476 tested recipes
by
Mary Dunbar
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by
Mary Dunbar
Director, Jewel Homemakers' Institute

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American homemaker by
JEWEL TEA CO., INC.
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Dear Friend:

This little book is acting as a messenger in carrying from my kitchen to yours a group of good, practical recipes which we have enjoyed and which I want to recommend for your use.

Many of them are very old friends who have come to you before in my other cook books and in The Jewel News, but if your old books have been used as much as mine, you'll be glad to receive them in this freshened condition so that you may continue to enjoy their use.

All recipes in this book are standard, calling for level measurements throughout. When using Jewel's new, improved baking powder, the quantity of baking powder called for in any recipe may be reduced as indicated on the can.

Many of you have seen our new kitchen, where all of the recipes in this book were tested. When you take your summer vacation, make it a point to come to Barrington and go through our large, sunshiny plant. At the same time you can see our beautiful, modern kitchen, where all Jewel merchandise must win approval before it is accepted for the line. You will enjoy it.

Cordially yours,

Mary Dunbar
Appetizers

CANAPES

I. Rounds of untoasted bread spread with a mixture of crisped, crushed bacon, cottage cheese, or Jewel Peanut Butter, and enough Jewel Mayonnaise to blend. Arrange a border of pickle relish around the edge with the aid of a small knife.

II. Cut finger-shaped canapes from a 1/4-inch slice of bread. Spread with cream cheese and Jewel Mayonnaise. Place a thin slice of fresh tomato or, if out of season, a thin slice of ham on top. 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 desired, or purchase the ready prepared sardine paste. Blend with sufficient Jewel Mayonnaise to 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.

FRUIT COCKTAIL

2 grapefruit
1 cup canned white cherries
1/2 cup powdered sugar
1 teaspoon lemon juice
6 maraschino cherries

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

FRUIT PUNCH

1 quart of water
1/2 cup Jewel Orange Pekoe Tea leaves
1/2 cup white grape juice
1/2 cup orange juice
2 tablespoons lemon juice
1/2 cup sugar
Fresh fruits in season
1 pint bottle ginger ale

Bring water to a boil. Remove from fire; add tea. Let stand 5 minutes. Strain, and when cool, add fruit juices and sugar. Set in refrigerator to chill. Just before serving add ginger ale and fresh fruit. Serve ice cold. Serves 10.

HAWAIIAN PUNCH

4 cups strong Jewel Orange Pekoe Tea
1 cup pineapple juice
1 pint bottle charged water or ginger ale
Juice of 2 lemons
Juice of 2 oranges
1/2 cup sugar

Combine all ingredients. Serve over cracked ice. Garnish glasses with a slice of orange and 1/4 slice of pineapple.

PARTY PUNCH

1 package Lemon Jewel-Jell
7 cups boiling water
6 teaspoons Jewel Pan Fried Tea
4 cups orange juice
1 1/4 cups lemon juice
1/2 cup sugar
1 quart lemon sherbet

Dissolve the Jewel-Jell in 2 cups of boiling water. Brew the tea in 4 1/2 cups boiling water for 6 minutes. Drain from leaves. Add to Jewel-Jell along with the orange juice, lemon juice and 1/2 cup simple syrup (made from 1/4 cup sugar and 1/2 cup water, boiled 3 minutes). Chill. Pour over ice cubes in punch bowl. Add the lemon sherbet, and garnish with fruit slices just before serving. Serves 20.

SEA FOOD COCKTAIL SAUCE

2 tablespoons tomato catsup
1 tablespoon lemon juice or vinegar
A few drops tobasco sauce
1/2 tablespoons Worcestershire Sauce
1 teaspoon salt
2 teaspoons finely chopped celery
1/4 teaspoon Jewel Pepper

Mix together well all of the ingredients. When well mixed, add to sea food. Chill thoroughly and serve on cracked ice in cocktail glasses. Serves 4. Sauce for 16 medium sized oysters, shrimps or crab meat.

Equal amounts of ground raw cranberries and sugar stirred into Lemon Jewel-Jell after it has set, serves as a delicious and colorful consommé for Thanksgiving or Christmas dinner.
Use 1 rounded tablespoon of Jewel Coffee for each cup of coffee to be served. The spoon which comes with the Coffee Maker provides a very accurate measure—just use one shake-level measure for each cup of coffee required. A coffee cup equals ¾ of a measuring cup.

DRIP COFFEE
Measure coffee into basket of the Drip Coffee Maker. Pour freshly boiling water to correct measure mark. Put pot over low flame to drip. Drip coffee is always amber clear and deliciously smooth in flavor.

BOILED COFFEE
Measure coffee. Add measured cold water. Let come to a boil. Keep at the boiling point just 3 minutes. Reduce heat and simmer 5 minutes. Add 2 tablespoons cold water. Let stand 5 minutes. Strain and serve.

PERCOLATED COFFEE
Measure coffee in basket. Pour measured cold or boiling water over it. If hot water is used, percolate 7 minutes for 4 cups, and 1 minute additional for every cup over 4. Count time from first spurt through the percolator tube. If cold water is used, percolate 15 minutes for 4 cups, and 1 minute additional for each cup over 4. Reduce heat at end of 5 minutes, and let stand 5 minutes before serving.

A half teaspoonful of raspberry jam placed in each teacup before the tea is poured in gives an interesting new flavor to the tea.
EGG AND COLD WATER COFFEE
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.

ICED COFFEE
Prepare coffee in the Coffee Maker, adding 1/4 more coffee to give additional strength.

COCOA
2 teaspoons Jewel Cocoa
2 teaspoons sugar
1/4 cup water
1/4 cup milk
Place the cocoa and the sugar in a saucepan. Add water, stir until smooth. Cook 3 to 5 minutes. Heat the milk in the top of double boiler. Add cocoa mixture and serve hot.

COCOA EGG NOG
2 teaspoons Jewel Cocoa
2 teaspoons sugar
1/4 cup water
1 egg
1/4 cup milk
Jewel Cinnamon
Cook cocoa, sugar and water 5 minutes. Add milk. Pour slowly into well beaten egg yolk. Fold in stiffly beaten egg white. Serve over cracked ice with a dash of cinnamon.

ICED COCOA
2 teaspoons Jewel Cocoa
2 teaspoons sugar
1/4 cup water
1/2 teaspoon Jewel Vanilla Extract
Whipped Cream
Cook cocoa, sugar and water 2 minutes. Add milk and cook 5 minutes. When cold, pour over cracked ice. Add vanilla and top with whipped cream.

COCOA SYRUP
2 1/2 cups granulated sugar
1 cup Jewel Cocoa
2 1/2 cups boiling water
2 teaspoons Jewel Vanilla Extract
Mix sugar and cocoa. Add boiling water. Cook 5 minutes (or until it threads). Cool, add vanilla and bottle. Use 1/4 cup syrup to 3/4 cup rich milk. Shake with cracked ice and serve.

TEA
HOT TEA
1 level teaspoon Jewel Tea
1 cup boiling water
Slice of lemon or candied ginger
Scald the teapot; put tea leaves in pot and pour the freshly boiling water over the leaves; cover the pot and let steep for 4 to 6 minutes. Then strain and serve at once with a slice of lemon or candied ginger. Tea should never be boiled.

ICED TEA
Measure 1 1/2 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 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.
MISCELLANEOUS BEVERAGES

CAFÉ DIABLE

4 cups strong Jewel Coffee
1/2 teaspoon Jewel Cinnamon
3 whole cloves
2 allspice berries
1 teaspoon sherry flavor
4 cups strong Jewel Coffee
1/2 teaspoon Jewel Cinnamon

Reheat coffee in top of double boiler with spices for 15 minutes. Add flavor and serve black in small cup. Sugar may be added if desired.

EGG NOG

1/4 cup sugar
1/2 cups of milk and cream
3 eggs
3 teaspoons Jewel Vanilla Extract
Dash of nutmeg

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

COFFEE AMBROSIA

I quart strong Jewel Coffee
Pinch of powdered mace
1/2 cup honey
2 cups iced milk
Few drops almond extract

Mix together cold coffee, honey, almond extract, mace and milk. Stir well. Serve in glasses with a few spoonfuls of ice and a spoonful of whipped cream.

FRENCH COCOA

6 tablespoons Jewel Cocoa
3 eggs
1/4 teaspoon salt
Vanilla Extract
1/2 cup whipping cream

Mix cocoa, sugar and salt. Gradually add milk, stirring to prevent lumps. Add beaten egg yolks. Cook 10 minutes in a double boiler. Cool, add vanilla, chill. Beat egg whites stiff; whip cream and mix the two. Stir half into the cocoa, and serve the rest on top.

COFFEE CHOCOLATE MALTED MILK

To 1 tablespoon of Jewel Chocolate Malted Milk add a little Jewel Coffee, and mix until smooth. Fill cup with hot coffee, and add cream to suit taste. This is also delicious served cold.

ICED COFFEE

6 tablespoons Jewel Cocoa
24 cloves
1/2 teaspoon Jewel Cinnamon
1/4 cup powdered sugar
1/4 cup heavy cream, whipped and sweetened
Add spices to coffee. Boil 5 minutes. Strain; add sugar and chill. Serve in glasses, containing a little cracked ice, and top with cream. Dust with additional cinnamon.

COFFEE CHOCOLATE COFFEE

2 cups milk
4 tablespoons ground Jewel Coffee
4 teaspoons Jewel Cocoa
2 teaspoons sugar

Boil the coffee in the milk. Strain. Mix cocoa and sugar and add to coffee. Bring to boiling point and serve.

SPICED ICED COFFEE

6 cups Jewel Coffee
24 cloves
1/2 teaspoon Jewel Cinnamon
1/4 cup powdered sugar
1/4 cup heavy cream, whipped and sweetened
Add spices to coffee. Boil 5 minutes. Strain; add sugar and chill. Serve in glasses, containing a little cracked ice, and top with cream. Dust with additional cinnamon.

GINGER TEA

1 pint Jewel Tea
1 lemon
2 oranges
1/4 cup sugar

Strain tea into pitcher. Add juice of oranges and lemon. Add sugar, cracked ice and ginger ale. Serve in tall, thin glasses.

GINGER TEA

2 cups hot black Jewel Coffee
1 tablespoon cornstarch
1/2 teaspoon Jewel Cinnamon

Mix dry ingredients; add coffee. Cook in double boiler until thick, stirring constantly. Add milk; let cool 15 minutes. Chill. Serve ice cold in tall glasses with whipped cream on top.

COFFEE PUNCH

1 package Lemon Jewel Jell
1 teaspoon Jewel Cinnamon
1 quart hot Jewel Coffee
1 pint cream
1 cup sugar
1 quart milk
1 pint carbonated water

Dissolve Jewel-Jell in hot coffee. Add sugar and cinnamon, and allow to cool. Strain through cheesecloth. Freeze in ice cream freezer, using 1 part salt to 8 parts of ice. When ready to serve, place coffee ice in punch bowl; add milk, cream, and carbonated water. Serve in punch glasses.
Biscuits

Baking Powder Biscuits

2 cups flour
3 teaspoons Jewel Baking Powder
1 teaspoon salt
2 to 4 tablespoons shortening
1/4 cup liquid (milk and water)

Sift the dry ingredients. Rub in shortening with a fork or dough blender. (For very rich biscuits, increase shortening.) Add liquid, mixing lightly with knife 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.

Variation: For quick, delicious biscuits, use Jewel Prepared Biscuit Flour according to package directions.

Cheese Biscuits

Roll biscuit dough to 1/4 inch thickness. Cover one half of dough with grated cheese, and fold the other half over it. Press together with rolling pin. Cut and place on baking sheet. Bake in a hot oven (425°F.) for 20 minutes.

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 (using 4 tablespoons fat) thin. Cut in rounds. Place a teaspoon of Jewel Mince Meat on half of the rounds, pressing another round on top of each, pinching the edges together. Bake in hot oven (425°F.) 20 minutes.

QUICK TEA RING
Roll biscuit dough into rectangular piece, 1/4 inch thick. Spread with soft 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 incisions, 1/2 inch apart all the way around, turning each piece so that cut side is up. Bake in a hot oven (400°F.) for 25 minutes.

Variations:
Sprinkle with chopped almonds before baking.
While ring is still hot, cover with uncooked icing and sprinkle with chopped nuts.

WHOLE WHEAT BISCUITS
2 cups whole wheat
1/4 cup chopped, cooked Jewel Prunes
1 1/2 teaspoons salt
1 tablespoon melted Jewel Bak-ing Powder
1 cup milk
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.

GRIDDLECAKES
GRIDDLECAKES
2 cups flour
2 teaspoons Jewel Bak-ing powder
1 teaspoon salt
2 tablespoons sugar
1/2 cup milk

QUICK OATS GRIDDLECAKES
1 cup cooked Jewel Quick Oats
1 egg, beaten
1/2 cup flour
1 teaspoon Jewel Bak-ing Powder
Mix oats and egg. Add sifted dry ingredients and milk alternately. Add shortening. Fry same as griddlecakes, and serve with syrup.

MUFFINS
BLUEBERRY MUFFINS
2 cups Jewel Prepared Biscuit Flour
2 tablespoons sugar
1 cup milk
Sift dry ingredients. Mix egg and milk and stir into sifted dry mixture. Add the blueberries. Mix and fill well greased muffin pans 2/3 full. Bake in a moderately hot oven (400°F.) for 20 minutes.

PLAIN MUFFINS
4 tablespoons shortening
3 tablespoons Jewel Bak-ing Powder
1 egg
2 cups flour
1 cup milk
Cream butter and sugar, then stir in beaten egg. Add sifted dry ingredients alternately with the milk. Fill muffin tins 2/3 full, and bake in a hot oven (400°F.) for 20 minutes.

RICE AND CORN MEAL MUFFINS
3/4 cup hot milk
1/2 cup white corn meal
1/2 cup cooked Jewel Rice
1 1/2 teaspoon salt
1/2 cup flour
1 tablespoon melted shortening
Pour hot milk over corn meal, and let stand 5 minutes. Add all other ingredients in order given. Mix and beat thoroughly. Bake in greased muffin pans in moderately hot oven (375°F.) for 25 minutes.

A grapefruit knife is handy for removing muffins or cup cakes from tins.
TOAST

CINNAMON TOAST

4 tablespoons butter
1/2 cup brown sugar
2 teaspoons Jewel Cinnamon
8 slices toast

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

FRENCH TOAST

3 eggs
1/2 teaspoon salt
2 cups milk
12 slices bread, cut 1/2 inch thick

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

WAFFLES

WAFFLES

2 cups flour
1 teaspoon salt
1 tablespoon sugar
4 teaspoons Jewel Baking Powder

2 eggs
3/4 cups milk
3 tablespoons melted butter

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

WAFFLE VARIATIONS

Cocoanut Waffles: Add 1/2 cup Jewel Cocoa-nut to regulation waffle recipe. Bake as usual.

Cinnamon Waffles: Add 2 teaspoons Jewel Cinnamon to waffle recipe. Bake as usual, Delicious with hot maple syrup.

MISCELLANEOUS QUICK BREADS

CORNBREAD

1 cup corn meal
1 cup flour
2 teaspoons Jewel Baking Powder
4 tablespoons sugar

1/4 teaspoon salt
2 eggs
2 tablespoons melted shortening
1 cup milk

Mix and sift dry ingredients. Beat eggs and mix with melted shortening and milk. Add these to dry ingredients. Beat well. Pour into greased shallow pan, and bake in hot oven (425°F.) for 20 minutes. May also be baked in corn stick molds.

DATE AND NUT LOAF

1 teaspoon soda
1 cup dates, cut
1 cup boiling water
3/4 cup brown sugar
1 1/2 cups bread flour

1/4 teaspoon salt
1 tablespoon fat
1 egg
1/2 cup chopped walnuts

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

FILLED COFFEE CAKE

3 cups Jewel Biscuit Flour
3/4 cup milk
1 egg
1/2 cup Jewel Peanut Butter
1 tablespoon granulated sugar
3/4 cup Jewel Shredded Cocoanut


Peanut Butter Icing

1/2 cup powdered sugar
1 tablespoon Jewel Peanut Butter
1 teaspoon cream

Mix ingredients together in order given and spread on cake.
NUT BREAD
2 cups flour  1 cup milk
4 teaspoons Jewel Baking Powder  1 egg
2 tablespoons sugar  2 tablespoons shortening
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 2/3 full, and bake in medium hot oven (375°F.) for 40 minutes.

POPOVERS
2 eggs  1 cup milk
1/4 teaspoon salt  1 tablespoon melted butter
Beat the eggs without separating until foamy. Add 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 sections 2/3 full. Place in a hot oven (450°F.). At the end of 20 minutes, reduce the heat to moderate (350°F.) for 15 minutes.

PRUNE BREAD
1 cup prunes  3 teaspoons Jewel Baking Powder
1 cup white flour  1/2 cup graham flour
1/4 cup sugar  1 teaspoon salt
1 tablespoon melted shortening
Wash and soak prunes over night. Remove stones. Measure flour and save 2 tablespoons to dredge prunes. Sift remaining flour with sugar, salt and baking powder. Mix in the graham flour, add milk and beat well; add melted shortening and fold in the prunes which have been dredged with flour. Mix well and pour into greased bread pan. Let stand 20 minutes in a warm place, then bake in a moderate oven (350°F.) 50 to 60 minutes.

QUICK COFFEE CAKE
2 cups flour  1 cup milk
4 teaspoons Jewel Baking Powder  1 egg
3 tablespoons sugar  1 teaspoon salt
1/2 cup nuts  1/2 cup milk
Sift the dry ingredients. Cut in the shortening, then add the milk and the beaten egg. Cover with a sugar and cinnamon mixture. Bake in shallow pan in moderately hot oven (375°F.) for about 25 minutes.

SALLY LUNN
1/2 cup shortening  1/4 cup cornstarch
1/2 cup sugar  2 teaspoons Jewel Baking Powder
2 eggs  1/2 cup flour
1/4 cup milk  1/2 teaspoon salt
Cream shortening well. Add sugar slowly, creaming thoroughly. Add eggs one at a time, and beat vigorously after each egg is added. Sift dry ingredients and add alternately with the milk. Pour into well greased shallow pan. Bake in a hot oven (425°F.) for 25 minutes. Cut into oblong pieces and serve hot.

SPOON BREAD
2 cups boiling water  1 tablespoon butter
1 teaspoon salt  2 eggs
1 cup corn meal  2 cups milk
Bring water and salt to boiling point. Add corn meal and cook 5 minutes, stirring constantly. Add butter and beat well. Cool, then add eggs and milk. Beat very thoroughly, and pour through a sieve into a greased baking dish. Bake in a moderate oven (350°F.) 45 minutes. Test as for a custard, with a silver knife. Serve from baking dish with syrup, honey or marmalade.

Bake biscuits in muffin pans. This gives them a crisp crust all around, and makes delicious individual shortcake foundations.

Put Jewel Waxed Paper over the bread board before rolling out dough. It prevents sticking and saves time in cleaning up.

When making biscuits or shortcakes, roll dough thin, then fold in half and roll lightly again. They are easy to split open after baking when made this way.

To freshen biscuits or rolls, sprinkle lightly with cold water and place in the Club Aluminum Chicken Fryer, cover with lid, and set over a low flame.
**Breads—Yeast**

**ICE BOX ROLLS**

1 cake compressed yeast  
2 cups water  
½ cup sugar  
4 tablespoons shortening, melted  
½ teaspoons salt  
1 egg, well beaten  
6 cups flour

Crumb yeast into a bowl and add water at 80°F. Add sugar and salt, then egg. Sift flour once before measuring, and add half the flour to this mixture. Beat well. Add melted shortening and mix in remaining flour with hands. Knead gently in bowl until smooth, then allow to rise in well greased bowl, at 80°F. This should double in bulk in about 2 hours. Punch down, rub surface with softened butter and return to bowl. Cover with heavy waxed paper, then damp cloth and place in refrigerator. When ready to use dough, remove from refrigerator about an hour before shaping into rolls. Let shaped rolls rise until light and not quite double in bulk—about 30 minutes. Bake in hot oven (400°F.) for 15 minutes.

**CARAMEL ROLLS**

Make ice box 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 Cinnamon. Place rolls, cut side down, closely together. Set in a warm place and allow to rise for 20 minutes. Bake in a moderately hot oven (350°F.) until well browned.

**SWEDISH TEA RING**

See recipe for Quick Tea Ring. Bake in a hot oven (400°F.) for 25 minutes.

**CINNAMON BREAD**

1 cup milk or water  
2 tablespoons shortening  
3 tablespoons sugar  
⅔ teaspoon salt  
2 teaspoons Jewel Cinnamon  
1 yeast cake  
⅓ cup lukewarm water  
1 cup Jewel Seedless Raisins  
1 cup whole wheat flour

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

**COFFEE CAKE**

1½ cups milk  
3 tablespoons butter  
½ cup sugar  
½ teaspoon salt  
½ yeast cake  
1 egg


The cover of the Jewel Cake Safe is just the right thing to cover a pan of rolls while they are rising.

The Chicken Fryer is very useful for heating rolls, warming and freshening dry bread or cake.

When making rolls, bake in a tube cake pan. There will be a nice crust on two sides of each biscuit.
Cakes

BUTTER CAKES

BRIDE'S CAKE

\[ \frac{1}{2} \text{ cup butter} \]
\[ 1 \frac{1}{2} \text{ cups sugar} \]
\[ 2 \frac{1}{4} \text{ cups pastry flour} \]
\[ 3 \text{ teaspoons Jewel Baking Powder} \]
\[ \frac{3}{4} \text{ cup water} \]
\[ 5 \text{ egg whites} \]
\[ 1 \text{ teaspoon Jewel Vanilla Extract} \]

Cream shortening and sugar well. Add sifted flour and baking powder alternately with the water; mix thoroughly. Fold in stiffly beaten egg whites; add the vanilla. Bake in layers in moderate oven (350°F.) for 20 to 25 minutes.

CHECKER-BOARD CAKE

Follow recipe for Bride's Cake. Divide batter into two equal parts. Add \( \frac{1}{2} \) cup Jewel Cocoa to one part. To make checker-board effect, bake in three pans. In two pans, pour dark batter around outer edge of pan, white batter for second ring, and dark batter in the center. In third pan (this layer to be placed between the other two), make outer circle and center of white batter, with dark batter between these two. Put together with white frosting.
COFFEE RAISIN CAKE

1/2 cup butter
1 cup light brown sugar
2 eggs
2 cups sifted pastry flour
2 teaspoons Jewel Baking Powder
1/2 cup cold Jewel Coffee
1/2 cup molasses
1 teaspoon Jewel Cinnamon
1 teaspoon allspice
drizzles
1/2 teaspoon salt
2 teaspoons Jewel Baking Powder

Mix butter, sugar and eggs to a cream. Add rest of ingredients (raisins last), and bake in moderately hot oven (350°F.) in a loaf pan.

DEVIL'S FOOD CAKE

1 cup granulated sugar
1/2 cup shortening
1 egg, beaten
2 1/2 cups pastry flour
1/2 cup boiling water
1/2 teaspoon Jewel Cocoa
1/2 teaspoon Jewel Baking Powder
1/2 teaspoon salt

Cream butter and sugar; add beaten egg. Sift dry ingredients together. Add alternately with the milk in which the soda has been dissolved. Bake in loaf pan for 30 minutes in moderately hot oven (350°F.).

FRUIT CAKE

1 cup shortening
1/2 cup sugar
4 eggs
3/4 cup Jewel Raisins
1 cup candied cherries
1 cup candied pineapple
1/2 cup stoned Jewel Prunes
1/2 cup candied citron
1 teaspoon mace
1/4 cup orange rind

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.

JIFFY CAKE

6 eggs
1/2 teaspoon salt
1/4 teaspoon cream of tartar

Beat egg whites and salt until partially stiff. Add cream of tartar, continue beating; gradually beat in sifted sugar. Fold in beaten egg yolks. Fold in flour which has been sifted four times. Bake in two layers for 30 minutes in a moderately hot oven (350°F.). Ice with Chop Suey Icing.

LADY BALTIMORE CAKE

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


ONE-TWO-THREE-FOUR CAKE

1 cup butter
2 cups sugar
4 eggs
3 cups flour

Cream butter, adding sugar gradually. Add egg yolks and beat thoroughly. Sift dry ingredients and add alternately with milk. Add vanilla and fold in stiffly beaten egg whites. Bake in layers in hot oven (375°F.) for 25 minutes.

CHOP SUEY CAKE

1 cup sugar
1 cup cake flour
1 teaspoon Jewel Lemon Extract

Cream butter, adding sugar gradually and continue beating. Add egg yolks, beat until thick and lemon colored, and fold in stiffly beaten egg whites. Add flour, nutmeg, and vanilla. Beat vigorously 5 minutes. Bake in deep pan 1 hour and 15 minutes in moderately hot oven (350°F.), or if to be used for fancy, ornamented cakes, bake 30 to 35 minutes in a thin sheet or oblong pan.
SALOMI'S CAKE

1 cup butter 1 cup milk
2 cups sugar 1 teaspoon Jewel Vanilla Extract
5 egg yolks 3 egg whites
3 cups pastry flour 3 egg whites
2 teaspoons Jewel Baking Powder

Cream butter and sugar thoroughly. Add egg yolks separately, beating thoroughly between each addition. Sift flour and baking powder together. Add to creamed mixture alternately with liquid. Blend in flavoring, beat until smooth, and add stiffly beaten egg whites. Bake in three layers in moderate oven (350°F.) 25 minutes.

Jewel Cocoanut Dessert
3 bananas
1/4 cup Jewel Shredded Cocoanut

Spread Jewel Cocoanut Dessert between layers, arranging sliced bananas in the filling. Ice with Seven-Minute Icing, and sprinkle with Jewel Shredded Cocoanut.

SPONGE CAKES

ANGEL FOOD CAKE

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

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

COCOA ANGEL FOOD CAKE

1 cup sugar
1/4 teaspoon salt
1/2 cup water
1/2 teaspoon Jewel Lemon Extract
1 cup egg whites (8 or 9)
1/2 teaspoon Jewel Vanilla Extract
2 tablespoons Jewel Cocoa
1 teaspoon Jewel Vanilla Extract

Boil sugar and water to spin a long thread (242°F.). Pour slowly on beaten egg whites, beating with wire beater. Fold in dry ingredients which have been sifted together four times. Add vanilla and pour into ungreased tube pan. Bake in moderately cool oven (325°F.) for 50 minutes. Invert pan and allow cake to cool before removing.

EGG YOLK SPONGE CAKE

5 to 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

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 to 60 minutes in moderately slow (325°F.) oven. Invert on cooler and allow to cool before removing from pan.

CHOCOLATE MARSHMALLOW ROLL

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

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

PINEAPPLE UPSIDE-DOWN CAKE

Sponge cake batter
1 cup brown sugar
1/2 cup butter
8 slices canned pineapple
8 cherries

Melt butter and brown sugar in a wide shallow pan or frying pan. Lay pineapple in this sugar mixture. Place a cherry in each pineapple center. Pour sponge cake batter over this, and bake in moderate oven (350°F.) until well browned. Let cool in pan 5 minutes before turning cake out upside down.
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.

SUNSHINE CAKE

6 egg whites
1/2 teaspoon salt
3/4 teaspoon cream of tartar
1 cup sugar
6 egg yolks
1 cup cake flour
1 teaspoon Jewel Lemon Extract

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 four times. Add lemon extract. Bake in ungreased tube cake pan in moderate oven (350°F.) for 1 hour.

SYRUP ANGEL CAKE

1/2 cups sugar
1/4 cup water
1/4 teaspoon salt
1 teaspoon cream of tartar
1 cup egg whites
1 tablespoon Jewel Vanilla Extract
1 teaspoon Jewel Lemon Extract
1 cup flour

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

When sifting flour several times, use two pieces of Jewel Waxed Paper, sifting the flour on one piece, then the other. This saves dish washing and prevents spilling.

The creaming process for a cake may be shortened by rinsing the mixing bowl out with hot water, then wiping dry.

The screw top on Jewel Extract bottles holds just a teaspoonful of extract.

When there is no time to ice the cake, try this: Pour batter into loaf pan and sprinkle thickly with shredded Jewel Coconut, pressing it lightly into the batter. It will toast as the cake bakes and make a rich, crisp, brown topping.

Put cake coloring in your angel cake for the kiddies' birthday parties.

To help loosen cake from pan, wring a cloth out of cold water, and fold and lay over the bottom of the inverted pan. Let the cloth stay on for three minutes—the cake should then turn out of the pan easily.

Use this space for your own favorite "Hints" or new ones from THE JEWEL NEWS
Cake Icings and Fillings

**BOILED ICING**

Break the egg whites into a mixing bowl. Put sugar, water and corn syrup (or cream of tartar) into a small saucepan; stir over low heat until sugar has dissolved. Boil rapidly until the syrup can be formed into a soft ball when a little is poured into cold water (238°F.). Remove from the stove. Beat egg whites quickly until stiff. Continue beating, while pouring the hot syrup in a fine stream over the egg whites. Add the flavoring and continue beating until the mixture is stiff enough to spread.

**CHOP SUEY ICING**

Boil sugar and water to soft ball stage (238°F.). Beat slowly into stiffly beaten whites. Beat until cool. Do not use until cold. Add figs, raisins and dates to half of icing and spread on first layer. Add the chopped orange peel, cherries and pineapple to remaining icing and spread on top and sides. Decorate top with walnut halves.

**BUTTERSCOTCH ICING**

Cook sugar, water and butter until syrup forms a firm ball when tried in cold water (242°F.). Whip egg whites stiff. Pour on syrup gradually, beating constantly until thick enough to spread. Add vanilla and spread icing on cake.

**BUTTER ICING**

Place sugar and butter in a bowl. Add boiling water by the tablespoonful, beating constantly until sugar and butter are blended. Add vanilla and spread.

**CARAMEL ICING**

Melt butter in pan over flame. Add as much brown sugar as butter will absorb at one time, then a little milk, and again sugar and milk alternately until all of each is used. Cook until it forms a soft ball (238°F.) in cold water. Remove from fire and let cool. Add vanilla and beat until ready to spread.

**COCONUT ICING**

Boil sugar and water until it reaches soft ball stage (238°F.). Beat egg whites stiff. Add salt and slowly pour hot syrup into egg whites, beating constantly. Beat until cool and add 1/2 cup coconut. Ice cake and sprinkle remaining coconut between layers and on top of cake before the icing hardens.

**COFFEE-COCOA ICING**

Place sugar, cocoa and butter in bowl. Add coffee, slowly beating to make mixture smooth and creamy.

**LADY BALTIMORE ICING**

Put raisins, nuts and figs through food chopper. Add to cooled boiled icing. Spread between layers and on top and sides of cake. Garnish with nut meats and halved candied cherries.
M ARSHMALLOW ICING

1 1/3 cups sugar
1/2 cup cold water
1 tablespoon light corn syrup
1 egg white
6 marshmallows
1 teaspoon Jewel Vanilla Extract

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

M OCHA ICING

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

Sift sugar, blend in butter. Make smooth with coffee. Add vanilla.

P EANUT BUTTER PENUCHE ICING

2 cups brown sugar
1/4 cup Jewel Peanut Butter
1 cup milk
1 cup Jewel Shredded Cocoanut

Place brown sugar and milk over a medium flame until soft ball stage is reached (234°F.). Remove from flame; add peanut butter and cocoanut. Beat until smooth.

S EVEN MINUTE ICING

7/8 cup of sugar
3 tablespoons water
3/4 teaspoon cream of tartar
1 egg white
1 teaspoon Jewel Vanilla Extract

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.

B UTTERSCOTCH 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

Mix sugar and flour together. Add milk. Cook mixture until it begins to thicken. Add beaten egg yolks and cook three minutes longer. Remove from flame; add butter, cool, add vanilla, spread between layers of cake, then sprinkle with cocoanut. Enough for 3 layer cake.

COCOA FILLING

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


C OFFEE FILLING

1 teaspoon butter
1 cup hot milk
2 tablespoons cornstarch
2 egg yolks
1/2 cup sugar
1/2 cup clear Jewel Coffee
1/2 teaspoon vanilla

Melt butter in hot milk. Add cornstarch, egg yolks beaten light with sugar, and coffee. Cook until thick. Add vanilla, cool, and use as filling.

C USTARD FILLING

1 tablespoon cornstarch
1/4 teaspoon salt
1/2 cup sugar
1/2 cup milk
1/2 teaspoon Jewel Vanilla Extract
3 tablespoons water
1/2 teaspoon Jewel Vanilla Extract

Mix sugar and flour together. Add milk. Cook mixture until it thickens and has become clear and orange colored. Allow to cool, and spread between layers of cake.

O RANGE FILLING

1 cup sugar
2 tablespoons cornstarch
Grated rind of 1 orange
1/2 cup orange juice
2 egg yolks
1/2 cup water
1 teaspoon butter
1 teaspoon Jewel Vanilla Extract

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

A medicine dropper is very handy to use when adding coloring to cake icings, etc. For delightful flavor, spread a cake with Jewel Peanut Butter before frosting it. Try putting a white or spice layer cake together with Jewel Peanut Butter.
Cookies and Small Cakes

DROP COOKIES

CINNAMON COOKIES

1 cup sugar  
1/2 cup shortening  
1 egg  
1/4 cup milk  
1/2 teaspoon salt

2 cups flour  
2 teaspoons Jewel Baking Powder  
1 1/2 tablespoons Jewel Cinnamon

Cream sugar and shortening. Add well beaten egg to milk. Sift flour with baking powder and cinnamon. Add alternately with liquid. Drop by spoonfuls on greased tin. Bake in a hot oven (400°F.) for 20 minutes.

MINCE MEAT HERMITS

1 packet Jewel Mince Meat  
3 tablespoons boiling water  
1/2 cup butter  
1 cup brown sugar  
1 egg  
1 1/4 cups Jewel Quick Oats  
1 1/2 cups flour  
1 teaspoon Jewel Baking Powder  
1 1/2 teaspoons soda  
2 teaspoons Jewel Cinnamon

Break the mince meat in tiny pieces and moisten with boiling water. Set over fire and stir until smooth. Cream butter with sugar; stir in egg, quick oats and mince meat. Sift remaining dry ingredients and combine with above mixture. Drop on buttered sheet and bake in moderate oven (350°F.) for 17 minutes. Makes 3 dozen cookies.

GINGER SNAPS

3/4 cup butter and lard  
1 cup granulated sugar  
1 cup brown sugar  
1 cup molasses  
1 1/2 tablespoons Jewel Cinnamon

Cream shortening and sugars. Stir in molasses to which soda has been added. Sift dry ingredients and combine with first mixture alternately with the water. Drop by teaspoonfuls on a greased cookie sheet. Bake in a moderately hot (350°F.) oven 15 minutes. Cookies will be soft and waxy when taken from oven. Remove to cake cooler immediately. Makes 7 dozen cookies.

OATMEAL COOKIES

1/2 cup butter  
1 cup brown sugar  
1 egg  
2 tablespoons milk  
1 1/4 cups Jewel Quick Oats  
1/2 cup Jewel Raisins  
1/2 cup Jewel Cocoanut

Rolled COOKIES

LEBKUCHEN

1 pound strained honey  
2 cups brown sugar  
1/4 cup water  
1/2 teaspoon soda  
1/2 pound blanched and shredded almonds  
8 cups flour  
2 eggs

1/4 pound citron, shredded and candied  
1/4 teaspoon cloves and Jewel Nutmeg  
1 teaspoon Jewel Cinnamon

Boil sugar, water and honey for five minutes, then cool and mix in flour sifted with spices and soda. Add eggs, almonds and peel, work into a loaf and leave two or three days to ripen. Work again lightly, adding a little more flour if necessary. Roll out 1/4 of an inch thick, and cut in oblong pieces 1 inch by 3 inches. Bake on greased pan in moderate oven (350°F.) for 15 minutes. When cool, cover with transparent icing made by mixing 1 cup confectioners' sugar to a paste with 5 teaspoons boiling water and flavor with vanilla or lemon.

SOUR CREAM COOKIES

2 cups granulated sugar  
1 cup butter  
1 cup thick sour cream  
3 eggs

1 teaspoon soda  
6 cups pastry flour  
1/2 teaspoon Jewel Nutmeg

Cream butter and sugar, add beaten eggs, and sour cream. Add sifted flour, soda, and nutmeg; mix well. Roll and spread with sugar. Cut and bake in hot oven (375°F.). Makes 30 large cookies.
SUGAR COOKIES
1 cup shortening
2 cups sugar
3 eggs
1/4 cup milk
4 cups flour
1 teaspoon Jewel Baking Powder

VANILLA SNAPS
1/2 cup shortening
1/4 cup milk
1 cup sugar
1 egg
1 1/2 teaspoons Jewel Baking Powder
1 1/2 teaspoons Jewel Vanilla Extract

Cream shortening and sugar, add unbeaten eggs and cream again. Add milk. Sift dry ingredients. Add flavoring last. Roll out thin, cut and bake in a hot oven (400°F.). Cookies are rolled out more easily if dough is allowed to stand in ice box for several hours.

To use for Drop Cookies: Add to this recipe enough milk to make a dough that will just drop from the spoon, but will also spread slightly to form a smooth cookie.

MISCELLANEOUS COOKIES AND SMALL CAKES

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

Date Bars
3 eggs
1 teaspoon Jewel Baking Powder
1 cup sugar
1 cup dates, chopped
1/4 cup nuts, chopped

Cream shortening, add sugar, beaten egg, and cream well. Add vanilla and milk. Sift dry ingredients and add to first mixture. Thoroughly chill. Tos 1/4 of dough on floured board and roll as thin as possible. While rolling, keep bowl containing mixture cold, or more flour will have to be added to dough. Cut with small cookie cutter. Place on baking sheet, and bake in moderate oven (350°F.) for 15 minutes.

CREAM PUFS
1/2 cup butter
1 cup water
1 cup pastry flour
4 eggs

Coffee Filling for Cream Puffs
2 cups scalded milk
2 eggs
1 cup sugar
3 tablespoons cornstarch
4 tablespoons Jewel Coffee
1/2 teaspoon Jewel Vanilla Extract
1 cup chopped walnut meats

Cream shortening and sugar, add unbeaten eggs and cream again. Add milk. Sift dry ingredients. Add flavoring last. Roll out thin, cut and bake in a hot oven (400°F.). Cookies are rolled out more easily if dough is allowed to stand in ice box for several hours.

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1 cup sugar
1/2 cup flour
1 teaspoon Jewel Baking Powder

Date Bars
3 eggs
1 teaspoon Jewel Baking Powder
1 cup sugar
1 cup dates, chopped
1/4 cup nuts, chopped

Cream shortening, add sugar, beaten egg, and cream well. Add vanilla and milk. Sift dry ingredients and add to first mixture. Thoroughly chill. Tos 1/4 of dough on floured board and roll as thin as possible. While rolling, keep bowl containing mixture cold, or more flour will have to be added to dough. Cut with small cookie cutter. Place on baking sheet, and bake in moderate oven (350°F.) for 15 minutes.

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4 eggs

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2 eggs
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4 tablespoons Jewel Coffee
1/2 teaspoon Jewel Vanilla Extract
1 cup chopped walnut meats

Cream shortening and sugar, add unbeaten eggs and cream again. Add milk. Sift dry ingredients. Add flavoring last. Roll out thin, cut and bake in a hot oven (400°F.). Cookies are rolled out more easily if dough is allowed to stand in ice box for several hours.

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2 eggs
1 cup sugar
1/2 cup flour
1 teaspoon Jewel Baking Powder

Date Bars
3 eggs
1 teaspoon Jewel Baking Powder
1 cup sugar
1 cup dates, chopped
1/4 cup nuts, chopped

Cream shortening, add sugar, beaten egg, and cream well. Add vanilla and milk. Sift dry ingredients and add to first mixture. Thoroughly chill. Tos 1/4 of dough on floured board and roll as thin as possible. While rolling, keep bowl containing mixture cold, or more flour will have to be added to dough. Cut with small cookie cutter. Place on baking sheet, and bake in moderate oven (350°F.) for 15 minutes.

CREAM PUFS
1/2 cup butter
1 cup water
1 cup pastry flour
4 eggs

Coffee Filling for Cream Puffs
2 cups scalded milk
2 eggs
1 cup sugar
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4 tablespoons Jewel Coffee
1/2 teaspoon Jewel Vanilla Extract
1 cup chopped walnut meats

Cream shortening and sugar, add unbeaten eggs and cream again. Add milk. Sift dry ingredients. Add flavoring last. Roll out thin, cut and bake in a hot oven (400°F.). Cookies are rolled out more easily if dough is allowed to stand in ice box for several hours.

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MISCELLANEOUS COOKIES AND SMALL CAKES

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

Date Bars
3 eggs
1 teaspoon Jewel Baking Powder
1 cup sugar
1 cup dates, chopped
1/4 cup nuts, chopped

Cream shortening, add sugar, beaten egg, and cream well. Add vanilla and milk. Sift dry ingredients and add to first mixture. Thoroughly chill. Tos 1/4 of dough on floured board and roll as thin as possible. While rolling, keep bowl containing mixture cold, or more flour will have to be added to dough. Cut with small cookie cutter. Place on baking sheet, and bake in moderate oven (350°F.) for 15 minutes.

CREAM PUFS
1/2 cup butter
1 cup water
1 cup pastry flour
4 eggs

Coffee Filling for Cream Puffs
2 cups scalded milk
2 eggs
1 cup sugar
3 tablespoons cornstarch
4 tablespoons Jewel Coffee
1/2 teaspoon Jewel Vanilla Extract
1 cup chopped walnut meats

Cream shortening and sugar, add unbeaten eggs and cream again. Add milk. Sift dry ingredients. Add flavoring last. Roll out thin, cut and bake in a hot oven (400°F.). Cookies are rolled out more easily if dough is allowed to stand in ice box for several hours.

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MISCELLANEOUS COOKIES AND SMALL CAKES

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

Date Bars
3 eggs
1 teaspoon Jewel Baking Powder
1 cup sugar
1 cup dates, chopped
1/4 cup nuts, chopped

Cream shortening, add sugar, beaten egg, and cream well. Add vanilla and milk. Sift dry ingredients and add to first mixture. Thoroughly chill. Tos 1/4 of dough on floured board and roll as thin as possible. While rolling, keep bowl containing mixture cold, or more flour will have to be added to dough. Cut with small cookie cutter. Place on baking sheet, and bake in moderate oven (350°F.) for 15 minutes.

CREAM PUFS
1/2 cup butter
1 cup water
1 cup pastry flour
4 eggs

Coffee Filling for Cream Puffs
2 cups scalded milk
2 eggs
1 cup sugar
3 tablespoons cornstarch
4 tablespoons Jewel Coffee
1/2 teaspoon Jewel Vanilla Extract
1 cup chopped walnut meats

Cream shortening and sugar, add unbeaten eggs and cream again. Add milk. Sift dry ingredients. Add flavoring last. Roll out thin, cut and bake in a hot oven (400°F.). Cookies are rolled out more easily if dough is allowed to stand in ice box for several hours.

To use for Drop Cookies: Add to this recipe enough milk to make a dough that will just drop from the spoon, but will also spread slightly to form a smooth cookie.

MISCELLANEOUS COOKIES AND SMALL CAKES

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

Date Bars
3 eggs
1 teaspoon Jewel Baking Powder
1 cup sugar
1 cup dates, chopped
1/4 cup nuts, chopped

Cream shortening, add sugar, beaten egg, and cream well. Add vanilla and milk. Sift dry ingredients and add to first mixture. Thoroughly chill. Tos 1/4 of dough on floured board and roll as thin as possible. While rolling, keep bowl containing mixture cold, or more flour will have to be added to dough. Cut with small cookie cutter. Place on baking sheet, and bake in moderate oven (350°F.) for 15 minutes.

CREAM PUFS
1/2 cup butter
1 cup water
1 cup pastry flour
4 eggs

Coffee Filling for Cream Puffs
2 cups scalded milk
2 eggs
1 cup sugar
3 tablespoons cornstarch
4 tablespoons Jewel Coffee
1/2 teaspoon Jewel Vanilla Extract
1 cup chopped walnut meats

Cream shortening and sugar, add unbeaten eggs and cream again. Add milk. Sift dry ingredients. Add flavoring last. Roll out thin, cut and bake in a hot oven (400°F.). Cookies are rolled out more easily if dough is allowed to stand in ice box for several hours.

To use for Drop Cookies: Add to this recipe enough milk to make a dough that will just drop from the spoon, but will also spread slightly to form a smooth cookie.

MISCELLANEOUS COOKIES AND SMALL CAKES

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

Date Bars
3 eggs
1 teaspoon Jewel Baking Powder
1 cup sugar
1 cup dates, chopped
1/4 cup nuts, chopped

Cream shortening, add sugar, beaten egg, and cream well. Add vanilla and milk. Sift dry ingredients and add to first mixture. Thoroughly chill. Tos 1/4 of dough on floured board and roll as thin as possible. While rolling, keep bowl containing mixture cold, or more flour will have to be added to dough. Cut with small cookie cutter. Place on baking sheet, and bake in moderate oven (350°F.) for 15 minutes.

CREAM PUFS
1/2 cup butter
1 cup water
1 cup pastry flour
4 eggs

Coffee Filling for Cream Puffs
2 cups scalded milk
2 eggs
1 cup sugar
3 tablespoons cornstarch
4 tablespoons Jewel Coffee
1/2 teaspoon Jewel Vanilla Extract
1 cup chopped walnut meats

Cream shortening and sugar, add unbeaten eggs and cream again. Add milk. Sift dry ingredients. Add flavoring last. Roll out thin, cut and bake in a hot oven (400°F.). Cookies are rolled out more easily if dough is allowed to stand in ice box for several hours.

To use for Drop Cookies: Add to this recipe enough milk to make a dough that will just drop from the spoon, but will also spread slightly to form a smooth cookie.
FROSTED COOKIES

1/2 cup shortening
1 cup white sugar
2 eggs
1/2 teaspoon salt
1 teaspoon Jewel Baking Powder
1/2 teaspoon Jewel Vanilla Extract
Frost with:
1 cup light brown sugar
1 egg white
1 cup nuts, chopped

Cream shortening and sugar. Add beaten eggs and sifted dry ingredients. Add vanilla and mix ingredients well. Spread batter as thin as possible on greased baking sheet. Remove lumps from brown sugar. Beat egg white until stiff; fold in sugar. Spread on cookie batter; sprinkle nuts over top. Bake in moderate oven (325°F.) 30 minutes. Cut in squares.

ICE-BOX COOKIES

1 cup shortening
2 cups light brown sugar
2 eggs
3 teaspoons Jewel Baking Powder
1 teaspoon Jewel Cinnamon
1 teaspoon Jewel Vanilla Extract

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

Make up a large cookie recipe once a week; divide the dough into portions, flavoring one with spice, another with nuts and raisins, and leave one portion plain. Then roll the dough into rounds, wrap in waxed paper, and leave in the refrigerator until ready to cut and bake on a moment’s notice.

Drop cookie mixture from a spoon, and press cookie with the bottom of a tumbler which has been dipped in sugar. This is an easy way to shape the cookies, is quicker than rolling, and gives a glazed surface.

One pound butter cartons make good molds for ice-box cookies. They are paraffin lined, and will not stick to the dough.

Make large "marbles" from cookie dough, place them on the cookie sheet, and flatten with a silver fork. This saves rolling, and eliminates scraps.

When cookie dough is hard to handle, place it between two pieces of Jewel Waxed Paper, and roll to the desired thickness. Remove top paper and cut with floured cutter.

Use Jewel Chocolate or Cocoanut Dessert to make a filling for cream puffs.

Almost any cookie is better if sprinkled with sugar before it is put into the oven. Cookies can be quickly and easily sprinkled with sugar if a sifter top can is used to hold the sugar.

Decorative colored sugars can be made very economically at home by adding a few drops of cake coloring to a small amount of granulated sugar, and working it with the finger tips.

Use this space for your own favorite "Hints" or new ones from THE JEWEL NEWS
Candies

**APRICOT COCOANUT STUFFED DATES**

1 cup dried apricots  
1/2 cup nut meats  
3/4 cup Jewel Shredded Cocoanut

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.

**CARAMELS**

1 cup cream  
2 1/2 cups granulated sugar  
1/2 cup corn syrup  
1/2 cup butter  
1 teaspoon Jewel Vanilla  
1 cup chopped nuts

Mix cream, granulated sugar and corn syrup. Cook over slow fire until it forms a soft ball when a little is dropped in cold water (238°F). Remove from fire, add butter, vanilla and chopped nuts. Beat until stiff. Pour into a buttered pan. When cold, cut in small oblong pieces.

**BUTTERSOTCH CANDY**

3/4 cup brown sugar  
1/2 cup white sugar  
3/4 cup light corn syrup  
1 teaspoon Jewel Vanilla Extract

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

**COCOANUT FUDGE**

1 tablespoon butter  
2 cups sugar  
1/2 cup milk  
1/2 cup Jewel Shredded Cocoanut  
1/2 teaspoon Jewel Vanilla Extract

Melt butter in saucepan, add sugar and milk. Bring to boiling point, and boil without stirring until candy will form a soft ball when tried in cold water (238°F). Remove from fire. Leave undisturbed until cool. Beat or stir with a spoon, or work with a spatula until candy begins to get creamy. Add cocoanut and vanilla. Spread in a shallow buttered pan, and mark in squares.

**CANDIED GRAPEFRUIT PEEL**

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

Put grapefruit peel into enough water to cover; let come slowly to a boil. Drain. Add cold water and repeat process. Repeat until peel has been heated in five waters. 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.

**CANDIED ORANGE PEEL**

Use recipe for Candied Grapefruit Peel, substituting orange peel for grapefruit, using 2 large or 4 small oranges.

**CANDIED GRAPEFRUIT PEEL**

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

Put grapefruit peel into enough water to cover; let come slowly to a boil. Drain. Add cold water and repeat process. Repeat until peel has been heated in five waters. 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.

**CANDIED ORANGE PEEL**

Use recipe for Candied Grapefruit Peel, substituting orange peel for grapefruit, using 2 large or 4 small oranges.
DIVINITY

2 1/4 cups granulated sugar  
1 teaspoon Jewel Vanilla Extract  
3/4 cup white corn syrup  
3/4 cup water  
2 egg whites  

Mix sugar, syrup and water thoroughly; then cook until it forms a medium ball when dropped in cold water (240°F.). Pour 2/3 of syrup slowly over beaten egg whites, beating constantly. Cook the other third until it forms a very firm ball (255°F.). Then beat it slowly into first mixture, beating constantly until creamy. Add vanilla and nuts and drop on waxed paper, or pour into buttered tin.

ENGLISH TOFFEE

1 cup granulated sugar  
3/4 pound butter  
3 tablespoons water  
1 teaspoon Jewel Vanilla Extract  
3 small Hershey bars (plain)  
3/4 cup chopped pecans  

Place first four ingredients in a saucepan and cook until brown (about 10 minutes), stirring all the time to prevent burning. Pour into a buttered fudge pan. Lay the Hershey bars across the hot mass and spread. Sprinkle pecans over top. Cool and break into pieces.

FONDANT

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

Cook ingredients to soft ball stage (238°F.). Wipe off with a damp cloth any crystals which form on side of pan while cooking. Let stand until cold, then beat with a spoon to a soft, creamy mass. Place in a bowl, cover tightly and let stand 48 hours.

USES OF FONDANT

Bon Bons

Rolling between the hands, mold part of the fondant into small balls. Chill before dipping. To dip—melt additional fondant (a little at a time) in double boiler. Color as desired with green, yellow, pink or lavender vegetable colors. Drop into the colored fondant the white balls, and turn with a fork until all covered. Remove to waxed paper and allow to harden.

Nut Centers

Work chopped nuts into the fondant before forming into balls. Dip as above, place on wax paper, and arrange halves of English walnuts or pecans or an almond on the top.

Cocoanut Centers

Mix Jewel Shredded Cocoanut with fondant for centers, or use for outside decoration.

Stuffed Dates

Fill the centers of cleaned, seeded dates with fondant. Roll in pulverized sugar.

Dipped Chocolates

Cover a Brazil nut or almond with fondant. Dip this in melted chocolate.

MOLASSES TAFFY

3 cups light brown sugar  
2 tablespoons vinegar  
1 cup molasses  
2 tablespoons butter  
1/4 teaspoon soda  

Cook sugar, molasses, vinegar and butter slowly until it forms a brittle string when dropped into cold water (260°F.). Stir in the soda. Pour in buttered pan to cool. When cool enough to handle, pull until cream colored. Twist and cut with scissors.

PEANUT BRITTLE

2 cups sugar  
1 cup peanuts  

Heat sugar over flame, stirring constantly until caramelized (348°F.). Remove at once and pour over peanuts which have been spread over a buttered surface. When cool, crack into pieces of desired size.

PEANUT BUTTER FUDGE

1 teaspoon Jewel Vanilla Extract  
1/2 teaspoon salt  
2 cups sugar  
3/4 cup milk  
4 tablespoons Jewel Peanut Butter  

Boil sugar and milk to soft ball stage (238°F.). Remove from fire and let stand, without beating, until cool. Add peanut butter, vanilla and salt. Beat or work with a spatula until creamy. Pour into a buttered pan and mark into squares.

PEANUT BUTTER PENCUCHE

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

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 cool, cut in squares.

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PENUCHE
2 1/2 cups light brown sugar
3/4 cup milk
3 tablespoons butter
1 teaspoon Jewel Vanilla Extract
1 cup nut meats

Boil sugar, milk and butter, stirring as little as possible until it forms a soft ball in cold water (236°F.). Remove from fire. Set in a pan of cold water. When cool, add vanilla and nuts. Beat until creamy and pour into a buttered pan. When firm, cut into squares.

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

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

SEA FOAM
3 cups light brown sugar
1 cup water
2 teaspoons vinegar
2 egg whites
1 cup chopped nuts
1 teaspoon Jewel Vanilla Extract

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

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

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

When making fudge at home, put Jewel Waxed Paper in the bottom of the pan instead of oiling it. When cool, the fudge may be turned out, and cuts in much nicer pieces.

A pinch of soda in any brown sugar and milk or cream mixture will prevent curdling.

Butter the tins used in the refrigerator for ice cubes, and pour fudge mixture into them. The candy hardens very quickly, and the pieces are all uniform and attractive.

Penuche lovers—try substituting one tablespoon grated orange rind for the vanilla in penuche.

Use this space for your favorite "Hints" or new ones from THE JEWEL NEWS
**BAKED CUSTARD**

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

Beat eggs lightly, add milk, sugar, salt, nutmeg and vanilla. Pour into greased custard cups. Place in a pan of water, and bake in a moderate oven (325°F.) until firm when tested with a silver knife.

**BOILED CUSTARD**

Yolks of 4 eggs  
1/2 cup brown sugar  
1/2 cup sugar  
1 teaspoon salt  
2 cups milk

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

**CARAMEL CUSTARD**

3 eggs  
3 tablespoons boiling water  
2 cups milk

Melt sugar in a pan until clear and golden brown. Add water and cook until sugar is dissolved. Add milk and slightly beaten eggs. Add vanilla and pour into a baking dish or custard cups. Set in pan of water and bake in a slow oven (325°F.) 45 minutes.
CHOCOLATE CUSTARD

4 tablespoons sugar
1 tablespoon cornstarch
1/4 teaspoon salt
3 tablespoons Jewel Cocoa

Mix sugar, cornstarch, salt and cocoa. Add scalded milk, stirring constantly. Add egg yolks, slightly beaten, and cook in double boiler until it thickens. Strain, cool and flavor with vanilla.

MOCHA CUSTARD

3 egg yolks
1/2 cup sugar
1/2 teaspoon Jewel Vanilla Extract

Beat yolks slightly, add sugar, coffee, cream and vanilla. Pour into a baking dish. Set in a pan of warm water, and bake in a slow oven (325°F.) until custard is firm.

RICE CUSTARD

3 eggs
1/3 cup sugar
1/4 teaspoon Jewel Nutmeg

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 slow oven (325° F.) 45 minutes. Serves 6. For Fruited Rice Custard—1/2 cup chopped dates or Jewel Raisins may be added.

FLOATING ISLAND CUSTARD

1 quart milk
4 tablespoons cornstarch
3 eggs
1/4 teaspoon Jewel Vanilla Extract

Mix milk, egg yolks, sugar, cornstarch and cinnamon. Cook in top of double boiler until it thickens. Remove, add vanilla, and pour into serving dish which may be lined with sliced orange and banana. Cover with stiffly beaten egg whites to which 2 tablespoons of sugar have been added. Cook in slow oven (300°F.) until the egg whites are set, but not browned. Serve cold, decorated with dots of jelly.

ICE CREAMS

JEWEL TEA ICE

1 quart of Jewel Tea
1 1/4 cups sugar
Juice of 3 lemons

Strain tea. Add sugar and boil 3 minutes. Cool, add lemon juice, strain and freeze.

LEMON ICE

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

Make a syrup by adding sugar to the boiling water. Boil 5 minutes, cool, add lemon juice, strain and freeze. To freeze, use 8 parts of ice to 1 part of salt. Serves 8.

ORANGE ICE

1 quart water
2 cups sugar
1 package Lemon Jewel-Jell

Cook water and sugar for 3 minutes. Dissolve Jewel-Jell in syrup. Add fruit and grated rind, cool, strain, and freeze. Serves 12.

PINEAPPLE ICE

1 cup sugar
4 cups water
1 No. 2 can grated pineapple
Juice of 2 lemons

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

RASPBERRY JEWEL-JELL ICE

1 package Raspberry Jewel-Jell
1/4 teaspoon salt
Juice of 1 lemon

Dissolve the Jewel-Jell and sugar in the boiling water. Cool. Add salt and lemon juice. Freeze until stiff.

ICES

BUY small muffin tins to fit your mechanical refrigerator freezing trays. Place paper baking cups in pans. Fill with partially frozen ice cream and freeze. The dessert is perfectly molded, and can be served on small doilies.
**ICE CREAM**

**BRAZILIAN ICE CREAM**

Mix sugar, cornstarch and salt. Add cream and coffee. Cook in double boiler until smooth. Add egg yolks and cook 2 minutes. Cool. Strain and freeze with 8 parts ice and 1 part salt. Serve with a generous sprinkling of the ground Brazil nuts.

**COFFEE ICE CREAM**

Scald cream and dissolve sugar in it. Add coffee, cool and freeze.

**COFFEE MAPLE ICE CREAM**

Combine coffee with cream, maple syrup, salt, egg yolk and vanilla. Freeze in an ice-cream freezer, in 3 parts of cracked ice to 1 of rock salt.

**COCOA ICE CREAM**

Scald cream. Mix cocoa and sugar and slowly stir in hot cream, then cook five minutes.

**MISCELLANEOUS DESSERTS**

**APPLE PUDDING**

Line a buttered baking dish with rice. Cover with a layer of apples which have been peeled and thinly sliced. Sprinkle with half the brown sugar and half the cinnamon. Dot with 1 tablespoon butter. Cover with a layer of rice and a layer of apples. Add remaining sugar, cinnamon and butter. Separate eggs. Blend yolks with milk and pour over the pudding. Bake in a pan of water in a moderate oven (325° F.) 30 minutes. Cover with meringue, made by beating egg whites stiff and beating in sugar, salt and extract. Return to oven and bake 30 minutes, or until meringue is evenly browned.

**BAKED APPLES**

Wash and core apples. Set in muffin pans or individual custard cups. Sprinkle with sugar and dot with butter. Place in a hot oven (400° F.) and bake until tender. Serve with cream.

**COFFEE TAPIoca**

Put all ingredients in saucepan. Let cook 15 minutes, or until tapioca is soft and clear. Pour into small molds or custard cups. Serve ice cold with whipped cream.
CHOCOLATE STEAMED PUDDING

3/4 cup sugar  1/4 teaspoon salt
3 tablespoons butter  4 tablespoons Jewel Cocoa
1 egg, well-beaten
2 1/4 cups flour
2 teaspoons Jewel Baking Powder

Cream sugar and butter. Add well-beaten egg. Sift dry ingredients; add to first mixture alternately with milk. Pour into well-greased mold and steam 1 1/2 hours. Serve with whipped cream or Hard Sauce. (See sauces.)

CORNSTARCH PUDDING

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

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

GINGERBREAD

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

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.

GRAHAM CRACKER PINEAPPLE Torte

1 package Orange Jewel-Jell
1 cup boiling water
1 cup pineapple juice

Dissolve Jewel-Jell in water and add pineapple juice. Chill. Beat until foamy. Fold in pineapple and whipped cream. Arrange four alternating layers of graham crackers and mixture in a flat pan or dish, having 6 crackers on the bottom and 6 in the third layer. Crush and sprinkle one graham cracker over the top layer. Serves 6.

GLORIFIED RICE

1 pint can shredded pineapple
1 cup pineapple juice
1 package Lemon Jewel-Jell
1 cup boiling water
1/2 cup pecans, chopped

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.

MINCE MEAT PUDDING

3/4 cups brown sugar
2 cups pastry flour
3 teaspoons Jewel Baking Powder
1/2 teaspoon salt
3/4 cup milk


NOVELTY MOUSSE

1 package Strawberry Jewel-Jell
1 pint boiling water
1 cup whipping cream
1/2 cup Jewel Graham Cracker crumbs

Dissolve Jewel-Jell in boiling water. Allow to cool and stiffen slightly. Whip the cream and beat it into 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.
RICE AND COCOANUT PUDDING

2 cups cold cooked Jewel Rice  
1 cup Jewel Shredded Cacao Nut  
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  


RHUBARB TAPIOCA

1 1/2 cups boiling water  
1/2 cup Jewel Tapioca pieces  
3 cups sugar  
1/2 cup Jewel Raisins  
1/2 teaspoon salt  
Red coloring  

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

RICE BROWN BETTY

1 cup Jewel Graham Cracker crumbs  
1/4 cup brown sugar  
1/4 cup Jewel Cinnamon  
2 cups cooked Jewel Rice  
4 tart apples  
1/4 cup maple syrup  
2 tablespoons butter  

Sprinkle a casserole with 1/2 cup graham cracker crumbs. Dot with butter, then sprinkle with 2 tablespoons sugar and cinnamon. Cover with a layer of 1 cup cooked rice. Cover again with balance of crumbs, butter, sugar and cinnamon. Cover with the apples peeled and sliced. Pour over all the maple syrup, and bake in a hot oven (400°F.) until apples are browned and tender.

SWISS RICE

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

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 whipped cream. Pile lightly in sherbet glasses. Add enough fruit juice to remaining whipped cream to color nicely, and use to garnish the top. Serve cold. Serves 6.

Add Jewel-Jell to the other ingredients of ice cream to secure a delightful new flavor, color and texture. Jewel Peanut Butter makes a delicious topping for ice cream. Jewel Graham Crackers add a nutty flavor to ice cream if crushed and added to the cream just before the freezing is completed.

Use maple syrup to sweeten whipped cream instead of sugar. The Club Aluminum Chicken Fryer is fine for baking apples. Dissolve some brown sugar in hot water in the fryer, prepare apples in the usual way, place them in the chicken fryer, cover and cook over a low flame, basting occasionally.

A substitute for whipped cream: Add sliced bananas to white of egg and beat until stiff. The banana will entirely dissolve, and you will have a delicious substitute for whipped cream.

After putting cornstarch dessert in serving dishes, cover with Jewel Waxed Paper to prevent the thick, leathery crust from forming on the top of the dessert.

A teaspoonful of strained honey added to whipped cream sweetens it and gives a delicious flavor, and the cream will stay firm longer than when sugar is used.

After dissolving Lime Jewel-Jell in boiling water and permitting it to cool slightly, use ginger ale for the balance of the liquid. It gives a refreshing zest to the jell.

Use the Jewel Glasbake Baker for molding Jewel-Jell. It can be cut while still in the baker and removed to the salad plates with a spatula.
APPLE FRITTERS

1 1/2 cups flour
1/2 teaspoons Jewel Baking Powder
1/4 cup milk

1 egg
Tart apples
Confectioners' sugar
1 tablespoon lemon juice

1/4 teaspoon salt

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.

COCOA DOUGHNUTS

1 egg
1 1/2 cups flour
1/2 cup sugar
1/2 teaspoons melted butter
1/2 teaspoon Jewel Vanilla Cinnamon

1/2 cup milk
2 teaspoons Jewel Baking Powder

Use method given for Doughnuts, adding cocoa to the other dry ingredients.

DOUGHNUTS

2 1/2 cups flour
1 egg
1/2 cup sugar
1/2 cup melted butter
1/2 teaspoon Jewel Nutmeg

2 tablespoons Jewel Baking Powder

1/2 teaspoon salt
1 1/2 cups brown sugar
1/2 teaspoon Jewel Cinnamon

1/2 cup milk
2 tablespoons melted butter

Sift dry ingredients. Add milk and egg which have been lightly beaten together. Add melted butter. Toss onto floured board. Roll 1/4 inch thick and cut; drop into deep, hot fat. (The fat is the right temperature when a crumb of bread will brown in one minute, about 375°F.) Fry until delicately browned. Drain on heavy brown wrapping paper. 20 doughnuts.

FRENCH DOUGHNUTS

1 cup milk
1 egg
1 tablespoon granulated sugar
1 1/2 teaspoons Jewel Baking Powder
1/2 cup lukewarm water

Scald milk and cool. Add granulated sugar, salt, and yeast which has been dissolved in the water. Add one cup of flour, stir until smooth, and allow to stand where warm (but not hot) for 1 1/2 hours. Beat eggs well, and add brown sugar, shortening and spices to 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 confectioner's sugar.
**Egg Dishes**

**BACON AND EGGS WITH RICE**
- 2 cups cold cooked Jewel Rice
- 6 strips bacon
- 6 eggs

Butter baking dish. Line with rice. Make six depressions in rice with bowl of tablespoon. Break eggs into depressions. Cover each egg with strip of bacon. Sprinkle with salt and pepper. Bake in hot oven (400°F.) until eggs are set and bacon crisp.

**FLUFFY OMELETTE**
- 4 eggs
- 1 teaspoon Jewel Baking Powder
- ½ teaspoon salt
- 4 tablespoons milk
- 2 tablespoons fat

Separate eggs. Beat whites stiff. Beat in the baking powder and salt. Beat yolks light; add milk and beat. Combine mixtures by folding whites into yolks. Melt fat in frying pan. Pour in egg mixture. Reduce heat and cook until omelette is set and browned nicely on the bottom. Place on center rack of moderate oven (350°F.) to dry the omelette out on top. When the surface will not adhere to the finger, remove, fold and serve.

**BAKED EGG IN TOMATO**
- 1 tomato
- 1 egg
- Salt
- Jewel Pepper

Wash and cut a ½ inch slice from stem end of a medium-sized tomato. Save this slice for the cover. Scoop out pulp with a teaspoon. Break egg into a small cup and slip it into the cavity made in tomato. Sprinkle with salt and pepper. Replace cover. Put tomato in small baking pan or muffin tin, and bake in moderate oven (350°F.) until egg is firm.

**POACHED EGGS**
- Eggs
- Boiling Water
- Vinegar

Break eggs one at a time into saucer. Have water 2 inches deep in pan, and add 1 teaspoon of vinegar or ½ teaspoon lemon juice for each cup of water. Slip eggs gently from saucer into boiling water. Reduce temperature. Cook until whites are jelly like. Remove carefully and serve hot on toast.

**DEVILED EGGS**
- 9 hard cooked eggs
- ½ teaspoon salt
- 2 tablespoons Jewel Prepared Mustard
- Paprika


**EGGS A LA GOLDENROD**
- 5 hard-boiled eggs
- 1½ tablespoons butter
- 2 tablespoons flour
- ½ cups milk
- 1 teaspoon salt
- Jewel Pepper
- 8 rounds of toast or fried bread
- Parsley

Separate yolks and whites of cooked eggs. Chop whites finely. Make a cream sauce by melting butter, blending flour, adding milk and cooking 10 minutes. Add chopped egg whites, salt and pepper. Slice stale bread thin, and toast or fry in deep fat until golden brown. Pour creamed egg whites over rounds, and sprinkle a tablespoon of egg yolk, which has been rubbed through a sieve or potato ricer, over the top. Garnish with a sprig of parsley or ¼ teaspoon chopped parsley.

**RICE SOUFFLE**
- ½ cups white sauce
- ⅔ cups cooked Jewel American cheese, grated
- ⅓ cup baking soda
- 3 eggs

Add the cheese to the white sauce and stir constantly until melted, season highly with paprika and add rice. Add beaten egg yolks and then fold in stiffly-beaten whites. Pour into well oiled custard cups which have been set in a pan of hot water, and bake 30 minutes in a moderate oven (350°F.).

**SHIRRED EGGS SURPRISE**
- 6 eggs
- 6 teaspoons chili sauce
- 6 strips bacon

Butter a shallow baking dish or six custard cups. Break eggs into dish. Put a teaspoon of chili sauce on top of each egg. Cover each with a strip of bacon. Bake in a hot oven (400°F.) until egg is firm and bacon crisp.

**Variations:** 1. Use sweet pickle relish instead of chili sauce. 2. Grated cheese and chopped pepper.
SPANISH OMELETTE

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

Simmer the onion, green olives, and peppers in a little water. When partly stewed, add the remaining ingredients. Cook this mixture until quite thick. Make an omelette according to Fluffy Omelette recipe. Remove from pan to platter, fold and pour 1/2 the sauce inside, put the remainder on top. Serve hot. Serves 4.

Jewel Glasbake Custard Cups are good for poaching eggs. Break egg in the cup and set in one inch of boiling water in skillet.

If a funnel is placed over a tumbler and the eggs cracked into it, one at a time, it is easy to keep yolk and white apart.

To make deviled eggs lie flat, slice a very thin slice of the white off the under side.

To boil a cracked egg, crack it lightly on the opposite side with a fork, and the inside will not run out in the cooking.

The Jewel Waffle Baker makes delicious omelets. Butter the baker first.

Poached eggs do not stick to the pan if the pan is greased before the milk or water is put in.

Use this space for your own favorite "Hints" or new ones from THE JEWEL NEWS
**Fish**

**BAKED FINNAN HADDIE**

1 pound finnan haddie  
Milk and water to cover  
2 tablespoons butter  


**BAKED STUFFED FISH**

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.

**BOILED FISH**

2 pounds firm-fleshed fish  
3 pints water  
1 tablespoon lemon juice  
1 teaspoon chopped parsley  
1 tablespoon scraped onion  
2 teaspoons salt  
¼ teaspoon Jewel Pepper  
Jewel Prepared Biscuit Flour  
Egg yolk  

Clean and split fish, then sew together again. Bring water and seasonings to a boil. Carefully lift in the cleaned whole fish. Cover and boil until fish is tender but still firm (about 40 minutes, or 20 minutes to the pound). Lift out on platter. Sprinkle with salt and pepper. Strain liquid and thicken with one tablespoon biscuit flour, and one lightly beaten egg yolk for every cup of broth. Serve over fish.

**BOILED LIVE LOBSTER**

Have ready a large kettle containing vigorously boiling water, adding ⅓ cup rock salt to each quart of water. Put in live lobsters, tail end down, one at a time, having the water come to the boiling point after adding each. Lobsters should be entirely covered by water. Cover and boil 20 minutes. Place on backs to cool.

**SAVORY CODFISH BALLS**

⅛ pound salt codfish  
1 tablespoon Jewel Prepared Mustard  
3 cups mashed potatoes  
1 tablespoon butter  
⅛ teaspoon Jewel Pepper  
1 egg  

Run cold water over the codfish for 15 minutes, soak it in warm water for 5 minutes, and then simmer in fresh water for 10 minutes. Drain. Add mashed potatoes, butter, onion, mustard, milk, and egg. Drop rounded tablespoonfuls into deep fat at 360°F. Fry until golden brown. Drain on brown paper. Serve with tartar or cheese sauce. Serves 10 to 12.

**CRAB MEAT CASSEROLE**

1 cup medium white sauce  
2 tablespoons chili sauce  
1 teaspoon scraped onion  
¼ teaspoon celery salt  
⅓ cup picked crab flakes  
1 tablespoon green pepper  
¼ cup Jewel Buttered wafer crumbs  
Paprika  

To white sauce add all ingredients except crumbs. Cook for 10 minutes. Pour into buttered baking dish. Sprinkle with crumbs and paprika. Bake in a hot oven (400°F.) until well browned.

**ESCALLOPED OYSTERS**

⅓ cup stale bread crumbs  
1 cup Jewel Butter  
Wafer crumbs  
⅓ cup melted butter  
Salt  

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. Serves 4.
FRIED OYSTERS

1 pint drained select oysters
1 cup Jewel Butter
Wafer crumbs

Jewel Pepper
Salt
1 egg well beaten


SHRIMP CREAMED WITH PEAS

2 tablespoons butter
1 cup shrimp
2 tablespoons flour
1 cup early June peas
1 cup milk
Salt
Jewel Pepper

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

HALIBUT WITH CHEESE

2½ pounds halibut
2 cups medium white sauce
½ pound grated Longhorn cheese

Salt
Jewel Pepper
2 tablespoons butter

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 on top and bake in moderately hot oven (350°F.) until fish is done and top is browned—about 45 minutes. Serves 6 to 8.

SPLIT BAKED FISH

1 fish
Butter
Salt
Jewel Pepper
Paprika
2 teaspoons lemon juice


SALMON LOAF

1 tall can salmon
1 cup Jewel Butter
Wafer crumbs
2 tablespoons melted butter

3 eggs
1 teaspoon Jewel Prepared Mustard
1 teaspoon salt
½ teaspoon Jewel Pepper

Save salmon liquid; remove skin and bones.

For salmon croquettes, use one cup Jewel Quick Oats instead of crackers. They will be much less dry.

Lay fish between cheese cloth to fry. When done, peel off the cloth and the fish will be whole and beautifully browned.

Three bottle caps tacked on a small stick of wood made a handy scraper for scaling fish.

A tablespoon of vinegar in hot water removes the onion or fish odor from kettles in which these foods have been cooked.
MODERN METHOD OF ROASTING MEATS

This simple and entirely different method is sponsored by our national packers. Excellent roasts result, much effort is saved, and there is little shrinkage of meat.

A meat thermometer is not essential, but is helpful. Insert the bulb of the thermometer in the center of the lean part of the meat. Be sure that it does not rest upon either fat or bone. Place the meat in a pan, fat side up, in a preheated oven. Do not increase or decrease the heat at any time. Add no liquid. Do not cover or baste the meat. Make gravy with part of the pan drippings and vegetable stock.

TIME-TABLE FOR ROASTING

<table>
<thead>
<tr>
<th>Kind of Roast</th>
<th>Oven Temperature</th>
<th>Internal Temperature</th>
<th>Minutes Per Pound</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEEF</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>300°F.</td>
<td>135°F.</td>
<td>18</td>
</tr>
<tr>
<td>Medium</td>
<td>300°F.</td>
<td>155°F.</td>
<td>20-22</td>
</tr>
<tr>
<td>Well-done</td>
<td>300°F.</td>
<td>170°F.</td>
<td>25-30</td>
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<tr>
<td>PORK (Fresh)</td>
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<tr>
<td>Loin, 3 to 4 lbs</td>
<td>350°F.</td>
<td>185°F.</td>
<td>35</td>
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<tr>
<td>Shoulder</td>
<td>350°F.</td>
<td>185°F.</td>
<td>30-35</td>
</tr>
<tr>
<td>Ham</td>
<td>350°F.</td>
<td>185°F.</td>
<td>30-35</td>
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<tr>
<td>Butt</td>
<td>350°F.</td>
<td>185°F.</td>
<td>50-55</td>
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<tr>
<td>PORK (Cured)</td>
<td></td>
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<tr>
<td>Ham, 10 to 12 lbs</td>
<td>300°F.</td>
<td>160°-170°F.</td>
<td>25</td>
</tr>
<tr>
<td>Half Ham</td>
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<td>160°-170°F.</td>
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</tr>
<tr>
<td>Large Ham</td>
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</tr>
<tr>
<td>LAMB</td>
<td></td>
<td></td>
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<tr>
<td>Slightly underdone</td>
<td>300°F.</td>
<td>175°F.</td>
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</tr>
<tr>
<td>Well-done</td>
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<td>182°F.</td>
<td>30-35</td>
</tr>
<tr>
<td>VEAL</td>
<td>300°F.</td>
<td>160°F.</td>
<td>25</td>
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BAKED BEEF HEART

1 beef heart 
1 teaspoon salt 
1 cup cooked Jewel Rice 
1 cup diced cooked vegetables

1/4 teaspoon Jewel Black Pepper 
Jewel Prepared Biscuit Flour

Wash heart, remove veins and arteries. Sprinkle with salt. Mix rice, vegetables, and pepper and stuff into cavity of heart. Sew with cord, or fasten with toothpicks. Roll in flour. Bake in moderate oven (350°F.) until tender. (About 2 1/2 hours.)

BOILED BEEF TONGUE

1 beef tongue 
1 tablespoon salt (for fresh tongue) 
6 peppercorns 
4 whole cloves 
1 tablespoon vinegar

Scrub the tongue under running water; place in a deep kettle. Add the seasonings; cover with boiling water. Boil 10 minutes then simmer about 3 hours or until a fork will penetrate readily to the center. Allow the tongue to remain in the water until cool enough to handle. Peel off the outer skin and cut out the membranous portions of the roots. Press into shape for serving. Tongue may be served hot with Horseradish or Raisin Sauce.

BROILED STEAK

Have steak 1 inch thick; trim off extra fat. Rub the broiler with a piece of this fat. Place meat on the broiler. Do not salt until cooked. Place broiler under a very hot flame. When meat is seared, turn it and sear on other side. Reduce heat and cook 6 to 10 minutes. Remove to a hot platter. Have ready mixed 2 tablespoons butter, salt and Jewel Pepper. Spread on steak.

• 34 •
CREAMED CHIPPED BEEF

2 cups chipped beef 4 tablespoons flour
2 tablespoons butter 2 cups milk
1/4 teaspoon Jewel Pepper

Cut beef into small pieces. Melt butter, blend in flour, then milk and seasoning. Stir to prevent lumping. Cook 10 minutes. Add beef, mix well and cook 5 minutes.

CORNFED BEEF

Wipe the meat with a clean damp cloth. Tie or skewer securely in shape. Put in kettle and cover with cold water. Bring slowly to the boiling point. Remove scum and lower temperature. Tie a slice of onion, bit of parsley, slice of lemon and 1 teaspoon mixed pickling spice in a clean muslin bag. Add to water in which meat is cooking. Let meat simmer without boiling, until tender. Serve with cooked cabbage.

LIVER CROQUETTES

1 pound beef liver 1/4 teaspoon Jewel Pepper
1 teaspoon onion juice, or finely diced onion 1 cup crushed cornflakes
1 tablespoon chopped parsley 1 egg
1/2 teaspoon salt 2 tablespoons milk

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 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.

MEAT BALLS

1 pound ground steak 1 chopped onion
1/2 cup uncooked Jewel Rice
1 chopped green pepper 1 teaspoon salt

Mix meat, rice, green pepper, onion, salt and pepper. Shape in balls the size of a walnut. Roll in flour. Bring tomatoes to a boil. Drop in meat balls. Reduce heat and cook 1 hour without stirring.

ROAST BEEF

Sear meat in a hot oven (475°F.) 30 minutes. Reduce heat to moderate (325°F.) and cook until done. Allow 20 minutes for each pound.

SAVORY HAMBURGER CAKES

1 pound beef liver 1/2 cup Jewel Butter Wafers, crushed
1 teaspoon onion juice, or finely diced onion 1/2 pound chopped pork 1/2 teaspoon salt
1 tablespoon chopped parsley 2 tablespoons onion, minced 1/2 cup Jewel Pepper
1/2 cup crushed cornflakes 1 tablespoon minced green pepper 1/4 cup milk
1 egg 10 to 12 slices bacon

Mix meat with all ingredients except bacon. Shape in cakes and fasten bacon around cakes with toothpicks. Brown in skillet with small amount of fat, then reduce the flame and cover skillet. Allow to cook ten minutes longer.

FOWL

CHICKEN A LA KING

3 1/2 pound young chicken 1/2 cup flour
1 large green pepper 3 cups chicken stock or milk
1 pimiento Salt
1 can mushrooms Jewel Pepper
1/2 cup chicken fat or Paprika
2 egg yolks 1/2 cup cream

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, and pimiento, and just before serving add the yolks of 2 eggs lightly beaten. Add chicken with gravy and serve on toast.

FRIED SPRING CHICKEN

2 1/2 pound spring chicken 1/4 teaspoon Jewel Pepper
4 tablespoons flour 1/2 teaspoon salt
1/4 cup fat

Dredge chicken with sifted dry ingredients. Fry in fat until tender and brown, being careful not to burn.
**CHICKEN FRICASSEE WITH DUMPLINGS**

- 1/2 cup fat
- 3 or 4-pound hen
- 1 cup flour
- 2 teaspoons salt
- 1/4 teaspoon Jewel Pepper
- Water

Dumplings
- 1 cup flour
- 1/4 teaspoon salt
- 2 teaspoons Jewel Baking Powder
- 1/2 cup milk or water

Cut chicken in serving pieces; wash and dry. Roll in 1 cup flour, mixed with pepper and salt. Brown in fat in bottom of kettle. When nicely browned on all sides, add boiling water to cover. Sift dry ingredients for dumplings, stir in milk or water and mix to a smooth batter. Take meat up on platter. Drop a tablespoonful of batter at a time into boiling gravy, cover kettle and let boil 10 minutes. Place dumplings around chicken and pour gravy over all. Serve at once.

**ROAST CHICKEN**

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 2 tablespoons of butter smooth with 2 tablespoons of flour and 1/2 teaspoon salt. Spread on breast and legs of chicken. Lay chicken on its back in roasting pan, dredge with flour and add 1 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 every 10 minutes. Lift fowl carefully onto a hot platter garnished with parsley. Thicken gravy before serving.

**LAMB**

**CROWN ROAST OF LAMB**

- 4 pounds lamb "crown" roast, rolled
- Small yellow or white onions

Have butcher roll rib roast with meat towards center so bones turn upward and outward in shape of crown. Wipe meat. Place in an uncovered roaster in a hot oven (475°F.) for 15 minutes. Reduce heat and cover, baking in a moderate oven (325°F.) for 18 minutes to the pound. Parboil onions. Stick an onion on each rib 30 minutes before serving time, and allow the onions to brown. Serve on a large platter, surrounded by baked apples.

**LAMB HASH**

Mince cold lamb. Fry in butter or drippings with a little chopped onion. Add 1 tablespoon flour, 1 cup of gravy, stock or water. Add 1 teaspoon Jewel Prepared Mustard. Allow to cook 2 or 3 minutes. Serve with chopped parsley on buttered toast.

**PORK**

**BAKED HAM**

Wipe ham, cover with cold water. Add 1/2 cup brown sugar and 4 whole cloves to every 2 quarts of water. Let come to a boil. Reduce heat and keep simmering, but not boiling, until ham is tender. Allow 25 minutes per pound. Remove from pot. Pull off the tough skin. Stick cloves into the fatty side of the ham, and sprinkle generously with brown sugar. Bake in a hot oven (425°F.) 30 minutes or until well browned.

Variations:
1. Baste ham during baking with 1/2 bottle of ginger ale. 2. Instead of cloves and brown sugar, cover ham with currant jelly. Baste with the melted jelly while baking, until ham is glazed.

**BAKED PORK CHOPS**

- 1/4 cup flour
- 1/4 teaspoon Jewel Pepper
- 1/2 teaspoon salt
- 6 pork chops
- 1 cup milk

Mix flour and seasonings. Dredge chops on both sides. Lay them in a casserole. Cover with milk and bake in a slow oven (300°F.) for 2 hours. Uncover for last hour of cooking.

Variation: Line a casserole with 4 cups of chopped cabbage. Cover with floured, seasoned chops and milk. Sprinkle with 1/4 cup grated cheese and bake.
ROAST PORK

Wipe pork with clean cloth wrung out of cold water. Place on rack in roaster. Put uncovered in a very hot oven (475°F.) for 15 minutes to sear meat. Reduce heat to moderate (300°F.). Season with salt and Jewel Pepper. Cover tightly and cook, allowing 30 minutes to the pound. Serve with Gravy Dressing.

BAKED SLICE OF HAM

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

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.

VEAL

CREAMED VEAL PATTIES
1 cup shelled peas
1/2 green pepper, shredded
1/2 red pepper, shredded
1 pound veal cutlets
Salt
Jewel Pepper

2 tablespoons butter
3 tablespoons flour
2 cups milk
1 teaspoon chopped parsley

Cook peas and peppers 20 minutes in an open pan, with very little cold, salted water. Drain. Cut veal into 1/2 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.

VEAL CUTLETS
2 small cutlets
1 cup Jewel Butter
Wafers, crushed
1/2 teaspoon Jewel Pepper
1/2 teaspoon salt
1/2 cup milk
3 tablespoons fat

Wipe cutlets with clean cloth wrung out of cold water. Mix cracker crumbs, salt and pepper. Dip cutlets in mixture. In a flat bowl, mix eggs and milk. Dip cutlets in this mixture and again in cracker crumbs. Melt 2 tablespoons fat in a hot pan. Brown cutlets quickly on both sides. Reduce heat. Add remaining fat. Cover tightly and let steam well for 30 minutes or until tender. Serve with tomato sauce or sliced tomatoes.

ROAST VEAL

Wipe with a clean cloth wrung out of cold water. Place on rack in roaster. Put uncovered in a very hot oven (475°F.) for 15 minutes to sear the meat. Then reduce the heat to slow (300°F.). Season with salt and Jewel Pepper. Cover tightly and let cook 25 minutes to the pound. When done, serve hot with gravy.

VEAL ROLLS

1 1/2 pounds veal cutlets
6 strips bacon
1 cup cooked Jewel Macaroni
1 tomato
1/2 teaspoon allspice
1/2 teaspoon salt
1/2 teaspoon Jewel Pepper

Flour
1 cup water
1/2 green pepper
1/2 pimiento
1/2 teaspoon chopped parsley
1 teaspoon grated onion

Cut veal into six pieces large enough to roll. Mix macaroni with the tomato which has been peeled and chopped. Add seasoning. Place 2 tablespoons of the filling in center of each piece of veal. Roll and pin with clean toothpicks. 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.

VEAL CASSEROLE

Put left-over roasted veal through food chopper. Add small chopped onion and broth left from roast, or the thickened gravy thinned with water. Stir into meat with fork so meat will remain loose. Bake until light brown in hot oven (400°F.) 30 minutes.

To keep a whole ham fresh and prevent it from molding, dip the end in paraffin.

It saves time when preparing bacon for a large family to place it in a pan and bake in the oven for about ten minutes. It will be evenly crisp and delicious.
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<td>45-60 Min. per Pound</td>
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<td>Braised</td>
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<tr>
<td>11/2 inches Thick</td>
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<td>2 inches Thick</td>
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<td>Swiss Steak</td>
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<td></td>
<td></td>
<td>(Mutton) Same as Lamb</td>
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<td></td>
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<tr>
<td></td>
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<tr>
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<td></td>
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<td>40-50 Min.</td>
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<td>20-25 Min.</td>
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### Pastry

**PIE CRUST**

| 1 1/2 cups sifted pastry flour, or | 1/2 teaspoon salt |
| 1 1/4 cups bread flour and | 1/2 teaspoon Jewel Baking Powder |
| 1/4 cup cornstarch | 1/2 cup shortening and Ice water |

Sift flour, salt and baking powder into a cold bowl; add shortening, cutting it into flour with two knives, until shortening is distributed through flour in pieces the size of peas. Add ice water by the tablespoonful, tossing it through mixture with a knife or spatula. Do not add any more water than is required to lightly bind ingredients. When paste is on blade of knife in a ball that has cleaned the bowl, toss it on a lightly floured board. Cut in half, putting one half the paste in ice box while rolling lower crust. Always roll away from you with quick, light strokes; roll to 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 dough on 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.

**BANANA PIE**

| 1/2 cup sugar | 1/2 cup flour |
| 1 tablespoon butter | 1/2 cup boiling water |
| 2 eggs | 1/2 teaspoon Jewel Vanilla Extract |
| 1/2 teaspoon salt | 3 bananas |

Cream together the sugar and butter. Add the egg yolks beaten slightly, flour and boiling water. Cook in the top of a double boiler, stirring constantly until thickened. Cool and add the vanilla extract. Peel and slice the bananas. Place a layer of them in the bottom of a baked pie shell. Cover with cream filling; then another layer of bananas, and top with cream filling. Cover with meringue and bake in a slow oven (325°F.) for 30 minutes.

**BLUEBERRY PIE**

| 3 cups fresh blueberries | 1/2 cup sugar |
| 1/2 teaspoon Jewel Cinnamon | 3 tablespoons flour |

Mix berries with sugar, cinnamon and flour. Fill pie shell with mixture. Cover with top crust which has several cuts to allow steam to escape. Bake at 450°F. for the first 10 minutes, and then reduce the temperature to 350°F. to finish baking.

**MERINGUE**

| 2 egg whites | 1/2 cup granulated sugar |
| 4 tablespoons sugar | 1 teaspoon Jewel Cinnamon |
| 1/2 teaspoon Jewel Vanilla Extract | 1 1/2 cup melted butter |

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

**APPLE PIE**

| 6 cooking apples | 1/2 cup sugar |
| 1/4 cup sugar | 1 teaspoon Jewel Cinnamon |
| 1 teaspoon Jewel butter | 1 tablespoon butter |

Pare and core apples—mix sugar and cinnamon. Line a pie plate with pie crust and cover with sliced apples. Pour over this half of 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, rolled fine | 1/2 cup granulated sugar |
| 1 teaspoon flour | 1 teaspoon Jewel Cinnamon |
| 1 teaspoon Jewel Cinnamon | 1 1/2 cup melted butter |

Mix as for pie crust. Line pie plate with 3/4 of the mixture.

**Custard Filling**

| 3 egg yolks | 2 cups milk |
| 1/2 cup granulated sugar | 1 teaspoon Jewel Vanilla |
| 2 tablespoons cornstarch | 2 tablespoons cornstarch |

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**

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.
BUTTERSCOTCH PIE
1 cup brown sugar
4 tablespoons flour
1 cup milk
2 egg yolks
4 tablespoons butter
1/2 teaspoon Jewel Vanilla Extract

Place sugar and flour in top of double boiler. Add milk slowly. Cook in double boiler, stirring constantly, until thickened. Add egg yolks slightly beaten and cook 3 minutes longer. Remove from fire, and add butter. When cool add vanilla. Pour into a baked crust. Cover with meringue or whipped cream.

COFFEE SOUFFLE PIE
1 package Lemon Jewel-Jell
2 cups hot Jewel Coffee
2 eggs
1 cup whipping cream
1 baked pie shell

Dissolve Jewel-Jell in 1 cup of hot coffee. Beat egg yolks slightly. Carefully add to other cup of coffee. Cook over boiling water until thickened. Mix with jell and chill. When starting to harden, beat with rotary egg beater until frothy, fold in whipped cream and stiffly beaten egg whites. Pour into pie shell and allow to harden.

CRANBERRY TARTS
1/2 cups flour
1/2 teaspoon Jewel Baking Powder
3/4 teaspoon salt
1/2 cup melted shortening or oil
1/4 cup water
1 egg yolk

Sift together flour, baking powder and salt. Add shortening and egg yolk to water. Mix well and cut into flour. Toss on a floured board and roll. Wash and pick over cranberries. Add sugar and water. Cook 5 minutes after the boiling point is reached. Beat thoroughly and then put into tart pans lined with pastry. For top crust, cut pastry in strips 1/4 inch wide, and place them diagonally across the top. Bake in moderate oven (350°F.) 30 minutes.

LEMON PIE
1 cup sugar
2 tablespoons cornstarch
2 tablespoons flour
1/2 teaspoon salt
1/2 cups boiling water
1 teaspoon butter

Place dry ingredients in top of double boiler and add boiling water slowly, stirring to prevent lumps. Cook over boiling water until mixture begins to thicken. Add lightly beaten egg yolks, lemon juice and rind. Cook 1 minute, remove from fire and add butter. Strain into the pie shell which has been baked previously. Cover with meringue and bake in moderate oven (325°F.) until meringue is lightly browned.

PEANUT BUTTERSCOTCH PIE
1 1/2 cups brown sugar
4 tablespoons flour
1/2 cups milk
2 egg yolks
4 tablespoons Jewel Peanut Butter
1/2 teaspoon Jewel Vanilla Extract

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.

PUMPKIN PIE
1 cup sugar
1/2 cups strained pumpkin
1 teaspoon ginger
1 teaspoon Jewel Cinnamon
1/2 teaspoon salt
1/4 teaspoon Jewel Nutmeg

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. Add the milk last. Mix well and pour into a pastry shell. Sprinkle 1/4 teaspoon nutmeg on top. Bake in a hot oven (400°F.) for 10 minutes, then reduce heat and cook until done.

STRAWBERRY PIE—UNIQUE
1 package Strawberry Jewel-Jell
1 box fresh strawberries
1/4 cup powdered sugar

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.
RHUBARB CUSTARD PIE

1 cup sugar
2 tablespoons cornstarch
2 eggs
3 cups rhubarb
1/2 teaspoon Jewel Nutmeg

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 1/2-inch cubes; pour sugar mixture over it, and sprinkle with nutmeg. Bake in moderate oven (350° F.) 50 to 60 minutes. Cover with meringue.

TWO CRUST CHERRY PIE

2 cups cherries
1 cup sugar
1 tablespoon cornstarch
1/2 cup cold water

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

Use a wire potato masher for mixing shortening with flour for such things as pie crust, biscuits, etc.

In making berry pies, put the pie plate on a cookie sheet so that if the juice should run over there is no difficulty in cleaning the oven.

If you desire a rich golden brown pie crust, brush cream over the crust before placing in the oven.

If eggs are small, or a thick, fluffy meringue is desired, add a teaspoonful of cold water to the egg whites before beating. This also makes a very light and fluffy meringue.

To prevent any fruit pie from "boiling over" while baking, use scissors to cut the upper crust about one-fourth inch larger than the lower crust and double it under the lower one.

A mince meat pie is a delectable gift for any occasion, especially if it is made of Jewel Mince Meat and baked in a Glasbake Pie Plate which is also intended as a gift.

In making fruit pies that need a little lemon flavoring, use one heaping tablespoon of Jewel Lemon Pie Filling. It flavors and absorbs the juices in just the right way.

Use Lemon Jewel-Jell in place of lemons in raisin pie where a dash of lemon flavor is desired. The flavor is more evenly blended, and is a good thickener for pie.

Use this space for your own favorite "Hints" or new ones from THE JEWEL NEWS
Pickles and Relishes

BEET PICKLES
1. Wash beets and cut off part of top.
2. Cook beets until tender.
3. Remove skins.
4. Grade beets according to size, and slice large ones.
5. Pack into hot sterilized jars.
6. Cover with hot vinegar to which has been added 1 teaspoon pickling spice and 1/2 teaspoon salt to each pint of vinegar.
7. Adjust rubbers and lids.

BREAD AND BUTTER PICKLES
3 quarts small cucumbers 1 tablespoon celery
Salt and water 1/4 teaspoon turmeric
1 quart vinegar 1/2 teaspoon Jewel Pepper
1 cup sugar 1/4 teaspoon alum
1 tablespoon mustard seed
1. Wash cucumbers, cut into 1/4-inch slices. 
2. Soak over night in a brine to cover, made of 1 tablespoon salt to 1 quart of water.
3. Mix the remaining ingredients with the vinegar, and bring to the boiling point.
4. Drain brine from cucumbers.
5. Pack in jars. Cover with the boiling hot liquid and seal.

DILL PICKLES
1. Make a brine of 1 1/3 cups of salt to 1 gallon of water.
2. Add 100 well washed cucumbers and soak over night.
3. Drain. Pack cucumbers in layers in large crocks. Between each layer, place grape or cherry leaves and a few pieces of dill.
4. Sprinkle 1 teaspoon mixed pickling spice between every second layer.
5. Boil 1 quart of vinegar with 2 gallons of water and 2 cups of salt.
6. Cool and cover the packed cucumbers with the boiled brine.
7. Cover tightly and store for several weeks before using, or seal in jars at once.

GREEN TOMATO PICKLES
1 pack green tomatoes 3 tablespoons salt
3 large onions 1 cup Jewel Prepared Mustard
1 gallon vinegar 1/4 cup mixed pickling spice
2 cups sugar
1. Wash and slice tomatoes and onions.
2. Add 1 quart of vinegar. Boil 3 minutes.
3. Strain and throw away the liquid.
4. Lift pickles into hot sterile jars.
5. To the balance of the vinegar add sugar, salt, mustard and spices.
6. Let boil 3 minutes.
7. Pour while boiling hot over the pickles.
8. Seal.

SWEET CUCUMBER PICKLES
1 quart cucumbers 1/2 cups brown sugar
1 onion 1 teaspoon tumeric
1 green pepper 2 tablespoons pickling spice
1 tablespoon salt
Vinegar to cover
1. Peel and slice cucumbers.
2. Remove seeds from pepper. Cut in small thin slices.
3. Peel and slice onion.
4. Sprinkle with 1 tablespoon salt. Let stand over night, then drain.
5. Add other ingredients.
6. Boil until tender.
7. Pour into sterile jars and seal.
8. Process in boiling water bath 16 minutes.

SOUR CUCUMBER PICKLES
1. Wash and wipe 4 quarts of cucumbers.
2. Put into a stone jar, and cover with a brine made by adding 1 cup of salt to every quart of boiling water. Cool brine and pour over cucumbers.
3. Add 1/4 teaspoon alum. Let stand 24 hours.
4. Heat to boiling, drain and wipe cucumbers dry.
5. Cover with fresh, very cold water.
6. Bring to boiling.
7. Drain and cook the cucumbers, a few at a time, in 2 quarts of vinegar and 2 tablespoons mixed spices.
8. When tender, place in sterile jars.
9. Pour the boiling vinegar over the pickles and seal.

SOUR CUCUMBER PICKLES
7 pounds peaches 1 pint cider vinegar
5 pounds sugar 2 tablespoons pickling spice
1. Peel and weigh large peaches. Boil sugar, vinegar and spices tied in a bag about 12 minutes or until clear. Add peaches, only enough for 1 can at a time, and cook, testing with a clean toothpick, until tender but firm. Lift out of kettle with perforated ladle into hot sterile jars, and cover to keep hot. Continue until all the peaches are cooked. Cook syrup 5 minutes; remove spice container and pour hot, over the peaches. Seal air-tight at once.
Preserves, Jams and Jellies

PEACH PRESERVES

4 pounds peaches
4 pounds sugar
1 quart water
2 lemons

1. Wash and remove skin and stones from peaches.
2. Put in preserving kettle with sugar, water and sliced lemons.
3. Cook until thickened (about 1 hour).
4. Fill hot, sterile glasses or jars.
5. Seal with paraffin.

RASPBERRY PRESERVES

2 quarts raspberries
6 cups sugar

1. Wash berries.
2. Place in a preserving kettle.
3. Add sugar.
4. Let stand 5 minutes.
5. Place over a very low fire until sugar has dissolved. Increase heat until syrup boils. Boil gently 15 minutes.
6. Pour in sterile jars, fill to overflowing.
7. Seal with paraffin.

PRESERVED PEARS

1/2 peck pears
Juice of 1 lemon
3 pounds sugar
3 pints water

1. Peel and halve pears. Drop into a bowl of cold water to which the lemon juice has been added.
2. Measure sugar and water into a preserving kettle and bring to a boil.
3. Drain pears and add carefully to boiling syrup. Cook until pears may be pierced with a clean toothpick.
4. Lift pears out of syrup with a skimmer ladle, and pack into hot, sterile jars.
5. Fill jars to overflowing with boiling hot syrup.
6. Seal at once.

TOMATO PRESERVES

2 pounds yellow pear tomatoes, or the red ones sliced
1 teaspoon ginger
1 lemon

1. Wash tomatoes, cover with boiling water, and let stand until skins can be easily removed. Peel.
2. Cover with sugar, and let stand over night.
3. Pour off syrup and boil until clear and quite thick. Skim.
4. Slice lemon thin.
5. Add tomatoes, lemon and ginger to syrup. Cook until tomatoes are clear and thick.
6. Pour into sterile jars or crocks.
7. Seal with paraffin.

PRESERVED PLUMS

1. Wash plums and prick with a darning needle.
2. Weigh fruit.
3. Make a syrup of 1 pound of sugar and 1 cup of water for each pound of fruit.
4. Cook plums gently in this syrup for 20 minutes.
5. Remove fruit with a strainer ladle, and pack in hot, sterile jars 3/4 full.
6. Boil syrup 5 minutes, or until quite thick.
7. Adjust rubbers, fill jars to overflowing with syrup, and seal at once.

WATERMELON PRESERVES

2 pounds watermelon rind
1/2 cup salt
4 quarts water

1. Pare the melon rind, remove the red meat.
2. Cut in small pieces and soak over night in the salt and water.
3. In morning, soak in ice water for 2 hours.
4. Drain carefully and dry between clean towels.
5. Cook sugar and water for 10 minutes.
6. Add fruit and boil until rind is tender, but do not let it get soft.
7. Remove rind and pack in sterile jars.
8. Add sliced lemons and syrup, and cook for 10 minutes.
9. Pour over the fruit and seal the jars.
**BERRY JAM**

4 pounds fruit
3 pounds sugar

1. Crush the fruit, put over fire and allow to boil 20 minutes.
2. Add part of sugar and when again boiling, add a little more sugar. Continue until all sugar is used. If sugar is heated in the oven first, it may all be added at once.
3. Cook until when tested on a cold saucer, the mixture does not separate or grow watery.
4. Pour in jars or glasses.
5. Cover with melted paraffin.

**GRAPE JAM**

4 quarts grapes
3 pounds sugar
1 tablespoon Jewel Cinnamon

1. Pick over, remove stems and wash grapes.
2. Cook slowly until reduced one-half.
3. Put through a fine wire sieve into a saucepan.
4. Add sugar and cinnamon.
5. Boil until thick.
6. Pour into hot, sterile glasses.
7. Seal with melted paraffin.

**PEACH JAM**

1. Scald peaches until skins can be easily slipped off.
2. Dip in cold water.
3. Remove skins and stones.
5. Place in preserving kettle, add a little water, and cook until peaches are soft.
6. Mash.
7. Add an equal quantity of sugar by weight.
8. Cook until of desired thickness.
9. Pour in sterile jars.
10. Cover with melted paraffin.

**PLUM JAM**

1 pound plums
¾ pound sugar

1. Wash plums.
2. Split and remove pits.
3. Add sugar and cook rapidly until mixture is clear and thick.
4. Pack at once into hot, sterile jars.
5. Seal with melted paraffin.

**Variations:** If desired, raisins may be added to plum jam. The jam can also be improved if one has the time to crack the plum pits, remove the kernels, and cook these in the jam.

**APPLE JELLY**

1. Wash the apples and cut them into pieces without peeling them or removing the cores and seeds.
2. Put into kettle, just cover with cold water, and cook until soft and tender.
3. Transfer to a jelly bag, and let drain. Do not squeeze if clear jelly is desired.
4. Measure and return to kettle.
5. For every pint of juice, add a pint of sugar, and boil together for 20 to 30 minutes, testing all the time.
6. When it will "jell" on a cool plate, it is done.
7. Pour the jelly into sterile glasses.
8. Cover with melted paraffin.

**GRAPE JELLY**

Acid grapes or equal portions of ripe and green grapes make much better jelly than dead ripe or very sweet fruit. Wild grapes or "fox grapes" make delicious jelly.

1. Pick over grapes. Wash them and remove stems.
2. Weigh. Use 2 cups water to every 4 pounds of fruit.
3. Bring to boiling point and cook until seeds are free.
4. Strain through jelly bag.
5. Measure juice by the cupful, keeping a record. Bring measured juice to a boil.
6. Add ½ cup sugar for every cup of juice.
7. Cook until syrup will jell when a little is poured into a shallow, cool saucer.
8. Skim and pour into sterile glasses.
9. Cover with melted paraffin.

You can extend the grape flavor by using apple with the grapes. Apple has excellent jellying qualities, and the grape flavor is so strong that the dilution with apple will not be noticed, except that you have more jelly from a smaller measure of grapes.
# FRUIT CANNING OUTLINE

<table>
<thead>
<tr>
<th>Name</th>
<th>Preparation</th>
<th>Time for Blanching</th>
<th>Type of Boiling Syrup</th>
<th>The Waterless Cooker, Mary Dunbar Model</th>
<th>Pressure Cooker</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>APPLES</strong></td>
<td>Core and peel, cut in halves or quarters.</td>
<td>2 min.</td>
<td>thin</td>
<td>20 min.</td>
<td>10 lbs.</td>
</tr>
<tr>
<td><strong>APPLE SAUCE</strong></td>
<td>Cook in usual manner.</td>
<td>none</td>
<td>none</td>
<td>20 min.</td>
<td>10 lbs.</td>
</tr>
<tr>
<td><strong>APRICOTS</strong></td>
<td>Wash, peel, halve and remove stones after blanching.</td>
<td>2 min.</td>
<td>medium</td>
<td>20 min.</td>
<td>10 lbs.</td>
</tr>
<tr>
<td><strong>BERRIES</strong></td>
<td>Sort, hull.</td>
<td>none</td>
<td>thin</td>
<td>20 min.</td>
<td>10 lbs.</td>
</tr>
<tr>
<td><strong>CHERRIES</strong></td>
<td>Wash, stone.</td>
<td>⅛ min.</td>
<td>medium</td>
<td>25 min.</td>
<td>10 lbs.</td>
</tr>
<tr>
<td><strong>CURRANTS</strong></td>
<td>Stem, wash.</td>
<td>none</td>
<td>medium</td>
<td>20 min.</td>
<td>10 lbs.</td>
</tr>
<tr>
<td><strong>FIGS</strong></td>
<td>Wash, place in soda bath; drain, rinse.</td>
<td>none</td>
<td>medium</td>
<td>20 min.</td>
<td>10 lbs.</td>
</tr>
<tr>
<td><strong>GOOSE- BERRIES</strong></td>
<td>Stem, wash.</td>
<td>none</td>
<td>medium</td>
<td>25 min.</td>
<td>10 lbs.</td>
</tr>
<tr>
<td><strong>GRAPES</strong></td>
<td>Stem, wash.</td>
<td>none</td>
<td>medium</td>
<td>20 min.</td>
<td>10 lbs.</td>
</tr>
<tr>
<td><strong>PEACHES</strong></td>
<td>Blanch, cold dip, peel, halve and stone.</td>
<td>1 min.</td>
<td>medium</td>
<td>25 min.</td>
<td>10 lbs.</td>
</tr>
<tr>
<td><strong>PEARS</strong></td>
<td>Wash, peel, core and slice. Cook 6 minutes in syrup.</td>
<td>none</td>
<td>thin</td>
<td>25 min.</td>
<td>10 lbs.</td>
</tr>
<tr>
<td><strong>PINEAPPLE</strong></td>
<td>Peel, remove eyes, cut, slice, or shred.</td>
<td>none</td>
<td>thin</td>
<td>30 min.</td>
<td>12 lbs.</td>
</tr>
<tr>
<td><strong>PLUMS</strong></td>
<td>Wash, peel or prick skin.</td>
<td>none</td>
<td>medium</td>
<td>30 min.</td>
<td>12 lbs.</td>
</tr>
<tr>
<td><strong>RHUBARB</strong></td>
<td>Wash, trim, cut.</td>
<td>none</td>
<td>medium</td>
<td>25 min.</td>
<td>15 lbs.</td>
</tr>
</tbody>
</table>

The 10-quart pot for the Waterless Cooker, Mary Dunbar Model, is particularly recommended for canning. The 7-quart pot will take care of pints and half pints. The 10-quart pot and rack may be used with the same cover and base as the 7-quart cooker.

**SYRUPS USED FOR CANNING FRUITS**

With fruits, a boiling hot syrup instead of water or brine is used to fill the jar. This is made by dissolving sugar in water and bringing to a 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.
# Vegetable Canning Outline

<table>
<thead>
<tr>
<th>Name</th>
<th>Preparation</th>
<th>Time for Blanching</th>
<th>Boiling Water Plus:§</th>
<th>Coverage</th>
<th>Processing Time</th>
<th>The Waterless Cooker, Mary Dunbar Model</th>
<th>Pressure Cooker</th>
<th>Min.</th>
<th>Lbs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASPARAGUS</td>
<td>Wash, trim, cut.</td>
<td>4 min.</td>
<td>1 tsp. salt</td>
<td></td>
<td>3 hours</td>
<td>40</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BEANS (STRING) OR WAX</td>
<td>Wash, string, break.</td>
<td>7 min.</td>
<td>1 tsp. salt</td>
<td></td>
<td>2 hours</td>
<td>60</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BEANS (LIMA)</td>
<td>Shell.</td>
<td>4 min.</td>
<td>1 tsp. salt</td>
<td>2 tsp. sugar</td>
<td>4 hours</td>
<td>60</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BEETS</td>
<td>Cut stems, but not roots. When blanched, cold dip 2 min.; remove skins.</td>
<td>10 min.</td>
<td>boiling water</td>
<td></td>
<td>2 hours</td>
<td>40</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BRUSSELS SPROUTS</td>
<td>Wash.</td>
<td>7 min.</td>
<td>1 tsp. salt</td>
<td></td>
<td>2 hours</td>
<td>40</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CABBAGE</td>
<td>Wash.</td>
<td>7 min.</td>
<td>1 tsp. salt</td>
<td></td>
<td>2 hours</td>
<td>40</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CARROTS</td>
<td>Scrape, split lengthwise.</td>
<td>none</td>
<td>1 tsp. salt</td>
<td></td>
<td>2 hours</td>
<td>40</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CAULIFLOWER</td>
<td>Wash, break apart; soak 30 min. in cold salted water.</td>
<td>4 min.</td>
<td>1 tsp. salt</td>
<td>1 tsp. salt</td>
<td>1½ hours</td>
<td>40</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CORN (ON COB)</td>
<td>Remove husks and silk.</td>
<td>10 min.</td>
<td>1 tsp. salt</td>
<td></td>
<td>3 hours</td>
<td>90</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CORN (OFF COB)</td>
<td>Husk, clean, cut from cob.</td>
<td>6 min.</td>
<td>1 tsp. salt</td>
<td></td>
<td>3 hours</td>
<td>90</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>GREENS—ANY TYPE</td>
<td>Clean thoroughly; stem.</td>
<td>4 min.</td>
<td>1 tsp. salt</td>
<td></td>
<td>3 hours</td>
<td>50</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEAS</td>
<td>Shell, rinse in cold water.</td>
<td>5 min.</td>
<td>2 tsp. sugar 1 tsp. salt</td>
<td></td>
<td>4 hours</td>
<td>60</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEPPERS (BELL)</td>
<td>Wash, remove seed-pod after blanching; flatten.</td>
<td>3 min.</td>
<td>1 tsp. salt</td>
<td></td>
<td>45 min.</td>
<td>35</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PUMPKIN</td>
<td>Peel, cut in small pieces.</td>
<td>3 min.</td>
<td>boiling water</td>
<td></td>
<td>2 hours</td>
<td>40</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SAUER-KRAUT</td>
<td>Pack.</td>
<td>none</td>
<td>none</td>
<td></td>
<td>1 hour</td>
<td>40</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUCCOTASH BEANS CORN</td>
<td>Cut corn from cob after blanching.</td>
<td>5 min. each</td>
<td>1 tsp. salt</td>
<td></td>
<td>3½ hours</td>
<td>90</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOMATOES</td>
<td>Blanch, cold dip, skin.</td>
<td>2 min.</td>
<td>1 tsp. salt</td>
<td></td>
<td>25 min.</td>
<td>10</td>
<td>10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If water does not completely cover jars, fold cloth over the jars permitting corners to dip into the boiling water.

§: Salt or sugar quantities per quart jar.
Keep boiling vigorously during processing.
CURRANT JELLY
This is delicious with meat or fowl. If melted and poured over pastries, it gives a beautiful glaze. Currant jelly is especially liked by invalids. Put some up in small jars for gifts.

1. Wash and lightly crush currants.  
2. Put in a preserving kettle over a low fire.  
3. When juice is drawn out of currants, strain and measure it.  
4. Measure as much sugar as there is juice.  
5. Boil juice and sugar until a sample on a cold saucer will "jell."  
6. Put into sterile glasses.  
7. Cover with melted paraffin.

MINT JELLY
This is a surprise and delight when served with lamb roasts or chops. It gives a party touch to a plain home meal. A glass of the green jelly, tied with red ribbon and holly makes a pretty gift at Christmas time.

1. Wash and stem apples. Cut in quarters.  
2. Add enough water to half cover apples.  
3. Cook until fruit is soft.  
4. Drain through Canton flannel.  
5. Measure juice.  
6. Add ¼ cup mint leaves to every 4 cups juice.  
7. Bring mint and juice to a boil.  
8. Add 3 cups sugar for every quart juice.  
9. Add green vegetable coloring until desired shade is reached.  
10. Boil until a sample on a cold saucer will "jell."  
11. Pour in hot, sterile glasses.  
12. Cover with melted paraffin.

Use small pliers to pull jar rubbers to open fruit jars.

Save paper bags and slip them over jars of fruit, writing the name on the bag.

Adhesive tape is fine for labeling fruit jars. It will stay on indefinitely, and is marked with ordinary lead pencil. It can be washed and remarked several times.

When covering jelly glasses with paraffin, have a slip of paper about one and one-half inches wide and three or four inches long which has been labeled, ready to insert into the hot paraffin on each glass. Leave portion with label on loose—this will furnish a convenient means of removing the paraffin.

In screwing lids on jars, use a piece of sandpaper cut to cover the entire lid. This keeps the heat from coming through, and you can get a good grip on the jar, closing it perfectly tight.

When canning, sterilize jar rubbers and lids in a French fryer. Place required number in the wire basket and immerse in boiling water. When ready to use, lift the basket from the water and lift out one ring and lid, then return the basket and remaining contents to the boiling water.

Label fruit jars and coat each label with clear shellac. The names will not fade or become stained.

Use a pair of thick, cheap cotton gloves when handling hot fruit jars.

For those who have shelves in the basement for canned fruit, an ordinary window shade works very nicely to keep fruit in the dark, and is easily rolled up when necessary.

When making fruit butter, put it in a roaster and cook in the oven to eliminate much stirring.
Salads

CHICKEN SALAD
2 cups cold chicken, diced
\(\frac{1}{4}\) cup celery, diced
\(\frac{1}{4}\) cup lettuce, diced
2 tablespoons parsley, chopped
\(\frac{1}{2}\) cup Jewel Mayonnaise

Combine all ingredients. Chill. Serve on lettuce or watercress.

If preferred, marinate ingredients in \(\frac{1}{2}\) cup French Dressing, then drain, add mayonnaise and chill. Serves 6.

CRANBERRY SALAD
1 quart cranberries
3\(\frac{1}{2}\) cups water
\(\frac{1}{2}\) cup sugar
1 package Lemon Jewel-Jell
1 cup chopped nuts
1 cup white grapes, diced
\(\frac{1}{2}\) cup crushed and drained pineapple
\(\frac{1}{4}\) teaspoon paprika

Cook the berries, water and sugar together until the mixture is of a mushy consistency—about 5 minutes of rapid boiling. Remove from the fire and add the Jewel-Jell; dissolve, and allow to stand until cool. Add the nuts, grapes and pineapple. Pour into molds and allow to set. Serve on lettuce leaf, and garnish with whipped cream or mayonnaise. Serves 6 to 8.
CRAB MEAT SALAD
1 cup flaked crab meat
1 1/2 cups celery, diced
1 hard cooked egg
Salt to taste
3 tablespoons Jewel Mayonnaise
Lettuce

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.

CUSTARD SLAW
1 quart cabbage, shredded
1 cup vinegar
1 tablespoon butter
1/2 cup milk
3/4 cup sugar
2 eggs, beaten slightly
1 1/2 teaspoons Jewel Pepper

Shred cabbage medium fine, pour over it the vinegar, and season with salt and pepper. Melt the butter in a saucepan, and add the milk and sugar. When milk comes to a boil, add a small amount to the beaten egg, then return milk and egg to saucepan. Stir well and when almost cool, pour over the cabbage. Chill before serving. Serves 6.

FLORIDA SLAW
3 cups shredded cabbage
1/4 cup Jewel Shredded Coconut
1 cup diced pineapple (4 slices)
6 marshmallows, diced
1/2 cup Jewel Mayonnaise


FROZEN FRUIT SALAD
2 cakes Philadelphia Cream cheese
1 cup Jewel Mayonnaise
1 cup whipping cream
1 can pineapple (2 1/2 cups), diced
1 small bottle red cherries
1 small bottle green cherries

Gradually cream the cheese with the mayonnaise. Blend until 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. Serves 6.

GERMAN COLE SLAW
3/4 cup chopped bacon
2 tablespoons lemon juice
1 teaspoon salt
1/2 cup Jewel Mayonnaise
2 cups grated cabbage
4 tablespoons green pepper
2 tablespoons parsley
1 tablespoon onion

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.

LAYERED JEWEL-JELL AND CHEESE SALAD
1 package Orange Jewel-Jell
1 package Philadelphia Cream Cheese
2 cups boiling water
12 ripe olives
Lettuce
Jewel Mayonnaise

Dissolve Jewel-Jell in boiling water. Chill. When slightly thickened, fold olives, which have been cut in pieces, into 1/2 of the Jewel-Jell mixture. Turn into freezing tray of electric refrigerator. Chill until firm. Beat remaining Jewel-Jell with rotary egg beater until of consistency of whipped cream. Fold in cheese and nuts. Pour over firm first layer. Chill 1 1/2 hours. Serve in squares on crisp lettuce. Garnish with Jewel Mayonnaise.

MOUNTAINEER SALAD
3 cups shredded cabbage
1/2 cup Jewel Shredded Coconut
1 cup diced pineapple (4 slices)
6 marshmallows, diced
1/2 teaspoon Jewel Mayonnaise
3/4 teaspoon salt
Jewel Paprika


ORANGE AND WATERCRESS SALAD
1 bunch watercress
3 oranges
1/2 teaspoon Jewel Cinnamon
1 cup Jewel Shredded Coconut

Wash and dry watercress. Section oranges. Arrange sections petal fashion on watercress. Serve cold with mayonnaise, sprinkled with coconut and cinnamon.
POTATO SALAD
6 medium-sized potatoes
1 medium-sized onion
3 cups diced celery
1 medium cucumber, diced
3 green peppers, cut
3 pimientos, cut
4 eggs, hard cooked
1 teaspoon salt
1 cup Jewel Mayonnaise

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. Serves 6 to 8.

SALMON SALAD
1 large can salmon, flaked
10 Jewel Butter Wafers, rolled fine
6 small sweet pickles, chopped
3 hard-cooked eggs, chopped
1 cup celery, diced
3 tablespoons butter, melted
1/2 teaspoon Jewel Pepper
2 tablespoons Jewel Mayonnaise

Mix ingredients together in the order given. Garnish with pimiento strips and sliced lemon.

STUFFED BEET SALAD
6 medium-sized beets
2 cups freshly boiled corn, or canned corn
1 green pepper, chopped fine
1 teaspoon Jewel Prepared Mustard
Lettuce
French Dressing

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

STUFFED TOMATO SALAD
6 tomatoes
1 pint cottage cheese
2 tablespoons minced green onion
3 tablespoons minced green pepper
2 tablespoons Jewel Mayonnaise

Skin tomatoes, and hollow from stem end. Mix mayonnaise with tomato juice, celery salt and salt. Pour over remaining ingredients. Fill tomato shells. Garnish with parsley.

Variation: Add 1 tablespoon peanut butter to mayonnaise before pouring over other ingredients.

VEGETABLE SALAD
4 tomatoes
1 cucumber
1 green pepper
3 radishes, sliced
1/2 onion, minced
3/4 cup Jewel Mayonnaise

Peel and slice tomatoes and cucumbers. Cut pepper and celery into 1/4-inch pieces. Mix all ingredients together. Serve with mayonnaise, in bowl lined with lettuce. Serves 6 to 8.

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.

To keep lettuce fresh and crisp for several days, place it in an aluminum kettle with a tight-fitting lid, and set it in a cool place.

Color can be added to lettuce by filling a small bowl with water and sprinkling paprika on the top of the water. Revolve the lettuce in it, and the leaves will be fringed with red paprika.

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Salad Dressings

BOILED DRESSING

1/4 teaspoon salt
1 teaspoon ground mustard
1 1/2 tablespoons sugar
Few grains cayenne
1/4 cup vinegar

Mix dry ingredients. Add egg yolks slightly beaten, butter, milk and vinegar very slowly. Cook over boiling water until mixture thickens. Strain and cool.

PINEAPPLE SALAD DRESSING

1/2 cup flour
Yolks of 2 eggs or 1 whole egg
1/2 tablespoons butter
1/2 tablespoons sugar
1/4 cup milk
1/4 cup pineapple juice

Mix, Serve on fruit salad.

FRENCH DRESSING

6 tablespoons salad oil
2 tablespoons lemon juice
1 teaspoon salt
1/4 teaspoon Jewel Pepper
Paprika to color

Mix all ingredients with an egg beater, or shake in a jar.

RUSSIAN DRESSING

1/2 cup Jewel Mayonnaise
2 tablespoons chili sauce
1 tablespoon lemon juice
1 tablespoon Worcestershire sauce

Mix in the order given.

THOUSAND ISLAND DRESSING

1/2 cup chili sauce
1 pimiento, chopped fine
1/4 green pepper, chopped fine
1 hard cooked egg, chopped fine
1 small onion, chopped fine
1 cup Jewel Mayonnaise

Blend ingredients with mayonnaise.

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

When the catsup bottle is empty, pour in the correct amount of oil, vinegar and seasoning for French dressing, and shake vigorously. The remaining catsup gives it an excellent flavor.

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Sandwiches

SANDWICH LOAF
1 loaf white bread, unsliced
First Filling
Chopped cucumber  Jewel Peanut Butter
Second Filling
Minced pimiento  Minced onion
Third Filling
Pabst-ette  Jewel Prepared Mustard
Fourth Filling
Jewel Mince Meat  Jewel Cocoanut
Jewel Mayonnaise
Covering
1 1/2 pounds cottage cheese  1/2 teaspoon paprika
1 teaspoon salt

Remove crust from bread. Slice lengthwise (not across) to make 5 oblong slices. Butter one side, put Jewel Mayonnaise on the opposite side. Use fillings in the order given. Put slices together in loaf form. "Ice" the loaf with the cottage cheese mixture. To serve, slice through the loaf. Each sandwich will look like a slice of Neapolitan ice cream.

ROLLED SANDWICHES
1 loaf white bread  Paprika
Cream cheese  1/2 dozen lettuce leaves
Jewel Mayonnaise  Salt

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

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

SANDWICH FILLINGS

AMERICAN CHEESE, DATES AND CHERRIES
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. Serve as open face sandwich.

BROWN BREAD SPECIAL FILLING
1/2 cup Philadelphia Cream Cheese
1/2 cup date paste
Blend and use for filling for brown bread or whole wheat bread sandwiches.

CAVIAR
Spread the bread with caviar. Sprinkle with lemon juice.

CHEESE AND ALMOND
4 tablespoons chopped almonds
1 package Philadelphia cream cheese
Jewel Mayonnaise to blend
Blend thoroughly and spread on bread.

DATE AND CELERY
1 cup date paste
1/2 cup celery, chopped finely
1/4 cup chopped pecans
Jewel Mayonnaise to moisten
Blend and use for filling. White bread should be used for contrast of color.

GREEN PEPPER AND CHEESE
1 green pepper
1 package Philadelphia cream cheese
1 teaspoon Jewel Prepared Mustard
2 tablespoons Jewel Mayonnaise
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
Using these proportions, prepare as large an amount as needed for the number of sandwiches to be served. This makes 3 good-sized sandwiches.

MINCE MEAT AND ORANGE RIND
Spread bread with Jewel Mince Meat and sprinkle with grated orange rind to make open face sandwiches.

PEANUT BUTTER SURPRISE
4 tablespoons Jewel Peanut Butter
1/2 cup Jewel Mayonnaise
1 small jar stuffed olives, or
1/2 doz. chopped sweet pickles
2 tablespoons lemon juice
Graham bread
Mix peanut butter and mayonnaise; add chopped olives and lemon juice. Spread on buttered graham bread.
**Sauces**

**HOLLANDAISE SAUCE**

4 tablespoons butter  Juice of 1 lemon  
1 teaspoon cornstarch  ½ teaspoon salt  
1 teaspoon flour  ½ cup water  
2 egg yolks  

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.

**WHITE SAUCE**

**Thin**

1 tablespoon butter  1 tablespoon flour  
1 cup milk  

**Medium**

2 tablespoons butter  2 tablespoons flour  
1 cup milk  

**Thick**

3 tablespoons butter  3 tablespoons flour  
1 cup milk  

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.

**HORSE RADISH SAUCE**

3 tablespoons grated horseradish root  
1 tablespoon vinegar  
½ teaspoon Jewel Pepper  
4 tablespoons whipping cream  
½ teaspoon salt  

Mix first four ingredients. Fold into whipped cream.

**LEMON BUTTER SAUCE**

1/4 cup butter  
1/2 lemon  
Salt  
Paprika  

Melt butter over hot water. With a fork beat in the juice of the lemon. Add salt and paprika. Serve at once.

**TARTAR SAUCE**

1/4 cup minced sweet pickles  
2 tablespoons grated onion  
1/2 cup Jewel Mayonnaise  

Mix well. Serve with fish or oysters.

**DESSERT SAUCES**

**HARD SAUCE**

1/2 cup butter  
1 cup confectioners' sugar, or  
3/4 cup granulated sugar  
1/2 teaspoon Jewel Lemon Extract  
1/2 teaspoon Jewel Vanilla Extract  
1/2 teaspoon Jewel Nutmeg  

Cream butter and add sugar gradually, then add extracts and nutmeg, and mix.

**FOAMY PUDDING SAUCE**

1 cup Jewel Tea  
1/4 cup sugar  
2 tablespoons cornstarch  
1 cup canned pineapple juice  
1 egg  
1 tablespoon lemon juice  

Pour tea on the mixed cornstarch and sugar in top of double boiler. Add pineapple and lemon juice. Cook 15 minutes. Add beaten egg yolk and cook 1 minute. Remove from fire and pour slowly into stiffly beaten egg white. Serve cold on sponge cake.

**HOT FUDGE SAUCE**

1/2 cup Jewel Cocoa  
1/2 cup light corn syrup  
1 cup sugar  
1/2 cup water  
1 teaspoon Jewel Vanilla Extract  

Put cocoa, sugar, water and corn syrup in saucepan and cook to soft ball stage (238°F.). Remove from fire and add cream, flavoring and serve hot. Serves 6 to 8.

For a quick lemon sauce, make up Jewel Lemon Dessert according to directions on package, but use one-half cup more water.

Scald and dry orange peels and grind them to a coarse powder in your meat grinder. They are fine for flavoring cakes, sauces, and puddings.

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Stuffings and Dressings

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

Mix ingredients, handling as lightly as possible.

**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-sized onion
1/2 teaspoon celery salt
1/4 teaspoon Jewel Pepper
1 1/2 teaspoons salt
1/4 cup butter
1 1/2 cups hot water
1/4 teaspoon Jewel Baking Powder

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.

**MACARONI AND OYSTER DRESSING**
2 cups Jewel Macaroni
8 cups boiling water
2 tablespoons butter
1 onion, chopped
1/2 cup celery
2 teaspoons chopped parsley
2 eggs
2 cups oysters
1/2 teaspoon sage
1/2 teaspoon thyme
1/4 teaspoon allspice
Salt
Jewel Pepper

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 egg and seasonings. Mix thoroughly and stuff fowl.

**NOODLE DRESSING**
1 tablespoon butter
1/2 chopped onion
1/2 cup cold cooked Jewel Noodles
1 egg
1/4 cup milk
1/4 teaspoon Jewel Pepper

Melt butter, brown onion, add with seasonings to the noodles. Cut the seasoning through the noodles. Add lightly beaten egg and milk, and use as stuffing.

**PRUNE AND APPLE STUFFING**
5 sour apples
1/2 pound Jewel Prunes
1 cup cold cooked Jewel Rice
1/2 teaspoon sage
1/2 teaspoon thyme
1/2 teaspoon allspice
Salt
Jewel Pepper

Peel, quarter, core and stew the apples until half done. Soak and stew prunes. Remove stones and cut in squares. Add the other ingredients.

**RAISIN DRESSING**
2 1/2 cups bread crumbs
1/2 pound calves' liver (grind with liver and gizzard of bird)
1 small onion
Salt
Jewel Pepper
1/2 cup Jewel Raisins
1 teaspoon poultry seasoning
2 eggs

Combine ingredients in order given. Stuff bird. This amount is enough to stuff a 5-pound fowl.

**RICE STUFFING**
1/2 onion, chopped
1 tablespoon butter
2 cups cooked Jewel Rice
1/4 teaspoon sage
1/4 teaspoon thyme
Salt
Jewel Pepper

Brown onion in butter. Add rice and seasonings.

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BEAN SOUP
1 cup navy beans
5 cups water
1/2 cup chopped celery
1/4 teaspoon ground mustard
1/4 teaspoon Jewel Pepper

Soak beans for 8 hours. Drain, add water and seasonings. Slice onion and brown in the butter. Add flour and when smooth, add to the beans and seasoned liquid. Simmer for 3 hours, or until beans are tender. Remove from fire, rub through sieve, add lemon juice and serve.

CHICKEN SOUP
1 stewing fowl
1 small onion

Clean and disjoint fowl. Slice onion. Place all ingredients in a deep pan. Cover with cold water. Simmer 2 hours or until meat drops from the bones. Strain and serve. If desired, rice, spaghetti or macaroni may be cooked in the broth for 20 minutes.

CLEAR SOUP
3 pounds boiling beef
2 quarts cold water
1 tablespoon salt
1/2 teaspoon Jewel Pepper

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.

CORN CHOWDER
1/4 pound salt pork
1 onion
4 potatoes, diced
2 cups boiling water

Cube pork and fry out in Dutch Oven; add sliced onion and brown. Add potatoes and boiling water, and cook until potatoes are tender. Season. Add corn and milk and bring to boiling point. Pour over Jewel Butter Wafers and serve.

CREAM SOUP
2 tablespoons butter
2 tablespoons flour
2 cups milk
Salt
Jewel Pepper


Variations:
1. 3/4 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.

JELLIED CONSOMME
1 package Lemon Jewel-Jell
1 can consomme
Enough more water to make 1 pint
1 tablespoon chopped onion


OX TAIL SOUP
1 ox tail
2 tablespoons fat
1 1/2 pounds lean boiling beef
1 tablespoon salt
2 quarts water
1 large onion, diced
1/2 cup celery, diced
1 cup carrots, diced
1/2 cup browned flour


OYSTER STEW
1 quart scalded milk
1 pint oysters
2 teaspoons salt

PEANUT BUTTER SOUP

1 tablespoon butter
2 finely chopped onions
1 tablespoon flour
1/2 teaspoon salt
2 tablespoons grated cheese

1/4 teaspoon Jewel Pepper
1/4 cup Jewel Peanut Butter

Melt butter, brown onion, add flour, salt and pepper. Add milk slowly. Cook over boiling water 15 minutes. Add the peanut butter and cheese which have been blended with 1/4 cup boiling water. Stir until smooth and serve at once.

POTATO SOUP

2 cups potatoes, diced
1 quart milk
1 onion, sliced
3 tablespoons butter
2 tablespoons flour
1 1/2 teaspoons salt

1/2 teaspoon celery salt
1/4 teaspoon Jewel Pepper
Dash paprika
1 tablespoon chopped parsley

Cook potatoes in boiling salted water, and rub through strainer. Scald milk with sliced onion. Remove onion and milk to potatoes, then boil these ingredients for 1 hour. Melt butter and add dry ingredients. Mix well. Cool 1 minute. Sprinkle with parsley and serve.

Jewel Quick Oats is excellent for thickening soups.

Make a large kettle of soup and when cooked, sterilize a quart jar, fill it with boiling hot soup and seal. The jar of soup will then be ready for any emergency.

Fresh celery leaves dried, crushed into a powder, and mixed with equal parts of table salt make a very pleasing flavor for soups or salads.

To remove grease and fat from stews and soups, wrap a piece of ice in cheese cloth and pass quickly over the surface of hot soup. All grease will adhere to the cold cloth surface.

Should your soup be too salty, add a few slices of raw potato and cook a little longer. The potato will absorb the extra salt.

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Vegetables

BAKED CREAMED CABBAGE

1 medium-sized head cabbage  
3 tablespoons butter  
3 tablespoons flour  
1/2 teaspoon salt  
1/2 cups milk  
1/2 cup Jewel Butter  
Wafer crumbs


BAKED ONIONS

Peel small silver-skinned onions, and cook in boiling water 15 minutes. Drain. Put in a buttered casserole. Add 1 tablespoon melted butter, 1 cup hot water and 1/4 teaspoon salt. Cover tightly and bake until tender in a hot oven (400°F.).

BAKED TOMATOES WITH MACARONI

6 tomatoes  
1 cup cold cooked Jewel Macaroni  
1 teaspoon grated onion  
1/2 teaspoon chopped parsley  
2 strips bacon  
1/4 teaspoon allspice  
Salt  
Jewel Pepper  
1/4 cup Jewel Butter  
Wafer crumbs

Scoop out tomatoes. Add macaroni, onions and parsley to the tomato pulp. Mince the bacon and brown until crisp. Add bacon and bacon fat to the macaroni mixture. Add allspice, salt and pepper to taste. Stuff tomatoes and cover each with a thin strip of bacon and cracker crumbs. Bake in a hot oven (425°F.) 30 minutes. Serves 6.

BOSTON BAKED BEANS

1 quart navy beans  
1/2 pound salt pork  
3 tablespoons sugar  
3 tablespoons molasses  
1 tablespoon salt  
1 tablespoon ground mustard  
1 cup boiling water

Wash beans. Soak over night. Drain in the morning. Cover with fresh water and cook slowly; do not boil. 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 balance of beans. Mix molasses, seasonings, and boiling water; pour over beans. Put balance of pork, cut in cubes, on top. Place cover on bean pot. Bake slowly (350°F.) for 3 or 4 hours. Uncover for the last hour to brown the pork cubes. Serves 12.

BRAISED CELERY

1 bunch celery  
2 peppercorns  
1/2 teaspoon salt  
Juice 1/2 lemon  
1 cup water  
1/4 cup butter  
1 sweet red pepper or pimiento

Clean celery. Cut off leaves. Put in pan with seasonings, lemon juice and water. Cook gently for 30 minutes, or until celery is tender. Add butter and heat until melted. Serve with strips of sweet red pepper or pimiento. Serves 4.

BROWNED CARROTS

3 bunches young carrots  
Salt  
6 tablespoons butter  
1/4 teaspoon Jewel Pepper


BRUSSELS SPROUTS

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

CREAMED SPINACH

1 peck spinach  
1/2 teaspoon salt  
Jewel Pepper  
2 tablespoons butter  
3 tablespoons flour  
Milk

Thoroughly wash and drain spinach. Cook until tender in the water that clings to the spinach. Drain off the water after cooking, and use it as the liquid for making the cream sauce. Chop the spinach fine, or rub through a coarse sieve. Blend with the cream sauce. Garnish with a riced, hard-cooked egg if desired.

To make the cream sauce, melt the butter, blend with the flour, add the spinach water and milk enough to make 1 cup of liquid. Cook until thick. Season.
CAULIFLOWER
Remove leaves. Cut off stalk. Wash thoroughly in cold water. Soak in cold salted water for 1 hour. Place cauliflower, head up, in Club Aluminum Saucepan. Add ¼ cup water and salt. Cover. After steaming starts cook 15 minutes. Uncover as soon as cooked. Place head up in bowl. Serve with white sauce in which cheese has been melted. Serves 4 to 6.

CRUSTED POTATOES
6 cold, boiled potatoes
3 tablespoons butter
1 cup crushed corn flakes
6 strips bacon

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
Wafers
3 tablespoons butter or meat drippings
1/4 cup grated cheese
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 cheese on top. Bake in a moderately hot oven (375°F.) for 30 minutes. Serves 8.

HARVARD BEETS
2 tablespoons sugar
2 teaspoons cornstarch
3/4 cup vinegar
1/4 cup water
Mix sugar and cornstarch. Add vinegar and water; cook for 5 minutes, stirring to prevent lumping. Add beets and cook until thoroughly heated. Serves 8.

MASHED TURNIPS
1 bunch turnips
4 tablespoons butter
2 tablespoons cream
1/4 teaspoon salt
1/2 teaspoon Jewel Pepper

POTATOES AU GRATIN
3 tablespoons butter
3 tablespoons flour
1 1/2 cups milk
3/4 teaspoon salt
3 cups diced cooked potatoes
1 cup finely grated cheese
Jewel Pepper
Melt butter, add flour and cook until smooth. Add milk, cook until thickened and add salt. Place a layer of potatoes in a baking dish, cover with white sauce and grated cheese. Continue until dish is filled, having a layer of cheese covering the top. Bake in a moderately hot oven (375°F.) until browned. About 30 minutes. Serves 6.

SUCCOTASH
1 cup dried uncooked lima beans, or
6 small ears corn
2 cups fresh lima beans
1/2 teaspoons salt
1/2 teaspoon Jewel Pepper
Cook dried lima beans in 6 cups of water for 2 1/2 hours. (Fresh limas require 1/2 hour in just enough water to cover.) Boil corn 20 minutes, and cut from cob. Melt butter. Combine vegetables and seasonings; reheat before serving. A little milk may be added if desired. Serves 6.

STUFFED PEPPERS
6 green peppers
2 cups cold cooked meat
2 cups cooked Jewel Rice
1 cup strained tomatoes
1 tablespoon grated onion
2 1/2 tablespoons melted butter
1/4 cup meat stock
1/4 teaspoon salt
1/4 teaspoon Jewel Pepper
2 tablespoons fresh bread crumbs
BAKED EGGS CASSEROLE

2 tablespoons butter  1/4 teaspoon Jewel Pepper
1 cup Jewel Butter Wafer crumbs
4 eggs  3/4 cup cooked Jewel Noodles
3/4 teaspoon salt  1/2 cup grated cheese
3/4 cup milk

Cover bottom of buttered baking dish with crumbs. Break eggs on crumbs, having yolks at least an inch apart. Add salt, pepper and a little butter. Cover with noodles, add cheese and milk. Bake in hot oven (400°F.) 25 minutes. Serves 4.

BEEF PILAF

1 slice salt pork  1/2 teaspoon salt
1 onion  1/8 teaspoon Jewel Pepper
1 pound round steak  3 cups cooked Jewel Rice (Spaghetti or Noodles may be used)
2 pimientos 1 green pepper
1 can tomatoes

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 rice. Serve very hot. Serves 6.
CHOP SUEY

6 slices bacon
1/2 cup flour
1/2 pound veal, chopped fine
1/2 pound pork, chopped fine
2 cups water
2 cups celery, chopped
1 onion
2 teaspoons salt
2 tablespoons Chop Suey Sauce
1 No. 1 can mushrooms
1 No. 2 can bean sprouts
1 cup uncooked rice

Cut bacon in 1-inch squares, brown, add flour and brown it well, then chopped veal and pork. When thoroughly brown, add water, cover and allow to cook 1 hour. Uncover, add celery, onion, salt and sauce, and cook another hour. Add mushrooms and sprouts; continue cooking 1/2 hour. Pour over the rice which has been cooked 20 minutes, blanched and reheated.

HUNTER’S PIE

1/2 pound round steak, cut in cubes
Suet or 2 tablespoons fat
1 medium-sized carrot, diced
2 medium-sized potatoes
3 onions, size of a walnut
2 tablespoons flour
Baking powder biscuit dough—(1 cup flour recipe)

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 2.

IRISH STEW

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

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 dough is brown. Serves 8.

HASH

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

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.

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

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 dough is brown. Serves 2.

GOULASH

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


MACARONI SALAD

2 cups diced chicken, meat, or fish
1 cup diced potatoes
1 teaspoon chopped parsley
1/2 cup Jewel Mayonnaise

**NOODLE CHILI**

- 1 pound round beef, ground
- 1 large Bermuda onion
- 4 ripe tomatoes, or 1/2 of a No. 2 can
- 2 cups canned kidney beans
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 2 cups cooked Jewel Noodles

Brown the beef quickly in a tablespoonful of hot fat in a heavy skillet. Add the Bermuda onion, sliced crosswise a quarter of an inch thick. Stir in tomatoes, peeled and chopped if fresh ones are used. Add the beans and noodles with a cupful of the water in which they were boiled, then sugar, salt and chili powder. Cover closely and simmer an hour to give the seasonings a chance to penetrate.

**POT ROAST DINNER**

- 2 tablespoons fat
- 3 pounds beef (Chuck or rump)
- 4 cups boiling water
- 1 large onion, sliced
- 6 potatoes, diced
- 6 medium-sized carrots
- 1 teaspoon salt
- 1/2 teaspoon Jewel Pepper

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

**SPAGHETTI ITALIENNE**

- 1/4 pound 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
- 1/2 teaspoon salt
- 1/2 teaspoon Jewel Pepper

Chop pork very fine. Brown garlic with pork. Add vegetables and seasonings, and cook slowly 30 minutes. Remove from fire. Add butter and pour over cooked spaghetti. Sprinkle grated Parmesan cheese over the top. Serves 8.

**SPAGHETTI LOAF**

- 1 cup Jewel Spaghetti
- 1 teaspoon salt
- 2 tablespoons butter
- 3 eggs
- 1 cup milk
- 1 cup cheese
- 1/4 cups Jewel Butter Wafers, broken
- 1 teaspoon minced onion
- 1 green pepper, chopped
- 2 pimientos
- 1 tablespoon chopped parsley
- 1 teaspoon salt


**SAUCE**

- 2 tablespoons shortening
- 2 tablespoons cornstarch
- 1/2 cups milk or vegetable stock
- 1 cake Pabst-ett Cheese
- 1/4 teaspoon Jewel Pepper

Melt shortening, add cornstarch, and stir mixture smooth. Add liquid. Continue stirring until thick and smooth, and starch is well cooked. Add Pabst-ett and allow to melt. Season.

**VEGETABLE PIE WITH PEANUT BUTTER CRUST**

- 3 tablespoons butter
- 5 tablespoons flour
- 1 teaspoon salt
- 1/2 teaspoon celery salt
- 1/2 teaspoon paprika
- 3 cups milk
- 16 small white onions, cooked
- 1 cup cooked peas
- 1 cup cooked string or lima beans
- 2 cooked carrots, sliced 1/2 inch thick

Melt butter, add flour. Stir until well blended. Add seasoning. Add milk slowly, stirring constantly until smooth and thick. Bring to a boil; boil 2 minutes. Add vegetables and pour into a large baking dish. Cover with the following crust:

**Crust**

- 1/2 cups flour
- 3 teaspoons Jewel Baking Powder
- 1/4 cup milk
- 4 strips bacon

Sift first three ingredients; add peanut butter and mix thoroughly with fork. Add milk to make soft dough. Turn out on floured board, toss lightly until outside looks smooth. Roll out to fit baking dish, cut slits for steam to escape. Cut bacon in very small pieces, and sprinkle over top. Bake 20 minutes in hot oven (425°F.). Serves 8.

Delicious, tender dumplings for meat stews and tasty crusts for meat pies can be made by using Jewel Prepared Biscuit Flour. This method saves time and effort.
# Plan Your Market Order So As To Include Foods From Each Group Every Day

## 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>
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<tbody>
<tr>
<td>Breakfast Foods (Whole grain cereals best)</td>
<td>Candy</td>
<td>Butter</td>
</tr>
<tr>
<td>Breads (Whole grains best)</td>
<td>Dried Fruit</td>
<td>Cream</td>
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<td>Preserves</td>
<td>Vegetable and animal fats</td>
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<td>Sugar</td>
<td>and oils</td>
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<tr>
<td>Rice</td>
<td>Syrup</td>
<td>Peanut Butter</td>
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<tr>
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### Body Building and Regulatory Foods
(Tissue Building (Proteins))

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<th>Sugars</th>
<th>Fats</th>
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<td>Anything made of flour or cornstarch</td>
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### Protective Foods
(Vitamins)

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<td>Sweet Potatoes</td>
<td>Sweet Potatoes</td>
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### Simplified Rules:

**Every person should have:**

- **One pint of milk each day** (for children, one 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** (I should be citrus).
Laundry Helps

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.

"THE WEEKLY WASH"

When white linen becomes scorched in ironing, place a cloth dampened in peroxide over the scorched place and rub the warm iron over the damp cloth. The scorch disappears.

To save steps for mother, let each member of the family have a cheap muslin bag in his closet to deposit soiled clothing, and bring it down on laundry day.

To keep clothes from freezing to the line in cold weather, wipe line with a rag wrung out of strong salt water.

When hanging out large pieces—sheets and tablecloths, pin all four corners to the line to prevent their being whipped by the wind.

When clothes lines become soiled and stained, make them like new again by soaking in a pan of cold water in which Jewel Grano is dissolved, then bring to a boil with Jewel Powdered Ammonia in the water, and rinse in clear water, starching with Jewel Gloss Starch.

Rag rugs straighten out better if you put starch in the last rinse water. Use the starch remaining in the kettle at the end of the wash, emptying it into the last rinse for the rugs.

After starching house dresses, run them through the wringer. This takes out extra stiffness.

When washing lingerie, starch the shoulder straps. This prevents them from twisting and keeps them looking fresh.
Wear colored glasses while hanging out or gathering in a washing to prevent sun glare.

By hanging all the heavy pieces, such as blankets, quilts and rugs over two or more lines, they dry in less than half the usual time.

When washing woolens do not wring, but hang dripping wet out of the rinse water, and they will not shrink but will stay soft and pliable.

A tiny amount of Jewel Gloss Starch in the rinse water in which tea towels are rinsed prevents the lint from coming off on dishes and gives a nice luster to glassware.

When cutting up bar soap for the laundry, add a teaspoon of U-No-Me.

To clean a rope clothes line thoroughly, wrap it around a wash board and scrub with a stiff brush, then place it under water faucet and rinse.

When hanging clothes in the basement in the winter, put dresses and underwear on wire coat hangers. This makes the clothes keep their shape and takes up much less room on the line.

Wet badly soiled cuffs and collars on shirts, and sprinkle some Jewel Powdered Ammonia on them before putting them in the washer.

Put a teaspoon of salt in starch to prevent clothes from freezing in the winter.

Save the melted ice water from the pan under the ice box. Add Jewel Grano to make excellent soft water for the family washing.

When the drain in the electric washer becomes clogged with ravelings, the rubber sink plunger will open the drain quickly.

Put the bluing in the machine while washing the clothes instead of in the rinse water to make the clothes whiter.

To keep clothesline props from slipping out from under the line, drive a long finishing nail to part of its depth in the bottom of the pole. The headless nail sticks into the ground and prevents slipping.

To remove lettering from sugar and flour sacks, boil for thirty minutes in water to which two laundry tablets and a tablespoon of Grano have been added and dissolved.

To keep the Jewel lace tablecloth looking like new, launder it in Daintiflakes and dry it on a curtain stretcher.

To whiten linen when it looks gray, put four slices of lemon with rind on in the water in which you boil the linen.

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.

METHODS FOR MAKING STARCH

QUICK COOKED STARCH

1 to 4 tablespoons Jewel Gloss Starch, according to stiffness desired.

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  1/2 teaspoon paraffin
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 Chip Soap 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.

GREESE: 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.

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 $\frac{1}{2}$ 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."

IRONING HINTS

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.

Standing on a folded bath mat while ironing is less tiresome than on a hard floor.

When ironing, keep a piece of Jewel Waxed Paper on the ironing board. It keeps the iron nice and smooth.

When in a hurry to iron clothes, sprinkle with boiling water, using a round variety of vegetable brush. Clothes may be ironed in fifteen minutes.

If you don't have time to finish your ironing in hot weather, place the dampened clothes in the ice box. This will prevent mildewing.

If you scorch a white garment when ironing, rub immediately with peroxide and it will not leave a stain.

When sprinkling clothes on which I am afraid some colored trimming on a garment will run and discolor the rest of the garment, I use Jewel Waxed Paper to prevent the colors from touching.

A ten-cent sponge is useful for ironing or pressing materials that need to be dampened. Just rub the sponge over the dry section. There will be no trail of lint left.

A piece of asbestos, cut the size and shape of the ironing board and tacked on before padding is put on prevents warping.

Save the "cores" from Jewel Waxed Paper and use to wrap doilies around to prevent wrinkling in the drawers.

"SPECIAL" WASHING HINTS

A window screen is ideal for drying wool sweaters. It allows free circulation of air.

To dry hose hurriedly, fill with paper and hang near a register.

Before washing a sweater, lay it on the table on a piece of white paper and trace around it. Then after it is washed, lay it back on the paper and stretch it to the right size. Allow to dry in this shape.

When washing rayon bedspreads, put each in a pillow slip before placing in the washer, and the scalloped edges or finely whipped hems will never fray or tear.

When boiling lace curtains, put them in a thin pillow slip. It prevents tearing.

Since rayon curtains are inclined to tear easily when wet, I have found it wise to let them dry first, then put on the stretcher, wet thoroughly and let them dry again.

When washing a large lace tablecloth, stretch it on curtain stretchers and then when it is dry it looks like new, and saves ironing.
First Aid

MEDICINE CABINET SUPPLIES

In every home there should be certain first aid materials and medicines, carefully selected, carefully labeled, 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 21/2 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.

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 Velvetouch 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 Pine French Process or Castile are recommended.

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 finger-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 apply 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.

HINTS ON GOOD GROOMING

An excellent way to clean combs is to put them in just enough water to cover, sprinkle about a tablespoon of Jewel Powdered Ammonia into the water, and let stand for about five minutes. The combs come out clean.

A stalk of rhubarb will remove fruit stains from the hands as readily as lemon juice.

Simonize a new pair of shoes to resist spotting and scuffing.

A piece of sandpaper is fine for rubbing up the shiny spots on suede shoes—making them look new again.

As a sachet, keep a bar of Jewel French Process Soap in the drawer with dainty lingerie.
Table Setting Rules

LINEN: Tablecloth, 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.

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 inside 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.
Household Hints

SEWING HINTS

When making children’s dresses, put a one and one-half inch tuck on the under side of the hem. They are then easy to lengthen, and the tuck does not show at all.

When putting elastic in children’s bloomers, sew a hook on one end and an eye on the other. This makes it simple to remove for laundering and the elastic lasts longer.

Old felt hats make attractive hot pads for the table and pot holders for the kitchen. Wash and iron and bind edges with bias tape.

When you have to do darning at night, you will find it easier to use the end of a flashlight as the darning tool.

Paper clips are very useful in sewing. Use them in basting seams and turning hems. They do not fall out as easily as pins.

Use a small piece of adhesive tape on the finger when quilting to keep the needle from pricking it.

In making tailored buttonholes, draw the exact size on a piece of paper and baste it to the material. Stitch right over the pattern. The paper folds away and you have a perfect form for the buttonhole.

When using buttons which will not go through a wringer on a wash dress, sew one section of a large snap on the dress, the other side of the snap on the button. The button simply snaps on the dress.

A small curtain rod attached to the under side of the sewing machine or table is very convenient for holding spools of thread within easy reach and prevents tangling.

Keep a package of invisible hairpins in a sewing machine drawer. When you remove buttons, thread them on a hairpin, fasten and drop in the button box.

In sewing large buttons on material, you will strengthen the garment and avoid tearing by using a smaller button on the under side for extra support.

A marble is very useful in mending small holes in the fingers of gloves.

After oiling the sewing machine, stitch through a blotter several times. This takes up all surplus oil on the machine, and keeps from getting it on the material.

The blower attachment on a vacuum cleaner is excellent for cleaning the inside part of a sewing machine or typewriter.

SUGGESTIONS ON HOME DRY CLEANING

When dry cleaning a garment, outline bad spots with basting thread in contrasting color. It is easy to find the bad spot even after it is wet.

Rub talcum powder into grease spot. Allow to stand a little while, and then brush off. The grease will be gone.

Grease spots on rugs may be removed by applying baking soda generously, rubbing in well and allowing to stand over night. Remove with electric sweeper.

To clean Panama hats, make a paste of Jewel Gloss Starch and cover the entire hat with the mixture. Set in sun to dry, then brush the hat.

KITCHEN HINTS

Cheese stays fresh a long time if wrapped in cloth wet in vinegar and stored in cool place.

To prevent raisins, dates and other dried fruits from sticking together in a solid mass when put through a food chopper, place fruit in a strainer and hold under the cold water tap before chopping.
Rub butter on scissors before cutting marshmallows or fruit to prevent sticking.

To prevent corks from sticking in bottles containing glue, polishes, cement, etc., rub cork with vaseline.

If brown sugar gets hard, set it in the bread box for a few days, it will soon become moist. The same treatment moistens dried out raisins, figs or dates.

Use a large pancake turner to remove pie or cake pans from the oven to save many burns.

Paste an envelope on the inside cover of your recipe book to hold the recipes which you clip and want to save.

Warm dinner plates by putting them in wire dish strainer on oven. This helps prevent them from checking.

A piece of sandpaper between the cabinet and the food chopper will prevent slipping.

An easy way to chop nuts is to put them in a cloth bag and roll with the rolling pin.

To defrost a mechanical refrigerator more quickly, fill the ice trays with hot water.

When grinding crackers or bread through the food chopper, put a paper sack around the mouth of grinder with a rubber band. This eliminates muss and saves every particle of crumbs.

When defrosting mechanical refrigerators, remove trays of ice cubes and wrap in thick newspaper, then place on shelf in refrigerator. They stay frozen hard and you are not without ice cubes.

If food placed in the ice box is carefully wrapped in wax paper, it will not absorb other odors or flavors, and will retain its own flavor much better.

If lemon juice is squeezed over bananas after they are sliced, they will not become dark.

Bananas may be kept for a number of days in a mechanical refrigerator without turning black if each one is wrapped securely in wax paper.

Keep marshmallows before and after opening the package in a bread box. They will be just as nice and fresh as the day you bought them.

To open screw tops, stand tops down on warm oven for a few minutes. The most obstinate will open easily.

Before measuring molasses, dip the measuring cup or spoon in scalding water. The molasses will run out easily.

A sprig of mint and a maraschino cherry frozen into each ice cube in your electric refrigerator makes the serving of cold drinks more attractive.

Put parsley in an air tight glass jar, and place in the refrigerator and it will stay green and fresh for a long time.

An egg slicer makes uniform slices of banana for top of a cake or filling, as well as for individual servings.

To keep metal tops of salt shakers from corroding, cover inside with melted paraffin. Punch holes before paraffin becomes set.

USES FOR JEWEL CONTAINERS

Jewel Peanut Butter and Mayonnaise jars make ideal ice box containers; they take up a small amount of space and the covers prevent blending of odors.

Cut out the name bands on Jewel boxes such as Daintiflakes, Chip Soap, Gloss Starch, Coffee, Macaroni, etc., and cut the letters apart. The children will enjoy making words with them.

Keep your Jewel Tea in an empty Jewel Cocoa can, enameled to match your kitchen
Jewel Coffee boxes are fine for setting canned fruit in, keeping it dark for winter storage.

Jewel French Process Soap boxes are very useful for spools of silk thread. They are just the right height to keep the spools from falling over and the thread from becoming tangled.

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

Save Jewel Velvetouch bottles and punch holes in the tops. They may then be used as salt and pepper shakers for picnics or for the church dining room.

Save all Jewel Baking Powder, Cocoa and spice cans to store flower or vegetable seeds in, in the fall.

Cover Jewel Quick Oats cartons with pieces of the colored linings of envelopes and then shellac. They make handy and attractive waste baskets.

Save the tops of the Jewel Cocoa cans until there are six or more. Enamel them a pastel tint which will harmonize with your dishes, and use as coasters.

The Jewel Mayonnaise and Peanut Butter jars, filled with one’s favorite marmalade, make very acceptable bridge prizes or shower gifts.

A handy recipe cabinet can be made from a two pound Jewel Coffee box. Cut the height to three and three-quarters inches, and leave one end to be folded down to form the lid and flap.

Save the waxed paper bags in the Jewel-Jell packages and use them for school lunches. They make nice containers for cottage cheese, sliced pineapple, or anything with moisture which needs to be kept separate from the sandwiches.

Attractive doll cradles can be made from Jewel Quick Oats boxes. Paste the lid back on the end, and cut out a little less than half of the side of box. The cradle will rock.

Jewel Peanut Butter jars make convenient containers for the baby’s food, both for traveling and visiting, and also for refrigerator storage.

Since it will not tip easily, a Jewel Vanilla Extract bottle makes an ideal container for olive oil on baby’s bath tray.

The Jewel Peanut Butter jar makes an ideal cream jar for it fits nicely under the Cream Maker.

Jewel Extract bottles are convenient for use in canning chili sauce for a family of two or three.

Use the paper carton of your Jewel Waxed Paper box for a cookie mold. First line the carton with Jewel Waxed Paper, then press in the dough and let stand in the refrigerator until firm enough to slice.

**HOUSEHOLD CLEANING HINTS**

When washing woodwork, save your walls from soil by running a piece of cardboard along to protect the paper as you work.

Keep windows free from ice in the winter by rubbing the panes with a sponge dipped in alcohol.

The easiest way to remove thread from the brush of the carpet sweeper is to take a pair of shears and cut down through the threads between rows of bristles.

When cleaning windows or mirrors, use a small handful of Jewel Starch in warm water.

A ten-cent dish mop is convenient for cleaning coil bed springs.

In washing windows or any woodwork where it is necessary to reach up, tie an old towel or cloth around the wrist to avoid having water run up the arm.
Put the stick of an old broom into the handle of your dust pan and avoid stooping when you use it.

Try using a small paint brush to clean the crumbs from the electric toaster.

Club Aluminum Cleaner is fine for cleaning and taking paint off windows. First wash and dry windows, then rub with the steel wool.

Art gum will remove sooty foot prints from light-colored rugs.

Windows may be cleaned by using a cloth dampened with vinegar and then polishing with a dry cloth.

Buy a roll of cellophane which harmonizes with the furnishings of your bedroom, and use it for lining dresser drawers. Powder and dust can be wiped off easily.

For convenience in scrubbing or washing woodwork, purchase a ten-cent soap dish, and bend the back over the edge of the scrub bucket. Your soap is always easy to get and does not wash away.

Club Aluminum Cleaner is excellent for dingy and marred hardwood floors. Use plenty of water on the cleaner pad, and rub with the cake of soap that comes with the cleaner. Spots may be completely removed, and the floor prepared for a fresh coat of varnish.

Sew small white snaps on the two bottom corners of your curtains and about one-third of the way up from the bottom. When cleaning or airing the room, snap up the curtains and they will not get wet or soiled.

To keep your windows bright and clear on the inside during the winter, merely wipe them off with a soft paper napkin each week. This will remove the moist dirt and polish them at the same time.

The problem of housecleaning will be conveniently solved by cleaning one room thoroughly each month instead of having the house all torn up at one time.

Pieces of velveteen should be washed and used for polishing. They are an excellent substitute for chamois and are easily washed.

A putty knife is most useful as a kitchen utensil—use it for cleaning corners of the woodwork, cleaning the ice-box, as a scraper for cleaning floors, when cleaning the stove, etc.

A lump of Jewel Gloss Starch rubbed on grease spots on wallpaper absorbs every trace of spot.

Sprinkle Jewel Powdered Ammonia on carpets before sweeping. It seems to brighten the colors and remove grease spots.

In cleaning under the piano and immovable furniture, a yard stick over which an old sock has been pulled quickly cleans the floor. A few drops of polish on the sock helps.

When cleaning, extra steps can be saved by taking a basket along with you. In the basket carry scouring powder, scrub brush, dust cloth, polishing cloth, drying cloth, soap and furniture polish.

A little glycerine rubbed over freshly cleaned windows or mirrors will prevent them from clouding over in damp or foggy weather. This may also be used for eye glasses when the wearer is forced to stand over steaming hot water.

Try keeping the cloth used in waxing floors or furniture in an air-tight container, and your cloth will stay moist and save a lot of wax.

A ten-cent dish mop is ideal for applying stove polish to ranges and heaters.

A dish mop set aside for the purpose is fine for dusting spindles on chairs, using a few drops of furniture polish on it.
Attractive kitchen or bathroom shades may be made of oil cloth to match the color scheme. Hem the bottom, place a flat stick through the hem, and tack on to the old rollers.

An attractive toy chest may be made by hinging the cover of a box and covering with cretonne to match the draperies.

When it is necessary to use hard well water for watering flowers, put a tablespoonful of Jewel Powdered Ammonia into each gallon of water. It is better for the plants.

When painting, you will find a paper pie plate useful as a tray for the paint can, and a convenient place to "park" the brush.

When painting woodwork, coat the door knobs, locks, etc., with vaseline, so that the paint can be easily wiped off if it splashes on these surfaces.

A tiny cork tacked on the back of the lower part of the picture frame will prevent a dark line forming on wallpaper.

Unusual bouquets may be made by putting fruit coloring in the water. One can have delicate pink or creamy yellow lilacs, spirea, iris or any other which is naturally white. The amount of coloring needed depends upon the amount of water used.

A home-made frog for flowers: Take paraffin, melt and mold to any shape or size to fit vase. Punch full of holes while it is still warm, or heat the tool (ice pick) to be used. The paraffin floats and this lets the stems go into the water and the flowers stay fresh longer. In changing water, the frogs may be removed without disarranging flowers.

When going away for a few days, soak a large sponge in water and place it at the base of your house plants. They will remain moist for days.

A thin coat of clear shellac applied to either crocheted or knitted bedspreads makes the problem of keeping them clean a simple one. Merely rub them off with a clean damp cloth.

A coating of clear shellac preserves pictures. They may be framed without glass and used in the children's rooms.

Use the finger from an old glove over the end of a curtain rod, when slipping the curtains on, so they will not tear.

If you will wax furniture such as end tables, night stands, radio tables, etc., they will not scratch easily and water will not destroy the finish.

Felt pads glued to the bottom of the chair and table legs protect the floor. These pads can be cut out of an old felt hat.

The tops of four Jewel Baking Powder cans enameled in different colors inside and out, and a heart, spade, club and diamond cut from old cards and pasted on each one make attractive ash trays or coasters for card tables.

When waxing floors, if you will also wax the rockers and feet of your chairs they will not mar the floor when moved about.

Pieces of old garden hose cut about eighteen inches long and painted to match the porch swing may be slipped over the chains of the swing before hanging it. They will prevent pinching and dirty hands, and are easy to clean.

An attractive winter touch to your holiday decorations can be given by preparing one quart of Jewel Gloss Starch and dipping small twigs from bushes or trees into the mixture and then sprinkling with artificial snow flakes.

White oilcloth cut to fit drawers and shelves makes a permanent protective covering, easily cleaned and easily fastened in place with thumb tacks.

When driving nails or screws into hard wood, always rub them with soap. They will go in easily without splitting the wood.
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Jewel Quality Groceries

Coffees, Teas
A blend for every taste

Food Products
Rice
Macaroni
Spaghetti
Egg Noodles
Cocoa
VioBin Malted Milk
Pud-N-Pie
Quick Oats
Cocoanut
Peanut Butter
Biscuit Flour
Baking Powder
Mayonnaise
Butter Wafers
Graham Crackers
Butternut Cookies
Jewel-Jell—Six Flavors:
  Cherry, Lemon, Strawberry,
  Lime, Orange, Raspberry

Extracts
Pure Lemon
Pure Vanilla
Imitation Vanilla

Laundry Products
Grano
Budget Bar Soap
White and Yellow
Daintiflakes
Chip Soap
Soap Powder
Cleanser
Aluminum Cleaner
Gloss Starch
U-No-Me

Toilet Soaps
French Process
Castile
Pine

Spices
Pepper
Cinnamon
Nutmeg
Mustard
Ginger

Toilet Articles
Shampoo
Dental Cream
Sara Lotion
Sara Cleansing Cream
Also, Wax Paper and
Dusting Paper

Keep a supply of Jewel groceries on hand. The more Jewel groceries you buy the more premiums you get.