30 new recipes
from the $20,000 cook book

ORANGE MINUTE TAPIOCA

MINUTE TAPIOCA COMPANY, INC.
Twin Uses of

MINUTE TAPIOCA

a delicious
dessert ingredient
and
a remarkable
precision ingredient

Minute Tapioca Company, Inc., Orange, Massachusetts
Manufacturers of
MINUTE TAPIOCA  MINUTE GELATINE  STAR BRAND PEARL TAPIOCA
Printed in U. S. A.
JUST to give you a taste of the wonderful variety of foods and desserts you can prepare with Minute Tapioca, we have chosen these thirty recipes from our famous $20,000 cook book.

Fifteen recipes are for desserts—of course you know that for many years Minute Tapioca has been known as an almost magically successful dessert-ingredient. The other fifteen recipes are for all manner of other dishes: soups, croquettes, meat loaf, omelet, and the like. In these recipes, Minute Tapioca is fast gaining new fame in its most recent rôle—that of precision ingredient. Home economics experts have found that Minute Tapioca as a precision ingredient acts as protection against discouraging failures in cookery, giving that perfect appearance, flavor, or texture which is otherwise so difficult to attain. Besides safeguarding successful results, Minute Tapioca as a precision ingredient does away with loss of time and waste of good materials.

The recipes in this booklet and in the $20,000 cook book were selected from 121,619 sent in by housewives all over the world—selected by a group of renowned culinary experts. Every one has been tested and approved. If you follow directions, you will have as great success with these delicious dishes as thousands of other women have had—both in the kitchen and at the dining table!

Try these clever recipes—and then send for the large cook book. It cost us $20,000 to select and test the recipes, and to print the cook book. It has more than twice as many recipes as this booklet. Yet it is free—send coupon on the last page.
APRICOT MINUTE TAPIOCa

an all-year round dessert—so easy to make
SO many gala desserts can be made with Minute Tapioca. Just vary the other ingredients and you get an endless variety of dishes, with just the gay color, the tempting flavor that make desserts.

And they're all good for the whole family! The children don't have to look envious and wistful, for they can have these Minute Tapioca desserts too. Nourishing, easy to digest—and absolutely delightful! That describes any one of these Minute Tapioca desserts. Be sure to try them all.

APRICOT MINUTE TAPIOCA

¾ pound dried apricots
3 cups water
3 tablespoons Minute Tapioca
½ cup sugar
½ teaspoon salt

Wash apricots. Soak in 3 cups water 1 hour, and cook until tender. Drain. To juice, add enough water to make 2 cups liquid. Add Minute Tapioca, sugar, and salt, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Cool. Force apricots through sieve. Fold pulp (about 1 cup) into tapioca mixture. Chill and serve with whipped cream. Serves 6.

MINUTE TAPIOCA CREAM

⅜ cup Minute Tapioca
⅝ cup sugar
¼ teaspoon salt
1 quart milk, scalded
1 egg yolk, slightly beaten
1 teaspoon flavoring
1 egg white, stiffly beaten

Add Minute Tapioca, sugar, and salt to milk, and cook in double boiler, 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of tapioca mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Remove from fire and add flavoring. Fold in egg white. Chill. Serve in sherbet glasses. Garnish with whipped cream and a few berries or pieces of fruit. Serves 8.

This pudding is delicious poured over fruit or berries, fresh or canned. Raisins, prunes, figs, dates, or nuts may be added while cooling.

All measurements are level in these recipes—always
**Minute Tapioca Dessert Recipes**

**CHOCOLATE MINUTE TAPIOCA**
- 6 tablespoons Minute Tapioca
- 2 squares Baker's Unsweetened Chocolate, cut in small pieces
- 6 tablespoons sugar
- $\frac{1}{8}$ teaspoon salt
- 1 quart milk, scalded
- 1 teaspoon vanilla

Add Minute Tapioca, chocolate, sugar, and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add vanilla and chill. Serve with sweetened, whipped cream. Serves 8.

**PINEAPPLE CAKE CRUMB PUDDING**
- 3 tablespoons Minute Tapioca
- 4 tablespoons sugar
- $\frac{1}{8}$ teaspoon salt
- 2 cups milk, scalded
- 1 egg yolk, well beaten
- $\frac{1}{2}$ teaspoon vanilla
- 1 egg white, stiffly beaten
- 1 cup stale cake, crumbled
- $\frac{1}{2}$ cup pineapple juice
- 1 cup cream, whipped
- 1 slice pineapple, cut in small pieces

Add Minute Tapioca, sugar, and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of tapioca mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Add vanilla, fold in egg white, and cool. Line sherbet glasses with cake crumbs. Pour pineapple juice on crumbs and let soak. Fill glasses with tapioca mixture. Chill. Garnish with whipped cream and pineapple. Serves 6.

**HONEY FRUIT MINUTE TAPIOCA**
- 4 tablespoons Minute Tapioca
- $\frac{1}{4}$ teaspoon salt
- 2 cups hot water
- 1 cup dates, seeded and coarsely chopped
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup walnut meats, coarsely cut
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ cup water
- $1\frac{1}{2}$ cups apples, pared and sliced

Add Minute Tapioca and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Combine dates, raisins, nuts, honey, and $\frac{1}{2}$ cup water. Heat 5 minutes, stirring constantly. Add to tapioca mixture; add apples. Pour into greased baking dish. Bake in moderate oven ($350^\circ$ F.) 30 minutes, or until apples are tender. Serve hot or cold with cream. Serves 8.
GRAPE APPLE PUDDING

5 tablespoons Minute Tapioca  
1 cup sugar  
1/2 teaspoon salt  
1 cup hot water  
1 cup hot grape juice  
1/8 teaspoon nutmeg  
1/2 cup walnut meats, coarsely cut  
6 tart apples, pared, cored, and quartered

Add Minute Tapioca, sugar, and salt to water and grape juice, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add nutmeg, nuts, and apples, and cook 5 minutes longer. Pour into greased baking dish. Bake in moderate oven (350° F.) 30 minutes, or until apples are tender. Serve with sweetened, whipped cream. Serves 8.

DATE BUTTERSCOTCH PUDDING

2 cups fresh berries  
1/2 cup Minute Tapioca  
1/4 teaspoon salt  
1/2 cups hot water  
1 teaspoon butter  
11/2 cups berry juice  
1/2 cup sugar  
1 tablespoon lemon juice

Crush berries, sweeten to taste, and let stand 1 hour. Add Minute Tapioca and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add butter, berry juice and sugar. Remove from fire; add berries and lemon juice. Chill until firm. Serve in sherbet glasses. Garnish with sweetened, whipped cream and a few whole berries. Serves 8.

If canned berries are used, they should be drained and sugar omitted.
COCONUT CREAM TAPIOCA

irresistible in appearance—and in taste
**Maple Walnut Minute Tapioca**

- 1/3 cup Minute Tapioca
- 1/2 teaspoon salt
- 1 cup Log Cabin Syrup
- 2 cups milk, scalded
- 1 egg yolk, slightly beaten
- 2/3 cup walnut meats, coarsely cut
- 1 egg white, stiffly beaten

Add Minute Tapioca, salt, and syrup to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour a small amount of tapioca mixture over egg yolks, stirring vigorously. Return to double boiler, add 4 tablespoons coconut, and cook until slightly thickened. Pour into greased baking dish. Fold sugar into egg whites, and pile lightly on top of tapioca mixture. Sprinkle with remaining coconut and bake in slow oven (300° F.) 15 minutes, or until golden brown. Serves 8.

**Minute Tapioca Dessert Recipes**

**Minute Tapioca Grape-Nuts Pudding**

- 4 tablespoons Minute Tapioca
- 3/4 cup brown sugar
- 1/4 teaspoon salt
- 2 cups hot water
- 1/2 cup raisins
- 4 tablespoons walnut meats, chopped
- 1 small apple, pared and chopped
- 1/2 teaspoon vanilla
- 1/2 cup Grape-Nuts

Add Minute Tapioca, sugar, and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Remove from fire; add raisins, nuts, apple, and vanilla. Just before serving, add Grape-Nuts. Serve with cream. Serves 6.

**Coconut Cream Tapioca**

- 3 tablespoons Minute Tapioca
- 1 cup sugar
- 1/4 teaspoon salt
- 1 quart milk, scalded
- 4 egg yolks, slightly beaten
- 4 tablespoons Baker’s Coconut, Southern Style

Add Minute Tapioca, sugar, and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour a small amount of tapioca mixture over egg yolks, stirring vigorously. Return to double boiler, add 4 tablespoons coconut, and cook until slightly thickened. Pour into greased baking dish. Fold sugar into egg whites, and pile lightly on top of tapioca mixture. Sprinkle with remaining coconut and bake in slow oven (300° F.) 15 minutes, or until golden brown. Serves 8.

**Minute Tapioca expands greatly—use only quantity stated in recipe**
BANANA NUT MINUTE TAPIOCA

4 tablespoons Minute Tapioca
2/3 cup sugar
1/2 teaspoon salt
2 cups hot water
1 egg yolk, well beaten
3 tablespoons lemon juice
2 bananas, sliced
1/2 cup salted peanuts, coarsely cut
1 egg white, stiffly beaten

Add Minute Tapioca, sugar, and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour a small amount of tapioca mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Remove from fire, add lemon juice, bananas, and nuts. Cool. Cut remainder of berries in halves (reserving enough choice ones for garnish). Sprinkle with remaining 1/4 cup sugar. When tapioca mixture is cool, fold in egg white and halved berries. Garnish with whipped cream and whole berries. Serves 6.

STRAWBERRY FLUFF

1 cup sugar
1 quart fresh strawberries, washed and hulled
Water
3 tablespoons Minute Tapioca
1/2 teaspoon salt
1 egg white, stiffly beaten

Add 3/4 cup sugar to 1/2 quart strawberries. Let stand 15 minutes.

Crush. Measure juice and pulp into upper part of double boiler. Add enough water to make 2 1/2 cups liquid; then add Minute Tapioca and salt. Cook 15 minutes, or until tapioca is clear, stirring frequently. Cool. Cut remainder of berries in halves (reserving enough choice ones for garnish). Sprinkle with remaining 1/4 cup sugar. When tapioca mixture is cool, fold in egg white and halved berries. Garnish with whipped cream and peaches and strawberies. Serves 6.

DEEP-DISH APPLE TAPIOCA

1/2 cup Minute Tapioca
1/4 teaspoon salt
1/4 cup molasses
2 1/2 cups hot water
3 apples, thinly sliced
1 cup raisins
1/2 cup sugar
1/4 teaspoon nutmeg
1/4 teaspoon cinnamon
2 tablespoons butter

Add Minute Tapioca, salt, and molasses to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Place apples in greased baking dish. Add raisins, sprinkle with sugar, nutmeg, and cin-

Remember all measurements in these recipes are level.
GOLDEN TAPIOCA CREAMS

1/2 cup Minute Tapioca
1/2 cup sugar
1/8 teaspoon salt
1/8 teaspoon cinnamon
2 cups milk, scalded
1 teaspoon butter
2 egg yolks, slightly beaten
1/2 teaspoon vanilla
Sifted bread crumbs
1 egg, slightly beaten with
1 tablespoon cold water

Add Minute Tapioca, sugar, salt, and cinnamon to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add butter. Cool. Add egg yolks and vanilla, mixing well. Chill. Shape into patties about 2 inches square and 3/4 inch thick. Dip in crumbs, then in egg, and again in crumbs. Fry in deep fat (390° F.) 1 minute, or until golden brown. Place on unglazed paper in slow oven (300° F.) 3 to 4 minutes. This makes the interiors still more creamy. Sprinkle with powdered sugar, and garnish with tart jelly. Serve immediately. Makes 8 creams.

PEACH MINUTE TAPIOCA

4 fresh peaches, or
8 halves canned peaches
1/2 cup Minute Tapioca
1/2 cup sugar
1/4 teaspoon salt
1 quart milk, scalded
1 egg yolk, slightly beaten
1 tablespoon butter
1 teaspoon vanilla
1 egg white, stiffly beaten

Slice peaches into bowl and sweeten to taste. Add Minute Tapioca, sugar, and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour a small amount of tapioca mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Add butter and cool. Fold in vanilla and egg white. Pour over fruit. Chill. Garnish with peaches or whipped cream. Serves 8.
STRAWBERRY FLUFF

one of a dozen delicious berry desserts
MINUTE TAPIOCa SALMON CROQUETTES

moist, tender croquettes with Minute Tapioca
As a Precision Ingredient

The next fourteen recipes are all for Minute Tapioca in its new rôle—as a "precision ingredient." Culinary experts call it a precision ingredient because it makes success so much more positive in many troublesome recipes... giving just the desired texture, flavor, and appearance.

As a precision ingredient, Minute Tapioca keeps juicy fruit and berry pies from boiling over and burning in the oven; makes omelets and soufflés that stay light, fluffy, and moist even during the serving; binds meat, without egg, into deliciously moist, tender croquettes, with an undisguised meat flavor; extends bits of left-over fish, meat, vegetables, and cheese into appetizing entrées. Try all these precision ingredient recipes—and let them spare you needless expense, worry, and disappointment in cooking!

Pies

The wonderful pies made by the French chefs of exclusive hotels are not a bit hard to turn out in your own kitchen. Use Minute Tapioca as a precision ingredient in your next juicy fruit or berry pie. You will be delighted with the way the juices stay within the crust, also with the beautiful color and unique transparency that Minute Tapioca gives to the filling.

PLAIN PASTE

2 cups sifted Swans Down Cake Flour
1/4 teaspoon salt
1/3 cup butter or other shortening
1/3 cup cold water

Sift flour once, measure, add salt, and sift again. Cut in shortening, until mixture looks like meal. Add water, a little at a time, mixing with knife or spatula until dough cleans bowl of all flour and paste. Use as little water as possible. Makes one 9-inch 2-crust pie or two 9-inch pie shells or 18 tart shells.

Pastry shells may be made either by lining the pie plate (as for 2-crust pies) or by inverting the pie plate and shaping the pastry over the back. They should then be pricked with a fork before baking. Bake in hot oven (425° F.) 15 to 18 minutes.
RAISIN PIE

1 cup raisins
2 cups water
2 tablespoons Minute Tapioca
1/4 teaspoon salt
1 egg, slightly beaten
1/2 cup sugar
3 tablespoons lemon juice
Grated rind 1/2 lemon
1 tablespoon butter
1 baked 9-inch pie shell

Soak raisins in water overnight or for several hours. Add Minute Tapioca and salt, and cook in double boiler 25 minutes, or until tapioca is clear, stirring frequently. Pour a small amount of tapioca mixture over egg, stirring vigorously. Return to double boiler, add sugar, and cook until thickened. Remove from fire, add lemon juice, rind, and butter. Cool. Fill pie shell. Cover with whipped cream.

CHERRY PIE

1 recipe Plain Paste
1 can seeded red cherries, drained (1 1/2 cups)
1/2 cup sugar
1/2 cup cherry juice
1 1/2 tablespoons Minute Tapioca

Line a 9-inch pie plate with 1/2 of paste rolled to 1/8-inch thickness.

Combine cherries, sugar, cherry juice, and Minute Tapioca, and fill pie shell with mixture. Moisten edges of paste with cold water. Roll other half of paste to 1/8-inch thickness. Fold half the pastry back on other half. With sharp knife make several incisions to permit escape of steam. Place upper crust on filled lower one, opening out folded half after it is placed on pie. Press edges together, then with sharp knife trim off surplus pastry. Again press edges together with fork dipped in flour. Bake in hot oven (450° F.) 20 minutes; then decrease heat to moderate (350° F.) and bake 20 minutes longer, or until filling is cooked.

RHUBARB PIE

1 recipe Plain Paste
3 1/2 cups rhubarb, cut in 1/2-inch pieces
1 cup sugar
1 1/2 tablespoons Minute Tapioca

Line a 9-inch pie plate with 1/2 of paste rolled to 1/8-inch thickness. Combine rhubarb, sugar, and Minute Tapioca, and fill pie shell with mixture. Moisten edges of paste with cold water.

Minute Tapioca comes in the red and blue package only
FLUFFY OMELET

airy and tender even while serving
water. Roll other half of paste to ½-inch thickness. Fold half the pastry back on other half. With sharp knife make several incisions to permit escape of steam. Place upper crust on filled lower one, opening out folded half after it is placed on pie. Do not allow crust to sag along inner edges. Press edges together. With sharp knife trim off surplus pastry. Again press edges together with fork dipped in flour. Bake in hot oven (425° F.) 20 minutes, then decrease heat to moderate (350° F.) and bake 30 minutes longer, or until rhubarb is tender.

**Minute Tapioca in soups**

**DUCHESS SOUP**

2 tablespoons Minute Tapioca  
1 teaspoon salt  
½ teaspoon pepper  
1 tablespoon onion, finely chopped  
1 quart milk, scalded  
2 tablespoons butter  
4 tablespoons grated cheese  
2 tablespoons parsley, chopped

Add Minute Tapioca, salt, pepper, and onion to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add butter, cheese, and parsley.

**Cook** until cheese is melted. Serve with croutons or saltines. Serves 5.

**TOMATO BISQUE**

2 tablespoons Minute Tapioca  
1 ½ teaspoons salt  
½ teaspoon pepper  
1 tablespoon sugar  
2 cups canned tomatoes, strained and heated  
2 tablespoons butter  
3 cups milk or cream, scalded

Add Minute Tapioca, salt, pepper, and sugar to tomato juice. Cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add butter. When ready to serve, pour slowly into milk. Serves 6.

**Minute Tapioca for omelets**

**FLUFFY OMELET**

2 tablespoons Minute Tapioca  
½ teaspoon salt  
½ teaspoon pepper  
¾ cup milk, scalded  
1 tablespoon butter  
4 egg yolks, beaten until thick and lemon-colored  
4 egg whites, stiffly beaten

Add Minute Tapioca, salt, pepper to milk, and cook in double boiler 10 minutes, stirring frequently. Add butter. Combine with egg yolks,
stirring constantly. Fold in egg whites. Pour into hot, buttered 9-inch frying pan. Cook over low flame 17 minutes. Omelet is sufficiently cooked when a knife inserted comes out clean. Dry top of omelet in slow oven (275° F.) 5 minutes. Cut across at right angles to handle of pan, being careful not to cut all the way through. Fold carefully from handle to opposite side and serve on hot platter. Serves 6, rather than 4, as usual.

**Minute Tapioca in croquettes**

**MINUTE TAPIOCA SALMON CROQUETTES**

- 3 tablespoons Minute Tapioca
- ½ teaspoon salt
- ⅛ teaspoon paprika
- 1 tablespoon green pepper, chopped
- 1 tablespoon pimiento, chopped
- 1 cup milk, scalded
- 1½ cups salmon, flaked
- 2 tablespoons lemon juice
- Sifted crumbs, bread or cracker
- 1 egg, beaten with
  - 1 tablespoon water

Add Minute Tapioca, salt, and paprika to milk and stock, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add chicken, green pepper, and pimiento. Cook 5 minutes longer. Let mixture become cold. Shape into balls, roll in crumbs, dip in egg, then roll again in crumbs. Fry in deep fat (390°F.) 1 minute, or until golden brown. Makes 8 croquettes.

**CHICKEN CROQUETTES**

- ½ cup Minute Tapioca
- ½ teaspoon salt
- ⅛ teaspoon paprika
- 1 cup milk, scalded
- 1½ cups hot chicken stock
- 2 cups cooked chicken, chopped
- 2 tablespoons green pepper, chopped
- 2 tablespoons pimiento, chopped
- Sifted crumbs, bread or cracker
- 1 egg, slightly beaten with
  - 1 tablespoon water

Add Minute Tapioca, salt, and paprika to milk and stock, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add chicken, green pepper, and pimiento. Cook 5 minutes longer. Let mixture become cold. Shape into small cones, roll in crumbs, dip in egg, then roll again in crumbs. Fry in deep fat (390°F.) 1 minute, or until golden brown. Serve with white sauce or creamed peas. Makes 12 croquettes.
**Minute Tapioca with vegetables**

**ESCALLOPED CELERY AND TOMATOES**

- 3 tablespoons Minute Tapioca
- ½ small onion, finely chopped
- 1 tablespoon sugar
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 2 cups canned tomatoes
- 1 cup celery, thinly sliced
- 3 tablespoons butter
- ½ cup fine bread crumbs

Add Minute Tapioca, onion, sugar, salt, and pepper to tomatoes, and cook in double boiler 10 minutes, or until slightly thickened, stirring frequently. Place ½ of tapioca mixture in greased baking dish, cover with layer of celery, and dot with 1 tablespoon butter. Repeat, using remaining tapioca mixture, celery, and 1 tablespoon butter. Melt remaining tablespoon butter, add crumbs, mix thoroughly, and sprinkle over top of celery. Bake, covered, in moderate oven (350°F.) 30 minutes, or until celery is tender. Uncover, and bake 5 minutes longer, or until crumbs are brown. Serves 6.

**ESCALLOPED CAULIFLOWER AND HAM**

- 1 small cauliflower, separated into flowerets
- 3 tablespoons Minute Tapioca
- 2 tablespoons butter
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon paprika
- 2 cups milk, scalded
- ½ pound boiled ham, chopped
- Crumbs, buttered

Cook cauliflower in boiling, salted water until tender. Drain. Add Minute Tapioca, butter, salt, pepper, and paprika to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Place layer of tapioca mixture in greased baking dish, then layer of cauliflower and ham. Repeat, finishing with layer of tapioca mixture. Sprinkle with crumbs. Bake in moderate oven (350°F.) 20 minutes, or until brown. Serve with baked potato. Serves 6.

**Meats and Minute Tapioca**

There's nothing humble about stew or meat loaf when the flavor is fine, all intact—that's why Minute Tapioca is so excellent for a binder.
or thickener. Its own flavor is so delicate that it doesn't veil the flavor of the meat.

**LAMB STEW EN CASSEROLE**

3 tablespoons Minute Tapioca
1 pound breast of lamb, cut in small pieces
2 cups canned tomatoes
1 small carrot, diced
3 small onions, sliced
1 medium potato, diced
1 1/4 teaspoons salt
1/4 teaspoon pepper
2 tablespoons butter, melted

Combine all ingredients in greased casserole. Bake, covered, in moderate oven (350°F.) 1 hour, or until meat is tender, stirring occasionally. Serve with baked potato. Serves 6.

**SAVORY MEAT LOAF**

2 thin 2-inch slices salt pork, diced
2 pounds round beef, ground
5/8 cup Minute Tapioca (10 tablespoons)
1/2 small onion, finely chopped
2 cups canned tomatoes
2 1/2 teaspoons salt
1/4 teaspoon pepper

Try out salt pork until golden brown. Add pork and drippings to other ingredients and mix thoroughly. Bake in loaf pan, 7 x 5 x 3 inches, in hot oven (450°F.) 15 minutes, then decrease heat to moderate (350°F.) 30 minutes longer. Serve hot or cold. Garnish with parsley. Serves 8. Eggs and bread crumbs are unnecessary with Minute Tapioca to bind ingredients.

**Sandwich Fillings**

You can make sandwiches with soft fillings hours ahead of time with Minute Tapioca—and they stay fresh, moist, and flavorsome—yet the bread does not become soggy.

**NIPPY CHEESE SANDWICH FILLING**

2 tablespoons Minute Tapioca
2 cups canned tomatoes, strained and heated
2 1/2 cups grated cheese (1/2 pound)
1 1/4 cups dried beef, finely ground (1/4 pound)
1/8 teaspoon pepper
1/4 teaspoon mustard
1/4 teaspoon Worcestershire sauce

Add Minute Tapioca to tomato juice and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add cheese gradually, and stir until melted. Remove from fire, add dried beef and seasonings, and allow to cool before spreading on bread. Makes 2 1/2 cups filling.

Savory, moist sandwiches for picnics, motor trips, and lunch boxes
SAVORY MEAT LOAF

Minute Tapioca is a perfect binder
To get best results, remember—

THAT Minute Tapioca expands a great deal in cooking. Even though you think the quantity is too small when you first add it to the liquid, remember that the amount called for in the recipe is correct. By the time it is thoroughly cooked the mixture is sufficiently thickened. It also thickens as it cools.

That it is best to add Minute Tapioca to the liquid gradually—sprinkling it in and stirring constantly for two or three minutes. After that stir frequently. This prevents lumping.

That it is safest to cook Minute Tapioca in a double boiler to prevent burning. If you have none, place the cooking utensil in a larger vessel of boiling water.

That the water in the lower part of the double boiler should be boiling vigorously while the mixture is cooking.

That 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.
The $20,000 cook book will be sent free on request

The recipes given in this booklet are all taken from the larger Minute Tapioca cook book, containing more than twice as many recipes.

A prize contest, in which 121,619 women from all over the world entered their favorite recipes, gave us ample opportunity to gather together the most appealing recipes for Minute Tapioca.

The final selections were made by a distinguished group of culinary experts: Miss Mabel Jewett Crosby, Home Economics Editor of the Ladies' Home Journal; Miss Katherine A. Fisher, Director of Good Housekeeping Institute; and Mrs. Elizabeth A. MacDonald, Professor of Home Economics, Boston University, College of Practical Arts and Letters.

It cost us over $20,000 to prepare this cook book. Recently we thoroughly revised it, retesting each recipe in our own experimental kitchens.

This Minute Tapioca cook book is offered to you free. Simply send the coupon. We shall be more than glad to send you your own copy.

THE MINUTE TAPIOCA COMPANY, Dept. H
Orange, Massachusetts

Please send me the $20,000 cook book of Minute Tapioca recipes, free. Also a free sample of Minute Tapioca.

Name ........................................
Street and Number ........................
City and State ............................