QUANTITY RECIPES

for

School Cafeterias
School Lunches
Buffet Suppers
Bridge Luncheons
and Dinners
Church Suppers
Camps
Restaurants
and Hotels
Tea Rooms

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GOOD FOOD can be prepared as successfully in large quantities as in small amounts. Neither nutritive value nor palatability need be sacrificed when a small family recipe is increased to serve 25 or 50 persons.

Quality of food is one of the tests of successful quantity cookery. So to show how the best and most wholesome foods can be prepared for many and how milk can be put into the menu in a variety of dishes, this book of tested recipes has been prepared.

SCHOOL CAFETERIAS that cater to several hundred daily, or the individual teacher who prepares a hot lunch for her own class of 30 or 40 pupils will find these recipes most practical. They suggest a wide variety of delicious and nutritious dishes that will be popular on the school lunch menu. They contain milk in the form of Evaporated Milk that builds bone and teeth and is needed for the development of the growing child. The flavored milk drinks made with Evaporated Milk will undoubtedly appeal to boys and girls.

HOSTESSES for small parties, buffet suppers, or large community affairs such as church and club suppers and charity luncheons, were given particular consideration when these recipes were tested in our experimental kitchens. Every housewife has her favorite family size recipes which she often wants to increase for large groups, yet hesitates to attempt it. But by following these recipes she can obtain the same home cooked flavor. There is an economical advantage in using Evaporated Milk when cooking for many, because it is less expensive than bottled milk and there need be no waste. You do not have to order milk ahead of time and run the risk of it spoiling if it is not used. On the other hand, if you use Evaporated Milk you have a milk supply available to take care of the unexpected guests for whom you had not originally planned.
TEAROOM AND CAFETERIA MANAGERS hold their clientele by wholesome, tasty food served at economical prices. No business is a good business unless it is managed with profit to the owner. This reverts again to the art of buying—not buying inferior quality or foods that are "just as good as"—but buying intelligently and shrewdly the best food at the best prices. By using Evaporated Milk you will be keeping down your costs and at the same time be giving your patrons the best milk made dishes.

RESTAURANTS AND HOTELS build a reputation on their quality of food and the food standards they maintain year in and year out. Quality must be built upon quality, and because Evaporated Milk can always be depended upon for richness and purity it is recommended to chefs who cater to a discriminating patronage.

CAMP DIETITIANS are in part responsible for the health of the adult or the boy and girl camper. They must plan a diet that will meet the daily energy requirements of the camper, and provide him with the essential minerals and vitamins. Milk as a drink or milk in food is the one best source of minerals and vitamins. One pint of Evaporated Milk should be allowed daily for each boy or girl and one-half pint for each adult member of the camp. These recipes suggest Evaporated Milk dishes in quantities that will lighten the burden of camp cookery and contribute a delightful variety to your menus. Evaporated Milk is the one unquestionably safe milk supply for campers. For this reason and because of its nutritive value, its convenience, and its economy it can be used exclusively throughout the camping season.
WHAT IS EVAPORATED MILK?

Evaporated milk is just cow's milk. Nothing has been added to it. Nothing has been taken away except about 60% of the natural water, thus making it doubly rich.

"No cream line, but cream throughout," is a fitting description of Evaporated Milk. This creamy consistency is due to the homogenization process through which the milk passes. Homogenization means a literal "grinding" of the milk which breaks up the large fat globules of the cow's milk into tiny particles, so that they do not have the buoyancy to rise to the top.

The concentrated, homogenized milk is sealed in an air tight can and sterilized by heating it to a temperature of about 240° F. This sterilization makes it an absolutely safe milk supply in all climates and for all persons, infants and adults alike.

Unsweetened Evaporated Milk should not be confused with sweetened condensed milk to which cane sugar has been added.

Nutritive Value.—Scientific research has shown that Evaporated Milk mixed with an equal amount of water has the same food properties as pasteurized market milk. The concentrated milk contains more than 7.8% fat and 25.5% milk solids. The mineral content has not been impaired; all the vitamins which milk can be depended upon to supply are present and the protein and fat of the milk have been made more digestible.

Keeping Properties.—Evaporated Milk will keep indefinitely until the can is opened. Then it must be kept under refrigeration conditions like any perishable food.

Economy.—Evaporated Milk is the least expensive form of whole milk. Extensive use of it for quantity food preparation is a distinct economy, especially when the number to be served is uncertain. It comes in gallon cans and this size is sometimes more practical and convenient for institutional use.

For Milk and Cream Uses.—This describes the variety of ways in which Evaporated Milk can be used. For flavors and texture, particularly in cream sauces, in all baked products, frozen desserts and hot or cold beverages Evaporated Milk produces foods that any celebrated chef would be proud of. Concentrated Evaporated Milk may be used in the place of cream, either as it comes from the can or when it is whipped.
COOKING WITH SOUR MILK and soda is almost a lost art. Many foods are given a distinctive flavor and texture when these ingredients are used as a part or all of the leavening agent.

Sour milk cookery has not been employed as much as it deserves principally because the cook has not been able to depend upon ordinary sour milk or cream. One day the sourness, or acidity, is found to be higher than on another day. And inasmuch as the amount of baking soda to be used depends strictly upon the degree of acidity, no one ever knew how much soda to add. The result was that while some days the cook's guess might be good, on other days too much soda or too little leavening was the result.

Now, by using the following procedure a sour milk is obtained which can be depended upon day after day to give uniform results. Exactly how much soda to add is no longer a matter of guess work.

SOUR CREAM.—Add 1 tablespoon of vinegar to 1 cup or \( \frac{1}{2} \) pint of Evaporated Milk. This may be used in any recipe calling for sour cream. It does not have as much fat in it as standard cream but the results from the cookery point of view are better.

SOUR MILK.—Add 1 tablespoon of vinegar to \( \frac{1}{2} \) cup of Evaporated Milk which has been mixed with \( \frac{1}{2} \) cup of water. Use in any recipe calling for sour milk.

AMOUNT OF SODA TO ADD.—The correct amount of soda to add to 1 cup of either sour cream or sour milk prepared as described above is \( \frac{1}{2} \) teaspoon. Recipes calling for molasses and large amounts of fruit require additional soda.

By following this method foods will never have that "soda taste", while all the advantages of sour milk or cream cookery are obtained.

(Do not attempt to sour Evaporated Milk by allowing it to stand for a long time after opening the can. Evaporated Milk will not become sour as does ordinary milk or cream, because the bacteria which cause souring are not present.)
WHIPPING Evaporated Milk

Evaporated milk will whip. This makes it ideal in preparing salad dressings, mousses and other desserts. When whipped with certain additions it can be used as a garnish.

General directions.—The milk must be well chilled (below 50° F.) but should not be diluted. If it is scalded before it is chilled, it whips more readily and is somewhat stiffer.

Scalding may be accomplished in two ways, the most practical method being for the housewife to scald the milk in the unopened can. Several cans may be prepared at once and kept on hand for use. Cover the cans with cold water and boil for five minutes. Longer boiling does not increase the stiffness of the whipped milk. The other procedure is to pour the milk into a saucepan or double boiler and scald it over hot water. This prevents scorching. The film or glaze that will form on top should not be removed. It is very soft and breaks up in whipping.

In cooling the milk, it does no harm if it should accidentally freeze. After thawing it, however, make sure it is below the 50° F. mark before beginning to whip.

The milk will not "turn to butter" no matter how long it is whipped nor how many times it is chilled and re-whipped. In this respect it differs from whipping cream.

When properly handled Evaporated Milk whips surprisingly easy, increasing in volume about three times.

Preparing salad dressings, mousses and other desserts.—Follow above directions together with those given in the individual recipes.

Whipped evaporated milk as a garnish.—To produce a whip of such stiffness as to be satisfactory for garnishing—

1. Add ½ teaspoon gelatin to each cup of scalded Evaporated Milk. Soften the gelatin in 2 teaspoons of cold water and dissolve in the hot milk. Chill as usual before whipping. Or

2. Add fruit juices, crushed berries or dried fruit pulps after whipping. The acidity of the fruit gives an added stiffness and makes the whipped milk hold up for a longer period of time. Evaporated Milk whipped in this way is especially interesting as a topping for certain pies and puddings.
EQUIVALENT  WEIGHTS  AND  
MEASURES

1 cup = 8 liquid ounces
2 cups = 1 pint
2 pints = 1 quart
8 quarts = 1 peck

4 3/4 tsp. salt = 1 oz.
3 1/4 tbsp. cornstarch = 1 oz.
2 1/3 tbsp. soda = 1 oz.
2 1/2 tbsp. baking powder = 1 oz.

2 3/8 cups granulated sugar = 1 lb.
3 cups brown sugar (packed) = 1 lb.
3 cups powdered sugar = 1 lb.
1 1/2 cups molasses = 1 lb.
4 cups sifted family flour = 1 lb.
4 tbsp. sifted family flour = 1 oz.
4 cups sifted cake flour = 14 oz.
3 1/4 cups graham flour = 1 lb.
2 cups rice = 1 lb.
3 cups corn meal = 1 lb.
Allow 1 oz. uncooked cereal for each serving
1 lb. bread = 16 slices

1 sq. unsweetened chocolate = 1 oz.
3 1/2 tbsp. grated chocolate = 1 oz.
4 cups cocoa = 1 lb.
2 tbsp. cocoa = 1 oz. chocolate

1 pt. Evaporated Milk = 1 1/10 lb.
Tall can Evaporated Milk equivalent to 1 qt. bottled milk
1 cup Evaporated Milk = 3 cups whipped
2 cups butter, oils or other fats = 1 lb.
2 tbsp. butter = 1 oz.
4 cups grated cheese = 1 lb.

10 whole eggs = 1 pt.
18 egg whites = 1 pt.
24 egg yolks = 1 pt.

2 cups chopped meat (packed) = 1 lb.
5 lb. chicken = 4 1/2 cups diced
1/4 lb. meat free from bone = 1 serving

1 qt. strawberries = 3 1/2 cups whole
or 2 cups mashed fruit
2 3/8 cups currants = 1 lb.
2 3/8 cups raisins = 1 lb.
2 cups pitted dates = 1 lb.
3 cups figs (chopped) = 1 lb.
1 cup dried fruit = 1 cup cooked pulp
3 lb. spinach = 1 peck
1 3/8 qt. beans = 1 lb.
6 lb. beans = 1 peck
15 lb. potatoes = 1 peck

SOME  MARKETING  SUGGESTIONS 
FOR  SERVING  25

6 tall cans Evaporated Milk
6 lb. asparagus
6 lb. string beans
3 qt. fresh shelled beans
2 3/4 lb. dried navy beans
6 lb. broccoli
6 lb. cabbage
7 to 8 bunches carrots or
2 qt. canned or 3 lb. fresh
10 bunches celery
4 No. 2 cans corn
2 to 3 pecks of greens (including
spinach)
4 lb. mushrooms

8 bunches oyster plant
8 lb. parsnips
2 pk. green peas or 5 No. 2 cans
1/2 pk. potatoes
5 lb. onions
5 No. 2 cans tomatoes
2 to 3 lb. apricots, peaches, apples
4 to 5 lb. prunes
8 lb. rhubarb
6 qt. strawberries
6 lb. meat free from bone
1 1/2 lb. uncooked cereal
3 lb. bread
1 1/4 lb. cheese
RECIPES
SOUPS

CLAM CHOWDER

Drain liquid from clams. Save liquid. Remove any pieces of shell. Cut pork into small pieces and try out fat in a large saucepan. Add onion and cook slowly 5 minutes, then add potatoes, clam liquid and enough water to cover. Simmer until almost tender, then add milk, water, salt, pepper and butter. When potatoes are tender, add the clams, whole or cut fine. Do not cook more than 3 minutes. Add crackers just before serving. Yield: 50 servings.

CORN CHOWDER

Cut pork into small pieces and fry slowly to a golden brown in a large saucepan. Add onion and cook slowly without browning 5 minutes. Add corn, potatoes and tomatoes in alternate layers. Sprinkle with salt, sugar and pepper; then add water and cook slowly until potatoes are tender. Add Evaporated Milk and pour over crackers in soup plates. Yield: 50 servings.

CREAM OF CARROT SOUP

Cook chopped onions slowly in butter 5 minutes, without browning. Add crumbs, broth, salt, pepper and sugar. Simmer 20 minutes. Add carrots and Evaporated Milk. Reheat and serve at once. Raw carrots may be put through food chopper and cooked with the onions in meat broth. If broth is not available, dissolve 24 bouillon cubes in 2 gal. boiling water. Yield: 50 servings.

FRESH FISH CHOWDER

Haddock or cod is best. Remove bone and cut fish into small pieces. Cook head and back bone in 3 qt. boiling water 15 minutes. Strain. There should be 2 3/4 qt. fish stock. Fry salt pork and onions in chowder kettle until onions are slightly brown. Remove pork and onions and keep hot. Arrange layer of fish in bottom of kettle and sprinkle with salt, pepper and flour; add a layer of potatoes, and then the onion and pork. Repeat. Add the fish stock and cook slowly without stirring until potatoes and fish are done, about 45 minutes. Add milk heated to scalding point. Garnish each serving with chopped egg. Yield: 25 servings.
CREAM OF CHICKEN SOUP

1 cup granulated tapioca
2 1/2 gal. good strength chicken broth
1 1/2 gal. Evaporated Milk
1 onion, sliced
6 stalks celery, chopped
1 doz. hard-cooked eggs
Salt
Pepper

Add tapioca to chicken broth and cook until tapioca is transparent, stirring occasionally. Scald the milk with the onion and celery. Remove onion and celery from the milk and add the tapioca-broth mixture and the eggs chopped fine. Season with salt and pepper. Serve at once. Yield: 50 servings.

CREAM OF CORN SOUP

4 1/2 qt. canned corn
1 gal. water
2 medium onions, sliced
1 green pepper cut in rings
4 qt. Thin White Sauce
1/4 tsp. pepper
Salt
6 hard-cooked eggs

Add water, onion, and green pepper to corn, and simmer 20 minutes. Remove onions and pepper. Combine corn mixture with white sauce. Add pepper, and salt if needed. Chop eggs and add to soup just before serving. Yield: 50 servings.

CREAM OF LIMA BEAN SOUP

2 qt. lima beans
3 gal. cold water
2 medium carrots, sliced
1 large onion, sliced
1 small bunch parsley
2 1/2 tbsp. whole peppers
1 gal. Evaporated Milk
1/2 cup Worcestershire Sauce
Few drops Tabasco (if desired)
5 tbsp. salt

Wash beans, cover with water and soak for several hours. Drain. Add water and cook slowly until tender (about 1 hour). After cooking 30 minutes, add vegetables and whole peppers. When beans are tender, rub through a sieve. There should be 6 quarts of pulp and liquid. If not, add water. Combine bean pulp and seasonings with milk just before serving. Yield: 50 servings.

CREAM OF MUSHROOM SOUP

4 lb. fresh mushrooms or
4 large cans
16 chicken bouillon cubes
1 gal. water
1 onion
2 cups butter
2 cups flour
2 1/2 tbsp. salt
1/2 tsp. pepper
1 gal. Evaporated Milk

Peel mushrooms. Rinse quickly. Chop fine. Add water and finely chopped onion and boil 10 minutes. Dissolve bouillon cubes in 1 pint boiling water. Add to mushrooms. Melt butter, add flour. Stir into soup. Add salt, pepper and milk and cook until slightly thickened. One gallon chicken broth may be used in place of bouillon cubes and water. Yield: 50 servings.

CREAM OF SPINACH SOUP

4 1/2 qt. spinach
8 large onions
1 1/2 cups butter
1 1/2 gal. meat
1 1/2 qt. bread crumbs
2 tbsp. salt
Pepper
3/4 cup flour
1 1/2 cups cold water
3/4 gal. Evaporated Milk

Canned or freshly cooked spinach may be used. It should be heated and chopped or pressed through a coarse sieve. Cut onions fine and cook slowly in butter 5 minutes without browning. Add broth, bread crumbs, salt and pepper and simmer 20 minutes longer. Mix flour and cold water to a paste. Add to soup and cook 10 minutes longer. Add spinach and Evaporated Milk. Reheat and serve at once. Yield: 50 servings.
CREAM OF PEA SOUP

6 qt. canned peas
Cold water
1 medium onion
1/4 cup sugar
2 1/2 tbsp. salt
4 1/2 qt. Thin White Sauce

Drain liquid from the peas. Add water to liquid to make 5 quarts and return to peas. Add onion, sugar, and salt, and boil 5 minutes. Then rub through a sieve. There should be 6 qt. of pulp and liquid. If not, add water. Add pea mixture to hot white sauce. Yield: 50 servings.

CREAM OF TOMATO SOUP

5 1/2 qt. tomatoes
1 small bunch parsley
1 tbsp. thyme
2 1/2 bay leaves
4 tsp. whole peppers
1 tsp. cloves
1 onion, sliced
5 tbsp. sugar
5 tsp. salt
4 1/2 qt. Thin White Sauce

Boil tomatoes with all the seasonings 5 minutes, then rub through a sieve. There should be 5 qt. of liquid and pulp. If not, add water. Pour tomato mixture slowly into hot white sauce when ready to serve, stirring to blend well. If white sauce is made from milk diluted with an equal quantity of chicken or meat stock, a delicious variation results. Yield: 50 servings.

CREAM OF TOMATO SOUP

2 gal. canned tomato soup
4 3/4 qt. Evaporated Milk

Heat the soup and add slowly to the Evaporated Milk that has been scalded in the top of a double boiler, stirring vigorously. If additional seasoning is desired, 4 tbsp. sugar or 2 tbsp. salt may be added. Yield: 50 servings.

ONION AU GRATIN SOUP

16 medium onions, chopped
3/4 cup butter
3 qt. beef broth
8 1/4 qt. Evaporated Milk
Dash cayenne
Salt
Pepper
1 doz. stale rolls, cut in halves
4 cups grated cheese

Sauté onions in the butter. Add broth, boil until onions are tender, then add milk and seasonings. Pour into individual casseroles over the stale rolls. Sprinkle surface of rolls with cheese and brown under a flame. Yield: 24 servings.

OYSTER STEW

5 qt. Evaporated Milk
5 1/2 qt. water
1 small onion
1 bunch celery
Parsley
2 bay leaves
2 1/2 cups finely ground cracker crumbs
5 qt. oysters
1 1/4 cups butter
Salt
1 tsp. paprika

Scald the milk and water with the onion, celery, parsley and bay leaves 15 minutes. Remove celery, onion and bay leaves and add the crackers. Heat the cleaned oysters in their own liquid until the edges curl. Add oysters and liquid to milk mixture and season with butter, salt and paprika. Serve immediately. Yield: 50 servings.
SALADS

To prevent discoloration of fresh fruits cut for salads, sprinkle generously with lemon juice.

BANANA SALAD

13 very ripe bananas cut in halves. Sprinkle with lemon juice and roll in peanuts or grapenuts. Serve on lettuce with Creamy Salad Dressing. Yield: 26 servings.

CHICKEN SALAD

2½ pt. chopped chicken, 15 hard-cooked eggs, 2½ cups chopped celery, 2 cups Cooked or Mayonnaise Dressing. Yield: 25 servings.

COLE SLAW

Add salt, pepper and sugar to cabbage. Combine lemon juice or vinegar with milk, pour on cabbage and toss together with 2 forks until thoroughly blended. Keep cool until ready to serve. Shredded lettuce may be used in place of cabbage. Yield: 50 servings.

FROZEN CHEESE SALAD

Mash cheese. Add Mayonnaise slowly, blending well. Add whipped Evaporated Milk, fruit and lemon juice. Pour into a mold and pack with ice and salt. Serve on lettuce leaves, with or without salad dressing. Yield: 25 servings.

FROZEN FRUIT SALAD

Scald milk in double boiler. Chill. Whip until stiff. Add lemon juice and continue whipping until mixture is very stiff. Fold in the Mayonnaise lightly but thoroughly. Add fruits, folding in lightly until thoroughly distributed. Pour into a mold and pack in a 1:3 salt-ice mixture, or turn into cold freezing pans and place in an automatic refrigerator. From 2 to 5 hours are required for freezing. Cut in squares or rectangles and serve on crisp lettuce leaves with or without salad dressing. Yield: 25 servings.

PINEAPPLE CHEESE SALAD

25 large slices pineapple, spread with 2 cups cream cheese mixed with % cup nuts, ½ cup Evaporated Milk, 1 tbsp. pineapple juice, 1 tsp. sugar. Garnish with recipe Creamy Salad Dressing, green pepper and lettuce. Yield: 25 servings.
PEACH SALAD
50 halves peaches, stuffed with a mixture of 1 qt. white cherries, seedless, 1 cup nuts, 1/2 recipe Creamy Salad Dressing. Ripe olives and lettuce for garnish. Yield: 25 servings.

PEAR SALAD
25 large halves pears, stuffed with a mixture of 1 1/2 cups cream cheese, 2 cups blanched almonds, 1/2 recipe Creamy Salad Dressing. Lettuce and paprika for garnish. Yield: 25 servings.

PINEAPPLE-TOMATO SALAD
3/4 gal. raw tomatoes cut in 1 inch dice
3/4 gal. diced canned pineapple
Cooked Salad Dressing
Crisp lettuce or watercress
Combine tomato and pineapple lightly with enough salad dressing to bind together. Mixing should be done with 2 forks. Serve on lettuce leaves or watercress. Yield: 50 servings.

POTATO SALAD WITH SHRIMP
1 1/2 gal. sliced or diced potatoes
3/4 cup chopped onion
1 1/2 qt. chopped cucumber
6 small cans shrimp
24 hard-cooked eggs
2 1/4 qt. Cooked Salad Dressing
The potatoes should be boiled or steamed, and well seasoned in cooking. Mix lightly with onion, cucumber, shrimp, diced eggs and salad dressing. Yield: 50 servings.

PRUNE SALAD
75 large prunes, stuffed with 2 cups cream cheese, 1 cup chopped nuts, 1/2 recipe Creamy Salad Dressing. Serve on lettuce. Yield: 25 servings.

ROYAL SALAD
1 1/4 qt. finely shredded cabbage, 2 1/2 cups diced pineapple, 2 1/2 cups diced marshmallows, 1 cup nut meats, Creamy Salad Dressing. Serve on lettuce. Yield: 25 servings.

VEGETABLE SALAD
1 3/4 qt. green beans, 2 cups sweet wrinkled peas, 4 medium tomatoes, 2 1/2 cups chopped celery, 2 good flavored mellow apples, 1/2 recipe Creamy Salad Dressing, Cooked or Mayonnaise Dressing. Serve on lettuce. Yield: 25 servings.

WALDORF SALAD
1 1/4 qt. chopped, fine flavored apples, 1 1/4 qt. thinly sliced celery, 1/2 tsp. salt, 2 cups nut meats, 1/4 cup lemon juice, 1/2 recipe Creamy Salad Dressing. Serve on lettuce. Yield: 25 servings.
SALAD DRESSINGS

COOKED MAYONNAISE

Prepare a white sauce of the butter, flour, Evaporated Milk and water. Put the dry ingredients into the mixing bowl. Add egg yolks and mix until well blended. Then add salad oil and the hot white sauce and beat until thick and smooth. Last, add lemon juice and vinegar and beat well. 1 doz. eggs may be used in place of 2 doz. egg yolks. Yield: 1½ gal.

COOKED SALAD DRESSING

Mix dry ingredients in top of double boiler. Add egg yolks, then butter, milk and water gradually, stirring constantly to keep smooth. Cook over hot water until mixture thickens, about 20 minutes, remove from fire, cool and add vinegar. 1 doz. eggs may be used in place of 2 doz. egg yolks. Yield: 3½ qt.—50 servings.

CREAMY SALAD DRESSING

Chill and whip 2½ cups Evaporated Milk. Fold in 2 qt. Eggless Mayonnaise Dressing and ½ cup sugar, and add ½ cup fruit juice (orange or pineapple). Keep chilled until ready to serve. Yield: 50 servings.

KELLY SALAD DRESSING: Add 1 cup chopped canned peaches or apricots and 1 cup chopped white grapes to Creamy Salad Dressing recipe. Yield: 50 servings.

EGGLESS MAYONNAISE

Mix dry ingredients in a mixing bowl and add 1½ cups Evaporated Milk. Beat vigorously. Add oil, one teaspoon at a time, beating each addition thoroughly into the milk before adding the next. When mixture begins to thicken slightly, add vinegar and lemon juice alternately with oil, beating vigorously after each addition. Add the ½ cup Evaporated Milk and beat until well blended. Yield: 50 servings.
CHEESE

CHEESE SOUFFLÉ

Add cheese to hot white sauce and set over a pan of hot water until cheese melts. Blend and add well-beaten egg yolks, pepper and salt. Fold in the stiffly beaten egg whites. Combine well. Pour into oiled baking dishes and bake in a slow oven 45 minutes. Serve immediately. Yield: 25 servings.

To make Chicken Soufflé: Substitute 1 qt. finely chopped chicken for the 3 cups grated cheese.

To make Salmon Soufflé: Substitute 1 qt. finely flaked salmon for the 3 cups cheese and add ¼ cup lemon juice.

MACARONI AND CHEESE

Break macaroni into 3-inch pieces and drop into boiling water to which salt has been added. Boil until tender, about 25 minutes. Drain. Rinse with cold water. Put into a buttered baking dish. Heat Evaporated Milk over boiling water. Add cheese. Continue heating until cheese has melted. Pour over macaroni. Cover with buttered bread crumbs and brown in a moderate oven. Yield: 50 servings.

RAREBIT

Make a white sauce of the butter, flour, salt, mustard, cayenne, milk and water. Add cheese and stir until it is melted. Serve on hot, buttered toast; or cool, pour into a jar and keep in a cold place to be used as a spread for crackers. Yield: 50 servings.

CHEESE LOAF

Stale bread may be used but it should not be dry enough to be rolled. Beat eggs. Add remaining ingredients. Pour into a buttered baking dish. Set in a pan of hot water and bake in a slow oven (325°F) 1 hour. Yield: 50 servings.
EGGS

CREAMED EGGS ON TOAST

50 hard-cooked eggs
3 1/2 qts. Medium White Sauce

Add sliced, hard-cooked eggs to white sauce and heat thoroughly in a double boiler. Serve on hot buttered toast and garnish with paprika. Yield: 50 servings.

EGGS À LA GOLDENROD: Cut the hard-cooked eggs lengthwise. Remove yolks. Cut whites in strips and heat thoroughly in white sauce. Pour over hot buttered toast. Press yolks through a coarse sieve over each serving.

OMELET

25 eggs
3/4 cup flour
2 1/2 tbsp. salt
Pepper
2 1/2 cups Evaporated Milk
2 1/2 cups water
5/6 cup butter

Separate eggs. Beat yolks until lemon colored and thick, and whites until stiff. Add flour, salt and pepper to yolks and mix until smooth, then add milk and water. Fold yolk mixture thoroughly into whites. Heat butter bubbling hot in large omelet or frying pan. Pour in egg mixture. Cover and cook over a very low flame until bottom is browned, about 20 minutes. Uncover and set in a moderate oven to brown. With a spatula, fold omelet and slide onto a hot platter. Serve immediately. Finely chopped ham, crisp bacon, chicken, cheese, mushrooms or tomatoes or jelly may be used as a filling. Spread on omelet just before folding. Yield: 25 servings.

SCRAMBLED EGGS

4 doz. eggs
1 cup Evaporated Milk
1 1/2 cups water
4 tsp. salt
Pepper
1 cup butter

Beat eggs. Add milk, water and seasonings. Put butter in frying pan. As soon as butter bubbles, pour in the egg mixture. Cook slowly, stirring occasionally, until mass is firm but not hard. Serve on a hot plate. Garnish with parsley or cress. Minced cress, parsley, tomato or mushrooms folded into scrambled eggs result in very pleasing variations. Yield: 50 servings.

SCALLOPED EGGS

50 hard-cooked eggs
1 recipe Medium White Sauce
Buttered bread crumbs

Cut eggs in two, lengthwise. Remove yolks and mash. If desired, chopped meat, mushrooms or Vienna sausages may be combined with the egg yolks. Stuff into whites and arrange in a buttered baking dish. Pour white sauce over eggs and top with buttered bread crumbs. Bake in a moderate oven (350° F.) until brown and thoroughly heated. Yield: 50 servings.
FISH

CODFISH BALLS

Cook codfish and potatoes in boiling water until potatoes are tender. Put into colander to drain. Return to kettle and mash. Add butter, pepper and milk. Beat mixture thoroughly. Add salt if needed. Chill, then shape into balls and roll in crumbs and undiluted Evaporated Milk. Fry in deep fat (390° F.) hot enough to turn a 1-inch cube of soft bread golden brown in 40 seconds. Yield: 50 servings.

CREAMED OYSTERS

Clean and simmer oysters in their own liquid until plump and edges curl. Drain. Add a white sauce made of the milk, oyster liquid, water, butter, flour, and salt and pepper. Season with celery salt. Serve on toast, in timbale cases or in patty shells. Yield: 25 servings.

SCALLOPED OYSTERS

Prepare a white sauce of butter, flour, salt, pepper, water and milk. Heat oysters in own liquor in top of double boiler until edges begin to ruffle. Drain. Butter a shallow pan, cover with layers of bread crumbs and bake in a slow oven (300° F.) 15 minutes. Yield: 50 servings.

SALMON CROQUETTES

Prepare a white sauce of the first 6 ingredients. Remove bones and skin from salmon. Flake, add lemon juice, eggs and white sauce. Shape mixture into croquettes. Dip in crumbs, undiluted Evaporated Milk and crumbs. Fry in deep fat (390° F.) hot enough to turn a 1-inch cube of soft bread golden brown in 40 seconds. Drain on unglazed paper to absorb excess fat. Or place on oiled pan, sprinkle with ¾ cup oil and brown in a very hot oven (600° F.) about 5 minutes. Serve on hot platter garnished with lemon and parsley. Yield: 100 croquettes or 50 servings.

SCALLOPED FISH

Use recipe for Creamed Salmon or Tuna. Pour into buttered baking dish, cover with crumbs and brown in moderate oven.
CREAMED SALMON OR TUNA

4 lb. canned salmon or tuna
4 tsp. lemon juice
1/2 cup butter
3/4 cup flour
2 tsp. salt
Dash pepper
1 qt. Evaporated Milk
Liquid drained from the salmon or tuna and enough water to make 2 qt.

Remove skin and bone from canned salmon or tuna. Flake with a fork and add lemon juice. Prepare a white sauce of the remaining ingredients. Add salmon or tuna and heat thoroughly. Yield: 25 servings.

SALMON LOAF

3 tbsp. lemon juice
Cayenne
2 tbsp. grated onion
5 lb. canned salmon
21/2 cups Thick White Sauce
6 eggs
3 cups chopped celery (may be omitted)
1 qt. bread crumbs
1 cup water

Remove skin and bone from salmon. Add lemon juice, cayenne, and onion, then the white sauce, beaten eggs, celery and bread crumbs. Shape into a loaf and place in an oiled baking pan. Pour 1 cup of water around loaf and bake in a moderate oven until brown and firm. Serve with Tomato Cream Sauce. Yield: 25 servings.

SALMON WIGGLE

8 lb. canned salmon
3/4 cup butter
1 cup flour
1/2 gal. Evaporated Milk
1/2 gal. liquid from salmon
5 tbsp. salt
3 tbsp. lemon juice
Cayenne
1 gal. canned peas

Drain salmon, reserving liquid for white sauce. Remove skin and bones from salmon, flake with a fork and season with lemon juice. Prepare a white sauce of the butter, flour, milk, salmon liquid and salt. Add the salmon and peas and heat thoroughly. Serve on hot, buttered toast or toasted crackers. Yield: 50 servings.

MEATS

BAKED HAM

3 slices ham 2 inches thick
6 tbsp. brown sugar
3 tbsp. flour
21/4 cups water
21/4 cups Evaporated Milk

Trim off fat, cut into small pieces and mix with sugar. Rub flour into ham, then put into baking dish. Sprinkle fat-sugar mixture over top and pour water around ham. Place in a hot oven. After 15 minutes reduce to a slow oven and cook 1 hour. Add Evaporated Milk and cook 30 minutes longer. Enough milk should remain for gravy. Yield: 25 servings.

CREAMED BACON

2 1/2 lb. bacon
4 qts. Medium White Sauce

Have the bacon sliced quite thin. Pan-broil until crisp and golden brown. Prepare white sauce with bacon fat instead of butter. Chop the hot, crisp bacon and add to the sauce. Serve on toast at once because the bacon softens on standing. Yield: 50 servings.
**CREAMED CHIPPED BEEF**

- 1/2 cup butter
- 1 1/4 lb. sliced dried beef
- 3/4 cup flour
- 1 qt. boiling water
- 1 qt. Evaporated Milk
- Pepper
- 25 slices toast

Remove tough fibrous portions and undesirable yellow fat from beef. Heat butter in large saucepan until it bubbles, then add beef and cook until edges of beef curl. Remove beef and add flour to fat remaining in pan and blend well, then add water, milk and pepper. Cook 10 minutes, add beef and pour over toast when ready to serve. Garnish with parsley. Yield: 25 servings.

**BAKED HASH**

- 2 1/2 qt. chopped cold meat
- 2 1/2 cups cooked carrots
- 2 1/2 cups cooked string beans
- 2 1/2 cups cooked potatoes
- 8 onions
- 3/4 cup (scant) flour
- 3/4 cup (scant) butter
- 2 1/2 cups Evaporated Milk
- Salt
- Pepper
- Worcestershire Sauce
- 10 hard-cooked eggs

Any kind of cold meat may be used. Put it through a food chopper with the vegetables. Make a white sauce of flour, butter and milk. Stir the chopped mixture into the white sauce and stir thoroughly, seasoning with the salt, pepper and Worcestershire Sauce. Shape into a loaf and place in an oiled baking dish. Bake in moderate oven (375° F.) 30 minutes. Turn loaf onto a hot platter and decorate with sliced eggs and parsley. This is as good cold as hot. Yield: 50 servings.

**BEEF KIDNEY STEW**

- 4 lb. kidneys
- 1 cup flour
- 3/4 cup butter
- 1 1/3 tbsp. salt
- Pepper
- 1 qt. onions, chopped
- 2 qt. potatoes, diced
- 1 cup Evaporated Milk
- 1/4 cup vinegar

Cut kidneys in half and soak 45 minutes in cold salted water. Trim and skin. Cut in small pieces, place in a kettle of water and bring to a boil. Drain and blanch under cold water. Roll in flour and brown quickly in butter. Add salt, pepper, onions and potatoes, cover with boiling water and cook until tender. Add Evaporated Milk and vinegar, just before serving. Yield: 25 servings.

**CHICKEN À LA KING**

- 1 1/2 green peppers, shredded
- 3/4 lb. mushrooms
- 5/8 cup butter
- 1 1/4 cups flour
- 1 1/2 qt. chicken broth
- 1 1/2 qt. Evaporated Milk
- Salt
- Pepper
- 2 1/4 qt. cold chicken, diced
- 1 1/2 pimientos, shredded

Cook peppers and mushrooms, if they are raw, slowly in the butter 10 minutes. Cover while cooking. Remove mushrooms and peppers from fat, add flour. Blend well, then add broth. Boil until mixture begins to thicken, then add milk and seasoning. Continue boiling 5 minutes over a low flame, stirring to keep smooth. Add chicken, mushrooms, peppers and pimientos and reheat over hot water to prevent curdling. Yield: 25 servings.

**CREAMED CHICKEN**

- 2 qt. Medium White Sauce
- 2 qt. baked or boiled chicken, diced

**CHICKEN CROQUETTES**

Combine chicken with chopped vegetables. Prepare a thick white sauce of the butter, flour, milk, broth, salt and pepper. Add to the first mixture. Shape into balls. Dip in crumbs, undiluted Evaporated Milk and again in crumbs. Fry to a golden brown in deep, hot fat, or place in an oiled baking dish and brown in a hot oven. Garnish with parsley. Yield: 25 croquettes.

**LIVER CROQUETTES**

Wipe liver and cook in slightly salted water until tender, then put through food chopper. Prepare a white sauce of milk, water, butter and flour. Add seasonings, potato and liver. Chill thoroughly. Shape. Roll in bread crumbs, undiluted Evaporated Milk and again in crumbs. Fry to a golden brown in deep fat (390° F.) hot enough to turn a one-inch cube of soft bread a golden brown in 40 seconds. Drain on unglazed paper. Serve with currant or grape jelly. Yield: 50 servings.

**MEAT CROQUETTES**

Beef, lamb or veal, or a combination of these may be used. Prepare a white sauce of butter, flour, salt, milk and water. Add other ingredients in order given. Chill mixture, then shape, allowing 4 tbsp. of mixture for each croquette. Roll in crumbs, undiluted Evaporated Milk and crumbs again. Fry in deep fat (390° F.) hot enough to turn a one-inch cube of soft bread a golden brown in 40 seconds. Drain on unglazed paper to absorb excess fat. Yield: 50 servings.

**MEAT LOAF**


A nice variation results if a lengthwise row of hard-cooked eggs is placed through the center of the raw loaf.
**Sweetbread Croquettes**

Prepare a thick sauce of the butter, flour, milk and broth. Add beaten eggs, salt and paprika, then the lemon juice. Have the sweetbreads prepared in the following way: Soak in cold water for 1 hour, renewing water several times. Simmer about 30 minutes in salted water to which ½ cup vinegar has been added. Rinse in cold water. Remove all membrane. Chop fine. Add chicken and combine with the sauce. Cool mixture and shape into croquettes. Roll in fine crumbs, then in undiluted Evaporated Milk and again in crumbs. Fry in deep fat (390° F.) hot enough to turn a 1-inch cube of soft bread a golden brown in 40 seconds. Drain on unglazed paper to absorb excess fat. Serve on hot platter garnished with cress. Yield: 100 croquettes, or 50 servings.

**Gravy**

For each cup of gravy, allow 1 ½ tbsp. of drippings from roasted meat or poultry, 1 ½ tbsp. of flour and ¼ cup Evaporated Milk mixed with ¼ cup water. Add flour to hot drippings, mix to a smooth paste and cook until flour is browned. Add liquid, stirring to prevent lumping and cook 8 to 10 minutes. Should too much liquid evaporate in this time, add boiling water until gravy has proper consistency. Season with salt and pepper. Two quarts serve 25.

**Vegetables**

**Cabbage with Bacon Sauce**

Trim cabbage and cut coarsely. Cook rapidly in an open vessel in a generous amount of boiling water to which salt has been added. Cooking requires 6 to 12 minutes. Broil bacon until delicately brown and crisp. Prepare white sauce, substituting bacon fat for butter. Add chopped bacon. Drain cabbage and add sauce. Yield: 25 servings.

**Carrot Ring**

Wash, scrape and grate carrots. Boil in a small amount of water until tender. There should be 3¾ qt. carrots. Or use carrots raw. Beat eggs. Add milk, seasoning and 3 cups coarsely chopped almonds. Melt butter in ring molds. Let run around molds to grease thoroughly and pour extra butter into mixture. Fill molds. Set in a pan of water in a slow oven (325° F.) and bake until custard gives clean knife test, about 30 minutes. Yield: 50 servings.

**Creamed Carrots and Peas**

Combine cooked carrots and peas in any proportion desired. Add 6 qt. of heated vegetables to 2½ qt. Medium White Sauce. Yield: 50 servings.
CREAMED POTATOES

50 medium-sized potatoes
5 qt. boiling water
3 qt. Evaporated Milk
Water drained from potatoes and enough broth or water to make 3 qt.
1 cup butter
2 cups flour
4 tbsp. salt
Pepper
Parsley, finely minced

Pare potatoes and cook until tender in boiling, salted water. Drain and cut in 1/2-inch cubes. Have ready the white sauce prepared from milk, water, butter, flour, salt and pepper. Reheat potatoes in sauce, add parsley and serve at once. 1 1/2 gal. cold boiled potatoes may be used. Special care, however, must be taken to heat potatoes thoroughly in white sauce. Raw potatoes may be diced or cut in balls with a French vegetable cutter, steamed and then added to white sauce. Yield: 50 servings.

CORN PUDDING

Combine ingredients. Pour into buttered molds, set in a pan half filled with hot water and bake in a moderate oven until firm. Chopped green peppers or grated cheese may be added for variation. Yield: 25 servings.

SCALLOPED POTATOES WITH CHEESE

50 medium-sized potatoes
Salt
Pepper
1 1/2 cups butter
2 lb. cheese
1 1/2 qt. Evaporated Milk
2 qt. boiling water

Boil potatoes in jackets until almost done. Remove skins and dice potatoes. Arrange in a buttered baking dish in alternate layers, sprinkle with salt, pepper, bits of butter and grated cheese. Add water. Bake in a moderate oven until brown, then reduce heat to a slow oven and cook until potatoes are tender. Yield: 50 servings.

STUFFED POTATOES

50 medium-sized potatoes
1 cup butter
Salt
Pepper
3 cups Evaporated Milk
3/4 cups white and milk (may be omitted)
1 cup grated cheese (may be omitted)

Bake potatoes in a hot oven until soft, about 45 minutes. Remove potatoes to a heated bowl. This prevents sogginess. Cut a cap from the side of each potato, and immediately scoop out inside. Mash potatoes, add seasonings and milk. Fold in stiffly beaten egg whites and refill potato shell. Sprinkle top with grated cheese and set in a hot oven to brown. Serve at once. Yield: 50 servings.

STUFFED ONIONS

25 medium-sized onions
1 cup chopped ham
1 cup chopped green peppers
1/4 cup butter
2 1/2 cups bread crumbs
Pepper
2 tsp. salt
1 1/2 cups Evaporated Milk
1 1/2 cups water
1 qt. buttered bread crumbs

Skin onions and cut a slice from the top of each. Parboil until almost tender. Drain and scoop out centers. Chop onion that has been removed and combine with ham, peppers, butter and bread crumbs. Add seasonings and refill onion cups. Place in a baking dish, add milk and water. Cover with buttered bread crumbs. Bake in a moderate oven until tender. Yield: 25 servings.
Sweet Potato Croquettes

Select potatoes with smooth skins. Wash and bake in a moderate oven (375°F.) until soft. Break into halves, scrape out pulp and pass through a potato ricer. There should be 1 gallon of mashed potatoes. Add salt, butter, eggs and milk. Add the milk slowly as the consistency of sweet potatoes differs. The mixture should not be too soft to handle. Add nuts and mold into pear shaped croquettes. Roll in crumbs, undiluted Evaporated Milk and again in crumbs. Pat into shape and fry in deep fat (360°F.) about 5 minutes or until a delicate brown; or place on an oiled tin, sprinkle with oil and brown in a very hot oven (600°F.) about 5 minutes. Yield: 50 croquettes.

Sweet Potato Puffs

Bake potatoes in a hot oven (425°F.) until soft, about 25 minutes. Cut lengthwise and scoop out centers. Add butter, milk, salt, pepper and sugar. Mash and beat until creamy. Pile lightly in small cakes in a buttered pan. Make a depression in the top of each cake. Bake in a hot oven (425°F.) until brown. Fill hollows with cherry preserves. Yield: 50 servings.

Beets Piquant

Freshly cooked or canned beets may be used. Chop beets fine. Cream butter and flour and add broth. Stirring constantly, boil 3 minutes. Add chopped beets, and when hot add vinegar, sugar and salt. Add Evaporated Milk and serve at once, garnished with chopped parsley. Yield: 50 servings.

Spinach in Cream

Wash spinach carefully to remove all grit. Cook in an uncovered kettle without addition of water 10 minutes. Press spinach through a coarse sieve and season with salt, pepper and Evaporated Milk (about 1 cup concentrated Evaporated Milk to each quart of sieved spinach). Yield: 25 servings.

Scalloped Spinach

Freshly cooked or canned spinach may be used. Chop spinach fine and add all ingredients except the crumbs. Put the mixture into a buttered baking dish. Cover with the crumbs. Bake in a moderate oven (350°F.) until brown, about 15 minutes. 1½ qt. grated cheese may be added if desired. Yield: 50 servings.
SCALLOPED CABBAGE

Arrange cooked cabbage in layers in a baking dish, alternately with crisp bacon, ham, green pepper, and grated cheese. Add the white sauce and cover with buttered bread crumbs. Brown in a moderate oven.

ASPARAGUS RING

Clean asparagus and cut in 1-inch pieces. Cook until tender in boiling salted water. Make a white sauce of the butter, flour, salt, pepper, milk and water. Pour sauce onto well beaten egg yolks. Cool, fold in the stiffly beaten egg whites and the asparagus. Place in well-greased ring molds, set in a pan of boiling water and bake in a slow oven (300° F.) until set, about 40 minutes. Remove to hot platter, place cooked peas or cauliflower in center and serve with white sauce. Yield: 50 servings.

SAUCES FOR FISH, MEATS AND VEGETABLES

THIN WHITE SAUCE

Melt butter. Add flour, salt, and pepper, and mix thoroughly. Do not allow flour to brown. Add water and boil until smooth and thick, stirring constantly. Add Evaporated Milk and continue cooking about 10 minutes. Yield: 1 gal.

To make Medium White Sauce (for creamed vegetables, meat and fish) increase flour to 2 cups.

To make Cheese Sauce: Combine hot White Sauce with 3 qt. grated cheese.

To make Egg Sauce: (for boiled fish) Combine hot White Sauce with 1 doz. chopped hard-cooked eggs.

THICK WHITE SAUCE

Prepare in the same manner as Thin White Sauce Yield: 1 qt.

Note: Bacon or chicken fat may be used in place of butter for making white sauce.
**Cold Sauce for Fish**

1 qt. Evaporated Milk  
2 cups mayonnaise  
1 tsp. salt  
1/2 tsp. paprika  
2 cups diced cucumber or  
1/2 cup chopped pickle  

Scald milk in top of double boiler. Cool, then chill in bowl surrounded by chipped ice and salt. Whip until stiff. Fold rest of ingredients into whipped milk. Yield: 50 servings.

**Hot Sauce for Fish**

1 1/2 cups butter  
1 1/2 cups flour  
1 1/2 qt. Evaporated Milk  
1 1/2 qt. boiling water  
5 tbsp. lemon juice  
2 tsp. salt  
Pepper  
16 egg yolks or 8 eggs  

Prepare a white sauce of butter, flour, milk and water. Add lemon juice, salt and pepper. Add a little of hot mixture to beaten egg yolks, then stir into sauce and cook 2 minutes longer. Yield: 50 servings.

**Horseradish Sauce**

1 cup butter  
1 cup flour  
1 qt. Evaporated Milk and  
1 qt. water, mixed  
4 tsp. salt  
1 1/2 cups horseradish  

Melt butter, add flour. Mix well, add diluted milk and boil 1 minute. Then add salt and horseradish. Serve immediately. Yield: 1/2 gal.—50 servings.

**Mock Hollandaise Sauce**

1/2 cup butter  
1 cup flour  
1 1/2 qt. Evaporated Milk  
4 tsp. salt  
1 tsp. pepper  
Cayenne  
16 egg yolks  
4 cups butter  
1/2 cup lemon juice  

Prepare a white sauce of 1/2 cup butter, the flour, milk, salt, pepper and cayenne. Remove from fire and stir in beaten egg yolks. Add the 4 cups butter bit by bit, then the lemon juice. May be served with fish or is an excellent sauce for broccoli or asparagus. Yield: 1 1/2 qt.—50 servings.

**Mushroom Sauce**

1 1/2 cups butter  
1 1/2 cups flour  
1 1/2 qt. meat stock  
1 1/2 qt. Evaporated Milk  
2 tbsp. salt  
1 1/2 tsp. pepper  
1 1/2 qt. canned mushrooms  

Make a sauce of the butter, flour, meat stock, Evaporated Milk, salt and pepper. After boiling 5 minutes add the chopped mushrooms. Serve with vegetables or steaks. If meat stock is not available use 6 bouillon cubes dissolved in 1 1/2 qt. boiling water. Yield: 50 servings.

**Soubise Sauce**

1 cup butter  
1 cup flour  
1/2 gal. chicken or meat broth  
1 qt. Evaporated Milk  
2 tsp. salt  
Pepper  
3 qt. sliced onion  

Make a white sauce of the butter, flour, broth, milk and seasonings. Cook the onion until tender (about 15 minutes) in 8 qt. boiling water to which 2 1/2 tbsp. salt have been added. Drain and rub through a sieve. Add onion pulp to sauce when ready to serve. Good with veal, mutton, pork or hard-cooked eggs. Yield: 1 gal.—50 servings.
Parsley Sauce

Melt butter. Add flour, salt and pepper and blend well. Do not let flour brown. Add water and boil 2 minutes, stirring constantly. Add milk and continue cooking 5 minutes, stirring occasionally. Dissolve bouillon cubes in hot sauce. Add parsley just before serving. Yield: 3½ qt.—50 servings.

Tomato Cream Sauce

Add the seasoning to the tomatoes and simmer 15 minutes; rub through a sieve, add the soda and pour into white sauce gradually. Serve with baked fish or any fish or meat loaf. Yield: 2¼ qt.

Breads

Biscuit


To make Drop Biscuits: Use biscuit recipe, increasing the milk to 2½ cups and water to 2¼ cups. Drop soft dough by tablespoonfuls onto oiled pan.

To make Cheese Biscuit: Add 1½ cups grated cheese to Biscuit recipe, working it in with the fat.

To make Sour Milk Biscuits: Omit the baking powder and use 2 tsp. soda. Add ¼ cup vinegar to the diluted milk. Increase fat to 1½ lb.

To make Shortcake: Increase fat in Biscuit recipe to 1 lb. 2 oz. Cut dough with large biscuit cutter or half fill greased muffin rings. Place half of biscuits on oiled baking sheet, brush with melted butter and cap with remaining biscuits. When baked, lift off caps, pour on melted butter, then fruit. Replace caps and add more fruit. 1 gal. of sweetened crushed berries or peaches is required for this shortcake.

CORN BREAD
3 qt. corn meal
2 tbsp. soda
4 tbsp. salt
6 eggs
1½ qt. Evaporated Milk
1½ qt. water
¾ cup vinegar
1½ cups bacon fat

Sift dry ingredients. Beat eggs. Add milk, water and vinegar. Add to dry ingredients. Melt fat and stir into mixture quickly, then pour batter in a thin layer into baking pans and bake in a hot oven about 20 minutes. Corn bread should not be made thicker than ½ inch. Yield: 50 servings.

PLAIN MUFFINS
3 lb. pastry flour
3 oz. baking powder
6 oz. sugar
1½ oz. salt
5 eggs
2⅛ cups Evaporated Milk
2⅛ cups water
6 oz. fat

Sift dry ingredients into mixing bowl. Beat eggs, add milk, water and melted fat. Stir liquid quickly into dry ingredients. If speed is used in this stirring, a fine textured muffin will result. Pour batter instantly into oiled tins. Bake in a hot oven (425° F.) 15 to 25 minutes, depending on the size of muffins. Compact and ill shaped muffins result from too much stirring. Yield: 50 medium-sized muffins.

To make Corn Meal Muffins: Substitute ¾ lb. of corn meal and 2½ lb. of pastry flour for 3 lb. pastry flour in recipe for Plain Muffins.

To make Currant Muffins: Increase sugar to 9 oz. and add 2 cups of currants to the recipe for Plain Muffins.

To make Graham Muffins: Substitute 1⅛ lb. of graham flour and 1½ lb. of pastry flour for 3 lb. pastry flour in recipe for Plain Muffins. ½ lb. raisins or dates and 2 oz. more sugar may be added for variation.

To make Sour Milk Muffins: Reduce the baking powder to 2 tbsp. and add 2 tsp. soda to dry ingredients. Add ¼ cup vinegar to liquid ingredients.

PLAIN ROLLS
1 lb. sugar
3 oz. salt
1 lb. fat
3 qt. hot water
3 qt. Evaporated Milk
4 oz. yeast
13-14 lb. bread flour

Add sugar, salt and fat to the hot water. When fat is melted and sugar dissolved, add milk. Cool to 85° F., add yeast that has been softened in 1 cup lukewarm water. Mix thoroughly and add the flour gradually, mixing in at a medium speed. Knead until smooth and elastic at low speed. Prove at a temperature of 86 to 90° F., until a little more than double in bulk. This requires about 2 hours. Punch. Allow about 15 minutes to spring, then shape. Place in proofing oven having a temperature of 88 to 90° F. Let rise to double in bulk, about 45 minutes. Bake in a hot oven (425° F.). Brush top with melted butter. Yield: 18 dozen rolls.

SWEET ROLLS
To make Sweet Rolls, double the amount of fat and sugar in recipe for Plain Rolls and proceed in the same way. Butterflies, neckties, twists, cinnamon rolls, scrolls, and snails may be made from this dough. Yield: 21 dozen rolls.
GRIDDLE CAKES


To make Sour Milk Griddle Cakes: Omit baking powder and add 2 1/2 tsp. soda. Combine 5 tbsp. vinegar with the milk.

COFFEE CAKE

Soften yeast in lukewarm water. Add fat, sugar and salt to milk, which has been diluted with the water. The liquid should be cooled to about 86° F. (which is not quite lukewarm). Add yeast and well beaten eggs and mix thoroughly, then add flour to make a stiff batter. Beat thoroughly 10 minutes. In a warm place (about 86° F.) free from draughts of air, let rise about 1 1/2 hours. Beat again and add currants. Pour into buttered pans. Sprinkle top with sugar-cinnamon mixture and let rise in a warm place, preferably a closed container that has a pan of warm water underneath to supply steam, and to keep the outer surface moist. Let rise until bulk has increased 2 1/4 times. This will be accomplished in 40 to 45 minutes if the temperature of rising is around 90° F. Bake in a hot oven (425° F.). Total time of making and baking should not require more than 4 hours. Yield: 4 coffee cakes or 48 servings.

DUTCH APPLE CAKE

Sift flour, then measure. Resift with salt, baking powder and sugar. Rub fat into flour mixture until appearance is like coarse corn meal. Beat egg and add milk and water. Stir liquid quickly into dry ingredients. Just as soon as every trace of flour disappears turn into oiled baking pans, spreading dough to 1 inch thickness. Pare and core apples and slice thin. Lay slices of apple on top in rows with the sharp edges pressed into the dough. Sprinkle with sugar and cinnamon. Bake in a moderate oven (375° F.). Serve with Lemon Sauce. Yield: 50 servings.

WHITE NUT BREAD

Beat eggs. Add sugar and continue beating until light colored and fluffy. Add milk and water. Sift flour, then measure. Resift with baking powder and salt into first mixture. Add nuts with last few stirs. Bake in a moderate oven (375° F.) about 1 hour. Yield: 2 loaves.
**Whole Wheat Nut Bread**

Sift flour, then measure. Resift with graham flour, baking powder, soda, salt and sugar. Add raisins and nuts. Combine milk, water and vinegar and stir into first mixture. Pour into well oiled bread pans and bake in a moderate oven (375° F.) 30 minutes. Yield: 2 loaves.

**Waffles**

Sift flour with salt, baking powder, and sugar. Add milk, water and melted butter to beaten egg yolks. Stir liquid quickly into dry ingredients until the flour just disappears. Fold in stiffly beaten whites lightly, but thoroughly. Pour batter into hot, greased waffle iron. Bake to a golden brown. A thin waffle is desirable. Serve hot. Yield: 50 waffles.

**French Toast**

Beat eggs, add salt, sugar, milk and water. Soak bread in the mixture until quite soft. Cook on a hot, well greased griddle, browning well on both sides. Yield: 50 servings.

**Desserts**

**Apricot Bavarian**

Add sugar to apricot pulp and set in a cold place to dissolve, stirring occasionally. Soak gelatin in cold water. Dissolve over boiling water. Cool slightly. Add to apricot mixture. Whip the chilled milk. Add lemon juice, then fold in the apricot-gelatin mixture. Pour into molds and let stand in cold place to set. Yield: 50 servings.

**Baked Custard**

Beat eggs. Add sugar, salt and milk. Beat well, then add water and vanilla. Pour into custard cups rinsed in cold water. Sprinkle top with nutmeg. Set cups in a pan half filled with hot water. Bake in a slow oven until firm or until an inserted knife comes out clean. Yield: 50 servings.

To make Caramel Custard: Increase the sugar to 2 1/4 lb. Caramelize the sugar and dissolve caramel in the boiling water. Beat eggs, add milk, caramel sirup and flavoring. Then proceed as in making any custard.
SOFT CUSTARD

2½ doz. eggs  
1½ lb. granulated sugar  
1½ tsp. salt  
3 qt. Evaporated Milk  
3 qt. boiling water  
2 tbsp. vanilla

Beat eggs. Add sugar and salt. Add milk, then boiling water. Stir until sugar is dissolved. Stirring constantly, cook in a double boiler until custard coats a metal spoon. Remove from fire at once, add flavoring and cool. Almond is a favorite flavoring and 1 qt. brown sugar may be substituted for the 3 cups granulated sugar to give a pleasing variation. Delicious served with sliced oranges and as a sauce for Chocolate Blanc Mange and many other desserts. Yield: 50 servings.

Caramel Blanc Mange

2 lb. sugar  
3/4 tsp. salt  
2½ qt. water  
2½ qt. Evaporated Milk  
9 oz. cornstarch  
9 egg yolks  
4 oz. butter

Caramelize the sugar. Add 2 qt. water slowly and boil until caramel dissolves. Add salt. Make a smooth paste of cornstarch and the remaining ½ qt. water. Add slowly to caramel mixture. Boil until mixture thickens. Combine milk with well-beaten egg yolks. Pour slowly into caramel mixture, stirring constantly. Cook 10 minutes longer. Add butter just before removing from fire. Serve warm or cold. Caramel Blanc Mange may be chilled in individual molds and served with caramel sirup. Yield: 50 servings.

Caramel Charlotte Russe

2½ qt. Evaporated Milk  
5 tbsp. gelatin  
1/4 cups cold water  
5 cups sugar  
2½ cups boiling water  
Salt  
1½ tbsp. vanilla

Scald Evaporated Milk in top of double boiler. Cool, then chill in a bowl surrounded by chipped ice and salt. Soften gelatin in cold water and set over hot water to dissolve. Caramelize the sugar, add the boiling water slowly and cook until the caramel is dissolved. Add salt. Cool slightly and add dissolved gelatin. Whip milk stiff. When the gelatin mixture begins to thicken, fold in the whipped milk and vanilla. Pour into a mold. To make a more elaborate dessert: Add 2½ lb. blanched, chopped almonds to mixture and line the mold with lady fingers. Yield: 50 servings.

Chocolate Blanc Mange

1½ lb. bitter chocolate  
3 qt. water  
1½ cups cornstarch  
1 qt. sugar  
1 tbsp. salt  
1 qt. cold water  
12 eggs  
3 qt. Evaporated Milk  
3 tbsp. vanilla or orange extract, or  
2 tbsp. almond extract

Melt chocolate over hot water. Add water and continue heating until mixture is smooth. Make a smooth paste of cornstarch, sugar, salt and cold water. Pour slowly into hot chocolate mixture. Cook until mixture thickens, about 20 minutes. Beat eggs thoroughly, add milk and pour slowly into chocolate mixture, stirring constantly. Continue cooking about 10 minutes. Remove from fire, add flavoring and pour slowly into molds. Chill before serving. Yield: 50 servings.
**CHOCOLATE BREAD PUDDING**

10 oz. bitter chocolate
2 1/2 cups boiling water
3 1/2 cups sugar
2 1/2 qt. hot water
2 1/2 qt. Evaporated Milk
10 eggs
2 1/4 tsp. salt
5 tsp. vanilla
2 1/2 qt. stale bread cut in half inch cubes

Melt chocolate over hot water. Add boiling water slowly, then sugar and hot water and cook until blended. Beat eggs, add milk and pour into chocolate mixture, stirring vigorously. Add salt and flavoring and pour over the bread cubes which have been put into a buttered baking dish. 2 1/2 cups nuts may be added if desired. Set in a pan of hot water and bake in a moderate oven (350° F.) about one hour, or until set and slightly browned. Yield: 50 servings.

**CREAM PUFFS**

1 qt. boiling water
2 cups butter
1 qt. bread flour
16 eggs

Put water and butter in saucepan. Bring to boil, add flour all at once and stir vigorously until paste leaves the sides of pan. Remove from fire and add eggs one at a time. Beat thoroughly after addition of each egg. Drop by spoonfuls into well oiled muffin tins. Bake 40 minutes in a hot oven (400° F.). With a sharp knife make a cut in each puff large enough to admit cream filling. Yield: 50 puffs.

**CREAM FILLING**

1/2 tsp. salt
3 cups sugar
1 1/3 cups flour
1 1/3 qt. water
8 eggs
2 3/4 cups Evaporated Milk
1/2 cup butter
2 tsp. vanilla extract
2 tsp. orange extract

Mix the dry ingredients and add the boiling water, stirring to mix well. Stirring constantly, boil until the mixture thickens. Beat eggs, add Evaporated Milk and stir into first mixture. Cook about 10 minutes longer. Add butter. Cool and add flavoring. Yield: Filling for 50 large-sized cream puffs.

**DAYTONA PUDDING**

1 1/2 lb. graham flour
1 1/2 oz. baking powder
1/2 oz. salt
1/2 lb. butter
1 1/4 lb. sugar
3 eggs
1 pt. Evaporated Milk and
1 1/2 pt. water, mixed
4 oz. broken walnut meats

Sift flour, baking powder, and salt, returning any bran remaining in sifter to sifted mixture. Cream butter and sugar, add slightly beaten eggs and continue mixing until mass is thoroughly creamed. Add dry ingredients alternately with diluted milk, beginning and ending with dry ingredients. Add nuts and stir just enough to distribute. Bake in moderate oven (375° F.). Serve with Raisin Sauce. Yield: 50 servings.

**TAPIOCA PUDDING**

3 qt. Evaporated Milk
3 qt. boiling water
1 1/4 cups tapioca
2 doz. eggs
1 1/2 tsp. salt
2 cups sugar
1/3 cup vanilla

Pour 2 qt. milk and the water into double boiler. Add tapioca and cook over boiling water until tapioca is transparent. Beat egg yolks, add the salt, sugar and remaining 1 qt. milk. Stir into hot tapioca and cook 15 minutes longer. Remove from fire and fold in stiffly beaten egg whites and flavoring. Chill before serving. Yield: 50 servings.
LEMON BREAD PUDDING

LEMON MIXTURE: Heat 1 cup of lemon juice and 1 1/4 cups of butter to boiling point. Add 5 cups sugar and pour slowly over 15 beaten eggs. Cook over hot water until mixture thickens.

Pour Lemon Mixture over bread crumbs and let stand 10 minutes. Add beaten eggs, sugar, salt, lemon rind, milk and water. Pour into buttered pudding molds, cover and steam 1 1/2 hours. Serve with Sterling Sauce. Yield: 50 servings.

ORANGE BAVARIAN

Soak gelatin in 1 1/4 cups orange juice and dissolve over hot water. Combine remaining 7 1/2 cups orange juice with sugar. Add gelatin and set in cold place about 20 minutes, stirring occasionally to help dissolve sugar. Scald milk in double boiler. Chill. Whip until stiff, add lemon juice, then fold in the whipped orange-gelatin mixture. Pour into molds to set. Yield: 50 servings.

STRAWBERRY BAVARIAN

Hull and wash berries. Press through a coarse sieve or ricer. Add sugar and set in a cold place to dissolve. Stir occasionally. Soak gelatin in cold water. Dissolve over boiling water. Cool slightly. Add to strawberry mixture. Whip the chilled milk. Add lemon juice, then fold in the berry-gelatin mixture. Pour into molds and let stand in cold place to set. Yield: 50 servings.

BAKED RICE

Wash rice and steam in the milk and water for at least 1 hour. Add sugar, salt and flavorings and turn into well-buttered shallow pans. Bake in a slow oven 1 hour. Yield: 50 servings. Raisins that have been thoroughly washed may be added just before pouring rice into baking pan.

To make Rice Custard Pudding: Use 1/2 the Baked Custard recipe and add 6 cups boiled rice. Bake as for Plain Custard.
SAUCES FOR DESSERTS

DATE SAUCE

Cream butter and stir in sugar gradually, adding Evaporated Milk as mixture gets stiff. Add vanilla, dates and salt. If too stiff, add more Evaporated Milk. Serve as a filling, frosting or sauce. Yield: 50 servings.

FOAMY SAUCE

Mix flour, salt and sugar together until smooth, then add boiling water. Boil 3 minutes. Pour hot mixture slowly over well-beaten eggs, stirring vigorously to prevent lumping. Cook over hot water 5 minutes longer. Add butter and flavoring. Chill, and when ready to serve, fold into stiffly whipped Evaporated Milk and mix thoroughly. Yield: 50 servings.

HARD SAUCE

Cream ¼ cup butter, add 3 cups confectioner’s sugar and blend thoroughly. Slowly add concentrated Evaporated Milk until mixture is light and fluffy (about ¼ cup Evaporated Milk). Add 2 tsp. vanilla. Keep cold until ready to serve. Yield: 25 servings.

¾ cup chopped raisins added to Hard Sauce offers a delightful variation for certain puddings.

STERLING SAUCE

Cream butter, add sugar gradually, and continue creaming until smooth and fluffy. Stir in the milk and flavoring. Yield: 25 servings.

RAISIN SAUCE

Rub cornstarch and sugar together until smooth. Pour on boiling water and stir vigorously to keep smooth. When sauce has thickened, add the raisins and simmer 10 minutes. Add butter just before removing from fire. Yield: 50 servings.
FROZEN DESSERTS

Seven and a half quarts of frozen dessert will serve 50.

1:6 salt-ice mixture is used in freezing.

APRICOT MOUSSE

2 qt. dried apricots
2 qt. hot water
1 qt. sugar
1 pt. water
16 egg whites
5½ cups Evaporated Milk
½ cup lemon juice

Wash apricots very quickly in cold water. Drain, add hot water and soak 2 hours. Cook 5 minutes in same water in which fruit is soaked, then press through potato ricer or coarse sieve. There should be 1 cup pulp and sirup. Cool, then chill for about 15 minutes in the refrigerator. Boil sugar and water together until mixture threads. Pour hot sirup over stiffly beaten egg whites and beat until smooth. Chill in refrigerator 10 to 15 minutes. In the meantime, scald milk in double boiler. Cool, then chill in bowl surrounded by chipped ice and salt. Whip until stiff, add lemon juice and continue whipping until mixture becomes very stiff. Combine apricot pulp with whipped milk, folding together lightly. Add egg white-sirup mixture, folding in lightly but thoroughly. Turn into cold freezing pans and place in automatic refrigerator, or pour into molds and pack in a 1:1 salt-ice mixture. Requires 3 to 8 hours to freeze. Yield: 50 servings.

BANANA SHERBET

2 1/2 qt. banana pulp
(about 2 1/2 doz. bananas)
5½ cups sugar
2 qt. Evaporated Milk
2½ cups orange juice
½ tsp. salt

Select full, ripe bananas, well flecked with brown spots. Remove peelings, and outside fibrous portion. Press bananas through a coarse sieve. Combine ingredients in order given. Let stand in cold place ½ hour before freezing. (If ¼ cup lemon juice is added to ingredients given above and orange juice is increased to 5 cups and sugar to 7½ cups, another very excellent sherbet results.) Yield: 50 servings.

COCOA MILK SHERBET

1 ½ cups cocoa
3 ½ cups sugar
1 ¼ tbsp. flour
7 ½ cups boiling water
5 eggs
5 tbsp. butter
1 ½ tbsp. vanilla
2½ qt. Evaporated Milk

Rub cocoa, sugar and flour together in top of double boiler until well blended. Add boiling water and simmer directly over fire 5 minutes. Pour cocoa mixture over well beaten eggs, stirring vigorously to prevent curdling. Return to double boiler, add butter and cook over hot water 2 minutes longer. Cool, add vanilla and Evaporated Milk. Freeze. Yield: 7½ qt., 50 servings.

MAPLE NUT SHERBET

4 lb. maple sugar
2 qt. water
8 eggs
½ tsp. salt
½ cup butter
2 cups finely chopped nuts
2 qt. Evaporated Milk
1 qt. water

Cook maple sugar and water to 2 qt. sirup, then pour over the well beaten eggs, stirring vigorously. Add salt and butter and cook over hot water 5 minutes. Cool. Add nuts, milk and water. Freeze. Yield: 50 servings.
**Orange Sherbet**

Boil sugar and water until there are $2{1/2}$ qt. of sirup. Add orange and lemon juice. Chill. Pour cold Evaporated Milk into ice cream can. Add orange mixture slowly to the milk and freeze. Yield: 50 servings.

**Peach Sherbet**

Select ripe, fine flavored peaches. Peel, seed and chop pulp fine. Add sugar and water to pulp, then milk and vanilla. Stir until well blended. Let stand in a cold place $1/2$ hour. Strain through a coarse sieve into ice cream can. Almost all the peaches should pass through the sieve. Freeze. Yield: 50 servings.

**Pineapple Sherbet**

Pour chilled Evaporated Milk into ice cream can. Add sugar, water and lemon juice to pineapple, then add pineapple mixture slowly to the milk. Freeze. Yield: 50 servings.

**Prune Mousse**

Wash prunes quickly in cold water. Cover with $3/4$ gal. of water and soak several hours. Cook slowly about 20 minutes in water in which prunes are soaked. Drain off juice. There should be 3 cups, if not add water. Cool prunes and pit. Press through a coarse sieve or ricer. There should be $1{1/2}$ qt. of prune pulp. Add rest of ingredients and stir thoroughly to dissolve sugar. Chill about 20 minutes in refrigerator. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Fold prune mixture lightly but thoroughly into the whipped milk. Turn immediately into cold freezing pans and place in refrigerator. Requires 7 or 8 hours to freeze. Yield: 50 servings.

**Strawberry Ice Cream**

Chill Evaporated Milk. Mash the hulled, washed berries and put through a potato ricer or coarse sieve. There should be 2 cups of pulp and juice. Add sugar and let stand 20 minutes to dissolve. Add lemon juice and salt; then pour strawberry mixture into chilled Evaporated Milk. Freeze. Yield: 25 servings.
SAUCES FOR ICE CREAM

**Butterscotch Sauce**

- 1 1/4 cups brown sugar
- 2/3 cup corn sirup
- 4 tbsp. butter
- 1/3 cup Evaporated Milk

Boil sugar, sirup and butter to a thick sirup (236° F.). Cool and stir in Evaporated Milk. Yield: 1 1/2 cups, 10 servings.

**Chocolate Sauce**

- 9 sq. bitter chocolate
- 3/4 cup water
- 3 cups sugar
- 1 1/2 cups white corn sirup
- 3 cups Evaporated Milk
- 1 tbsp. vanilla

Melt chocolate over hot water. Add water slowly, stirring until smooth. Add sugar and sirup. Boil to 234° F. (very soft ball when tested in cold water). Remove from fire, add milk and vanilla. Yield: 50 servings.

**Maple Pecan Sauce**

- 1 cup butter
- 1 1/2 qt. sugar
- 1 pt. water
- 1/2 cups corn sirup
- 1 pt. Evaporated Milk
- 2 tbsp. mapleine
- 1 qt. chopped pecans

Melt butter, add sugar, water and sirup and boil to 232° F. Remove from fire, add milk slowly, then flavoring and nuts. Yield: 50 servings.

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CAKES AND COOKIES

In mixing cake batter, add dry ingredients and milk alternately, beginning and ending with dry ingredients. Bake all cakes at a temperature of 350-375° F. Cake pans should be oiled and lined with waxed paper. The paper should be removed as soon as the cake is taken from the oven. If more convenient, cakes may be baked in cups or muffin tins instead of layers.

**Cooking Cake at High Altitudes:** For every 2,500 ft. altitude reduce each cup of sugar 2 tbsp., estimating the change beginning at 2,500 ft. Bake at a slightly increased temperature. For 5,000 ft. use 360° F., for 7,500 ft. use 365° F. instead of 350° F.

**Plain Cake**

- 2 1/2 lb. pastry flour
- 2 1/2 oz. baking powder
- 1/4 oz. salt
- 1 1/2 oz. fat
- 2 1/2 lb. sugar
- 8 eggs
- 1 pt. Evaporated Milk and 1 pt. water, mixed
- 1 tbsp. vanilla

Sift flour, baking powder and salt together. Cream fat and sugar thoroughly. Add eggs and continue creaming until light colored and fluffy. Add dry ingredients alternately with diluted milk, then the flavoring. Yield: Twelve 9-inch layers or 10 doz. cup cakes. Orange juice, or the juice of canned pineapple may be used in place of the water.

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CHOCOLATE CAKE

Sift flour, baking powder, soda and salt together. Cream fat and sugar thoroughly. Add eggs and continue creaming until light colored and fluffy, then add melted chocolate and stir until well blended. Add dry ingredients and diluted milk alternately, then the flavoring. Yield: Eight 8-inch layers.

DATE CAKE

Add vinegar to Evaporated Milk. Sift flour, then measure. Resift with other dry ingredients. Cream butter. Add sugar and continue creaming until sugar granules are almost dissolved. Add beaten eggs. Add dry ingredients alternately with milk. Add sliced dates and chopped nuts with last few stirs. Baking requires about 1 hour. Yield: 2 large cakes.

DEVIL'S FOOD CAKE

Sift flour, then measure. Resift with other dry ingredients twice. Cream butter and sugar thoroughly. Add beaten egg yolks and continue creaming until light colored and fluffy, and free from sugar granules. Add chocolate that has been melted over hot water and stir until well blended. Add dry ingredients alternately with the liquid, beginning and ending with dry ingredients. Fold in stiffly beaten egg whites, then add vanilla. Bake in layer or tube cake pans. Frost with Chocolate, Mocha or White Frosting. Yield: 2 large cakes.

GINGERBREAD

Make a smooth paste of spices and boiling water. Let stand 5 minutes, then add Evaporated Milk. Sift flour, then measure. Resift with salt and baking powder. Cream butter and sugar until free from sugar granules. Add eggs and beat until light colored and fluffy. Add soda to molasses and stir into creamed mixture, then add flour and milk mixtures alternately, beginning and ending with flour. Serve with Raisin Hard Sauce. Yield: 30 servings.
**Silver Cake**

Sift flour, baking powder and salt together. Cream fat until soft, then add sugar and cream until white and smooth. Add unbeaten egg whites and beat until mixture has the appearance of softened marshmallow. Add dry ingredients and diluted milk alternately, then the flavoring. Yield: Eight 8-inch layers, or 2 large sheets or 4 squares.

**Spice Cake**

Sift flours, baking powder, and salt together. Cream fat and sugar thoroughly. Add eggs and continue creaming until light colored and fluffy, then add soaked spices. Add dry ingredients and diluted milk alternately. Yield: Eight 8-inch layers.

**Butterscotch Cookies**

Sift flour, then measure. Resift with cream of tartar and soda. Cream fat and sugar, add egg and milk and continue creaming. Add flour mixture and stir until flour just disappears. Add vanilla, nuts and dates. Form into a roll and wrap in waxed paper. Chill dough thoroughly, then slice with a sharp knife. Place on a greased baking sheet and bake in a hot oven (400°F.). Yield: 4 dozen cookies.

**Oatmeal Cookies**

Sift flour, then measure. Resift with soda, salt and spices. Add rolled oats. Cream the fat until plastic, add sugar gradually and continue creaming until free from sugar granules. Add beaten eggs. Combine Evaporated Milk with water and add alternately with dry ingredients to first mixture, beginning and ending with dry ingredients. Add raisins and nuts with last few stirs. Drop from a teaspoon onto an oiled baking sheet. Bake in a moderate oven (375°F.). Yield: 6 dozen cookies.
FRUIT COOKIES

Cream butter. Add sugar and cream thoroughly. Add eggs. Beat well, then add Evaporated Milk, combined with vinegar. Sift flour, then measure. Resift with soda and salt into first mixture. Add nuts and raisins with last few stirs. Drop from a teaspoon onto an oiled baking sheet. Bake in a hot oven (400° F.) 10 minutes. Yield: 8 dozen small cookies.

MARBLE COOKIES

Cream butter, add sugar and cream until light and fluffy. Add egg, Evaporated Milk and vanilla and beat well. Stir in melted chocolate. Sift flour, then measure. Resift with baking powder and salt. Stir into first mixture. To make Pinwheels: Place a layer of plain cooky dough on a layer of chocolate. Roll like jelly roll, chill and slice thin. Bake in a hot oven (400° F.) 10 minutes. To make Ribbon Cookies: Pack alternate layers of the chocolate and plain dough in a layer cake or bread pan. Chill, slice thin and bake in a hot oven. Yield: 8 dozen cookies.

PAPER THINS

Have pans and oven ready so that cookies can be baked immediately after mixing. Cream butter and sugar until sugar granules are dissolved. Add eggs, Evaporated Milk and vanilla. Stir until thoroughly mixed. Sift flour, then measure. Resift with soda and baking powder and salt. Stir into first mixture. Handle with as little flour as possible. Pull off small pieces of dough and press with palm of hand on greased baking sheet to shape. Bake in a hot oven (400° F.) 10 minutes. Yield: 8 dozen cookies.

SOFT GINGER COOKIES

Cream fat and sugar thoroughly. Add egg and molasses. Beat well. Add vinegar to Evaporated Milk, then pour into first mixture. Blend well. Sift flour, then measure. Resift with other dry ingredients into mixture. Drop from teaspoon onto oiled baking sheet. Bake in a moderate oven (375-400° F.) about 15 minutes. Yield: 5 dozen cookies.
SOUR CREAM COOKIES

1 cup butter
1 1/2 cups sugar
1 cup Evaporated Milk
1 tbsp. vinegar
1/2 tsp. vanilla
1/2 tsp. lemon extract
3 cups flour
1/2 tsp. salt
1 tsp. soda
Almonds

Cream butter, add sugar and continue creaming until free from sugar granules. Combine Evaporated Milk and vinegar and add to butter-sugar mixture. Add flavoring. Sift flour, then measure. Resift with salt and soda into first mixture. Drop from end of a spoon onto a well oiled baking sheet. Press half an almond in center of each cookie. Bake in a hot oven (400° F.) 10 minutes. Yield: 4 dozen large cookies.

CAKE ICINGS

Cooked frostings can be beaten until stiff, kneaded and packed in a covered jar and kept in cold place for future use. These frostings spread easily on hot cakes. If used on cold cakes they must be softened with Evaporated Milk.

CARAMEL FUDGE ICING

1 1/2 cups sugar
1 1/2 cups hot water
1 1/4 qt. sugar
1 tsp. salt
1 cup water
1/2 cup butter
2 cups Evaporated Milk
1 1/3 tbsp. vanilla

Boil 1 1/2 cups sugar and 1 1/2 cups water until sirup is thick and a delicate amber color. Add rest of sugar and salt and stir to blend. Add 1 cup water and cook until caramel is dissolved. Add butter, then the milk gradually so that mixture does not stop boiling at any time. With constant stirring, cook rapidly to the soft ball stage (235° F.). Make the soft ball test by allowing small drops of icing to fall into a cup of cold water. When a drop will form into a ball that will hold its shape, the icing is done. Do not allow icing to cook while test is being made. Cool. Add vanilla. Stir vigorously until icing crystallizes and becomes stiff. If mixture becomes too stiff, knead like fondant until plastic. Add just enough Evaporated Milk to make icing soft enough to spread. Delicious icing for spice, white or plain cake. Yield: Sufficient for eight 8-inch layers.

CHOCOLATE FROSTING

6 sq. bitter chocolate
3/4 tsp. salt
1 tbsp. vanilla
1 cup Evaporated Milk
3 lb. confectioner's sugar


MOCHA FROSTING

3/4 cup (about) Evaporated Milk
1/4 cup strong coffee
2 1/2 lb. confectioner's sugar

Combine Evaporated Milk and coffee. Add sugar until of consistency to spread. Yield: Sufficient for eight 8-inch layers.

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**CHOCOLATE FUDGE FROSTING**

4 oz. chocolate  
91/2 lb. sugar  
1 tbsp. corn sirup  
1/2 tsp. salt  
21/2 oz. butter  
2 cups Evaporated Milk  
11/2 cups water  
1/2 tbsp. vanilla

Shave the chocolate into the saucepan in which icing is to be cooked and melt over hot water. Add sugar, corn sirup and salt and mix until well blended. Add milk and water. Stir until sugar dissolves. Boil to soft ball stage (233° F.). Remove from fire, cool and add flavoring. Beat vigorously until stiff, then spread on hot cake. If the cake is just out of the oven the heat of the cake will smooth out the icing perfectly. If the cake is cold, soften the icing with just enough Evaporated Milk to spread. Yield: Sufficient for eight 8-inch layers.

**WHITE ICING**

1/4 cup butter  
3/4 cup Evaporated Milk  
3 lb. confectioner’s sugar  
Pinch of salt  
1 tbsp. vanilla

Cream butter and sugar. Add Evaporated Milk until soft enough to spread. Add salt and vanilla and beat until creamy. Yield: Sufficient for 50 servings of cake.

**LEMON BUTTER ICING**

3/4 cup butter  
2 qt. powdered sugar  
3/4 cup Evaporated Milk  
Grated rind of 4 lemons  
2 tbsp. lemon juice


**UNCOOKED ORANGE FROSTING**

3/4 cup (about) Evaporated Milk  
1/4 cup orange juice  
Grated rind of 2 1/2 oranges  
2 1/2 lb. confectioner’s sugar

Combine Evaporated Milk, orange juice and rind. Add sugar until of consistency to spread. Yield: Sufficient for eight 8-inch layers.

**PIES**

To obtain jelly-like custard pie fillings, and a well cooked lower crust pour hot custard into an unpricked baked pie shell, and bake 15 minutes in a hot oven, then finish in a slow oven. To bake an unpricked pie shell, line pie plate as usual. Place a pie tin inside the pastry lined tin. Turn upside down and bake in a hot oven.

**PLAIN PASTRY**

8 cups pastry flour  
4 tsp. salt  
2 cups cold fat  
1/2 cup cold evaporated milk and  
1/2 cup cold water, mixed

Sift flour, then measure. Resift with salt. Work fat into flour with fingers until appearance is like dry, coarse corn meal. Add liquid and blend well with a fork. Some flours absorb more liquid than others. Add only sufficient diluted milk to make dough soft enough to roll. Yield: 10 single crust or 6 double crust pies.
MERINGUE

Add 2 tbsp. sugar and $\frac{1}{16}$ tsp. cream of tartar to each egg white. Either granulated or confectioner's sugar may be used. The cream of tartar and sugar should be added to the egg whites when they are frothy and beating continued until the meringue is quite stiff. Brown meringue in a slow oven (325° F.).

BUTTERSCOTCH PIE

Boil sugar with $\frac{5}{8}$ cup water to a sirup. Make a smooth paste of flour and cold water. Add to sirup and boil 1 minute. Beat egg yolks, add Evaporated Milk and pour slowly into sugar mixture. Stirring constantly, cook until mixture thickens. Add vanilla. There should be $2\frac{3}{8}$ qt. filling. Pour into cooled baked pie shells. Cool, cover with meringue. Yield: 5 pies.

CHOCOLATE PIE

Melt chocolate over hot water. Add sugar that has been thoroughly mixed with flour and salt and blend well. Add the boiling water and boil until mixture thickens. Then beat the egg yolks, add milk and pour slowly into the first mixture, stirring constantly. Cook 2 minutes longer. Add flavoring and pour into baked pie shells. Cover with meringue made of 15 egg whites. Brown. Yield: 5 pies.

CREAM PIE


CUSTARD PIE

Add sugar and salt to beaten eggs. Scald milk and water in double boiler and pour over egg mixture. Add vanilla and pour at once into unpricked, baked pie shells. Fleck top with nutmeg. Start pies to bake in a hot oven. After 13 minutes baking at this temperature, decrease to a slow oven and bake until custard gives clean knife test. About 25 minutes are required for baking. Yield: 10 pies.

COCOANUT CUSTARD PIE

After custard filling has been poured into the pie shell, sprinkle $\frac{1}{2}$ cup grated coconut over top of each pie. Bake same as Custard Pie.
LEMON CREAM PIE

Mix flour, sugar and salt in top of double boiler. Add boiling water, and bring mixture to boil, stirring constantly. Add Evaporated Milk. Boil 1 minute. Pour hot mixture over beaten eggs and egg yolks, return to double boiler and cook over boiling water 10 minutes longer, with constant stirring. Remove from fire, add lemon rind and juice. Cool slightly and pour into cool, baked pie shells. Cover with meringue and brown. Yield: 5 pies.

PUMPKIN PIE

Make a smooth paste of the spices and water. Add this with sugar, eggs and salt to pumpkin. Stir to blend thoroughly, then add milk. Let mixture stand over boiling water until steaming hot, but not cooked. Add orange juice and pour into pre-baked pie shells. Bake in hot oven 15 minutes, after which reduce to slow oven. About 25 minutes are required for baking. Yield: 5 pies.

DUTCH APPLE PIE

Pare, core and slice apples very thin. Line deep pie tins with plain pastry, pour in half the sugar, then the apples and the rest of the sugar. Sprinkle with nutmeg. Place strips of pastry over tops of pies to form crossbars. Scald the milk and pour into the pies so that it runs over the crossbars. This will give them a glaze when baked. Bake in a hot oven (450° F.) 15 minutes. Reduce to a slow oven (300° F.) and continue baking until apples are well done (about 45 minutes). Yield: 5 pies.

ZWIEBACK PIE

Cream butter and brown sugar. Add cinnamon and zwieback and blend thoroughly. Cover bottoms of large deep pie tins with part of mixture and reserve rest for top of pie.

Blend sugar, salt and cornstarch. Add boiling water and boil until thick and transparent, stirring constantly. Beat egg yolks, add milk and stir slowly into starch mixture. Cook until mixture hangs from spoon. Add vanilla and pour into zwieback crust. Cover with meringue and top with remainder of zwieback mixture. Bake in a slow oven until brown. Yield: 5 large pies.
BEVERAGES

Milk for Drinking: Mix equal amounts of Evaporated Milk and water.

CHOCOLATE MILK SHAKE

2 cups chilled Evaporated Milk
2 cups cold water or ice
6 tbsp. cocoa sirup

Put all the ingredients into a half-gallon fruit jar and shake vigorously, or pour into a bowl and mix with an egg beater. Yield: 4 servings. To serve 25—use 3 qt. milk, 3 qt. cold water or ice and 2 1/2 cups cocoa sirup.

COCOA SIRUP

1 cup cocoa
1 pt. cold water
1/4 tsp. salt
1 qt. sugar
4 tsp. vanilla

Mix cocoa and 1 cup cold water to a smooth paste. Add other cup of water and cook directly over a flame, stirring until thickened and smooth. This will be at about the boiling point. Add the salt and sugar. Boil to 220° F. (about 3 minutes), stirring continuously. Cool slightly before adding vanilla. Pour into a scalded jar and seal. After each using replace cover and seal tightly. Yield: 1 qt. If there is less than this quantity, add boiling water. (There are several excellent cocoa or chocolate sirups on the market put up in sealed cans.)

To make Chocolate Malted Milk: Add 1/2 cup plain malted milk mixed to a smooth paste with 3 tbsp. undiluted Evaporated Milk to the Chocolate Milk Shake given above. Shake vigorously. For 25 servings use 3 cups plain malted milk mixed with 1/2 cup undiluted Evaporated Milk.

To make Egg Chocolate Malted Milk: Add 2 beaten eggs to the Chocolate Malted Milk formula given above. For 25 servings add 1 doz. beaten eggs.

HOT COCOA

2 cups cocoa
2 cups sugar
1/2 tsp. salt
2 qt. boiling water
6 qt. Evaporated Milk
6 qt. boiling water
1 tbsp. vanilla

Mix cocoa, sugar, and salt until smooth. Add 2 qt. boiling water and stir until well blended. Cook over a low flame 10 minutes, stirring occasionally. Add 6 qt. boiling water, and continue cooking 5 minutes. When ready to serve, add the Evaporated Milk and vanilla, and whip with an egg beater until frothy. Yield: 50 servings.

To make Mocha: Combine 2 parts of Hot Cocoa with 1 part of strong coffee.

HOT CHOCOLATE

3 1/3 cups sugar
1/2 tsp. salt
5 qt. Evaporated Milk
5 qt. boiling water
1 1/4 lb. bitter chocolate
1 1/2 qt. cold water

Add sugar, salt and Evaporated Milk to the 5 qt. boiling water. Shave the chocolate into a saucepan, add the 1 1/2 qt. cold water and bring slowly to a boil, stirring constantly. Boil about 5 minutes. Add to milk mixture and continue cooking until hot. Whip until frothy before serving. Yield: 50 servings.
**Tomato Juice Cocktail**

3 cups Evaporated Milk  
3 cups chipped ice  
2 1/4 qt. chilled tomato juice  
1 1/2 tsp. celery salt  
1 tbsp. salt  
Dash black pepper

Stir Evaporated Milk with chipped ice until milk is very cold. Add the tomato juice slowly, stirring constantly. Add seasonings. May be served as "Iced Tomato Soup." If the milk and tomato juice are very cold, 3 cups cold water may be used in place of ice. Yield: 25 servings.

**Spiced Milk**

2 tsp. cinnamon  
1/4 tsp. nutmeg  
1/4 tsp. salt  
5 qt. water  
4 qt. Evaporated Milk

Soak spices in 1 qt. water over night. Strain and add remaining ingredients. Make up to 2 1/4 gal. with water. About 1 1/2 cups sugar may be added if desired. Yield: 36 servings.

**Café au Lait**

3 qt. strong coffee  
2 qt. cold Evaporated Milk  
1 pt. sugar  
1 pt. chipped ice  
1 pt. water  
1/2 cup Port flavoring

Combine ingredients and whisk thoroughly. Yield: 25 servings.

**Egg Nog**

1 doz. eggs  
Pinch of salt  
1 cup sugar  
1 cup berry juice  
2 qt. Evaporated Milk  
2 1/2 qt. ice water  
Dash of nutmeg

Beat egg yolks until thick and lemon colored and whites until stiff. Add salt, sugar and berry juice to yolks. Combine well and add milk and water. Beat until thoroughly blended. Fold in the egg whites, pour into glasses and sprinkle top with nutmeg. Yield: 25 servings.

**Fruit Milk Shake**

4-6 bananas  
1 pt. orange juice  
1 cup lemon juice  
1 qt. canned pineapple juice  
1 qt. Evaporated Milk

Mash bananas. There should be 1 pt. pulp. Add fruit juice. Chill thoroughly and pour into cold Evaporated Milk. Whisk thoroughly and serve ice cold. Yield: 25 servings.
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