It's fun to Cook — with Jack Frost
Have you ever stopped to think of all the steps Jack Frost Sugar must go through before the pure, nourishing, sparkling crystals reach you?

In its earliest stages, you'll see it as sugar cane—growing in the moist, sunny fields of Cuba.

Resembling corn or bamboo, sugar cane usually grows to a height of about 12 feet. When it reaches maturity, it is hand-cut by natives and transported to the sugar mill in oxen-drawn carts.
At the Mill, or "central," as it is called, the tall stalks of sugar cane are cut into convenient lengths. Then the cane is crushed between giant rollers, to extract every drop of juice.

The sweet juice gushes into huge vats, where it's cleared of impurities, then subjected to different degrees of heat. This crystallizes it into coarse, light-brown crystals known as "raw sugar."

Ready for Shipment to the Jack Frost Refinery, the brownish raw sugar looks something like wet sawdust. It is packed into burlap bags, and loaded onto ships, New York bound.

From the dock, the raw sugar is carried into the refinery by bucket elevators and dumped into a long mingling trough—ready to be turned into glistening white crystals.
Sugar gets a Bath! First, the raw sugar is mixed with a sugar-and-water syrup, which covers the crystals and softens the molasses adhering to them.

Then, big centrifugal machines whirl this mixture at a terrific rate of speed—hurling the syrup outward through small perforations. Clean water is sprayed on the substance remaining—giving the raw crystals a cleansing bath.

Sugar is clarified over and over, by several different processes, before it reaches the purity required by Jack Frost standards. Then the still-moist sugar is rained through currents of hot air, for drying.

Now, the final sifting stage! Revolving silk screen sifters reduce the sparkling white grains to proper size—classify them accurately into coarse, medium, and fine grades.
Packing is done automatically, by machines with almost human intelligence. Grains of sugar (which are now more than 99.9% chemically pure) are sifted into proper sizes, weighed, and packed into the familiar Jack Frost boxes.

To form tablets, the moist granulated sugar is pressed into molds of perfect size and shape; then dried in special ovens to give hardness and brilliance.

To your Grocer! Jack Frost Sugar is now ready for you. Loaded onto big delivery trucks, it goes to grocery stores all over the country.

And when you buy Jack Frost, you know you are getting clean, pure cane sugar. Every grade uniform to help you get more uniform results. Look for the new, modern Jack Frost packages, specially designed for your convenience.
A Jack Frost Sugar for every purpose

GRANULATED. A fine, even-grained, pure cane sugar. Ideal for table use, and general use in cooking, baking, preserving, candy making, etc.

LIGHT BROWN. A delicate molasses flavor for making cakes, cookies, candies, and caramel icings. Delicious on cereals, too!

VERIFINE. A fine, quick-dissolving sugar. Wonderful for iced drinks, fresh fruits and hot or cold cereals. Perfect for sugaring doughnuts or crullers.

DARK BROWN. A deep, rich molasses flavor. Does wonderful things to Baked Ham, Baked Apples, Baked Beans, Candied Sweet Potatoes, etc.

CONFECTIONERS’ SUPER X. A fine, smooth sugar for fondants, fillings, uncooked icings and candies.

TABLETS. Perfectly formed. Excellent for sweetening hot beverages and fancy mixed drinks.

All JACK FROST SUGARS Are 100% Pure Cane!
Some facts you should know about Sugar!

Sugar is a wholesome food! Sugar is more than a delicious treat! It's a very important, natural, carbohydrate food. As well as supplying body fuel—sugar conserves protein for body repair. Sugar is very easily assimilated and helps protect the liver from toxic materials.

Eat sugar for energy! Children and adults need energy for active work and play and for normal body functions such as respiration, digestion, etc. Sugar is the best, quickest, cheapest, most efficient source of energy.

Is sugar fattening? No! Sugar only adds pounds (as would other foods) when you eat more than your system requires. Actually, sugar is recommended in many reducing diets because it helps "burn up" the fats.

Is sugar harmful to teeth? Some people have the notion that sugar causes decay. Actually any food that is allowed to stay on the tooth surface may cause decay. So don't blame sugar! It is interesting to note that primitive natives of the tropics who chew sugar cane all day have remarkably good teeth.
Chocolate Fudge Layers
(Makes two 9-inch layers—picture on page 8)

2 cups sifted cake flour  
2 teaspoons baking powder  
1/2 teaspoon soda  
1/4 teaspoon salt  
1/2 cup butter or other shortening  
1 1/4 cups Jack Frost Granulated Sugar  
2 eggs, well beaten  
3 squares unsweetened chocolate, melted  
1 cup plus 2 tablespoons milk  
1 teaspoon vanilla  
1/2 cup finely chopped nut meats, if desired

2. Cream butter until soft. Add Jack Frost Granulated Sugar gradually, beating until light and fluffy.
3. Add eggs gradually, beating well.
4. Add chocolate (cooled slightly). Beat until well blended.
5. Add flour, alternately with milk and vanilla, beating after each addition until smooth. Fold in nut meats, if desired.

Peach Upside Down Cake
(Makes an 8-inch square cake—picture on page 8)

3 tablespoons butter  
1/3 cup Jack Frost Light Brown Sugar, firmly packed  
1/2 teaspoon cinnamon  
3 to 4 peaches, sliced  
1/4 cup butter  
2/3 cup Jack Frost Granulated Sugar  
1 egg, well beaten  
1 1/4 cups sifted cake flour  
1 1/4 teaspoons baking powder  
1/4 teaspoon salt  
1/2 cup milk  
1 teaspoon vanilla

1. Melt butter in 8x8x2-inch pan. Mix Jack Frost Light Brown Sugar and cinnamon with butter.
2. Arrange peaches in layer on sugar mixture.
5. Sift flour. Measure. Sift again with baking powder and salt. Add alternately with milk and vanilla, beating after each addition until smooth.
6. Pour batter over peaches. Bake in moderate oven (350° F.) about 50 minutes.
7. Loosen cake with spatula. Serve upside down.
Jack Frost Two-Egg Cake
(Makes two 8-inch layers or about 14 cup cakes—picture on page 8)

2 cups sifted cake flour
2 1/2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup butter or other shortening

1. Sift flour. Measure. Sift again with baking powder and salt.
2. Cream butter until soft.
3. Add sugar slowly, beat till fluffy. Beat egg yolks into sugar mixture.
4. Add dry ingredients, alternately with milk and vanilla, beating after each addition until smooth.
5. Beat egg whites until stiff but not dry. Fold into batter. Bake in two greased 8-inch layer pans in moderate oven (375° F.) about 30 minutes or until done.

Princess Birthday Cake
(Makes three 8-inch layers—picture on page 32)

3 cups sifted cake flour
3 teaspoons baking powder
1/4 teaspoon salt
3/4 cup shortening

1. Sift flour. Measure. Sift again with baking powder and salt.
2. Cream shortening until light.
3. Add Jack Frost Verifine Sugar gradually, beating until fluffy.
4. Beat egg yolks well. Add to sugar mixture, beating thoroughly.
5. Add dry ingredients alternately with pineapple juice, beating after each addition until smooth.
6. Beat egg whites until stiff but not dry. Fold into batter. Bake in three greased 8-inch layer pans in moderate oven (375° F.) about 30 min., or until done.

Applesauce Cake
(picture on page 37)

2 cups sifted flour
1 teaspoon soda
1 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon cloves
1 cup raisins

1/2 cup shortening
1 1/4 cups Jack Frost Dark Brown Sugar, firmly packed
1 egg, well beaten
1 cup thick applesauce

1. Sift flour. Measure. Sift again with soda, salt, and spices.
2. Sift 1/4 cup flour mixture over raisins and mix well.
3. Cream shortening until light.
5. Add dry ingredients alternately with applesauce. Fold in raisins.
6. Bake in greased 9x9x2-inch pan in moderate oven (350° F.) about 1 hour, or until done. This may be served warm as a pudding.
Brown Sugar Spice Cake  
*(Makes an 8-inch square cake)*

2 cups sifted cake flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
1 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon ground cloves

1. Sift flour. Measure. Sift again with baking powder, salt, and spices.
3. Add dry ingredients alternately with milk, beating after each addition until smooth. Bake in greased 8x8x2-inch pan in moderate oven (350°F.) about 60 minutes or until done.

Refrigerator Cake  
*(Serves about 8—picture on page 33)*

1 quart strawberries  
1 cup Jack Frost Granulated Sugar  
1 teaspoon lemon juice  
1 tablespoon gelatin

1. Wash, hull and slice strawberries.
2. Add Jack Frost Granulated Sugar and lemon juice.
4. Drain juice from berries and add to gelatin. Stir into whipped cream. Fold in berries.
5. Cover bottom of pan with mixture. Add layer of wafers, alternately in this way until all strawberry mixture is used, finishing with layer of wafers.
6. Chill overnight in coldest part of refrigerator. Turn out on platter. Remove waxed paper.
7. Garnish with sliced strawberries and whipped cream, if desired.

Simple One-Egg Cake  
*(Makes one 9-inch layer)*

1 1/4 cups sifted cake flour  
1 1/4 teaspoons baking powder  
1/4 teaspoon salt  
1/4 cup butter or other shortening

1. Sift flour. Measure. Sift again with baking powder and salt.
3. Add flour alternately with milk and vanilla, beating after each addition until smooth.
4. Bake in a deep, greased 9-inch layer pan in moderate oven (375°F.) about 30 minutes or until done.
5. Let stand in pan 5 minutes, then turn out on rack to cool.
6. Serve with Bittersweet Chocolate Sauce; or slice cake, split slices, put ice cream in between, and top with sauce.
Marble Layer Cake
(Makes two 8-inch layers)

2 cups sifted cake flour
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup butter or other shortening
1 cup Jack Frost Granulated Sugar

1. Sift flour. Measure. Sift again with baking powder and salt.

2. Cream butter until soft. Add Jack Frost Sugar gradually, beating until fluffy. Add eggs gradually, beating well.

3. Add flour alternately with milk and vanilla, beating after each addition until smooth.

4. To one third of batter, add chocolate (cooled slightly) and 1 tablespoon milk. Mix well.

5. Place batter in two greased 8-inch layer pans, using one spoonful chocolate mixture and two of the white, alternately, until all is used. Smooth out batter. Bake in moderate oven (375°F.) about 30 minutes.

Crumb Coffee Cake
(Makes one 9-inch square)

1 3/4 cups sifted flour
1 3/4 teaspoons baking powder
1/4 teaspoon salt
1 cup Jack Frost Granulated Sugar
1/2 cup butter or other shortening

1. Sift flour. Measure. Sift again with baking powder, salt, and Jack Frost Granulated Sugar.

2. Cut shortening into about 1/2 of the flour mixture. (Save 1/2 cup of these crumbs for topping.) Cut in rest of flour mixture.

3. Add eggs and milk. Mix well.

4. Pour into greased 9x9x2-inch pan, and sprinkle with crumbs for topping.

5. Bake in hot oven (400°F.) about 45 minutes. Remove from oven.


Creole Cup Cakes
(Makes about 14)

1 3/4 cups sifted cake flour
2 teaspoons baking powder
2 teaspoons cinnamon
1/4 teaspoon salt
1/3 cup cocoa


2. Add eggs gradually, beating well.

3. Add dry ingredients alternately with milk and vanilla, beating after each addition until smooth.

4. Fill greased cup cake pans 2/3 full. Bake in moderate oven (375°F.) about 25 to 30 minutes until done.
Lemon Butter Frosting
(Covers two 8-inch layers)

1/2 cup butter
1 teaspoon grated lemon rind
Dash of salt

1. Cream butter until very soft. Add lemon rind and salt.
2. Add 1 cup Jack Frost Confectioners’ Super X Sugar gradually, beating until soft and fluffy.
3. Add lemon juice alternately with remaining sugar until of spreading consistency. (More or less sugar as needed.)
4. Beat after each addition until smooth.
5. Spread between layers and on top and sides of cooled cake, swirling frosting on top.

Jiffy Chocolate Frosting
(Tops of two 8-inch layers—picture on page 8)

3 squares unsweetened chocolate
1 1/2 cups sifted Jack Frost Confectioners’ Super X Sugar (about)
2 tablespoons hot water
1 egg

2. Add butter or margarine, 2 tablespoons at a time, and beat until smooth.
4. This delicious soft frosting should be used the day it is made. If a firmer frosting is desired, add more sugar.

Luscious Orange Filling
(For two 9-inch layers)

1/2 cup Jack Frost Granulated Sugar
1/4 cup flour
1/8 teaspoon salt
1 tablespoon water
1/2 cup orange juice
2 tablespoons lemon juice
1 egg, well beaten
1 tablespoon grated orange rind
2 tablespoons butter

1. Mix Jack Frost Granulated Sugar, flour and salt in top of double boiler.
2. Add water and fruit juices gradually, stirring until smooth.
3. Add egg and mix well.
4. Cook over boiling water 10 minutes, stirring constantly.
Variety Cookies
(Makes about 45—picture on page 37)

3 cups sifted flour
2 teaspoons baking powder
3/4 teaspoon salt
3/4 cup butter or shortening
1 1/4 cups Jack Frost Granulated Sugar
2 eggs, well beaten

1. Sift flour. Measure. Sift again with baking powder and salt.
2. Cream butter until soft. Add sugar gradually, beating until light and fluffy.
3. Add eggs. Beat well. Add flour alternately with milk, vanilla, beating well.
4. Divide batter into three parts.
5. To first add chocolate.
6. To second add nut meats.
7. To third add dates or raisins.
8. Drop by teaspoonfuls about 2 inches apart on greased baking sheets. Bake in moderately hot oven (400° F.) about 12 to 18 minutes.

Rich Spice Cookies
(Makes about 7 dozen)

3 cups sifted flour
1 teaspoon baking powder
1/2 teaspoon mace
1/2 teaspoon salt
1/4 teaspoon soda

3/4 cup butter or shortening
3/4 cup Jack Frost Granulated Sugar
2 eggs, well beaten
1 teaspoon vanilla

1. Sift flour. Measure. Sift again with baking powder, mace, salt, and soda.
2. Cream butter until light. Add Jack Frost Granulated Sugar gradually, beating until fluffy.
3. Add eggs and vanilla. Beat well.
4. Add dry ingredients gradually, beating well after each addition.
5. Chill until firm enough to roll.
7. Bake on greased baking sheet in hot oven (400° F.) about 10 to 12 minutes.
Meringue
(Makes about 12 meringues—picture on page 33)

3 egg whites
1/8 teaspoon salt
1/8 teaspoon cream of tartar

1. Beat egg whites until foamy. Sprinkle salt and cream of tartar over them. Continue beating until stiff but not dry.
2. Gradually beat in sugar, 2 tablespoons at a time, adding vanilla with the last of the sugar.
3. Shape by spoon or pastry bag into mounds on a baking sheet covered with unglazed paper.
4. Bake in slow oven (275 °F.) about 40 minutes or until very delicately browned and dry on top.
5. Remove carefully from paper while warm.

Spicy Brown Sugar Cookies
(Makes about 5 dozen)

2 cups sifted flour
1 1/2 teaspoons baking powder
1 1/2 teaspoons cinnamon
1/4 teaspoon salt

1 cup Jack Frost Dark Brown Sugar, firmly packed
1 teaspoon vanilla
1 egg, well beaten
1/2 cup chopped nut meats, if desired

3. Add flour gradually, mixing well.
4. Add nut meats, if desired.
5. Shape soft dough into rolls about 2 1/2 x 5 inches. Wrap in wax paper. Chill in refrigerator about 3 hours or until firm. Slice thin. Bake on greased baking sheet in moderately hot oven (400° F.) about 10 to 12 minutes.

Brown Sugar Nut Bars
(Makes about 20—picture on page 37)

3/4 cup sifted flour
3/4 teaspoon baking powder
1/4 teaspoon salt
1/4 cup butter or shortening
2 eggs, well beaten

1 cup Jack Frost Dark Brown Sugar, firmly packed
1 teaspoon vanilla
1/2 cup chopped nut meats

1. Sift flour. Measure. Sift again with baking powder and salt.
4. Spread about 1 inch thick in shallow greased pan (7 x 10 1/2 inches).
5. Bake in moderate oven (375° F.) about 30 minutes.
6. When cool, cut in finger length pieces. Sprinkle with Confectioners’ Sugar.
Basic Pastry Recipe
(Makes enough for a 9-inch two-crust or lattice pie)

2 1/2 cups sifted flour
1 1/2 teaspoons salt

1. Sift flour. Measure. Sift again with salt. Cut in shortening with pastry blender or two knives until mixture resembles meal.
2. Add water a tablespoon at a time, mixing lightly with a fork just enough to make flour hold together in small lumps. Handle as little as possible.
3. Press into a ball. Wrap in waxed paper. Chill about 15 minutes.
4. Roll half of dough to %-inch thickness on slightly floured board. Let stand few minutes to allow dough to shrink.
5. Fit loosely into 9-inch pie pan. Trim 2 inch larger than pan. Add filling.

Two-crust Pie
1. Fit dough in pan (direction 5). Moisten edge of dough with cold water.
2. Roll out rest of dough (see direction no. 4). Roll lightly around rolling pin and unroll over pie to put in place easily. Fold upper crust over lower to form a standing rim.
3. Flute rim with fingers. Make several slits in center of upper crust to let steam escape. Bake according to directions for each recipe.

Lattice Pie
1. Roll out rest of dough (direction 4).
2. Cut strips ½ inch wide. Turn back edge of lower crust to form a standing rim. Moisten rim with cold water and arrange lattice of pastry strips across top. Flute rim with fingers.
3. Bake according to directions given for each recipe.

Strawberry Pie Chantilly
(Makes a 9-inch pie—picture on page 32)

Unbaked pastry
1 quart strawberries

1. Roll pastry about 1/8 inch thick on floured board. Prick well with fork.
2. Line a 9-inch pie plate with part of pastry. From remainder of pastry, cut a circle, 9 inches in diameter, using a pie plate as a guide. Place pastry circle on baking sheet.
3. Bake pie shell and pastry circle in hot oven (450° F.) 15 minutes. Let cool.
5. Mix half of strawberries with half of whipped cream. Place in baked pie shell.
6. To make serving easier, cut pastry circle in 6 or 8 pie-shaped wedges, depending on number of servings desired. Then fit on top of strawberry mixture.
Pumpkin Pie
(Makes a 10-inch pie—picture on page 36)

2 3 cup Jack Frost Dark Brown Sugar, 
firmly packed
1 teaspoon cinnamon
3 4 teaspoon ginger
1 2 teaspoon salt

1. Add Jack Frost Dark Brown Sugar, spices and salt to pumpkin and blend.
2. Mix eggs and milk (do not beat) and stir into pumpkin mixture.
3. Pour into unbaked pie shell.
4. Bake in hot oven (450° F.) 10 minutes; reduce heat to moderate temperature (325° F.) and bake 40 min. longer.
5. When filling is done, a knife blade inserted in center will come out clean.

Lemon Chiffon Pie
(Makes a 9-inch pie—picture on page 33)

1 1/4 cups graham cracker crumbs
1 4 cup Jack Frost Granulated Sugar
6 tablespoons melted butter
2 eggs, separated
1 2 cup Jack Frost Granulated Sugar

2. Beat egg yolks until thick and lemon-colored. Add ¼ cup sugar gradually, beating well. Add lemon rind and juice. Mix well. Soak gelatin in water 5 minutes. Add to egg mixture. Mix well.
4. Beat egg whites until stiff. Add rest of sugar gradually, beating until just blended. Fold into egg yolk mixture.
5. Pour into graham cracker crust. Chill 2 to 3 hours. Garnish with whipped cream, if desired.

Glazed Strawberry Tarts
(Makes 8)

1 1/2 quarts firm ripe strawberries
1/4 cup Jack Frost Verifine Sugar
2 (3-oz.) packages cream cheese

3. Slice remaining 3 cups berries. Press through sieve. Add Granulated Sugar and lemon juice to strawberry juice. Stir until sugar is dissolved. Boil, stirring occasionally, 15 minutes.
NOTE: Cream cheese may be omitted.
Fruit Cream Tarts
(Makes about 8 to 10 tarts—picture on page 32)

3/4 cup Jack Frost Granulated Sugar
6 tablespoons flour
1/4 teaspoon salt
1/2 cup cold milk
2 egg yolks, well beaten
2 1/2 cups scalded milk

1. Blend Jack Frost Granulated Sugar, flour, and salt.
2. Mix cold milk and well beaten egg yolks. Add to sugar mixture gradually, stirring until smooth.
4. Fill tart shells about 2/3 full. A baked tart shell may be used, instead, if desired.
5. Drain fresh or canned fruits or berries and sweeten with Jack Frost Verifine Sugar. If desired, some of the fruit juice may be mixed into the cream filling to flavor and color it.
6. Arrange fruits or berries on filling and garnish with sweetened whipped cream.

Chocolate Chiffon Pie
(Makes an 8-inch pie)

1 1/2 teaspoons gelatin
2 tablespoons cold water
1 square unsweetened chocolate
1/2 cup hot water
2 eggs, separated

1. Soak gelatin in cold water 5 minutes.
4. Add chocolate slowly to egg yolk mixture, stirring until smooth. Add salt.
5. Cook over hot water about 2 minutes, stirring constantly. Cool. Add vanilla.
6. Beat egg whites until stiff but not dry. Add rest of sugar gradually, beating until blended. Fold into chocolate mixture.
7. Pour into baked pie shell. Chill until firm.
Cinnamon Biscuits
(picture on page 37)

2 cups sifted flour
2 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons granulated sugar
1/3 cup shortening

2/3 cup milk
3 tablespoons melted butter
1/2 cup Jack Frost Light Brown Sugar, firmly packed
2 teaspoons cinnamon

1. Sift flour. Measure. Sift again with baking powder, salt, and sugar.
2. Cut in shortening. Add milk all at once, stirring until all of flour is dampened.
3. Roll about 1/4 inch thick on floured board.
5. Roll up like a jelly roll. Cut in 1-inch slices. Place rolls cut-side down in sections of greased muffin pans.

Brown Sugar Coffee Cake
(Serves 6 to 8)

2 cups sifted flour
3/4 teaspoon baking powder
1/2 teaspoon soda
1/2 teaspoon salt
3/4 cup Jack Frost Dark Brown Sugar, firmly packed

1/4 cup softened butter or other shortening
1 egg, well beaten
1/2 cup sour milk
1/3 cup hot water

2. Mix sugar and dry ingredients well.
3. Cut in shortening.
4. Add well beaten egg and sour milk.
5. Beat vigorously until mixture is well blended.
6. Stir in hot water quickly and pour into greased pan, 9x9x2 inches.
7. Bake in hot oven (425°F.) about 20 minutes, or until top is set.
8. Mix 1/2 cup Jack Frost Dark Brown Sugar, 1/2 teaspoon cinnamon and 2 tablespoons melted butter. Without removing pan from oven, spread sugar mixture over cake.
9. Continue baking 10 minutes.
Blueberry Tea Muffins

1 3/4 cups sifted cake flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1/3 cup butter or shortening
1. Sift flour with baking powder and salt.
2. Cream butter until light.
3. Add Jack Frost Granulated Sugar gradually, beating until fluffy.
4. Add egg, beating until smooth.
5. Add dry ingredients alternately with milk. Beat after each addition till smooth. Add lightly floured blueberries.
6. Fill greased muffin pans 2/3 full. Bake in hot oven (400° F.) about 30 mins.

Orange Nut Bread

(picture on page 32)

1/2 cup finely cut orange peel
1/3 cup Jack Frost Granulated Sugar
1/4 cup water
2 cups sifted flour
3 teaspoons baking powder
1. Cover orange peel with water. Boil 5 minutes. Drain. Add 1/2 cup sugar and water and cook 10 minutes longer.
2. Sift flour with baking powder, salt, and 1/3 cup Jack Frost Granulated Sugar.
5. Slowly add liquid ingredients to flour mixture, stirring just enough to blend.
6. Pour into greased loaf pan (9 1/2 x 5 1/2 x 2 1/2 inches) and let stand 20 minutes.
7. Bake in mod. oven (350° F.) about 1 hr. and 15 min. Remove to cool. Store over night before slicing.

Texas Pecan Rolls

(picture on page 36)

2/3 cup Jack Frost Dark Brown Sugar, firmly packed
1/4 cup butter
Pecan halves
2 cups sifted flour
2 teaspoons baking powder
1/2 teaspoon salt
1/3 cup shortening
3/4 cup milk (scant)
3 tablespoons melted butter
1/3 cup Jack Frost Dark Brown Sugar
Cinnamon
2. Spread teaspoon of sugar mixture in each section of greased muffin pans. Press pecans in sugar.
4. Cut in shortening. Add milk all at once. Stir until all of flour is dampened.
5. Roll 1/4 inch thick on floured board.
7. Place slices cut-side down on pecans.
8. Bake in moderate oven (375° F.) about 25 minutes, or until lightly browned. Remove from pan at once.
**Date Pan Dowdy**  
*(Serves 6—picture on page 21)*

2 cups boiling water  
3/4 cup Jack Frost Dark Brown Sugar, firmly packed  
1 tablespoon butter  
1 cup sifted flour  
1 teaspoon baking powder  
1/4 teaspoon salt  
2 tablespoons butter  
1/2 cup Jack Frost Dark Brown Sugar, firmly packed  
1/2 cup chopped pitted dates  
1/2 cup milk

1. Cook water, 3/4 cup Jack Frost Dark Brown Sugar, and 1 tablespoon butter 10 minutes to make a syrup.  
2. Sift flour. Measure. Sift again with baking powder and salt.  
4. Add flour, alternately with milk, blending well.  
5. Pour syrup into 8x8x2-inch square pan. Drop batter by spoonfuls into syrup. Bake in moderate oven (350° F.) about 45 minutes. Serve hot with syrup.

**Glorified Rice**  
*(Serves 8—picture on page 21)*

2 cups boiled rice  
1 cup chopped apple  
1 cup pineapple, cut in small pieces  
20 marshmallows, cut in quarters  
1/2 cup Jack Frost Granulated Sugar  
1/4 teaspoon lemon juice  
1 cup heavy cream

1. Rice should be cooked only until soft but not mushy. Let cool.  
2. Mix rice, apple, pineapple, marshmallows, Jack Frost Granulated Sugar, and lemon juice together lightly.  
3. Chill at least an hour. Just before serving, whip cream and fold into mixture.  
4. Garnish with maraschino cherries or strawberries, if desired.

**NOTE:** Fresh fruits or berries may be substituted for pineapple or apple.
Almond Apricot Snow
(Serves 4—picture on opposite page)

2 egg whites
4 tablespoons Jack Frost Confectioners' Super X Sugar
1/2 cup whipping cream


2. Fold in sieved apricots, lemon juice, and almonds just before serving. Garnish with a sprig of mint.

Chocolate Bread Pudding De Luxe
(Serves 6 to 8—picture on opposite page)

3 cups milk
2 squares unsweetened chocolate
3 eggs
1/2 cup Jack Frost Granulated Sugar

1. Heat milk and chocolate in top of double boiler. When chocolate is melted, beat until blended. Remove from heat. Let cool 5 minutes.


3. Add chocolate mixture slowly, stirring well. Add butter and vanilla.

4. Pour over bread cubes in greased baking dish. Let stand 10 minutes. Mix well before baking.

5. Place dish in pan of hot water and bake in moderate oven (350° F.) about 1 hour. Serve hot or cold with cream or whipped cream sprinkled with toasted coconut.

Mint Ice
(Serves 6 to 8—picture on page 33)

1 1/2 cups Jack Frost Granulated Sugar
3 cups water
1/4 teaspoon salt


2. Cool syrup. Add salt, mint extract, lemon juice and few drops of green food coloring to tint mixture green.

3. Place in tray of automatic refrigerator and freeze to a mush.

4. Remove from tray and beat until smooth but not melted.

5. Return to tray and finish freezing.

6. Serve as an appetizer on half grapefruit, as a cooling summer dessert, or an accompaniment to roast lamb.

7. To make a delightful summer beverage, add a scoop of Mint Ice to limeade or lemonade. Garnish with mint.
Brown Sugar Nut Crunch
(Makes about 1 pound—picture on page 24)

1 cup chopped walnuts or blanched almonds
1 cup butter
1. Sprinkle \( \frac{3}{2} \) cup chopped nut meats over buttered pan (9x9x2 inches).
2. Melt butter in heavy skillet or pan.
3. Add Jack Frost Light Brown Sugar and mix well. Bring to boil and boil, stirring constantly, to hard crack stage or until candy thermometer registers 290°F. (about 12 minutes).
4. Pour this mixture over nut meats, spread in thin sheet. When set, but still warm, arrange chocolate bars over mixture, spreading as chocolate melts.
5. Sprinkle with rest of nut meats.
6. When cool, cut or break into pieces.

Penoche
(picture on page 24)

3 cups Jack Frost Dark Brown Sugar, firmly packed
1 cup milk
1. Cook Jack Frost Dark Brown Sugar and milk slowly in large saucepan, stirring frequently.
2. Boil slowly, stirring occasionally, until mixture forms soft ball when tested in cold water, or until a candy thermometer indicates 236°F. Remove from heat. Add butter, without stirring.
3. Cool until lukewarm (110°F.), or until bottom of pan feels warm but not hot. Add vanilla and nut meats and beat until creamy.
4. Turn quickly into buttered pan. When firm cut into squares.

New Orleans Pralines
(Makes about 1 1/2 pounds—picture on page 24)

1 pound box Jack Frost Dark Brown Sugar
1 tablespoon butter
1/4 cup water
2 cups pecans
2. Bring to boil, stirring constantly.
3. Add pecans and continue cooking, stirring occasionally, until mixture forms soft ball in cold water, or until candy thermometer registers 240°F.
4. Remove from heat. Let cool slightly. Drop on well buttered baking sheet in form of patties about 3 or 4 inches across, or drop into buttered, individual pie pans.
5. When cool, remove with spatula.
Creamy Uncooked Fondant
(Makes ½ pound fondant—picture on page 24)

Few grains salt
1 egg white
2 cups (about) sifted Jack Frost Confectioners’ Super X Sugar

1. Add salt to egg white. Beat slightly.
2. Stir sifted Jack Frost Confectioners’ Super X Sugar gradually into egg white, until mixture is firm enough to knead with hands. Work in any desired flavoring—vanilla, peppermint, wintergreen, orange, lemon, etc.
3. A small amount of coloring may be added to give any desired tint.
4. Turn onto a board which has been sprinkled lightly with Jack Frost Confectioners’ Super X Sugar. Knead until fondant is smooth and creamy.
5. Form into patties or balls, roll in chopped nut meats or coconut, if desired, or use as stuffing for dates.

Apples-on-a-Stick
(Makes about 8—picture on page 36)

8 red apples
3 cups Jack Frost Granulated Sugar
1/8 teaspoon cream of tartar

1. Wash and dry apples thoroughly. Insert wooden skewers in ends.
2. Place Jack Frost Granulated Sugar, cream of tartar, and water in heavy saucepan or in top part of double boiler. (It is necessary to have syrup deep enough to dip apples into easily.)
3. Heat slowly, stirring until sugar is dissolved.
4. When mixture starts boiling, color a bright red with certified food coloring.
5. Boil, without stirring, until syrup is brittle when tested in cold water or until candy thermometer registers 290° - 295°F.
6. Dip apple into syrup, holding by skewer; remove at once and twist so that syrup spreads evenly. Stand on buttered baking sheet.
7. Drop leftover syrup on skewers to form lollipops.

Lemon Coconut Kisses
(Makes about 30)

2 egg whites
1/4 teaspoon salt
3 cups sifted Jack Frost Confectioners Super X Sugar
2 cups shredded coconut

1/2 teaspoon lemon extract
Few drops yellow food coloring
2 ounces semi-sweet chocolate, if desired

2. Add coconut and lemon extract. Mix well. Add food coloring to tint a pale yellow. Mix well.
3. Shape with teaspoon in peaks, on waxed paper sprinkled with Confectioners’ sugar. Let stand about 30 minutes.
4. Melt chocolate over hot water. Drop small amount of chocolate on top of each peak. Let stand until set.
**Christmas Fudge**

*(Makes 1½ pounds)*

3 cups Jack Frost Granulated Sugar
1/4 teaspoon cream of tartar
1/4 teaspoon salt
1 cup thin cream
1 tablespoon butter

1. Place Jack Frost Granulated Sugar, cream of tartar, salt and cream in a large saucepan.
2. Stir until thoroughly combined.
3. Place over low heat. Bring slowly to boiling point, stirring frequently so that sugar is completely dissolved before boiling point is reached.
4. Just before mixture comes to a boil, wipe sides of pan carefully with a damp cloth.
5. Boil, without stirring, until soft ball forms in cold water or until candy thermometer indicates 234° F. to 236° F.
7. Beat until thick and creamy, add mixed chopped nut meats and fruit and pour quickly into buttered pan.
8. When cool, cut into squares.

**Creamy Chocolate Fudge**

*(Makes 1½ pounds—picture on opposite page)*

2 squares unsweetened chocolate
2 cups Jack Frost Granulated Sugar
1/4 teaspoon cream of tartar
1/2 cup evaporated milk
1/2 cup water
2 tablespoons butter
1/4 teaspoon salt
1/2 teaspoon vanilla

1. Mix chocolate, Jack Frost Granulated Sugar, cream of tartar, evaporated milk and water in large saucepan.
2. Place over low heat. Bring slowly to boiling point, stirring frequently. The secret of creamy fudge is to have every grain of sugar dissolved before fudge boils—so be sure to use Jack Frost! It's quick-dissolving!
3. Boil fudge gently. Stir until mixture forms soft ball in cold water, or until candy thermometer indicates 234°F. Remove from heat.
4. Add butter and salt without stirring.
5. Cool until lukewarm (110°F.), or until bottom of pan feels warm but not hot.
6. Add vanilla. Beat until candy loses its shiny appearance and becomes creamy. At first sign of stiffening, pour into buttered pan.
7. When cool cut into squares.
Red Currant Jelly
(Makes about 10 six-ounce glasses)

8 quarts red currants

1. Select currants, not overripe.
2. Wash carefully, removing leaves and imperfect berries. Mash currants thoroughly.
3. To each quart berries add 1/2 cup water. Boil slowly 12 to 15 minutes, stirring frequently, mashing any whole berries.
4. Place in jelly bag. Allow to drain several hours. For clear transparent jelly do not squeeze bag.
5. Measure juice. Add 1 cup sugar for each cup juice.
6. Stir until sugar is completely dissolved. Boil rapidly 10 to 15 minutes, until jelly sheets from spoon (that is, after cooling slightly, two drops hang together from side of spoon).
7. Remove from heat immediately, skim, and pour into hot, sterilized glasses. Seal immediately with hot paraffin.
8. To make second extraction—add 1 cup water for each cup pulp. Proceed as above. Squeeze jelly bag lightly. Keep this extraction separate from the first.

Strawberry Pineapple Preserves
(Makes about five 6-ounce glasses)

1 quart strawberries
4 cups Jack Frost Granulated Sugar
3 cups (1 lb. 14-oz. can) pineapple chunks, drained
2 tablespoons lemon juice

1. Wash and hull perfect, ripe, firm strawberries.
2. Scald berries in boiling water 2 minutes, no longer. (Do not cook.) Drain. Add 2 cups Jack Frost Granulated Sugar. Let stand.
3. Place pineapple, 2 cups sugar, and 2 tablespoons pineapple juice in large kettle.
4. Cook slowly, stirring occasionally, until sugar is dissolved. Boil 10 minutes. Let cool.
5. Add strawberries and lemon juice. Heat very slowly, stirring carefully occasionally.
6. Bring to a boil; boil until thermometer registers 220°F. (about 10 to 14 minutes).
7. Remove fruit carefully, and place on shallow pans or platters. Pour syrup over fruit.
8. Cover; let stand until next day. Pour into hot, sterilized glasses. Seal immediately. Store in cool, dark place.
Peach Marmalade
(Makes 6 eight-ounce glasses)

2 pounds (4 cups) peach pulp
1 orange, rind and juice

1. Peel about 3 pounds ripe peaches. Remove pits. Mash to a pulp.
2. Add orange juice and rind which has been put through food chopper.
3. Measure or weigh peach pulp. Place in large kettle in alternate layers with Jack Frost Granulated Sugar.
4. Place over low heat. Bring to a boil, stirring frequently.
5. Cook slowly until thick, about 1 hour. (An asbestos mat placed under preserving kettle will prevent too fast cooking.)
6. To test marmalade, place spoonful on small plate and chill. If marmalade is thick when cool, it is done.
7. Pour into hot, sterilized glasses. Seal immediately with hot paraffin.

Cranberry Jelly
(Serves 8 to 10—picture on page 36)

4 cups cranberries
3 cups boiling water

1. Wash cranberries, discarding stems and all unsound or unripe berries. Drain thoroughly.
2. Place in large saucepan with boiling water and Jack Frost Granulated Sugar.
3. Bring to boiling point and boil 20 minutes, crushing berries with a spoon as they soften. It is important to time the boiling period carefully.
4. Press juice and pulp through a strainer to remove skins.
5. Turn into a mold, preferably metal, and chill well.
6. To make Cranberry Sauce instead of jelly, do not strain.

Cherry Conserve
(Makes about four 6-ounce glasses)

4 cups (2 No. 2 cans) sour red cherries
Rind of 1 lemon, cut in small pieces
3 cups Jack Frost Granulated Sugar
1/4 cup preserved ginger, coarsely chopped
1 tablespoon lemon juice
1/2 cup coarsely chopped nut meats

1. Drain cherries well. Cover lemon rind with about 2 cups water. Simmer gently 45 minutes or until tender. Drain.
2. While lemon rind is cooking, combine cherries, Jack Frost Granulated Sugar, and ginger. Heat slowly; stir gently occasionally. Bring to a boil; simmer 30 minutes.
3. Add lemon rind and juice. Simmer about 25 to 30 minutes longer. (Test by placing spoonful of mixture on saucer; chill quickly. Liquid should be of thick syrup-like consistency.)
4. Add nut meats. Cook 1 minute longer.
5. Pour into hot, sterilized glasses. Seal immediately with hot paraffin.
Grape Jelly
(Makes about 6 glasses—picture on opposite page)

8 cups juice from fresh grapes
8 cups Jack Frost Granulated Sugar

1. Wash grapes thoroughly. Discard stems. Place grapes in a large preserving kettle and mash slightly with potato masher. Cover kettle tightly and boil slowly until grapes are soft.
2. Then drain juice through cheesecloth or cotton flannel bag. Do not squeeze the bag.
3. Measure juice. To each cup of juice add 1 cup of Jack Frost Granulated Sugar.
4. Allow the juice to boil rapidly until temperature of 220° F. is reached on candy or syrup thermometer, or until two drops of juice hang together from side of spoon. (This is called the sheet test.)
5. Skim jelly and pour into hot, sterilized glasses. Seal at once with paraffin.

Sweet Watermelon Pickle
(Makes 7 pints—picture on opposite page)

7 pounds watermelon rind
1/2 cup salt
3 1/2 pounds (7 cups) Jack Frost Dark Brown Sugar
3 cups vinegar
4 sticks cinnamon
2 tablespoons whole cloves

1. Cut off outer green and inner pink portions from rind of 1 large watermelon.
2. Cut white part of rind into 1-inch pieces. Weigh.
3. Dissolve salt in cold water and pour over rind. Let stand overnight. Drain.
4. Cover with fresh water. Boil until rind is tender, 1 hour or longer.
5. Remove from heat. Drain. Cover with ice water to chill quickly.
7. Add spices tied in cheesecloth bag.
8. Bring to a boil, stirring constantly. Boil 8 minutes.
9. Drain rind and add to syrup. Cook until rind is transparent, 1 1/2 hour or longer. Pack in hot, sterilized jars, fill with hot syrup. Seal immediately.

Canned Pears
(picture on opposite page)

3 lbs. Jack Frost Granulated Sugar
4 cups hot water

1. Wash pears, peel and cut in halves. Remove stems, cores and blossom ends. Cook 4 to 8 min. in boiling med. syrup.*
2. Pack in hot sterilized jars and fill jars to within 1/2 inch of top with boiling syrup.
3. Adjust tops according to manufacturer's directions. Place jars on rack in hot water bath, with at least 3 inches of water over tops of jars.
4. Process for 20 minutes, counting time from instant water begins to boil.
5. Remove jars. Stand them away from drafts until cool.

*Medium Syrup

Combine Jack Frost Granulated Sugar and hot water. Stir until sugar is dissolved. Let boil, uncovered, for five minutes.
Melon Coupe

For each serving place half a melon on a serving plate. Sprinkle with Jack Frost Verifine Sugar. Fill cavity with fresh red raspberries which have also been sprinkled with Jack Frost Verifine Sugar. Chill before serving.

Ambrosia
(Serves 6—picture on page 37)

3 large seedless oranges
1/3 to 1/2 cup Jack Frost Verifine Sugar

Peel oranges with sharp knife, cutting away all white fibre. Carefully loosen orange sections and remove each membrane. Arrange a layer of orange sections in serving dish. Sprinkle with Jack Frost Verifine Sugar and coconut. Repeat in layers until all ingredients, including orange juice, are used, finishing with a layer of coconut. Chill several hours before serving.

Southern Baked Pears
(Serves 6)

6 canned pear halves, drained
6 whole cloves
2/3 cup Jack Frost Light Brown Sugar, firmly packed
3 tablespoons pear juice
2 teaspoons lemon juice
3 tablespoons orange juice
1/4 teaspoon orange rind
1 tablespoon butter
2 tablespoons chopped nut meats

1. Arrange pear halves, with cored side up, in greased baking dish. Stick a clove in each pear. Mix Light Brown Sugar, fruit juices, orange rind, and butter in a saucepan. Bring to a boil and boil for 10 minutes, stirring occasionally.
3. Serve hot with meat course or use as a dessert. Or serve cold with whipped cream.

Rosy Apple Compote
(Serves about 6—picture on page 36)

4 large tart apples
1 1/2 cups Jack Frost Granulated Sugar
3 cups water
1 stick cinnamon
Red food coloring, if desired

1. Pare and core apples. Cut in 1/2-inch rings or slices. Drop into cold water.
2. Cook Jack Frost Granulated Sugar and water, stirring until sugar is dissolved.
3. Add cinnamon and a few drops of red food coloring.
4. Place drained apple rings into syrup, a few at a time; cover and simmer until transparent, turning when half done.
5. When transparent, remove from syrup. When all apples are cooked, boil syrup until thick and jelly-like. Chill thoroughly. Serve with the jelly and cream.
Plantation Punch
(Makes about 3 quarts—picture on page 33)

10 lemons
6 oranges
6 limes
1 cup pineapple juice

1. Squeeze the lemons, oranges and limes. Mix the fruit juices with the Jack Frost Verifine Sugar.
2. Add the ice water to the sweetened fruit juices.
3. Just before serving add the gingerale.
4. If a sweeter punch is desired, more Jack Frost Verifine Sugar may be added at the last, since it dissolves so quickly.
5. Place ice in the glasses, pour in the punch and garnish each glass with a section of pineapple, a maraschino cherry and a sprig of mint. Makes about 3 quarts of punch.

Lime Cooler
(Makes 4 large glasses)

1/2 cup lime juice
1/2 cup lemon juice
1 quart dry gingerale
3 tablespoons Jack Frost Verifine Sugar

1. Strain fruit juices. Blend with Jack Frost Verifine Sugar. (More or less sugar may be used depending upon sweetness desired.)
2. Just before serving, add gingerale and pour over cracked ice in tall glasses.
3. Garnish with fresh mint leaves if desired.

Iced Tea

4 teaspoons black tea
1 pint freshly boiling water
Lemon sections
Jack Frost Powdered Sugar

Rinse out tea pot with boiling water. Place tea in pot and pour freshly boiling water over it. Cover and allow to stand in warm place from 3 to 5 minutes. Fill iced-tea glasses full of cracked ice. Pour freshly made tea over ice. Serve with lemon sections and Jack Frost Powdered Sugar. Serves 4.

NOTE: If iced tea is to be made from leftover tea, pour tea off leaves into glass jar and cool outside of refrigerator. Serve as above.
with Jack Frost
Summer
Grapeade
(Makes 4 large glasses)

3 cups boiling water
3 teaspoons orange pekoe tea
3 tablespoons Jack Frost Verifine Sugar

1. Pour boiling water over tea, let stand 3 minutes. Strain. Allow to stand outside of refrigerator until cool.
2. Combine tea with Jack Frost Verifine Sugar and fruit juices. (More or less sugar may be used depending upon sweetness desired.)
3. Just before serving pour over cracked ice in tall glasses.
4. Garnish with orange slices if desired.

Summer Punch
(Makes about 10 large glasses)

2 cups boiling water
2 teaspoons tea
1 cup Jack Frost Verifine Sugar

1. Pour boiling water over tea. Cover and steep for 3 minutes. Strain.
3. Add gingerale just before serving.
4. Serve with cracked ice or ice cubes. Garnish with slices of lime and sprigs of mint if desired.

Springade
(Makes 6 servings)

2 cups Jack Frost Granulated Sugar
1 1/2 cups water
2 1/2 cups unsweetened pineapple juice

1. Cook sugar and water 5 minutes. Cool.
2. Add pineapple juice, rhubarb juice, lemon juice and ginger ale.
3. Pour over crushed ice.
4. Garnish with fresh mint and strawberries, if desired.

Basic Syrup

1 cup Jack Frost Granulated Sugar
1/2 cup water

Boil sugar and water together until sugar is dissolved, about 5 minutes. Cool, put in jar in refrigerator. Will keep for days.
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When there’s no time to prepare an icing, sprinkle Jack Frost Verfine or Confectioners’ Super X Sugar over your cake while still warm. Makes a nice topping.

For a quick, tasty dessert, serve fresh strawberries or fresh pineapple wedges with a plate of Jack Frost Confectioners’ Super X. Let guests “dip” the fruit.

Jack Frost Light Brown Sugar on cereals adds a delightful flavor.

Try a dash of Jack Frost Granulated Sugar (just a dash, now) in salad dressing, soups, gravies.

To restore the natural sugars in vegetables that may be lost in cooking, put a dash of Jack Frost Granulated Sugar in cooking water.

To make smo-o-oth candies and icings, be sure sugar is completely dissolved before boiling point is reached. One single crystal of undissolved sugar may crystalize the entire mass.

To retain the natural moisture of Jack Frost Brown Sugar, the package should be kept in a bread box or emptied into a Mason jar and kept tightly covered.

To recondition brown sugar that has become hard due to drying out, put the sugar into a Mason jar, line the cover with several thicknesses of wet blotting paper, replace cover and allow to stand until the necessary moisture is absorbed by the sugar. Empty out and mix thoroughly.
with Jack Frost
Winter