A Selection of Choice Recipes
**Rumford Muffins**

2 cups flour  
4 teaspoons Rumford Baking Powder  
½ teaspoon salt  
2 tablespoons sugar  
1 egg  
2 tablespoons melted shortening  
1 cup milk  

Sift together the flour, baking powder and salt; add the sugar, then moisten with the well beaten egg, melted shortening and milk. Beat thoroughly, turn into well greased muffin pans and bake twenty-five minutes in a moderately hot oven—375-400° F.

**Rumford Biscuit**

2 cups flour  
4 teaspoons Rumford Baking Powder  
½ teaspoon salt  
2 tablespoons shortening  
Milk or milk and water to mix (about ¾ cup)  

Sift well together the flour, baking powder and salt; rub or cut in the shortening, just working it until the fat is well blended with the flour. Mix to a very soft dough with the milk or milk and water, having this always as cold as possible, and mixing with a flexible knife in preference to either a spoon or the hand. Turn out onto a floured board and roll or pat out about three-quarters of an inch thick. Cut into biscuit and lay them, not touching each other, on a baking pan. Bake in a hot oven—400-450° F.—twelve to fourteen minutes.

**Silver Cake**

½ cup butter  
1 ½ cups sugar  
2 teaspoons almond extract  
½ cup milk  
2 cups flour  
¼ teaspoon salt  
2 teaspoons Rumford Baking Powder  
Whites of 4 eggs  

Beat together the butter and sugar; add the flavoring and milk, then the dry ingredients sifted together, and lastly, fold in very gently the stiffly beaten egg whites. Bake in a greased and floured loaf cake pan forty to fifty minutes in a moderate oven—350-375° F.

*All Measurements Are Level*
Spiced Raisin Cookies

$\frac{1}{3}$ cup butter  
$\frac{2}{3}$ cup sugar  
$\frac{1}{2}$ cup seeded raisins  
1 egg  
3 tablespoons milk  
$1\frac{3}{4}$ cups flour  
2 teaspoons Rumford Baking Powder  
$\frac{1}{3}$ teaspoon salt  
$\frac{1}{6}$ teaspoon ground cinnamon  
$\frac{1}{4}$ teaspoon ground cloves  
$\frac{1}{4}$ teaspoon ground nutmeg

Cream the butter, add the sugar gradually, stir in the raisins cut into quarters, then add the well beaten egg and milk, and lastly, the dry ingredients sifted together. Turn onto a floured board, roll out, cut into cookies and bake about ten minutes in a moderate oven—375° F.

Chocolate Cream Cake

$\frac{1}{3}$ cup butter or substitute  
$\frac{2}{3}$ cup sugar  
2 eggs  
$1\frac{1}{2}$ cups flour  
$1\frac{1}{6}$ teaspoons Rumford Baking Powder  
$\frac{1}{3}$ teaspoon salt  
$\frac{1}{2}$ cup milk  
1 teaspoon vanilla extract

Cream the shortening, add the sugar gradually with the egg yolks. Sift together the flour, baking powder and salt and add to the first mixture alternately with the milk and vanilla. Last of all, fold in gently the stiffly beaten egg whites. Turn into two greased layer cake pans and bake about twenty minutes in a moderately hot oven—375-400° F. Put together with a cream filling and frost with Chocolate Frosting.

Chocolate Frosting

2 squares (ounces) cooking chocolate  
1 teaspoon butter  
$\frac{1}{4}$ cup boiling water  
$\frac{1}{2}$ teaspoon vanilla extract  
Sifted confectioner’s sugar

Melt the chocolate over hot water (double boiler), add the butter and the boiling water and stir thoroughly together. Cool, add the vanilla and enough confectioner’s sugar to make of a consistency which will spread easily.

All Measurements Are Level
RUMFORD, the Phosphate Baking Powder, performs two offices in one: First, it restores to the white flour those phosphates which were taken from it by present day milling methods and in just about the same proportions that the miller removed them; and, second, its use in our delicious hot breads and biscuits insures their being light, tender, well-flavored and of good texture—quite as important points as the health-giving ones in which it stands pre-eminent, for unless our breads are light and tender they cannot do their part in body-building.

RUMFORD BAKING POWDER is economical, too, costing less per pound than any other high-grade baking powder, while it retains its goodness and strength to the last spoonful in the can. It is as nearly perfect as any food product can be made.

For wholesome food at reasonable cost use Rumford Baking Powder.