YOUR FRIGIDAIRE RECIPES

PREPARED BY HOME ECONOMICS DEPARTMENT
FRIGIDAIRE DIVISION - GENERAL MOTORS CORPORATION - DAYTON, OHIO
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 under the supervision of 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 seventeen years has been to answer the question: "How can housewives realize the greatest benefits from their Frigidairees?" 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 Refrigerator.

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.

Frigidaire Division, General Motors Corporation
Frigidaire has come into your home to save you time—to save you money—and to make your preparation of meals easier and more convenient. Equally important, Frigidaire has come into your home to provide Safety Zone Temperatures—below 50 degrees—for the proper protection of your foods.

In addition, Frigidaire provides abundant cold for freezing smooth-textured desserts, delicious salads and plenty of sparkling ice cubes. A host of dessert and salad recipes are given in this book, and by using the Frigidaire Cold Control, as described below, you will find it quite easy to freeze them quickly, thoroughly and conveniently.

**AND HERE'S A GOOD TIP**

Many food-keeping ideas and suggestions that will help you get more from your refrigerator are also appearing in national magazines and leading newspapers. Look for these articles in your favorite publications. They are written by experienced food editors and home economists and offer timely, up-to-the-minute information.

Used properly, your refrigerator can help you solve many meal planning and food storage problems. For example, you can prepare food in advance for later use. You can make delicious frozen desserts without sugar or whipping cream. You can keep soup stock on hand for use in soups, gravies, and casserole dishes; keep and use leftovers in tempting new dishes. These are only a few of the things you can do.

**IMPORTANT!**

**HOW TO USE FRIGIDAIRE COLD CONTROL IN MAKING FROZEN DESSERTS AND SALADS**

• To freeze a dessert or salad, set Cold Control at coldest position. As soon as it is frozen, turn Cold Control back to approximately Number 4 "Colder" position to hold until serving time. Experience will show whether the dessert or salad will hold in better condition at a setting slightly warmer or slightly colder than Number 4.

**NOTE:**—For best results in freezing and holding desserts or salads, place tray in bottom compartment of Super Freezer.
Many delightful dishes can be made from unused or unserved portions. You can keep unused portions in your Frigidaire, and after a few days you can serve them again in an entirely different form, with just as great an appetite appeal as when presented the first time.

Much money is saved by utilizing unused portions wisely. The surplus food may be worth considerable or only a little, but the overall saving can easily amount 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 more when you keep some tomato slices, some buttered peas, or whatever the unused portion 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 140 suggestions for utilizing unused portions in a great variety of attractive dishes.

### HOW TO UTILIZE UNUSED VEGETABLES

#### CARROTS
- In meat pies
- Added to vegetable soup*
- Creamed with peas
- In vegetable salad ring
- In spring salad

#### POTATOES, SWEET
- In sweet potato fluff
- Cottage-fried
- Baked with apples
- Hashed browned with Irish potatoes
- In sweet potato balls

#### 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

*Recipes given in this book.*
ASPARAGUS
Added to vegetable soup
In deviled egg and asparagus salad
In vegetable casserole
In creamed asparagus soup
In vegetable salad ring
Creamed on toast

RICE
In rice and raisin delight
In rice and nut pudding
In Spanish goulash
In rice pudding
In rice cakes
Meat balls*

CABBAGE
Cole slaw made over into a hot slaw
Added to vegetable soup
With creamed vegetables

TOMATOES, SLICED
Garnishing with meat loaf
Baked in a meat pie
Used in chili*
In Spanish goulash
In vegetable casserole

TOMATOES, STEWED
Added to vegetable soup
In rice and tomato soup
With toast cubes
Added to meat loaf*
Added to chili*
Added to meat pie

POTATOES, IRISH
In salad
Cottage-fried
Creamed
Mashed potatoes in or on meat pies
Hashed brown
In potato balls

SPINACH
Added to vegetable soup
In vegetable salad ring
In scalloped vegetables
In spinach puree
In ham and spinach souffle
In spinach nests with creamed mushrooms

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

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

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

HAM
In croquettes*
Meat loaf
With noodles
Baked with macaroni*
In casserole of ham*
With scrambled eggs
In sandwich filling

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

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

*Recipes given in this book.*

**HOW TO UTILIZE MISCELLANEOUS UNUSED PORTIONS**

**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*

*Recipes given in this book.*

**HOW TO UTILIZE UNUSED FRUITS**

**APPLE SAUCE**
- In apple snow
- In apple sauce cake
- In custard

**APRICOTS**
- In fruit salad
- In apricot whip
- In jellied fruit salad ring
- As ice cream sauce

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

**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

*Recipes given in this book.*
After suggesting possible ways of using unused portions in the preceding section, you no doubt will be searching your recipe file for directions for a good soup, baked hash or meat dish—something that will prove inexpensive and at the same time please the family. With this in mind, here are a few of our choice recipes. All have been tested in the Frigidaire experimental kitchen and most heartily approved.

**Soups**

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

Unserved broths, meats, and vegetables can often be used to good advantage in soups, as mentioned in the preceding section, thus affording an opportunity to economize. 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.

**BROWN SOUP STOCK**

*approximately 1 quart—six to eight servings*

- 6 pounds shin of beef
- 3 quarts cold water
- 1 pepper corn
- 1 bay leaf
- 6 cloves
- ½ cup diced carrots
- ¼ cup diced turnips
- ¼ cup diced onions
- ¼ 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
- 1 pepper corn
- 1 small onion
- 2 or 3 small stalks celery
- 2 quarts water

Wash meat and cut into cubes. Put into cool water and heat very slowly to boiling point. Cook for 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.

**NOODLE SOUP**  
(eight servings)

- 1 egg
- Flour
- Chicken broth

To one egg add one tablespoonful 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 be cooked in chicken stew and served instead of vegetable.

**THICKENING SOUP STOCK**

If thick soups are preferred, blend fat and flour as for cream sauce. Add to stock in desired proportions.

**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 into soup stock. Add onion and cook until stalks are tender. Rub through a sieve. Blend the butter and flour. Add salt, pepper, milk, and asparagus tips. Serve very hot. A dash of paprika may also be added.

**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.

**JELLED CONSOMME**  
(six servings)

- 4 cups clear soup stock
- ½ 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 or vegetable juices can be used in place of part of the soup stock. Jellied bouillon can be made, using the brown soup stock.

**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. Raw vegetables 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 seasoning and serve very hot.

**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.

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**BAKED HASH**

*six to eight servings*

- 3 cups cold meat ground fine
  (Any left-over meat)
- 1 teaspoon salt
- 1 teaspoon onion juice
- 1 cup stock or milk
- 3/4 teaspoon pepper
- 2 tablespoons butter
- 1 tablespoon chopped parsley
- 2 eggs
- 1/4 cup bread crumbs

Combine meat and seasoning. Heat the butter without browning. Add crumbs and stir well. Then add milk and cook until it thickens. Then add to the meat the well-beaten eggs. Place in buttered baking dish and place in a pan of hot water. Bake for one hour at 350 degrees F. (This filling can be used in stuffed peppers if desired. Cooking the peppers a few minutes before stuffing may prove more desirable.)

**CHICKEN AND RICE CREOLE**

*eight to ten servings*

- 1 roasting chicken
- 2 tablespoons fat
- 2 tablespoons butter
- 1 medium-size onion
- 2 raw carrots
- 1 cup canned tomatoes
- 2 whole cloves
- 1/2 teaspoon paprika
- 1/4 teaspoon pepper
- 2 teaspoons salt
- 3 cups boiling water
- 1 cup rice (washed and drained)

Clean and cut chicken into frying pieces. Flour lightly. Melt fat and butter in heavy skillet and brown onion, then remove. Brown chicken in fat, then place in center of large covered baking dish. Combine carrots, tomatoes, all seasoning and boiling water. Pour around chicken. Sprinkle rice evenly around chicken; add fried onion Cover. Bake at 350 degrees F. until rice is thoroughly cooked and chicken tender.
CORNSOUFFLE

six servings

1 can corn
1 tablespoon butter
2 tablespoons flour
Pepper
2 eggs
1 cup milk
1 teaspoon salt

Melt butter; add flour, and then milk; add slowly to egg yolks, stirring constantly, and cook for a few minutes. Add corn. Fold in well-beaten egg whites. Pour into buttered baking dish and place in pan of hot water. Bake at 325 degrees F. for 1 hour.

MEAT BALLS

six servings

1 pound hamburger (left-over beef, pork or ham may be used)
½ cup cooked rice (left-over steamed rice)
1 medium size onion
1 small green pepper
1 egg
½ cup milk
Salt

Combine ingredients and shape into balls. Place in covered baking dish. Add 2 cups stewed tomatoes and place in oven. Bake for approximately 2 hours at 375 degrees F. Add ½ can peas 15 minutes before removing from the oven. This is optional.

CORN CUSTARD

six servings

3 eggs
3 tablespoons sugar
1 cup corn (or left-over corn)
1 pint milk
¾ teaspoon salt

Beat eggs; add sugar gradually and continue beating. Add slowly to scalded milk. Combine with one cup canned corn and salt. Pour into baking dish and bake at 325 degrees F. for about 40 minutes.

GREEN BEANS AND FRESH MUSHROOMS

ten to twelve servings

2 pounds fresh green beans (cooked until tender)
1 pound fresh mushrooms
3 tablespoons butter
2 tablespoons flour

Melt the butter, add mushrooms and allow to saute for at least 10 minutes. Then add the flour. Stir and cook 5 minutes. Add mushrooms to the beans and cook very slowly for 20 minutes. Add juice of ½ lemon before serving.
MACARONI WITH HAM

four servings

1/4 cup bread crumbs
1 cup hot milk
3 tablespoons melted butter
1 cup chopped, cooked ham
1 1/2 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 degrees F. for 45 minutes. Serve with tomato sauce.

SALMON SOUFFLE

six servings

1-pound can salmon
2 eggs
1 tablespoon onion chopped fine
1 tablespoon chopped parsley
1 tablespoon lemon juice

White Sauce:

2 tablespoons butter
2 tablespoons flour
1/4 teaspoon pepper
1 cup milk
1/4 teaspoon salt

Melt butter, blend with the flour; add milk and stir until thick. Pour gradually over beaten egg yolks. Let cool. Add parsley, onion, and lemon juice to the salmon. Then combine with the white sauce and fold in stiffly beaten egg whites. Pour into buttered baking dish and bake for 30 minutes at 325 degrees F., then 15 minutes at 350 degrees F.

MEATLOAF

ten to twelve servings

1 pound beef
1 pound fresh pork
3/4 pound smoked ham
1 teaspoon salt
1/4 teaspoon pepper
1 pimiento (chopped)
1 cup tomato puree
1 egg
2 tablespoons cracker crumbs
4 strips bacon
1/4 cup hot water

Combine ingredients (omitting hot water and bacon) and shape into one loaf, using enough cracker crumbs to roll loaf in. Place bacon around top of loaf. Pour hot water in and bake 1 1/2 hours at 350 degrees F. (Hot water may be omitted if baked in electric oven.)

TONGUE WITH TOMATO SAUCE

six servings

Boil a fresh beef tongue until tender. Allow to cool in the water in which it is cooked, skin and trim. Slice about 1 1/2 pounds of the tongue, arrange slices in casserole and cover with the following sauce:

3/4 cup butter
3 tablespoons flour
1 onion chopped fine
Dash of cayenne pepper
3/4 cup chopped ham or
1 teaspoon Smithfield ham
2 cups tomatoes
1 tablespoon chopped parsley

If tongue has been salted while cooking, do not add salt to the sauce. Brown the onion and ham slightly in the butter; add flour; then add the tomatoes and stir until it thickens. Pour over tongue, cover and bake for about one hour at 350 degrees F. The unused portion of tongue will keep in Frigidaire and may be served either sliced cold or pickled the old German method. By covering the sliced meat with spiced vinegar, the meat will be well seasoned and ready to serve anytime after remaining in vinegar for eight hours.
Any fresh vegetable or fruit salad must be thoroughly chilled and served on a crisp salad green if it is to appear and taste its best. Frigidaire provides the proper storage conditions so necessary for keeping salad materials fresh and crisp until serving time. Important Note: Please see your Frigidaire Instruction Book for suggestions on the storage of vegetables, fruits and salad materials.

Frozen salads are quite a delicacy and can be made so easily in Frigidaire's trays. In those models equipped with the convenient QUICK-UBE Trays, you can freeze an individual salad inside each grid of the tray—then by merely lifting the lever, the entire grid can be removed, leaving the individual salads in the tray for use as needed.

**COTTAGE CHEESE AND VEGETABLE SALAD**

*Six to eight servings*

1 cup cottage cheese
1 tablespoon mayonnaise
1 teaspoon salt
1 cup canned or fresh diced tomatoes
½ cup cooked and chopped green beans
2 tablespoons minced red pepper
2 tablespoons minced green pepper
1 cup whipping cream

Combine first three ingredients thoroughly, add remainder of ingredients, folding in whipped cream last. Pour into tray and freeze. See Page 3 for use of Cold Control.

**STUFFED TOMATOES WITH ANCHOVIES**

*Six servings*

6 medium size tomatoes
1 bottle anchovies in oil
4 hard-cooked eggs
½ cup mayonnaise
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 quarter of lemon and small sprig of parsley. Place in Frigidaire to chill before serving on crisp lettuce.
**FROZEN PINEAPPLE SALAD**

*six to eight servings*

1 cup pineapple juice  
2 tablespoons flour  
1/4 cup butter  
1/4 cup sugar  
1/4 teaspoon salt  
1 egg  
2 tablespoons lemon juice  
4 slices pineapple, cut fine  
2 oranges  
1/4 cup nuts  
10 marshmallows  
8 maraschino cherries  
1 pint whipping cream

Make a paste of flour and pineapple 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 tray and allow to freeze. See Page 3 for use of Cold Control.

**FRIGIDAIRE FRUIT SALAD**

*six servings*

1 three-ounce cake of cream cheese  
2 tablespoons cream  
2 tablespoons lemon juice  
1 cup canned pineapple  
1 cup orange sections, sliced  
1/2 cup Royal Anne cherries  
1/2 cup pecans  
1/2 cup maraschino cherries  
1/2 cup oil mayonnaise  
1 cup whipping cream  
2 tablespoons sugar

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, orange slices, sugar and chopped nuts; then fold in whipped cream. Pour into Frigidaire freezing tray and allow to freeze without stirring. See Page 3 for use of Cold Control. This salad can be frozen in individual molds for very attractive servings, varying the garnishings, as described. Whole maraschino cherries, nuts or whole, fresh strawberries can be used.

**FROZEN BANANA SALAD**

*six to eight servings*

2 three-ounce cakes of 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. See Page 3 for use of Cold Control.

**PERFECTION SALAD**

*eights to ten servings*

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 pimientos  
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. Allow to congeal and thoroughly chill. Cut into squares and serve on crisp lettuce. Dress with mayonnaise.
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. 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.

TOMATO ASPIC
eight servings
3 cups stewed tomatoes
1 onion, sliced
1 stalk celery
1 bay leaf
1 clove
1 teaspoon sugar
Salt
2 tablespoons gelatine
½ 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.

CHICKEN SALAD
six to eight servings
2 cups chicken meat, diced
3 hard cooked eggs, chopped
1 cup celery, chopped
½ cup cooked, cream mayonnaise
½ teaspoon salt
Place meat, chopped eggs, 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.

STRAWBERRY CHEESE SALAD
six to eight servings
1 pint strawberries
2 tablespoons sugar
½ cup whipping cream
2 teaspoons lemon juice
4 three-ounce cakes cream cheese
Wash and stem berries. Crush with sugar. Mix small portion at a time with cream cheese until it is well mixed. Fold in whipped cream. Pour into freezing tray and freeze. Serve on lettuce with mayonnaise and chopped chives. See Page 3 for use of Cold Control.

FROZEN TOMATO SALAD
ten to twelve servings
1½ pints tomatoes (or tomato puree)
1½ teaspoons salt
1 tablespoon sugar
1½ teaspoons lemon juice
½ teaspoon pepper
1 teaspoon onion juice
Combine ingredients and stir until sugar and salt are thoroughly dissolved. Pour into freezing tray and freeze. Serve on lettuce with mayonnaise and chopped chives. See Page 3 for use of Cold Control.

FRUIT AND VEGETABLE SALAD
six servings
½ cup celery
½ cup raw carrots
1 cup shredded pineapple
1 package lemon gelatine
1½ 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 pour 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 congealed, but not frozen. Then cut in squares and serve as suggested.
**FRUITSALAD**

1 cup pineapple juice
Juice of one lemon
Juice of one orange
1/2 teaspoon salt
1/4 cup sugar
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. If you have an electric range, merely cook in saucepan on low, or simmer heat. Remove from range and cool to room temperature, then place in a closed jar and place in Frigidaire. This dressing can be made and kept in Frigidaire to be used as needed.

**SALAD DRESSING**

(Oil and Cook Dressing)

1/4 cup flour
3 tablespoons butter
1 cup hot water
3 egg yolks
2 tablespoons lemon juice
1 cup salad oil
1 teaspoon dry mustard
1 teaspoon salt
3 tablespoons sugar

Blend flour and butter and add hot water. Cook directly on range until mix becomes quite thick, stirring continually. 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.

**WALDORF SALAD**

*nine servings*

2 cups diced apples
1 cup diced celery
Lettuce
1 tablespoon lemon juice
1/2 cup walnut meats
1/2 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. Allow to chill thoroughly before serving.

**TUNA FISH SALAD**

*nine servings*

2 cups tuna fish
2 cups chopped celery
1/4 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.

**SOUR CREAM DRESSING**

2 teaspoons sugar
1 teaspoon salt
1/4 teaspoon mustard
3 tablespoons vinegar
1/4 teaspoon paprika
1 egg
1 cup sour cream

Mix dry ingredients. Add egg slightly beaten, sour cream and vinegar. Cook in top of double boiler until mixture thickens, stirring constantly. If you have an electric range, merely cook in a saucepan on low, or
No longer is it necessary to use whipping cream or prepare a custard in order to make a dessert with an exceptionally fine texture. Tasty inexpensive desserts can be made with coffee cream—with half coffee cream and half milk—or even with milk alone.

In making these desserts there are certain points that must be observed. Complete information is given with each recipe.

**USE OF COFFEE CREAM**

Coffee cream may be used in place 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.

Coffee cream usually contains 18 or 20 per cent butterfat. It can be used in place of whipping cream for garnishing desserts by first pouring into the freezing tray and allowing it to freeze partially before whipping. After whipping, place in the freezing tray for additional freezing in order to hold it in proper consistency until serving time.

**FREEZING METHOD**

Your Frigidaire has the Cold Control to speed up freezing. The directions in the recipes for using it should be followed.

The best method is to set the Cold Control at the coldest position approximately one-half hour before placing the mixture in the freezer for freezing. This assures colder temperatures in the freezing compartment, which results in faster freezing and better desserts. After the mixture is completely frozen, the Cold Control should be set at an intermediate position to keep the dessert in the proper consistency until serving time. *Important Note: Please see Page 3 for Cold Control instructions.*

**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 is accomplished by allowing the dessert to remain in the freezing compartment 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 an intermediate position, as described on Page 3.

**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 butterfat. The butterfat content of whipping cream varies greatly in different states. In certain localities whipping cream will contain as high as 40 per cent butterfat, making it too rich for a frozen dessert. In this case, it should be diluted with coffee cream or milk. The standard butterfat content for whipping cream is 28 per cent. However, it is possible to whip cream containing only 20 per cent butterfat if it is first poured into the freezing tray and allowed to chill to the freezing point before whipping.
A great variety of delicious frozen creams can be made in the freezing trays of your Frigidaire and held as long as desired. It's no trick to make them and by trying some of the following recipes you will find that tasty, inexpensive desserts can be made without whipping cream.

Remember that proper temperatures for freezing desserts are just as important as the recipe itself in obtaining the best results.

**VANILLA CUSTARD CREAM**

*six to eight servings*

- ¾ cup granulated sugar
- 2 tablespoons cornstarch
- 1 cup sweet milk
- 2 egg yolks
- 1 pint coffee cream
- 2 egg whites
- ¼ teaspoon salt
- 2 teaspoons vanilla extract

Mix granulated sugar and cornstarch. Add scalded milk gradually, stirring constantly. Cook in double boiler twenty-five minutes or, if you have an electric range, use saucepan on low or simmer heat. If time will permit, cooking for one hour greatly improves the flavor and will make for a better texture in the frozen dessert. Stir several times during cooking process. Combine with well-beaten egg yolks. Cook for five minutes or until thick, stirring constantly. Cool, add salt, cream. Pour into freezing tray. When frozen remove to bowl, add vanilla, and whip with electric or hand beater until mix becomes light and creamy. Then carefully fold in stiffly beaten egg whites. Return quickly to freezing tray and allow to finish freezing. See Page 3 for use of Cold Control.

**PARTY CREAM**

Most attractive when prepared as follows: After the tray of custard has been frozen on the bottom and around the edge, approximately 1 inch in from the sides of the tray, do not stir, but pour out the unfrozen center. Place the tray back in the freezing compartment so this will stay frozen. To the unfrozen portion, add ¼ cup of chopped nuts and enough green food coloring to make a delicate green, and a few drops of pistachio flavoring. Then pour this mix in the tray from which the center has been removed and allow the mix to complete freezing. This can be turned out on a silver platter for serving, if desired, and garnished with fresh fruit. A chocolate center, strawberries or any other combination can be used in this manner.
- Tomato Cottage Cheese Salad
- Grape and Pear Salad
- Strawberry Cheese Salad
- Frozen Fruit Salad
- Frozen Creams
- Party Cookies
**FRESH PEACH CREAM**  
*eight to ten servings*

- 2 cups fresh peach pulp
- 1 cup granulated sugar
- 1 tablespoon lemon juice
- 3 tablespoons cold water
- 1½ cups coffee cream
- 2 egg yolks
- 1 or 2 drops almond extract

Combine the peach pulp, sugar, lemon juice. Add the coffee cream. Pour into tray and freeze. Remove tray and stir once during the freezing process. This stirring can be done in the freezing tray without removing it to the mixing bowl. See Page 3 for use of the Cold Control.

Note: If you have an electric range, use saucepan and cook on Low or Simmer heat, otherwise use double boiler.

**CARAMEL NUT CREAM**

Add ½ cup chopped English walnuts and pecans to the preceding recipe. The nuts can be folded into the mix after the whipping process.

**CARAMEL CREAM**  
*eight to ten servings*

- ¾ cup granulated sugar
- 1 cup water
- ¾ teaspoon salt
- 1½ tablespoons flour
- 2 egg yolks
- 1 pt. coffee cream

Caramelize sugar by heating until sugar is melted and becomes light brown in color. Add milk and cook until caramelized sugar is dissolved. Mix 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. If you have an electric range, merely use saucepan on Low or Simmer heat. Cook slowly for 5 minutes or until thick, stirring constantly. Cool. Add salt and cream. Pour into freezing tray. When frozen, remove to bowl. Add vanilla and whip with an electric or hand beater until mix becomes light and creamy. Return quickly to freezing tray to finish freezing. See Page 3 for use of Cold Control.

Note: Care should be given in caramelizing that the sugar is not allowed to cook beyond the caramel stage, resulting in a bitter taste.

**CARAMEL NUT CREAM**

Add ½ cup chopped English walnuts and pecans to the preceding recipe. The nuts can be folded into the mix after the whipping process.

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

- 1 cup maple syrup
- 1½ tablespoons flour
- ¾ cup water
- 2 egg yolks
- ¾ teaspoon salt
- 1 pint coffee cream
- 1 teaspoon vanilla
- 1 teaspoon lemon juice

Note: If you have an electric range, use saucepan and cook on Low or Simmer heat, otherwise use double boiler.

Heat the syrup. Make a paste of the flour and water. Add hot syrup to paste, stirring constantly. Cook for about ten minutes, or until thickened. Add syrup mixture to well-beaten egg yolks and return to saucepan or double boiler and continue to cook, stirring constantly until it reaches the consistency of thin custard. Cool. Add salt, lemon juice and cream. Pour into freezing tray. When frozen, remove to bowl. Add vanilla and whip with an electric or hand beater until mix becomes light and creamy. Return quickly to freezing tray and allow to finish freezing. See Page 3 for use of Cold Control.

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

Add ½ cup chopped English walnuts and pecans or English walnuts alone to the preceding recipe. The nuts can be folded into the mix after the whipping process.
BANANA CREAM
six servings
1 medium size banana
3/4 cup confectioners’ sugar
1 tablespoon lemon juice
1/2 teaspoon salt
1 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 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 agitation. See Page 3 for use of Cold Control.

FRESH STRAWBERRY CREAM
eight to ten servings
1 pint fresh strawberries
(measure after cleaning)
1 cup sugar
2 cups coffee cream
1 tablespoon lemon juice
Crush berries and add sugar. Combine with lemon juice, coffee cream. Pour into freezing tray. When frozen, remove to bowl and whip with electric or hand beater until mix becomes light and creamy. Return quickly to freezing tray and allow to finish freezing. See Page 3 for use of Cold Control.

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. See Page 3 for use of Cold Control.

RASPBERRY CREAM
about six servings
1 pint red raspberries
(measure after cleaning)
3/4 cup granulated sugar
1/2 teaspoon salt
1 1/2 cups coffee cream
Crush berries and add sugar. Cook slowly for about 5 minutes and strain. Add salt and cool. Add coffee cream. Pour into tray and freeze. When frozen, remove to mixing bowl and whip with an electric or hand beater until mix becomes light and creamy. See Page 3 for use of Cold Control.

STRAWBERRY CREAM
six to eight servings
3/4 cup preserved strawberries
(puree)
2 cups coffee cream
Thaw strawberry preserves before putting through puree strainer. Add cream slowly. Beat with rotary egg beater. Chill. Pour into tray and freeze firm. Remove to bowl and whip with electric or hand beater until light and creamy. Return quickly to tray and finish freezing without further agitation. See Page 3 for use of Cold Control.

MOCHACREAM
eight to ten servings
2 1/2 teaspoons instant coffee
2 cups sweet milk
1 1/2 tablespoons flour
3/4 cup granulated sugar
2 egg yolks
1/2 teaspoon salt
1 cup coffee cream
Dissolve coffee in one cup of hot milk and place in top of double boiler, or in saucepan on Low or Simmer heat, if you have an electric range. Cook for about 5 minutes. Remove and strain through cheese cloth and cool. Mix flour and granulated sugar; add slowly 1 cup scalded milk and cook in
double boiler for about 15 minutes. If you have an electric range, cook in saucepan on Low or Simmer heat. Combine with salt and well-beaten egg yolks. Cook for about 5 minutes, stirring constantly. Allow to cool. Add 1st mixture. Add coffee cream. Pour into freezing tray. When frozen, remove to mixing bowl and whip with an electric or hand beater until mix becomes light and creamy. Return quickly to freezing tray and allow to finish freezing. See Page 3 for use of Cold Control.

**PEACH CREAM**
*six to eight servings*

- 2 cups crushed canned peaches
- ½ cup sugar
- 1½ tablespoons lemon juice
- 1 or 2 drops almond extract
- 1 cup milk
- 1 cup coffee cream

Crush the peaches, then measure two cups. Add sugar and lemon juice. Combine with the milk and coffee cream, stirring until sugar is thoroughly dissolved. Pour into freezing tray and freeze firm. Remove to chilled mixing bowl and beat with an electric or hand beater until mixture becomes light and creamy. Return quickly to freezing tray and allow to finish freezing. See Page 3 for use of Cold Control.

**LEMON CREAM**
*six to eight servings*

- 1 cup milk
- 1 cup coffee cream
- 2 eggs
- ½ cup sugar
- ½ cup light corn syrup
- ¼ cup lemon juice
- 1 teaspoon grated lemon rind

Beat eggs until lemon colored. Add sugar gradually until the mix becomes a thick custard-like consistency. Combine with syrup, milk, cream, and lemon juice and rind. Pour into freezing tray. When frozen, remove to bowl and whip with an electric or hand beater until mix becomes light and creamy. Return quickly to freezing tray and allow to finish freezing. See Page 3 for use of Cold Control.

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

- ¾ cup granulated sugar
- 2 tablespoons cocoa
- ½ teaspoon salt
- ½ cup hot water
- 1¼ pints coffee cream
- 2 teaspoons vanilla

Mix sugar, cocoa, and salt thoroughly. Add hot water. Heat until sugar is thoroughly dissolved and continue cooking for approximately 5 minutes. Remove from range 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 freezing tray and allow to finish freezing. See Page 3 for use of Cold Control.

**PEPPERMINT STICK CANDY CREAM**
*ten to twelve servings*

- ¾ lb. or 1 cup of crushed peppermint stick candy
- 1½ cups coffee cream
- 1¼ cups top milk
- ½ teaspoon salt

Dissolve candy in hot milk over fire or on low or simmer heat if you have an electric range. Add salt, coffee cream and pour into freezing tray. Freeze until quite firm, then remove to mixing bowl and beat with electric or hand whip until mix is light and creamy. (Don’t over whip.) Return to freezing tray quickly and allow to finish freezing. See Page 3 for use of Cold Control. **Note:** This can be made without cream, using top milk if desired. A dessert most acceptable to children.
TUTTI-FRUTTI CREAM

about ten servings

1 cup milk
2 tablespoons cornstarch
⅔ cup granulated sugar
2 egg yolks
¼ teaspoon salt
⅓ cup cooked raisins
⅓ cup maraschino cherries
⅓ cup ground nuts
2 tablespoons sherry wine flavoring
1⅔ pints coffee cream

Mix sugar and cornstarch and add the scalded milk slowly, stirring constantly. Cook for 25 minutes in double boiler. If you have an electric range, cook for 25 minutes in saucepan on Low or Summer heat. If time will permit, cooking 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 range 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 flavoring, allowing the mixture to stand for a few minutes. Then add the cream and place in freezing tray. When partly frozen, stir with spoon or wooden fork; then add ground nuts and allow to finish freezing without further stirring. See Page 3 for use of Cold Control.

VANILLA CREAM AND VARIATIONS

VANILLA CREAM

six to eight servings

1 can (1⅓ cups) sweetened condensed milk
3 cups milk
1 tablespoon vanilla
1 tablespoon lemon juice

Heat one cup of milk. Add the can of condensed milk and blend. Then add remaining two cups of milk and lemon juice. Pour into freezing tray and freeze. When frozen, remove to bowl; add vanilla and whip with electric or hand beater until mix becomes light and creamy. Return to freezing tray and allow to finish freezing. See Page 3 for use of Cold Control.

MAPLE NUT CREAM

Prepare one recipe of Vanilla Cream and freeze to the whipping stage. Substitute one-half teaspoon maple-nut flavoring for vanilla. Whip with electric or hand beater until mix becomes light and creamy. Fold in one-half cup of chopped pecan meats. Return to freezing tray and finish freezing. See Page 3 for use of Cold Control.

STRAWBERRY CREAM

Prepare one recipe of Vanilla Cream and freeze to the whipping stage. Whip one cup of frozen strawberries and add one tablespoon lemon juice. Then add the unwhipped vanilla cream from the freezing tray and whip all together with an electric or hand beater until mix becomes light and creamy. Return to freezing tray and finish freezing. See Page 3 for use of Cold Control.
Parfaits are rightly regarded as a very rich delicacy. They are served only when the occasion calls for something very attractive and when calories can be disregarded. The parfait itself is very easily prepared and the same method of preparation is applicable to each recipe.

Parfaits are most acceptable when served with strawberries, raspberries or other fruit. However, flavored syrups with nuts are very good substitutes—garnishing with maraschino cherries when desired.

**BUTTERSCOTCH PARFAIT**

*ten to twelve servings*

- ½ cup brown sugar
- 2 tablespoons butter
- ½ cup water
- 4 egg yolks
- 1 pint whipping cream
- ⅛ teaspoon salt
- 2 teaspoons vanilla

Combine sugar and butter. Heat until melted. Cook for one minute. Add water; cook until butterscotch is melted. Add syrup mixture slowly to beaten egg yolks. Cook in double boiler until light and fluffy. If you have an electric range, cook in saucepan on low or simmer heat. Chill. Add whipped cream, salt, and vanilla to custard. Add a few drops of maple extract if a stronger flavor is desired. Mix thoroughly and pour into freezing tray. Freeze without stirring. Chopped nuts may also be added. See Page 3 for use of Cold Control.

**MAPLE PARFAIT**

*eight to ten servings*

- ¾ cup maple syrup
- 3 eggs
- 1 ½ cups whipping cream
- 1 teaspoon vanilla
- ⅛ teaspoon salt

Heat syrup in double boiler or, if you have an electric range, merely use saucepan on low or simmer heat. Add syrup slowly to well-beaten egg yolks and cook for several minutes on low or simmer heat, or in a double boiler. Beat with a rotary beater. Pour into stiffly beaten egg whites. Chill thoroughly. Add whipped cream, salt, and vanilla to custard. Mix thoroughly and pour into freezing tray. Freeze without stirring. Garnish with whipped cream and chopped nuts. See Page 3 for use of Cold Control.

**ANGEL PARFAIT**

*eight to ten servings*

- 1 cup sugar
- ¾ cup water
- 2 egg whites
- 1 pint whipping cream
- 2 teaspoons vanilla
- ⅛ teaspoon salt

Cook water and sugar slowly without stirring until it spins a thread (236 degrees F.). Combine slowly with 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 Frigidaire freezing tray. Freeze without stirring. See Page 3 for use of Cold Control.

This should be served with crushed fruit. When served in parfait glasses, add whipped cream and garnish with grapes, preserved cherries, or other fruit.
Sherbets are distinguished from Ices in that they contain fruit juices with the addition of milk or cream, while Ices contain mainly fruit juices and water.

These desserts are easily prepared and excellent results will be obtained when directions are followed closely.

**LEMON MILK SHERBET**  
*six to eight servings*

- 1¼ cups granulated sugar
- ¼ cup lemon juice
- Grated rind of 1 lemon
- ⅛ teaspoon lemon extract
- 1 pint milk

Combine sugar, lemon juice, lemon rind, and flavoring. Add milk and stir until the sugar is thoroughly dissolved. Pour into Frigidaire freezing tray and freeze firm. Remove to mixing bowl and beat with electric or hand beater until mixture becomes light and creamy. Return quickly to freezing tray and allow to finish freezing. See Page 3 for use of Cold Control.

**PINEAPPLE MILK SHERBET**  
*six to eight servings*

- ⅓ cup pineapple juice
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon rind
- ⅛ cup granulated sugar
- 1 pint milk

Combine sugar, pineapple juice, lemon juice, and lemon rind. Add the milk and stir until the sugar is thoroughly dissolved. Pour into Frigidaire freezing tray and freeze firm. Remove to mixing bowl and beat until mixture is light and creamy. Return quickly to freezing tray and finish freezing. See Page 3 for use of Cold Control.

**STRAWBERRY ICE**  
*six to eight servings*

- 1 pint fresh strawberries (measured after cleaning)
- 1 cup sugar
- ½ cup water
- Juice of ½ lemon

Crush the berries. Add sugar, lemon juice, and water. Press through a fine sieve. Pour into Frigidaire freezing tray and freeze firm. Remove to mixing bowl and whip until very light. Return quickly to freezing tray and allow to finish freezing. (Vary the sugar as the fruit requires.) See Page 3 for use of Cold Control.

**LEMON ICE**  
*four to six servings*

- ⅛ cup granulated sugar
- 1 pint water
- ½ cup lemon juice
- ⅛ teaspoon salt

Cook sugar and water slowly for ten minutes. Cool. Add to strained fruit juices; add salt; pour into tray and freeze firm. Remove to mixing bowl and beat with electric or hand beater until mixture becomes 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 agitation. See Page 3 for use of Cold Control.
RASPBERRY FREEZE

*about six servings*

1 cup sugar
2 cups hot water
1 quart fresh raspberries (measure after cleaning)
4 tablespoons lemon juice
4 tablespoons orange juice
⅛ teaspoon salt

Cook the sugar and hot water together for about five minutes; add raspberries (which have been run through a puree strainer), fruit juices and salt. Cool. Pour into freezing tray and freeze. Remove from tray, whip with an electric or hand beater and return to tray to finish freezing. See Page 3 for use of Cold Control.

LIME ICE

*four to six servings*

⅝ cup sugar
1 pint water
⅝ cup lime juice
Green food coloring
⅛ teaspoon salt

Cook sugar, salt and water slowly for ten minutes. Add to strained lime juice. Cool. Add green food coloring. Pour into Frigidaire freezing tray and freeze firm. Remove to mixing bowl and beat until mixture is very light. Return to Frigidaire and finish freezing. See Page 3 for use of Cold Control.

ORANGE CREAM SHERBET

⅛ cup granulated sugar
⅛ cup water
Grated rind of 1 orange
2 egg whites
1⅔ cups orange juice
1 tablespoon lemon juice
⅛ cup coffee cream
⅛ teaspoon salt

Cook sugar and water slowly for ten minutes. Add grated rind to syrup and con-

APRICOT SHERBET

*eight to ten servings*

1 cup apricot juice
1 cup apricot pulp
⅜ cup water
⅜ cup granulated sugar
1¼ tablespoons lemon juice
⅜ cup top milk
⅛ teaspoon salt

Cook water and sugar slowly for ten minutes. Add apricots through puree strainer. Add lemon juice and syrup, and ⅜ cup top milk. Pour into freezing tray and freeze until firm. Remove to mixing bowl and whip with electric or hand beater until mixture becomes light and creamy. Return to tray and finish freezing. See Page 3 for use of Cold Control.

CRANBERRY ICE

1 lb. cranberries
1¾ cups sugar
3 cups water
Juice of 1 orange
Grated rind of 1 orange

Combine sugar and water and cook for five minutes. Add cranberries. Cook for five minutes after they have reached the boiling point. Strain and cool. Add grated rind and juice of 1 orange. Pour into tray and freeze. Stir with wooden fork in the tray, or remove frozen mix to mixing bowl and beat until light and creamy. Return to freezing tray and finish freezing without stirring. See Page 3 for use of the Cold Control.
Mousses retain their popularity because they are so simply and easily prepared. Whipped cream forms the base of these desserts and stirring is unnecessary during the freezing process.

**APRICOT MOUSSE**

*ten to twelve servings*

Drain the contents of 1 large can of apricots and force through a sieve. There should be 2 1/2 cups of pulp. Place in freezing tray and allow to remain for three-quarters of an hour. Remove from the tray and turn into a bowl containing the unbeaten whites of 2 eggs. Beat until light and fluffy. Whip 1 1/2 cups of cream, adding gradually, 1/2 cup of sugar. Fold the cream into the beaten apricots and eggs. Return to the tray and freeze without stirring.

**STRAWBERRY MOUSSE**

*ten servings*

1 pint strawberries
1 cup granulated sugar
1/2 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 freezing tray, molds or individual cups. Freeze without stirring. See Page 3 for use of Cold Control. This is very attractive frozen in silver cups, decorated with whipped cream or whole, fresh berries.

**PISTACHIO MOUSSE**

*eight to ten servings*

2 cups whipping cream
1/2 cup sugar
2 egg whites
1/2 teaspoon salt
1/2 cup pistachio nuts, chopped fine
1/2 teaspoon pistachio flavoring
(if pistachio flavoring is not available use 1 part almond flavoring combined with 2 parts vanilla)

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. Pour into Frigidaire freezing tray and allow to freeze without stirring. See Page 3 for use of Cold Control.

**FROZEN EGG-NOG**

*four servings*

2 eggs
1/2 cup granulated sugar
1 teaspoon vanilla
1/2 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 freezing tray quickly and freeze. See Page 3 for use of Cold Control. This recipe may be varied by adding rum or sherry flavoring, adjusting amount of sugar accordingly. Add flavoring last.
• Many times the occasion calls for something just a little different; maybe a special dinner dessert—afternoon or evening refreshments, or that "Dessert Bridge" you have been planning for some time. The following suggestions will help you in planning for these occasions, and your Frigidaire will prove a real joy in serving.

**STRAWBERRY MERINGUE CAKE**

*ten to twelve servings*

Cake:

- 8 egg whites
- ½ teaspoon cream tartar
- ¾ teaspoon salt
- 2 cups sugar
- ¼ teaspoon lemon extract

Add salt to egg whites and whip until foamy. Add cream of tartar, and continue beating until they hold a point. Fold in sugar gradually. Add lemon extract. Pour into shallow loaf pan (approximately 7 x 11 inches) lined with wax paper. Bake in slow oven (300 degrees F.) for 45 to 50 minutes. Lift from pan onto cake rack and cool. Cut into servings.

Serve with fresh strawberries topped with whipped cream, garnish with berries. Fresh peaches, or any tart fruit, can be used.

**CUP CUSTARD**

*four to six servings*

- 3 eggs
- 3 tablespoons sugar
- 1 pint milk
- ¼ teaspoon salt

Heat milk, add salt to the eggs and beat well. Add sugar. Combine with the milk and pour into baking cups. Place in shallow pan of water (about an inch of water) and bake at 325 degrees F. until custard becomes firm (30 to 40 minutes). Chill and serve with partly frozen whipped cream or chilled fruit.
FRIGIDAIRE STRAWBERRY SHORTCAKE
six to eight 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.

CHILLED FRUIT DESSERT
six servings

1 No. 2 1/2 can mixed fruits
3/4 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

Sponge cake
1 1/2 cups soft custard
3/4 cup blanched almonds or English walnuts
3/4 cup sherry wine
3/4 cup guava or currant jelly

Custard:
1 pint milk
3/4 cup sugar
4 eggs
3/4 teaspoon salt
1 teaspoon vanilla

Heat milk and sugar. Add salt to eggs and beat well. Add eggs to hot milk and allow to cook for five minutes, stirring constantly. Remove from range and cool; then place in Frigidaire in a closed dish to chill.

Cut sponge cake to fit casserole. Cover sponge cake with nuts. Spread jelly over top; add wine; then soft custard. Place in Frigidaire until ready to serve; then add partly frozen whipped cream and serve. This is a very tasty dessert.

FIG BREADPUDDING
eight to ten servings

2 cups dry bread crumbs
1 quart hot milk
3/4 cup sugar
1 cup chopped figs
3/4 tablespoon lemon juice
3/4 cup melted butter
3 eggs
Salt
3/4 cup chopped nuts

Add crumbs to hot milk and set aside to cool; then add all other ingredients and pour into greased baking dish. Place in pan of hot water and bake at 325 degrees F. for one hour or until firm. Serve with partly frozen whipped cream.

CHOCOLATE COOKIE DESSERT
six to eight servings

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

 Whip cream and add vanilla. Spread one tablespoon on one cookie and press another on top. After four or five cookies have been added, lay the stack on edge in the center.
lengthwise in the freezing tray; complete the roll; then completely cover with remainder of whipped cream. Place in Frigidaire on a shelf for several hours, allowing cookies to absorb some of the moisture from the cream. Garnish with maraschino cherries or chocolate shot. Place in freezing compartment and allow to thoroughly chill or freeze. When freezing, please see Page 3 for use of Cold Control. Serve in diagonal slices and add a small portion of chocolate sauce to each serving.

Variation: Ginger cookies may be used the same as chocolate cookies, and served without sauce.

FROZEN CRUMB CAKE
eight to ten servings

2 cups sponge cake broken in small portions
(Any left-over cake can be used. Angel food cake is delicious served in this manner.)
1 cup whipping cream
¼ cup chopped English walnuts

Whip cream and combine with cake. This should be tossed together with a fork. Add chopped nuts and pour into freezing tray. Freeze without stirring. Slice for serving.

Fruit may be added to the above recipe if desired, either frozen with the cake or chilled and served with the frozen cake. Maraschino cherries may be added. This is an excellent way of using those unused portions of cake and small portions of fruit.

MARBLED PUDING
six to eight servings

3 eggs
½ cup sugar
½ cup water
½ cup claret wine
2 teaspoons gelatine
½ cup chopped 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.
You can buy commercial ice cream long before you intend to serve it, and keep it firmly frozen in your Frigidaire. The ice cream may be transferred to one of the freezing trays. Remember to turn Cold Control to the 3rd or 4th "colder" position for keeping the ice cream frozen until serving time.

Here are some suggestions for serving commercial ice creams, which may also be adapted to the frozen creams which you make yourself.

**Ice Cream and Cake Combination**

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, chilled in the freezing compartment of your Frigidaire.

Many delightful beverages may be made by combining ice cream with ginger ale and the different carbonated drinks.
These sauces can be kept in your Frigidaire and used when desired. Many variations for dessert are made possible by adding different sauces or home-made or commercial frozen creams.

### CHOCOLATE SAUCE

**one and one-half cups**

- 1 cup sugar
- 3 squares bitter chocolate
- 1 cup evaporated milk
- ¾ cup water
- ½ cup light corn syrup
- 1 teaspoon vanilla

Melt chocolate over hot water, or on low or simmer heat, if you have an electric range. Add sugar and syrup. Blend thoroughly; add water. Cook to soft ball stage, 235 degrees F., remove from range, add milk and vanilla. This can be kept in a closed jar in the Frigidaire as long as desired.

### ORANGE CREAM SAUCE

**one cup**

- 2 egg yolks
- ¾ 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. Cool to room temperature. Chill in Frigidaire. Fold in chilled whipped cream before serving. Delicious chilled or when partly frozen and served on angel cake.

### BUTTERSCOTCH SAUCE

**one and one-half cups**

- 2 cups brown sugar
- 6 tablespoons butter
- 1½ cups hot water

Melt butter in saucepan 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.

### HOT FUDGE SAUCE

**one and one-half cups**

- 1 square chocolate or 3 tablespoons cocoa
- 2 tablespoons butter
- 1½ cups sugar
- ½ teaspoon salt
- ¾ cup hot water
- ¾ cup coffee cream
- 1 teaspoon vanilla

Melt chocolate in top of double boiler. If you have an electric range, use saucepan on low or simmer heat. 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.
The convenience of Frigidaire's ice trays makes the freezing of all kinds of plain and fancy ice cubes a distinct pleasure.

Beside the usual cubes made from plain water—lemon juice, lemonade, grape juice, in fact any fruit juice or pure fruit flavoring desired can be frozen quickly in the ice trays. These tasty cubes make nice additions to fruit drinks... and the children will enjoy them just as they do their regular frozen confections.

PLAIN CUBES

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 crushed. They can be utilized as "nests" for cocktails, grapefruit, melons, or oysters. In addition to their many food and beverage uses, ice cubes wrapped in a fine cloth can be used for massaging the face, and for cold packs.

GARNISHED AND COLORED ICE CUBES

Maraschino cherries, one to each cube, are very appropriate for garnishing. They can be frozen in plain or appropriately tinted cubes. Lemon juice and lemon slices are also desirable additions. When fruits are to be frozen in the cubes, fill the tray one-third full with water, then partially freeze. Add the fruit. Freeze. This will hold the fruit in position. Then add water until the tray is about three-fourths full and finish freezing. Any pure food coloring can be used to color ice cubes by adding to the water before it is poured into the tray. Be sure to use the right amount of coloring, for delicate tints are always more attractive. Garnished cubes should be frozen slowly to prevent expansion and cloudiness. Set Cold Control at Number 1 position for freezing.

DECORATED ICE CUBES

Mint leaves, watercress, and candied fruit make very delightful decorating material for ice cubes. Simply put them on the ice cubes and add just enough water to freeze into place. Decorated and garnished cubes should be frozen slowly, by leaving the Cold Control on one of the "warmer" positions. Fast freezing causes rapid expansion which destroys the desired attractiveness.

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 stored in the Meat-Tender or Cold Storage Tray beneath the Super Freezer.
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, dough cannot be successfully prepared unless it is thoroughly chilled.

### FRIGIDAIRE COOKIES

**three dozen**

- 1½ cups shortening
- 1 cup brown sugar
- ½ 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 cocoanut 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, approximately one-eighth inch, and bake on a cookie sheet in hot oven (400 degrees F.) from 5 to 8 minutes. 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 the 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 degrees F.) for two minutes or until meringue is golden brown. Serve at once.

#### Pastry Shell:

- 1½ cups pastry flour
- ½ cup shortening
- ½ 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.

#### Meringue:

- 4 egg whites
- Pinch of salt
- 6 tablespoons powdered sugar

Beat egg whites, with salt added, until very stiff. Work in powdered sugar.
FRIGIDAIRE ROLLS
approximately three dozen clover-leaf rolls
1 cake compressed yeast
3/4 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 degrees F.) for 20 to 25 minutes.
This dough can be kept in Frigidaire and used 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.

FRIGIDAIRE CREAM SHELLS
approximately eighteen
How about serving your next party dessert in attractive cream shells that will take the place of a cookie accompaniment as well? Crunchy, tasty and attractive. Any color desired—such as green with strawberry cream, garnishing with fresh whole berries.

2 eggs
3/4 cup powdered sugar
3/4 teaspoon vanilla
3/4 teaspoon salt
3/4 cup flour, sifted before measuring
3/4 cup melted butter
Beat eggs thoroughly. Add sugar and continue beating with rotary egg beater until well blended. Add vanilla, salt, flour, and melted butter. Add enough green food coloring to make a delicate green. Mix well. Grease cookie sheet and flour lightly. Shake off extra flour. Spread batter very thin in about 3-inch squares or round. Bake about 4 at a time. Bake at 310 degrees F. for about 12 minutes. Remove from cookie sheet with spatula and mold over ramekin while they are still hot.

BUTTERSCOTCH COOKIES
three dozen
3/4 cup shortening
2 cups brown sugar
2 eggs
1/2 teaspoon salt
1/2 teaspoon vanilla
1 teaspoon soda
1 teaspoon cream of tartar
3 cups pastry flour or
2 3/4 cups bread flour
Cream the shortening with the sugar. Add the beaten eggs and vanilla. Sift the flour with the soda, cream of tartar and salt. Add to the first mixture. Form into rolls about two inches in diameter and wrap in waxed paper. Place in Frigidaire until wanted. Slice and bake on a greased baking sheet for 10 minutes at 375 degrees F.

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.

SPRITZES
1 cup butter
3/4 cup sugar
3 egg yolks
4 tablespoons ground almonds
2 3/4 cups flour
1/4 teaspoon salt
Cream butter and sugar thoroughly. Add the unbeaten yolks, one at a time, continuing to beat thoroughly. Add ground almonds. Add sifted flour. Place in Frigidaire for several hours or over night.
Drop by teaspoonfuls on ungreased cookie sheet and bake 7 minutes at 400 degrees F., or roll and cut in fancy shapes.
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Table of Measures

3 teaspoonfuls = 1 tablespoonful
16 tablespoonfuls = 1 cupful
4 tablespoonfuls = ¼ cupful
8 tablespoonfuls = ½ cupful

6 tablespoonfuls = ¾ cupful
1 cupful = ½ pint
2 cupfuls = 1 pint
4 cupfuls = 1 quart
2 pints = 1 quart

Staples

2 tablespoonfuls of butter = 1 ounce
2 cupfuls of butter = 1 pound
4 tablespoonfuls of flour = 1 ounce
4 cupfuls of flour (unsifted) = 1 pound
2 cupfuls of rice = 1 pound

2 cupfuls of granulated sugar = 1 pound
2 cupfuls of lard = 1 pound
2½ cupfuls of cornmeal = 1 pound
2½ cupfuls of dry navy beans = 1 pound

Electric Ranges and Water Heaters—The same high standards of quality and performance that distinguish Frigidaire Refrigerators are found in the new Frigidaire Electric Ranges and Electric Water Heaters. Your Frigidaire Dealer will gladly give you complete information.