Light Crust Recipes
FOR over forty years thousands of housewives have used "LIGHT CRUST" flour exclusively and sung its praises to their neighbors to such an extent that "LIGHT CRUST" now stands at the head of the list, as the most dependable and popular flour in the United States. It is therefore to those housewives that we owe our phenomenal success and to them we dedicate this "LIGHT CRUST" recipe book as an appreciation of their patronage.

BURRUS MILL & ELEVATOR COMPANY

FORT WORTH, TEXAS
A FEW SELECTED, PRACTICAL RECIPES FOR USING LIGHT CRUST FLOUR

To obtain the best results with all recipes in this book, the following rules must be strictly followed:

1st. "LIGHT CRUST" flour must be used exclusively and should be sifted once before measuring.

2nd. All ingredients should be measured accurately with standard measuring cup and measuring spoons and all measurements should be level—not heaping.

3rd. Be sure the oven is proper temperature as specified in recipe and follow instructions explicitly.

CAKES

DELIGHTFUL ANGEL FOOD CAKE

11 egg whites or 1 1/4 cups
1 1/4 cups sugar
1/2 teaspoon salt
1 cup LIGHT CRUST flour
2 tablespoons corn starch
1 teaspoon cream tartar
1 tablespoon cold water
1 teaspoon flavoring

Sift flour and corn starch together, then measure full cup altogether. Have this measured and ready. Add salt to egg whites, and beat egg whites to a light foam, add cream tartar, beat again till you can pile in a peak, then add sugar one-fourth cup at a time and beat about three minutes. Then add water to which has been added one teaspoon of any desired flavoring, fold this into the eggs very gently, then remove egg beater and sift the flour in this, fold-
ula around the sides of pan, give it a tap while it is inverted and cake will come out of pan easily. Cover with any desired icing or serve with whipped cream and nuts or crushed fruits. A very wholesome cake, as well as delicious.

**Mrs. Brady's Angel Food**

11 egg whites  
1 cup LIGHT CRUST flour  
½ teaspoon salt  
1½ cups sugar  
2 teaspoons cream tartar  
1 teaspoon vanilla extract

Beat eggs until foamy, add cream tartar, beat till they stand in a peak, fold in sugar, beating lightly, then add flour lightly and quickly, adding flavoring at the same time. Bake in a slow oven about 50 minutes, have oven pretty warm when cake is put in. This is a lovely cake and dependable.

**Ambrosia Cake (Angel)**

Make just as Angel Food and when ready to put in pan, add to the mixture without stirring, just folding in as it is put in pan, the following amount of nuts and fruit:

- 1 dozen Maraschino cherries chopped in about eighths
- ¾ cup pecans chopped
- ½ cup shredded cocoanut

After icing is put on cake, dust over with cocoanut and chopped nuts and cherries, then lay strips of crystallized pineapple about over it while icing is still soft so they will stick. Use divinity icing.

**Cheery-ola Angel Cake**

Make same as Angel Food, when ready to put in pan add one-half teaspoon red color and 18 Maraschino cherries chopped into eighths, folding them in very lightly as cake is put into pan. Bake same as Angel Food, cover with pink icing with some more chopped cherries mixed in it. This is a lovely cake to serve where a color scheme is to be carried out.

**Golden Sunbeam Cake**

1 cup butter  
1½ cups sugar  
3 cups LIGHT CRUST flour  
1¼ cups sour milk  
½ teaspoon soda  
2 teaspoons baking powder  
4 eggs

Cream butter and sugar together well, add the yolks of four eggs one at a time, beating in well, then add the whites of three eggs to same mixture, beating in well. Then add the flour in which has been sifted the baking powder and soda. Beat until well mixed, either in layers or in loaf cake. Splendid for a chocolate filling.

**Sunshine Cake**

7 egg whites  
5 egg yolks  
1 cup sugar  
1 cup LIGHT CRUST flour  
1 tablespoon corn starch  
½ teaspoon cream tartar  
1 teaspoon vanilla extract  
¼ teaspoon salt

Add salt to egg whites and beat to a light foam, then add cream tartar, add the sugar a little at a time, beating until it will stand in a peak. Add the yolks which have been
thoroughly beaten, then the extract, last the flour and corn starch sifted together a little at a time. This is a delicious cake to serve with whipped cream and crushed fruits with nuts.

**STANDARD WHITE CAKE**

*(Good for any layer cake with different fillings to make variety).*

1 cup butter  

1 1/2 cups sugar  

Cream together until light, with hand. Add one and one-half cups of sweet milk, three cups LIGHT CRUST flour with two tablespoons corn starch, two teaspoons baking powder, one-half teaspoon soda. All sifted together, beat thoroughly. Then add the whites of six eggs, which have been beaten to a stiff froth with one teaspoon level of cream tartar. Bake in a moderate oven in either two or three layers. Put together with any kind of filling desired, or this may be baked as a loaf cake by adding one-half cup more flour.

**DEVIL’S FOOD CAKE**

4 eggs  

1 cup butter  

1 cup buttermilk  

3 1/2 cups LIGHT CRUST flour  

1 3/4 cups sugar  

1/4 cup white Karo syrup  

1/2 cake Walter Baker’s chocolate  

2 teaspoons baking powder  

1 teaspoon soda  

1 teaspoon salt  

1 teaspoon vanilla extract  

1 teaspoon allspice  

1/2 teaspoon cloves  

Cream butter and sugar, add eggs one at a time, beating well, then add milk, then flour sifted with baking powder, soda, salt, then extract and spices, then chocolate which has been melted and has the Karo added to it. This may be baked in layers or in loaf. Cover with either white icing or chocolate, made by my recipe for chocolate filling.

**GOLDEN GLOW LOAF CAKE**

*(To be made of yolks from Angel Food)*

11 egg yolks  

1 cup butter  

1 cup buttermilk  

3 1/2 cups LIGHT CRIST flour  

2 cups sugar  

1 teaspoon soda  

1 teaspoon baking powder  

1 teaspoon salt  

1 teaspoon vanilla and  

1 teaspoon lemon extract  

Beat eggs hard, add sugar and beat well until light, then add milk; then add flour sifted with baking powder, soda and salt; last add the butter which has been creamed until soft. Bake in loaf cake pan about 45 minutes, touch with finger, if it does not sink, it is done. Always turn out on paste board to cool.

**MRS. BRADY’S WHITE CAKE**

8 egg whites  

1 cup butter  

1 scant cup milk  

3 cups LIGHT CRUST flour  

2 cups sugar
2 teaspoons cream tartar
1 teaspoon soda
flavoring to suite taste
Sift flour, cream tartar and soda together. Cream butter and sugar, add milk and flour alternately adding flavoring and beating thoroughly. Last fold in the stiffly beaten whites. Bake in layers or loaf, 20 minutes for layers and 50 to 60 for loaf.

**Lady Baltimore Cake**
2 teaspoons baking powder
1 cup butter or Snow Drift
2 cups sugar
1 cup sweet milk
3 1/2 cups LIGHT CRUST flour
-whites of 6 eggs
Cream butter and sugar together, add milk, then flour in which baking powder has been sifted and also one-fourth teaspoon of salt. Last fold in well beaten whites of eggs. This makes three layers. Bake about 20 minutes in moderate oven.
Filling is made by adding to divinity icing or filling the following:
- 3/4 cup pecans chopped
- 6 Maraschino cherries chopped
- 1/2 cup chopped pineapple
Spread between layers and on top and pat a few whole cherries and pecans on top. A very handsome cake.

**Old-Fashioned Pound Cake**
2 cups sugar
1/2 pound butter
6 eggs
3 cups LIGHT CRUST flour
1 teaspoon baking powder
3/4 cup buttermilk
1/2 teaspoon salt
1/2 teaspoon soda
1 teaspoon vanilla extract
Cream butter and sugar together, add egg yolks one at a time, beating thoroughly. Then add milk, then flour with salt, soda and baking powder sifted with it. Last, add extract and stiffly beaten whites of eggs, bake in a loaf pan with tube in center, about one hour or until cake does not dent when pressed with the finger lightly. Turn out at once on pasteboard or plate. When cool, cover with plain or orange icing.

**Feathery Spice Cake**
1/2 cup butter or Snow Drift
1 cup granulated sugar
1/2 cup brown sugar
2 1/2 cups LIGHT CRUST flour
1 cup milk
1/2 orange grated
2 eggs
1 teaspoon each cinnamon and allspice
1/2 teaspoon salt
3 teaspoons baking powder
1 1/2 oz. Baker's Chocolate
Cream butter and sugar, add grated orange, add eggs, beating in well. Add flour sifted with baking powder, and salt alternately with milk. Then add melted chocolate and spices. Bake in three layers and put together with this filling:
- 1 cup brown sugar
- 1/3 cup water
- 1 egg white
- 1 teaspoon baking powder
Boil sugar and water without stirring till it spins a thread, add slowly to beaten egg white, beat hard; then add baking powder and while icing is foaming, spread on cake layer.

**ECONOMICAL CREAM CAKE**
- ½ cup butter or Snow Drift
- 1 cup sugar
- ½ cup milk
- 2 cups LIGHT CRUST flour
- 1 teaspoon vanilla extract
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 eggs

Cream shortening and sugar together; add egg yolks, beating in well, then flavoring and milk, then add flour sifted with baking powder and salt. Beat well, then fold in stiffly beaten whites of eggs. Bake in two or three layers.

**COOKIES**

**SURPRISE COOKIES**
- 3 cups LIGHT CRUST flour
- 2 cups sugar
- 1 cup butter or Snow Drift
- ½ cup buttermilk
- ⅓ cup white Karo
- 2 eggs
- ½ teaspoon salt
- 2 teaspoons baking powder
- ½ teaspoon soda
- ½ lb. seedless raisins
- some whole pecan kernels.
- 1 teaspoon vanilla extract
- a little grated nutmeg

Cream butter and sugar, add eggs, beat well, add milk and Karo. Then the flour sifted with the baking powder, soda and salt, then flavoring, then raisins floured. Roll on floured board about one-fourth inch thick, cut with any shape cutter, place in baking pan and put one-half pecan kernel or walnut kernel in center and a tiny bit of nutmeg. Bake in moderate oven a light brown.

**RUSSIAN ROCKS**
- 3½ cups LIGHT CRUST flour
- 1 cup sugar
- 1 cup butter
- ½ cup buttermilk
- ½ cup white Karo
- 1 cup brown sugar
- ⅓ teaspoon soda
- 2 cups pecans
- 2 cups seedless raisins
- 2 cups almonds
- 1 tablespoon cinnamon
- 1 teaspoon cloves

Cream butter and sugar and add eggs, milk and flour with the raisins then the spices and nuts. Drop in greased baking pans and bake slowly.

**FILLINGS AND ICINGS**

**DIVINITY FILLING FOR LAYER**
- 1½ cups sugar
- whites of 3 eggs
- ½ cup Karo syrup
- ¾ cup water
- ¼ teaspoon cream tartar

Place sugar and water on stove to cook, beating eggs in the interval while it is cooking, adding one-fourth teaspoon of
cream tartar to eggs while beating. When syrup looks thick and ropy and makes a soft ball in cold water, pour half of it slowly into the stiff eggs, beating all the time, to the remaining half of syrup; add the half cup of white Karo, return to fire and boil hard until it threads from spoon (do not stir), then pour slowly into eggs. Add juice of half a lemon and flavor with lemon or vanilla, beat until it begins to set, then add one cup of chopped nuts, and spread on cakes hurriedly.

**ORANGE ICING**

2 cups sugar  
4 egg whites  
3/4 cup water  
1/2 grated rind of orange  
1/4 cup white Karo syrup  
3 teaspoons orange juice  
1/2 teaspoon cream tartar

Boil sugar, water and Karo syrup together until it ropes from spoon, pour half slowly into stiffly beaten whites of eggs, return the remainder of syrup to fire and cook till it spins a stiff thread; then add slowly to egg whites, then add cream tartar, orange juice and rind, beating constantly; put icing pan on a hot stove lid or over hot water and beat until it seems gritty in bottom, remove and put on cake as soon as it will stand.

**VERY DELICIOUS CARAMEL FILLING**

2 cups brown sugar  
1 cup white sugar  
2 tablespoons white Karo syrup

Put all ingredients in stew pan, place on hot fire, boil hard, stirring constantly until it will stick to a cold bowl when a small amount is put in and become rather hard around edge. Then pour into as many soup coupes as you have layers of cake. Let cool about twenty minutes, then beat one at a time and spread over layers when the proper consistency.

**CHOCOLATE FILLING**

1/2 cake Walter Baker’s chocolate  
1 1/2 cup sugar  
2 tablespoons white Karo syrup  
3/4 cup milk  
1 tablespoon butter

Melt chocolate in a stew pan, add the Karo, then sugar and milk and butter, boil hard, stirring constantly. When it boils thick, try on a cold bowl; if it holds its form after being slightly cooled, it is done; pour into as many bowls as there are layers to the cake, let cool for ten minutes, then beat until the right consistency to put on cakes.

**CREAM FILLING**

1 cup sweet milk  
1/4 teaspoon salt  
1 egg  
2 tablespoons cornstarch  
2 tablespoons sugar  
1 teaspoon vanilla
Mix corn starch, salt and sugar with a little water; add to it the well beaten egg. Add to milk which should be at the boiling point, cook three or four minutes till thick. Add flavoring and spread between layers, covering with icing.

**WAFFLES**

**VERY BEST WAFFLES**
1 teaspoon soda  
4 eggs  
1 1/2 cups buttermilk  
1 cup lard or Snow Drift  
5 teaspoons baking powder  
1 teaspoon salt  
2 cups LIGHT CRUST flour.

Beat the yolks of eggs, add the milk, then the flour in which has been sifted the baking powder, salt and soda. Beat thoroughly, then add the lard, melted but not hot. Last add the whites of eggs, beaten stiff, folding lightly. These waffles will be delightfully crisp and light. Put only one large spoonful in waffle irons at a time.

**BISCUITS**

**DELICIOUS BISCUITS**
1 cup buttermilk  
1/4 cup lard  
1/2 teaspoon soda  
2 teaspoons baking powder  
3 cups LIGHT CRUST flour  
1 teaspoon salt  

Sift the flour with the salt, soda and baking powder, then pour in the milk and add the lard in the milk. Mix all thoroughly with hand or spoon, adding a little more flour if necessary to roll out on board. Do not knead biscuit dough—just fold together sufficient to keep from sticking to board, bake in quick oven. Should bake in five to eight minutes.

**BAKING POWDER BISCUITS**
2 cups LIGHT CRUST flour  
1 cup sweet milk  
2 teaspoons baking powder  
1 teaspoon of salt  
2 tablespoons lard  

Sift flour, baking powder and salt together; rub the lard into this, add the milk, mix lightly but well; do not knead, roll out one-half inch thick, cut into biscuits and bake in quick oven about 10 minutes.

**MUFFINS**

**COMBINATION CORN MEAL MUFFINS**
3/4 cup meal  
1 1/2 cups LIGHT CRUST flour  
4 teaspoons baking powder  
1 teaspoon salt  
2 tablespoons sugar  
1 cup milk  
2 tablespoons shortening  
1 egg  

Sift together corn meal, flour, baking powder, salt and sugar. Add milk, melted shortening and well beaten egg. Mix well, half fill greased muffin tins
and bake about 25 minutes in hot oven.

**SOUR CREAM MUFFINS**

1 cup sour cream  
1 tablespoon melted lard  
2 tablespoons sugar  
1 egg  
¼ teaspoon soda  
1 tablespoon cold water  
1½ cups LIGHT CRUST flour  
1 teaspoon baking powder  
½ teaspoon salt

Mix cream, lard, sugar and salt together thoroughly, adding the well beaten egg. Add the soda, dissolved in cold water, and the last thing, the flour and baking powder sifted together. Drop in muffin tins, bake in quick oven 15 to 20 minutes.

**CREAM MUFFINS**

½ cup buttermilk  
½ cup cream  
2 cups LIGHT CRUST flour  
½ cup Snow Drift or lard  
1 teaspoon salt  
3 teaspoons baking powder

Beat the egg well, add milk, then the flour, which has been sifted with the salt, baking powder and soda. Last add melted lard, drop into muffin pans and bake about 25 minutes. In sifting flour, if bran is left in sifter, put back in flour.

**WHOLE WHEAT MUFFINS**

1½ cups whole wheat flour  
½ cup LIGHT CRUST flour  
3 teaspoons baking powder  
1 teaspoon salt  
2 tablespoons melted lard  
1 cup buttermilk  
½ teaspoon soda  
1 egg

Beat eggs, add milk and cream, sift flour, soda, salt and baking powder together. Add to milk and eggs, beating well. Melt the lard and add to mixture. Bake in well greased muffin pans about twenty minutes. Two tablespoons of sugar may be added if you prefer the muffins slightly sweet.

**BREAD**

**THE VERY BEST BREAD**

Cook one large potato in a quart of water until done, drain off water and mash potato smoothly, then add the water to it again. Soak one cake of compressed yeast in a cup of cold water half an hour. Then mix thoroughly with the potatoes and water, adding enough water to make three pints in all. Then add enough LIGHT CRUST flour to make a batter which will drop from the spoon like cake batter. Set this to rise for from four to six hours or until the batter doubles itself. Then sift two quarts of flour into mixing pan, pour the risen batter or sponge into it, adding

¼ cup of salt  
½ cup of sugar  
½ cup of cold water  
½ cup lard
Mix into a stiff dough adding more flour if necessary. Let the dough set for twenty minutes, then knead on board for about twenty-five minutes, cover with thick cloth and let rise about one hour, then cut off loaves, folding into shape and placing in baking pans, cover pans, set in a warm place, allow to rise till they double in size, then bake in a moderate oven 30 to 50 minutes, according to size of loaves.

**Nut Bread**
Same as above, adding one-half cup more sugar and two cups of nuts, folding in the nuts when nearly through kneading.

**Parker House Rolls**
Make dough same as "Very Best Bread," and instead of making into loaves, roll out dough one-half an inch thick, cut with biscuit cutter medium size, spread melted butter or lard on half top of biscuit, fold over, lay in pan rather near each other, let rise about twenty minutes and bake about fifteen to twenty minutes in rather hot oven.

**Quick Baking Powder Bread**
4 cups LIGHT CRUST flour  
1½ teaspoons salt  
1 tablespoon sugar  
1 tablespoon lard  
6 teaspoons baking powder  
2 cups sweet milk  
Melt the lard and add to milk, sift in the flour, baking powder and salt. Mix thoroughly, make into loaves and bake about thirty minutes in a hot oven. Have pan well greased to put loaves in.

**Baking Powder Coffee Cake**
Same as above dough. Put in layer cake pans to bake. When done, spread over top a mixture of two tablespoons of butter, two tablespoons sugar, one tablespoon flour, one tablespoon cinnamon and nutmeg together mixed thoroughly. This should be eaten hot.

**Boston Brown Bread**
2 cups graham flour  
1 cup LIGHT CRUST flour  
1 cup molasses  
1 cup corn meal  
1½ cups buttermilk  
2 teaspoons baking powder  
1 teaspoon soda  
1 teaspoon salt  
2 cups seedless raisins  
1 cup pecan  
1 egg  
Beat the egg, add milk and molasses, sift the flour, meal and graham flour with the salt, baking powder and soda. Add the raisins and nuts, then add to first mixture; when well mixed fill empty, well greased baking powder cans or other baking vessels within an inch of the top, cover and place in steamer and steam for about three hours; remove tops and brown a little in oven. Be sure to keep water boiling while cooking, adding more as it boils out.

**Delicious Coffee Cake**
Use bread dough same as above. When making out loaves, take the amount of two loaves and spread in bottom
of tins, about ten-inch pans, then spread over the top a mixture made as follows: Cream three tablespoons of sugar and three of butter together, add two tablespoons of flour and one of cinnamon; after spreading this on top of coffee cake, put eighths of apples all over the top and allow to rise about 30 minutes and bake. This is delicious with coffee or tea.

PUDDINGS

COUNTRY COTTAGE PUDDING

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>1/2 cup butter</td>
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<tr>
<td>2 cups LIGHT CRUST flour</td>
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<tr>
<td>1/2 cup sugar</td>
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<tr>
<td>3 teaspoons baking powder</td>
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<tr>
<td>1 egg</td>
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<tr>
<td>1/2 teaspoon salt</td>
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<tr>
<td>1 cup milk</td>
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Cream butter, add sugar and egg, beat well. Sift together the flour, salt and baking powder, and add to first mixture alternately with the milk. Bake in a moderate oven about 40 minutes. This is excellent to serve with hard sauce or cream sauce and crushed fruits.

CUSTARD PIE

<table>
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<th>Ingredient</th>
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<tr>
<td>4 egg yolks</td>
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<tr>
<td>2 egg whites</td>
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<tr>
<td>1/2 cup sugar</td>
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<tr>
<td>1/4 teaspoon salt</td>
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<tr>
<td>2 cups milk</td>
<td></td>
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<tr>
<td>1/2 teaspoon grated nutmeg</td>
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Beat eggs slightly, add sugar, beat well and salt, then add to the milk which has been brought to almost a boil, pour into pie pan lined with flaky pie dough, which has a raised edge to keep custard from running over; place in a hot oven to set rim, then bake slowly until done. Egg custard should always cook slowly.

DELICIOUS APPLE PIE

Slice five good sized apples thin, put in stew pan with one tablespoon of water, cover tightly and simmer about five minutes. Squeeze over them the juice of half a lemon, put part of the apples into a pie

CREAM SAUCE

<table>
<thead>
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<th>Ingredient</th>
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<tbody>
<tr>
<td>2 cups milk</td>
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<tr>
<td>1/2 cup sugar</td>
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<tr>
<td>1 1/2 tablespoons corn starch</td>
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<tr>
<td>1/2 cup cream</td>
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<tr>
<td>1/2 cup butter</td>
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<tr>
<td>1 teaspoon vanilla extract</td>
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Place milk on fire in stew pan, with sugar, moisten corn starch with water enough to be thin. When milk is almost boiling, pour in corn starch, stir until it thickens, pour in cream; when it boils remove from fire, add vanilla and butter, stirring until all butter is melted and mixed. This is very nice to serve with any pudding.
shell and add one-third cup of sugar, then put in the remainder of the apples, adding another one-third cup of sugar and some nutmeg to flavor. Lay some little slices of butter on top, then cover with strips of pie crust laid basket way across the top, put in a quick oven for a few minutes, then slowly ten minutes.

**Pumpkin Pie With Nuts**

- 2 cups pumpkin
- 1 cup chopped nuts
- 1/2 cup toasted bread crumbs
- 3/4 cup sugar
- 2 eggs
- 1/4 teaspoon ginger
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 cup hot milk
- 1 tablespoon butter
- pinch allspice

Put butter in milk, add beaten eggs, pumpkin, sugar, salt and spices, pour into pie pan lined with pastry, then drop in nuts and scatter bread crumbs over; bake until set, then cover top with meringue.

**Lemon Pie**

- juice of 1 1/2 lemons
- grated rind of 1/2 lemon
- 3/4 cup sugar

Cream butter with sugar, beat in eggs and yolks, one at a time, then add the lemon juice and grated rind. Mix corn starch with water and bring to a boil, then add to first mixture, cook in double boiler about ten minutes, then put in pie shell and cook slowly for twenty minutes. Cover with meringue made of egg whites.

**Good Flaky Pie Crust**

- 3 cups LIGHT CRUST flour
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 1 cup lard

Sift flour, baking powder and salt together. Rub in lard and add enough water to moisten and make dough. Do not knead at all, just mix and pat together, divide into fourths to make two pies with top crust or four custard pies. Roll out amount for pie, spread a little soft butter on, fold over twice and roll, pressing into shape for pie.

**Steaks**

**Swiss Steak**

- 2 lbs. veal round steak
- 1 cup or more of flour
- 1 pint of tomatoes
- garlic to taste
- dripping of bacon grease or lard

Pound or hack into steak flour, have ready in iron skillet the drippings very hot, put steak in, turning gas down and frying slowly on both sides a delicate brown, then adding tomatoes and garlic. Cook slowly until tomatoes form a thick gravy.
**MIDDLE BRISKET ROAST**

*Very economical and wholesome.* Get a six-pound middle brisket from young beef; put in roasting pan and sear under broiler, browning all sides by turning several times. Then add two cups of hot water, cover and place in moderately hot oven. Pare six white onions and six good sized Irish potatoes; halve the potatoes, but leave onions whole. After the roast has cooked one hour, lay potatoes and onions around it, garnish with a few strips of bacon, dredge with flour, salt, pepper, paprika and a dash of red pepper. Bake slowly one and one-half hours.

**TAMALE LOAF**

1 qt. of boiling water
1 1/4 cups corn meal
salt to taste
1 lb. of meat
chili pepper and garlic to taste

Cook meat, then grind coarsely, adding garlic and chili and cook until well blended. Then divide mush into two amounts, making a layer of mush, then all of the chili meat, then balance of mush, forming the last layer of mush, dot top with butter and bake for about one-half an hour.

**SALADS**

**CHICKEN SALAD**

1 pt. boiled chicken cut in small cubes
1 cup chopped celery
1 cup chopped pecans
1 cup blanched almonds
3 hard boiled eggs
1 cup French peas
1 cup stuffed olives cut in rings
2 sour pickles chopped fine
1 teaspoon finely chopped onion
salt and pepper to taste

Mix all together moistening with oily part of broth in which chicken was boiled. Serve on lettuce leaf with cream or salad dressing garnish.

**JELLIED FRUIT SALAD**

1 lb. can pineapple cut in dice
1 lb. can Queen Anne cherries cut in halves
1 lb. white grapes cut in halves and seeded
1 lb. sliced peaches
4 oranges cut in small pieces
1 grape fruit cut in small pieces
12 Maraschino cherries
1 cup chopped pecans
2 packages Jello lemon

Make Jello according to directions on package and cool; just before it sets, mix in all the fruit, except Maraschino cherries. Let congeal hard, cut in pieces about three inches square, serve on lettuce leaf, a spoonful of whipped cream, on each a cherry, dashed over with the chopped nuts.
**BAKED CAT FISH WITH TOMATO DRESSING**

1 three or four-lb. cat fish  
1 two-lb. can of tomatoes  
1 loaf bread two days old  
2 large onions  
4 strips fat salt pork  
2 eggs  
2 tablespoons butter  
black pepper, salt, cayenne pepper and paprika to taste

Skin the cat fish, split to the backbone so as to make opening for dressing. Dredge with salt inside and out, fill with the dressing, leaving open to hold it; dust over with flour and garnish with the strips of salt pork, sprinkle with black pepper and paprika and bake one and one-half hours.  

To make dressing, soak bread in tomato juice, put in the eggs, melt butter and teaspoon salt, one-fourth teaspoon cayenne, onions chopped fine and the meat of the tomatoes. Put about one-half cup water in baking pan around the fish while it is baking.

**GUMBO SOUP**

1 lb. of veal stew  
1 lb. of ham  
1 lb. of okra  
½ lb. of onions  
1 pt. of tomatoes  
Chili pepper and salt to taste. Never boil black pepper in soup.

Fry brown one pound of veal stew and ham, take upon a dish leaving grease to fry one pound of sliced okra, one-half pound of onions. Put veal, ham, okra and onions in vessel, adding enough water to boil tender, adding one can of tomatoes and just before serving, add chili pepper, salt to taste. Boil rice separately so each grain separates, adding one spoonful in dish. Shrimp, crabs or chicken may be added to soup.
Burrus Mill & Elevator Co.
Makers & Exporters
High Grade Flour
FORT WORTH, TEXAS