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NEW
COOK
BOOK
THE CONVENIENT JEWEL WAY
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You only get approximately 3% interest on the money you deposit at the bank. But you get approximately 17% return in the form of premiums, on the money you SPEND for groceries purchased from the Jewel Tea Co., Inc. We stand back of our groceries and premiums with an UNLIMITED GUARANTEE of absolute satisfaction or money refunded.

JEWEL TEA CO., INC.
JEWEL PARK, BARRINGTON, ILL
To Jewel Customers—Dear Friends:

Just as Jewel selects the best in standard grocery items—so have we selected the best recipes for this book. Just as every Jewel grocery, laundry, toilet and premium item must be tested and approved before it can be accepted for the Jewel line—so have these recipes been tested. Just as we recommend Jewel products to your use, because we know they are good—so do we recommend each recipe on these pages.

The Homemakers’ Institute staff of trained home economics women spent months in the careful preparation of this cookbook, in order that Jewel customers might use it with absolute confidence.

There were so many delightful recipes developed that I have not wanted to take space on these pages for general instructions; therefore, each section is simply marked with the general subject of its contents. Accurate directions are given with each recipe. If further help is needed at any time, it will be gladly given if you will write to the Homemakers’ Institute.

It is with genuine pleasure that we give each Jewel customer a complimentary copy of our very latest recipe book.

Sincerely yours,

Mary Dunbar
Director, Jewel Homemakers’ Institute
Appetizers

CANAPES
I. A round of untoasted bread, spread with a mixture of crisped, crushed bacon, cottage cheese, and enough Jewel Mayonnaise to blend. Arrange around the edge a border of pickle relish with the aid of the tip of a small knife.

II. A finger shaped canape from a 1/4" slice of bread. Spread with cream cheese and Jewel Mayonnaise. Place on top of this a thin slice of fresh tomato, or, if out of season, a thin slice of ham. Add a border of the blended cream cheese and relish.

III. Diamond, star, crescent or heart shaped cookie cutters give variety. Dark whole wheat bread may be used for the base of this canape. Mash with a fork, enough small oil sardines to make the quantity of paste needed, or purchase the ready prepared sardine paste. Blend with sufficient Jewel Mayonnaise to make it spread easily. Around the edge make a narrow, irregular border of cream cheese and in the center, place a slice of hard cooked egg. The mild flavor of the egg and cheese blends well with the sardines.

OYSTER COCKTAIL
2 tablespoons tomato catsup
1 tablespoon lemon juice or vinegar
1/2 tablespoons tabasco sauce
1/2 teaspoons salt
2 teaspoons finely chopped celery
1/4 teaspoon Jewel Black Pepper
16 medium oysters

METHOD: Mix together well all the ingredients except the oysters. When well mixed, add to oysters. Chill thoroughly and serve on cracked ice in cocktail glasses. Serves 4.

FRUIT COCKTAIL
2 grapefruit
1 cup cherries (canned)
1/4 cup powdered sugar
1 teaspoon lemon juice
6 maraschino cherries

METHOD: Peel grapefruit; divide into sections; carefully remove tough white skin, and cut into small pieces. Cut red cherries in half; remove seeds. Mix grapefruit and cherries with sugar and lemon juice. Chill and serve in small sherbet glasses, decorate with a maraschino cherry. Serves 6.

A welcome gift for a bride is a loose leaf notebook with Mary Dunbar recipes and idea exchanges cut from Jewel News. Paste an envelope on the inside cover of your recipe book to hold the recipes which you clip and want to save.
**Beverages**

*Coffees*  
*Teas*  
*Cocoa*  

**Hot and Iced**

**COFFEE**

Use 1 rounded tablespoon of Jewel Coffee for each coffee serving. (A coffee cup is \(\frac{3}{4}\) of a measuring cup.)

**DRIP COFFEE**

Measure coffee into basket of the drip coffee maker. Pour measured, freshly boiling water over it. Put pot in a warm place and allow to drip. Dripped coffee is always amber clear and deliciously smooth in flavor. If a bag is used, wash it after each making in cool water (never use soap) and keep it standing in cold water when not in use.

**PERCOLATED**

Measure coffee into basket. Pour measured cold or boiling water over it. Percolate for 7 minutes for 4 cups, and 1 minute additional for every cup over 4. Count time from the first spurt through the percolator tube. Reduce heat at end of 5 minutes and let stand for 5 minutes before serving.

**BOILED**

Measure coffee. Add measured cold water. Let come to a boil. Boil 2 minutes. Reduce heat and simmer 5 minutes. Add 2 tablespoons cold water. Let stand 5 minutes. Strain and serve.

A tiny pinch of salt put on top of the coffee grounds before the water is added, accentuates the delicious flavor and aroma. When making either hot or iced tea, add a little bit of Jewel Cinnamon for a new flavor.
EGG AND COLD WATER

Measure coffee into pot. Add unbeaten egg white and 2 tablespoons cold water. Stir until coffee grains are coated with the egg white and water. Add measured cold water. Let come to a boil (watch closely or it will boil over). Boil 1 minute. Reduce heat and simmer for 5 minutes. Clarify by adding 2 tablespoons cold water. Let stand 5 minutes. Strain and serve. This makes beautiful, clear coffee.

ICED COFFEE

Prepare coffee in the coffee maker, adding ¼ more coffee to give additional strength. When ready to serve pour into glasses filled with cracked ice. Serve with cream and sugar. The drink is more attractive if beaten in a “malted milk mixer” before serving. This aerates the coffee, which gives it a fascinating foam and an interesting flavor.

VARIATIONS:
Clear black coffee served on ice.
Clear black coffee aerated in beater and served on ice.
Black coffee sweetened, aerated in beater and served on ice.
Black coffee with sugar and cream aerated and served on ice.
Coffee and Jewel Malted Milk Mixture, beaten and served on ice.
Coffee, cream and Jewel Malted Milk Mixture beaten and served on ice.

HOT TEA

1 level teaspoon Jewel Tea
Slice of lemon or candied ginger
1 cup boiling water

METHOD: Scald the teapot; put tea leaves in pot and pour the freshly boiling water onto the leaves; cover the pot and let stand for 3 minutes. Then strain and serve at once with a slice of lemon or candied ginger. Tea should never be boiled.

ICED TEA

Measure 1½ level teaspoons Jewel Orange Pekoe and Pekoe Tea or Jewel Iced Tea for each glass desired into a heated earthen pot.
Add 1 measured cup of freshly boiling water for each glass required.
Keep in a warm place for 5 minutes. Do not allow to boil.
Pour hot freshly drawn tea over large lumps of cracked ice in a tall glass. Sugar to taste. Add lemon or fresh mint if desired. Serve at once.

BOILED COCOA

2 teaspoons Jewel Cocoa
2 teaspoons sugar
¼ cup water
¾ cup milk

METHOD: Place the cocoa and the sugar in a sauce pan. Add water, stir until smooth. Cook 3 to 5 minutes. Heat the milk in the top of a double boiler. Add the cocoa mixture and serve hot.

EGG NOG

¼ cup sugar
5 eggs
3 teaspoons Jewel Vanilla Extract
1½ cups milk and cream

METHOD: Cream sugar with egg yolks, add milk and stir well. Add vanilla and lastly stir in stiffly beaten egg whites.

When children come home on cold days they will enjoy hot Jewel-Jell as a drink. Serve with Jewel Crackers. Jewel beverage bottles are convenient as refrigerator bottles for baby’s boiled water, and for canning catsup.
Breakfast Batters

PANCAKES

1½ cups flour
1 teaspoon Jewel Baking Powder
¼ teaspoon salt
1 cup milk
1 egg
1 teaspoon melted butter

METHOD: Sift the dry ingredients, add the milk, the lightly beaten egg, and the butter. Drop by the spoonful onto a hot greased griddle. When cooked on the under side, turn quickly. Serve on a hot plate.

QUICK OATS PANCAKES

1 cup cooked Jewel Quick Oats
1 egg, beaten
½ cup flour
1 teaspoon Jewel Baking Powder
¼ teaspoon salt
½ tablespoon sugar
1 cup milk

METHOD: Mix oatmeal and egg. Add sifted dry ingredients and milk alternately. Fry same as pancakes and serve with syrup.

FRENCH TOAST

3 eggs
½ teaspoon salt
2 cups milk
12 slices bread cut ½ inch thick

METHOD: Beat the eggs, add the salt, and milk. Dip the slices of bread into the mixture and brown to delicate brown in a greased skillet. Serve with a syrup, jelly, or powdered sugar.

CINNAMON TOAST

4 tablespoons butter
¾ cup brown sugar
2 teaspoons Jewel Cinnamon
6-8 slices toast

METHOD: Melt butter. Blend in the mixed sugar and cinnamon and spread on toast, while both are hot.

Two tablespoons of melted lard in the pancake batter saves greasing the griddle.
A teaspoon of Jewel Peanut Butter in the bottom of muffin tins gives a delicious variation to a favorite hot bread.
POPOVERS
2 eggs
1 cup milk
1 cup flour

METHOD: Beat the eggs, without separating, until foamy. Add to this the milk, and combine this mixture slowly with the flour and salt, which have been sifted together. Beat just enough to mix thoroughly. Add the melted butter. Pour into the oiled and heated popover pans, filling the section two-thirds full. Place in a hot oven (450°F). At the end of 20 minutes, reduce the heat to moderate (350°F), for 15 minutes.

WAFFLES
2 cups flour
3 teaspoons Jewel Baking Powder
1 teaspoon salt
1 1/2 cups milk
3 tablespoons melted butter

METHOD: Sift the dry ingredients. Beat yolks until light; add milk and pour into a hollow in the center of the dry ingredients. Add the butter and beat until light and smooth. Just before baking, fold in the stiffly beaten whites of eggs. Bake on a hot, well-oiled waffle iron, and serve immediately.

CORNBREAD
1 cup cornmeal
1 cup flour
2 teaspoons Jewel Baking Powder
4 tablespoons sugar

METHOD: Mix and sift the dry ingredients. Beat the eggs and mix with the melted shortening and milk. Add these to the dry ingredients. Beat well. Pour into a greased shallow pan and bake in a hot oven (425°F) for 20 minutes.

CORNMEAL STICKS
2 cups cornmeal
3/4 teaspoon baking soda
3/4 teaspoon salt
2 cups sour milk or buttermilk
1 egg
1 tablespoon melted shortening

METHOD: Sift dry ingredients. Add milk, lightly beaten egg, and melted shortening. Bake in hot greased iron bread stick pans in a hot oven (425°F) for 20 minutes.

QUICK COFFEE CAKE
2 cups flour
4 teaspoons Jewel Baking Powder
3 tablespoons sugar
1 teaspoon salt
2 tablespoons shortening

METHOD: Sift the dry ingredients. Cut in the shortening, add the milk and the beaten egg. Cover with a sugar and cinnamon mixture. Bake in a shallow pan in a moderately hot oven (375°F) for about 25 minutes.

Left-over batters are sometimes a problem. When you have waffle batter left over, you can make excellent corn fritters for dinner by adding to the batter, 1 cup of canned corn and a little flour to thicken.
BAKING POWDER BISCUITS

2 cups flour  
3 teaspoons Jewel Baking Powder  
2 to 4 tablespoons shortening

1 teaspoon salt  
7/8 cup liquid (milk and water)

METHOD: Sift the dry ingredients. Rub in the shortening with a fork. If very rich biscuits are preferred, increase shortening. Add liquid lightly until dough is in a soft ball. Turn out on floured board. Pat or roll to 1/2 inch thickness. Cut and bake in a hot oven (450°F) for 15 minutes.

QUICK TEA RING

Using biscuit dough, follow directions for Swedish Tea Ring on page 10.

MARMALADE BISCUITS

Roll baking powder biscuit dough to 1/4 inch thickness, and cut in rounds. Spread half the rounds with marmalade. Cover with the remainder of the rounds. Press edges together and bake in a hot oven (425°F) for 20 minutes.

MINCE MEAT BISCUITS

Roll rich biscuit dough (use 4 tablespoons fat) very thin. Cut in rounds. Place a teaspoon of Jewel Mince Meat on one round and press another over it, pinching the edges together. Bake in a hot oven (425°F) for 20 minutes.

WHOLE WHEAT BISCUITS

2 cups whole wheat flour  
1/2 teaspoon salt  
3 teaspoons Jewel Baking Powder

1/4 cup chopped cooked Jewel Prunes  
1 tablespoon melted butter

1 cup milk

METHOD: Sift the dry ingredients and add chopped fruit, melted butter and milk. Bake in buttered muffin pans in a hot oven (425°F) 20 to 25 minutes.

When making biscuits or shortcake, roll the dough thin, fold in half and roll lightly again. They are easily split.

For a very dainty pink color use tomato juice in place of water in Jewel Prepared Biscuit Flour.
CHEESE BISCUITS
Divide biscuit dough in half and roll each to 1/4 inch thickness. Sprinkle one sheet of dough with grated cheese and fit the other over it. Cut and place on baking sheet. Press edges together and bake in a hot oven (425°F) for 20 minutes.

RICE AND CORNMEAL MUFFINS

2/3 cup hot milk 3 teaspoons Jewel Baking Powder
1/2 cup white cornmeal 1/2 teaspoon salt
1/2 cup cooked Jewel Rice 1 egg, well beaten
1/2 cup flour 1 tablespoon melted shortening
2 tablespoons sugar

METHOD: Pour hot milk over cornmeal, and let stand 5 minutes. Add other ingredients in order given. Bake in greased muffin pans in moderate oven (325°F) for 25 minutes.

COTTAGE CHEESE MUFFINS

1 1/4 cups flour 1/2 cup cornflakes
2 2/3 tablespoons sugar 1 egg
1/4 teaspoon salt 4 tablespoons melted fat
1 teaspoon Jewel Baking Powder 1 cup cottage cheese (dry)
1/2 teaspoon soda 1 cup sweet milk
1/2 cup Jewel Quick Oats

METHOD: Sift the first five ingredients into bowl and mix in Quick Oats and cornflakes. Beat egg yolk; add fat, cheese and milk. Pour liquid mixture into a “well” in the dry ingredients and beat. Fold in the beaten egg white. Bake in muffin tins in a slow oven (300°F) about one hour.

NUT BREAD

2 cups flour 1 cup milk
4 teaspoons Jewel Baking Powder 1 egg
2 tablespoons sugar 2 tablespoons shortening
1/2 cup nuts

METHOD: Sift the dry ingredients several times, reserving a little flour to sift over chopped nuts. Add the milk, beaten egg, and melted shortening. Stir in the floured nuts. Fill a well-greased bread pan about two-thirds full and bake in medium hot oven (375°F) for 40 minutes.

DATE AND NUT LOAF

1 teaspoon soda 1 tablespoon fat
1 cup dates, cut 1 egg
1 cup boiling water 1/2 cup chopped walnuts
3/4 cup brown sugar 1 1/2 cups bread flour
1/4 teaspoon salt

METHOD: Sprinkle the soda over cut dates, and pour boiling water over both. Stir sugar, salt, fat and egg. Add nuts, date mixture, and sifted flour. Turn into a greased pan and bake in slow oven (300°F) one hour.

When making mush at night to slice and fry for breakfast, pour the hot mush into cupcake tins. The next morning nice round cakes come out easily and fit nicely into the skillet and can be turned without breaking.
YEAST BREAD

1 cup milk          1 cup lukewarm water
1 teaspoon sugar    1/2 teaspoons salt
1/2 tablespoon sugar 6 cups flour
1 tablespoon sugar 1 1/2 tablespoons melted shortening

METHOD: 1. To warm milk and water, add sugar and salt. Break yeast cake in small pieces and add, stirring until dissolved. Add enough flour to make a batter. Stir in melted shortening and beat well. Add balance of flour to make a fairly stiff dough. Turn out on lightly floured board and knead until smooth and spongy. Place dough in greased bowl and lightly oil the top to prevent a crust forming. Cover bowl with clean cloth and set in warm place free from draughts for 3 hours, or until dough is light (until blisters appear on top of dough).

2. Punch the dough down in the center and fold over from the four sides to the center and punch again. Turn dough over in bowl and allow to rise again for 45 minutes.

3. Knead again as before and allow to rise 15 minutes. Then turn out on lightly floured board.

4. Divide into 2 equal parts. Round 1/2 into a loaf shape and place in a greased loaf pan. The other half may be used for rolls if desired. Let dough stand about 10 minutes in baking pan.

5. Place in hot oven (400° to 425°F). Bake from 40 to 60 minutes, or until well browned.

6. If you wish a pleasing appearance, you may glaze the tops of your bread or rolls by brushing lightly with a little milk about 5 minutes before you remove from oven.

ROLLS

Mold yeast bread dough into a long roll. Cut into small pieces. Roll into balls and set close together in a greased pan. Grease tops, cover with a clean cloth, and let rise until doubled. Bake in a quick oven (450°F) 20 minutes.

A large cold pack canner is a wonderful container in which to raise bread.

Jewel Peanut Butter and Mayonnaise jars make ideal ice box containers. They are small and the covers prevent odors.
CARAMEL ROLLS

Make a yeast bread dough. When it has risen, turn out on floured bread board and roll to ½ inch thickness. Sprinkle generously with granulated sugar and roll tightly. Cut crosswise into 2 inch pieces. Cover the bottom of the baking pan with a mixture of sugar and Jewel Ground Cinnamon. Place rolls, cut side down, closely together. Set in a warm place and allow to rise for 20 minutes. Bake in a moderate oven (350°F) until well browned.

CINNAMON BREAD

1 cup milk or water
2 tablespoons shortening
3 tablespoons sugar
¾ teaspoon salt
2 teaspoons Jewel Cinnamon
1 yeast cake
¼ cup lukewarm water
1 cup Jewel Seedless Raisins
1 cup whole wheat flour
About 2½ cups white flour

METHOD: Scald liquid and add shortening, sugar, salt and cinnamon. Cool until lukewarm. Add the yeast cake which has been softened in lukewarm water, and the raisins. Add whole wheat flour and enough white flour to make a dough which can be handled. Knead until smooth and elastic and let rise until doubled in bulk; cut down and knead again. Shape into a loaf, place in a greased pan, and again let rise until doubled in bulk. Put into a moderately hot oven (375°F) and after 10 minutes reduce the temperature to moderate (350°F). Continue baking for 40 minutes.

COFFEE CAKE

1¼ cups milk
3 tablespoons butter
½ teaspoon salt
¼ cup sugar
½ yeast cake
1 egg
2¾ cups flour
1 tablespoon butter
2 tablespoons sugar
½ teaspoon Jewel Cinnamon

METHOD: Scald milk, add butter, salt and sugar. When lukewarm, add crumbled yeast cake. Stir until dissolved. Add beaten egg and flour to make a stiff batter. Cover and let rise, until double in bulk. Grease an oblong pan. Pour dough in pan ½ inch thick. Melt butter and brush over cake. Then sprinkle with granulated sugar and Jewel Cinnamon. Bake in a hot oven (425°F) for 1 hour.

SWEDISH TEA RING

Roll dough into rectangular piece, ¼ inch thick. Spread with melted butter, sprinkle with sugar, Jewel Cinnamon and Jewel Raisins or with Jewel Mince Meat, which has been broken into small pieces. Roll like a jelly roll. Join ends together, making a ring. Place on a baking sheet. Cut deep indentations, ½ inch apart, all the way around, gently turning each piece so that cut side is up. Bake in a hot oven (400°F) for 25 minutes.

VARIATION: Sprinkle with chopped almonds before baking, or while ring is still hot cover with uncooked icing and sprinkle with chopped nuts. May also be made with baking powder dough as illustrated on page 7.

Remove food burned on glass baking dishes by boiling the dish in water with Jewel Powdered Ammonia Compound.

When lemons are dry and hard, put them into a hot oven for a few minutes and they will be freshened.
**BUTTER CAKES**

**Bride's Cake**

- ½ cup butter
- 1 ½ cups sugar
- 2 ¼ cups pastry flour
- 3 teaspoons Jewel Baking Powder
- ¾ cup water
- 5 egg whites
- 1 teaspoon Jewel Vanilla Extract

**METHOD:** Cream the shortening and the sugar well. Add the sifted flour and the baking powder alternately with the water, and mix thoroughly. Fold in the stiffly beaten egg whites, and add the vanilla. Bake in layers in a moderate oven (350°F) for 20 to 25 minutes. Use this recipe for CHECKERBOARD CAKE, page 13.

**Lemon Upside Down Cake**

- 2 lemons
- ½ cup cold water
- 1 ½ cups sugar
- 2 ¼ cups flour
- 3 teaspoons Jewel Baking Powder
- 2/3 cup milk
- 2 ½ cups flour
- 1 teaspoon Jewel Vanilla Extract

**METHOD:** Wash the lemons in cold water. Cut the peeling from one in thin strips and cook in ½ cup of cold water until tender and the water has evaporated. Grate the skin of the second lemon and remove white peeling. Then slice both lemons in the bottom of a heavy frying pan. Add the grated lemon rind and the cooked lemon strips and cover evenly with the sugar. Preheat the pan slightly.

When baking a cake in a hurry, considerable time may be saved and a delicious topping secured by sprinkling the top of the cake with about a half inch of Jewel Cocoanut before baking.
**JIFFY CAKE**

1 cup sugar  
2 cups pastry flour  
3 teaspoons Jewel Baking Powder  
1/2 teaspoon salt  
3/4 cup milk  
1/4 cup soft butter  
2 egg whites, unbeaten, or  
1 whole egg  
1 teaspoon Jewel Vanilla Extract  

METHOD: Sift the dry ingredients into bowl. Make hollow in center and pour in remaining ingredients. Beat all together 2 minutes. Bake 35 minutes in a square loaf pan in a moderate oven (350°F).

**GOLD CAKE**

3/4 cup butter or substitute  
1 1/4 cups sugar  
8 egg yolks  
2 1/2 cups pastry flour  
4 teaspoons Jewel Baking Powder  
3/4 cup milk  
1/2 teaspoon Jewel Lemon Extract  

METHOD: Cream the butter, gradually add the sifted sugar, and continue creaming. Beat the egg yolks until thick and lemon colored before adding to the creamed mixture. Beat well. Sift the flour once, measure, add baking powder and sift 4 times. Add the flour alternately with the milk, to which the extract has been added. Beat the mixture hard, then pour batter into three 9-inch cake tins and bake in a slow oven (325°F) for 40 minutes.

**BROWNSTONE FRONT CAKE**

1/2 cup butter  
1 1/2 cups sugar  
3 eggs  
1 teaspoon soda  
1 cup milk  
2 1/2 cups sifted pastry flour  
% cup Jewel Cocoa  
1/2 teaspoon salt  
1/2 teaspoon Jewel Vanilla Extract  

METHOD: Cream butter. Add sugar and cream thoroughly; next the egg yolks, slightly beaten. Dissolve the soda in milk, and add alternately with sifted flour, cocoa and salt. Add vanilla. Fold in stiffly beaten egg whites. Bake in three layers in a moderately hot oven (375°F) for 30 minutes.

**RICH FRUIT CAKE**

1 cup shortening  
1 1/4 cups sugar  
4 eggs  
2 cups Jewel Raisins  
3/4 cup candied cherries  
1 cup candied pineapple  
1/2 cup stoned Jewel Prunes  
3/4 cup candied citron  
1 teaspoon mace  
1/4 cup each orange and lemon rind  
1 cup currants  
1/2 cup strong Jewel Coffee  
1 teaspoon Jewel Baking Powder  
1 teaspoon Jewel Cinnamon  
1/2 teaspoon Jewel Allspice  
1/2 teaspoon ground cloves  

METHOD: Cream shortening; add sugar and cream thoroughly. Add eggs unbeaten with fruit and coffee. Beat well. Sift dry ingredients. Add slowly to first mixture and beat. Bake in loaf pan in slow oven (300°F) for 2 1/2 hours.

The screw-top on Jewel Extract bottles holds just one-half teaspoon of liquid. It is a convenience in measuring.

When melting chocolate, put Jewel Waxed Paper in the dish.

The melted chocolate runs right off.
EGG CAKES

SPONGE CAKE

3 eggs
½ cup sugar
½ tablespoon lemon juice
Grated rind of ½ lemon

½ cup pastry flour
½ teaspoon salt

METHOD: Separate the eggs and beat the yolks until thick and lemon colored; add the sugar gradually and continue beating the mixture with the egg beater. Add the lemon juice and grated rind, and fold in the stiffly beaten egg whites. Fold the sifted flour and salt into the mixture with a spatula or case knife. Pour the batter into moulds or pans and bake in a moderately slow oven (325°F) until done, 20 to 45 minutes according to the size of the pan. Turn the cake upside down on a cake rack and allow to cool before removing from pan.

JELLY ROLL

Use above recipe. Line the bottom of a dripping pan with waxed paper. Cover the bottom of pan evenly with cake mixture. Bake in a moderately slow oven (325°F) for 10 minutes. Remove from oven and turn cake out onto a paper sprinkled with powdered sugar. Remove lining paper and cut off the crusts. Spread jelly or jam over entire piece of cake, then roll the cake. Wrap cake in a cloth to set; cut in slices ¾ inch thick.

CHECKERBOARD CAKE

Follow recipe for Bride’s Cake. Divide batter in two. Add ½ cup Jewel Cocoa to one half. To make checker board effect—bake in 3 pans. In two pans pour dark batter around the outer edge of pan, white batter for a second circle and dark batter in the center. In the third pan (this layer to be placed between the other two) make the outer circle and center of white batter, with the dark batter between these two. Put together with white frosting.

STRAWBERRY SHORTCAKE

Bake sponge cake in two layers, or several individual cakes. Cover the layers or cakes with crushed, sweetened berries, and top with whipped cream.

ANGEL FOOD CAKE

1 cup egg whites
¼ teaspoon salt
¾ teaspoon cream of tartar
1 cup granulated sugar
1 cup pastry flour
½ teaspoon Jewel Lemon Extract
½ teaspoon Jewel Vanilla Extract

METHOD: Pour the whites in a platter or bowl, add salt, and beat with a wire egg beater until they become frothy; add the cream of tartar and continue beating until eggs are stiff. Gradually and carefully fold in the sifted sugar, flour, and flavoring. Pour batter into an ungreased tube cake pan and bake in a slow oven (275°F) for 40 minutes, increase the heat to 325°F and continue baking for 10 minutes more. Remove from the oven and invert cake over rack to cool. When the cake is cool, remove from the pan and frost with powdered sugar or icing.

TO SERVE: Angel cake should never be cut but rather broken apart, using two forks for the operation.

To break nut meats quickly, place them in a paper bag and roll with a rolling pin several times.

Warm left-overs in a Mary Dunbar Cooker. They do not dry out and you can heat four at one time.
EGG YOLK SPONGE CAKE

5-7 egg yolks
1 cup sugar
1/2 cup boiling water

1 1/2 cups flour
2 teaspoons Jewel Baking Powder
1 teaspoon Jewel Lemon Extract

METHOD: Beat egg yolks with rotary beater until light and lemon colored; add sugar and continue beating; add boiling water while beating. Sift flour and baking powder together and fold into the mixture. Add flavoring, and beat well. Bake 45-60 minutes in moderately slow oven (325°F). Invert on cooler and allow to cool before removing from pan.

Syrup Angel Cake

1/2 cups sugar
3/4 cup water
1/2 teaspoon salt
1 teaspoon cream of tartar

1 cup egg whites
1 teaspoon Jewel Vanilla Extract
1 cup flour

METHOD: Boil sugar and water until syrup spins a thread (242°F). Add salt and cream of tartar to egg whites and beat until stiff. When the syrup is slightly cooled (180°-200°F), pour over egg whites, beating constantly. Add flavor; fold in flour which has been sifted 5 times. Bake in ungreased tube cake pan 55 minutes in a moderately warm oven (340°F). Remove from oven; turn upside down on cake rack and leave until cold before trying to remove from pan.

SUNSHINE CAKE

6 egg whites
1/2 teaspoon salt
3/4 teaspoon cream of tartar
1 cup of sugar

6 egg yolks
1 cup cake flour
1 teaspoon Jewel Lemon Extract

METHOD: To the egg whites add the salt, and beat until partially frothy. Add cream of tartar. Continue beating. Gradually beat in sifted sugar. Fold in beaten egg yolks. Fold in flour which has been sifted 4 times. Add lemon extract. Bake in ungreased tube cake pan in moderate oven (360°F) for 45 minutes. Increase heat to 375°F for 15 minutes, to brown.

CHOCOLATE MARSHMALLOW ROLL

4 eggs
1 cup granulated sugar
4 tablespoons Jewel Cocoa
3/4 cup pastry flour

1 teaspoon Jewel Baking Powder
1 teaspoon Jewel Vanilla Extract
2 tablespoons milk

METHOD: Separate the eggs and beat the yolks until light and lemon colored. Add the sugar and continue beating until all the sugar is well mixed with the egg. Add the dry ingredients, which have been sifted together; then the vanilla and the milk. Fold in the stiffly beaten egg whites and turn batter onto a paper-lined dripping pan. Bake in a moderate oven (350°F) for 15 minutes. Remove from the oven and turn cake onto a cloth or paper and trim off the edges. Spread with Marshmallow Icing and roll like a jelly roll.

DISCOLORATIONS ON ALUMINUM WARE CAN BE REMOVED BY FILLING THE PAN WITH A COLD, WATER SOLUTION OF ONE TABLESPOON OF VINEGAR TO A QUART OF WATER. BRING TO BOIL AND BOIL FOR FIVE MINUTES. POLISH WITH STEEL WOOL.
ICINGS, FILLINGS AND SWEET SAUCES

SEVEN MINUTE ICING

\[
\begin{align*}
\frac{7}{8} \text{ cup of sugar} & \quad 3 \text{ tablespoons water} \\
\frac{1}{4} \text{ teaspoon cream of tartar} & \quad 1 \text{ teaspoon Jewel Lemon or Vanilla Extract} \\
1 \text{ egg white} & \\
\end{align*}
\]

METHOD: Mix sugar, cream of tartar, egg white and water in top of double boiler. Place over rapidly boiling water, and beat with a rotary beater 7 minutes, or until of the right consistency for spreading. Remove, add flavoring and spread on cake with a spatula.

MARSHMALLOW ICING

\[
\begin{align*}
1\frac{1}{3} \text{ cups sugar} & \quad 1 \text{ egg white} \\
\frac{1}{2} \text{ cup cold water} & \quad 6 \text{ marshmallows} \\
1 \text{ tablespoon corn syrup} & \quad 1 \text{ teaspoon Jewel Vanilla Extract} \\
\end{align*}
\]

METHOD: Cook sugar, water and corn syrup together until the mixture forms a soft ball when tested \((238^\circ F)\). Beat egg white stiff; add marshmallows, then the syrup very slowly, beating constantly. Add flavoring. Beat until of the right consistency for spreading.

ORANGE CAKE FILLING

\[
\begin{align*}
1 \text{ cup sugar} & \quad \frac{1}{4} \text{ cup water} \\
2 \text{ tablespoons cornstarch} & \quad 2 \text{ egg yolks} \\
\text{Grated rind of 1 orange} & \quad 1 \text{ teaspoon butter} \\
\frac{2}{3} \text{ cup orange and lemon juice} & \\
\end{align*}
\]

METHOD: Mix the sugar and cornstarch together; add the grated orange rind, juice, water, beaten egg yolks and butter. Cook the mixture until it thickens and has become clear and orange colored. Allow the mixture to cool and spread between the layers of cake.

When measuring molasses or syrup, first grease the cup and every drop of syrup will pour out.

Jewel Beverage Syrups are excellent for flavoring and coloring icings, junkets, etc.
MOCHA ICING

1 1/4 cups sugar
4 tablespoons butter
2 tablespoons Jewel Coffee
1/2 teaspoon Jewel Vanilla Extract


HOT FUDGE SAUCE

2 cups sugar
1/2 cup Jewel Cocoa
1/2 cup water
1 tablespoon vinegar
1 tablespoon butter
1/2 teaspoon Jewel Vanilla Extract

METHOD: Mix sugar and cocoa. Add water and vinegar and cook to soft ball stage (238°F). Remove from fire. Stir in butter and vanilla. Serve on ice cream.

CUSTARD FILLING

1 tablespoon cornstarch
1/8 teaspoon salt
1/4 cup sugar
1 egg yolk
1/2 cup milk
1/2 teaspoon Jewel Vanilla Extract


COCOA FILLING

3/4 cup sugar
4 tablespoons Jewel Cocoa
1/4 teaspoon salt
1/2 teaspoon Jewel Cinnamon
6 tablespoons flour
1 pint Jewel Coffee


HARD SAUCE

1/3 cup butter
1 cup confectioner’s sugar or
3/4 cup granulated sugar
1/2 teaspoon Jewel Lemon Extract
1/2 teaspoon Jewel Vanilla Extract
1/2 teaspoon Jewel Nutmeg

METHOD: Cream butter and add sugar gradually, add extracts, nutmeg; mix.

BUTTERSCOTCH FILLING

2 cups brown sugar
1/2 cup flour
2 cups scalded milk
4 egg yolks
6 tablespoons butter
1 teaspoon Jewel Vanilla Extract
1 1/4 cups Jewel Shredded Cocoanut

METHOD: Mix the sugar and the flour together. Add milk. Cook mixture until it begins to thicken. Add the beaten egg yolks and cook three minutes longer. Remove from fire; add butter; cool; add vanilla; sprinkle with cocoanut.

Jewel Graham Crackers rolled and stirred into frostings or fillings give a delicious filling. A medicine dropper is very handy to use when adding vegetable coloring to cake frosting, etc.
Cookies

FROSTED COOKIES

1/2 cup shortening 1 1/2 cups pastry flour
1 cup white sugar 1 teaspoon Jewel Baking Powder
2 eggs 1/2 teaspoon Jewel Vanilla Extract
1/2 teaspoon salt

METHOD: Cream the shortening and the sugar. Add the beaten eggs and the sifted dry ingredients. Add the vanilla and mix ingredients well. Spread the batter onto a baking sheet, spreading as thinly as possible. Frost with:

1 cup light brown sugar 1 cup chopped nutmeats
1 egg white

METHOD: Remove lumps from brown sugar. Beat egg white until stiff and fold in the sugar. Spread on cookie batter; sprinkle ground nuts over the top. Bake in moderate oven (325°F) 30 minutes. Cut in squares.

HERMITS

1/3 cup butter 2 teaspoons Jewel Cinnamon
2 1/2 cup brown sugar 1/2 teaspoon Jewel Nutmeg
1 egg 1/4 teaspoon salt
2 tablespoons milk 1 cup Jewel Seedless Raisins
1 3/4 cups flour 1/2 cup chopped nuts
2 teaspoons Jewel Baking Powder

METHOD: Cream butter and sugar. Add egg and beat thoroughly. Add milk. Sift dry ingredients and add, beating well. Lastly add the raisins and nuts, which should not be chopped too finely. Drop on buttered cookie sheet and bake in a moderately hot oven (375°F) for 20 minutes.

DATE BARS

3 eggs 1 teaspoon Jewel Baking Powder
1 cup sugar 1 cup chopped dates
1 cup flour 3/4 cup chopped nuts

METHOD: Beat the egg yolks until thick; add the other ingredients. Beat the egg whites until stiff and fold them into the mixture. Spread thinly onto a baking sheet and bake in a moderately hot oven (375°F).

To save time when making cookies, roll or spread the dough over the entire baking pan. Cut in squares after baking. Use a spring-top glass syrup pitcher to keep Grano in. It never spills and one can see how much is being poured.
BROWNIES

1/2 cup butter, melted
2 eggs
1 cup sugar
1/2 cup flour
1 teaspoon Jewel Baking Powder

6 tablespoons Jewel Cocoa
1/2 teaspoon salt
1 teaspoon Jewel Vanilla Extract
1 cup chopped walnut meats

METHOD: Melt butter. Beat eggs and add the sugar, then the other sifted dry ingredients. Add butter, extract and walnut meats. Combine thoroughly and bake in shallow pan in moderately slow oven (325°F) 20 to 30 minutes. Turn out and cut in bars. Cover to retain chewy qualities.

ICE-BOX COOKIES

1 cup shortening
2 cups light brown sugar
2 eggs
3 teaspoons Jewel Baking Powder

3 1/4 cups pastry flour
1 teaspoon Jewel Cinnamon
1 teaspoon Jewel Vanilla Extract

METHOD: Cream the shortening and sugar; add the beaten eggs. Add the sifted dry ingredients, mix well and add vanilla. Mould into a loaf and let stand in ice-box for 24 hours. Slice and bake in a hot oven (375°F).

GINGER COOKIES

3 tablespoons shortening
1/4 cup dark brown sugar
1 egg
1 1/2 cups flour
1/4 cup cornstarch
1/2 teaspoon Jewel Baking Powder
1/2 teaspoon Jewel Cinnamon
1/2 teaspoon Jewel Allspice

1/4 teaspoon cloves
3/4 teaspoon soda
1/2 teaspoon salt
1 tablespoon Jewel Ginger
1/2 cup dark brown molasses
1/2 cup thick, sour cream

METHOD: Cream shortening and sugar. Add beaten egg, then sifted dry ingredients alternately with the liquids (molasses and cream). Bake on a greased dripping pan in a hot oven (375°F) 15 to 20 minutes. Cut in squares and ice.

SOUR CREAM COOKIES

1/3 cup shortening
1 cup brown sugar
1 egg
1/2 cup sour cream
1/4 teaspoon salt
2 cups flour
1 1/2 teaspoons Jewel Baking Powder
1/2 teaspoon soda
1/4 teaspoon nutmeg

METHOD: Cream shortening and sugar. Add beaten egg and beat well. Add sour cream. Sift dry ingredients together and add to first mixture. Combine well. Drop on a buttered pan from a spoon and bake in a hot oven (400°F) for 15 minutes.

NOTE: It is convenient to make up a large cookie recipe once a week. Divide the dough in portions, flavoring one with spice, another with nuts and raisins and leave one plain. Leave in ice box to cut and bake on a moment’s notice.

Cut the tops and bottoms out of empty Jewel Baking Powder cans to use as forms for chilling ice-box cookies. It makes a nice, square cookie, and the dough can be easily pushed out for thin slicing when chilled.
Candies and Confections

SEA FOAM

3 cups sea sugar  2 egg whites
1 cup water  1 cup chopped nuts
2 teaspoons vinegar  1 teaspoon Jewel Vanilla Extract

METHOD: Cook sugar, water, and vinegar until it forms a medium ball when tested in cold water (240°F). Pour slowly onto stiffly beaten egg whites, beating continually. When creamy, add nuts and vanilla. When stiff, pour into buttered pan.

PEANUT BUTTER PENOCHE

2 cups brown sugar  3/4 cup Jewel Peanut Butter
1 cup milk  1/2 cup Jewel Cocoanut
1/2 teaspoon salt

METHOD: Boil sugar, milk and salt until a soft ball is formed (238°F). Remove from fire; add peanut butter and cocoanut and beat until stiff. Turn out on buttered dish. When cold, cut in squares.

BUTTERSCOTCH CANDY

3/4 cup brown sugar  3 teaspoons salt
1/2 cup white sugar  6 tablespoons butter
3/4 cup white corn syrup  1 teaspoon Jewel Lemon Extract
1 cup cold water

METHOD: Mix brown and white sugar, corn syrup and water in candy kettle. Cook until syrup forms a medium ball when dropped in cold water, or to 245°F. Add butter and salt. Cook until the syrup again reaches 245°F. Pour into a well oiled pan. When cold enough to handle, roll up in a loaf. Remove to a well oiled table top and pull out into strips the size of the finger. Cut in pieces 1 inch long and wrap immediately in waxed paper.

WHITE TAFFY CANDY

2 cups sugar and 1/2 cup corn syrup or 2 1/2 cups sugar  2 tablespoons butter
1 cup water  1 tablespoon vinegar
1 teaspoon Jewel Vanilla Extract

METHOD: Cook all together without stirring until the candy forms a hard ball when tried in cold water (250°F). Remove from fire. Pour on buttered platter. When cool, pull into creamy white, working in vanilla. Stretch into long strips the size of a finger, and cut in 1 inch pieces. Wrap in waxed paper.

POP CORN BALLS

2 cups sugar  1/2 cup water
1/2 cup corn syrup  5 quarts popped corn

METHOD: Cook sugar, syrup and water to the medium ball stage (245°F). Remove from fire, and pour immediately over the corn which has been salted. Stir with a spoon to mix well. Mold into balls as quickly as possible. 25 balls.

Jewel French Process soap boxes are very useful as containers for spools of silk or cotton thread. They are just the right height to keep the spools from falling over and the thread from becoming tangled.
CORNFLAKE BRITTLE

2 cups granulated sugar  
1 cup brown sugar  
½ cup light corn syrup  
1 cup water  
¼ cup butter  
⅛ teaspoon salt  
2 tablespoons Jewel Peanut Butter  
2½ cups cornflakes

METHOD: Stir first four ingredients together enough to dissolve. Cook until it spins a thread (300°F). Stir into mixture, butter, salt and peanut butter—only until well blended; add cornflakes. Pour onto greased sheet and pull as thin as possible, working with it until it is too cold to pull.

ENGLISH TOFFEE

1 cup brown sugar  
1 cup white sugar  
½ cup corn syrup  
1 cup cream  
½ teaspoon salt  
2 tablespoons butter  
1 teaspoon Jewel Vanilla Extract  
1½ cups chopped nuts

METHOD: Put the sugar, syrup, cream and salt into a sauce pan and stir the mixture until it is all dissolved. Cook the candy until it reaches the soft ball stage (238°F). Add the butter and continue cooking until the crack stage is reached (252°F). Remove from the fire and add the vanilla and nuts. Pour onto a greased sheet and mark into bars.

CANDIED GRAPEFRUIT PEEL

Peel of 2 small or 1 large grapefruit  
½ cup water  
1 cup sugar

METHOD: Put grapefruit peel into enough water to cover and let slowly come to a boil. Drain. Add cold water and repeat process. Repeat until peel has been heated in five waters and let cook in last water until transparent. Drain and cut in long strips. Cook sugar and water together for 5 minutes. Add grapefruit peel and cook until syrup is all absorbed. Roll in granulated sugar. Spread to dry.

APRICOT COCOANUT STUFFED DATES

1 cup dried apricots  
½ cup nut meats  
⅔ cup Jewel Shredded Cocoanut  
2 tablespoons orange juice  
Pitted dates

METHOD: Wash apricots, and place in wire sieve over boiling water for 5 minutes, to soften. Put through food chopper alternately with nuts and cocoanut. Add orange juice. Mix well with hands. Stuff dates and roll in sugar.

ORANGE PEANUT STUFFED DATES

⅓ cup Jewel Peanut Butter  
5 tablespoons orange juice  
3 tablespoons sugar  
½ teaspoon Jewel Cinnamon or  
½ teaspoon Jewel Cocoa  
Pitted dates

METHOD: Cream peanut butter and slowly add orange juice. Stuff dates with the peanut butter mixture and roll in a sugar and cinnamon, or sugar and cocoa mixture.

For an easy way of making sure that each curtain tie-back is fastened at the same height on the window, I pull the shades down to the point desired and fasten the curtains in line with the bottom of the shade.
Doughnuts and Other Batters

DOUGHNUTS

2½ cups flour
½ cup sugar
1 teaspoon salt
2½ teaspoons Jewel Baking Powder

1/4 teaspoon Jewel Cinnamon
1/8 teaspoon Jewel Nutmeg
½ cup milk
1 egg
2 tablespoons melted butter

METHOD: Sift dry ingredients. Add milk and egg which have been lightly beaten together. Add melted butter. Toss onto floured board. Roll ¼ inch thick and cut; drop into deep, hot fat (if a crumb of bread will brown in one minute, the fat is the right temperature for the doughnuts) (375°F). Fry until delicately browned. Drain on heavy brown wrapping paper. 20 doughnuts.

COCOA DOUGHNUTS

1 egg
½ cup sugar
1½ tablespoons melted butter
½ cup milk
1 teaspoon Jewel Vanilla Extract

1¾ cups flour
½ teaspoon salt
3 tablespoons Jewel Cocoa
2 teaspoons Jewel Baking Powder

METHOD: Follow method given in recipe just above.

DOUGHNUT VARIATIONS

A great variety of doughnuts may be made by varying the flavor. Some popular flavors are:

Vanilla
Vanilla and mace
Almond and mace

Lemon
Vanilla and lemon
Chocolate and vanilla

Almond
Lemon and nutmeg
Nutmeg and cinnamon

Nutmeg
Lemon and almond
Vanilla, nutmeg and almond

Vanilla and nutmeg
Almond and nutmeg
Nutmeg, cloves and cinnamon

Use the Jewel Quick Oats box for sugaring doughnuts and you will find it ideal.

A doughnut recipe, with extra shortening, baked like waffles and sprinkled with powdered sugar is popular.
FRENCH DOUGHNUTS

1 cup milk
1 tablespoon granulated sugar
1 teaspoon salt
1/2 yeast cake
1/4 cup lukewarm water
5 cups flour

2 eggs
1 cup brown sugar
1/3 cup melted shortening
1 teaspoon Jewel Cinnamon
1/2 teaspoon Jewel Nutmeg

METHOD: Scald the milk and cool. Add the granulated sugar, salt, and yeast that has been dissolved in the water. Add one cup of the flour, stir until smooth, and allow to stand where warm (but not hot) for 1 1/2 hours. Beat the eggs well, and add the brown sugar, shortening and spices to the sponge, mixing well. Work in remaining flour. Knead well and let rise 20 minutes, or until double in bulk. Roll out to 1/4 inch thickness and cut out with cookie cutter. Let stand 5 minutes, then fry in deep fat (380°F). Drain; sprinkle with confectioners sugar.

APPLE FRITTERS

1 1/2 cups flour
1 1/2 teaspoons Jewel Baking Powder
1/4 teaspoon salt
2 1/2 cups milk

1 egg
Tart apples
Confectioner’s sugar
1 tablespoon lemon juice

METHOD: To make the batter, mix and sift dry ingredients. Gradually add the milk and well beaten egg. Peel, core and slice apples crosswise. Sprinkle with powdered sugar and lemon juice. Cover and let stand 1/2 hour. Drain and dip each slice in batter. Fry in deep fat (390°F) until golden brown. Remove and drain on unglazed paper. Sprinkle with mixture of 2 tablespoons sugar and 1 teaspoon Jewel cinnamon.

GINGERBREAD

1/2 cup shortening
1/2 cup sugar
1 egg
1 cup molasses
1 cup hot water

2 teaspoons baking soda
1 teaspoon Jewel Ginger
2 teaspoons Jewel Cinnamon
2 teaspoons Jewel Baking Powder
2 1/2 cups flour

METHOD: Cream shortening and sugar; add egg. Then molasses, water and soda mixed together. Add sifted dry ingredients, and mix all well. Bake in two layers in a slow oven (275°F) for 50 minutes. Serve with whipped cream.

BLITZ KUCHEN

1 cup sugar
2 teaspoons Jewel Baking Powder
2 cups flour
1/2 teaspoon salt
1/2 cup butter

2 eggs
1 cup milk
1/2 cup sugar
4 tablespoons crushed nuts

METHOD: Sift dry ingredients into a bowl. Rub in the butter. Add beaten eggs and milk. Place in greased baking pan. Sprinkle top with 1/2 cup sugar and the crushed nuts. Bake in moderate oven (350°F) for 30 minutes.

When painting, a paper pie plate is useful as a tray for the paint can and a convenient place to "park" the brush.
Save discarded powder puffs. They can be washed for shoe or silverware polishers.
CORNSTARCH PUDDING

1/4 cup sugar
4 tablespoons cornstarch
2 cups milk
1/8 teaspoon salt
1 teaspoon butter
1 teaspoon Jewel Vanilla Extract

METHOD: Mix the sugar and cornstarch in top of a double boiler. Add milk slowly. Cook over flame, stirring constantly until thickened. Continue cooking over boiling water—about 10 minutes. Remove from fire and add salt and butter. Mix well. When slightly cooled, add vanilla and pour into serving dish. Serve cold with cream or sauce. Serves 4.

RICE AND COCOANUT PUDDING

2 cups cold cooked Jewel Rice
1 cup Jewel Shredded Cocoanut
1 cup Jewel Raisins
1 cup sugar
1/4 teaspoon salt
4 eggs
2 1/2 cups milk
1/2 teaspoon Jewel Vanilla Extract
1/2 teaspoon Jewel Lemon Extract
1 teaspoon grated orange peel


SWISS RICE

1 teaspoon salt
3 to 3 1/2 cups milk
1 cup Jewel Rice
1 pint cream, whipped
1/2 teaspoon Jewel Vanilla Extract
Raspberry or cherry juice

METHOD: Add salt to milk. Cook rice in milk in double boiler until tender. Cool and add vanilla. Fold in all but 1/2 cup of the whipped cream. Pile lightly in sherbet glasses. Add enough fruit juice to remaining whipped cream to color prettily and use it to garnish the top. Serve cold. Serves 6.

Put custard into Glasbake cups, place on the tray in the Jewel Waterless Cooker and steam. Serve right in the cup. Use a curling iron to stretch the fingers of washable kid gloves.
RHUBARB TAPIOCA

1 1/2 cups boiling water  3 cups rhubarb (cut in pieces)
1/3 cup Jewel Minute Tapioca  1/2 teaspoon salt
1/4 cups sugar  Red coloring

METHOD: Put the boiling water and the tapioca into the top of a double boiler. Cook 15 minutes. Add the sugar, rhubarb, and salt. Cook until the tapioca is clear and the rhubarb is tender. Remove from the flame, cool, and tint a natural strawberry-rhubarb color. Pour into glasses and allow to chill. Serve with whipped cream. Serves 8.

PEACH COBBLER

2 cups canned sliced peaches  1 1/2 cups peach juice
2 tablespoons cornstarch  2 tablespoons butter

BATTER

2 cups flour  1 teaspoon salt
3 teaspoons Jewel Baking Powder  1 cup milk

METHOD: Spread sliced peaches in buttered baking dish. Dot with butter. Blend cornstarch and juice and pour over peaches. Batter is made as for baking powder biscuits—only dropped and spread over peach mixture instead of being rolled. Bake in a hot oven (425°F) for 25 minutes. Serves 8.

GLORIFIED RICE

1 pint can shredded pineapple  1 cup whipping cream
1 cup pineapple juice  1/2 cup sugar
1 package Lemon Jewel-Jell  1/2 cup blanched, chopped almonds
1 cup boiling water  1/2 cup pecans, chopped
2 cups cold, cooked Jewel Rice

METHOD: Drain pineapple. Dissolve Jewel-Jell in boiling water and add pineapple juice and allow to thicken. When set, whip to consistency of heavy cream. Add pineapple pulp to rice and fold into whipped Jewel-Jell. Add sugar to whipped cream; add the nuts, and fold into the Jewel-Jell mixture. Set in cold place to hold its shape. May be served plain or with whipped cream, garnished with maraschino cherry. Serves 8.

BOILED CUSTARD

Yolks of 4 eggs  2 cups milk
1/2 cup brown sugar  1 teaspoon Jewel Vanilla Extract
1/8 teaspoon salt

METHOD: Beat egg yolks lightly; add sugar and salt. Pour on slowly the slightly scalded milk. Add vanilla. Put in top of double boiler and cook over hot, but not boiling water for 5 minutes; then increase temperature of water until it boils gently but not vigorously and cook custard until it coats the spoon (about 4 minutes) stirring constantly to prevent lumping. Remove, cool, add vanilla and serve. Serves 6.
PORTO RICAN CUSTARD

3 eggs
3/8 teaspoon salt
1/2 cup brown sugar
2 cups milk
1 teaspoon Jewel Vanilla Extract

METHOD: Beat eggs lightly. Add sugar and salt and slowly pour on the scalded milk. Add vanilla and pour into a buttered baking dish. Place in a pan of water and bake in a moderately slow oven (325°F) until firm. Serves 6.

RICE CUSTARD

3 eggs
1/3 cup sugar
1/4 teaspoon salt
1 1/2 cups cooked Jewel Rice
1/4 teaspoon mace or Jewel Nutmeg
1 pint milk
1 teaspoon Jewel Vanilla Extract

METHOD: Stir eggs, sugar, salt and spice together thoroughly. Add milk, vanilla, cooked rice and mix well. Turn into buttered baking dish or casserole and bake in a moderate oven (325°F) 45 minutes. For fruited rice, 1/2 cup chopped dates or Jewel Raisins may be added. Serves 6.

NOVELTY MOUSSE

1 package Strawberry Jewel-Jell
1 pint boiling water
1 cup whipping cream
1/2 cup graham cracker crumbs
4 tablespoons Jewel Peanut Butter
2 tablespoons sugar
1/2 teaspoon Jewel Vanilla Extract
Jewel Graham Crackers

METHOD: Dissolve Jewel-Jell in boiling water. Allow to cool and stiffen slightly. Whip the cream and beat it into the Jewel-Jell. Then add the other ingredients (having put the peanut butter through a sieve), and beat until they are well mixed. Line bowl or a bread pan with graham crackers cut in thirds, and pour mixture into this. Put in ice box until firm; turn out on platter and garnish with whipped cream. Serves 10.

LEMON ICE

2 cups sugar
1 quart water
3/4 cup lemon juice

METHOD: Make a syrup by adding sugar to the boiling water. Boil 5 minutes, cool, add lemon juice, strain and freeze. To freeze, use eight parts of ice to one part of salt. Serves 8.

ORANGE ICE

1 quart water
2 cups sugar
2 cups orange juice
Grated rind of two oranges

METHOD: Cook water and sugar for three minutes. Dissolve Jewel-Jell in syrup. Add fruit and grated rind, cool, strain and freeze. Serves 12.

For a Jewel-Jell fruit salad, a mixture of one package each of lemon and orange is appetizing.

Make Jewel-Jell in a china pitcher. It then can be easily poured into individual molds without spilling.
PINEAPPLE ICE

1 cup sugar
4 cups water
1 can grated pineapple
Juice 2 lemons

METHOD: Boil sugar and water 12 minutes. Add pineapple and lemon juice. Cool and freeze. Serves 8.

COFFEE ICE CREAM

1 cup sugar
4 tablespoons cornstarch
1/4 teaspoon salt
2 cups milk
1/4 cups strong Jewel Coffee
1/2 teaspoon Jewel Vanilla Extract
1 cup cream

METHOD: Mix sugar, cornstarch and salt. Dissolve in half the milk. Add remaining milk and coffee. Cook in a double boiler, stirring constantly until thickened. Remove from fire, cool, add vanilla and cream. Freeze, using eight parts of ice to one of salt. Serves 8.

COCOA ICE CREAM

1 quart cream
1/4 cup Jewel Cocoa
1/2 cup cream, whipped
1 cup sugar
1 tablespoon Jewel Vanilla Extract

METHOD: Scald the cream. Mix the cocoa and sugar and slowly stir in the hot cream; then cook five minutes. Cool, add vanilla and freeze, using eight parts of ice to one of salt. Serves 8.

PRUNE WHIP

1 pkg. Lemon Jewel-Jell
1/4 cups boiling water
1 cup stewed prune pulp
2 egg whites
1/2 cup cream, whipped

METHOD: Dissolve Jewel-Jell in boiling water. Set aside to cool. When beginning to thicken, whip until light and frothy. Fold in the prune pulp, which has been rubbed through a sieve. Fold in stiffly beaten egg whites and whipped cream. Pour into a mould and set in ice box to harden. Serves 10.

PARADISE PUDDING

1 pkg. Lemon Jewel-Jell
1 cup boiling water
1 cup boiling pineapple juice
1/2 dozen marshmallows
1 1/2 dozen maraschino cherries
12 Jewel Graham Crackers
4 slices canned pineapple
1 cup cream, whipped

METHOD: Dissolve the Jewel-Jell in the boiling liquid; allow the mixture to become cool, and of a very thick, syrupy consistency. Whip to the consistency of whipped cream and then fold in the cut marshmallows, cherries, pineapple, crushed graham crackers and whipped cream. Turn into a mould and allow to harden. Serve in sherbet glasses and garnish with a bit of whipped cream, and half of a maraschino cherry. Serves 12.

For parties let Jewel-Jell set in a large shallow pan and then cut the individual servings with fancy cookie cutters. Be sure the Jewel-Jell has had ample opportunity to become firm before cutting it and placing it on the dessert plates.
Pastry

PIE CRUST

1½ cups sifted pastry flour or 1½ cups bread flour and
1¼ cups cornstarch
1/4 teaspoon salt

Y2 teaspoon Jewel Baking Powder
1/3 cup shortening
Ice water

METHOD: Sift flour, salt and baking powder into a cold bowl; add shortening, cutting it into the flour with two knives, until shortening is distributed through the flour in pieces the size of peas. Add the ice water by the tablespoonful, tossing it through the mixture with a knife or spatula. Do not add any more water than is required to lightly bind the ingredients. When the paste is on the blade of the knife in a ball that has cleaned the bowl, toss it on a lightly floured board; cut in half, put one-half the paste in the ice-box while rolling the lower crust. Always roll away from you with quick, light strokes; roll to about 1/4 inch thickness, fit loosely on pie tin, trim edge and pour in pie filling. Roll out upper crust, fold in center and make several 1/2 inch cuts in the dough on the folded edge, to allow steam to escape. Moisten edge of lower crust with water, fit on top crust loosely, press edges together, trim dough. To impart glossy color, brush top crust with milk. Bake in a very hot oven (450°F) until well browned.

MERINGUE

2 egg whites 1/2 teaspoon Jewel Vanilla Extract
4 tablespoons sugar

METHOD: Beat egg whites stiff. Fold in sugar and vanilla. Pile on top of pie filling. Place in moderate oven (325°F) 25 minutes or until golden brown.

STRAWBERRY PIE—UNIQUE

1 package Strawberry Jewel-Jell 1/4 cup powdered sugar
1½ cups boiling water 1 baked pie shell
1 box fresh strawberries Whipped cream

METHOD: Dissolve Jewel-Jell in boiling water; set to cool. Line a baked pie shell with fresh, sugared berries. As jell starts to thicken, pour it over berries. Put in ice box to set. Serve with sweetened whipped cream.

When the juice of a berry pie boils over and scorches in an oven, the result is a sticky or charred mass very difficult to clean up. The trouble may be avoided by placing the pie tin in the oven on a cookie sheet.
APPLE PIE

6 cooking apples  1 teaspoon Jewel Cinnamon
\(\frac{3}{4}\) cup sugar  1 tablespoon butter

METHOD: Pare and core apples—mix sugar and cinnamon. Line a pie plate with pie crust and cover with diced apples. Pour over this half the sugar mixture. Add another layer of apples, then remaining sugar. Dot with butter. Cover with pastry. Bake in a hot oven (400°F) for 10 minutes, then reduce heat.

GRAHAM CRACKER PIE

16 Jewel Graham Crackers  \(\frac{1}{2}\) cup granulated sugar
(rolled fine)  1 teaspoon Jewel Cinnamon
1 teaspoon flour  \(\frac{1}{2}\) cup melted butter

METHOD: Mix as for pie crust. Line pie plate with three-fourths the mixture. Note: Sugar may be omitted in this part, if too sweet.

CUSTARD FILLING

3 egg yolks  1 teaspoon Jewel Vanilla
\(\frac{1}{2}\) cup granulated sugar  2 tablespoons cornstarch
2 cups milk

METHOD: Blend sugar and cornstarch. Add beaten eggs to milk and stir into dry ingredients. Cook until mixture coats spoon. Add vanilla and pour into pie shell.

MERINGUE

METHOD: Make a meringue by beating the egg whites until stiff and add sugar. Spread on top of custard. Spread remaining crumb mixture over the top of meringue. Bake in a moderately slow oven (325°F) until meringue is brown. Serve ice cold.

PEANUT BUTTERSCOTCH PIE

1 1/2 cups brown sugar  2 egg yolks
6 tablespoons flour  4 tablespoons Jewel Peanut Butter
1 1/2 cups milk  \(\frac{1}{2}\) teaspoon Jewel Vanilla Extract

METHOD: Mix sugar and flour in top of double boiler. Add milk slowly. Cook in double boiler, stirring until thickened. Add slightly beaten egg yolks, and cook 3 minutes longer. Remove from fire. Add peanut butter and vanilla. When cool, pour into a baked crust, cover with meringue or whipped cream.

CHOCOLATE MARSHMALLOW PIE

2 tablespoons gelatin  \(\frac{1}{8}\) teaspoon salt
\(\frac{1}{2}\) cup cold water  \(\frac{1}{3}\) cup Jewel Cocoa
\(\frac{1}{2}\) cup hot water  4 egg whites
1 cup sugar  1 teaspoon Jewel Vanilla Extract

METHOD: Soak the gelatin in cold water for 5 minutes. Combine the hot water with the mixed sugar, salt and cocoa. Boil for a minute, stirring constantly. Remove from fire, and add the gelatin to this mixture to dissolve. Allow to cool and thicken. Beat the egg whites stiffly before folding into the thickened chocolate mixture. Add vanilla and pour into a baked pie shell. If served as a pudding, use a custard sauce or whipped cream as a dressing.

When you want to carry two pies any place, take the rack of the Mary Dunbar Cooker and place it in the cake safe and put one pie below the rack and the other on the rack. They can be carried in safety.
RHUBARB CUSTARD PIE

1 cup sugar
2 tablespoons cornstarch
2 eggs
3 cups rhubarb
$\frac{1}{2}$ teaspoon Jewel Nutmeg

METHOD: Line a pie plate with rich pastry. Mix sugar and cornstarch together and stir into well beaten egg yolks. Fill crust with rhubarb cut in $\frac{1}{2}$ inch cubes; pour sugar mixture over it, and sprinkle with the nutmeg. Bake in a moderate oven (350°F) 50 to 60 minutes. Cover with meringue.

TWO CRUST CHERRY PIE

2 cups cherries
1 cup sugar
1 tablespoon cornstarch
$\frac{1}{2}$ cup cold water

METHOD: Line a pie plate with rich pastry. Fill with cherries, washed and seeded. Cover with one cup of sugar, mixed with cornstarch. Add $\frac{1}{2}$ cup cold water. Cover with top crust and bake in a very hot oven (450°F) until well browned.

PUMPKIN PIE

1 cup sugar
1 teaspoon ginger
1 teaspoon Jewel Cinnamon
$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cups strained pumpkin
2 eggs
$\frac{1}{2}$ cups milk
$\frac{1}{4}$ teaspoon Jewel Nutmeg

METHOD: Mix sugar, ginger, cinnamon and salt together until there are no lumps, then add to the pumpkin and mix thoroughly. Beat the eggs until light and add to this mixture. Last add the milk. Mix well together and pour into a pastry shell. Sprinkle $\frac{1}{4}$ teaspoon nutmeg on top. Bake in a hot oven (400°F) for 10 minutes, then reduce heat and cook until done.

CUSTARD PIE

3 eggs
2 cups milk
$\frac{1}{2}$ cup sugar
$\frac{1}{8}$ teaspoon salt
1 teaspoon Jewel Vanilla Extract
$\frac{1}{8}$ teaspoon Jewel Nutmeg

METHOD: Beat eggs very lightly. Add milk slowly, beating all the while. Add sugar, salt and vanilla. Strain into a pie shell. Sprinkle nutmeg on top. Bake in hot oven (400°F) for 10 minutes to set the rim. Reduce heat to moderate (350°F) and let bake slowly until custard is firm—30 minutes.

SWEDISH PASTRY

2 apples
$\frac{1}{4}$ lb. Jewel Raisins
$\frac{1}{4}$ cup nutmeats
$\frac{1}{2}$ cup dates
4 Jewel Graham Crackers
$\frac{1}{2}$ grated lemon rind
$\frac{1}{4}$ cup butter
$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ teaspoon Jewel Cinnamon

METHOD: Put first five ingredients through the food chopper. Mix well with the remaining ingredients. Shape the biscuit dough which is rolled to $\frac{1}{4}$ inch thickness. Spread the filling over it. Roll as for Jelly Roll. Cut into each side roll to give a braided appearance. Bake in a hot oven (400°F) until well browned and well cooked in center.

When making children's dresses, fasten a piece of the material to the inside seam for later mending.

When you have to darn at night, you will find it easier to use the end of a flashlight as the darter. It is easy to see.
BAKED STUFFED FISH

METHOD: Scale. Split under side and clean fish thoroughly. Rub inside and outside well with butter or bacon drippings. Fill fish with bread stuffing. Pin the slit together with clean sharp toothpicks. Bake, uncovered, in a moderate oven (350°F). Allow 15 minutes for each pound.

BREAD STUFFING FOR FISH

2 cups moist bread crumbs 2 tablespoons chopped parsley
1/2 cup butter 1 teaspoon salt
2 tablespoons chopped onion Dash of celery salt

METHOD: Break the bread crumbs from slices of fresh bread. Melt butter in a skillet and brown the bread crumbs in it; add the seasonings.

ESCALLOPED OYSTERS

1/2 cup stale bread crumbs Jewels Pepper
1 cup Jewel Butter Cracker 2 tablespoons oyster liquor
crumbs 2 tablespoons milk or cream
1/2 cup melted butter 1 pint oysters
Salt

METHOD: Mix bread and cracker crumbs. Stir in butter. Put a thin layer in bottom of shallow, buttered baking dish. Alternate with oysters, seasonings and liquids. Cover top with remaining crumbs. Bake in a hot oven (400°F) for 30 minutes. Finely chopped hard cooked eggs may be spread on top.

BAKED FINNAN HADDIE

1 lb. Finnan Haddie 2 tablespoons butter
Milk and water to cover

METHOD: Place Finnan Haddie in buttered baking dish. Cover with equal parts of milk and water and set where fish will keep hot for 25 minutes. Drain and add butter and bake in moderate oven (350°F) for 25 minutes. Serves 4.

Put Jewel Waxed Paper over a floursing plate, before dipping meats. This prevents flour from sticking to plate.

To prevent corks from sticking in bottles containing glue, polishes, cement, etc., rub cork with vaseline.
SHRIMP WIGGLE
2 tablespoons butter 1 cup shrimp
2 tablespoons flour 1 cup early June peas
1 cup milk Salt—Jewel Pepper

METHOD: Make a white sauce of butter, flour and milk, stirring constantly until thickened. Add shrimp, peas and seasonings. Serve on toast. Serves 4-6.

SALMON LOAF
1 tall can salmon 1 teaspoon Jewel Prepared
1 cup cracker crumbs Mustard
4 tablespoons melted butter 1 teaspoon salt
3 eggs 1/2 teaspoon Jewel Pepper

METHOD: Save salmon liquid; remove skin and bones; break in small pieces. Mix all ingredients and shape into a loaf, baking in a moderately hot oven (350°F) for 25 minutes. Serve with white sauce on platter garnished with parsley. Serves 6-8.

HALIBUT WITH CHEESE
2 1/2 lbs. halibut Salt—Jewel Pepper
2 cups medium white sauce 2 tablespoons butter
1/2 lb. grated Longhorn cheese

METHOD: Remove bones and skin from halibut and cut flesh in thin slices about 1/4 inch thick or 2 inches square. Grease a shallow baking dish, put some of the white sauce in bottom, sprinkle with grated cheese; then put in a layer of halibut, season with salt and pepper. Repeat until all is used, having sauce and cheese on top. Put butter over top and bake in moderately hot oven (350°F) until fish is done and top is browned—about 45 minutes. Serves 6-8.

CRAB MEAT SALAD
1 cup flaked crab meat Salt to taste
1 1/2 cups celery, diced 3 tablespoons Jewel Mayonnaise
1 hard cooked egg Lettuce

METHOD: Flake the crab meat, removing the bone-like material. Save out the pink tips for garnishing. Add the other ingredients in the order given. Chill and serve on lettuce leaves, using the pieces from the claws as garnish. Serves 4.

COD FISH BALLS
1 cup codfish 1 tablespoon butter
2 cups potatoes 1/8 teaspoon Jewel Pepper
1 egg Salt, if needed

METHOD: Wash fish in cold water and tear in small pieces. Pare and cut potatoes before measuring. Cook fish and potatoes in boiling water to cover, until potatoes are soft. Drain. Return to saucepan and mash thoroughly. Add butter, well beaten egg and pepper. Beat with fork 2 minutes. Add salt, if necessary. Take up by spoonfuls and fry in deep fat (390°F) for 3 minutes. Drain on brown paper. Serves 6-8.

Cut the name hand off Jewel boxes such as Daintylakes, Chip Soap, Gloss Starch, Coffee, Macaroni, etc., and cut the letters apart. The children enjoy making words with them.

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# MEAT CUTS AND THEIR USES

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<td>20-30 Min. at 350° F. + 16 Min. per Pound at 350° F.</td>
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<td>Plate</td>
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<td>Brisket</td>
<td>Roasted, Steamed, Brined</td>
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<td>Short Ribs</td>
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<td>Fore Shank</td>
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<td>Hind Shank</td>
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<td>Loin</td>
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<tr>
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<td>Flank</td>
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<td>Bacon</td>
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<td>3-5 Min.</td>
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<td></td>
<td>Bacon</td>
<td>Roasted, Steamed, Brined</td>
<td>1-1/2 Hours</td>
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<td>Roasted, Steamed, Brined</td>
<td>3 Minutes</td>
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<td>Picnic Shoulder</td>
<td>Roasted, Steamed, Brined</td>
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<td>Tenderloin</td>
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<td>15 Min. at 500° F. + 25 Min. per Pound at 300° F.</td>
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<td>Roast</td>
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<td>30 Min. per Pound + 15 Min.</td>
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<td></td>
<td>Roast</td>
<td>Roasted, Steamed, Brined</td>
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<td>Roast</td>
<td>Roasted, Steamed, Brined</td>
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<td>Roast</td>
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<td>Roast</td>
<td>Roasted, Steamed, Brined</td>
<td>45-50 Minutes</td>
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<td>Roast</td>
<td>Roasted, Steamed, Brined</td>
<td>3-1/2 Hours</td>
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<tr>
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<td>Lamb</td>
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<td>(Lamb) 30 Min. at 480° F. + 30 Min. per Pound at 300° F.</td>
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<tr>
<td></td>
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<td>(Mutton) Same as Lamb</td>
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<tr>
<td></td>
<td>Leg</td>
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<td>(Lamb) 15-20 Min. per Pound + 10 Min.</td>
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<tr>
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<td>Loin</td>
<td>Roasted, Steamed, Brined</td>
<td>(Mutton) 15-20 Min. per Pound + 20 Min.</td>
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<tr>
<td></td>
<td>Leg</td>
<td>Roasted, Steamed, Brined</td>
<td>(Lamb and Mutton) 21/2-3 Hours</td>
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<tr>
<td></td>
<td>Loin</td>
<td>Roasted, Steamed, Brined</td>
<td>(Lamb and Mutton) 20 Min. at 500° F. + 30 Min. per Pound at 300° F.</td>
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<tr>
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<td>Rump</td>
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<td>(Lamb and Mutton) 10-15 Min.</td>
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<td>Ribs</td>
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<td>(Lamb) 1/4 Hour</td>
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<td></td>
<td>Loin</td>
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<td>(Lamb) 20-25 Min. per Pound</td>
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<tr>
<td></td>
<td>Ribs</td>
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<td>(Lamb) 30 Min. at 260° F. + 12 Min. per Pound at 280° F.</td>
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<tr>
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<td>Loin</td>
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<td>(Lamb) 25 Min. at 280° F. + 20 Min. per Pound at 260° F.</td>
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<tr>
<td></td>
<td>Ribs</td>
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<td>30 Min. at 252° F. + 20 Min. per Pound at 260° F.</td>
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<tr>
<td></td>
<td>Loin</td>
<td>Roasted, Steamed, Brined</td>
<td>20-25 Min.</td>
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### Preparatory Instructions:
- **Heart**: Roasted, Stewed, Braised.
- **Liver**: Fried, Baked, Meat Pie.
- **Kidney**: Broiled, Stewed, Fried.
- **Bacon**: Salt Pork—Sliced Large Piece.
- **Ham**: Sliced Whole.
- **Tongue**: Cooked in Water.
- **Tripe**: Pickled, Creamed, Breaded.
- **Oxtail**: Soup, Cooked in Water, Braised.
- **Bacon**: Salt Pork—Sliced Large Piece.
- **Ham**: Sliced Whole.
- **Tongue**: Cooked in Water.
- **Tripe**: Pickled, Creamed, Breaded.
- **Oxtail**: Soup, Cooked in Water, Braised.

### Cooking Time Table:
- **Roast**: 30 Min. at 260° F. + 12 Min. per Pound at 280° F.
- **Roast**: 25 Min. at 280° F. + 20 Min. per Pound at 260° F.
- **Roast**: 30 Min. at 252° F. + 20 Min. per Pound at 260° F.
- **Roast**: 20-25 Min. at 260° F. + 12 Min. per Pound at 280° F.
HUNTER'S PIE

1/2 lb. round steak, cut in cubes
Suet or 2 tablespoons fat
1 medium sized carrot (diced)
2 medium sized potatoes

3 onions, size of walnut
2 tablespoons flour
Baking powder biscuit dough—
(2 cups flour recipe)

METHOD: Brown round steak in frying pan with fat. Add to vegetables, which have been covered with water and cooked for 20 minutes. Make a sauce, using the fat left in frying pan, flour and liquid from vegetables. Place all in buttered casserole. Cover with the dough, about 1 to 2 inches thick, and bake in hot oven (400°F) for 20 minutes. Serve from casserole. Serves 10.

SWISS STEAK

3 lbs. round steak, 1/2 inches thick
1/2 cup flour
Salt
Jewel Pepper

6 potatoes
2 tablespoons fat
1 can tomatoes
1 small onion
6 parsnips

METHOD: Wipe meat with a damp cloth. Mix flour and seasonings and pound well into meat with edge of a saucer or a pounder. Sear on both sides in the Mary Dunbar Cooker, in which the fat has been melted. Add vegetables. Set cooker on base and cook slowly for 1 1/2 hours. Serves 6.

BAKED SLICE OF HAM

1 large, or 2 small slices of ham
1 can sliced pineapple
1/2 cup brown sugar

METHOD: Brown ham in Dutch Oven. Cover and cook. One-half hour before it is done, arrange slices of pineapple on top. Sprinkle with brown sugar. Cover and continue cooking.

Use your junior Dutch oven (4 quart covered sauce pan) for a lot of things. It is excellent for popping corn. You do not burn the corn or fingers and it pops better than in an electric popper.
STUFFED STEAK ROLL

1 slice round steak (about 1 lb.) 1/16 teaspoon each thyme and marjoram
Lemon juice  Salt
1 cup cold boiled Jewel Rice  Jewel Pepper
1 teaspoon grated onion  Flour
1/2 strip bacon, minced fine 1 egg
1 tablespoon milk

METHOD: Brush steak with little lemon juice and pound very thin. Brown the grated onion in a pan with minced bacon. Add rice, seasonings and the egg which has been lightly beaten with the milk. Fill the center of steak with this mixture. Roll steak and skewer it with clean toothpicks or tie it with clean cord. Place steak on a rack in a roasting pan. Dredge with salt, pepper and flour. Place 1/2 cup water in pan to prevent burning. Roast steak in a moderate oven (350°F) for one hour. Serves 6.

IRISH STEW

2 lbs. beef (round or shank) 1 pint can tomatoes
2 cups diced carrots 1 tablespoon salt
2 cups diced potatoes 1/2 teaspoon Jewel Pepper
6 small onions 1/4 cup flour

METHOD: Cut meat into cubes. Add carrots, potatoes and onion and cold water enough to cover. Let simmer about 2 hours. One-half hour before ready to serve, add steamed tomatoes, salt and pepper. Blend the flour with a little cold water and stir into the stew. Cook slowly for 10 minutes. Serve hot. Serves 8.

BEEF PILAF

1 slice salt pork 1 can tomatoes
1 onion 1/2 teaspoon salt
1 lb. round steak 1/8 teaspoon Jewel Pepper
2 pimientos 3 cups cooked Jewel Rice, Spaghetti or Noodles
1 green pepper

METHOD: Dice pork. Brown with onion in a large skillet. Cube the steak and sear with the pork. Add cut pimientos and pepper, and seasoning. Cook slowly until meat is tender. Mold the rice in custard cups, warm in oven and turn out on platter. Pour the beef over. Serve very hot. Serves 6.

POT ROAST

2 tablespoons fat 2 medium potatoes, diced
3 lbs. beef (chuck or rump) 2 medium carrots
4 cups boiling water 1 tablespoon salt
1 large onion, sliced 1/4 teaspoon Jewel Pepper

METHOD: Wipe meat with a clean, damp cloth. Heat fat in Dutch Oven or any kettle with a close fitting cover. Brown meat on all sides. Add water, cover and allow to cook one hour. Then put in vegetables and seasonings. Replace cover and cook an hour longer, or until tender. Serves 6.

If you lack basement space to hang clothes to dry, hang all clothes possible on hangers, fastening them with clothes pins to keep them from slipping. Hang them far enough apart so the air can circulate freely through the clothes.
**FRIED SPRING CHICKEN**

1½ lbs. spring chicken      ¼ teaspoon Jewel Pepper
4 tablespoons flour          ½ teaspoon salt
¼ teaspoon Jewel Ginger     ¼ cup fat

**METHOD:** Dredge chicken with sifted dry ingredients. Fry in fat until tender
and brown, being careful not to burn.

**ROAST CHICKEN**

**METHOD:** Scrub chicken well with a stiff brush and clear water. Run fingers
along inside of the breast bone to be sure that the lungs are removed. Dry with
a clean cloth. Hold over flame to singe all hairs. Remove obstinate pin feathers
with a pair of tweezers.

Stuff with Prune and Apple Stuffing, or plain bread stuffing. Fasten legs together
with clean toothpicks and force legs through a cut flap of skin to hold them down.
Rub two tablespoons of butter smooth with two tablespoons of flour and one-half
teaspoon salt. Spread on breast and legs of chicken. Lay chicken on its back
in roasting pan, dredge with flour and add one cup of water. Cover roasting
pan and place in moderate oven. Allow 20 minutes cooking for each pound. To
brown, remove cover during last 20 minutes in the oven, and baste fowl every
10 minutes. Lift fowl carefully onto a hot platter—garnish with parsley. Thicken
gravy before serving.

**VEAL ROLLS**

1½ lbs. veal cutlets          Flour
1 cup cooked Jewel Macaroni   1 cup water
1 tomato                      ½ green pepper
¼ teaspoon Jewel Allspice     ½ pimiento
½ teaspoon salt               ½ teaspoon chopped parsley
¾ teaspoon Jewel Pepper       1 teaspoon grated onion
6 strips bacon

**METHOD:** Cut veal into six pieces, large enough to roll. Mix macaroni with
the tomato which has been peeled and chopped. Add seasoning. Place two table-
spoons of the filling in center of each piece of veal. Roll and pin with clean tooth-
picks. Cover with bacon strip. Place in baking dish. Dust with flour; add water,
chopped pepper, pimiento, chopped parsley and onion. Bake in a quick oven
(425°F) 25 minutes. Serves 6.

**CREAMED VEAL PATTIES**

1 cup shelled peas            3 tablespoons flour
½ green pepper, shredded     2 cups milk
½ red pepper, shredded       1 teaspoon chopped parsley
1 lb. veal cutlets            Salt
2 tablespoons butter

**METHOD:** Cook peas and peppers 20 minutes in an open pan, with very little
cold, salted water. Drain. Cut veal into half inch cubes and brown in the melted
butter. Add flour, and when blended, add milk and stir, while cooking, until
sauce is smooth. Add parsley, cooked vegetables and seasonings. Serve in patty
shells, made by baking a rich pie crust on the outside of muffin tins. Serves 8.

*Use a pair of wide tweezers for removing pin feathers instead of a knife, when dressing a fowl.*

*Chickens past the frying stage, will be tender and brown when prepared in the Mary Dunbar Cooker.*

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DEEP LIVER PIE

2 cups diced, cooked liver
2 cups diced, cooked carrots
2 cups cooked Jewel Macaroni
2 onions, diced
Salt—Jewel Pepper
1 teaspoon Worcestershire sauce
3 cups gravy or white sauce
4 tablespoons meat or bacon drippings
Biscuit dough

METHOD: Mix ingredients. Pour into a large oiled casserole or baking dish and cover with a sheet of biscuit dough. Bake in a quick oven (425°F) until biscuits are brown. Serves 8.

RUSSIAN CABBAGE ROLLS

½ lb. pork sausage
½ lb. ground beef
2 tablespoons chopped onion
1 egg
1½ teaspoons salt
1½ tablespoons melted shortening
½ teaspoon Jewel Pepper
1 cup cornflakes
Paprika

METHOD: Mix thoroughly meat, onion, beaten egg, shortening, salt and pepper. Fold in cornflakes. Form into 6 small rolls. Place each in the center of a cabbage leaf and fold over, pinning with a toothpick. May either be steamed in a covered kettle or baked in moderate oven (375°F) for 45 minutes. Sprinkle with paprika and serve. Serves 6.

HASH

2 cups diced cooked chicken, meat or fish
1 cup diced potatoes
1 teaspoon chopped parsley
½ cup gravy (or hot water)
Salt and Jewel Pepper
1 large onion, minced

METHOD: Place all ingredients in a pan. Cover tightly and simmer until potatoes and onion are tender. Serve hot. Tomatoes, carrots or peas may be added if desired. Hash may also be browned in butter or drippings. Serves 6.

When baking meat loaf, lay strips of bacon lengthwise in the bottom of the pan. This flavors the loaf and prevents sticking.
Use white paint in mending china. It lasts longer than glue and is not affected by heat.
CHICKEN A LA KING

3½ lbs. young chicken
1 large green pepper
1 pimento
1 can mushrooms
½ cup chicken fat or butter
½ cup flour
3 cups chicken stock or milk
Salt—Jewel Pepper
Paprika
½ cup cream
2 egg yolks

METHOD: Stew the chicken. When tender, cut in strips or dice. Cut peppers and pimiento in thin strips. Drain the mushrooms, break in pieces. Melt fat, add flour, and when bubbling, add stock or milk. Stir until thick and smooth. Season with salt, pepper and paprika. Stir. To half of this sauce, add the chicken and keep hot over boiling water. To the rest of the sauce, add the cream, stir until smooth; add the peppers, mushrooms, pimiento and just before serving add the yolks of 2 eggs lightly beaten. Add chicken with gravy and serve on toast.

GOULASH

2 tablespoons fat (suet)
1 large onion, diced
1 lb. round steak, ground
3 cups water
2 cups cooked Jewel Spaghetti
1 cup peas
1 tablespoon salt
½ teaspoon Jewel Pepper
2 tablespoons butter

METHOD: Melt fat in frying pan. Add onion and brown. Then add meat and water and cook for 20 minutes. Mix in spaghetti, peas, seasonings and butter. Cook 5 minutes. Serve on large platter.

LIVER CROQUETTES

1 lb. beef liver
1 teaspoon onion juice, or finely diced onion
1 tablespoon chopped parsley
½ teaspoon salt
½ teaspoon Jewel Pepper
1 cup crushed cornflakes
1 egg
2 tablespoons milk

METHOD: Use left-over liver or simmer raw liver in boiling salted water for 20 minutes. Cool and put through food chopper. Make a medium white sauce, seasoned with onion, parsley, salt and pepper. Add the chopped liver and allow to cool. Shape into small balls. Dip the balls first into the crushed cornflakes, then the beaten egg, and milk, and again into cornflakes. Fry in hot fat (375°F) 5 minutes. Drain on brown paper and serve hot, with white sauce. Serves 6.

FRIED SWEETBREADS

1 lb. sweetbreads
1 egg
1½ cups crushed cornflakes
½ teaspoon salt
½ teaspoon Jewel Pepper
½ teaspoon Jewel Ground Ginger
Jewel Prepared Mustard


Use as a lid on the kettle in which drop dumplings are cooking, the cover from the Glasbake casserole or an inverted Glasbake pie plate. One can easily see just how the dumplings are cooking without raising the lid.
Stuffings and Sauces

WHITE SAUCE

Thin: 1 tablespoon butter 1 cup milk 1 tablespoon flour
Medium: 2 tablespoons butter 1 cup milk 2 tablespoons flour
Thick: 3 tablespoons butter 1 cup milk 3 tablespoons flour

METHOD: Melt butter, add flour and blend until smooth. Cook until it bubbles, then add milk and cook until thickened. Season with salt and Jewel Pepper.

NOODLE DRESSING

1 tablespoon butter 1/4 teaspoon ground sage & thyme
1/2 chopped onion 1 cup cold cooked Jewel Noodles
2 stalks chopped celery 1 egg
1 teaspoon chopped parsley 1/4 cup milk
1/2 teaspoon salt 1/4 teaspoon Jewel Pepper

METHOD: Melt butter, brown onion, add with seasonings to the noodles. Cut the seasoning through the noodles. Add lightly beaten egg and milk; and stuff.

MACARONI AND OYSTER DRESSING

2 cups Jewel Macaroni 2 eggs
8 cups boiling water 2 cups oysters
2 tablespoons butter 1/2 teaspoon each, sage and thyme
1 onion, chopped 1/4 teaspoon Jewel Allspice
1/2 cup celery Salt and Jewel Pepper
2 teaspoons chopped parsley

METHOD: Cook macaroni 7 minutes; drain and blanch. Melt butter and cook onion, celery, and parsley until onion is lightly browned. Add to macaroni. Add oysters, lightly beaten eggs and seasonings. Mix thoroughly and stuff fowl.

It is convenient to use a fruit jar filler for stuffing fowl. Save Jewel Coffee boxes for bleaching celery and the Jewel Macaroni boxes for covering young tomato plants set out in the spring.
CHESTNUT DRESSING

2 cups chestnuts  
3 cups soft bread crumbs  
1/4 cup celery  
1 tablespoon parsley or 2 tablespoons chopped celery leaves  
1 medium onion  
1/2 teaspoon celery salt  
1/4 teaspoon Jewel Pepper  
1/2 teaspoons salt  
1/4 cup butter  
1 1/2 cups hot water  
1/4 teaspoon Jewel Baking Powder

METHOD: Crisp the chestnuts in hot oven, turning frequently with a spoon. Chop or grind. Crumb the bread and add the chopped chestnuts, celery, parsley, minced onion, seasonings, melted butter and hot water. Mix until well blended, adding the baking powder when about half mixed. Fill fowl.

BREAD STUFFING

2 cups cubed bread  
1 teaspoon salt  
1/4 teaspoon ground sage  
1 tablespoon green pepper, chopped fine  
1 teaspoon Jewel Pepper  
1/4 teaspoon thyme  
1 tablespoon onion juice  
2 tablespoons melted butter  
1 tablespoon parsley, minced

METHOD: Mix ingredients, handling as lightly as possible.

PRUNE AND APPLE STUFFING

5 sour apples  
1/2 lb. Jewel Prunes  
1 cup cold cooked Jewel Rice  
1/8 teaspoon Jewel Nutmeg  
1/8 teaspoon Jewel Cinnamon  
1/2 teaspoon Jewel Ginger  
1/2 teaspoon Jewel Ginger  
1/2 teaspoon salt  
1/4 teaspoon Jewel Pepper

METHOD: Peel, quarter, core and stew the apples until half done. Soak and stew prunes; remove stones and cut in squares. Add the rest of the ingredients.

HOLLANDAISE SAUCE

4 tablespoons butter  
1 teaspoon cornstarch  
1 teaspoon flour  
Juice of 1 lemon  
1/4 teaspoon salt  
1/2 cup water  
2 egg yolks

METHOD: Melt butter in saucepan; blend in the cornstarch, flour, lemon juice and salt. When smooth and bubbling, slowly stir in the water. Cook until the mixture thickens. Then very slowly, to prevent curdling, add the slightly beaten egg yolks. Stir until the mixture is perfectly smooth. Serve hot or cold with asparagus, cauliflower or fish.

HORSERADISH SAUCE

3 tablespoons grated horseradish root  
1 tablespoon vinegar  
1/4 teaspoon Jewel Pepper  
4 tablespoons whipping cream  
1/4 teaspoon salt

METHOD: Mix first four ingredients. Fold into whipped cream.

Jewel Wave Set and Jewel Shampoo bottles make attractive sets for the stove. Holes can be punched in the top for salt and pepper shakers. They always look nice, hold a lot, and you can see when they are about empty and need refilling.
WELSH RAREBIT

2 tablespoons butter  
1 tablespoon cornstarch  
\(\frac{1}{2}\) lb. American cheese  
Salt  
\(\frac{1}{4}\) teaspoon ground mustard  
1 canned pimiento, diced  
1 cup milk  
1½ doz. Jewel Butter Crackers  


OMELETTE

4 eggs  
1 teaspoon Jewel Baking Powder  
\(\frac{1}{2}\) teaspoon salt  
\(\frac{1}{4}\) tablespoons milk  
2 tablespoons fat  


MOCK CRAB SALAD

1 cup Jewel Spaghetti  
2 cups chopped celery  
1 cup American cheese  
1 cup pineapple (4 slices)  
2 pimientos  
1 teaspoon minced onion  
\(\frac{1}{2}\) cup Jewel Mayonnaise  

METHOD: Break spaghetti in \(\frac{3}{4}\) inch pieces and cook until tender in rapidly boiling salted water. Blanch, drain and chill. Mix together all the ingredients; chopped celery, cubed cheese, cut pineapple, minced onion, cut pimientos and the mayonnaise. Serve on lettuce. Serves 6-8.

CHOP SUEY WITH CHILI SAUCE

\(\frac{1}{2}\) lb. round steak  
\(\frac{1}{2}\) lb. pork steak  
5 lbs. dried onions  
2 bunches celery  
1 bottle chili sauce  
1 can bean sprouts  
3 tablespoons chop suey sauce  
1 teaspoon salt  
Jewel Rice  

A neat way to flour liver, preparatory to cooking it, is to drop the pieces into a paper bag containing flour and salt. When baking tomatoes or stuffed peppers, place them in muffin tins and eliminate the usual falling over in the pan.
METHOD: Cut the meat into 1 inch cubes and brown well in Dutch oven. Clean the onions and slice into ¼ inch slices; clean the celery and cut into ¼ inch lengths. Add the onions, celery and chili sauce to the meat and allow the mixture to cook until the vegetables are tender. Add the bean sprouts and the seasonings and continue cooking until the sprouts are well heated. Serve in a ring of boiled Jewel Rice, and garnish with buttered beets. Serves 8.

SPANISH OMELETTE

1 tablespoon chopped onion
2 tablespoons chopped green olives
1 small green pepper
1 small red pepper, chopped
Capers

1 can tomatoes
2 tablespoons chopped mushrooms
Salt
Paprika

METHOD: Simmer first four ingredients. When partly stewed, add the remaining ingredients. Cook this mixture until quite thick. Make an omelette according to omelette recipe. Remove from pan to platter, fold and pour one-half the sauce inside and put the remainder on top. Serve hot. Serves 4.

MACARONI LOAF

1 cup Jewel Macaroni
1 teaspoon salt
¼ cup butter or substitute
3 eggs
1 cup American cheese
1½ cups Jewel Butter Crackers
1 cup milk

1 teaspoon onion
1 green pepper
2 pimientos
1 tablespoon chopped parsley
1 teaspoon salt
Jewel Pepper

METHOD: Cook macaroni a few minutes in rapidly boiling salted water. Melt butter in casserole or loaf pan. Beat eggs and add to them grated cheese, broken crackers, milk, chopped onion, pepper, pimientos and parsley; then salt and some Jewel Pepper. Mix in the blanched macaroni and melted butter and pour into buttered dish. Bake in a moderate oven (350°F) for about 45 minutes. Turn out and cover with following sauce:

2 tablespoons butter
3 tablespoons flour

2 cups milk
Salt and Jewel Pepper

METHOD: Melt butter, blend in the flour, add the milk slowly. Cook until it thickens. Season with salt and pepper. Mushrooms or grated cheese may be added to the sauce if desired. Pour, while very hot, over the loaf. Serves 10.

SPAGHETTI ITALIENNE

¼ lb. salt pork
1 clove of garlic—chopped fine
1 can Italian tomato paste
2 cups tomato pulp (canned or fresh)

1 shredded pimiento (canned)
1 teaspoon paprika
½ teaspoon salt
2 tablespoons butter
½ package Jewel Spaghetti


Jewel Glasbake custard cups are convenient and provide an economical no-waste way for poaching eggs. Break egg in the cup and set the cup in one inch of boiling water in the skillet.
Salads

VEGETABLE SALAD

4 tomatoes  1/2 onion, minced
1 cucumber  1/4 cabbage, shredded
1 green pepper  Salt
1 stalk celery  Jewel Pepper
3 radishes, sliced  1/2 cup Jewel Mayonnaise


STUFFED TOMATO SALAD

6 tomatoes  2 tablespoons chopped green pepper
1 cup white cream cheese
4 tablespoons nutmeats
1/4 cup chopped cucumbers
1 teaspoon salt

2 tablespoons French dressing
3/4 cup Jewel Mayonnaise

METHOD: Carefully wash and peel the tomatoes, mix the filling together in the order given, blending well. Cut the tomatoes in tenths, cutting through the tomato almost to the bottom. Place on a crisp leaf of lettuce and pile the stuffing on the tomato. Serves 6.

SALMON SALAD

1 tall can salmon  2/3 cup Jewel Mayonnaise
1 cup diced celery  6 stuffed olives
1 tablespoon lemon juice  1 head lettuce
1 tablespoon chopped onion  3 ripe tomatoes
1/4 teaspoon salt  1 1/2 pkgs. cream cheese

METHOD: Flake the salmon, add the celery, lemon juice, onion and salt. Blend the mayonnaise well with the other ingredients. Arrange the lettuce leaves attractively on a round platter and pile the salad in the center of the platter in pyramid fashion. Slice the olives and press them at intervals into the sides of the pyramid. Peel and slice tomatoes and cut slice in half, arrange them around the salad and garnish each slice of tomato with a cream cheese ball.

A package of Lime Jewel-Jell dissolved in the heated contents of a can of tomato soup to which sliced olives or pickles have been added makes a most delicious aspic salad. Serve on lettuce leaf.
FROZEN FRUIT SALAD

2 cakes Philadelphia cream cheese 1 can pineapple (2½ cups)
1 cup Jewel Mayonnaise 1 small bottle red cherries
1 cup whipping cream 1 small bottle green cherries

METHOD: Gradually cream the cheese with the mayonnaise. Blend until all is smooth. Whip cream and combine with cheese mixture. Add diced fruit and mix well. Pack in a freezer, but do not turn ladle. Use 1 part salt to 4 parts ice, or use mechanical refrigeration. Serve on lettuce leaf when solid.

GERMAN COLE SLAW

¾ cup chopped bacon 2 cups grated cabbage
2 tablespoons lemon juice 4 tablespoons green pepper
1 teaspoon salt 2 tablespoons parsley
½ cup Jewel Mayonnaise 1 tablespoon onion

METHOD: Place chopped bacon in frying pan and cook to golden color, being careful not to burn. When browned, add lemon juice and salt. Stir well and mix with mayonnaise. Combine vegetables and dressing. Serves 4.

STUFFED BEET SALAD

6 medium sized beets 1 teaspoon Jewel Prepared Mustard
2 cups freshly boiled corn or canned corn Lettuce
1 green pepper, chopped fine French dressing

METHOD: Boil beets until tender; remove skins while warm. Remove centers, leaving enough beet to make a thick cup. Let beets stand in diluted vinegar 1 hour. Drain. Fill with mixed corn, pepper and mustard. Serve on lettuce leaf, with French dressing. Carrots may be used instead of corn.

POTATO SALAD

6 medium sized potatoes 4 eggs, hard cooked
1 medium sized onion 1 tablespoon salt
3 cups diced celery ⅛ teaspoon celery salt
3 green peppers, cut 1 cup Jewel Mayonnaise
3 pimientos, cut

METHOD: Wash and cook the potatoes without paring. Cool, peel and slice or cube. Blend all ingredients well, taking care that they do not lose their identity.

LETTUCE WITH CUCUMBER-CREAM DRESSING

1 tablespoon onion, chopped fine Salt—Jewel Pepper
1 tablespoon chopped olives Vinegar
½ cup cucumber 2 eggs, hard cooked
1½ cups sour cream Crisp lettuce


Add a small amount of beet vinegar to Jewel Mayonnaise dressing to give it a pretty color for salads.

Open asparagus cans at the bottom to avoid breaking the tips.
MOUNTAINEER OR SURPRISE SALAD

3 cups shredded cabbage  
½ cup Jewel Shredded Coconut  
1 cup diced pineapple (4 slices)  
6 marshmallows, diced

3/4 teaspoon salt  
Jewel Mayonnaise  
Paprika


SALAD DRESSINGS

BOILED DRESSING

2 tablespoons butter  
2 tablespoons sugar  
1 tablespoon cornstarch

1 teaspoon Jewel Prepared Mustard  
2 tablespoons vinegar  
1 egg

METHOD: Melt butter, add sugar, cornstarch and prepared mustard. Add vinegar and cook over boiling water until thickened. Add lightly beaten egg and cook 2 minutes, stirring constantly.

FRENCH DRESSING

6 tablespoons salad oil  
2 tablespoons lemon juice  
1 teaspoon salt

3/4 teaspoon Jewel Pepper  
Paprika to color

METHOD: Mix all together with an egg beater, or shake in a jar.

FRENCH DRESSING

6 tablespoons salad oil  
2 tablespoons vinegar  
1 teaspoon salt

2 tablespoons tomato catsup  
3/4 teaspoon Jewel Pepper  
3/4 teaspoon onion juice

METHOD: Mix all ingredients and beat or shake well.

THOUSAND ISLAND DRESSING

1/4 cup Chili sauce  
1 chopped pimiento  
1/4 chopped green pepper

1 hard cooked egg (chopped fine)  
1 small onion (chopped fine)  
1 cup Jewel Mayonnaise

METHOD: Blend ingredients with Mayonnaise.

DIVINITY DRESSING

1/2 cup Jewel Mayonnaise  
2 teaspoons powdered sugar

1/2 cup cream, whipped  
Mix. Serve on fruit salad.

Old jar rubbers are easier to use and better than string to slip over paper used to cover jelly and preserve glasses. Wooden thread spools are excellent for blowing soap bubbles. Children like them and they don’t break easily.
**Sandwiches**

**SANDWICH LOAF**

1 loaf white bread
1 chopped cucumber
\( \frac{1}{4} \) cup Jewel Peanut Butter
Chopped onion
Sliced tomato
Shredded lettuce
Jewel Mayonnaise

3rd FILLING
Jewel Mincemeat
Jewel Cocoanut
Jewel Mayonnaise

COVERING
1 1/2 lbs. cottage cheese
\( \frac{1}{2} \) cup sweet cream
1 teaspoon salt
\( \frac{1}{2} \) teaspoon paprika

**METHOD:** Remove crust from bread. Slice lengthwise (not across) to make 4 oblong slices. Butter one side and put Jewel Mayonnaise on opposite side, and use fillings in the order given, having first blended each filling. Put slices together to form a loaf. “Ice” the loaf with the cottage cheese mixture, which has been made raspberry pink with paprika. To serve, slice through loaf. Each “sandwich” will look like a slice of Neapolitan ice-cream.

**ROLLED SANDWICH**

1 loaf white bread
Jewel Mayonnaise
Cream cheese
Paprika
Salt
\( \frac{1}{2} \) doz. lettuce leaves

**METHOD:** Remove crusts from bread. Cut slices长度wise 1/4 inch thick, and spread with mayonnaise. Color the cheese pink with paprika and season with salt. Spread on the bread. Shred the lettuce fine, and put on top of the cheese. Roll sandwiches tightly and wrap with damp cloth to help them hold their shape.

**VARIATIONS:** Instead of cheese, use four parts Jewel Peanut Butter and one part honey.

For Sunday night supper, make cheese or liver sausage sandwiches and toast them in a waffle iron.
Egg sandwiches for the children’s lunch, made by beating the egg until light before boiling, are more tasty.
**SANDWICH FILLINGS**

**BROWN BREAD SPECIAL FILLING**

\[ \frac{1}{2} \text{ cup Philadelphia cream cheese} \quad \frac{1}{2} \text{ cup date paste} \]

**METHOD:** Blend and use for filling for brown bread or whole wheat bread sandwiches.

**DATE AND CELERY**

1 cup date paste
\[ \frac{1}{2} \text{ cup celery, chopped finely} \]
\[ \frac{1}{4} \text{ cup chopped pecans} \]
Jewel Mayonnaise to moisten

**METHOD:** Blend and use for filling. White bread should be used for contrast of color.

**GREEN PEPPER AND CHEESE**

1 green pepper
1 pkg. Philadelphia cream cheese
1 teaspoon Jewel Prepared Mustard
2 tablespoons Jewel Mayonnaise

**METHOD:** Chop the green pepper finely; add the other ingredients and blend.

**HIKING SANDWICH FILLING**

1 tablespoon deviled ham
1 tablespoon Jewel Peanut Butter
1 teaspoon Jewel Prepared Mustard
1 tablespoon Jewel Mayonnaise

**METHOD:** Using these proportions, prepare as large an amount as needed for the number of sandwiches to be served. This makes 3 good sized sandwiches.

**CHEESE AND ALMOND**

4 tablespoons chopped almonds
1 pkg. Philadelphia cream cheese
Jewel Mayonnaise to blend

**PEANUT BUTTER, MARSHMALLOW AND CHOCOLATE**

METHOD: Spread round of bread with Jewel Peanut Butter. Place marshmallows in center, sprinkle with grated chocolate and place under the broiling flame until the marshmallow is slightly browned.

**MINCE MEAT AND ORANGE RIND**

METHOD: Spread shaped bread with Jewel Mince Meat and sprinkle with grated orange rind.

**CAVIAR**

METHOD: Spread the bread with caviar. Sprinkle with lemon juice.

**AMERICAN CHEESE, DATES AND CHERRIES**

METHOD: Cut a very thin slice of American cheese with the sandwich cutter, the same shape as the bread has been cut; arrange a design of strips of date and cut maraschino cherries on top of the cheese.

A large sized Mary Dunbar cooker is ideal for picnic lunches. You can put sandwiches in the bottom and use the three inset pans on the rack for carrying salads, pickles, Jewel-Jell, etc. The clamped cover makes a carrier.
Soups

**JELLIED CONSOMME**

1 pkg. Lemon Jewel-Jell  
1 can consomme  
Enough more water to make 1 pt.  
1 tablespoon chopped onion  
1 small carrot, shredded  
3 stalks celery, diced  
1/4 teaspoon salt  
1 tablespoon minced parsley  
Jewel Pepper  
Juice of 1 lemon, or  
2 tablespoons vinegar

**METHOD:** Dissolve Jewel-Jell in boiling liquid. When cool add other ingredients. Chill until firm. When ready to serve beat with a fork. Garnish with parsley.

**CLEAR SOUP**

3 lbs. boiling beef  
2 quarts cold water  
1 tablespoon salt  
1/2 teaspoon Jewel Pepper

**METHOD:** Wash meat carefully with a cloth dipped in cold water. Place in soup kettle and add water, salt and pepper. Cook gently until meat is tender. Remove meat, strain broth, and serve. Serves 6.

**OYSTER STEW**

1 quart scalded milk  
1 pint oysters  
2 teaspoons salt  
1/8 teaspoon Jewel Pepper  
4 tablespoons butter

**METHOD:** Scald milk in double boiler. Pick over oysters. Save liquor and heat it to boiling point. Add oysters, and cook until plump and the edges begin to curl. Add oyster liquor and seasonings to scalded milk. Serve at once with butter. Serves 6.

*Use a wire dish mop to delime the teakettle. By scouring once a week a Jewel Aluminum Kettle can be kept free from the lime deposit. To clean aluminum, dip steel wool in vinegar and scrub in the usual way.*
OX TAIL SOUP

1 ox tail
2 tablespoons fat
1 1/2 lbs. lean boiling beef
1 tablespoon salt
2 quarts water

1 large onion, diced
1/4 cup celery, diced
1 cup carrots, diced
1/2 cup browned flour


CREAM SOUP

2 tablespoons butter
2 tablespoons flour

2 cups milk
Salt—Jewel Pepper


VARIATIONS:
(1) 1/4 cup celery, cooked in a small amount of water.
(2) 1/2 can peas, heated and rubbed through sieve.
(3) 2 onions, sliced and scalded in the milk used in making the cream sauce.
(4) 1 can corn, cooked in water for 20 minutes and rubbed through sieve.

RUSSIAN SOUR CREAM SOUP

1 lb. beef soup meat
1 quart salt water
1/2 teaspoon salt
Dash of Jewel Pepper
1 medium sized onion
2 medium sized beets
2 tablespoons chopped parsley
1 bay leaf
1 cup sour cream
4 medium sized potatoes

METHOD: Cut the meat into small pieces and add the cold water, salt and pepper. Allow the meat to simmer slowly for 2 hours, or until the juices are all extracted from the meat. Add the diced onion, beets, chopped parsley and bay leaf. Allow the soup to boil until the vegetables are tender. Add water enough to make a quart of the mixture. Add the sour cream and pour the entire mixture over the cubed boiled potatoes. Serves 4-8.

SPLIT PEA SOUP

2 1/2 cups green split peas
3 tablespoons fat
1 lb. spareribs
2 1/2 quarts hot water

4 bay leaves
1 onion
4 teaspoons salt

METHOD: Soak peas over night in water to cover. Melt fat in Dutch oven. When hot, brown the ribs, which have been cut in pieces for serving (about 6). Add hot water, soaked peas, which have not been drained, and the seasonings. Cook over low flame about 2 1/2 hours. The soup should be quite thick. Serves 6-8.
Vegetables

**BOSTON BAKED BEANS**

1 quart navy beans  
1/2 lb. salt pork  
1 tablespoon salt  
1 cup boiling water

2 tablespoons molasses  
3 tablespoons sugar  
1 tablespoon Jewel Ground Mustard

**METHOD:** Wash beans; soak over night. Drain in the morning. Cover with fresh water and cook slowly (keep water below boiling point). When tender, drain. Place a strip of salt pork in the bottom of the bean pot. Fill pot half full of beans. Put in several cubes of pork and fill pot with remainder of beans. Mix seasonings. Add boiling water and pour over beans. Put remainder of pork, cut in cubes, on top. Place cover on bean pot. Bake in moderate oven (350°F) for 3 or 4 hours. Uncover pot for the last hour to brown the pork cubes. Serves 12.

**BRUSSELS SPROUTS**

Pick over to remove wilted leaves. Soak sprouts in cold salted water 15 minutes, then drain. Add to boiling water and cook 20 minutes. Drain and cover with white sauce, or with lemon butter.

**ESCALLOPED CORN AND TOMATOES**

2 cups canned tomatoes  
2 cups canned corn  
2 green peppers, diced  
1 small onion, sliced thin  
2 teaspoons salt  
Jewel Pepper to taste

2 cups Jewel Butter Cracker Crumbs  
3 tablespoons butter or meat drippings  
1/4 cup grated cheese

**METHOD:** Simmer the tomatoes in a skillet to reduce the juice. Add the corn, green peppers, onion, salt and pepper. Simmer for another 15 minutes, then arrange in alternate layers with the cracker crumbs, in a buttered casserole. Use one-third of the butter to dot each layer of cracker crumbs. Sprinkle the top with the grated cheese. Bake in a moderately hot oven (375°F) for 30 minutes. Serves 8.

To keep your mashed potatoes hot and fluffy, when dinner is delayed, put them into a double boiler or over hot water. A tiny cork tacked on the back of the lower part of the picture frame will prevent a dark line on the wall paper.
BAKED CREAMED CABBAGE

1 medium head cabbage 1/2 teaspoon salt
3 tablespoons butter 1 1/2 cups milk
3 tablespoons flour 1/2 cup bread crumbs


STUFFED PEPPERS

1/2 cup Jewel Noodles (uncooked) 3 tablespoons chili sauce
6 green peppers 1/8 teaspoon Jewel Pepper
1 cup shrimp Salt
1/2 cup celery

METHOD: Break noodles fine. Boil 7 minutes in boiling, salted water. Drain and rinse with cold water. Wash peppers and remove seeds. Cut shrimp and celery fine. Add seasoning and mix all with noodles. Stuff the peppers, place in Mary Dunbar Cooker. Add 1/2 cup hot water and cook slowly, for 1 1/4 hours. Or, parboil peppers for 20 minutes, stuff, place in cooker, add 1/4 cup hot water and cook 25 minutes. Serves 6.

STUFFED CABBAGE

1/2 cup Jewel Noodles, uncooked 2 tablespoons onion, chopped
6 slices bacon, diced 2 tablespoons green pepper, chopped
1 cup ground meat 1/2 teaspoon salt
1 egg 1/4 teaspoon Jewel Pepper
1/2 cup bread crumbs 1 head cabbage (from which center has been removed)
1/2 cup milk

METHOD: Cook noodles in rapidly boiling salted water for 7 minutes. Brown 2 slices of the bacon and the meat in skillet and season to taste. Mix all ingredients together. Cut cabbage in fourths, removing the center of each, and parboil about 10 minutes. Fill cavity with mixture. Put a strip of bacon around the center of each quarter of cabbage. Fasten the ends together with a toothpick. Arrange in baker, and brown in hot oven (375°F) for 20 minutes. For Mary Dunbar Cooker: Mix all ingredients together and fill cavity in cabbage. Cook in Mary Dunbar Cooker, without parboiling, with one cup hot water, for 2 hours. Serves 4.

SUCCOTASH

1 cup dried lima beans, uncooked 4 tablespoons butter
or 2 cups fresh lima beans 1 1/2 teaspoons salt
6 small ears corn Jewel Pepper

METHOD: Cook dried lima beans in six cups of water for 2 1/2 hours. (Fresh lima beans require only 1/2 hour in just enough water to cover.) Boil corn 20 minutes and cut from cob. Melt butter. Combine vegetables and seasonings and reheat, before serving. A little milk may be added, if desired. Serves 6.

For children who refuse to eat carrots, cook the carrots in the Mary Dunbar Cooker until tender, put them through a potato ricer, add creamed salmon and serve on toast. In this way the children unknowingly get the vitamins.
### FRUIT CANNING OUTLINE

<table>
<thead>
<tr>
<th>Name</th>
<th>Preparation</th>
<th>Time for Blanching</th>
<th>Type of Boiling Syrup</th>
<th>Processing Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>The Waterless</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Cooker, Mary</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dunbar Model</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Min.</td>
</tr>
<tr>
<td>APPLES</td>
<td>Core and peel, cut in halves or quarters.</td>
<td>2 min.</td>
<td>thin</td>
<td>20 min.</td>
</tr>
<tr>
<td>APPLES</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SAUCE</td>
<td>Cook in usual manner.</td>
<td>none</td>
<td>none</td>
<td>20 min.</td>
</tr>
<tr>
<td>APRICOTS</td>
<td>Wash, peel, halve and remove stones after blanching.</td>
<td>2 min.</td>
<td>medium</td>
<td>20 min.</td>
</tr>
<tr>
<td>BERRIES</td>
<td>Sort, hull.</td>
<td>none</td>
<td>thin</td>
<td>20 min.</td>
</tr>
<tr>
<td>APRICOTS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHERRIES</td>
<td>Wash, stone.</td>
<td>¾ min.</td>
<td>medium</td>
<td>25 min.</td>
</tr>
<tr>
<td>Currants</td>
<td>Stem, wash.</td>
<td>none</td>
<td>medium</td>
<td>20 min.</td>
</tr>
<tr>
<td>BERRIES</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FIGS</td>
<td>Wash, place in soda bath; drain, rinse.</td>
<td>none</td>
<td>medium</td>
<td>20 min.</td>
</tr>
<tr>
<td>GOOSE-BERRIES</td>
<td>Stem, wash.</td>
<td>none</td>
<td>medium</td>
<td>20 min.</td>
</tr>
<tr>
<td>GRAPE</td>
<td>Stem, wash.</td>
<td>none</td>
<td>medium</td>
<td>20 min.</td>
</tr>
<tr>
<td>PEACHES</td>
<td>Blanch, cold dip, peel, halve and stone.</td>
<td>1 min.</td>
<td>medium</td>
<td>25 min.</td>
</tr>
<tr>
<td>PEARS</td>
<td>Wash, peel, core and slice. Cook 6 min. in syrup.</td>
<td>none</td>
<td>thin</td>
<td>25 min.</td>
</tr>
<tr>
<td>PINEAPPLE</td>
<td>Peel, remove eyes, cut, slice, or shred.</td>
<td>none</td>
<td>thin</td>
<td>30 min.</td>
</tr>
<tr>
<td>PLUMS</td>
<td>Wash, peel, or prick skin.</td>
<td>none</td>
<td>medium</td>
<td>30 min.</td>
</tr>
<tr>
<td>RHUBARB</td>
<td>Wash, trim, cut.</td>
<td>none</td>
<td>medium</td>
<td>25 min.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SYRUPS USED FOR CANNING FRUITS**

With fruits, a boiling hot syrup instead of water or brine, is used to fill the jars. To make: dissolve sugar in water and bring to boil.

The proportions are:
- Thin Syrup—1 part sugar to 2 parts water.
- Medium Syrup—3 parts sugar to 2 parts water.
- Thick Syrup—2 parts sugar to 1 part water.

Paper bags are useful articles around canning time. Save them to slip over jars of fruit, writing the name of the contents on the bag and twisting the top of the bag tightly. It will be found that the fruit will keep better.
### VEGETABLE CANNING OUTLINE

<table>
<thead>
<tr>
<th>Name</th>
<th>Preparation</th>
<th>Time for Blanching</th>
<th>Coverage</th>
<th>Processing Time</th>
<th>The Waterless Cooker, Mary Dunbar Model</th>
<th>Pressure Cooker</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASPARAGUS</strong></td>
<td>Wash, trim, cut.</td>
<td>4 min.</td>
<td></td>
<td></td>
<td>3 hours</td>
<td>Min. 40 Lbs. 15</td>
</tr>
<tr>
<td><strong>BEANS (STRING OR WAX)</strong></td>
<td>Wash, string, break.</td>
<td>7 min.</td>
<td></td>
<td></td>
<td>2 hours</td>
<td>Min. 60 Lbs. 10</td>
</tr>
<tr>
<td><strong>BEANS (LIMA)</strong></td>
<td>Shell.</td>
<td>4 min.</td>
<td></td>
<td></td>
<td>4 hours</td>
<td>Min. 60 Lbs. 15</td>
</tr>
<tr>
<td><strong>BEETS</strong></td>
<td>Cut stems, but not roots. When blanched, cold dip 2 minutes and remove skins.</td>
<td>10 min.</td>
<td></td>
<td></td>
<td>2 hours</td>
<td>Min. 40 Lbs. 10</td>
</tr>
<tr>
<td><strong>BRUSSELS SPROUTS</strong></td>
<td>Wash.</td>
<td>7 min.</td>
<td></td>
<td></td>
<td>2 hours</td>
<td>Min. 40 Lbs. 10</td>
</tr>
<tr>
<td><strong>CABBAGE</strong></td>
<td>Wash.</td>
<td>7 min.</td>
<td></td>
<td></td>
<td>2 hours</td>
<td>Min. 40 Lbs. 10</td>
</tr>
<tr>
<td><strong>CARROTS</strong></td>
<td>Scrape, split lengthwise.</td>
<td>none</td>
<td></td>
<td></td>
<td>2 hours</td>
<td>Min. 40 Lbs. 15</td>
</tr>
<tr>
<td><strong>CAULIFLOWER</strong></td>
<td>Wash, break apart; soak 30 min. in cold salted water.</td>
<td>4 min.</td>
<td></td>
<td></td>
<td>1 1/2 hours</td>
<td>Min. 40 Lbs. 15</td>
</tr>
<tr>
<td><strong>CORN (ON COB)</strong></td>
<td>Remove husks and silk.</td>
<td>10 min.</td>
<td></td>
<td></td>
<td>3 hours</td>
<td>Min. 90 Lbs. 10</td>
</tr>
<tr>
<td><strong>CORN (OFF COB)</strong></td>
<td>Husk, clean, cut from cob.</td>
<td>6 min.</td>
<td></td>
<td></td>
<td>3 hours</td>
<td>Min. 90 Lbs. 10</td>
</tr>
<tr>
<td><strong>GREENS—ANY TYPE</strong></td>
<td>Clean thoroughly and stem.</td>
<td>4 min.</td>
<td></td>
<td></td>
<td>3 hours</td>
<td>Min. 50 Lbs. 15</td>
</tr>
<tr>
<td><strong>PEAS</strong></td>
<td>Shell, rinse in cold water.</td>
<td>5 min.</td>
<td></td>
<td></td>
<td>4 hours</td>
<td>Min. 60 Lbs. 15</td>
</tr>
<tr>
<td><strong>PEPPERS (BELL)</strong></td>
<td>Wash, remove seed-pod after blanching; flatten.</td>
<td>3 min.</td>
<td></td>
<td></td>
<td>45 min.</td>
<td>Min. 35 Lbs. 10</td>
</tr>
<tr>
<td><strong>PUMPKIN</strong></td>
<td>Peel, cut in small pieces.</td>
<td>3 min.</td>
<td></td>
<td>boiling water</td>
<td>2 hours</td>
<td>Min. 40 Lbs. 15</td>
</tr>
<tr>
<td><strong>SAUERKRAUT</strong></td>
<td>Pack.</td>
<td>none</td>
<td></td>
<td></td>
<td>1 hour</td>
<td>Min. 40 Lbs. 10</td>
</tr>
<tr>
<td><strong>SUCCOTASH BEANS CORN</strong></td>
<td>Cut corn from cob after blanching.</td>
<td>5 min. each</td>
<td></td>
<td></td>
<td>3 1/2 hours</td>
<td>Min. 90 Lbs. 10</td>
</tr>
<tr>
<td><strong>TOMATOES</strong></td>
<td>Blanch, cold dip, skin.</td>
<td>2 min.</td>
<td></td>
<td></td>
<td>25 min.</td>
<td>Min. 10 Lbs. 10</td>
</tr>
</tbody>
</table>

Clear, liquid nail polish will prevent metal chains from blackening the neck, when spread lightly on the metal. Cut an oval opening in your leaky hot water bottle and hang it up in your closet to keep your oily dust cloth in.
# Health Thru Menu Planning

**By Mrs. Leone Rutledge Carroll, (Mary Dunbar)**

**Bachelor of Science**

## Energy Giving Foods
(Carbohydrates and Fats)

<table>
<thead>
<tr>
<th>Starches</th>
<th>Sugars</th>
<th>Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast Foods: Whole grain</td>
<td>Candy</td>
<td>Butter</td>
</tr>
<tr>
<td>cereals best</td>
<td>Dried Fruit</td>
<td>Cream</td>
</tr>
<tr>
<td>Breads: Whole grains best</td>
<td>Honey</td>
<td>Cheese</td>
</tr>
<tr>
<td>Cornmeal</td>
<td>Jams</td>
<td>Ice Cream</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>Jellies</td>
<td>Bacon</td>
</tr>
<tr>
<td>Crackers</td>
<td>Marmalades</td>
<td>Meat, Fat</td>
</tr>
<tr>
<td>Hominy</td>
<td>Molasses</td>
<td>Lard</td>
</tr>
<tr>
<td>Macaroni</td>
<td>Preserves</td>
<td>Vegetable and animal fats and oils</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Sugar</td>
<td>Peanut Butter</td>
</tr>
<tr>
<td>Potato</td>
<td>Syrup</td>
<td>Nuts</td>
</tr>
<tr>
<td>Rice</td>
<td>Sweet Desserts:</td>
<td></td>
</tr>
<tr>
<td>Sago</td>
<td>Cakes</td>
<td></td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>Cookies</td>
<td></td>
</tr>
<tr>
<td>Tapioca</td>
<td>Pies</td>
<td></td>
</tr>
<tr>
<td>Anything made of flour or cornstarch</td>
<td>Puddings</td>
<td></td>
</tr>
</tbody>
</table>

## Body Building and Regulatory Foods
(Proteins)

<table>
<thead>
<tr>
<th>Tissue Building</th>
<th>Bone and Teeth Building and Regulatory (Cellulose)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean Meat</td>
<td>Calcium</td>
</tr>
<tr>
<td>Fish</td>
<td>Egg Yolk</td>
</tr>
<tr>
<td>Eggs</td>
<td>Molasses</td>
</tr>
<tr>
<td>Cheese</td>
<td>Spinach</td>
</tr>
<tr>
<td>Butter</td>
<td>Cabbage, (raw best)</td>
</tr>
<tr>
<td>Cream</td>
<td>Lettuce</td>
</tr>
<tr>
<td>Cheese</td>
<td>Whole raw fruits</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>Celery</td>
</tr>
<tr>
<td>Cottage Cheese</td>
<td>Turnips</td>
</tr>
<tr>
<td>Thin leaved greens</td>
<td>Roughage</td>
</tr>
<tr>
<td>Milk</td>
<td>Spinach</td>
</tr>
<tr>
<td>Nuts</td>
<td>Leafy greens</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>Raisins</td>
</tr>
<tr>
<td>Milk</td>
<td>Dates</td>
</tr>
<tr>
<td>Cereals</td>
<td>Milk</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>Dates</td>
</tr>
<tr>
<td>Millet</td>
<td>Skins of baked potatoes</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>Raisins</td>
</tr>
<tr>
<td>Milk</td>
<td>Apples</td>
</tr>
<tr>
<td>Cereals</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>Bran</td>
</tr>
</tbody>
</table>

## Protective Foods
(Vitamins)

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>Fresh Eggs</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Cream</td>
<td>Spinach</td>
<td>Beans, sprouted</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Egg Yolk</td>
<td>Whole grain cereals</td>
<td>Lemon Juice</td>
</tr>
<tr>
<td>Spinach</td>
<td>Cabbage</td>
<td>Lettuce</td>
</tr>
<tr>
<td>Beet tops</td>
<td>Beets</td>
<td>Lents, sprouted</td>
</tr>
<tr>
<td>Kale</td>
<td>Tomatoes</td>
<td>Oranges</td>
</tr>
<tr>
<td>Chard</td>
<td>Cabbage</td>
<td>Peas, fresh</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Dandelion</td>
<td>Peas, sprouted</td>
</tr>
<tr>
<td>Turnips</td>
<td>Beets and other vege-tables. If figsize</td>
<td>Rutabaga</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Turnips</td>
<td>cooked the “waterless” method or</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>Liver</td>
<td>if water in which they</td>
</tr>
<tr>
<td>Liver</td>
<td>Sweetbreads</td>
<td>are cooked is used.</td>
</tr>
<tr>
<td>Kidney</td>
<td>Raw Cabbage</td>
<td>Fruits</td>
</tr>
<tr>
<td>Turnips</td>
<td>Carrots</td>
<td>Apples</td>
</tr>
<tr>
<td>Rutabaga</td>
<td>Tomatoes</td>
<td>Limes</td>
</tr>
<tr>
<td>Turnips</td>
<td>Sweet Potatoes</td>
<td>Onions</td>
</tr>
<tr>
<td>Sweetpotatoes</td>
<td>Yellow Corn</td>
<td>Raspberries</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td></td>
<td>Spinach</td>
</tr>
</tbody>
</table>

## Simplified Rules:

**EVERY PERSON SHOULD HAVE:**

- ONE PINT OF MILK EACH DAY (FOR CHILDREN, 1 QUART).
- ONE SERVING OF MEAT OR MEAT SUBSTITUTE EACH DAY.
- ONE EGG EACH DAY.
- THREE SERVINGS OF VEGETABLES EACH DAY (1 RAW AND 1 GREEN).
- TWO SERVINGS OF FRUITS EACH DAY (1 SHOULD BE CITRUS).
THE PROBLEM of the family laundry is less complicated and less difficult if well organized. The following rules will be found helpful.

Keep all laundry supplies in one place and ready for use. A box of Grano, Powdered Ammonia Compound, Laundry Tablets, bluing, Gloss Starch, and such stain removal agents as Javelle Water and Oxalic Acid solutions, should be in a cupboard in the laundry room so that no time is wasted in getting supplies together.

Much time can be saved in gathering the laundry if a plain muslin bag for collecting laundry is hung on each closet door. Then each member of the family could be responsible for bringing down his own laundry.

Careful sorting of the clothes is important. Silk things and woolens should be handled separately.

The general wash in the large family may be sorted into six groups:
1. Fine white things such as table linens and fine white clothes.
2. Heavy white things such as bath towels and underwear.
3. Soiled white pieces—dish towels, hand towels, etc.
4. Light colored things—dresses, shirts.
5. Soiled colored things—play suits, aprons, work shirts, etc.
6. "Last water" things—overalls, kitchen rag rugs, etc.

It may be necessary to add soap and hot water from time to time but the particular order of this wash allows the hottest water to be used on the white things and counts upon the fact that the water will be cooled slightly by the time the colored things are put in the machine.

During the sorting of the clothes the silk things, woolens, stockings and socks should be put separate from the rest of the wash and done by hand in lukewarm water and Jewel Daintiflakes. They may go into the regular rinse tub and through the wringer, for convenience. (The exception to this might be woolen things, if the rinse water is very hard.)

It is important to examine all table linens for fruit and coffee stains, before putting into the soapy water. For stain removals, see chart.

STARCHING CLOTHES

There are various methods of making starch. The degree of stiffness may be controlled either by making the starch thin or thick or by putting things that are to be lightly starched through the rinse water after the starch dip. Also, putting starched things through the wringer eliminates extra stiffness.

To keep clothes from freezing to line in cold weather, wipe line with a rag wrung out of strong salt water. When I got a new Jewel Ironing Board Pad, I cut my old one in squares and covered them with bright cloth for hot pan holders.
METHODS FOR MAKING STARCH

QUICK COOKED STARCH
1 to 4 tablespoons Jewel Gloss Starch, according to stiffness desired.  
\( \frac{1}{2} \) cup cold water  \( 2 \) quarts boiling water

METHOD: Dissolve starch in cold water. Add boiling water until mixture is transparent. Stir constantly while adding boiling water.

BOILED GLOSS STARCH
1 to 4 tablespoons Jewel Gloss Starch, according to stiffness desired.  
1 cup cold water  \( \frac{1}{2} \) teaspoon paraffin  
\( \frac{1}{2} \) teaspoon borax \( 1 \) quart boiling water

METHOD: Dissolve starch in the cold water. Add the borax and the paraffin. Add the boiling water, stirring to prevent lumps. Boil the mixture, stirring it thoroughly, until it is clear and smooth. Remove any scum that forms and strain the starch while hot.

METHODS OF REMOVING STAINS

ACID: Sponge with water containing a few drops of ammonia. Rub dry with a piece of garment material. Sometimes fumes from bottle are enough to neutralize the color from the acid.

BLOOD: Soak in cold water until stain is practically removed. Jewel Powdered Ammonia assists in dissolving the blood. Wash with Jewel Grano and Jewel Laundry Tablets.

CHOCOLATE OR COCOA: Try cold water and Jewel Grano. If not effective, soak in cold water and Jewel Laundry Tablets. Pour on boiling water as for coffee.

COFFEE: Black—Pour boiling water through from a height of three feet. Wash with Jewel Grano and Jewel Laundry Tablets. If stain is old or obstinate use Javelle Water and Oxalic Acid. With Cream—Wash with lukewarm water and Jewel Chipsoap to remove the cream; then proceed as for black coffee.

FRUIT: Use same method as for clear coffee stains. For stubborn stains use Javelle solution and boiling water in equal quantities and immerse stained portion, allowing it to soak a few minutes, then rinse thoroughly with boiling water. Borax and Jewel Powdered Ammonia should be used for woolens and silks, as Javelle water destroys these fabrics.

GRASS: Wash a fresh stain with cold water. Alcohol or ether will dissolve the green coloring matter, when material cannot be washed. Javelle solution may be used for white cottons or linens, or moisten with kerosene, let stand a short time, then wash with Jewel White Laundry Soap, Chip Soap or Grano.

GREASE: Place a piece of white blotting paper above and below the stain. Press with a warm iron. The blotting paper will absorb the grease. Warm water and soap may be used on washable material. For delicate colors and fabrics use chloroform and benzine, rubbing the stain lightly until all the reagent has evaporated.

INDELIBLE PENCIL: Dissolve color by soaking in alcohol, then wash in Jewel Grano.

INK: Soak in sweet milk; wash with Jewel Grano, or boil in a solution of Jewel Laundry Tablets and Jewel Chip Soap or Grano. If obstinate, apply Potassium Permanganate, then wash with warm water; apply oxalic acid, and then wash. Mimeograph Ink—Apply concentrated ammonia to stain. Wash and repeat until removed. Printers Ink—Rub lard or grease in well, then wash in warm water and Jewel Grano. Waterproof Ink—Treat as paint.

A medium size button sewed on each end of the draw strings in baby's clothes prevents the strings from slipping out.  
A hook and eye sewed on either end of the elastic in children's bloomers simplifies removal for laundering.
IRON RUST: Cover stain with lemon juice and salt. Leave in the sun three hours. Rinse out with tepid water in which Jewel Laundry Tablets have been dissolved. If necessary repeat a second time. If obstinate, moisten stain with ammonia, then apply salt and lemon or Oxalic Acid. Dip in boiling water.

MILDEW: If the mildew is very fresh, and has not attacked the fiber, it will wash out in cold water. Only when fresh is it likely to be removed. If unsuccessful, apply Javelle solution, and follow immediately with boiling water. Thorough rinsing will prevent Javelle from affecting fiber (for white cotton and linen).

PAINT: If paint is dry, scrape off the old paint then wash off with gasoline, turpentine, benzine or benzol.

SCORCH: Clear water and strong sunshine will remove a slight scorch. If deeper wash in warm water and Jewel Grano or boil and hang in the sun to dry. Place cloth dampened with hydrogen peroxide over scorch and press with warm iron.

TEA: For tea stains on linen, cover with common salt, whiten with lemon juice and set in sunshine. Apply any of the remedies given for chocolate or coffee.

TEA OR COFFEE STAINS ON CHINA: Scour with salt and vinegar.

PERSPIRATION: Wash in warm water and soap, and if cotton or linen, place in sun to dry. If this treatment isn’t sufficient apply a dilute solution of sodium hydrosulphite and wash in water. The odor may be removed by chloroform.

JAVELLE WATER

Dissolve ½ pound chloride of lime in 2 quarts of cold water. Dissolve 1 pound of washing soda in 1 quart of boiling water. Mix the two solutions and filter through a piece of muslin to remove all sediment. Keep the clear liquid in tightly stoppered bottles. Method of Use: Stretch the stained portion over a bowl filled with water and apply Javelle Water to the stain with a medicine dropper. Do not allow the Javelle Water to remain in contact with the stain for more than 1 minute. Then apply Oxalic Acid Solution to neutralize the Javelle Water and rinse by dipping the stain in a bowl of water. NOTE: Javelle Water should be applied to uncolored cotton or linen materials only. It bleaches colors and rots silk or wool.

OXALIC ACID SOLUTION

Make a saturate solution by adding as much of the crystals as will dissolve in water. Method of Use: Stretch the stained portions over a bowl and apply the oxalic acid to the stain with a medicine dropper or glass rod. Allow to remain a few minutes and rinse thoroughly with clean water. Repeat until stain disappears. Use a little ammonia in the final rinse, to neutralize the acid. NOTE: This bottle of solution should be kept out of reach on a high shelf, plainly marked in red letters “POISON.”

WASHDAY HINTS

Since rayon curtains are inclined to tear easily when wet, it is wise to let them dry first; then put onto the stretcher, wet thoroughly and let them dry again. When ironing clothes, keep a piece of Jewel Waxed Paper on the ironing board. This keeps the iron nice and smooth. Wet badly soiled cuffs and collars on shirts and sprinkle some Jewel Powdered Ammonia on them before putting them into the washer. Much time and labor can be saved by taking towels off the line when almost dry, folding them and putting through the wringer. This irons them quite smooth. In the winter, put a teaspoon of salt in starch. This prevents the clothes from freezing.

One teaspoon of vinegar in the bottom of a double boiler prevents a coating of lime.

Use a Jewel French Process box to keep handkerchiefs in. It will give the handkerchiefs a delicate fragrance.
First Aid

MATERIALS ON HAND

In every home there should be certain first aid materials and medicines, carefully selected, carefully labelled, and kept in a cabinet made for the purpose. This cabinet should be placed well out of the reach of children and all medicines should be kept there and not left standing around the house. The following articles should be kept always on hand:

FIRST AID OUTFIT—Sterilized gauze for dressings, gauze bandages, etc. A packet of individual first aid dressings will be found useful.

ALCOHOL—(For rubbing), six ounces. Use externally to relieve pains of sprains, strains, bruises and to refresh skin during an illness.

AROMATIC SPIRITS OF AMMONIA—Two ounces. One-half teaspoon in water for faintness.

BORACIC ACID—Four ounces. Dissolve 2 1/2 teaspoons in a glass of hot water and use as an eye wash.

CARBOLATED VASELINE—One tube. For external use, in treatment of burns.

CASTOR OIL—Eight ounces. Dose—one to two tablespoons.

OIL OF CLOVES—For toothache.

TINCTURE OF IODINE—3 1/2 per cent. For wounds.

SYRUP OF IPECAC—Dose, one teaspoon, followed by a drink of warm water, to cause vomiting.

ANTIDOTES FOR POISONINGS

ACETIC ACID—Emetics, magnesia, chalk, soap, oil.

ARSENIC, RAT POISON, PARIS GREEN—Milk, raw egg, sweet oil, lime water, flour and water.

CARBOLIC ACID—Epsom salts, raw eggs, flour and water, milk, castor oil.

CHLOROFORM OR ETHER—Dash cold water on head and chest, artificial respiration.

HYDROCHLORIC (muriatic), NITRIC, OXALIC, SULPHURIC ACIDS—Weak alkaline drinks at once, baking soda, magnesia, chalk, lime, plaster, given in water, soap or tooth-powder. (No emetic.)

IODINE—Emetics, starch and water.

LEAD—Epsom salts in large dose, 2 tablespoons to a glass of water, castor oil, milk or eggs.

MERCURY—Zinc sulphate, emetics, raw eggs or milk, soap, castor oil, flour and water.

SILVER PREPARATIONS (silver nitrate)—Large drinks of salt water, soap, baking soda.

OPium, MORPHINE, PAREGORIC, ETC.—Strong coffee, hot bath. Keep awake and moving.

PTOMAINE (poison from decayed meats, fish, vegetables, contaminated canned foods)—(After emetic) castor oil, Epsom salts, or other rapidly acting cathartic.

ALKALIES—Dilute acids, lemon juice, oils, melted fat, milk, cream.

EMERGENCIES

SUNSTROKE AND HEAT EXHAUSTION—If face is flushed: give cooling treatment. Remove patient to a cool, shady place. Loosen clothing, sponge face and chest with cold or iced water, ice cap to head. Call doctor.

When hot applications are needed, a speedy means of handling the hot cloths without burning the hands, is to place them in a potato ricer and then into the scalding water. They can then be quickly squeezed out.
If face is pale and cold: Give stimulating treatment. Remove to cool place. Hold strong ammonia near the nose. Give teaspoonful of hot coffee. Rub skin. Place hot water bottles at the feet and cover with blankets. Send for doctor.

SUNBURN—Should be treated as a mild burn. Exclude air. Baking soda and water, or cold cream lessen the discomfort. Jewel Velvetyooth soothes and tends to prevent blistering.

SNAKE BITE—Tie the limb between the wound and the heart. Send for a doctor. Open the wound with a knife, which has been held in a flame if possible, enlarge wound, causing it to bleed freely. Cauterize with carbolic acid.

DOG BITE—If hydrophobia is suspected, treat the wound in the same way as for snake bite. Send for a doctor at once.

INSECT STINGS—If you can see the sting in the flesh pull it out. Apply mud or ammonia water and later cloths wet in cold water.

IVY POISONING—Apply suds of Jewel Yellow Laundry Soap. Wash with alcohol and apply a dressing kept soaked in cold soda bicarbonate.

Beauty Culture

Cleanliness is the first secret of beauty. Clean skin, clean hair, teeth and nails make a well-cared-for, well-groomed appearance.

The daily bath is important and a good toilet soap should be selected—Jewel Palm, French Process or Castile are recommended. Follow the bath with a dusting of Jewel Talcum Powder.

Care of the teeth and gums is important. Brush both vigorously with Jewel Tooth Paste, at least twice a day. It cleans, polishes and whitens the teeth and strengthens the gums.

Well cared for hair is soft, lustrous and beautiful. A good liquid shampoo cleanses thoroughly and preserves the natural color of the hair. Jewel Shampoo produces an abundant lather for cleansing and leaves the hair natural and lovely. A daily brushing is also important.

A soft, natural wave is the smartest and this effect can best be obtained by water-waving the hair. A wave set will emphasize the natural wave or make the waving of straight hair an easy matter, even in the home.

The face should be thoroughly cleansed with soap and water or a good cleansing cream, at least twice a day. Before your make-up, apply Jewel Velvetouch as a powder base. Then your powder and be sure it is the shade that blends best with your skin. Now your rouge and lipstick, which must match.

Well groomed hands mean constant attention. Always use Velvetouch after having the hands in hot water to prevent reddening and roughness. Keep the nails well filed and apply a little Velvetouch to the base of the nails every night to keep the cuticle soft and pliable.

A facial massage weekly is considered by many women as an absolute essential. There are various methods, but here is one that has been universally accepted.

1. Cleanse the face with an oily cream and wipe off excess grease.
2. Wring a turkish towel out of very hot water and cover the face, forehead and neck with this steam cover. Leave only enough uncovered space for the nose. Press towel against face with an upward movement, as though to lift up the cheek muscles.
3. Remove towel. Rub face with a piece of ice held in a cloth. Rub until flesh tingles and feels cool and firm.
4. Apply a base cream such as Velvetouch, then a light dusting of powder.

The application of make-up is an art in itself. A vanishing cream makes a very good base. Rouge may be applied to the lower part of the cheeks, if the face is round and to the upper part if the face is oval. The face powder should be a shade that blends with the skin and the rouge and lipstick should match. Lipstick should be used very delicately, applying from the center to bring out the shape of the mouth.

I saved my Jewel Velvetouch bottles until I had twenty-five or more. I punched holes in the top and made salt and pepper shakers out of them for use in the church dining room. After months of use, they showed no rusting.
TO HEAT two or three foods at a time over one burner, place the three inset pans of the Mary Dunbar Cooker on top of the base directly over the gas flame and put the cover right down on top of the inset pans.

When measuring molasses or syrup, first grease the cup and every drop of syrup will pour out.

Cut the top completely off of Jewel Baking Powder cans. Brown bread baked in these makes attractive, square shaped sandwiches.

The ribs of old umbrellas make excellent and long lasting supports for flowers. Paint them green and they will hardly be noticed in the garden. They are especially fine for gladiolas.

Keep a tablespoon in your Grano box. By dipping instead of pouring hap-hazardly you save waste.

To prevent scale in the teakettle, drop a clay marble in the kettle where water is boiled. All the scale will collect on the marble, leaving the kettle clean.

Always roll crackers or bread on Jewel Waxed Paper. It saves in cleaning up and the paper can also be used to sift the crumbs on to the dish.

When receiving mail in unsealed envelopes, cut off sticky flaps, put in a box and when making jam or jelly, cut them in small pieces. Write the name on paper and stick on the outside of glasses.

For quick suds in dish water, use the water distributor of the Modern Drip Coffee Maker, to plunge the water.

If no curtain stretchers are handy you will find it is very satisfactory to hang curtains back on the hangers to dry with a rod or weight through the lower hem.

To apply Jewel Cleanser for scouring pan bottoms and cutlery, nothing equals a large cork. This furnishes a firm scouring surface and can be rinsed off and kept on top of the cleanser can. It is always neat and clean.

When washing a crepe dress add to your rinsing water a cupful of vinegar mixed with starch. This will make the dress look like new.

When making coffee on an open fire at a picnic, rub the outside of the coffee pot with Jewel Laundry Soap before placing over the fire. The black will come off easily.

Keep a pint jar of burnt sugar on hand (made from granulated sugar) to use instead of molasses when baking beans. It gives a very tempting color. When your gravy isn't as brown as you would like it, just add a little burnt sugar syrup and it will be brown.

Cover recipe cards with transparent shellac. Greasy finger marks are prevented and the cards can be wiped clean after using, with no fear of smudging the ink.

A small brush is much better than a cloth for cleaning the Jewel Waffle Iron. It cleans more easily before cooling.

If you have ironing dampened and are unable to get it ironed, wrap it in a thin towel and place in the electric refrigerator. This saves drying and redampening. This also prevents mildew, if it has to be left for a few days.

Keep the flash light on the sewing machine and use it to thread the needle. It saves much time and effort.

Use the Mary Dunbar Cooker as a miniature ice-box for motoring. The bottle of the baby's milk, tightly corked, is packed in the ice below the rack. Jewel-Jell, salads and the like are packed in the pans. The flat cover makes it easy to carry with the top handle.

Put eye screws in the end of the broom handles, ice pick, etc. They may then be hung conveniently.

Sprinkle Jewel Powdered Ammonia Compound on carpets before sweeping. It brightens the colors and removes spots.

A piece of cellophane placed around light switches will save finger marks on the wall paper.
Good results rendering lard can be had if you use the Mary Dunbar Cooker. It does not spatter and need not be watched.

A drop of liquid nail polish on a pulled thread or run in hose will prevent it from spreading and may be washed many times.

When the iron in the water discolors sheets and pillow cases so they are no longer white, tint them delicate colors to match the bedroom.

To clean combs, lay them in a basin and shake Jewel Powdered Ammonia Compound over them and then pour some lukewarm water in and let stand an hour or so and they are perfectly clean.

Frequently one stocking or sock of a pair becomes damaged. Save the good one and bleach them white with a dye bleach and redye them in pairs.

The Jewel Cocoa can is just the right size for a twine holder. Cut a hole in the lid to draw the twine through as needed. The can may be enameled a bright color to suit the scheme in your kitchen.

Save Jewel Extract, Shampoo and Velvetouch bottles for storing flower seeds. They are easily marked and take up a small amount of room.

I do all my Christmas shopping in my own home, saving Jewel premiums for gifts throughout the year.

When washing a large, lace table cover, stretch it on curtain stretchers and then when it is dry it looks like new.

Put rings in a small bowl with warm water and a little Jewel Powdered Ammonia Compound. Brush the rings thoroughly with an old tooth brush and it cleans them beautifully.

Use Jewel Quick Oats boxes for sugar and doughnuts and find them ideal.

When cooking preserves or jelly, try using a Jewel Waterless Cooker. The base helps to prevent sticking or burning.

Instead of listing Jewel groceries on a separate paper, check them on the back of the calendar. In this way there is no danger of the list getting lost as the Jewel calendar is always near.

Jewel Malted Milk makes cereal more interesting for the children.

Use a Jewel Cooky Jar as a container for brown sugar. Sugar never hardens nor gets lumpy.

The Jewel Saverette is ideal for picnics. The containers hold sufficient food for the average family, besides being practical, attractive, easily carried and compact.

The Jewel Cake Safe is a perfect carrier for picnic lunches. Also, the trivet of the Mary Dunbar Cooker fits in the Cake Safe enabling two "decks" of food.

To save fuel when baking beans, set the bean pot on the base of the Mary Dunbar Cooker, turn the cooker over it and bake slowly.

When emptying Jewel Coffee boxes, cut off the top, oval down the front side a little and tack it to the closet door for children to put small, soiled articles such as socks and handkerchiefs in. This saves much time in gathering up the laundry.

The small, pointed type of paper cup is convenient as a funnel for filling salt shakers, vinegar bottles and the like.

When peeling silver skin onions for pickles, pour boiling water over onions and the skins peel off as easily as tomatoes and the juice does not get in the eyes.

Use glass or dish ash trays and you can really get the strong smoke smell out by putting Jewel Powdered Ammonia in them with a little water and soaking.

Left over paint can be kept from drying out by pouring melted paraffin onto the surface.

Paint the lower step of your cellar stairs with white enamel. It may prevent a bad fall as it can be seen in the dark.

**Save the "core" from Jewel Wax Paper Rolls and use them to wrap doilies around. It keeps the doilies from wrinkling.**

**Small rubber bands wound around the ends of coat hangers make a fine non-skid arrangement.**
LINEN: Table cloth, luncheon cloth, doilies or runners are used, depending upon the occasion. Linen must be smooth and be placed “on the square.”

Always try to have some centerpiece decoration—a bowl of cut flowers in summer or a potted plant in winter. Sometimes candlesticks with pale colored, lighted candles will answer the purpose.

Chairs should just touch the edge of the table cloth.

Mark each “cover” with a service plate. (Space for one person is referred to as a “cover.”)

Place silver one-half to one inch from edge of table, having ends in even line, parallel with edge of table, pieces equal distance apart and parallel to each other.

Knives are placed at right of plate and spoons at the right of knives. Place forks at left of the plate, with the exception of the oyster fork which goes to the extreme right.

Articles of silver are placed in the order in which they are to be used, from extreme right and extreme left to the plate.

The cutting edge of the knife is always turned toward the plate and the tines of the fork are turned upwards. Bowls of spoons are always upward.

The napkin is placed at the left of the forks with open fold toward plate and edge of table. Edge of napkin should be parallel with the silver.

Jewel Silverware never tarnishes when stored by wrapping in cloth and putting a few drops of camphor on the roll.

Jewel Waxed Paper placed underneath the serving platter is hardly visible but will protect the table cloth from grease.
The glass is placed directly above the knife (when two glasses are used they are placed side by side parallel with edge of table).
Place bread and butter plate above the forks. Butter spreaders may be placed across upper, right hand side of butter plate.
Every “cover” should look exactly the same and be placed exactly opposite another when possible, to give a feeling of balance and symmetry.
Salt and pepper sets when used, are placed between each of two covers about even with bread and butter plates.
Anything cold may be placed on the table before serving—olives, salted nuts, pickles, cocktail or fruit cup.
If coffee is to be served at the table, place the coffee pot at the right of the hostess, the cream and sugar in front of the hostess and the cups at her left.

CARVING HELPS

Always have knife sharp to avoid awkward carving.
Carver may stand if carving is less awkward by doing so.
Movements of knife should always be toward the carver, or downward, never toward the guests.
Cut across the grain of meat. (In leg of lamb this means cutting toward the bone. The cut pieces are then loosened from the bone with the point of the knife.)
Cut enough for each person before starting to serve.
Carve fowl by cutting to the joints and disjointing. Never try to cut through the joint or bone.
In carving crown roast, loin or rib roasts of any kind, cut down between the ribs.
To carve rolled roasts, place fork in side of roll and cut crosswise, parallel to platter.
Slices of ham, beefsteak or flat roasts, such as Swiss steak, which are already cut across the grain, are carved by cutting toward the platter into strips one to two inches wide.

RULES FOR SERVING

The hostess should be served first.
Place, remove and pass all dishes to the left—except drinks which are placed from the right.
Remove main dishes of food before individual dishes.
Everything relating to a course should be removed at the end of that course.
Bread and butter plates, relishes, salt and pepper containers, are removed before the dessert course.
When the serving is done at the table, the meat should be placed in front of the host with the vegetables and gravy to the right and left of the meat platter.
All side dishes should be placed at the left of the cover.
When food is passed, it should be held to the left of the person, low enough to enable comfortable and inconspicuous self-service.
Dishes which are passed should be held on folded napkin, with special care that the thumb does not extend over the edge.
A napkin and plate may be used to crumb the table between courses.
Finger bowls are placed at the left of the dessert.
Coffee is either placed at the right or served in the drawing room.

When it is necessary to use hard well water for watering flowers, the flowers will be considerably benefited and will get more good from the water if you put a tablespoon of Jewel Ammonia Compound into each gallon.
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WATCH YOUR PANTRY SHELVES. Be sure you have JEWEL groceries on hand. Order those additional products you need from your JEWEL man.

**JEWEL QUALITY GROCERIES**

### COFFEES
- Black
- Green
- Mixed

### TEAS
- Black
- Green
- Mixed

### FOOD PRODUCTS
- Rice
- Elbow Macaroni
- Spaghetti
- Egg Noodles
- Cocoa
- Shredded Cocoanut
- Peanut Butter
- Baking Powder
- Mayonnaise
- Butter Crackers
- Graham Crackers
- Jewel-Jell—Six Flavors
  - Cherry, Lemon,
  - Raspberry, Lime,
  - Strawberry, Orange
- Quick Oats
- Butternut Cookies

### LIQUID EXTRACTS
- Lemon
- Vanilla
- Imitation Vanilla

### SPICES
- Black Pepper
- Cinnamon

### LAUNDRY PRODUCTS
- Yellow Laundry Soap
- White Laundry Soap
- Daintiflakes
- Chip Soap
- Soap Powder
- Powdered Ammonia
- Gloss Starch
- Jewel Cleanser
- Grano
- Laundry Tablets

### TOILET SOAPS
- Jewel Palm
- Jewel Castile
- Jewel French Process

### TOILET ARTICLES
- Tooth Paste
- Liquid Shampoo
- Skin Lotion

Remember—with every package of Jewel groceries, you receive a premium credit; your dividend for trading the Jewel Way.

*All Jewel Merchandise Has Earned This Seal*
The paragraph below is from a bronze tablet at our main entrance to the Headquarters office and Mid-Western plant at Barrington, Illinois. It is quoted here as a constant reminder that we never forget our obligation to you—our customer.

**THIS BUILDING, ERECTED IN THE YEAR 1930 AS THE PERMANENT BUSINESS HOME OF THIS COMPANY, SYMBOLIZES THE VISION OF ITS FOUNDERS, THE ASPIRATIONS OF THOSE WHO ARE LOYALLY SERVING IT TODAY, AND THEIR FAITH IN ITS FUTURE GROWTH AND USEFULNESS.**

**IT IS DEDICATED TO THE HOMES AND THE HOMEMAKERS OF AMERICA, WHO HAVE MADE THIS BUSINESS POSSIBLE, AND Whose NEEDS AND DESIRES IT AIMS ALWAYS TO SERVE WITH ECONOMY AND IN A SPIRIT OF TRUE SINCERITY.**

**JEWEL TEA CO., INC.**

**JEWEL PARK, BARRINGTON, ILL.**

**JOHN M. HANCOCK**
Chairman

**MAURICE H. KARKER**
President