new uses for Rumford Baking Powder
TWO years ago, we received a letter suggesting the use of Rumford Baking Powder with tomato soup.

Somewhat skeptical, we tried out the idea. It was so successful that we considered the use of Rumford Baking Powder with some thirty recipes.

A New York food specialist tested these recipes in her laboratory and found that in twenty-four of them, Rumford Baking Powder made a surprising improvement in their flavor and appearance.*

Not only does Rumford Baking Powder give better results from the standpoints of flavor and appearance; in many recipes which call for the use of acidulous fruits and berries, rhubarb, etc., it effects a noticeable saving in sugar. A number of recipes are given in this folder. We suggest that you try them. We are sure you will be pleased with the results.
Note: These tests were made not only with Rumford, the all-phosphate Baking Powder, but also with powders having cream of tartar and alum bases. In many of the recipes, powders of the last named types did not give satisfactory results. Only an all-phosphate powder should be used with these recipes.

Puffy Omelet

- 4 eggs
- 1/2 teaspoon salt
- 2 level tablespoons butter
- 1/6 teaspoon paprika
- 1/6 teaspoon salt
- 2 level tablespoons cold water
- 1/6 teaspoon Rumford Baking Powder

Separate the whites from the yolks, add the Rumford Baking Powder to the whites and beat till stiff. Beat the yolks till thick. Blend the two, add the salt, paprika and water, then turn into an omelet pan in which the butter has been melted. Cook until the bottom and edges begin to set, then place in a moderate oven to finish cooking. Fold together, turn onto a hot platter. This omelet made with Rumford is unusually light and fluffy, with a decided increase in volume.

Peas

One level teaspoon of Rumford Baking Powder added to each quart of water in which peas are cooking keeps them a good color and flavor, and makes them tender.

Fish Cakes

One level teaspoon Rumford Baking Powder added to and thoroughly blended with the amount of mixture for 6 fish cakes makes them sweeter, lighter and creamier. It very noticeably improves the texture also.

Scrambled Eggs

For every portion of six eggs, use one level teaspoon of Rumford Baking Powder. Add the Rumford to the mixture just before cooking. When cooked the eggs will be lighter, more delicate and more tasty.
Mashed Potato

Prepare potatoes as usual. While mashing them, and before adding any milk or butter, add one level teaspoon of Rumford Baking Powder to every quart (2 pounds) of potato. They will be whiter and tastier, and of a delicate smooth texture.

Use also in making Potato Cakes. They will be creamier, and with more flavor.

Cranberry Sauce

Prepare as usual in proportion of one quart of cranberries to 2 cups water. Cook till berries are tender. If preferred clear, rub through sieve to take out seeds and skins. Return to the fire adding to every quart of fruit 1 cup of sugar (instead of the usual 2 cups) and 1 level teaspoon of Rumford Baking Powder. Cook only till the sugar is dissolved. Chill before serving. This cranberry sauce will be sweet and fresh-flavored, with fine, clear color.

Note the great saving in sugar. Also consider the advantages in preparing fruit sauces with a minimum of sugar for invalids and children.

Try Rumford Baking Powder in some of these recipes—or all of them. You will be more than pleased with the results.
**Tomato Bisque**

- 6 fresh tomatoes
- or 1 can tomatoes
- 1 small onion
- 1 bay leaf
- 2 cloves
- 1 sprig of parsley
- 2 level tablespoons butter
- 1 level tablespoons flour
- 1 level teaspoon Rumford Baking Powder
- 1 level teaspoon salt
- 1/4 level teaspoon pepper
- 1 level teaspoon sugar
- 2 cups milk
- 1 1/2 cups water if fresh tomatoes are used

Peel tomatoes, cut in slices, simmer with chopped onion, bay leaf, cloves, parsley and water for 10-12 minutes. Strain. Make a cream sauce by melting butter, adding flour, salt, pepper, Rumford Baking Powder and sugar: gradually add milk, stirring constantly so there are no lumps. Combine. Serve at once.

**Chocolate Fudge**

- 2 cups sugar
- 1/4 cup milk
- 2 level tablespoons butter
- 1 square chocolate
- 2 level teaspoons Rumford Baking Powder

Cook all (except the Rumford) together, till a little dropped in cold water forms a soft ball. Remove from fire and allow to cool slightly. Then add the Rumford and beat well till almost cold. Pour into buttered pans. When it begins to set, cut into squares.

**Summer Squash**

Summer squash may be cooked without peeling if very young, but if the skin is at all likely to be tough it should be removed. Drain the squash thoroughly after cooking and add a level teaspoon of Rumford Baking Powder to every pound of squash. When well mashed and mixed, the squash will be lighter in color and with an improved flavor.

**Beef Stew**

One level teaspoon Rumford Baking Powder added to 1/2 cup flour for 2 1/2 pounds of beef makes a tender, juicy stew. The stew will tend to cook quicker and the vegetables in it will be tender.
Lemon Pie Filling

2 egg yolks  1 cup boiling water
1/3 cup sugar  Grated rind of one and
3 level tablespoons flour  juice of two lemons
1 level tablespoon butter  Pinch of salt
1/2 level teaspoon Rumford Baking Powder

Beat the yolks of the eggs, add the sugar, salt and flour, then the Rumford Baking Powder, and pour the boiling water over them, stirring constantly. Add the lemon juice and rind, and the butter, and cook in double boiler until thick. Turn into previously baked crust, and finish with meringue or as desired.

This lemon pie filling is superior in every way in consistency and flavor.

NOTE that only 1/3 cup of sugar is used with rind of one and juice of two lemons. This is a real economy in the most expensive ingredient, sugar.

Chocolate Frosting

2 squares chocolate  1 cup confectioner’s sugar
1/4 cup boiling water  1/2 teaspoon vanilla
1 level teaspoon butter  1/4 to 1/2 level teaspoon Rumford Baking Powder

Melt the chocolate in a double boiler; add the butter and water and stir thoroughly together. Add the Rumford and cook the mixture. Add the vanilla and enough of the sugar to make a consistency that spreads easily. This frosting is very creamy, easy to spread, but sets faster and firmer than ordinary recipes. Also it keeps better.