Prize Winning Recipes to Vary Your Menus

Published by Minute Tapioca Company Inc.
GUIDE TO RECIPES

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This book is the result of a nationwide contest which we recently conducted in an effort to secure new and interesting recipes to help you vary your menus.

Housewives from all over the country—and as far away as Africa and Australia—submitted 121,619 favorite, home-tested recipes in this great contest. The recipes were judged by a committee of the best-known home economics experts in the country, including Miss Mabel Jewett Crosby, home economics editor of the Ladies' Home Journal; Miss Katharine A. Fisher, director of Good Housekeeping Institute; and Mrs. Elizabeth A. MacDonald, Professor of Home Economics, Boston University, College of Practical Arts and Letters.

The task of selecting the winners was a difficult one because many splendid recipes were received. The judges deplored the fact that the rules of the contest limited the number of possible prize winners. At their suggestion, a number of very excellent recipes that did not receive prizes were given honorable mention and a "special award."

This book contains many of the prize winning recipes and some of those which received the judges' "special award."

We are grateful to the thousands of housewives who made this book possible. To them and to the other hundreds of thousands who will profit by their generosity in submitting their favorite recipes this little book is dedicated.

MINUTE TAPIOCA COMPANY, INC.
HOW TO PLAN MEALS
that are pleasingly varied
and dietetically correct

THREE meals a day, 365 days a year — truly the housewife’s job of planning meals is not an easy task. In this book we present a collection of wholesome, delicious “different” recipes that we believe will help her to gratify the family’s whims, provide proper food for health, and keep within the budget.

The housewife who has at her fingertips a knowledge of the comparative values of food is able to serve meals that are pleasingly varied and dietetically correct. Food must supply the material which the body uses in building tissue, regulating its functions, and in obtaining energy for its activities. An adequate diet, food chemists tell us, must supply every day sufficient quantities of protein and minerals for building body tissues; vitamins, water and certain minerals for regulating its functions; carbohydrates and fats for supplying sufficient energy.

The importance of a wholesome carbohydrate food like Minute Tapioca is evident when it is realized that energy is required for every movement of the body. Energy requirements of people vary with weight, height, age and occupation, but the average dietary should consist of about three parts by weight of carbohydrate to one part protein and fat. How essential, if meals are not to become monotonous, to vary this very large portion of the menu.

How Minute Tapioca Helps

Food chemists and cookery experts enthusiastically endorse Minute Tapioca because it can be prepared in such a variety of ways. It makes delightful desserts, simple or elaborate as occasion demands. It makes delicious and nourishing soups and a great variety of appetizing, well-balanced entrees. It is especially useful in making left-overs tempting, for with the help of Minute Tapioca, you can make a left-over cupful of meat, fish or vegetable stretch to a family portion of a savory entree.
Why Minute Tapioca is Valuable

Minute Tapioca is one of the most delicate and easily digested of the carbohydrates. The photomicrographs at the bottom of the page show why. Because the tapioca cells are so small, they afford a ready supply of energy with very little tax on the digestive system. Minute Tapioca comes to you already partially cooked. Our cooking process bursts many of the tiny granules, partially converting them into dextrin, and making them readily digestible.

Minute Tapioca in Child Feeding

Minute Tapioca affords a happy solution to the problem of good-for-them foods that children really like. Nourishing and easily digested, it combines ideally with milk and eggs—two foods which children need every day—and with healthful and necessary fruits. Tapioca should assume an important place in the child’s diet as early as the eighteenth month. During the third year a large bowl of tapioca porridge may frequently serve as the child’s entire supper. Children may eat many of the tapioca desserts prepared for grown-ups, for tapioca is one of the few desserts that doctors recommend for children.

Milk Modification

The smaller starch granules of Minute Tapioca appeal to many leading baby specialists for use in milk modification for infants, in place of arrowroot or barley. For this purpose, cook one level tablespoon of Minute Tapioca one hour in one and one half cups of hot water in a covered double boiler. Cool before adding to the milk and use in the formula as directed by your physician. Minute Tapioca is sterilized in the cooking process and comes in a sealed carton. It is uniform in quality, reasonable in price, and always available.
General Directions for Preparing

Minute Tapioca Dishes

Best results will be obtained with all Minute Tapioca dishes if the following suggestions are kept in mind:

1. Minute Tapioca expands a great deal in cooking. When first added to the liquid, the quantity called for in the recipe will appear to be insufficient, but by the time it is thoroughly cooked the mixture will thicken properly.

2. When adding Minute Tapioca to the liquid it is well to sprinkle the tapioca in gradually, stirring continuously for two or three minutes. After that stir frequently. This prevents the formation of lumps in the bottom of the dish.

3. It is always best to cook Minute Tapioca in a double boiler, to prevent burning. If a double boiler is not available, set the cooking dish in a larger receptacle of boiling water.

4. The water in the lower section of the double boiler should be boiling hard while the mixture is cooking.

5. Personal tastes vary as to the thickness of a tapioca pudding. The recipes in this cookbook have been tested by domestic science experts and should appeal to the taste of the average family. However, the addition of more Minute Tapioca will make the consistency thicker, while a slight increase in the amount of liquid, or the use of less tapioca, will make it thinner.

6. Minute Tapioca requires no soaking. It is pure tapioca in its most convenient form; already partially cooked by an exclusive patented process. It always comes in the familiar red and blue package.
A small quantity of Minute Tapioca improves the flavor and increases the nutritive value of various soups. Add the tapioca about 15 minutes before the soup is removed from the fire, allowing two tablespoons for each quart of liquid.

**HINDU SOUP**  
*Eight Portions*

- 1 quart soup stock
- 1 pint canned tomatoes
- 1 medium sized onion (chopped)
- 1 medium sized tart apple
- ½ cup chopped lean ham
- ⅛ teaspoon pepper
- ⅜ teaspoon sugar
- ⅛ teaspoon curry powder
- 3 tablespoons Minute Tapioca
- Salt to taste

Skim stock of all fat. Put in sauce pan tomatoes, onion, apple quartered, chopped ham and seasonings and simmer to a pulp (about 20 minutes). Rub through strainer.

Add to stock and bring to boil. Add Minute Tapioca and cook 15 minutes in double boiler, stirring frequently. Salt to taste and serve hot with crisp saltines.

*Prize Winner, Minute Tapioca Contest. Mrs. William Hannah, Essex Fells, N. J.*

**TOMATO BISQUE**  
*Six Portions*

- 1 pint tomatoes, rubbed through sieve
- 2 tablespoons Minute Tapioca
- 2 tablespoons butter
- 1 ⅛ teaspoons salt
- ⅛ teaspoon pepper
- 3 teaspoons sugar
- ⅛ teaspoon baking soda
- 1¼ pints hot milk or cream

Heat strained tomatoes in double boiler. Add Minute Tapioca, butter, salt, pepper, sugar and baking soda, and cook 15 minutes, stirring frequently. When ready to serve, stir gradually into hot milk or cream. (Never stir milk into tomato as it may curdle). Serve with croutons, toast or crackers.
SOUPS WITH MINUTE TAPIOCA

ICED FRUIT SOUP
Six Portions

1 glass currant jelly  
1 cup water  
1 cup raspberry juice  
5 whole cloves  
⅛ inch stick cinnamon  
3 tablespoons lemon juice  
⅔ cup strained orange juice  
2 tablespoons Minute Tapioca  
½ teaspoon salt  
2 tablespoons sugar  
1 cup pineapple juice

Mix currant jelly and water and heat enough to dissolve jelly. Add raspberry juice and allow to cool. Add cloves and cinnamon and allow to stand for several hours. Strain. Add lemon and orange juice. Cook Minute Tapioca, salt and sugar in hot pineapple juice in double boiler 15 minutes, stirring frequently. Cool and add to first mixture. Chill thoroughly and serve in bouillon cups with a few whole raspberries in each cup as a garnish.

A Prize Winner, Minute Tapioca Contest. Mrs. Sam Tenison, South Pasadena, Calif.

DUCHESS SOUP
Five Portions

1 quart milk  
1 tablespoon minced onion  
½ teaspoon salt  
⅛ teaspoon pepper  
2 tablespoons butter  
2 tablespoons chopped parsley  
2 tablespoons Minute Tapioca  
⅛ cup grated yellow cheese

Scald milk and onion together in double boiler. Add Minute Tapioca, salt and pepper and cook 15 minutes, stirring frequently. Add butter, cheese and parsley, and cook until cheese is melted. Serve with croutons or saltines.

Special Award to Mrs. L. B. Dobie, 738 Avon Fields Lane, Cincinnati, O.

SALMON BISQUE
Five Portions

1 pint milk  
1 tablespoon Minute Tapioca  
1 tablespoon chopped onion  
2 tablespoons butter  
1 teaspoon salt  
½ teaspoon paprika  
½ teaspoon pepper  
1 cup salmon  
1 tablespoon chopped parsley  
1 cup water

Scald milk in double boiler. Add Minute Tapioca, onion, butter and seasonings and cook 15 minutes, stirring frequently. Pick over salmon and mash fine. Add to Minute Tapioca mixture with parsley and water (any available salmon stock may be used to make up cup). Reheat. Serve hot in bouillon cups with a tablespoon of salted whipped cream on top.

Special Award to Mrs. Winifred M. Hubbard, 22 Court Street, Belfast, Me.

Corn Entree (page 8)
ENTREES MADE WITH MINUTE TAPIOCA

Appetizing, wholesome, easy-to-make, these balanced dishes will serve as the main course of a meal. Some of the most delicious and unusual of them may be made from left-overs.

CHICKEN CROQUETTES
14-16 Croquettes

⅛ cup Minute Tapioca
1 cup water or milk
1½ cups chicken stock
2 cups chopped cooked chicken
2 tablespoons finely chopped green peppers
2 tablespoons chopped pimentos
½ teaspoon salt
⅛ teaspoon paprika
⅛ teaspoon celery salt
1 egg slightly beaten with 2 tablespoons water

Cook Minute Tapioca in hot water, milk and chicken stock in double boiler 15 minutes, stirring frequently. Add remaining ingredients and cook 5 minutes longer. Cool, shape into small cones, roll in bread crumbs, then in egg and again in bread crumbs. Fry in hot deep fat until a golden brown. Arrange on platter, surround with peas creamed in Buttercup Sauce (page 15), and garnish with parsley. Strained chicken soup may be used instead of stock, in which case omit paprika and celery salt, and use only ¼ teaspoon salt.

A Prize Winner, Minute Tapioca Contest. Louise George, Des Moines, la.

CORN ENTREE
Six Portions

⅝ cup canned corn
2 tablespoons Minute Tapioca
⅜ teaspoon salt
⅛ teaspoon black pepper
Generous pinch cayenne

Remove seeds from green pepper and chop fine with onion. Saute in melted butter in frying pan until soft. Cut cheese in small pieces. Heat tomato and corn in double boiler. Add green pepper, onion, butter, cheese, Minute Tapioca and seasonings and cook 15 minutes, stirring frequently. Serve at once on toast or crackers.

A Prize Winner, Minute Tapioca Contest. Mrs. W. I. Mather, Mattapan, Mass.

CHICKEN A LA QUEEN
Eight Portions

3 tablespoons Minute Tapioca
½ teaspoon salt
⅛ teaspoon paprika
1 tablespoon chopped parsley
1 pint hot chicken stock
⅓ cup cream
1 cup cooked chicken, diced
Thin strips of pimento

Cook in double boiler 15 minutes, stirring frequently, Minute Tapioca, salt, paprika and parsley in hot stock and cream. Add chicken and cook 5 minutes longer. Serve on strips of thin toast. Garnish with strips of pimento.

A Prize Winner, Minute Tapioca Contest. Mrs. E. A. Gouans, Washington, D. C.
ESCALLOPED CHEESE AND OLIVES

Four Portions

1 1/2 cups tomato rubbed through sieve 1 small onion (finely chopped)
3 tablespoons Minute Tapioca 1 tablespoon butter
1/2 teaspoon salt 1/2 cup cheese (grated)
1/2 teaspoon sugar 18 ripe or stuffed olives (chopped coarse)
1/16 teaspoon paprika

Heat tomato in double boiler. Add Minute Tapioca, salt, sugar, paprika and onion (browned in the butter), and cook 15 minutes, stirring frequently. Grease baking dish and arrange layer of tapioca mixture, then a layer of grated cheese, then olives with remaining tomato mixture on top. Cover with buttered crumbs and bake for 20 minutes in moderate oven, 350°F.

CHEESE SOUFFLE

Four Portions

1 cup milk 1 teaspoon salt
3 tablespoons Minute Tapioca 3 eggs
1 cup grated cheese

Scald milk in double boiler, add tapioca and cook 15 minutes, stirring frequently. Add cheese and stir until melted, remove from heat and cool. Stir in egg yolks beaten until light. Add salt to egg whites, beat until stiff and fold lightly into cheese mixture. Turn into greased baking dish. Bake about 40 minutes in moderate oven, 350°F. When souffle shrinks a trifle from sides of dish and is brown on top, it is done. It is not necessary to “eat quickly before it falls” for when made with Minute Tapioca and properly baked, it will not fall. (May be baked in ramekin dishes.)

Variations: Chicken, salmon, ham, peas, or finely ground nuts, may be used instead of the cheese.

TOMATO RABBIT

Four Portions

1 cup milk 1 cup canned tomato soup
2 tablespoons Minute Tapioca 1 cup grated yellow cheese
1/4 teaspoon salt Unsalted crackers
1/16 teaspoon paprika

Scald milk in double boiler. Add Minute Tapioca and salt and paprika and cook 15 minutes, stirring frequently. Add tomato soup and cheese. Mix well and cook until cheese is melted. Serve at once on crackers or toast.

SHIRRED EGGS, SPANISH STYLE

Four Portions

1 pint strained tomatoes 1 teaspoon chopped parsley
1/4 cup Minute Tapioca 1/16 teaspoon paprika
1 teaspoon salt 4 eggs
1 tablespoon butter 1/4 cup grated cheese
1 teaspoon chopped onion

Heat strained tomatoes in double boiler. Add all other ingredients except eggs and cheese and cook 15 minutes, stirring frequently. Butter a shallow baking dish. Pour in tapioca mixture. Make four slight depressions in sauce and into each break an egg. Sprinkle with cheese, and bake in a moderate oven, 350°F., until the eggs have set. Serve hot garnished with parsley.

Special Award to Mrs. R. L. Tomkins, Placerville, Calif.
ENTREES MADE WITH MINUTE TAPIOCA

MEAT LOAF
Eight Portions

2 thin 2-inch slices salt pork
2 pounds hamburger steak
¾ cup (10 tablespoons) Minute Tapioca
½ small onion, chopped
1 pint canned tomatoes
2¼ teaspoons salt
¼ teaspoon pepper

Dice salt pork and try out to a golden brown. Add pork and dripping to other ingredients and mix thoroughly. Bake in bread pan in moderate oven, 350°F., 45 minutes. Remove loaf from pan and serve garnished with mashed potato rosettes and parsley. (Minute Tapioca is used in place of bread crumbs and egg, avoiding the bother of preparing crumbs and the resulting “bready” taste. The egg is unnecessary, for Minute Tapioca forms a perfect “binder”).

Special Award to Mrs. T. J. Ruether, Deadwood, S. D.

SHEPHERD'S PIE
Six Portions

½ cup Minute Tapioca
1 teaspoon salt
¼ teaspoon paprika
1% teaspoon pepper
1% cups hot water
1 cup hot gravy or stock
1 chopped onion
1 tablespoon chopped parsley
1 tablespoon catsup or
% teaspoon paprika
2 teaspoons Worcestershire Sauce
2 cups cooked meat cut in 1 inch cubes
2 cups mashed potatoes seasoned to taste

Cook in double boiler 15 minutes, stirring frequently, Minute Tapioca, salt, paprika and pepper in hot water and gravy. Add onion, parsley, catsup and meat. Mix well. Pour into greased baking dish. Spread mashed potatoes over top. Bake in moderate oven, 350°F., until potato is brown.

Special Award to Mrs. Carroll G. Bull, Baltimore, Md.

BACON DELIGHTS
Six Portions

3 tablespoons Minute Tapioca
1½ cups tomato, rubbed through sieve
½ teaspoon salt
½ teaspoon pepper
½% teaspoon mustard
6 slices bread
6 slices cheese
6 slices bacon

Cook Minute Tapioca in hot tomato in double boiler 15 minutes, stirring frequently. Add seasonings. Arrange bread slices in baking pan. Put a thin slice of cheese the same size as the bread on each slice. Cover with a generous spoonful of tomato sauce, and place a slice of bacon on top of sauce. Bake in hot oven, 450°F., until bacon is crisp and brown.

A Prize Winner, Minute Tapioca Contest. Gertrude Dutton, Sioux Falls, S. D.

Bacon Delights
SOUTHERN GOULASH
Ten Portions

1/4 cup butter 1 onion, chopped
1 pound hamburg steak 2 teaspoons salt
1 quart canned tomatoes Few grains cayenne
1/2 cup Minute Tapioca 2 cups grated American cheese
1 green pepper, chopped

Put butter in frying pan. Add hamburg steak and cook about 5 minutes. Add tomatoes, Minute Tapioca, green pepper, onion and seasoning; let simmer 1/2 hour. Stir frequently. Just before serving add grated cheese.

A Prize Winner, Minute Tapioca Contest. Theresa Lessmeister, Peru, Ill.

BEEF STEW EN CASSEROLE
Six Portions

3 tablespoons Minute Tapioca 3 medium sized onions, sliced
3 cups tomatoes rubbed through sieve 2 tablespoons melted butter
1 1/2 teaspoons salt 1 pound lean raw beef cut in
1/2 teaspoon paprika 1 inch cubes

Mix all ingredients together in a casserole and bake, covered, in a moderate oven, 350°F., for one hour or until meat is tender, stirring occasionally. Serve with baked potatoes.

Special Award to Marcia Sleezer, Paxton, Ill.

BREADED MINUTE TAPIOCA WITH BACON
Four Portions

1 pint milk 1 egg, slightly beaten with 2 tablespoons water
1/2 cup Minute Tapioca Bacon
1/2 teaspoon salt Bread crumbs

Scald milk in double boiler. Add Minute Tapioca and salt and cook 15 minutes, stirring frequently. Pour into a small wet deep pan, square or oblong, and set in ice box. When thoroughly chilled, unmold and cut in 1/3 inch slices. Fry thin slices of bacon until crisp. Remove from pan. Dip tapioca slices in bread crumbs, then in egg and again in bread crumbs, and fry to a golden brown in bacon fat. Serve on platter surrounded with crisp bacon and garnished with parsley. May also be used as a vegetable with meats.

Special Award to Mrs. Lillian A. Anderson, Wilton, N. D.

Stuffed Onions (page 12)
APPLE SAUSAGE
Eight Portions

6 apples
1/4 cup Minute Tapioca
2/3 cup brown sugar

1/2 teaspoon salt
1 pound pork sausage
1 pint boiling water

Quarter 6 good sized apples. Place in a greased casserole. Mix tapioca and sugar and salt. Spread over apples. Prick sausage and scald with boiling water. Drain and place sausage over apples. Pour sausage water over all, cover and bake in moderate oven, 350°F., 45 minutes, until apples are soft.

A Prize Winner, Minute Tapioca Contest. Mrs. Clarence R. Day, Providence, R. I.

STUFFED PEPPERS
Eight Portions

8 green peppers
6 tablespoons Minute Tapioca
1/2 teaspoon salt
1 pint hot tomato juice
2 small onions sliced thin

3 tablespoons butter
2/3 cup tomato pulp (drained)
1 cup cooked meat, chopped fine
1 cup canned corn (drained)

Cut stem end from peppers. Remove seeds and white membrane and parboil in salted water 15 minutes. Drain. Cook Minute Tapioca and salt in hot tomato juice in double boiler for 15 minutes, stirring frequently. Add onions, browned in the butter, tomato pulp, meat and corn. Fill peppers with mixture and fit into baking dish. Top each with bread crumbs and a dot of butter. Pour 1/2 inch of water into bottom of dish and bake in moderate oven, 350°F., until the pepper cases begin to brown slightly.

Special Award to Mrs. Susan A. Ayers, Minneapolis, Minn.

STUFFED ONIONS
Six Portions

6 large onions
3 tablespoons Minute Tapioca
2/3 teaspoon salt
1/4 teaspoon paprika
2 slices bacon (diced)
1/4 cup hot water

1/2 pound ground raw veal
1/2 teaspoon salt
1/4 teaspoon paprika
1/4 cup tomato soup
1/4 cup hot water

Peel onions. Cover with boiling water and boil gently 30 minutes. Cook Minute Tapioca and salt in hot water in double boiler 15 minutes, stirring frequently. Try out diced bacon in frying pan. Add veal, salt and dash of paprika and cook for 5 minutes. Stir into cooked tapioca mixture. Rinse onions in cold water to handle. Remove centers with sharp pointed knife and stuff. Place in baking dish. Mix soup and water and pour over onions. Bake 1 hour in moderate oven, 350°F., basting frequently.

Special Award to Agnes Loretta Jones, Whitewood, S. D.

ESCALLOPED FISH OR MEAT
Four Portions

1 1/2 cups milk
3 tablespoons Minute Tapioca
1/4 teaspoon salt
1/4 teaspoon pepper

3/4 cup cooked fish or meat
1 egg
1/2 cup bread or cracker crumbs
1 tablespoon butter

Scald milk in double boiler. Add Minute Tapioca, salt and pepper and cook 10 minutes, stirring frequently. Add fish or meat and cook 5 minutes more. Beat egg white until stiff. Add egg yolk, beat again, and add it to tapioca mixture. Remove from heat. Pour into well-buttered baking dish, cover with bread or cracker crumbs and bits of butter and bake in a moderate oven, 350°F., until brown - about 40 minutes. Serve hot. Especially good with tuna fish or minced ham.
SHRIMP POT - POURRI
Eight Portions

2 1/4 cups milk
3/4 cup Minute Tapioca
3/4 teaspoon salt
Few grains cayenne
1 egg
2 tablespoons butter
1 cup drained canned peas
1 can shrimps
1/2 cup stuffed olives, (cut fine)
3/4 cup diced celery
Hot toast rounds or patty shells

Scald milk in double boiler. Add Minute Tapioca, salt and pepper, and cook 15 minutes stirring frequently. Pour small amount of mixture slowly over slightly beaten egg, stirring vigorously. Return to double boiler and cook 5 minutes longer or until fairly thick. Stir in butter, peas, shrimps, olives and celery. Reheat. Pour immediately over hot buttered toast rounds.

BAKED FISH -- MINUTE TAPIOCA DRESSING
Six Portions

1 cup milk
1 cup water
3/4 cup Minute Tapioca
3/4 teaspoon salt
2 pounds fish to bake
2 small onions
1 cup canned tomatoes or
2 medium sized fresh tomatoes
1/2 teaspoon pepper
1 1/2 thin slices salt pork or
1/4 cup butter

Scald milk and water in double boiler. Add Minute Tapioca and salt and cook 15 minutes, stirring frequently. Clean, wash, and rub fish in salt. In a well-greased baking pan, put a thin layer of sliced onions, sweet peppers and tomatoes. Lay fish on top. Sprinkle with pepper. Spread creamed butter over fish or gash and insert slices of pork. Place remaining vegetables around fish. Pour tapioca mixture over all and bake in a moderate oven, 350°F., until fish is done, basting often.

A Prize Winner, Minute Tapioca Contest. Mrs. Edwin Q. Banks, El Dorado, Ark.

SALMON CROQUETTES
Eight medium sized croquettes

1 cup milk
3 tablespoons Minute Tapioca
1/2 tablespoon lemon juice
1/8 teaspoon salt
Few grains cayenne
1/2 cups salmon
Bread crumbs
1 egg, slightly beaten with
2 tablespoons water

Scald milk in double boiler. Add Minute Tapioca, salt and cayenne and cook 15 minutes, stirring frequently. Pick over salmon and mash fine. Add lemon juice. Add to tapioca mixture, mixing well. Cool. Shape into croquettes, roll in crumbs, then in egg and again in crumbs, and fry in deep hot fat to a golden brown. Drain. Delicious served with peas creamed in Buttercup Sauce (see page 15).

Special Award to Mrs. Lois B. Morgenstern, Woodhaven, N. Y.

ESCALLOPED CAULIFLOWER AND HAM
Six Portions

1 small cauliflower
1 pint milk
3 tablespoons Minute Tapioca
2 tablespoons butter
1/2 teaspoon salt
1/2 teaspoon of pepper and paprika
1/2 pound boiled, chopped ham
Buttered crumbs

Cook cauliflower broken in small pieces in boiling salted water until tender. Drain. Scald milk in double boiler. Add Minute Tapioca, butter, salt and pepper, and cook 15 minutes, stirring frequently. Put layer of tapioca mixture in greased baking dish, then layer of cauliflower and ham. Repeat and finish with layer of tapioca mixture. Sprinkle with buttered crumbs. Bake in moderate oven until brown. Serve with baked potato.

Special Award to Mrs. Ethel Hubbard Smith, Luverne, Minn.
Minute Tapioca is the ideal thickening agent for sauces and gravies. It never "lumps", and a few minutes cooking completely dissolves the tapioca, making straining unnecessary. Use in place of flour, allowing two tablespoons of Minute Tapioca for each pint of liquid. Cook until tapioca is transparent, stirring frequently.
Season to taste.

WHITE SAUCE

1 pint milk
2 tablespoons Minute Tapioca
1/2 teaspoon salt
1 tablespoon butter

Scald milk in double boiler. Add Minute Tapioca, butter and salt and cook 15 minutes, stirring frequently. Minute Tapioca white sauce is equally good for purees, creamed vegetables, creamed toast, creamed fish or meat.

TOMATO SAUCE

Two Portions

2 tablespoons Minute Tapioca
1 pint hot cooked tomatoes
1/2 teaspoon salt
1 tablespoon butter
Sugar

Cook Minute Tapioca, salt and butter in hot tomatoes in double boiler 15 minutes, stirring frequently. Add sugar to taste and serve. The consistency and flavor of tomato sauce are greatly improved by the addition of Minute Tapioca.
**BUTTERCUP SAUCE**

1 pint milk  
3 tablespoons Minute Tapioca  
$\frac{1}{2}$ teaspoon salt  
$\frac{1}{16}$ teaspoon pepper  
4 tablespoons butter  
1 egg

Scald milk in double boiler. Add Minute Tapioca, salt, pepper, and cook 15 minutes, stirring frequently. Add butter. Pour small amount of mixture slowly over slightly beaten egg, stirring vigorously. Return to double boiler and cook until mixture thickens like custard. Remove from heat immediately and serve.

To Serve: Pour over boiled cauliflower surrounded with boiled diced carrots. Sprinkle delicately with minced parsley and a dash of paprika. Pour over boiled cabbage surrounded with hot drained peas. If desired, garnish with hot sliced hard-boiled egg and a grating of sweet pickle. Pour over hot asparagus on toast and garnish with pimento strips. Pour over halves of small new potatoes. Sprinkle with minced parsley and serve with baked fish.

*Special Award to Mrs. Susan A. Ayers, Minneapolis, Minn.*

**MINUTE TAPIOCA STUFFING**

$\frac{1}{4}$ cup Minute Tapioca  
$2\frac{1}{4}$ cups hot water  
$\frac{3}{4}$ teaspoon salt  
$\frac{1}{8}$ teaspoon pepper  
$1\frac{1}{2}$ to 2 teaspoons poultry seasoning  
2 cups fine bread crumbs  
1 small onion - chopped fine  
2 medium slices salt pork

Cook Minute Tapioca, salt, pepper, and poultry seasoning in hot water in double boiler 15 minutes, stirring frequently. Add bread crumbs, onion, and salt pork (with dripping) which has been diced and tried out to a golden brown. Cool dressing enough to handle and stuff fowl.

*A Prize Winner, Minute Tapioca Contest. Mrs. E. J. Cooper, East Orange, N. J.*

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Banana Nut Minute Tapioca

(page 25)
Delicious molded salads are easily made without ice when Minute Tapioca is used as a filling. The ingenious housewife will find that small amounts of left-overs may be easily combined to make pleasing and nutritious salads.

**ASPIC VEGETABLE SALAD**

Six Portions

- ½ cup Minute Tapioca
- 1½ teaspoons salt
- 1 tablespoon chopped onion
- ½ cup diced cooked carrots
- ⅛ cup canned peas (drained)
- ⅛ cup chopped green pepper
- ½ cup chopped celery
- ¼ cup hot water
- ⅛ cup vinegar
- ⅛ cup chopped parsley
- 1 cup canned tomato soup

Cook Minute Tapioca, salt and chopped onion in hot water in double boiler 15 minutes, stirring frequently. Remove from heat. Let cool slightly. Stir in other ingredients in order. Turn into 6 wet molds. Chill thoroughly. Remove from molds and serve on lettuce leaves with mayonnaise dressing.

Special Award to Jennie Lind Peterson, Lakewood, O.

**SHRIMP SALAD**

Eight Portions

- 6 tablespoons Minute Tapioca
- ¼ teaspoon salt
- Dash of cayenne
- 1 egg
- ⅛ cup diced cooked carrots
- ⅛ cup canned peas (drained)
- ⅛ cup chopped green pepper
- ⅛ cup chopped celery
- ⅛ cup chopped parsley
- ⅛ cup chopped tomato soup
- ⅛ cup chopped pimento
- 1 can shrimps cleaned and cut in small pieces
- 1 tablespoon chopped onion
- 1 cup chicken soup
- 1 tablespoon chopped celery
- ½ cup hot water
- ½ cup vinegar
- 1 can shrimps cleaned and cut in small pieces

Cook in double boiler for 15 minutes, stirring frequently, Minute Tapioca, salt and cayenne in hot soup and water. Pour small amount of mixture slowly over slightly beaten egg, stirring vigorously. Return to double boiler and cook until thickened. Add celery, pimento, onion, and shrimps, mixing well. Fill eight individual wet molds and chill thoroughly. Unmold on lettuce leaves and serve with mayonnaise.

Special Award to Mrs. Phyllis Rodugues, South Pasadena, Calif.

**STEAMED SALAD DRESSING**

- ⅜ cup milk
- 1 teaspoon butter
- 2 tablespoons Minute Tapioca
- ⅛ cup sugar
- ⅛ teaspoon salt
- 1 egg
- ⅛ teaspoon mustard
- ⅛ cup vinegar

Scald milk in double boiler. Add Minute Tapioca, salt, mustard and butter and cook 15 minutes, stirring frequently. Add sugar. Pour small amount of mixture slowly over slightly beaten egg, stirring vigorously. Return to double boiler, add vinegar and cook until thickened. Cool. Just before serving, fold in a little whipped cream.

[ 16 ]
Among the following desserts, the housewife will find many delightful suggestions for every occasion. All are easy to make and may be prepared ahead of time if desired. Many tapioca desserts are as good for children as for grown-ups.

**MINUTE TAPIOCA CREAM**

*Eight Portions*

- 1 quart milk
- 1/4 cup Minute Tapioca
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1 egg
- 1/2 teaspoon flavoring

Scald milk in double boiler. Add Minute Tapioca, sugar and salt and cook 15 minutes, stirring frequently. Pour small amount of mixture slowly over slightly beaten egg yolk, stirring vigorously. Return to double boiler and cook until mixture begins to thicken like custard. Remove from heat and add vanilla, orange or any flavoring desired. Fold in stiffly beaten egg white. Chill. Serve in sherbet glasses and garnish with whipped cream and a few berries or pieces of fruit. This pudding is delicious poured cold over fruit or berries, fresh or canned. Raisins, prunes, figs, dates, or nuts may be stirred into it while cooling.

**MINUTE TAPIOCA ICE BOX PUDDING**

*Eight Portions*

- 1/2 cup Minute Tapioca
- 1 pint hot grape juice
- 1 cup sugar
- 1/4 cup orange juice
- 1/2 dozen lady fingers or strips of sponge cake
- 1 small bottle of Maraschino cherries
- 1 cup cherry juice
- 1 1/2 cups pared, sliced apples
- 1/2 cup raisins

Cook Minute Tapioca in the hot grape juice in double boiler 15 minutes, stirring frequently. Stir in sugar. Remove from heat and add orange juice, cherry juice and cherries cut in small pieces. Let stand until cooled, but not thickened. Grease or wet a mold or baking dish and arrange split lady fingers or strips of sponge cake in it. Pour in the tapioca mixture and cover with remaining lady fingers. Let stand in refrigerator for 12 hours. Unmold, slice and serve cold with whipped cream.

A Prize Winner, Minute Tapioca Contest. Sara H. Young, Salt Lake City, Utah

**HONEYFRUIT MINUTE TAPIOCA**

*Eight Portions*

- 1/4 cup Minute Tapioca
- 1/4 teaspoon salt
- 1 pint hot water
- 1 cup dates
- 1/2 cup raisins
- 1/2 cup chopped walnuts
- 3/4 cup honey
- 3/4 cup water
- 1 1/2 cups pared, sliced apples

Cook Minute Tapioca and salt in hot water in double boiler 15 minutes, stirring frequently. Stone and cut up dates. Mix with raisins, nuts, honey and 1/2 cup water. Heat for five minutes, stirring constantly. Add with apples to tapioca mixture. Pour into buttered baking dish and bake in moderate oven, 350°F, for 30 minutes, or until apples are tender. Serve hot or cold with cream.

A Prize Winner, Minute Tapioca Contest. Mrs. Claude Boyer, Louisville, Ky.
GINGER MINUTE TAPIOCA

Six Portions

1 pint milk 1½ tablespoons ginger syrup
3 thin strips outside yellow skin of orange
1/4 cup Minute Tapioca
1/4 cup sugar
1 cup orange juice


A Prize Winner, Minute Tapioca Contest. Elizabeth B. Dean, Dundee, N. Y.

RHUBARB MINUTE TAPIOCA

Eight Portions

1 1/2 cups boiling water
3 cups pink tender rhubarb cut in small pieces without peeling
1/4 cup Minute Tapioca
1/4 cup sugar
1/2 teaspoon salt

Add ingredients to hot water in double boiler. Cook for 30 minutes or until the rhubarb is soft, stirring frequently. Chill and serve with whipped cream. If too thick more water may be added.

SNAPPY MINUTE TAPIOCA

Eight Portions

1 quart milk 2 eggs
1/2 cup Minute Tapioca
1/4 cup brown sugar
2 teaspoons salt

Scald milk in double boiler, add Minute Tapioca, brown sugar and salt and cook 15 minutes, stirring frequently. Add raisins. Pour small amount of mixture slowly over slightly beaten egg yolks, stirring vigorously. Return to double boiler and cook until mixture thickens like custard. Remove from heat, pour over gingersnaps previously broken into small pieces. Stir well. Pour into individual ramekins. Use whites of eggs, beaten stiff, as a meringue. Bake to a delicate brown in moderate oven, 350°F. Serve hot or cold.

A Prize Winner, Minute Tapioca Contest. Mrs. Ralph Neale, Natick, Mass.
BREAD PUDDING
Eight Portions

3 cups milk  1 egg
3 slices stale bread cut in small pieces  ¼ cup sugar
2 tablespoons Minute Tapioca  1 teaspoon vanilla or lemon extract
1/4 teaspoon salt  1 cup raisins

Scald milk in double boiler. Add bread crumbs, Minute Tapioca and salt and cook 15 minutes, stirring frequently. Stir in well beaten egg yolk, sugar, flavoring and raisins. Pour in buttered baking dish and cook 30 minutes in a moderate oven, 300°F. The beaten egg white may be used as meringue. Serve plain or with cream.

INDIAN PUDDING
Eight Portions

5 cups milk  1 1/2 teaspoons salt
1/2 cup Minute Tapioca
1/2 cup cornmeal
1/2 cup sugar
1/4 cup molasses
1 tablespoon butter

1/2 teaspoon ginger
1/2 teaspoon nutmeg
1/4 teaspoon cinnamon
1 cup raisins or 1 pint tart, sliced apples

Scald milk in double boiler. Add Minute Tapioca and cook 10 minutes, stirring frequently. Add cornmeal, sugar, molasses, butter and seasonings. Stir until mixture thickens. Add raisins or sliced apples. Pour into buttered baking dish. Set in hot water and bake 2 1/2 hours in a slow oven, stirring occasionally. Serve with hard sauce or plain cream.

A Prize Winner, Minute Tapioca Contest. Mrs. A. Houkum, Halstad, Minn.

GRAHAM PUDDING
Six Portions

3 cups milk  10 graham crackers
2 tablespoons Minute Tapioca  1/2 cup raisins
6 tablespoons sugar  1 teaspoon vanilla
1/4 teaspoon salt  1 egg

Scald milk in double boiler. Add Minute Tapioca, sugar, salt and crumbled graham crackers and cook 15 minutes, stirring frequently. Add raisins and vanilla. Pour slowly over slightly beaten egg, stirring vigorously. Pour into buttered baking dish and bake 1/2 hour in a moderate oven, 350°F. Serve with slightly sweetened whipped cream.

Special Award to Mrs. L. A. Bailey, St. Louis, Mo.
**CHOCOLATE MINUTE TAPIOCA**

*Eight Portions*

\[
\begin{align*}
\frac{1}{2} \text{ cup Minute Tapioca} & \quad 1 \text{ quart hot chocolate or cocoa made} \\
\frac{1}{2} \text{ cup sugar} & \quad \text{desired strength for drinking} \\
\frac{1}{4} \text{ teaspoon salt} & \quad 1 \text{ teaspoon vanilla}
\end{align*}
\]

Cook in double boiler 15 minutes, stirring frequently, Minute Tapioca, sugar and salt in hot chocolate or cocoa. Remove from heat and add vanilla. Chill and serve in sherbet glasses with sweetened whipped cream or with top milk and sugar.

**COFFEE MINUTE TAPIOCA**

*Eight Portions*

\[
\begin{align*}
\frac{1}{2} \text{ cup Minute Tapioca} & \quad 1 \text{ teaspoon lemon juice or vanilla} \\
\frac{1}{2} \text{ cup sugar} & \quad 1 \text{ cup dates cut in quarters} \\
\frac{1}{4} \text{ teaspoon salt} & \quad \text{(if desired)} \\
1 \text{ quart hot coffee}
\end{align*}
\]

Cook Minute Tapioca, sugar, and salt in hot coffee 15 minutes in double boiler, stirring frequently. Remove from heat and add lemon or vanilla. Add dates if desired. Chill and serve in sherbet glasses, garnished with sweetened whipped cream.

*A Prize Winner, Minute Tapioca Contest. Grace R. Pope, Outremont, Quebec, Can.*

**STRAWBERRY SHORTCAKE**

*Eight Portions*

\[
\begin{align*}
2\frac{1}{2} \text{ cups milk} & \quad 4 \text{ tablespoons butter} \\
6 \text{ tablespoons Minute Tapioca} & \quad \frac{1}{4} \text{ teaspoon vanilla} \\
\frac{1}{4} \text{ cup sugar} & \quad 1 \text{ quart strawberries} \\
\frac{1}{4} \text{ teaspoon salt} & \quad \frac{1}{2} \text{ cup sugar} \\
1 \text{ egg}
\end{align*}
\]

Scald milk in double boiler. Add Minute Tapioca, sugar and salt and cook 15 minutes, stirring frequently. Pour small amount of mixture slowly over slightly beaten egg yolk, stirring vigorously. Return to double boiler and cook until mixture begins to thicken like custard. Remove from heat, add butter and vanilla. When lukewarm stir in slightly crushed berries which have been sweetened with \(\frac{1}{2}\) cup sugar. Fold in stiffly beaten egg white. Chill and spread between the layers and over the top of a fresh sponge cake. Serve at once. Raspberries or blackberries may be used. The Minute Tapioca basis furnishes a pleasing substitute for the rich and expensive whipped cream.

*Special Award to Mrs. Susan A. Ayers, Minneapolis, Minn.*

**MAPLE WALNUT MINUTE TAPIOCA**

*Six Portions*

\[
\begin{align*}
1 \text{ pint milk} & \quad \frac{1}{2} \text{ teaspoon salt} \\
\frac{1}{2} \text{ cup Minute Tapioca} & \quad 1 \text{ egg} \\
1 \text{ cup maple syrup} & \quad \frac{3}{4} \text{ cup walnut meats, chopped fine}
\end{align*}
\]

Scald milk in double boiler. Add Minute Tapioca, maple syrup and salt and cook 15 minutes, stirring frequently. Pour small amount of mixture slowly over slightly beaten egg yolk, stirring vigorously. Return to double boiler and cook until mixture begins to thicken like custard. Cool. Add walnut meats, and fold in the stiffly beaten egg white. Serve in sherbet glasses, garnished with nut halves and whipped cream, or with top milk.
BANANA MAPLE MINUTE TAPIOCA
Eight Portions

1 quart milk  2 eggs
1/2 cup Minute Tapioca  Pulp of 3 ripe bananas
1/4 cup maple syrup  1 teaspoon vanilla
1/2 teaspoon salt

Scald milk in double boiler. Add Minute Tapioca, syrup and salt and cook 15 minutes, stirring frequently. Pour small amount of mixture slowly over slightly beaten egg yolks, stirring vigorously. Return to double boiler and cook until mixture thickens like custard. Remove from heat and add banana pulp which has been pressed through a sieve. Add vanilla and fold in stiffly beaten egg whites. Chill and serve in sherbet glasses with whipped cream.

A Prize Winner, Minute Tapioca Contest. Dorothy Camley, Fairfax, Vt.

PEANUT BUTTERSCOTCH
Six Portions

1 pint milk  1 tablespoon butter
1/4 cup Minute Tapioca  1/2 cup brown sugar
1/2 teaspoon salt  1/4 cup chopped peanuts
1 cup chopped peanuts

Scald milk in double boiler. Add Minute Tapioca and salt and cook 15 minutes, stirring frequently. Melt butter and sugar in saucepan and cook until brown. Stir into tapioca mixture and cook until butterscotch is dissolved. Add peanuts. Chill. Serve in sherbet glasses topped with whipped cream.

Special Award to Mrs. E. Gladys Stone, Muscatine, la.

DATE BUTTERSCOTCH
Eight Portions

1/4 cup Minute Tapioca  6 tablespoons dark brown sugar
1/8 teaspoon salt  1/2 teaspoon vanilla
1 pint hot water  1 cup chopped dates
3 tablespoons butter

Cook Minute Tapioca and salt in hot water in double boiler 15 minutes, stirring frequently. Melt butter in saucepan, add sugar and stir until melted. Stir into tapioca mixture. Add vanilla and chopped dates. Pour into buttered baking dish. Bake 30 minutes in moderate oven, 350°F. Serve hot with cream or top milk.

GRAPE MOLD
Eight Portions

5 tablespoons Minute Tapioca  1 cup quartered marshmallows (if desired)
1/2 teaspoon salt  2 egg whites
1 pint hot grape juice  Lady fingers or strips of sponge cake
1/2 cup sugar
1 cup shredded pineapple

Cook Minute Tapioca and salt in the hot grape juice in a double boiler 15 minutes, stirring frequently. Stir in sugar. Remove from heat and add pineapple. When partially cooled, stir in the marshmallows (if desired) and fold in the stiffly beaten egg whites. Arrange split lady fingers in glass bowl or individual sherbet glasses. Pour in mixture and chill. Serve with whipped cream.

Special Award to Mrs. Susan A. Ayers, Minneapolis, Minn.
GRAPE - APPLE PUDDING
Eight Portions

5 tablespoons Minute Tapioca  
1/2 teaspoon salt  
1 cup hot water  
1 cup hot grape juice 
1 cup sugar  
1/2 teaspoon nutmeg  
1/2 cup walnuts  
6 medium sized tart apples

Cook Minute Tapioca and salt in hot water and grape juice in double boiler 15 minutes, stirring frequently. Add sugar, nutmeg, walnuts and apples (pared, cored and cut in eighths) and cook 5 minutes more. Pour into buttered baking dish and bake in moderate oven, 350°F., until apples are tender. Serve with sweetened whipped cream.

A Prize Winner, Minute Tapioca Contest. Mrs. Ivan E. Swift, Lester Manor, Va.

APPLE MINUTE TAPIOCA
Eight Portions

1/2 cup Minute Tapioca  
1 teaspoon salt  
1 quart hot water  
6 tart apples 
1 cup sugar  
1/2 teaspoon cinnamon  
1 tablespoon butter

Cook Minute Tapioca and salt in hot water in double boiler 15 minutes, stirring frequently. Pare and quarter apples. Place in buttered baking dish and cover with sugar and spices. Dot over with butter. Pour Minute Tapioca mixture over all and bake in a moderate oven 350°F., until apples are soft. Serve with cream and sugar.

APPLE MOLASSES PUDDING
Ten Portions

1/4 cup Minute Tapioca  
1/2 teaspoon salt  
1/2 cup molasses  
1 quart hot water  
6 apples sliced thin 
1/2 cup sugar  
1/2 teaspoon nutmeg  
1/2 teaspoon cinnamon  
2 tablespoons butter

Add Minute Tapioca, salt, and molasses to hot water and cook in double boiler 15 minutes, stirring frequently. Place apples in pudding dish. Add raisins. Mix sugar, nutmeg and cinnamon and sprinkle over apples and raisins. Dot over with butter. Pour tapioca mixture over all, and bake in moderate oven, 350°F., until apples are soft. Serve hot or cold with lemon, maple or hard sauce, or garnished with whipped cream.

A Prize Winner, Minute Tapioca Contest. Anna Anderson, Brooklyn, N. Y.

Minute Tapioca Cream
(page 17)
PINEAPPLE CAKE CRUMB PUDDING

Six Portions

Scald milk in double boiler. Add Minute Tapioca, sugar and salt and cook 15 minutes, stirring frequently. Pour small amount of mixture slowly over slightly beaten egg yolk, stirring vigorously. Return to double boiler and cook until mixture thickens like custard. Add vanilla. Fold in stiffly beaten egg white. Cool. Line sherbet glasses with cake crumbs. Pour pineapple juice on crumbs and let soak. Fill glasses with tapioca mixture. Chill. Garnish with sweetened whipped cream and small pieces of sliced pineapple.

A Prize Winner, Minute Tapioca Contest. Mrs. A. R. Grenon, Butte, Mont.

PINEAPPLE MINUTE TAPIOCA

Eight Portions

Cook Minute Tapioca, sugar and salt in hot water in double boiler 15 minutes, stirring frequently. Remove from heat and stir in pineapple. Chill. Serve in sherbet glasses garnished with sweetened and flavored whipped cream. If fresh fruit is used, it should be sweetened to taste and allowed to stand 1/2 hour or more. Any fruit juice may be used as part of liquid.

ORANGE MINUTE TAPIOCA CREAM

Eight Portions

Scald milk in double boiler. Add Minute Tapioca, sugar and salt and cook 15 minutes, stirring frequently. Pour small amount of mixture over slightly beaten egg yolk, stirring vigorously. Return to double boiler and cook until thick as custard. Remove from heat, add stiffly beaten egg white and flavoring. Place few sections of orange in bottom of individual serving dishes and cover with pudding. Garnish with additional sections, and whipped cream if desired.
BUTTERSCOTCH PINEAPPLE PUDDING
Eight Portions

1 quart milk
⅜ cup Minute Tapioca
⅜ cup sugar
⅛ teaspoon salt
1 egg
6 tablespoons butter
⅜ cup brown sugar
1 cup crushed pineapple
⅜ cup nut meats

Scald milk in double boiler. Add Minute Tapioca, sugar and salt and cook 15 minutes, stirring frequently. Pour small amount of mixture slowly over slightly beaten egg yolk, stirring vigorously. Return to double boiler and cook until mixture thickens like custard. Remove from heat. Melt butter in a sauce pan. Add brown sugar and melt the sugar, stirring constantly. Add pineapple and nuts. Stir into the tapioca mixture. Fold in stiffly beaten egg white. Chill. Serve in sherbet glasses, garnished with whipped cream and a sprinkling of grated nut meats.

A Prize Winner, Minute Tapioca Contest. Mrs. G. H. Hospers, Waterloo, Ia.

PEACH MINUTE TAPIOCA
Eight Portions

4 fresh peaches or 8 halves
1 quart milk
⅛ cup Minute Tapioca
⅛ teaspoon salt
⅜ cup sugar
1 tablespoon butter
⅛ cup orange extract
1 teaspoon vanilla

Slice peaches into bowl and sweeten to taste. Scald milk in double boiler. Add Minute Tapioca, sugar, salt and butter and cook 15 minutes, stirring frequently. Remove from heat, add vanilla and pour over fruit. Chill and serve in sherbet glasses. Garnish with sweetened whipped cream and sliced peaches. (If canned peaches are used, less milk is needed as any available fruit juices may be used to make up the quart of liquid. Also, it is unnecessary to sweeten peaches in bowl).

FIG MINUTE TAPIOCA
Five Portions

⅛ cup Minute Tapioca
⅛ teaspoon salt
1 pint syrup from stewed figs
1 cup figs drained from juice
3 tablespoons sugar
⅛ teaspoon orange extract
1 cup figs drained from juice

Cook Minute Tapioca and salt in fig syrup in double boiler 15 minutes, stirring frequently. Add sugar and orange extract. Place drained figs in bottom of buttered baking pan. Pour tapioca mixture over them and cook ½ hour in moderate oven, 350°F. Serve hot with sweetened and flavored whipped cream or top milk.

MOCHA MACAROON PUDDING
Six Portions

1 pint milk
1 cup strong coffee
6 tablespoons Minute Tapioca
⅛ teaspoon salt
1 teaspoon dry cocoa
6 tablespoons sugar
1 egg
1 tablespoon butter
1 teaspoon vanilla
3 macaroons

Scald milk and coffee in double boiler. Add Minute Tapioca and salt and cook for 15 minutes, stirring frequently. Mix cocoa with sugar and add. Pour small amount of mixture slowly over slightly beaten egg yolk, stirring vigorously. Return to double boiler and cook until mixture begins to thicken like custard. Remove from heat, stir in butter, vanilla and crumbled macaroons. Fold in stiffly beaten egg white. Chill. Serve in sherbet glasses, garnished with sweetened whipped cream flavored with vanilla.

Special Award to Mrs. George N. Steffan, Augusta, Ga.
BANANA NUT MINUTE TAPIOCA

Six Portions

1/4 cup Minute Tapioca
1/2 teaspoon salt
1 pint hot water
7/8 cup sugar

1 egg
Juice of 1 lemon
2 bananas, sliced
1/4 cup salted peanuts, chopped

Cook Minute Tapioca and salt in hot water in double boiler 15 minutes, stirring frequently. Add sugar. Pour small amount of mixture over slightly beaten egg yolk, stirring vigorously. Return to double boiler and cook until mixture thickens like custard. Remove from heat and stir in lemon juice, sliced bananas and chopped nuts. When partially cool, fold in the stiffly beaten egg white. Chill thoroughly and serve in sherbet glasses. Garnish with sweetened whipped cream and chopped peanuts.

BERRY MINUTE TAPIOCA

Eight Portions

1 pint strawberries
1/2 cup Minute Tapioca
3 cups hot water
1/4 cup sugar
1 tablespoon lemon juice
1 teaspoon butter

Crush berries, sweeten to taste and let stand 1/2 hour. Cook 15 minutes in double boiler, stirring frequently, Minute Tapioca, sugar, butter, and salt in hot water. Remove from heat. Stir in berries in lemon juice. Chill and serve in sherbet glasses with sweetened whipped cream, garnished with a few whole berries. Raspberries or loganberries may be used instead of strawberries. If canned berries are used, they should be drained, no sugar added, and they do not need to stand 1/2 hour. Use juice of canned berries as part of three cups of liquid.

PINEAPPLE SHERBET

Six Portions

2 tablespoons Minute Tapioca
3/4 teaspoon salt
3 cups hot water
3/4 cup sugar

1 cup pineapple, grated or chopped
Grated rind of 1/2 lemon
2 tablespoons lemon juice

Cook Minute Tapioca and salt in hot water 1/2 hour, stirring frequently. Add sugar. Cool. Add remaining ingredients. Freeze, using 8 parts ice to 1 part salt.

MACAROON ICE CREAM

Eight Portions

1 quart milk
2 tablespoons Minute Tapioca
3/4 teaspoon salt
1 cup sugar
3/4 teaspoon almond flavoring

1/2 teaspoon vanilla flavoring
1 cup heavy cream
1 cup milk
1 dozen macaroons

DESSERT SAUCES; CAKE ICINGS, ETC.

Minute Tapioca is a decidedly superior thickening agent for fillings and sauces. It is delicate and palatable—thus eliminating any “starchy” taste, and it dissolves completely after a few minutes cooking—thus obviating any chance of “lumps.” It makes smooth, creamy cake icings that keep moist for days. Jams and conserves “set” more quickly when Minute Tapioca is used.

CHOCOLATE SAUCE

1 cup milk
2 tablespoons Minute Tapioca
½ teaspoon salt
1 square bitter chocolate

Scald milk in double boiler. Add Minute Tapioca and salt and cook 15 minutes, stirring frequently. Add chocolate shaved fine and stir until melted. Remove from heat. Cream butter and sugar together and add vanilla. Add to partially cooled tapioca mixture and beat until thoroughly combined. Delicious as sauce for ice cream or poured over cake.

Special Award to Mrs. Wilber E. Brotherton, Bozeman, Mont.

LEMON SAUCE

3 tablespoons Minute Tapioca
1 pint hot water
2 tablespoons butter
½ cup sugar
2 tablespoons lemon juice
2 teaspoons grated lemon rind
8 marshmallows

Cook Minute Tapioca in hot water in double boiler 15 minutes, stirring frequently. Add butter, sugar, lemon juice, lemon rind and marshmallows cut in small pieces. Cook until marshmallows are melted. Serve hot poured over cake.

Special Award to Mrs. E. R. Schmidt, Portland, Ore.

Peach Minute Tapioca
(page 24)
DESSERT SAUCES; CAKE ICINGS, ETC.

ORANGE COCONUT FILLING

1 cup hot water
1/4 cup Minute Tapioca
Juice of 1 orange
Juice of 1 lemon
1/2 teaspoon salt
1/4 cup sugar
Grated rind of 1/2 orange and 1/2 lemon
1/2 cup coconut

Cook Minute Tapioca, juice of orange and lemon and salt in hot water in double boiler 15 minutes, stirring frequently. Add other ingredients, mixing well. Chill and spread between layers of cake.

Special Award to Grace Greenwood, Del Rio, Texas.

FIG FILLING

1 1/2 tablespoons Minute Tapioca
1/4 teaspoon salt
1 cup hot water
3 tablespoons sugar

1/4 cup chopped figs
1/4 cup chopped walnut meats

Cook Minute Tapioca and salt in hot water in double boiler 10 minutes, stirring frequently. Add sugar, lemon juice, butter and figs and cook 10 minutes longer, stirring frequently. Remove from heat and add nuts. Cool and spread between layers of cake. (Also may be used as a spread or filling for cookies.)

Special Award to Mrs. Gertrude Stillman Grandall, Marinette, Wis.

MAPLE MOUNTAIN FROSTING

1 tablespoon Minute Tapioca
1/2 cup hot water
1/2 cup brown sugar
1/2 tablespoon vinegar

1 teaspoon vanilla
1 egg white
1/2 cup chopped nut-meats

Cook Minute Tapioca in hot water in double boiler 1/2 hour, stirring frequently. Add brown sugar and vinegar and boil over direct heat, stirring constantly until syrup threads when dropped from a spoon. Add vanilla and pour slowly over stiffly beaten egg white, beating constantly with egg beater until mixture is consistency to spread. Add nuts. This is a “never fail” frosting. It does not dry or crack. Also delicious as a filling for layer cake or Washington pie.

Special Award to Mrs. O. N. Doty, Hudson, Ind.

Berry Minute Tapioca
(page 25)
FRUIT AND BERRY PIES

A tablespoon of Minute Tapioca is excellent for thickening rhubarb, apple and berry pies. Scatter it over the fruit or berries in place of flour. It does not lump and it prevents the juices from running out.

OLD TIME TARTS

Eight Tarts

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<tr>
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<tbody>
<tr>
<td>2 cups diced rhubarb</td>
<td>1 sprig mint (optional)</td>
<td>3/4 cup Minute Tapioca</td>
<td>1 pint crushed strawberries</td>
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<tr>
<td>3/4 cup hot water</td>
<td>1/4 cup Minute Tapioca</td>
<td>8 ready-baked tart-shells</td>
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<tr>
<td>1/2 teaspoon salt</td>
<td>1/2 inch slice orange, with rind</td>
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<tr>
<td>1 1/2 cups sugar</td>
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Simmer the rhubarb, hot water, salt and sugar ten minutes. Add the slice of orange and sprig of mint, the latter slightly bruised, and simmer twenty minutes more. Remove the orange and mint, add the Minute Tapioca and strawberries and cook in the top of a double boiler for 15 minutes, stirring frequently. Cool and pour into tart-shells.

DATE PRUNE PIE

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<tbody>
<tr>
<td>2 tablespoons Minute Tapioca</td>
<td>3/4 cup sugar</td>
<td>Juice and grated rind of 1 lemon</td>
<td>1/2 cup cooked prunes</td>
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<tr>
<td>1/4 teaspoon salt</td>
<td>1 cup dates</td>
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<tr>
<td>1 cup hot prune juice</td>
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<td>1 cup hot water</td>
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<tr>
<td>1 egg</td>
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Cook Minute Tapioca and salt in hot prune juice and water in double boiler 15-minutes, stirring frequently. Pour small amount of mixture slowly over slightly beaten egg yolk, stirring vigorously. Return to double boiler. Add sugar, juice and rind of lemon, and dates and prunes which have been pitted and chopped. Cook until mixture thickens. Cool. Pour into a previously baked pie crust, cover with meringue made of stiffly beaten egg white sweetened with 1 tablespoon sugar. Brown in moderate oven. Makes two medium sized pies.

RAISIN PIE

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<tbody>
<tr>
<td>1/4 cup Minute Tapioca</td>
<td>1 egg</td>
<td>3 tablespoons lemon juice</td>
<td>Grated rind of 1/2 lemon</td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td></td>
<td>1 tablespoon butter</td>
<td></td>
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<tr>
<td>6 tablespoons sugar</td>
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<tr>
<td>1 cup raisins</td>
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<tr>
<td>1 pint hot water</td>
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Cook Minute Tapioca, salt, sugar, and raisins in hot water in double boiler fifteen minutes, stirring frequently. Pour mixture slowly over slightly beaten egg, stirring vigorously. Add lemon juice, rind and butter. Bake in two crust pie.
GOLDEN SURPRISE

| 1 pint milk | \(\frac{1}{4}\) teaspoon ginger |
| \(\frac{1}{4}\) cup Minute Tapioca | \(\frac{3}{4}\) cup maple syrup |
| \(\frac{3}{4}\) cup sugar | 1 cup raw grated carrots |
| 1 teaspoon salt | 1 egg |
| \(\frac{1}{2}\) teaspoon cinnamon |

Scald milk in double boiler. Add Minute Tapioca, sugar, salt, cinnamon, ginger, maple syrup and carrots. Cook 35 minutes, stirring frequently. Pour small amount of mixture slowly over slightly beaten egg yolk, stirring vigorously. Return to double boiler and cook until mixture thickens like custard. Cool. Fill previously baked small pie shell. Cover with meringue made of stiffly beaten egg white sweetened with one tablespoon sugar, and brown in moderate oven.

A Prize Winner, Minute Tapioca Contest. Bertha Boss, Athol, N. S.

LEMON PIE

| \(\frac{1}{2}\) cup Minute Tapioca | 1 egg |
| \(\frac{1}{2}\) cups hot water | \(\frac{1}{2}\) cup lemon juice |
| 1 cup sugar | Grated rind of \(\frac{1}{2}\) lemons |
| 1 teaspoon butter |

Cook Minute Tapioca in hot water in double boiler for 15 minutes, stirring frequently. Add sugar and butter. Pour a small amount of mixture slowly over slightly beaten egg yolk, stirring vigorously. Return to double boiler and cook until mixture thickens like custard. Add lemon juice and grated rind. Cool. Fill previously baked small pie shell. Cover with meringue of egg white and one tablespoon sugar. Brown in moderate oven.

COCONUT CREAM PIE WITH JELLY

| 1 cup milk | \(\frac{1}{2}\) tablespoon lemon juice and |
| 2 tablespoons Minute Tapioca | grated rind of \(\frac{1}{4}\) lemon |
| 1 tablespoon sugar | 1 cup of banana pulp pressed |
| \(\frac{3}{4}\) teaspoon salt | through strainer |
| \(\frac{1}{2}\) cup brown sugar | 2 tablespoons butter |
| 2 eggs |

Scald milk in double boiler. Add Minute Tapioca and salt and cook 15 minutes, stirring frequently. Stir in sugar and butter. Pour small amount of mixture slowly over slightly beaten egg yolks, stirring vigorously. Return to double boiler and cook until mixture thickens. Add banana pulp and fold in stiffly beaten egg whites. Cool. Fill previously baked pie shell. Cover with sliced banana and spread layer of sweetened whipped cream over all. This is sufficient filling for a large pie.

BANANA PIE

| 1 cup milk | \(\frac{1}{2}\) tablespoon lemon juice and |
| 3 tablespoons Minute Tapioca | grated rind of \(\frac{1}{4}\) lemon |
| \(\frac{3}{4}\) teaspoon salt | 1 cup of banana pulp pressed |
| \(\frac{3}{4}\) cup brown sugar | through strainer |
| 2 eggs |

Scald milk in double boiler. Add Minute Tapioca and salt and cook 15 minutes, stirring frequently. Stir in sugar and butter. Pour small amount of mixture slowly over slightly beaten egg yolks, stirring vigorously. Return to double boiler and cook until mixture thickens. Add banana pulp and fold in stiffly beaten egg whites. Cool. Fill previously baked pie shell. Cover with sliced banana and spread layer of sweetened whipped cream over all. This is sufficient filling for a large pie.
Cookies and muffins made with Minute Tapioca are invariably moist, yet light in texture, a result usually difficult to obtain with ordinary ingredients.

**BROWNIES**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minute Tapioca</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Salt</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Hot water</td>
<td>½ cup</td>
</tr>
<tr>
<td>Butter</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Chocolate</td>
<td>3 squares</td>
</tr>
<tr>
<td>Eggs</td>
<td>1</td>
</tr>
</tbody>
</table>

Cook Minute Tapioca and salt in hot water in double boiler for 15 minutes, stirring frequently. Add butter, and chocolate shaved fine. Stir until both are melted. Remove from heat and cool slightly. Add egg well beaten and sugar. Mix well. Stir in flour and baking powder sifted together. Add nuts and vanilla. Spread about ¼ inch thick in buttered, floured pan and bake in moderate oven about 40 minutes. When slightly cool cut into bars and remove from pan.

*Special Award to Mrs. J. B. Morton, Charleston, W. Va.*

**CHOCOLATE COCONUT CAKES**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate</td>
<td>2 squares</td>
</tr>
<tr>
<td>Milk</td>
<td>½ cup</td>
</tr>
<tr>
<td>Condensed milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>Minute Tapioca</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Coconut</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

Melt chocolate in double boiler. Add both kinds of milk and when hot add Minute Tapioca and cook 15 minutes, stirring frequently. Remove from heat and add vanilla and coconut. Drop from spoon onto a greased tin, and bake in a moderately hot oven until brown.

*A Prize Winner, Minute Tapioca Contest. Gladys Hall Ricker, Skowhegan, Me.*

**MINUTE TAPIOCA MUFFINS**

*Eighteen Small Muffins*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>Minute Tapioca</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Salt</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Melted butter</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Cake flour</td>
<td>1 cup</td>
</tr>
<tr>
<td>Baking powder</td>
<td>3 teaspoons</td>
</tr>
</tbody>
</table>

Scald milk in double boiler. Add Minute Tapioca and salt and cook 15 minutes, stirring frequently. Cool slightly and pour over well beaten egg, stirring constantly. Add sugar and melted butter. Stir in flour sifted with baking powder. Bake in small greased gem pans in hot oven 15 to 20 minutes.

*Special Award to Mary E. Baker, Schenectady, N. Y.*
MINUTE TAPIOCAS WITH COOKED CEREAL
The combination of Minute Tapioca and any cooked cereal is delicious. Use equal quantities of each and cook 15 minutes. Dates, figs or raisins may be added to vary the flavor and give added nourishment.

EGG NOG

1 pint milk
2 teaspoons Minute Tapioca
4 teaspoons sugar
½ teaspoon salt

2 eggs
Few drops of vanilla
Dash of nutmeg

Scald milk in double boiler. Add Minute Tapioca, sugar and salt and cook 15 minutes, stirring frequently. Pour over well beaten egg yolks, stirring vigorously. Add nutmeg and vanilla. Fold in half of stiffly beaten egg whites, and pour into tall glasses. Garnish with remaining egg white and add delicate sprinkling of nutmeg. Serve hot.

Special Award to Mrs. Susan A. Ayers, Minneapolis, Minn.

CRANBERRY RELISH

½ cup Minute Tapioca
½ teaspoon salt
½ cup raisins
1 quart hot strained cranberry juice and pulp

1 cup sugar
4 oranges
¼ cup finely chopped walnuts

Cook Minute Tapioca, salt and raisins in hot cranberry liquid in double boiler for 15 minutes, stirring frequently. Add sugar. Pare, slice and quarter oranges. Add nuts. Combine with tapioca mixture. Pour into small wet molds. Chill, unmold, and serve as a sweet relish with fowl or meat.

Special Award to Harriet S. Warren, Brookline, Mass.

APRICOT AND PINEAPPLE CONSERVE

½ pound dried apricots
1 pint water
1 cup pineapple juice (No. 2 can)
¾ cup nut meats (chopped)
¾ cup seeded or seedless raisins

1½ cups canned pineapple (cut fine)
¼ cup Minute Tapioca
2 cups sugar
¼ teaspoon ground clove
¾ teaspoon salt

Wash apricots and soak over night in pint of water. Cook apricots until soft in same water. Strain out skins. Add remaining ingredients and cook in double boiler until the tapioca is thoroughly done and the mixture thickened. Stir frequently.

A Prize Winner, Minute Tapioca Contest. Jessie S. Moore, Berea, Ky.

JELLY NESTS

Eight to Ten Nests

1 pint milk
½ cup Minute Tapioca
½ teaspoon salt
Bread crumbs

1 egg, slightly beaten with
2 tablespoons water
Tart jelly

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 Broiled Bacon
 Toast
 Apricot and Pineapple Conserve (Page 31)
 Sliced Oranges
 Breaded Minute Tapioca with Bacon (Page 11)
 Pop-Overs
 Currant Jelly

LUNCHEON
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 Cup Cakes with Maple Mountain Frosting (Page 27)
 Hot Chocolate
 Cheese Souffle (Page 9)
 Brown Bread Sandwiches
 Pineapple & Date Salad
 Iced Tea Brownies (Page 30)

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 Roast Chicken with Minute Tapioca Stuffing (Page 15)
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 Cranberry Relish (Page 31)
 Buttered Peas
 Macaroon Ice Cream (Page 25)
 Wafers
 Iced Fruit Soup (Page 7)
 or Tomato Bisque (Page 6)
 Meat Loaf (Page 10) Baked Potatoes
 Cauliflower & Carrots with Buttercup Sauce (Page 15)
 Lettuce with French Dressing Cheese Straws
 Old Time Tarts (Page 28)
 Duchess Soup (Page 7)
 Baked Fish with Minute Tapioca Dressing (Page 13)
 Mashed Potatoes
 Cucumber and Lettuce Salad Dinner Rolls
 Date Prune Pie (Page 28)

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 Olives
 Preserved or Fresh Fruit
 Hot or Iced Tea
 Chicken Croquettes (Page 8)
 Aspic Vegetable Salad (Page 16)
 Hot Buttered Rolls
 Iced Chocolate
 Sponge Cake with Lemon Sauce (Page 26)
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MINUTE TAPIOCA COMPANY, INC.
Orange, Massachusetts.