Your Frigidaire Recipes and Other Helpful Information
Your Frigidaire

RECIPES
AND OTHER
HELPFUL
INFORMATION

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FRIGIDAIRE CORPORATION
DAYTON, OHIO

For use with the Super Series Frigidaire
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This book is presented to you for the purpose of telling you how to enjoy fully the many advantages and conveniences of Frigidaire. It reveals new possibilities in the purchasing, treatment, preparation, and serving of foods. It explains an interesting and delightful program of domestic economy made possible by Frigidaire refrigeration.

In this book you will obtain facts which have accumulated during years of study and research by the Frigidaire Department of Home Economics. These facts have been collected and compiled by Miss Verna L. Miller, Director of Frigidaire Home Economics, who has also made numerous valuable contributions from her own personal knowledge and experience.

One of Miss Miller's chief activities in the past five years has been to answer the question: "How can housewives realize the greatest benefits from their Frigidaires?" She found the answer by carrying out thousands of projects in the Frigidaire experimental kitchens and by conducting a long series of tests in actual homes.

You will find this book practical because it is based upon real experience. All of the ideas and recipes have been worked out under the same conditions which you, yourself, will encounter in the use of your Frigidaire.

After reading the book, you will see that it should be kept in a convenient place for reference. You will desire to consult it frequently for meal planning and recipes.
When Frigidaire enters your home, your first impulse is to become thoroughly acquainted with it. So let us take you on a voyage of discovery.

The most unique feature of Frigidaire's type of refrigeration is the freezing compartment. It enables you to have ice cubes always ready for beverages—plain or colored and flavored as you please. It enables you to make all kinds of frozen salads and desserts.

The temperatures in the freezer can be regulated by the Cold Control to speed up freezing. This is fully explained in the sections of this book containing directions for making frozen creations.

When some of the trays are removed, the space in the freezer provides a place to keep foods frozen or to chill things very quickly. Meat, for instance, can be kept almost indefinitely in this Cold Storage Compartment. Cocktails or salads, in glasses or on plates, can be placed here for quick chilling.

**PATENTED AUTOMATIC TRAY RELEASING**

Each metal tray has a patented releaser which loosens the tray regardless of how hard it is frozen. Just pull lightly on the handle and the tray slides out as if on roller bearings.
SPECIAL GLASS TRAY
Underneath the freezer is a convenient glass tray which provides close-to-freezing temperatures for keeping an extra supply of ice cubes and for storing meats or other foods that you wish to keep colder than in the general food compartment. It is also useful for quickly chilling gelatine salads and desserts. When you place things in the glass tray, lay a piece of waxed paper over them.

THE HYDRATOR
Mere words cannot adequately describe the wonderful Hydrator, which is standard equipment in all Super Series Frigidaires and may be purchased as an accessory for all models. It keeps vegetables, such as lettuce, celery, carrots, radishes and others, delightfully fresh and brittle until ready for the table. It freshens them if they become wilted—makes them crisp and enticingly appetizing again. Definite suggestions for using the Hydrator are given in the section on Salads.

ADJUSTABLE SHELVES
A few turns of the Frigidaire shelf supports and you can arrange the shelves as desired. For instance, when you have a large article, such as a watermelon or roast, room can be made by placing some of the shelves in different positions or by removing one of them temporarily.

Extra ice cubes and other things can be kept in the glass tray.
A short stay in the Hydrator revives vegetables and keeps them crisp.
Give supports a few turns to release shelf.
PATENTED FREEZING TRAYS

Three types of freezing trays are furnished with the Super Series Frigidaires:

1st. Metal trays with removable tapered metal grids.
2nd. Metal trays with removable rubber grids.
3rd. Quickube rubber trays with fixed rubber grids.

To remove cubes from the first type of tray, hold it upside down and run cold water over it. Catch the mass of cubes in the tray lid or other receptacle. Then lift out the grid.

The method is the same with the second type of tray, except that the cubes are twisted out of the rubber grid when the mass is released from the tray.

With the Quickube Tray, withdraw the tray sufficiently to expose the number of cubes desired . . . one, two, three rows, and so on. Pull downward on handle with pressure enough to loosen cubes, which then may be lifted out easily with the fingers. All cubes may be removed at once by holding the Quickube Tray by both ends, inverting it over a receptacle, and then turning the tray completely inside out. No water is required to loosen the cubes.

Note:—Because metal is a better conductor of heat than rubber, faster freezing is secured in the all-metal trays with tapered grids.
A FEW Practical Suggestions

"A place for everything and everything in its place" is a good motto—and it applies to the arrangement of foods in Frigidaire.

Following this motto is an advantage in the use of Frigidaire for two reasons: First, it improves the appearance of the refrigerator and makes things easier to find. Second, it gives the most beneficial refrigeration results.

When you place foods in Frigidaire, there are certain fundamentals of refrigeration to be considered:

1. Some foods require lower temperatures than others.
2. Various foods require various types of cold.
3. The most effective refrigeration depends upon adequate air circulation at all times.

ARRANGEMENT OF FOODS

An extensive laboratory study of this subject has shown where foods can be placed in Frigidaire to the best possible advantage. The findings
of this study are shown in the food compartment charts reproduced for your guidance on the preceding page.

Conditions differ slightly in the various Frigidaire models. This explains why three charts are given.

* * *

1. It is advisable to keep all cooked foods and butter in closed containers.
2. Sometimes it is convenient to chill hot foods quickly in Frigidaire. However, the best practice is to allow hot foods to cool to room temperature before placing them in the refrigerator.
3. It is advisable to remove foods from pails, packages, and wrappers and put them into china, porcelain, or glass containers.
4. To allow air to circulate freely in the refrigerator, space should be allowed between foods and containers.

DEFROSTING THE FREEZER

Just as water condenses on a pitcher of cold water, moisture collects and then congeals on the Frigidaire freezer. This frost assures the circulation of cold, dry, pure air through your refrigerator. But when the frost becomes too thick it acts as a blanket, making more difficult the cooling of the food compartment by the refrigerant in the freezer.

The need for defrosting is naturally dependent upon usage of the refrigerator and climatic conditions. With the Frigidaire automatic defrosting device, the defrosting can be accomplished very conveniently and it is recommended that the Frigidaire be defrosted whenever approximately one-eighth of an inch of frost has accumulated on the exterior of the coil. To insure cleanliness, it is recommended that the ice trays be removed during the period of defrosting.
To defrost the freezer, simply move the defrosting switch in the direction indicated by the arrow, after taking all articles from the special glass tray under the freezer. When the frost has completely melted, the mechanism will start automatically. You don’t need to burden your mind with thinking about turning on the switch, for it does the remembering for you.

*Never use an ice pick or any other instrument to chip frost from the freezer.*

**CLEANING YOUR FRIGIDAIRE**

A good time to clean the food compartment, freezing compartment, and ice trays is when the freezer is being defrosted.

To clean and polish the porcelain finish, use only luke-warm water and baking soda or borax. The ice trays may also be cleaned with this solution. Strong soap or lye solutions are not necessary for this purpose. Also, remove the special glass tray from beneath the freezer and clean it thoroughly.

**MOTOR PROTECTION**

The Super Series Frigidaire does not require any fuses, as it is equipped with a special “reset motor protector”. If a short circuit or other trouble should occur in the line, the reset will automatically trip. This will cause the switch located at the left of the Cold Control to go to “off” position.

If the Frigidaire begins to warm up, check to see if this switch is in the “off” position. If so, turn it back to the “on” position, which should start the motor. If the motor fails to start when you turn the switch to the “on” position, or if the switch trips to the “off” position after a few moments’ running, you should call your local Frigidaire dealer.
OILING

Oiling the mechanism of the Super Series Frigidaire is very simple, inasmuch as the compressor does not require any attention whatsoever. There is, however, an oil well on each end of the motor. It is not necessary to fill these oil wells on current models more often than once every two years. Use a 75 viscosity Frigidaire oil for filling these wells. This oil may be purchased from your Frigidaire dealer. Do not put any oil on the motor brushes or on any parts of the compressor.

SPECIAL STAGES FOR SLIGHT USAGE

There are two points on the dial of the Cold Control marked A and B. If you intend to be away from home for a few days, and your Frigidaire will not be in active use, turn the indicator to A or B and the mechanism will operate at the minimum rate and save current.

TO DISCONTINUE OPERATION

When you wish to discontinue the operation of your Frigidaire, turn the master switch at the left of the Cold Control to "off" position. Clean the interior of the food compartment thoroughly, as previously explained. Wash the ice trays and grids, and place them upside down upon one of the food shelves. Leave the food compartment door, or doors, slightly open.

AUTHORIZED SERVICE

Every authorized Frigidaire serviceman carries an identification card, of which an exact replica is shown here.

Before permitting any work to be done on your Frigidaire, insist that this card be shown to you. Examine the card carefully to see that it is not void. New cards are issued every six months to these servicemen, who are familiar with the latest improvements and service methods.
NEW
Thrills in Cookery

Frigidaire enables you to carry out an entirely new kitchen program—a much more interesting and convenient one, too! This is because you have a different kind of refrigeration which provides freezing facilities as well as much lower temperatures for food storage.

Some of Frigidaire's advantages have already been mentioned and others will be discussed later. But here your attention is called to several special ways in which Frigidaire will be of particular service to you.

PREPARING FOODS IN ADVANCE

The very low temperature in the food compartment of Frigidaire makes possible the preparation of many foods in advance, which saves a great deal of time and avoids much confusion in getting foods ready to serve. Following are some examples of advanced preparation:

Frigidaire Rolls—Dough can be prepared for the entire week and kept in Frigidaire, to be used as desired. Pastry and cooky dough can be treated in the same way.

Waffle Batter—A quantity of this can be made up and kept in Frigidaire; a wonderful convenience when waffles are served for breakfast.

Stewed Fruits and Gelatine Salads can be made in advance and kept in Frigidaire for the entire week.

Sandwiches may be prepared in the morning for afternoon or evening serving. When placed in the Frigidaire Hydrator, the sandwiches need not be wrapped. The dainty rolled sandwiches, which are toasted before serving, can be prepared in advance and kept in the Hydrator until you are ready to toast and serve them. This advance preparation makes possible the serving of a large number of these delicious sandwiches at one time.

Dessert and Salads can be made the day before and held at the proper temperature until serving time.
You can see how Frigidaire prevents the last-minute rush of preparing meals; and in entertaining, how entire luncheons can be prepared in advance. You don’t need to miss the fun of your party by spending a lot of time in the kitchen.

**SIMPLIFIED SERVING**

The successful dinner must be served promptly without too much delay between courses. Another requisite is that *hot foods* must be served *hot* and *cold foods* served *cold*.

The following menu is given to illustrate just a few of the items (marked with*) which can be prepared and held in readiness for serving when dinner is ready.

**DINNER MENU**

<table>
<thead>
<tr>
<th>Fruit Cup*</th>
<th>Celery*</th>
<th>Olives*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fried Chicken</td>
<td>Creamed Corn</td>
<td>Mixed Vegetable Salad*</td>
</tr>
<tr>
<td>Buttered Fresh Peas</td>
<td>Frigidaire Rolls</td>
<td>Butter*</td>
</tr>
<tr>
<td>Pineapple Sherbet*</td>
<td>Coffee</td>
<td>Cream*</td>
</tr>
</tbody>
</table>

First, we have the fruit cup. Individual servings have been prepared hours in advance and can be served in a jiffy. A real appetizer because it has been properly chilled.

Next, we have the celery and olives prepared and retained in the Hydrator until ready to be placed on the table—celery fresh and crisp, olives cold and very tasty.

Third, the salad is ready to serve; individual servings having been prepared in advance, causing no delay in the serving.

Fourth, the butter patties are very attractive, having been prepared in advance and kept in a desirable condition until serving.

Last, but not least, the dessert is the climax of every successful dinner. The pineapple sherbet is ready to serve. This may have been prepared hours or even days before and kept in the freezing compartment until serving time.

Entire luncheons can be served directly from the Frigidaire because Frigidaire offers the proper conditions for keeping food in readiness for serving.
Because Frigidaire preserves foods for such long periods, it enables you to save surprising sums of money each month.

The first form of saving is the prevention of waste by spoilage. Nothing ever need deteriorate in your Frigidaire, even though kept for a number of days. You can buy things which you may not intend to use for a week or more, for you know that they will remain perfectly good in Frigidaire. And you can keep left-overs long enough to have them come to the table with fresh appetite appeal when served some time later in new guise.

Frigidaire effects a still greater saving by enabling you to buy in larger quantities at lower prices and to take advantage of special sales. And you save time, too, by marketing for the entire week on bargain days.

By consulting the advertisements, you can plan meals for the entire week; and by making your week’s purchases on bargain day, a great saving in both time and money will be realized.

**SAVINGS ON MEATS**

Suppose that your butcher offers chuck roast and strip steak at very low prices on Saturday. With Frigidaire in your home, you can purchase a large chuck roast and have it for Sunday dinner. Later in the week you can use part of the meat juices in a soup, and on the following Friday or Saturday serve the left-over meat from the roast as a stew or as croquettes.

To take advantage of Saturday’s special price on strip steaks, simply freeze the steaks in the freezer of your Frigidaire and use them for any meal during the week.
The same possibilities apply to all kinds of meat, fowls, fish, etc. Wait a day or two for serving any left-overs so your family won't tire of that kind of meat or vegetable by having it too soon.

Buy the bargains—as many and as much of each as you need for the week. You save money. You save time. You save all the left-overs.

**SAVINGS ON CANNED GOODS**

Your food money will go further by buying larger containers of canned goods. You can do this because the part which is not used at the first serving can be kept in your Frigidaire to be used later.

Here is a typical example. A No. 2 can (20 ounces) of crushed pineapple was purchased for 15 cents, while a No. 2 1/4 can (30 ounces) of the same brand was purchased for 19 cents. The cost of the extra 10 ounces was only 4 cents! Half of the pineapple was used for a salad on Sunday, and the balance was used for a sherbet which was frozen in the Frigidaire for Thursday evening dinner.

**SAVINGS ON CREAM**

Milk and cream often sell for less in the larger bottles. This saving can be taken advantage of.

Quite a saving on cream can be made by making one purchase for the entire week. Coffee cream, when kept in Frigidaire for several days, will whip readily due to the increase in colloidal content. The cream should be thoroughly chilled or partly frozen and whipped as quickly as possible. For serving on berries or as a topping on dessert, the whipped cream should be returned to the freezing tray and slightly frozen.

**OTHER SAVINGS**

You can also save money by using the "three-for-a-quarter" method of buying instead of the "ten-cents-each" method. If a single head of lettuce costs 10 cents, for example, and three heads cost 25 cents, you save a nickel by getting three.

Many delicious desserts and salads—other good things, too—can be made out of odds and ends which would otherwise be wasted. This means a large saving and a great contribution to better living.
In this modern age, when many people get very little physical exercise, our appetites need the stimulation of some spicy, piquant dish as an introduction to the meal. *Hors d'oeuvres* is the French title for these appetizers. In Italy the term is *antipasti*. In the Scandinavian peninsula they are known as *smøgasbrod*, and in Russia they are called *zakouski*.

Appetizers are used at both formal and informal meals and served either at table or in buffet style. The hostess finds them useful on various occasions. They are served as a first course for formal luncheons; as a first course at dinner; or as a prelude to dinner, with a beverage, while the guests are still in the living room, before the dinner announcement is made.

The secret of serving appetizers perfectly, however, is in having them crispy cold. Keep them very cold in your Frigidaire until ready to serve.

### CAVIAR MOUSSE

*six servings*

1 three-ounce can caviar  
⅛ cup cream mayonnaise  
1 cup whipping cream

Combine caviar and mayonnaise, and fold in whipped cream. Pour into freezing tray and freeze. Cut in dice-like cubes for serving. Serve with salty wafers, curls of lettuce leaves, crisp celery, or watercress.

### CAVIAR CANAPES

Caviar canapes decorated with fancy cuts of pimento can be prepared quickly if caviar biscuits are used. If bread strips are used, cream cheese put through a pastry bag to form a little border around the edge will prevent the caviar from rolling off and is quite decorative. A small portion of chopped parsley and a dash of lemon juice can be added to the cream cheese if desired.

### POTATO CHIPS WITH CAVIAR

Select large size potato chips. Spread with chilled caviar which has been seasoned with lemon juice, adding a few rosettes of creamed cheese.

### ASSORTED CANAPES

Canapes consist of small strips of bread fried in butter, spread with caviar or the various assorted antipasto materials.
**OYSTER COCKTAIL**
*four servings*

1 pint oysters  
Cocktail sauce  
2 teaspoons horseradish

Fill cocktail glasses with oysters and add sauce. Use regular cocktail sauce in following recipe, with the addition of two teaspoons horseradish. Serve very cold, either chilled or in cracked ice.

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**COCKTAIL SAUCE**
*four servings*

\( \frac{3}{4} \) cup catsup  
2 teaspoons Worcestershire sauce  
2 teaspoons tarragon vinegar  
Pinch of cayenne

Mix all ingredients and place in closed jar in Frigidaire to chill before serving. Cocktail sauce can be prepared and kept in closed container in Frigidaire indefinitely.

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**CRAB FLAKE COCKTAIL**
*eight servings*

\( \frac{3}{4} \) lb. can crab meat  
Cocktail sauce

Remove the bones from one can of crab meat. Fill glasses with meat flakes and cover with cocktail sauce. Chill in Frigidaire before serving or serve in cocktail glasses placed in cracked ice.

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**MELON COCKTAIL**
*three servings*

1 pint melon cubes  
2 tablespoons lemon juice  
\( \frac{3}{4} \) cup sweet sherry wine flavoring

Cut balls or cubes from watermelon and cantaloupe. To melon add lemon juice and flavoring. Chill in Frigidaire freezing tray and serve. Garnish with mint leaves. This cocktail can also be served in ice shells if desired. (See directions for making ice shells on Page 69.)

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**RAISIN COCKTAIL**
*three servings*

1 cup raisins  
Tabasco sauce  
2 lemons  
1 cup tomato catsup  
Celery seed  
Chopped almonds  
Sherry wine flavor

Pour sherry wine flavor over seedless raisins and let stand in Frigidaire for approximately one hour. Make a sauce of one cup tomato catsup. Season with dash of tabasco sauce, celery seed and juice of lemons. Add finely chopped almonds. Chill thoroughly in Frigidaire before serving.

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**FRUIT COCKTAIL**
*six servings*

1 orange  
1 grapefruit  
2 bananas  
\( \frac{1}{2} \) cup strawberries or canned cherries, seeded  
2 slices pineapple  
\( \frac{1}{2} \) cup sweet sherry flavoring  
\( \frac{1}{2} \) cup pineapple juice  
1 tablespoon lemon juice

Peel and remove membrane from orange and grapefruit and cut into small pieces. Slice bananas. Wash and halve strawberries. Cut pineapple into small pieces. Combine sherry flavoring, pineapple and lemon juice and pour over the mixed fruit. Place in Frigidaire in closed container and allow to chill until serving time. Serve in cocktail glasses. Garnish with maraschino cherries if desired.

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**STUFFED MUSHROOMS**

Select small mushrooms. Remove stems and peel caps. Saute in butter for five minutes. Stuff the hollow of each cap with pate de fois gras (not puree). Impale on toothpick. Serve hot.
VEGETABLE AND FISH CANAPES
A jar of assorted antipasto material can be purchased if an assortment is desired. Caviar biscuits can be used or bread strips fried in butter. Garnish with pimento strips and sprinkle with crumbled egg yolks. One jar will make approximately a dozen canapes.

PATE DE FOIS GRAS
(A combination of goose liver and truffles from Austria, but packed in France.)
Spread pate de foie puree on strips of bread fried in butter on both sides. Garnish each
with truffle and pimento cut in fancy shapes or a slice of stuffed olive.

MINTED GRAPEFRUIT COCKTAIL
two servings
1 grapefruit
Mint flavor
Mint leaf
Peel and remove membrane from grapefruit. Cut or break into desired size. Place in Frigidaire in closed container until serving time. Add a few drops of mint flavor. Garnish with sprig of mint.

Soups
A hot soup, bouillon, or consomme is a valuable prelude to the meal. It whets the appetite, aids digestion, affords nourishment.

Left-over broths, meats, and vegetables can often be used to good advantage in soups, thus affording an opportunity to economize.

Soup stock is the basis of most soups. It may be purchased ready-made in the form of prepared meat or vegetable extracts, bouillon cubes, or canned bouillon or consomme. However, you may prefer to make your own soup stock at times. This can be done by using meat and bones especially bought for the purpose; or you can use left-over meats and bones. Recipes for soup stock are given on Page 19.

A quantity of soup stock can be prepared, placed in covered jars, and kept in your Frigidaire to use when desired.

Because soups contain the vitamin and mineral elements essential to growth and health, they are especially desirable for the diets of children.

NOODLE SOUP
eight servings
1 egg
Flour
Chicken broth
To one egg add one-half egg shell of water. Beat slightly. Add flour enough to make a
very stiff dough. Knead. Then roll as thinly as possible. Dust with flour. Cut with noodle cutter, or roll and cut into thin strips. Unroll strips and add to seasoned chicken broth. Boil rapidly for about 5 minutes.

Noodles may also be cooked in chicken stew and served in place of a vegetable.
**ASPARAGUS SOUP**  
*six servings*

3 cups white soup stock  
1 cup asparagus  
4 tablespoons flour  
4 tablespoons butter  
1 pint milk  
1 slice onion  
Salt and pepper

Drain the asparagus. Reserve tips and put stalks in soup stock. Add onion and cook until stalks are tender. Rub through sieve. Blend the butter and flour. Add salt, pepper, milk, and asparagus tips. Serve very hot. A dash of paprika may be added to each serving.

**BEAN SOUP**  
*six servings*

2 cups cooked beans  
1 quart soup stock  
1 small stalk celery or celery leaves  
1 cup stewed tomatoes  
1 tablespoon butter  
Salt  
Paprika

Cook beans and finely divided celery together with soup stock slowly for approximately 20 minutes. Add other ingredients and serve after allowing to simmer a few minutes longer. (Left-over baked beans and stewed tomatoes may be used.)

**VEGETABLE SOUP**  
*six servings*

1 1/2 cups cooked vegetables  
1 quart brown soup stock  
1 small onion or chives  
1 tablespoon butter  
Salt  
Paprika

Dice the beans, cabbage, carrots, turnips, peas, celery, or other vegetables, which may be left-overs. The greater the variety, the more delicious the soup. Celery leaves as well as stalks can be used. When raw vegetables are used, they should be allowed to simmer in salt water until tender, before adding to soup.

Combine vegetables with soup stock and allow to simmer for approximately 15 or 20 minutes. Add the seasoning and serve very hot.

If desired, this soup can be put through a sieve and served clear with very crisp croutons.

**TOMATO SOUP**  
*eight servings*

4 cups brown soup stock  
6 pepper corns  
1 small bay leaf  
3 cloves  
4 tablespoons flour  
4 cups stewed tomatoes  
1/4 cup diced onion  
1/4 cup diced celery  
Pepper and salt  
4 tablespoons butter  
3 sprigs of thyme

Add all seasonings and vegetables to tomatoes and simmer slowly until flavors have mingled. Strain, thicken with butter and flour, add soup stock. After allowing to simmer a few minutes, serve very hot.

**JELLIED CONSOMME**  
*six servings*

4 cups clear soup stock  
1/3 cup cold water  
2 tablespoons gelatine

Soften gelatine in the cold water. Add to the boiling hot stock. Set aside to cool. Then chill in Frigidaire and serve in cups.

Clear tomato soup can be used in place of part of the soup stock, or vegetable juices may also be used.

Jellied bouillon can be made, using the brown soup stock.
CREAM OF CELERY SOUP

six servings

2 cups white soup stock
3 cups diced celery
2 tablespoons butter
3 tablespoons flour
1 cup cream
2 cups milk
Slice of onion
Salt and pepper

Cook celery in stock until tender, replacing water lost by evaporation. Rub through a sieve. Scald onion in milk and then remove onion. Add milk to stock. Thicken with flour and butter. Add seasoning. Allow to simmer approximately 10 minutes and serve very hot. A dash of paprika may be added to each serving.

BROWN SOUP STOCK

Approximately 1 quart—six to eight servings

6 pounds shin of beef
3 quarts cold water
12 pepper corns
1 bay leaf
6 cloves
1/4 cup diced carrots
1/2 cup diced turnips
1/2 cup diced onions
1/2 cup diced celery
1 tablespoon salt

Wash meat and cut into cubes. Brown one-third in hot frying pan. Put other two-thirds with the bone into the soup kettle. Add water and let stand for thirty minutes. Place over slow fire, add browned meat and heat gradually to boiling point. Remove scum as it rises. Cover and cook slowly for five or six hours. Add vegetables and seasonings about thirty minutes before the end of the time. Strain and cool. When cold, lift off layer of fat, and clarify, if desired.

CLARIFYING THE SOUP STOCK

To one quart of soup stock add the slightly beaten white of an egg. Heat with constant stirring until the boiling point is reached and cook until the stock appears clear. Strain through double cheese cloth.

WHITE SOUP STOCK

Approximately 3 pints—eight to ten servings

3 pounds knuckle of veal
1 tablespoon salt
4 pepper corns
1 small onion
2 or 3 small stalks celery
2 quarts water

Wash meat and cut into cubes. Put into cold water and heat very slowly to boiling point. Cook four or five hours. Add seasoning about thirty minutes before the end of the time. Strain and cool and lift off layer of fat. Then clarify stock, if desired.

THICKENING SOUP STOCK

If thick soups are preferred, blend fat and flour as for cream sauce. Add to stock in desired proportions.
An entree is a dish served between the chief courses. Any of these dishes, however, may serve as the main course of a luncheon or supper; for example, jellied chicken ring or cheese souffle. Entrees present splendid opportunities for utilizing left-over meats and vegetables with the aid of Frigidaire.

There are five types of entrees, as follows:

1. **Casserole Dishes**—Combinations baked in heat-resisting pottery or glass and served in the dish in which they are cooked.
2. **Croquettes and Fritters**—Combinations breaded and fried in deep fat, or pan-fried.
3. **Jellies**—Fish, meat, poultry, or vegetables suspended in chilled gelatine.
4. **Pastries**—Vegetable or meat pies, or combinations, served in hot patty shells or timbal cases.
5. **Souffles**—Light-textured combinations made with beaten egg, baked in slow or moderate heat, and served immediately upon being taken from the oven.

**SCALLOPED MEAT**

* six servings

(Soup meat or left-over beef or lamb may be used)

- 2 cups chopped meat
- 2 tablespoons butter
- 3 tablespoons flour
- 1¾ teaspoons salt
- 1 teaspoon diced onion
- 1 teaspoon chopped parsley
- 1½ cups milk, stock or water
- 2 cups buttered crumbs
- Pepper

Brown the butter and add salt, pepper, flour, onion, parsley and liquid. Mix with the meat. Mix crumbs with two tablespoons melted butter, one-fourth teaspoon salt, and a little pepper. Place about one-third of the crumbs in bottom of a greased baking dish. Add meat mixture and cover top with remainder of crumbs. Bake in oven of 400° F. for 30 minutes, or until the crumbs are browned.

**MACARONI WITH HAM**

* four servings

- ¼ cup bread crumbs
- 1 cup hot milk
- 3 tablespoons melted butter
- 1 cup chopped, cooked ham
- 1½ cups hot tomato sauce
- 1 tablespoon chopped green pepper
- 2 eggs, beaten
- Salt
- 2 cups cooked macaroni
- 1 teaspoon minced onion

Mix crumbs and hot milk. Add all of the remaining ingredients except the tomato sauce. Place in a baking dish and bake in a moderate oven of 375° F. for three-quarters of an hour. Serve with tomato sauce.
CREAMED OR SCALLOPED VEGETABLES

Left-over cooked vegetables may be creamed or scalloped either separately or in combination. Add one measure of white sauce to two or three measures of vegetables. For creamed vegetables, heat thoroughly in white sauce in double boiler.

For scalloped vegetables, pour creamed vegetables into greased baking dish and cover with buttered crumbs. Heat in oven until crumbs are browned.

HAM CROQUETTES

six servings

2 cups mashed potatoes
1 cup cooked, chopped ham
Bread or cracker crumbs
Cayenne
3 egg yolks
1 beaten egg

Mix mashed, seasoned potatoes, yolks of two eggs and cayenne and beat until smooth. Then cool. Chop the ham and mix with the third egg yolk. Heat and cool. Make a small ball of ham and enclose it in a larger one of potato. Dip first in flour, next in beaten egg, then roll in crumbs and bake in a moderate oven. This is delicious served with egg sauce.

CHEESE SOUFFLE

six servings

1 cup milk
4 tablespoons flour
4 tablespoons butter or other fat
½ teaspoon salt
Pepper
1 cup grated cheese
3 eggs

Make sauce of milk, flour, fat and seasonings. Add cheese and beaten egg yolks and stir until cheese has melted and yolks are set. Remove from fire. Fold in stiffly beaten egg whites. Pour into buttered dish or buttered individual molds. Set in pan of hot water and bake 15 minutes at 300° F., or until egg whites are set. Serve at once.

COTTAGE PIE

six servings

Prepare ingredients as for scalloped meat with the exception of the bread crumbs. Substitute mashed potatoes for bread crumbs, placing all on top, or in alternate layers, finishing with potato.

COTTAGE CHEESE MOLD

six servings

1 pound cottage cheese
1 tablespoon chopped parsley
1½ tablespoons cream
Salt to taste
Pimento

Mix thoroughly the above ingredients. Line a wet, rectangular receptacle with thin wax paper. Pack in thin layers of the cheese, placing two or three parallel strips of fresh or canned pimento between layers. Place in Frigidaire until ready to serve. Run knife around the sides and invert the mold. This can be sliced and placed on lettuce leaves. Serve with French dressing and wafers or with thin bread and butter sandwiches. Minced olives, chives or water-cress may be used in place of parsley. Chopped nuts may also be combined, or used to top each serving.

JELLIED MOLD OF CHICKEN

six to eight servings

3 cups chicken meat
1 pint chicken stock
1 hard-cooked egg
1 tablespoon gelatine
Seasoning

Dissolve gelatine in one-third cup cold water. Add chicken stock which has been heated to boiling point. Pour small portion into mold and place in Frigidaire until mixture begins to set. Add slices of egg and replace in Frigidaire until firmly set. Then add remainder of stock. Place in Frigidaire until mold is firm. When ready to serve, unmold on crisp lettuce. Garnish with stuffed olives and rosettes of mayonnaise.
CHILI
six to eight servings

1 1/2 pounds hamburger
1 small onion
1 large bottle catsup
1 can red kidney beans

Fry hamburger and chopped onion in large skillet until meat is cooked. Add catsup and cook until mixture appears oily. Then add beans and repeat as before, allowing to cook until mixture appears dry. Then serve. This can be prepared and kept in the Frigidaire to be heated when desired for serving. It is a most acceptable Sunday night supper dish and makes a popular after-the-theatre luncheon.

SPANISH GOULASH
six to eight servings

1 1/2 pounds ground meat
1 small onion
8-ounce package spaghetti
1 No. 2 can tomatoes
1 small bottle catsup

Cook spaghetti in salt water for approximately ten minutes. Drain. Fry ground meat and chopped onion in skillet. Pour into large baking dish. Add spaghetti and mix well. Add tomatoes and catsup and season to taste. Bake approximately 45 minutes at 450°F. Serve hot. One cup of left-over boiled rice may be included, and left-over meat or hamburger may be used, if desired.

MEAT LOAF
ten to twelve servings

1 1/2 pounds beef or left-over meat
2 eggs
Pepper
1 cup water
2 cups bread crumbs
1 cup canned tomatoes
1 teaspoon salt
4 strips bacon
1 small onion if desired

Grind meat. Add crumbs and well beaten eggs, then tomatoes. Combine ingredients with seasoning. Shape into loaf and place on bread pan for baking. Add water just before placing meat loaf in the oven. Place bacon strips across top. Bake in moderate oven (400°F) 45 minutes.

LAMB A LA FRIGIDAIRE

2 cups diced, cooked lamb
1/2 cup cooked tomatoes
1 egg
2 teaspoons salt
2 tablespoons butter or other cooking fat
2 cups boiled rice
1/2 cup bread crumbs

Line a deep baking dish with the rice, beaten egg, and melted butter, mixed all together. Fill with alternate layers of lamb and tomato. Season each layer with salt. Top with finely ground bread crumbs. Bake approximately 30 minutes at 450°F.

SAUCES FOR ENTREES

FROZEN HORSERADISH SAUCE

3/4 cup whipping cream
3/4 cup bottled, grated horseradish
3/4 teaspoon salt
3/4 tablespoon lemon juice

 Whip cream. Fold into it the remaining ingredients. Place in freezing tray to freeze.

TARTAR SAUCE
makes two-thirds cup

3/4 cup mayonnaise
1 tablespoon sour pickled cucumbers (finely minced)
3/4 tablespoon finely minced onion

Mix all ingredients thoroughly. A tablespoon of capers may be added if desired.
WHITE SAUCE
makes one cup

- Flour
- Fat
- Dash of pepper
- ¼ teaspoon salt
- 1 cup milk

For thin sauce, use 1 tablespoon each of flour and fat.

For medium sauce, use 2 tablespoons of each.
For thick sauce, use 3 tablespoons of each.
Blend flour and fat over heat. Add pepper, salt, and milk. Stir until mixture boils.

TOMATO SAUCE
For this, tomato soup may be used just as it comes from the can, either cold or hot.

101 Suggestions
FOR USING LEFT-OVERS

Many delightful dishes can be made from unserved left-overs. You can keep left-overs in your Frigidaire without fear of their spoiling. After a few days they may appear on the table in an entirely different form, with just as great an appetite appeal as when presented the first time.

Much money is saved by utilizing left-overs wisely. The surplus food may be worth considerable or only a little, but the saving in the aggregate amounts to several dollars each month.

It means several cents, for example, when you keep a pork chop to be served later. It means a few cents when you keep some tomato slices, some buttered peas, or whatever the remnants may be.

The pork chop may be ground with other pieces of meat and used for stuffing green peppers or for making sandwich filling. The tomato slices may be used for garnishing the next meat loaf. The buttered peas may be used in a jellied salad ring or vegetable salad or scalloped vegetable dish. These are just a few of the many possibilities.

Following is a list of 101 suggestions for utilizing left-overs in a great variety of attractive dishes:
HOW TO UTILIZE LEFT-OVER VEGETABLES

ASPARAGUS
Added to vegetable soup*
In deviled egg and asparagus salad*
In vegetable casserole*
In vegetable salad ring
In creamed asparagus soup*
Creamed on toast

BEANS, BAKED
In soup
In salad
In chili*
In sandwiches

BEANS, STRING
In vegetable salad ring
With scalloped vegetables*
Added to vegetable soup*
In spring salad

CABBAGE
Cole slaw made over into a hot slaw
Creamed
Added to vegetable soup*
In combined and creamed vegetables

CARROTS
In meat pies*
Added to vegetable soup*
Creamed with peas
In vegetable salad ring
Combined with other vegetables in spring salad

POTATOES, IRISH
In salad
Cottage-fried
Creamed

*Recipes given in this book.

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HOW TO UTILIZE LEFT-OVER MEAT, FOWL, FISH

BEEF
As baked hash
Scalloped
Sliced cold
Added to vegetable soup*
In stuffed green pepper
In Irish stew
In chili*

CHICKEN
Creamed
Creamed with mushrooms
In salads*
Sliced cold with assorted meats
In combination salad sandwich
In tomato surprise*

FISH
In fish, celery and pineapple salad
In fish, celery and olive salad
In croquettes
Scalloped

HAM
In croquettes*

Baked with macaroni*
In casserole of ham*
With scrambled eggs
In sandwich filling*

LAMB
In croquettes
Creamed on toast
Diced and added to creamed mushrooms
In meat pie*
In stew

PORK
Diced and baked with onion dressing
Added to stewed cabbage
Sliced for sandwiches
In stuffed green peppers

VEAL
In veal and celery salad
In veal pie
In croquettes
Creamed on toast
In veal, pineapple, and celery filling for stuffed tomato salad
Creamed and baked in puff pasties

HOW TO UTILIZE LEFT-OVER FRUITS

APPLE SAUCE
In apple snow
In apple sauce cake
In apple and tapioca pudding
In custard

APRICOTS
In fruit salad
In apricot fritters

In apricot whip
In jellied fruit salad ring
As ice cream sauce

PEACHES
In mixed fruit salad*
In jellied fruit salad
In fruit sherbet
As ice cream sauce

*Recipes given in this book.
PINEAPPLE
Baked with ham
In mixed fruit salad
In jellied fruit salad
In fruit punch
Garnish for ice cubes

PRUNES
In salad*
In prune whip*
In prune and rice pudding
In prune pudding
Jellied
In prune and nut sandwich filling

HOW TO UTILIZE MISCELLANEOUS LEFT-OVERS

BREAD
As French toast
In fig bread pudding
As toast sticks
As cinnamon toast
In prune pudding
In onion dressing
Buttered crumbs for scalloped dishes
In English plum pudding

DEVILED EGGS (chopped fine)
Added to plain mayonnaise
In deviled egg and lettuce sandwich*
Garniture for head lettuce salad
Garnishing potato salad
In deviled egg and asparagus salad

DEVIL'S FOOD CAKE
In Frigidaire chocolate pudding

ANGEL FOOD AND WHITE CAKE
Served with any ice cream sauces
In frozen crumb cake*

FRUIT JUICES
In fruit beverage
In fruit salad dressing
In fruit sherbet
In flavored ice cubes

PLATE MEALS UTILIZING LEFT-OVERS

One-plate meals are practical, nutritious, attractive. They save much time and labor. They are popular especially with the younger members of the family, who like the combination of beauty, smartness, and simplicity which they provide. For luncheon service, one-plate meals are the perfect solution of that "vast rationalization which has grown up around our need for food."

Here are five suggestions for plate meal service:

VEGETABLE PLATE
1. Mashed potato, paprika garnish
2. Broccoli

FISH PLATE
1. Creamed fish and potato
2. Spinach
3. Baked stuffed tomato

LAMB PLATE
1. Lamb chop garnished with a slice of bacon
2. Mashed potato, mint jelly
3. Peas

3. Lima beans
4. Dressed lettuce
5. Escalloped tomato

*Recipes given in this book.
BEEF PLATE
1. Cold cuts of roast beef
2. Lyonnaise potatoes
3. Creamed carrots on lettuce leaf

HAM PLATE
1. Slice of ham
2. Escaloped potato
3. Stuffed orange
4. Pineapple and cream cheese salad

Salads

AND SALAD DRESSINGS

The first requisite of any salad is that the ingredients be fresh, crisp and cold. The moist cold of the Frigidaire Hydrator keeps salad greens and vegetables in an ideal condition for the preparation of appetizing salads.

The Hydrator is a feature of the Super Series Frigidaires. It makes a surprising difference in the refrigeration of vegetables in the home. It keeps celery, lettuce, carrots, radishes, and other vegetables delightfully fresh and brittle until ready for the table. If vegetables are wilted when you receive them, a short sojourn in the Hydrator freshens them—makes droopy, dejected garden things pertly crisp and sprightly!

HOW TO CARE FOR VEGETABLES TO BE STORED IN THE HYDRATOR

Salad greens and perishable vegetables should be sorted and washed before being placed in the Hydrator. If the vegetables are wilted, they will be revived by putting them into the Hydrator moist.

As an added convenience, the Hydrator is made of sparkling white porcelain-on-steel. It is as easy to clean and to keep clean as a china dish. Furthermore, the porcelain of the Hydrator is of a special acid-resisting type that vegetables and fruit acids will not stain.
The following methods are suggested for the care of the more common vegetables:

**Lettuce** should be trimmed, removing all coarse outer leaves that are damaged and undesirable for serving. Wash remaining portion in cold water and place it in the Hydrator.

**Endive** should be trimmed the same as lettuce, removing all undesirable parts, then washed in cold water and placed in the Hydrator.

**Chinese Cabbage** should be washed after removing all undesirable leaves, placed in the Hydrator, and allowed to become crisp and fresh before serving.

**Parsley** should be washed and placed in the Hydrator.

**Radishes** should be washed and cleaned, ready for serving, before being placed in the Hydrator.

**Celery** should be trimmed, scraped, and washed, ready for serving, before placing in the Hydrator. It is greatly improved if ample time is allowed for it to crisp in the Hydrator before serving.

**Artichokes.** Trim the bottom with a knife and remove a few of the outer leaves. Place in salt water, upside down, to soak for three-quarters of an hour before placing in the Hydrator. This will remove insects and all foreign matter. If artichokes have been cooked and not used, they can be kept in the Hydrator.

**Other Vegetables,** such as tomatoes, green peppers, and cucumbers should be washed and wiped with a dry cloth before placing in the Hydrator. Asparagus and Brussels sprouts need not be washed, but placed in the Hydrator after all undesirable parts are trimmed.

### Salads

#### Lettuce Salad

**four servings**

1 head lettuce  
Dressing as desired

Cut crisp lettuce into fourths. Arrange each fourth on an individual salad plate. Serve with Thousand Island, French, Russian, or mayonnaise dressing. (See Pages 35 and 36 for recipes of dressings.)

#### Lettuce and Tomato Salad

**four servings**

Head lettuce  
Salad dressing  
4 tomatoes, medium size

Scald tomatoes and chill before peeling. Arrange crisp lettuce on individual salad plates. Peel tomatoes and cut in quarters or slice and arrange on lettuce leaves. Serve with mayonnaise or Thousand Island dressing.

#### Endive Salad

**three to four servings**

1 bunch endive  
French dressing

Arrange portions of crisp endive, as desired, on individual plates. Serve with French dressing.

#### Endive with Anchovies

**four to six servings**

1 bunch endive  
Fillets of anchovies  
Hard-cooked eggs  
Parsley  
French dressing

Arrange portions of crisp endive, as desired, on individual plates. Place fillet of anchovies over endive. Garnish with chopped eggs and chopped parsley. Serve with French dressing.

One bunch of endive will serve from four to six people, if served in this manner.
**ARTICHOKE SALAD**

*two servings*

2 artichokes  
French dressing or mayonnaise

Cook artichokes in salted water for approximately one-half hour or until tender enough to draw out the leaves easily. Remove from water in which they have been cooked and lay them on side or on end in order to drain properly. When cooled, place in Frigidaire to chill. Serve on individual salad plates with French dressing or mayonnaise.

**WATER CRESS SALAD**

Break leafy parts of crisp watercress from stems and discard all coarse parts. Arrange portions as desired on individual plates and serve with salt and vinegar to taste. French dressing may be used if desired.

**CUCUMBER SALAD**

*six servings*

3 medium size cucumbers  
Salt  
Lettuce  
Salad dressing

Peel cucumbers and slice them very thin. Add salt and a little water and let stand for approximately one-half hour. Several ice cubes added to the salted water will keep the cucumbers very cold. Pour off water, add vinegar and pepper or French dressing, as desired. Arrange on crisp lettuce leaves or on lettuce cut in shreds.

One small onion may be sliced very thin and added to cucumber just before serving.

**PERFECTION SALAD**

3 tablespoons gelatine  
1/2 cup cold water  
2 cups boiling water  
1/2 cup mild vinegar  
2 tablespoons lemon juice  
1/2 cup sugar  
1 cup chopped cabbage  
2 cups chopped celery  
2 pimentos  
2 fresh, red or green peppers  
1 teaspoon salt

Prepare vegetable greens, combine and place in Frigidaire to chill. Soak gelatine in cold water, then put into boiling water. Stir until gelatine is dissolved. Add sugar, vinegar, lemon juice, and salt. When sugar is dissolved, strain. When mixture is cooled and begins to set, add remaining ingredients. Turn into mold or into Frigidaire tray. When set, cut into squares and serve on crisp lettuce. Dress with mayonnaise.

**CHOP SUEY SALAD**

*six servings*

3 cups shredded cabbage  
1 1/2 cup celery, chopped fine  
2 tablespoons minced onion  
3 tablespoons capers  
1 cup sour cream dressing

Prepare cabbage and celery and place in Frigidaire to chill. Remove and mix remainder of ingredients. Serve on crisp lettuce and garnish with capers. (See recipe for sour cream dressing on Page 35.)

**ASPARAGUS SALAD**

*four servings*

16 stalks asparagus, medium size,  
freshly cooked or canned  
Lettuce  
Salad dressing

Place crisp lettuce on individual plates and arrange chilled asparagus tips. Add French dressing or mayonnaise with a dash of paprika.

Green peppers, a lemon, or pimento cut in strips may be used for garnishing.

Cut green peppers in rings about one-third inch thick and slip asparagus tips through the rings before adding the salad dressing. If lemon is used, slice lemon and remove centers of rings. Use same as green pepper. Canned pimento can be arranged ribbon style on top of asparagus.
WALDORF SALAD

six servings

2 cups diced apples
1 cup diced celery
Lettuce
1 tablespoon lemon juice
1/2 cup walnut meats
3/4 cup mayonnaise

Add lemon juice to diced apples to prevent them from turning dark. Combine all ingredients, adding the mayonnaise and mixing well with a fork. Salads of this sort should always be prepared in a very cold mixing bowl. Place crisp lettuce on individual salad plates. Arrange salad on lettuce and serve immediately.

COLE SLAW

six to eight servings

1 small head cabbage
1 green pepper
3 tablespoons sugar
1 cup vinegar
Salt
1 tablespoon celery seed

Slice cabbage very fine and add green pepper chopped very fine. Place in Frigidaire to chill. Dissolve sugar in vinegar. Remove cabbage to mixing bowl and add sugar, vinegar, and salt to taste. Add celery seed. An onion may be chopped fine and added to the above mixture if desired.

CREAMED SLAW

six to eight servings

1 small head cabbage
1 green pepper
3 tablespoons granulated sugar
1 cup sweet cream
1/2 cup vinegar
Salt

Chop cabbage and green pepper very fine. Dissolve sugar in sweet cream and combine with chopped vegetables in cold mixing bowl. Then stir in the vinegar. Salt to taste.

CHINESE CABBAGE SALAD

six servings

1 medium size head of Chinese cabbage

Cut crisp cabbage into small pieces. Place in mixing bowl and combine with sour cream dressing, recipe for which is given on Page 35. Let stand for a few minutes, then serve on cold, individual salad plates.

DEVILED EGG SALAD

two servings

6 hard-cooked eggs
3 tablespoons pickle relish
1 teaspoon salt
1 teaspoon prepared mustard
1 teaspoon Worcestershire sauce
Mayonnaise dressing
1/2 teaspoon paprika
Crisp lettuce leaves
Sour cream dressing

Cut eggs lengthwise. Remove yolks and mash with a fork in mixing bowl to which add pickle relish, salt, mustard, and Worcestershire sauce. Mix well. Add enough mayonnaise to make a desirable paste. Fill the egg whites and chill thoroughly in Frigidaire. Serve in beds of crisp lettuce and garnish each serving with chilled sour cream dressing and a dash of paprika.

CHICKEN SALAD

six to eight servings

2 cups chicken meat, diced
1/2 cup stuffed olives, chopped
1 cup celery, chopped
1/2 cup lettuce, broken in small parts
1/2 cup cooked cream mayonnaise
1/2 teaspoon salt

Place meat, olives, celery, mayonnaise and salt in cold bowl and mix well with a fork. Serve on crisp lettuce, garnishing with several stuffed olives. Endive may be used in place of lettuce.
COMBINATION SALAD

The ingredients may be any or all of the following:

Peeled and cubed tomatoes, sliced cucumbers, small radishes, green onions, tender green beans or white wax beans cooked in salt water and chilled, chopped celery. Combine the ingredients by tossing them together lightly in a cold mixing bowl. Add any mayonnaise or salad dressing desired. Then serve on crisp lettuce. More attractive servings can be made by arranging each vegetable separately on the lettuce leaf and chilling in Frigidaire again before serving, placing the salad dressing on the table and allowing each person to add dressing as desired.

SPRING SALAD

six servings

12 spring onions
12 very tender radishes
1/2 pound tender lettuce leaves

Chop onions rather fine. Slice radishes very thin, crosswise. Combine lettuce leaves, onions, and radishes in cold salad bowl, tossing together with a fork, and season with salt, pepper, and vinegar to taste. Keep the vegetables cold and crisp.

SHRIMP SALAD

1 small chopped onion
1 cup chopped celery
1/4 cup pimento
Small portion of chopped chives
1/2 pound picked shrimp

Toss ingredients together in a cold bowl and season with a little salt and pepper and small amount of tarragon vinegar. Place in Frigidaire to chill. Place crisp lettuce on individual plates. Remove salad from Frigidaire and arrange the individual servings, garnishing each with a small amount of mayonnaise and hard-cooked eggs cut into fourths. Add a dash of paprika if desired.

TOMATO ASPIC

eight servings

3 cups stewed tomatoes
1 onion, sliced
1 stalk celery
1 bay leaf
1 clove
1 teaspoon sugar
Salt
1 envelope gelatine
1/2 cup cold water
Lettuce
Mayonnaise

Cook tomatoes with seasonings. Soak gelatine in cold water and add to hot mixture. Strain and allow to cool, then mold in cups about the size of a tomato. Chill in Frigidaire. Serve on individual plates on crisp lettuce. Dress with tablespoon of mayonnaise on top of each mold, adding a dash of paprika if desired.

CRAB MEAT SALAD No. 1

three servings

1 three-ounce can crab meat
6 hard-cooked eggs
1/2 cup thick mayonnaise
Parsley
Lettuce

Cut eggs lengthwise and remove yolks. Fill whites with crab meat chopped fine and mixed with mayonnaise. Chop yolks and mix with finely chopped parsley. Place crisp lettuce on individual plates. Arrange stuffed eggs and garnish by sprinkling with chopped yolks and parsley.

CRAB MEAT SALAD No. 2

four servings

1 three-ounce can crab meat
1 cup mayonnaise
4 hard-cooked eggs
Salt and pepper
Lettuce

Season flakes of crab meat with salt and pepper. Arrange meat and eggs cut in fourths on crisp lettuce. Add mayonnaise and a dash of paprika to each serving.
STUFFED TOMATOES WITH ANCHOVIES

six servings

6 medium size tomatoes
1 bottle anchovies in oil
4 hard-cooked eggs
1/2 cup mayonnaise
Salt and pepper
Parsley

Chop anchovies into small pieces. Add finely chopped eggs and mayonnaise, mixing well together. Scald and peel tomatoes. Scoop out centers and fill with anchovy mixture. Cover with the pieces of tomato cut from the top and garnish with a quarter of lemon and small sprig of parsley. Place in Frigidaire to chill before serving on crisp lettuce.

SALMON SALAD

six servings

1 medium size can salmon
2 cups finely chopped celery
1 cup mayonnaise
1 teaspoon salt
Lettuce

Break salmon meat apart, removing bones. Combine salmon, celery, salt, and mayonnaise in a cold bowl, using a fork. Arrange individual servings on crisp lettuce. Hard-cooked eggs, sliced or chopped fine, can be used as a garnish, adding a dash of paprika to each serving.

AVOCADO SALAD

four servings

1 medium size avocado
Lettuce
French dressing

Peel chilled avocado and cut into fourths. Remove center, then cut each fourth into slices and arrange on crisp lettuce. Serve with French dressing. A sprig of watercress can be used as a garnish. Be careful to select an avocado which was not picked too green.

TUNA FISH SALAD

six servings

2 cups tuna fish
2 cups chopped celery
3/4 cup horseradish
1 cup mayonnaise
1 teaspoon salt
Lettuce

Break tuna fish and combine in a cold bowl with celery, horseradish, salt, and mayonnaise, using a fork. Arrange individual servings on crisp lettuce. Garnish, if desired, with slices of hard-cooked eggs and a dash of paprika.

TOMATO SURPRISE SALAD

six servings

6 medium size tomatoes
3/4 cup diced cucumber
3/4 cup diced celery
3/4 cup chopped nuts
3/4 cup mayonnaise
3/4 cup diced cooked chicken
(Left-over veal or pork may be used)

Scald and peel tomatoes. Remove pulp with a spoon, setting aside the shells. Remove seeds from pulp. Chill all the ingredients. Just before serving toss all lightly together and fill tomato shells. Serve on lettuce leaves, garnishing each tomato top with mayonnaise and chopped nut meat.

PIMENTO CUPS

four servings

1 small can boneless sardines
1 three-ounce can caviar
4 pimento cups

Mash sardines and mix with caviar. Fill small pimento cups (or tomato shells) and chill in Frigidaire. Place on paper doilies. Use pastry tube and pipe on each serving a star of heavy mayonnaise. Garnish with triangles of toast, one point of which has been dipped in melted butter. Then sprinkle with finely chopped parsley.
FRUIT AND VEGETABLE SALAD

*six servings*

- ½ cup celery
- ½ cup raw carrots
- 1 cup shredded pineapple
- 1 package lemon gelatine
- 1¼ cups boiling water

Drain the pineapple. Chop the celery and grate the carrots. Then combine ingredients. Add boiling water to gelatine and stir until dissolved. Allow to cool. Then add ingredients and put into individual molds. Place in Frigidaire to chill, or until mixture has congealed. Serve on crisp lettuce with creamed mayonnaise. The servings can be made more attractive by using pastry bag. Time can be saved by pouring the mixture into a freezing tray and allowing to chill until it is completely set, but not frozen. Then cut in squares and serve as suggested.

CUCUMBER BOATS

*two servings*

- 1 cucumber
- 1 onion
- Salt
- Vinegar
- Pepper
- Lettuce
- Paprika

Peel cucumber and cut into halves, lengthwise. Trim ends boat style and cut bottoms flat so that boats will stand upright. Soak in salt water 15 minutes. Scoop out centers. Cut centers into small cubes. Slice one small Bermuda onion, or any table onion, very thin. Combine cucumber cubes and onion slices and season with salt, vinegar, and pepper to taste. Fill cucumber boats and place in Frigidaire to chill before serving. Serve on crisp lettuce with a dash of paprika.

FRUIT SALADS

CHRISTMAS EVE SALAD

*six servings*

- 1 cup pineapple
- 1 cup green grapes or Royal Anne cherries
- 1 pint fresh strawberries
- 1 banana
- ½ pound marshmallows
- 1 cup whipping cream
- ½ cup English walnut meats
- 1 cup fruit salad dressing
- Lettuce
- Red and green cherries

This salad can be varied as desired. Cut slices of pineapple into pieces about the size of a cherry. Cut grapes or Royal Anne cherries in halves and remove seeds. Wash and stem strawberries. Peel and slice banana. Cut marshmallows into fourths. Combine fruits in a mixing bowl and place in Frigidaire to chill (this can be done more quickly in the freezing tray). Care should be taken that the fruit does not freeze. Whip cream and add half of it to the fruit salad dressing, a recipe for which is given on Page 35. Add nuts to fruit mixture and arrange individual servings on crisp lettuce leaves. Add salad dressing, topping with small portions of whipped cream. Garnish with red and green cherries.

CHILLED FRUIT SALAD

*eight servings*

- 1 grapefruit
- 2 oranges
- 3 slices of pineapple
- ½ cup English walnut meats
- 1 banana
- 1 small bunch of green grapes
- ½ pound marshmallows

Prepare all ingredients and combine in a mixing bowl with enough salad dressing to flavor. Chill. Serve on crisp lettuce. Garnish each serving with a small portion of chilled whipping cream and a maraschino cherry.
**PRUNE SALAD**
*two servings*

1 three-ounce cake cream cheese  
½ cup chopped nuts  
6 prunes  
Lettuce leaves  
Sour cream dressing

Divide cream cheese into six portions. Roll into balls, then roll in chopped nuts. Pit prunes, which have been cooked and chilled and be sure that prunes are not cooked too soft. Fill centers of prunes with the cheese balls. Place in Frigidaire freezing tray until thoroughly chilled. Serve three prunes to one serving in beds of crisp lettuce taken from the Hydrator. Garnish with sour cream dressing.

**FRUIT GINGER ALE SALAD**
*eight to ten servings*

2½ tablespoons gelatine  
3 tablespoons cold water  
½ cup boiling water  
2 tablespoons sugar  
½ cup lemon juice  
1 cup ginger ale  
½ cup Malaga grapes  
2 oranges  
1 small banana

Dissolve gelatine in cold water, then add boiling water and stir until gelatine is thoroughly dissolved. Add sugar and strained lemon juice. Chill. Add ginger ale. When mixture begins to jell, add Malaga grapes cut in halves and seeded, or raisins can be substituted. Add oranges which have been peeled, removing all membrane from each section. Then add banana which has been sliced.

After fruit and chopped nuts are folded into gelatine mixture, pour into mold and place in Frigidaire. When salad has completely set, remove to platter of crisp lettuce leaves and garnish with rosettes of stiff mayonnaise.

**PEAR AND CHEESE SALAD**
*six servings*

6 pear halves (dessert pears)  
1 three-ounce cake cream cheese  
½ cup chopped English walnut meats  
¾ cup creamed mayonnaise  
Lettuce

Divide cream cheese into six portions. Shape into balls and roll in most of the nut meats. Place in Frigidaire to chill. Arrange pear halves on crisp lettuce. One-half pear will make one serving. Place cheese balls in center of pears. Add mayonnaise. Garnish each serving with a few chopped nut meats.

*Variation:* Use 6 peach halves (dessert peaches) in place of pear halves.

**PINEAPPLE SALAD**
*six servings*

6 slices pineapple  
1 three-ounce cake cream cheese  
Mayonnaise  
Nut meats  
6 maraschino cherries  
Paprika

Place each pineapple slice on crisp lettuce leaf. Spread pineapple with cream cheese and chopped nut meats. Cover with cream mayonnaise to which whipped cream has been added. Sprinkle lightly with paprika and place a cherry in the center for garnishing.

A variation of this salad can be made by cutting pineapple slices in half and standing them up edgewise on lettuce with the cheese between, adding a dash of paprika. This gives an interesting "rising sun" effect.
CREAM MAYONNAISE DRESSING  
*(cooked)*

2 1/2 cup

3 egg yolks
2 tablespoons flour
2 tablespoons butter
1 teaspoon mustard
1/2 cup vinegar
1 teaspoon salt
1 tablespoon sugar
Paprika

Mix dry ingredients. Add vinegar and cook in top of double boiler until very stiff. Then add beaten egg yolks and cook again for several minutes. Remove from heat; add butter and cool. A covered glass jar is a suitable container for this dressing. It will keep indefinitely in Frigidaire.

SOUR CREAM DRESSING

1/2 pint

2 teaspoons sugar
1 teaspoon salt
1/2 teaspoon mustard
1/2 teaspoon paprika
1 egg
1 cup sour cream
3 tablespoons vinegar

Mix dry ingredients. Add slightly beaten egg, sour cream and vinegar. Cook in top of double boiler until mixture thickens, stirring constantly. Remove from fire and cool to room temperature. Then put into a closed jar and place in Frigidaire. This dressing can be kept in Frigidaire to be used as needed.

FRENCH DRESSING

1/2 pint

1/2 cup white vinegar
3/4 cup olive oil
1/4 teaspoon mustard
3 tablespoons sugar
Salt and pepper
1 teaspoon paprika

Combine vinegar with dry ingredients. Then add oil slowly, continuing to beat until all of the oil is added. One egg white whipped into this mixture will improve the emulsion.

RUSSIAN DRESSING

1/4 cup anchovies or anchovy paste
1 cup French dressing

Add French dressing slowly to anchovies, mixing well until all dressing is added.

FRUIT SALAD DRESSING No. 1

1 cup

2 egg yolks
2 tablespoons sugar
Juice of two lemons
1 tablespoon flour
1/2 cup strained honey or maple syrup
1/4 cup whipping cream

Mix honey or syrup, flour and sugar. Cook in double boiler for ten minutes. Add lemon juice and beaten egg yolks slowly and cook for five minutes, stirring constantly. Remove from fire and cool. This can be kept in Frigidaire in a glass jar indefinitely.

FRUIT SALAD DRESSING No. 2

1 1/2 cups

1 cup pineapple juice
Juice of one lemon
Juice of one orange
1/4 teaspoon salt
1 tablespoon cornstarch
2 beaten eggs
1 cup whipping cream

Mix sugar, cornstarch and salt. Mix fruit juices. Add fruit juices to dry mixture and cook in top of double boiler for twenty minutes. Remove from fire and add well-beaten egg yolks. Cook again for five minutes, stirring constantly. Remove from fire, combine with stiffly beaten egg whites, then cool. This can be kept in a jar in Frigidaire for future use.
THOUSAND ISLAND DRESSING

No. 1

$\frac{1}{2}$ cup

4 tablespoons mayonnaise
2 tablespoons chili sauce
1 teaspoon chopped olives
2 tablespoons French dressing
Salt and pepper

Combine ingredients, using or omitting salt and pepper, as desired.

THOUSAND ISLAND DRESSING

No. 2

$1\frac{1}{2}$ cups

A good imitation of Thousand Island dressing can be prepared in a hurry by combining one-third cup of chopped, mixed pickles with one cup of mayonnaise and one-third cup of tomato catsup.

MAYONNAISE OIL DRESSING

1 quart

4 egg yolks
1 quart olive oil
2 tablespoons lemon juice
2 tablespoons vinegar
2 teaspoons mustard
2 teaspoons salt
Pinch red pepper

Put the cold yolks of eggs into a very cold bowl. Add half the mustard and stir until the yolks are well broken. Then add the oil very slowly until mixture gets like butter. Then add half the salt, which will thicken it. Thin the mixture with a little vinegar. Gradually beat in the oil until the mixture thickens again. Now work in the mustard, salt, pepper and the balance of the oil and liquids until all are used. Should the mayonnaise curdle, it can be restored by putting four large tablespoons of plain, melted butter, which must be cool, into a round bottom bowl and gradually work in the curdled mayonnaise. It will then return to its proper consistency.

PINK MAYONNAISE

Add one-half cup of cooked tomatoes to two cups of mayonnaise. Run through sieve. Then cool. One-half cup of tomato catsup can be used in place of tomato.

HOLLANDAISE DRESSING

3 pints

1 pint white vinegar
1 tablespoon dry mustard
1 teaspoon paprika
6 eggs
1 quart milk
1 cup melted butter or olive oil

Boil the vinegar with the seasonings. Separate the eggs. Beat the whites and yolks separately. Bring the milk to a boil and pour it over the yolks. Then add the boiling vinegar slowly, stirring continually on the fire until mixture thickens to the consistency of thin custard. Do not allow it to boil or it will curdle. Remove from the fire and beat in the whites of eggs with the melted butter or oil.

OIL DRESSING (cooked)

1$\frac{1}{2}$ pints

$\frac{3}{4}$ cup flour
3 tablespoons butter
1 cup hot water
3 egg yolks
1 cup olive oil
1 teaspoon dry mustard
1 teaspoon salt
3 tablespoons sugar
2 tablespoons lemon juice

Blend flour and butter and add hot water. Cook directly over fire until mixture becomes quite thick, stirring continuously. Put remaining ingredients in mixing bowl and pour white sauce in bowl and beat until all ingredients are combined thoroughly and mixture is smooth. Place in closed refrigerator dish and place in Frigidaire. This will keep as long as desired.
These salads may be served as a course with a dinner or as the main dish of luncheon or supper.

The chief part of a frozen salad is a mixture which is put into a freezing tray of your Frigidaire to freeze. When the time comes for serving, the frozen mixture is cut into slices or cubes and placed on crisp lettuce leaves or garnished with salad greens. Frozen salads are much more palatable if allowed to mellow.

It is a good idea to chill the salad plates in your Frigidaire before serving.

**FROZEN PEAR SALAD**

*one whole pear for each serving*

Select halves of choice, small, canned pears. Fill centers with chopped nuts, candied ginger, citrus and maraschino cherries. Moisten with orange or lemon juice or sherry wine flavor, if desired. Place halves together. Insert a clove for stem, or an apple stem can be used. Touch up cheeks of pear with red vegetable coloring.

Place in Frigidaire freezing tray for freezing. Turn Cold Control to 5th position for freezing and 3rd position for holding salad until serving time.

Serve in beds of crisp lettuce leaves with French dressing, tinted slightly red.

**FROZEN FRUIT SALAD No. 1**

*six servings*

1 orange
1 banana
3/4 cup white grapes or Royal Anne cherries
2 slices pineapple
1 cup fruit salad dressing No. 1
1 cup whipping cream
12 maraschino cherries

Free orange from rind and membrane. Cut pineapple fine and halve the cherries. Seed and peel grapes. Place fruit in Frigidaire to chill. Whip cream. Combine fruits, adding banana, which has been sliced very thin. Add fruits to cream and salad dressing. Pour into Frigidaire freezing tray and allow to freeze by setting Cold Control at the 7th position for freezing and at 4th position for holding until serving time. Serve in cubes on crisp lettuce. (See Page 35 for recipe of salad dressing No. 1.)

**FROZEN FRUIT SALAD No. 2**

*eight servings*

1 No. 2 can fruit salad
3/4 cup fruit salad dressing
3/4 cup whipping cream

Cut fruit very fine. Combine with either honey dressing or fruit salad dressing and whipped cream. Pour into Frigidaire freezing tray and allow to freeze by setting Cold Control at the 7th position for freezing and 4th position for holding salad until serving time. (See Page 35 for recipe of salad dressing.)
FROZEN BANANA SALAD
six to eight servings
2 three-ounce cakes cream cheese
1 teaspoon salt
1/2 cup mayonnaise
Juice of 1 lemon
1/2 cup crushed pineapple
2 medium size bananas
1/2 cup walnut meats
1/2 cup maraschino cherries in halves (may be omitted)
1 cup whipping cream
Crisp lettuce leaves
Mix cream cheese with salt, mayonnaise, and lemon juice; then add pineapple, sliced bananas, nut meats, and maraschino cherries. Fold in whipped cream and pour into Frigidaire freezing tray. When frozen, serve in slices on crisp lettuce leaves. Garnish with fresh fruit. Fresh, whole strawberries are very attractive.

Set Cold Control at 7th position for freezing; then turn Cold Control to 4th position for holding dessert in proper consistency until serving time.

FROZEN PINEAPPLE SALAD
six to eight servings
1 cup pineapple juice
2 tablespoons flour
1/2 cup butter
1/2 cup sugar
1/2 teaspoon salt
1 egg
4 slices pineapple, cut fine
2 oranges
1/2 cup nuts
10 marshmallows
8 maraschino cherries
1 pint whipped cream
Mix cream cheese with salt, mayonnaise, and lemon juice; then gradually add remainder of juice. Add butter, sugar and salt. Cook in top of double boiler for approximately 10 minutes. Then add the egg, slightly beaten. Continue to cook for a few minutes, stirring continually; then cool and add lemon juice. Add pineapple, oranges, nuts, marshmallows and cherries; then fold in the whipped cream. Pour into Frigidaire freezing trays and allow to freeze.

Set Cold Control at 7th position for freezing. After the dessert is frozen, set Cold Control at 4th position until serving time. Serve in cubes on crisp lettuce leaves—three small cubes to a serving.

FROZEN NIPPY CHEESE SALAD
two servings
1three-ounce nippy cheese
1/2 cup chopped, ripe olives
1/2 cup thick, sour cream
Cream the cheese well with a fork and work the cream smoothly into it. The cream should be freshly soured or a scant measure of sweet cream may be used. Add the chopped olives and blend well. Rub a bit of garlic over the bottoms of small paper cups and fill with cheese mixture.

Place in Frigidaire freezing tray and set Cold Control at 6th position for freezing and at 3rd position for holding until serving time. Serve with sprigs of crisp watercress.

FRIGIDAIRE CHEESE SALAD
six servings
1 three-ounce cake cream cheese
2 tablespoons cream
2 tablespoons lemon juice
1 cup canned pineapple
1/2 cup Royal Anne cherries
1/2 cup pecans
1/2 cup maraschino cherries
1/4 cup oil mayonnaise
1 cup whipping cream
Mix cheese thoroughly with two tablespoons of cream. Add mayonnaise, lemon juice and salt. Cut pineapple into small pieces. Chop pecans. Seed and quarter the cherries. Chop maraschino cherries. Combine pineapple, cherries and chopped nuts; then fold in whipped cream.

Pour into Frigidaire freezing tray and allow to freeze without stirring. Set Cold Control at the 7th position for freezing and at 4th position for holding until serving time. Cut into squares and serve on crisp lettuce.

This salad can be frozen in individual molds for very attractive servings, varying the garnishings, as desired. Whole maraschino cherries, nuts or whole, fresh strawberries can be used.
FROZEN PIMENTO CHEESE CUPS  
six servings

2 three-ounce cakes cream cheese  
1/2 cup horseradish (approximately)  
Paprika  
1/2 cup whipping cream  
6 pimento cups  
Crisp lettuce leaves

Place cream cheese in mixing bowl and mix well with horseradish. The amount of horseradish can be varied. (Freezing slightly diminishes the flavor.) Fold in the whipped cream and fill pimento cups, adding a dash of paprika.

Place in Frigidaire freezing tray and allow to freeze. Set the Cold Control at the 5th position for freezing and 3rd position for holding until serving time.

When pimento cups are used as a salad, cut into fourths and serve on crisp lettuce or endive. Place a tablespoon of sour cream dressing in center of each serving. When pimento cups are used for garnishing a cold meat platter, do not cut cups.

FROZEN CRESS SALAD  
six to eight servings

2 three-ounce cakes cream cheese  
1/3 cup stuffed olives (sliced)  
1 teaspoon salt  
1/2 cup coffee cream  
1 quart measure watercress  
1/3 cup mayonnaise  
2 cups whipping cream

Cream cheese by adding one-half cup plain cream slowly. Then add mayonnaise in same manner. Place in Frigidaire to keep cool while other ingredients are being prepared. Whip cream and return to Frigidaire to keep cool.

Break crisp watercress into parts approximately one-inch long, discarding coarse stalks. Fold whipped cream into cheese mixture. Add olives and watercress. Pour into freezing tray and allow to freeze without stirring.

Set Cold Control at the 6th position for freezing and 3rd position for holding until serving time. Serve on crisp lettuce. Garnish with stuffed olives, halved, cutting the olives lengthwise.

FOR MAKING FROZEN DESSERTS

Frozen Desserts are divided into two classes; viz., those which must be stirred during the freezing process and those which need no stirring.

CLASS No. 1

FROZEN CREAMS
American; thin custard foundation with flour or corn starch.
French; a heavy custard, plus cream.
Philadelphia; cream or milk, sugar, flavoring, but no custard.

FRAPPES
Sugar and water syrup, plus flavoring, half frozen.

FROZEN PUNCHES
Frappes with wine or brandy flavors or fruit juices.

General Directions
SHERBETS
Sugar and water syrup, egg whites, fruit juices.

CLASS No. 2
FROZEN FRUITS
Fruit pulp, sugar or melted marshmallow.

FROZEN PUDDINGS
Whipped cream, mixed fruits, nuts and wine flavoring.

FROZEN WHIPPED CREAMS
Whipped cream, with flavoring of extracts, prepared syrup, or drained fruit pulp.

MOUSSES
Whipped cream, egg white, and flavoring.

PARFAITS
Sugar syrup added slowly to beaten egg whites combined with whipped cream.

Air, which makes the second class of desserts light and delicate, is incorporated by whipping the mixture before it is placed in the freezing tray. Whipping cream forms the basis for most of these desserts. As the result, they are so rich that only a small portion should be served.

TO AVOID BUTTERY TASTE
A buttery taste in frozen desserts is caused by one of two things. Either the cream has been over-whipped or it is too rich in butter fat. The butter fat content of whipping cream varies greatly in different states. Often whipping cream will contain as high as 38 to 40 per cent, making it too rich for a frozen dessert. It should be diluted with coffee cream or milk to bring the butter fat content down to about 28 per cent. It is possible to whip 20 per cent butter fat cream if it is first poured into the tray and allowed to chill to the freezing point before whipping.

USE OF COFFEE CREAM
Coffee cream may be used instead of whipping cream in many frozen desserts by the following method: Substitute an equal amount of coffee cream for the combined quantities of whipping and coffee creams indicated in the recipe. After the first mixture of ingredients has been chilled, add the coffee cream and place in Frigidaire freezing tray until firmly frozen. Then remove the contents of the tray to a very cold mixing bowl and whip with an electric or hand beater until the mixture becomes light and creamy. Return to freezing tray and allow to finish freezing without further agitation.

FREEZING METHODS
Desserts freeze most rapidly in the bottom section of the freezer. A somewhat longer time is required for freezing mixtures in the middle of the freezer.

Your Frigidaire has the Cold Control to speed up freezing. The directions in the recipes for using it should be followed. When you turn the indicator to a colder position, the super-powered, two-cylinder Frigidaire mechanism creates much colder than normal temperatures in the freezer.

The Cold Control is a decided advantage in freezing all kinds of desserts, and especially those which are difficult to freeze—creams, frappes, ices, and sherbets. This is because extra fast freezing improves the texture and flavor of the desserts.

The best method is to set the Cold Control at 7th position shortly before placing the mixture in the freezer so that the compartment and trays will be pre-cooled. After the mixture is completely frozen, the Cold Control is set at an intermediate position to keep the dessert firm until serving time.

MELLOWING IMPROVES DESSERTS
All desserts, regardless of kind or the time required for freezing, are much improved in flavor and texture by allowing them to mellow. This causes a blending of flavors. It is accomplished by allowing the dessert to remain in the tray for some time before it is served, at a higher temperature than that at which it is frozen. This temperature is obtained by setting the Cold Control at 3rd or 4th position.
Frozen Creams

 Practically all desserts of this type require stirring during the freezing process. The general rule is to remove the tray from the freezing compartment when the mixture is partially frozen (i.e., rather firm) and stir with a spoon or transfer to a chilled bowl and whip with a hand or electric beater. In some cases, the egg whites are added at this point.

VANILLA CREAM
six to eight servings

1 pint coffee cream
2/3 cup confectioners’ sugar
1 1/2 teaspoons vanilla
1/2 cup whipping cream

Add sugar to coffee cream and stir until sugar is thoroughly dissolved. Pour into Frigidaire freezing tray and freeze firmly. Remove to chilled bowl and whip with electric or hand beater until mixture becomes light and creamy. Add vanilla. Quickly fold in whipped cream. Return to freezing tray and allow to freeze without further agitation.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

Variations

(a) Substitute 4 tablespoons of sherry wine flavor for vanilla. Reduce sugar 1/2 cup.
(b) Substitute 5 tablespoons of claret wine flavor for vanilla. Reduce sugar 1/2 cup.
(c) Substitute 1 1/2 cups of peach puree and 1/2 teaspoon almond extract for vanilla. This should be added after the beating process.
(d) Add one cup apricot puree to above recipe.
(e) Add 1/2 cup prepared chocolate syrup.

FROZEN EGG-NOG
The Child’s Delight
four servings

2 eggs
3/4 cup granulated sugar
1 teaspoon vanilla
1/16 teaspoon salt
1 cup whipping cream

Beat eggs with salt and sugar until latter is completely dissolved. If properly whipped, this will make a thick custard-like mixture. Add vanilla and fold in whipped cream. Pour into Frigidaire freezing tray as quickly as possible and freeze by setting Cold Control at 7th position. Set at 4th position for holding until serving time. The bottom trays are preferable for freezing this dessert.

This recipe may be varied by adding rum or sherry flavoring, adjusting amount of sugar accordingly. Always add flavoring last.

FROZEN GRAPENUT CREAM
four to six servings

3/4 cup grapenuts
3/4 cup granulated sugar
1 pint coffee cream
1 teaspoon vanilla

Combine grapenuts, sugar and cream and let stand for one hour, or until grapenuts begin to soften. Pour into Frigidaire freezing tray
and allow to freeze firmly. Remove to chilled mixing bowl, add vanilla, and whip with electric or hand beater until mixture becomes light and creamy. Quickly return to Frigidaire freezing tray and allow to finish freezing without further agitation. Set Cold Control at 7th position for freezing dessert and 4th position for holding until serving time.

**FROZEN BRAN CREAM**

Substitute ⅛ cup bran flakes for grapenuts, using above procedure.

**MAPLE CREAM**  
*eight to ten servings*

1 cup maple syrup  
1 ½ tablespoons flour  
⅔ cup water  
2 egg yolks  
⅛ teaspoon salt  
1 ½ cups whipping cream  
1 teaspoon vanilla  
1 teaspoon lemon juice  
⅔ cup coffee cream  
2 egg whites

Heat the syrup. Make a paste of the flour and water. Add hot syrup to paste, stirring constantly. Cook for 10 minutes or until thickened. Add to well beaten egg yolks in double boiler and continue to cook, stirring constantly until it reaches the consistency of thin custard. Cool. Add whipped cream and flavoring. Mix well. Pour into Frigidaire freezing tray and stir while adding coffee cream. Then carefully fold in stiffly beaten egg whites to which salt has been added.

Return to Frigidaire and allow to finish freezing without further agitation.

Egg whites can be omitted if desired.

Set Cold Control at 7th position for freezing; 4th position for holding until serving time.

**MAPLE-NUT CREAM**

Add ⅛ cup chopped English walnuts and pecans or English walnuts alone to the preceding recipe. The chopped nuts should be added during the stirring process when the dessert is partly frozen and before the egg whites are added.

**CHOCOLATE CREAM**  
*six to eight servings*

⅓ cup granulated sugar  
2 tablespoons cocoa  
⅛ teaspoon salt  
⅔ cup hot water  
1½ pints coffee cream  
2 teaspoons vanilla

Mix sugar, cocoa and salt thoroughly. Add hot water. Heat until sugar is thoroughly dissolved. Remove from fire and partially cool. Add cream and pour into Frigidaire freezing tray and allow to freeze firmly. Remove to chilled mixing bowl. Add vanilla and whip with electric or hand beater until mixture becomes light and creamy. Return quickly to Frigidaire freezing tray and allow to finish freezing.

Set Cold Control at 7th position for freezing dessert and 4th position for holding until serving time.

If coffee cream containing less than 20 per cent butter fat is used, use one pint coffee cream for first freezing and add one-half cup of whipped cream after the whipping process. Whipped cream, folded into the frozen mixture, will greatly improve the texture and richness of the dessert.

**STRAWBERRY CREAM**  
*six to eight servings*

⅔ cup preserved strawberries (puree)  
2 cups coffee cream


Set Cold Control at 7th position until dessert is frozen, then at 4th position until serving time.
VANILLA CUSTARD CREAM
six to eight servings

- ¾ cup granulated sugar
- 2 tablespoons cornstarch
- 1 cup sweet milk
- 2 egg yolks
- ½ cup coffee cream
- 2 egg whites
- ⅛ teaspoon salt
- 2 teaspoons vanilla extract
- 1½ cups whipping cream

Mix granulated sugar and cornstarch. Add scalded milk gradually, stirring constantly. Cook in double boiler twenty-five minutes. Stir several times during cooking process. Combine with well-beaten egg yolks. Cook for about five minutes or until thick, stirring constantly. Add salt and coffee cream. Mix well, strain and cool. When custard is cool, add vanilla, chilled whipped cream, and fold into custard. Pour into Frigidaire freezing tray and freeze.

Before the dessert has frozen solid enough to serve, remove tray from Frigidaire. Stir well with a spoon from front to back of tray. Then carefully fold in stiffly beaten egg whites to which salt has been added. Return to Frigidaire and allow to finish freezing without further agitation.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

Variation:
CHOCOLATE CUSTARD CREAM
Melt two squares of bitter chocolate in top of double boiler. Add to custard before it is cool.

PEPPERMINT CANDY CREAM
eight to ten servings

- ½ pound peppermint stick candy
- 1 cup milk
- ⅛ teaspoon salt
- 2 cups whipping cream

Dissolve candy in milk. If necessary, heat slightly in top of double boiler. Add salt. Cool.

Pour into mixing bowl and place in Frigidaire to chill. Add the whipped cream. Pour into tray and freeze. If ingredients settle, stir with a spoon from front to back of tray and allow to finish freezing without further agitating.

Coffee cream can be used in place of whipped cream if the following method is used: Add coffee cream to candy and milk mixture which has been cooled. Pour into Frigidaire freezing tray and freeze firmly. Remove to chilled bowl and whip with electric or hand beater until mixture becomes light and creamy. ½ cup whipped cream can be folded into this mixture if desired, returning quickly to Frigidaire tray and allow to finish freezing without further agitating.)

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

RASPBERRY CREAM
six servings

- 1 pint red raspberries
- ⅔ cup granulated sugar
- ¼ teaspoon salt
- ½ cup coffee cream
- 1 cup whipping cream

Crush berries and add sugar. Cook 5 minutes and strain. Add salt and cool. Add coffee cream and fold in whipped cream. Pour into tray and freeze, stirring twice during the freezing process.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

If coffee cream is used in place of whipping cream, the following method should be used: Substitute 1½ cups coffee cream for cream portions mentioned above. Add coffee cream to fruit mixture and pour into Frigidaire freezing tray. Allow to freeze firmly. Then remove to chilled mixing bowl and whip with an electric or hand beater until mixture becomes light and creamy. Return to Frigidaire freezing tray and allow to finish freezing without further agitating.

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MOCHA CREAM
six to ten servings

2 tablespoons coffee (ground fine)
1 cup sweet milk
1 tablespoon flour
1/2 cup granulated sugar
2 egg yolks
1/6 teaspoon salt
1 cup whipping cream
2 egg whites

Add coffee to 1/2 cup milk and place in top of double boiler. Cook for 5 minutes. Remove and strain through cheese-cloth and cool. Mix flour and granulated sugar, add slowly 1/2 cup scalded milk and cook in double boiler for 15 minutes. Combine with salt and well-beaten egg yolks. Cook for 5 minutes, stirring constantly. Allow to cool. Add first mixture. Fold in whipped cream. Pour into Frigidaire freezing tray. When partly frozen, stir well with a spoon. Then carefully fold in stiffly beaten egg whites to which salt has been added. Return to Frigidaire freezer and allow to finish freezing without further agitating.

Set Cold Control at 7th position for freezing; 4th position for holding until serving time.

Variations:
(a) Add 1/2 cup chopped English walnuts before egg whites are added.
(b) Add 1/2 cup chopped maraschino cherries and 3 tablespoons of sherry syrup before egg whites are added.

CARAMEL NUT CREAM
Add 1/2 cup chopped English walnuts and pecans to the preceding recipe during the stirring process when the dessert is partially frozen and before the egg whites are added.

CARAMEL CREAM
eight to ten servings

3 tablespoons granulated sugar
1 cup milk
1/2 cup powdered sugar
1/6 teaspoon salt
1 1/2 tablespoons flour
2 egg yolks
2 cups whipping cream
1 teaspoon vanilla
2 egg whites

Caramelize sugar by heating until sugar is melted and becomes light brown in color. Add milk and cook until sugar is dissolved. Mix powdered sugar, salt and flour thoroughly and combine with caramel mixture, stirring constantly and slowly. Cook for 15 minutes or until thickened, continuing the stirring. Combine with beaten egg yolks in double boiler. Cook slowly for 5 minutes or until thick, stirring constantly. Cool, add vanilla, and fold in whipped cream. Pour into Frigidaire freezing tray and allow to freeze. When partially frozen, stir well with a spoon. Then carefully fold in stiffly beaten egg whites to which salt has been added. Return to Frigidaire freezer and allow to finish freezing without further agitating.

Set Cold Control at 7th position for freezing; 4th position for holding until serving time.

ORANGE CUSTARD CREAM
ten to twelve servings

1 pint water
2 cups granulated sugar
1 1/2 cups orange juice
1/6 teaspoon salt
4 egg yolks
1 pint whipping cream
Grated rind of three oranges

Boil water and sugar to thin syrup. Then add grated rind, orange juice and egg yolks that have been slightly beaten. Allow mixture to cook again for approximately 5 minutes, stirring constantly, being careful not to overcook. Remove from fire and allow to cool. If time permits, chill in Frigidaire. Fold in whipped cream, pour into Frigidaire freezing tray and allow to freeze without stirring.

Turn Cold Control to 7th position for freezing, 4th position for holding until serving time.
FROZEN CRUMB CAKE
-six servings-

2 cups sponge cake crumbs (any left-over cake crumbs can be used)
1 cup whipping cream
1/4 cup chopped English walnuts

Whip cream and combine with cake crumbs. Add nuts and pour into freezing tray of Frigidaire. Freeze without stirring. Slice for serving.

Fruit can be added to the above recipe, either frozen with the cake or chilled and served with the frozen cake. Maraschino cherry can be added also, if desired.

This is an excellent way of using left-over cake crumbs and small portions of left-over fruits.

TUTTI-FRUTTI CREAM No. 1
-eight to ten servings-

1/2 cup granulated sugar
1 tablespoon cornstarch
1/4 cup sweet milk
2 egg yolks
1/16 teaspoon salt
1/2 cup cooked raisins
1/2 cup preserved strawberries
1/2 cup maraschino cherries
1/2 cup English walnuts
2 tablespoons sherry wine flavor
1 cup whipping cream
2 egg whites

Mix sugar and cornstarch. Add scalded milk slowly, stirring constantly. Cook about 25 minutes in double boiler. Combine with well beaten egg yolks and cook again, continually stirring until mixture thickens. Cool. Pour into mixing bowl and place in Frigidaire while other ingredients are being prepared.

Cut the cooked, seeded raisins, berries from preserves, and maraschino cherries into small pieces and place in Frigidaire. Chop English walnuts.

Add cut fruits and nuts to chilled custard. Add sherry wine flavor and fold in whipped cream. Pour into Frigidaire freezing tray.

When partly frozen, stir with a spoon. This will prevent fruits and nuts from settling. Fold in stiffly beaten egg whites to which salt has been added. Return to Frigidaire and finish freezing without further agitating.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time. Bottom trays are preferable for freezing this particular dessert.

TUTTI-FRUTTI CREAM No. 2
-ten servings-

1 cup milk
2 tablespoons cornstarch
1/2 cup granulated sugar
2 eggs
Pinch of salt
1/2 cup cooked raisins
1/2 cup maraschino cherries
1/2 cup ground nuts
2 tablespoons sherry wine flavor
1 1/2 pints cream

Mix sugar and cornstarch and add the scalded milk slowly, stirring constantly. Cook for 25 minutes in double boiler. If time will permit, an hour or more will improve the flavor of the custard. When this has cooked to a thick consistency, add well-beaten egg yolks. Cook again for approximately five minutes, stirring constantly. Remove from fire and cool. Place in Frigidaire until other ingredients are prepared.

(A quantity of this custard may be made at any time and kept in your Frigidaire, to use quickly whenever you desire.)

The raisins may be ground or chopped. Grind the nuts. Chop the cherries. Mix the fruit, cherries, and raisins in the custard and add the sherry wine flavor, allowing the mixture to stand for a few minutes, then add the cream and put in Frigidaire freezing tray. When frozen, fold in the stiffly beaten egg whites and ground nuts and allow to finish freezing without further agitating.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time. Bottom trays are preferable for freezing this particular dessert.
CRANBERRY FREEZE

twelve servings

1 quart fresh cranberries
1 1/2 cups water
2 cups sugar
1 orange rind
Juice of 1 orange
1 pint whipping cream

Bring cranberries and water to boiling and allow to cook for a few minutes or until the berries become soft. Press through a sieve and add sugar to cranberry puree. Return to fire and allow to cook approximately 8 to 10 minutes. Add grated orange rind just before cranberries have finished cooking. Then add orange juice and remove from fire. Allow to cool. Fold whipping cream into cranberry mix. Pour into Frigidaire freezing tray and allow to freeze without stirring.

Set Cold Control at the 7th position for freezing and 4th position to hold until serving time.

BANANA CREAM

six servings

1 medium sized banana
3/4 cup confectioners’ sugar
1 tablespoon lemon juice
1/2 teaspoon salt
1/2 teaspoons vanilla
1 1/2 pints coffee cream

Slice banana very thin and add to sugar. Mix well. Add lemon juice and coffee cream and pour into freezing tray and allow to freeze firm.

Remove to ice-cold mixing bowl, add vanilla, and beat with electric or hand beater until mixture becomes very light. Return to freezing tray and allow to finish freezing without further agitating.

Set Cold Control at 7th position for freezing. After dessert is frozen, set Cold Control at 4th position. This will hold dessert until serving time.

STRAWBERRY SPECIAL

ten to twelve servings

1 pint water
2 cups granulated sugar
1 cup fresh pineapple
1/2 teaspoon salt
4 egg yolks
1 pint strawberries
1 pint whipping cream

Boil sugar and water to a thin syrup. Add fresh pineapple which has been cut rather fine, and egg yolks that have been slightly beaten. Cook again for approximately five minutes. Add salt. Cool.

Stem and wash strawberries and slice very thin. Add to the above custard. Fold in whipped cream and pour into Frigidaire freezing tray. Freeze without stirring.

Set Cold Control at 7th position for freezing; 4th position for holding until ready to serve.

BISCUIT TORTONI

twelve servings

3 egg yolks
1 cup milk
3/4 cup sugar
3 egg whites
3/4 teaspoon salt
1/2 cup macaroons
2 teaspoons vanilla
1 1/2 cups whipping cream

Make custard of egg yolks, milk, and sugar. Cool. Add ground macaroons and vanilla. Fold in whipped cream and stiffly beaten egg whites to which salt has been added. Pour into Frigidaire freezing tray, molds, or individual cups. Freeze without stirring.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

This may be flavored with three tablespoons sherry wine flavoring, rum extract, or vanilla. Garnish with whipped cream before serving.
You can buy ice cream long before you intend to serve it and keep it firmly frozen in the Frigidaire freezing trays. Following are some suggestions for serving commercial ice cream, and the suggestions apply equally well to that which you make yourself.

**ICE CREAM AND CAKE COMBINATIONS**

2. Hollow out cup cakes. Line with jam, wine jelly, or marmalade. Fill with ice cream.
3. Cover angel food slices with vanilla ice cream. Sprinkle with toasted almonds and dress with butterscotch sauce.
5. Remove center of sponge cake to make one-inch wall. Fill with peach ice cream, blended with whipped cream. Serve with chilled dessert peaches.

Many delightful beverages may be made by combining ice cream with ginger ale. See Page 66.
FOR FROZEN CREAMS

These sauces can be kept in your Frigidaire to be used when desired. Many variations for desserts are possible by adding different sauces to home-made or commercial frozen creams.

**HOT FUDGE SAUCE**

1 1/2 cups

1 square chocolate or 3 tablespoons cocoa
2 tablespoons butter
1 1/2 cups sugar
1/6 teaspoon salt
1/2 cup hot water
1 teaspoon coffee cream
1 teaspoon vanilla

Melt chocolate in top of double boiler. Add butter, sugar, salt, and hot water. Heat until all sugar crystals are dissolved. Cook 5 to 10 minutes. Add coffee cream and vanilla. Beat well. Serve hot over vanilla cream.

If cocoa is used, mix cocoa, sugar, and butter before heating. Then add cream and let cook to a creamy consistency.

**COFFEE SAUCE**

1 cup

3/4 cup strong, hot coffee
1 cup granulated sugar
2 tablespoons corn syrup

Cook all ingredients for 10 minutes. Cool. Place in Frigidaire to chill. Serve very cold with or without the addition of whipped cream. This syrup can be made, kept in a jar in Frigidaire, and used as needed.

**BUTTERSCOTCH SAUCE**

1 1/2 cups

2 cups brown sugar
6 tablespoons butter
1 1/2 cups hot water

Melt butter in sauce pan and add brown sugar. Continue stirring until butter and sugar are well mixed. Add hot water and cook approximately 10 minutes. Cool. Place in Frigidaire to chill.

**CHOCOLATE SAUCE**

1 1/2 cups

1 square unsweetened chocolate
1 square chocolate or 3 tablespoons cocoa
1 tablespoon butter
1 1/2 cups sugar
1/6 teaspoon salt
1/2 cup hot water
1/2 cup coffee cream
1 teaspoon vanilla

Melt chocolate in top of double boiler. Add butter, sugar, salt, and hot water. Heat until all the sugar is dissolved. Add hot water. Then add cream slowly and cook for 10 minutes directly over heat. When partly cooled, add vanilla. Beat before serving. This sauce can be kept in Frigidaire and used as needed. It can also be used for chocolate milk drinks.
**Orange Cream Sauce**

1 cup

2 egg yolks

3/4 cup sugar

Juice and grated rind of 1 orange

1 cup whipping cream

Heat grated orange rind, juice, and sugar. Strain. Cook again for approximately 2 minutes. Add well beaten egg yolks. Cook for 5 minutes or until eggs are thickened, stirring constantly. Let cool to room temperature. Chill in Frigidaire. Fold in chilled whipped cream before serving. This is very delicious when partly frozen and served on angel cake.

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**Mousses**

These desserts need not be stirred during the freezing process. If properly manipulated before being poured into the freezing tray, they will freeze with a light, smooth consistency. Since mousses are very rich, small portions should be served. Fruit can be served with plain mousse in many attractive ways.

**Pistachio Mousse**

*eight to ten servings*

2 cups whipping cream

3/4 cup sugar

3/2 teaspoon pistachio flavoring

(If pistachio flavoring is not available, use 1 part almond flavoring combined with 2 parts vanilla)

1/2 cup pistachio nuts, chopped fine

2 egg whites

1/4 teaspoon salt

Whip cream. Add sugar, flavoring, nuts and just enough green coloring to give a yellowish green tint. Fold in stiffly beaten egg whites to which salt has been added. Put into Frigidaire tray and allow to freeze without stirring.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

**One-Two-Three Special**

*eight to ten servings*

3 oranges

2 lemons

1 banana

1/8 teaspoon salt

1 pint water

2 cups granulated sugar

4 egg yolks

1 pint whipping cream

Boil sugar and water to a thin syrup. Add orange juice and egg yolks that have been slightly beaten. Allow to cook approximately 5 minutes longer. Remove from fire and cool.

Crush banana with silver fork and add lemon juice. Then add both to custard. Fold in whipped cream and pour into Frigidaire freezing tray. Freeze without stirring.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.
PLAIN MOUSSE
six servings

1 cup whipping cream
¾ cup powdered sugar
½ teaspoon vanilla
⅛ teaspoon salt
1 egg white

Whip cream. Add powdered sugar and vanilla. Fold in stiffly beaten egg white to which salt has been added. Pour into Frigidaire tray and allow to freeze without stirring.

Set Cold Control at 6th position for freezing and 3rd position for holding until serving time.

Plain mousse can be served with chilled, crushed fruit. It may also be used for decorating strawberry shortcake or Frigidaire cakes.

BANANA MOUSSE
ten servings

2 cups whipping cream
½ cup confectioners’ sugar
1½ teaspoons vanilla
⅛ teaspoon salt
1 cup bananas, sliced very thin
2 egg whites

Whip cream, add sugar and vanilla. Fold in bananas. Add stiffly beaten egg whites to which salt has been added. Pour into Frigidaire freezing tray, molds, or individual cups. Freeze without stirring.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

Servings may be garnished with whipped cream, maraschino cherries, or banana slices.

PEACH MOUSSE

Substitute two cups of peach puree for banana in the above recipe. One-half teaspoon of almond extract can be used in place of vanilla.

If peaches are tart, it may be necessary to add another half-cup of sugar.

STRAWBERRY MOUSSE
ten servings

1 pint strawberries
1 cup granulated sugar
⅛ teaspoon salt
2 cups whipping cream
2 teaspoons lemon juice
2 egg whites

Wash and stem berries. Add sugar and crush. Heat until sugar is dissolved. Add salt, strain and chill. Add lemon juice to berry mixture. Fold in whipped cream and stiffly beaten egg whites to which salt has been added. Pour into Frigidaire freezing tray, molds, or individual cups. Freeze without stirring.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

This is very attractive frozen in silver cups, decorated with whipped cream or whole, fresh berries.
These are made by combining syrup with egg whites and whipped cream. They need no agitating during the freezing process. They can be frozen in paper cups or individual Frigidaire cups. The whipped cream may be added before freezing or just before serving.

A hasty parfait can easily be made with plain, frozen cream. Place fresh fruit or canned fruit, small portion, in parfait glass. Add small serving of plain cream, then seasoned whipped cream, and garnish with fruit.

Fresh fruits for garnishing add not only to the delicacy, but much to the attractiveness. All fruits, fresh or canned, should be chilled in Frigidaire before combining. Because parfaits are very rich, small portions should be served.

**ANGEL PARFAIT**

*eight to ten servings*

1 cup sugar  
1/4 cup water  
2 egg whites  
1 pint whipping cream  
2 teaspoons vanilla  
1/6 teaspoon salt

Boil water and sugar slowly without stirring until it spins a thread (236° F.). Combine slowly with the stiffly beaten egg whites to which salt has been added. Continue to beat until thick. Cool. Add vanilla. Combine with the chilled, whipped cream. Pour into the Frigidaire freezing tray. Freeze without stirring.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

This should be served with crushed fruit. When served in parfait glasses, add whipped cream and garnish with fruit, grapes, or preserved cherries.

**BUTTERSCOTCH PARFAIT**

*ten to twelve servings*

3/4 cup brown sugar  
2 tablespoons butter  
1/2 cup water  
4 egg yolks  
1 pint whipping cream  
1/6 teaspoon salt  
2 teaspoons vanilla


Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

Chopped nuts may be added.
ITALIAN PARFAIT

six servings

1/2 cup sugar
1/2 cup water
2 egg whites
1/16 teaspoon salt
1 cup whipping cream
1 teaspoon vanilla

Boil sugar and water slowly until it spins a thread. Add slowly to salted and beaten egg whites, beating constantly. Cool. Add flavoring. Fold in chilled whipped cream and pour into Frigidaire freezing tray. Freeze without stirring.

One-fourth cup of fruit puree with lemon juice may be added.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

MAPLE PARFAIT

eight to ten servings

3/4 cup maple syrup
3 eggs
11/2 cups whipping cream
1 teaspoon vanilla
1/16 teaspoon salt

Heat syrup in double boiler. Add syrup slowly to well-beaten egg yolks and return to double boiler. Beat until mixture is thick and light. Pour into stiffly beaten egg whites. Chill thoroughly. Add whipped cream, salt, and vanilla to custard. Mix thoroughly and pour into Frigidaire freezing tray. Freeze without stirring.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

Garnish with whipped cream and chopped nuts.

A general rule applies to the making of these frozen desserts. First, a syrup is made. Next, the fruit juices and flavoring ingredients are added. Then this mixture is put into a freezing tray. When it is firmly frozen, it is removed to a thoroughly chilled mixing bowl and beaten very light. Then the whipped egg white (to which salt has been added) is folded in; also coffee cream if the recipe calls for it. Next, the entire mixture is put into the freezing tray, returned to the Frigidaire, and frozen.

LEMON SHERBET

six to eight servings

1 cup granulated sugar
1 pint water
1/2 cup lemon juice
2 tablespoons orange juice
1/16 teaspoon salt
2 egg whites
1/2 cup coffee cream

Cook sugar and water slowly for ten minutes. Cool. Add to strained fruit juices. Pour into Frigidaire freezing tray and freeze firm. Remove to ice-cold mixing bowl and beat with rotary beater until very light. Add coffee cream and fold in stiffly beaten egg whites to which salt has been added. Pour into tray and allow to finish freezing without further agitation.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.
ORANGE SHERBET
six to eight servings

\[ \frac{3}{4} \text{ cup granulated sugar} \\
\frac{3}{4} \text{ cup water} \\
\text{Grated rind of one orange} \\
2 \text{ egg whites} \\
1\frac{1}{2} \text{ cups orange juice} \\
1 \text{ tablespoon lemon juice} \\
\frac{1}{2} \text{ cup coffee cream} \\
\frac{1}{16} \text{ teaspoon salt} \]

Cook sugar and water slowly for ten minutes. Add grated rind to syrup and continue cooking for several minutes. Strain. Add syrup to fruit juices. Cool. Pour into Frigidaire freezing tray and allow to freeze firm. Remove mixture to ice-cold mixing bowl. Beat with rotary beater until light. Add coffee cream and fold in stiffly beaten egg whites to which salt has been added. Pour into tray and freeze. If ingredients separate, the mixture can be stirred again with a spoon.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

PINEAPPLE SHERBET
ten to twelve servings

\[ \frac{3}{4} \text{ cup granulated sugar} \\
\frac{1}{2} \text{ cup water} \\
1 \text{ No. 2 can crushed pineapple} \\
4 \text{ tablespoons lemon juice} \\
1 \text{ cup coffee cream} \\
2 \text{ egg whites} \\
\frac{1}{16} \text{ teaspoon salt} \]

Drain juice from can of pineapple. Cook sugar, water, and pineapple juice slowly for ten minutes. Add pineapple pulp and lemon juice. Cool. Pour into Frigidaire freezing tray and allow to freeze firm. Remove mixture to ice-cold mixing bowl and beat with rotary beater until light. Add cream and fold in stiffly beaten egg whites to which salt has been added. Return to tray and freeze. If ingredients separate after the mixture is partly frozen, remove tray and stir well with a spoon.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

APRICOT SHERBET
eight to ten servings

\[ 1 \text{ cup apricot juice} \\
1 \text{ cup apricot pulp} \\
\frac{1}{2} \text{ cup water} \\
\frac{3}{4} \text{ cup granulated sugar} \\
1\frac{1}{2} \text{ tablespoons lemon juice} \\
\frac{1}{2} \text{ cup coffee cream} \\
2 \text{ egg whites} \\
\frac{1}{16} \text{ teaspoon salt} \]

Cook apricot juice, water, and sugar slowly for ten minutes. Cool. Force apricots through puree strainer. Add lemon juice and syrup. Chill. Pour into Frigidaire freezing tray and freeze firm. Remove mixture to a cold bowl and beat with rotary beater until light. Add beaten egg whites and cream. Return to tray and finish freezing. If mixture separates after it is partly frozen, remove to an ice-cold bowl and beat again.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

LIME ICE
four to six servings

\[ \frac{3}{5} \text{ cup sugar} \\
1 \text{ pint water} \\
\frac{1}{2} \text{ cup lime juice} \\
\text{Green food coloring} \\
2 \text{ egg whites} \\
\frac{1}{16} \text{ teaspoon salt} \]

Cook sugar and water slowly for ten minutes. Add to strained lime juice. Cool. Add green food coloring. Pour into Frigidaire freezing tray and allow to freeze firm. Remove to ice-cold mixing bowl and beat with rotary beater until mixture becomes very light. Fold in stiffly beaten egg whites to which salt has been added. Return to Frigidaire and allow to finish freezing.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.
Variations:
(a) Lemon juice can be used with part lime juice.
(b) Lime extract can be used with lemon juice, adding the extract until the desired flavor is produced.

MINT ICE
six to eight servings

1 quart water
2 cups granulated sugar
Juice of 2 lemons
Mint flavoring
2 green food coloring tablets
½ teaspoon salt
2 egg whites

Cook sugar and water to thin syrup. Cool. Add mint flavoring to taste; also coloring tablets and lemon juice. Pour into Frigidaire freezing tray and allow to freeze firm. Remove to bowl and beat until mixture becomes quite light. Then fold in fluffy egg whites to which salt has been added. Allow mixture to finish freezing.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

This is a very attractive ice and can be used in garnishing a fresh fruit salad for the luncheon or the bridge party.

LEMON ICE
four to six servings

¾ cup sugar
1 pint water
½ cup lemon juice
¼ teaspoon salt

Cook sugar and water slowly for ten minutes. Cool; add to strained fruit juices; add salt; pour into tray and allow to freeze firmly.

Remove to ice-cold mixing bowl and beat with electric or hand beater until mixture becomes very light and creamy. This should be done as quickly as possible, in order to prevent melting. Return to freezing tray and allow to freeze without further agitating.

Set Cold Control at 7th position until dessert is frozen and 4th position for holding until serving time.

RASPBERRY ICE
eight to ten servings

¾ cup granulated sugar
1 pint fresh raspberries
½ cup water
2 tablespoons orange juice
2 egg whites
¾ teaspoon salt

Add sugar to berries and crush. Heat slowly and cook 5 minutes. Add water. Strain. Cool. Add orange juice. Pour into Frigidaire freezing tray and freeze firm. Remove from tray to ice-cold mixing bowl and whip until very light. Add stiffly beaten egg whites to which salt has been added. Return to tray and finish freezing without further agitation.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

FROZEN FRUIT PUNCH
ten to twelve servings

¾ cup granulated sugar
½ cup water
½ cup blackberry juice (unsweetened)
½ cup raspberry juice (unsweetened)
½ cup orange juice
2 egg whites
¼ teaspoon salt
½ cup maraschino cherries

Cook sugar and water slowly to consistency of a syrup. Add to strained fruit juices. Cool. Pour into Frigidaire freezing tray and allow to freeze firm. Remove to ice-cold bowl and beat with rotary beater. Add stiffly beaten egg whites to which salt has been added. Add cut maraschino cherries. Pour into tray and finish freezing without agitation.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.
CRANBERRY ICE
twelve servings

1 quart cranberries
2 cups water
2 cups sugar
1 orange rind
Juice of 1 orange

Cook cranberries and water to boiling and allow to cook for a few minutes or until the berries become soft. Run through sieve. Then add sugar to puree. Add grated rind.

Heat again until sugar is dissolved. Add orange juice. Remove from fire. Then allow to cool. Pour into Frigidaire freezing tray and allow to freeze solid. Remove to mixing bowl and beat with an electric or hand beater until mixture becomes very light. Return to freezing tray and allow to finish freezing without stirring.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

Marlows

These are so called because marshmallows are used as the fundamental ingredient. The marlows are easy to make and inexpensive. They need no stirring during the freezing process and will freeze quickly.

PLAIN MARLOW
six to eight servings

1 cup milk
20 marshmallows
1 egg
1 cup whipping cream
3/8 teaspoon salt
3 teaspoons vanilla

Heat milk with marshmallows in top of double boiler. When marshmallows are melted, pour over well-beaten egg, return to double boiler and allow to cook for approximately 3 to 5 minutes, stirring constantly. Remove from fire and cool. Add vanilla and salt. Fold whipped cream into marshmallow mixture. Pour into Frigidaire freezing tray and allow to freeze without stirring.

Set Cold Control at 7th position for freezing and 4th position for holding until serving time.

CHOCOLATE MARLOW
six to eight servings

Add 1 1/2 squares of unsweetened chocolate to milk and marshmallows before heating, following the same method as used above in preparing the Plain Marlow.

PINEAPPLE MARLOW
six to eight servings

Add 3/4 cup of crushed pineapple (drained from the juice) to the mixture of Plain Marlow before folding in the whipped cream, following the same method.
APRICOT MARLOW
 six to eight servings

1 No. 2 can apricots
20 marshmallows
2 tablespoons lemon juice
1 cup whipping cream
1/2 teaspoon salt

Heat 1 cup of apricot juice with marshmallows in top of double boiler until marshmallows are melted. Remove from fire and cool. Add lemon juice. Force apricots through sieve. Add salt and apricot pulp to marshmallow mixture. Fold whipped cream into mixture. Pour into Frigidaire freezing tray and allow to freeze, setting Cold Control at 7th position for freezing and 4th position until serving time. If ingredients have a tendency to settle during the freezing process, stir with a spoon.

TUTTI-FRUTTI MARLOW
 six to eight servings

1 cup milk
20 marshmallows
2 teaspoons vanilla
1/4 cup maraschino cherries (chopped fine)
1/4 cup crushed pineapple

Heat milk and marshmallows in top of double boiler, as in preparing apricot marlow. Add fruit and fold in whipped cream. Pour into Frigidaire freezing tray and allow to freeze without stirring, setting the Cold Control at 7th position to freeze and 4th position until serving time.

Chilled Desserts

These desserts are cold and refreshing without being actually frozen. They can be made easily and quickly.

The ones containing gelatine or some other thickening ingredient may be chilled in the Frigidaire food compartment, although time will be saved by chilling them in freezing trays, as is done with the unthickened mixtures.

In chilling fruits, the juices or syrups may be partly frozen if desired; but the fruits themselves are usually considered more palatable if they are not allowed to freeze.

CHOCOLATE COOKY DESSERT
 six to eight servings

18 thin chocolate cookies (1 1/2 inches wide)
1 pint whipping cream
2 teaspoons vanilla

Whip cream and add vanilla. Spread one tablespoon on a cooky and press another on top. Lay the stack on edge in the center of Frigidaire freezing tray. Completely cover with the remaining cream. Garnish with maraschino cherries or chocolate shot. Chill on a Frigidaire shelf for several hours. Then place in freezer until very cold. In serving, cut diagonal slices and dress with chocolate sauce.
Variation
Ginger cookies can be used instead of the chocolate cookies.

CHILLED FRUIT DESSERTS
six servings
1 No. 2½ can mixed fruits
½ cup whipping cream
6 maraschino cherries
Pour can of fruit into Frigidaire freezing tray and allow to chill until fruit juices are partly frozen. Serve with whipped cream. Garnish with maraschino cherries.

Flavor Variations:
Pour off fruit juices from one can of fruit and add one-half cup of sherry wine flavoring, or more if desired. Pour into Frigidaire freezing tray, allowing to chill for approximately one hour. Serve in same manner as above. Other flavors can be used in like manner.

ENGLISH TRIFLE
ten servings
1 round sponge cake
1½ cups soft custard
½ cup sweet sherry wine flavoring
½ cup guava or currant jelly
½ cup blanched almonds or English walnuts

MOLDED CEREAL WITH FRUIT
Heat left-over cooked cereal and pour into individual molds or large mold, rinsed in cold water. When cool, place in Frigidaire until ready to serve. Turn out on small plates and top with stewed figs, stewed dates, sliced fresh or canned peaches, or berries.
This makes a good luncheon dessert for the children.

MACAROON PUDDING
six or eight servings
3 eggs
½ cup sugar
½ cup water
½ cup claret wine flavoring
2 teaspoons gelatine
½ pound almonds
12 maraschino cherries
1½ dozen macaroons
Combine egg yolks, sugar, and water. Heat to boiling point. Add gelatine which has been soaked in ½ cup of cold water. Place nuts, maraschino cherries, and macaroons in a large serving dish. Add wine flavoring. Cover with well-beaten egg whites. Then add hot custard mixture. Do not stir. Chill in Frigidaire and serve with whipped cream.

CHOCOLATE BAVARIAN CREAM
ten servings
1½ squares chocolate
½ cup sugar
½ cup hot milk
1 tablespoon gelatine
¼ cup cold water
1 pint whipping cream
1 teaspoon vanilla
6 lady fingers
Soak gelatine in cold water. Melt chocolate in top of double boiler and add sugar, salt, and hot milk. Cook for a few minutes. Add gelatine to hot chocolate mixture. Cool until it begins to thicken. Beat with beater until mixture becomes very light. Fold in whipped cream. Add vanilla. Line a mold with lady fingers. Pour in cream mixture. Place in Frigidaire freezer to chill. When dessert has set, remove to a plate and decorate with whipped cream before serving.
UNCOOKED PLUM PUDDING
six to eight servings

1 tablespoon plain gelatine
3/4 cup cold water
3/4 cup lemon juice
1 1/4 cups boiling water
3/4 cup granulated sugar
3/4 cup raisins, cut fine
3/4 cup walnuts, cut fine
3/4 cup cooked prunes, cut fine
3/4 cup citron, cut fine
3/4 cup grapenuts
1/2 teaspoon cinnamon
1/2 teaspoon cloves
3/8 teaspoon salt

Soak gelatine in cold water. Dissolve in boiling water. Add sugar, salt, and spices. Cool, then add lemon juice. Allow mixture to stand until it begins to get firm. Add fruits and nuts which have been cut very fine, also the grapenuts. Put into melon or ring mold. Then place in Frigidaire and allow to chill very thoroughly. Unmold and serve with whipped cream which has been flavored with wine sauce.

May be placed in a freezing tray and partially frozen before serving if desired.

GLORIFIED RICE
four servings

1/2 cup rice
1/2 cup sugar
1/4 teaspoon salt
1/2 cup milk
1/2 cup chopped dates
1 cup whipping cream
1 teaspoon vanilla

Cook rice until tender, drain and blanch. Add milk and cook again in top of double boiler for at least 15 minutes. Remove from fire and when cool add chopped dates, sugar, vanilla, and fold in the whipped cream. Pour into Frigidaire and allow to freeze lightly. Stewed raisins can be used in place of dates.

Left-over cooked rice can be used. Combine other ingredients in proportion to the amount of rice which you have.

STRAWBERRY WHIP
eight servings

1 pint strawberries
1 cup sugar
1 tablespoon gelatine
3/4 cup cold water
1/16 teaspoon salt
2 tablespoons lemon juice
1/2 pint whipping cream
2 egg whites

Wash and stem berries. Add sugar. Crush. Cook a few minutes. Add gelatine which has been soaked in cold water. Mix well and strain. Cool to room temperature. Place in Frigidaire to set. Add salt and lemon juice. Whip until light. Fold in chilled, whipped cream and stiffly beaten egg whites. Pour into Frigidaire freezing tray to chill.

Individual molds may be used with a garnish of whipped cream and fresh berries.

PRUNE WHIP
eight servings

1 tablespoon gelatine
1/4 cup cold water
1/4 cup boiling water
1/4 cup prune pulp
2 tablespoons lemon juice
1/2 cup granulated sugar
1/2 cup milk
1 cup whipping cream
2 egg whites

Soak gelatine in cold water. Dissolve in boiling water. Stir until gelatine is dissolved. Add to prune pulp. Add lemon juice and granulated sugar. Stir until well mixed. Cool. Put into Frigidaire and allow to congeal. Remove and beat with rotary beater until light. Add milk. Fold in whipped cream and beaten egg whites. Pour into molds or into Frigidaire tray and chill one hour or longer before serving.
The idea of using delectable fillings with slices of bread was first conceived by the Fourth Earl of Sandwich, which has made his name immortal.

There are three distinct classes of these creations:
- Lunchbox or Picnic Sandwiches
- Whole Meal Sandwiches
- Afternoon Tea Sandwiches

GENERAL SUGGESTIONS

Bread for sandwiches should be firm enough to cut without crumbling or crushing; sliced evenly and, except for afternoon tea sandwiches, not too thin. It is better to leave the crusts on unless the sandwiches are intended to be particularly dainty. The sweetness of the brown crust is too good to be sacrificed to a false convention.

Butter should be soft enough to spread without breaking up the bread. If time allows, cream it, but never melt it. Creamed butter may be used either plain or mixed with paprika, minced parsley, a dash of mustard, or a few drops of lemon juice.

LUNCHBOX OR PICNIC SANDWICHES

Whole slices of bread may be used, but pleasant variety is produced by cutting in oblongs or "fingers," three or four to a slice; or in triangles, either two or four to the slice. A so-called pound loaf of bread will make about two dozen slices—twelve full sized sandwiches. Allow for these about a third of a cup of butter (5 tablespoons) if both slices are buttered. If paste is to be used, from one to two cups will be required.

When a good many sandwiches are made at one time, it is wise to cut the loaf lengthwise. The whole slab can then be spread at once and sandwiches cut to the desired shape and size.

Sandwiches to be packed and eaten hours later can be wrapped in waxed paper, which preserves their moisture and flavor.

WHOLE MEAL SANDWICHES

These are appropriate for Sunday night suppers, for casual lunches, and for informal entertaining. They may be "three-deckers," made of three slices of bread with two
different yet harmonizing fillings. Or they may be the hearty, hot sandwiches like Cheese Dream, Roast Beef and Potato, or Bacon and Tomato Toast.

For entertaining smartly, the Sandwich Loaf is easy to prepare, impressive to serve, and delightful to eat. It can be prepared in the morning and kept in the Hydrator or a covered dish until ready for serving.

**SANDWICH LOAF**

Remove crust from loaf of sandwich bread. Cut lengthwise into three slices. Butter one side of the top and lower slices and both sides of the middle slice. Spread between the slices a filling of any good fish, meat or cheese salad, minced fine. Press firmly together. Cover the outside with thick mayonnaise or with cream cheese and mayonnaise whipped light. Garnish the sandwich loaf with stuffed olives. Slices of tomatoes and lettuce can also be used to decorate the loaf if desired.

White, whole wheat or tomato bread or a combination can be used in preparing this sandwich loaf. If space in the Hydrator is available, this loaf can be placed directly in the Hydrator without wrapping in waxed paper, and will keep fresh until serving time.

**OPEN CLUB SANDWICH**

4 buttered toast points
1 roseapple filled with mayonnaise and placed in center of service plate
Lettuce leaves
2 slices of tomatoes
1 stuffed olive
1 sweet pickle—cut fan shaped
1 green pepper ring

This sandwich can be made as elaborate as desired. Various kinds of cold meats may be placed on the roast points. This is a splendid way of utilizing left-over meats.

**AFTERNOON TEA SANDWICHES**

These sandwiches may be as dainty and complicated as you please. They can be made in the morning housekeeping hours and stored in the Hydrator until time to serve. This keeps them fresh and moist.

Bread should be cut as thin as possible. Remember, in planning size, shape, and fillings that guests must eat these delicious morsels with their fingers.

**UNUSUAL EFFECTS**

Fancy cutting adds to the attractiveness of sandwiches. Interesting effects can be produced by using contrasting breads such as white and graham, raisin or nut bread with whole wheat. Brightly tinted fillings between fragile slices of white bread are also effective.

Here is a good idea for bridge party sandwiches:—Take an equal number of slices from white and whole wheat bread. Cut hearts from both a white and whole wheat slice with a cooky cutter. Fit the white heart into the whole wheat slice and *vice versa*. Then go through the same procedure with cutters of club, spade, and diamond shape.

**TOASTED ROLLED SANDWICHES**

Cut very thin slices of bread. Spread each slice with minced ham filling, chicken salad chopped fine, cheese filling or any filling desired. Then roll the slices and lay them with outer edge down in the Hydrator or covered dish. Brush the rolls with butter and place on broiler to toast, being sure to lay them with outer edge down so that they will not unroll.

**CHECKERBOARD SANDWICHES**

Cut three slices each of whole wheat and white bread in one-half inch slices. Alternate the slices, making two stacks, three slices each. Remove crusts and spread with plenty of soft butter. Cut one-half inch slices from each of these stacks and alternate them again, making two stacks of three slices each. Spread layers generously with softened butter. Press layers together and set in Frigidaire to harden the butter. When ready to serve, cut into very thin slices. Stacks should be wrapped in waxed paper if kept in Frigidaire for several hours or longer.
Pastry
AND OTHER BAKED THINGS

The cold temperature maintained in the Frigidaire food compartment is ideal for the proper chilling of pastry dough before baking. This improves the tenderness and flakiness of the pastry. In many instances, such as puff paste, dough cannot be successfully prepared unless it is thoroughly chilled.

Patties of puff paste can be made and stored in Frigidaire until wanted for baking. Cooky dough can also be mixed, rolled, and stored in Frigidaire. It can be sliced and baked when desired, without the addition of more flour.

Plain pastry or pie crust dough can be prepared and kept covered in Frigidaire for an indefinite period. This is convenient and the chilling before baking adds to the tenderness of the crust.

Pastry should not be handled more than is absolutely necessary.

FRIGIDAIRE STRAWBERRY SHORTCAKE
six servings
1 pint strawberries
1/2 cup confectioners' sugar
1 cup whipping cream
Sponge cake
Wash, stem, and cut a pint of berries; add confectioners' sugar. Cut sponge cake about three-quarters of an inch thick, to fit Frigidaire freezing tray. Spread berries over cake. Then add a layer of plain mousse. Place in freezer to become very cold, but not frozen. This can be cut out in squares and served on plates. Garnish with a few fresh berries.

Any fresh or canned fruit can be used in like manner, covering with mousse or parfait.

Any desired parfait can be frozen on sponge cake without the fruit, blocked out, and served the same as Frigidaire shortcake. When plain parfait is used, a fruit garnish adds to its deliciousness.

PUFF PASTE ROSES

Roll out some puff paste about one-eighth inch thick and cut out with a star cutter. Brush over with a little cold water. Fold the points of the stars to the center. Bake, and when nearly done, dust with powdered sugar and return to oven to finish baking. The cake will puff up like a rose. Fill with jelly or fruit combinations. Serve with whipped cream.

MERINGUE

4 egg whites
Pinch of salt
6 tablespoons powdered sugar
Beat egg whites, with salt added, until very stiff. Work in powdered sugar.

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PUFF PASTE

six patty cases

$\frac{1}{2}$ pound butter
$\frac{1}{2}$ pound cake flour
$\frac{1}{4}$ cup cold water

Work butter in cold water until pliable and smooth. Mold into three-eighths inch thickness and place in Frigidaire.

Combine cake flour and very cold water into a dough and knead until elastic. Cover and place in Frigidaire for about three-quarters of an hour. Roll out dough on floured board to one-half inch thickness and place butter in center. Fold edges of dough over butter and roll out about one-quarter inch thick, taking care butter does not run outside of dough. Brush off the flour and fold into three layers. Roll out again to same thickness. Put into Frigidaire to chill for three-quarters of an hour. Roll out as before and place again in Frigidaire to chill. Roll and fold again. The paste will then have six turns. Chill again before cutting.

Form in patty cases. Brush with cold water and place in Frigidaire to chill before placing in the oven. Bake to a golden brown at a temperature of 450° F.

OLD-FASHIONED SOFT SUGAR COOKIES

three dozen

2 cups granulated sugar
1 cup shortening
3 eggs
1 cup sour cream
1 teaspoon soda
4 cups sifted flour

Cream sugar and shortening. Add one egg at a time and continue stirring until mixture becomes smooth and creamy. Dissolve soda in sour cream and add to the above mixture. Work in the sifted flour.

Roll dough about 1/4-inch thick. Cut in round shapes. Sprinkle tops lightly with granulated sugar before baking. Bake in oven approximately ten minutes at 475° F.

This kind of dough can be kept in a closed container in Frigidaire, to be used as desired.

FRIGIDAIRE COOKIES

three dozen

1 1/2 cups shortening
1 cup brown sugar
1/2 cup white sugar
3 eggs
1 teaspoon soda
1 teaspoon salt
2 teaspoons cinnamon
4 cups flour

Cream shortening. Add sugar and beat well. Then add eggs one at a time, beating meanwhile. Sift dry ingredients and stir into first mixture.

It is nice to divide this dough into three portions, adding melted chocolate and vanilla to one; grated coconut to one; nuts and raisins or chopped dates to one. These portions may be made into sausage-like rolls, wrapped in waxed paper, and placed in Frigidaire over night or until wanted. Before baking, slice very thin and bake in hot oven (450° F.) on baking sheet.

Part of the chocolate dough may be rolled to one-fourth inch thickness (square), a portion of the light dough rolled similarly and placed on the chocolate dough. The two sheets should then be “scrolled” in jelly-roll fashion, wrapped in waxed paper, and left in Frigidaire a few hours before slicing. This will give a pinwheel effect.

FRIGIDAIRE PIE

1 pastry shell
1 cup fresh fruit
1 pint ice cream (vanilla)
4 egg whites
6 tablespoons powdered sugar

Bake the shell as directed in a following recipe. Place in the shell a layer of ice cream (frozen very hard). Then add a layer of fresh fruit sweetened to taste. Banana slices, fresh strawberries or very ripe peaches can be used. Place in a very hot oven (500° F.) for two minutes or until meringue is golden brown. Serve at once.
PASTRY SHELL
1 1/2 cups pastry flour
1/2 cup shortening
1/2 teaspoon salt

Cut shortening into flour and salt. Add enough ice water to hold together. Place in Frigidaire to chill. Roll into shell. Bake in hot oven.

COTTAGE CHEESE PIE
1 cup cottage cheese
1/2 cup sugar
3/4 cup sweet milk
2 egg yolks, beaten slightly
1/4 teaspoon vanilla

Mix ingredients in order given. Fill pastry shell with cheese mixture and bake as a custard pie approximately 45 minutes at 450° F. When pie is baked and slightly cooled, cover with meringue made from the whites of the eggs, and brown in the oven. Tarts may be made instead of a pie, if desired.

RAISIN AND DATE SURPRISES
Two dozen cookies
3 cups sifted flour
3 teaspoons baking powder
1/2 teaspoon salt
1 cup butter
1 cup sifted brown sugar
1 egg, well beaten
1 teaspoon vanilla
1/3 cup milk

Sift flour once. Measure, add baking powder and salt, and sift again. Cream butter thoroughly. Add sugar gradually, and cream together until light and fluffy. Add egg and vanilla, then flour alternately with milk, a small amount at a time. Chill in Frigidaire until firm and then make into scroll and wrap in waxed paper. Cut 1/8-inch slices. Put a teaspoonful of raisin filling on one circle and place another circle on top, pressing edges together. Bake in oven (425° F.) six to eight minutes.

FRIGIDAIRE ROLLS
Approximately three dozen clover-leaf rolls
1 cake compressed yeast
1/2 cup sugar
1 teaspoon salt
2 cups lukewarm water
1 egg
7 cups flour
3 tablespoons shortening

Crumble yeast into large mixing bowl. Add sugar, salt, and water. Add well beaten egg. Sift flour once before measuring. Add half flour and beat well. Add melted shortening and mix in remainder of flour. Let rise to double its bulk. Punch down, cover tightly, and place in Frigidaire. About one hour before baking, remove desired amount of dough. Shape into small rolls and place on greased pan. Use gem pans for clover-leaf rolls. Let rise slowly to double their bulk, then bake in hot oven (425° F.) for 20 to 25 minutes.

This dough can be kept in Frigidaire and used from as desired. Shapes may be prepared in the morning and placed back in the Frigidaire to be ready for quick baking. Allow just enough time for the dough to rise and the rolls to bake so that they will come from the oven piping hot.

PLAIN MUFFINS
One dozen
2 cups flour
3 teaspoons baking powder
2 tablespoons sugar
1/2 teaspoon salt
1 cup milk
2 eggs
1 tablespoon shortening

Combine dry ingredients and sift into mixing bowl. Add milk and well beaten eggs, then melted butter. Mix ingredients carefully without over-beating. Grease muffin tins and fill half-full of batter. Bake for 20 minutes at 425° F.
WHOLE WHEAT MUFFINS
Follow directions for making plain muffins, substituting one cup of whole wheat flour for one cup of pastry flour.

BLUEBERRY MUFFINS
Follow directions for making plain muffins, adding one cup of blueberries to the batter.

CORNMEAL MUFFINS
one dozen
3/4 cup cornmeal
3/4 cups flour
4 teaspoons baking powder
2 tablespoons sugar
1 cup milk
2 tablespoons butter
1/2 teaspoon salt
2 eggs

Combine dry ingredients and sift into mixing bowl. Add milk, eggs, and melted shortening. Grease muffin tins and fill half full of batter. Bake from 20 to 25 minutes at 425°F.

Batter can be prepared the evening before and placed in the Frigidaire, which saves time in the morning if muffins are to be made for breakfast.

PLAIN WAFFLES
five waffles
2 cups flour
1 1/2 cups milk
3/4 teaspoon salt
3 teaspoons baking powder
4 tablespoons melted butter
3 eggs

Sift dry ingredients into mixing bowl. Beat egg yolks and egg whites separately, adding egg yolks and milk to the dry ingredients. Add melted butter, then fold in egg whites. (Half bacon grease and half butter can be used in place of all melted butter.) Bake in hot waffle iron approximately three minutes.

If only part of this batter is used, the remainder may be kept in Frigidaire.

Variations: RAISIN WAFFLES
One cup seedless raisins, uncooked, can be added to the full quantity of batter. If part of the quantity is used, proportion raisins accordingly.

PECAN WAFFLES
One cup of whole pecans can be added to the full quantity of batter. If desired, these pecans can be chopped.

BRAN WAFFLES
One cup of bran flakes (the cooked cereal) added to the batter will give a distinguished nutty flavor that is quite desirable.

DATE WAFFLES
One cup dates chopped very fine can be added to the full quantity of batter.

LEMON WAFFLES
Grated rind of two lemons can be added to the batter.

BLACK WALNUT WAFFLES
One cup of chopped, black walnuts added to the batter will give a very distinctive flavor.

RAISIN FILLING
for two dozen cookies
2 cups raisins and dates, chopped
1 tablespoon lemon juice
1/2 cup sugar
1/2 cup boiling water
1 tablespoon butter

Cook raisins, dates, and sugar in water six to eight minutes, or until thick, stirring constantly. Remove from fire. Add lemon juice and butter.
OLD-FASHIONED SOFT GINGER COOKIES
four dozen

2 cups molasses
1 cup sugar
1 cup shortening
1 cup sour milk
2 teaspoons soda
1 teaspoon ginger
6 cups sifted flour

Place molasses, sugar, and shortening in large mixing bowl and mix thoroughly. In a separate, smaller bowl, place sour milk, soda, and ginger. Mix well and add to first mixture. When ingredients are thoroughly combined, add flour which has been sifted before measuring.

Roll to ⅛-inch thickness with as little flour as possible. When cut and ready to place in oven, sprinkle top of each cooky with sugar, or treat as follows:

Combine 1 egg yolk with equal part of cold water. With a pastry brush or a small cloth, spread top of each cooky just before placing in the oven. This will produce a glossy surface, which not only adds to the appearance, but also greatly aids in retaining that moisture which is so desirable in soft cookies.

Beverages

Sparkling ice cubes and a variety of ingredients in your Frigidaire make refreshing beverages available at any time. This is one of the special joys and advantages of having Frigidaire.

SUGAR SYRUP

This is more quickly soluble than dry sugar and gives a smoother body to the beverage. To make it, dissolve two cups of sugar in one cup of boiling water. Boil slowly for 15 minutes and set aside to cool. Then place in a bottle. Keep the syrup in your Frigidaire for sweetening beverages.

CHOCOLATE SYRUP

The recipe is the same as that for Chocolate Sauce, given on Page 48.

GRAPE SPARKLE

Fill tea server half full of ice cubes. Add 1 quart of grape juice. Place near freezer of Frigidaire and chill until serving time. Fill glasses ¾ full of grape juice, filling the remainder of the glass with ginger ale.

MILK SHAKE

To one cup of cold milk add 2 teaspoons of any flavoring desired. Sweeten to taste. Add one crushed ice cube and shake until frothy. A dash of nutmeg or cinnamon may be added to each serving.
MALTED MILK
Combine 1 tablespoon of malted milk powder with one cup of chilled milk. Shake well and serve very cold. It might be well to add one crushed ice cube before shaking. A small serving of Vanilla Custard Cream can be added if desired.

ICE CREAM FIZZ
Place a generous serving of vanilla ice cream in a tall tumbler or iced-tea glass. Fill with ginger ale. An iced-tea spoon should accompany each serving, as stirring is necessary. This gives a novelty beverage quite like an ice cream soda.

CHOCOLATE CREAM FIZZ
Use chocolate ice cream instead of the vanilla ice cream. The children will enjoy this.

CREAM ALE
Put 2 tablespoons heavy cream and 1 1/2 teaspoons of sugar into iced-tea glass or tall goblet. Stir until sugar is dissolved. Add ice cube and allow to remain for a few minutes. Slowly fill the glass with ginger ale.

ORANGE AND LEMON
six servings
6 oranges
2 lemons
1 cup sugar
1 quart water
Combine fruit juices and sugar. Place in server. Add ice cubes and water. Serve in glasses, adding one ice cube and a maraschino cherry to each serving. If plain water is used, this refreshing drink can be kept in the bottle compartment of Frigidaire and served when desired.

GRAPE PUNCH
1 pint grape juice
1 quart water
Juice of 2 lemons
Juice of 1 orange
1 cup sugar
Heat water and sugar until all sugar is dissolved. Cool. Add to fruit juice and place in Frigidaire to chill. Serve with ice cubes, frozen with lemon slices.
Two parts ginger ale to one part grape juice may be used. This makes another refreshing beverage.

MINT ICE TEA
Brew tea. Mint leaves may be added at the time or placed in each glass with the ice cube before served. A red or green mint cherry can be placed in each glass if desired.

EGG-NOG
1 egg
Pinch of salt
3/4 tablespoon sugar
3/4 cup milk
1 1/2 tablespoons wine or
1 tablespoon brandy
Have eggs and milk very cold. Mix egg, sugar, and salt either in mixing bowl with egg beater or in a lemonade shaker. Add milk and stimulant and, when fully blended, serve immediately.
Egg white can be beaten separately and folded into the mixture after milk and stimulant are added. Beat the egg white until foamy (not stiff) and fold in lightly.
Stimulant can be omitted and a grating of nutmeg can be substituted. This recipe is very good for invalids.

CHOCOLATE EGG-NOG
To make this, add 2 tablespoons of chocolate syrup to above recipe.
CREME DE MENTHE

Place in glass one ice cube which has been slightly colored with a small portion of yellow food coloring and a slice of lemon frozen on top. (See Page 68 for garnishing cubes.) Put approximately an eighth part creme de menthe syrup into each glass. Fill glass very slowly with chilled ginger ale. This will cause the syrup to remain in the bottom and ginger ale on top—a very attractive serving. Stir well before drinking.

Grenadine syrup can be substituted for creme de menthe, using an ice cube garnished with a red maraschino cherry.

FRUIT PUNCH

*ten to twelve servings*

2 tablespoons tea
2 quarts boiling water
1 pound granulated sugar
4 oranges
1 fresh pineapple
1 pint strawberries
6 lemons

Grate the rind of two lemons and cook with sugar and water for five minutes. Pour over tea and let stand for five minutes. Then strain. Cool. Cut two oranges into slices. Cut pineapple into small pieces. Wash, stem, and crush strawberries. Mix all fruits and add juice of remaining lemons and oranges. Add cool tea to fruit mixture and place in Frigidaire to chill. Pour into punch bowl with ice cubes decorated with maraschino cherries. Serve in punch glasses.

If fresh fruit is not available, canned fruit may be substituted.

FRUITADE

*two servings*

$\frac{1}{2}$ cup shredded pineapple
Juice of 1 orange
2 cups boiling water
$\frac{3}{4}$ cup sugar
Juice of 1 lemon

Combine lemon and orange juice with shredded pineapple. Dissolve sugar in boiling water and add to fruit juice. Let cool. Then strain and place in Frigidaire to chill. Serve with ice cube garnished with maraschino cherry.

LIME FIZZ

*six servings*

6 oranges
2 lemons
$\frac{1}{2}$ cup granulated sugar
2 cups water
2 bottles lime pop

Extract juices and strain. Add sugar and stir until sugar is dissolved. Add water. Divide equally into six serving glasses. Fill with lime pop.

This can be made very attractive by adding an ice cube garnished with lemon slice.
Ice cubes, made of clear water, have a number of uses. They are always convenient for cooling beverages. They can be put into dishes of celery, olives, radishes, and the like, either whole or cracked. They can be utilized as "nests" for cocktails, grapefruit, melons, or oysters.

In addition to their many applications for serving foods and beverages, they may be used for other purposes. Wrapped in a fine cloth, ice cubes are beneficial for treating and massaging the face. They give a delightful, restful, tingling sensation to the skin. And they can be used for cold packs to relieve feverish conditions.

**GARNISHED ICE CUBES**

Maraschino cherries are very appropriate for garnishing ice cubes. They can be frozen in plain or appropriately tinted cubes. One should be added to each cube. Lemon juice and lemon slices are desirable additions and can be used in lemonade or any of the fruit beverages.

When fruits are to be frozen in the cubes, the tray should be about one-third filled with water and the water partially frozen before the fruit is added. Add the fruit, then add water until the tray is about three-fourths full, and allow to finish freezing.

**COLORED ICE CUBES**

Any pure food coloring can be used in coloring ice cubes. The coloring should be added to the water before it is poured into the tray. Care should be taken to use the right amount of coloring, for delicate tints are always more attractive.
DECORATED ICE CUBES

Mint leaves, watercress, and candied fruit make very delightful decorating material for ice cubes. Simply put the decorations on the ice cubes and add just enough water to freeze them in place. There is much room here for originality.

Blocks of ice may be frozen instead of cubes by removing the grids from a tray. These blocks are sometimes found desirable for bowls of punch or other large beverage servers. They may be plain, garnished, colored, or decorated as wanted.

AN EXTRA SUPPLY OF CUBES

When more ice cubes are needed than can be frozen at one time, those which have been made may be placed in the special glass tray for storage while another lot is being frozen. If cubes are to be stored here for longer than several hours, wrap them in waxed paper.

Frigidaire's normally fast rate of freezing ice cubes may be hastened by setting the Cold Control at a colder position. The fastest freezing occurs when the indicator points at No. 7. This causes the temperature in the freezer to plunge toward zero—and crystal-clear cubes are frozen with remarkable speed.

ICE SHELLS

Ice shells for serving fruit cocktails are something new and different. These can be made either in glass custard cups or in soufflé cups. Fill the cups with water. A little food coloring can be used if desired. Place a thickness of waxed paper in the freezing tray and then place the cups on the paper. This will produce more uniform freezing. Allow the water to freeze approximately ⅛ inch all around. Remove the cups and pour out the water from the center. Return to freezing tray for a short time. Then remove the ice shells from the containers and place them in the glass chill tray beneath the freezer. A dozen or more of these shells can be frozen and stored for future use. When serving, place the shell on a doily and arrange fruit as desired. Serve immediately. (A piece of paper will prevent these shells from freezing on the chill tray, which would make them difficult to remove.)
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## AND THEIR EQUIVALENTS

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## SIZES OF CANS

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<td>No. 10 can</td>
<td>13 1/2 cupfuls</td>
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<td>No. 1 can is used for baked beans, meats, soups, some fruits and vegetables.</td>
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<td>No. 2 can is used for beans, peas and corn.</td>
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<tr>
<td>No. 2 1/2 can is used for tomatoes, spinach, beets and pumpkin.</td>
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</tr>
<tr>
<td>No. 10 can is used for both fruits and vegetables.</td>
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Frozen Pimento Cheese Cups
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Caramel Nut Cream
Chocolate Cream
Chocolate Custard Cream
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Frozen Crumb Cake
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Frozen Grapenut Cream
Maple Cream
Maplenut Cream
Mocha Cream
Orange Custard Cream
Peppermint Candy Cream
Raspberry Cream
Strawberry Cream
Strawberry Special
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Tutti-Frutti Cream No. 2
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Vanilla Custard Cream

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Coffee Sauce
Hot Fudge Sauce
Orange Cream Sauce

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Pistachio Mousse
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Lemon Sherbet
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Mint Ice
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Frigidaire Pie
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Lime Fizz
Malted Milk
Milk Shake
Mint Ice Tea
Orange and Lemon