ROYAL MENUS

for home-cooked, appetizing foods combined to make attractive and well-balanced meals.

Recipes can be found in the following:

“Royal Cook Book”
“Cakes for Delicious Desserts”
“Luncheon and Sandwich Suggestions”
“Making Biscuits”

BREAKFASTS

FOR WARM MORNINGS

Pineapple Juice—Corn Flakes
Scrambled Eggs with Bacon
Hot Biscuit with Marmalade
Milk or Coffee

Strawberries with Cream
Pettijohn’s Breakfast Food
Broiled Ham—Popovers
Milk or Coffee

(Other Hot Weather Breakfast Menus on page 6)

MUFFINS

2 cups flour
3 teaspoons Royal Baking Powder
1 tablespoon sugar
1/2 teaspoon salt

2 eggs
1 cup milk
4 tablespoons melted shortening

Sift together flour, baking powder, sugar and salt; add eggs, milk, melted and cooled shortening to make a stiff batter; mix all together well. Half fill greased muffin tins and bake in moderate oven (400°) 18 to 20 minutes. Makes 14 muffins.

POPOVERS

1 cup flour
1/4 teaspoon salt
2 eggs
1 cup milk
1 tablespoon melted shortening

Sift together flour and salt. Make a well in flour, break eggs into well, add milk and shortening and stir until smooth. Pour into greased gem pans and put into moderate oven (350°) for 20 minutes; increase heat to 450° for 10 minutes; reduce heat and allow to dry out for about 10 minutes.

Makes 10 popovers.

USE LEVEL MEASUREMENTS FOR ALL MATERIALS

“Making Biscuits” includes 20 varieties of muffins and 18 varieties of biscuits.

Educational Department, Royal Baking Powder Company
100 East 42nd Street, New York, N. Y.
**BREAKFASTS**

**FOR COLD MORNINGS**

<table>
<thead>
<tr>
<th>Stewed Prunes</th>
<th>Orange Juice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal</td>
<td>Hominy</td>
</tr>
<tr>
<td>Codfish Balls</td>
<td>Sausages</td>
</tr>
<tr>
<td>Scotch Scones—Cocoa or Coffee</td>
<td>Hot Corn Bread—Coffee</td>
</tr>
</tbody>
</table>

(Other Cold Weather Breakfast Menus on page 6)

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### WAFFLES

<table>
<thead>
<tr>
<th>2 cups flour</th>
<th>1 3/4 cups milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 teaspoons Royal Baking Powder</td>
<td>2 eggs</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>4 tablespoons melted shortening</td>
</tr>
</tbody>
</table>

Put waffle iron on to heat before starting preparations. Sift flour, baking powder and salt together; add milk to egg yolks and add to dry ingredients, beating well; add shortening which has been cooled; mix in beaten egg whites. Bake in well greased very hot waffle iron until brown on one side; turn and brown other side. Serve immediately with butter and maple syrup.

### PARKER HOUSE ROLLS

<table>
<thead>
<tr>
<th>4 cups flour</th>
<th>4 tablespoons shortening</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon salt</td>
<td>6 teaspoons Royal Baking Powder</td>
</tr>
<tr>
<td>1 1/2 cups milk</td>
<td></td>
</tr>
</tbody>
</table>

Sift flour, salt and baking powder together. Add melted shortening to milk and add slowly to dry ingredients, stirring until smooth. Knead until smooth on floured board and roll 1/2 inch thick. Cut with biscuit cutter first dipped in flour. Crease each circle with back of knife one side of center. Butter small section and fold larger part well over small. Place far apart on greased pan. Allow to stand 15 minutes in warm place. Brush with melted butter and bake in hot oven (425°) 15 to 20 minutes.

**USE LEVEL MEASUREMENTS FOR ALL MATERIALS**

With the suggestions given here and on page 6 you can have almost endless varieties of breakfasts, with no necessity for two alike during the week. Do not serve the same cereal on two successive mornings, but instead use any leftover cereal in muffins or in griddle cakes. They will taste delightful and be more nutritious.

Hominy left from breakfast the day before can be sliced, dipped in flour, then in egg, and then in flour and fried for luncheon. Every member of the family will enjoy it.

Use whole wheat and the coarser flours and meals. They are wholesome and make most appetizing hot breads when made the “ROYAL WAY.”
LUNCHEONS

FOR WARM DAYS

Consommé
Chicken Shortcake
Fresh Peas with Butter
Spanish Whipped Cream Dessert
Iced Tea or Milk

Broiled Fish
Potato Balls with Parsley—String Beans
Blueberry Muffins—Iced Tea
Romaine—French Dressing
Cheese Straws
Raspberry Ice—Cookies

(Additional Warm Weather Menus on page 6)

CHICKEN SHORT CAKE

2 cups flour
3 teaspoons Royal Baking Powder
½ teaspoon salt
4 tablespoons shortening
1 egg
½ cup water

Sift together flour, baking powder and salt; add shortening and mix in thoroughly with steel fork; add liquid to egg and add to dry ingredients, mixing to make a very soft dough. Half fill large greased muffin rings which have been placed on greased pan and bake in hot oven (475°) 10 to 12 minutes. Split while hot and fill with hot creamed chicken. If muffin rings are not available, the largest size biscuit cutter can be used. Makes 6 short cakes.

GRAPEFRUIT AND AVOCADO SALAD

1 grapefruit
1 avocado
lettuce

With sharp knife cut outside peel and white skin from grapefruit; cut the pulp out in sections, discarding the seeds.

With knife remove outside skin of avocado (alligator pear), cut in small sections, removing stone. Arrange slices of the pear and grapefruit on crisp lettuce leaves or romaine; cover with French dressing (page 41 of the Royal Cook Book) just before serving. Makes 6 salads.

The above menus, as well as those on page 6, can be utilized very nicely for dinners or suppers. The dishes given are merely suggestions arranged to make well balanced and appropriate meals. If too elaborate, some of the dishes can, of course, be omitted. You will find more simple menus for luncheons in "Luncheon and Sandwich Suggestions" and for suppers in "Making Biscuits."
CHOCOLATE ROLL

2 eggs 1 cup flour
½ cup sugar 1½ teaspoons Royal
4 tablespoons cocoa Baking Powder
4 tablespoons ½ teaspoon salt
cold water whipped cream

Separate eggs; beat yolks; add sugar slowly and cocoa which has been mixed with the cold water, beating continually. Sift dry ingredients and add a little at a time alternately with beaten egg whites. Spread very thinly on greased and floured oblong pan and bake in moderate oven (350°) about 15 minutes. Turn out on damp cloth sprinkled with powdered sugar; trim off crusty edges; cool slightly and spread thickly with sweetened whipped cream; roll up carefully as for jelly roll. Slice and serve immediately. If baked in two small pans it will be easier to handle. Makes 8 servings.

ROYAL SPICY FRUIT PIE

¾ cup seeded raisins 2 tablespoons vinegar
2 cups finely cut citron grated rind ½ lemon
or preserved water-
melon rind grated rind ½ orange
¾ cup brown sugar ½ teaspoon cinnamon
2 tablespoons butter ½ teaspoon grated nutmeg
2 cups hot water

Place the above ingredients in saucepan and cook slowly for 12 minutes; thicken with 1 tablespoon cornstarch mixed in cold water; cool and pour into pie tin lined with rich pastry (page 26, Royal Cook Book). Cover with strips of paste and bake in hot oven (450°) until brown.
ROYAL DELICACIES FROM WHICH TO CHOOSE

Luncheon Cakes
With Chocolate Sauce
“Cakes for Delicious Desserts”

Blueberry Muffins
“Making Biscuits”

Pecan Muffins
“Making Biscuits”

Lady Goldenglow
“Royal Cook Book”

Assorted Cookies
“Royal Cook Book”

Chocolate Cakes
Use Chocolate Cake Recipe

Suggestions for Afternoon Tea
including Butterscotch Rolls
“Making Biscuits”

EDUCATIONAL DEPARTMENT, Royal Baking Powder Company
100 East 42nd Street, New York, N. Y.
# BREAKFASTS

## FOR HOT MORNINGS

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>CEREAL</th>
<th>MAIN DISH</th>
<th>BREAD</th>
<th>BEVERAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stewed Rhubarb</td>
<td>Cream of Wheat</td>
<td>Broiled Fish</td>
<td>Graham Gems</td>
<td>Milk—Coffee</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Grapenuts</td>
<td>Ham Omelet</td>
<td>Blueberry Muffins</td>
<td>Milk</td>
</tr>
<tr>
<td>Stewed Apples</td>
<td>Toasted Cornflakes</td>
<td>Broiled Shad Roe with Bacon</td>
<td>Lightning Biscuit with honey</td>
<td>Coffee—Milk</td>
</tr>
<tr>
<td>Peaches</td>
<td>Puffed Rice</td>
<td>Creamed Fish</td>
<td>Poppy Muffins</td>
<td>Coffee</td>
</tr>
</tbody>
</table>

## FOR COLD MORNINGS

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>CEREAL</th>
<th>MAIN DISH</th>
<th>BREAD</th>
<th>BEVERAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grapefruit</td>
<td>Ralston’s Rolled Oats</td>
<td>Liver and Bacon</td>
<td>Corn Meal Muffins</td>
<td>Coffee—Cocoa</td>
</tr>
<tr>
<td>Sliced Oranges</td>
<td></td>
<td>Puffy Omelet</td>
<td>Griddle Cakes</td>
<td>Milk—Cocoa</td>
</tr>
<tr>
<td>Baked Apple</td>
<td>Wheatena</td>
<td>Fried Eggs and Bacon</td>
<td>Waffles with Maple Syrup</td>
<td>Milk—Coffee</td>
</tr>
<tr>
<td>Apple sauce</td>
<td>Pettijohn’s</td>
<td>Corned Beef Hash</td>
<td>Rice Muffins</td>
<td>Coffee—Cocoa</td>
</tr>
</tbody>
</table>

# LUNCHEONS

## FOR WARM DAYS

<table>
<thead>
<tr>
<th>SOUP or ENTREÉ</th>
<th>MAIN DISH</th>
<th>VEGETABLES</th>
<th>BREAD</th>
<th>SALAD</th>
<th>DESSERT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Cocktail</td>
<td>Chicken Salad</td>
<td></td>
<td>Hot Biscuits</td>
<td></td>
<td>Blueberry Cake</td>
</tr>
<tr>
<td>Cocktail</td>
<td>Broiled Bluefish</td>
<td>Creamed new Potatoes with Parsley</td>
<td>Scotch Scones</td>
<td>Romaine</td>
<td>(hot with butter)</td>
</tr>
<tr>
<td>Cold Consommé</td>
<td>Cold Baked Ham</td>
<td>Corn Pudding</td>
<td></td>
<td>Fr. Dressing</td>
<td>Strawberry Puffs</td>
</tr>
<tr>
<td>Lobster Cocktail</td>
<td>Fried Chicken</td>
<td>Candied Sw. Potatoes</td>
<td>Nut Fruit Bread and Cr. Cheese Ss.</td>
<td>Golden Bantam Muffins</td>
<td>Hot Molasses Cake with Whipped Cream</td>
</tr>
<tr>
<td></td>
<td>Cold Sliced Meat</td>
<td></td>
<td></td>
<td></td>
<td>Pineapple Ice with small Iced Cakes</td>
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</tbody>
</table>

## FOR COLD DAYS

<table>
<thead>
<tr>
<th>SOUP or ENTREÉ</th>
<th>MAIN DISH</th>
<th>VEGETABLES</th>
<th>BREAD</th>
<th>SALAD</th>
<th>DESSERT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pea Soup</td>
<td>Lamb Croquettes</td>
<td>Stuffed Potatoes</td>
<td>Parker House Rolls</td>
<td></td>
<td>Baked Apple—Sponge Cake</td>
</tr>
<tr>
<td></td>
<td>Chicken Pie</td>
<td></td>
<td>Toasted Muffins</td>
<td>Hearts of Lettuce—Russian Dressing</td>
<td>Lady Goldenglow Cake</td>
</tr>
<tr>
<td>Creole Soup</td>
<td>Salmon Timbales</td>
<td>Creamed Oyster Plant String Beans</td>
<td>Date Muffins</td>
<td>Vegetable Salad</td>
<td>Butterscotch Rolls with Apple sauce</td>
</tr>
<tr>
<td></td>
<td>Oyster Stew with Crackers</td>
<td></td>
<td></td>
<td></td>
<td>Luncheon Cakes</td>
</tr>
<tr>
<td></td>
<td>Finnian Haddie au gratin</td>
<td>Spinach</td>
<td>Brown Bread</td>
<td>Waldorf Salad</td>
<td>Bavarian Cream—Nut Bars</td>
</tr>
</tbody>
</table>

Beverages for luncheon are omitted for lack of space. Select Milk or Cocoa (either hot or iced) for children.