CROWN FLOUR

UNBLEACHED

The Quality Flour That Assures Baking Success

TODAY the demand for quality foods is such that the most exacting care must be taken by the manufacturer to satisfy that demand. Never before has the housewife been so critical in her selection of food for her family. Everything must be of the purest and the best.

CROWN MILLS are alert to this condition and have adapted their milling processes to meet these stringent requirements. In doing this they are fortunate in being located at Portland, Oregon, which is the natural outlet for the great wheat producing sections of Oregon, Washington, Idaho and Montana—Crown Mills' wheat buyers have the pick of the finest wheat of the Northwest.

After selection, the wheat is cleaned and conditioned by the most modern methods known to milling science. Only the choicest portion of the wheat kernel is used to make CROWN FLOUR. Every sanitary precaution is taken to guard against contamination.

The uniformity of CROWN FLOUR is controlled by Crown Mills' own laboratory. Extensive baking and chemical tests are made to insure uniformity of every sack of flour. The housewife will find that she can depend on Crown Flour for successful baking because it is made pure and uniform with scientific exactness.

Crown Mills consider the bleaching of flour an unnecessary procedure and recommend the use of an unbleached flour in order to get the full flavor and natural color in the finished loaf or cake.

CROWN BEST PATENT FLOUR IS UNBLEACHED
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Page Two
Hints on Mixing

NO 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 glass ware. 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.

In measuring dry ingredients by cupfuls, put the ingredients by spoonfuls, allow it to heap slightly, then level with a quick stroke of the spatula. When fraction of a cupful are to be measured, measure by tablespoonfuls 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 ingredients 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 cutting and folding motion is necessary when a mixture already containing entrapped air, introduced by beating, 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 Methods 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.

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 the yeast and sugar in the water, which should be lukewarm 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
6 quarts sifted Crown Best Patent Flour
2 tablespoons salt

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Parker House Rolls

These delightful little "individual breads" are among the most popular of rolls. The name denotes the shape into which you mould 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.

Corn Bread

1 1/2 cups corn meal
1/4 cup Crown Best Patent Flour
3 teaspoons baking powder
1 tablespoon sugar
1 teaspoon salt
1/2 cups milk
2 tablespoons shortening
2 eggs

Mix dry ingredients in bowl; add milk and melted shortening; beat well and pour into well greased pan or muffin tins and bake in hot oven about 25 minutes.

Nut Bread

1 cup nutmeats
2 cups (level) Crown Best Patent Flour
1 egg
1/2 teaspoon salt
1/2 cup sugar
1/2 teaspoon 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.
Crown Whole Wheat Bread

3 cakes compressed yeast  2 tablespoons sugar
1 quart milk  3/4 Crown Whole Wheat Flour
2 tablespoons shortening  1/4 Crown Best Patent Flour

Dissolve yeast in a cup of milk, mix flour, sugar and salt together, add all the milk and yeast, then shortening, use enough flour to make a velvet dough. Allow to raise about an hour and 50 minutes at a temperature of 80° F. Knead down and let raise about 50 minutes, mold into loaves and let raise in the pan until light, or about 50 minutes. Bake in a hot oven.

Whole Wheat Prune Bread

1 cup prunes  4 teaspoons baking powder
2 1/2 cups whole wheat or graham flour  1 cup milk
1/4 cup sugar  1 tablespoon shortening
1 teaspoon salt  No eggs

Wash prunes and soak several hours; drain, stone and chop. Mix flour, sugar, salt and baking powder thoroughly; add milk; beat well. Add prunes and melted shortening. Put into greased bread pans, allow to stand 20 to 25 minutes and bake in moderate oven one hour. (Dates, raisins or nuts may be used instead of the prunes.)

Boston Brown Bread

1 cup cornmeal  3/4 teaspoon soda
1 cup rye flour or  2 cups sour milk
1 cup graham flour  3/4 cups molasses
1 teaspoon salt  1/2 cup raisins, if desired

Sift together dry ingredients. Mix well with sour milk and molasses. If mixture is too stiff, thin with a little water. If raisins are used, either add to dry mixture before liquid, or reserve a little flour, sift well over raisins and stir in last. Grease baking powder cans or molds, and cover, fill half full of batter. Steam 3 hours or more, depending on size of molds used.

Keep the water boiling all the time during the steaming. Add more boiling water if necessary.

Cover the kettle during the steaming, and be careful not to jar it while cooking.
Graham Baking-Powder Nut Bread

3 cups graham flour  4 teaspoons baking powder
1 cup Crown Best Patent Flour  2 1/2 cups milk
1/4 cup sugar  1 egg
1 teaspoon salt  1 cup nut meats

Mix and sift dry ingredients; add milk, well beaten egg and nut meats. Mix thoroughly, put into greased bread pan, let stand 25 minutes in a warm place. Bake about 50 minutes or until done.

Ralston Select Bran Bread

4 cups Crown Best Patent Flour  2 cups sour milk
2 cups Ralston bran  1/2 cup butter scotch syrup
2 teaspoons soda  2 tablespoons melted shortening
2 teaspoons salt  1 egg
1 cup sugar

Sift flour, sugar, soda and salt together and mix well with bran. Add the milk, syrup, shortening and egg. Mix well. Place in bread pans, and allow to stand in warm place 30 minutes. Bake one hour at 375° F. Raisins and nuts may be added.

Ralston Select Bran Nuts Gems

1 cup Ralston Select Bran  1 cup Crown Whole Wheat Flour
1 teaspoon baking powder  Pinch of salt
2 tablespoons sugar  1 tablespoon butter
1/2 cup chopped walnuts or raisins  1 egg well beaten

Sweet milk enough to form moderately stiff batter. This makes 12 gems.

Baking Powder Biscuit

2 cups Crown Best Patent Flour  3/4 of a cup of milk
1 tablespoon shortening  1 teaspoon butter
4 teaspoons baking powder  1 teaspoon salt

Mix dry ingredients and sift twice. Work in butter and shortening with tips of fingers; add the liquid gradually, 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 in buttered pan and bake in hot oven 12 to 15 minutes.
Muffins

2 cups Crown Cake Flour
4 teaspoons baking powder
1 tablespoon sugar
1 teaspoon salt

Sift flour, baking powder, salt and sugar together; add the milk, shortening and egg yolks. Mix well. Beat the whites of the eggs stiff and fold in. Bake in greased muffin pans for 25 minutes at 400° F.

Steamed Fig Puffs

2 eggs
3/4 cup Crown Best Patent Flour
1 teaspoon spices
4 tablespoons melted shortening

Beat egg yolks, add milk, sift flour, baking powder, salt and spices together and beat into milk and egg mixture; add shortening and figs. When these are well mixed, fold in the stiffly beaten egg whites. Steam in greased molds for 1 hour. Serve with sauce or whipped cream.

Date Muffins

1 tablespoon shortening
2 tablespoons sugar
1 cup milk
1 1/4 cups Crown Best Patent Flour

Melt shortening and add sugar. Beat until well mixed. Add milk and flour, baking powder and salt which have been sifted together. Add dates which have been pitted and cut fine. Bake in greased muffin tins in hot oven 400° F. about 25 minutes.

Orange Muffins

2 1/4 cups Crown Cake Flour
5 teaspoons baking powder
1 teaspoon salt
1/2 cup sugar
2 tablespoons melted shortening
2 eggs
Grated rind of 1 orange
Juice of 1 orange, water enough to make 1 cup of orange juice

Sift together flour, baking powder, salt and sugar. Add orange rind and mix. Combine the orange juice and water, egg yolks and shortening and beat in dry ingredients. Beat the whites of eggs stiff and fold into mixture. Bake at 400° F. for 25 minutes in muffin pans.
Bran Muffins

1 cup bran
1 cup graham flour
1 teaspoon salt
1 tablespoon brown sugar
4 teaspoons baking powder
1 cup milk
3 tablespoons shortening
No eggs

Mix thoroughly dry ingredients and add milk and melted shortening. Beat until thoroughly mixed and bake in greased muffin tins in hot oven 20 to 30 minutes.

Pineapple Bread

3 cups Crown Cake Flour
6 teaspoons baking powder
1 teaspoon salt
1 cup milk
½ cup crushed pineapple
¼ cup butter scotch syrup
2 tablespoons melted shortening
1 egg

Sift flour, baking powder and salt. Add milk, pineapple, syrup, shortening and egg. Mix well and place in greased loaf pan. Bake at 375° F. for 45 minutes. Chopped orange peel may be used in place of pineapple, using one-quarter cup more of milk.

Peanut Butter Bread

2 cups Crown Cake Flour
4 teaspoons baking powder
1 teaspoon salt
½ cup sugar
½ cup peanut butter
1½ cup milk

Sift flour, baking powder, salt and sugar together into bowl; add peanut butter and mix well. Add milk and beat thoroughly; put into one large or two small greased oblong loaf pans; smooth tops before baking and bake in moderate oven at 350° F. about one hour.

Cheap Cup Cakes

2 tablespoons butter
1 cup sugar
1 egg
¾ cup water
2 cups Crown Cake Flour
3 teaspoons baking powder
½ teaspoon vanilla or grated rind of ½ lemon

Cream the butter, add the sugar gradually, then the egg, and beat well. Add the water alternately with the flour and baking powder which has been sifted three times. Beat all together thoroughly and bake in a moderate oven at 350° F. This may be used as a loaf or as a layer cake with any preferred filling.
Filled Coffee Cake

3 cups Crown Cake Flour  ¾ cup sugar
4 teaspoons baking powder  ¼ cup butter
1 teaspoon salt  1 cup milk
⅛ teaspoon mace  2 eggs unbeaten
⅛ teaspoon cinnamon

Sift all dry ingredients together. Work butter in with tips of fingers. Add unbeaten eggs and milk. Stir to a smooth dough. Turn into a well greased round cake pan and cover with the following top mixture:

One-fourth cup butter, add ⅛ cup brown sugar, 3 tablespoons flour. Cream together well and add ½ teaspoon cinnamon, ½ teaspoon salt. Spread over the top of coffee cake. Scatter over this ⅛ cups of almonds cut in small pieces. Bake in moderate oven. When cool split in half and put layer of sweetened whipped cream over bottom layer. Cover with upper half of cake and serve, cutting as pie.

Waffles

3 eggs beaten light  ½ cup shortening
2 cups sweet milk or cold water

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.

Doughnuts

1 egg  ½ teaspoon salt
1 cup sugar  1 teaspoon nutmeg
½ cup mashed potato  About 5 cups Crown Cake Flour
1 cup milk  1 tablespoon melted shortening
4 teaspoons baking powder

Beat the egg until light. Add sugar, freshly cooked mashed potatoes and milk. Mix and sift baking powder, salt and nutmeg with four cups of the flour and add to the first mixture. Add enough more flour to make a dough that can be handled. Add shortening. Roll to about a third of an inch in thickness, cut with a doughnut cutter and fry in deep fat.

Time: 3 minutes each. Temperature: 370° F. About 2½ dozen doughnuts.
Cakes

Angel Food Cake No. 1

1½ cups egg whites  2 tablespoons cold water into egg whites before beating
1½ cups sugar  1 tablespoon lemon juice, into egg whites before beating
1 cup Crown Cake Flour  ½ teaspoon extract almond. Add to cake just before pouring into cake pan
⅛ teaspoon cream of tartar when egg whites are about half beaten
½ teaspoon salt into egg whites before beating

Sift flour once and measure. Sift sugar once and measure. Place flour and sugar in sifter and sift together at least five times. Beat egg whites very light, until bowl can be inverted and eggs will not drop out, then carefully fold in flour and sugar. Dust pan with flour or rinse with cold water. Pour mixture into tube pan and drop cake to table several times to smooth down and knock out air bubbles. Place in oven at low heat and gradually bring it up to 350° F., requiring about one hour.

Angel Food Cake No. 2

1 cup egg whites (8 or 9 eggs)  ¼ teaspoon salt
1 cup sugar (sifted three times)  ⅞ teaspoon vanilla
3/4 cup Crown Cake Flour (sifted three times)  1 teaspoon cream of tartar

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 to 350° F., until done. Leave in oven about 55 minutes.

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 Cake 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 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.
Crown Sunshine Cake

1 cup Crown Cake Flour
1 teaspoon baking powder
6 eggs
½ cup cold water

1 ¼ cups sugar
½ teaspoon salt
½ teaspoon vanilla
½ teaspoon almond flavoring

Add salt to whites of eggs and beat until stiff. Put sugar in pan and add water; cook until it spins a thread; while hot, pour over egg whites, beating until cool. Beat yolks; when thick add one-half teaspoon of baking powder and flavorings. Add other half teaspoon of baking powder to flour and sift thoroughly to insure even mixing. Put all ingredients in mixing bowl and blend carefully. Pour into ungreased angel food tube pan and bake in slow oven for 50 minutes, temperature 300° F. to start, increasing to 350° F., and decreasing temperature towards end of time. Cool by inverting pan. Bakes one nine-inch cake.

Devil’s Food Cake

PART 1
2 squares chocolate (2 oz.)
3 tablespoons water
1 ¼ cups sugar
½ cup butter (scant)

PART 2
1 cup sour or buttermilk
1 teaspoon soda
Yolk of 1 egg
2 scant cups Crown Cake Flour

Melt chocolate, water, sugar; add butter. Cool. Mix buttermilk, soda and the beaten yolk, add chocolate mixture, flour; stir well. Bake in two layers in a moderate oven, 350° F.

Angel Sponge Cake

1 ¼ cups egg whites (9 to 11 egg whites)
1 cup and 2 tablespoons sugar
½ teaspoon salt
1 teaspoon cream of tartar
6 egg yolks

½ cup Crown Cake Flour—the white part
½ teaspoon vanilla—white part
½ cup Crown Cake Flour—the yellow part
½ teaspoon orange extract—the yellow part

Put egg whites on large platter and beat until foamy. Add salt and cream of tartar; beat until stiff but not dry. Carefully fold in the sugar and divide the mixture in two parts. To one part carefully fold in ½ cup cake flour, sifted five times, and ½ teaspoon vanilla. To the other fold in 6 beaten egg yolks, two-third cup cake flour, sifted five times, and ½ teaspoon orange extract. Put by spoons into ungreased angel pan, alternating yellow and white as in marble cake. Bake 60 minutes in a slow oven, 300 to 350° F.
Delicate Coconut Cake

1 cup sugar
\(\frac{1}{4}\) cup shortening
3 egg whites
\(\frac{1}{2}\) teaspoon almond flavoring
\(\frac{5}{8}\) cup milk
\(\frac{1}{2}\) teaspoon salt
2 cups Crown Cake Flour
3 teaspoons baking powder
\(\frac{1}{2}\) cup coconut

Cream the sugar and butter together and add the flavoring. Sift the dry ingredients together and add them alternately with the milk to the first mixture. Fold in the egg whites, beaten stiff; add the coconut. Stir well. Place in a greased pan; sprinkle with shredded coconut and a few chopped almonds, if desired, and bake for 45 minutes in a moderate oven, 350° F.

Poppy Seed Cake

1 cup poppy seed
1\(\frac{1}{2}\) cups milk
1\(\frac{1}{2}\) cups sugar
\(\frac{1}{2}\) cup butter
2 cups Crown Cake Flour
2 teaspoons baking powder
4 whites of eggs, beaten
1 teaspoon vanilla

Grind poppy seed. Heat half of the milk, pour over poppy seed, let stand over night. Cream butter and sugar and add poppy seed mixture. Add flour and baking powder, mixed, and last the beaten whites. Place in a well greased spring form and bake in a moderate oven 45 minutes, 350° F.

White Cake

\(\frac{1}{2}\) cup butter
\(\frac{3}{4}\) cups sugar
\(\frac{1}{2}\) cup milk
\(\frac{1}{2}\) cup hot water
1 teaspoon vanilla
\(\frac{1}{2}\) teaspoon almond extract
3 cups Crown Cake Flour
4 teaspoons baking powder
6 egg whites

Mix and sift flour and baking powder several times. Pour hot water in milk. Cream butter, add sugar gradually, a tablespoon of milk and continue creaming; add milk and flour mixture alternately to the creamed sugar, beating very well all the time. Add flavoring, fold in beaten whites. Place in oiled tins, lined with paper. Bake in oven, 350° F. moderately slow and when well risen, light and full of bubbles, increase the heat and let bake \(\frac{1}{2}\) to \(\frac{3}{4}\) hours until thoroughly done. When cool, spread between and over the top with any desired frosting.

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Quick Cake

\[ \frac{1}{3} \text{ cup soft butter} \]
\[ 1 \frac{1}{2} \text{ cups brown sugar} \]
\[ 2 \text{ eggs} \]
\[ \frac{1}{2} \text{ cup milk} \]
\[ 1 \frac{3}{4} \text{ cups Crown Cake Flour} \]

3 teaspoons baking powder
\[ \frac{1}{2} \text{ teaspoon cinnamon} \]
\[ \frac{1}{2} \text{ teaspoon grated nutmeg} \]
q pound dates, stoned, figs or raisins, finely chopped

Put all ingredients in a bowl together and beat thoroughly for 3 or 4 minutes. Bake in loaf pan lined with oiled paper 35 to 40 minutes at 325° F. Do not attempt to add the ingredients separately. This mixture may be baked in gem pans and served hot, as a plum or fruit pudding, with hard or other sauce.

Hurry-Up Cake

\[ \frac{3}{4} \text{ cup sugar} \]
\[ 1 \frac{1}{2} \text{ cups sifted Crown Cake Flour} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
\[ 2 \text{ teaspoons baking powder} \]

\[ \frac{1}{4} \text{ cup melted shortening} \]
\[ 1 \text{ egg, beaten} \]
\[ \frac{3}{4} \text{ cup milk} \]

Sift dry ingredients. Drop egg into shortening, add milk and flavoring. Combine the two mixtures. Stir thoroughly, pour into greased and floured layer cake tins and bake in moderate oven, 350° F., about 20 minutes. Or bake in shallow tin, frost, mark into squares and place half a walnut on each square.

Quick Chocolate Cake

\[ 2 \text{ oz. chocolate} \]
\[ \frac{1}{2} \text{ cup butter} \]
\[ 1 \text{ cup sugar} \]
\[ \frac{1}{2} \text{ cup milk} \]

\[ \frac{3}{4} \text{ cup Crown Cake Flour} \]
2 teaspoons baking powder
\[ 2 \text{ eggs} \]
1 teaspoon vanilla

Melt chocolate and butter over slow fire, put in mixing bowl. Add sugar, milk, eggs, vanilla, and the flour sifted with the baking powder. Do not stir until all ingredients are in, then beat hard for several minutes until smooth. Bake in two layers in a moderately hot oven, 400° F., from 15 to 20 minutes.

Coffee Cake

1 cup butter
4 egg yolks
1 cup grated chocolate
1 cup cold coffee
2 teaspoons spices

2 cups powdered sugar
\[ \frac{1}{2} \text{ cup chopped almonds} \]
2 cups Crown Cake Flour
3 teaspoons baking powder
4 egg whites

Mix half of flour with nuts.
Fruit Cake

1 lb. butter
1 1/4 lbs. granulated sugar
1 doz. eggs
1 lb. Crown Cake Flour
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
1 1/4 lbs. citron
1 lb. orange peel
1/2 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.

Spanish Cake

1/2 cup shortening
1 cup sugar
1 egg
1/2 cup milk

Cream the shortening, add the sugar, then the beaten egg yolk and mix well; add alternately, a little at a time, the milk and the flour which has been sifted with the baking powder and cinnamon; fold in the white of egg beaten stiff. Bake in loaf pan from 35 to 45 minutes or in individual cake tins from 20 to 25 minutes.

Lemonade Cake

1 1/2 cups sugar
1/4 pound almonds, chopped
1 1/2 cups grated wheat bread
1/4 teaspoon baking powder
1/4 teaspoon cinnamon

Grated rind of 1 lemon
6 egg whites
1 cup lemonade

Mix the first five ingredients with the grated rind of the lemon and add the whites of the eggs, beaten to a froth. Place in a spring form and bake in a moderately slow oven about one hour, 350° F. While cake is hot, pour one cup of hot lemonade over it, a teaspoonful at a time, until all parts are well saturated.

Nut Cake

1/2 cup butter
1 cup sugar
Whites of 3 eggs
1/2 cup milk
1 1/2 cups Crown Cake Flour

3/4 cup chopped walnut and pecan meats
1 teaspoon cream of tartar
1/2 teaspoon soda

Cream butter well with sugar, add whites beaten stiff and beat until smooth; add milk and flour, alternately; add nuts, stir, then sprinkle over the cream of tartar and stir in the soda dissolved in 1 teaspoon milk. Beat again and place in well buttered and slightly floured loaf pan and bake in a moderate oven, 350° F.
Princeton Orange Cake

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

Cream butter and add sugar gradually, beating constantly. When mixture is creamy, add yolks of eggs, beaten until thick, orange juice and rind, and flour mixed and sifted with baking powder; then add white of eggs beaten until stiff. Turn into oiled and floured individual tins and bake in a moderate oven. Cover tops with orange frosting.

Plain Cake

\[
\begin{align*}
\frac{1}{4} \text{ cup butter} & \quad 2 \text{ teaspoons baking powder} \\
1 \text{ cup sugar} & \quad 1 \text{ teaspoon spice or} \\
2 \text{ eggs, separated} & \quad \frac{1}{2} \text{ teaspoon flavoring} \\
1\frac{1}{2} \text{ cups Crown Cake flour} & \quad \frac{1}{2} \text{ cup milk} \\
\end{align*}
\]

Mix and sift flour, baking powder and spices 3 times. Cream butter and sugar, add the beaten yolks, then the flour mixture and milk alternately, the flavoring and beaten egg whites last. Beat well and bake 20 or 30 minutes at 375° F. Two ounces of melted chocolate may be used, added after the yolks, or two tablespoons of cocoa mixed with the flour. Raisins quartered and seeded, and sprinkled with flour, may be added just before egg whites.

Caramel Cake

\[
\begin{align*}
\frac{1}{2} \text{ cup butter} & \quad 3 \text{ tablespoons caramel syrup} \\
1\frac{1}{2} \text{ cups sugar} & \quad 2 \text{ teaspoons baking powder} \\
2 \text{ eggs yolks, beaten} & \quad 2 \text{ egg whites, beaten stiff} \\
1 \text{ cup water} & \quad 2\frac{1}{2} \text{ cups Crown Cake Flour} \\
1 \text{ teaspoon vanilla} & \\
\end{align*}
\]

Cream butter and sugar well, add yolks, beat thoroughly. Add two cups flour alternately with the water, beat very well about five minutes, then add vanilla, caramel syrup, the remaining half cup of flour with the baking powder, and lastly fold in the beaten egg whites. Bake in two greased and floured layer tins in a moderate oven, 350° F., 20 minutes.
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.

\[ \begin{align*}
\frac{1}{4} \text{ cup butter} & \quad \frac{1}{4} \text{ teaspoon cinnamon} \\
\frac{1}{4} \text{ cup brown sugar} & \quad \frac{1}{4} \text{ teaspoon cloves} \\
\frac{1}{2} \text{ cup molasses} & \quad 1 \text{ tablespoon ginger} \\
1\frac{1}{2} \text{ cups Crown Cake Flour (scant)} & \quad 1 \text{ egg} \\
1 \text{ teaspoon soda} & \quad \frac{1}{2} \text{ cup boiling water} \\
\frac{1}{8} \text{ teaspoon salt} & \\
\end{align*} \]

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 325° F.

Icing

Orange Icing

Grated rind of 1 orange \[ \frac{1}{4} \text{ teaspoon salt} \]
1 teaspoon lemon juice Confectioner’s sugar (about \( \frac{1}{2} \) cups)
Juice of 1 orange Yolk of 1 egg
Grate just the surface yellow rind of the orange and allow it to stand in the orange juice 15 minutes. Strain out rind, add lemon juice and gradually add fruit juices to yolk of egg slightly beaten. Stir in confectioner’s sugar until icing is of the right consistency to spread.

Marshmallow Icing

\[ \begin{align*}
1\frac{1}{2} \text{ cups sugar} & \quad 1 \text{ package marshmallows cut in quarters (\( \frac{1}{4} \) lb.)} \\
\frac{1}{4} \text{ teaspoon cream of tartar} & \quad \frac{1}{2} \text{ teaspoon vanilla} \\
\frac{1}{2} \text{ cup water} & \\
2 \text{ egg whites} & \\
\end{align*} \]

Boil sugar, water and cream of tartar together until syrup spins a thread three inches long or forms a ball in cold water. Pour slowly over egg whites beaten stiff. When mixture begins to pile up in bowl, add marshmallows and spread on cake.

Six Minute Icing

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, beating the mixture constantly. This makes a beautiful cake frosting and covers thoroughly a large cake. If desired you can add chocolate or any desired flavoring.
Cookies

Crown Cookies—No. 1

\[
\begin{align*}
\frac{3}{8} \text{ cup shortening (cream)} & \quad \text{Cream all together} \\
1 \text{ cup sugar, cream slowly to shorten-} & \\
\frac{1}{3} \text{ cup finely chopped almonds} & \\
2 \text{ tablespoons butter scotch syrup} & \\
1 \text{ tablespoon lemon juice} & \\
1 \text{ egg} & \\
\end{align*}
\]

Sift together flour, salt, baking powder and spices and add rolled oats. Mix well, then cream into liquid mixture. Mix well. Drop one teaspoon at a time on cookie sheet and bake at 400° F. for 15 minutes.

Crown Cookies—No. 2

\[
\begin{align*}
3 \text{ eggs} & \\
1 \text{ cup shortening} & \\
2 \text{ cups brown sugar} & \\
3 \text{ cups Crown Cake Flour} & \\
1 \text{ teaspoon soda, dissolved in hot water} & \\
\end{align*}
\]

Beat eggs light; cream shortening and sugar together, add to eggs slowly; sift together flour, nutmeg and salt. Stir into the egg mixture; dissolve soda in hot water and stir in. Mix in broken nuts and raisins. Drop from spoon and bake at 425° F. for 15 minutes.

Crown Ginger Nuts

\[
\begin{align*}
3 \text{ cups Crown Cake Flour} & \\
1 \text{ cup finely chopped raisins} & \\
1 \text{ teaspoon cinnamon} & \\
\frac{1}{2} \text{ teaspoon cloves} & \\
\frac{1}{2} \text{ teaspoon ginger} & \\
\frac{1}{2} \text{ teaspoon salt} & \\
\end{align*}
\]

Mix and sift dry ingredients together, then add chopped raisins. Add syrup, egg and shortening creamed together. Mix to stiff dough. Add in small balls. Roll each ball in sugar and bake at 375° F. for 15 minutes.

Sugar Cookies

\[
\begin{align*}
3 \text{ eggs} & \\
2 \text{ cups sugar} & \\
1 \text{ cup butter} & \\
\end{align*}
\]

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

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Sand Tarts

\[
\begin{align*}
\frac{1}{2} \text{ cup shortening} & \quad 2 \text{ cups Crown Cake Flour} \\
1 \text{ cup sugar} & \quad 2 \text{ teaspoons baking powder} \\
1 \text{ egg} & \quad \frac{1}{4} \text{ cup almonds} \\
1 \text{ tablespoon water} & 
\end{align*}
\]

Cream shortening, add sugar, beaten egg and water. Sift flour and baking powder together and add to first mixture until stiff enough to roll out on board. Roll very thin, cut into squares, sprinkle granulated sugar, and cinnamon, place 2 or 3 blanched almonds on each tart and bake in hot oven 400°F., 6 to 10 minutes.

Cheese and Jelly Cookies

\[
\begin{align*}
\frac{3}{4} \text{ cup shortening, creamed light} & \quad 2 \text{ tablespoons rich milk} \\
1 \text{ cup grated cheese, cream with butter} & \quad 1 \text{ cup Crown Cake Flour} \\
2 \text{ tablespoons sugar} & \quad \frac{1}{2} \text{ teaspoon salt} 
\end{align*}
\]

Sift flour, sugar and salt together; add to mixture and make a dough. Roll out and cut in squares. Fill center with jelly, fold over. Bake at 400°F. for 10 minutes.

Almond Sticks

\[
\begin{align*}
\frac{1}{2} \text{ lb. almonds (2 cups)} & \quad 2 \text{ whole eggs} \\
1 \text{ cup butter} & \quad \text{Yolk of 1 egg} \\
1 \text{ cup sugar} & \quad \text{Grated rind of 1 lemon} \\
2 \text{ cups Crown Cake Flour} & 
\end{align*}
\]

Grind almonds and reserve \(\frac{1}{4}\) cup each of sugar and nuts, and the egg yolk for decorating. Cream butter, add sugar, then eggs, almonds and flour. Roll thin and cut in strips or squares, with fluted cookie cutter. Brush with yolk, sprinkle with nuts and sugar set aside, and bake in moderate oven, 350°F.

Whole Wheat Cookies

\[
\begin{align*}
3\frac{1}{2} \text{ cups Crown Whole Wheat Flour} & \quad 1\frac{1}{2} \text{ cups milk} \\
1\frac{1}{2} \text{ cups Crown Best Patent Flour} & \quad 1 \text{ teaspoon cinnamon} \\
1 \text{ cup sugar} & \quad 1 \text{ teaspoon salt} \\
1 \text{ cup shortening} & \quad 2 \text{ teaspoons baking powder} \\
\frac{3}{4} \text{ cup finely chopped prunes soaked } 20 \text{ minutes in boiling water} & \quad \frac{1}{2} \text{ teaspoon nutmeg} \\
\frac{1}{2} \text{ cup chopped nuts} & \quad 4 \text{ eggs beaten separately} 
\end{align*}
\]

Cream sugar and shortening together, add well-beaten egg yolk, nuts, prunes and milk. Mix flour and spices, salt and baking powder together. Mix wet and dry ingredients, then add well-beaten egg whites. Bake in drop cookies.
Orange Rocks

2 eggs
1/2 cup shortening
1 cup sugar
3 teaspoons baking powder

Beat eggs and cream sugar and shortening. Add eggs. Beat light, add orange rind; sift flour, baking powder and salt together, stir into egg mixture. Beat well, drop by spoonful on cookie sheet. Bake at 400° F. for 15 minutes.

Butterscotch Cookies

3/4 cup shortening, creamed
1 1/2 cups brown sugar, creamed into butter slowly
2 eggs creamed into butter and sugar
1/2 teaspoon salt

Add salt, soda to 2 cups of flour. Beat into mixture. Add nuts to remainder of flour and add to mixture. Shape in roll and chill. Slice off very thin and place on cookie sheet and bake 10 minutes at 450° F.

Caraway Cookies

2 eggs
1/2 cup shortening
1 cup sugar
2 cups Crown Cake Flour
1 tablespoon hot water
1/4 teaspoon soda

Whip eggs very light; cream sugar and shortening. Add eggs and cream. Add soda to hot water and add to cream. Combine with first mixture. Mix well with dry ingredients into smooth dough. Roll out thin; cut in fancy shapes. Bake 7 minutes at 350° F.

Puddings

Easy Suet Pudding

3 cups sifted Crown Cake Flour
1 1/2 teaspoons salt
1 teaspoon soda
1/2 teaspoon cloves or nutmeg
1/2 teaspoon allspice
1 teaspoon cinnamon
1 1/2 cups raisins
1 cup suet (finely chopped)
1 cup molasses
1 cup milk
1 cup milk

Sift all dry ingredients together. Add raisins, mixing them in well. Mix molasses, milk and suet together and add to dry ingredients. Pour mixture in an oiled baking pan. Cover and place in oven with remainder of dinner. Serve hot with hard sauce or foamy sauce.
Carrot Pudding

1/2 cup melted shortening
1 cup brown sugar
1 cup grated carrot, raw
1 1/2 cups grated apple
1 cup raisins
2 cups Crown Best Patent Flour

1 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon nutmeg
3 teaspoons baking powder

Mix shortening, sugar, carrot and apple together. Sift together the dry ingredients and mix with the first mixture. Add raisins and mix well. Oil the mold with brush and fill 2/3 full. Steam 3 hours or it may be covered and cooked in the oven for 3 hours at 300 F.

Strawberry Pudding

4 tablespoons shortening
1/4 cup sugar
1 egg
1 cup milk
2 cups Crown Cake Flour

4 teaspoons baking powder
1 teaspoon salt
1 quart strawberries

Cream shortening, add sugar slowly. Add beaten yolk of egg. Add milk, and the flour, baking powder and salt which have been sifted together. Then fold in the white of egg. Pour one-half of the batter into greased shallow pan; add a layer of berries which have been crushed. Pour remainder of batter over berries and bake in hot oven about 20 minutes. Sprinkle top with granulated sugar. Remove from pan and cover with remainder of berries. Serve with cream. Blackberries or raspberries may be used instead of strawberries.

Chocolate Souffle

2 tablespoons shortening
3 tablespoons Crown Cake Flour
1 1/2 teaspoons baking powder
3/4 cup milk
1/2 cup sugar

2 tablespoons hot water
1 egg
1 1/2 squares chocolate
1/2 teaspoon vanilla

Melt the shortening, add the flour and milk. Heat until boiling point is reached. Melt the chocolate, add the sugar and water and stir until smooth. Combine the mixture, add the well-beaten yolk of egg and cool. Add baking powder and vanilla, fold in white of egg beaten stiff. Turn into greased baking dish and bake in moderate oven about half hour. Serve with whipped cream.
Pastry and Pies

Butter 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.

Peach Cobbler

1 egg
1 cup sugar
3 tablespoons shortening
1/2 teaspoon salt
1/2 cup milk
1 1/2 cups Crown Cake Flour
1 teaspoon baking powder
6-8 peaches

Beat egg, add sugar and beat until creamy. Add shortening, beat until thoroughly blended. Add flour, baking powder and salt sifted together alternately with milk. Put a cup upside down in a baking dish and fill two-thirds full of peaches, peeled and cut in quarters. Pour batter over this. Bake in moderate oven (350°F.) one hour. Serve hot with sweetened whipped cream or with hard sauce. Will serve six people.

Cream Puffs

1/2 cup shortening
1 cup boiling water
3 eggs
1 1/2 cups Crown Cake Flour
1 teaspoon baking powder

Heat water and shortening in saucepan until boiling point is reached, add sifted flour all at once and stir vigorously. Remove from the fire as soon as mixed and add unbeaten eggs, one at a time, beating mixture thoroughly; add baking powder. Drop by spoonfuls 1 1/2 inches apart on greased tin. Shape into circular form with wet spoon. Bake 30 minutes in moderate oven. With sharp knife cut to admit filling.

CREAM FILLING

1 cup sugar
1/2 cup cornstarch
1/8 teaspoon salt
1 egg
2 cups scalded milk
1 teaspoon vanilla

Mix dry ingredients, add egg lightly beaten and gradually stir in the scalded milk. Cook about 15 minutes in double boiler, stirring constantly until thickened. Cool slightly and flavor.
Lemon Banana Pie

4 bananas  
1 cup sugar  
1/2 teaspoon salt  
5 tablespoons cornstarch  
1/4 cup orange juice

Mix sugar, cornstarch and salt together. Add boiling water and cook directly over fire one minute, stirring constantly. Place in double boiler and cook 15 minutes. Add egg yolks slightly beaten and fruit juices. Add butter just before removing from fire. Cool slightly and add one banana sliced thin. Blend well. Pile in a baked pastry shell, then slice remaining bananas over top. Cover with a meringue and brown in oven.

Meringue for One Pie

Use two or three egg whites for each pie. Beat the whites until the bowl may be inverted without any fear of the contents sliding. Use two tablespoons granulated or powdered sugar for each egg white, folding it in. If flavoring is desired, use 1/4 teaspoon vanilla for two egg whites. Pile lightly on pie by heaping tablespoonfuls, giving an uneven rather rough effect. Brown in a 325° F. oven for 10 to 15 minutes.

Country Peach Pie

2 cups Crown Cake Flour  
3/4 cups best shortening  
1 teaspoon salt  
Cold water

Cut shortening into flour and salt with 2 knives until the consistency of small peas. Add enough water to hold together. Divide and roll about 1/8-inch thick. Cover pie plate. To prevent juice soaking in, brush over with melted shortening and dust with flour. Peel and slice the peaches into the pie plate. Cover with the powdered sugar, then sprinkle with the lemon juice and salt. Dot with bits of butter. Roll remaining pie crust, cover and bake in hot oven (450°F.) about 15 minutes. Reduce heat to moderate (350°F.) until pie is done, about 15 minutes more.

Caramel Pie

1 1/2 cups brown sugar  
1/2 cup white sugar  
Yolks of 4 eggs (well beaten)  
1 tablespoon butter

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

**CRUST**

\(\frac{1}{2}\) cups Crown Cake Flour
\(\frac{1}{2}\) cup best shortening
\(\frac{1}{2}\) teaspoon salt
Cold water

**FILLING**

6-8 apples
Whole cloves
Lemon peel
Sugar
\(\frac{1}{2}\) pint heavy cream

Sift flour and salt together, cut in shortening, add cold water and roll out. Cover an inverted pie plate, prick with a fork. Bake in hot oven (450°F) about 15 minutes. Core the apples, stick two or three clover into each one; fill the hole with granulated sugar and a tiny piece of lemon peel. Bake at 400°F until soft. When cold, remove skin and cloves. Mix the apples with enough powdered sugar to sweeten to taste. Fill the baked shell and cover with sweetened whipped cream. Sprinkle with chopped nut.

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Apple Rolls

\(1\frac{1}{2}\) cups Crown Cake Flour
3 teaspoons baking powder
2 teaspoons salt
2 tablespoons shortening
Enough milk to mix

Light baking-powder biscuits. Roll three times as long as wide, and about \(\frac{1}{2}\)-inch thick. Cover with finely chopped apples. Dust with cinnamon. Roll as for cinnamon rolls and cut about \(1\frac{1}{2}\) inches thick. Bake in hot syrup.

**SYRUP FOR ROLLS**

1 cup sugar
2 cups boiling water
3 tablespoons butter

Put syrup in deep baking dish. Place rolls in syrup. Bake in moderate oven. Very delicious if you use 3 tablespoons of cinnamon-drop candies to flavor and color your syrup.

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Cranberry Raisin Pie

2 cups cranberries
1 cup raisins
\(\frac{1}{4}\) cups sugar
2 tablespoons instant tapioca
\(\frac{1}{4}\) cup water

Put cranberries and raisins through coarse part of food chopper. Mix in tapioca, sugar and water. Line a pie pan with pastry. Put in the mixture. Cover the top with strips and bake in moderate oven.
Meats

Roasting and broiling should be used only in cooking tender cuts of meat.
Tough meats should be stewed or cooked in a casserole.

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 on edge. Season and serve as broiled meats.

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 mat 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.

Poultry

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 hot oven over 30 minutes, basting with one-third cup of 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.
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 15 minutes. Baste every 10 minutes with fat from the pan or use ¼ cup of melted butter in two-thirds cup boiling water. Dredge with flour after each basting. A four-pound chicken requires about 1 ½ 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 10 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.

Chicken Croquettes

2 cups chopped cooked chicken
⅓ cup thick white sauce
⅓ teaspoon salt
Dash of paprika

1 egg yolk
¼ teaspoon celery salt
1 teaspoon lemon juice

Combine chicken sauce and seasoning. Stir in egg yolk. Shape roll in cracker crumbs, then into slightly beaten egg or evaporated milk and again in cracker crumbs. Fry in deep shortening.
**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 Cake Flour
- 4 teaspoons baking powder
- 3 Tablespoons Crisco
- 1 teaspoon salt
- About \(\frac{3}{4}\) cup of milk or water

Bake and serve with gravy.

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**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.

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**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 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.

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**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.
Sauces

White Sauce

2 tablespoons butter
2 tablespoons Crown Flour
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.

Tomato Sauce

2 tablespoons butter
2 tablespoons Crown Flour
\( \frac{1}{8} \) teaspoon pepper

Make in same manner as white sauce. Tomatoes are prepared by cooking with onion 15 minutes, then rubbing through a strainer.

Cheese Sauce

Add cheese to an ordinary white sauce, using from 1 to \( \frac{3}{4} \) 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-boiled eggs cut in \( \frac{1}{4} \)-inch slices.

Brown Sauce

2 tablespoons butter
2 tablespoons Crown Flour
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.
Drawn Butter Sauce

\[ \frac{1}{3} \text{ cup butter} \]
\[ \frac{1}{3} \text{ tablespoons Crown Flour} \]
\[ \frac{1}{8} \text{ teaspoon pepper} \]

\[ 1\frac{1}{2} \text{ cups hot water} \]
\[ 1 \text{ teaspoon salt} \]

Salads, Pickles, Etc.

Cheese Salad

One tablespoon gelatin dissolved in \( \frac{1}{4} \) cup cold water and \( \frac{1}{4} \) hot; four 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.

Cream Cucumber Salad

\[ \frac{1}{2} \text{ cup cucumbers cut fine} \]
\[ \frac{1}{2} \text{ pint whipped cream} \]
\[ 2 \text{ tablespoons gelatine} \]

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.

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.

Parsleyed Carrots

Scrape carrots and cut in long strips. Place in pan, cover with water, and salt and bring quickly to boiling point on top of stove. Cover pan and place in oven with ham. When ready to serve, drain, season and butter, salt and pepper. Sprinkle with finely chopped parsley when arranged on serving platter.
Celery Salad

One cup each of chopped apples and celery; one cup English walnuts; two or three small, sweet pickles. Serve with boiled salad dressing not highly flavored, with half cup of whipped cream.

Mixed Pickles

1 quart small cucumbers  
1 quart small onions  
1 quart green tomatoes  
6 large green peppers  
1 head cauliflower  
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 24 hours, then cook in same water until tender; then drain carefully and pour over them the following dressing:

6 tablespoons ground mustard  
1 tablespoon tumeric  
1 1/2 cups sugar  
1 cup Crown Flour  
2 quarts vinegar

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

Inexpensive Mayonnaise

Yolk of one egg  
1 tablespoon boiling water  
1/2 cup olive oil  
1/2 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.

Mock Mayonnaise

1 egg  
2 teaspoons sugar  
1 teaspoon salt  
1 teaspoon mustard  
1/4 cup mild vinegar  
1 cup salad oil  
1 cup water  
4 tablespoons cornstarch  
1/6 teaspoon paprika

Into a mixing bowl put egg, seasonings, vinegar and salad oil, but do not stir. Make a thick smooth paste by cooking cornstarch and water together. Add hot paste to ingredients in the bowl and beat mixture briskly with the egg beater. A thick mayonnaise will result.
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 20 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.

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 a 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 24 hours. Cover and keep in a cool, dry place.

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.

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.
**Miscellaneous Tables**

### EQUIVALENTS IN MEASURE

| 4 saltspoonfuls | = 1 teaspoonful |
| 3 teaspoonfuls | = 1 tablespoonful |
| 16 tablespoons | = 1 cupful dry ingredients |
| 12 tablespoons | = 1 cupful wet ingredients |
| 2 cupfuls | = 1 pint |
| 2 pints | = 1 quart |
| 4 quarts | = 1 gallon |
| 8 quarts | = 1 peck |

### EQUIVALENTS IN FOOD

| 1 lb. cornstarch | = 3 cupfuls plus 2 tablespoonfuls |
| 1 lb. butter | = 2 " 2 " |
| 1 lb. bran | = 1 1/2 " |
| 1 lb. rice | = 3/4 " |
| 1 lb. y.e. flour | = 3/8 " |
| 1 lb. pastry flour, unsifted | = 3/8 " |
| 1 lb. bread flour, unsifted | = 3/8 " |
| 1 lb. confectioner's sugar | = 3/8 " |
| 1 lb. light-brown sugar | = 3/8 " |
| 1 lb. pulv. coffee | = 3/8 " |
| 1 lb. Graham flour | = 3/8 " |
| 1 lb. entire wheat flour, unsifted | = 3/8 " plus 1 tablespoonful |
| 1 lb. bran | = 3 " |
| 1 lb. bread flour, unsifted | = 3 " |
| 1 lb. confectioner's sugar | = 3 " |
| 1 lb. light-brown sugar | = 3 " |
| 1 lb. butter | = 2 " |

### TABLE OF PROPORTIONS

1 teaspoon soda to 1 cup molasses
1/2 teaspoon salt to 4 cups custard
2 teaspoons salt to 4 cups water
1/2 teaspoon salt to 1 cup white sauce
1/2 teaspoon pepper to 1 cup white sauce
1 cup liquid to 2 cups flour for muffins
1 cup liquid to 3 cups flour for bread
1 teaspoon soda to 1 pint sour milk

### TIME TABLE

<table>
<thead>
<tr>
<th>BOILING VEGETABLES</th>
<th>20 to 25 minutes</th>
<th>1 cup liquid to 2 cups flour for muffins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>20 to 25 minutes</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Beans (string)</td>
<td>1 to 2 hours</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Beets (old)</td>
<td>4 to 6 hours</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Beets Greens</td>
<td>1 hour or more</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Cabbage</td>
<td>3/4 to 1 1/2 hours</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 hour or more</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>20 to 30 minutes</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Celery</td>
<td>2 hours</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Corn</td>
<td>10 to 20 minutes</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Macaroni</td>
<td>20 to 30 minutes</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Onions</td>
<td>1/4 to 2 hours</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Parnips</td>
<td>2/4 to 3/4 hour</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Peas</td>
<td>15 to 20 minutes</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Potatoes (white)</td>
<td>20 to 30 minutes</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Potatoes (sweet)</td>
<td>15 to 25 minutes</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Rice</td>
<td>20 to 30 minutes</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Squash</td>
<td>15 to 20 minutes</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Spinach</td>
<td>15 to 20 minutes</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Tomatoes (stewed)</td>
<td>30 to 45 minutes</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
<tr>
<td>Turnips</td>
<td>30 to 45 minutes</td>
<td>1 cup liquid to 2 cups flour for muffins</td>
</tr>
</tbody>
</table>

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

| Beef Ribs, rare, per lb. | 8 to 10 minutes | 15 to 20 minutes |
| Beef Ribs, well done, per lb. | 12 to 16 minutes | 15 to 20 minutes |
| Beef Ribs, rolled, rare, per lb. | 15 to 18 minutes | 15 to 20 minutes |
| Beef Fillet, rare, per lb. | 20 to 25 minutes | 15 to 20 minutes |
| Mutton (leg), well done, per lb. | 14 minutes | 15 to 20 minutes |
| Mutton (shoulder) well done, per lb. | 18 minutes | 15 to 20 minutes |
| Lamb, well done, per lb. | 15 to 18 minutes | 15 to 20 minutes |
| Pork, well done, per lb. | 20 minutes | 15 to 20 minutes |
| Chicken, per lb. | 15 or more minutes | 15 to 20 minutes |
| Turkey, 8 to 10 lbs. | 15 to 20 minutes | 15 to 20 minutes |
| Goose, 8 to 10 lbs. | 1 hour or more | 3 hours |
| Ham               | 4 to 6 hours     | 1 hour or more | 5 hours |
| Fish (large and whole) | 1 hour or more | 5 hours |
| Small Fish        | 20 to 30 minutes | 5 hours |
| Baked Beans (Boston) | 6 to 8 hours | 5 hours |

### BOILING MEATS AND FISH

| Fresh Beef | 4 to 6 hours |
| Corned Beef | 4 to 5 hours |
| Corned Tongue | 3 to 4 hours |
| Leg or Shoulder of Mutton | 3/4 to 4 hours |
| Leg or Shoulder of Lamb | 3 to 4 hours |
| Turkey, per lb. | 15 to 15 minutes |
| Fowl, 4 to 5 lbs. | 2 to 4 hours |
| Chicken, 3 lbs. | 1 to 1 1/2 hours |
| Ham, whole or large cut | 10 to 15 minutes |
| Lobster | 20 to 30 minutes |
| Codfish, per lb. | 3 hours |
| Clams and Oysters | 3 hours |
| Braised Meats | 3 to 5 hours |

### BROILING

| Steak one inch thick | 4 to 10 minutes |
| Steak 1 1/2 inch thick | 5 to 15 minutes |
| Lamb or Mutton Chops | 6 to 10 minutes |
| Spring Chicken | 20 minutes |
| Slices of Fish | 12 to 15 minutes |

### FRYING

| Croquettes of Fish Balls | 1 minute |
| Breaded Chops | 5 to 8 minutes |

### BAKING

| Loaf Bread (1 lb.) | 40 to 60 minutes |
| Rolls Biscuit | 30 minutes |
| Muffins | 30 minutes |
| Popovers | 30 minutes |
| Sponge Cake (Loaf) | 40 to 60 minutes |
| Layer Cake | 20 minutes |
| Fruit | 2 to 3 hours |
| Small Cakes | 15 to 20 minutes |
| Custards | 20 minutes to 1 hour |
| Steamed Brown Bread | 3 hours |
| Steamed Puddings | 3 hours |
| Pie Crust | 30 to 45 minutes |
| Potatoes | 30 to 45 minutes |
| Scalloped or Au Gratin Dishes | 10 to 20 minutes |
| Timbales | 20 to 25 minutes |
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