LIGHT CRUST RECIPES

BURRUS MILL & ELEVATOR CO.
FORT WORTH, TEXAS . . . KINGFISHER, OKLA.
SELECTED AND ORIGINAL

Practical Recipes

FOR USING

LIGHT CRUST FLOUR

TESTED AND APPROVED

by

MRS. LENORE STANDIFER

Light Crust Demonstrator

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BURRUS MILL & ELEVATOR CO.

FORT WORTH, TEXAS

KINGFISHER, OKLAHOMA
For More Than 40 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.

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TO OBTAIN THE BEST RESULTS

with all recipes in this book, the following rules must be strictly followed:

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

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

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

ANGEL FOOD CAKES

Thistledown Angel Cake

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

Add salt to egg whites, beat lightly until foamy like soap suds, then add cream tartar, beat until fluffy and will stand in a peak, but not stiff and dry; then add sugar 1/4 cup at a time beating in lightly with upward stroke, then add water with the flavoring in it; folding in very lightly, remove egg beater, add the LIGHT CRUST flour (which has been sifted with corn starch measuring 1 cup in all). Fold in very delicately and lightly with the hand, thereby avoiding all friction which is very detrimental to the mixture while adding flour. Just as soon as flour is blended in, put into an angel food pan, place in preheated 450 degree oven, turn control immediately back to 300 and bake about 35 minutes or until the cake settles just a little, invert pan and allow cake to become perfectly cold before attempting to remove from pan. Angel Food is too
delicate to hold up its own weight while hot, but by allowing it to hang in the pan while it is cooling, it retains its full size and is delightfully feathery and tender. When cake is cold, run a spatula around the sides, invert the pan over a stiff piece of cardboard, give it a vigorous tap and cake will fall out; ice with divinity icing or serve with whipped cream and chopped nuts or a fruit sauce.

**Daffodil Angel Cake**

11 or 12 egg whites  
1 teaspoon cream tartar  
1 1/3 cups sugar  
1/4 teaspoon salt  
1 cup LIGHT CRUST flour with 2 tablespoons corn starch in it  
1 teaspoon pineapple flavoring  
grated outside rind of one orange  
1/2 teaspoon orange coloring

Add salt to eggs, beat until foamy like soap-suds, then add cream tartar, beat until fluffy and will stand in a peak, but not stiff and dry. Add sugar 1/4 cup at a time, beating in lightly, then add flavoring diluted with one tablespoon of cold water, fold in lightly, not very thoroughly. Remove egg beater and sift flour in a little at a time, folding in very lightly and delicately with the hand or a wooden spoon. The hand is best, then scatter grated orange over the mixture, pour the coloring in a tiny stream about over it. Run hand through the batter about three times to make a marbled effect, pour into an angel food pan without stirring. Place in oven, preheated to 450 degrees. Turn control to 300 and bake about 35 minutes. When cake is done it will set just a little. Invert pan and allow the cake to cool completely before removing from pan. Then run a spatula around the sides. Place pan inverted on stiff card board and give it a vigorous tap. Cake will fall out. Ice with orange icing.

**Rose Blush Angel Cake**

Make Angel Food same as Thistledown Angel Food, adding one teaspoon of red food color to the 1 tablespoon of water with flavoring extract. This is lovely for parties and may be made in any color by the same method.

Bake either in a large Angel Food loaf pan or in slabs to cut into small cakes any shape desired, icing all over top and sides in colored icing to suit occasions.
Ambrosia Angel Cake

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 coconuts

After icing is put on cake, dust over with coconuts 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.

Cherry-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.

WHITE CAKES

Standard White Cake

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

1 cup butter
1 ¼ cups sugar

Cream together until light, with hand. Add 1 ½ cups of sweet milk, 3 cups LIGHT CRUST flour with 2 tablespoons corn starch, 2 teaspoons baking powder, ½ teaspoon soda. All sifted together, beat thoroughly. Then add the whites of 6 eggs, which have been beaten to a stiff froth with 1 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 ½ cup more flour.

Silver Loaf 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 suit taste

Sift flour, cream tartar and soda together. Cream butter and sugar, add milk and flour
Dainty White Cake

1 cup butter or other shortening creamed with 1 1/2 cups sugar until light and fluffy. Then add alternately about 3 cups LIGHT CRUST flour and 1 cup sweet milk, adding 3 level teaspoons of baking powder to last cup of flour added. Then add 1 teaspoonful of almond extract and last add the well beaten whites of 7 eggs to which 1/2 teaspoon of salt has been added.

This may be baked in a loaf in slow oven or in three layers put together with white icing or chocolate or caramel.

Lady Baltimore Cake

2 teaspoons baking powder
1 cup butter or vegetable shortening
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 1/4 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.

White Fruit Cake

1 cup butter
2 cups sugar creamed together

Add 8 egg whites, one at a time

1/2 cup cider
1 grated fresh cocoanut
1 teaspoon vanilla
1 teaspoon of lemon extract

Four cups of LIGHT CRUST flour sifted with 1 teaspoon baking powder, then add 1 quart of pecans. Last add 1/2 pound citron, 1 pound candied cherries, 1 pound pineapple. Use extra flour for dredging fruit. This cake is fine and is improved by keeping in an air tight box for several days.

Pineapple Cake

5 egg whites
1 1/2 cups sugar
1/4 cup butter or other shortening
1 cup sweet milk

2 1/2 cups LIGHT CRUST flour
2 teaspoons baking powder
$\frac{1}{6}$ teaspoon salt if unsalted shortening is used
1 teaspoon Lemon extract

Cream shortening and sugar together, put baking powder and salt in sifter with the flour, then add milk and flour alternately to sugar and butter. Add extract, blend well, beat egg whites till they will stand in a peak, then fold very lightly into batter. Bake in three layers. Put together with the following pineapple filling. Put icing on outside.

Drain the juice from a No. 2 can crushed pineapple, put juice in a stew pan or double boiler. Bring to boiling point, then add to it $\frac{1}{2}$ cup sugar and 2 tablespoons LIGHT CRUST flour blended together. Cook till thick, then add 2 eggs beaten well with $\frac{1}{4}$ cup sugar and 1 tablespoon lemon sugar. Cook till egg thickens, then add crushed pineapple and cook a little longer. Let cool and spread between layers. May be served either with or without icing on top.

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**DEVIL’S FOOD CAKE**

**Mahogany Devil’s Food**

- 4 eggs
- 1 cup butter
- 1 cup buttermilk
- 3 cups LIGHT CRUST flour
- 1$\frac{3}{4}$ cups sugar
- $\frac{1}{4}$ cup White Karo Syrup
- $\frac{2}{3}$ cake Walter Baker’s chocolate
- 2 teaspoons baking powder
- 1 teaspoon soda
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1 teaspoon allspice
- $\frac{1}{2}$ 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 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.

**Louisiana Devil Food**

Cream 1 cup butter and 2 cups of sugar together. Add 6 egg yolks one at a time, then $\frac{3}{4}$ cup of buttermilk and 1 teaspoon of soda. Next add 3 cups of LIGHT CRUST flour, 1 teaspoon of nutmeg and 1 teaspoon of other spices. Melt $\frac{1}{2}$ large cake of chocolate and add to it $\frac{1}{2}$ cup of black molasses and add to other mixture. Then add the beaten whites of 3 eggs, bake in 3 layers and put together with the following icing:
Boil 2 cups of sugar with enough water to cover the sugar, until it ropes. Then pour the beaten whites of 3 eggs into the syrup, beating well. Spread between layers after flavoring with vanilla.

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**MISCELLANEOUS CAKES**

**One More Cake**

One-half cup butter and 1½ cups sugar creamed together until light and fluffy. Add ¾ cup sweet milk. Then add 2 cups LIGHT CRUST flour in which 2 teaspoons baking powder have been sifted. Then add 1 teaspoon vanilla and last fold in lightly 4 egg whites beaten stiff. Bake in a loaf about 40 minutes.

Delicious for lunches and good baked in layers and put together with cream filling.

**Every Day Cake**

Cream ½ cup butter and 1 cup sugar together until light and fluffy. Add 2 eggs one at a time, beating well. Then add 1 cup of sweet milk a little at a time, alternately with 2½ cups of LIGHT CRUST flour in which has been sifted 2½ teaspoons of baking powder and ¼ teaspoon of salt. Add 1 teaspoon of vanilla or other flavoring. Beat well a few minutes, put into a well greased and floured pan with a tube in center and bake in a moderate oven about 40 or 45 minutes, or bake in layers for different fillings.

**Golden Sunbeam Cake**

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

Cream butter and sugar together well, add the yolks of 4 eggs one at a time, beating in well, then add the whites of 3 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.

**Golden Glow Loaf Cake**

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

11 egg yolks  
1 cup butter  
1 cup buttermilk  
3½ cups LIGHT CRUST 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 pasteboard to cool.

**Old-Fashioned Pound Cake**

2 cups sugar  
$\frac{1}{2}$ pound butter  
6 eggs  
3 cups LIGHT CRUST flour  
1 teaspoon baking powder  
$\frac{1}{4}$ cup buttermilk  
$\frac{1}{2}$ teaspoon salt  
$\frac{1}{2}$ 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.

**Economical Sponge Cake**

11 egg yolks left from Angel Food. Beat thoroughly, then add $\frac{1}{2}$ teaspoon cream tartar and 1$\frac{1}{4}$ cups sugar and $\frac{1}{2}$ teaspoon salt. Beat again until lemon color and very fluffy, then add 1 cup boiling water, blending lightly. Last blend in very lightly 1$\frac{1}{4}$ cups LIGHT CRUST flour. Bake in ungreased angel food pan about 35 minutes in oven preheated to 350 degrees, lowering temperature to 300 in 10 minutes. Invert pan and let cool before removing. Delicious served with whipped cream and nuts or with crushed fruits or strawberries.

**Fairy Sponge Cake**

1$\frac{1}{2}$ cups sugar  
2 tablespoons corn syrup  
6 tablespoons orange juice  
6 eggs  
1 teaspoon grated orange rind  
1 cup LIGHT CRUST flour

Boil orange juice, sugar and syrup till it will spin a short thread. Beat egg whites stiff, but not dry. Pour hot syrup over them, beating continuously. Have egg yolks already well beaten and fold them in with the grated orange rind. Last fold in the flour very lightly, bake in ungreased angel food pan, in a slow oven (about 300° F.) Frost with boiled orange frosting.
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.

Fluffy Cake

¾ cup shortening
1½ cups sugar, creamed together

Add 4 egg yolks, one at a time, beating in well. Then add 1 cup milk and 2¾ cups LIGHT CRUST flour alternately, 3 scant teaspoons baking powder should be sifted in with the flour and 1 teaspoon of salt if unsalted shortening is used. Flavor to suit taste, then fold in 4 egg whites beaten moderately stiff. This is an excellent and economical cake for different fillings.

Economical Cream Cake

½ cup butter or vegetable shortening
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, beaten 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.

Rose Blush Cake

Cream ½ cup white shortening and 1¾ cups sugar together.

Add to this 2 unbeaten egg whites one at a time and beat hard. Add 2 teaspoons baking powder to 2 cups LIGHT CRUST flour, then add to butter mixture alternately with ½ cup sweet milk. Add 1 teaspoon each of rose and vanilla flavoring with ¾ teaspoon red cake coloring. Last add the well beaten whites of three eggs, folding in lightly. Bake in a loaf pan with a tube in center; about 40 or 45 minutes is the time for baking in a moderate oven. This cake can be baked in sheets and cut in heart shapes for Valentine parties.
Orange Layer Cake

3 eggs
1½ cups sugar
¾ cup milk
2 cups LIGHT CRUST flour
grated rind of ½ orange
2 teaspoons baking powder
¾ cup butter

Separate the eggs. Beat the yolks in mixing bowl until light in color. Then add the sugar, beating some more.

Then add the milk and grated orange rind, mix well. Put baking powder and flour in sifter, add to egg mixture, beating well. Cream butter and add to mixture, blending well, then beat egg whites and fold them lightly into the batter. Bake in 2 or 3 layers 20 to 30 minutes in 375 degree oven. Put together with orange frosting. Very delicious.

FRUIT, NUT AND SPICE CAKES

Delicious Prune Spice Cake

Cream ½ cupful of butter and 1 cupful of sugar, beat in 4 egg yolks, one at a time; sift together 1 ¼ cups LIGHT CRUST flour.
1 teaspoonful baking powder
1 teaspoonful of soda
1 teaspoonful of cinnamon
½ teaspoonful each of nutmeg, allspice and salt

Alternately add the dry ingredients with ½ cup of sour milk. Then add 1 cupful of finely chopped cooked prunes and 4 stiffly beaten egg whites. Bake in a slow oven about 45 minutes as three layers putting together with divinity filling.

Apple Sauce Cake

Cream 1½ cups of sugar and ½ cup butter together. Add 2 eggs, one at a time, and beat well. Then add ½ cup dry apple sauce, (sauce that is not watery). Next add 2½ cups LIGHT CRUST flour sifted with 1 teaspoon baking powder.
2 teaspoons mixed spices
¼ teaspoon salt

Then 1 cup nuts chopped and ¼ cup seedless raisins. When this is all well mixed and pans are greased and oven ready to bake cake (about 425 degrees) add lastly another ½ cup of apple sauce to which add 1 teaspoon of soda and beat to effervescence. Bake in two layers about 25 minutes. This is delicious put together with the following:

Put one egg white into a cup and fill up cup with creamed powdered sugar and butter. Beat well and spread between layers.
Southern Date Cake

3 cups of LIGHT CRUST flour
1 cup butter
1½ cups sugar
2 teaspoons baking powder
5 eggs beaten separately
1 teaspoon vanilla

Cream the butter and sugar together until very light. Add the yolks of eggs, one at a time, beating in well. Add milk and flour alternately, having the baking powder sifted in the flour. Add vanilla and beat well. Then add the well beaten whites of eggs, bake in three layers in moderate oven about 20 minutes.

Filling for Date Cake

1 cup milk
2 cups brown sugar
1 teaspoon vanilla
¼ cup butter
1 cup English walnut meats chopped
1 cup chopped dates

Add the sugar and butter to the milk and cook until it forms a soft ball in cold water. Add the dates, nuts, and vanilla, and beat until cool enough to spread between the layers. Ice over top and sides with divinity icing.

Upside Down Cake

Take 1 cup brown sugar and 3 tablespoons butter. Put in a skillet, simmer for 10 minutes, then lay rings of pineapple all over the bottom of skillet and place red cherries in the crevices in the syrup. Pour over this another cup of brown sugar, sifting it over in order to evenly distribute it. Then make a cake batter by “Every Day Cake” recipe and pour over the ingredients in the skillet. Do not mix the pineapple and the last sugar and do not stir at all after pouring in batter. Bake about 30 minutes and serve with whipped cream. This is delicious and novel.

American Girl Cake

2 teaspoons baking powder
5 egg whites
1 egg yolk
1½ cups sweet milk
2 tablespoons Karo syrup
3 cups LIGHT CRUST flour
1 cup butter
1¾ cups sugar
1 teaspoon almond flavor
1 teaspoon vanilla flavor
1 teaspoon cinnamon
½ teaspoon nutmeg
2 tablespoons cocoa
½ cup seedless raisins
½ cup pecans
½ cup Maraschino cherries
¼ cup shredded citron
¼ cup shredded coconut
Cream butter and sugar together well, add baking powder to flour, then add milk and flour alternately to butter and sugar. Then add almond extract. Beat egg whites and fold into mixture. Divide batter into 3 portions. To one portion add a teaspoon of red coloring to make a pink layer. Put into pan to bake. Beat the egg yolk with 1 tablespoon of sugar and a pinch of soda, add this to one portion and 1 teaspoon of yellow coloring to make a yellow layer. Then add 1 teaspoon of vanilla. Put this in baking layer pan. To the remaining portion add the Karo syrup, nutmeg, cinnamon and cocoa. Put the fruit and nuts together and dredge with three tablespoons of flour, then blend in to make a fruit layer. Bake at 375 degrees about 20 minutes, except the fruit layer, which should bake about 10 minutes longer with temperature lowered to 300 degrees. When layers are cool, put together with caramel filling. This is a delicious “three in one” cake and like the American Girl, has variety, personality and charm.

**Whole Wheat Coffee Cake**

- 3 cups Whole Wheat Flour
- 2 cups LIGHT CRUST flour
- 2 cups sweet milk
- 1 cup sugar
- 1 teaspoon salt
- 4 teaspoons baking powder
- 4 cups seeded dates
- 1 or 2 cups pecans or walnuts

Put whole wheat flour in mixing bowl without sifting. Sift LIGHT CRUST flour into it with baking powder and salt. Add the sugar and mix; then pour in milk. Mix well with hand, then add dates and nuts. Bake in iron skillet about 40 or 45 minutes in 350 degree oven.

**Japanese Fruit Cake**

- 4 eggs
- 1 cup brown sugar
- 1 cup white sugar
- 1 cup butter
- 2 cups Whole Wheat flour
- 2 cups LIGHT CRUST flour
- ½ cup Karo syrup
- 1 cup cider
- ½ cup ginger ale
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- 2 cups raisins
- 1 cup pecans
- ½ cup citron
- 1 cup Maraschino cherries
- 1 teaspoon soda
- 1 teaspoon baking powder
- 1 teaspoon salt

Cream butter and sugar together, add eggs one at a time, beating well, then the Karo syrup, cider, ginger ale and whole wheat flour. The LIGHT CRUST flour with the soda, baking powder and salt in is added next, then the spices, fruits and nuts. Bake in three layers or will make 2
smaller two layer cakes. Bake about 30 minutes in a moderate oven, about 350 degrees. Put together with the following:

- Grated rind of 1 orange
- Juice of 1 orange and 1 lemon,
- 1 cup sugar
- 2 eggs
- 2 tablespoons of corn starch
- ¼ teaspoon salt

Blend corn starch and sugar, mix with orange and lemon juice. Cook till it thickens, then add the well beaten egg, cook about 3 minutes longer in double boiler. Salt and grated orange rind should be added just before taking off of fire. Spread between layers and on top, dredge over with chopped nuts and Maraschino cherries. Mix a little powdered sugar with shredded cocoanut and pat into it, on the top and sides. This is a very delicious cake, liked by almost every one.

**Grandmother's Jam Cake**

- 2 whole eggs
- 1 egg yolk
- 1 cup light brown sugar
- ¾ cup sour milk
- 1½ cups strawberry jam
- 2¼ cups LIGHT CRUST flour
- 1 teaspoon soda
- 1 teaspoon baking powder
- ¼ teaspoon nutmeg
- 1 teaspoon cinnamon
- ¾ cup butter

Beat the eggs in the mixing bowl, then add the sugar, sour milk and jam. Mix these ingredients. Add the soda, baking powder and spices to the flour, sift into the egg mixture. Mix in well, melt the butter and add, blending all well together. Bake in 3 layers 20 or 25 minutes in 375 degree oven. This is very nice put together with divinity or caramel filling.

**Layer Fruit Cake**

- ½ cup butter
- ⅓ cup brown sugar
- ½ cup white sugar
- ⅓ lb. raisins
- ½ lb. nuts
- ¼ lb. citron
- 1 teaspoon baking powder
- ½ cup molasses
- 1½ cups LIGHT CRUST flour
- ⅔ cup strong coffee
- 1 teaspoon cinnamon
- ¼ teaspoon cloves
- ¼ teaspoon mace
- ½ teaspoon salt
- 2 eggs

Cream butter and sugar, add eggs one at a time, beating well, then molasses, then coffee and flour alternately, baking powder and salt in flour, add spices, then the fruit and nuts. Bake in layers in a slow oven about 325 degrees about 30 minutes. Put together with caramel filling or white icing to suit taste. Delicious served as a pudding with hard sauce.
Excellent Fruit Cake

1 cup butter
2 cups sugar creamed together
6 eggs added 1 at a time
1 cup molasses
½ cup grape juice or brandy added alternately with 3½ cups LIGHT CRUST flour and
½ cup sour milk
1 teaspoonful of soda and
1 teaspoonful of baking powder in the flour. Then add
2 teaspoons vanilla flavoring
3 teaspoons cinnamon
1 teaspoon allspice
1 teaspoon cloves. Then add
2 pounds raisins
2 pounds dates
2 pounds cherries
2 pounds pineapple
1 pound figs
1 pound citron
2 pounds pecans
2 pounds almonds
2 pounds walnuts

Put in pan lined with heavy well greased paper, bake in a slow oven about 3 hours, according to thickness of cake. Keep shallow pans of water in lower part of oven while fruit cake is baking.

Louisiana Nut Cake

Cream 1 cup butter and 2 cups of sugar together, then add 8 eggs, one at a time. Then begin adding 4 cups LIGHT CRUST flour and 1 cup of cider alternately, adding ½ teaspoon of soda to the flour. Add 2 teaspoons cinnamon, 1 teaspoon of nutmeg, 1 teaspoon almond extract.

Dredge 2 pounds raisins and 2 pounds of pecans in extra flour and add last.

Bake in loaf pans very slowly about 3 or 4 hours. This is delicious.

Feathery Spice Cake

½ cup butter or vegetable shortening
1 cup granulated sugar
½ cup brown sugar
2½ cups LIGHT CRUST flour
1 cup milk
½ orange grated
2 eggs
1 teaspoon each cinnamon and allspice
½ teaspoon salt
3 teaspoons baking powder
1½ ounce 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
½ 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 whites, beat hard; then add baking powder and while icing is foaming, spread on cake layer.

**Individual Strawberry Short Cake De Luxe**

1 cup LIGHT CRUST flour
1 cup buttermilk
$\frac{1}{2}$ cup shortening
3 teaspoons baking powder
$\frac{1}{2}$ teaspoon soda
1 teaspoon salt

Sift flour and dry ingredients into mixing bowl. Make opening in center. Add the milk and shortening, blend well into a light dough, turn out on board and roll to $\frac{3}{4}$ inch in thickness. Cut with good size biscuit cutter and bake in a 500 degree oven. Cut open and butter while hot. Have strawberries washed and drained, crush about half and add sugar to suit taste. Quite a bit is necessary. Put plenty of strawberries between layers of biscuits using about 3 layers. Then heap on top with plenty of sugar and pile high with whipped cream. Nothing more delicious.

**Aunt Dinah's Soft Gingerbread**

Cream 1 cup brown sugar and $\frac{1}{2}$ cup butter together
Add 3 eggs, one at a time, then add $\frac{3}{4}$ cup molasses
1 teaspoon cinnamon
2 teaspoons ginger
$\frac{1}{2}$ teaspoon salt
1 cup sour milk with 1 teaspoon soda
Then add 3 cups LIGHT CRUST flour

Beat well, bake in gem pans or in a sheet and cut in squares. Bake in moderate oven about 25 minutes. This is nice with a caramel icing or to serve with whipped cream for dessert.

**SMALL CAKES AND COOKIES**

**Sweet Doughnuts**

1 heaping tablespoon of butter and
1 cup sugar mixed together
Add 3 egg yolks and 1 whole egg, then
$\frac{3}{4}$ cup buttermilk
$\frac{1}{2}$ teaspoon soda
1 cup LIGHT CRUST flour with 2 teaspoons baking powder mixed in it
1 teaspoon nutmeg

Then add enough more LIGHT CRUST flour to make stiff enough to roll out on board about $\frac{1}{3}$ of an inch thick. Cut with doughnut cutter and fry in deep moderately hot fat. Sprinkle with sugar.
Walnut Wafers

Beat 1 egg and add 2 cupfuls of brown sugar and 1 1/2 cupfuls of walnuts chopped fine, stir 1 teaspoon of baking powder into 1 cupful of LIGHT CRUST flour and add it and a scant 1/2 cupful of sweet milk. Use enough more flour to make a batter that drops easily from the spoon. Drop on a buttered pan by teaspoonfuls some distance apart. Bake in a fairly quick oven (425 degrees).

Buttermilk Cookies

1 cup butter
1/2 cup buttermilk
1/4 teaspoon salt
1/4 teaspoon soda
2 cups sugar
4 eggs
2 teaspoons baking powder
Flavor to suit taste. 2 tablespoons grated orange peel is good. Enough flour to make stiff dough to roll.

Cream butter and sugar. Add eggs one at a time, beating well. Sift baking powder, salt and soda in one cup of flour and add flour and milk alternately. Add flavoring, then add enough LIGHT CRUST flour to make a dough stiff enough to roll.

Flour board, roll to 1/4 inch. Cut out, and bake in a quick oven, 400 degrees.

Frozen Cookies

Cream 1 cupful of butter and 1 cupful each of brown sugar and white sugar together. Add 3 eggs, one at a time, beating thoroughly, sift some LIGHT CRUST flour and measure out 3 1/2 cups. Add 1 teaspoonful of soda, 2 teaspoons of cinnamon, 1/2 teaspoon of salt and 1 1/4 cups of chopped almonds. Add all this to the butter, sugar and eggs, blending thoroughly and kneading into a stiff dough. Mold into rolls, lay on a platter and place on ice over night. Cut in thin slices and bake in an oven hot enough to cook before melting dough (about 450 degrees). These cookies are delicious and will keep nicely.

Oatmeal and Date Cookies

1 cup brown sugar creamed with 1/2 cup butter
2 eggs beaten in one at a time
5 tablespoons of sour cream or buttermilk if cream is not available.
1 teaspoon each of nutmeg and cinnamon
1 teaspoon soda; then add
2 cups quick cooking oats
2 cups LIGHT CRUST flour
\[\frac{1}{2}\text{ cup chopped dates}\]
\[\frac{1}{2}\text{ cup seedless raisins}\]
\[1\text{ cup chopped nut meats}\]

Drop on a buttered tin and bake in a quick oven lowering temperature to keep from burning. These are delicious.

**Surprise Cookies**

3 cups LIGHT CRUST flour
2 cups sugar
1 cup butter or vegetable shortening
\[\frac{1}{2}\text{ cup buttermilk}\]
\[\frac{1}{8}\text{ cup white Karo}\]
2 eggs
\[\frac{1}{2}\text{ teaspoon salt}\]
2 teaspoons baking powder
\[\frac{1}{2}\text{ teaspoon soda}\]
\[\frac{1}{4}\text{ pound seedless raisins}\]
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 the flavoring, the raisins floured. Roll on floured board about one-fourth inch thick, cut with any shape cutter, place in baking pan and put \(\frac{1}{2}\) pecan kernel or walnut kernel in center and a tiny bit of nutmeg. Bake in moderate oven a light brown.

**Bars of Gold**

\[\frac{3}{4}\text{ cup of milk}\]
4 egg yolks
\[\frac{1}{2}\text{ cup butter}\]
\[1\frac{1}{2}\text{ cups LIGHT CRUST flour}\]
1 cup sugar
\[\frac{1}{2}\text{ teaspoon of salt}\]
2 teaspoons baking powder
1 teaspoon vanilla
1 cup pecans chopped fine

Beat the butter and sugar to a cream, add egg yolks one at a time, then the milk and nuts, then the flour, salt and baking powder sifted together. Add the flavoring, beat thoroughly and bake in greased finger, roll pans.

**Russian Rocks**

\[3\frac{1}{2}\text{ cups LIGHT CRUST flour}\]
1 cup sugar
1 cup butter
3 whole eggs or 6 yolks
\[\frac{1}{2}\text{ cup buttermilk}\]
\[\frac{1}{8}\text{ cup white Karo}\]
1 cup brown sugar
\[\frac{1}{2}\text{ teaspoon soda}\]
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**

**Very Delicious Caramel Filling**

2 cups brown sugar  
1 cup white sugar  
2 tablespoons white Karo syrup  
2 tablespoons butter  
\( \frac{\text{1}}{\text{8}} \) cup cream or milk

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 becomes rather hard around edge. Then pour into as many soup cups as you have layers of cake. Let cool about 20 minutes, then beat one at a time and spread over layers when the proper consistency.

**Cream Filling**

1 cup sweet milk  
\( \frac{\text{1}}{\text{4}} \) teaspoon salt  
1 egg  
2 tablespoons corn starch  
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.

**Chocolate Filling**

\( \frac{\text{1}}{\text{2}} \) cup Walter Baker’s chocolate  
\( \frac{1}{\text{3}} \) cups sugar  
2 tablespoons white Karo syrup  
\( \frac{\text{1}}{\text{3}} \) 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 10 minutes, then beat until the right consistency to put on cakes.

**Boiled Orange Frosting**

1 cup sugar  
\( \frac{\text{1}}{\text{3}} \) cup water  
2 egg yolks  
1 tablespoon orange juice  
1 teaspoon lemon juice  
1 teaspoon grated orange peel

Mix sugar and water, boil till it spins a long thread. Have egg yolks well beaten, and continue to beat while pouring the well cooked syrup over them. Add the orange and lemon juice and rind, beating till right consistency to spread.
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.

Divinity Filling for Layer Cake

1 1/2 cups sugar
whites of 3 eggs
1/2 cup Karo Syrup
3/4 cup water
1/2 teaspoon cream tartar

Place sugar and water on stove to cook, beating eggs in the interval while it is cooking, adding 1/4 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 the syrup; add the half cup of white Karo, return to fire and boil 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 1 cup of chopped nuts, and spread on cakes hurriedly.

Jiffy Icing

1 lb. powdered sugar
4 tablespoons boiling water
1/2 teaspoon butter
pinch of salt
1 teaspoon vanilla extract

Place boiling water in hot mixing bowl, add salt, butter and flavoring, then add whole package of sugar. Beat until smooth or about one minute. Spread on cold cakes while icing is hot. It will set right away as it sets when it cools; therefore be sure cakes are cold as hot cakes will not cool it.

To make Jiffy Lemon Icing, use 4 tablespoons hot lemon juice, a little grated lemon rind and yellow coloring instead of hot water.
Chocolate Waffles

\( \frac{1}{4} \) cake chocolate
\( \frac{3}{4} \) cup sugar
2 eggs
\( \frac{1}{2} \) cup butter or other shortening
\( \frac{1}{2} \) cup milk
1 teaspoon vanilla
\( \frac{1}{4} \) teaspoon salt
1 1/3 cups LIGHT CRUST flour

Cream the butter and sugar, add the melted chocolate, then beat the egg yolks into the mixture. Add the milk, then the flour with baking powder and salt sifted in it, then flavoring, and last, the well beaten egg whites.

Put one spoonful on each section of waffle iron. Have waffle iron preheated about 8 minutes, grease well before putting batter in. Cut waffle at divisions when done and remove in sections.

Very delicious served with whipped cream or with Marshmallow fluff.

Never Fail Waffles

1 teaspoon soda
4 eggs
1 1/2 cups buttermilk
1 cup lard or vegetable shortening
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.

Corn Meal Waffles

2 cups LIGHT CRUST meal
1 cup buttermilk
1/2 cup shortening
3 teaspoons baking powder
1/2 cup LIGHT CRUST flour
1 1/2 cups boiling water
1/2 teaspoon soda
1 teaspoon salt
3 eggs

Put one cup meal in mixing bowl with the shortening, pour boiling water over it, stirring rapidly until well blended then add buttermilk and eggs. Put the other cup of meal and flour in sifter with baking powder, soda, and salt, sift into mixing bowl with first mixture blended. Grease waffle iron well, bottom first. After iron has preheated ten minutes, put in batter. About 2 cook spoons full will make a full size waffle. Let corn meal waffles cook a little longer than flour waffles. These are delicious.
Whole Wheat Pecan Waffles

1 1/2 cups Whole Wheat flour
1/4 cup LIGHT CRUST flour
2 cups buttermilk
1 teaspoon salt
2 tablespoons sugar
4 eggs
1 cup shortening
4 teaspoons baking powder
1/2 teaspoon soda
1 cup chopped pecans

Put eggs in mixing bowl, add milk, put in whole wheat flour, then add shortening melted but not hot, blend well, then add LIGHT CRUST flour with baking powder, salt, soda and sugar sifted in it. Then add pecans. Bake in waffle iron preheated ten minutes before putting in batter, grease well for first waffle, brush over lightly for others.

MUFFINS

Raisin Bran Muffins

1 egg slightly beaten
Add to it 1/4 cup sour milk
3/4 cup LIGHT CRUST flour
and 1/4 cup of bran sifted through coarse sifter with 1/4 teaspoonful of soda
1/2 teaspoonful of salt
2 teaspoonfuls of baking powder
Last add 1 cup seedless raisins dredged with a little flour

If preferred sweet, 1/2 cup of sugar may be added with the flour, also 1 cup of chopped nuts makes these muffins delicious.

Never fill muffin pans more than half full.

Whole Wheat Muffins

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

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.
Graham Nut Muffins

3/4 cup LIGHT CRUST flour
1 cup water
4 teaspoons baking powder
1 teaspoon salt
3/4 cup brown sugar
1 cup sweet milk
1 cup unsifted graham flour
1 egg
3 tablespoons melted butter
1 1/2 cups chopped nuts

Mix and sift LIGHT CRUST flour, baking powder, sugar and salt. Mix with graham flour, add nuts, then add all to milk and egg. Beat well, add melted butter, pour in hot buttered muffin pans and bake in hot oven about 15 or 20 minutes. These are delicious and wholesome.

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
1/4 teaspoon soda
1 tablespoon cold water
1 1/2 cups LIGHT CRUST flour
1 teaspoon baking powder
1/2 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

3/8 cup buttermilk
3/8 cup cream
2 cups LIGHT CRUST flour
1/2 cup vegetable shortening or lard
1 teaspoon salt
3 teaspoons baking powder
2 eggs
1/2 teaspoon soda

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 20 minutes. Two tablespoons of sugar may be added if you prefer the muffins slightly sweet.
Dixie Yeast Biscuits
2 yeast cakes
2 cups scalded milk
¾ cup sugar
2 eggs
2 teaspoons salt
1 cup shortening
6 cups sifted LIGHT CRUST flour

Scald milk and allow to cool with sugar in it, then add egg yolks and yeast which has been dissolved in 4 tablespoons cold water. Beat into the mixture, 4 cups of the flour, allow to stand 20 minutes, then add the shortening, egg whites beaten lightly, then other 2 cups flour with the salt in it. Turn out or board and knead lightly, adding only enough more flour to handle. Allow to stand 1 hour, knead again, allow to stand about 15 minutes to become tender (as kneading develops gluten and toughens the dough). Now place dough on rolling board and roll out to ½ inch in thickness, cut with biscuit cutter, brush over top with melted shortening. Allow to stand till double in thickness, bake in a preheated 400 degree oven. This also makes an excellent icebox roll recipe. Place dough in ice box as soon as all ingredients are well blended, covering well with an oiled cloth. Will keep four or five days.

Rose Biscuits
1 cup sweet milk
2 cups LIGHT CRUST flour
½ cup shortening
4 teaspoons baking powder
1 teaspoon salt
1 teaspoon red coloring

Put the coloring in milk, then sift the flour with salt and baking powder in it. Make a well in center of flour in mixing bowl, pour in the milk, put the shortening in the milk and cream together with fingers or a spoon. The hand is best. When well blended, turn out on board, pat out flat, then smooth with rolling pin down to ½ inch. Cut with small biscuit cutter, bake in hot oven 500 degrees, about 6 or 7 minutes. Very nice for luncheons or parties.

Perfect Baking Powder Biscuits
Scant cup sweet milk
2 cups LIGHT CRUST flour measured after sifting
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons of shortening (slightly rounding)

Sift LIGHT CRUST flour, baking powder and salt together into mixing bowl, after sifting flour once before measuring. Push flour to sides of bowl, making a well in the center.
Pour milk into well, put in the shortening, blend milk and shortening well together, adding all the flour. Blend thoroughly, but lightly. Put out on floured rolling board and fold over a few times to make smooth. Roll out to \( \frac{1}{2} \) inch in thickness, cut with small biscuit cutter and place in well greased shallow pans. Bake in quick oven, 500 degrees, about five minutes.

These biscuits made of LIGHT CRUST flour will be delightfully fluffy and white and delicately flavored.

**Sour Milk Biscuits**

- 2 cups LIGHT CRUST flour
- 1 cup (scant) buttermilk
- 3 tablespoons shortening (slightly rounding)
- 2 teaspoons baking powder (slightly rounding)
- \( \frac{1}{2} \) teaspoon soda
- 1 teaspoon salt

Sift LIGHT CRUST flour, salt, soda and baking powder together once.

Push flour to sides of mixing bowl, making well in center. Pour milk into this. Place shortening in milk and blend together, making an emulsion of milk and shortening. Blend all flour quickly into this, mixing well with hand. Turn out on rolling board, on which flour has been generously spread by sifting over it. Fold biscuit dough over several times to make smooth, but do not knead. Roll out with rolling pin to little less than \( \frac{1}{2} \) inch thickness. Cut into small biscuits, place in shallow biscuit pans or on sheets, bake in a quick oven, about 500 degrees. Should bake five to seven minutes.

Take care not to work or knead together the scraps from cutting biscuits. Just pat together and roll out again.

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**BREAD**

**Aunt Dinah's 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:

$\frac{1}{4}$ cup of salt
$\frac{1}{2}$ cup of sugar
$\frac{1}{2}$ cup of cold water
$\frac{1}{2}$ cup of lard

Mix into a stiff dough, adding more flour if necessary. Let the dough set for 20 minutes, then knead on board for about 25 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 Aunt Dinah's bread, adding $\frac{1}{2}$ cup more sugar and 2 cups of nuts, folding in the nuts when nearly through kneading.

**Quick Snow Flake Bread**

3 yeast cakes
2 cups sweet milk scalded and cooled
$\frac{1}{2}$ cup water
$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup shortening
7 cups LIGHT CRUST flour
1 tablespoon salt
2 egg whites

Add sugar to milk while hot, then allow to cool. Break yeast cakes into cold water and dissolve, then add to milk. Sift into this mixture, 4 cups of LIGHT CRUST flour, beat well into a batter. Let stand well covered for 20 minutes, then add eggs beaten lightly and the shortening, then the remainder of the flour with the salt in it. Blend very thoroughly into a dough, cover and let stand 20 minutes again. Then turn out on board and knead briskly for 5 minutes or more. Cover over again, place where there is no draft and allow to stand 30 minutes. Knead lightly again and cut into portions for loaves, moulding and folding into loaves. Make tight loaves and the texture will be more perfect. Place loaves in individual baking pans that have been well greased, brush over the top with melted grease, and allow to stand well covered for about 1 hour or until the loaves double in size. Then place in a moderately hot oven (400 degrees) and bake about 20 minutes, then lower the temperature to 300 degrees and bake about 15 minutes longer.

This is beautiful bread made of LIGHT CRUST flour, as it is downy, flaky and snow white.

**Delicious Coffee Cake**

Use bread dough same as Quick Snow Flake Bread. 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 3 tablespoons of sugar and 3 of butter together, add 2 tablespoons of flour and 1 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.

Cinnamon Nut Bread

2 cups sweet milk scalded
2 yeast cakes
6 1/2 cups LIGHT CRUST flour
4 tablespoons cold water
2 eggs
3/4 cup sugar
3/4 cup shortening
2 teaspoons salt

Add sugar to hot milk and allow to cool. Soak yeast cakes in cold water 5 minutes, add to milk, then beat in 3 1/2 cups flour, beating well. Let stand 20 minutes, add remainder of flour with salt, also shortening and eggs blending all well together. Put out on board and knead lightly. Let stand one hour, knead well, let stand 20 minutes. Divide into portions for loaves, roll each portion to 1/2 inch in thickness, sprinkle over with brown sugar, cinnamon and nuts, then roll up like a jelly roll, shaping for loaf. Place in well greased baking pans, allow to rise till double in size, bake in moderate oven (400 degrees) till light brown, then lower temperature to 350 degrees and bake about 20 minutes longer. About 35 minutes in all.

Rainbow Bread

2 yeast cakes
2 cups sweet milk, scalded and cooled
1/2 cup shortening
1/2 cup sugar
2 teaspoons salt
2 egg whites
1/4 cup cold water
6 1/2 cups LIGHT CRUST flour
Coloring to suit occasion

Add sugar to milk while hot, then allow to cool. Dissolve yeast cakes in the water then add to milk. Then add 3 1/2 cups of the flour, beat well into a batter, allow to stand 20 minutes, then divide into portions for different colors desired or if only one color is necessary, (rose, for instance), add 1 teaspoon of red cake coloring to this batter. Then add the shortening, the egg whites beaten lightly, the salt and the remainder of flour, blending well into a dough. Let it stand well covered for 20 minutes. Then knead briskly for about 5 minutes, then let it stand about 30 minutes, turn out on
board and cut into portions for loaves. (This amount makes three nice loaves.) Only knead the loaves sufficiently to mold into shape, place in greased pans, brush over the top with melted grease and set aside well covered, to rise, allowing the loaves to fully double in size. Then place in a 400 degree oven for about 20 minutes or until light brown. Then lower temperature to 300 degrees, allowing about 15 minutes longer for individual loaves. About 35 minutes in all, larger loaves or 2 loaves in a pan require somewhat longer time. This bread is lovely for party sandwiches, to carry out a color scheme.

Mrs. Marston’s Bread

Boil 2 medium sized potatoes, cool the water, having 3 cups, add 1 yeast cake and 2 heaping tablespoons of sugar, let stand six hours. Then use 2 cups of yeast mixture and 2 cups plain water, salt and sugar to taste, a small amount of shortening. Mix a medium stiff dough knead thoroughly and set to rise over night. Next morning knead down and mold into loaves and rolls and set to rise in pans till double in size. Bake in moderate oven.

Boston Brown Bread

2 cups graham flour
1 cup LIGHT CRUST flour
1 cup molasses
1 cup corn meal
1 1/2 cups buttermilk
2 teaspoons baking powder
1 teaspoon soda
1 teaspoon salt
2 cups seedless raisins
1 cup pecans
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.

ROLLS

Quick Angel Rolls
1 cup sweet milk scalded and cooled
3 cups LIGHT CRUST flour
3 tablespoons sugar
1 rounding teaspoon salt
1/2 cup shortening
1 egg
2 yeast cakes
Dissolve yeast cakes in 1/2 cup cold water to which 1 tablespoon sugar has been added. Put the shortening in the milk while it is hot and allow milk to cool with shortening in it.

When cool add to it the dissolved yeast cakes and the egg. It is not necessary to beat the egg. Blend in 2 cups of the flour and beat well. Then the other cup and the salt. Blend well. Allow to stand 20 minutes, then knead lightly and briskly for about 3 to 5 minutes on floured board, using just as little flour as possible. Cover over with cloth and allow to stand about 10 or 15 minutes. Then roll out to 1/2 inch in thickness. Cut with biscuit cutter, place in well greased roll pans, grease lightly over top with melted butter or shortening, allow to stand until double in size and bake in moderately quick oven about 450 degrees. Will bake in 15 minutes. These rolls are ready to serve in one hour and a half to two hours.

These rolls are light and fluffy and tender as angel food cake. Hence the name.

This recipe is also adaptable for ice box rolls, by placing the dough in the refrigerator immediately after it is thoroughly blended without kneading. Then when ready to use knead lightly and proceed just as for the quick rolls.

Allow a little more time for rising as the dough must warm to room temperature after removing from the refrigerator.

Try This

You can make these lovely fluffy rolls of LIGHT CRUST flour without the long drawn out process usually required for rolls.

Parker House Rolls

Make dough same as "Aunt Dinah's Bread" (see page 25) and instead of making into loaves, roll out dough one-half 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 20 minutes and bake about 15 or 20 minutes in rather hot oven.

Angel Rolls

2 yeast cakes
2 cups sweet milk, scalded and cooled
1/2 cup shortening
2/3 cup sugar
2 1/2 teaspoons salt
1/4 cup water
6 1/2 cups LIGHT CRUST flour
4 egg whites

Add sugar and shortening to milk while it is hot, then cool until cold, dissolve yeast
cakes in the \( \frac{1}{4} \) cup water, add to the milk, then add 5 cups flour measured after sifting, blend thoroughly. Set aside for 30 minutes, then add 4 egg whites beaten until fluffy and light, but not real stiff, blend into dough, then add the other \( 1 \frac{1}{2} \) cups flour with the \( 2 \frac{1}{2} \) teaspoons flour and a little more flour, if dough is too sticky. However, the dough should not be real stiff. Let this dough stand about 40 minutes then make into rolls, let stand covered until they double in size, place in a 425 degree reheated oven and bake about 20 minutes.

**Ice Box Cream Rolls**

1 cup sweet milk scalded and cooled  
2 yeast cakes  
\( \frac{1}{4} \) cup cold water with yeast cakes dissolved in it  
\( \frac{1}{2} \) cup shortening  
\( 2 \frac{1}{2} \) teaspoons salt  
1 cup sweet cream (thin)  
2 whole eggs or 3 egg whites  
\( \frac{1}{2} \) cup sugar  
6 cups LIGHT CRUST flour  

Add sugar and shortening to milk while it is hot and let dissolve. Then add the cold cream and allow to cool. Then add yeast cakes in water, then lightly beaten eggs, then add 4 cups of the flour, beat well, allow to stand 20 minutes, then add the other 2 cups flour with \( 2 \frac{1}{2} \) teaspoons salt in it. Blend well, cover tightly and place in refrigerator. Make into rolls, 1 \( \frac{1}{2} \) hours before ready to cook. Bake about 20 minutes in 425 degree oven.

**Rose Rolls**

Make same as Angel Rolls adding \( \frac{1}{2} \) teaspoon red food color to first batter, continuing same process until finished.

These may be made in any shape or color desired for parties or special occasions where a color scheme is used. An especially lovely green color for St. Patrick's Day and a wonderful violet shade for February are both available.

**Bohemian Fruit Rolls**

2 cups milk  
1 cake yeast  
\( \frac{1}{2} \) cup butter  
3 eggs well beaten  
\( \frac{1}{2} \) cup sugar  
1 teaspoon salt  
Pinch of mace  
Grated rind of 1 lemon  
4 cups LIGHT CRUST flour  
About 2 cups seeded raisins  
2 chopped apples  
1 cup nuts  

Soak yeast cake in \( \frac{1}{4} \) cup water about 10 minutes. Bring milk to boiling point, then cool to lukewarm. Add yeast cake and enough flour to
make a batter that will drop from spoon. Beat very hard. Allow to rise until light. Beat sugar and butter to a cream, add eggs, then mix with the batter. Next add the lemon rind, mace and flour to make a soft dough. Knead until it doesn't stick, using a little more flour if necessary. Set in a warm place and allow to rise to double in bulk. Roll out on board to ½ inch in thickness, cut out with biscuit cutter. Arrange in pan, brush with melted butter, sprinkle with a mixture of sugar, cinnamon and mace and spread thickly on top with raisins, nuts and apples. Let rise again in pan to double thickness and bake in hot oven.

90 Minute Light Rolls

2 cups sweet milk scalded and cooled
½ cup sugar
½ cup cold water
3 yeast cakes
1 cup shortening
4 teaspoons salt
2 eggs
7 cups LIGHT CRUST flour

Add sugar to milk, dissolve yeast cakes in the cold water and add to milk. Add 4 cups of the flour and beat the mixture well, about 4 minutes. Then add the eggs and shortening, blending well, then add remaining 3 cups flour with the salt in it and blend thoroughly into a dough. Let stand 15 minutes then turn out on kneading board and knead briskly about 3 minutes, then flour the board and leave dough on the board for 10 minutes after kneading. This allows the dough to become pliable. Now roll out to about ½ inch in thickness, cut with small biscuit cutter, place in well greased pans and grease lightly over top. Allow to stand until double in thickness, about 40 minutes. Bake in moderate oven, about 400 degrees for 15 minutes. These are delicious, light and tender rolls.

Cinnamon Rolls

1¼ cups sweet milk, scalded and cooled
½ cup sugar
½ cup shortening
2 eggs
3 cups LIGHT CRUST flour
2 yeast cakes dissolved in 2 tablespoons cold water
2 teaspoons salt
cinnamon and raisins to suit taste

Add sugar and shortening to milk while it is hot, then allow to cool. Add dissolved yeast cakes, then egg yolks beaten, then add 2 cups of the flour. Fold in lightly beaten egg whites, then add last cup of flour with the salt in it, blending all into a dough. Allow to stand 20 minutes, then knead briskly for about 5 minutes. Allow to stand 20
minutes again, then divide into two portions, shape into oblongs, then roll out to about one-half inch in thickness, sprinkle cinnamon all over and spread raisins evenly over dough, pressing slightly into the surface. Then begin at one side and roll like a jelly-roll. Cut crosswise into rolls, about one inch to each roll, place in greased pans and allow to rise about one hour. Bake in a quick oven (425 degrees) about 20 minutes. Brush over the top with water and sugar icing, made with 2 tablespoons of water to 1 cup of powdered sugar, and a little vanilla flavoring. Dust a few chopped nuts over while icing is soft.

**CORN BREAD**

**The Best Corn Bread**

Take 1 cup of LIGHT CRUST corn meal and 2 tablespoonfuls of shortening. Pour over it 1½ cups boiling water, stirring briskly. Then add 1 cup buttermilk or other sour milk, 2 eggs, 1 more cup of meal with 2 teaspoons of baking powder, 1 teaspoon salt and ½ teaspoon soda. Beat together and pour into a hot, well-greased pan, bake in a hot oven. Can also be baked in sticks.

**Golden Corn Bread**

Sift 1 cup yellow corn meal and 1 cup LIGHT CRUST flour, ¼ cup sugar, 5 teaspoons baking powder, 1 teaspoon salt all together; add to this 1 cup milk, 2 tablespoons melted butter and 1 egg. Beat well and bake in a buttered shallow pan or in muffin pans. Have oven very hot to bake corn bread, about 500 degrees.

**Corn Dodgers**

Blend 1 tablespoon nice sweet shortening with 2 cups LIGHT CRUST cream meal

Add 1 teaspoon salt

¾ teaspoon baking powder

A pinch of soda

Pour into it all at once, 3 cups boiling water, stirring very rapidly into a light dough, adding a little cold water if too stiff to mold into small loaves. Dip hands into cold water, and mold small portions into tiny loaves like croquettes, put into skillet with rather deep hot fat, turning as they brown. When brown all over, lay on brown paper. Serve hot with butter or any kind of gravy. This is an old fashioned recipe and almost universally liked. Fine to serve with a vegetable dinner.
PUDDINGS

Grandmother's Suet Pudding

Mix together 1 cup sweet milk
1 cup molasses
1 cup suet chopped fine
2 1/2 cups LIGHT CRUST flour
1/2 teaspoon soda
1/2 teaspoon salt
1/2 teaspoon allspice
1 egg
1 cup raisins
1 cup dates
1/2 cup chopped nuts

Pour into empty coffee or baking powder cans which have been well greased and steam for two hours.

This is delicious served with hard sauce or with cocoa cream sauce.

Country Cottage Pudding

1/2 cup butter
2 cups LIGHT CRUST flour
1/2 cup sugar
3 teaspoons baking powder
1 egg
1/2 teaspoon salt
1 cup milk

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.

Marshmallow Pudding

Soak 1 package gelatine in 1 cup of cold water about 30 minutes, then add 1/2 cup of boiling water.

Beat 3 egg whites until stiff, then add 1 cup sugar gradually, then add the dissolved gelatine and beat till it begins to harden. Then add 1 cup grated pineapple, 1 cup chopped pecans and some whole cherries. Allow to chill. This is delicious served with whipped cream, or with a rich fruit juice.

Combination Fruit Pudding

2 cups diced bread toasted
Add to it 2 cups fruit juice or water
Beat up 3 eggs with 1 cup sugar and 2 tablespoons butter
Add 1/2 cup molasses
3 teaspoons cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon allspice
1 cup orange juice
Grated rind of one orange
Blend with diced bread
Blend the following ingredients:
2 cups seeded dates
1 cup seeded raisins
1 cup pressed figs
1 cup Maraschino cherries
1 cup glace pineapple
1 cup pecans
1 cup blanched almonds
1/2 cup LIGHT CRUST flour
Mix with other ingredients, put into a well buttered pudding dish and bake slowly for 2 hours. Serve with hard sauce while hot, or whipped cream when cold. A fruit sauce is also nice with this.

PIES

**Good Flaky Pie Crust**

3 cups LIGHT CRUST flour  
½ 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, divided 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.

**Cobbler Dough**

2½ cups LIGHT CRUST flour  
1 cup shortening  
¾ cup ice water  
1 teaspoon salt  
1 scant teaspoon baking powder  

Sift flour and dry ingredients together in mixing bowl. Make well in center, pour in ice water, and put in shortening. Blend all well together, turn out on well floured board, press into shape without kneading at all. Roll out in oblong strip, fold over and roll again, folding over again, continuing until dough has been folded 4 times. Roll to thin sheet, cut off broad strips and put in bottom of cobbler pan, pour in fruit and fruit juice which has a small amount of flour blended into it, with sugar to suit taste. Then add some bits of butter, put strips of cobbler dough latticewise across top.

Place in a hot oven 450 degrees F., and bake to a light brown. Then lower temperature to 350 degrees, baking in all about 40 to 60 minutes, according to size of cobbler.

This is especially adaptable for blackberry, dewberry, strawberry, apple or peach cobblers, and also for all kinds of meat pies.

**Raisin Pie**

Add to 2 cups of seedless raisins 1 cup of water. Cook in a tightly covered vessel until raisins are tender, then add 1 teaspoonful of lemon juice, ½ cup of sugar sifted with 1 teaspoonful of LIGHT CRUST flour. Let boil about 5 minutes longer.
Line a pie pan with flaky pie crust and pour in the raisins. Lay a few pieces of butter on top, then strip over top basketwise. Let oven be hot at first, until pie is slightly brown, then moderate.

**Butter Scotch Pie**

1 cup brown sugar  
2 egg yolks  
2 tablespoons butter  
1 1/2 cups milk  
2 tablespoons LIGHT CRUST flour  
1/4 teaspoon salt  
1 teaspoon vanilla  
2 egg whites beaten stiff  
4 tablespoons sugar

Beat together brown sugar, butter, flour, egg yolks and salt. Bring the milk to boiling point, add to other mixture, cook in a double boiler until thick. Then add the vanilla and pour into baked pie crust. Cover with a meringue made with the egg whites and the white sugar. Brown lightly in a slow oven.

**Molasses Pie**

4 tablespoons butter  
1 cup milk  
3/4 cup sugar  
2 tablespoons LIGHT CRUST flour  
3 eggs  
1 cup molasses  
1/4 teaspoon salt  
1 teaspoon vanilla  
1/4 teaspoon nutmeg  
1/2 teaspoon soda

Cream butter and 1/2 cup of the sugar. Add the yolks of eggs and white of one. Beat well. Then mix and sift together the flour, salt, soda and nutmeg, blend with the butter, sugar and egg mixture and add the molasses. Bring the milk to boiling point and add gradually to egg mixture. Bring to boiling point again, remove from fire, and add vanilla. Pour into baked pie crust and bake slowly until firm. Cover the top with meringue made from remaining egg whites and the 1/4 cup sugar. Brown lightly in a slow oven.

**Custard Pie**

4 egg yolks  
2 egg whites  
1/2 cup sugar  
1/4 teaspoon salt  
2 cups milk  
1/2 teaspoon grated nutmeg

Beat eggs slightly, add sugar, beat well, add 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.

**Cream Custard Pie**

2 cups milk  
2 whole eggs  
1 egg yolk  
1/2 cup sugar
1 tablespoon LIGHT CRUST flour
3 tablespoons water
¼ teaspoon salt
¼ teaspoon nutmeg
½ teaspoon vanilla

Beat 1 egg white slightly, spread it over the top of pastry in pie pan. Heat the milk to boiling, add to it the flour mixed with the water. Let come to a boil. Beat the eggs and 1 egg yolk slightly, add to them the sugar, salt and flavoring. Mix well, then gradually pour the hot milk into them, stirring to keep well blended. Pour into the pie pan lined with the pastry and immediately place in a hot oven 425 or 450 degrees. Bake about 10 or 15 minutes until crust is light brown, then lower temperature to 325 degrees (slow oven), and bake about 20 minutes longer until custard is set. Allow to cool before serving.

**Sweet Potato Custard**

3 cups sweet potatoes
3 cups sweet milk
3 tablespoons butter
1 cup sugar
1 teaspoon salt
1 teaspoon nutmeg
2 teaspoons cinnamon
3 eggs

Peel and cut sweet potatoes across the grain, boil in a small amount of water until tender. Put in butter and salt, and mash thoroughly. Then add sugar and spices, blending well, then eggs. Beat well. Then add milk, hot, pour into seared pastry in pie pans, place in moderate oven about 450 degrees, bake until pie crust is light brown, then lower temperature and bake until custard is set. This makes 2 large pies and is just like grandmother used to make, delicious.

**Wonderful Chocolate Pie**

2 squares bitter chocolate
1 pint sweet milk
2 tablespoons white Karo syrup
¾ cup sugar
¼ cup LIGHT CRUST flour
½ teaspoon salt
3 egg yolks
1 tablespoon butter
1 teaspoon vanilla

Melt the chocolate in a double boiler, add the Karo syrup, heat the milk and add gradually to chocolate, beating well. Mix the flour, sugar and salt in a bowl. Pour part of the hot milk and chocolate mixture into the sugar and flour mixture, stirring until well blended. Then add remainder of hot mixture. Return to double boiler, stirring constantly. Cook until thick then allow to cook 15 minutes longer, stirring frequently. Beat the egg yolks, then add a little of the hot chocolate to them and blend, then pour into double boiler together and stir until eggs thicken. Remove from fire and add
butter and vanilla, stirring until butter is well blended. Pour into baked pie shell and cover with meringue, place in a slow oven, (300 degrees) and bake until light brown, or about 10 minutes.

**Angel Lemon Pie**

Grate half the rind of 1 lemon and squeeze out the juice of a whole one. Add to it ½ cup sugar, ⅛ teaspoon salt, 3 egg yolks; put into a double boiler and cook, stirring constantly until thick. Then cool. Beat 3 egg whites until stiff, then add slowly ½ cup sugar, fold into first mixture, pour into a ready baked pie crust and put in a slow oven and bake until brown.

**Lemon Pie**

Juice of 1 ½ lemons  
Grated rind of ½ lemon  
¾ cup sugar  
1 tablespoon butter  
¾ cup of water  
1 teaspoon corn starch  
2 egg yolks  
2 eggs  

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 10 minutes, then put in pie shell and cook slowly for 20 minutes. Cover with meringue made of egg whites.

**Orange Pie**

1 cup orange juice  
Grated rind of 1 orange  
4 teaspoons lemon juice  
2 teaspoons butter  
¼ teaspoon salt  
½ cup LIGHT CRUST flour  
3 egg yolks  
1 cup sugar  

Blend sugar, flour, salt and grated rind, add fruit juices, cook in double boiler until thick. Then add egg yolks and butter, cooking a little longer. Pour into baked pie shell and cover with meringue. Place in slow oven to brown meringue.

**Grapefruit Pie**

*From a Famous California Recipe*

1 cup grapefruit juice  
¼ cup lemon juice  
½ cup water  
1 ¼ cups sugar  
5 tablespoons LIGHT CRUST flour  
3 eggs  
1 teaspoon butter  

Add butter and 1 cup sugar to flour, blend well, put grapefruit juice, lemon juice and water in stew pan or double boiler, bring to a boil then pour over the sugar and flour, beating very rapidly. Put back in boiler and cook until it thickens. Beat the 2 egg yolks and 1 whole egg with the ¼ cup sugar and add to the mixture in the boiler. Cook until it thickens a little.
more, then pour into baked pie shell, make a meringue of the 2 remaining egg whites and 4 tablespoons of sugar. Add a pinch of cream of tartar to the eggs while beating. Beat until real stiff, spread lightly on pie and place in a slow oven to brown. Cook about 10 minutes at 300 degrees F. This is one of the very best pies.

Grapefruit Orange Pie
1 cup grapefruit juice
1/2 cup orange juice
1 cup water
Grated rind of 1/2 orange
2 tablespoons LIGHT CRUST flour
3 tablespoons corn starch
1 tablespoon butter
1 1/2 cups sugar
4 eggs
3 tablespoons orange marmalade

Put fruit juices in with water, bring to boiling point, blend 1 cup sugar, corn starch and flour by sifting together. Pour boiling juice over it, stirring rapidly, continue stirring and cook for 10 minutes over low heat, then place kettle in pan of hot water with element on high, beat 3 egg yolks and 1 whole egg with 1/2 cup sugar, add to hot mixture. Make meringue of other 2 egg whites, adding 4 tablespoons sugar when eggs are beaten stiff; put in slow oven and bake meringue from 5 to 10 minutes.

Red Cherry Pie
2 cups canned cherries
3/4 cup of the juice
2 tablespoons LIGHT CRUST flour
1/3 cup sugar
1 teaspoon red coloring
Add the flour to the juice and heat till thick. Then add the cherries and the red coloring and sugar. Pour into unbaked pie crust in deep pie pan, add a few pieces of butter and cover with lattice top. Place in hot oven, for about 15 minutes, then lower temperature and bake about 15 minutes longer. Putting the pie in a hot oven at the beginning avoids melting the pastry. This is a delicious cherry pie.

Delicious Apple Pie
Slice five good sized apples thin, put in stew pan with 1 tablespoon of water, cover tightly and simmer about 5 minutes. Squeeze over them the juice of half a lemon, put part of the apples into a pie shell and add ½ cup of sugar, then put in the remainder of the apples, adding another ½ 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-wise across the top, put in a quick oven for a few minutes, then bake slowly for 10 minutes.

Pumpkin Pie With Nuts
2 cups pumpkin
1 cup chopped nuts
½ cup toasted bread crumbs
¾ cup sugar
2 eggs
½ teaspoon ginger
½ 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 lined with pastry, then drop in nuts and scatter bread crumbs over; bake until set, then cover top with meringue.

Never Failing Meringue
5 egg whites
5 rounding tablespoons sugar
½ teaspoon cream tartar
Flavoring to suit taste
½ teaspoon salt
Beat eggs with salt till fluffy and light. Add cream tartar, beat until stiff, add sugar one spoonful at a time. Beat till it stands alone. Add flavoring, spread on pies, brown lightly in slow oven, about 10 minutes.

MEATS, POULTRY, SEAFOODS

Escaloped Oysters
Take one box of soda crackers and about four dozen fresh oysters. Break up a layer of crackers in the bottom of baking pan, then add a layer of oysters and about 1 tablespoon of butter laid about
over the oysters. Then add salt and pepper to suit taste. Continue this with alternate layers until the crackers and oysters are all in pan, allowing crackers to be at the top layer. Put plenty of butter chips over the top, pour over this 1 quart of sweet milk brought to boiling point. Put in oven and bake about 30 minutes. Have oven about 450 degrees.

**Baked Fish, Creole Style**

Select any good four pound baking fish. Trout, catfish or red snapper are excellent, but a channel catfish is best, as it is never dry or tough. Clean fish well and wipe dry. Split nearly all way to skin, dredge inside and out with a little salt, then fill with the following dressing:

- 3 cups diced bread toasted and moistened with 2 cups tomato juice
- Add \( \frac{1}{2} \) cup onion, chopped fine
- \( \frac{1}{2} \) teaspoon tabasco sauce
- 2 eggs
- 2 tablespoons minced celery
- Salt to suit taste

Place dressing inside of fish, fasten down with 2 or 3 skewers. Pour over the top of the fish one cup of tomato pulp. Dredge all over with cracker meal, lay thin slices of dry salt bacon over all and dash over with paprika. Put \( \frac{1}{4} \) teaspoon powdered thyme in \( \frac{1}{2} \) cup water, with \( \frac{1}{2} \) teaspoon salt. Pour this around fish in baking pan. Place in a hot oven (475 degrees F.), and bake for 30 minutes, then lower to 350 degrees and bake 40 minutes longer.

**Fried Chicken**

Select about a 2-pound chicken. Prepare by separating at joints and making bony pieces as flat as possible. The two pieces of back may be flattened and made to cook nicely by breaking at the backbone. The breast should be split down the center. Soak the pieces in water (or milk is better) about 30 minutes, then lift out and lay in a flat pan, salt according to taste. Roll in a lot of LIGHT CRUST flour, letting the flour adhere thickly to the chicken. Then lay in hot fat, browning each piece on both sides rather quickly. After all is browned and turned, put a close top over the skillet and turn heat down low, removing top occasionally to turn pieces again. Cook about 30 minutes. Make a cream gravy after taking chicken out of skillet.

**Chicken With Dumplings Southern Style**

Select a nice fat hen, unjoint and cut in pieces, put in a large pot, cover well with water, no salt. Cook slowly for 2½ hours. If chicken is
not too old, it will be tender. Then add salt to suit taste, cook about 10 minutes longer, remove the meaty pieces of chicken from the liquor, leaving the bony ones. Make a dough for the dumplings as follows:
1 cup sweet milk
1 teaspoon salt, and
1 egg and 1 egg yolk
1 tablespoon shortening

Add to this enough LIGHT CRUST flour to make a stiff dough. Roll out very thin and cut in strips, put a few at a time into the chicken broth, cooking each batch until done. Continue till all are in the pot, then pour over the pieces of chicken which have been removed and serve. Leaving the bony pieces in the pot keeps the dumplings from sticking to bottom and burning.

Chicken with Italian Spaghetti

1 3-lb. baker
1 lb. Italian spaghetti or spaghettina
$\frac{1}{4}$ lb. Roman cheese grated
1 cup chopped onion
1 cup chopped celery
$\frac{1}{2}$ cup chopped green pepper
$\frac{1}{4}$ cup chopped pimento
2 cups Italian tomatoes
1 cup tomato sauce
3 cloves of garlic minced fine
1 cup cooking oil
$\frac{1}{2}$ cup butter
1 teaspoon tabasco sauce

1 teaspoon powdered thyme
Salt and pepper to suit taste

Chop chicken in pieces, legs in two pieces, each second joints in two pieces each and so on, making pieces of uniform size. Salt to suit taste. Dredge with a little flour, put cooking fat in a large iron skillet, place on large surface element, turn on high to heat quickly, put all in hot fat and fry to a light brown, then add to it 4 cups hot water, one at a time. When boiling hot, turn element to "low" and allow to simmer one hour. Place another skillet or frying pan on another element with the butter in it, turn element on high; when hot, put in onion and garlic. When light brown, add the celery, then the tomatoes and tomato sauce, then the green pepper and pimento, the powdered thyme and tabasco sauce, salt and pepper to suit taste, simmer about 10 minutes and pour in skillet with chicken. Put spaghetti in $\frac{1}{2}$ gallon of boiling water, boil 10 minutes, pour into colander to drain, blanch with cold water, put back in container and pour chicken and sauce over it, lifting and stirring gently until well blended. Let stand on very low element for 10 minutes. Be sure to salt to taste, as it is difficult to add salt after cooked. Serve,
garnishing each portion generously with the Roman cheese and a dash of paprika. May be put in casserole with Roman cheese on top and browned in oven.

**Chicken a la King**

1 4 or 5 lb. nice fat hen or a fat baker
1 cup celery
2 cups mushrooms chopped
3 egg yolks
2 tablespoons LIGHT CRUST flour
1 tablespoon onion, minced fine
1 cup chopped pimentos
½ cup chopped green pepper
2 tablespoons parsley
2 tablespoons butter

Cook chicken until real tender, boiling in a small amount of water, then strip from bones and cut in dice. Put butter in a skillet, put in onion, add mushrooms, sauté for 5 minutes, then add stock from chicken. (Should be about 3 cups). Add celery, pimentos and green pepper, let simmer about 15 minutes. Add salt to suite taste and one teaspoon of tabasco sauce, then blend flour with a little water and add to mixture. Cook a few minutes, then add diced chicken and 1 cup heavy cream, and simmer about 10 minutes. Beat egg yolk well and pour into mixture, blending well. Do not cook any more. Blend in parsley and serve on toast or in patty shells, or as a main dish with potato garnish.

**Roast Turkey Southern Style**

Select a firm fat turkey with a straight breast bone, split the skin down the back of neck and cut neck off short. Then fill with dressing the cavity where crop was removed, pushing well back under the skin, as this will protect the breast and it will be delightfully juicy when done. Then draw the loose skin over and tie with a cord. Then fill the inside of the turkey with the dressing and truss. Rub all over with shortening and salt and then dredge with flour. Put in roaster and start to bake in a hot oven about 500 degrees, but as soon as it begins to brown, lower the heat and bake at 300 degrees about three hours for a 12-pound turkey. Baste frequently with the water in the pan, which should be added boiling hot when the heat in oven is lowered, about a quart should be used. When the turkey is done, the wing joint will pull loose very easily.

When done, remove the turkey from the roaster and chop the giblets up in the gravy, adding 2 tablespoons of LIGHT CRUST flour moistened with water to thicken the gravy and adding more water if it has cooked out.
Delicious Turkey Dressing

Make a loaf of cornbread this way:

Scald one cup of LIGHT CRUST corn meal, add 2 tablespoons of shortening and 1 teaspoon of salt, then add 1 1/2 cups of sour milk and 2 eggs, then sift in 1 more cup of meal with 2 teaspoons of baking powder and 1/2 teaspoon of soda. Bake in a hot oven. When done, spread a little butter over the top and let it cool. Then take one ordinary loaf of baker’s bread and moisten with cold water. Boil 3 eggs hard, chop 1 cup of celery and 1 onion and the 3 boiled eggs. Add to the moist bread, then add the cornbread, breaking it up fine. Then add 2 more eggs not cooked and salt and pepper and sage to suit taste. The dressing will be improved by adding some cold boiled rice if it is on hand. This dressing is nice for chicken also.

Swiss Steak

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

Pound or hack flour into steak, 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 6-pound middle brisket from young beef; put in roasting pan and sear under broiler, browning all sides by turning several times. Then add 2 cups of hot water, cover and place in moderately hot oven. Pare 6 white onions and 6 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.

Hungarian Goulash

2 lbs. pork chops
1 large can sauerkraut
1 cup chopped onions
2 heaping tablespoons chili pepper
1 teaspoon paprika
3 tablespoons LIGHT CRUST flour
1 cup sour cream
Pepper and salt to taste

Cut fat from pork and put in a skillet to fry. When fat is fried out well and a light brown, add onions, cook these to a light brown, add pork chops cut in about 1 inch
pieces. Fry until brown, then add kraut from which the juice has been drained; add ¼ cup water, cook about 20 or 25 minutes, adding a little water if necessary, then add chili powder, salt and pepper. Blend flour with a little water, and add, stirring all the time. Cook about 5 minutes, then it is ready to serve. Light rolls, corn meal muffins or corn sticks are to be served with it. This is a very savory and dietically complete dish. Original recipe from Mrs. Mary Scherrock.

Three in One Meat Pie

An Economy Combination That Is Delicious

Legs, wings, back or bony pieces of chicken, using meaty ones for salad. One pound pork chops and the tail ends of porter house and loin steaks. About one pound or more. Cook all the meats until tender. Line a large size baking dish with cobbler dough. Have about one quart of liquid in the meat, add salt and pepper to suit taste. One teaspoon of powdered thyme. Three tablespoons LIGHT CRUST flour. Then add one No. 2 can of mixed vegetables, blend all together, then pour mixture into lined baking dish. Cover top with strips of cobbler dough, stripping both ways, like a basket. Put into a 450 degree preheated oven, bake until crust is brown, then turn oven control to 300 and bake about 30 minutes longer, 45 minutes in all.

Tamale Loaf

1 quart of boiling water
1 ¼ cups corn meal
salt to taste
1 pound 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.

SAUCES

Cream Sauce

Put 3 tablespoons of butter into a double boiler with 2 tablespoons of LIGHT CRUST flour, stir over heat until thoroughly blended. Pour into this 2 cups of whole sweet milk heated nearly to boiling point. Stir constantly till sauce thickens then continue
to cook about 10 minutes.

To make a nice egg sauce and to use egg yolks which may be on hand, boil egg yolks until hard, chop them up and add to cream sauce with a little minced parsley.

Hard Sauce

4 tablespoons butter
1 teaspoon boiling water
1 cup confectioners' sugar
1 teaspoon lemon extract

Cream butter, add sugar and water, beat until light and creamy. Add flavoring.

Butter Cream Sauce

2 cups milk
½ cup sugar
1½ tablespoons corn starch
½ cup cream
½ cup butter
1 teaspoon vanilla extract

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.

SALADS

Pressed Chicken Salad
2 lbs. chicken chopped fine
1 lb. veal cooked with chicken and chopped
5 hard boiled eggs chopped
1 cup cracker crumbs
1 package gelatine
2 large pimentos cut in strips
1 green pepper cut in strips
½ cup vinegar
Salt and pepper to suit taste

Soak the gelatine in ½ cup cold water about 5 minutes. Pour 3 cups boiling chicken broth over it, stirring until dissolves. Then add all other ingredients and place in refrigerator to congeal, either in molds or in flat pan. Can be sliced and served with mayonnaise or a lettuce leaf garnished with two tiny sweet gherkins.

Chicken Salad
1 pint 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
Jellied Fruit Salad
1 pound can pineapple cut in dice
1 pound can cherries cut in halves
1 pound white grapes cut in halves and seeded
1 pound sliced peaches
4 oranges cut in small pieces
1 grapefruit cut in small pieces
12 Maraschino cherries
1 cup chopped pecans
2 packages gelatine, lemon

Make gelatine 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 the chopped nuts.

Grapefruit Salad
Two cups of grapefruit sections and 1 cup of orange sections cut in pieces with scissors. One cup chopped celery hearts, ½ cup grated fresh cocoanut or shredded cocoanut. Mix all together and chill.

Serve on lettuce leaf with a dressing made of mayonnaise mixed with whipped cream. Garnish with a few small strips of pimento.

Amber Salad
Soak 2 tablespoons of gelatine in ¼ cupful of cold water five minutes. Then add ½ cupful of boiling water, dissolve and let cool. When just beginning to set, add a few drops of tobasco sauce, ¼ teaspoon of mustard, ½ teaspoon of salt, ½ cup of grated cheese and ¼ cup of chopped pimentos. Beat ½ cup of heavy cream until stiff, fold into the gelatine mixture carefully. Pour into 1 pound empty baking powder cans which are wet, and leave to mold and chill. When firm, turn out and slice, serve on lettuce leaf, with salad dressing and dredge with nuts.

Egg and Lettuce Salad
About 1 dozen boiled egg yolks (egg yolks left from angel food cake may be used or 6 whole eggs). Two teaspoons minced green onions, 2 teaspoons minced parsley. A little grated cheese and some mayonnaise. Center leaves of lettuce.

Arrange 2 or 3 egg yolks on the lettuce leaves. Sprinkle with the parsley and onion and garnish with mayonnaise and grated cheese.

California Asparagus Salad
Take 1 can large white asparagus, drain and chill and arrange on crisp lettuce leaves. Make a dressing by
blending together 3 tablespoons vinegar, 6 tablespoons olive oil, \( \frac{1}{2} \) teaspoon of minced onion. Pour this over the asparagus and grate over the top a little cheese.

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**MISCELLANEOUS**

**Fluffy Mayonnaise**

3 egg yolks

Beat well, then begin adding salad oil, just a few drops at a time, continuing until you have tripled the amount of eggs, then add \( \frac{1}{4} \) teaspoon of salt. Continue adding the oil and a little lemon juice alternately. When you have used \( \frac{1}{2} \) quart can of oil, add another \( \frac{1}{4} \) teaspoon of salt then more oil and lemon juice alternately until all the oil is used, then you may add a little mustard according to taste, and a little more salt if so desired. Also a little cayenne pepper according to taste.

This makes an excellent dressing and can be modified and used as a base for any kind of dressing.

**Oriole Sandwich Spread**

11 or 12 egg yolks left from angel food cake. Drop gently into two quarts of hot water not boiling, then let simmer lightly until well done, which requires about 15 minutes. Then lift out of water, add \( \frac{1}{4} \) pound of butter, 1 tablespoon salt, black pepper to suit taste, and \( \frac{1}{2} \) teaspoon of tabasco sauce. Mash well with a potato masher. When well blended, add one cup of some good salad relish and \( \frac{1}{2} \) cup pecans chopped fine. Mix well. It is then ready to spread on thin slices of bread. Put lettuce leaf between and cut into any desired shape.

This may be modified as a base for many meat sandwiches, or tuna fish or salmon.

Very excellent as an economical sandwich and rich in food value.

**Sweet Potatoes with Marshmallows**

Boil about three good sized sweet potatoes until tender, then press through a colander to remove stringy substance. Add while hot, about 2 tablespoons of butter, 2 tablespoons of sugar, \( \frac{1}{2} \) teaspoon salt, 1 teaspoon of nutmeg. Beat into this 1 egg and 1 cup rich sweet milk. Put into buttered baking dish and arrange marshmallows all over the top. Bake in a moderate oven about 20 minutes. Try to serve immediately as marshmallows will fall if allowed to stand long.
Rice Patties
About 2 cups of cold boiled rice
¼ cup sweet milk
1 tablespoon melted butter
1 teaspoonful of salt
¼ cup LIGHT CRUST flour
1 level teaspoonful baking powder
black pepper to suit taste
Fry in hot fat until nicely browned on both sides. Serve with spare ribs, ham or bacon. Very nice to serve for luncheon with kidney, lamb or chicken stew.

Stuffed Baked Potatoes
Three large potatoes about 1 pound each. Wash thoroughly and bake about 45 minutes in moderate oven; when they can be pressed in with the finger they are done. Then cut them half in two, scrape out the inside and mash well, then cream into it 6 tablespoons of butter about 1 cup milk, 1 teaspoon salt, ½ teaspoon paprika, whites of 2 eggs well beaten; cream together thoroughly and stuff back into potato halves. Grate cheese generously over the top and bake in a quick oven 15 minutes.

Delicious Corn Fritters
2 cups of canned corn
2 tablespoons of sweet milk
2 eggs
1 tablespoon melted butter
about ¼ cup of LIGHT CRUST flour
1 teaspoonful of sugar
scant 1 teaspoon baking powder
1 teaspoonful of salt
black pepper to suit taste
Mix all well together. Drop by tablespoonfuls into a skillet of hot fat, bacon grease or sausage fat is fine for this. Have fat about ¼ inch deep in skillet. Nice to serve with jelly or salad.

If this recipe book has been a help to you and you have a neighbor or friend who would like one, please send their name and address and the name and address of their grocer and we will gladly send them one.

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