1 teaspoon soda.  
1 teaspoon vanilla.  
2 squares chocolate (melted).  
⅛ cup boiling water (last thing).

Recipe may be doubled, either loaf or layer. Frost with boiled frosting, using one cup sugar and whites of two eggs. Thrifty, because very good and absolutely sure.

Velvet Sponge Cake

1 cup sugar.  
⅛ teaspoon salt.  
1 cup Crown Pastry flour.  
⅛ cup boiling water.  
1 teaspoon baking powder.  
2 eggs.

Beat eggs separately and lastly add beaten egg whites. Bake in moderate oven.

Strawberry Shortcake

1 ½ cups Crown pastry flour.  
½ cup cornstarch.  
½ teaspoon salt.  
1 tablespoon sugar.

3 teaspoons baking powder.  
¼ cup butter.  
1 cup milk.  
White of one egg.


Egg Kisses

One-half pound granulated sugar and whites of four eggs beaten very stiff. Put writing paper in pan and drop by small spoonfuls on the paper. Bake in a slow oven three-quarters of an hour.

Burnt Sugar Cake

⅛ cup burnt sugar.  
1 ½ cups sugar.  
⅛ cup boiling water.  
3 cups Crown Pastry flour.  
2 eggs.  
1 cup cold water.  
3 cups Crown Pastry flour.  
2 level teaspoons soda.

To burnt sugar add boiling water and cook to thick syrup. Cream butter and sugar. Add yolks of eggs and syrup and sift flour and soda together. Add cup of cold water. Flavor with vanilla and lastly fold in egg whites. Bake in moderate oven.
Angel Food

Angel Food, like sponge cake, demands fresh eggs. Measurements must be accurate, the mixing done lightly, an ungreased pan used for the baking, and the cake not removed until cool.

1 cup egg whites (8 or 9 eggs).
1 cup sugar (sifted 3 times).
% cup Crown pastry flour (sifted three times).

Add salt to eggs and beat. When frothy add cream of tartar and vanilla. When eggs are well beaten sift in the sugar, beating it in with long, even strokes. Fold in flour. Bake in slow oven at first, gradually increasing the heat until done. Leave in oven about 55 minutes.

White Cake

2 1/4 cups butter.
2 1/2 cups Crown pastry flour.

2 1/2 cups sugar.
4 level teaspoons baking powder.

1 cup water.
White of six eggs.

Cream the butter; add sugar gradually and beat until white. Sift flour and baking powder together, beat the egg whites until fluffy. To the creamed butter and sugar add water, flour and baking powder. Beat mixture until smooth; flavor and fold in egg whites.

Jelly Roll

1 cup Crown Pastry flour.
2 eggs, beaten lightly.

1/2 teaspoon salt.
1 cup sugar.

2 teaspoons baking powder.
1/2 cup hot milk.

Grated rind of 1 lemon.

Beat the sugar into the eggs, add lemon rind, then flour, which has been sifted with baking powder, and salt. Add milk lastly and bake in buttered dripping pan and turn out on damp cloth spread with jelly and roll. Sprinkle with powdered sugar.

Hasty One Egg Cake

1 egg.
1 cup sugar.
1 tablespoon butter.
1/2 cup sweet milk.
2 level teaspoons baking powder.
1 heaping cup Crown Pastry flour.

Cream the butter and the sugar, add egg well beaten, cream, and then add the dry ingredients, which have been mixed, and sifted together.

Page sixteen
Orange Filling for White Layer Cake

Juice of 1 large orange.  Grated rind of both.
Juice of ½ lemon.

Put in measuring cup and fill with boiling water. Add one cup of sugar, mixed with two tablespoons cornstarch, a little salt, level teaspoon butter. Pour over well beaten yolk of two eggs, then cook to soft custard. Must be soft consistency.

Golden Gingerbread

If molasses is taken from freshly opened can no acid will be present to assist in the lightening. Keep molasses in a glass jar a day or so before using.

⅛ cup butter.  ⅛ teaspoon cinnamon.
⅛ cup brown sugar.  ⅛ teaspoon cloves.
⅛ cup molasses.  1 tablespoon ginger.
⅛ cups Crown pastry flour, scant.  1 egg.
1 teaspoon soda.  ½ cup boiling water.
⅛ teaspoon salt.

Mix and sift the dry ingredients. Cream butter and sugar, add egg well-beaten and liquid alternately with dry ingredients. Beat well and turn into a greased, floured pan. Bake in moderate oven.

Nut Sheet Cake

The best ingredients, careful measuring and combining, and a well-regulated oven are the most important considerations in cake baking. Flour varies greatly in thickening properties, so when opening a new bag try a small cake before attempting a large one. Much beating makes a fine-grained cake; a small amount of beating, a light and fluffy one. Never stir a cake after the final beating.

1½ cups sugar.  3 teaspoons baking powder.
½ cup butter.  1 teaspoon vanilla.
3 eggs.  ¾ cup chopped nut meats, dredged
¾ cup milk.  with flour.
2 cups Crown pastry flour.

Cream the sugar and butter together and add the eggs well beaten. Mix and sift the dry ingredients and add them alternately with the milk to the first mixture. Then add the floured chopped nuts. Turn into buttered flour pan. Bake in moderate oven.
Delicious Cake

% cup butter.  3 eggs.
% cup milk.  2 teaspoons baking powder.
2 cups Crown Pastry Flour.  1 teaspoon vanilla.
2 cups sugar.

Beat the eggs separately. Mix thoroughly all dry ingredients, and then add wet. Beat well. Last, fold in egg whites and bake in layers.

For filling take

1 cup sour cream.  1 cup seeded raisins.
1 cup sugar.  % teaspoon vanilla.

Cook until it reaches the thread stage and beat like fudge. Spread between the layers and on top.

"Nut Drops"

2 cups Crown pastry flour sifted.  ½ teaspoon salt.
1 cup coarsely chopped walnuts.  2 eggs beaten and mix all together to a paste.
1 cup brown sugar.  2 tablespoons of water.
1 teaspoon baking powder.

Drop in small heaps on buttered paper-lined plates and bake 15 minutes.

Caramel Cookies

4 cups brown sugar.  1 cup chopped nuts.
4 eggs.  1 teaspoon soda.
1 cup lard.  1 teaspoon cream of tartar.
5 cups Crown Pastry flour, measured after sifting.

Knead as you would bread, then mold into three loaves and let stand until morning. Cut about one-quarter inch thick. Bake in slow oven.

Sugar Cookies

3 eggs.  ½ cup sour cream.
2 cups of sugar.  1 level tablespoon soda.
1 cup of butter.

Mix eggs, butter and sugar well together, adding the other ingredients later with enough flour to make a soft dough. Roll thin and bake quickly.

Icing

2 cups of powdered sugar.  5 tablespoons boiling water.
1 rounding tablespoon butter.

Flavor and beat until light. Add cocoa or chocolate for the dark icing.

Page eighteen
Mrs. Garretson’s Fruit Cake

1 lb. butter.
1¾ lbs. granulated sugar.
1 doz. eggs.
1 lb. flour, Crown pastry.
1 cup molasses.
2 tablespoons strong coffee.
1 cup brandy.
1 teaspoon each ground cloves, cinnamon, mace, allspice and 2 grated nutmegs.
1 tablespoon vanilla.
1 heaping tablespoon soda.
2 lbs. seeded raisins.
2 lbs. sultana raisins.
2 lbs. currants.
1¼ lbs. citron.
1 lb. orange peel.
½ lb. lemon peel.
1 lb. crystallized pineapple.
1 lb. candied cherries.
1 lb. pecan meats.
1 lb. almonds.

Sprinkle lightly with flour and add mixture and bake three hours. When cold, place in jar and pour one-half pint of sherry wine over cakes, which will, in a cool place, keep indefinitely.

Sour Cream Drop Cookies

Not only is the use of sour cream or milk economical, but many think both taste and texture are improved by it.

1 cup sugar.
½ cup butter.
1 egg.
½ cup sour cream.
½ teaspoon soda.
2½ teaspoons baking powder.
2½ cups Crown pastry flour.
Raisins for garnish.

Cream together the butter and the sugar, add egg well beaten, cream, and then add the dry ingredients which have been mixed and sifted together. Garnish each with a raisin. Bake in quick oven.

Ralston Select Bran Cookies

Two cups Ralston Select Bran, one cup Crown Graham flour, one small cup molasses, one cup Crown Whole Wheat flour, one teaspoon baking powder, one small cup brown sugar, one-half cup sweet milk, or enough to make a good stiff batter; add cinnamon, extract and sometimes ginger, raisins and one-half walnuts; six small teaspoons melted butter. Drop from spoon into greased pans and bake in slow oven.

Ralston Select Bran Cookies

One-half cup butter, two eggs, two and one-half cups Ralston Select Bran, two teaspoons baking powder, one level cup brown sugar, two tablespoons sweet milk, one teaspoon salt, one-half cup of chopped raisins, Crown flour enough to roll out; when ready to bake, sprinkle with sugar and nutmeg.
Scotch Oat Cakes

Two and one-half cups Crown Oatmeal, one pinch salt, one pinch baking powder. Mix well in bowl. Take one teaspoon lard in a cup, fill up with water (hot) and add this to dry ingredients. Knead well and roll out thin and rub over with dry oatmeal. Cut in triangle shape and put on hot griddle. Do not turn. Leave on griddle until cakes begin to carp or curl and put in hot oven to complete curling.

Fig Pudding

1 cup stale bread crumbs.  
1 cup Crown flour.  
3 teaspoons baking powder.  
½ teaspoon salt.  
½ cup sugar.  

2 eggs.  
1¼ cups milk.  
1 teaspoon orange peel.  
1 cup chopped figs.  
¼ cup shortening.

Combine dry ingredients, add beaten eggs and milk. Melt oleomargarine and add it with the orange peel. Mix in the figs last. Pour into greased molds and steam one hour. Makes eight dishes of pudding. Use a plain vanilla sauce for this pudding.

Boston Cream Pie

½ cup sugar.  
1 egg.  
½ cup shortening.  
1½ cups Crown flour.  

2½ teaspoons baking powder.  
½ teaspoon salt.  
½ cup milk.  
1 teaspoon vanilla.

Mix as for cake. Bake in moderate oven in a deep cake tin. When done split in two and spread the following filling between:

One-half cup sugar, two tablespoons corn starch, one-eighth teaspoon salt, one egg, one cup scalded milk, one tablespoon oleomargarine and cook in double boiler until starchy taste is out.

Flavor with one teaspoon vanilla. Dust powdered sugar on top or use one extra egg. Put yolk in the pudding and beat the white stiff; add one-fourth cup sugar, spread on cake and brown in oven for 15 minutes.

Pastry

Buter or lard may be used for shortening. Lard makes a tender crust, butter a more crisp, brown crust. The ingredients should be very cold. The lightness of the pastry depends upon the amount of air enclosed, and the expansion of that air in baking. The flakiness depends upon the number of layers of shortening and flour formed by folding and rolling. Handle all pastry as little and lightly as possible.

Page twenty
Fig Filling

1 pound figs.
1 cup raisins.
1 cup sugar.

Steam the figs and raisins until tender, then chop. Add the sugar and water, and cook until the sugar is melted, then add the vanilla.

Cream Puffs

1 cup Crown Pastry flour.
1 cup boiling water.
1/2 cup butter, pinch salt.
4 eggs.

Put the water and butter on to boil, add flour and stir quickly until mixture sticks together and leaves sides of pan. Remove from fire. Cool and add one egg at a time, beating all the while. After adding last egg, beat vigorously for five minutes. Drop by tablespoons on greased tins, leaving a space between each puff. Bake in moderate oven twenty-five minutes. Fill with cream filling.

Filling for Cream Puffs

1 pint sweet milk.
1/2 cup butter.
1/2 cup sugar.
2 tablespoons cornstarch.
2 eggs.

Cook until done, cool and spread between split layers.

Dumplings

2 cups Crown flour.
4 teaspoons baking powder.
1/2 teaspoon salt.
2 teaspoons butter.
3/4 cup milk.

Mix and sift dry ingredients. Work in butter with tips of fingers, add milk gradually, using knife for mixing. Toss on a floured board, pat and roll out to one-half inch in thickness, shape with biscuit cutter first dipped in flour. Place closely together in a buttered steamer, put over kettle of boiling water, cover closely, and steam twelve minutes. A perforated tin pie plate may be used in place of steamer. A little more milk may be used in the mixture, when it may be taken up by spoonfuls, dropped and cooked on top of stew. In this case some of the liquid must be removed, and not settle into liquid.

MEATS

Roasting and broiling should be used only in cooking tender cuts of meat.

Pan Broiled Steak Or Chops

Trim off all fat possible. Heat a frying pan very hot. Rub over lightly with a piece of fat. Lay in the meat, count ten slowly, then turn it; count, and again turn, and continue until the meat is cooked. If any fat collects while cooking, pour it off. To brown the fat of chops nicely without overcooking the meat, turn them up on edge. Season and serve as broiled meats.
Broiled Beef Steak

Have fire in readiness. Wipe meat, trim off any extra fat, grease a wire broiler with some of the fat, and place meat in broiler and broil over a clear fire, turning it every time ten is counted, until the surface is seared, then turn occasionally until well cooked on both sides. Steaks an inch thick require from five to eight minutes; an inch and a half thick require from eight to ten minutes. Remove steak to hot platter, spread with butter and sprinkle with salt and pepper.

Broiled Meat Cakes

Chop finely lean, raw beef, season with salt and pepper, shape in small flat cakes, and broil in a greased broiler, or hot frying pan. Chopped onion or parsley may be added if desired, or they may be served with tomato sauce.

Veal Chops Or Cutlets

Wipe the meat, sprinkle with salt, pepper, dip in flour, egg and crumbs. Put one tablespoon of lard in the pan and fry slowly until well browned on both sides, put on a warm dish to serve. Serve with gravy.

Roast Veal

When a leg of veal is to be used, it should be boned. Wipe meat, sprinkle with salt and pepper, stuff and sew in shape. Place on rack in dripping pan, dredge meat and bottom of pan with flour, and around the meat strips of fat salt pork. Bake three or four hours in a moderate oven, basting every fifteen minutes with one-third cup of butter melted in one-half cup boiling water, until used, then baste with the fat in the pan.

Swiss Steak

Three pounds of round steak cut one and one-half inches thick. Pound until fibre is thoroughly broken up, then pound into it two large tablespoons of flour. Season with salt and pepper. Put two tablespoons butter into a frying pan and brown the steak on both sides, then pour boiling water over it and let simmer until tender, about three hours.

Stuffing

1 cup cracker crumbs. 1 teaspoon chopped parsley.
¼ teaspoon salt. 1 teaspoon chopped capers.
¼ teaspoon pepper. 1 teaspoon chopped pickles.
1 teaspoon chopped onion. ¼ cup melted butter.

Toss the crumbs in the melted butter, add the other seasonings. This makes a dry, crumbly stuffing.

Page twenty-two
POULTRY

Roast Chicken

Dress and clean a chicken. Put stuffing by spoonfuls in the neck, using enough to fill the skin. Put remainder of stuffing in the body, and sew the skin.

Turn the third joints of the wings back over neck skin, turn down on the back and fasten with a skewer or by taking a stitch. Press the legs close to the body, drawing them as high as possible and hold by inserting a steel skewer under the middle joint, running it through the body. Cross the drumsticks, tie securely with a long string, and fasten to the tail. Draw string around each end of lower skewer; again cross string and draw around each end of upper skewer; fasten string in knot. Place on rack in dripping pan, on its back. Spread slice of salt pork over the breast of chicken, and place in a hot oven. Reduce the heat after fifteen minutes. Baste every ten minutes with fat from the pan or use one-fourth cup of melted butter in two-thirds cup boiling water. Dredge with flour after each basting. A four-pound chicken requires about one and one-half hours, or until the joints separate easily. Pour off nearly all the fat, thicken the liquid in the pan with flour mixed with cold water, cook ten minutes, add chopped giblets.

Bread Stuffing

To two cups of fine soft bread crumbs add two fresh sage leaves, a sprig of summer savory, chopped fine (poultry seasoning may be used), also a teaspoonful onion juice, half a teaspoonful salt, with half a cup of melted butter. Mix all thoroughly.

Maryland Chicken

Dress, clean and cut chicken into pieces suitable for serving. Season with salt and pepper, and dip in crumbs, egg and crumbs, place in a well-greased dripping pan, and bake in a hot oven over thirty minutes, basting with one-third cup melted butter. Arrange on platter and pour over it white sauce, over which sprinkle chopped parsley. Old chicken should be parboiled before breading and baking.

“Southern Fried Chicken”

Dress a chicken that is a little larger than a broiling size, cut it up, salt it lightly and dip in well-sifted Crown flour. Have a frying pan half full of boiling fat. Place pieces of chicken in pan and cook well until a rich brown on both sides. Serve hot.
Chicken Pie

Cook chicken till tender, then remove meat from bones. Put in pan and pour over chicken a little gravy. Put top crust of following:

- 2 cups Crown pastry flour
- 4 teaspoons baking powder
- 3 tablespoons Crisco
- 1 teaspoon salt
- About ¾ cup of milk or water

Bake and serve with gravy.

FISH

To Prepare for Cooking

To clean: Fish should be drawn immediately. Scrape the fish to remove the scales, beginning at the tail. Clean fish close to the backbone. Wash quickly, drain and dry.

To bone: Begin at the tail on one side, slip knife between the flesh and bone, and cut the flesh from the bone the entire length, holding the knife very closely to the bone. Remove the other side in the same manner. These pieces of fish may be cooked whole or cut into pieces of size suitable for serving. It is best to bone fish for all methods of cooking except baking.

Baked Fish

Clean, wipe and dry the fish. Do not remove the head and tail. Rub all over with salt, stuff and sew up. Put two strips of cotton cloth in pan, if you have not a fish sheet, to help remove the fish when baked. Lay the fish in a pan and skewer into the shape of the letter S; cut gashes on top, and lay strips of salt pork in them and around the pan, sprinkle the fish with salt and pepper, and dredge with Crown flour; when the flour begins to brown, baste with the fat in the pan. It is done when the fish separates easily from the bone. Lift carefully on to a hot platter, draw the skewers or strings, and serve with drawn butter or egg sauce.

Page twenty-four
SAUCES

White Sauce

2 tablespoons butter. 1 cup milk.
2 tablespoons Crown flour. ¼ teaspoon salt.
Few grains pepper.

Put butter in saucepan, stir until melted and bubbling; add flour with seasonings, and stir until thoroughly blended. Pour on gradually the milk, adding about one-third of it at a time, stirring until well mixed, then beating until smooth and glossy.

Brown Sauce

2 tablespoons butter. 1 cup milk.
2 tablespoons Crown flour. ¼ teaspoon salt.
Few grains pepper.

Cook onion in butter until slightly browned; remove onion and stir butter constantly until well browned; add flour mixed with seasoning, and brown the butter and flour, then add stock gradually.

Tomato Sauce

2 tablespoons butter. 1 cup strained tomato.
2 tablespoons Crown flour. ¼ teaspoon salt.
½ teaspoon pepper.

Make in same manner as white sauce. Tomatoes are prepared by cooking with onion fifteen minutes, then rubbing through a strainer.

Cheese Sauce

Add cheese to an ordinary white sauce, using from one to three-fourths a cup to each cup of sauce. This sauce is excellent with macaroni, rice, plain or in croquettes, and with vegetables, particularly asparagus, cauliflower, cabbage and celery.

Egg Sauce

To drawn butter sauce add two hard-cooked eggs cut in one-fourth inch slices.

Drawn Butter Sauce

½ cup butter. 1½ cups hot water.
3 tablespoons Crown flour. ½ teaspoon salt.
½ teaspoon pepper.
PASTRY

Delicious Apple Pie

1 cup Crown pastry flour.  
1/2 teaspoon salt.
1/2 cup very best pure lard.

Chop shortening into flour with spatula or knife, add sufficient quantity of water slowly to mix. Divide into two portions, roll out crust—line pie tin with under crust, add one-half cup sugar into bottom of crust. Peel and slice three medium size apples; fill under crust with fruit, dust cinnamon or nutmeg lightly over fruit; add a few bits of butter and a few drops of real lemon juice. Moisten edge of crust with milk or water. Roll out upper crust and place over top of pie. Press edges together and trim smoothly. Use fork for crimping edge. Brush top over lightly with milk; bake in medium oven until well done, and a golden brown.

NOTE—In making fruit or berry pies you will never have juice running out in your oven if you observe the following directions: Sprinkle sugar on bottom crust and mix in about two tablespoons Instant Tapioca with tips of fingers. Add fruit and sprinkle one tablespoon sugar over top.

In making berry pie always mix a small amount of flour with sugar in bottom of crust, which thickens up the juices.

One cup of flour makes one medium size pie.

NOTE—By using Crown Pastry Flour you will save just one-third of shortening than when using ordinary flour.

Pies, Puddings and Pastries

Plum Pudding

1 pound of raisins.
1 pound of currants.
1 pound of citron.
1 pound of cracker dust.
1 pound of butter.

1 pound of sugar.
6 eggs.
1 cup sweet milk.
1 small spoon of baking powder, cinnamon and mace to taste.

Beat eggs separately, put sugar into the yolks, stir in the cracker dust, have butter well creamed and stir it into the batter, sprinkle in the fruit and pour in the milk, beat in the whites of the eggs last. Pour into a well greased pan and steam three hours. Serve hot with whipped cream.

Page twenty-six
Caramel Pie

1 ½ cups brown sugar.  
1/3 cup white sugar.  
Yolks of 4 eggs (well beaten.)  
1 tablespoon butter.  
1/2 cup flour.  
1 cup cream.  
1 teaspoon vanilla.  

Pour into pastry lined tins. Use whites of eggs for meringue. This quantity makes two pies.

Biscuit Tortoni

3/4 cup of sugar.  
1/2 cup of water.  
3 eggs.  
1 pint cream.  
1 teaspoon vanilla.  
1 dozen macaroons.

Put sugar and water on stove to boil. Stir until dissolved. Boil until it hairs like icing. Separate the eggs. Beat whites and yolks very light. Then mix together and pour on hot syrup and beat till cold. Add to this the cream whipped stiff. Roll macaroons to crumbs, line a square mold with same and put in mixture, putting the crumbs on the top also. Place mould in ice and salt and let stand for four hours. This will serve ten persons generously.

Filling for Pumpkin Pie

One scant cup of sugar beaten with two eggs, one teaspoon of flour, two heaping tablespoons of cooked pumpkin, spice to suit taste, one and one-half cupfuls of sweet milk; mix in order named; this makes one large pie. When done and cold spread the top with whipped cream. Nuts can also be added.

Soups and Relish

Mixed Vegetable Soup

1 pint stock.  
1 cup water.  
1 cup strained tomatoes.  
1 cup turnip.  
1 small onion.  
Salt and pepper.

Chop vegetables fine and cook them in boiling salted water, add to stock and heat to the boiling point.
Soup Without Stock

Potato Soup

3 potatoes.  1 ½ teaspoons salt.
1 quart milk.  ½ teaspoon celery salt.
2 slices onion.  ½ teaspoon pepper.
3 tablespoons butter.  Few grains cayenne.
2 tablespoons Crown flour. 1 teaspoon chopped parsley.

Cook potatoes in boiling salted water; when soft, rub through a strainer. Scald milk with onion, remove onion and add milk slowly to potatoes. Melt half the butter, add dry ingredients, stir until well mixed, then stir into boiling soup; cook one minute, strain, add remaining butter, and sprinkle with parsley.

Corn Relish

18 ears green corn. 2 quarts vinegar.
4 large onions. 2 tablespoons ground mustard.
2 green peppers. 2 cups sugar.
1 cabbage, finely chopped. 1 cup Crown flour.
¼ cup of salt. 1 teaspoon tumeric.

Cook the vegetables in one quart of the vinegar for fifteen minutes after it reaches the boiling point. Mix together the salt, mustard, sugar, flour and tumeric, and add gradually the other quart of vinegar and let it boil; add to the vegetables, and cook all together until heated through, stirring all the time. Can while hot.

Pickles, Salads, Etc.

Mixed Pickles

1 quart small cucumbers. 6 large green peppers.
1 quart small onions. 1 head cauliflower.
1 quart green tomatoes. 3 stalks celery.

Cut the peppers and celery in small pieces and separate the cauliflower and put all the vegetables to soak in weak, salt water for twenty-four hours, then cook in same water until tender; then drain carefully, and pour over them the following dressing:

6 tablespoons ground mustard. 1 cup Crown flour.
1 tablespoon tumeric. 2 quarts vinegar.
1 ½ cups sugar.

Mix together carefully the dry ingredients, and gradually add the vinegar; cook in a double boiler until thick. Store the pickles in jars.
Cream Cucumber Salad

1/2 cup cucumbers cut fine. 1 tablespoon tarragon vinegar.
1/2 pint whipped cream. Salt.
2 tablespoons gelatine. Cayenne.

To the whipped cream before it gets too stiff, add 2 even teaspoons of granulated gelatine, dissolved in cold water then hot, add to this one tablespoon tarragon vinegar, a little salt and cayenne pepper, then after these are all together fold in the cucumber. Pack in small moulds. Set away 8 or 10 hours.

Garnish with strips of Spanish peppers. Serve with or without mayonnaise.

Spiced Cherries

7 pounds cherries. Oil of cinnamon.
5 pounds sugar. Oil of allspice.
1 pint vinegar.

Boil together the sugar and vinegar and pour over the cherries nine successive days. The third day add a few drops of oil of cinnamon and allspice. The last day heat the cherries.

JELLIES

Wash fruit, remove stems and imperfections. Cut large fruit in pieces. Use no water with watery fruit.
Cook until the juice flows and the fruit may be crushed easily with a spoon, then remove from fire and strain.
Use equal parts of juice and heated sugar. Boil juice, add sugar, boil again.
Fruits to which water has been added, boil juice twenty minutes, add heated sugar, boil five minutes.
Juicy fruits, boil five minutes, add heated sugar, boil five minutes. Skim, turn into sterilized jelly glasses. Cover jelly, paraffine being the best way of covering.

To Prepare Glasses for Jelly

Wash glasses, and put in a kettle of cold water; place on range, and heat water gradually to a boiling point. Remove glasses and drain. Place glasses while being filled on cloth wrung out of hot water.

Grape Jelly

Grapes should be picked over, washed, and stems removed before putting into preserving kettle. Heat to a boiling point, mash and boil thirty minutes; then proceed as for currant jelly. Wild grapes make the best jelly.

Page twenty-nine
Currant Jelly

Currants should not be picked directly after a rain. Cherry currants make the best jelly. Equal proportions of red and white currants are considered desirable, and make a lighter colored jelly.

Pick over currants but do not remove stems; wash and drain. Mash a few in the bottom of a preserving kettle, using a wooden potato masher; continue until berries are used. Cook slowly until currants look white. Strain through a coarse strainer, then allow to drop through a double thickness of cheese cloth or jelly bag. Measure, bring to boiling point, and boil five minutes; add an equal measure of heated sugar, boil three minutes, skim and pour in glasses. Place in a sunny window, and let stand twenty-four hours. Cover and keep in a cool, dry place.

Quince Honey

Three peeled and grated quinces, two quarts water, four pounds sugar; melt the sugar in the water; then add the grated quinces; let boil until the consistency of jelly.

VEGETABLES

Vegetables are particularly valuable for their mineral salts; some contain starch, and some, as peas and beans, are rich in protein. This makes it possible to use them as meat substitutes; all vegetables contain a large amount of water.

Since all vegetables contain a large amount of cellulose (the woody framework) they must be cooked to make them tender.

The succulent vegetables are those that contain a great deal of water. These vegetables are very poor in nutrients, but are valuable as a part of the diet in the summer, when the temperature of the body needs to be regulated.

Each vegetable contains a different mineral salt, so each should be eaten in its own season.

All vegetables should be put into boiling water at first.

Wilted vegetables should be soaked in cold water several hours before cooking.

Delicately flavored vegetables should be cooked at the simmering point.

Strongly flavored vegetables should be cooked in large quantities of rapidly boiling water and uncovered.

Starchy vegetables should be cooked at the boiling point until tender.

Salt toughens the cellulose, but it also intensifies the color of green vegetables; since they contain but little cellulose, it is well to use salt with them.

While most of the vegetables have but little food value, if they are combined with milk, cheese, eggs, etc., they may form the principal part of a meal.

Page thirty
Inexpensive Mayonnaise

Yolk of one egg.
1 tablespoon boiling water.
½ cup olive oil.
½ lemon.
Dash of paprika and cayenne pepper.
Salt to taste.

Beat egg yolk and boiling water until they foam. Gradually add the oil and lemon juice. Season.

Fruit Salad Dressing

Juice of three lemons
Juice of two oranges
2 eggs
1½ cups sugar

Whip all together thoroughly. Put in a double cooker and cook until thick. When ready to use add a cup of cream whipped. This will keep for some time.

Cheese Salad

1 tablespoon gelatine dissolved in one-fourth cup cold water and one-fourth hot. 4 tablespoons grated cheese. Salt, mustard and paprika to taste. One pint of cream, whipped. Add all ingredients to cream and beat in lightly. Serve on lettuce hearts with any preferred salad dressing after the salad is thoroughly chilled.

Prune Salad

Select large, fine prunes. Boil until tender. When cool, slit lengthwise and remove seeds. Stuff with cream cheese and chopped nuts, pressing the prune over this mixture, leaving a space on which to put a half pecan. Serve about four on a lettuce leaf. Cover or serve with mayonnaise.

Celery Salad

One cup each of chopped apples and celery. 1 cup English walnuts. 2 or 3 small, sweet pickles. Serve with boiled salad dressing not highly flavored, with half cup of whipped cream.
# Miscellaneous Tables

## Equivalents in Measure

<table>
<thead>
<tr>
<th>4 saltspoonfuls</th>
<th>1 teaspoonful</th>
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<tbody>
<tr>
<td>8 teaspoonfuls</td>
<td>1 tablespoonful</td>
</tr>
<tr>
<td>16 tablespoonfuls</td>
<td>1 cupful dry ingredients</td>
</tr>
<tr>
<td>12 tablespoonfuls</td>
<td>1 cupful wet ingredients</td>
</tr>
</tbody>
</table>

## Equivalents in Food

<table>
<thead>
<tr>
<th>2 cupfuls</th>
<th>1 pint</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pints</td>
<td>1 quart</td>
</tr>
<tr>
<td>4 quarts</td>
<td>1 gallon</td>
</tr>
<tr>
<td>8 quarts</td>
<td>1 peck</td>
</tr>
</tbody>
</table>

## Table of Proportions

<table>
<thead>
<tr>
<th>1 teaspoon soda</th>
<th>to 1 cup molasses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup liquid</td>
<td>to 2 cups flour for muffins</td>
</tr>
<tr>
<td>1 cup liquid</td>
<td>to 1 cup flour for batters</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>soda to 1 pint sour milk</td>
</tr>
</tbody>
</table>

## Time Table

### BOILING VEGETABLES

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>20 to 25 minutes</td>
</tr>
<tr>
<td>Beans (string)</td>
<td>1 to 2 hours</td>
</tr>
<tr>
<td>Beets (new)</td>
<td>¾ to 1 hour</td>
</tr>
<tr>
<td>Beets (old)</td>
<td>4 to 6 hours</td>
</tr>
<tr>
<td>Beet Greens</td>
<td>1 hour or more</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>15 to 20 minutes</td>
</tr>
<tr>
<td>Cabbage</td>
<td>½ to 1½ hours</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 hour or more</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Celery</td>
<td>2 hours</td>
</tr>
<tr>
<td>Corn</td>
<td>10 to 20 minutes</td>
</tr>
<tr>
<td>Macaroni</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Onions</td>
<td>½ to 2 hours</td>
</tr>
<tr>
<td>Parsnips</td>
<td>½ to ¾ hour</td>
</tr>
<tr>
<td>Peas</td>
<td>½ to 1 hour</td>
</tr>
<tr>
<td>Potatoes (white)</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Potatoes (sweet)</td>
<td>15 to 25 minutes</td>
</tr>
<tr>
<td>Rice</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Squash</td>
<td>16 to 20 minutes</td>
</tr>
<tr>
<td>Spinach</td>
<td>16 to 20 minutes</td>
</tr>
<tr>
<td>Tomatoes (stewed)</td>
<td>30 to 45 minutes</td>
</tr>
<tr>
<td>Turnips</td>
<td>30 to 45 minutes</td>
</tr>
</tbody>
</table>

### ROASTING AND BAKING TIME FOR MEATS, FISH, ETC.

<table>
<thead>
<tr>
<th>Meat</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Ribs, rare, per lb.</td>
<td>6 to 10 minutes</td>
</tr>
<tr>
<td>Beef Ribs, well done, per lb.</td>
<td>12 to 16 min.</td>
</tr>
<tr>
<td>Beef Ribs, rolled, rare, per lb</td>
<td>12 to 15 min.</td>
</tr>
<tr>
<td>Beef Fillet, rare, per lb.</td>
<td>20 to 25 minutes</td>
</tr>
<tr>
<td>Mutton (leg), well done, per lb.</td>
<td>14 minutes</td>
</tr>
<tr>
<td>Mutton (shoulder) well done, per lb.</td>
<td>13 minutes</td>
</tr>
<tr>
<td>Lamb, well done, per lb.</td>
<td>15 to 18 minutes</td>
</tr>
<tr>
<td>Pork, well done, per lb.</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Chicken, per lb.</td>
<td>15 or more minutes</td>
</tr>
<tr>
<td>Turkey, 8 to 10 lbs.</td>
<td>3 hours</td>
</tr>
<tr>
<td>Goose, 8 to 10 lbs.</td>
<td>2½ hours</td>
</tr>
<tr>
<td>Ham</td>
<td>4 to 6 hours</td>
</tr>
<tr>
<td>Fish (large and whole)</td>
<td>1 hour or more</td>
</tr>
<tr>
<td>Small Fish</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Baked Beans (Boston)</td>
<td>8 to 8 hours</td>
</tr>
</tbody>
</table>

### BOILING MEATS AND FISH

<table>
<thead>
<tr>
<th>Meat</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Beef</td>
<td>4 to 6 hours</td>
</tr>
<tr>
<td>Corned Beef</td>
<td>4 to 8 hours</td>
</tr>
<tr>
<td>Corned Tongue</td>
<td>3 to 4 hours</td>
</tr>
<tr>
<td>Leg or Shoulder of Mutton</td>
<td>3½ to 5 hours</td>
</tr>
<tr>
<td>Leg or Shoulder of Lamb</td>
<td>2 to 3 hours</td>
</tr>
<tr>
<td>Turkey, per lb.</td>
<td>15 to 18 minutes</td>
</tr>
<tr>
<td>Fowl, 4 to 5 lbs.</td>
<td>2 to 4 hours</td>
</tr>
<tr>
<td>Chicken, 3 lbs.</td>
<td>1½ hours</td>
</tr>
<tr>
<td>Ham</td>
<td>4 to 6 hours</td>
</tr>
<tr>
<td>Lobster</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Codfish, per lb.</td>
<td>6 minutes</td>
</tr>
<tr>
<td>Salmon, whole or large cut</td>
<td>10 to 15 min.</td>
</tr>
<tr>
<td>Clams and Oysters</td>
<td>8 to 6 minutes</td>
</tr>
<tr>
<td>Braised Meats</td>
<td>3 to 5 hours</td>
</tr>
</tbody>
</table>

### BROILING

<table>
<thead>
<tr>
<th>Meat</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steak one inch thick</td>
<td>4 to 10 minutes</td>
</tr>
<tr>
<td>Steak 1½ inch thick</td>
<td>8 to 15 minutes</td>
</tr>
<tr>
<td>Lamb or Mutton Chops</td>
<td>6 to 10 minutes</td>
</tr>
<tr>
<td>Spring Chicken</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Slices of Fish</td>
<td>12 to 15 minutes</td>
</tr>
</tbody>
</table>

### FRYING

<table>
<thead>
<tr>
<th>Dish</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Croquettes or Fish Balls</td>
<td>1 minute</td>
</tr>
<tr>
<td>Breaded Chops</td>
<td>8 to 8 minutes</td>
</tr>
</tbody>
</table>

### BAKING

<table>
<thead>
<tr>
<th>Dish</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loaf Bread (1 lb.)</td>
<td>40 to 60 minutes</td>
</tr>
<tr>
<td>Rolls</td>
<td>10 to 30 minutes</td>
</tr>
<tr>
<td>Muffins</td>
<td>20 to 25 minutes</td>
</tr>
<tr>
<td>Popovers</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Sponge Cake (Loaf)</td>
<td>40 to 50 minutes</td>
</tr>
<tr>
<td>Layer Cake</td>
<td>15 to 20 minutes</td>
</tr>
<tr>
<td>Fruit</td>
<td>2 to 3 hours</td>
</tr>
<tr>
<td>Small Cakes</td>
<td>16 to 20 minutes</td>
</tr>
<tr>
<td>Custards</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Steamed Brown Bread</td>
<td>3 hours</td>
</tr>
<tr>
<td>Steamed Puddings</td>
<td>1 to 3 hours</td>
</tr>
<tr>
<td>Pie Crust</td>
<td>20 to 45 minutes</td>
</tr>
<tr>
<td>Potatoes</td>
<td>30 to 45 minutes</td>
</tr>
<tr>
<td>Scalloped or Au Gratin</td>
<td>20 to 25 minutes</td>
</tr>
<tr>
<td>Dishes</td>
<td>10 to 20 minutes</td>
</tr>
<tr>
<td>Timbales</td>
<td>20 to 25 minutes</td>
</tr>
</tbody>
</table>
THE CROWN FAMILY OF PURE FOOD PRODUCTS

Crown Rolled Oats
Crown Rolled Oats are made from selected Oats and in the process of milling all impurities and hulls are removed. The grains are then toasted and flaked, giving them a delicious flavor.

Crown Pancake Flour
Crown Pancake Flour makes those delicious pancakes which are so appetizing. It does not contain corn flour or rice flour which are so frequently used to obtain the rich golden brown color so natural to Crown pancakes.

Crown Kernels o’ Wheat
A Wheat Cereal breakfast food of delicious flavor, appetizing and nutritious. Recommended by doctors for invalids and babies, being easily assimilated and digested.

Ralston Select Health Bran
Ralston Select Health Bran is pure and clean, and is specially prepared and manufactured. Being a food and not a drug it can be used in many different ways and is always effective as a laxative.

Crown Wheat Flakes
The rich wheat flavor of Crown Wheat Flakes is nothing more than an indication of good quality resulting from careful milling of a choice Sonora Wheat. Every package is pure, wholesome, healthful and nutritious.

Crown Graham Flour
In making Graham Flour the entire Wheat berry is used and therefore contains food elements that will make strong, healthy bodies. Every household should use this splendid flour.

Crown Whole Wheat
Another “Crown” product that has won favor with the housewife. Only the finest Wheat is used in the manufacture of this product.

Crown Pastry Flour
An absolutely pure, high grade Pastry Flour milled from carefully selected Wheat. To the lovers of the many good things to be made from Pastry Flour we especially recommend this product.