The CULINARY ART
Perfected to Pleasing Certainty

WITH A New ROPER Gas Range
There's nothing quite like Gas for the preparation of meals. Long known as the most dependable and economical of modern fuels, Gas is today more than ever the finest of them all.

So many improvements have been made within the last several years in modern gas ranges that they are indeed a joy to use.

These smart new gas ranges and other gas appliances, too, chase drudgery and inefficiency from the home forever.

Back of them all is the proven dependability of gas service. No interruptions. No letdowns. Nothing to interfere with the doing of their jobs in an effective manner.

Twenty-four hours a day, rain or shine, during the intense heat of Summer and the shivering blizzards of Winter, the employees of your Gas Company are on duty, your assurance of a service that cannot be matched for all 'round desirability.
Successful cookery requires accurate regulation of three variables: 1, Ingredients; 2, Time; 3, Temperature.

Measure your ingredients carefully, following tested and approved recipes. Be certain of the elapsed time for each given operation. Set your oven control and then rest assured that the oven temperature will remain uniform. That’s all there is to it. Culinary success is yours.
In order to know the thrill of perfect top burner cooking, you must have burners that locate the heat where it should be located, and control the heat so that it gives any flame desired. The new Roper Gas Range equipped with two-way burners with center simmer guarantees just that.

Notice how the giant high-speed burner fits large utensils. It gives an even spread of flame over the entire bottom surface of a large skillet or pan.

Cook vegetables using less than one cup of water. Do it with located and controlled heat burners. No large quantity of water to heat. No violent boiling that destroys food structure.

Standard Roper "Simmer-Speed" burner fits average sized utensils, even those as small as a measuring cup. Flame is directed against bottom of utensil. No flaring up around edges.

Here you see a complete vegetable dinner ready for cooking on the top burners of the modern Roper. No special utensils required. Use your present glass, aluminum or granite ware utensils with cover.
“Waterless” cooking means cooking on the top burners, using a very small amount of water. It is made possible by the Roper two-way burner with center simmer.

Foods cooked by the “waterless” method give you many benefits that you do not get in ordinary cooking.

Vegetables cooked the “waterless” way retain their natural shapes, their appealing colors. They are not boiled to pieces. They do not lose their valuable juices and vitamins. These elements are saved and brought to the table packed right in the foods. You save because shrinkage is greatly reduced. Try “waterless” cooking. You’ll like it.
**TTOM&CL  “WATERLESS” COOKING**

This chart serves only as a guide. Time and amount of water necessary can be decreased depending on freshness of vegetables and how they are cut.

**CHART**

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Fresh Vegetable Weight</th>
<th>Water</th>
<th>Maximum Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Asparagus</td>
<td>1 lb</td>
<td>1/2 to 1 cup</td>
<td>15 to 25 Min.</td>
</tr>
<tr>
<td>Cut or Shredded Small Green Beans</td>
<td>1 lb</td>
<td>1/2 to 1 cup</td>
<td>12 to 30 Min.</td>
</tr>
<tr>
<td>Lima Beans</td>
<td>1 lb</td>
<td>1/2 to 1 cup</td>
<td>20 to 30 Min.</td>
</tr>
<tr>
<td>Shredded or Whole Wax Beans</td>
<td>1 lb</td>
<td>1/2 to 1 cup</td>
<td>15 to 30 Min.</td>
</tr>
<tr>
<td>Peeled and Sliced Beets</td>
<td>1 lb</td>
<td>1/2 to 1 cup</td>
<td>20 to 30 Min.</td>
</tr>
<tr>
<td>Beet Green</td>
<td>1 lb to 3 lb</td>
<td>No Water</td>
<td>15 to 30 Min.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 lb</td>
<td>1/2 to 1 cup</td>
<td>20 to 30 Min.</td>
</tr>
<tr>
<td>Brussels Sprout</td>
<td>1 lb</td>
<td>1/2 to 1 cup</td>
<td>15 to 20 Min.</td>
</tr>
<tr>
<td>Quartered Cabbage</td>
<td>1 lb</td>
<td>1 cup</td>
<td>15 to 20 Min.</td>
</tr>
<tr>
<td>Shredded Cabbage</td>
<td>1 lb</td>
<td>1 cup</td>
<td>10 to 15 Min.</td>
</tr>
<tr>
<td>Cut or Diced Carrots</td>
<td>1 lb</td>
<td>1/2 to 1 cup</td>
<td>15 to 30 Min.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1 lb</td>
<td>1 cup</td>
<td>20 to 30 Min.</td>
</tr>
<tr>
<td>Corn on Cob</td>
<td>1 lb</td>
<td>1 1/2 cup</td>
<td>10 to 20 Min.</td>
</tr>
<tr>
<td>Kale</td>
<td>1 lb</td>
<td>No Water</td>
<td>15 to 20 Min.</td>
</tr>
<tr>
<td>Mustard Greens</td>
<td>1 lb to 3 lb</td>
<td>No Water</td>
<td>15 to 30 Min.</td>
</tr>
<tr>
<td>Large Quartered Onions</td>
<td>1 lb</td>
<td>1 cup</td>
<td>20 Min.</td>
</tr>
<tr>
<td>Small Whole Onions</td>
<td>1 lb</td>
<td>1 cup</td>
<td>20 to 30 Min.</td>
</tr>
<tr>
<td>Parsnips</td>
<td>1 lb</td>
<td>1 cup</td>
<td>20 to 30 Min.</td>
</tr>
<tr>
<td>Peas</td>
<td>1 lb to 3 lb</td>
<td>1/2 to 1 cup</td>
<td>15 to 30 Min.</td>
</tr>
<tr>
<td>Large Cut Potatoes</td>
<td>1 lb</td>
<td>1-1/2 cups</td>
<td>25 to 30 Min.</td>
</tr>
<tr>
<td>Potatoes—Whole with Jackets</td>
<td>1 lb</td>
<td>1-1/2 cups</td>
<td>30 Min.</td>
</tr>
<tr>
<td>Rutabaga, cubed</td>
<td>1 lb</td>
<td>1 cup</td>
<td>20 to 35 Min.</td>
</tr>
<tr>
<td>Spinach</td>
<td>1 lb to 3 lb</td>
<td>No Water</td>
<td>12 to 20 Min.</td>
</tr>
<tr>
<td>Winter—Summer Squash</td>
<td>1 lb</td>
<td>1/2 to 1 cup</td>
<td>20 to 30 Min.</td>
</tr>
<tr>
<td>Squash—Yellow</td>
<td>1 lb</td>
<td>1/2 to 1 cup</td>
<td>20 Min.</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>1 lb</td>
<td>3/4 to 1 cup</td>
<td>20 to 30 Min.</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 lb</td>
<td>No Water</td>
<td>Start with Simmer 15 to 20 Min.</td>
</tr>
<tr>
<td>Turnips—cut</td>
<td>1 lb</td>
<td>1 cup</td>
<td>20 to 30 Min.</td>
</tr>
</tbody>
</table>

Allow approx. 10 Min. additional time per pound fresh vegetable weight.

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**THE BIG 10**

of Modern Gas Cookery with Roper
Located and Controlled Heat Burners.

1. Foods retain their natural color.
2. They retain their natural flavor.
3. They retain their natural texture.
4. They are more healthful.
5. No excessive steam.
6. No pot watching.
7. A cooler kitchen.
8. No objectionable odors.
9. Reduces fuel cost to a minimum.
10. Foods retain all mineral salts and vitamins.

Covered vessels regardless of shape or material can be used. Season foods properly.

Turn burner on full for 3 minutes. Reduce to Simmer and complete cooking.

**BY-PRODUCT DISHES**

When cooking is completed there remains a liquid composed of natural juices. This is extremely healthful. Use it in preparing tempting, nourishing dishes, sauces, gravies, soups, chowders. Serve them often and enjoy the economy of Roper Flavor-Seal “Waterless” Cooking.

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This Handy Chart Tells You How To Cook
the Flavor-Seal “Waterless” Way
One of the chief advantages of the Roper oven is its preparation of full meals without watching or waiting. Such meals, consisting of soups, meats, fish, vegetables, cereals, puddings, etc., can be prepared and cooked, ready for serving, with practically no attention or time spent in the actual cooking. The oven control takes care of that important part of the work. The housewife may leave the house for the afternoon, if she wishes, and return to find the full meal cooked perfectly, ready for serving.

For those combinations of meals including roast meats or fowl, it is not necessary to sear. Merely place in an uncovered pan for the entire roasting process.

Cook vegetables in covered dishes with minimum amount of water.

Pastries, biscuits and similar fast baking foods should be baked separately and not with whole meals. They require shorter baking time and higher temperatures. If prepared in advance, pastries, biscuits, etc., can be baked after removing the full meal from the oven, and with the oven control reset to the higher temperature required.

Full Meal Dinner Suggestions

In the following full meal menus, we have listed only the foods which can be quickly prepared and cooked in the oven at one time without attention.
The full meal menus given are merely suggestions and many other combinations can be used. Different kinds of soups, meats, fish, oysters, etc., can be selected. Casserole dishes such as macaroni and cheese, spaghetti, meat pies, hash, etc., can be substituted for meats or fish. And any preferred vegetables and cooked desserts can be selected.

Vegetables may be creamed, mashed, served whole or broiled, according to preference. **For a three-hour meal set the Roper Oven Control to the 275° mark. For a four or five-hour meal set the Roper Oven Control at the 250° mark.**

**A Suggested Sunday Dinner**

<table>
<thead>
<tr>
<th>Roast Fowl with Giblet Gravy</th>
<th>Mashed Potatoes</th>
<th>Mashed Squash</th>
<th>Baked Corn</th>
<th>Cranberry Sauce</th>
<th>English Plum Pudding</th>
</tr>
</thead>
</table>

Oven cooking temperature: 275° for three hours or 250° for four or five hours.

**ROAST FOWL:** Clean thoroughly, wipe dry. Rub inside with salt and pepper, one teaspoon sugar, one tablespoon minced onion, one tablespoon minced celery. Add stuffing. Place on rack in uncovered pan, for the low temperature cooking process.

**GIBLET GRAVY:** Add two tablespoons flour to each two tablespoons fat, brown slightly, add water or milk (two cups), add cooked giblets cut in small pieces. Bring to boil. Make any amount of gravy required. Season to taste.

**MASHED POTATOES:** Peel necessary amount of potatoes. Cover bottom of pan with \( \frac{1}{4} \) to \( \frac{1}{2} \) inch of water. Bring to boil and add the pared potatoes. Bring water to boil again, then reduce flame to simmer point, put tight fitting cover on pan and cook for time indicated in waterless cooking chart. (Page 5.) Mash free of lumps, adding salt, pepper, butter, and hot milk.

**BAKED CORN:** To one can corn or same quantity of fresh corn, add one beaten egg, one-half cup cream and one-half cup chopped pimentos. Season well with salt, pepper and paprika. Pour into buttered baking dish, cover with bread crumbs, moistened in butter.

**MASHED SQUASH:** Cut one-fourth to one-half squash in pieces, remove seeds, place in pan but do not add water. Cover and bake with whole meal in oven. Upon removal, scrape edible portion from shell. Mash the squash, add two tablespoons butter, one teaspoon sugar and enough salt and pepper to season it. Serve hot. If squash is dry, hot milk or cream may be added.
CRANBERRY SAUCE: Four cups cranberries, two cups water. Put cranberries in pan. Boil on burner top first. Boil until berries all pop open. Strain and add two cups sugar. Then cover pan and cook with whole meal.

ENGLISH PLUM PUDDING: See recipe under “Puddings” (page 24). Cook in covered dish with whole meal.

A Suggested Week-Day Dinner

Baked Ham with Potatoes  Boiled Onions  Stewed Apricots  Bread Pudding

Oven cooking temperature: 275° for three hours or 250° for four or five hours.

BAKED HAM WITH POTATOES: Place slice of ham one inch thick in baking dish. Pare potatoes, cut in thick slices and place around ham. Cover ham and potatoes with sweet milk. Not necessary to cover this dish.

BOILED ONIONS: Place onions in baking dish with small amount of water. Season with one-fourth cup butter, one teaspoon sugar and cook in covered dish. Upon removal from the oven, season with salt and pepper.

STEWED APRICOTS: Use one-half pound apricots. Place in baking dish adding one quart of water. Cook in covered dish. Upon removal from the oven add one cup sugar.

BREAD PUDDING: Two cups stale bread crumbs softened with one quart scalded milk. Softening usually requires about one-half hour’s time. Then add two eggs, one-half cup sugar, one-half teaspoon salt, one-half teaspoon vanilla or one-fourth teaspoon nutmeg and one-fourth cup melted butter. Mix well, pour into buttered baking dish. Bake uncovered.

Other Suggested Full Meal Items

SOUPS—Vegetable, Tomato, Meat Broths.
MEATS—Roast Beef, Veal, Pork, Lamb or Ham (roast uncovered).
POTATOES—Baked, Scalloped, Au Gratin, Browned (covered).
VEGETABLES—Onions, Baked Tomatoes, Beans, Beets, Turnips, Cabbage, Greens, Cauliflower (covered).
DESSERTS—Baked Apples, Stewed Fruits, Puddings (covered).
BREADS—Boston Brown Bread.
## WHAT TO SERVE WITH MEAT

<table>
<thead>
<tr>
<th>Meat Dish</th>
<th>Starchy Food</th>
<th>Vegetable</th>
<th>Salad, Sauce and Accompaniment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork Chops</td>
<td>Creamed Potatoes, Mashed Potatoes</td>
<td>Tomatoes, Corn, Celery</td>
<td>Lettuce Salad, Cabbage Salad, Fried Apple Rings</td>
</tr>
<tr>
<td>Baked Ham</td>
<td>Escalloped Potatoes, Sweet Potatoes, Rice</td>
<td>Spinach, Squash, Escalloped Cabbage</td>
<td>Baked Pineapple Pickles, Tart Jelly, Raisin Sauce</td>
</tr>
<tr>
<td>Roast Veal</td>
<td>Boiled Rice, Mashed Potatoes, Noodles</td>
<td>Spinach, Green Beans, Green Peas, Asparagus</td>
<td>Head Lettuce Salad, Sour Cream Gravy, Tart Jelly or Jam, Cranberry Sauce</td>
</tr>
<tr>
<td>Breaded Veal Chops</td>
<td>Mashed Potatoes, Creamed Potatoes</td>
<td>Corn, Mushrooms, Tomatoes, Cucumbers</td>
<td>Tomato Sauce, Spiced Gooseberries, Jelly</td>
</tr>
<tr>
<td>Veal Stew</td>
<td>Boiled Potatoes, Dumplings</td>
<td>Any Desired Combination</td>
<td>Spiced Peaches</td>
</tr>
<tr>
<td>Roast Beef</td>
<td>Brown Potatoes, Brown Gravy</td>
<td>Onions, Creamed Celery, String Beans, Corn</td>
<td>Carrot and Pineapple Salad, Yorkshire Pudding, Worcestershire Sauce</td>
</tr>
<tr>
<td>Beef Pot Roast</td>
<td>Noodles, Dumplings, Brown Potatoes, Spaghetti</td>
<td>Turnips, Carrots, String Beans</td>
<td>Brown Gravy, Pickles, Catsup, Horseradish Sauce</td>
</tr>
<tr>
<td>Swiss Steak</td>
<td>Baked Potatoes</td>
<td>Tomatoes, Onions, Green Peppers</td>
<td>Gravy</td>
</tr>
<tr>
<td>Tongue</td>
<td>Au Gratin Potatoes, Creamed Potatoes</td>
<td>Tomatoes, Onions, Beets</td>
<td>Tomato Sauce, Raisin Sauce, Currant Jelly</td>
</tr>
<tr>
<td>Leg of Lamb</td>
<td>Brown Potatoes</td>
<td>Green Peas, Turnips, Asparagus, Cauliflower</td>
<td>Currant Jelly, Mint Sauce, Mint Sherbet, Caper Sauce</td>
</tr>
<tr>
<td>Lamb Chops</td>
<td>Creamed Potatoes</td>
<td>Asparagus, Green Peas</td>
<td>Mint Jelly, Currant Jelly</td>
</tr>
</tbody>
</table>
Broiled Fish

To broil a whole fish, split the fish down the back, dry thoroughly, sprinkle with salt, pepper and lemon juice. Grease fish on both sides and place flesh down on broiler. Turn and broil on skin side just enough to crisp the skin. Large fish are cut into slices one inch thick, and broiled on both sides evenly.

Suggested Complete Broiled Dinner

Slice of Ham, 1½ inches thick  Pear Halves
Sweet Potatoes, parboiled and cut in half  Maraschino Cherries

Select center cut of ham, one and one-half inches thick. Place on broiler. Set regulator at 350°. Place ham three inches from flame. Brown on one side, turn, place sweet potato halves brushed with butter and sprinkled with brown sugar around ham, also pear halves sprinkled with sugar. Garnish with maraschino cherries.

Broiling has long been recognized as one of the most healthful ways of cooking foods. Because it seals in the rich juices and nourishing food elements, doctors strongly recommend the regular serving of more broiled foods.

Now that broiling is so simple, you will certainly want to give your family all of the benefits which come from broiled foods.
**Broiled Chicken**

Split with a sharp knife down the back, through or on either side of the backbone. Remove bone and lay open, pressing the breastbone with the hands until it cracks, so that the bird will lie flat. Cut out rib bones and the tendons. Lay a broiling chicken, which has been prepared according to directions, on a greased broiling rack, skin side down. Sear both sides quickly and then reduce the heat and cook on the flesh side until tender, sprinkling with salt and pepper when partly done, and basting several times with melted butter. Turn and brown the skin quickly. Spread the flesh side with butter before serving.

**Broiled Steak**

Steak should be cut at least an inch thick. Wipe the meat with a cloth and place on a broiler that has been heated. Sear both sides quickly, then reduce the flame and cook more slowly. The time will depend on the thickness of the meat and the heat used. Ten to twelve minutes is the average time for an inch and a half steak, cooked rare.
BREAD BAKING: An average size loaf of bread should be baked at an oven temperature of 375° for about 45 to 60 minutes. A moderate heat for 60 minutes produces better bread than a hot oven for 30 minutes. The bread baking process is divided into four periods:

In the first quarter the dough continues to rise.

In the second quarter the dough crusts over and browns slightly.

In the third quarter the center of the loaf bakes and the crust continues to brown.

In the last quarter the loaf shrinks from the sides of the pan and should then be browned evenly over its entire surface.

Standard White Bread

Temperature, 375°  Time, one hour

1 cake compressed yeast  7 cups flour
1 tablespoon sugar  ½ tablespoon salt
1 pint liquid  2 tablespoons fat

The liquid used in this recipe may be either milk or water. If water is used boil it and then let it cool to a lukewarm temperature. If milk is used—and milk adds to the food value of your bread—scald it and then let it cool to a lukewarm temperature.

Crumble the yeast into a mixing bowl and add the sugar. Add the lukewarm liquid to the yeast mixture. Stir well to mix the ingredients thoroughly, then add about half of the flour which has been measured after sifting once, and the salt. The temperature of the flour should be about 90° Fahrenheit.

Add the melted fat after about one-half of the flour has been added. This prevents a streak of fat through the bread. Beat this batter thoroughly and add the remainder of the flour gradually. Different brands and grades of flour will take up different amounts of liquid. Mix the dough until all of the flour necessary to make a stiff dough has been worked in. It may require more or less than the seven cups given in the recipe. Remove it to a floured board or clean table top and knead until it is smooth and elastic. This will take from five to ten minutes.

Let the dough rise in a clean covered bowl until it is double in bulk, keeping it at a lukewarm temperature during the entire time of rising. This can be easily accomplished by keeping the bread covered in a bowl surrounded by warm water. It will take about two hours for the bread to rise. When the dough has risen until double in bulk remove from the bowl and again knead on a slightly floured board for about five minutes.

Shape it into two loaves and put it into well-greased bread pans. Cover them with a clean cloth and let rise again until double in bulk, keeping the temperature as already given. This will take about one hour. Then set
the oven control at 375° and bake for one hour. Cool, uncovered, on cake racks.

Yield: Two 4½ x 8½-inch loaves or two smaller loaves and a few biscuits.

The method of making graham or whole wheat bread is the same as for white bread but usually one-half the amount of flour used is white flour. A loaf of a smaller volume and coarser texture will result when all graham or whole wheat flour is used. Graham or whole wheat flour also will vary in composition due to milling conditions.

Parker House Rolls

Preheat oven at 425°.

2 cups milk and water (brought to boiling point)
⅛ cup fat
2 tablespoons sugar
1 teaspoon salt
1 cake yeast and 1 teaspoon sugar dissolved in ¼ cup lukewarm water and added to liquid.

3 cups bread flour added to liquid—mix well—set to rise.

When risen to double its bulk add flour sufficient to make a dough that can be kneaded—again let rise to double its bulk—again knead. Roll out one-third inch thick—cut (biscuit cutter), brush with butter—fold over—press together. Place on greased pan one inch apart—again let rise to double bulk. Set oven control at 425°—bake ten to twenty minutes.

Quick Raisin and Nut Bread

2 eggs
2 cups milk
6 cups white flour
6 teaspoons baking powder

Beat eggs well, then add milk. Mix and sift dry ingredients, then add to the milk and well-beaten eggs. Melt and add the butter and then the raisins and nuts.

Grease the pans and pour the mixture into them and allow to stand for twenty minutes.

Preheat the oven for ten minutes at 350°, then put in oven and bake for 45 to 60 minutes.

Boston Brown Bread

1 3/4 cups sour milk
⅜ cup molasses
⅛ cup sugar
2 cups graham flour
1 cup corn meal
1 teaspoon salt
1 ½ teaspoons baking powder
1 ½ teaspoons soda
¾ cup seeded raisins
½ teaspoon vanilla

Mix all ingredients, preheat oven, bake in covered molds, set in two or three inches of hot water and bake at 300° for two and one-half hours or bake with whole meal.
For a perfect cake select only the choicest materials. Let the flour, the foundation of the cake, be the best adapted for cakemaking. Eggs should be strictly fresh, that they may have strength to hold up. The sugar should be fine granules. If it is coarse, sift to remove all coarse granules. Butter gives the best flavor, but other substitutes may be used though not quite so tasty.

The burner may be lighted and the oven preheating while the cake is being mixed.

Cake Troubles Explained

Heavy cakes are sometimes caused by too slow an oven, or by the use of too much sugar or shortening.

Coarse-grained cakes are the result of too much leavening ingredients, too slow an oven, insufficient creaming of shortening and sugar or insufficient beating of batter before addition of egg whites.

Large holed angel cakes are occasioned by insufficient blending of egg whites with the other ingredients. Too little sugar or too fast an oven might produce the same effect.

When a cake "falls" it is occasioned by an insufficient quantity of flour or rising ingredients, by excess temperature or from moving it in the oven after the cake has risen and before the cell walls have become fixed or firm by the heat.

A cake is bready and solid when too much flour has been used.
When too much heat is used a cake presents an uneven surface, crusts over the top before the mixture has risen to its full height and bursts at its weakest place which is usually the top.

A heavy streak at the bottom of a loaf cake is usually caused by using too many egg yolks in proportion to other ingredients, or by baking the cake in too slow an oven.

**Angel Food Cake**

1 1/2 cups egg whites  
1 1/2 cups fine granulated sugar  
1 cup flour  
1 teaspoon cream of tartar

It is very essential with the combined ingredients given for this angel food cake that it be baked at a low oven temperature, 325°. When finished baking, should this cake not be as brown as desired, raise the oven temperature to 350° and allow the cake to remain in the oven from three to five minutes longer; never over five minutes.

Add salt to eggs and beat until foamy. Add cream of tartar and beat until whites will hang to whipper. Add flavoring. Then add sugar quite slowly in the same manner as in making mush, by taking a handful and letting it sift slowly through the fingers. Then fold in the flour and bake in ungreased large-size angel food pan.

When finished baking, remove from the oven, invert the pan and let cool in hanging position. The cooling will require at least an hour or more. Do not remove from the pan until ready to use, unless the cake is to be covered with icing. The icing must be a fluffy icing or one made with confectioner’s sugar.

**Gold Cake**

A Good Cake to be Made with Yolks of Eggs that are Left from Angel Cake

1/4 cup butter  
1 1/4 cups sugar  
8 yolks of eggs  
2 1/2 cups flour

Cream butter, add sugar gradually, then the yolks of eggs—beaten until thick and lemon colored. Sift flour and baking powder until light and add to mixture alternately with liquid, then add flavor and beat very thoroughly. Preheat oven. Bake in loaf at 350° for forty-five minutes. Invert to cool.

**White Layer Cake**

A Foundation Used for Many Cakes

3/4 cup butter  
1 1/2 cups sugar  
1/2 cup egg whites  
3 cups flour

Cream butter thoroughly, add sugar in small amounts at a time, creaming all the while until the appearance is like whipped cream. Then add...
about one-half of the egg white (unbeaten) and beat until all is very light and fluffy. Add balance of the egg white and beat as before, as this beating is the secret of a wonderful cake.

Sift all the dry ingredients several times. Add about one-third of the flour and water at one time, beating until the batter is smooth, then add another one-third of the flour and water, beat batter until smooth, then add the remainder of the flour and water and beat until smooth. Add the flavoring with the liquid. Preheat oven.

Bake this in layer cake pans at an oven temperature of 375°. Time, thirty minutes.

OLD-FASHIONED MARBLE CAKE may be made by using the above recipe, dividing the batter, adding to one-half of the batter two ounces of melted chocolate, one-half teaspoon cinnamon, one-fourth teaspoon cloves and one-fourth teaspoon soda. Place in pan in marble fashion—the batter mixed by adding a few spoons of dark and a few spoons of light.

CHOCOLATE, COCOANUT and many kinds of cake may be made by using this recipe for the foundation and using the Fluffy Icing recipe, page 17, for foundation icing—adding to it chocolate, cocoanut, nut meats, etc., to correspond with the cake.

### Sponge Cake

- 6 egg whites
- 6 egg yolks
- 1/4 teaspoon salt
- 3 tablespoons lemon juice

*(No baking powder or cream of tartar used)*

Beat the egg yolks until thick and lemon colored. Gradually beat in one-half the sugar. Add the lemon juice and grated rind. Beat the whites until frothy, add the salt, beat until stiff and beat remaining sugar into the whites, using a wire whisk. Gradually sift the thrice-sifted flour into the egg yolk-sugar mixture, alternating each addition of the dry ingredients with one of the egg white mixture. Mix these in by cutting and folding with a spatula or egg whisk. Preheat oven.

Bake at 325° for one hour. Remove from oven and let cake hang inverted in the pan until cooled.

### Cup Cakes

- 1 cup sugar
- 2 eggs
- 1 cup cream
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt

Flavor as desired

These little cakes may be given different flavorings.

In making these cakes, sweet cream or sour cream may be used. If the sour cream is used, use one-half teaspoon soda and one teaspoon baking powder.
powder. Should chocolate cakes be desired deduct one-third cup flour and add one-third cup cocoa, and one tablespoon extra sugar.

Sift flour, baking powder and salt several times. Cream sugar and eggs thoroughly. Add cream and flour and stir thoroughly until very light and fluffy. Preheat oven. Fill cups two-thirds full and bake twenty to thirty minutes according to size of pans, at 375°.

**Favorite Fluffy Icing**

| 1 cup sugar | 2 egg whites |
| ½ cup boiling water | ¼ teaspoon flavoring |
| ¼ teaspoon vinegar |

Follow these directions exactly in order to have a perfectly delicious, soft, spongy icing; one that will not crumble or peel from the cake.

Place sugar, vinegar and boiling water in vessel and stir until sugar is thoroughly dissolved. Place on fire to boil until it forms a soft, sticky ball in cold water or is 238° by thermometer. Do not stir while boiling. Pour slowly, boiling hot, over egg whites which have been beaten stiff and dry, beating slowly all the while until the icing becomes cool. Add any flavor or color desired, corresponding with the cake.

If chocolate icing is wanted, add a small amount of melted chocolate to the above icing after it has been finished and cool.

If cocoanut icing is wanted, sprinkle cocoanut over icing when spreading it on the cake.

If icing is wanted for spice cake, add two heaping tablespoons of brown sugar to the above recipe. Add this to the white sugar and proceed with recipe.

Maraschino cherries, red and green in color, are attractive in this icing. They should be lifted from bottle, cut into small pieces and drained on a towel before putting them in the icing.

**Uncooked Icing**

| 1 to 1½ cups confectioner’s sugar | ¼ teaspoon butter |
| 2 tablespoons hot milk, or more | ¼ teaspoon vanilla |

This is made by using confectioner’s sugar and hot milk. Heat the milk hot but do not bring it to the boiling point. By using the milk hot it prevents the raw taste of the sugar. Use enough milk to give a very smooth effect to the sugar, then finish by beating thoroughly. Add few drops of flavor. Have icing thin to spread evenly on cake. Generally used for sheet cakes, cup cakes, etc. If cream is used in making this icing, do not add butter.
PIES, FILLINGS, CUSTARDS, ETC.

Single pie crusts should be baked at 425° for eight to fifteen minutes.

Double crust pies should be baked at 425° for 35 to 45 minutes.

Fillings made with cherries, berries, juicy fruits, etc., should have one or two tablespoons of cornstarch added for the thickening of the juices.

Fillings for custard and pumpkin pies should be added to the crust hot. Heat the milk but do not boil it. Custard and pumpkin pies are baked in uncooked crusts.

Cold Water Pie Crust

All crusts should be baked until they shake freely in the pan.

2 cups flour  % cup lard
1 teaspoon salt  ½ cup cold water

Place flour in mixing bowl, stir in salt, rub or cut in lard and add water until the mixture cleans the bowl nicely, whether the water be more or less than the stated amount. This amount makes one two-crusted pie and one shell, pie pans measuring about eight inches. Preheat oven. Bake at 425° for fifteen minutes, for single crust or until crust shakes freely in the pan.

Custard Pie

2 cups milk, hot  ¼ teaspoon salt
2 whole eggs and 1 egg yolk  ¼ teaspoon nutmeg
% cup sugar  ½ teaspoon vanilla

Stir but do not beat the eggs, sugar, salt and vanilla. Pour in milk which has been heated hot and stir thoroughly. Preheat oven. Fill crusts, dust on nutmeg and bake at 425° for 30 to 40 minutes, or until a knife blade can be inserted in center of custard and drawn out clean. This will indicate a finished cooking of the custard.

Pumpkin Pie

1½ cups pumpkin  ¼ teaspoon ginger
¾ cup sugar  ¼ teaspoon nutmeg
1 egg  2 tablespoons molasses
1 tablespoon cornstarch (light Orleans)
½ teaspoon salt  1¼ cups rich milk
1 teaspoon cinnamon

Stir pumpkin and sugar together and heat hot. Add the milk and molasses heated, then combine the balance of the ingredients. Pour into an unbaked crust. Preheat oven and bake at 425° for 30 to 40 minutes.
Apple Pie

- Diced apples
- 1 tablespoon cornstarch
- $\frac{1}{2}$ cup sugar
- 3 tablespoons butter
- $\frac{1}{4}$ teaspoon salt
- Dash of nutmeg
- 2 tablespoons water

Use enough pared and diced apples to fill the pie crust heaping full. Add to this, one tablespoon cornstarch, one-half cup sugar, three tablespoons butter, one-fourth teaspoon salt, two tablespoons of water and a dash of nutmeg.

Then place the top crust on. Preheat oven. Bake at 425° for thirty-five to forty-five minutes.

Lemon Cream Pie With Meringue Top

Foundation Filler

- 3 egg yolks
- $1\frac{1}{2}$ cups sugar
- 1 lemon, grated rind and juice
- $\frac{1}{4}$ cup cornstarch
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon butter
- $1\frac{1}{2}$ cups boiling water

This filling is a foundation filler for pies and from it many pies can be made, such as orange cream pie, chocolate cream pie, banana cream pie, pineapple cream pie, etc. All of these to be made in baked crusts.

Mix sugar, cornstarch and salt, slowly stirring in the boiling water and cooking until clear. Then add butter, beaten egg yolks, juice and rind of lemon. Stir thoroughly and add to the baked crust. Preheat oven. Add meringue and bake a delicate brown. Bake at 350° for five to ten minutes.

Meringue

Beat egg whites until perfectly stiff and of dry appearance. Then add sugar, the proportion of sugar being 2 tablespoons to each egg white. Fasten well to edge of pie. Preheat oven and bake at 350° for five to ten minutes.
Cookie dough should be soft and is much easier to handle if allowed to stand in a cold place for ten to thirty minutes before rolling. This allows the moisture to become more completely absorbed and hardens the fat. Both tend to prevent the dough from becoming sticky, even though it may be soft.

In rolling cookies, take out on a floured board only as much dough as can be handled easily.

Dip the cutter into flour quite often to prevent the cakes from sticking to the cutter.

Cookies should be baked on a cookie sheet or in a very shallow pan, or on the bottom side of a deep pan. The length of time for baking cookies depends upon the thickness of cookies. Not so much heat for molasses cookies as for the plain cookie.

Cookie dough is mixed as follows: Cream sugar and lard, drop in egg but do not cream so much as in cakes. Add liquid and flavors, flour and other ingredients. Drop cookies should hold form when placed on sheets with teaspoon, but will expand with heat.

**Molasses Cookies (Rolled Cookie)**

- 1 cup lard
- 1 cup molasses
- 1 cup brown sugar
- \(\frac{1}{2}\) cup sour milk
- 3 cups flour
- 2 teaspoons soda
- 1 teaspoon salt
- 2 teaspoons vanilla

Preheat oven. Bake at 375° for twelve to fifteen minutes.

**Plain Sugar Cookie (Rolled Cookie)**

- 1 cup sugar
- \(\frac{1}{2}\) cup butter (scant)
- 1 egg (well beaten)
- \(\frac{1}{4}\) cup milk
- 3 teaspoons baking powder
- \(\frac{1}{4}\) teaspoon salt
- 1 teaspoon almond flavor
- 1\(\frac{1}{4}\) cups flour

Preheat oven. Bake at 375° for twenty minutes.

**Ginger Snaps**

- 2 cups brown sugar
- 2 cups molasses
- 1 cup shortening
- 4 cups flour
- 1 teaspoon soda
- 1 tablespoon ginger
- 1 tablespoon cinnamon
- 1 teaspoon cloves
- 1\(\frac{1}{2}\) teaspoons salt

Heat and bring to boiling point the sugar, molasses, shortening (part of which should be butter), ginger, cinnamon and cloves. Remove from fire and cool. In the meantime, mix and sift the salt and flour and stir part of it into the cooling mixture. Dissolve the soda in a tablespoon of warm water and beat into the mixture, then stir in the remainder of the flour. Roll out to about one-fourth inch thickness on a floured board and shape.
with a floured cutter. Place on well-buttered tins, allowing sufficient space for spreading.

Preheat the oven for ten minutes at 350°, then put in oven and bake for seven minutes.

Ginger Cookies *(Rolled Cookie)*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pint molasses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ pint lard</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 tablespoons ginger</td>
<td></td>
<td>Flour to make soft dough</td>
</tr>
</tbody>
</table>

Preheat the oven and bake at 350° for ten to twelve minutes.

Sour Cream Cookies *(Rolled Cookie)*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ cup lard</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ cup sour cream</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Preheat oven. Bake at 400° for twelve minutes.

Oatmeal Cookies

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ cup margarine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ cup other shortening</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1½ cups pastry flour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cups rolled oats</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cream together the margarine, shortening, and sugar. Add the eggs well beaten, the oats, flour sifted with the cinnamon and salt, the raisins and nuts, and last, the soda mixed with the vinegar. Mix all together thoroughly, roll out to one-eighth inch thickness and cut.

Preheat the oven for fifteen minutes at 425°, then put in oven and bake for twelve minutes.

Recipe makes about four dozen cookies.

Rocks

Temperature, 350°; time, eighteen minutes.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1½ cups brown sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3¼ cups pastry flour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 teaspoon soda</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cream the butter and add the sugar gradually. Then add the well-beaten eggs. Sift the soda, cinnamon and salt with the flour which has been measured after sifting once. Mix part of the flour mixture to the chopped raisins and chopped nut meats. Add to the egg and sugar mixture. Add the water and then the remaining flour mixture. Drop by teaspoons on well-greased baking pans. Bake at 350° for eighteen minutes.

Yield: Three and one-half dozen cakes.
Biscuit doughs may be made with sweet milk or sour milk. Sour milk produces a much softer product than those made with sweet milk.

Biscuits should be baked on a biscuit or cookie sheet, or very shallow pan. If a deep pan must be used, invert it and bake on the bottom of the pan, so that the heat may travel all around the biscuit.

Biscuits need to be baked quickly and should be rolled or patted to about one-half inch thickness, and may be placed close together for baking the soft biscuit, or may be placed apart so that all parts of the biscuit are browned. Preheat oven while mixing recipe.

In mixing biscuits, handle the dough lightly, kneading only enough to give it a smooth appearance. Cut out and bake at 450° for twelve to fifteen minutes, as preferred.

**Baking Powder Biscuits**

| 2 cups flour | 2 tablespoons shortening |
| 4 teaspoons baking powder | ¾ cups liquid (all milk or half milk and half water) |
| 1 teaspoon salt |

Mix dry ingredients and sift twice. Work in fat with tips of fingers, or cut in with two knives. Add the liquid gradually, mixing with a knife to a soft dough. Owing to differences in flours, it is impossible to determine the exact amount of liquid. Toss on a floured board, pat or roll lightly to one-half inch thickness. Shape with a biscuit cutter. Preheat oven. Bake at 450° for twelve to fifteen minutes.

**Soda Biscuit**

| 2 cups flour | ½ teaspoon soda |
| 4 teaspoons baking powder | 1 teaspoon salt |
| 1 cup sour milk | 2 tablespoons shortening |

Follow directions for baking powder biscuit.

**Muffins**

Muffin mixture is combined in a different manner than other mixtures. The shortening is melted and beaten in after the other ingredients have been mixed.

More eggs and a softer mixture will give a good waffle or popover batter.

**Plain Muffins**

| 2 cups flour | 1 egg |
| 4 teaspoons baking powder | 2 tablespoons melted fat |
| ¾ teaspoon salt | 1 tablespoon sugar |
| 1 cup milk |

Mix and sift dry ingredients into a mixing bowl. Add the milk gradually, beating until perfectly smooth. Beat the egg without separating and add
to the mixture. Lastly, add melted shortening and beat thoroughly. Fill greased muffin tins half full. Preheat oven and bake at 400° for twenty to twenty-five minutes. This will make six large or twelve small muffins.

Any fruit may be added, such as dates, raisins, etc.

Graham Muffins

| 1 cup graham or whole wheat flour | ¾ teaspoon salt |
| ½ cup white flour | 1 tablespoon sugar |
| 3 teaspoons baking powder | ¾ cup milk |
| 1 tablespoon melted shortening | 1 egg, beaten |

Place graham flour in mixing bowl, add flour, baking powder, salt and sugar, sifted together, stir in milk, making a smooth batter, add well-beaten egg, and lastly the melted shortening. Preheat oven. Bake at 400° for twenty to twenty-five minutes.

This will make twelve medium-size muffins.

Bran Muffins

| 2 cups bran | 1 egg, beaten |
| 1 cup flour | 1 tablespoon melted shortening |
| 1 teaspoon baking powder | ¼ cup seeded raisins, if desired |
| 1 teaspoon salt | ½ cup sweetening |
| ½ cups milk | (molasses preferred) |

Mix in order given, sifting flour, baking powder, and salt together. Preheat oven. Bake at 400° for twenty-five to thirty minutes. This will make twelve medium-size muffins.

Corn Meal Muffins

| ½ cup cornmeal | ½ teaspoon salt |
| 1 cup flour | ¼ cup milk |
| 3 teaspoons baking powder | 1 egg, well beaten |
| 1 tablespoon sugar | 1 tablespoon melted shortening |

Place cornmeal in mixing bowl, add flour, baking powder, sugar and salt which have been sifted together, make a smooth batter with the milk, add beaten egg, and lastly the melted shortening. Preheat oven. Bake at 400° for twenty-five minutes. This will make twelve medium-size muffins.
Custards

Mix ingredients of custards by stirring and not by beating. A custard is a mixture of cooked egg and milk, flavored.

The firmness of a custard depends upon the proportion of eggs to milk. The finest grained custards are those in which the yolks predominate. When eggs are expensive, modify recipe for custards by substituting two teaspoons of cornstarch for one egg.

Plain Baked Custard

2 cups scalded milk  
3 eggs  
½ cup sugar (scant)

Scald the milk. Mix sugar, eggs, salt and flavoring and combine with scalded milk. Pour into custard cups, set in pan of hot water, preheat oven and bake at 325° for forty minutes or until firm. A knife blade run into the center of the cooked custard should come out clean.

English Plum Pudding

¼ pound seedless raisins  
2 ounces citron, cut fine  
½ cup chopped almonds  
2 cups apples, chopped fine  
1 cup fruit juice, any kind  
Grated rind of one lemon  
1½ cups stale bread crumbs  
1 cup suet, chopped fine  
½ cup sugar

Soak raisins, citron, almonds, and apples in fruit juice overnight. Add remainder of ingredients. Mix thoroughly. Turn into buttered mold. Preheat oven. Set mold in pan containing two or three inches of water and bake at 300° for three hours. Serve with sauce, nutmeg flavored.

Baked Apple Roll

Roll Sauce

¾ cup sugar  
2 teaspoons cornstarch  
1½ cups water  
2 tablespoons butter  
Nutmeg

Make a baking powder biscuit dough, roll in sheet about one-fourth inch thick. Spread thickly with butter. Add finely diced apples, thickness about one inch deep; sprinkle well with sugar, dash of nutmeg. Roll up, pinch edges of dough firmly together and place in pan. Pan to be two-thirds full. Bring roll sauce to boil, pour over roll, preheat oven, bake at 400° for one hour.
Rice Pudding

2 eggs  
2 cups milk  
½ cup raisins  
½ teaspoon nutmeg

1¼ cups cooked rice  
¼ teaspoon salt  
½ cup sugar  
1 tablespoon powdered sugar

Separate the eggs, add to the yolks two tablespoons milk. Place balance of milk in double boiler over fire. Clean raisins, add to the milk and cook about five minutes. Add the rice, cook five minutes longer, stir in yolks of eggs, salt, sugar and spice. Stir well, cook two or three minutes longer, remove from fire and pour in pudding dish. Preheat oven. Beat egg whites stiff, add powdered sugar, spread on top of pudding and brown slightly in a 300° oven.

Pudding Sauces

1 cup sugar  
2 tablespoons cornstarch  
2 cups boiling water  

2 tablespoons butter  
Flavoring

Mix sugar and cornstarch, add the boiling water, stirring all the while. Cook in double boiler ten minutes, then add butter and flavoring. Vanilla flavor for vanilla sauce, or lemon, orange, cherry, etc.

For chocolate sauce, use half water and the other half cream, add melted chocolate as desired and a small amount of vanilla flavor.

For caramel sauce, use light brown sugar—one-half light brown and one-half granulated, with vanilla flavor.

Hard Sauce

2 cups powdered sugar  
½ cup butter  

¼ teaspoon vanilla  
2 egg whites, beaten stiff

Cream butter and sugar until smooth, add beaten whites of eggs, then add flavor.

Plum Pudding Sauce

¼ cup butter  
1 cup powdered sugar  
2 tablespoons wine  

2 eggs  
½ cup thin cream

Cream butter and sugar, beat in egg yolks. Stir in cream and wine. Cook in double boiler until like custard. Fold in egg whites which have been beaten stiff, then remove from fire.
There are two methods for roasting meats. It is a matter of personal choice which of the following you prefer:

1. Preheating—Hot Start—Searing Method:
   Gives roast an attractive outside appearance. Cooks outside fat to a crispness. Improves quality of drippings from which gravy is made.
   Meat should be seared at 500° for twenty to thirty minutes in an uncovered pan, then proceed according to particular meat to be roasted.

2. Modern—Cold Start Uncovered—Non-Searing Method:
   Gives uniformity of doneness. Less shrinkage in weight and less loss in juices than by above method.
   Meat is roasted at a constant low temperature. See cooking chart for time and temperature.

Beef divides itself into tender and tough cuts. Tender cuts such as prime ribs, tenderloin (whole) or young sirloin should be roasted uncovered, unseared and at low temperature. For directions see 250° and 350° brackets on “Lifetime” Cooking Chart. (Inside back cover.)

Tough cuts may or may not be seared as desired and should be roasted in covered roaster with small amount of water added. They should be roasted at low temperatures.

For pork, veal, lamb and fowl, follow directions given for beef. For roasting time refer to 250° and 350° brackets in “Lifetime” Cooking Chart. Best results with minimum shrinkage are obtained with the uncovered and low temperature method.

**Veal Loaf**

1 teaspoon sugar  
½ pound veal  
¼ pound pork  
¼ pound beef  
1 egg (stirred in)  
3 crackers, rolled  
1 tablespoon cream  
Salt and pepper

Season with onion or herbs if desired. Form in
MEATS, FISH AND STUFFINGS

a roll. Bake in the oven at 350° for forty-five minutes to one hour and fifteen minutes. The meat can be formed into cakes if desired.

**Braised Short Ribs**

Ribs should be seasoned with salt and pepper and sprinkled with flour. Should be seared on all sides with melted beef fat, placed on rack in roaster or any covered vessel. Add one carrot, one turnip, one onion, one small green pepper, one stalk celery cut in slices or cubes, one sprig parsley and three cups of boiling water. Preheat oven. Cover tightly and cook in the oven at 350° for a time equal to twenty minutes per pound.

**Swiss Steak**

Select a thick steak and with a meat hammer, pound into it all the flour possible. Melt one-fourth cup beef fat in a pan and when hot, add the steak. Brown well on both sides, then pour over it one cup of water and a couple of medium-sized onions chopped fine, with a minced green pepper and seasoning. Preheat oven. Cover and bake in oven at 300° for two and one-half to three hours.

**Fish**

Best temperature for baking stuffed fish is 350° F. Fifteen minutes to the pound.

**Mushroom Stuffing**

\[
\begin{align*}
\frac{1}{2} \text{ cup chopped mushrooms} & \quad 2 \text{ teaspoons salt} \\
3 \text{ cups stale bread crumbs} & \quad 1 \text{ teaspoon minced parsley} \\
6 \text{ tablespoons butter} &
\end{align*}
\]

Mix bread crumbs and butter, then add the mushrooms, salt and parsley.

**Chestnut Stuffing**

\[
\begin{align*}
50 \text{ large chestnuts} & \quad 1 \text{ teaspoon minced parsley} \\
2 \text{ cups cooked meat or poultry} & \quad \frac{1}{2} \text{ teaspoon thyme} \\
1 \text{ tablespoon salt} & \quad 3 \text{ tablespoons butter} \\
\frac{1}{2} \text{ teaspoon pepper} &
\end{align*}
\]

Shell and blanche the chestnuts and boil one-half hour, in water enough to cover, drain and chop. Chop the meat and add to the chestnuts, add the other ingredients and mix well.

**Bread Stuffing With Onion**

\[
\begin{align*}
1\frac{1}{2} \text{ cups bread crumbs} & \quad \frac{1}{2} \text{ cup milk} \\
1 \text{ teaspoon salt} & \quad 1 \text{ tablespoon chopped onion} \\
\frac{1}{4} \text{ teaspoon pepper} & \quad 1 \text{ tablespoon butter}
\end{align*}
\]

Add the seasonings and butter to the crumbs and beat the milk in last.
Scalloped Potatoes

6 medium-sized potatoes
2 tablespoons flour
4 tablespoons butter
Milk
Salt and pepper

Pare raw potatoes and cut them into thin slices. Place in layers in baking dish, adding seasoning and flour on each layer. Cover with milk. Preheat oven. Cover and bake at 350° for one and one-fourth hours. Brown at 500° for twelve minutes. Serve from the baking dish.

Potatoes Au Gratin

Creamed potatoes (cooked)
1 teaspoon finely chopped parsley
1 cup buttered crumbs
2 to 4 tablespoons grated cheese

Turn into buttered baking dish, sprinkle with cheese, cover with buttered crumbs, preheat oven and bake at 500° for twelve minutes.

Southern Candied or Glazed Sweet Potatoes

6 sweet potatoes
Butter
1 cup maple or brown sugar
1/4 cup water

Pare the potatoes and boil until about half done. Drain, cut in lengthwise slices and lay in a shallow greased pan. Spread generously with butter and pour over them a syrup made of crushed maple or brown sugar and water. Preheat oven. Bake at 350° for one hour.

Baked Tomatoes

6 tomatoes
4 tablespoons butter
Salt and pepper
1 cup bread crumbs
1 teaspoon sugar

Peel tomatoes and cut them in slices one-fourth inch thick. Place a layer of tomatoes in a pudding dish, and sprinkle over them a little salt and pepper. Rub the butter into the crumbs with the sugar. Spread mixture thickly upon tomatoes, using all of it, and add another layer of tomatoes. Add bits of butter, sprinkle with dry crumbs. Preheat oven. Bake at 500° for twelve minutes.

Apples Baked With Syrup

Apples which are good flavored eating apples are usually good baking apples. Prepare the apples by paring about one-fourth way down the apple and core out blossom end about three-fourths way through the apple. Place in this cavity about one-half teaspoon butter and one red cinnamon drop and fill in balance of the way with sugar. Place apples in baking dish, pour in syrup made with one-half cup sugar, one-half cup water, one-half teaspoon vinegar and ten to twelve red cinnamon drops. Bake with whole meal in oven. Chopped raisins or nuts, or cocoanut topped with marshmallows may be added and are pleasing to the taste.
Never before has the hostess given so much thought to proper table service. She realizes that a meal must be excellently cooked, of course. But after that, to be fully appreciated, it must be properly served.

For daily use and informal entertaining the use of the complete dinner set is correct. For more formal dinners a smart new style, the “mixed” service has become very popular.

To begin with, there are service plates that fit in with the decorative scheme of the room. Candelabra and attractive bowls will add atmosphere. Guests are seated and the dinner commences. Soon the all-important “meat” course is served, after which bright, colorful salad plates will introduce an element of gaiety.

When the dessert course appears, the successful hostess uses care to make it the most unusual and colorful of all served. This acts as the climax of the entire dinner.

Nowadays, housewives are giving more thought to table service for breakfast and luncheon, too. These should not be formal, but should be cheerful and gay, thus reflecting the personality of the hostess.
Here's how you can have a picnic in your kitchen. Everybody will help and everybody will have fun. Gas Bar-B-Q-ing with Roper Broiler “Bar-B-Q” set is clean, cool, dependable fun.

Do not preheat broiler. Brush roast beef—chunkers—ham meaties—roast pork—chickens—with olive oil before you start. Add tablespoon of olive oil to drippings and baste as you rotate food.

If you wish to give added zest, add your favorite “Bar-B-Q” sauces to drippings and baste as you rotate food. For added zip and flavor add a pint of Burgundy wine and a pint of gingerale to water when you parboil ham.

Score ham fat. Pack with brown sugar. Add cloves. Add a half pint Burgundy wine and a cup of gingerale to drippings and baste as you rotate. You’ll like this.

Brush beef and pork with liquid hickory smoke for a real out-of-door flavor. Hickory Smoke is obtainable at drug stores. Add Hot-N-Tot sauce to drippings and baste as you rotate food. Your meats will take on a real deep brown carmelized coat. Do not use butter while Bar-B-Q-ing.
<table>
<thead>
<tr>
<th>Item</th>
<th>Position of Skewer</th>
<th>Valve Setting</th>
<th>Rotating Time</th>
<th>Approximate Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frankfurters, Plain</td>
<td>4th from Top</td>
<td>Full Flame</td>
<td>Rotate every 5 min.</td>
<td>15 min.</td>
</tr>
<tr>
<td>Frankfurters, Wrapped in Bacon</td>
<td>4th from Top</td>
<td>Full Flame</td>
<td>Rotate every 5 min.</td>
<td>15 min.</td>
</tr>
<tr>
<td>Frankfurters, Stuffed with Cheese</td>
<td>4th from Top</td>
<td>Full Flame</td>
<td>Rotate every 5 min.</td>
<td>15 min.</td>
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<tr>
<td>Rolled Beef Roast</td>
<td>Bottom Position</td>
<td>Click Flame</td>
<td>Rotate every 10 min. after first 30 min.</td>
<td>20 to 25 min. per lb. Then cook on retained heat 30 min.</td>
</tr>
<tr>
<td>Tenderized Ham</td>
<td>Bottom Position</td>
<td>Click Flame</td>
<td>Rotate every 10 min. after first 30 min.</td>
<td>12 to 15 min. per lb. Then cook on retained heat 30 min.</td>
</tr>
<tr>
<td>Ham Meaties</td>
<td>Bottom Position</td>
<td>Click Flame</td>
<td>Rotate every 10 or 15 min. after first 30 min.</td>
<td>25 to 30 min. per lb.</td>
</tr>
<tr>
<td>Loin of Pork</td>
<td>Bottom Position</td>
<td>Click Flame</td>
<td>Rotate as needed after first 15 min.</td>
<td>20 to 25 min.</td>
</tr>
<tr>
<td>1&quot; to 1½&quot; T-Bone Chunkers, Rare</td>
<td>2nd from Top</td>
<td>Full Flame</td>
<td>Rotate as needed after first 15 min.</td>
<td>25 to 30 min. Then cook on retained heat 5 to 10 min.</td>
</tr>
<tr>
<td>Chunks, Medium Well Done</td>
<td>3rd from Top</td>
<td>Full Flame</td>
<td>Rotate as needed after first 15 min.</td>
<td>25 to 30 min. Then cook on retained heat 5 to 10 min.</td>
</tr>
<tr>
<td>Chunks, Nomadic</td>
<td>Same as Above</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 to 2 lb. Spring Chickens</td>
<td>Bottom Position</td>
<td>Click Flame</td>
<td>Rotate every 10 min. after first 30 min.</td>
<td>20 to 25 min. per lb. Then cook on retained heat 30 min.</td>
</tr>
<tr>
<td>4-Rib Lamb Chops</td>
<td>4th from Top</td>
<td>Click Flame</td>
<td>Rotate every 10 min.</td>
<td>30 to 45 min.</td>
</tr>
<tr>
<td>1½” English Lamb Chops with Kidney</td>
<td>4th from Top</td>
<td>Full Flame</td>
<td>Rotate every 5 min. after first 15 min.</td>
<td>35 to 40 min.</td>
</tr>
<tr>
<td>Oysters Royal, Wrapped in ½ slices of Bacon</td>
<td>3rd from Top</td>
<td>Full Flame</td>
<td>Rotate as needed</td>
<td>Until bacon is crisp.</td>
</tr>
</tbody>
</table>
SCIENTIFIC BROILING CHART

NORMAL BROILING IS ACCOMPLISHED WITH FULL FLAME AND DOOR CLOSED. IT IS NOT NECESSARY TO PREHEAT OR TO CHANGE TRAY HEIGHT DURING BROILING OPERATION.

EXTRA THICK STEAKS, MEAT LOAF AND CASSEROLE SHOULD BE BROILED WITH REDUCED FLAME.

STEAKS - CHOPS - FISH SANDWICHES
PLATTERS OF FRUITS & VEGETABLES
FOWL - MEAT LOAF
CASSEROLE

BACON - TOAST

THIS CHART IS INTENDED AS A GENERAL GUIDE ONLY.