GOOD LUCK RECIPES
GOOD LUCK RECIPES

Originated and Recommended by
Mrs. Ida C. Bailey Allen

John F. Jelke Co.
CHICAGO

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PHILADELPHIA

PITTSBURG
CLEVELAND
How Jelke Good Luck Margarine is Made

MARGARINE was a French discovery and takes its name from Mons. Mege-Mouries, the originator. It was the result of the desire to find wholesome food at low cost during the Franco-Prussian war, and patriotism, as well as hope of securing the reward offered, led to exhaustive research by eminent French scientists. Finally it was discovered that the fat of cattle could be churned directly into a pure and wholesome food, without going through the formation of milk in the animal and then being churned into butter. Margarine was the result of these experiments.

It did not take long for the fame of such a wonderful food to spread, and the John F. Jelke Co. was one of the first to churn margarine in the United States. There is nothing secret or mysterious about the churning of Good Luck Margarine. Every ingredient is in constant use every day on the table or in the kitchen. Cream forms an important part, and it is because such superior quality is used in Good Luck that it has the delicious flavor and taste for which it is justly famous.

The extreme care characteristic of the complete manufacture commences with the production of milk on the farm, and in order to be always certain of having a sufficient supply of the highest quality, the John F. Jelke Co. has established its own milk stations in the famous Fox River Valley, the supply coming from the noted dairy farms in that region. These modern establishments produce milk exclusively for the John F. Jelke Co., and as inspectors visit these farms weekly, the highest standards, not only of quality but of sanitation, are maintained.

Each morning the cream and milk are loaded on special cars at these stations, and then switched directly to the private tracks beside the John F. Jelke Co. building. When the cream and milk arrive in the factory they are carefully tested for quality and flavor, and any that fails to reach the highest standard is rejected.

Oleo oil is the second principal ingredient used in Good Luck Margarine, and is the sweet, nutritious oil obtained from the wholesome fat of prime beef cattle. To obtain this oil, carefully selected
portions are first chilled to remove all animal heat, the fibres are then broken by cutting knives, heated, and the pure oil is pressed out.

Neutral is another necessary ingredient made from selected leaf and, as its name implies, is neutral in flavor and taste.

After the proper preparation these pure and wholesome materials, including the cream and milk, are carefully weighed out in exact proportions and then churned in spotless, shining churns which are equipped with double walls so that steam may be introduced to maintain the correct temperature. As Good Luck Margarine is churned at a high temperature, the product is thus sterilized. From the churns the margarine is conveyed into tanks of ice-cold, pure distilled water which chills it instantly and gives a fine grain and texture. This process can best be compared to the way the fat globules cohere when butter “comes” in an old-fashioned churn. It is then conveyed to coolers where the water drains off, after which it is ready to be “worked.” During this process, which, by the way, is carried on in large “workers,” it is “gathered,” the surplus moisture is worked out, and the proper amount of salt is added. It is then molded into prints or rolls of the desired size, or packed solid in tubs or boxes. The rolls and prints are placed in coolers to chill properly, and from the cooler they are conveyed to wrapping machines, wrapped neatly in vegetable parchment paper and then placed in cartons.

The splendid sanitary conditions existing in the plant of the John F. Jelke Co. should be known to all who are interested in pure and clean foods. All churning and packing is carried on in rooms walled with white enamel tile, spotlessly clean. Every part of the building, where churning and packing is done, is thoroughly cleansed by boiling water at the close of each day’s operations. Each utensil is sterilized after it is used. All employees connected with packing or churning wear white duck suits, which are kept absolutely clean in a special laundry, maintained for that purpose. The churning is under Government supervision. Could any housewife demand a higher standard of cleanliness?
I t was while director of the Y. W. C. A. Domestic Science School of Worcester, Mass., that I first became acquainted with the many possibilities of margarine. Our appropriation for supplies was very small and I soon found it necessary to either reduce the number of recipes taught, which contained butter, or else use a good substitute. Lard and beef suet were not practicable for general use; the various vegetable cooking oils could be used only in a limited way; but after experimenting with margarine I found that at last my problem was solved, and I had secured something which could be used in nearly all cases where butter had previously been used, in many instances margarine proving even better.

At first I could not believe that margarine could be used in white sauces, for seasoning vegetables and in rich cakes and cookies, for notwithstanding my knowledge that it is a product made under the closest Government inspection, and my sense of taste, which told me that it is far better than most butters, I could scarcely bring myself to use it, for, like many women, I was somewhat prejudiced and did my cooking by tradition.

Fortunately, however, it did not take long for my "traditional notions" to disappear, and I introduced margarine into all of our cooking classes, including those made up of prominent society women. Again it stood the test, not one ever complaining of its use, and before long it was being used generally in the best homes.

In connection with the Y. W. C. A. school we carried on a series of neighborhood cooking classes which met in the homes of various women living in the poorest quarters of the city. The majority of these did not understand that margarine was a good food and were either limiting the amount of butter which the children could have on their bread, or else were doing without it altogether. The little pinched bodies, drawn faces and blotched skins of the children showed very plainly that the diet was lacking in fat. But when margarine was introduced into the menu the change for the better was remarkable.

For several years I searched persistently for the best possible grade of margarine, one that could be used without hesitancy as a spread for
bread and which could enter into the making of candies, hard sauces, etc., where any difference in flavor would be very apparent. Good Luck Margarine was brought to my notice, and I do not hesitate to say that at last I have found a product which fulfills every qualification.

Many have asked me if margarine is as digestible as butter. I can do no better than to quote a few of the best authorities who have deeply studied into this matter. In the nineteenth annual report of the Massachusetts State Board of Health, Prof. Atwater says: "The value of butter, as well as any other food material for nourishment, depends upon the amount of its nutritive ingredients, their digestibility and their uses in the nutrition of the body. In regard to their nutritive value, the amount of solids in butter is between one and two per cent. more than in oleomargarine. In their nutritive composition, butter and oleomargarine are practically the same."

The report says further, "Fat is the only nutritive ingredient furnished by either butter or oleomargarine to a practical amount. For the same money oleomargarine yields nearly twice the amount of food principles as does butter. Oleomargarine resists rancidity longer than butter will, under the same conditions. * * * There is little, if any, difference between butter and oleomargarine on grounds of digestibility."

Prof. Snyder says in "Human Foods": "It has practically the same composition, digestibility, and food value as butter. When sold under its true name and not as butter there is no objection, as it is a valuable food and supplies heat and energy at less cost than butter."

Hutchison says in "Food and Dietetics": "It is absorbed almost as completely as butter, the difference being only about two per cent. In other words, one hundred and two pounds of margarine are equal in nutritive value to one hundred pounds of butter. * * * As the flavor of the best variety is equal to that of an average specimen of butter, and as it has the advantage of being much cheaper, there is every reason to wish that the prejudice against it, which is still rather widespread, should quickly disappear, and that it should be welcomed as an admirable and cheap substitute for a rather expensive but necessary food."

Prof. Lewis B. Allyn, of Westfield, Mass., the eminent food chemist, says in "The Evening Wisconsin": "Oleomargarine is not necessarily a substitute for butter, but is a wholesome, nutritious food product, belonging to the same general class. * * * We chal-
lenge any one to bring forward one particle of evidence that oleo-
margarine is not practically the equal in every particular to butter of
containing grade, in point of wholesomeness, food value and
digestibility."

To carry on the process of living, certain food elements are neces-
sary, one of the most prominent of these being fat—one fat, besides
that served with the bread, being necessary at every meal, to keep
up the dietetic balance. As a general rule, when the meals are
planned so that they contain the proper amount of each food con-
stituent, appetite is a reliable guide as to the proper amount that
should be eaten. To this end, the child should be allowed to eat as
much Good Luck Margarine with his bread as he desires. If this is
done, and one other fat is provided, such as Good Luck mayonnaise,
baked croquettes covered with dry bread crumbs mixed with melted
Good Luck Margarine, or if a generous supply of Good Luck Margar-
line is used in seasoning vegetables, the mother may be practically
assured that the child is building up a sturdy body with an ample
supply of the reserve force or flesh necessary to carry on a life of
health and activity—provided of course that other foods are furnished
in adequate quantity.

The digestibility of Good Luck Margarine should be especially
noted. Like everything else that is manufactured, there are a great
many kinds of margarine. I have tested out many, but have not
found any so generally satisfactory as Good Luck, because of the
large amount of pure cream which it contains, and cream is the most
easily digested of all animal fats.

The difference in the price of butter and Good Luck Margarine
varies according to the price of the former, but in any event the
saving is considerable, especially when it is considered in the aggre-
gate. One of my correspondents who introduced it into her home
saved, in a year’s time, $31.00 over her average butter bill. This
was enough for a long-coveted trip. When such a saving can be accom-
plished without effort, loss of health, or anything detrimental, result-
ing only in added vigor and strength, it is more than worth while.

Mrs. Ida E. Bailey Allen
General Rules For Measuring

THE recipes in this book are all worked out by accurate measurements, and success is guaranteed only in case these measurements and ingredients are followed. Standard half-pint measuring cups are used, which should be plainly marked in thirds and quarters to avoid possible mistakes. The teaspoons and tablespoons are of the usual standard size; all measurements are absolutely level—that is, the ingredient is scraped off with a knife. Flour, confectioner's sugar, baking soda, and all other ingredients liable to lump are sifted before measuring. The Good Luck Margarine is packed down solid and then leveled off. A cupful or spoonful of any liquid is as much as the utensil will hold without running over.

The difference between correct measurements and incorrect measurements is the difference between good and bad results in cooking and baking.

The recipes are all proportioned for six persons.

These recipes are all worked out especially for the use of Good Luck Margarine. However, this does not mean that in order to use Good Luck one must forego old recipes which have long been favorites in the home. In any recipes where butter is mentioned, Good Luck can be used, but on account of its being much richer in shortening value, use one-fourth less than butter.
RAISIN BREAD
See page 16

BAKED ENGLISH MUFFINS
See page 15
SAVORY OMELET
See page 36

CHEESE STRAWS
See page 53
Appetizers

ALTHOUGH soup is always in order as the first course of a luncheon or dinner, it is considered a little more fashionable to precede the soup course with a fruit cocktail (or fruit cup, which is the same thing), a fish cocktail, clams, or oysters, raw, or cooked in a savory way and served in small quantities. If the occasion is quite formal, canapes are always in order.

Canapes are really nothing but small pieces of stale bread, attractively shaped, fried to a crisp brown in a good fat, like Good Luck Margarine, and then garnished with paste made of highly seasoned fish, or meat with a distinct flavor, like ham, and further garnished with mayonnaise, hard-cooked egg, sliced olives, capers, pimento strips, etc., as fancy may dictate. In case it is inconvenient to fry the bread, the shapes may be spread with creamed Good Luck Margarine and then baked till crisp in the oven.

Sardine Canapes

| 
| 1/2 cupful sardine meat | Capers |
| 2 tablespoonfuls Good Luck Margarine | Good Luck Mayonnaise |
| 1 hard-cooked egg yolk | 1 hard-cooked egg white |
| Rounds of bread fried in Good Luck Margarine |

Cream the margarine with the egg yolk, beat in the sardine meat which has been freed from skin and bones, add a dash of paprika and a few drops of Worcestershire sauce if convenient. Spread on the rounds of fried bread and decorate with stars of mayonnaise made of Good Luck Margarine put on by means of a pastry tube and bag, the capers and a little minced egg white being strewn over the top.

Hot Oyster Canapes

| 24 oysters, cut in halves | 1 1/2 cupfuls cream |
| 2 tablespoonfuls minced pimentos | 2 tablespoons Good Luck Margarine |
| 1/2 cupful soft bread crumbs | Few grains each red pepper and mace |
| Rounds of hot toast |

Melt the margarine, add pimentos and cook for five minutes. Add cream, crumbs, seasonings and oysters. Stir till the edges begin to curl and serve on rounds of hot toast spread lightly with Good Luck Margarine.
Cheese Savory Canapes

2 tablespoonsfuls Good Luck Margarine
4 tablespoonsfuls Roquefort cheese
Salt and pepper to taste
Rounds of puff paste
Finely minced celery
Good Luck Mayonnaise
Sliced gherkins

Cream together the Roquefort cheese and margarine, add the salt and pepper and spread on the rounds of pastry. Cover with celery mixed with a little mayonnaise made with Good Luck Margarine and garnish with the gherkins sliced crosswise, and a cross made of pimento strips in the center of each.

Oyster Cocktail (Individual)

6 small oysters
1/2 tablespoonful tomato ketchup
1/3 tablespoonful chili sauce
Grating of orange rind
1/2 tablespoonful lemon juice
1 teaspoonful tarragon vinegar
Few grains each salt and pepper
1/3 tablespoonful of mayonnaise made of Good Luck Margarine

Mix together sauce ingredients thoroughly and dispose in small wine glasses. Set each in the center of a dinner plate, surround with cracked ice and lay on this the oysters, which should be left on the half shell. Garnish with bits of parsley and radishes if desired.

Clam Cocktail.—Add a half tablespoonful of grapefruit juice to the sauce for oyster cocktail and mix in the clams. Serve in small glasses, set in lettuce leaves and garnish further with sliced stuffed olives.

Scallop Cocktail.—Cook scallops till tender in water containing a little salt, pepper and lemon juice. Hollow out tomatoes and fill with the scallops, which should be cut in convenient mouthfuls, and dress with two tablespoonfuls of Good Luck Mayonnaise, a tablespoonful of tarragon vinegar, a few drops of Worcestershire sauce and a tablespoonful of chili sauce to each cupful of scallops. Garnish with water cress.

Jellied Eggs

Remove yolks from hard-cooked eggs, measure and mix with one-fourth as much finely chopped, stuffed olives and sardines, pounded to a paste. Refill the whites and dip each egg in Good Luck mayonnaise or rich boiled salad dressing to which a little melted gelatine has been added. The proportion should be a tablespoonful to a pint of dressing. Top with an olive and decorate the sides with sprigs of parsley and strips of pimento fastened into place with melted gelatine. Serve on a slice of green pepper and tomato aspic. (See illustration facing page 32.)
Soups and Chowders

The American people, as a rule, do not appreciate the great value of soups. Even in very warm weather a moderately hot soup, served at the beginning of a meal, not only makes the digestive juices active, but actually assists in reducing the feeling of excess heat, by inducing slight perspiration.

The great majority of women understand the making of meat soups, stews, broths and bouillons, all of which have a definite place in the menu. Clear soups, with or without rice, spaghetti or vegetables, are generally served as dinner soups, although bouillons, either of meat or fish, answer a similar purpose. Milk soups, on the other hand, whether of fish, vegetables, or meat combinations, are not so well known but are more substantial and should be served as the main portion of the meal at luncheon or supper, or may be used to eke out a dinner otherwise scanty.

Soups should be accompanied with some other definite food, as crackers, hot toast, or croutons, but these should always be fresh and crisp. In some cases tiny dumplings, either dropped from the spoon, or else the size of a half dollar, may be used to good advantage. All kinds of unsweetened crackers are permissible. Indeed, with cream of pea soup the most perfect accompaniment consists of graham crackers spread lightly with Good Luck Margarine and heated in a hot oven until it is melted. All other crackers should at least be heated before serving, and water crackers are greatly improved by splitting, spreading lightly with Good Luck Margarine and heating as in the case of the graham crackers.

Croutons

Cut slices of bread a quarter of an inch thick, trim off crusts and cut bread in half-inch squares. Melt enough Good Luck Margarine in a frying pan to generously cover the bottom, and when hot stir in the croutons and turn over and over with a spoon till they are well-browned. Drain on brown paper and serve at once. If desired, the bread may be lightly spread with creamed Good Luck before cutting in squares. Then cut and brown in the oven.
### Dumplings

| 1\(\frac{1}{2}\) cupfuls bread flour | \(\frac{1}{2}\) teaspoonful salt |
| 3 teaspoonfuls baking powder | 1\(\frac{1}{2}\) tablespoonfuls Good Luck Margarine |
| About \(\frac{3}{4}\) cupful milk or water |

Mix and sift dry ingredients; work in margarine with finger-tips and moisten with milk; toss on a slightly floured board, pat to one-half inch thickness, shape, drop on to the boiling soup, cover closely and steam for twelve minutes for small dumplings. In making drop dumplings this same recipe can be used if the mixture is made more moist.

### Cream of Spinach Soup

| 1\(\frac{1}{2}\) cupfuls cooked spinach | 3 tablespoonfuls flour |
| 3 cupfuls cold water | \(\frac{1}{2}\) teaspoonful salt |
| 2 cupfuls milk | Few grains nutmeg |
| 3 tablespoonfuls Good Luck Margarine | Bay leaf |

Chop spinach very fine, combine with water and bay leaf and simmer twenty minutes. Remove bay leaf, add the milk, let boil up and thicken with the margarine and flour rubbed together. Strain if desired and serve with croutons, or strips of hot toast, spread lightly with the margarine.

### Cream of Corn Soup

Substitute fresh corn, scraped from the cob, or canned corn for the spinach in the cream of spinach soup recipe and proceed as directed above, omitting the nutmeg.

### Cream of Pea Soup

Substitute cooked or canned peas for the spinach and proceed as directed above in cream of spinach soup, seasoning with a third teaspoonful of onion juice instead of the nutmeg. This soup should be strained.

### Cream of Asparagus Soup

| 1 cupful chopped, cooked asparagus | 2 tablespoonfuls Good Luck Margarine |
| 3 cupfuls asparagus liquor | 2 tablespoonfuls flour |
| 1 pint milk | 1\(\frac{1}{2}\) cupful light cream |
| Few grains mace | Salt and pepper to taste |

Combine the asparagus and asparagus liquor, add the milk, and when boiling point has been reached thicken with the flour and margarine creamed together. Add the cream, the mace, salt and pepper to taste and serve at once. If a richer soup is desired, one tablespoonful of
the flour may be omitted and the whole mixture be poured, while boil-
ing hot, over two egg yolks which have been slightly beaten, then re-
turned to the heat for a few moments to become hot again. However
it should not be allowed to boil, as the egg will curdle. (See illustra-
tion center of book.)

**Purée of Bean Soup**

<table>
<thead>
<tr>
<th>ingredient</th>
<th>quantity</th>
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<tbody>
<tr>
<td>1 cupful soup beans</td>
<td></td>
</tr>
<tr>
<td>1 quart boiling water</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoonful soda</td>
<td></td>
</tr>
<tr>
<td>¼ cupful minced onion</td>
<td></td>
</tr>
<tr>
<td>¼ cupful minced carrot</td>
<td></td>
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<tr>
<td>Bit bay leaf</td>
<td></td>
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<tr>
<td>¼ pint milk</td>
<td></td>
</tr>
<tr>
<td>¼ cupful Good Luck Margarine</td>
<td></td>
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<tr>
<td>6 tablespoonfuls flour</td>
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</tr>
<tr>
<td>1 cupful light cream or rich milk</td>
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<tr>
<td>1½ teaspoonfuls salt</td>
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<tr>
<td>¼ teaspoonful pepper</td>
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Soak the beans over night, then drain, rinse, and put to cook with the
soda in the water. When half done, drain again and put to cook in
the boiling water together with the vegetables. When the beans are
tender, rub through a sieve, add the milk and thicken with the mar-
garine and flour, creamed together. Then add the cream, which should
be scalded and seasoned. Water should be added to the beans while
cooking, so that there will be a quart of liquid when they are done.
This is delicious served with hot toast spread with chopped sweet
green peppers which have been fried till soft in Good Luck Margarine.

**Clam Chowder**

<table>
<thead>
<tr>
<th>ingredient</th>
<th>quantity</th>
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<tbody>
<tr>
<td>1 quart loose clams</td>
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<tr>
<td>4 cupfuls diced potatoes</td>
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</tr>
<tr>
<td>3 slices salt pork</td>
<td></td>
</tr>
<tr>
<td>¼ cupful sliced onion</td>
<td></td>
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<tr>
<td>2 tablespoonfuls Good Luck Margarine</td>
<td></td>
</tr>
<tr>
<td>1 quart scalded milk</td>
<td></td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
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Clean clams, drain and heat the liquor to boiling point. Chop the
hard part of the clams fine, try out the pork, add onion, fry until soft
and strain into a stew pan. Parboil the potatoes five minutes, drain
and put a layer into the stew pan. Add chopped clams, sprinkle with
pepper, dredge with a little flour and add two and a half cupfuls boiling
water. Cook ten minutes. Turn in milk, margarine and soft part of
clams. Boil three minutes and serve with heated crackers spread with
Good Luck Margarine.
Yeast Breads

The reason that so many housewives become discouraged when they attempt to make bread at home, and have poor results, is because they do not understand the manipulation of yeast; consequently failures often result. Yeast, whether in the form of compressed cakes or in the dried form, is a living plant organism which must be nurtured for proper growth. If the liquids with which the yeast is combined are too hot, growth is retarded, and in fact is sometimes altogether destroyed, and the bread is either slow in rising or fails to rise at all.

The right temperature for all liquids to be combined with yeast is ninety-eight degrees Fahrenheit, or blood heat. But the proper combination is not enough. After the dough is mixed, ready to rise, it must be put in the proper temperature; seventy degrees up to ninety-eight brings this about in due season, according to the amount of yeast that is used. A corner near the stove or close beside the radiator usually gives an even temperature in cool weather, and on cool days of spring, summer and fall, when there is little heat in the house, the bread will come up quickly if the bowl is set in a vessel of warm water.

Cold temperature, however, can sometimes retard the growth of yeast to good advantage; bread and rolls, which are nearly ready for the oven, can be kept for some hours in the refrigerator without perceptible change. However, they should be put in before they are of the desired lightness as it takes some time for the cold to penetrate the mixture. In the meantime the loaf is growing more light.

Whether or not a sponge should be made for bread depends on the kind. Personally, I do not find it necessary to start plain white or whole wheat bread with a sponge, as they do not contain large proportions of ingredients which tend to retard the growth of the yeast plant. On the other hand, mixtures containing much sugar, shortening or eggs must be started with a sponge.

A very common mistake in baking bread and rolls is that of having too hot an oven. The average loaf of bread, weighing about a pound, should bake from forty-five minutes to an hour, entire wheat or graham meal needing the full length of time indicated. Biscuits and rolls should bake from twenty-five to thirty-five minutes, according to the size. During the first quarter the dough should rise a little and
begin to take on a slight color. By the end of the second quarter it should be a delicate brown, and by the end of the third the baking should be practically finished, the remaining time being given over to drying out. During this last quarter the heat should be reduced; when the bread is done, it will have shrunk from the sides of the tin, sound hollow if rapped, and it will be so free from steam that it can be held with the bare hand. To insure a soft crust, bread should be rubbed over with Good Luck Margarine while still warm. All of these recipes are for bread to be entirely made during the day.

**Cocoanuit Rusks**

- 1½ cupfuls scalded milk
- 1 compressed yeast cake
- ½ cupful tepid water
- 3 cupfuls bread flour
- ½ cupful prepared cocoanut
- 7 tablespoonfuls Good Luck Margarine
- ⅔ cupful sugar
- 2 eggs
- Flour to knead

Cool the milk till lukewarm, add the yeast dissolved in the tepid water and beat in the three cupfuls of flour. Let rise till spongy, then add the melted margarine, the sugar, cocoanut, eggs well-beaten and flour to knead. Let rise again till double in bulk, turn onto a floured board but do not knead. Roll to one-half inch thickness, cut into good sized rounds, place on cooky sheets well oiled with Good Luck Margarine, let rise till light and bake twelve minutes in a moderate oven. To make cakes of this, ice with plain vanilla frosting and sprinkle with grated cocoanut. (See illustration facing page 16.)

**Fried or Baked English Muffins**

- 2 cupfuls scalded milk
- 1½ teaspoonfuls Good Luck Margarine
- 1¼ tablespoonfuls sugar
- 2 egg whites
- 1 comprerd yeast cake
- ½ cupful tepid water
- Bread flour
- 14 teaspoonful salt

Dissolve the yeast cake in the tepid water, add margarine, sugar and salt to milk, cool and combine. Beat in flour to make a batter, about two and a half cupfuls, and let rise till light. Then turn in the egg whites well-beaten and flour to make a stiff drop batter. Let rise again till light and drop by tablespoonfuls into muffin rings which have been laid on a griddle well oiled with Good Luck Margarine. The griddle should be only moderately hot, and when the muffins have raised to the top of the rings and are brown on one side they should be turned by means of a pancake turner and cooked the balance of the time, which should be about fifteen minutes altogether. If desired the dough may be dropped into muffin pans, and baked after rising till double in bulk. (See illustration facing page 8.)
Raised Doughnuts

\[
\begin{align*}
\frac{1}{4} \text{ cupful Good Luck Margarine} & \quad \frac{1}{2} \text{ teaspoonful salt} \\
\frac{3}{4} \text{ cupful sugar} & \quad \frac{1}{3} \text{ teaspoonful cinnamon} \\
1 \text{ egg} & \quad 1 \text{ compressed yeast cake} \\
1 \text{ cupful scalded milk} & \quad \frac{1}{4} \text{ cupful tepid water} \\
\frac{1}{2} \text{ cupfuls bread flour} & \\
\end{align*}
\]

Cool milk till tepid, then add yeast dissolved in the tepid water. Beat in two cupfuls of the bread flour and let rise till spongy. Add the sugar, melted margarine, salt, egg, cinnamon and balance of flour, beating in well. Let rise till light, from three to four hours, cut down, turn on the floured board but do not knead. Roll quickly to one-third inch thickness, shape and let rise on the board till double in bulk. This takes about an hour. Fry in deep fat hot enough to brown a bit of bread in two minutes. Drain doughnuts on brown paper and roll in granulated sugar. (See illustration opposite page.)

Raisin Bread

\[
\begin{align*}
1\frac{1}{2} \text{ cupfuls scalded milk} & \quad 1 \text{ cupful halved raisins} \\
1 \text{ compressed yeast cake} & \quad 1\frac{3}{4} \text{ teaspoonfuls salt} \\
1 \text{ cupful tepid water} & \quad 2\frac{1}{2} \text{ tablespoonfuls Good Luck Margarine} \\
2 \text{ egg yolks} & \quad \frac{1}{3} \text{ cupful sugar} \\
3 \text{ cupfuls bread flour} & \quad \text{Flour to knead} \\
\end{align*}
\]

Scald milk and cool till tepid. Dissolve yeast in warm water and beat in the flour. Set in warm place to become light; this takes about an hour. Then add raisins, salt, sugar, the egg yolks well-beaten, and the margarine, which should be melted. Beat thoroughly and work in flour to knead. Let rise till double in bulk, shape into two loaves and bake in a moderate oven. (See illustration facing page 8.)

Plain White Bread

\[
\begin{align*}
1 \text{ cupful hot water} & \quad 1 \text{ compressed yeast cake} \\
1 \text{ cupful scalded milk} & \quad \frac{1}{4} \text{ cupful tepid water} \\
2 \text{ tablespoonfuls Good Luck Margarine} & \quad \text{Sifted bread flour} \\
1 \text{ tablespoonful sugar} & \quad 1 \text{ teaspoonful salt} \\
\end{align*}
\]

Dissolve the margarine in the hot milk and water, add sugar and salt and let cool till tepid. Dissolve the yeast cake in warm water, add to milk, and gradually beat in flour to make a stiff batter, stirring vigorously. From six to eight cupfuls will probably be used. Knead for ten minutes, let rise till double in bulk and form into two loaves with as little kneading as possible; let rise again till double in bulk and bake.
COCOANUT RUSKS
See page 15

RAISED DOUGHNUTS
See page 16
LOBSTER SALAD ROLL
See page 41

BAKING POWDER BISCUITS
See page 18
Quick Breads

There is really no cookery more simple than the quick breads, but at the same time there is none which is more generally poor, undoubtedly because the majority of women feel that these simple dishes are not worthy standard recipes.

In every case, bread flour should be used, instead of cake or pastry flour, as it gives a more elastic texture. However, the bread will still be tough unless the proper amount of shortening is used. There are many people who cannot afford to make quick breads because of the cost of the butter, but any one using Good Luck Margarine can afford hot breads, and will find that they are equally good if not better than those made with butter.

Plain Muffins

| 6 tablespoonfuls melted Good Luck Margarine | 4 tablespoonfuls sugar |
| 1 egg | 1 1/2 cups flour |
| 1 1/4 cups milk | 3 teaspoonful salt |
| 3 teaspoonfuls baking powder |

Cream together the margarine and sugar, and add the egg well beaten. Sift together the flour, baking powder and salt, and add alternately to the mixture with the milk. Dispose in twelve muffin pans well oiled with Good Luck Margarine and made hissing hot. Bake in a moderately hot oven from twenty-five to thirty minutes.

Corn Cake

| 2 cupfuls bread flour | 1 1/2 cupfuls cornmeal |
| 2 teaspoonfuls salt | 3 tablespoonfuls melted Good Luck Margarine |
| 2 tablespoonfuls sugar | 1 egg |
| 5 teaspoonfuls baking powder | 2 cupfuls milk |

Mix dry ingredients; add egg, milk and margarine, then pour into two shallow pans and bake thirty minutes in a moderate oven.

Biscuit Crust for Meat Pies

Make a baking powder biscuit mixture (see page 18), keeping it as dry as possible; roll to one-fourth inch thickness and spread to within two inches of the edge with a tablespoonful and a half of Good Luck Margarine beaten to a cream. Do this twice and then use as desired.
### Baking Powder Biscuits

- 2 1/2 cupfuls bread flour
- 5 teaspoonfuls baking powder
- 3/4 teaspoonful salt
- 4 tablespoonfuls Good Luck Margarine
- 1 egg

Mix together dry ingredients and work in the margarine with the finger tips till the mixture is full of coarse flakes. Moisten with milk or milk and water mixed. About a cupful will be needed. Remove to a slightly floured board, pat to one-half inch thickness and shape with a biscuit cutter. Put in a slightly floured pan, allowing the edges scarcely to touch, and bake about fifteen minutes in a quick oven. (See illustration facing page 17.)

### Doughnuts

- 7/8 cupful sugar
- 3 egg yolks
- 2 egg whites
- 1 cupful milk
- 1 teaspoonful salt
- 3/4 teaspoonful nutmeg
- 1 1/4 tablespoonfuls cream of tartar
- 1 teaspoonful soda
- 2 tablespoonfuls melted Good Luck Margarine
- Flour to roll—about 5 cups

Beat the egg yolks; then cream in the sugar and nutmeg, and add the melted margarine, turn in the milk and salt. Sift the cream of tartar and soda with three cupfuls of flour and work into the mixture, then add two more cupfuls flour alternately with the egg white, which should be beaten very stiff. If a good grade of flour is used the mixture should then be stiff enough to handle; but if it is not, more flour must be then worked in. However, the less that is used, the more tender the doughnuts. Take out enough of the mixture at a time to make about six doughnuts, toss onto a floured board, roll to one-fourth inch thickness and cut into rings. Fry in fat hot enough to brown a bit of bread in two minutes.

### Old-Fashioned Short Cake

- 2 cupfuls bread flour
- 4 teaspoonfuls baking powder
- 1/2 teaspoonful salt
- 2 tablespoonfuls Good Luck Margarine
- 1/2 tablespoonful sugar
- 1 egg

Sift together the dry ingredients and work in the margarine, as for baking powder biscuits. Beat the egg, add to it a half cupful of light cream and stir into the mixture. Add enough extra cream to moisten and then divide the dough into two portions. Oil a round layer cake pan with Good Luck Margarine, dip the hand in flour and pat in half the mixture to fit the tin. Brush over with melted Good Luck
Margarine. Roughly shape the second half on the moulding board, then pat into position in the pan and bake in a moderately quick oven about twenty-five minutes. The short cake should then be split and put together with sugared fruit.

**Plain Griddle Cakes**

3 cupfuls bread flour  
4 teaspoonfuls baking powder  
1 teaspoonful salt  
2 tablespoonfuls melted Good Luck Margarine

Mix and sift dry ingredients; beat egg light, combine with milk and pour slowly into the first mixture, beating continuously. Add margarine and fry as usual on a griddle well oiled with Good Luck Margarine.

**French Pancakes**

Prepare the mixture for plain griddle cakes and fry as usual in Good Luck Margarine. Spread them lightly with thick jam of any desired kind, roll up and sprinkle with powdered sugar. Serve very hot. Thick cream is an old-fashioned accompaniment to this dish.

**Berry Cake**

2 tablespoonfuls Good Luck Margarine  
1 cupful sugar  
1/3 teaspoonful salt  
1 egg  
1 cupful milk  
3 cupfuls flour  
1 cupful blueberries or huckleberries  
3 teaspoonfuls baking powder

Cream together the margarine, sugar and egg. Sift together the flour, baking powder and salt, add the blueberries and stir into the first mixture alternately with the milk. Pour into a large, shallow pan well oiled with Good Luck Margarine, and bake thirty minutes in a moderate oven. (See illustration facing page 48.)

**Spiced Gingerbread**

1/4 cupful sugar  
1/4 cupful molasses  
1/4 cupful melted Good Luck Margarine  
1/2 cupful sour milk  
1 cupful bread flour  
1 teaspoonful soda  
1/2 teaspoonful cinnamon  
1/2 teaspoonful cloves  
1/4 teaspoonful nutmeg  
1 teaspoonful salt  
1 egg

Mix together the sugar, egg well beaten, molasses, margarine and sour milk. Sift the soda, salt and spices with the flour and beat into the mixture; bake in heavy muffin pans, well oiled with Good Luck Margarine, for about twenty-five minutes in a moderate oven.
Entrees or Made Dishes

PROPERLY speaking, an entree is a dish consisting of meat, eggs, vegetables or fish, put together with savory seasonings and served preceding the meat course at a dinner. But in everyday living, these entrees or made dishes become the main course in many cases, of luncheon, supper or dinner, as the case may be. Timbales, ramekins, escallops of all sorts, as well as croquettes, meat loaves of various kinds, spaghetti, macaroni, etc., may be classed among these foods.

### Spaghetti Italian

- 1 pound spaghetti
- ½ can tomato paste
- 1 cupful melted Good Luck Margarine
- 1 cupful cold water
- 3 cloves garlic
- 1 teaspoonful salt
- ½ teaspoonful pepper
- Parmesan cheese

Cook the spaghetti in plenty of boiling salted water till tender, then mix the tomato paste with the water. In the meantime cut the garlic in bits and cook till browned in the margarine. Turn the paste into this, add the salt and pepper and let it stew about twenty minutes, adding a half tablespoonful of cold water three times during the process to overcome the acidity of the tomato. Pour over the spaghetti, let stand to become very hot, and cover thickly with Parmesan cheese.

### Escalloped Eggs and Asparagus

- 2 bunches asparagus
- 2 cupfuls milk
- 1 cupful asparagus liquor
- ¼ cupful Good Luck Margarine
- 4 tablespoonsfuls flour
- 1¼ teaspoonfuls salt
- ¼ teaspoonful pepper
- 4 hard-cooked eggs
- 2 cupfuls soft bread crumbs

Boil asparagus as usual; then cut in inch lengths. Make a sauce of the margarine, flour, milk, asparagus liquor and seasonings. Oil a baking dish thoroughly with Good Luck Margarine, and put a layer of asparagus in the bottom. Add a little salt and a layer of hard-cooked eggs sliced, sprinkle with the crumbs, and continue in this way till all has been used. Finish with the sauce, and sprinkle the top with a half cupful of fine dry bread crumbs mixed with two tablespoonfuls of melted margarine. Brown in a moderate oven.
Escallopéd Salmon

1 pound can salmon  
Soft bread crumbs  
½ teaspoonful onion juice

Milk  
¼ cupful Good Luck Margarine  
Salt and pepper to taste

Put the salmon in a colander, scald and then remove skin and bones. Flake in bits and measure an equal quantity of bread crumbs. Melt the margarine, add the crumbs with the onion juice, and arrange fish and crumbs alternately in layers in a baking dish well oiled with Good Luck Margarine. Add a little salt and pepper with each layer, barely cover with hot milk, and bake thirty minutes in a moderate oven.

Creamed Lamb or Mutton

3 cupfuls diced cooked lamb  
1 teaspoonful onion juice  
1¼ teaspoonfuls salt  
½ teaspoonful pepper

3 tablespoonfuls flour  
4 tablespoonfuls melted Good Luck Margarine  
3 cupfuls milk

Melt the margarine, stir in the flour and seasonings, and add the milk gradually, so there will be no lumps. Let boil up, add lamb, and when very hot serve on toast spread with a little Good Luck Margarine, or with rice or mashed potatoes.

Chicken à la King

¼ cupful Good Luck Margarine  
¼ cupful minced green peppers  
3 tablespoonfuls flour  
2½ cupfuls diced chicken

Few grains paprika  
3½ teaspoonful salt  
2 cupfuls light cream  
1 cupful sliced canned mushrooms  
Hot toast

Melt margarine and cook peppers in it till soft. Then stir in flour and seasonings and cook till frothy. Gradually add the cream, stirring constantly, and when boiling-point has been reached, set over hot water and add the chicken and mushrooms. Serve on hot toast, lightly spread with Good Luck Margarine.

Rice and Meat Loaf

2 cupfuls any chopped cooked meat  
½ cupful stock or gravy  
3 tablespoonfuls flour

2½ cupfuls cold boiled rice

3 tablespoonfuls Good Luck Margarine  
Seasonings to taste

Add stock to meat, heat and thicken with the margarine and flour rubbed together. Season to taste. Oil a bread tin thoroughly with Good Luck Margarine, line it with rice, packing it in tight. Pack in the meat and cover with rice. Set in the oven in a pan of hot water and bake till firm, about thirty-five minutes. Serve with tomato sauce.
Escallopied Ham and Potato

Oil a baking dish with Good Luck Margarine; put in it a layer of raw potatoes, followed by a thin layer of ham, a thick dredging of the flour, and dot with bits of margarine; repeat till the dish is filled. Mix onion juice and pepper with the milk, pour over the mixture, well covering it, set in oven and let cook slowly for two hours, adding more milk if necessary. Uncover the dish the last half hour to allow it to brown.

Baked Potato and Ham Croquettes

Mix in order given, and beat thoroughly; shape into small balls, allowing a generous tablespoonful to each, and, when firm, dip in dry bread crumbs mixed with melted Good Luck Margarine, allowing a half cupful of melted margarine to each cupful of crumbs. Roll plentifully in this and bake till browned in a very hot oven. Serve with plain white sauce.

Fish Cutlets

Almost any kind of cooked fish may be used in this recipe. Combine the ingredients, cool thoroughly, shape into cutlets, allowing a generous tablespoonful to each, and roll in dry bread crumbs mixed with melted Good Luck Margarine, allowing a half cupful of margarine to each cupful of crumbs. Brown in a quick oven.

Chicken Croquettes.—Observe the above proportions with this exception—add an egg yolk to the mixture. Finish as directed, forming into balls or cylinders, and serve with creamed peas or asparagus, with mushroom or sliced lemon. (See illustration facing page 24.)
Escaloped Eggplant

3 cupfuls mashed eggplant (cooked)  
1 tablespoonful minced onion  
1 teaspoonful salt  
¼ teaspoonful pepper  
4 tablespoonfuls melted Good Luck Margarine

½ cupful minced veal or chicken  
1 cupful thick stewed tomato  
1 cupful dry bread crumbs mixed with 2 tablespoonfuls Good Luck Margarine (melted)

Mix together eggplant, margarine, onion, seasonings, tomato and meat. Put half in a baking-dish well oiled with Good Luck Margarine, sprinkle over half the dry crumbs, add the balance of the eggplant mixture, sprinkle with the rest of the crumbs and brown in a moderate oven.

Baked Macaroni Croquettes

1½ cupfuls macaroni, cut in small pieces  
2 tablespoonfuls Good Luck Margarine  
1 cupful milk  
1 egg yolk  
2 tablespoonfuls flour  
½ teaspoonful salt  
2 cupful grated cheese  
1 tablespoonful minced parsley  
½ teaspoonful pepper  
Dry bread crumbs

Boil, blanch and drain macaroni; chop it fine and add it to a sauce made of the margarine, flour, milk, cheese and seasonings, adding the egg yolk just before removing from heat. Turn in the parsley and let mixture stand till cold. Shape into flat cakes, and when stiff roll in fine, dry bread crumbs which have been mixed with a half cupful of melted Good Luck Margarine to each cupful of crumbs.

Creamed Parsnips

8 medium-sized parsnips  
2 tablespoonfuls flour  
¼ cupful Good Luck Margarine  
½ teaspoonful salt  
2 cupful milk  
½ teaspoonful pepper

Crums fried in Good Luck Margarine

Soak parsnips an hour in cold water if withered, then wash and plunge in boiling, salted water; cook till tender. Remove skins and cut parsnips in six-inch strips. In the meantime make a white sauce of the balance of the ingredients, arrange parsnips in a dish, pour over the white sauce, sprinkle with the crumbs, which should be coarse and fried in Good Luck Margarine.
Fish

The underlying principle in cooking fish is that of conserving flavor. It is because of failure in carrying out this point that the average fish dish served in most homes is far from perfect. The most common methods used in preparing fish are boiling, broiling, baking and frying, although planking can also be carried on to good advantage. Fish should not be cooked at a very high temperature, as this tends to harden the fibres, making it tasteless and indigestible.

To Boil Fish.—Wrap in cheese cloth and plunge into water which is at boiling point. A little salt and pepper and a teaspoonful of vinegar to each quart of water, with a few pepper-corns and a bay leaf, enhances fish flavor. Then reduce the heat so that the water boils very slowly, and cook the fish fifteen minutes to the pound. Drain well before removing from the cloth.

To Broil Fish.—Select those that are not very thick. If the whole fish is to be used it should be split, and with the exception of trout and smelts it is customary to remove the heads. Brush the broiler with melted Good Luck Margarine, put in the fish and hold it comparatively near the heat, searing or sealing both sides as soon as possible in order to prevent the escape of the juices. Finish cooking at a little distance from the heat, sprinkle with salt and pepper, dot with Good Luck Margarine, and slip in oven for two or three minutes. Various chopped herbs, such as parsley, chervil, etc., may be sprinkled over the fish just before serving if desired.

To Fry Fish.—It may be dipped in cornmeal, seasoned lightly with salt and pepper, and browned slowly in Good Luck Margarine; or if a thicker crust is desired, it may be first dipped in flour, then in slightly beaten egg diluted with two tablespoonfuls of water to each egg, and then in bread crumbs. This method is particularly good for halibut, fillets of flounder or sole, and for smelts.

To Roast or Bake Fish.—Several methods may be used, but the underlying principle in all is the same. To get a good result it is necessary to add fat from time to time during the cooking in order to keep the fish from getting dry. If it is to be stuffed, any good bread
CHICKEN CROQUETTES
See page 22

BAKED STUFFED TOMATOES
See page 30
BAKED WHITE FISH LOAF
See page 27

HADDOCK PIE
See page 27
dressing will do, either alone or combined with chopped onions or minced green peppers, and containing a fourth cupful of melted Good Luck Margarine to each two cupfuls of bread crumbs. After the fish is trussed into shape, it should be laid on a wide piece of cotton cloth extending the length of the baking-pan; this is to assist later in removal. The fish should be plentifully dotted with Good Luck Margarine, slipped into a hot oven, and when the outside has been seared the heat should be reduced and the fish be basted every fifteen minutes with hot water containing a fourth cupful of Good Luck Margarine to the pint.

If roasted plain, baste every twelve minutes. A very old-fashioned method of cooking fish is that of baking it in milk. This is especially adaptable to mackerel, halibut, slices of cod and haddock and trout.

*To Bake Fish in Milk.*—Place the fish on a fireproof platter, dust lightly with salt and pepper, sprinkle plentifully with flour, and barely cover with milk. Dot thickly with Good Luck Margarine, and bake in a moderate oven till tender. Fish cut an inch thick will take about forty minutes.

There are a great many ways in which fish may be cooked, but the different flavors depend largely on the various sauces which are used with fish cooked in any of the special ways specified.

The following sauces are especially arranged for use with these everyday methods:

**Parsley Roll**

1 cupful Good Luck Margarine

Juice of 1 large lemon

Finely minced parsley

Beat margarine and lemon juice to a cream; add a dash of paprika, and parsley to color green. Form into a roll, chill and slice for serving. Use with broiled fish.

**Creole Sauce**

2 tablespoonfuls minced onion

3 tablespoonfuls minced peppers

1 cupful tomato juice

¼ cupful Good Luck Margarine

6 sliced stuffed olives

½ cupful brown soup stock

2 tablespoonfuls flour

Salt and pepper to taste

Cook onion and pepper five minutes with the margarine. Add flour and when well blended turn in the tomato juice and stock gradually. Let boil five minutes, stir in olives and season to taste. Two tablespoonfuls of chopped, cooked mushrooms may be added if desired. This sauce is especially adaptable to any boiled, broiled or fried white fish.
**Yellow Cream Sauce**

1¼ cupfuls milk  
2½ tablespoonfuls flour  
2 egg yolks  
1 teaspoonful Good Luck Margarine  
£ teaspoonful salt  
Few grains white pepper

Melt margarine, add flour gradually, then the milk a little at a time, till all is in. Let boil, season and pour onto the egg yolks. Return to heat to set, stirring all the time and remove just before it boils. This may be used with any boiled white fish.

**Parsley Sauce**

½ cupful melted Good Luck Margarine  
2 tablespoonfuls minced parsley  
£ tablespoonful vinegar

Mix in order given, and serve very hot, poured over any broiled fish.

**Caper Egg Sauce**

3 tablespoonfuls Good Luck Margarine  
£ tablespoonful flour  
£ teaspoonful salt  
£ teaspoonful pepper  
£ tablespoonful parsley  
£ tablespoonful lemon juice  
Yolks 3 hard-cooked eggs  
£ cupful hot water  
2 tablespoonfuls capers

Melt margarine, add flour, egg yolks, seasonings and gradually the hot water. Let boil up once, add capers, lemon juice and parsley, and serve very hot. This is especially good with fish cooked in any way.

**Hollandaise Sauce**

½ cupful Good Luck Margarine  
£ tablespoonful vinegar  
3 egg yolks  
£ cupful boiling cream  
£ teaspoonful salt  
Few grains cayenne

Divide the margarine in three pieces; put one in a saucepan with the egg yolks and vinegar, set over hot water and beat till the margarine is melted. Add the second piece, beat it in as it thickens, and stir in the third piece. Add cream, beat for a minute or two and season with salt and cayenne. Care must be taken not to overcook this, as it is really nothing but a kind of custard mixture.

**Scallops au Gratin**

1 quart scallops  
2 cupfuls soft bread crumbs  
£ cupful melted Good Luck Margarine  
½ cupful dry crumbs  
4 tablespoonfuls minced green peppers  
1 cupful rich milk  
Salt and pepper

Wash scallops, cover with water, and bring quickly to boiling point. Drain. Grease a baking dish with Good Luck Margarine; melt the margarine designated, and mix with the crumbs. Put a layer of this
mixture in the bottom of the dish, add a layer of scallops, sprinkle with the peppers and a little salt and pepper, repeating till the dish is filled. Pour over the milk to moisten, sprinkle on the dry crumbs which should be mixed with two tablespoonfuls melted Good Luck Margarine, and bake thirty minutes in a moderate oven.

**Escaloped Oysters**

1 quart oysters  
2 teaspoonfuls minced parsley  
¼ cupful celery  
1 teaspoonful salt  
¼ teaspoonful paprika  
4 cupfuls soft bread crumbs  
¼ cupful Good Luck Margarine  
2 cupfuls cream or milk  
½ cupful dried crumbs mixed with a little melted Good Luck Margarine

Wash oysters. Oil a baking dish with Good Luck Margarine, and put in a thin layer of crumbs. Add a layer of oysters, sprinkle with a little seasoning, parsley and celery, dot with bits of Good Luck Margarine, and repeat till the dish is full, making the last layer oysters. Add cream, cover with dried crumbs and bake thirty minutes in a hot oven. There should be not more than three layers of oysters.

**White Fish Loaf**

1 pound cooked white fish flaked  
3 eggs  
½ cupful soft bread crumbs  
⅔ tablespoonful lemon juice  
½ cupful milk  
5 tablespoonfuls melted Good Luck Margarine  
½ teaspoonful salt  
⅛ teaspoonful pepper  
1 teaspoonful minced parsley

Combine the fish with the egg yolks well beaten and the other ingredients in the order given. The crumbs and milk should be cooked to a paste. Mix well, and stir in the egg whites beaten stiff. Put into a tin well oiled with Good Luck Margarine, and bake about thirty-five minutes in a moderate oven. Serve hot or cold, with peas combined with melted Good Luck Margarine or with the egg sauce given in this chapter. (See illustration facing page 25.)

**Haddock Pie**

3 cupfuls flaked cooked haddock  
1 cupful cooked peas or string beans  
3 tablespoonfuls flour  
2 tablespoonfuls minced parsley  
3 tablespoonfuls Good Luck Margarine  
Salt and pepper to taste  
2½ cupfuls milk  
1 teaspoonful lemon juice  
Baking powder biscuits

Make a sauce of the flour, margarine, seasonings and milk. Turn in the fish and vegetable, and pour into a fireproof dish well oiled with Good Luck Margarine. Set baking powder biscuits on the top. Sprinkle the spaces in between with parsley and bake till the biscuits are done, about twenty minutes. (See illustration facing page 25.)
Vegetables

UNDoubtedly the reason why vegetables are not more appreciated is because they are so seldom prepared in such way as to save all the flavor and conserve the real food value. Every time a vegetable is cooked in a large quantity of water which is later drained off and discarded, just so much nutriment and savoriness are lost. There are several ways of cooking vegetables—boiling, steaming and baking, and in some cases they are fried as well. If they are boiled in a comparatively small amount of liquid, which acts later on as the basis for a soup or sauce, there is no waste. The greatest saving, however, occurs when they are steamed, as by this method all of the constituents are saved, especially if the vegetable is laid upon a plate so that all the drippings can be conserved. Many vegetables, besides the proverbial potato, can be roasted; beets, carrots, squash and onion being especially adaptable.

But however the vegetable may be cooked, it is a disappointment unless properly seasoned. As vegetables are lacking in fat, the old-fashioned rule must be heeded and the housewife add as much as she can afford and then turn her back and add a little more. However, in reality it is not necessary to think of expense in this case, as there is no better fat than Good Luck Margarine for seasoning vegetables, and at the same time it costs about one-third less than butter, and is of such fine flavor that it can be used in any way desired. The time table on the next page will aid in plain cooking vegetables which are to be served in a simple way at dinner or act as the basis for more substantial dishes for luncheon or supper.

The general proportion of salt in boiling vegetables is a teaspoonful to a quart of water. However, as this tends to harden the fiber, it is advisable to omit it in cooking old vegetables, adding a pinch of baking soda instead to soften the cell walls, and adding salt when done. A little white pepper, with occasionally a bit of mustard, nutmeg or mace, or a dusting of paprika furnish a good variety of seasonings that when rightly used will greatly enhance the flavor. It is often possible to make various vegetable combinations that are especially good, and this point is a great factor in economical cookery, when the larder does not contain enough of any one vegetable for a meal.
### Vegetable | Boiling or Steaming | Baking
--- | --- | ---
Artichokes | 30 to 50 minutes | 40 minutes
Asparagus | 20 to 30 minutes | 1 1/4 hours
Beans, Lima | 40 to 60 minutes | 1 hour (stuffed)
Beans, String | 45 to 60 minutes | 45 minutes
Beets, New | 30 to 45 minutes | 50 minutes to 1 1/4 hours
Brussels Sprouts | 20 to 30 minutes | 1 hour (stuffed)
Cabbage | 25 to 45 minutes | 1 1/4 hours
Carrots | 20 to 30 minutes | 2 hours (in shell)
Cauliflower | 30 to 40 minutes | 25 minutes
Celery | 30 minutes | 30 minutes
Corn | 7 to 12 minutes | 30 minutes
Kale, Spinach and Endive | 30 minutes | 30 minutes
Cucumbers | 30 minutes | 30 minutes
Eggplant | 25 minutes | 30 minutes
Onions | 40 to 60 minutes | 30 minutes
Oyster Plant | 1 hour | 30 minutes
Okra | 20 to 30 minutes | 30 minutes
Parsnips | 1 hour | 30 minutes
Peas | 20 to 30 minutes | 1 1/2 hours
Radishes | 30 minutes | 2 hours (in shell)
Summer Squash | 30 minutes | 30 minutes
Winter Squash | 1 1/2 hours | 45 minutes to an hour
Turnips | 15 to 20 minutes | 30 minutes
Tomatoes | 30 minutes | 40 minutes

#### Candied Sweet Potatoes
Add one-quarter cupful hot water to one cupful brown sugar. Stir in one teaspoonful cinnamon. Arrange sliced partly boiled sweet potatoes in a baking pan, dot thickly with Good Luck Margarine, pour over the syrup, and bake gently in a moderate oven until the syrup is thick and almost crystalized.

#### Asparagus with Crumb Sauce

2 bunches asparagus
3/4 cupful Good Luck Margarine
Few grains pepper
3/4 cupful coarse bread crumbs

Clean asparagus, cut off tough ends, tie the tips in bundles and cook in boiling salted water till tender, about twenty-five minutes. Drain thoroughly, arrange in a fireproof dish, pour over the margarine mixed with a little pepper and garnish with the crumbs, which should be browned in Good Luck Margarine. Let stand ten minutes to absorb the sauce and serve very hot.
Baked Stuffed Potatoes

- 6 large potatoes
- ¼ cupful Good Luck Margarine
- 2 eggs
- 2 teaspoonfuls salt
- ⅛ teaspoonful pepper
- 2 tablespoonfuls rich milk or cream

Scrub the potatoes till very clean, and rub over with melted Good Luck Margarine. This prevents the skins from becoming tough and dry, and should always be done when potatoes are to be baked. Roast in a moderate oven until mealy, cut in halves lengthwise and scoop out the potato, reserving the shell. Put the pulp through a potato ricer, add the seasonings, cream and the egg yolks beaten, then fold in the egg whites beaten stiff. Pile into the shells and brown quickly. If desired a thin slice of bacon can be laid over each section when put into the oven, or a cupful of minced ham or grated cheese may be added to the mixture before putting into the shells.

Baked Cabbage

- 1 quart chopped raw cabbage
- ⅛ cupfuls milk
- 1 tablespoonful minced onion
- ⅛ cupful Good Luck Margarine
- 1 teaspoonful salt
- ⅛ teaspoonful pepper
- 1 tablespoonful flour

Put cabbage in a bag and boil for fifteen minutes. In the meantime make a sauce of the milk, seasonings, flour and margarine, then mix with the cabbage, which should be drained, pour into a fireproof baking dish, well oiled with Good Luck Margarine, and cook about twenty-five minutes in a moderate oven. Serve sprinkled with coarse crumbs of bread fried in Good Luck Margarine.

Baked Stuffed Tomatoes

Select medium-sized tomatoes and cut off the tops. Scoop out the pulp with a spoon, and sprinkle tomatoes with salt and pepper. Invert to drain for a few minutes. In the meantime prepare the filling, fill tomatoes, cover with dry bread crumbs mixed with melted Good Luck Margarine, and put in a baking dish containing a very little hot water to cook. Baste frequently with melted Good Luck Margarine, and cook twenty-five to thirty minutes in a moderate oven. The filling offers a most excellent medium for utilizing left-over meats and vegetables. Following are a few suggestive combinations:

- Cooked green corn, minced green peppers and seasonings.
- Minced ham, bread crumbs and green pepper, minced.
- Cooked and seasoned green peas.
- Tuna fish, salmon or shrimps, moistened with thick cream sauce.

(See illustration facing page 24.)
Meats

MEATS are cooked in several different ways, boiling, broiling, frying, stewing, braising and roasting being the staple methods; all made dishes of more elaborate nature, such as escalopes, casseroles, etc., depending upon some one of these simpler methods.

1. Boiling.—Wipe the meat with a damp cloth, plunge into boiling water, then reduce the heat and simmer, covered closely, till half done. Then add a teaspoonful of salt to each two pounds of meat, cover and finish in the same manner.

2. Broiling.—Rub the broiler with a little Good Luck Margarine, lay in the meat and cook quickly by means of a hot fire till seared or sealed on both sides, then reduce the heat so that the cookery may be carried on more slowly. From five to six minutes are ample for ordinary lamb chops, from six to seven for steak which is desired slightly rare.

To broil a chicken, it is advisable to start it flesh side up and cook in this way for ten minutes, then broil the other side for about five minutes, when it should be transferred to a baking pan. Dot thickly with Good Luck Margarine and strew with a little salt and pepper. Pour in boiling water to barely cover the bottom of the pan and bake for twenty minutes in a moderate oven.

3. Frying.—Melt enough Good Luck Margarine in a heavy frying pan to barely cover the bottom. Let it become hot and then lay in the meat. Turn immediately to the other side so that it will be seared all over, and cook slowly, turning occasionally, till perfectly tender. Steak cut an inch thick will need about ten minutes, lamb chops about eight, pork chops, veal cutlets and chicken about thirty minutes. The meat should be salted when half done. It will be necessary to add Good Luck Margarine from time to time during the cooking. If desired the meat can be sprinkled plentifully with flour when done, and partly covered with boiling water, then simmered for half an hour. If a crust is desired the meat should be rolled in flour before the frying process begins.

4. Stewing.—In this case the broth is of as much importance as the meat. After wiping off with a damp cloth, the meat should be put in
cold water to barely cover, gradually brought to boiling point and allowed to simmer till tender, the salt being added half way through the cooking.

5. Braising.—In braising the method is very different. The meat should be browned all over in Good Luck Margarine, then set in the braising kettle with diced vegetables, the amount and kind depending upon the meat. Hot water to one-third cover should then be poured in, and the meat should be allowed to simmer very slowly till tender, salt and pepper being added half way through the cookery.

Braised Beef.—To a five-pound piece of beef allow three-fourths cupful each of diced carrots, turnips and onions, and a half cupful of diced celery if convenient.

Braised Lamb.—Add one cupful diced carrots, one-half cupful onions, one pint stewed tomatoes.

Braised Veal.—Same as braised lamb with the addition of two shredded green peppers if convenient.

6. Roasting.—Season meat with salt and pepper and dredge with flour, allowing some to fall on the pan. Place in a very hot oven and when the flour is browned pour in hot water to barely cover the bottom of the pan and add two tablespoonfuls of Good Luck Margarine. Reduce the heat, and baste the meat every fifteen minutes with the liquid in the pan till done, adding more water and margarine if necessary.

Roast Chicken.—Dress, clean, stuff and truss a chicken. Place on breast on a rack in the dripping pan and rub lightly with salt. Make a paste of four tablespoonfuls of Good Luck Margarine and two tablespoonfuls of flour. Rub this all over the chicken, dredge the bottom of the pan with flour, place in a hot oven and proceed as directed above. A four-pound chicken will cook in one and a half hours.

Bread Stuffing

| 3 cupfuls dry bread crumbs | ½ teaspoonful pepper |
| ½ cupful Good Luck Margarine melted | 2 teaspoonfuls poultry seasoning |
| 2 teaspoonfuls salt | ½ teaspoonful pepper |
| | 1½ cupfuls hot milk or water |
| | ¼ cupful minced onion |

Melt the margarine, add to milk and water, and pour over crumbs and seasonings mixed together. A half cupful of diced celery may be added if desired.
JELLYED EGGS
See page 10

PLANKED STEAK
WITH VEGETABLES
See page 33
HONEY CUP CAKES
See page 47

GOLD CAKE
See page 48
CASSEROLE OF BEEF
See page 33

STUFFED CUCUMBER SALAD
See page 43
Chicken Stew with Dumplings

Remove all the meat that remains from the bones of two cooked chickens, add to the bones six cupfuls of cold water to one chicken, turn in any remaining gravy, bits of skin, etc., add one-fourth cupful of minced onion, a few ground celery tips and a bit of bay leaf. Cover closely and bring slowly to boiling point, then simmer for two hours. Strain, remove fat and add one-half cupful of unpolished rice, the bits of chicken meat and a cupful of green peas. Boil till the rice is almost tender, about fifteen minutes, then season. In the meantime prepare dumplings shortened with Good Luck Margarine, and set on top of the stew to cook. Cover, boil twelve minutes and serve at once.

Planked Steak with Vegetables

Wipe with a damp cloth, remove extra fat and broil a porterhouse or short rump steak cut 1 3/4 inches thick, for seven minutes; then place on a plank which has been well oiled with Good Luck Margarine, and surround with Duchess potato which has been put through a star pastry tube. Brush this over with melted Good Luck Margarine and set in a quick oven to brown. Garnish with mushrooms browned in Good Luck Margarine, with stuffed peppers, balls of cooked carrots seasoned with Good Luck Margarine, cauliflower with yellow cream sauce, string beans and Bermuda onions. This can be arranged on a large platter in place of the plank. (See illustration facing page 32.)

Casserole of Beef

<table>
<thead>
<tr>
<th>3 pounds round of beef</th>
<th>Boiling water</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cupful chopped carrots</td>
<td>1/2 cupful Good Luck Margarine</td>
</tr>
<tr>
<td>1/4 cupful chopped turnips</td>
<td>1/2 teaspoonfuls salt</td>
</tr>
<tr>
<td>1/2 cupful chopped onion</td>
<td>1/4 teaspoonful pepper</td>
</tr>
<tr>
<td>Flour</td>
<td></td>
</tr>
</tbody>
</table>

Cut meat in pieces suitable for serving, roll plentifully in flour, and brown in the margarine together with the vegetables. Season, place in a casserole, cover with boiling water and bake gently from three to four hours. (See illustration opposite page.)

Boneless Birds

Cut veal cutlet in pieces two inches square, and pound till as large again. Dust with salt and pepper, and lay on each piece a leaf of parsley and a thin strip of bacon. Roll up each piece and fasten together with
toothpicks. Roll each “bird” in flour and brown in Good Luck Margarine. Transfer to a casserole, add boiling water to cover and bake for an hour and a half in a slow oven. Remove the birds, take out the toothpicks, and arrange meat on a platter. Add a little cream to the gravy in the pan, and thicken with a tablespoonful of flour to each cupful of liquid.

Lamb Pie

<table>
<thead>
<tr>
<th>3 pounds lamb cut from the neck</th>
<th>6 tablespoonfuls flour</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ cupfuls diced potatoes</td>
<td>1 cupful string beans, cooked</td>
</tr>
<tr>
<td>1 teaspoonful onion juice</td>
<td>¼ cupful Good Luck Margarine</td>
</tr>
<tr>
<td>3 cupfuls boiling water</td>
<td>Salt and pepper to taste</td>
</tr>
</tbody>
</table>

Biscuit crust

Cut the lamb in dice, dredge with flour and fry slightly in half the margarine. Add boiling water and simmer till tender, adding 1½ teaspoonfuls of salt at the end of an hour. Then add the onion juice and potato balls, stir in the string beans, thicken with the balance of the margarine and the flour rubbed together, season to taste, bring to boiling point, pour into a baking dish and set on the crust, cut out as small biscuits. Bake about twenty minutes in a hot oven.
Eggs

In this hustling age too many housewives fail to think of the family digestion, and often rush through the cooking process; the inevitable result of which is immediate indigestion, due in many cases to tough and leathery eggs. Meat, eggs and fish are all of similar chemical composition and all need unhurried cookery. If they are fried, the fat has considerable influence upon the digestibility. It should not be too hot, for great heat decomposes most fats. Butter is not a good medium—a fat like Good Luck Margarine being far more satisfactory, as it is less liable to burn. Few women know how to fry eggs. To do this successfully, the process should be slow. In this case the egg will not be tough and opaque, but tender and translucent when done. To achieve this result, melt enough Good Luck Margarine to barely cover the bottom of a frying pan. Break the eggs on a saucer, slip them one by one into the margarine and cook very gently for five or six minutes, sprinkling slightly with salt and pepper just before they are done.

Plain scrambled eggs form another homely dish that few appreciate because it is so rarely well cooked.

### Plain Scrambled Eggs

- 9 eggs
- ½ cupful milk
- 1 teaspoonful salt
- ½ teaspoonful pepper
- 2 tablespoonfuls Good Luck Margarine

Beat eggs till frothy; add milk and seasonings. Barely melt the margarine in a thick frying pan, stir in the egg and cook gently for about seven minutes, scraping the coagulated portion up from the bottom of the frying pan with a spoon. When creamy throughout, remove at once to the serving dish, as the heat of the pan is liable to overcook it.

**Scrambled Eggs with Tomatoes.**—Substitute one cupful of thick, seasoned stewed tomatoes for the milk, and proceed as directed above. Serve on hot toast, spread with Good Luck Margarine.

**Eggs Scrambled with Cheese.**—Add three-fourths cupful of American cheese, put through a food chopper, to the standard recipe for scrambled eggs, and proceed as directed.
Scrambled Eggs with Ham or Dried Beef.—If ham is to be used, it should be minced. The dried beef should be freshened and shredded. Add either meat to the recipe for scrambled eggs, and proceed as directed.

Scrambled Eggs with Vegetables.—Add a cupful of left-over cooked asparagus, onions, corn, peas or boiled artichokes to the recipe for scrambled eggs, and proceed as directed.

Plain Omelet

8 eggs
1/2 cupful boiling water
3 tablespoonfuls Good Luck Margarine
1 teaspoonful salt
1/8 teaspoonful pepper

Beat eggs till frothy, and stir in hot water and seasonings. In the meantime melt the margarine in a shallow skillet or omelet pan, turn in the egg mixture and cook slowly for about ten minutes, lifting the mixture around the edges occasionally with a knife so that the uncooked portion will precipitate. Then allow to brown; cut at right angles to the handle, fold over and turn onto a hot platter.

Savory Omelet

Surround a plain omelet with alternate slices of onion, half slices of tomato and rings of green peppers, salted, peppered, and fried until soft in Good Luck Margarine. (See illustration facing page 9.)

Tomato Omelet

Prepare a pint stewed tomatoes, well seasoned, and serve in the fold of and surrounding a plain omelet.

Ham or Cheese Omelet

Put cold boiled ham or cheese through the food chopper and mix with the egg mixture before cooking, using the recipe for plain omelet.

Potato Omelet

3 cupfuls hot mashed potato
3 eggs
Salt and pepper to taste
3 tablespoonfuls Good Luck Margarine

Beat eggs till light and then stir in mashed potato. Season to taste and beat till light and fluffy. In the meantime melt the margarine in a shallow skillet and spread over the potato mixture. Let it cook gently till brown on the bottom. Place in the oven for a moment to set the top, and serve with bacon or creamed dried beef.
Sandwiches

SANDWICHES are not nearly so popular as they were several years ago, undoubtedly because few know how to make them, and because the high price of food materials has of necessity made the housewife very economical with the butter and other fillings. Because of this the sandwich has evolved into two slices of bread, sometimes barely stuck together with butter and at other times not even that. It is no wonder that after a few hours it becomes dry and chippy, and that the children nearly always refuse to eat the crusts and often the sandwich itself.

The sandwich is more than a mere morsel for afternoon tea or an evening party. In fact, with its foundation of bread, one of the most perfect foods, plus Jelke Good Luck Margarine and the filling, sweet or savory as the circumstances may dictate, the sandwich can become a balanced food, sufficient to act as the main dish of the meal.

To slice well, bread should be twenty-four hours old, and in making substantial sandwiches for home meals, school luncheons, dinner boxes, etc., the crust should be left on and the bread should be cut not more than one-third inch thick. In making dainty sandwiches, however, for parties, etc., the bread should be cut as thin as possible and the crusts trimmed off before the filling is spread on. Good Luck Margarine should be beaten to a cream as in cake-making, so that it will spread evenly without breaking the bread. When the sandwiches are to be used as an accompaniment to a salad or some other substantial food, they may be made very delightfully with flavored fillings. These consist of plain Good Luck Margarine beaten to a cream and combined with some highly seasoned flavoring, as horse-radish, cheese and the like, beaten till thoroughly blended, and used at once or else packed in jars and covered tightly for future use. The following formulae may be used in preparing these fillings.

Cheese Filling.—Three tablespoonfuls Good Luck Margarine, three tablespoonfuls Parmesan cheese, one-fourth teaspoonful French mustard, dash of paprika.

Cress Filling.—One-fourth cupful Good Luck Margarine, one-fourth cupful minced cress, and salt to season.
**Curry Filling.**—Four tablespoonfuls Good Luck Margarine, three tablespoonfuls green pepper, measured after putting through the food chopper, and curry powder to season.

**Chives Filling.**—One-fourth cupful Good Luck Margarine, one-fourth cupful finely minced chives, salt and paprika to taste.

**Green Pepper Filling.**—One-fourth cupful Good Luck Margarine, three tablespoonfuls green peppers, measured after putting through the food chopper, one teaspoonful tomato catchup, and salt and pepper to taste.

These fillings may also be used as accompaniments to broiled fish. If sandwiches are to be kept for any length of time, they should be wrapped carefully in paraffine paper, which should be kept in place by a rubber band or a string. If, however, they are to be kept in the house they may be wrapped instead in a napkin dipped in hot water and wrung dry, the whole being placed in a tightly closed tin receptacle.

**Club Sandwiches**

Allow two full-sized slices of white bread for each person, toast them to a nice brown, and spread lightly with Good Luck Margarine; put a lettuce leaf on one slice, spread over it a little boiled dressing or Good Luck mayonnaise, lay on some thinly sliced chicken or veal, then more lettuce and dressing, and then put on two slices of cooked bacon, another lettuce leaf, and finish with a second slice of toast. Garnish with sliced tomato. (See illustration center of book.)

**Bean Club Sandwiches**

Allow two good slices of bread to a person, and toast it; then spread lightly with Good Luck Margarine. Put a layer of hot baked beans on one of the slices, spread on this a little boiled salad dressing, lay over lettuce leaf, put on two slices of tomato and a little more dressing, and finish with the other slice of toast. Garnish with cooked bacon.

**Sardine Sandwiches**

White bread and Good Luck Margarine, equal parts of sardine meat and chopped hard-cooked eggs moistened with a little tomato ketchup and rich salad dressing.
Snappy Nut Sandwiches
Entire wheat bread and Good Luck Margarine. Equal parts of snappy cheese and ground English walnuts, creamed together with a tablespoonful of Good Luck Margarine or Good Luck mayonnaise; a little finely minced cress may be added if desired.

Olive, Nut and Cheese Sandwiches
White bread, entire wheat bread and Good Luck Margarine; equal parts of chopped stuffed olives, ground English walnuts and grated American cheese, creamed with a tablespoonful of Good Luck Margarine. Use a slice of each kind of bread for a sandwich.

Ham Savory Sandwiches
Rye bread and Good Luck Margarine. Fry equal parts of onion and green pepper which has been put through the food chopper, till soft, in two tablespoonsfuls of Good Luck Margarine. Add twice as much ground cooked ham and put together with a lettuce leaf.

Creamed Chicken or Veal Sandwiches
White bread and Good Luck Margarine, minced cooked chicken or veal with thick white sauce to moisten.

Chicken Salad Sandwiches
White bread, Good Luck Margarine, minced chicken with one-third as much minced celery, and boiled salad dressing or Good Luck mayonnaise to moisten. Put a lettuce leaf in each sandwich.

Fish Salad Sandwiches
Make as above, substituting salmon, tuna fish or any white fish for the chicken. The celery may be omitted if desired.
Salads

Salads, which are comparatively unused in many sections of the country, are really one of the most important foods. They are capable of many guises and can be fitted equally well to luncheon, dinner or supper, either as an accessory to the main portion of the meal or as the main dish; while in case of a sweet salad it may act as a dessert. As for the evening party, or after club refreshments, there is nothing which can really replace an ice-cold salad.

A true salad is made up of some fresh, crisp green, as lettuce, romaine, endive, cress or escarole, arranged in a bowl and dressed with olive oil, vinegar and salt and pepper to taste. This also may be made as a combination of greens and sliced tomatoes or cucumbers. Diced celery, thinly sliced onion, shredded green peppers, sections of orange or grape fruit, and so on may be used together with any one of the greens. But many do not care for olive oil and others cannot afford it. For these it is always permissible to pass a boiled salad dressing at dinner, or a mayonnaise at luncheon or supper, if desired. Generally speaking, the mayonnaise is too heavy a dressing to use at dinner, but it may be introduced to a good advantage at the other meals.

Salad Dressing

**Good Luck Mayonnaise**

- 3 tablespoonfuls flour
- ½ cupful vinegar
- ⅛ teaspoonful pepper
- 3 egg yolks
- 1 cupful boiling water
- 1 cupful Good Luck Margarine

Melt the margarine over a slow heat, stirring constantly, till it is of the consistency of very thick cream. It is advisable to remove it from the fire before this point is attained, beating it to dissolve any remaining lumps, rather than allowing it to get really hot. Mix together the flour, pepper and vinegar to make a very smooth paste and gradually pour on the boiling water, stirring all the time to prevent lumping. Let boil up thoroughly. If by chance there are any lumps the mixture should be immediately strained. Drop in the three egg yolks one at a time, beating briskly with each addition, and then stir in the Good Luck Margarine, a tablespoonful at a time, beating it all in before adding any
RICH COOKIES
RASPBERRY BARS
See page 50

ÉCLAIRS
See page 55
more. Pour into a glass jar, cover and keep in a cool place till needed. This makes more than a pint and when it is cold is rather stiff. If a thinner dressing is desired use one-half tablespoonful less flour. For a richer dressing use the recipe as it stands and add a little whipped, slightly sour cream to the dressing just before it is used.

**Russian Dressing**

| 1 cupful Good Luck mayonnaise | 1 tablespoonful minced green peppers |
| 1 tablespoonful chopped stuffed olives | ½ tablespoonful minced chives |
| | 1 teaspoonful chopped capers |
| 1 tablespoonful minced chives |
| 1 tablespoonful chili sauce |

Mix ingredients together in order given, and serve on any plain vegetable salad.

**Roquefort Salad Dressing**

| ½ cupful Roquefort cheese | 2½ tablespoonsful vinegar |
| ½ cupful Good Luck Margarine melted to cream | ½ teaspoonful pepper |
| | ⅛ teaspoonful paprika |

Beat cheese till creamy, gradually working in the margarine, seasonings and vinegar. Use at once with lettuce, romaine, cucumber, cress or tomato salad.

**Sweet Cream Dressing**

| 1 egg or 2 egg yolks | ¼ teaspoonful mustard |
| ½ teaspoonful salt | 1 tablespoonful granulated sugar |
| Few grains cayenne | 3 tablespoonsful Good Luck Margarine |
| ¼ cupful tarragon vinegar | ⅜ cupful whipped cream |

Mix egg and dry ingredients together in double-boiler top. Add vinegar and cook over hot water till thickened, then beat in the margarine, a half teaspoonful at a time till all is in; cool, and fold in the whipped cream just before serving. This is suitable only for fruit salads.

**Salads**

**To Prepare Lettuce and Other Salad Greens**

Wash each leaf gently and carefully. Roll in a damp cloth and place near the ice to chill, or if you do not have ice, place in a bowl, cover tightly and let stand till crisp.

**Lobster Salad Rolls**

Procure long, pointed rolls and hollow out in boat shape. Fill the cavities with minced lobster moistened with Good Luck mayonnaise and chilled till thoroughly cold, arrange the rolls on individual plates,
place tips of the small claws on each side and put in cloves for eyes to simulate a lobster. Pour over extra dressing and dust it with minced parsley. Garnish with heart leaves of lettuce and bits of cress. (See illustration facing page 17.)

**Chicken Salad, Summer Style**

2 cupfuls diced cooked chicken  1 tablespoonful vinegar  
1 cupful diced cooked string beans  Good Luck mayonnaise or boiled salad dressing  
2 hard-cooked eggs  
Crisp lettuce

Chop the eggs fine, add to chicken and beans, and pour on the vinegar. Toss well with a fork and add a little salt and pepper. Mix lightly with a half cupful of the desired dressing, let stand a half hour to season, and serve on a bed of lettuce leaves. Garnish with strips of pimentoes and sprigs of parsley.

**Stuffed Tomato Salad**

6 medium-sized firm tomatoes  ½ cupful minced cooked ham  
¾ cupful minced lettuce stalks  Good Luck mayonnaise  
Lettuce

Scald tomatoes, remove at once from boiling water and peel. Remove a thin slice from the top of each, scoop out the center, dust with salt and pepper, and invert in a cool place to drain. Fill the tomato cups with a salad made with the ham, lettuce stalks and Good Luck mayonnaise, and arrange on plates for individual service. Garnish the top of each with a spoonful of Good Luck mayonnaise and a sprig of parsley.

**Spanish Potato Salad**

3 cupfuls chopped hot boiled potatoes  Salt and pepper to season  
1 tablespoonful onion juice  Mayonnaise  
2 tablespoonfuls minced parsley  3 hard-cooked eggs  
2 tablespoonfuls vinegar  4 tablespoonfuls minced green peppers  
Lettuce and cress  2 pimentoes

Mix together with potatoes, onion juice, parsley, vinegar and salt and pepper and moisten thoroughly with the dressing. Let stand two hours to season and then pack into a bowl large enough to hold it. Turn out on a serving dish and garnish with the peppers and egg whites and egg yolks chopped separately. Put them on to form stripes, separating with strips of the pimento. Garnish further with the salad green and pass extra dressing.
Stuffed Egg Salad

6 hard-cooked eggs
1 tablespoonful melted Good Luck Margarine
1 tablespoonful chili sauce
Salt and pepper to taste
Good Luck Mayonnaise
Grated American cheese
Cress

Cut eggs in halves lengthwise, remove the yolks and mix with the margarine, chili sauce, salt and pepper, and a very little mayonnaise. Press the halves together and roll each portion in Good Luck mayonnaise, and sprinkle with the cheese. Transfer to nests of cress arranged for individual service.

Apple, Nut and Celery Salad

2 cupfuls chopped tart apple
1 cupful diced celery
1/2 cupful broken walnut meats
1 tablespoonful lemon juice
Good Luck mayonnaise or sweet cream dressing
Lettuce
Shredded dates

Mix together the apple, celery and nut meats, reserving two tablespoonfuls of the latter to use as a garnish. Add lemon juice and mayonnaise to moisten, arrange in a border of lettuce leaves and garnish with extra dressing, the nut meats and a few shredded dates.

Stuffed Cucumber Salad

Select short, stubby cucumbers, pare, cut in halves lengthwise, scoop out seeds and put to crisp in cold salt water. Half an hour before serving time drain, and fill the centers with broken shrimp meat mixed with a few chopped stuffed olives and moistened with Good Luck mayonnaise. Arrange each half individually on lettuce and garnish with parsley and extra mayonnaise. (See illustration facing page 33.)
Cakes and Fillings

The fact that a cake may look good is by no means an indication that it even approaches perfection. Among the most unhappy hours of my life have been those spent in testing out hundreds of cakes in various baking contests, where the final decision was made by tasting. Few were even edible, and many which looked delicious were flavorless, too dry, or tasted of lard or bad butter.

A good cake always has several qualifications:

1. The texture should be fine for all rich cakes into which the eggs are stirred without beating. Angel cake, sunshine and sponge cakes should be light and porous and still fine-grained, and cakes into which the egg whites are folded at the last, after being stiffly beaten, should be light and feathery.

2. A good cake is always somewhat moist, but not sticky.

3. The flavoring should be distinct enough so that it can be easily detected.

4. Nuts, raisins and other fruits should be evenly diffused throughout and not precipitated to the bottom.

5. The cake should be level—that is, it should bake so that when it has been removed from the oven, the top will be even. If it is high and broken in the middle, this is an indication that too much flour has been used or that the oven was too hot when the cake was put in. If heavy and sunken in the middle it is a sure sign that too much fat or sugar has been used. The falling of a cake is rarely ever due to a jar, as is often believed.

The best flour to use in cake making is that known as pastry flour because it produces a more tender loaf; but if bread flour or an all-around flour is to be used, it can be done by decreasing the amount of flour in a good recipe by two tablespoonfuls to a cup. Good eggs should always be used; but this does not preclude storage eggs if they are of good quality. It goes without saying that only reliable extracts should appear, and these are cheaper in the end because a small amount goes a long way. A few grains of salt also make an improvement. As to liquids, milk is the most generally used. However, water can often be substituted if a little extra flour is added, although
it may make the cake somewhat tough. Buttermilk or sour milk can be substituted for sweet milk if first neutralized by stirring in a fourth teaspoonful of soda to a cupful of the milk, which should not be too acid.

In this case the amount of baking powder called for should be slightly decreased, the fourth teaspoonful of soda acting as the equivalent of a teaspoonful of baking powder. As to the fat used as shortening, old-fashioned cooks demanded the best butter, but the modern housewife is partial to Good Luck Margarine, as cakes made with Good Luck Margarine have as good texture, taste, and are in every other way quite as perfect as those made with the best butter, and they also effect a substantial saving.

Although the method of making various cakes differs, the general procedure is about the same. First the margarine is beaten to a cream, and the sugar is stirred in till it ceases to be grainy. Then the eggs are added, the salt and flavoring, also chocolate if it is used, and then a little of the flour mixed with the baking powder, or soda and cream of tartar if they are used. A little of the liquid is next added, and then more flour, till all is in.

The more a cake is beaten, the finer the grain. It is always wise to line the bottom of a loaf cake tin with thin brown paper which has been thoroughly oiled with Good Luck Margarine. Butter should never be used for this purpose, as it burns too quickly. Layer cake and cup cake pans should be oiled with Good Luck Margarine, and then dusted with flour. A tube tin, or rather shallow loaf tin, is more satisfactory for a loaf cake than a narrow deep pan.

Layer and cup cakes should bake from fifteen to twenty-five minutes in a moderate oven, and loaf cakes should bake from forty to sixty minutes, according to the size. During the entire process the oven should be moderate, so that the cake may rise to its fullest extent. A cake is done when it ceases to hiss or steam, has shrunk away from the sides of the tin, shows the proper colors, and springs quickly back when touched lightly with the finger.

**White Cake**

\[
\begin{align*}
\frac{1}{2} \text{ cupful Good Luck Margarine} & \quad 3 \text{ egg whites} \\
1 \frac{1}{4} \text{ cupful sugar} & \quad 1 \text{ teaspoonful desired flavoring} \\
\frac{3}{8} \text{ cupful milk} & \quad 2 \frac{1}{4} \text{ cupfuls flour} \\
& \quad 3 \text{ teaspoonfuls baking powder}
\end{align*}
\]

Cream margarine, add sugar and flavoring. Mix together the flour and baking powder, add alternately with milk to mixture, and lastly
fold in the egg whites, beaten very stiff and dry. Bake in layers or a loaf cake if desired. This is very good when combined with chocolate, mocha or caramel icing.

### Raisin Pound Cake

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good Luck Margarine</td>
<td>⅔ cupful</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 cupful</td>
</tr>
<tr>
<td>Eggs</td>
<td>4</td>
</tr>
<tr>
<td>Orange extract</td>
<td>½ teaspoonful</td>
</tr>
<tr>
<td>Vanilla extract</td>
<td>⅛ teaspoonful</td>
</tr>
<tr>
<td>Milk</td>
<td>1 tablespoonful</td>
</tr>
<tr>
<td>Flour</td>
<td>⅔ cupful</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1 teaspoonful</td>
</tr>
<tr>
<td>Chopped raisins</td>
<td>⅔ cupful</td>
</tr>
<tr>
<td>Salt</td>
<td>Few grains</td>
</tr>
</tbody>
</table>

Cream margarine, beat in sugar and the eggs, unbeaten, one at a time. Mix together flour, baking powder, salt and raisins, add flavoring to first mixture and a little of the flour, then the milk and remaining flour. Beat vigorously and bake in a moderate oven.

This can be used without the raisins if desired, one-third teaspoonful of ground mace being used in place of the flavorings designated. This gives the genuine, old-fashioned flavor.

### Cocoanut Cake

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good Luck Margarine</td>
<td>½ cupful</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 cupful</td>
</tr>
<tr>
<td>Cocoanut</td>
<td>⅓ cupful</td>
</tr>
<tr>
<td>Egg yolks</td>
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<tr>
<td>Orange extract</td>
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<tr>
<td>Vanilla extract</td>
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<tr>
<td>Milk</td>
<td>½ cupful</td>
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<tr>
<td>Flour</td>
<td>⅔ cupful</td>
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<tr>
<td>Baking powder</td>
<td>3 teaspoonfuls</td>
</tr>
<tr>
<td>Milk</td>
<td>⅔ cupful</td>
</tr>
</tbody>
</table>

Cream margarine, and stir in vanilla, sugar and the egg yolks unbeaten. Mix together the flour, cocoanut and baking powder, and add alternately with milk to first mixture. Beat egg whites stiff and dry, fold in, and bake about forty minutes in a tube tin in a moderate oven. Cover with confectioner’s frosting. Dust the sides with shredded cocoanut, and decorate with candied violets and leaves cut from angelica and citron. (See illustration facing page 56.)

### Plain Layer Cake

Use recipe for cocoanut cake, omitting the cocoanut and using two eggs. In fact one can be used with good results, although in this case the cake should be used on the day it is made, as it dries out quickly.

### Orange Queen Cake

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good Luck Margarine</td>
<td>½ cupful</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 cupful</td>
</tr>
<tr>
<td>Rind orange</td>
<td>½</td>
</tr>
<tr>
<td>Orange juice</td>
<td>1 tablespoonful</td>
</tr>
<tr>
<td>Lemon extract</td>
<td>Few drops</td>
</tr>
<tr>
<td>Eggs</td>
<td>4</td>
</tr>
<tr>
<td>Flour</td>
<td>⅔ cupful</td>
</tr>
<tr>
<td>Soda</td>
<td>Few grains</td>
</tr>
<tr>
<td>Orange juice and rind to first mixture with</td>
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Cream margarine, stir in sugar and add egg yolks well beaten. Mix soda with flour; add orange juice and rind to the first mixture with
the lemon extract. Beat egg whites stiff, and add alternately with the flour, folding them in. Bake in two small layer-cake pans in a moderate oven, put together with raisin or fig filling, and cover with orange frosting. If desired this may be decorated with candied orange peel and whole raisins. (See illustration facing page 49.)

**Good Luck Nut Cake**

- 1 cupful Good Luck Margarine
- 1\(\frac{1}{4}\) cupful sugar
- Few grains salt
- \(\frac{1}{2}\) teaspoonful vanilla
- 3 teaspoonfuls baking powder
- \(\frac{3}{4}\) cupful milk
- 3 eggs separated
- 2 cupfuls flour
- 1 cupful chopped walnut meats
- 3 cupfuls flour

Beat the margarine to a cream and stir in the sugar, salt, vanilla and egg yolks. Mix together the nut meats, flour and baking powder, and add to mixture alternately with the milk. Lastly fold in the egg whites, which should be beaten stiff, and bake in a tube tin about forty-five minutes in a moderate oven. Cover with boiled or confectioner’s frosting.

**Honey Cup Cakes**

- \(\frac{3}{4}\) cupful Good Luck Margarine
- \(\frac{1}{2}\) cupful sugar
- 2 eggs
- Juice and rind of half a lemon
- \(\frac{3}{4}\) cupful nut meats, broken
- \(\frac{3}{4}\) cupful honey
- 2/8 cupfuls flour
- 2 teaspoonfuls baking powder
- \(\frac{1}{4}\) teaspoonful salt

Cream margarine, and add sugar gradually. Stir in lemon and add eggs beaten light. Mix together flour, salt and baking powder, add alternately to cake mixture with honey, and bake either as a loaf or cup cakes. (See illustration center of book.)

**Sour Milk Spice Cake**

- 1 cupful Good Luck Margarine
- 2 cupfuls brown sugar
- 1 cupful sour milk
- 1 teaspoonful soda
- 4 eggs
- 3 cupfuls flour
- 1 cupful chopped raisins
- 1 teaspoonful cinnamon
- 1 teaspoonful cloves
- \(\frac{1}{4}\) teaspoonful nutmeg

Cream margarine, add sugar gradually, then the eggs well beaten. Mix flour, spices, soda and raisins together, and add alternately with milk to first mixture. Bake in one very large or two brick-shaped tins, in a moderate oven. Frost with orange icing or boiled frosting. If kept in a tightly closed jar this cake will keep moist for two weeks.
Gold Cake

1/2 cupful Good Luck Margarine
1 cupful sugar
4 egg yolks
1 egg white

1 teaspoonful orange extract
1/2 cupful milk
1/3 cupfuls flour
2 teaspoonfuls baking powder

Beat margarine to a cream; add sugar and gradually the yolks and egg white slightly beaten, and the flavoring. Mix together the flour and baking powder, add alternately with milk to mixture, and bake in a tube tin in a moderate oven. Cover with confectioner’s or orange frosting, or bake in layers put together with fig or raisin filling. (See illustration center of book.)

Cake Icing and Fillings

Boiled Good Luck Frosting

1 1/2 cupfuls sugar
1/4 cupful water

2 tablespoonfuls Good Luck Margarine
Few drops vanilla extract
1/8 teaspoonful cream of tartar

Boil sugar, water, cream of tartar and margarine together, without stirring, until it threads. Add vanilla, and when slightly cool beat till thick enough to spread.

Confectioner’s Frosting

2 tablespoonfuls boiling water
1 tablespoonful Good Luck Margarine

1 teaspoonful desired flavoring
Sifted confectioner’s sugar to spread, about 2 cupfuls

Melt the margarine in the boiling water; add flavoring and beat in gradually confectioner’s sugar until stiff enough to put on the cake.

Orange Frosting

1 teaspoonful cornstarch
1/4 cupful orange juice

Few drops lemon extract
1 teaspoonful Good Luck Margarine
Confectioner’s sugar to spread

Mix cornstarch and orange juice, bring to boiling point, add extract, and beat in confectioner’s sugar till of the right consistency to spread.

Mocha Frosting

1/4 cupful Good Luck Margarine
1/2 square melted chocolate

1 1/2 cupfuls confectioner’s sugar
Strong coffee

Cream margarine, stirring in gradually the sugar. Then beat in the chocolate and thin with hot coffee, drop by drop, till it is of the right consistency to spread.
ORANGE QUEEN CAKE
See page 46

BAKED MARSHMALLOW FIGS
See page 57
Cookies

Hard Gingerbread

1 cupful Good Luck Margarine  1/4 cupful sour milk
1 cupful molasses  1 teaspoonful soda
1/2 cupful sugar  2 teaspoonfuls ginger
1 teaspoonful salt  4 1/2 cupfuls flour

Cream margarine and beat in the sugar. Add molasses, salt, ginger and sour milk. Mix and sift soda with two cupfuls of the flour and work into the mixture. Then add more sifted flour till it can be rolled out. Roll to one-eighth inch thickness, shape, and bake about eight minutes in a moderate oven.

Swedish Cookies

3/4 cupful Good Luck Margarine  2 eggs
3/4 cupful sugar  2 teaspoonfuls baking powder
About 3 cupfuls flour  2 tablespoonfuls minced almonds
1 teaspoonful grated orange rind

Cream margarine; add sugar and eggs well beaten, then almonds and orange rind. Mix and sift baking powder with one cupful of the flour and beat in. Add remainder of flour as needed to roll thin, cut in fancy shapes, and decorate if desired. Bake in a quick oven.

Molasses Spice Cakes

1/2 cupful Good Luck Margarine  1 teaspoonful ginger
1/2 cupful sugar  1 teaspoonful cinnamon
1 cupful molasses  1/4 teaspoonful cloves
1/2 cupful sour milk  1 teaspoonful soda
Few grains salt  Flour

Cream margarine; beat in sugar and add molasses, milk, salt and spices. Sift about three cupfuls of flour. To one cupful add the soda; stir into the mixture, and continue to add enough flour to make a soft dough. Roll out to one-half inch thickness and bake. They may be sprinkled with sugar before baking, or covered with a confectioner’s icing when cool.

Good Luck Wafers

1/2 cupful Good Luck Margarine  3/4 cupful flour
1/2 cupful powdered sugar  3/4 teaspoonful any desired flavoring
1 egg

Cream margarine and sugar together; gradually beat in egg, vanilla and the flour. Drop by half teaspoonfuls two inches apart on a cooky sheet oiled with Good Luck Margarine, spread thinly in small rounds with a knife, and bake about five minutes in a moderate oven.
Cinnamon Cookies

\[
\begin{align*}
\frac{1}{2} \text{ cupful Good Luck Margarine} & \quad 1 \frac{1}{2} \text{ teaspoonfuls baking powder} \\
1 \text{ cupful sugar} & \quad \text{Flour to roll} \\
\frac{1}{2} \text{ cupful milk} & \quad \frac{1}{4} \text{ teaspoonful salt} \\
1 \text{ egg and 1 egg yolk} & \quad \text{Cinnamon}
\end{align*}
\]

Beat the margarine to a cream, gradually adding the sugar and the egg well beaten. Stir in the salt and two cupfuls of the flour mixed with the baking powder. Add flour to roll out, shape, sprinkle thickly with sugar and cinnamon mixed, and bake in a moderate oven. Two teaspoonfuls of cinnamon to a cupful of sugar is the correct proportion.

Graham Fruit Cookies

\[
\begin{align*}
2 \text{ cupfuls graham meal} & \quad \frac{1}{4} \text{ teaspoonful soda} \\
2 \text{ cupfuls flour} & \quad \frac{1}{2} \text{ tablespoonfuls Good Luck Margarine} \\
\frac{1}{4} \text{ cupful sugar} & \quad \frac{1}{2} \text{ cupful hot water} \\
1 \text{ teaspoonful salt} & \quad 1 \text{ cupful chopped raisins} \\
\text{Grated rind of 1 orange} &
\end{align*}
\]

Mix together the dry ingredients, melt the margarine in the hot water, add the soda and beat the meal mixture into this. Stir in the raisins meanwhile, then roll out as thin as possible, and bake on a sheet in a slow oven.

Rich Cookies

\[
\begin{align*}
1 \text{ cupful Good Luck Margarine} & \quad \text{Rind and juice } \frac{1}{4} \text{ lemon} \\
\frac{1}{2} \text{ cupful sugar} & \quad 2 \text{ cupfuls flour} \\
2 \text{ egg yolks} & \quad \frac{1}{2} \text{ teaspoonful baking powder} \\
\frac{1}{2} \text{ cupful finely chopped walnut meats} &
\end{align*}
\]

Cream the margarine and beat in the other ingredients in the order given. Oil fancy, shallow pans with Good Luck Margarine, and put in a little of the cooky mixture. Place a raisin or walnut meat in the center of each and bake.

If desired, more flour can be added and these can be rolled. Chopped raisins may be substituted for the nuts if desired. (See illustration facing page 40.)

Raspberry Bars

Use recipe for rich cookies, and pack the mixture one-quarter inch thick into pans lined with manilla paper well oiled with Good Luck Margarine. Then spread lightly with raspberry jam and lay on cross strips of the cooky mixture, making them a fourth inch wide. The sheet will then appear to be striped alternately with dough and jam. Bake about 25 minutes in a moderate oven. Cool and put confectioners’ frosting on every other stripe of jam by means of a pastry bag and tube or a sharp-pointed spoon. (See illustration facing page 40.)
Pastry

THERE is no greater bugaboo to most housekeepers than the making of good pie crust; and as for "French pastry," paté shells and éclairs, such as those served in our first-class restaurants and hotels, they are beyond the powers of most women. Yet the making of all kinds of pastry is really a simple matter, if one has at hand good materials and a little patience.

The pitfall, in the majority of cases, is when the water is added, for this is an ingredient that cannot be accurately given in any recipe because the amount used depends altogether on the strength of the flour, that is, upon its powers of absorption. The best way to add water is a very little at a time, stirring the paste meanwhile with a knife, till the whole mass is full of large pieces of well-moistened pastry. These may then be pressed together with the hand or knife, and if they adhere and are not crumbly the paste is moist enough. But if it seems even a little crumbly, a trifle more liquid should be sparingly added. The pastry is then ready to be turned out on the board; when this is done it should be rolled gently in flour, and if it is of the right consistency can be used at once, or may be rolled out and more Good Luck Margarine added, or stored for future use, according to which kind is to be made. It should always be kept in mind that it is not necessary to add baking powder to pastry in order to get a good result, for if it is properly manipulated enough air will be rolled in to raise it evenly. In making very flaky pastry, it is usually folded and rolled several times in order to incase considerable air and insure the light, flaky layers characteristic of rich pie crust and paté shells.

The oven for pastry should be quick at first, and then a little more moderate. In this way the grains of the flour are burst very quickly and absorb the shortening just as a cereal takes up boiling water. Otherwise the shortening is liable to melt and run out, or in case a comparatively small quantity is used the pastry will be soggy.

It is not necessary to oil a pie plate. In fact it is a very much better plan to flour it slightly. The pastry should be rolled thin and pressed loosely into the plate, not stretched. In putting on an upper crust the lower should first be moistened around the edges with cold water, so that the two will stick together. If a very juicy pie is being
made, it is a good plan to bind the edges with a thin strip of cheese cloth which has been wet in cold water. In order to get a brown, glazed crust, brush over the top of the pie with a very little cold milk. In making pie or tart shells which are to be filled with fruit or a cooked filling, bake them over inverted tins, pricking them thoroughly with a sharp fork, especially where the flange of the pan is attached. Such shells may be kept for some time in a tightly closed tin box, and may be re-heated for use as needed.

Many excellent cooks feel that it is impossible to make a good pie crust without the liberal use of the best butter, and that pâté shells, chou paste mixtures and puff paste delicacies absolutely cannot be made without it. But I can say, in all truth, that the results which I have worked out with Good Luck Margarine have been just as good and better in many cases than when butter has been used.

**Quick Pie Crust**

| 1 1/2 cupfuls flour | 7 1/2 tablespoonfuls Good Luck Margarine |
| 1/2 teaspoonful salt | Cold water |

Sift together the flour and salt, and put in all the margarine at once, mixing it with a knife or the fingers till coarse and mealy. Moisten with cold water as above directed, and toss on a floured board. Roll to desired thickness and use at once. This makes a very delicious, tender crust. The amounts specified are enough for one large or two small pies.

**Flaky Pie Crust**

| 1 1/2 cupfuls flour | 9 1/2 tablespoonfuls Good Luck Margarine |
| 1/2 teaspoonful salt | Cold water |

Sift together the flour and salt, and work in six tablespoonfuls of the margarine till the mixture is mealy. Then moisten with cold water, toss on a floured board and roll out to one-third inch thickness. Beat the remaining margarine to a cream, and spread half of this over the paste to within an inch and a half of the edge. Fold over like a turnover, pinch the edges together, roll out gently into a long strip, spread over the remaining margarine, fold and roll as before. Chill, if possible, for at least thirty minutes, and then use as desired. This is sufficient for one large or two small pies, and is rich enough for all ordinary uses.

**Puff Paste**

| 2 cupfuls flour | 1 cupful Good Luck Margarine |
| 1/3 teaspoonful salt | About 1/3 cupful ice water |

Sift together the flour and salt and mix in the margarine with a knife. This can be done on the board. Then remove the floured lumps of
margarine, leaving only the mealy flakes, and heap up the flour to form a well. Stir the ice water into this, mixing all the while with the knife, and when it is moist flour it slightly and roll out to one-half inch thickness. Lay on this half of the floured lumps of margarine, fold over the dough, press the edges together and gently roll out into a long strip. Lay on the remainder of the floured lumps of margarine, and fold over and roll, doubling in the opposite direction. Then flour it slightly, and fold up in such way that it can be easily unrolled at the time of using. Chill for at least an hour. The paste should be wrapped in a cloth or paraffine paper.

**Pâté Cases**

Roll puff paste to a scant fourth inch thickness, and shape with a pâté cutter dipped in flour. Remove the centers from two-thirds of the rounds with the little fluted cutter, brush over the large rounds near the edge with cold water, and press lightly a hollow ring on this. Brush over these rings with cold water, put on a second one, and put the pâté shells in a pan, laying them on a towel. Put a second pan over this and chill them till the paste is absolutely stiff. Then set on a shallow pan covered with brown paper, and bake about 25 minutes. The oven heat should be even and the greatest amount should come from the bottom, in order to drive up the paste and make it rise properly. It should be turned frequently so that it will rise evenly, and after rising to the full height, which should take place in from twelve to fifteen minutes, a pan should be slipped under the puff paste pan to prevent scorching. The little inside centers may be baked and used as pâté covers, or used as garnishes. If laid one on top of another they may be rolled out again and used for rich pie crust.

**Cheese Straws**

Roll puff paste into an oblong piece, an eighth of an inch thick. Over this grate dry American cheese of fine flavor. Then fold over the dough and press it lightly to stick it together. Cut in finger-length strips about three-eighths of an inch wide, lay on a pan lined with brown paper, and bake in a moderate oven. (See illustration facing page 9.)

**Napoleons**

Roll three sheets of puff paste, bake and put together with cold cream filling, frosting the top layer with confectioner’s icing, and sprinkling it with chopped nuts before putting it in place.
Strawberry Tarts
Prepare little shells of flaky pie crust or puff paste, baking them over inverted cup cake pans. Fill them with halved sugared strawberries, and top with sweetened whipped cream. Raspberries or blackberries may be used in a similar way.

Delicious Lemon Meringue Pie
1½ cupfuls scalded milk
1 cupful sugar
7 tablespoonfuls flour
2 tablespoonfuls warm milk
3 tablespoonfuls Good Luck Margarine
2 egg yolks
Juice 2 lemons
Grated rind 1 lemon
Prepare a shell of flaky pastry or puff paste. Mix the sugar and flour together, and cream it with the margarine. Then add the warm milk, the egg yolks well beaten, and the lemon rind. Stir into the scalded milk and cook over hot water till thick, stirring frequently. Then add the lemon juice, and when cold pour it into the pastry shell; cover with a meringue made of the two egg whites and two tablespoonfuls of the powdered sugar, and flavored with two drops of the lemon extract; then brown ten minutes in a very moderate oven.

Cocoanut Pie
2 cupfuls milk
3 tablespoonfuls cocoanut
4 tablespoonfuls sugar
½ teaspoonful vanilla
2 tablespoonfuls Good Luck Margarine
2 eggs
2 tablespoonfuls cornstarch
Prepare a pastry shell of flaky pie crust or puff paste. Scald the milk and cocoanut together and add the sugar, cornstarch, egg yolks and margarine, creamed together. Cook over hot water for several minutes, flavor, cool and turn into the shell. Cover with a meringue made of two egg whites, beaten with two tablespoonfuls of powdered sugar and sprinkled with cocoanut.

Custard Pie
4 eggs
½ teaspoonful salt
¾ cupful sugar
3 cupfuls milk
Nutmeg
Quick or flaky pie crust
Line a deep pie plate with crust, building up the edges so that they are fluted. The crust should be very carefully put on the plate, all bubbles of air being pressed out as it is adjusted, as otherwise the air will expand and cause the pastry to float in the custard. Beat the eggs slightly, working in the salt and sugar; add the nutmeg, and stir in the milk. Pour in the filling and bake in a moderate oven for
nearly an hour. The heat should be hotter at first so that the pie crust may become set and not absorb the custard. The pie is done when a sharp knife can be inserted in the center and come out clean.

Fruit Cream Pie

1 can sliced pineapple  
1 cupful sugar  
3 egg yolks  
1/4 cupful orange juice  
1 tablespoonful lemon juice  
1 tablespoonful Good Luck Margarine

Whipped Cream

Drain the pineapple. There should be one cup of juice. Add the orange and lemon to this and scald in the double boiler; cream together the egg yolk, sugar, and margarine and add this to the scalded fruit juice, stirring often till it is like thick cream. Then remove from the heat and chill. In the meantime bake a shell of quick or flaky pie crust, and just before serving pour in the fruit custard and decorate the top with rings of whipped and sweetened cream put through a pastry tube. Put rows of pineapple bits between and serve at once. (See illustration facing page 41.)

Brown Sugar Pie

1/2 cupful flour  
1 cupful brown sugar  
2 tablespoonsfuls Good Luck Margarine  
1/2 cupful milk  
1/8 teaspoonful nutmeg

Mix ingredients together in order given, working the margarine thoroughly before adding the milk. Put into a shallow pan lined with quick or flaky pie crust or into little patty pans, and bake in a moderate oven.

Éclairs

6 eggs  
3/4 cupful Good Luck Margarine  
3/4 cupful boiling water  
1 1/2 cupfuls pastry flour  
Desired filling

Combine the margarine and boiling water and cook gently till the former is melted. Then turn in the flour all at once and stir briskly till it all sticks together and has left the sides of the pan. Then set it aside to cool. When this is done stir in the eggs unbeaten, one at a time. Put the mixture into a pastry bag which is equipped with a large plain tube, and press into éclair shapes onto a well oiled cooky sheet. Bake in a moderate oven. Frost as desired with confectioner’s icing, chocolate or mocha frosting, decorating or not as desired; just before serving time slit and fill with cooked cream filling, with whipped cream sweetened and flavored, or with sweetened crushed fruit. The illustration shows éclairs which are filled with crushed and sweetened raspberries, and decorated with candied rose leaves and tiny strips of crystalized angelica. (See illustration facing page 40.)
Desserts

Steamed Chocolate Pudding

\[
\begin{align*}
\text{\(\frac{1}{2}\) cupful Good Luck Margarine} & \quad \frac{1}{2} \text{ teaspoonful vanilla} \\
2 \text{ eggs} & \quad 2 \text{ squares chocolate} \\
\frac{3}{4} \text{ cupful sugar} & \quad \frac{1}{2} \text{ cupful milk} \\
\frac{3}{4} \text{ teaspoonful salt} & \quad 2 \text{ cupfuls pastry flour} \\
3 \text{ teaspoonfuls baking powder} &
\end{align*}
\]

Cream together the margarine and sugar, add the eggs well beaten, the chocolate melted, and the salt and the vanilla. Mix the baking powder with the flour, and add alternately with the milk to the mixture. Turn into a mold well oiled with Good Luck Margarine, and steam two hours. Serve with hard cherry sauce.

Cocoanout Bread Pudding

\[
\begin{align*}
1\frac{1}{2} \text{ cupfuls soft bread crumbs} & \quad 3 \text{ tablespoonfuls Good Luck Margarine} \\
\frac{3}{4} \text{ cupful sugar} & \quad 1 \text{ egg} \\
\frac{1}{2} \text{ teaspoonful vanilla} & \quad 1 \text{ tablespoonful lemon juice} \\
3 \text{ cupfuls hot milk} & \quad \frac{3}{4} \text{ cupful cocoanut}
\end{align*}
\]

Scald the milk, add crumbs and margarine and let stand for a few more minutes. Beat together the sugar and egg, add lemon juice and vanilla, combine with milk, turn into fireproof custard cups well oiled with Good Luck Margarine and bake twenty minutes in a moderate oven. Serve with lemon sauce or whipped cream.

Little Christmas Puddings

\[
\begin{align*}
\frac{1}{2} \text{ cupful Good Luck Margarine} & \quad 1 \text{ teaspoonful cloves} \\
\frac{1}{2} \text{ cupful sugar} & \quad \frac{1}{2} \text{ teaspoonful mace} \\
\frac{1}{2} \text{ cupful molasses} & \quad \frac{1}{2} \text{ teaspoonful salt} \\
1 \text{ cupful sour milk} & \quad 1 \text{ cupful chopped raisins} \\
1\frac{1}{2} \text{ teaspoonfuls soda} & \quad \frac{1}{2} \text{ cupful currants} \\
1 \text{ egg} & \quad \frac{3}{4} \text{ cupful shredded dates} \\
1 \text{ teaspoonful cinnamon} & \quad \frac{1}{2} \text{ cupful minced, candied orange peel} \\
3\frac{1}{2} \text{ cupfuls bread flour} &
\end{align*}
\]

Cream the margarine and beat in the sugar, egg, spices, salt and molasses. Combine the flour, soda and fruits, and add alternately with the first mixture to the sour milk. Steam in well-oiled individual molds for two hours, and serve decorated with holly and hard sauce. If cooked in a large mold it should be steamed for four hours. (See illustration facing page 41.)
COCOANUT CAKE
See page 46

AMERICAN BEAUTY PUDDING
See page 59
STEAMED BLACKBERRY PUFFS
See page 59

GOOD LUCK CANDIES
See pages 61 and 62
Stale Cake Pudding

2 cupfuls stale cake crumbs  3 tablespoonfuls Good Luck Margarine
2 eggs  1/4 teaspoonful desired flavoring
2 tablespoonfuls sugar  1 quart milk
Few grains salt

Let the crumbs stand in the milk for ten minutes. Beat together egg, sugar, flavoring and salt. Scald the milk mixture, combine the two, add the margarine, and when this is dissolved pour the mixture into a fireproof dish well oiled with Good Luck Margarine, set in a dish of hot water, and bake till firm in the center, about thirty minutes. Serve with any stewed fruit.

Baked Marshmallow Figs

1 pound whole figs  3 tablespoonfuls Good Luck Margarine
Rind and juice 1 lemon Marshmallows
3/4 cupful sugar

Wash figs and soak over night in water to cover. Then place in a casserole or stone crock, with the liquor in which they were soaked, the margarine and the grated lemon rind. Bake gently for three hours, then stir in the sugar. Bake half an hour longer, cool, stir in the lemon juice and serve decorated with marshmallows. (See illustration facing page 49.)

Individual Cottage Puddings

1/2 cupful Good Luck Margarine  1/2 teaspoonful desired flavoring
1 cupful sugar  1/2 cupful milk
2 eggs  1 1/4 cupfuls flour
Few grains salt  3 teaspoonfuls baking powder

Cream margarine, sugar and egg together, and beat till very light. Then add the salt and extract, mix together the flour and baking powder; add alternately with milk to first mixture, bake in muffin tins well oiled with Good Luck Margarine, and serve with any liquid sauce.

Chocolate Apple Rice Pudding

3 tablespoonfuls Good Luck Margarine  1/3 cupful sugar
3 cupfuls milk  1 1/2 tablespoonfuls cocoa
1/2 cupful rice  1/2 teaspoonful vanilla
t  2 egg whites
1/2 teaspoonful salt  3 tablespoonfuls powdered sugar
1/3 cupful dry, sifted apple sauce

Wash rice, add to milk with half the sauce and steam till nearly soft. Then add the sugar, salt, margarine, and the cocoa dissolved in a little cold water and finish cooking. Then flavor. Pour into a serving dish,
and when cold cover with a whip made of the egg whites, powdered sugar and remaining apple sauce, beaten together till they are stiff.

Banana Shortcake

Bake a plain layer cake, using one egg and Good Luck Margarine, and put it together with a cooked, creamed filling, flavored with orange extract, and add at the same time a layer of sliced bananas. Use only half of the filling in this way, reserving the remainder for the top of the shortcake. Finish with the sliced banana put on in circles.

Strawberry Ring Pudding

\[
\frac{1}{4} \text{ cupful Good Luck Margarine} \quad \frac{1}{4} \text{ cupful sugar} \\
\frac{1}{2} \text{ cupful Good Luck Margarine} \quad \text{1 egg} \\
\text{Few grains salt} \quad \frac{1}{2} \text{ cupful milk} \\
\text{3 teaspoonfuls baking powder} \quad \text{Sugared strawberries} \\
\text{5 teaspoonful orange extract} \quad \text{Whipped cream}
\]

Cream together the margarine, sugar, egg, salt and flavoring. Mix the flour and baking powder, and add alternately to the first mixture with the milk. Put into a tube tin well oiled with Good Luck Margarine, and bake forty minutes in a moderate oven. Just before serving fill the center with the strawberries, topped with whipped cream and garnished with cream and extra berries. If desired, this mixture can be served plain as cottage pudding with any desired sauce. (See illustration facing page 48.)

Chocolate Floating Island

\[
1 \text{ quart milk} \quad 2 \text{ tablespoonfuls Good Luck Margarine} \\
3 \text{ eggs} \quad \frac{3}{4} \text{ cupful sugar} \\
2 \text{ tablespoonfuls cornstarch} \quad \frac{1}{2} \text{ teaspoonful vanilla} \\
\text{Few grains salt}
\]

Scald the milk with the chocolate, which should be cut in small pieces. Blend together the cornstarch and Good Luck Margarine, add to chocolate mixture and cook till thickened, about ten minutes. Add the sugar and then pour the mixture over the egg yolks, which should be slightly beaten; return to the double boiler and cook for three minutes. Cool and add salt and vanilla. Just before serving beat the egg white stiff with two tablespoonfuls of powdered sugar, a few grains of salt and a drop of vanilla, and drop by tablespoonfuls on the custard. These islands may be garnished with bits of bright jelly if desired.

Floating Island

Make according to above recipe, omitting chocolate.
Caramel Floating Island
Caramelize half the sugar designated in the recipe for chocolate floating island, add the milk to this, and when it has liquefied proceed as directed. In this case sprinkle the “islands” with shredded cocoanut.

American Beauty Pudding
Line sherbet glasses with slices of any cake made with Good Luck Margarine, which has been allowed to stand for a few minutes in some pineapple juice. Fill in the center of the “well” thus made with crushed and sweetened strawberries or raspberries, and topped with sweetened whipped cream, flavored with a little raspberry extract and garnished with a spray of candied violets with leaves and stems cut from citron, halves of candied cherries and extra violets. Place a rose on the serving plate of each. (See illustration facing page 56.)

Steamed Blackberry Puffs
Cream together the margarine, sugar, egg and flavoring. Sift together the flour and baking powder and stir in the blackberries. Add this alternately with the milk to the first mixture, turn into custard cups well oiled with Good Luck Margarine, and steam for thirty-five minutes without lifting the lid. Serve with yellow lemon sauce, hard sauce or whipped cream, and garnish with extra blackberries. (See illustration facing page 57.)

Blackberry Russe
Line sherbet glasses with strips or rounds cut from stale cake made with Good Luck Margarine. Fill with blackberries, half crushed and well sweetened, and top with whipped cream. Strawberries or raspberries may be substituted.

Prune Souffle
Mix the sugar and cornstarch thoroughly together. Heat the prunes, add the first mixture and the lemon juice, salt and margarine, beat
well and let it boil up. Separate the eggs, beat the whites stiff and
the yolks till thick and lemon-colored. Add prune mixture to yolks,
fold into the whites, pile into a baking dish well oiled with Good Luck
Margarine, surround with hot water and bake thirty minutes in a hot
oven. Serve at once with or without a rich prune sauce.

Yellow Lemon Sauce

2 tablespoonfuls Good Luck Margarine 2 egg yolks, or one whole egg
1 cupful sugar 3 tablespoonfuls lemon juice
½ cupful boiling water Grated rind ½ lemon

Cream the margarine, beat the eggs slightly and add gradually to the
margarine with the sugar and lemon rind. Stir in the water and cook in
a double boiler till thickened. Then add the lemon juice and serve hot.

Fruit Sauce

Stewed strawberries, pineapple, cherries or raspberries may be used
for this sauce.

1½ cupfuls stewed fruit ½ cupful sugar if fruit is not sweetened
1½ cupfuls cornstarch 1½ tablespoonfuls Good Luck Margarine
½ cupful sugar if fruit is not sweetened 1½ tablespoonful lemon juice
Few grains salt

Add sugar to the fruit and heat. Cream together the cornstarch and
margarine, and stir into the liquid; let boil for five minutes, and add
the lemon juice and salt.

Plain Hard Sauce

¼ cupful Good Luck Margarine ½ tablespoonful boiling water
Confectioner’s sugar to make very ½ teaspoonful desired flavoring
stiff

Beat the margarine till creamy; then stir in the confectioner’s sugar,
alternating with hot water and flavoring. The sugar should be sifted.

Hard Fruit Sauce

½ cupful Good Luck Margarine Few drops lemon extract
½ cupful crushed fruit Confectioner’s sugar to stiffen

Beat the margarine to a cream, and add to it half a cupful of the sugar.
Then begin to add the fruit, alternating with a tablespoonful or two
of sugar till all is in. This must be done slowly to prevent separation.
Then add the lemon juice. Strawberries, raspberries or stewed apricots
may be used in this recipe.
Confections

Good Luck Quick Fondant

\[ \frac{1}{4} \text{ cupful Good Luck Margarine} \quad 1 \text{ tablespoonful boiling water} \quad \text{Sifted confectioner's sugar} \]

Cream the margarine and beat in one cupful of confectioner's sugar. Then add the boiling water, stir well and beat in confectioner's sugar to knead. Divide into portions, flavor, color and use as desired. This fondant can be used several days after it is made if kept tightly covered in a cool place. To soften it so that it is workable, let it stand for an hour or two in a warm room.

Candied Cherry Bonbons

Put a little crystallized pineapple and a few candied cherries through the food chopper, and flavor with a drop each of lemon, pistachio and vanilla extracts. Make this up into tiny balls, cover them with plain Good Luck fondant flavored with a little pistachio or vanilla, and decorate each with half a candied cherry.

Chocolate Creams

Flavor, color and mold Good Luck fondant into various shapes, and let them stand several hours to harden. Then grate dipping chocolate and put it in a deep, small double boiler. Let it stand over hot water till melted. Then remove it and beat till it is creamy. Put the centers on a sharp hat pin, and dip quickly into the chocolate. Then drain an instant and put to dry on heavy, oiled paper.

Fruit Fudge

\[ \begin{align*}
\frac{2}{3} \text{ cupfuls granulated sugar} & \quad \frac{1}{4} \text{ cupful Good Luck Margarine} \\
\frac{1}{3} \text{ cupful cream or milk} & \quad \frac{1}{4} \text{ cupful chopped dates} \\
\frac{1}{4} \text{ cupful chopped figs} & \quad \frac{1}{4} \text{ cupful chopped orange peel} \\
\end{align*} \]

Boil sugar and milk eight minutes without stirring. Then add the margarine in bits and cook about four minutes more till a soft ball is formed when it is tried in cold water. Cool till tepid, add the fruit and beat till creamy. Pour into a shallow pan well oiled with Good Luck Margarine and mark in squares before it is quite cold.
Nut Bonbons

To one cupful of Good Luck fondant add one-fourth cupful of finely chopped English walnut meats and a few drops of vanilla extract. Form into round bonbon shapes and press a whole half walnut in the top of each.

Cocoanut Kisses

Drain off the milk from a fresh cocoanut and grate the latter. Add to this two tablespoonfuls of Good Luck Margarine and cream it thoroughly together. Then work in a half cupful of confectioner’s sugar, a few drops of vanilla extract, and add a teaspoonful of boiling water. Work in confectioner’s sugar to mold, shape into balls and roll each in a little of the grated cocoanut which should be reserved.

Peanut Brittle

Mix the ingredients together, excepting the peanuts; boil without stirring till the mixture is brittle when tried in cold water. In the meantime oil two shallow pans lightly with Good Luck Margarine, and sprinkle over them the peanuts, which should be shelled and blanched. Pour the candy mixture over the peanuts and let it stiffen.

Chocolate Caramels

Mix together all ingredients except the vanilla, and boil together gently till the mixture hardens to the consistency of a caramel when tried in cold water. Flavor, and then pour to the depth of one inch into a tin lightly oiled with Good Luck Margarine. When half cold, cut in squares and wrap each one separately in waxed paper.
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