THE use of wheat flour to make a paste that could be shaped, dried, and kept for future use is so old that its origin is lost in antiquity. I have heard of a Chinese cook book called Hon-Zo, and dating from nearly 3,000 years before the birth of Christ, in which such a paste is mentioned and various recipes for cooking are given.

But whatever the source, this form of food has spread over most of the earth and many nations have become so engrossed with the subject that they imagine they invented it. The people of ancient Rome enjoyed spaghetti, eating it with cheese just as we do now.

And no wonder! It is strength-giving. It is a pleasant relief from bread and potatoes. Its uses and combinations are as infinite as the human mind can conceive. I have had great pleasure in working with Mueller's Macaroni Products, and I dedicate this book to the hope that you will become my fellow-traveler along the same healthful, pleasant road.

May the succulent and delicious tendrils of Mueller's products bring us together, and make us friends and comrades in the common cause of better living.

Good appetite!
SPAGHETTI SURPRISE

Break in pieces........1 package MUELLER’S THIN SPAGHETTI
Add slowly to........4 qts. rapidly boiling water
Seasoned with.........1 tablespoon salt
Cook 9 minutes and drain.
Melt ..................2 tablespoons butter
Add the cooked spaghetti and toss over fire for a few minutes.
Season with..........1/4 teaspoon pepper
And ..................1/8 teaspoon grated nutmeg
Slice fine............4 hard-boiled eggs
Also ...................6 fresh mushrooms
Butter a baking dish, put in a layer of spaghetti, then a layer of egg slices and mushroom shreds. Spaghetti should form the top layer. Sprinkle generously with grated American cheese and bake in a hot oven for 10 minutes.
Serves six.

Crosby Gaige says:
If you prefer pure silk to shoddy, you’ll prefer MUELLER’S to ordinary spaghetti.
THIN SPAGHETTI WITH OLD
AMERICAN CHEESE

Bring 4 qts. of water to a rapid boil.
Put in..........................1 tablespoon salt
And (slowly)......................1 pkg. MUELLER’S
THIN SPAGHETTI
Cook 9 minutes, drain, and put in top of
double boiler.
With 2 forks mix in.....1 cup grated old
American cheese
Add ..........................¾ cup melted butter
Also ............................½ cup chili sauce
And ............................2 tbsp. Worcestershire
sauce

Serves four.

Crosby Gaige says:
Spaghetti meals furnish just the elements
needed to build healthy bodies . . . they’re
fine for children.
THIN SPAGHETTI WITH HAM

Unusual . . . tasty . . . easy to make!

Bring to a rapid boil. 4 quarts water
Put in.......................... 1 tablespoon salt
And (slowly).............. 1 package MUELLER’S THIN SPAGHETTI

Cook for 9 minutes, while you
Melt in a saucepan...½ lb. butter
Add ............................... 1 large Bermuda onion, chopped
Sauté slowly to a golden brown, then
Add ................................ ½ lb. boiled ham, cut in cubes
And ............................... ½ teaspoon Worcestershire sauce
Fry quickly for 2 minutes, stirring constantly
Add ............................... salt and pepper to taste
Pour over the cooked, drained spaghetti.
Sprinkle with grated cheese.
Serves six.

Crosby Gaige says:

All MUELLER products contain the health-building mineral salts the body needs . . . calcium, iron, magnesium, phosphorus, and others.
HALIBUT STEW

To ........................................... 3 cups tomato juice  
Add ........................................... 1 cup diced celery  
And ........................................... 1 large onion, cut small  
Also .......................................... 1 crushed clove garlic  
Cook until celery is soft. In the meantime,  
Put in 2nd saucepan... 2 cups flaked halibut  
And ........................................... 2 cups hot milk  
Boil slowly about 15 minutes, while you  
Bring to rapid boil...... 2 quarts water  
Add ........................................... ½ tablespoon salt  
And (slowly)..................... ½ pkg. MUELLER’S THIN SPAGHETTI, broken in pieces  
Cook 9 minutes and drain.  
Put spaghetti in a large soup tureen that has been heated in the oven. Pour over the contents of the other two saucepans.  
Season to taste........... salt and pepper  
Add ........................................... 2 tablespoons butter  
And ........................................... pinch of nutmeg  
Serve steaming hot.  
Serves six.

Crosby Gaige says:  
Notice that all MUELLER products come in sanitary triple-sealed packages, kept factory-fresh and clean.
Parboil 2 dozen small onions until soft.
In the meantime, bring 4 qts. water to a rapid boil
Add 1 tablespoon salt
And (slowly) 1 package MUELLER’S WIDE EGG NOODLES
Cook 9 minutes and drain.
Melt 2 tablespoons butter in a frying pan
Brown 2 cups diced leftover chicken meat until the pieces are nice and brown
Put a layer of noodles in a greased baking dish, then a layer of chicken, and a layer of onions, sprinkle with salt and pepper, put in another layer of noodles, and so on until the dish is filled.
Cover with 2 cups chicken gravy
Sprinkle with bread crumbs, dot with butter, bake in a hot oven 20 minutes.
Serves six.

Crosby Gaige says:
You can’t get the full tasty flavor of this dish unless you use MUELLER’S EGG NOODLES . . . they’re lighter, fluffier, richer.
LAMB PIE

To .......................................... 4 qts. rapidly boiling water
Add ...................................... 1 tablespoon salt
And (slowly) ............. 1 package MUELLER'S WIDE EGG NOODLES
Cook for 9 minutes while you
Melt ..................................... 2 tablespoons butter
Put in ................................. 2 cups diced cooked lamb
Also .................................... 1 large onion chopped fine
And .................................... ½ cup diced celery
Add ...................................... ½ cup cooked carrots
And .................................... ½ cup cooked green peas
Sauté vegetables and lamb.
Add ...................................... 2 cups gravy (or 2 cups canned beef consommé, if you have no gravy left)
And .................................... ½ cup chopped mint leaves
Butter a casserole and sprinkle with grated cheese. Drain the noodles, put half the noodles in the casserole, pour in meat and vegetable mixture, and put other half of noodles on top. Sprinkle with grated cheese and a little paprika. Bake 20 minutes in a hot oven.
Serves six.

Crosby Gaige says:
MUELLER'S EGG NOODLES are never stale or broken. They're kept fresh and safe in sturdy, triple-sealed packages.
NOODLE SPARERIBS
a LA LILLIAN RUSSELL

Season 3 1/2 lbs. of spareribs with salt and pepper, dust with 1/2 teaspoon of sage, sprinkle with flour.

Melt 2 tablespoons fat
Put in spareribs and fry slowly until well browned. Remove from pan, cut the meat from about one-third of the spareribs and chop fine.

Melt 2 tablespoons butter
Blend in 2 tablespoons flour
Add 2 cups chicken stock (or canned chicken broth)

Stir until smooth.
Add 1 cup mushrooms, fresh or canned

Cook for 10 minutes, while you
Bring 4 qts. water to a rapid boil.
Put in 1 tablespoon salt
Add (slowly) 1 package MUELLER'S
WIDE EGG NOODLES

Cook for 9 minutes and drain.

To the mushroom sauce
Add 1 tablespoon minced parsley
Add the chopped meat

Line a deep casserole with the remaining spareribs.
Put the noodles in the center.
Pour the sauce over all.
Sprinkle with 2 tablespoons bread crumbs
Bake in a hot oven until top is well browned.
Serve very hot in casserole and garnish with crisp watercress.
Serves six.

Crosby Gaige says:
Have you been fooled by noodles that come in fancy packages but turn out to be stale? Insist on MUELLER'S in the triple-sealed blue and white package.
Noodle Pudding

Bring 4 quarts of water to a rapid boil. Put in 1 tablespoon salt. And (slowly) 1 package MUELLER'S WIDE EGG NOODLES. Cook 9 minutes and drain well. Beat 2 eggs. Add ¾ cup sugar, ½ cup milk, 1 tablespoon raisins, 1 tablespoon currants, 1 tablespoon citron, cut fine, 1 teaspoon vanilla. Put in the noodles and mix well. Pour into a buttered baking dish and over that pour 1 tbsp. melted butter. Bake in a moderate oven 30 minutes. Serve hot with hard sauce. Serves eight.

Crosby Gaige says:
Our grandmothers knew quality... that's why they made their own egg noodles until MUELLER's came along.
NOODLES WITH BACON

Fry until golden brown 8 slices diced bacon

1 onion chopped fine
1 chopped green pepper

Add 2 cups canned tomatoes
1 small can of mushrooms
salt and pepper to taste

Cook for 15 minutes while you Bring 4 quarts of water to a rapid boil.
Put in 1 tablespoon salt
And (slowly) 1 package MUELLER'S WIDE EGG NOODLES

Cook for 9 minutes and drain.
Mix noodles with bacon sauce. Let simmer 5 minutes more.
Serves six.

Crosby Gaige says:

All MUELLER products have the Seal of Approval of Good Housekeeping Bureau.
Noodles and Dried Beef, Curried

Melt \( \frac{1}{2} \) cup butter
Put in \( \frac{1}{2} \) cup chopped small onions (eschalots)
Sauté until soft.
Stir in 4 tbsp. flour
And 2 teaspoons curry powder
Mix well and add 3 cups milk
Stir until smooth.
Add \( \frac{1}{4} \) lb. shredded chopped beef
Stir thoroughly. Keep warm, while you
Bring 4 quarts of water to a rapid boil.
Put in 1 tbsp. salt
And (slowly) 1 package MUELLER'S FINE EGG NOODLES
Cook 9 minutes and drain.
Pour sauce over noodles, sprinkle with chopped parsley.
Serves six.

Crosby Gaige says:
Whether you're buying wide or fine egg noodles, be sure to say MUELLER'S . . . famous for quality for 70 years.
When you're late starting dinner

EGG NOODLES WITH LIMA BEANS

Melt 3 tablespoons butter
Put in 1 large minced onion
Put in 1 chopped green pepper
Put in 1 cup diced celery
Sauté until brown.
Add 2 cups boiling water
Simmer until vegetables are nearly soft. Then,
Put in 4 tomatoes cut in small pieces
Add 2 cups cooked lima beans
Add 1 teaspoon salt
Add pepper to taste
Let simmer for 15 minutes more while you
Bring 4 qts. water to a rapid boil.
Put in 1 tablespoon salt
And (slowly) 1 package MUELLER'S
FINE EGG NOODLES
Cook for nine minutes and drain. Put on a
hot platter, pour sauce over noodles.
Sprinkle with chopped crisp bacon
Serves six.

Crosby Gaige says:
If you made Egg Noodles yourself, you
couldn’t use finer ingredients than you
get in MUELLER’S.
NOODLES WITH VIRGINIA HAM

Bring 4 quarts of water to a rapid boil.
Put in........................1 tablespoon salt
And (slowly).............1 package MUELLER'S FINE EGG NOODLES
Cook 9 minutes and drain.
Beat well..................3 eggs
Add ......................1 1/2 cups milk
And ......................2 cups chopped boiled Virginia Ham
Mix all together thoroughly with noodles and pour into a buttered casserole.
Dot top with.............2 tbsp. butter cut in bits
Bake in a moderate oven 40 minutes. Serve with tomato sauce.
Serves six.

Crosby Gaige says:
As a change from potatoes, there's nothing so delicious as MUELLER'S EGG NOODLES.
NOODLES WITH MEAT EN CASSEROLE

Bring 4 qts. of water to a rapid boil
Put in.............................1 tablespoon salt
And (slowly).....................1 package MUELLER’S FINE EGG NOODLES
Cook 9 minutes and drain.
Put noodles in a buttered casserole.
Add ............................2 cups canned tomatoes
Mixed with.....................1 teaspoon salt
................................1/4 teaspoon pepper
And .............................1/4 teaspoon allspice
................................1/4 teaspoon cinnamon
Add ............................1 cup chopped cooked lamb, or any other left-over meat which has been sautéed in a little butter.
Mix all together and pour over noodles.
Sprinkle with.................1/2 cup grated cheese
Bake in a moderate oven until brown.
Serves six.

Crosby Gaige says:
Wholesomeness, purity, and delicious flavor have made MUELLER’S America’s best-selling brand.
BAKED NOODLES AND MUSHROOMS

To ........................ 3 ozs. melted butter in frying pan
Add ................................ 1 lb. chopped fresh mushrooms
And ................................ 1/2 teaspoon salt
Also ................................ A little pepper
Toss them about to mix well with butter, then cover pan and allow to cook about 10 minutes, stirring now and then. In the meantime,
Bring ............................. 4 qts. water to a rapid boil
Put in ............................. 1 tablespoon salt
And (slowly)...1 package MUELLER’S FINE EGG NOODLES
Cook 9 minutes and drain.
Grate ........................... 1 cup cheese
Put a layer of noodles in the bottom of a buttered baking dish. Add a layer of mushrooms, sprinkle with grated cheese, put in another layer of noodles, and so on until dish is full. The top layer should be noodles with cheese sprinkled on that. Dot with butter and dust with paprika. Bake in a hot oven for 15 minutes.
Serves six.

Crosby Gaige says:
MUELLER’S EGG NOODLES never go limp or stringy in cooking; they’re extra-tender, extra-light.
PEPPERS STUFFED WITH ELBOW MACARONI AND ROUND STEAK

Wash 6 peppers, slice off the tops, remove seeds and white ribs.

Bring 2 quarts water to a rapid boil.

Add \( \frac{1}{2} \) tablespoon salt.

And (slowly) \( \frac{1}{2} \) pkg. MUELLER’S ELBOW MACARONI.

Cook for 9 minutes and drain. In the meantime,

Melt 3 tablespoons butter.

Add 3 minced onions.

And 2 crushed cloves of garlic.

Sauté until onions are brown.

Break in a bowl 1 egg and beat slightly.

Add sautéed onions, cooked elbow macaroni.

And 1 lb. ground round steak.

Season with 1 teaspoon salt.

And \( \frac{1}{2} \) teaspoon pepper.

Mix thoroughly and stuff peppers.

Sprinkle with bread crumbs and put in buttered baking dish. Bake 20 minutes.

Serves six.

Crosby Gaige says:

You’ll be enthusiastic about MUELLER’S ELBOW MACARONI, a favorite wherever it’s tried.
ELBOW MACARONI WITH
LEFTOVER VEGETABLES

To 4 qts. rapidly boiling water
Add 1 tablespoon salt
And (slowly) 1 package MUELLER'S ELBOW MACARONI
Cook for 9 minutes, drain. Put in buttered baking dish.
With 1/2 cup cooked green beans
And 1/2 cup cooked carrots or any other cooked vegetable such as peas, celery, etc.
Add 1 raw chopped onion
Then Beat 2 eggs
Add 1 cup milk
Also 1 teaspoon salt
And 1/4 teaspoon pepper
Pour over vegetables and elbow macaroni.
Cook in a hot oven (425°) for 20 minutes.
Serves six.

Crosby Gaige says:
MUELLER'S ELBOW MACARONI cooks up so light and fluffy every strand is a separate, appetizing tidbit.
Bring to a rapid boil... 4 quarts water
Put in......................1 tablespoon salt
And (slowly).............1 package MUELLER'S
ELBOW MACARONI
Cook for 9 minutes while you
Put in a saucepan.....1 cup beef consommé
Add ......................3 tomatoes cut up
Also ......................1 cup cooked white onions
And ......................3 tablespoons butter
Season with..............½ teaspoon salt
And ......................½ teaspoon pepper
Add ......................½ lb. sausage meat,
made into balls
Cook for 5 minutes. Mix with the cooked, drained elbow macaroni and bake in a buttered casserole for 30 minutes. Sprinkle with.............½ cup grated cheese
Put back in the oven for another 5 minutes. Serves six.

Crosby Gaige says:
MUELLER products are made in a sunlit factory as clean as your kitchen.
STUFFED VEAL

Wash a four-pound breast of veal, dry well, and rub with salt and pepper.

Bring 4 qts. water to a rapid boil

Put in 1 tablespoon salt

And (slowly) 1 package MUELLER'S SPAGHETTI

Cook 9 minutes and drain.

Beat 1 egg

Add 1 large onion, minced fine

Also 1 cup diced celery

Season with ½ teaspoon pepper

And 2 tablespoons chopped parsley

Add the cooked spaghetti and mix thoroughly. Make a pocket in the piece of veal and fill with mixture. Fold the meat over it and sew the edges to hold in the stuffing. Put in a roasting pan... and when brown add 1 cup of sour cream and roast for two hours, basting every 20 minutes.

Serves six.

Crosby Gaige says:

MUELLER'S SPAGHETTI has a thin wall which causes it to cook quicker and be uniformly tender.
QUICK SPAGHETTI DINNER

Put in frying pan \(\frac{1}{4}\) lb. sweet butter
Add 2 cloves of garlic
Sauté garlic to a golden brown and remove.
Put in 1 lb. ground and floured round steak
Fry steak for 10 minutes.

\[
\begin{align*}
1 & \text{ No. 2 can tomatoes} \\
1 & \text{ bay leaf} \\
2 & \text{ whole cloves} \\
2 & \text{ chopped leeks} \\
2 & \text{ tbsp. minced parsley} \\
1 & \text{ cup water or beef consommé}
\end{align*}
\]

Cook slowly for 30 minutes while you Bring to a rapid boil 4 quarts of water
Put in 1 tablespoon salt
And (slowly) 1 package MUELLER'S SPAGHETTI
Cook for 9 minutes and drain. Cover with sauce and serve with Parmesan cheese. Serves six.

Crosby Gaige says:
MUELLER'S SPAGHETTI is easier to handle and to eat . . . perfect for the spaghetti dinner.
THIN SPAGHETTI WITH SHRIMP SAUCE

Pour into saucepan......1 qt. tomato juice
Put in........................................2 lbs. fresh cleaned or canned shrimps
........................................1 can mushrooms
........................................2 tbsp. tomato catsup
........................................1 chili pepper
Add .................................1 drops Tabasco sauce
........................................1 bayleaf
........................................1 tbsp. Worcestershire sauce
Let simmer for 30 minutes while you
Bring 4 quarts water to a rapid boil.
Put in.................................1 tablespoon salt
And (slowly).........................1 pkg. MUELLER'S SPAGHETTI
Cook for 9 minutes and drain. Serve on a hot platter, covered with sauce.
Serves six.

Crosby Gaige says:
More women ask for MUELLER'S by name than any other brand.
MACARONI AND CHOPPED BEEF

Bring to a rapid boil... 4 quarts water
Add ................................ 1 tablespoon salt
And (slowly).................... 1 package MUELLER'S MACARONI
Cook for 9 minutes, while you
Melt in frying pan... 3 tablespoons butter
Put in........................................ ½ lb. mushrooms
Also .................................... 1 minced green pepper
And ....................................... 1 large onion sliced
Add .................................... 1 lb. ground round steak
Fry all together for 5 minutes.
Add .................................... 1 small can tomato paste
Drain the macaroni, mix with steak and sauce, put in a buttered baking dish, sprinkle with grated cheese, and dot with butter. Bake 20 minutes in a hot oven.
Serves six.

Crosby Gaige says:

MUELLER'S MACARONI is made from a special blend of farina, the first solid food given to infants. It's easily digested.
**STUFFED CABBAGE**

To .................. 2 qts. rapidly boiling water
Add .................. $\frac{1}{2}$ tablespoon salt
And (slowly) ........ $\frac{1}{2}$ package MUELLER'S MACARONI
Cook 9 minutes and drain.
Add .................. 2 cups diced smoked ham
And ................... 1 teaspoon salt
Also ................... $\frac{1}{4}$ teaspoon pepper
And ................... 1 raw egg
Add ................... pinch of ground mace
And ................... 2 tablespoons melted butter
Also ................... 1 tablespoon lemon juice
And ................... 1 tablespoon chopped parsley

Mix all together.
Cut top from 1 hard head of cabbage. Scoop out enough of the center so the resulting cavity will be filled three-fourths full with the macaroni mixture. Put the top back on the cabbage. Tie up in either a Patapar paper or an old linen napkin and steam one hour. Serve with chopped parsley.
Serves four.

_Crosby Gaige says:_

MUELLER'S MACARONI cooks up light and tender, is never sticky or heavy.
MACARONI WITH CLAM SAUCE

Use 15 medium-size clams with juice, and cut fine.
Put in saucepan.............3 tablespoons olive oil
Mash .........................1 clove garlic
Sauté until gold-colored in the olive oil.
Remove garlic.
Add .........................1 No. 2 can tomatoes
Cook slowly for 1 hour. Then add the clams
And .........................½ the clam juice
Cook fairly fast for 15 minutes, stirring constantly. In the meantime,
Bring to a rapid boil.....4 qts. water
Add .........................1 tablespoon salt
And (slowly)...............1 pkg. MUELLER’S MACARONI
Cook 9 minutes and drain.
Just before removing clam sauce from the fire, add the remainder of the clam juice.
Season to taste with salt and pepper.
Pour over macaroni.
Serves six.

Crosby Gaige says:
Don’t think you can get the same results with ordinary macaroni. Be sure to use MUELLER’S...it’s lighter, more tender.
MACARONI JAMBALAYA

In an iron frying pan
Melt 1 tablespoon butter
Add 2 cups diced cooked ham
And 3 large sliced onions
When onions are about half-cooked
Add 1 minced green pepper
And 1 qt. can tomatoes
Also 1 crushed clove garlic
And to taste pepper, salt, paprika
Simmer for 30 minutes.
Add ½ teaspoon Worcestershire sauce

In the meantime,
Bring 4 qts. water to rapid boil
Add 1 tablespoon salt
And (slowly) 1 package MUELLER'S MACARONI
Cook 9 minutes and drain.
Mix contents of frying pan with macaroni, put in greased baking dish, sprinkle with bread crumbs, dot with butter, cook in oven until brown.
Serves six.

Crosby Gaige says:
MUELLER'S MACARONI bulks larger and goes farther. Very important with hungry mouths to feed.
for RADIANT HEALTH

MUELLER'S COOKED SPAGHETTI

MUELLER'S PRODUCTS