O GREAT has been the demand for the Royal Cook Book that millions of them have been printed. In this latest edition the most popular of the older recipes have been retained and dozens of attractive new ones have been added, making the book more helpful and satisfactory than ever. Millions of women have found the Royal Cook Book to be what we intended it to be—a practical and trustworthy guide to good cookery.

The young housewife will find here complete simple directions for making not only delicious cakes and all kinds of hot breads, but recipes covering the whole field of cookery, including soups, fish, meats, eggs, vegetables, sauces, salads, puddings and other desserts, candy, foods for the invalid, and directions for preserving and canning.

More experienced cooks will find here many of their favorite recipes and in addition helpful suggestions, especially in the matter of saving eggs and other expensive materials.

Every recipe has been carefully chosen and has been repeatedly tested by experts as well as practical home bakers. You will find the recipes accurate, economical, reliable and suggestive of new and interesting dishes to serve. Follow them exactly and you will find the foods themselves delicious.
Cream of Tartar
—the precious ingredient

FROM rich, ripe luscious grapes comes cream of tartar—the precious ingredient of the best baking powder.

In the world’s most famous vineyards the grapes are picked— their juice gently pressed out and set aside to cool and age. In the juice the wonderful process of Cream of Tartar crystallization takes place. These crystals go through a rigorous process of refinement, which includes many washings in boiling water and re-crystallizations, and at last are ground into a very fine white powder. The great care taken throughout results in a product of remarkable purity.

Only a few generations ago there was no prepared baking powder as we know it today; your grandmother used cream of tartar and soda to make her delicious cakes and biscuits rise.

And cream of tartar is still the best ingredient known for baking powder. It makes a thoroughly reliable baking powder that leavens as well for the beginner as for the experienced cook. It makes a thoroughly wholesome baking powder because it is a pure product of ripe grapes.

What experts say:

JUST to find out what experts think, large groups of authorities on food and health were asked recently what kind of baking powder they prefer.

Answers came from thousands of them. And in every group the overwhelming choice of those who answered was “Cream of Tartar Baking Powder.”
Would you like to see the figures? Well, of those who expressed definite opinions—
86% of the Domestic Science Teachers in high schools, who answered
88% of the Directors of Home Economics in universities and technical schools, who answered, and
88 1/2% of the Food Specialists who answered—4270 of them—said, “I prefer Cream of Tartar Baking Powder.” And
82% of the Hospital Dieticians who replied
81% of the New England Doctors who replied, and
83% of the New York State Doctors who replied stated as their opinion: “Cream of Tartar Baking Powder is best from a health point of view.”

ROYAL is the only nationally distributed Cream of Tartar Baking Powder

Royal is the only Cream of Tartar baking powder that is sold all over the United States; and it is sold in foreign countries too—serving faithfully as a household necessity in millions upon millions of particular homes. For more than half a century Royal has been the world’s standard of baking powder purity and dependability.

ROYAL always leavens perfectly

You can count on Royal Baking Powder to leaven perfectly every time. Housewives know from experience, and experts have proved that Royal never fails.
It keeps its freshness, leavening power, and fine quality in all climates.
And how truly economical it is to use Royal. The cost of enough to make a whole layer cake miraculously tender and light is negligible when you consider the cost of the other ingredients.
For successful baking—for delicious home-made cakes, biscuits, muffins, waffles, pastries delectably light and fine-flavored—be sure you always use Royal Baking Powder.
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How to Measure

All measurements must be accurate for success and uniform results every time. Level measurements are intended in all Royal recipes. The standard measuring cup holding one-half pint is intended whenever a cup is mentioned. This cup is marked in thirds and fourths. A set of four cups holding respectively one-fourth, one-third, one-half and one cup, is convenient, newer and also accurate. Do not shake down dry ingredients in cup while they are being measured.

Standard teaspoons and tablespoons, singly or in sets, can be purchased. To measure one cup or one tablespoon or one teaspoon, fill cup or spoon with as much as it will hold and scrape off excess with back of knife. One-half teaspoon or tablespoon is measured level first and then divided lengthwise of spoon; one-third is measured crosswise of spoon.

In all recipes in this book calling for 1 cup, 1 tablespoon, or 1 teaspoon, the level cup, level tablespoon, or level teaspoon is meant.

How to Open Any Royal Baking Powder Tin

The point to begin cutting the label is indicated by the words cut • here. Insert the point of knife at the • and run knife around entire circumference where cover meets body of tin.

To open, place the tin in the upturned palm of the left hand; put the right hand, palm downward, over the cover, grasping the cover firmly. Give the cover a twist to right and then to left and it will come off easily.
**General Baking Suggestions**

Best results from the recipes can be secured only by using Royal Baking Powder, for they are designed for that particular ingredient.

Read over each recipe carefully before making.

Always sift the flour once before measuring.

Regulate the oven before mixing the ingredients. Many a cake otherwise perfectly prepared is spoiled because the oven is too hot or not hot enough. The correct baking time and temperature is indicated in each recipe.

When a cake is thoroughly baked it shrinks from the sides of the pan. A light touch with the finger which leaves no mark is another indication that the cake is baked.

**Baking At High Altitudes**

At high altitudes the pressure inside the cake must be decreased unless sufficient binding material such as flour and eggs are used to keep the gas in after it is formed. In very rich cakes reduce the baking powder, shortening and sugar, or use the same amounts of these ingredients and add slightly more flour or more eggs. For most cakes one teaspoon baking powder will leaven one cup flour, and three-fourths cup sugar will give better results than one cup.

**Table of Measures and Equivalents**

<table>
<thead>
<tr>
<th>Measuring Unit</th>
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<tbody>
<tr>
<td>1 saltspoon</td>
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<tr>
<td>3 teaspoons</td>
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<tr>
<td>16 tablespoons</td>
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<tr>
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<tr>
<td>2 cups granulated sugar</td>
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<td>2 1/2 cups powdered sugar</td>
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<td>3 cups brown sugar</td>
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<tr>
<td>3 1/4 cups confectioner's sugar</td>
<td>1 pound</td>
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<tr>
<td>4 cups flour</td>
<td>1 pound</td>
</tr>
<tr>
<td>3 1/4 cups graham flour</td>
<td>1 pound</td>
</tr>
<tr>
<td>2 cups butter</td>
<td>1 pound</td>
</tr>
<tr>
<td>1 square unsweetened chocolate</td>
<td>1 ounce</td>
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1 square chocolate (grated) = 5 1/2 tablespoons
3 1/2 tablespoons cocoa = 1 square or 1 ounce chocolate
2 tablespoons liquid = 1 ounce
2 tablespoons butter = 1 ounce
3 tablespoons Royal Baking Powder = 1 ounce
4 tablespoons flour = 1 ounce
2 1/2 cups raisins = 1 pound
2 1/2 cups dates = 1 pound
3 cups figs (chopped) = 1 pound
3 1/2 cups walnuts (chopped) = 1 pound
10 whole eggs = 1 pint
18 egg whites = 1 pint
24 egg yolks = 1 pint
Bread and Rolls

To save time yet maintain a high standard of quality in home baking is distinctly a modern necessity. Royal Baking Powder in all forms of quick loaf breads produces a well-leavened dough, spongy and porous. These breads can be mixed and baked in about one and one-half hours. Fruit breads, well-baked and cooled, make delicious sandwiches, especially desirable for children’s lunches.

Royal Baking Powder Bread

4 cups flour
1 teaspoon salt
1 tablespoon sugar
7 teaspoons Royal Baking Powder
1 medium-sized, cold boiled potato
milk (water may be used)

Sift together flour, salt, sugar and baking powder; rub in potato; add sufficient milk to mix smoothly into stiff batter. Turn at once into greased loaf pan, smooth top with knife dipped in melted butter, and allow to stand in warm place about 30 minutes. Bake in moderate oven at 350° F. about 1 hour. When done take from pan, moisten top with few drops cold water and allow to cool in pan before putting away in bread box.

Boston Brown Bread

1 cup whole wheat or graham flour
1 cup corn meal
1 cup rye meal or ground rolled oats
5 teaspoons Royal Baking Powder
1 teaspoon salt
% cup molasses
1 cup milk

Mix dry ingredients thoroughly; add molasses to milk, and add to dry ingredients; beat thoroughly and put into greased moulds % full. Cover tightly and steam 3½ hours; remove covers and bake in moderate oven at 400° F. until top is dry.

Spanish Breakfast Loaf

4 cups flour
1½ cup sugar
4 teaspoons salt
2 tablespoons Royal Baking Powder
1 cup milk
4 eggs
1½ tablespoons shortening

Sift together several times flour, sugar, salt and baking powder. Beat eggs; add milk; add melted shortening. Combine mixtures and knead dough on floured board for 5 minutes. Place dough in 1 large or 2 small greased pans and allow to rise for 1 hour. Bake in moderate oven at 325° F. for 20 minutes, then increase heat to 350° F. and bake 40 minutes. Remove loaf from oven, brush top with beaten egg yolks diluted with a little cream. Cool and sprinkle with powdered sugar.

Raisin Breakfast Loaf—Add 1 cup seeded raisins to sifted dry ingredients.

Royal Bran Pan

1¼ cups flour
4 teaspoons Royal Baking Powder
1 teaspoon salt
3 tablespoons brown sugar
% cup bran
4 tablespoons shortening, melted
2 eggs
% cup milk
% cup raisins, floured

Sift first four ingredients three times and add bran. Gradually add shortening a little at a time, stirring the dry mixture constantly. Beat egg yolks well and add milk. Add to dry mixture. Add raisins and beat 5 minutes. Fold in stiffly beaten egg whites. Spread in greased 8 inch square pan about % inch thick and bake 50 to 60 minutes in a moderate oven at 350° F.

Graham Bread

1½ cups flour
4 teaspoons Royal Baking Powder
1½ teaspoons salt
2 tablespoons sugar
1½ cups graham flour
1 tablespoon melted shortening
2 cups milk

Sift flour, baking powder, salt and sugar together; add graham flour, melted shortening and milk and beat thoroughly until smooth. Put into greased loaf pan; smooth top with melted shortening and bake in moderate oven at 375° F. about 1 hour. If this bread is allowed to cool in pan, it will be much easier to cut into thin slices for sandwiches.

Prune or Date Bread

Make recipe for Graham Bread, adding 1 cup stoned and chopped prunes or dates to the dough.

Prepare prunes by soaking for several hours; or use after washing thoroughly, draining well before using in either case.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Nut and Fruit Bread

1 1/2 cups flour
5 teaspoons Royal Baking Powder
1 teaspoon salt
3/4 teaspoon soda
1 1/2 cups graham flour
1 cup seeded raisins or
1 cup pitted and chopped dates or
1 cup chopped figs
3/4 cup chopped nuts
1/2 cup milk
3/4 cup molasses
1/2 cup brown sugar

Sift together flour, baking powder, salt and soda into bowl; mix in graham flour, raisins, dates or figs and chopped nuts. Add milk to molasses and brown sugar. Mix thoroughly and add to dry ingredients. Grease two 12 oz. Royal Baking Powder tins or two very small oblong pans; fill 3/4 full; smooth tops and bake in moderate oven at 375° F. about 1 hour.

Corn Bread

1 cup flour
4 teaspoons Royal Baking Powder
1 tablespoon sugar
3/4 teaspoon salt
1 cup corn meal
1 egg
1/2 cups milk
4 tablespoons melted shortening

Sift together flour, baking powder, sugar and salt. Add corn meal, beaten egg and milk to make a stiff batter. Add shortening and beat until light and thoroughly mixed. Pour into greased shallow pan. Bake in hot oven at 425° F. about 25 minutes.

Peanut Butter Bread

2 cups flour
4 teaspoons Royal Baking Powder
1 teaspoon salt
3/4 cup sugar
3/4 cup peanut butter
1/2 cups milk

Sift first 4 ingredients together. Add peanut butter and mix in as for biscuits; add milk to make soft batter and beat thoroughly. Put in greased loaf pan; smooth top and bake in a moderate oven at 350° F. about 1 hour. This is best when a day old. It makes delicious sandwiches, cut in thin slices and filled with either cream cheese or lettuce and mayonnaise.

Parker House Rolls

4 cups flour
1 teaspoon salt
6 tablespoons Royal Baking Powder
2-4 tablespoons shortening
1 1/2 cups milk

Sift flour, salt and baking powder together. Add melted shortening to milk and add slowly to dry ingredients stirring until smooth. Knead on floured board and roll 3/4 inch thick. Cut with biscuit cutter. Grease each circle with back of knife one side of center. Butter small section and fold larger part well over small. Place one inch apart in greased pan. Allow to stand 30 minutes in warm place. Brush with melted butter and bake 15 to 20 minutes in hot oven at 425° F.

Luncheon or Sandwich Rolls

4 cups flour
1 teaspoon salt
6 teaspoons Royal Baking Powder
1 tablespoon shortening
1 1/2 cups milk

Sift together dry ingredients; rub in shortening; add milk, and mix with spoon to smooth dough easy to handle on floured board. Turn out dough; knead quickly a few times to impart smoothness; divide into small pieces; form each by hand into short, rather thick tapering rolls; place on greased pans and allow to stand in warm place 15 to 20 minutes; brush with milk. Bake in hot oven at 425° F. about 20 minutes. When almost baked brush again with melted butter. For a glazed finish, before taking from oven, brush with yolk of egg mixed with a little water.

Rye Rolls

1 cup flour
3 cups rye flour
1 teaspoon salt
6 tablespoons Royal Baking Powder
1 1/2 cups milk
1 tablespoon shortening

Sift together dry ingredients; add milk and melted shortening. Knead on floured board; shape into rolls. Put into greased pans and allow to stand in warm place 20 minutes. Bake in hot oven at 425° F. about 30 minutes.

Spice Filled Coffee Cake

3 cups flour
4 teaspoons Royal Baking Powder
1 teaspoon salt
3/4 teaspoon mace or nutmeg
3/4 teaspoon cinnamon
3/4 cup sugar
3/4 cup shortening
2 eggs
1 cup milk

Sift flour with baking powder, salt, mace, cinnamon and sugar. Mix in shortening with steel fork. Add eggs, unbeaten, and milk. Stir to a smooth dough. Turn into a well greased round cake pan and cover with following:

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Top Mixture

2 tablespoons butter
3/4 cup brown sugar
3 tablespoons flour
3/4 teaspoon cinnamon
3/4 teaspoon salt
3/4 cup almonds, cut in small pieces

Cream butter with brown sugar and flour; add cinnamon and salt. Spread over coffee cake dough and sprinkle with almonds. Bake 45 minutes in moderate oven at 400° F. When cool, split in half and put together with layer of sweetened whipped cream. Serve, cut in sections as for pie.

Nut and Raisin Rolls

2 1/4 cups flour
4 teaspoons Royal Baking Powder
3/4 teaspoon salt
1 tablespoon sugar
5 tablespoons shortening, melted
1 egg
3/4 cup milk

Sift dry ingredients together. Add shortening and beaten egg to milk and add to dry ingredients, mixing well. Turn out on floured board and knead lightly. Roll out very thin. Spread with softened butter and sprinkle with raisins, chopped nuts and small amount of granulated sugar. Cut into about 4-inch squares. Roll up each as for jelly roll. Press edges together. Brush over with yolk of egg mixed with a little cold water and sprinkle with nuts and sugar. Allow to stand in greased pan about 15 minutes. Bake in moderate oven at 400° F. about 25 minutes.

Rusks

2 1/4 cups flour
3/4 teaspoon salt
2 tablespoons maple or brown sugar
4 teaspoons Royal Baking Powder
3/4 teaspoon nutmeg
3/4 teaspoon cinnamon
1 egg
3/4 to 1/2 cup water
2 tablespoons shortening

Sift dry ingredients together; mix beaten egg, melted shortening and water and add. Mix well; turn out on floured board. Divide into small pieces; with floured hands shape into rolls; place on greased shallow pan close together; allow to stand 10 to 15 minutes before baking; brush with milk and sprinkle with a little maple or brown sugar. Bake in moderate oven at 400° F. about 30 minutes.

Hot Cross Buns—with sharp knife make deep cross cuts on top of each; brush with butter, sprinkle with sugar and bake.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as herefore used.
Royal Baking Powder is Absolutely Pure

Top Mixture

1/2 cup flour
3/4 tablespoon cinnamon
4 tablespoons sugar
4 tablespoons shortening

Mix dry ingredients; rub in shortening and spread thickly over top of dough before baking.

Royal Individual Coffee Cakes

2 cups flour
3/4 teaspoon salt
4 tablespoons sugar
3 teaspoons Royal Baking Powder
4 tablespoons shortening
1 egg
3/4 cup milk

Sift dry ingredients; mix in shortening; add beaten egg to milk and add to dry ingredients to make soft dough. Divide dough into six long, narrow pieces; with hands, roll out each piece long and thin; spread with butter; cut each in half and beginning in center twist 2 pieces together and bring ends around to form crescent. Put into greased pan; sprinkle with chopped nuts. Bake in hot oven at 400°F. about 15 minutes. While hot, brush over with thin icing made with 1/2 cup confectioner’s sugar moistened with 1 tablespoon hot water.

Butterscotch Curls

2 cups flour
4 teaspoons Royal Baking Powder
3/4 teaspoon salt
4 tablespoons shortening
3/4 cup milk
3 tablespoons butter
3/4 cup brown sugar

Sift dry ingredients; add shortening, mixing in with a fork. Add milk to make soft dough. Knead slightly. Roll out 1/4 inch thick. Spread with creamed butter; sprinkle with brown sugar. Roll up as for jelly roll. Cut in 1 inch pieces. Stand rolls on end in a well-buttered pan, small muffin tins or in muffin rings. Bake in moderate oven at 375° F. for 30 minutes. Centers of rolls curl up and will be glazed on edges.

Biscuits, Muffins and Other Hot Breads

Of all foods for breakfast, nothing is so appetizing and satisfying, as light, flaky, hot Royal Baking Powder Biscuits, with crisp, brown crusts, just from the oven, broken apart and spread with butter, honey, jam or marmalade. Muffins are welcome for breakfast, luncheon or afternoon tea, either as bread, using the simpler recipes, or as a substitute for cake or other dessert using the richer fruit or nut muffin recipes. For variety they may be cooked in muffin rings on a hot greased griddle.

Biscuits

2 cups flour
4 teaspoons Royal Baking Powder
3/4 teaspoon salt
2 tablespoons shortening
3/4 cup milk or half milk and half water

Sift together flour, baking powder and salt. Add shortening and mix in lightly with steel fork; add liquid slowly to make soft dough. Roll or pat out with hands on floured board to about 1/2 inch thickness. Cut with biscuit cutter first dipped in flour. Place on slightly greased pan and bake in hot oven at 475° F. about 12 minutes. If a shorter biscuit is preferred, use 4 tablespoons shortening.

Butter Cakes

Use recipe for Biscuits or Tea Biscuits, rolling dough to 1/4 inch thickness. Cut out and bake on slightly greased very hot griddle or iron frying pan until brown and puffed up. Then turn and brown other side. Split and butter liberally and serve immediately.

Tea Biscuits

Use recipe for Biscuits, using 3 teaspoons Royal Baking Powder instead of 4, and adding 1 tablespoon sugar to dry ingredients. Use 4 tablespoons shortening. Mix 1 egg with 1/2 cup water and use for liquid instead of milk.

Drop Biscuits

Same as recipe for Biscuits with the addition of more milk to make a stiff batter. Drop by spoonfuls on greased pan or in muffin tins and bake as for biscuits.

Sour Milk Biscuits

Same as recipe for Biscuits, adding 1/4 teaspoon baking soda to the dry ingredients, using 4 tablespoons shortening, and sour milk for the liquid.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Cheese Biscuits
Follow recipe for Biscuits, using 3 teaspoons Royal Baking Powder; add ½ cup grated cheese and enough more milk to make a stiff batter. Drop by spoonfuls on greased baking sheet and bake in moderate oven at 375° F. for 15 minutes.

Whole Wheat or Health Biscuits
2 cups whole wheat flour
½ teaspoon salt
4 teaspoons Royal Baking Powder
2 teaspoons shortening
1 cup milk
4 tablespoons cut raisins
Mix flour, salt and baking powder well or sift through coarse strainer; mix shortening in lightly; add milk to make a soft dough. Add raisins. Drop by spoonfuls quite far apart on greased baking tin or in muffin tins. Bake in moderate oven at 400° F. about 25 minutes.

Bran Biscuits
1½ cup bran
1½ cups flour
5 teaspoons Royal Baking Powder
½ teaspoon salt
3 tablespoons sugar
2 tablespoons melted shortening
½ cup water
Mix thoroughly bran, flour, baking powder, salt and sugar; add shortening and sufficient water to make soft dough; roll on floured board to about ½ inch thick; cut with floured biscuit cutter. Bake in hot oven at 475° F. about 15 minutes.

Orange Marmalade Biscuits
2 cups flour
4 teaspoons Royal Baking Powder
½ teaspoon salt
1 egg
2 tablespoons shortening
3/4 cup orange marmalade
3/4 cup milk
Sift dry ingredients. Add shortening and mix in thoroughly with steel fork. Mix egg, milk and marmalade. Add this liquid, stirring just enough to mix. Turn out on floured board and roll to 1/2 inch thickness. Cut into small biscuits and bake in hot oven at 425° F. about 10 minutes. Grated orange rind or marmalade may be put on top before baking if desired.

Muffins
2 cups flour
3 teaspoons Royal Baking Powder
1 tablespoon sugar
½ teaspoon salt
1 cup milk
2 eggs
4 tablespoons shortening
Sift together flour, baking powder, sugar and salt; add milk, well beaten eggs and melted shortening; mix well. Half fill greased muffin tins and bake in moderate oven at 400° F. about 20 minutes.

Rice Muffins
Follow recipe for Muffins, using 1 cup flour and 1 cup cold boiled rice. Use 1 egg instead of 2 and ½ cup milk instead of 1 cup. Add the rice last, mixing in lightly. Bake about 30 minutes in a moderate oven at 400° F.

Corn Meal Muffins
Follow recipe for Muffins, using ¾ cup corn meal and 1½ cups flour instead of all flour; add 1 tablespoon more sugar (or omit all sugar) and use 1 instead of two eggs.

Sour Milk Corn Meal Muffins
1 cup corn meal
½ cup flour
3 teaspoons Royal Baking Powder
½ teaspoon soda
½ teaspoon salt
2 tablespoons sugar
1 egg
4 tablespoons melted shortening
Sift dry ingredients together. Add egg, milk and melted shortening. Bake in greased muffin tins in moderate oven starting at 350° F. and increasing to 385° F. Bake about 20 minutes.

Bran Muffins
1 cup bran
1½ cups white or graham flour
3 tablespoons sugar or molasses
½ teaspoon salt
¾ cup milk
4 teaspoons Royal Baking Powder
1 egg
4 tablespoons melted shortening
Mix all dry ingredients well together; add egg, milk and melted shortening. Add this liquid, stirring just enough to mix. Turn out on floured board and roll to 1/2 inch thickness. Cut into small biscuits and bake in hot oven at 425° F. about 10 minutes. Grated orange rind or marmalade may be put on top before baking if desired.

Sour Milk Bran Muffins
Follow recipe for Bran Muffins, using sour milk for sweet milk and 3 teaspoons Royal Baking Powder instead of 4 and sifting ¼ teaspoon baking soda with the flour and baking powder.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Graham Gems

1 cup flour
4 tablespoons brown sugar
3/4 teaspoon salt
4 teaspoons Royal Baking Powder
1 cup graham flour
1 cup milk
1 egg
4 tablespoons shortening, melted

Sift together white flour, sugar, salt and baking powder. Add graham flour. Add milk, egg and melted shortening and beat well. Half fill greased muffin tins and bake in hot oven at 425°F. about 20 minutes.

Pecan Muffins

Follow recipe for Graham Gems adding 1/2 cup chopped pecan nuts to dry ingredients. Put 1 tablespoon batter into each greased small muffin tin or ring and half pecan on each muffin. Bake in hot oven at 425°F. for 20 minutes.

Date Muffins

1/2 cup shortening
1 egg
2 cups flour
2 teaspoons Royal Baking Powder
3/4 teaspoon salt
3/4 cup milk
1 cup dates, pitted and chopped

Cream shortening, add beaten egg, flour in which baking powder and salt have been sifted, and milk. Add dates. Bake about 25 minutes in greased gem pans in moderate oven at 400°F.

For sweet muffins sift 1/4 cup sugar with dry ingredients.

Crumb Muffins

2 cups stale bread crumbs
1 3/4 cups milk
1 cup flour
2 teaspoons Royal Baking Powder
3/4 teaspoon salt
2 eggs
1 tablespoon shortening

Soak bread crumbs in cold milk 10 minutes; add flour, baking powder and salt sifted together; add well beaten eggs and melted shortening; mix well. Put 1 tablespoon of batter into greased, hot muffin tins. Bake 25 minutes in moderate oven at 425°F.

Popovers

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

Sift flour and salt together; make a well in the flour, break eggs into well, add melted shortening and milk and stir until smooth. Pour into hot greased gem pans and bake in hot oven at 450°F. for 30 minutes; then decrease heat to 350°F. for 15 minutes.

Sally Lunn

1/2 cup shortening
1/2 cup sugar
3 eggs
1 cup milk
2 cups flour
4 teaspoons Royal Baking Powder
3/4 teaspoon salt

Cream shortening and sugar well; add beaten eggs and milk alternately with the flour sifted with baking powder and salt. Bake in greased shallow pan or in muffin tins in hot oven at 425°F. for 20 minutes. Serve hot.

Green Corn Gems

2 cups green corn put through food chopper
1/2 cup milk, or 3/4 cup if corn is dry
2 eggs
2 cups flour
3 teaspoons Royal Baking Powder
1 teaspoon salt
3/4 teaspoon pepper

To the corn add milk and well beaten eggs; add flour, baking powder, salt and pepper which have been sifted together; mix well. Drop into hot greased gem pans. Bake in moderate oven at 400°F. about 25 minutes.

Blueberry Muffins

2 cups flour
3 teaspoons Royal Baking Powder
1/2 teaspoon salt
4 tablespoons sugar
1 cup milk
2 eggs
4 tablespoons shortening
1 cup blueberries

Wash and drain blueberries; sprinkle with 3 tablespoons sugar and a little sifted flour. Sift together remaining dry ingredients; add eggs, milk and melted and cooled shortening to make a stiff batter. Mix well and add berries. Half fill greased muffin tins. Bake 30 minutes in moderate oven at 375°F.

Providence Muffins

1/2 cup graham flour
1/2 cup bran
1/2 teaspoon salt
2 teaspoons sugar
2 teaspoons Royal Baking Powder
1 teaspoon shortening
1 tablespoon peanut butter
1 egg
1/2 cup milk

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Mix together flour, bran, salt, sugar and baking powder; melt shortening and peanut butter together; add to dry mixture. Add egg well beaten but not separated; add milk and beat well. Bake in hot greased muffin tins in moderate oven at 375° F. for 12 minutes.

Crumpets

2 eggs
1½ cups milk
4 tablespoons melted shortening
1 teaspoon salt
1 tablespoon sugar
4 teaspoons Royal Baking Powder
2¼ cups flour

Add beaten eggs and milk to melted shortening. Add sifted dry ingredients. Put greased muffin rings (large size) on hot slightly greased griddle or frying pan; fill ¾ full; cook slowly until brown and puffed up; turn and cook other side. Split while hot, butter and serve with cottage cheese or marmalade.

Scones

2 cups flour
3 teaspoons Royal Baking Powder
1 teaspoon salt
2 tablespoons sugar
3 tablespoons shortening
2 eggs
¾ cup milk

Sift together flour, baking powder, salt and sugar; add shortening and mix in very lightly. Beat eggs until light; add milk to eggs and add slowly to mixture. Roll out ½ inch thick on floured board; cut into 2-inch squares and fold over, making them three-cornered; brush with milk; dust with sugar. Bake in greased pan in moderate oven at 400° F. about 25 minutes.

Griddle Cakes, Waffles and Fritters

These sturdy and delectable native American hot breads are often glorified into modern desserts but we like best to think of them as breakfast breads. Properly made they are healthful and appetizing, often being the means of introducing useful cereals and sweets into the diet.

Dependable Royal Baking Powder in a correctly proportioned batter, will produce feathery light cakes. A hot iron or griddle is necessary, greased only enough to prevent sticking. Electric irons require no greasing. Turn cakes only once. Serve them very hot with butter, maple syrup, honey, powdered sugar or preserves.

Royal Griddle Cakes

2 cups flour
¾ teaspoon salt
4 teaspoons Royal Baking Powder
2 eggs
1½ cup milk
2 tablespoons melted shortening

Sift dry ingredients into bowl; add beaten eggs, milk and melted shortening. Mix well and bake by spoonfuls on slightly greased hot griddle. When bubbles appear, turn cakes and brown other side. Do not turn a second time. Serve immediately on hot plate with butter and maple syrup.

Bread Crumb Griddle Cakes

Soak 1 cup stale bread crumbs in ½ cup water 10 minutes. Add ¾ cup milk. Sift together 1 cup flour, 4 teaspoons Royal Baking Powder and ½ teaspoon salt. Add with 2 beaten eggs and 4 tablespoons melted shortening. Mix well and bake on slightly greased hot griddle.

Buckwheat Cakes

2 cups buckwheat flour
1 cup flour
6 teaspoons Royal Baking Powder
1½ teaspoons salt
2¼ cups milk or milk and water
1 tablespoon molasses
1 tablespoon melted shortening

Sift together flours, baking powder and salt; add molasses and shortening to liquid; beat well. Bake on hot, slightly greased griddle turning only once.

Rice Griddle Cakes

1 cup boiled rice
1 cup milk
1 tablespoon shortening
1 teaspoon salt
1 egg
1 cup flour
2 teaspoons Royal Baking Powder

Mix rice, milk, melted shortening, salt and well beaten egg; stir in flour sifted with baking powder, mix well. Bake on hot slightly greased griddle, turning only once.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as herefore used.
Corn Meal Griddle Cakes

1 1/4 cups corn meal
1 1/4 cups boiling water
1 tablespoon shortening
3/4 cup milk
1 tablespoon molasses
3/4 cup flour
1 teaspoon salt
4 teaspoons Royal Baking Powder

Pour boiling water over corn meal and shortening, stir and let cool. Add milk and molasses, then flour sifted with salt and baking powder. Beat well. Bake on hot slightly greased griddle turning only once.

Sour Milk Griddle Cakes

1 1/4 cups flour
1/2 teaspoon salt
2 teaspoons Royal Baking Powder
1/2 teaspoon soda
1 egg
1 1/2 cups sour milk
2 tablespoons shortening, melted

Sift dry ingredients together; add egg, milk and melted shortening. Mix well and bake on hot slightly greased griddle, turning only once.

Chocolate Waffles

1/4 cup shortening
1/4 cup sugar
2 eggs
1 teaspoon vanilla extract
1 1/4 cups flour
1 teaspoon Royal Baking Powder
6 tablespoons cocoa
1/4 teaspoon cinnamon
1/2 teaspoon salt

Cream shortening; add sugar slowly; add beaten eggs, flavoring, and all dry ingredients sifted together. Heat waffle iron but not so hot as for breakfast waffles. Serve with ice cream or slightly sweetened whipped cream.

Plain Fritter Batter

1 cup flour
1 1/2 teaspoons Royal Baking Powder
1 1/4 teaspoon salt
1 egg
1/4 cup milk

Sift dry ingredients together; add beaten egg and milk; beat until smooth.

Waffles

2 cups flour
2 teaspoons Royal Baking Powder
1 1/2 teaspoons salt
2 eggs
1 1/4 cups milk
4 tablespoons melted shortening

Sift dry ingredients together; add egg yolks and milk; mix thoroughly and beat. Add shortening; fold in beaten egg whites. Bake in hot waffle iron until brown. Serve hot with butter and maple syrup.

Vegetable Fritters

Cut into small pieces cooked cauliflower, egg plant, oyster plant and string beans. Put into fritter batter and fry by spoonfuls in deep hot fat at 375° F.
A FINE grained, evenly baked, tender, delicate cake is a thing of beauty. In no other form of cookery are poor quality materials so readily detected as in cakes. With Royal Baking Powder in an accurate, tested recipe, correctly baked, a prize-winning cake is a foregone conclusion.

If desirable to use fewer eggs, increase the amount of Royal Baking Powder about $\frac{1}{2}$ teaspoon for each egg omitted. Use slightly less of the vegetable shortenings than butter and add a little salt.

Always sift flour once before measuring and again with the baking powder. Correct baking is half the success of cake-making. Regulate the oven before mixing.

Plain Cake

<table>
<thead>
<tr>
<th>1/2 cup shortening</th>
<th>1 cup sugar</th>
<th>2 eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon vanilla extract</td>
<td>1 cup milk</td>
<td>2 cups flour</td>
</tr>
<tr>
<td>3 teaspoons Royal Baking Powder</td>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
</tbody>
</table>

Cream shortening; add sugar slowly, add well beaten egg yolks and flavoring. Sift flour, salt and baking powder together and add alternately with milk to first mixture. Fold in egg whites beaten stiff. Bake in greased loaf pan in moderate oven at 350° F. about 45 minutes or in layer or patty pans at 375° F. about 20 minutes.

Cocoa Cream Cake

Bake Plain Cake batter in 2 greased layer cake tins. Spread Cocoa Cream Filling, page 21, between layers and on top of cake.

Spanish Cake

<table>
<thead>
<tr>
<th>1/2 cup shortening</th>
<th>1 cup sugar</th>
<th>2 eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/4 cups pastry flour</td>
<td>3 teaspoons Royal Baking Powder</td>
<td>1 teaspoon cinnamon</td>
</tr>
<tr>
<td>1/2 cup milk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cream shortening; add sugar and yolks of eggs; beat well. Sift together flour, baking powder and cinnamon and add alternately with milk; fold in beaten whites of eggs. Bake in greased tube pan in moderate oven at 375° F. about 45 minutes; cover with Sea Foam Frosting, page 19.

Feather Cocoanut Cake

<table>
<thead>
<tr>
<th>1 1/2 cups pastry flour</th>
<th>3/4 cup sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 teaspoons Royal Baking Powder</td>
<td>4 tablespoons melted shortening</td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>1/2 cup milk</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon lemon extract</td>
<td></td>
</tr>
<tr>
<td>1/4 cup fresh grated cocoanut</td>
<td></td>
</tr>
</tbody>
</table>

Sift flour, sugar and baking powder. Add shortening and beaten egg to milk and add to dry ingredients. Mix well, add flavoring and cocoanut and bake in greased loaf pan in moderate oven at 375° F. about 45 minutes. Sprinkle with powdered sugar, or ice with White Icing, page 20, with grated cocoanut sprinkled on top.

Royal Cream Loaf Cake

<table>
<thead>
<tr>
<th>1/2 cup shortening</th>
<th>1 cup sugar</th>
<th>2 eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon lemon extract</td>
<td>1/2 cup rich milk or thin cream</td>
<td>1/2 cup cornstarch</td>
</tr>
<tr>
<td>2 teaspoons Royal Baking Powder</td>
<td></td>
<td></td>
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</tbody>
</table>

Cream shortening; add sugar slowly; add beaten yolks of eggs and flavoring; add milk a little at a time. Sift flour, cornstarch and baking powder together and add; fold in beaten whites of eggs. Bake in greased loaf pan in moderate oven at 350° F. about 60 minutes. Cover with Boiled Frosting, page 19.

Merry-Go-Round Cake

Children’s Birthday Cake

<table>
<thead>
<tr>
<th>1/2 cup shortening</th>
<th>1 cup sugar</th>
<th>1 egg</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cups pastry flour</td>
<td>2 teaspoons Royal Baking Powder</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon vanilla extract</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cream shortening. Add sugar slowly and beaten egg. Beat until light and fluffy. Sift flour and baking powder together and add a little at a time alternately with milk. Add flavoring. Put in small round greased tin or iron spider. Bake in moderate oven at 350° F. about 45 minutes. Turn out of pan and cool. Ice top and sides with Butter Icing, page 19. While icing is still soft, stand animal crackers, which have been decorated with daintily colored icing and pink candles alternately around the edge of cake.
Fairmount Cake

- 2 cups flour
- ½ teaspoon salt
- 2 teaspoons Royal Baking Powder
- ½ cup shortening
- 1½ cups sugar
- 3 eggs
- ½ cup milk
- 1 teaspoon vanilla extract
- ½ cup fresh grated or moist coconut

Sift flour, salt and baking powder three times; cream shortening and sugar. Add eggs one at a time, beating well after each egg is added. Add vanilla and milk with the flour alternately a little at a time. Bake in greased loaf pan in moderate oven at 350°F for 1 hour. Cover with Boiled Frosting, page 19, and sprinkle with the coconut.

Marble Cake

Add 1 1/4 squares unsweetened chocolate, melted, to ¾ of batter for Plain Cake. Drop by spoonfuls into plain batter in a greased loaf pan, mixing a little to make a “streaky” effect. Bake in moderate oven at 350°F for 45 minutes. If cocoa is used, mix 5 tablespoons cocoa with cold water to make a paste and add to the batter.

Chocolate Loaf Cake

- 3 squares unsweetened chocolate
- 4 tablespoons sugar
- 2 tablespoons milk
- 6 tablespoons shortening
- 1 cup sugar
- 2 eggs
- ½ cup milk
- 1 ½ cups flour
- 3 teaspoons Royal Baking Powder
- 1 teaspoon salt

Cook first 3 ingredients slowly until smooth. Cream shortening; add sugar slowly and beat well; add beaten egg yolks; stir in chocolate mixture. Add dry ingredients sifted together alternately with milk; fold in egg whites beaten stiff. Bake in greased loaf pan in moderate oven at 350°F about 50 minutes. Cover with White or Chocolate Icing, page 20.

Nut Loaf Cake

- 1 cup shortening
- 1 cup light brown sugar
- 3 eggs
- 2½ cups flour
- 3 cups chopped hickory, pecan or walnuts
- ½ teaspoon salt
- 1 teaspoon vanilla extract

Beat shortening until soft and creamy; add sugar and yolks of eggs, beating well. Sift flour with baking powder and salt and add alternately, a little at a time with milk. Mix well but do not beat. Add nuts and flavoring; fold in stiffly beaten egg whites; mix well. Pour into well-greased and floured loaf pan and bake 1 hour and 40 minutes in moderate oven at 325°F.

Bride’s Cake

- 1 cup shortening
- 2 cups sugar
- 1 teaspoon almond or vanilla extract
- ¾ cup milk
- 3 ½ cups flour
- 3 teaspoons Royal Baking Powder
- whites of six eggs

Cream shortening, add sugar gradually, beating in well; add flavoring; beat until smooth. Add milk a little at a time and flour which has been sifted three times with baking powder. Beat whites of eggs until very light, and add to batter, folding in very lightly without beating. Bake in large greased and floured loaf pan in moderate oven at 325°F about 1 hour. Cover with Ornamental Frosting, page 20.

Coffee Fruit Cake

- ½ cup shortening
- 1 cup light brown sugar
- 3 eggs
- 2½ cups flour
- 3 teaspoons Royal Baking Powder
- ¼ teaspoon salt
- ¼ cup strong coffee
- ¼ cup rich milk
- 1 cup raisins
- ½ cup each sliced citron and figs

Cream shortening; add sugar slowly; add beaten eggs, mixing well. Sift dry
ingredients together and add alternately with coffee and milk. Add slightly floured fruit and put into greased and floured tube loaf pan. Bake in moderate oven at 350° F. for 1 hour.

**Hot Molasses Cake**

\[
\begin{align*}
\frac{1}{4} \text{ cup shortening} \\
\frac{1}{4} \text{ cup brown sugar} \\
1 \text{ egg} \\
\frac{1}{4} \text{ cup molasses} \\
2 \text{ cups flour} \\
3 \text{ teaspoons Royal Baking Powder} \\
\frac{1}{4} \text{ teaspoon salt} \\
\frac{1}{4} \text{ teaspoon soda} \\
\frac{1}{4} \text{ teaspoon allspice} \\
1 \text{ teaspoon cinnamon} \\
\frac{1}{4} \text{ cup milk}
\end{align*}
\]

Cream shortening. Add sugar slowly, beating continually; add beaten egg and molasses. Sift flour, baking powder, salt, soda and spices together; add alternately with milk to first mixture. Mix well. Bake in greased shallow pan in moderate oven at 425° F. about 20 minutes. Serve hot.

**Rich Fruit Cake**

\[
\begin{align*}
\frac{1}{2} \text{ cup grape juice} \\
\frac{3}{4} \text{ cups seeded raisins} \\
2 \frac{1}{2} \text{ cups currants} \\
4 \text{ oz. candied cherries} \\
4 \text{ oz. candied pineapple} \\
1 \frac{1}{2} \text{ cups mixed candied peel} \\
2 \frac{1}{2} \text{ cups flour} \\
2 \text{ teaspoons Royal Baking Powder} \\
2 \text{ teaspoons cinnamon} \\
\frac{1}{4} \text{ teaspoon mixed nutmeg and allspice} \\
\frac{1}{4} \text{ teaspoon salt} \\
1 \text{ cup chopped almonds} \\
\text{juice and rind of one lemon} \\
1 \text{ cup shortening} \\
1 \frac{1}{4} \text{ cups brown sugar} \\
5 \text{ eggs}
\end{align*}
\]

Soak fruit and chopped peel over night in grape juice. Sift flour, baking powder, salt, and spices together. Add to it the fruit, candied peel and almonds. Cream shortening, add sugar, and beat well. Add eggs, one at a time, beating well after each addition. Add dry ingredients, lemon juice and rind. Mix thoroughly, pour into a large greased and paper-lined cake tin. Bake in a slow oven at 250° F. for 4 to 6 hours, or steam for 6 hours and bake slowly one hour to dry out.

**Pound Cake**

\[
\begin{align*}
1 \text{ cup butter} \\
1 \text{ cup sugar} \\
1 \text{ teaspoon vanilla extract} \\
1 \text{ teaspoon lemon extract} \\
5 \text{ eggs} \\
2 \text{ cups flour} \\
1 \text{ teaspoon Royal Baking Powder}
\end{align*}
\]

Cream butter thoroughly, add sugar very slowly, beating well. Add flavoring and yolks of eggs beaten until pale yellow. Beat egg whites until light and add alternately with flour sifted with baking powder four times. Beat well for several minutes until light and fluffy. Bake in greased loaf pan in moderate oven at 325° F. about 1 hour. Cover with Ornamental Frosting, page 20.

**Coffee Spice Cake**

\[
\begin{align*}
\frac{1}{4} \text{ cup shortening} \\
1 \text{ cup sugar} \\
2 \text{ eggs} \\
\frac{3}{4} \text{ cup strong cold coffee} \\
2 \text{ cups flour} \\
3 \text{ teaspoons Royal Baking Powder} \\
\frac{1}{4} \text{ teaspoon salt} \\
1 \text{ teaspoon cinnamon} \\
\frac{1}{4} \text{ teaspoon, each, cloves and allspice}
\end{align*}
\]

Cream shortening and sugar and beat until light. Beat in egg yolks; add coffee slowly; add sifted dry ingredients; mix well; fold in beaten egg whites. Pour into 2 greased layer tins and bake in moderate oven at 375° F. about 25 minutes. Put together with Mocha Icing and Filling, page 16.

**Orange Sponge Cake**

\[
\begin{align*}
3 \text{ eggs} \\
\frac{1}{4} \text{ teaspoon cream of tartar} \\
1 \text{ cup granulated sugar} \\
2 \text{ teaspoons grated orange rind} \\
\frac{3}{4} \text{ cup orange juice} \\
1 \frac{1}{4} \text{ cups pastry flour} \\
1 \frac{1}{2} \text{ teaspoons Royal Baking Powder} \\
\frac{1}{4} \text{ teaspoon salt}
\end{align*}
\]

Separate eggs; beat whites and cream of tartar until stiff and add the yolks one at a time, beating well before addition of each yolk. Add sugar gradually, still beating with egg beater; remove beater. Add grated rind and orange juice. Fold in flour sifted with baking powder and salt. Bake in 2 layer cake pans in moderate oven at 325° F. about 18 minutes. Spread Orange Cream Filling, page 20, between layers. Cover top and sides with Seven Minute Frosting, page 20. Grate a little orange rind on the frosting before it cools.
Sponge Cake

6 eggs
1 cup granulated sugar
rind of half a lemon
1-2 teaspoons lemon juice
1 cup flour
1 teaspoon Royal Baking Powder
½ teaspoon salt

Beat egg yolks with wire whip until thick; add gradually sifted sugar, then grated lemon rind, lemon juice and one-half the beaten egg whites; mix well; carefully fold in flour sifted with baking powder and salt; add remainder of whites, mix lightly and bake in an ungreased sponge cake pan in moderate oven at 350° F. for 45 to 50 minutes. Remove from oven, invert pan; let stand until cold when it will slip from the pan.

Quick Sponge Cake

2 eggs
½ cup sugar
½ teaspoon lemon extract
rind
½ lemon
½ cup cold water
1 cup pastry flour
1½ teaspoons Royal Baking Powder
½ teaspoon salt

Separate eggs. Beat yolks until thick and light in color. Add sugar a little at a time, beating continually. Add lemon extract and rind. Add water slowly and beat well between each addition. Sift dry ingredients and add; mix well. Fold in egg whites beaten until stiff. Mix but do not beat. Bake in greased shallow cake pan in moderate oven at 365° F. for 25 minutes. Serve warm or cold as desired, with slightly sweetened whipped cream.

Easter Bunny Cake

4 eggs
1½ cups granulated sugar
2 cups pastry flour
2 teaspoons Royal Baking Powder
½ teaspoon salt
1 cup boiling water
1 teaspoon lemon extract

Beat eggs until light; beat in sugar slowly; add flour sifted with salt and baking powder, alternately with boiling water; add flavoring. Put into ungreased large angel cake pan. Bake in slow oven about 1 hour starting at 250° F. and increasing to 350° F. Cool; cover with White Icing, page 20, using almond flavoring. Color a small amount of icing with a little green coloring. Decorate rim of cake with this icing, allowing it to drip over edge to resemble grass. While soft, make bunnies with large fresh marshmallows which are pinched with thumb and finger at one end for nose and at other for tail. Dip toothpick in melted chocolate and make dots for eyes. Large ears are cut from writing paper. Arrange these bunnies around edge of cake.

Royal Sponge Cake

1 cup sugar
¼ cup water
3 eggs
1 cup flour
½ teaspoon salt
2 teaspoons Royal Baking Powder
1 teaspoon vanilla or lemon extract
¼ cup cold water

Boil sugar and water without stirring to 238° F. or until syrup spins a thread. Add slowly to beaten egg whites, beating until mixture is cold. Sift dry ingredients together three times. Beat egg yolks until thick. Add alternately, a little at a time with flour mixture to first mixture; add cold water and flavoring; mix lightly. Bake in ungreased tin in moderate oven at 350° F. about 1 hour.

Angel Cake

whites of 8 eggs
1 teaspoon cream of tartar
½ cup granulated sugar
½ teaspoon salt
1 teaspoon Royal Baking Powder
1 cup pastry flour
1 teaspoon vanilla or almond extract

Whip egg whites to firm, stiff froth; add cream of tartar; fold sugar in lightly. Fold in flour sifted four times with baking powder and salt; add flavoring. Bake in ungreased tube pan 45 to 50 minutes in moderate oven at 350° F. Invert pan and let stand until cold.

3 Egg Angel Cake

¼ cup sugar
½ cup milk
3 egg whites
½ teaspoon salt
1 cup pastry flour
2 teaspoons Royal Baking Powder
½ teaspoon cream of tartar
½ teaspoon each almond and vanilla extract

Heat milk and sugar just to boil. Add salt to egg whites and beat until stiff. Add hot syrup slowly to egg whites, beating continually. Let cool. Sift together 5 times flour, baking powder and cream of tartar; fold into egg mixture. Add flavoring. Pour into small ungreased angel cake tin; bake in moderate oven at 350° F. about 30 minutes. Remove from

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
oven; invert pan and allow to stand until cold. Cover top and sides with icing desired.

Note—Excellent to make with the Gold Cake. Only 3 eggs are required for both.

**Gold Cake**

3 tablespoons shortening  
\( \frac{3}{4} \) cup sugar  
3 yolks of 3 eggs  
1 teaspoon flavoring extract  
1\( \frac{1}{3} \) cups flour  
3 teaspoons Royal Baking Powder  
\( \frac{1}{4} \) cup milk

Cream shortening; add egg yolks which have been beaten until thick; add flavoring. Sift together flour and baking powder; add alternately, with milk to first mixture. Bake in greased loaf pan in moderate oven at 375° F. for 35 minutes, or in shallow pan 25 minutes. Cover with any icing desired.

**Luxor Loaf**

1 cup fine granulated sugar  
1 teaspoon vanilla extract  
\( \frac{1}{2} \) cup egg yolks  
\( \frac{1}{2} \) cup luke warm water  
\( \frac{1}{3} \) teaspoon baking soda  
\( \frac{1}{4} \) cups pastry flour  
\( \frac{1}{4} \) teaspoon salt

Sift the sugar, pour vanilla extract on 2 tablespoons of measured sugar, and set aside. Place egg yolks in a large mixing bowl; add water and baking soda and beat with egg beater until foamy. Add sugar a little at a time, beating in well. Add sugar with flavoring and beat. Sift together flour, baking powder and salt. Fold carefully into mixture; pour in ungreased angel cake pan. Bake in moderate oven at 350° F. for 40 to 45 minutes. Invert pan and let stand until cake is cold when, with the aid of a spatula it will slip from pan. Remove all crumbs and moist crust from surface and cut in three layers. Spread Lemon Cream Filling, page 20, between layers. Ice top and sides with Marshmallow Seven Minute Frosting, page 20.

**Cocoanut Marshmallow Layer Cake**

\( \frac{1}{2} \) cup shortening  
1 cup sugar  
3 eggs  
1 teaspoon lemon juice  
1 teaspoon vanilla extract  
\( \frac{1}{2} \) cup milk  
2 cups pastry flour  
3 teaspoons Royal Baking Powder  
\( \frac{1}{4} \) teaspoon salt

Cream shortening; add sugar, yolks of eggs and flavoring; mix well. Sift flour with baking powder and salt; add alternately with milk to first mixture. Add whites of eggs beaten stiff. Bake in 3 greased and floured layer cake tins in moderate oven at 400° F. 15 to 20 minutes. Put together with following:

**Cocoanut Marshmallow Filling and Frosting**

1\( \frac{1}{2} \) cups granulated sugar  
\( \frac{1}{2} \) cup water  
6 large marshmallows  
whites of 2 eggs  
2 teaspoons lemon juice  
1 cup fresh grated cocoanut

Boil sugar and water to 238° F. or until syrup spins a thread. Add marshmallows cut into very small pieces, but do not stir into syrup. Pour very slowly into stiffly beaten whites of eggs and beat until smooth. Add lemon juice. Spread between layers. Sprinkle with cocoanut and small pieces of marshmallows. Cover top and sides of cake with frosting, sprinkle thickly with cocoanut and decorate top with pieces of marshmallow.

**Mrs. Moody’s Wonder Cake**

\( \frac{1}{2} \) cup shortening  
\( \frac{1}{2} \) cups powdered sugar  
\( \frac{1}{2} \) cup milk  
2 cups pastry flour  
2 teaspoons Royal Baking Powder  
1 teaspoon vanilla extract  
6 egg whites

Cream shortening with powdered sugar; add milk alternately with flour sifted with baking powder. Add vanilla extract and fold in beaten egg whites. Bake in 3 greased layer tins in moderate oven at 325° F. for 20 minutes. Increase to 350° F. last half of baking.

**Nut and Fruit Filling and Frosting**

\( \frac{1}{2} \) cups granulated sugar  
\( \frac{1}{2} \) cup water  
3 egg whites, beaten  
\( \frac{1}{4} \) cup muscatel raisins, cut in pieces  
\( \frac{1}{2} \) cup shaved pecans  
\( \frac{1}{4} \) cup chopped figs  
\( \frac{1}{4} \) teaspoon vanilla extract

Boil sugar with water until syrup spins a thread at 238° F. Add slowly to egg whites, beating continually until cool. Add raisins, pecans, figs and vanilla. Spread between layers and on top and sides of cake.

**Cream Layer Cake**

Bake plain cake, page 11, in 2 greased layer pans in moderate oven at 375° F. about 20 minutes. Spread Vanilla Cream filling, page 16, between layers and cover with White Icing.
Vanilla Cream Filling

\[
\begin{align*}
\frac{1}{2} \text{ cup sugar} \\
2 \text{ tablespoons cornstarch} \\
\frac{1}{4} \text{ teaspoon salt} \\
2 \text{ eggs} \\
1 \text{ cup scalded milk} \\
2 \text{ teaspoons butter} \\
1 \text{ teaspoon vanilla extract}
\end{align*}
\]

Mix sugar, cornstarch, salt and beaten eggs; pour on gradually scalded milk; add butter; cook in double boiler until thick and smooth, stirring constantly; add flavoring and cool.

Frosty Fruit Layer Cake

\[
\begin{align*}
\frac{1}{4} \text{ cup shortening} \\
1 \text{ cup sugar} \\
2 \text{ eggs} \\
1 \text{ teaspoon vanilla extract} \\
1 \text{ cup milk} \\
2 \text{ cups flour} \\
3 \text{ teaspoons Royal Baking Powder} \\
\frac{1}{4} \text{ teaspoon salt}
\end{align*}
\]

Cream shortening; add sugar slowly, beating well; add egg yolks and vanilla and mix well; add milk alternately with sifted dry ingredients; mix in beaten egg whites. Bake in 3 greased layer tins in moderate oven at 375° F. about 20 minutes. Spread with following.

Fruit Filling and Frosting

\[
\begin{align*}
2 \frac{1}{2} \text{ cups granulated sugar} \\
\frac{3}{4} \text{ cup boiling water} \\
1 \text{ teaspoon Royal Baking Powder} \\
2 \text{ egg whites} \\
1 \text{ teaspoon lemon juice} \\
1 \text{ cup mixed figs, cherries and pineapple, cut fine}
\end{align*}
\]

Boil sugar and water without stirring to 238° F. or until syrup spins a thread. Beat egg whites until dry; add syrup slowly, beating until right consistency to spread; add flavoring and baking powder. Add fruit to \( \frac{1}{4} \) this frosting and spread thickly between layers. Cover top and sides of cake with remaining plain frosting.

Tropic Aroma

First Mystery Cake

\[
\begin{align*}
\frac{1}{4} \text{ cup shortening} \\
\frac{1}{4} \text{ cups sugar} \\
2 \text{ eggs} \\
1 \text{ cup milk} \\
2 \frac{1}{2} \text{ cups flour} \\
4 \text{ teaspoons Royal Baking Powder} \\
\frac{1}{4} \text{ teaspoon salt} \\
1 \text{ teaspoon cinnamon} \\
1 \text{ teaspoon nutmeg}
\end{align*}
\]

Cream shortening; add sugar slowly and beaten eggs; mix well. Add flour sifted with baking powder, salt and spices, alternately with milk to first mixture. Pour \( \frac{2}{3} \) of batter in 2 greased layer tins and to remaining third, add 1 tablespoon cocoa mixed with 1 tablespoon boiling water. Use this for middle layer. Bake in moderate oven at 375° F. about 20 minutes. Put Mocha Icing between layers and on top of cake.

Mocha Icing and Filling

\[
\begin{align*}
3 \text{ tablespoons butter} \\
3 \text{ cups confectioner's sugar} \\
5 \text{ tablespoons cocoa} \\
5 \text{ tablespoons strong cold coffee} \\
1 \text{ teaspoon vanilla extract}
\end{align*}
\]

Cream butter; add sugar and cocoa very slowly, beating until light and fluffy. Add coffee and vanilla slowly, a few drops at a time, making soft enough to spread.

Chocolate Layer Cake

\[
\begin{align*}
\frac{1}{4} \text{ cup shortening} \\
1 \text{ cup sugar} \\
2 \text{ eggs} \\
1 \text{ teaspoon vanilla extract} \\
1 \text{ cup milk} \\
2 \frac{1}{4} \text{ cups pastry flour} \\
3 \text{ teaspoons Royal Baking Powder} \\
\frac{1}{4} \text{ teaspoon salt}
\end{align*}
\]

Cream shortening; add sugar, a little at a time, beating until light; add beaten yolks and flavoring; add flour, sifted with salt and baking powder alternately with milk. Fold in stiffly beaten egg whites. Bake in 3 greased layer cake pans in moderate oven at 375° F. about 20 minutes. Spread filling thickly between layers and cover top and sides with icing.

Old-Fashioned Chocolate Filling

\[
\begin{align*}
2 \frac{1}{2} \text{ squares chocolate} \\
3 \text{ tablespoons cream} \\
\frac{1}{4} \text{ cup confectioner's or powdered sugar} \\
1 \text{ tablespoon cornstarch} \\
1 \text{ egg yolk} \\
\frac{1}{4} \text{ teaspoon salt} \\
1 \text{ teaspoon vanilla extract}
\end{align*}
\]

Melt chocolate in double boiler; add cream and mix in sugar slowly; add cornstarch mixed with a little cold water; add egg yolk and cook, stirring constantly until smooth and thick. Remove from fire; add salt and vanilla.

Chocolate Icing

\[
\begin{align*}
2 \frac{1}{2} \text{ squares chocolate} \\
1 \text{ tablespoon butter} \\
1 \text{ unbeaten egg white} \\
2 \text{ cups confectioner's sugar} \\
2-3 \text{ tablespoons thin cream}
\end{align*}
\]

Melt chocolate with butter; put egg white into shallow dish; add sugar slowly, beating until light and smooth; add chocolate and sufficient cream to make right consistency to spread.
Devil’s Food Layer Cake

- 2 1/4 cups shortening
- 1 1/2 cups sugar
- 3 eggs
- 1 cup milk
- 2 1/4 cups flour
- 1/2 teaspoon salt
- 3 teaspoons Royal Baking Powder
- 1 teaspoon vanilla extract
- 3 squares unsweetened chocolate, melted

Cream shortening thoroughly; add sugar slowly. Add beaten yolks; mix thoroughly. Add flour sifted with baking powder and salt, alternately with milk; add vanilla and melted chocolate. Fold in stiffly-beaten egg whites. Put into 3 greased layer cake tins and bake in moderate oven at 350° F. about 30 minutes.

Icing and Filling

- 1/4 tablespoon butter
- 5 tablespoons milk
- 3 oz. unsweetened chocolate
- 3 1/2 cups confectioner’s sugar
- 1 teaspoon vanilla extract

Heat butter, milk and chocolate in top of double boiler; add sugar slowly, beating continually; add flavoring and beat until creamy; if necessary add more milk and spread thickly between layers and on top and sides of cake.

Layers may also be put together with Chocolate Marshmallow Frosting or Sea Foam Frosting, page 19.

Mocha Tart

- 4 eggs
- 1 tablespoon mocha essence or
- 2 tablespoons cold strong coffee
- few grains salt
- 1 cup granulated sugar
- 1 cup flour
- 1 teaspoon Royal Baking Powder

Separate eggs, beat yolks until very light; add mocha, salt and sugar gradually, beating continually; add flour and baking powder sifted together; fold in stiffly beaten egg whites; mix thoroughly without beating. Spread in 2 well greased layer cake pans and bake in slow oven 10 to 15 minutes, starting at 300° F. and increasing temperature last half of baking to 375° F. Spread Mocha Cream Filling between layers and on top of cake. Sprinkle top with browned, chopped almonds.

Mocha Cream Filling

Whip 1/2 pint cream, sweeten with 1/2 to 1/2 cup powdered sugar and flavor with 1 tablespoon mocha flavoring.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Nut and Fruit Filling and Frosting

1 1/2 cups sugar
1/2 cup water
whites of 2 eggs
1/2 teaspoon Royal Baking Powder
1/2 teaspoon vanilla extract
1/2 cup chopped seeded raisins
1/2 cup chopped figs
1 cup chopped blanched almonds or pecan nuts

Boil sugar and water together without stirring to 238° F. or until syrup spins a thread. Pour slowly over beaten egg whites, beating continually until thick. Add baking powder and flavoring. Fold in fruits and nuts.

Green Tree Layer Cake

1/2 cup shortening
1 1/4 cups sugar
2 eggs
2 cups flour
3 teaspoons Royal Baking Powder
1/2 cup milk
1 teaspoon vanilla extract

Cream shortening; add sugar slowly; add beaten eggs. Add flour sifted with baking powder, alternately with milk; add flavoring and mix well. Put into 4 greased layer cake pans, spreading batter thin. Bake in moderate oven at 400° F. about 15 minutes. Put together with Cocoa Almond Filling and Icing

6 tablespoons butter
3 cups confectioner's sugar
8 tablespoons cocoa
1/2 teaspoon almond extract
1/2 cup cream

Cream butter; add sugar and cocoa slowly, beating until light and fluffy. Add flavoring and cream slowly to make good spreading consistency. Spread thickly between layers and put a thin layer on top and sides of cake. With pastry bag and rose tube put icing up and down sides of cake to represent bark of a tree. Cover top with chopped blanched pistachio nuts.

Mahogany Cake

Cook 1/2 cup milk with 1/2 cup cocoa until thick and smooth; set aside to cool.

1/2 cup shortening
1 1/2 cups sugar
3 eggs
2 cups pastry flour
1/2 teaspoon soda
2 teaspoons Royal Baking Powder
1/2 cup sweet milk
1 teaspoon vanilla extract

Cook sugar and water together. Add beaten egg yolks. Sift together flour, soda and baking powder and add alternately with milk to first mixture. Add chocolate mixture and vanilla extract and mix well. Fold in stiffly beaten egg whites. Bake in 2 well greased 9 inch layer cake tins, in moderate oven at 350° F. about 25 minutes. Cool and spread the following between layers and on top and sides of cake.

Fudge Frosting

2 cups sugar
2 tablespoons corn syrup
3 squares unsweetened chocolate
1/2 cup milk
1 1/2 teaspoons Royal Baking Powder
2 tablespoons butter
1 teaspoon vanilla extract

Cook sugar, corn syrup, chocolate and milk to 232° F. or until syrup forms a very soft ball when tested in cold water. Stir occasionally to prevent burning. Remove from fire, add baking powder and butter. Cool to lukewarm. Add vanilla extract and beat until creamy and right consistency to spread.

Lady Goldenglow

Second Mystery Cake

1/2 cup shortening
1 1/2 cups sugar
grated rind of 1/2 orange
1 egg and 1 yolk
2 1/2 cups flour
4 teaspoons Royal Baking Powder
3/4 teaspoon salt
1 cup milk
1/2 squares unsweetened chocolate, melted

Cream shortening, add sugar and orange rind. Add beaten egg yolks. Sift together flour, baking powder and salt and add alternately with milk; lastly fold in 1 beaten egg white. Bake 20 minutes in moderate oven at 375° F. and spread with following Orange Chocolate Filling and Icing

3 tablespoons melted butter
3 cups confectioner's sugar
2 tablespoons orange juice
grated rind of 1/2 orange
pulp of 1 orange
1 egg white
3 squares unsweetened chocolate

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Put butter, sugar, orange juice and rind into bowl. Cut pulp from orange, removing skin and seeds, and add. Beat all together until smooth. Fold in beaten egg white. Spread on layer used for top of cake. While icing is soft, sprinkle with unsweetened chocolate shaved in fine pieces with sharp knife (use 1/2 square). To remaining icing add 2 1/2 squares unsweetened chocolate, melted. Spread thickly between layers and on sides of cake.

Cocoanut Layer Cake

1/4 cup shortening
1 cup sugar
3/4 cup milk
1 teaspoon almond or vanilla extract
2 cups pastry flour
3 teaspoons Royal Baking Powder
1/2 teaspoon salt
whites of 3 eggs

Cream shortening thoroughly; add sugar slowly, beating well; add milk and the flavoring very slowly, beating constantly. Add flour, salt and baking powder, sifted together. Fold in whites of eggs beaten until light. Bake in 2 greased layer cake pans in moderate oven at 375° F. for 15 minutes. Cool and spread Cocoanut Filling and Frosting, page 19, between layers and on top and sides of cake.

Maple Layer Cake

1/2 cup shortening
1 cup sugar
2 eggs
1 teaspoon vanilla extract
2 cups flour
3 teaspoons Royal Baking Powder
1/4 teaspoon salt
3/4 cup milk

Cream shortening; add sugar slowly; add egg yolks and flavoring; mix well. Sift flour, baking powder and salt together; add alternately with milk to first mixture. Fold in beaten egg whites. Pour 2/3 of batter into 2 greased layer cake pans. To remaining 1/3, add 1 square melted chocolate and 2 tablespoons water, and pour into third greased pan. Bake in moderate oven at 375° F. about 15 minutes. Put together with Sea Foam Frosting or Maple, page 20, having chocolate layer in center.

Boiled Frosting

2 cups granulated sugar
1 cup water
whites of 2 eggs
1 teaspoon flavoring extract
1/2 teaspoon Royal Baking Powder

Boil sugar and water without stirring to 238° F. or until syrup spins a thread; pour slowly over stiffly beaten egg whites and beat until thick; add flavoring and baking powder; allow to stand few minutes before spreading.

Cocoanut Frosting and Filling

Use recipe for Boiled Frosting. Fold in or sprinkle 1 cup grated fresh cocoanut on top of frosting while still soft.

Butter Icing

Cream 1/4 cup butter, add gradually 1 1/2 cups sifted confectioner’s sugar. Add a few drops of cream from time to time until of good consistency to spread.

Maple Icing

Use maple flavoring in the recipe for White Icing.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Maple Frosting
1 cup maple syrup
whites of 2 eggs
Boil syrup without stirring to 238° F. or until it spins a thread; add slowly to stiffly beaten egg whites; beat with wire whip, until stiff enough to spread.

Ornamental Frosting
1 1/2 cups granulated sugar
1/4 cup water
2 egg whites
1 teaspoon flavoring extract
1 teaspoon Royal Baking Powder
Boil sugar and water without stirring until syrup spins a thread at 238° F. Add slowly to beaten egg whites; add flavoring and baking powder and beat until smooth and stiff enough to spread. Put over boiling water, stirring continually until frosting grates slightly on bottom of bowl. Spread on cake saving a small portion of icing to ornament the edge of cake. This is done by using a pastry tube, or cornucopia, made from ordinary white letter paper.

Seven Minute Frosting
1 unbeaten egg white
3/4 cup granulated sugar
3 tablespoons cold water
1/2 teaspoon flavoring
1/2 teaspoon Royal Baking Powder
Place all ingredients except flavoring and baking powder in top of double boiler. Place over boiling water and beat with beater for 7 minutes or until thick. Add flavoring and baking powder, beat again, and spread on cake.

Chocolate Frosting—add to above 1 1/2 squares melted unsweetened chocolate 2 minutes before taking from fire.

Coffee Frosting—use 3 tablespoons cold boiled coffee in place of water.

Marshmallow Frosting—add 8 marshmallows, cut fine, as frosting begins to thicken.

Orange Cream Filling
3/4 cup sugar
3/4 tablespoons flour
3/4 teaspoon salt
2 teaspoons grated orange rind
3/4 cup orange juice
1 egg yolk
2 teaspoons butter
1 teaspoon lemon juice
Put sugar, flour and salt in top of double boiler and mix; add orange rind and juice. Add butter and egg yolk; cook until smooth and thick. Remove from fire and add lemon juice. Spread between layers.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Cocoa Cream Filling
6 tablespoons cocoa
3/4 cup powdered sugar
1/2 teaspoon salt
1 teaspoon vanilla extract
1 1/2 cups heavy cream

Mix cocoa, sugar and salt with a little hot water until well blended. Cool, add flavoring and cream; whip until stiff enough to spread.

Jelly Meringue
white of 1 egg
1/4 cup currant or other jelly

Put egg white and jelly into bowl and beat with egg beater or wire whip until stiff. Spread between layers or on top of cake.

Cookies and Small Cakes

Orange Cup Cakes
4 tablespoons shortening
1 cup sugar
1/2 cup milk
1 egg
2 cups flour
3 teaspoons Royal Baking Powder
1/2 teaspoon salt
1 teaspoon orange extract
grated rind of 1 orange

Cream shortening; add sugar slowly, add beaten eggs. Sift flour, baking powder and salt together and add alternately with the milk to first mixture; add flavoring and grated orange rind; mix well. Bake in greased cup cake pans, in moderate oven at 375° F. about 20 minutes. When cool cover with Orange Icing or Jelly Meringue, page 21.

Cocoa Cup Cakes
Follow recipe for Orange Cup Cakes, using 1/2 cup cocoa in place of 1/4 cup of the flour called for in recipe. Use 1 teaspoon of vanilla extract in place of orange extract and rind.

Spiced Cup Cakes
Follow recipe for Orange Cup Cakes, using brown sugar and sifting 1/2 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves with dry ingredients. Omit orange flavoring. 1 cup floured raisins may be added if desired.

Molasses Cup Cakes
Follow recipe for Hot Molasses Cake, page 13. Bake in greased cup cake tins in moderate oven at 375° F. about 25 minutes. Cover with Chocolate Icing, page 16 or sprinkle tops with sifted powdered sugar.

Raisin Cup Cakes
Follow recipe for Orange Cup Cakes, adding 1 cup floured raisins and using 1 teaspoon vanilla extract in place of orange extract and rind.

Rich Chocolate Cakes
1/4 cup shortening
1 cup sugar
2 eggs
1/2 cup milk
2 cups flour
2 teaspoons Royal Baking Powder
1/2 teaspoon salt
1/2 teaspoon soda
1 teaspoon vanilla extract
2 1/2 squares unsweetened chocolate


Orange Blossoms
6 tablespoons shortening
1/4 cup fine granulated sugar
1/4 teaspoon almond extract
1/2 cup cold water
1 1/4 cups pastry flour
2 tablespoons cornstarch
2 1/2 teaspoons Royal Baking Powder
2 egg whites

Cream shortening; add sugar slowly and beat until fluffy; add flavoring. Sift flour, cornstarch and baking powder 3 times; add alternately with water to first mixture. Fold in beaten egg whites. Bake in very small greased pans in moderate oven at 365° F. about 15 minutes. Cool and cover with following

Orange Icing
3 tablespoons butter
2 cups confectioner’s sugar
1 tablespoon orange juice
grated rind and pulp of 1/2 small orange
1 egg white
candied orange peel

Cream butter; add sugar slowly and beat until smooth. Add orange juice, rind and pulp. Mix well; fold in beaten egg white. Spread on cakes and place small piece of candied peel on tops.
Maple Nut Cakes

Y cup shortening
1 cup light brown sugar
2 eggs
1 teaspoon vanilla extract
\( \frac{3}{4} \) cup milk
\( \frac{3}{4} \) cups flour
\( \frac{3}{4} \) teaspoon salt
2 teaspoons Royal Baking Powder
1 cup chopped nuts, preferably pecans

Cream shortening; add sugar, egg yolks, flavoring and milk; beat well. Add dry ingredients sifted together; add nuts; mix in beaten egg whites. Bake in greased and floured individual cake pans in moderate oven at 375° F. about 25 minutes. Spread tops with Maple Icing, page 19, and while still soft sprinkle with chopped nuts.

Afternoon Tea Cakes

baked in frilled paper cups

1 egg
\( \frac{2}{3} \) cup sugar
2 tablespoons butter, melted
\( \frac{1}{4} \) squares unsweetened chocolate, melted
1 cup pastry flour
1 teaspoon Royal Baking Powder
\( \frac{2}{3} \) teaspoon salt
\( \frac{4}{3} \) cup milk

Separate egg, beat yolk; add sugar slowly; add butter and chocolate. Sift dry ingredients; add alternately with milk to first mixture. Fold in beaten egg white. Partly fill paper baking cups, set each in muffin tin and bake in moderate oven at 345° F. about 15 minutes. Cover tops with White Icing, page 20, and decorate with nuts or cherries.

Small Fancy Cakes

using egg yolks

\( \frac{1}{4} \) cup shortening
1 cup sugar
yolks of 3 eggs
\( \frac{1}{2} \) cup milk
2 cups flour
2 teaspoons Royal Baking Powder

Cream shortening; add sugar slowly; add beaten egg yolks. Sift flour with baking powder and add alternately with milk to first mixture. Divide batter in half. To one part add 1 teaspoon lemon juice, and grated rind of \( \frac{1}{2} \) lemon. To other, add 2 squares melted chocolate and 1 teaspoon vanilla extract. Spread batter thin in shallow greased pan or in individual pans. Bake in moderate oven at 280° F. about 15 minutes. If large pan is used, cut cake in fancy shapes. Spread with any icing desired.

Small Fancy Cakes

using egg whites

Use recipe above, omitting egg yolks, changing liquid to \( \frac{3}{4} \) cup; baking powder to 3 teaspoons; and use 3 egg whites, beaten stiff and folded in last.

Sugar Cookies

3 cups flour
1 teaspoon Royal Baking Powder
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{4} \) cups sugar
1 cup shortening
3 eggs
1 teaspoon vanilla or lemon extract

Sift dry ingredients together. Add shortening and mix in with a fork. Add unbeaten eggs and flavoring. Roll very thin on floured board and cut with floured cooky cutters. Decorate tops if desired. Bake in moderate oven at 375° F. for 8 minutes.

Oatmeal Macaroons

1 cup sugar
1 tablespoon melted shortening
2 eggs
\( \frac{1}{4} \) teaspoon salt
2\( \frac{1}{2} \) cups rolled oats
2 teaspoons Royal Baking Powder
1 teaspoon vanilla extract

Mix sugar with shortening; add egg yolks, salt and rolled oats; add baking powder, beaten egg whites and vanilla; mix thoroughly. Drop on greased tins, about \( \frac{1}{2} \) teaspoon to each macaroon, allowing space for spreading. Bake about 10 minutes in moderate oven at 375° F.

Cocoanut Cookies

\( \frac{1}{4} \) cup shortening
\( \frac{1}{2} \) cup sugar
1 egg
\( \frac{1}{4} \) teaspoon lemon juice
\( \frac{1}{2} \) cup milk
\( \frac{1}{4} \) cups flour
3 teaspoons Royal Baking Powder
\( \frac{1}{2} \) teaspoon salt
2 cups fresh grated cocoanut

Cream shortening; add sugar, beaten egg and lemon juice. Sift flour, salt and baking powder together and add alternately with milk; add cocoanut. The batter should be quite stiff. Drop by small spoonfuls on greased pan, allowing space for spreading. Bake in moderate oven at 385° F. for 15 to 20 minutes.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
**Shortbreads Royal**

- 6 tablespoons shortening
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups flour
- ½ teaspoon salt
- ¼ teaspoon Royal Baking Powder

Cream shortening; add sugar; add beaten eggs and flavoring. Sift dry ingredients and add to first mixture. Mix well. Knead slightly and roll on floured board to ¼ inch thick. Use 2 cutters of different sizes and a tiny round cutter, preferably a thimble. Cut a large round for base, a smaller size for top. With thimble, cut three holes in the top round. Spread large round with jam and lay smaller one on top so jam shows through holes. Brush top with egg yolk; sprinkle with sugar. Bake in a moderate oven at 385° F. about 20 minutes.

**Nut Bars**

- ½ cup shortening
- 1½ cups sugar
- 3 eggs
- 1 teaspoon almond or lemon extract
- 2 cups flour
- 2 teaspoons Royal Baking Powder
- ¼ teaspoon salt
- ½ cup blanched almonds

Cream shortening; add sugar; add beaten yolks of 2 eggs; add beaten whites of 3 eggs and flavoring; mix well. Sift dry ingredients and add. Roll half of dough at a time ¼ inch thick on floured board; cut into bars 1 by 3 inches. Brush with remaining yolk of egg mixed with 1 tablespoon milk and place halved almonds on top. Bake in moderate oven at 400° F. about 15 minutes.

**Rochester Ginger Snaps**

- 1 cup molasses
- 1 cup sugar
- ½ cup shortening
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- ½ teaspoon soda
- 1 egg
- 3 cups flour
- 1 teaspoon Royal Baking Powder

Boil together molasses, sugar, shortening, spices and soda for five minutes. Cool and add the egg, beaten, and flour sifted with baking powder. Roll very thin on floured board; cut in strips 1 inch wide and 4 inches long. Place on greased baking pans or cooky sheet and bake in moderate oven at 400° F. for 6 minutes.

**Princess Cookies**

- 1 cup flour
- 1 teaspoon Royal Baking Powder
- ½ cup shortening
- ½ cup almonds, blanched
- White of 1 egg

Sift flour and baking powder on kneading board. Put shortening, almonds, ground fine through food chopper, and unbeaten white of egg on flour. Stir all together to make a smooth paste. Roll out ½ inch thick. Cut with small cooky cutter. Spread each with egg white and sprinkle with chopped almonds and granulated sugar. Bake in moderate oven at 325° F. about 8 minutes.

**Brownies**

- 2 eggs
- 1 cup sugar
- 2½ squares unsweetened chocolate
- ½ cup shortening
- ½ cup flour
- ½ teaspoon Royal Baking Powder
- ½ teaspoon salt
- ¼ teaspoon vanilla extract
- 1 cup nuts, chopped not too fine

Beat eggs until thick and frothy; beat in sugar. Melt chocolate and shortening together over hot water. Add to first mixture. Add flour sifted with baking powder and salt. Add vanilla and nuts. Spread thinly in greased shallow pan and bake in moderate oven at 325° F. for 30 minutes. Cut into 2 inch squares.

**Pinwheel Cookies**

- ½ cup shortening
- ½ cup sugar
- 1 egg yolk
- 3 tablespoons milk
- 2½ cups flour
- ½ teaspoon Royal Baking Powder
- ¼ teaspoon salt
- ⅛ teaspoon vanilla extract
- 1 square chocolate, melted

Cream shortening; add sugar slowly; add egg yolk and beat well. Add milk; add flour sifted with baking powder and salt. Add vanilla extract. Divide dough in half. To ½ add melted chocolate. Roll white dough into a thin rectangular sheet, then roll the chocolate mixture into a sheet the same size. Place white dough over chocolate and gently press together. Roll as for jelly roll into a tight roll 2 inches in diameter. Set in ice-box for several hours to become firm. Roll up; set on a greased cooky sheet. Bake in moderate oven at 375° F. about 10 minutes.

*All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.*
Meringues

whites of 3 eggs
1 1/4 cups granulated sugar
3 teaspoons Royal Baking Powder
1/4 teaspoon vanilla extract

Beat whites of eggs until stiff; add gradually 2/3 of sugar and continue beating until mixture holds shape; fold in remaining sugar sifted with baking powder; add vanilla. Drop by spoonfuls on unglazed paper and bake in slow oven at 250° F. for 30 minutes. Increase heat to 300° F. and bake 30 minutes longer.

1 cup nuts, cut fine, or 1 cup grated cocoanut may be folded into mixture before baking.

For a dessert remove any soft part from centers and return to oven to dry out, after turning off heat. Use 2 meringues for each serving and put together with ice cream or sweetened whipped cream and crushed raspberries or strawberries.

Hermits

6 tablespoons shortening
1/2 cup sugar
1 egg
1/2 cup molasses
1/2 cup milk
1 1/4 cups flour
2 teaspoons Royal Baking Powder
1 1/4 teaspoon soda
1 1/4 teaspoon salt
1/4 teaspoon cinnamon
1 cup seeded raisins

Cream shortening; add sugar, egg and molasses; mix well; add milk slowly. Sift together dry ingredients and add slowly; add raisins and mix. Drop from spoon on greased tins and bake in moderate oven at 360° F. about 10 minutes.

Shortcakes

STRAWBERRIES are generally used for fruit shortcakes, but raspberries, blackberries, loganberries, bananas, peaches and oranges, and even stewed or canned fruit, make delicious short cakes.

Orange Shortcake

Use recipe for Old-Fashioned Strawberry Shortcake. Place whole sections of seedless oranges, free from skin, between layers and on top of cake. Sift powdered sugar over top and serve.

Individual Strawberry Shortcakes

2 cups flour
3 teaspoons Royal Baking Powder
1 tablespoon sugar
1/2 teaspoon salt
4 tablespoons shortening
1 egg
1/2 cup water
1 quart strawberries
whipped cream

Sift dry ingredients; mix in shortening, using a steel fork; add beaten egg to water, and add to dry ingredients to make soft dough. Roll or pat out on floured board to 1/2 inch thickness. Cut with large biscuit cutter. Place on greased baking pan. Bake in hot oven at 475° F. about 12 minutes. Split while hot, butter and spread crushed and sweetened berries between layers. Put on tops and cover with strawberries and whipped cream. Garnish with whole berries.

Old-Fashioned Strawberry Shortcake

2 cups flour
3 1/2 teaspoon salt
2 tablespoons sugar
4 teaspoons Royal Baking Powder
3 tablespoons shortening
1/2 cup milk
1 quart berries

Sift dry ingredients; mix in shortening; add milk to make soft dough; smooth out lightly. Bake in greased deep layer cake tin in hot oven at 475° F. for 20 to 25 minutes. Split, butter and spread sweetened crushed berries or other fruit between layers.

Chicken Shortcake

Use recipe for Individual Strawberry Shortcakes, omitting sugar. Half fill greased muffin rings placed on greased baking pan. Split and butter while hot, and fill with hot creamed chicken. Any creamed meat, fish, vegetable or mushrooms, alone or in combination, make excellent shortcakes.
Doughnuts

**Bake it With Royal and be Sure**

**Doughnuts**

**These** old-fashioned "fried cakes," as sometimes called, need the addition of Royal Baking Powder to make them light, tender and digestible. The fat should be in a deep kettle, and heated to 375° F. or hot enough to brown a one inch cube of bread in 60 seconds or the doughnuts will absorb grease.

**Doughnuts**

- 3 eggs
- 1 cup sugar
- 3 tablespoons melted shortening
- 1 cup milk
- 4 3/4-5 cups flour
- 3 teaspoons Royal Baking Powder
- 1/2 teaspoon salt
- 1 teaspoon nutmeg

Beat the eggs; add sugar and melted shortening; add milk. Sift dry ingredients and add to make a soft dough. Roll out 1/2 inch thick on floured board. Cut with small doughnut cutter and fry in deep fat at 375° F. to a light brown. Drain on unglazed paper and sprinkle with powdered sugar.

**Afternoon Tea Doughnuts**

- 2 eggs
- 6 tablespoons sugar
- 1/4 teaspoon grated nutmeg
- 2 tablespoons melted shortening
- 6 tablespoons milk
- 2 cups flour
- 3 teaspoons Royal Baking Powder

Beat eggs until very light; add sugar, salt, nutmeg, shortening and milk; add flour and baking powder which have been sifted together; mix well. Drop by teaspoons into deep hot fat at 375° F. and fry until brown. Drain well on unglazed paper and sprinkle with powdered sugar.

**Puddings and Other Desserts**

**Baked Custard**

- 4 eggs
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1 quart milk

Beat eggs, sugar, salt and vanilla together; scald milk and add slowly, stirring constantly. Put into greased baking dish or small molds; place in pan of water in slow oven at 300° F. and bake about 40 minutes. Test with knife which will come out clean when custard is baked.

For Caramel Custard add to eggs 4 tablespoons Caramel Sauce, page 28.

**Charlotte Russe**

- 1 pint whipping cream
- 1/2 cup powdered sugar
- 1 teaspoon vanilla extract

Mix ingredients. Have very cold and whip to stiff froth. Line dish with sponge cake or lady fingers; fill with whipped cream and serve cold.

**Rice Pudding**

- 1 cup rice
- 3 1/2 quarts milk
- 1 teaspoon salt
- 1 cup sugar
- grated orange rind
- 1 cup seeded raisins

Wash rice with several waters; put into pudding dish; add milk, salt, sugar and orange rind and bake in slow oven at 275° F. about 1 1/2 hours or until thick, stirring several times during baking; add raisins, and bake 20 minutes longer.

**Prune Puff**

- 4 eggs
- 1/2 cup powdered sugar
- 1 cup cooked prunes

Whip egg whites to stiff froth; add sugar slowly, beating continually; add prunes, stoned and chopped; whip until light. Bake in pudding dish in moderate oven at 325° F. about 10 minutes or until set. Serve with soft custard made from yolks of eggs or with sauce or whipped cream.

*All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.*
Chocolate Blanc Mange
4 tablespoons cornstarch
2/3 cup sugar
2/3 teaspoon salt
1 quart milk
3 squares unsweetened chocolate OR
2/3 cup cocoa
1 teaspoon vanilla extract

Mix cornstarch, sugar and salt together with a little of the cold milk. Put remainder of milk on to scald with chocolate, which has been cut into small pieces. As soon as chocolate is dissolved, stir in the cornstarch mixture. Cook until thick and smooth, stirring constantly. Set over hot water and cook about 20 minutes longer. Add flavoring; chill and serve with sweetened whipped cream. If cocoa is used mix with dry ingredients.

Apple Dumplings
1 1/2 cups flour
3 teaspoons Royal Baking Powder
1/2 teaspoon salt
5 tablespoons shortening
1/2 cup milk
6 apples
2 tablespoons sugar

Sift dry ingredients; mix in shortening, add milk to make soft dough. Roll 1/8 inch thick on floured board; divide into 6 parts. On each place an apple, washed, pared, cored and sliced. Put 1 teaspoon sugar and 1/2 teaspoon butter on each. Moisten edge of dough, fold up around apple, pressing tightly together. Place in greased pan, sprinkle with cinnamon and sugar, and dot with 1/2 teaspoon butter. Bake in moderate oven at 400° F. about 40 minutes. Serve with Hard Sauce, page 28.

Peach Dumplings are made in the same way, using pared peaches sprinkled with sugar.

Snow-Balls
4 tablespoons shortening
few drops lemon juice
4 tablespoons sugar
1 1/2 cups flour
1 teaspoon Royal Baking Powder
2 teaspoons salt
1/4 teaspoon vanilla extract

Cream shortening. Add few drops lemon juice if butter is used. Gradually add sugar. Sift flour, baking powder and salt together. Add alternately with milk to first mixture. Add vanilla extract and fold in stiffly beaten egg whites. Half fill small greased cups. Cover tightly and steam about 30 minutes. Serve hot with lemon or any fruit sauce.

Christmas Plum Pudding
3 eggs
1 cup brown sugar
1 cup molasses
1 1/2 cups grated bread crumbs
1 1/2 cups finely chopped beef suet
2 cups flour
1 teaspoon Royal Baking Powder
1 1/2 teaspoons salt
1/2 cup grape juice
1/2 cup currants
1/2 cup citron
1/2 cup orange marmalade
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon nutmeg

Beat the eggs; add sugar, molasses, bread crumbs and suet. Sift dry ingredients together. Add alternately with the grape juice. Add the marmalade and fruit which has been floured. Put into well buttered mould, cover tightly and steam for three hours. Serve hot with hard sauce.

Steamed Fig Pudding
3/4 cup shortening
1 cup sugar
1 egg
1 cup milk
4 teaspoons Royal Baking Powder
2 cups flour
1 1/2 teaspoons vanilla or lemon extract
1 1/2 cups chopped figs

Cream shortening; add sugar slowly and beaten egg; add milk; mix well; add flour sifted with baking powder and salt; add flavoring and figs. Pour into greased pudding mold; cover tightly and steam for 2 hours. Serve with Foamy Sauce, page 28.

Cottage Pudding
Use recipe for Plain Cake, page 11. Bake in greased shallow pan or small ring pan. Serve with Lemon, Chocolate, or other sauce, page 28.

Steamed Chocolate Pudding
3/4 cup shortening
3/4 cup sugar
1 egg
2 1/2 squares unsweetened chocolate, melted
2 cups flour
4 1/2 teaspoons Royal Baking Powder
3 1/2 teaspoons salt
1 cup milk
1 1/2 teaspoons vanilla extract

Cream shortening; add sugar slowly. Add well beaten egg; mix well. Add
melted and cooled chocolate. Sift together dry ingredients and add alternately with the milk. Add vanilla extract. Pour into large well greased mould or several small moulds, cover tightly and steam 2 hours. Serve with sweetened whipped cream or sauce.

Huckleberry or Blueberry Float

1 cup berries
3 tablespoons sugar
1 cup flour
2 teaspoons Royal Baking Powder
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{2} \) cup milk

Pick over and wash berries; put into small saucepan with \( \frac{1}{2} \) cup water, and bring to boil; add sugar and boil 5 minutes. Sift dry ingredients; mix in shortening lightly; add milk slowly. Take a teaspoonful at a time in floured hands and roll into balls. Place on floured pan; brush with cold milk and bake about 12 minutes in hot oven at 475° F. While warm break in half and butter; put into dish and pour berries over. Serve hot with Hard Sauce, page 28.

Blueberry Tea Cake

5 tablespoons shortening
1 cup sugar
2 eggs
\( \frac{3}{4} \) cup milk
\( \frac{3}{4} \) cups flour
3 teaspoons Royal Baking Powder
\( \frac{1}{2} \) cup blueberries

Cream shortening; add sugar, beat eggs and milk; sift flour and baking powder and add, mixing well. Stir in blueberries rolled in a little of the measured sugar and flour. Bake in a greased shallow pan in moderate oven at 375° F. about 25 minutes. Break in small pieces and serve hot with butter.

Jelly Roll

2 eggs
1 cup sugar
4 tablespoons cold water
1 cup flour
1 teaspoon Royal Baking Powder
\( \frac{1}{2} \) teaspoon salt
currant or other jelly

Separate eggs; beat yolks, add sugar slowly and cold water, beating continually. Sift dry ingredients and add gradually, mixing well but not beating. Fold in stiffly beaten egg whites. Spread very thin in one large greased oblong pan or two small ones. Bake in moderate oven at 350° F: about 10 minutes. Turn out on damp cloth sprinkled with powdered sugar. Quickly trim off crusty edges; spread with jelly and roll up in cloth while still warm. When cool, remove to plate and sprinkle with powdered sugar.

Banana Cake with Jelly Sauce

1 cup pastry flour
2 teaspoons Royal Baking Powder
2 tablespoons sugar
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{2} \) cup milk
1 egg
4 bananas

Sift together flour, baking powder, sugar and salt; add milk and beaten egg; mix well. Peel and scrape bananas; cut in halves, lengthwise, then across. Pour batter into greased shallow pan, place bananas on top and sprinkle with sugar. Bake in moderate oven at 375° F. 15 minutes. Serve with Jelly Sauce.

Boston Cream Pie

Use recipe for Jelly Roll. Bake in one deep layer cake pan in moderate oven at 350° F. about 30 minutes. When cool, split and put layers together with Vanilla Cream Filling, page 16, and cover top with powdered sugar.

Cocoa Cream Roll

\( \frac{1}{2} \) cup powdered sugar
2 \( \frac{1}{2} \) tablespoons cocoa
3 tablespoons flour
1 teaspoon Royal Baking Powder
\( \frac{1}{4} \) teaspoon salt
3 eggs

Sift dry ingredients; beat yolks until light and add sifted ingredients. Fold in stiffly beaten egg whites. Pour into greased shallow pan about \( \frac{1}{4} \) inch thick. Bake in moderate oven at 350° F. for 15 minutes. Remove from pan and spread with 1 cup cream, whipped and sweetened. Roll as for Jelly Roll.

Dutch Apple Cake

Use recipe for Tea Biscuits, page 6, adding enough more liquid to make a stiff batter. Spread \( \frac{1}{2} \) inch thick in greased baking pan. Wash, pare and core 4 apples; cut into eighths and press into dough, placing close together. Dot with bits of butter. Mix \( \frac{1}{2} \) cup sugar with 2 teaspoons cinnamon and sprinkle over apples. Bake in moderate oven at 350° F. about 25 minutes. Serve warm with sweetened whipped cream or Lemon Sauce.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Cut with sharp knife near base and fill with Vanilla Cream Filling, page 16.

Strawberry Puffs

Fill cream puff shells with following filling and cover tops with Fresh Strawberry Icing, page 20.

Strawberry Filling

1 egg white, unbeaten
1/2 cup granulated or 1/2 cup powdered or confectioner’s sugar
1/2 cup drained strawberry pulp
1/4 teaspoon Royal Baking Powder

Place all in bowl and beat with wire egg whip until very stiff.

Pudding Sauces

Jelly Sauce

1 cup water
2 tablespoons jelly
1 tablespoon sugar
1 teaspoon cornstarch

Put water into saucepan; bring to a boil; add jelly and sugar; stir until dissolved; add cornstarch wet with a little cold water; boil 3 minutes.

Lemon or Orange Sauce

1 cup water
2 tablespoons lemon or orange juice
2 tablespoons sugar
1 teaspoon cornstarch

Boil water, sugar and cornstarch mixed with little cold water. Boil 5 minutes and add fruit juice and 1 tablespoon caramel if dark color is desired.

Ice Cream Sauce

1 egg
few grains salt
3 tablespoons sugar
1/2 cup heavy cream
1/2 teaspoon vanilla extract

Beat egg white with salt until stiff; add sugar gradually and continue beating. Beat cream stiff, then yolk of egg. Combine yolk with first mixture, beating well; fold in cream; add vanilla extract. Mocha, maple, or almond flavoring may be used if desired.

Hard Sauce

1/2 cup butter
1 cup powdered or confectioner’s sugar
1/2 teaspoon flavoring extract

Beat butter until very light; add sugar very slowly, beating until light and creamy. Add flavoring and beat again. Grate nutmeg and a little orange peel over top.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Pastry and Pies

A LITTLE Royal Baking Powder added to pastry will help to make it light and flaky, especially for the novice pastry-maker. Pastry should rise to double its thickness and be flaky, tender and crisp. The most common error is to over-mix pastry and to add more than just enough water to cause the dough to stick together. Shortening and liquid should be cold and the pastry chilled before rolling out. It must be baked in a hot oven at 475° F. for the first 5 minutes and the heat reduced after that according to the kind of filling used.

Plain Pastry

2 cups flour
1 teaspoon Royal Baking Powder
½ teaspoon salt
⅛ cup shortening
cold water

Sift dry ingredients; add shortening and mix in lightly with a fork, pastry blender or tips of the fingers. Add cold water slowly, enough to hold dough together. Do not work or knead dough and handle as little as possible.

If a flakier pastry is desired add only ½ the shortening to the dry ingredients. Roll out dough quite thin; cover with remaining shortening in small bits. Fold upper and lower edges in to center; fold sides in to center; fold sides to center again; roll out thin and put loosely over pie plate.

Use only ½ the dough at a time, setting the part for top crust aside in a cool place until needed.

Fit dough closely to pie tin having it come well up over the rim. Trim off edges. After pie is filled, roll out other part for top crust. Cover pie; press edges together; trim edge and bake.

Custard Pie

3 eggs
¾ cup sugar
1 teaspoon salt
2 cups milk
1 teaspoon vanilla extract

Beat eggs; add sugar, salt and scalded milk slowly. Line pie plate with plain pastry; pour in custard. Bake in moderate oven at 325° F. 25 to 30 minutes. The custard is baked when a knife put in center comes out dry.

Cocoanut Pie

Add 1 cup fresh grated cocoanut to Custard Pie filling and use only 2 eggs.

Mince Pie

Mince Pie should always be made with 2 crusts. Line pie plate with paste; fill with mince meat, cover with top crust, prick and bake in a hot oven at 425° F. for 45 minutes.

Apple Pie

4 apples or 1 quart sliced apples
4 tablespoons sugar, or more
1 tablespoon butter
grated nutmeg or cinnamon

Line pie tin with plain pastry; fill with apples, which have been washed, pared and cut in thin slices. Sprinkle with sugar and nutmeg or cinnamon and dot with butter. Wet edge of crust with cold water; roll out top crust; cover pie, pressing edges together tightly; trim off extra paste, prick top and bake in hot oven at 450° F. for 20 minutes, then at 375° F. for 20-25 minutes or until apples are tender.

Berry Pies

3 cups blueberries, huckleberries, or blackberries
⅛ cup sugar
⅛ teaspoon salt
1 tablespoon flour
1 tablespoon butter

Line a pie plate with Plain Pastry. Mix fruit with sugar and flour and fill in pie; sprinkle with salt, dot with butter; adjust top crust or cover with strips of pastry. Bake in hot oven at 450° F. about 25 minutes.

Rhubarb Pie

2 or 3 cups rhubarb
1 cup sugar
1 tablespoon cornstarch or flour
⅛ teaspoon salt

Cut off root, stem ends and peel; cut into small pieces; mix with sugar, flour and salt. Fill deep pie plate lined with paste. Adjust top crust, prick and bake 25 minutes in hot oven at 450° F.

Cherry Tarts

Line patty pans with Plain Pastry being careful to have it come high over rim of tin. Prick and bake 10 to 12 minutes in a hot oven at 475° F. Fill with washed and pitted cherries. Cover with hot syrup made as for Strawberry Pie, using ½ cup juice from the cherries instead of strawberries. Other fruit can be used in same way.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Chocolate Pie

Yi cup sugar
4 tablespoons cornstarch
Y2 cup cocoa
Y2 teaspoon salt
1 teaspoon vanilla extract
3 cups scalded milk

Mix first 4 ingredients thoroughly; pour on milk slowly and mix to smooth paste. Return to double boiler; stir and cook until thick. Cover and cook 10 minutes. Add vanilla and pour into baked pie shell. Chill and just before serving, spread thickly with sweetened whipped cream.

3 squares chocolate, cut in pieces and melted in the hot milk may be used in place of cocoa.

Strawberry Pie

Line a pie tin with Plain Pastry. Prick and bake in hot oven at 500° F. for 5-10 minutes.

For glazed crust, brush edges after baking with boiling syrup (2 tablespoons sugar and 1 tablespoon water) and return to oven for 1 or 2 minutes until syrup hardens.

Fill baked crust with 1 quart fresh, selected and hulled strawberries. Cover with following syrup:

Crush one heaping cup fresh strawberries very fine. Heat 34 cup sugar with 12 cup water until sugar is dissolved. Add to crushed berries; add few grains salt. Stir well and strain. Bring to a boil, skimming off foam from the top. Mix 132 tablespoons cornstarch with 2 tablespoons water to make smooth paste. Add to hot mixture, stirring constantly. Cook slowly until thick and very clear, about 10 minutes. Cool slightly and pour over berries in the crust.

Pumpkin Pie

2 cups stewed and strained pumpkin
2 cups rich milk or cream
1 cup brown or granulated sugar
2 eggs
1 teaspoon salt
2 teaspoon ginger
2 teaspoons cinnamon
12 teaspoon allspice

Mix pumpkin with milk, sugar, beaten eggs, salt and spices, and beat 2 minutes. Pour into pie tin which has been lined with pastry. Place in hot oven at 475° F. for 15 minutes, then lower heat to 400° F. and bake about 45 minutes or until filling is firm.

Lemon Meringue Pie

2 cups boiling water
3 tablespoons cornstarch
2 tablespoons flour
1 cup sugar
3 eggs
4 tablespoons lemon juice
1 teaspoon grated lemon rind
1 teaspoon salt

Line pie plate loosely with plain pastry, prick and bake in hot oven at 500° F. about 5 minutes until light brown. Mix cornstarch, flour and sugar with additional 12 cup cold water until smooth; mix in egg yolks; add slowly to boiling water. Cook 5 minutes, stirring constantly; add lemon juice, rind and salt; cool and pour into baked crust. Beat egg whites; add 3 tablespoons sugar and 1 teaspoon baking powder. Spread thickly on pie. Bake in moderate oven at 325° F. about 10 minutes or until light brown.

Butterscotch Pie

3 egg yolks
1 cup brown sugar
34 tablespoons cornstarch
2 cups milk
34 teaspoon salt
3 tablespoons butter
1 teaspoon vanilla extract

Beat egg yolks; add sugar mixed well with cornstarch; add milk and salt. Cook in double boiler until thick. Remove from fire; add butter and vanilla. Pour into baked crust. Make a meringue of the egg whites beaten stiff with 3 tablespoons sugar and 1 teaspoon baking powder. Spread on pie, return to moderate oven at 325° F. to brown or spread top with sweetened whipped cream.

Spicy Fruit Pie

12 cup seeded raisins
2 cups finely cut citron or preserved watermelon rind
Y2 cup brown sugar
2 tablespoons butter
2 cups hot water
2 tablespoons vinegar
grated rind of 12 lemon
grated rind of 12 orange
Y2 teaspoon cinnamon
Y2 teaspoon grated nutmeg

Place all ingredients in saucepan and cook slowly for 12 minutes. Thicken with 1 tablespoon cornstarch mixed with cold water; cool and pour into pie plate lined with pastry. Cover with pastry strips; bake in hot oven at 425° F. until brown.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Frozen Desserts

Use carefully measured, finely crushed ice and coarse salt for freezing—6 or 8 parts ice to 1 part salt. Scald can, cover and dasher. Fill can ¥ to ¥ full. Completely adjust freezer before packing. Fill ¥ to ¥ full of ice, then add ice and salt in alternate layers, packing firmly. Turn freezer slowly at first, increase speed as mixture thickens. When contents of can “pull” on the dasher, the mixture is stiff enough to pack. Pour off brine; wipe can carefully; remove dasher; scrape down contents of can, packing well. Cover with waxed paper; adjust cover; plug hole with cork and repack, using 4 parts ice and 1 part salt. Cover freezer with heavy blanket and keep in cool place until serving time.

Grape Sherbet

1 pint grape juice
1 cup sugar
1 quart milk
Warm grape juice, and in it dissolve sugar; mix thoroughly with ice cold milk; freeze at once. This makes a lilac colored sherbet.

Philadelphia Ice Cream

1 quart cream
1 cup sugar
1 tablespoon vanilla extract
Scald half pint of cream; add sugar and stir until dissolved. Cool and add remainder of cream and vanilla. Freeze as above.

Strawberry Ice Cream

Add to Philadelphia Ice Cream before freezing one quart of berries which have been washed, hulled, crushed and slightly sweetened.

Chocolate Ice Cream

Use recipe for Philadelphia Ice Cream. Melt 2 squares unsweetened chocolate, add sugar and stir; add the hot cream slowly to make a smooth paste. Combine with remaining cream and freeze.

French Ice Cream

1 cup milk
yolks of 4 eggs
1 cup sugar
½ teaspoon salt
1 tablespoon vanilla extract
1 quart cream
Scald milk and add sugar and salt to beaten egg yolks; add vanilla and cream which has been whipped; freeze.

Frozen Pudding

3 cups milk
3 eggs
1 cup sugar
1 tablespoon cornstarch
1 cup chopped mixed fruit
Scald milk; mix cornstarch and sugar, add beaten eggs and a few grains of salt; mix well and add scalded milk slowly. Cook in double boiler for 5 minutes. Cool and add fruit, which has been put through food chopper. The fruit is a matter of taste. It may be 2 tablespoons raisins, 1 tablespoon each citron, cherries, blanched almonds and candied pineapple. Freeze, but not too stiff; put into mold and pack in ice and salt for 1 hour or more.

Lemon Sherbet

Juice of 3 lemons
1 ½ cups sugar
1 quart milk
Mix juice and sugar, stirring constantly while slowly adding very cold milk. If added too rapidly, mixture will curdle. However, this does not affect quality. Freeze and serve.

For Orange or Pineapple Sherbet use 2 cups strained fruit juice and 1 tablespoon lemon juice; reduce milk to 3 cups.

Orange Water Ice

Juice of 6 oranges
2 teaspoons orange extract
Juice of 1 lemon
1 quart water
2 cups powdered sugar
½ cup cream
Mix all ingredients together; strain and freeze.

Strawberry Mousse

1 box strawberries
1 cup sugar
1 tablespoon granulated gelatine
2 tablespoons cold water
3 tablespoons boiling water
1 quart cream
Wash and hull berries, sprinkle with sugar and let stand one hour; mash and rub through fine sieve; add gelatine soaked in cold water and dissolved in boiling water. Set in pan of ice water and stir until it begins to thicken; fold in whipped cream. Put into mold, cover, pack in salt and ice (1 part salt, 4 parts ice) allow to stand 4 hours. Raspberries or peaches or shredded pineapple may be used instead of strawberries.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
SOUP stock is the liquid in which bones, cooked or uncooked meat and vegetables have been boiled. Gravies, browned pieces of meat, water from cooked vegetables or cereals, are often added to the soup kettle for flavoring and thickening. The stock should be seasoned and strained, quickly cooled and all fat removed.

A great variety of soups may be made by adding to any soup stock, previously cooked macaroni, vermicelli, barley, noodles or vegetables.

**Onion Soup**

2 cups finely chopped onion  
2 tablespoons butter or bacon drippings  
4 cups rice water or vegetable stock  
1 teaspoon salt  
\(\frac{1}{2}\) teaspoon white pepper  
\(\frac{1}{2}\) teaspoon paprika  
2 tablespoons chopped parsley

Cook onions and butter or drippings in covered saucepan, shaking pan often. When onions are tender add rice water or stock; boil 5 minutes; add seasoning and chopped parsley.

**Brown Soup Stock**

6 lbs. shin of beef  
3 to 6 quarts cold water  
1 bay leaf  
6 cloves  
1 tablespoon mixed herbs  
2 sprigs parsley  
\(\frac{1}{6}\) cup carrot  
\(\frac{1}{6}\) cup turnip  
\(\frac{1}{6}\) cup celery  
\(\frac{1}{6}\) cup onion

Wipe beef and cut into inch cubes; brown \(\frac{1}{6}\) in a little hot fat; put remaining two-thirds with bone and fat into soup kettle; add water and allow to stand 30 minutes. Place on back of range; add browned meat and heat gradually to boiling point. Cover and cook slowly 6 hours; add vegetables and seasoning 1 hour before it is finished. Strain and put away to cool. Remove all fat; reheat and serve.

**Cream Soups**

This is the foundation or sauce for many fish and vegetable cream soups.

1 quart milk  
2 tablespoons butter  
\(\frac{1}{2}\) teaspoon white pepper  
2\(\frac{1}{2}\) tablespoons flour  
1 teaspoon salt

Use method for Thin Cream Sauce, page 39, or cream butter, flour and seasonings to a smooth paste; add to scalded milk; stirring constantly until sauce is thick and smooth. Cover and cook 3 minutes. Add pulp to sauce just before serving and reheat with additional seasonings as desired.

For Cream of Celery, Carrot or Cauliflower Soup, boil 2 cups diced vegetable in small amount of water and force through sieve. Add pulp to the cream sauce.

For Potato Soup, boil and rice 6 large potatoes, stir into hot milk, proceed as for foundation sauce and strain. Sprinkle each serving with chopped parsley.

For Vegetable Cream Soup substitute \(\frac{1}{3}\) cup cream for an equal amount of milk in the foundation sauce and add 2 tablespoons each of the following cooked vegetables; peas, diced carrots, cubed potato, corn, sliced green beans.

For Cream of Fish Soup add about 1 pound of boiled fish which has been put through a sieve.

For Cream of Corn Soup add to foundation sauce a can of corn or corn cut from 6 ears boiled fresh corn, 1 tablespoon sugar; boil 15 minutes. Strain and serve.

**Bean Soup**

2 cups beans  
2 tablespoons finely cut onion  
2 tablespoons finely cut bacon  
1 teaspoon salt  
\(\frac{1}{2}\) teaspoon pepper  
2 tablespoons chopped parsley  
1 teaspoon thyme  
3 tablespoons flour

Soak beans in water over night. Drain; put into saucepan with 6 cups boiling water and boil slowly 2 hours or until soft; add onion and bacon which have been fried light brown; boil 5 minutes; add seasoning. Mash beans; add flour which has been mixed with a little cold water; boil 5 minutes and serve.

**Creole Soup**

\(\frac{1}{2}\) cup rice  
\(\frac{1}{2}\) cup cut onion  
2 tablespoons bacon drippings  
2 cups tomatoes  
2 teaspoons salt  
1 teaspoon sugar  
\(\frac{1}{2}\) teaspoon paprika  
1 tablespoon cut parsley

Wash rice, add 3 cups boiling water and boil 30 minutes. Cook onions in pan.
with drippings until tender, but not brown; add tomatoes and boil 10 minutes; rub through strainer into boiled rice and water; add seasoning and sprinkle with parsley. Add a little chopped green pepper if desired.

Cream of Mushroom Soup

\[
\begin{align*}
&\text{½ pound mushrooms} \\
&4 \text{ cups water} \\
&\frac{1}{2} \text{ small onion} \\
&1 \text{ teaspoon salt} \\
&4 \text{ tablespoons butter} \\
&4 \text{ tablespoons flour} \\
&1 \text{ cup rich milk} \\
&\frac{1}{4} \text{ cup cream} \\
&\text{few grains cayenne} \\
&\frac{1}{4} \text{ teaspoon pepper} \\
&\text{paprika}
\end{align*}
\]

Save out a few mushroom caps to add to soup.

Peel and chop remaining caps and stems; cover with water, add sliced onion and salt; boil slowly for 30 minutes. Melt butter, add chopped uncooked mushroom caps and cook about 3 minutes. Add flour and milk, stirring to make smooth sauce. Place over hot water; add mushroom liquor and mushrooms rubbed through a sieve. Add cayenne, pepper, paprika and cream; serve at once.

Cream of Tomato Soup I

\[
\begin{align*}
&1 \text{ quart tomatoes} \\
&\text{piece of bay leaf} \\
&\frac{1}{2} \text{ teaspoon peppercorns} \\
&\text{few whole cloves} \\
&\text{spring of parsley} \\
&4 \text{ tablespoons butter} \\
&4 \text{ tablespoons flour} \\
&1 \text{ quart milk} \\
&2 \text{ teaspoons salt} \\
&\frac{1}{4} \text{ teaspoon pepper} \\
&\frac{1}{4} \text{ teaspoon soda}
\end{align*}
\]

Stew first 5 ingredients slowly \(\frac{1}{2}\) hour. Melt butter, stir in flour and seasoning. Add milk and cook until thick, stirring constantly. Strain tomatoes; add soda; stir into sauce and serve, immediately.

Cream of Tomato Soup II

Stew 1 quart tomatoes with \(\frac{1}{2}\) teaspoon pepper, 1 tablespoon sugar and 1 small sliced onion for \(\frac{1}{2}\) hour. Strain; add \(\frac{1}{4}\) teaspoon soda and add to thin Cream Sauce.

Cream of Tomato Soup III

Just before serving combine equal parts of hot canned tomato puree and thin cream sauce or scalded rich milk. Stir only enough to mix; add extra seasoning if needed. The puree may be thinned with boiling water or broth before using.

Fish

When a fish is fresh the flesh is firm and the gills are a bright pink. To clean, hold fish by tail and with sharp knife scrape off scales toward head; wipe with damp cloth; slit underside; carefully remove entrails; wash with cold water, removing all clots of blood from backbone. Always cook fish thoroughly.

Broiled Fish

Clean, wash, and split, removing backbone and fins along the edge. Very large fish should be cut into slices. Dry with cheesecloth; season with salt and pepper. Cook on well-greased broiler, from 10 to 20 minutes, turning once. Remove to hot platter; add melted butter and sprinkle with chopped parsley; garnish with slices of lemon and serve.

Baked Fish

Prepare as for Broiled Fish. Brush pan with drippings; place fish, skin side down; dust with salt, pepper and flour; pour over 2 tablespoons melted butter and \(\frac{1}{2}\) cup milk. Bake in hot oven at 425° F. for 20 to 25 minutes or until brown. Remove to hot platter, sprinkle with chopped parsley and serve.

Fried Fish

Clean, removing head and tail, unless fish are small; wash with cold water and dry; dust with salt, pepper and flour on both sides. Heat 1 tablespoon bacon drippings or other fat in heavy pan over hot fire. Put in fish; brown quickly on both sides; reduce heat and fry 5 to 10 minutes longer. Serve with chopped parsley and lemon or sauce tartare.

Scalloped Oysters

\[
\begin{align*}
&25 \text{ oysters with liquor} \\
&2 \text{ cups bread crumbs} \\
&\frac{1}{4} \text{ cup milk and cream} \\
&2 \text{ tablespoons butter} \\
&1 \text{ teaspoon salt} \\
&\frac{1}{4} \text{ teaspoon pepper}
\end{align*}
\]

Grease baking dish and cover bottom with bread crumbs, lay oysters in carefully; season and cover with bread crumbs; pour over milk, oyster liquor and cover top with butter. Bake in hot oven at 425° F. about 20 minutes.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Boiled Lobsters and Crabs

Both lobsters and crabs should be purchased alive and plunged into boiling salted water. Continue to boil rapidly for 10 to 20 minutes. A 2-pound lobster requires 20 minutes. To open a boiled lobster, wipe off shell, break off large claws; separate tail from body; take body from shell, leaving "lady" or stomach in shell. Save green fat and coral; remove small claws; remove woolly gills and discard; break body through middle and pick out meat from joints. Cut with sharp scissors through length of under side of tail; draw meat whole from shell. Slit under end and take out intestinal cord which extends through middle of tail and discard. Crack large claws and remove meat whole.

Codfish Balls

1 cup salt codfish
2 cups potatoes, cut into cubes or small pieces
1/2 teaspoon pepper
1/2 tablespoon butter
1 egg

Pick over, wash and shred fish. Put potatoes into deep saucepan; cover with cold water; add fish and boil until potatoes are soft. Take off fire; drain well; beat until light and all lumps are out; add seasoning, butter and beaten egg. Drop by spoonfuls into hot fat at 385° F. and fry until golden brown. Drain on unglazed paper and serve immediately.

Clam Chowder

25 clams
0 potatoes
1 onion
3/4 lb. finely cut salt pork
2 teaspoons salt
3/4 teaspoon pepper
1 pint water
1 quart milk

Put hard parts of clams through food chopper. Pan-fry pork in chowder kettle for 5 minutes; add onion sliced thin; cook slowly until onion is yellow; add potato in small cubes, clams, clam juice, water and seasoning. Cover and simmer 30 minutes. Uncover and boil a few minutes if clams are tough. Add scalded milk and serve. If liked, the soup may be thickened with 1 tablespoon flour mixed with a little cold milk.

Fried Oysters

Wash and drain oysters. Season with salt and pepper, dip in flour, egg and then bread or cracker crumbs. Fry in deep hot fat at 385° F. until golden brown. Drain well and garnish with lemon and parsley.

Creamed Oysters

To each 30 oysters use 1 cup Thin Cream Sauce, page 39. Drain oysters, saving liquor for soup, put into shallow pan over quick fire and cook about 1 minute or until edges curl, stirring constantly, and add to sauce.

Shell Fish à la Newburg

2 cups finely cut shrimp, scallops, lobster, or crab meat
2 tablespoons butter
1 tablespoon flour
1 cup milk
2 hard boiled eggs
1 teaspoon salt
cayenne pepper to taste
1/2 teaspoon paprika
1/4 cup cooking sherry

If canned fish is used cover with cold water 20 minutes and drain. Melt butter in saucepan; add flour and stir until smooth; add cold milk slowly; boil until thick. Rub egg yolks through strainer and add, stirring until smooth; add seasoning, and finely chopped egg whites; add fish; put all in top of double boiler over fire for 15 minutes; add sherry and serve immediately.

Fish Chowder

2 or 3 slices salt pork
6 medium-sized potatoes
3 lbs. fresh fish
2 quarts milk
2 teaspoons salt
Y teaspoon pepper

Cut pork in dice; fry crisp in chowder kettle. Pare and cut potatoes into pieces. Peel and chop onion fine. Put potatoes into kettle with part of onion. Cut fish into small pieces, and lay over potatoes; sprinkle over with rest of onion; add seasoning and enough water to come to top of fish; cover closely and cook until potatoes are soft; add milk and let scald. Pilot bread or crackers, split and soaked, may be added just before serving.

Meats

THERE are 5 general methods for cooking meat; broiling, pan-broiling or frying, for steaks, chops, hamburg, etc; roasting or baking for ribs, round, shoulder, rump and loin; boiling or stewing for corned beef, Shank, shoulder, neck, etc; and
processes variously called pot-roasting, braising, en casserole, etc., a combination of baking and stewing, good for such cuts as chuck, short ribs, flank and brisket.

If meat is taken from cold place allow an extra 10–20 minutes for cooking. All immature meats such as lamb, veal and pork must be well cooked. Veal requires extra fat added to the pan with which to baste and brown the meat.

In general successful cooking of meat is accomplished without additional fat, and, for roasting, without much, if any, additional water. Roast meats must be seared at high temperature, 500° F. for the first 15–20 minutes of cooking, reducing heat to 450° F. and the cooking completed at a lower temperature with frequent basting. With a patent roaster basting is unnecessary.

**Time Table for Meat and Poultry Cookery**

<table>
<thead>
<tr>
<th>Meat Type</th>
<th>Broiled or Pan-broiled</th>
<th>Roasted or Baked</th>
<th>Boiled</th>
<th>Braised</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef: roast up to 8 lbs.</td>
<td>8-10 min. per lb.</td>
<td>12-15 min. per lb.</td>
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<tr>
<td>8 to 12 lbs.</td>
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<tr>
<td>Beefsteak: 1 in. thick</td>
<td>8-10 min.</td>
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<tr>
<td>2 in. thick</td>
<td>18-25 min.</td>
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<tr>
<td>Beef fillet:</td>
<td>20 min.</td>
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<tr>
<td>Beef, large piece:</td>
<td></td>
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<tr>
<td>Lamb: roast</td>
<td></td>
<td></td>
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<tr>
<td>Lamb chops: French, shoulder, loin</td>
<td>6-10 min.</td>
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<tr>
<td></td>
<td>8-12 min.</td>
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<tr>
<td>Mutton: roasts</td>
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<tr>
<td>Mutton chops:</td>
<td>10-12 min.</td>
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<tr>
<td>Pork: roast loin, fresh ham</td>
<td>20-30 min.</td>
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<tr>
<td>Pork chops, tenderloin</td>
<td>20-30 min.</td>
<td>30-50 min.</td>
<td></td>
<td>50-60 min.</td>
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<tr>
<td>Veal: roast leg and loin</td>
<td>45-60 min.</td>
<td>30 min. per lb.</td>
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<tr>
<td>Veal cutlet:</td>
<td>45-60 min.</td>
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<td></td>
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<tr>
<td>Veal chops:</td>
<td>10-15 min.</td>
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<tr>
<td>Ham, tongue, corned beef</td>
<td>25-30 min.</td>
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<tr>
<td>Chicken 1-2 lbs.</td>
<td></td>
<td>1 1/4-2 hrs.</td>
<td>20-30 min. per lb.</td>
<td></td>
</tr>
<tr>
<td>Chicken 3-4 lbs.</td>
<td></td>
<td>2-5 hrs.</td>
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<td></td>
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<tr>
<td>Fowl 4-5 lbs.</td>
<td></td>
<td>15-20 min. per lb.</td>
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<td></td>
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<tr>
<td>Duck</td>
<td></td>
<td>20-25 min. per lb.</td>
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<tr>
<td>Goose</td>
<td></td>
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<tr>
<td>Turkey, young</td>
<td>25-30 min.</td>
<td>15-30 min. per lb.</td>
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<td></td>
</tr>
<tr>
<td>Turkey, mature</td>
<td>18-30 min.</td>
<td>15-30 min. per lb.</td>
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</table>

**Roast Lamb**

Weigh meat and wipe with damp cloth. Put 1 or 2 thin slices of onion on top or bury a peeled clove of garlic under the skin; season with salt and pepper, put into roasting pan in a hot oven, 475°-500° F., until seared and slightly brown. Reduce heat to moderate and finish cooking, turning occasionally and basting every 10 minutes with the juices in the pan. Serve on a hot platter with mint sauce or gravy. Skim some of the fat from the juice before making lamb gravy. Remove onion or garlic before serving.

**Veal Cutlet**

Cutlet may be cooked whole or cut into pieces for serving. Dust with salt, pepper and flour. Brown on both sides in shallow fat in hot frying pan. Add boiling water to cover; season and cook slowly, covered, for about 1 hour. Thicken gravy with flour mixed with a little cold water.

**Baked Ham**

Wash and scrub ham in warm water; soak over night. Whether a whole or half ham, put on to boil with cold water enough to cover; boil slowly until tender, see table page 35. Cool in water in which it was boiled; remove skin carefully; put in pan; cover with 1 cup brown sugar and 1 teaspoon pepper; add 2 cups cold water, cider, fruit or spiced pickle juices; bake in hot oven at 450° F. 45 to 60 minutes; baste often.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Stuffed Shoulder of Veal, Lamb or Pork with Browned Potatoes

Purchase a 4 or 5 pound shoulder of veal, lamb or pork and have it boned. Weigh and wipe meat with a damp cloth. Prepare a dressing of 2 cups stale bread, 1 tablespoon each chopped onion and parsley, 1 teaspoon salt, ½ teaspoon pepper and 3 tablespoons melted butter or drippings. Fill meat pocket with dressing and sew up. Sear in hot oven at 450° F. for 20 minutes. When well browned, season with salt and pepper; add 1 quart white pared and quartered potatoes; roast until potatoes are brown and meat is tender. Remove to platter, scrape up fat and juices in roasting pan; add 1 tablespoon flour and stir until smooth and bubbly. Add boiling water to make 2 cups of gravy, season and cook until thick.

Pot Roast of Beef with Vegetables

Weigh meat and wipe with a damp cloth. Skewer or tie in shape if necessary. Melt 2 tablespoons drippings in a heavy kettle; fry 2 tablespoons thinly sliced onion until yellow but not brown. Put in meat, dredge with flour, season with salt and pepper, sear on both sides until brown. Add 2 cups boiling water; cover closely and cook slowly 2 ½ hours, adding water if it boils away. Half an hour before serving surround with pared and quartered potatoes, small whole carrots scraped and peeled and parboiled little onions. Cook until vegetables are tender. Serve the meat within a border of the vegetables. Add boiling water to the gravy in the pot and thicken with a little flour mixed with cold water.

Liver and Bacon

Have liver cut in thin slices; wash, drain, dry and roll in flour. Put bacon thinly sliced into hot frying pan; turn until brown and transfer to hot platter. Fry liver quickly in the hot bacon drippings, turning often. When done put on platter with bacon. Pour off all but 1 or 2 tablespoons fat, add 1 to 2 tablespoons flour, and stir until brown. Add hot water gradually to make smooth gravy, season and boil 1 minute.

Normandy Pot Dinner

Brown and season a piece of beef as directed for pot roast. Place in a heavy covered casserole from which steam cannot escape. Surround the meat with small peeled potatoes, cover with a layer of washed, dried apricots, covered with a layer of celery cut in inch pieces, then a layer of peeled and quartered carrots. Season each layer with salt and pepper, and a little minced parsley or crumbled dried celery leaves. Add 1 cup water. Cover closely and bake 4 hours in a slow oven at 275° F.

Lamb Stew

2 pounds lamb
1 quart potato cubes
1 pint quartered carrots
1 pint small peeled onions
1 cup tomatoes
½ teaspoon pepper
1 tablespoon flour
½ teaspoon paprika
2 tablespoons chopped parsley

Cut meat in small pieces and roll in flour to which salt and pepper are added. Brown in hot fat. Cover with boiling water; stew slowly for 1 ½ hours; add onions, carrots, potatoes, seasonings and tomatoes, and cook until vegetables are tender, about 30 minutes. Add dumplings, cover closely, cook ten minutes without raising cover. Remove stew to hot platter, surround with dumplings, sprinkle with parsley.

Dumplings

1 cup flour
3 teaspoons Royal Baking Powder
½ teaspoon salt
6 tablespoons cold water or milk

Sift flour, baking powder and salt; add enough liquid to make soft dough. Drop by spoonfuls into hot stew and steam, covered, for 10 minutes. There must be plenty of gravy to cook dumplings successfully.

Meat Loaf

1½ pounds lean veal or beef
1 ½ pounds salt pork
2 eggs
3 soda crackers, crushed fine
1 tablespoon chopped celery leaves
½ teaspoon powdered thyme
1 teaspoon lemon juice
1 teaspoon salt
½ teaspoon pepper
½ cup milk

Have meat and pork put through food chopper together. Add other ingredients and mix well. Pack into loaf pan; bake in a moderately hot oven at 425° F. about 50 minutes. Do not pour off the fat until ready for meat to brown. Serve with Tomato, Mushroom or Brown Sauce.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as formerly used.
Indian Curry
Lamb, veal, mutton or chicken may be used. Have raw meat cut in small cubes, strips or squares. Do not chop or grind it. Two pounds of lean meat will serve 4 or 6. Peel and slice 2 large onions, separate, and brown in 3 tablespoons hot oil or fat. Take out the onion and save for garnish. Brown the meat in the fat, previously sprinkling it with a clove of garlic finely chopped; add 1 tablespoon flour and 1 tablespoon curry powder, mixing all together well. Add 1 pint stock or water and simmer 30 minutes stirring occasionally. Add salt to taste and if liked, just before serving, a tablespoon of ground almonds. Serve curry surrounded with steamed rice and garnish with the browned onion rings and slices of lemon.

Boiled Eggs
Drop into boiling water and boil 3 to 3½ minutes for soft boiled, 12 to 20 minutes for hard boiled; or place eggs in boiling water, cover, and cook over moderate heat without boiling from 8 to 10 minutes for soft, 20 to 40 minutes for hard cooked.

Poached Eggs
Break eggs carefully into boiling water in shallow greased frying pan. Cook slowly until eggs are set. Remove each with skimmer and serve on toast garnished with parsley.

Scrambled Eggs
Break eggs into bowl, season with salt and pepper; add 1 tablespoon milk, cream or water for each egg used and beat together. Pour into hot frying pan in which butter has been melted. Cook over slow fire stirring until cooked.

Plain Omelet
Beat 3 eggs with 3 tablespoons milk; add ½ teaspoon salt and ½ teaspoon pepper, and mix. Melt 1 teaspoon fat in hot frying pan; pour in eggs; lift edges of omelet, allowing thin portions to run underneath, shaking pan until egg is set; when brown underneath, fold over and serve on hot platter.

Tomatoes and Eggs
Grease muffin tins; put one thick slice of unpeeled tomato into each tin; season with salt and pepper; break one egg on top of each slice; again season with salt and pepper and put a small piece of butter on top of each egg. Bake in moderate oven until egg is set but not hard. Serve on rounds of toast and garnish with parsley.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Royal Baking Powder is Absolutely Pure

Poultry

How to Clean

Singe over free flame; remove pinfeathers. Cut off head, feet and wing tips. Remove oil sac at base of tail. Slit skin at neck; loosen wind-pipe and crop; pull out. Push back skin from neck and cut off neck close to body. Save the neck for soup. Make slit below breast bone; loosen intestines from back bone and pull on gizzard firmly to loosen entrails. Cut around vent so that intestines are unbroken and pull out. Remove heart, lungs, kidneys and clotted blood. Allow cold water to run freely through bird. Wash thoroughly and dry. Cut through fleshy part of gizzard to inside sac and remove it carefully. Wash giblets (gizzard, liver and heart) to remove blood.

Roast Poultry

Fill cleaned and dried bird with dressing. Put a yard or more fine twine through trussing needle. Turn wings across back. Sew through thick portion of wings and body, passing over bone one way and under bone on return sewing; tie firmly, leaving long ends of twine. Press thighs against body and sew the same way. Sew through ends of legs, passing needle through rump for 1 or 2 stitches if opening is badly torn. Rub all over with soft butter and season. Place on rack in roasting pan and sear in hot oven, at 500° F. Make basting mixture of a cup each butter and hot water; keep hot and baste every 10 or 15 minutes. Reduce heat to 425° F. and finish cooking (see table page 35).

Baked Duck

Clean as for chicken. If stuffed, add dressing; sew up and place on rack in roasting pan. Sear in hot oven at 450° F. Reduce heat and finish cooking, see table page 35. After 30 minutes pour off some of the fat in roasting pan and use hot water or orange juice for the basting. Orange juice may also be used to dilute the gravy. Serve duck with pan fried apples, apple sauce or cranberry jelly.

Chicken Pie

Singe, draw and clean a 4-lb. chicken. Disjoint, cut the breast into 4 pieces, cut the thigh and leg apart. Save the neck, wing tips, heart, gizzard and liver for soup. Put on the rest with enough boiling water to cover; cook 2 hours. Add 2 quarts washed, pared and diced white potatoes. Cook 20 minutes, or until the potatoes are tender. Add 1 tablespoon salt, ¼ teaspoon pepper, 1 tablespoon chopped parsley and 2 tablespoons flour mixed with a little cold water. Boil 3 minutes. Pour all into dish, cover with rich pastry. Bake 20 minutes.

Pastry

Sift together 1 cup flour, 2 teaspoons Royal Baking Powder, 1 teaspoon salt; rub in very lightly 4 tablespoons shortening; add just enough cold water to make a stiff dough. Roll out on floured board and put over top of pie.

Apple Dressing for Duck

Add 2 cups finely chopped apples and ½ teaspoon grated nutmeg to poultry dressing.

French Fried Chicken

Select young chickens weighing not more than a pound and a half. Clean and cut in quarters wash and dry each piece thoroughly, sprinkle with salt and pepper, inside and out. Dip pieces in beaten egg and then in flour to which Royal Baking Powder has been added (½ teaspoon Royal to 2 tablespoons flour) and fry in deep hot fat at 345° F. to 355° F. 8 to 10 minutes. If preferred, the chicken may be dipped in a fritter batter and fried at 355° F. for 8 minutes.

Fricassee of Chicken

Clean and disjoint a chicken. Put into saucepan with just enough boiling water to cover; add a teaspoon salt, a little pepper and, if desired, a teaspoon of onion juice. Boil slowly 2 hours or until tender; add a little water from time to time, as it boils away. Thicken with a tablespoon flour mixed with a little cold water and add 1 tablespoon finely chopped parsley. Serve with border of hot boiled rice or dumplings.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Poultry Dressing

2 cups stale bread
1 tablespoon finely cut onion
1 tablespoon drippings
1 tablespoon finely cut parsley
$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon pepper
$\frac{1}{4}$ teaspoon paprika
powdered sage if desired

Soak bread in cold water 5 minutes and press out all water. Put drippings and onion into pan and cook slowly, stirring constantly, until onion is tender but not brown. Add bread, parsley and seasoning and mix well together.

Giblet Gravy

Boil neck, gizzard and wing tips together until tender. Pour off excess of fat in pan in which poultry has been roasted; add enough stock from the gizzard and neck to make 3 cups of gravy. Chop cooked gizzard, liver and heart and add; then add 1 teaspoon finely cut onion, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 2 tablespoons flour mixed with a little cold water. Boil 3 minutes.

Oyster Dressing

20 oysters
2 tablespoons butter
4 cups bread crumbs
$\frac{1}{4}$ tablespoon salt
$\frac{1}{4}$ teaspoon pepper
1 tablespoon chopped parsley

Drain and rinse oysters with cold water. Put butter in saucepan with oysters and bring to boiling point; add bread crumbs, seasoning and parsley; mix carefully, so that oysters will not be broken.

Fish, Meat and Vegetable Sauces

Thin Cream Sauce

1 tablespoon butter
1 tablespoon flour
1 cup milk or cream
$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon white pepper

Melt butter in saucepan, add flour and seasonings, mix well; add cold milk, stirring until smooth and creamy; boil about 3 minutes.

Thick Cream Sauce

2 tablespoons butter
2$\frac{1}{2}$ tablespoons flour
1 cup milk or cream
$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ teaspoon white pepper

Make as directed for Thin Cream Sauce.

Tomato Sauce

3 slices bacon cut into small pieces
1 slice onion, chopped
2 tablespoons flour
1$\frac{1}{2}$ cups strained tomatoes
1 tablespoon chopped green peppers
$\frac{1}{2}$ teaspoon salt
few gratings of nutmeg
cayenne

Put bacon into saucepan, add onion and brown slightly. Add flour, tomatoes which have been heated, and stir until thick and smooth. Add seasoning and peppers.

Egg Sauce for Fish

1 cup white sauce
2 chopped hard-boiled eggs
1 tablespoon chopped parsley
1 teaspoon lemon juice or vinegar

Add eggs, parsley and lemon juice to white sauce after removing from fire.

Mint Sauce

$\frac{1}{2}$ cup chopped mint leaves
$\frac{1}{2}$ cup vinegar
$\frac{1}{4}$ cup brown or granulated sugar

Cook all ingredients in saucepan over very slow fire for about $\frac{1}{2}$ hour. Do not allow to boil. Serve hot.

Brown Sauce or Gravy

1 tablespoon butter or fat in which meat was cooked
1 tablespoon flour
1 cup beef stock or boiling water
salt and pepper

Brown butter in saucepan; add flour and brown; add liquid and stir until smooth and thick. Season to taste and simmer 5 minutes.

Currant Jelly Sauce

$\frac{1}{4}$ glass currant jelly
1 cup hot brown sauce

Melt jelly over slow fire. Add sauce; stir well and simmer one minute.

Hollandaise Sauce

$\frac{1}{4}$ cup butter
2 beaten egg yolks
1 tablespoon lemon juice
salt
cayenne
$\frac{1}{2}$ cup boiling water

Cream butter; add gradually, stirring well, egg yolks, lemon juice, salt and cayenne; add boiling water slowly. Stir over boiling water till thick as boiled custard. Serve immediately.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Sauce Tartare

For each cup of thick mayonnaise, add the following chopped very fine: 2 tablespoons each of capers, olives, pickles and parsley. Press in a cloth till quite dry. Blend gradually with the mayonnaise.

Cranberry Sauce
1 quart cranberries
2 cups sugar
1 cup water

Put all together into saucepan. Cover until it boils. Remove cover and cook about 10 minutes or until berries have all burst. Pour into mold, chill and serve.

For Cranberry Jelly strain and put into mold and chill.

Horse-Radish Sauce
2 tablespoons butter
2 tablespoons grated fresh horse-radish
1 tablespoon very thick cream
½ teaspoon lemon juice

Cream butter; add horse-radish, cream and lemon juice. Keep very cold.

Apple Sauce
Wipe, pare and quarter sour apples; remove seeds and core; put into saucepan and add cold water to half cover. Cook rapidly, uncovered, until soft. Add sugar to taste. Cook a few minutes longer; remove from fire; add a little lemon peel, cinnamon or nutmeg.

Croquettes

Chicken Croquettes
2 tablespoons butter
2 tablespoons flour
1 cup milk
2 teaspoons salt
1 teaspoon Worcestershire sauce
½ teaspoon paprika
½ teaspoon pepper
1 tablespoon chopped parsley
2 cups chopped cooked chicken
2 eggs

Melt butter in saucepan; add flour and cold milk slowly, stirring until smooth and creamy; add seasoning and parsley. Boil 3 minutes. Add chicken; mix well and pour out on platter to cool. When cool enough to handle take a large spoon of the mixture in floured hands; shape into balls, cones or oval cakes and put into cold place until firm. Roll in bread crumbs, then in egg beaten with 2 tablespoons cold milk, then in bread crumbs. Fry in deep hot fat at 385° F. and drain on brown paper.

Rice Croquettes
1 cup rice
2 eggs
3 tablespoons milk
1 teaspoon salt
1 tablespoon sugar
1 tablespoon butter
1 teaspoon chopped parsley

Wash rice several times and boil with 2 quarts boiling water 30 minutes. Drain well and put into top of double boiler. Add 1 egg beaten with 2 tablespoons milk, salt, sugar, butter and parsley; cook until egg thickens. Cool and shape into cones, balls or oval cakes. Dip into egg beaten up with 1 tablespoon milk. Roll in bread crumbs and fry in deep hot fat at 385° F. until brown.

Salmon Croquettes
1 cup cooked salmon
1 tablespoon butter
1 tablespoon flour
½ cup milk
1 teaspoon lemon juice
½ teaspoon salt
½ teaspoon pepper

Make a cream sauce with the butter, flour and milk. Put salmon into bowl and add the sauce, lemon juice and seasoning; mix with fork until salmon is well broken. Set aside and when cold, mold into desired shapes; roll in bread crumbs, then in egg beaten with 1 tablespoon cold milk, then in bread crumbs. Fry in deep hot fat at 385° F. until brown.

Nut and Potato Croquettes
2 cups hot riced potatoes
¼ cup cream or milk
¼ teaspoon salt
¼ teaspoon pepper
few grains cayenne
yolk of 1 egg
¼ cup chopped pecan nut meats
¾ teaspoon Royal Baking Powder

Mix all ingredients with fork until light. Shape as for croquettes. Roll in bread crumbs. Dip in egg which has been mixed with a little cold water. Roll in bread crumbs again and fry in deep hot fat at 385° F. until brown. Drain on unglazed paper and serve.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Royal is Made from Cream of Tartar

Luncheon and Supper Menus

Tomato Rarebit
Green and Ripe Olives
Popovers
Fresh Fruit
Waffles with Syrup
Chicken Hash with Toast Fingers
Chilled Oranges in Gingerale
Broiled Lamb Chops
Baked Banana with Lemon
Watercress and Green Bean Salad
Royal Gelatin Custard
Moulded Spinach with
Creamed Mushrooms
Baked Potatoes
Sliced Cucumbers and Radishes
French Dressing
Cottage Pudding—Orange—Sherry Sauce

Celery
Oyster Stew—Hot Biscuits
Red Raspberry Sherbert
Little Pound Cakes
Corn Chowder
Chopped Vegetable Sandwiches
Baked Apple with Raisins and Cream
Asparagus Hollandaise Sauce
Graham Muffins
Filled Tomato Salad
French Dressing
Cocoanut Layer Cake
Cold-Sliced Meat Loaf
Chili Sauce
Pan-fried Hominy Cakes
Raw Carrot Relish
Blueberry Tea Cake

Broiled Shad Roe with Bacon
Romaine Salad—Cheese Dressing
Frozen Pudding
Cookies

Beverages

Percolated Coffee
Purchase finely ground but not pulverized coffee. Use a proportion of \(\frac{3}{4}\) cup coffee to 5 cups cold or freshly boiling water. Place coffee in upper compartment of the percolator and water in the lower compartment. Percolate 3 to 8 minutes after circulation starts in the pot.

French Drip Coffee
Purchase pulverized coffee and allow 1 tablespoon for each cup. Place in perforated cylinder, measure necessary number of cups of freshly boiling water and pour over coffee. Set pot in a pan of boiling water during the dripping process, to keep hot. Water may be poured over coffee a second time for stronger coffee.

Boiled Coffee
Purchase coarsely ground coffee. Measure 2 tablespoons for each cup; mix coffee, crushed egg shell, and a small amount of cold water; place in coffee pot. Measure freshly boiling water; add to coffee. Bring quickly to boiling point; remove from fire and keep hot for 5 minutes to settle. \(\frac{1}{4}\) cup cold water may be added through the spout as pot is taken from fire.

Cocoa
The usual rule is 2 teaspoons cocoa, 1 teaspoon sugar, 1 tablespoon cold water and \(\frac{3}{4}\) cup milk to each cup. Mix cocoa with sugar and cold water; cook over slow fire until thick; add milk, and boil 1 minute, stirring continually. Beat with egg beater and serve immediately.

Chocolate
1\(\frac{1}{2}\) squares chocolate
\(\frac{3}{4}\) teaspoon salt
1 cup cold water
3 cups milk
\(\frac{3}{4}\) cup sugar
Cut chocolate into pieces; add salt and water. Stir constantly over direct heat until smooth and let boil 2 minutes. Add milk and sugar; heat until foamy; beat with egg beater and serve at once.

Tea
Water for tea should be freshly heated and just boiling. Teas are of different strength, but a safe rule is 1 teaspoon dry tea to 1 cup water. Scald teapot; put in dry tea and cover for 1 minute. Add boiling water and cover closely. Allow it to stand 3 to 6 minutes and strain off into a second hot pot.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Luncheon and Supper Dishes

**Cheese Straws**

- 1 cup grated American cheese
- 1 cup flour
- ½ teaspoon Royal Baking Powder
- ¼ teaspoon salt
- few grains cayenne pepper
- ¼ teaspoon paprika
- 1 egg
- 2 tablespoons milk

Mix first 5 ingredients; add beaten egg; mix well; add milk enough to make stiff dough. Roll out ¼ inch thick, on floured board; cut into thin strips 5 inches long, ¼ inch wide. Bake in hot oven at 450°F. 15 minutes.

**Chicken Patties**

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup chicken stock or milk
- ¼ teaspoon salt
- few grains cayenne pepper
- 1 cup cold diced chicken

Melt butter in saucepan; stir in flour; add chicken stock; season and bring to a boil; add chicken and cook slowly 5 minutes. Fill patty shells and serve at once.

**Royal Patty Shells**

- 2 cups flour
- 2 teaspoons Royal Baking Powder
- ¼ teaspoon salt
- 4 tablespoons shortening
- ice water

Sift flour, baking powder and salt together; mix in shortening; add slowly enough water to make stiff dough. Roll out thin; cut into circles and form on the outside of patty or muffin tins. Bake in hot oven at 475°F. open side down, until light brown; remove carefully from tins and return shells to oven and bake 5 minutes, open side up.

**French Toast**

- ½ cup flour
- 1 teaspoon Royal Baking Powder
- ¼ teaspoon salt
- ½ cup milk
- 1 egg
- sliced bread

Sift dry ingredients; add milk and beaten egg; beat well. Into this dip bread, fry in hot fat, drain; serve hot with powdered sugar.

**Baked Macaroni with Cheese**

- 1 cup macaroni
- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup milk
- ½ cup grated cheese
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon paprika

Boil macaroni in salted water until soft; drain and rinse with cold water. Put into buttered baking dish and cover with sauce. Cover top with grated cheese and bake 20 minutes in hot oven.

**Cheese Sauce**

Melt butter in saucepan; add flour, mix well and add cold milk slowly, stirring until smooth; add cheese, salt, pepper and paprika. Boil 2 minutes.

**Scalloped Eggs with Ham**

- 4 hard-cooked eggs
- 2 cups cold boiled ham chopped fine
- 1 cup cream sauce
- 2 cups bread crumbs
- 2 tablespoons milk

Cut eggs into slices; cover bottom of greased baking dish with ⅔ of bread crumbs; then add in layers eggs, ham, cream sauce and crumbs, having crumbs for top layer. Add milk and bake in moderate oven about 20 minutes.

**Boston Baked Beans**

- 1 quart beans
- ½ pound salt pork
- 1 tablespoon salt
- ¼ teaspoon pepper
- ½ teaspoon dry mustard
- 2 tablespoons molasses

Wash and soak beans over night. Put into bean pot; wash salt pork and place in center; add 4 cups cold water; cover. Put into slow oven and bake 8 hours. Add more water if needed.

**Sandwiches**

Sandwiches, whether small ones for the tea table or large ones for the outdoor picnic, should be made from carefully prepared materials. Sandwiches cannot be put together carelessly. Slice bread evenly with a sharp knife, using a slow sawing motion. Cut slices very thin. If crusts are to be removed they should be cut off before the bread is sliced. Butter both slices of bread and spread filling to the edge of the slice. Cut in attractive shapes and keep moist by wrapping in heavy waxed paper or a damp towel, in a cool place.

*All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.*
Bake it With Royal and be Sure

All varieties of bread may be used—white, whole wheat, graham, rye, raisin, nut, cheese, etc. Soft rolls, baking powder biscuits, scones, butter cakes and muffins, split and buttered, may be used for some fillings. Bread may be toasted on one side and the sandwich filling put between the untoasted sides; or the sandwich may be made up and then toasted, if the filling permits this method. French dressing, mayonnaise, thin cream, melted butter, or bottled sauces may be used to thin out a filling mixture or to act as a binder for the ingredients. Lettuce or other green is attractive between the slices.

Sandwich Filling Suggestions

American cheese, chopped or grated, with:
- chili sauce or Worcestershire, onion juice
- chopped onion, mushroom, catsup

Anchovy or sardine paste with:
- chopped egg, lemon juice, mayonnaise
- chopped onion, mayonnaise
- chopped ripe olives, mayonnaise

Avocado, mashed or chopped, with:
- lemon juice, French dressing
- chopped salted almonds, lemon juice

Cream or Cottage cheese with:
- pineapple, salted almonds, mayonnaise
- chopped cucumber, capers, French dressing
- chopped prunes or apricots, nut meats
- lemon or orange juice
- chopped dates, candied orange peel, cream

Dates, stoned and chopped with:
- other dried fruits and orange juice
- shredded cocoanut, lemon juice
- chopped nuts, thin cream
- preserved ginger, lemon juice

Fish (lobster, shrimp, crab, salmon, tuna) with:
- chopped celery, onion juice, mayonnaise
- sliced tomato, mayonnaise
- hard cooked egg, celery, lettuce, mayonnaise

Meat (minced ham, lamb, chicken, tongue, corned beef, beef, veal, or combinations of these) with:
- chutney sauce, mayonnaise
- fresh tomato, chopped pickle, bottled sauce
- chopped onion, tomato catsup
- horseradish mayonnaise, shredded lettuce, celery or cabbage

Peanut butter with:
- pineapple, honey, walnuts
- chopped celery, thin cream

Miscellaneous
- asparagus tips with Russian dressing
- caviare, chopped hard cooked egg, onion juice
- cucumber, watercress, mayonnaise
- cooked chicken livers, crisp bacon, melted butter
- guava jelly, grated orange rind, chopped pistachio nuts

Salads and Salad Dressings

All salad greens such as lettuce, chicory, endive, romaine and watercress should be fresh, cold, crisp and dry. Wash leaves carefully; shake off moisture and put on ice in cloth or wire basket. Dressings wilt the leaves; they should be added just before serving. Meat and fish salads should be marinated in French dressing before putting them together. Great variety is possible since practically all foods either raw or cooked, can be used in salads or their dressings. Attractive color combinations, carefully arranged with agreeable contrast in texture and flavor, result in beautiful salads.

Fruit Salad

| ½ pound Malaga grapes |
| 2 pears |
| 1 grapefruit |
| 1 orange |
| 1 head lettuce |

Wash; peel; remove seeds from all fruit; cut grapes into halves, pears in lengthwise pieces, grapefruit and orange into sections; allow to stand on ice. Serve on lettuce leaves with French dressing. Avocado pears, cassaba melon or other fruit may be substituted for above.

Shrimp and Celery Salad

Mix 1 cup cooked shrimp, cut in pieces, with 2 tablespoons French dressing. Mix ½ cup diced celery, 1 teaspoon capers and ⅛ teaspoon minced shallot or chives with 1 tablespoon French dressing and chill both mixtures 30 minutes. Combine lightly with mayonnaise, place in lettuce cups, garnish with capers or tiny sweet pickles.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Chicken Salad
1 quart cold boiled chicken, cut into small cubes
1 pint finely cut celery
1 teaspoon salt
3/4 teaspoon pepper
2 hard boiled eggs
2 cups mayonnaise dressing
6 olives
Mix chicken which should be very tender, with celery, seasoning and one egg cut into small pieces; marinate with little French dressing, and let stand in cold place one hour. Serve on lettuce leaves and spread mayonnaise over top. Garnish with olives and remaining egg cut into slices. Dust with paprika.

Pear and Cream Cheese Salad
Put halves of pears together with mashed and seasoned cream cheese. Stand upright in crisp lettuce cups and pour over French dressing made with lemon juice, a little sugar and plenty of chopped chives, parsley or fresh mint.
Serve drained and chilled pears with cheese dressing.

Grapefruit and Cherry Salad
Remove stones from large sweet red cherries, fill cavity with blanched almond or filbert. Arrange sections of grapefruit, free from white membrane and seeds, alternately with cherries on romaine leaves. Serve with French dressing.

Vegetable Salad
1 cup finely cut cabbage
1 cup cold boiled beets
1 cup cold boiled carrots
1 cup cold boiled potatoes
1 cup finely cut celery
3/4 cup pimientos
1 head lettuce
1 cup French dressing
Soak cabbage in cold water 1 hour; drain and add beets, carrots, potatoes and celery. Mix well together, season with salt and pepper and serve on lettuce leaves. On top put strips of pimiento and serve with French dressing, to which may be added one teaspoon onion juice.

Boiled Salad Dressing
1/2 teaspoon salt
1 1/2 tablespoons sugar
1 teaspoon mustard
1/2 tablespoon flour
few grains cayenne
1/2 cup vinegar
2 eggs
1/2 cup milk
1 tablespoon butter or oil
Mix dry ingredients in top of double boiler; add vinegar and beaten egg yolks and mix; add milk and butter. Cook over hot water until thick and smooth. Take from fire; fold in beaten egg whites. Cool and serve.

Quick Mayonnaise
1 egg
1 teaspoon salt
1 teaspoon sugar
1/2 teaspoon mustard
1/2 teaspoon paprika
1 tablespoon vinegar
1 tablespoon lemon juice
1 cup salad oil
Beat egg and seasonings together until thick, add vinegar and beat well. Add oil slowly, 1 teaspoon at a time, beating well between each addition. When 1/2 cup of oil is added, the remainder may be added alternately with lemon juice. For a thicker mayonnaise use 1 or 2 egg yolks in place of the whole egg.

For Russian Dressing—add 2 tablespoons chili sauce, 1/4 cup chopped pimiento, and 1 teaspoon minced onion.

For Thousand Island Dressing—add 2 tablespoons each chopped sweet pickle, green olives, and capers and 2 teaspoons chopped parsley.

For Royal Dressing—add to Russian dressing 3 tablespoons caviare and 1 hard cooked egg rubbed through a sieve.

French Dressing
1/2 cup salad oil
2 or 3 tablespoons vinegar or lemon juice
1/4 teaspoon mustard or dash cayenne
1/2 teaspoon paprika
1/4 teaspoon, or more, salt
1 teaspoon sugar
few drops Worcestershire sauce
Put all ingredients in a covered glass jar and shake vigorously until thick and well blended. Seasonings are all more or less to taste. Serve very cold. This dressing can be used on all types of salad. It is economical to make up in quantity and keep on hand in the ice box.

For Spanish Dressing—add 2 tablespoons chili sauce.
For Chiffonade Dressing—add 1 tablespoon each chopped red and green pepper and hard cooked egg.

For Cheese Dressing—mash 1 cream cheese, add 1 cup French dressing gradually while beating. Fold in ½ cup cream beaten stiff.

For Roquefort Dressing—mash 1 pound Roquefort cheese to a paste; add 1 cup French dressing slowly while beating and 1 teaspoon onion juice.

**Vegetables**

AFTER milk, fresh fruits and vegetables take precedence in healthful menus. At least two vegetables other than potatoes, and a salad, should be served each day. Some raw leafy vegetables such as celery, lettuce or cabbage should be served when a green salad is omitted. This will insure a safe supply of certain minerals and vitamins.

To conserve these valuable elements, cook vegetables in as little water as possible and only until they are crisply tender. Overcooking ruins both food value and flavor. Add salt when vegetables are nearly cooked. Steaming and baking are excellent methods of cooking vegetables. Plan to use every bit of water or juice from the vegetables in some way.

Wash all vegetables in cool water. Those to be eaten raw may stand in ice water to crisp them. Root vegetables should be scrubbed hard with a brush. Wilted or shriveled vegetables should stand in cold water for an hour before cooking. Loosely grown heads of vegetables such as cabbage, cauliflower or Brussels sprouts should stand in cold salted water for half an hour before cooking.

In general avoid paring vegetables before cooking since much valuable food material is lost with the skins. Scraping is better than paring.

Parboiling means to cook half the length of time, drain and rinse in cold water. Finish cooking as directed.

Select fresh, firm, sound produce. Cook vegetables of uniform size together. A soft, flabby, dark looking vegetable has been overcooked. Well cooked vegetables retain much of their green color and delicate structure. Do everything possible to shorten the time of cooking. Have water boiling when vegetable is added. Add one-quarter teaspoon Royal Baking Powder to each quart boiling water just before vegetables are added. Keep water boiling until vegetables are cooked. This table is a guide for cooking fresh young vegetables, cleaned and prepared by cutting them in pieces or by shredding coarsely, as with cabbage.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>tips 5 to 10 minutes, butts 20 to 25 minutes</td>
</tr>
<tr>
<td>Beets</td>
<td>40 to 60 minutes</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>10 to 20 minutes</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>10 to 15 minutes</td>
</tr>
<tr>
<td>Carrots</td>
<td>20 to 40 minutes</td>
</tr>
<tr>
<td>String Beans</td>
<td>30 to 35 minutes</td>
</tr>
<tr>
<td>Lima Beans</td>
<td>20 to 35 minutes</td>
</tr>
<tr>
<td>Onions</td>
<td>20 to 35 minutes</td>
</tr>
<tr>
<td>Parsnips</td>
<td>25 to 30 minutes</td>
</tr>
<tr>
<td>Peas</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Spinach</td>
<td>5 to 12 minutes</td>
</tr>
<tr>
<td>Turnips (cubes)</td>
<td>20 to 25 minutes</td>
</tr>
<tr>
<td>Winter Squash</td>
<td>20 to 25 minutes</td>
</tr>
</tbody>
</table>

**Asparagus**

Wash, cut off hard woody ends, tie in individual bunches for serving. Place large ends down, in boiling water and cook 10 minutes, keeping tips out of water. Cover and finish cooking. Remove from water to hot plate or hot buttered toast. Dress with seasoned melted butter, Hollandaise or Cream Sauce.

**Beets**

Cut off tops two inches above roots. (see spinach method for cooking beet leaves.) Scrub beets, being careful not to break the skin. Small beets are best. Cover with boiling water and cook until tender, drain and slip off the skins. Slice beets or cut in cubes, add pepper, salt, butter and vinegar or lemon juice to taste.

*All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.*
Harvard Beets
Mix \( \frac{1}{2} \) cup sugar, 1 tablespoon cornstarch and \( \frac{1}{2} \) teaspoon salt. Add \( \frac{1}{4} \) cup cider vinegar and \( \frac{1}{2} \) cup boiling water. Cook until sauce is clear. Add 2 cups freshly cooked drained and diced beets. Keep beets and sauce in warm place for 30 minutes. Add 2 tablespoons butter and serve.

Brussels Sprouts
Wash and cover with cold water for \( \frac{1}{2} \) hour. Drain and cook in boiling water. Add salt last few minutes of cooking. Drain and serve with butter, Hollandaise or Cream Sauce. A garnish of buttered bread crumbs may be added.

Cabbage
Cut cabbage in quarters, removing hard core. Allow to stand in cold water for 30 minutes. Drain and slice each piece coarsely or chop. Separate shreds. Cook in boiling water until just tender. Drain and season, add butter, cream or sauce.

Carrots
Wash and scrape, leave small young carrots whole, cut others in slices or eighths lengthwise. Add boiling water and cook until tender and water is evaporated. Add hot cream or milk, butter, pepper and salt to taste or mix with a cream sauce. A sprinkling of chopped fresh mint or parsley adds to the flavor.

Glazed Carrots
Drain cooked carrots thoroughly. In a skillet melt 3 tablespoons butter with 3 tablespoons sugar. When well blended and bubbling add carrots and cook until nicely browned and glazed, about 25 minutes. Shake pan frequently during the cooking as the sugar caramelizes. A border of glazed carrots and onions surrounding a broiled steak or baked slice of ham makes a good vegetable garnish.

Stuffed Potatoes
Bake 4 large potatoes at 450° F. Cut in half lengthwise, scoop out insides and mash with pepper, salt, butter and a dash of nutmeg. When smooth add a little hot milk and melted butter and beat until white and fluffy. Refill the potato shells. Sprinkle with paprika or grated cheese and return to hot oven until brown.

Baked Stuffed Onions
Parboil 6 large onions for 10 minutes in boiling salted water. Drain and cool. Cut a thin slice from one end of each onion, remove part of the centers. Fill cavities with a mixture of 3 tablespoons soft bread crumbs, \( \frac{1}{4} \) cup chopped cooked meat, 2 tablespoons melted butter, \( \frac{1}{2} \) teaspoon salt and few grains of pepper. Cover tops with buttered crumbs, place in a baking pan with very little water or stock. Bake in moderate oven at 350° F. for 1 hour.

Cauliflower
Remove outer green leaves and wash cauliflower. Leave whole or separate into sections. Cover with boiling water and cook until tender. Drain and serve with butter and seasonings or Cream, Hollandaise or Cheese Sauce.

String Beans
String; cut into small strips and cover with boiling water. Cook until tender. Drain; add pepper, salt and melted butter.

Succotash
Mix equal parts of cooked green corn and cooked lima beans. Season to taste with butter, salt and pepper. Add hot milk or cream to moisten.

Peas
Cover with boiling water and cook until tender and water has evaporated. Add butter, salt and pepper to taste. Hot cream or milk may be added.

Sweet Potato Caramel
Pare and cut sweet potatoes into pieces. Parboil and drain. Place in buttered baking dish and dot liberally with butter and sprinkle with brown sugar. Bake 30 minutes in moderate oven at 400° F.

Spinach
Pick over and wash thoroughly in several waters until every bit of sand is removed (same applies to kale, collards, beet greens and broccoli). Place in kettle without additional water. Cover closely and cook until tender, not more than 12 minutes. Season and serve as desired.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
Spinach Ring

Drain cooked spinach and chop. Mix with melted butter, salt and pepper to taste and pack into a buttered ring mould. Place mould in a pan of warm water and keep hot 15 minutes. Unmould and fill the center space with other buttered or creamed vegetable, creamed mushrooms, chicken or eggs.

Corn Pudding

1 quart fresh corn cut from cob
1 teaspoon salt
1/4 teaspoon pepper
3 eggs slightly beaten
2 cups milk
3 tablespoons melted butter

Put all ingredients into greased baking dish and bake in moderate oven until firm.

Candies

Fudge

3 squares unsweetened chocolate, or
9 tablespoons cocoa
2 cups sugar
2 tablespoons corn syrup
3/4 cup milk or cream
2 tablespoons butter
1 teaspoon vanilla extract
1/2 teaspoon Royal Baking Powder

Cut chocolate in pieces; put with sugar, corn syrup and milk into saucepan. If cocoa is used, add at this time. Heat, stirring constantly, until sugar dissolves. Continue cooking, stirring frequently, to 230° F. or until it forms a very soft ball in cold water. Add butter and cool until lukewarm or 110° F. Add vanilla extract and baking powder, then beat until creamy and thick and it has lost its gloss. Put into buttered pan and cut into squares.

Candied Popcorn

1 1/2 cups sugar or maple syrup
1 tablespoon butter
3 tablespoons water
3 quarts popped corn or puffed rice or wheat

Boil sugar or syrup with butter and water until it spins a long thread; pour this on corn and if desired shape into balls.

Chocolate Caramels

4 squares unsweetened chocolate
2 cups sugar
1/4 cup light corn syrup
2 1/2 cups thin cream
4 tablespoons butter
1 teaspoon vanilla extract

Cut chocolate in small pieces. Put all ingredients except vanilla extract in saucepan and cook over low flame, stirring constantly, until it forms a very firm but not hard ball when tested in cold water, or to 242° F. Remove from fire; add vanilla and pour into slightly greased square pan. Caramels should be about 1/4 inch thick. Cut into squares when cold, and wrap in waxed paper.

Brown Sugar Divinity

1 cup brown sugar
1 cup white sugar
1/3 cup white corn syrup
1/4 cup water
few grains salt
2 egg whites
1/2 teaspoon vanilla extract
1 1/2 cups pecans, coarsely chopped

Put first 5 ingredients in saucepan. Stir until sugar dissolves, then cook without stirring to 265° F., or until a little dropped into cold water forms a hard ball. Beat egg whites until stiff. Slowly beat in the syrup. When it begins to thicken, add vanilla extract. Beat until it will hold its shape when dropped from a spoon. Add nut meats and drop by small spoonfuls on waxed paper or slightly greased platters.

Salted Almonds

Blanch almonds by putting into boiling water for a few minutes. Remove skins, dry well and brown in heated olive oil or butter in pan on top of stove stirring continually. Take from fire or fat when very light brown, as they continue to color after removing from pan. Drain well on unglazed paper and sprinkle with salt.

Turkish Paste

3 tablespoons Royal Plain Gelatin
1/2 cup cold water
1 cup boiling water
2 cups sugar
3 tablespoons lemon juice
1/2 cup orange juice
grated rind of 1 orange

Soak gelatin in cold water for 10 minutes. Add sugar to boiling water in saucepan and heat until sugar dissolves; add gelatin and let boil slowly for 20 minutes. Skim off any froth that forms. Add fruit juice and cook 5 minutes longer. Add grated orange rind; color with vegetable coloring, and pour into a shallow pan. Let stand in cold place over-night until very firm. Cut into squares with knife dipped in warm water. Roll in confectioner's sugar.

All measurements are level. Four level teaspoons of baking powder about equal one heaping teaspoon as heretofore used.
FRUIT may be canned in water, fruit juice or syrup. Successful canning depends upon thorough sterilization, that is, killing the organisms which cause food to spoil; then sealing carefully to prevent their entrance.

The Open-Kettle Method is generally used for jellies, marmalades and jams. Food is completely cooked in an uncovered kettle, as directed; poured into sterilized jars; sealed and cooled.

The Jar-cooked Method is used for all types of fruit and vegetables and some meats. Uncooked or partly cooked food is packed into sterilized jars, covered to within 1 inch of top, with hot liquid; the cover loosely adjusted and the jar immersed in boiling water and boiled for definite time. Remove from the water bath; complete the seal; cool and store. For this method provide a large covered vessel fitted with a rack or false bottom to hold the jars. Immerse jars in water of sufficient depth to cover the tops, at least 1 inch. Count time of cooking after water boils around the jars.

The Oven-Canning Method — the name given to processing in the oven uncooked or partly cooked foods, packed in jars, covered with syrup or water, at a given temperature for a given time. An automatically heat-controlled oven or an oven thermometer is required.

General Directions

1. Test all jars for leakage before using.
2. Use only fresh, new, clean rubbers.
3. Wash jars, rinse, and immerse in boiling water for 10 minutes. Let jars stay in water until ready to use.
4. Select fresh, firm, sound, not too ripe fruit. Wash and give any special preparation such as scalding to loosen skins, etc.
5. Pack foods carefully in jars. The short pre-cooking period shown in table is to soften sufficiently to make foods pack easily.
6. Cook (sterilize or process) according to table; remove from canner, complete the seal and invert for leaks.
7. Cover jellies, jams, conserves, etc. with melted paraffin as soon as poured into glasses. Add more paraffin the next day, tilting glass to spread paraffin up on sides.

Time Table for Canning

<table>
<thead>
<tr>
<th>Fruit in Syrup</th>
<th>In Hot Water Bath</th>
<th>In 275°F Oven</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots, peaches</td>
<td>16 min.</td>
<td>35 min.</td>
</tr>
<tr>
<td>Cherries, strawberries and raspberries</td>
<td>16 min.</td>
<td>35 min.</td>
</tr>
<tr>
<td>Pears, pineapple</td>
<td>20 min.</td>
<td>45 min.</td>
</tr>
<tr>
<td>Plums</td>
<td>20 min.</td>
<td>45 min.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetables in Water</th>
<th>In Hot Water Bath</th>
<th>In 275°F Oven</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus, pre-cooked</td>
<td>5 minutes</td>
<td>2 1/2 hrs.</td>
</tr>
<tr>
<td>Beans, pre-cooked</td>
<td>5 minutes</td>
<td>2 1/2 hrs.</td>
</tr>
<tr>
<td>Corn, boiled on cob for 5 minutes, cut off, and packed in jars...</td>
<td>3 hrs.</td>
<td>3 1/4 hrs.</td>
</tr>
<tr>
<td>Tomatoes, packed tightly, no pre-cooking</td>
<td>35 min.</td>
<td>45 min.</td>
</tr>
</tbody>
</table>

Sugar Syrups

Thin Syrup: 1 part sugar to 2 parts water for sweet fruits

Medium Syrup: 1 part sugar to 1 part water for berries and medium sweet fruits

Thick Syrup: 2 parts sugar to 1 part water for sour fruits

To Make Syrup: Add sugar to boiling water; stir until sugar is dissolved and boil 3 minutes

Jellies

Heat and mash fruit until juice runs readily. If fruit is not entirely broken up rub through coarse sieve. Pour into sterilized jelly bags and drain thoroughly but do not squeeze. Take 3/4 cup sugar for each cup of juice. Boil juice 8 to 20 minutes (berries less than other fruits); add sugar which has been heated in oven; stir until sugar is dissolved and boil about 5 minutes. Pour into hot sterilized tumblers. Hard fruits like apples and quinces should be cut up, covered with cold water and cooked until tender before turning into jelly bags.

Jams

Jams are usually made with small fruits or with chopped large fruits. Cook slowly with an equal weight of sugar until thick; put into sterilized tumblers or jars and seal.
Plum Conserve

4 pounds plums
1 cup seeded raisins
2 oranges
sugar
juice of 1 lemon
1/4 pound walnuts

Wash plums; remove stones; add raisins and oranges which have been sliced very fine. Measure and add 1/4 cup sugar to each cup fruit and juice. Put into kettle, cook slowly about 45 minutes or until thick like jam, stirring to keep from burning. Add lemon juice and chopped nuts. Pour into sterilized jars.

Spiced Currants

5 lbs. ripe currants
3 lbs. white sugar
1 tablespoon cinnamon
1 tablespoon nutmeg
1 tablespoon cloves
1 tablespoon allspice
1/2 pint vinegar

Boil currants one hour; add sugar, spices and vinegar; boil one half-hour longer. Pour into jars.

Grapefruit Marmalade

Select firm perfect fruit. Wash 1 large grapefruit, 1 orange and 1 lemon. Slice as thinly as possible, discarding all seeds. Cover with 3 quarts of cold water and let stand until next day. Bring to boil slowly and boil 5 minutes. Remove from fire, add 5 lbs. sugar, stirring until sugar is dissolved. Allow to stand in the kettle until next day. Boil slowly, stirring occasionally to prevent burning, until marmalade is thick and rich. Makes 12 glasses.

Chili Sauce

Peel 18 large ripe tomatoes and 3 large onions and chop separately. Add 4 green peppers, chopped, 1/4 cup sugar, 3 tablespoons salt, 1 quart mild vinegar and 4 teaspoons cinnamon. Boil slowly about 2 hours and bottle while hot.

Watermelon Pickle

Wash melon rind thoroughly, discarding all pink pulp. Cut in small pieces and soak overnight in cold salted water (2 tablespoons salt to 1 quart water). Drain; cook in fresh water until tender. Add rind to boiling spiced syrup and cook until fruit is tender and translucent. Pour into sterilized jars, fill to overflowing with syrup, seal and cool.

Syrup: Boil 2 pounds sugar with 1 pint each of water and cider vinegar 5 minutes. Tie 1 thinly sliced lemon, 2 tablespoons broken stick cinnamon, 2 teaspoons each whole cloves and allspice berries in a piece of cheesecloth. Add spice bag and cooked melon rind to syrup and cook as above. Remove spice bag and bottle while hot.

Chutney

15 large sour apples
4 sweet green peppers
2 or 3 medium onions
1 cup preserved ginger with syrup
1 small chili pepper
1 cup seeded raisins
1 cups vinegar
1 cup water
2 tablespoons white mustard seed
1/4 teaspoon whole cloves
1 teaspoon allspice berries
1 small bay leaf
1 1/2 cups brown sugar
1 teaspoon ground ginger
1 to 2 tablespoons salt

Pare, core and chop the apples; remove seeds from peppers and chop with onions. Cut ginger into small bits. Mix all these with raisins, vinegar and water. Put into preserving kettle together with whole spices tied in a bag. Simmer gently for 2 hours. Add sugar, ground ginger, and salt more or less to taste and boil again until mixture is thick. Bottle while hot. Recipe makes 5 to 6 pints.

Sweet Tomato Pickle

1/2 peck green tomatoes
4 onions
4 green peppers
1 cup salt
1/4 cup white mustard seed
2 teaspoons pepper
3 teaspoons cinnamon
3 teaspoons allspice
3 teaspoons cloves
2 quarts vinegar
1 pound brown sugar

Chop tomatoes, onions and peppers; cover with salt and allow to stand over night. Drain and add to vinegar, spices and sugar which have been heated to boiling. Cook 15 minutes and seal in sterilized jars.

Pickled Peaches

2 pounds brown sugar
2 cups vinegar
1 ounce stick cinnamon
1/4 ounce whole cloves
4 quarts peaches

Boil sugar, vinegar and spices 20 minutes. Dip peaches quickly in hot water; then rub off the fuzz with a cloth. Place a few peaches at a time in syrup and cook until tender. Pack into sterilized jars. Adjust sterilized rubber bands, and fill each jar to overflowing with hot strained syrup. Put on sterilized covers and seal jars immediately.
It's the Cream of Tartar that makes the difference. Read the label when you buy. Royal is the only nationally distributed baking powder made with Cream of Tartar.