SUN-MAID RAISINS
THEIR FOOD VALUE AND
92 SELECTED RECIPES

SEEDED
SEEDS REMOVED

SEEDLESS
GROWN WITHOUT SEEDS

CLUSTERS
ON THE STEM

CALIFORNIA ASSOCIATED RAISIN CO.
FRESNO, CALIFORNIA.
CALIFORNIA ASSOCIATED RAISIN CO.,
Fresno, California

Raisins are served on the Battle Creek Sanitarium table every day. A pound of raisins has twice the food value and equal amount of iron and seven times as much food lime as a pound of choicest lean steak. The sugar of raisins is much more wholesome than cane sugar, requiring no digestion and being absorbed in one-fourth the time required for ordinary sugar. If the American people would eat more raisins and less meat the results would be better digestion, less rheumatism, less Bright’s disease, less heart disease, greater efficiency and longer life. (Signed) J. H. KELLOGG.

Have you read “The Science of Eating,” by Alfred W. McCann?

“The skin of anemic women is white. The flesh of anemic women is flabby. The muscles of anemic women lack tone. When iron is withdrawn from their blood the roses vanish from their cheeks. Cosmetics applied from the outside deceive neither God nor man.

“Iron deficiency as a disease baffles the medical profession. There are no whoops of joy, no outbursts of buoyant energy, no cries of bounding gladness, no hops, skips or jumps, no fountains of eternal youth, vigor, life or health in the bottle of ‘beef, iron and wine,’ or the jar of rouge.

“Tired and listless folk, with energising iron clamoring for recognition, fail to see it at their doors. * * *

“The raisin, heavy with iron in its most assimilable form, begs mankind to let it do for the weak and the weary the things it was created for. * * *

“Because it contains an abundance of iron the raisin might well be chewed as gum or tobacco is chewed. It might well become a part of all our breadstuffs\(^1\), cakes\(^2\) and muffins\(^3\). It might well go with us into the hospital and the nursery.

“Soaked in water overnight and simmered gently for a few minutes in the morning, the raisin makes an ideal and easily digestible breakfast fruit\(^4\).

“Like whole cereals it contains the mineral salts essential to life. Not only does it provide iron in abundance, but it yields in large measure lime, magnesium, potassium and phosphorus.

“The raisin is a gift of God. Every athlete, every mother, every child, should cultivate the raisin habit.

“If we could increase the consumption of raisins a hundred fold, much of the anema due to our denatured foods would disappear.” * * *

(Excerpt from “The Science of Eating,” Alfred W. McCann)

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HOME-MADE PRIZE RAISIN BREAD

Make a sponge of 1 cake of compressed yeast with one tablespoon sugar dissolved in ½ cup lukewarm water. To 1 cup of scalded milk add 1 cup of hot water and when lukewarm add the yeast and 2 cups white flour and beat for five minutes. Let rise until very light. Then add 3 tablespoons each of sugar and crisco creamed together, 1 teaspoon salt and 1½ cups SUN-MAID Seeded Raisins cut in halves. Stir in flour until stiff, then knead until dough is smooth and elastic, using 6 to 8 cups of flour. Cover to let rise and when light, double in bulk, mould into loaves and when again light bake about one hour.

SUN-MAID RAISIN BREAD

3 cups flour
1 teaspoon salt
3 scant teaspoons baking powder
1½ tablespoons of sugar
½ package SUN-MAID Seeded Raisins
1½ cups milk

If it is desired to make the bread a little richer, 2 tablespoons of butter and 1 beaten egg may be worked in. Bake 50 minutes. Will make 1 loaf of bread. Cannot fail.

RAISIN AND NUT BREAD

½ cupful halved SUN-MAID Raisins
½ cupful coarsely chopped walnuts
1 teaspoonful salt
2 cupfuls milk

⅔ cupful flour
⅔ cupful sugar
2 eggs
4 teaspoonfuls baking powder

Mix together the dry ingredients and sift four times. Add the nuts and raisins, mixing them well with the flour; then beat the eggs, combine them with the milk, and pour into the flour mixture. Put in a large, well-oiled bread tin, let stand twenty minutes and bake for fifty minutes in a moderate oven at 375 degrees F.
RAISIN BROWN BREAD

Three cupfuls of yellow corn meal, one and one-half cupfuls of graham flour, one and one-half cupfuls white flour, one cupful New Orleans molasses, one heaping teaspoonful of soda dissolved in one-half cupful of hot water, one teaspoonful salt, enough sour milk to make a soft batter. Mix flour and salt, then molasses with soda. Stir until foamy, then add milk and one and one-half cupfuls of SUN-MAID Seeded Raisins. Fill mould half full and steam three hours.

RAISIN GRAHAM BREAD

1½ cups SUN-MAID Seeded Raisins
1 egg
½ cup molasses
1 cup sour milk
Salt to taste

RAISIN BRAN BREAD

1 quart white flour
1½ tablespoons sugar
4 teaspoons baking powder
1 pint milk or water
2 cups SUN-MAID Seeded Raisins
Mix white flour, toasted bran flakes, sugar, salt and baking powder with the shortening; then add the milk or water. Just before putting into pans separate and add the raisins dredged with flour. Put the bread in a hot oven and bake about an hour and a quarter. This bread is particularly good for afternoon tea sandwiches. This recipe will make two small loaves. Time in preparation, 20 minutes.

RAISIN GINGER BREAD

1 cup SUN-MAID Seeded Raisins
1 cup brown sugar
½ cup shortening
3 cups flour
1 teaspoon ginger (or 1 teaspoon baking soda to taste)

Put sugar, molasses and shortening into bowl, mix well, add water and baking soda which has been dissolved in a little hot water; add ginger and cinnamon. Sift flour, add and beat well; last, add the well washed and dried raisins. Bake in Turk's head or brick pan, which has been lined with paper, in moderate oven 40 minutes.
BREAKFAST DISHES

RAISINS WITH OATMEAL

1 cup SUN-MAID Seeded Raisins
1 cup oatmeal (or whole wheat)  
3 cups boiling water

Put water on in top of double boiler, add the oatmeal slowly, boil rapidly until it thickens, add salt; put in bottom of boiler on back of stove over night. In the morning add the well washed raisins.

STEWED RAISINS

Soak raisins over night, pour water off and place in stewpan, putting in not quite enough water to cover and cook slowly for about an hour, then sugar to taste and add a bit of vanilla. Seeded raisins do not require much or any sugar.

BAKED RICE AND RAISINS

Wash one cup of rice well. Add one cup of SUN-MAID Seeded Raisins, one quart of milk and one-half teaspoon of salt. Bake in a moderate oven until the rice is tender and the milk is absorbed. Serve hot with cream and sugar.

RAISIN AND RICE MOLD

1 cup SUN-MAID Seeded Raisins
1 cup rice  
½ cup sugar  
½ teaspoons salt  
1 teaspoon butter

Put rice in three quarts boiling water and boil hard for ten minutes. Drain, mix with raisins which have been washed and separated, and put in top of double boiler with ½ cup water and 1 teaspoon salt. Steam 40 minutes. Mould in single large mould or cups, turn out on individual dishes and serve with whipped cream.
VICTORY BUNS

½ pint water, ½ ounce yeast, 7 oz. wheat flour, 3 oz. white rye flour, 1 oz. rice flour, pinch of salt, 5 oz. SUN-MAID Seeded Raisins, tablespoon vegetable oil, pinch of cinnamon. Mix. Let dough rise for five hours, shape into 24 buns and bake in flat pans in slow oven. Sugar is not required, as raisins provide plenty of sweetening.

COFFEE CAKE

1 tablespoon butter 1 full cup sugar
2 eggs, whites added last ½ cups milk
3 cups flour, measure before sifting
3 teaspoons baking powder
1 scant teaspoon nutmeg and cinnamon, added to flour before sifting
¼ pound SUN-MAID Seeded Raisins (cut)

FOR TOP

4 tablespoons sugar
¼ teaspoon cinnamon and nutmeg
Mix together and sprinkle over top; then place small bits of butter on top of this. Bake 40 minutes in slow oven.

SUN-MAID COFFEE CAKE

Sponge:
1 cup milk, scalded and cooled 1 pinch salt
2 teaspoons sugar 2 cups flour
½ cake yeast dissolved in ¼ cup lukewarm water

Dough:
¼ cup butter ½ cup sugar
2 eggs ½ teaspoon salt
½ cup milk
3 to 4 cups flour to make soft dough
1 cup SUN-MAID Seeded Raisins

Make a sponge of the sponge materials and let mixtures stand over night. Then add the dough materials to the sponge and make a soft dough; flour raisins lightly and mix. Let rise till light. Then place in shallow pans. Wash top with melted butter, sprinkle with granulated sugar and cinnamon. Let rise till light. Bake about twenty-five minutes in moderate oven.
RAISIN BRAN BISCUITS
2 cups toasted bran flakes
1 cup white flour (or 1 cup graham flour)
1 cup New Orleans molasses
1/4 cups sweet milk
1 teaspoon saleratus and salt
1/2 cup SUN-MAID Seeded Raisins

Separate and flour the raisins; add just before the mixing is completed.

RAISIN TURNOVERS
1 cup SUN-MAID Seeded Raisins
2 cups flour
1 teaspoon salt
1 tablespoon butter
3/4 cup milk
2 teaspoons baking powder
2 tablespoons shortening
1/2 cup granulated sugar

Sift flour, salt and baking powder into bowl; add shortening and rub in very lightly with tips of fingers; add milk enough so it can be rolled out 1/2 inch thick, cut in 4-inch squares; brush with melted butter and put 2 tablespoons of Raisins in each turnover in a three-cornered shape. Brush top with milk and sprinkle with sugar. Bake in moderate oven 30 minutes or until nice and brown.

RAISIN OATMEAL BISCUITS
Butter the size of small egg, 1/2 cup sugar, 1 egg, 1 cup rolled oats, 2 tablespoons flour, 2 handfuls of SUN-MAID Seeded Raisins; scant teaspoonful of baking powder. Any kind of flavoring. Mix butter and sugar, add egg without beating, then add dry ingredients, drop on a greased tin and bake in a moderate oven.

RAISIN ROLY POLY
1 cup SUN-MAID Seeded Raisins
1 cup flour
1 teaspoon salt
1 teaspoon butter
2 tablespoons sugar
1 teaspoon baking powder
2 tablespoons shortening
1/2 cup milk

Sift flour, baking powder and salt into bowl, add shortening and rub in very lightly with tips of fingers; add milk enough to make dough to roll out 1/4-inch thick. Cover with raisins, which have been stewed, thickened and sweetened with one tablespoon sugar; roll the same as jelly roll; place in bake pan which has been brushed with a little butter; sprinkle top with one tablespoon sugar and dot with the balance of butter. Bake in moderate oven 35 to 40 minutes. Serve warm with lemon sauce or milk.
RAISIN BISCUITS

1 cup SUN-MAID Chopped Raisins
2 cups flour
$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup milk
2 teaspoons baking powder
2 tablespoons shortening

Sift flour, salt and baking powder into bowl, add the shortening and rub in very lightly; add enough cold milk to hold together; add the raisins and mix. Place dough on floured board, roll or pat with hands until 1 inch thick, then cut with biscuit cutter and brush tops with cold milk. Bake in hot oven 20 to 25 minutes.

RAISIN MUFFINS

To two well beaten eggs add two tablespoons of sugar, two tablespoons of butter, melted, one cup each of white flour and whole wheat flour sifted with two rounding teaspoons of baking powder and one-half teaspoon of salt and one cup of milk. Beat well and stir in one cup of SUN-MAID Seeded Raisins floured. Bake in greased gem pans in a hot oven twenty-five minutes.

FRUIT AND NUT ROLLS

2 cups flour
2 tablespoons lard
2 tablespoons butter
4 teaspoons baking powder
$2\frac{1}{2}$ tablespoons brown sugar
2 tablespoons chopped SUN-MAID Raisins
2 tablespoons chopped citron or orange peel
chopped nuts

Mix the flour, baking powder, lard and milk as for baking powder biscuits. It should be a rather stiff dough. Roll it out till one-quarter of an inch thick, spread it with the butter, softened; then with chopped fruit, and the sugar, chopped nuts and cinnamon, mixed together. Roll like a jelly roll, cut off pieces a scant inch thick, turn them over so that the cut surface will be uppermost and lay each in a well greased gempan. Let rise for 15 minutes, brush the top with milk and bake in a hot oven for about 15 minutes. This makes 12.

RAISIN RUSKS

2 cups warm milk
$\frac{1}{2}$ cup sugar
1 teaspoon salt
1 cup SUN-MAID Seeded Raisins

Cinnamon

Dissolve the yeast in the warm milk, then add sufficient flour to make a batter. Let this rise
until light. Beat sugar and butter to a cream and add the eggs, well beaten. Now add this to the batter with the salt, raisins and sufficient flour to make a soft dough. Mould the dough with your hands into balls about the size of a large egg. Set these close together in a buttered pan and let rise until fully twice their bulk. Brush with the beaten white of an egg, sprinkle with sugar and cinnamon and bake thirty minutes.

CAKE, FILLINGS

FRUIT CAKE

1 cup butter  2 cups sugar
6 eggs  \( \frac{1}{2} \) cup milk
\( \frac{1}{2} \) cups SUN-MAID Seeded Raisins
\( \frac{1}{2} \) cup currants  \( \frac{1}{2} \) cup seedless raisins
\( \frac{1}{2} \) cup canned cherries  \( \frac{1}{2} \) cup thinly sliced citron
\( \frac{1}{2} \) cup thinly cut orange or lemon peel
\( \frac{1}{2} \) cup blanched almonds, sliced thin
\( \frac{1}{2} \) cup thinly sliced figs
\( \frac{1}{2} \) teaspoon grated nutmeg
1 teaspoon ground cinnamon  3\( \frac{1}{2} \) cups flour
2 rounded teaspoons baking powder

Cream butter and sugar until light; add the well-beaten yolks of eggs and milk slowly, beat until light; then add the fruit, over which you sprinkle one-half cup of the flour; mix well. Sift the 3 cups of flour with the baking powder; add half; then add half of the stiffly beaten whites of eggs, the rest of the flour and the rest of eggs; mix well. Line pan or pans with three thicknesses of paper, place in moderate oven, bake 1\( \frac{3}{4} \) to 2 hours. As soon as it is cool wrap in waxpaper, then in cloth.

RAISIN CAKE

\( \frac{1}{4} \) cup butter or lard  1 cup sugar
\( \frac{1}{2} \) cup milk  2 eggs
\( \frac{1}{2} \) teaspoon vanilla  1\( \frac{3}{4} \) cups flour
2\( \frac{1}{2} \) teaspoons baking powder
\( \frac{1}{2} \) package chopped SUN-MAID Seeded Raisins

Cream butter and add sugar, gradually, add beaten eggs and milk. Add the flour, sifted with baking powder, vanilla and raisins. Bake in layer tins about 20 to 30 minutes. Or this may be baked in deep tins as poundcake.
RAISIN SPICE CAKE

1 scant cup butter  
1 cup sour milk  
3 eggs  
1 teaspoon ginger  
2 teaspoons nutmeg  
2 cups SUN-MAID Seeded Raisins

Beat the butter and sugar together to a cream, then put in the nutmeg, cinnamon, cloves and ginger. Beat the yolks of the eggs separately and the sour milk with the soda and add both to the creamed butter and sugar; then add the flour, put in the raisins, and, last, the stiffly beaten whites of the eggs.

CANADA'S WAR CAKE

2 cupfuls brown sugar  
2 cupfuls hot water  
2 tablespoons lard  
1 package SUN-MAID Seeded Raisins  
1 teaspoon cinnamon  
2 teaspoon cloves or ginger

Boil all these ingredients together for 5 minutes after they begin to bubble. When cold add:

3 cups flour  
1 teaspoon baking soda dissolved in 1 teaspoon hot water

Bake in 2 loaves for 45 minutes in a slow oven. This cake is better at the end of a week or even longer. It "ripen" as does all fruit cake.

RAISIN WHITE CAKE

½ cup crisco and ½ cup sugar, creamed with 2 cups flour,  
3 eggs, whites  
1 cup sweet milk  
Flavor with vanilla

DELICIOUS BRAN CAKE

½ cup brown sugar  
½ cup molasses  
½ cup butter  
3 egg yolks  
½ cup sour milk  
½ cup toasted bran flakes  
1½ cups flour  
½ teaspoon baking powder  
1 cup SUN-MAID Seeded Raisins  
1 teaspoon each cinnamon and nutmeg  
½ cup SUN-MAID Seeded Raisins

Cream the butter and sugar, add molasses and egg yolks and beat thoroughly. Blend flour, toasted bran flakes and spices. Dissolve soda in one tablespoon boiling water, add to sour milk and immediately combine with the first and second mixtures. Bake in two layers in quick oven; or it may be used as a loaf cake.
RAISIN SHORTCAKE

1 cup SUN-MAID Seeded Raisins

½ teaspoon salt 1 tablespoon lemon juice
1 tablespoon cornstarch 1 tablespoon sugar
1½ cups water

Wash the raisins, put in saucepan with cold water, bring slowly to boil, add salt, sugar and cornstarch, which has been mixed with a little cold water; boil 3 minutes; add lemon juice. Split shortcake, fill with raisins, put on top crust, dust with sugar. The cake must be warm and the raisins cold when served.

How to Make the Cake:

1 teaspoon salt 1½ cups whole wheat flour

½ cup milk 1 tablespoon shortening

1½ teaspoons baking powder

Sift flour, baking powder and salt into bowl; add shortening, rub in lightly with tips of fingers, add milk enough to make a soft dough; put on floured pie tin, smooth top and brush with milk; bake in moderate oven 20 to 25 minutes. One should always bear in mind there is a difference in flour, some need more moisture than others. This makes 6 orders.

APPLE SAUCE CAKE

1 cup of sugar ½ cup of butter

1½ cups apple sauce

2 teaspoons soda, almost level, dissolved in sauce 1 cup SUN-MAID Seeded Raisins

1 teaspoon cinnamon ¼ teaspoon cloves

¼ teaspoon nutmeg 2 cups flour.

Bake in a slow oven

RAISIN ICING

Boil 1 cup of sugar with one-half cup of water until it spins a thread; remove from fire; pour into soup plate and beat until it begins to thicken; add a pinch of carbonate of soda. Before it hardens spread on top of cake; decorate with raisins. This makes a thin icing.

RAISIN CREAM FILLING

Beat ¾ cup heavy cream until stiff. Soak and dissolve 1 teaspoon gelatine in 4 tablespoons milk. When cool, before it thickens, add 2 or 3 tablespoons of whipped cream gradually, beating constantly, ½ cup confectioners’ sugar and beat well into the whipped cream. Add then 2½ cup SUN-MAID Seeded Raisins, shredded fine (cut with scissors crosswise of raisins) and 2 tablespoons finely chopped nuts.
LEMON RAISIN FILLING

1 cup SUN-MAID Seeded Raisins
1/2 cup water  1 tablespoon lemon juice
1/2 teaspoon grated lemon rind
2 tablespoons sugar  1 tablespoon flour

Wash and dry the raisins, put through meat chopper, add water, lemon juice and rind, salt and sugar; mix well; put in top of double boiler and steam 30 minutes. Mix the flour with a little cold water until smooth, add and boil 3 minutes. When cold put between the layers of cake.

COOKED RAISIN FILLING

Cook 1 cup chopped SUN-MAID Seeded Raisins in 1 1/2 cups water with 2 teaspoons lemon juice and little grated lemon rind, until raisins are tender and water nearly absorbed. Add 1 cup strained apple pulp or 1/4 cup apricot pulp and 1/2 cup sugar which has been mixed with 1 tablespoon cornstarch. Cook thoroughly until smooth and clear. Cool and spread between layers of cake.

ANOTHER RAISIN FILLING

Whip 1 1/2 cups heavy cream until stiff. Add 1/2 teaspoon vanilla, 2 tablespoons powdered sugar, 1 1/2 packages SUN-MAID Seeded Raisins (finely chopped).

CANDIES

RAISIN FUDGE

3 cups granulated sugar  1 cup milk
2 squares granulated chocolate

Boil until it makes a soft ball in water. Add butter size of a walnut, pinch of salt, vanilla flavoring. Remove from stove and set in pan of cold water without disturbing. Let stand until cool, add a cup of SUN-MAID Raisins, chopped, and beat until creamy; pour out in buttered pans.

RAISIN CREAMS

Chop SUN-MAID Seeded Raisins very fine and work into them a scant third of their weight in granulated sugar, using a few drops of strained honey to hold together. Mould into any desired shape and dip into melted unsweetened chocolate. Lay well apart on waxed paper until quite cold and firm.
GLACED RAISINS

Cook 1 pound of sugar until it melts. An iron frying pan is best for this. Stir constantly while melting, being careful not to allow it to burn. Split SUN-MAID Seeded Raisins, put a small piece of nut in the center of each. Dip raisins one by one on a fork into this and put to drain on waxed paper. This is a very wholesome candy for children and very delicious. Keep the sugar over hot water while dipping. The sugar may be seasoned with oil of cinnamon, cloves or peppermint if desired.

RAISIN DELIGHTS

Half pound SUN-MAID Seeded Raisins
Half pound figs
Half pound shelled nuts
One-fourth cup pulverized sugar (if desired)

Put fruit and nuts through food chopper, and if not of smooth consistency put through a second time. Shape the mixture into a cylindrical roll about two inches in diameter, wrap in wax paper until ready for use. If the mixture is quite dry it may be moistened slightly with orange juice.

STUFFED RAISINS

Use SUN-MAID Seeded Raisins. Rinse in hot water and roll in a towel to plump them. Blanch almonds and salt part of them for variety. Make a cut the length of the raisin, insert an almond, draw the skin tightly and leave portion of almond exposed. Roll in pulverized sugar.

COOKIES

SUN-MAID RAISIN COOKIE

2 cups SUN-MAID Seeded Raisins
½ cup shortening
¼ cup milk
2 eggs
4 cups flour or enough powder
1 cup sugar
1 level teaspoon salt
4 teaspoons baking flour to roll thin

Cream the shortening and sugar together until light, add salt, well beaten eggs, stir until smooth, add milk slowly. Wash and dry the raisins, put through food chopper; add to mixture, sift 2 cups of flour and baking powder together and add to
mixture; add the rest of the flour; more may be needed to roll out. Roll about \(\frac{3}{8}\) of an inch thick and cut with sharp cutter, or cut in bars with sharp knife (a sharp cutter is best). Bake 8 to 10 minutes in hot oven. These are exceptionally good cookies and will keep a long time under lock and key. The chopped raisins make a moist, soft cookie.

**FRUIT COOKIES**

Cream one-half cup of sugar with one-fourth cup of butter. Add one beaten egg and cream again. Then add one-fourth cup of sweet milk, one-half teaspoon vanilla extract and one cup of flour sifted with one and one-half teaspoons of baking powder and a pinch of salt. Add more flour to make a soft dough and roll out thin. Cut into rounds, spread a layer of chopped SUN-MAID Seeded Raisins between two cookies and press each filled cookie lightly with the rolling pin. Bake in buttered pans in a hot oven until lightly browned.

**NEW RAISIN COOKIE WITHOUT EGG**

- 2 cups SUN-MAID Seeded Raisins
- 1 cup brown sugar
- \(\frac{1}{2}\) cup shortening
- 1 cup baking molasses
- 1 teaspoon salt
- 1 teaspoon baking soda
- 5 cups flour
- \(\frac{1}{2}\) cup boiling water or sour milk

Put sugar, shortening, molasses into bowl, rub until smooth; add salt, baking soda which has been dissolved in water. The raisins which have been washed, dried and put through food chopper, sift flour and work into a dough so it can be rolled out \(\frac{3}{4}\) of an inch thick. More flour may be added if needed. Cut with floured cookie cutter and bake in hot oven 8 to 10 minutes. Ginger or cinnamon may be added if desired.

**RAISIN CHOCOLATE COOKIES**

- 2 eggs
- \(\frac{1}{2}\) cup flour
- \(\frac{1}{2}\) teaspoon allspice
- 4 tablespoons chocolate
- 1 teaspoon baking powder sifted with flour
- 1 cup SUN-MAID Seeded Raisins mixed together with walnuts, citron and candied orange peel.

Drop teaspoonful into pan and bake in moderate oven about ten or fifteen minutes.

**OATMEAL COOKIES**

Cream three-fourths of a cup of butter and one cup sugar, then add two eggs, sift three-fourths of
SUN-MAID RAISINS

THREE VARIETIES

GROWN WITHOUT SEEDS

SEEDS REMOVED

CALIFORNIA
SUN-MAID
SEEDLESS
RAISINS

CALIFORNIA
SUN-MAID
SEEDED MUSCAT
RAISINS

CALIFORNIA
SUN-MAID
MUSCAT
RAISINS

FANCY CLUSTER

ASSOCIATED RAISIN
COMPANY

OFFICE: FRESNO, CAL.

ON THE STEM

15 OZ. NET WEIGHT

SUN-MAID RAISINS

MARK REG.
a teaspoon of soda into two cups flour, half teaspoon salt, one teaspoon cinnamon, or a little grated nutmeg, then add two cups of rolled oats and one cup chopped SUN-MAID Raisins; they will seem very stiff, but must be so; drop from a teaspoon into pans and bake.

**RAISIN BRAN COOKIES**

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<tr>
<td>2 cups sugar</td>
<td>1/2 cup lard</td>
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<tr>
<td>1/2 cup butter</td>
<td>2 1/2 cups bran</td>
</tr>
<tr>
<td>3 tablespoons sweet milk</td>
<td>2 eggs</td>
</tr>
<tr>
<td>1 teaspoon soda</td>
<td>2 teaspoons cream tartar</td>
</tr>
<tr>
<td>1/4 teaspoon ginger</td>
<td>1 teaspoon vanilla</td>
</tr>
<tr>
<td>1/4 teaspoon nutmeg</td>
<td>1/4 teaspoon lemon</td>
</tr>
<tr>
<td>2 cups chopped raisins</td>
<td>Pinch of salt</td>
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Cream eggs, sugar, lard and butter. Add soda and cream tartar dissolved in milk. Last of all bran and enough white flour to make a good, stiff cookie dough. Roll and cut out same as for other cookies.

**DESSERTS**

**RAISIN AND RICE**

<table>
<thead>
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<th>Quantity</th>
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<tbody>
<tr>
<td>1 cup SUN-MAID Seeded Raisins</td>
<td>1 1/2 teaspoons salt</td>
</tr>
<tr>
<td>1 cup rice</td>
<td>1/2 cup sugar</td>
</tr>
<tr>
<td>2 teaspoons cornstarch</td>
<td>1 teaspoon butter</td>
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Wash the raisins, put in saucepan with 1 cup cold water, bring to a boil, add 1/2 teaspoon salt, and cornstarch which has been mixed with cold water; boil 3 minutes, add half the sugar, set aside to get cold. Wash the rice through several waters, put on to boil with 3 quarts of boiling water 10 minutes; drain, put in top of double boiler with 1/2 cup of water and 1 teaspoon salt; let it steam 40 minutes. Brush Turk's head or mould with a little butter, put rice in, press down with back of spoon, set aside to get cold. When ready to use, turn out on chop plate or shallow glass bowl, put raisins in center and around, then sprinkle the rest of sugar over rice. It can be garnished with cherries and whipped cream. This makes a very attractive and wholesome dish.
ESCALLOPED RAISINS WITH APPLES

1 cup SUN-MAID Seeded Raisins
1⁄4 cup brown sugar
1⁄4 teaspoon salt
1⁄4 cup water
1 teaspoon butter

Brush bake dish or casserole with butter, put in half the raisins, cover with half the apples, dust with salt. Add the balance of raisins, then apples; sprinkle with a little salt; cover with sugar, the water and the crumbs over top and cover. Place in moderate oven on top rack and bake one-half hour; then remove cover and bake 15 minutes or until brown. This is best served cold. Can be helped from dish in which it has been or serve in ice cream glasses with whipped cream.

RAISIN DESSERT

To one cup of chopped SUN-MAID Seeded Raisins add one tablespoon of sugar, one teaspoon of flour mixed to a smooth paste with a little cold water, one teaspoon of grated lemon rind and one-half cup of water. Cook until thick, and cool before using. Cut plain cake into oblongs, and spread the raisin filling between two pieces of cake. Serve with sweetened and flavored whipped cream heaped on top or with lemon flavored custard sauce.

RAISIN CREAM

1⁄4 cup SUN-MAID Seeded Raisins
1 scant cup cream
1⁄2 cup sugar
3 tablespoons grapenuts

Add sugar and egg to grapenuts and beat well. Add cream, butter and raisins and heat to scalding point; pour into sherbet cups, chill and serve with or without whipped cream. May be served in tart shells if preferred.

RAISIN PUFFS

1 cup SUN-MAID Seeded Raisins
2 cups stale breadcrumbs
1 cup boiling milk
1⁄4 cup sugar
2 eggs
1⁄2 teaspoon salt
1 teaspoon butter

Pour the boiling milk over breadcrumbs, when cold add sugar, salt and well beaten eggs. Wash, dry and chop the raisins, add and mix well. Brush 4 custard cups with melted butter, put in mixture; bake 30 minutes in moderate oven. Turn out in sauce dish, serve with lemon sauce or fruit syrup.
APRICOT RAISIN SOUFFLE

Soak 2 cups dried Apricots in 1½ cups cold water until fruit is softened. Cook few minutes, drain off juice (should be ¾ cup) and press pulp through a sieve. Mix together ½ cup each ground SUN-MAID Seeded Raisins and apricot pulp and cook few minutes. In a three-pint saucepan melt 3 tablespoons butter, add 2 tablespoons each flour and cornstarch, 1-16 teaspoon salt, blend and add gradually, stirring constantly, the ¾ cup apricot juice; cook until clear and smooth and take from fire. Beat into it ½ cup sugar, cool a little, and add yolks of 3 eggs, beaten until very light. Fold in last the stiffly beaten whites 3 eggs. Bake in buttered and floured pudding dish (standing in pan boiling water) until mixture is firm in center. Serve with the following sauce:

Apricot Sauce

Stir 2 tablespoons sugar into ¾ cup apricot pulp. Then fold in 2½ cups whipped cream, beaten very firm. Serve very cold. This is a very delicious sauce for other puddings.

RAISIN DUMPLINGS WITH WHIPPED CREAM

1 cup SUN-MAID Seeded Raisins
1 cup rice 1 teaspoon salt

Wash the rice through several waters, put on to boil with 4 quarts of water, boil 20 minutes in uncovered boiler, add salt while boiling, drain (do not blanch). Have 4 pieces of cheesecloth. Place one piece on saucer, cover with ¼ the rice; in center put 1 tablespoon steamed raisins, bring the rice up and around the raisins, shape round in the cheesecloth, tie close to rice. Have saucepan with 4 quarts water boiling hard, put in dumplings and boil 20 minutes. Remove cheesecloth and serve with a teaspoon currant jelly on top and whipped cream around. These are very attractive and nutritious.

FRUIT MARSHMALLOW CUPS

Steam 1 cup SUN-MAID Seeded Raisins until plump. Drain firm apricots from rich syrup, cut into narrow slices and add 1½ cups to raisins with 1 cup stoned dates cut into small pieces and 1 navel orange cut into cubes. Mix very daintily, add 1½ cups marshmallow cut into quarters and dispose in sherbet glasses. Serve with whipped cream. Garnish with chopped nuts.
RAISIN SOUFFLE

1 cup SUN-MAID Seeded Raisins
4 eggs  $\frac{1}{4}$ teaspoon salt
1 teaspoon butter 1 tablespoon sugar

Separate the eggs; beat the whites until dry. Wash and dry the raisins and cut in small pieces, put in saucepan with $\frac{1}{2}$ cup water and the sugar, boil until the water has evaporated; cool; fold in the whites of the eggs and add the salt. Brush earthen dish with butter, pour in mixture, place in moderate oven 15 minutes or until firm. Serve with custard sauce.

Custard Sauce

Put $1\frac{1}{2}$ cups milk in top of double boiler; beat the yolks of the 4 eggs with 1 tablespoon sugar, pinch of salt and $\frac{1}{4}$ teaspoon vanilla or lemon flavoring, add slowly to the boiling milk, boil 1 minute. Serve with the souffle.

FROZEN DAINTIES

FROZEN RAISIN CUSTARD

1 cup SUN-MAID Seeded Raisins
1 cup sugar  1 quart milk
$\frac{1}{2}$ teaspoon salt  3 eggs
2 tablespoons cornstarch  $\frac{1}{2}$ teaspoon vanilla

Put the milk in top of double boiler, mix cornstarch with a little cold milk; add salt, sugar and well beaten eggs; strain into boiling water; boil 3 minutes. Remove from fire, when cold put in freezer, ice and churn 8 minutes. Add raisins which have been washed and chopped, not too fine; add vanilla; churn 3 minutes or until firm. Much depends on the kind of freezer used. Four parts of ice and 1 part salt for freezing.

RAISIN LACTO

Beat the yolks and whites of 2 eggs separately and add them to 3 cupfuls of sugar, mixed with 2 quarts of sour skimmed milk and $1\frac{1}{4}$ cupfuls of plumped and chopped SUN-MAID Raisins. When partly frozen add the juice of a lemon.
TUTTI FRUTTI ICE CREAM

Scald 1 quart milk in double boiler. Sift together 1 level tablespoon each of flour and cornstarch and \( \frac{1}{2} \) cup sugar. Dissolve with little hot milk and cook in the hot milk, stirring constantly, until mixture thickens. Cover and cook 10 minutes longer, stirring occasionally. Beat yolks of 2 eggs with 1 cup sugar and \( \frac{1}{2} \) teaspoon salt and add to mixture. Cook few minutes, remove from fire and beat into mixture the stiffly beaten whites of 2 eggs. Keep covered and cool quickly in pan cold water. When cold add 1 pint cream, beaten very stiff, 1 tablespoon each finely chopped Maraschino cherries, preserved ginger and quince preserves and \( \frac{3}{4} \) cup SUN-MAID Seeded Raisins, cut fine, 2 teaspoons vanilla and 1 teaspoon lemon. Beat all together well and freeze. Serve with strawberry or cranberry sundaes.

CHOCOLATE-RAISIN ICE CREAM

Soak until plump 1 cup SUN-MAID Seeded Raisins with 1 tablespoon lemon juice in 2 cups water. Then simmer slowly, while closely covered, until raisins are tender, and \( \frac{1}{2} \) cup water remaining. Dissolve 1 tablespoon cornstarch with few grains salt in 4 tablespoons cold water; add to the raisins, cook until clear, being careful not to crush raisins while stirring. Add \( \frac{3}{4} \) cup sugar, 1 level tablespoon cocoa, remove from fire, keep covered, and let it get cold. Whip \( \frac{1}{4} \) cups heavy cream until stiff. Then fold raisins with 1 teaspoon vanilla into the cream and freeze.

RAISIN AND CRANBERRY FRAPPE

Simmer \( \frac{3}{4} \) cup ground SUN-MAID Seeded Raisins (that have been soaked in 1 cup cold water for 2 hours) until reduced to pulp. Cook 3 cups cranberries in 1\( \frac{1}{4} \) cups water and press pulp through sieve. Soften 1 tablespoon gelatine in \( \frac{1}{2} \) cup cold water and dissolve by standing in hot water; combine ingredients, add 1\( \frac{1}{2} \) cups sugar, juice 1 lemon and beat well together. Turn into freezer, pack in ice and salt and let stand for two hours. Delicious to serve in sherbet glasses with roast turkey.

RAISIN PARFAIT

Mix \( \frac{1}{4} \) cup very thick sifted apricot pulp (from stewed dried apricots) into \( \frac{3}{4} \) cup ground SUN-MAID Seeded Raisins or one-third cup
chopped sliced pineapple with two-thirds cup ground SUN-MAID Raisins and let stand two or three hours. Cook ¾ cup sugar with ½ cup boiling water to a syrup that will spin a thread and pour gradually into the stiffly beaten whites of 2 eggs. Beat constantly until cold. Then add 2 teaspoons lemon juice, the fruit pulp and fold in the whipped cream from 1 cup of double cream. Turn into the mould. Bury in ice and salt for three or four hours.

RAISIN AND CRANBERRY MARMALADE

2 cups SUN-MAID Seeded Raisins
1 cup cooked and strained cranberries
1 cup granulated sugar
½ teaspoon salt
Wash and dry the raisins; put through meat chopper; put in saucepan with 2 cups of water and the salt; boil slowly 30 minutes; add the cranberries and sugar, simmer until thick, about 40 minutes. This makes a very good filling for shortcake or to use with bread when jams and jelly get low.

RAISIN CHERRY PRESERVES

Cook 2 cups SUN-MAID Seeded Raisins, cut in pieces, in 5 cups of water until raisins are tender and water reduced to 2 cups. Drain off water, add 1 cup juice from canned cherries, 2½ cups granulated sugar, and boil until like a syrup. Add the raisins and 2½ cups drained canned, pitted red cherries and cook until the fruit and juice are jellied. This may also be used for sundaes with ice cream.

RAISIN APPLE MARMALADE

2 cups SUN-MAID Seeded Raisins
1 cup brown sugar
1 cup water
2 cups strained apple sauce
1 teaspoon salt
1 tablespoon lemon juice
Wash and dry the raisins, put through meat chopper; put in saucepan with water and salt, boil slowly 30 minutes; add lemon juice and apple sauce, simmer 30 minutes or until thick. Put in jelly glasses.
APRICOT BAR LE DUC
Soak and cook dried apricots until pulp may be pressed through a sieve. Cut SUN MAID Seeded Raisins in halves and cook until tender. For proportions allow ¾ cup raisins to 2 cups pulp, 2 teaspoons lemon juice and 1 scant cup of sugar, and cook until like rich syrup. Turn into glasses and seal with paraffine like jelly.

RAISIN RHUBARB MARMALADE
1 quart finely cut rhubarb 2 cups sugar
½ cup SUN-MAID Seeded Raisins ¼ cup water
Wash and dry the rhubarb (do not skin), cut into very small pieces, put into porcelain-lined kettle, cover with the sugar, add the water, place over slow fire 5 minutes, stir until the sugar is dissolved; then boil rapidly 5 minutes; add the raisins which have been washed and cut fine, and boil slowly 40 minutes. Be sure to remove glasses or jars and fill while the marmalade is boiling hot. When cool, cover. Set away in cool, dark place for winter use. This amount makes 3½ glasses.

CRANBERRY BAR LE DUC
Cook 1 cup SUN-MAID Raisins in 1½ cups of water until tender. Cook 3 cups cranberries in 1½ cups water until soft and press pulp through a sieve. To the fruit add 3 tablespoons lemon juice and 1½ cups sugar. Boil until thick and clear.

MISCELLANEOUS
CARAMEL APPLES WITH RAISINS
½ cup SUN-MAID Seeded Raisins
6 tart apples 1 cup light brown sugar
2 tablespoons butter ½ cup water
Pare, core and halve the apples and arrange in a broad saucepan or aluminum frying pan. Cover over with the raisins, then sugar; add the butter, cut into bits, add water and stew gently until apples are tender and the butter and sugar have formed a rich caramel. May be served hot or cold, with or without cream, or as an accompaniment to plain boiled rice.
MARGUERITES

½ cup of sugar cooked with ¼ cup of water, until it spins a thread. Add 5 marshmallows cut in small pieces; pour slowly into the stiffly-beaten white of 1 egg, beating constantly; add 1 teaspoon lemon juice and ½ cup of chopped SUN-MAID Raisins. Spread on saltines and bake in a slow oven until delicately browned.

RAISIN SAUCE

2 cups SUN-MAID Seeded Raisins
½ cup sugar
½ teaspoon salt
1 tablespoon lemon juice
1 tablespoon flour
1 teaspoon grated lemon rind

Wash the raisins, put in with 2 cups of water, boil slowly 10 minutes, add salt, sugar and flour which has been mixed smooth with a little cold water; boil 3 minutes; add lemon juice and rind. This makes a good breakfast fruit.

RAISIN COCKTAIL

1 cup thick-strained and sweetened cranberries or 1 cup strained stewed rhubarb
1 cup cold water
½ cup orange juice
½ cup cut SUN-MAID Seeded Raisins

Cover raisins with orange juice and let stand 1 hour; add cranberries and water; mix well; serve ice cold in cocktail or ice cream glasses with a small slice of orange. All must be very cold.

GREEN PEPPER PICKLE

1 quart ripe tomatoes
3 red peppers
3 quarts green peppers
6 onions

Chop fine all these ingredients. Add ½ cup salt and let stand over night. In the morning drain well and add 3 pints vinegar, 1 ½ pounds sugar, 2 teaspoonfuls black pepper, 1 heaping teaspoon dry mustard and ½ pound SUN-MAID Seeded Raisins. Cook slowly 1 ½ hours. Place in a jar or glass can. This pickle will keep indefinitely.

PIE

RAISIN PIE

1 cup SUN-MAID Seeded Raisins
1 cup water
1 level teaspoon salt
1 tablespoon cornstarch
1 teaspoon sugar (may be omitted)
Wash the raisins, put in saucepan with cold water, bring slowly to a boil; add sugar, salt and cornstarch, which has been mixed with a little cold water; boil 3 minutes; pour in pie tin which has been lined with crust, while hot; cover; brush top with cold milk.

Pie Crust

\[
\begin{array}{l}
\text{1½ cups flour} \quad \text{1/2 teaspoon salt} \\
\text{2 tablespoons shortening}
\end{array}
\]

Sift flour and salt together; add shortening, rub in very lightly with tips of fingers; add a little very cold water, just enough to hold together. The less you handle the dough the better the crust will be, and if made as the recipe tells, it will be a very dry crust and not cause indigestion.

**LENTEN MINCE MEAT PIE**

One peck of green tomatoes, chop fine, measure, the juice throw away, add some cold water in place of juice, ½ cup of pure apple vinegar and cook 1 hour; add 3½ pounds of brown sugar, add another ½ cup of vinegar, 2 tablespoons of salt and cook another hour; 2 tablespoons cloves, spice and cinnamon, 2 pounds of SUN-MAID Seeded Raisins, 12 large apples, chopped fine, cook a little longer, seal in jars. When used for pies add butter the size of a walnut to each pie. Very fine.

**RAISIN CHOCOLATE PIE**

Mix 1 tablespoon of flour to a smooth paste with ¼ cup of milk, add 1 ounce of melted chocolate, 1 teaspoon of butter, 3 tablespoons each of chopped SUN-MAID Seeded Raisins and sugar, a pinch of salt and ¾ cup of milk. Cook until it thickens in a double boiler, then add 2 well-beaten eggs and 1/2 teaspoon vanilla extract. Pour into a baked crust and bake in a hot oven until firm.

**RAISIN CRANBERRY PIE**

\[
\begin{align*}
\text{1/2 cupful SUN-MAID Seeded Raisins} \\
\text{1 cupful cranberries} & \quad \text{3/4 cupful sugar} \\
\text{1/4 teaspoon cinnamon} & \quad \text{1/8 teaspoon nutmeg} \\
\text{1 teaspoon lemon rind} & \quad \text{2 tablespoons flour,} \\
& \text{pastry for 2 crusts}
\end{align*}
\]

Cut cranberries in halves or chop them slightly. Chop the raisins and add these. Fill the pie with the fruit and pour over a mixture of the sugar, lemon rind, spices and flour. Cover with a top crust, bind with a strip of muslin 1 inch wide dipped into water and laid around the edge of the pie. Bake in a slow oven about 45 minutes.
LEMON RAISIN PIE

1 1/2 cups SUN-MAID Seeded Raisins
3 eggs
1 small cup cream
1 lemon

Beat the yolks of the eggs, add the sugar, cream, the grated rind of the lemon and then the juice of the lemon; stir well while mixing in the lemon juice; beat the whites of the eggs until stiff and add; add the separated raisins and pour into pie crust.

Pie Crust

2 cups flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup cold water
1 cup shortening (half butter)

Sift the flour, baking powder and salt. Mix in the shortening very lightly with knives, leaving small lumps of shortening not mixed. Add just enough water to make the mixture stick together. If this crust is not handled any more than absolutely necessary it cannot fail.

SUN-MAID BREAD PUDDING

To a pint of breadcrumbs add a well-beaten egg, a cupful of milk, 1/2 cupful of molasses and 1 cupful of SUN-MAID Seeded Raisins cut in halves. Mix well together, then stir in 1/2 teaspoonful each of cinnamon, salt and soda. Turn into a buttered pudding boiler and cook 2 hours. Serve with the following sauce: Beat to a cream 1/2 cupful of butter and gradually beat into it a cupful of sugar. Add any preferred flavoring. When it is smooth and creamy pile it roughly on a pretty dish, place it where it will get cold, and before serving grate over it a little nutmeg.

RAISIN SURPRISE

1 1/2 cups SUN-MAID Raisins
4 cups cooked cornmeal mush
5 tablespoons sugar (beaten with egg)
1 beaten egg
1 orange

Add the mush to the egg and sugar. Then add the grated rind and juice of the orange, enough water with orange juice to make 1 cup. Fold the raisins in last. Pour in mould, to be eaten with whipped cream.
CRANBERRY PUDDING

1 cup SUN-MAID Seeded Raisins
1 cup cranberries 1 cup brown sugar
1 cup breadcrumbs 1/2 cup flour
1 teaspoon baking powder 1/2 cup chopped beef suet
1 teaspoon salt or 1/4 cup oleomargarine
1/2 teaspoon cinnamon

Cut the cranberries in half, put the washed and dried raisins through food chopper, add them to the sugar, crumbs, flour, which has been sifted with baking powder and beefsuet or oleomargarine, cinnamon and salt. Add enough cold water to make a stiff mixture (3/4 cupful) put in mould or kettle and boil 2 hours, or put in pudding pan and bake in slow oven 45 minutes. Serve with sauce.

RICE RAISIN PUDDING

1/2 cup SUN-MAID Seeded Raisins
1/2 cup rice 1/2 cup sugar
3 cups milk 1 cup water
2 eggs 1/4 teaspoon nutmeg
(may omit)

Wash rice and place in double boiler with 1 cup water. Cook until water is absorbed. Add 2 cups milk, cook until rice is tender. To the remaining 1 cup milk add the sugar, spice and well-beaten eggs, combine with rice, add raisins, pour into pudding dish, set in pan of hot water and bake until custard is set.

RAISIN BATTER PUDDING

1 cup flour 1 teaspoon baking powder
1/4 teaspoon salt 2 tablespoons sugar
1 cup milk 1 egg
1 teaspoon butter

Sift flour, baking powder, salt and sugar into bowl; add milk and well-beaten egg; beat two minutes; add raisins; mix very lightly; brush 6 custard cups with melted butter (heat the cups); fill cup half full; place in hot oven; bake 30 minutes. Serve with milk and sugar or fruit juice. The cup will be full when baked.

BAKED INDIAN PUDDING

1/2 cup yellow cornmeal 1 egg
1 quart milk 1/2 teaspoon salt
1/4 cup brown sugar 1/2 teaspoon cinnamon
1/2 pound SUN-MAID Seeded Raisins

Heat 3 cups of the milk to scalding, reserving 1 cup for moistening the cornmeal. Stir the
moistened cornmeal into the hot milk and cook for 3 hours in a double boiler. Then add the beaten egg, salt, cinnamon, sugar and raisins, and turn into a baking dish. Bake $1\frac{1}{2}$ to 2 hours in a slow oven.

**SALADS**

**RAISIN SALAD**

1 cup SUN-MAID Seeded Raisins  
$\frac{1}{2}$ cup lemon juice  
2 cups chopped apples or pears  
2 cups coarsely shredded lettuce  
1 cup cream mayonnaise

Wash and dry the raisins, add to the apples and lemon juice. Line bowl or plates with shredded lettuce, pile raisins and apples in center, cover with mayonnaise; serve with Neufchatel cheese balls and garnish top with small pieces of red, tart jelly. Shredded lettuce is a matter of taste. It will go farther and decorates better if shredded.

**MARGUERITE SALAD**

Marinade SUN-MAID Seeded Raisins for 2 hours in French dressing and drain. For each serving on the lettuce leaf dispose rice (that has been cooked until every grain is perfect and distinct) mixed with the dressing drained from raisins. Cut firm apricots, canned, into long, narrow strips. Lay 2 or 3 raisins pressed together in center of rice and arrange the strips radiating from raisin center to resemble petals of the flower. Dash few grains of paprika over the rice and garnish border of salad with SUN-MAID Raisins.

**TOMATO CUPS WITH SALAD**

Select medium-sized, smooth tomatoes. Cut off a slice and scoop out pulp and drain the cup. Mix chopped dry cheese with drained pulp, diced celery, sliced ripe olives and SUN-MAID Seeded Raisins cut in pieces. Season with salt to taste and tabasco. Fill cups and add 1 tablespoonful mayonnaise. Serve on lettuce leaf and garnish with sprig parsley or celery.
BANANA SALAD
Peel and split bananas. Lay on lettuce leaf and cover with mayonnaise. Garnish with chopped nuts and SUN-MAID Seeded Raisins cut in halves.

FRUIT SALAD
To 1 cup of SUN-MAID Seeded Raisins add 1 cup of diced apples, 1 sliced banana, 1 shredded orange and mix lightly with a generous amount of sweetened and flavored whipped cream. Sprinkle with chopped walnuts and serve.

SANDWICH FILLINGS

RAISIN PASTE FOR SANDWICHES
2 cups SUN-MAID Seeded Raisins
$\frac{1}{2}$ cup orange juice
2 tablespoons lemon juice
1 level teaspoon salt
1 cup nut meats (or $\frac{1}{2}$ cup peanut butter)
Wash and dry the raisins, put through meat chopper, add fruit juice, salt and ground nuts, either English walnuts, roasted peanuts or peanut butter, mix together until smooth, pack into jelly glasses. It will keep a long time and makes most delicious sandwiches.

RAISIN CHEESE SANDWICHES
Spread thin slices of whole wheat bread with fresh unsalted butter. On one slice spread a layer of ground or chopped SUN-MAID Seeded Raisins and on the other slice a layer of cream cheese or well seasoned cottage cheese. Form into sandwiches and cut into any preferred forms. Lettuce may be used with these sandwiches.

PIQUANT SANDWICHES
Combine 1 cup SUN-MAID Seeded Raisins, $\frac{3}{4}$ cup cold boiled ham, $\frac{1}{4}$ cup sweet cucumber pickles and put through food chopper. Add one teaspoon lemon juice and mix with mayonnaise to spreading consistency.

RAISIN-APPLE SANDWICHES
Chop fine SUN-MAID Raisins, apples and nuts; mix with mayonnaise, lay on lettuce leaves between layers of thin buttered bread.
Food Value of the Raisin
(Compiled from Standard Authorities)

The raisin is one of the most important of the energy-producing foods of man because of its high percentage of carbohydrate. This carbohydrate, which forms 75 per cent of the edible portion of the raisin, is in the form of grape sugar or fructose, and levulose, both of which are practically predigested in Nature’s laboratory and therefore ready for assimilation. One pound of raisins has an energy-producing food value of from 1550 to 1605 calories, or approximately 100 calories to each ounce of the edible portion. Its protein value, according to analyses of the most noted dietitians, is 2.6 per cent, and the percentage of its acids, which are important in the process of digestion and assimilation, 2.7 per cent. The raisin, added to ordinary foods, increases the food value of the product and is a distinct economy from this standpoint, while giving added flavor to many products of the bakery and dishes prepared in the average home.

The value of the raisin as a food is by no means confined to its percentage of carbohydrate, for analysis of the ash shows that it is rich in many of the elements essential to health. The raisin contains Calcium, Magnesium, Potassium, Sodium, Phosphorus, Chlorine, Sulfur and Iron in form ready for prompt assimilation. Raisins form an important part of the dietary in some of the leading health institutions of the country and in several noted sanitariums are prescribed specifically in certain cases. The raisin is the richest of dried fruits in the mineral elements of iron and phosphorus and but very few of the fruits and vegetables contain a larger portion of organic iron, lacking to greater or less extent in many American dietaries.

### RAISIN ANALYSIS
(Edible Portion)

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<tr>
<th>Component</th>
<th>Percentage</th>
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<tbody>
<tr>
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<tr>
<td>Fat</td>
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<tr>
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<tr>
<td>Acids</td>
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Fuel Value, per pound, 1562 calories. 100 calorie portions, 29 grams.

### ANALYSIS OF ASH
(Grams per 100 Calories)

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