The Hostess and Welch's Grape Juice

The Welch Grape Juice Co.
Westfield, N.Y. U.S.A.
GRAPE juice is a great deal more than merely a delightfully satisfying, wholesome beverage: it is a mightily efficient aid to the culinary art.

The woman who knows the real possibilities of grape juice can prepare an almost unending succession of truly tempting delicacies, carrying out in them very attractive color schemes.

This little book will prove it. Grape juice is the principal ingredient in each recipe. You will notice that they are set forth so clearly that even the most inexperienced housewife will find it hard to go wrong, or fail of good results.

There is only one point we need emphasize—and that point we cannot emphasize too strongly: You must use absolutely pure grape juice.

In the original recipes, Welch’s Grape Juice was used. And because of its absolute purity, full strength, and delicate flavor, we specifically mention and recommend Welch’s Grape Juice in each case. If Welch’s is used, the recipes will work out to your entire satisfaction.
Welch’s is pure—AND MORE THAN PURE. The knowledge acquired from some forty years’ experience, the superior methods, the scrupulous cleanliness and careful attention to seemingly unimportant details—all this, together with the superlative quality of the grapes, make Welch’s the Grape Juice par excellence.

If the housewife will add this little book to her culinary library, and always keep a few bottles of Welch’s Grape Juice on hand, she never need be at a loss for a large number of unusual and dainty desserts.

The objectionable use of wine and other alcoholic liquors in beverage form or in cooking is done away with in Welch’s Grape Juice.

OUR HOSTESS

When a successful hostess entertains, what a treat! She will always produce something startling—something out of the ordinary. Sometimes it takes the form of a new dish, sometimes it is a scheme for decoration.

But always there is something new. And so her invitations are eagerly sought after and honored.

She is just an ordinary woman, this successful hostess. She keeps abreast of the times, studies the latest modes of entertaining, just as she studies the newest fashions in dress.

And thus she makes her housekeeping
money go a great deal further than her neighbors.

Welch’s Grape Juice is one of her standbys. She can always depend on it to help her produce some particularly dainty dessert or some tasteful, decorative scheme.

She is giving a dinner, a luncheon, a tea or a reception. No use spending heaps of money on table decorations—folks cannot eat them, and they are absolutely no use afterwards.

So down to the kitchen she goes, and in a very little while her problem is solved. She meets her guests with that ease and charm, that poise which can only come when one is confident of the fact that she has done something well. She is ready with a new sensation—A TABLE DECORATION THAT ONE CAN EAT.

It’s quite a novelty. You can make it, too, if you will follow these directions.
THE AFTERNOON TEA

SHALL we choose the afternoon tea, from four to seven, by way of illustration? The invitations have been sent out quite two weeks in advance. Although the hostess may not be numbered among the world’s rich, she nevertheless prepares for her guests with the ease of certainty, but this is a Welch’s Grape Juice hostess.

COLOR SCHEME

The color scheme is violet—that beautiful tone, any shade of which may be obtained with this magic fluid. It is a delight to draw a pen picture of the table laid with its creamy damask and touched by lace and silver. Wide violet ribbons reach from above to the four corners where they meet, and tie with bows, great clusters of purple grapes. Equal sprays of white grapes are laid against the white cloth and caught with fine wire here and there on ropes of feathery green, which twine about the table, to end among the ribbon loops above.

VIOLET PETIT FOURS

There is no set center piece; instead an air of easy grace is given by the high compotes of silver holding some such tempting dainty as the following recipe will produce:
Sponge cake
Confectioners’ sugar
Welch’s Grape Juice
White of an egg

Prepare any light sponge cake batter and bake in one wide sheet. When the cake is cool cut into any odd shapes desired, using a sharp knife with skill, or the shaped cutters which come for the purpose. Diamonds, oblong bars, hearts, three and four-leafed clovers or little balls or spheres are suggestions.

ICING

When the cakes are cut, prepare an icing of confectioners’ sugar moistened with Welch’s Grape Juice and the unbeaten white of an egg, adding more or less of the grape juice as a deeper or paler shade of violet is desired. Coat the cakes with the icing, covering the entire surface, and set aside till firm, when they are ready for decoration.

Have as many different suggestions as possible. Moisten a number of the cakes a second time with a very thin violet icing and roll in crushed candied violets; others in chopped pistachio nuts, the green giving a pleasing combination with the violet icing. The spherical cakes may be rolled in coarse granulated sugar or violet sugar crystals, while others are decorated with the tiny confection known as “hundreds and thousands.”

CANDIED VIOLETS

Candied violets are an expensive confection, but easily prepared at home by making a rich syrup colored with Welch’s Grape Juice.

You will need:
2 cups sugar
Welch’s Grape Juice
Violet perfume
Violets
Boil together two cups of sugar and half a cup of water in a double boiler until the syrup spins a thread. Add Welch's Grape Juice to the syrup until it assumes a deep violet tinge, and boil a second time. Add a few drops of any good violet perfume to the syrup.

Select large or small violets, stem and rinse, placing on a sieve to dry. Dip the violets, one at a time, into the syrup and replace on the sieve. Dip the flowers a second and third time until well covered with the syrup. After the last dipping roll at once in granulated sugar and dry carefully on a sieve.

The violets should stand over night, and then may be packed in tin boxes between paraffine paper until needed. They may be used in numberless ways—as a finishing touch to cold desserts, heaped into fancy cases as luncheon or dinner favors, or scattered here and there among the table dishes. The latter scheme we will use on our tea table, and now turn our attention to the other delightful dainties which, with the inexhaustible help of Welch's Grape Juice, may be served throughout the afternoon.

**VIOLET CHARLOTTE**

\[
\begin{align*}
\frac{1}{4} \text{ box gelatine} \\
1 \text{ cup milk} \\
\text{Yolks of 2 eggs} \\
\frac{3}{4} \text{ cup sugar} \\
\frac{1}{2} \text{ cup Welch's Grape Juice} \\
2 \text{ cups cream} \\
\text{Wafers}
\end{align*}
\]

Soften one-fourth of a box of gelatine in a little cold water and melt over a kettle of boiling water. Place over the fire in a double boiler one cup of milk. When it reaches the boiling point stir in the well beaten yolks of two eggs mixed with one-fourth of a cup of sugar.

Prepare a rich syrup of half a cup of sugar and a very little water. When smooth and thick add half a cup of Welch's Grape Juice. Into this grape juice syrup stir the gelatine and allow it to boil up once, then set aside. When
cool beat it over a basin of ice water, and when cold stir into the cold custard.

Beat together over ice until the mixture begins to set, when fold into it two cups of rich cream that has been whipped very stiff and dry.

Line individual moulds with paper, bringing it well up over the top and sides. Inside the paper place wafers as a second lining, the width of a wafer apart, holding each one in place with a spoonful of the cream; fill the moulds with the cream, covering the sides and top of wafers.

Bury in equal parts of ice and salt for three or four hours, then turn out and garnish with whipped cream “roses” made with a pastry bag and tube. On each “rose,” and at the base of the moulds, place candied violets.

GRAPE FRAPPE

Put four cupfuls of water and two cupfuls of sugar in a graniteware saucepan and stir until sugar has dissolved. Bring to the boiling point and let boil fifteen minutes, then add two cupfuls of Welch’s Grape Juice, two-thirds cupful of orange juice, one-fourth cupful of lemon juice and a few grains of salt. Cool and strain, then freeze, using four parts of finely crushed ice to one part of rock salt. This insures a granular consistency which belongs to a frappe.
THE PUNCH

The punch must be palatable and refreshing, but the Welch’s Grape Juice hostess knows that intoxicants need play no part in the preparing of a tempting, delicious and thirst-quenching beverage. In fact, the Welch’s Grape Juice hostess will not offer liquor in any form to her guests. This may seem radical, but this woman is a peer among her sisters in knowledge and experience, and having learned, does not hesitate to demonstrate.

WELCH GRAPE PUNCH

For a dainty, unfermented punch, take the juice of three lemons, juice of one orange, one pint of Welch’s Grape Juice, one quart of water and one cup of sugar. Add sliced oranges and pineapple and serve cold.
OTHER PUNCHES

Two parts of ginger ale to one part of Welch's Grape Juice, poured into glasses of finely crushed ice, make a delicious drink called Card Punch. Puritan Punch is a newer combination. Fill small glasses half full of crushed ice, add two or three crushed mint leaves, and fill glasses three-fourths full of Welch's Grape Juice; then put a tablespoonful of whipped cream on each. Rochester Punch is nice for formal and company affairs. To two cupfuls of Welch's Grape Juice add three tablespoonfuls of lemon juice, one-third cupful of orange juice, one cupful of pineapple juice and pulp, three-fourths cupful of domino sugar, a few gratings from the rind of a lemon and a few from the rind of an orange, a few grains of salt, a few gratings of nutmeg and four sprigs of crushed fresh mint leaves. Put in ice-box and let stand one hour to ripen. Pour over finely crushed ice and add a pint bottle of soda water. Serve in tall glasses with one teaspoonful of whipped cream on each.

SPARKLING PUNCH

One pineapple, four cups of sugar, three cups of boiling water, one cup of freshly made tea, six lemons, six oranges, two cups of Welch's Grape Juice, two quarts of Apollinaris water. Grate the pineapple and add to boiling water and sugar and cook fifteen minutes, then add tea and strain. Cool, add fruit juice and turn into punch bowl, and before serving add Apollinaris water. The punch should be served from the tables on porch, while the sandwiches and salads should be served from a table hidden behind screens set up for the purpose.
A GRAPE MINT JULEP

This fascinating summer beverage is making a decided hit, especially in Southern circles: Into about half a glass of Welch’s Grape Juice crush the tips of about twenty mint leaves (don’t use the stems) add a teaspoonful of sugar. After this has “drawn” for about two minutes strain into a tall glass filled with ice cracked about the size of a walnut. Add two slices of orange and serve with sprigs of mint sticking out of the glass, so that in drinking one must bury the face in the fragrant mint.

CAMEL’S HUMP

Use tall glasses.

Allow half as many lemons as there are persons to be served. Wash and dry lemons; peel with continuous rind, taking off in such a manner as to leave a round knob or hump at each end. Cut in two at center, and hang half of a rind in each glass, permitting the “hump” to hook over edge of glass. Put two tablespoonfuls of crushed ice in bottom of each glass, add one teaspoonful of lemon juice to each glass, pour on one-third of a glass of chilled Welch’s Grape Juice, and fill glass with chilled charged water. Serve this very refreshing beverage with two straws in each glass.
WELCH'S GRAPE JUICE SERVED PLAIN

Served alone, Welch's Grape Juice is most attractive and delicious. See that it is chilled properly, that the glasses in which it is served are also cold, and select those which are attractive in form and fine in texture.

In serving Welch's Grape Juice place the glass on a small, dainty plate covered with a paper, lace or drawn-work doily, and lay two drinking straws tied with narrow violet ribbon across the plate. A sweet wafer or salted biscuit may be added.

WITH CHARGED WATER

By half filling the glass with Welch's Grape Juice, adding a little ice and filling with charged water, a refreshing drink is prepared at a moment's notice. A lump of sugar may be placed at the side of the plate with the straw, for use if one prefers the grape juice sweetened.

GRAPE LEMONADE

For each quart of well-sweetened lemonade allow a cup of Welch's Grape Juice. Chill and serve.
Besides the dainties which are more or less decorative, there are recipes for substantial desserts which may figure on the daily menu without becoming tiresome. A number follow.

**RUBY APPLES**

\[\begin{align*}
\frac{1}{2} \text{ cup Welch’s Grape Juice} \\
\frac{1}{2} \text{ cup water} \\
1 \text{ cup granulated sugar} \\
8 \text{ tart apples} \\
15 \text{ almonds}
\end{align*}\]

Cook sugar and water three minutes; add Grape Juice and cook two minutes. Use a saucepan not very large around, that syrup may come up well around apples. Divide syrup, using two dishes. Put in apples, (pared and cored) four in each dish; simmer gently, turning frequently that they may be evenly colored. When just tender, remove from fire (if over-cooked they loose their shape.) Arrange apples in rather deep serving dish and pour syrup around.

Blanch the almonds and cut into small strips, lengthwise. Thrust them into sides of apples, allowing them to protrude about one-quarter inch. When cool, syrup will form a jelly. The gleaming white almond tips against the ruby red apples lend a pleasing touch to this rich, delicious and whole-
some dessert. A "cup" of whipped cream may be added if desired.

**GRAPE CRACKLE**

1 cup Welch's Grape Juice  
1/2 box (or 2 tablespoonfuls) granulated gelatine  
1/2 cup cold water  
1 cup sugar  
1 1/2 cups boiling water  
Rind and juice of two lemons (or three small ones)  
Whites of three eggs

Soak gelatine in the cup of cold water for ten minutes; dissolve in the boiling water and add the grated rind and juice of lemons, sugar and grape juice, strain and set in a cool place. When nearly set, add the stiffly beaten whites of eggs and whip all until well mixed. Pile lightly in a decorative serving dish, or put into a mold to be turned out later.

Serve with a thin boiled custard, made from the yolks of the three eggs used.

**GRAPE JELLY**

For tarts, cake decoration, or as a dessert.

Mix like Grape Crackle, using three tablespoonfuls of gelatine instead of two, and omitting whites of eggs. As soon as strained, pour at once into mold in which it is to be shaped and set beside of ice. Do not whip, but allow to
remain clear. This makes a delicious jelly for tarts and cakes, or it may be garnished with whipped cream and served as a delicious dessert. Fruits may be molded in it if desired, and it may be served with a thin boiled custard, instead of the cream, if more convenient. Or make as a floating island.

**FLOATING ISLAND**

Prepare jelly as above, and make a boiled custard. Cool custard in individual compote glasses or dainty cups, cover tops with meringue made from whites of the eggs used in custard, and cap meringue with a generous cube of the grape jelly.

This is an old favorite, always liked.

**GRAPE JUICE BAKE**

Pare and core apples for baking; place in pan, fill core space of each with granulated sugar, a good teaspoonful of Welch’s Grape Juice, top with a piece of butter the size of a bean and grate over a little nutmeg. Bake until apples are tender, basting a couple of times with the syrup which forms, and serve as first course for breakfast, or, with whipped cream, as dessert for dinner or luncheon. Especially tasty and healthful.

**GRAPE TAPIOCa**

Mix one-half cup Instantaneous Tapioca and good half cup granulated sugar. Then take one pint Welch’s Grape
Juice and one-half pint water. Boil Grape Juice and water together. When this has reached a boiling point, add the tapioca and sugar. Stir until thoroughly mixed, and boil for three minutes. Pour in molds, cool, and serve with cream.

GRAPE SAGO

One-half pint of sago, one and one-half pints of cold water, one-half pint of Welch’s Grape Juice, one-half pint of sugar. Wash the sago, cover it with cold water and soak over night. In the morning cook in a double boiler until transparent; add the sugar and grape juice. When cool, turn it in a glass dish, stand aside until perfectly cold. This may be served with plain sauce made of slightly sweetened grape juice.

GRAPE TAPIOCA

1 large cup pearl tapioca
1 pint milk
Sugar to sweeten
3 eggs
1 spoonful lemon juice
Candied lemon peel
Welch’s Grape Juice
1 spoonful arrowroot

Wash thoroughly a large cup of pearl tapioca and pour over it a pint of milk; let it stand for half an hour and then cook in a double boiler until tender and transparent; remove from the fire and set aside to cool. Add sugar to taste, three well beaten eggs and a spoonful of lemon juice. A few pieces of candied lemon peel cut into very fine strips may be added before turning the pudding into a buttered mould.

Cover closely and steam for three-quarters of an hour, or bake for half an hour, and then turn from the mould.

Serve with a sauce made from one cup of Welch’s Grape Juice, brought to the boiling point and slightly thickened
with one spoonful of arrowroot dissolved in cold water. Add lemon juice or nutmeg to flavor. Serve hot.

**GRAPE JUICE MACAROON CREAM.**

Place one and one-half dozen macaroons in a serving dish and sprinkle with one-half cup of Welch’s Grape Juice. Place one pint of milk in a double boiler, add one-half cup of sugar and two tablespoonfuls of cornstarch, which has been dissolved in a little cold milk. Cook ten or fifteen minutes, add a few drops of violet or orange extract, and when cool, pour over the macaroons. Set on ice to chill before serving.

**GRAPE BLANC MANGE**

1 cup Welch’s Grape Juice  
3 heaping tablespoonfuls arrowroot or cornstarch  
Whites of 3 eggs  
½ cup sugar  
Yolks of 3 eggs  
1 teaspoonful vanilla extract  
1 pint of milk

Place in a porcelain lined double boiler one cup of Welch’s Grape Juice and one cup of water. When heated to the
boiling point stir in three heaping tablespoonfuls of arrow-root or cornstarch, previously dissolved in cold water. Cook for five minutes, stirring until smooth and thick. Remove from the fire and carefully fold in the stiffly beaten whites of three eggs and one-half cup of sugar.

Prepare a custard of the yolks of three eggs, sugar to sweeten, one teaspoonful of vanilla and one pint of milk.

Serve with the Grape Blanc Mange, which may be in one large mold of fancy design, turned upon a glass dish, and the custard poured around it.

White grapes make a dainty garnish for this dessert, small clusters being placed at intervals around the edge.

SERVING GRAPE FRUIT

The always healthful and delicious grape fruit can be made still more delightfully palatable by the use of Welch’s Grape Juice.

The grape fruit must first be prepared in the usual way, by cutting in half and removing seeds and core. A sharp pair of scissors are better than a knife for this work, and the pulp should also be clipped close to the rind.

Powdered or confectioners’ sugar is heaped lightly on the fruit, and its amount should be gauged by the flavor. Many people prefer the sharp twang to sweetness, and the fruit also varies greatly in acid.

When the grape fruit is prepared, pour over the sugar from three to four teaspoonfuls of Welch’s Grape Juice. The fruit should be thoroughly chilled before serving, and the Welch’s Grape Juice given time to per-
meate both sugar and pulp before bringing to the table.

Grape fruit prepared in this way is a delightful substitute for the soup course at the home dinner table in hot weather. It is equally delicious as a dessert, served surrounded by shaved ice and garnished with halved white grapes or candied cherries.

**DELCIO PUDDING SAUCE**

The following is a very delicious sauce for plum pudding cottage or steamed pudding, fruit dumplings, etc.

1 cup sugar (maple or light brown)  
$\frac{1}{2}$ cup butter  
2 eggs (or one)  
1 cup milk (if one egg, use $\frac{3}{4}$ cup milk)  
1 cup Welch’s Grape Juice

Cream butter and sugar together; add the beaten eggs, stir well and add the milk, then the Welch’s Grape Juice. Pour into a pitcher which will set into top of teakettle, or heat in double boiler; stir frequently until hot and well blended.

**FRUIT PUREES**

Fruit purees have become very popular as a first course for luncheon or dinner, and are especially desirable in warm weather, taking the place of the ordinary soup made from meat, fish or vegetables. Fruit soups are easily and quickly made, and beside being valuable as a diuretic, are most refreshing. To make Grape Puree use:

**GRAPE PUREE**

2 tablespoonfuls pearl tapioca  
2 cupfuls Welch’s Grape Juice  
$\frac{1}{2}$ cup sugar  
Chipped ice  
Pineapple or other fruit

Soak two tablespoonfuls of pearl tapioca over night and cook in two cupfuls of water until transparent. Add two
cupfuls of Welch's Grape Juice and half a cup of sugar, letting the mixture boil up again after the sugar is dissolved. Boil for three minutes, strain, and when cool place on ice to become thoroughly chilled.

At serving time place a little chipped ice in the bottom of bouillon cups or tall frappe glasses, fill three-fourths full of grape puree and add a few pieces of preserved pineapple to each cup.

FRUIT COCKTAIL

Fruit cocktails are also delicious, served at the commencement of a meal.

Fruits
1 tablespoonful confectioner's sugar
Welch's Grape Juice

Place a spoonful of chipped ice in the bottom of small punch glasses, arrange ice cold fruits upon the ice and cover with a rich fruit juice. Welch's Grape Juice will be found invaluable in the making of fruit cocktails, as it is deliciously palatable, blends well with all fruit juices and is always ready for instant use. Use, to a glass, four or five large
sliced strawberries, a tablespoonful of shredded orange pulp with a little of the juice, a teaspoonful of sliced pineapple, and bits of banana, peaches, cherries and white grapes. Sift over each glass a tablespoonful of confectioners' sugar and fill with Welch's Grape Juice and any other fruit juice one may prefer, using equal quantities.

OYSTER COCKTAIL

For each serving, put five medium-sized chilled oysters into a chilled cherry glass; sprinkle with a little salt, add two tablespoonfuls Welch's Grape Juice, to which has been added a little lemon juice. Serve as an appetizer.

FRUIT SALAD

There is nothing more appetizing in warm weather, or a greater adjunct to the winter menu, than a fruit salad. Use:

1 box gelatine
1 pint Welch's Grape Juice
2 cups sugar
Fruits
Lettuce

Follow directions for “Grapes in a Mold” (see page 25), and as soon as the jelly cools, pack closely into it small bits of assorted fruits. Place the mold on ice, and at serving time turn upon a bed of crisp lettuce leaves or endive and dress with fruit mayonnaise.

FRUIT MAYONNAISE

Yolk of 1 egg
1 tablespoonful confectioners' sugar
1 tablespoonful lemon juice
1 tablespoonful Welch's Grape Juice

Whip the egg yolk with the sugar. When thickened add the lemon juice, one drop at a time, and, in the same manner, Welch's Grape Juice.
FOR BAKED BANANAS

A few spoonfuls of Welch's Grape Juice poured over bananas just before putting them in the oven to bake will add much to a dish of baked bananas.

WELCH GRAPE DAINTY

1 pint of water
Juice of one large lemon
1 cup Welch's Grape Juice
2 heaping tablespoonfuls cornstarch
3 tablespoonfuls granulated sugar
1 teaspoonful vanilla
1 tablespoonful butter

Mix all ingredients, except cornstarch, together in agate saucepan. Place over fire and allow to boil a couple of minutes. Then mix cornstarch with a little cold water and stir into saucepan. Allow to boil for at least two minutes, until well thickened, stirring briskly all the time. Pour into molds and allow to cool thoroughly. Serve with whipped cream or cream and sugar.

ON FRUIT

Cut one pineapple, three oranges, three bananas, and six peaches in slices moderately thick, and cover with powdered sugar. Pour over the fruit, alternately placed and nicely arranged in a dish, one pint Welch's Grape Juice.
VIOLET SUGAR

Place one-half pound of granulated sugar in a porcelain saucepan with one-half pint of Welch’s Grape Juice and stir until it dissolves. Then place over the fire and add a pinch of cream of tartar and boil until it will crack against the sides of the pan. Then beat with a fork until quite stiff and pour into a platter. When cold, turn out and beat with a wooden hammer until pulverized. This makes a delicious violet sugar.

GRAPE JUICE SPONGE

Soften one tablespoonful of granulated gelatine or one-fourth of a two-ounce package of shredded gelatine in one-fourth of a cup of cold water and dissolve by setting the cup containing the gelatine in a dish of hot water; add a cup of Welch’s Grape Juice, the juice of half a lemon and a generous half-cup of sugar; stir until the sugar is dissolved, then set into ice water to become chilled. Beat the whites of two eggs dry, then as the grape juice mixture cools, add it gradually to the egg whites, beating it in with an egg beater. When all has been added and the mixture will “hold its shape,” turn it into glasses lined with lady fingers or thin, narrow strips of cake. Finish with whipped cream, candied violets and strips of angelica, putting on the cream with a star tube.
WELCH GRAPE WATER ICE

Welch's Grape Juice, one pint; juice of two lemons; water, one quart; juice of two oranges; granulated sugar, one pound. If the water and sugar are brought to a boil, then allowed to cool, the water ice will be found to have a smoother consistency when frozen. Freeze slowly.

GRAPES IN A MOLD

Welch's Grape Juice  
1 box gelatine  
2 cups sugar  
1/2 teaspoonful lemon juice  
Grapes or other fruits  
Whipped cream

Cover one box of gelatine with lukewarm water and set aside for half an hour. Bring to the boiling point one pint of Welch's Grape Juice and one pint of water. Pour over gelatine, stirring until thoroughly dissolved, and add two cups of sugar with one-half teaspoonful of lemon juice. When all is dissolved, set aside to cool.

Wet an oblong mold with water and pour one-third of the gelatine into it; when this is set lay a cluster of white grapes carefully in the mold and pour in the rest of the jelly. Set directly on ice till serving time. The mold should be made the day before it is to be served to insure hardening.

Turn out upon a glass or silver platter and place a second bunch of grapes as nearly like the first as possible on the top of the mold.

The grapes mirrored in the heart of the jelly with the added clusters and a snowy line of whipped cream about the platter's edge forms a whole, the effect of which must stimulate the eye to covet, the palate to appreciate, and the tongue to praise.
WELCH GRAPE SHERBET

Welch’s Grape Juice, one and one-half pints; water, two pints; sugar, one and one-half pounds; juice of three lemons. Freeze medium stiff. Take the whites of two eggs and two tablespoonfuls of powdered sugar, beat thoroughly, then stir the froth into sherbet. Freeze as hard as possible; remove the dasher and stand aside for an hour or so. Be careful to pack well. The best mixture for all freezing is four parts of ice to one part of coarse salt.

WELCH GRAPE ICE CREAM

One pint Welch’s Grape Juice, one quart fresh cream, one pound granulated sugar. Bring one-half cream to a boil in a double boiler and add all the sugar. When cool add other half of cream and grape juice.

WELCH GRAPE SUNDAE

In serving ice cream, either Vanilla or the Grape Ice Cream, recipe for which will be found in this book, use a grape syrup dressing. To one cup of Welch’s Grape Juice add one cup of granulated sugar, heat over a slow fire until the sugar is dissolved. Do not boil. Use a granite or aluminum saucepan. This makes a rich syrup. Nuts may be added.
WELCH GRAPE PASTE

Break one ounce of white sheet gelatine in pieces, add three-fourths cup of Welch's Grape Juice, cover and let stand two hours.

Put one pound of granulated sugar and one-half cupful of water in an agate saucepan, bring to the boiling point, add the gelatine, again bring to the boiling point and let simmer twenty minutes. Remove from the fire and add the grated-rind of one-half orange, and three tablespoonfuls of lemon juice.

Rinse a pan with cold water, pour in the mixture through a sieve, to one inch in depth, and let stand in cold place until firm. Remove from the pan, cut in cubes and roll in confectioners' sugar.

FOR COLORING

The use of Welch's Grape Juice as a harmless coloring matter will open delightfully dainty possibilities in the way of elaborating and decorating all sorts of desserts, puddings, cakes and home confections. By adding the fruit juice drop by drop, just the desired shade of violet may be obtained, from palest lavender to deepest purple violet, and this not only in the case of coloring icing for cakes, ice cream, etc., but a plain lemon jelly may be colored in the same manner, or the batter for a layer of "ribbon" cake, or the dough for a batch of violet cookies. In making marble cake part of the batter can be tinted lavender with Welch's Grape Juice, making a very dainty loaf cake.
LEMON AND GRAPE GLACE

Put one pint of boiling water over two cupfuls of sugar; when dissolved, add a small piece of cinnamon stick and half a cupful of lemon or pineapple juice. Boil the mixture ten minutes and let it cool. Add one quart of Welch’s Grape Juice, and freeze. At serving time put meringue and a slice of lemon on top. Serve with assorted cakes.

GRAPE JUICE FRUIT SALAD

Dissolve one-half package of gelatine in one-half cup of water, strain, add one-half pound of grapes, which have been cut into halves and seeded, two bananas cut fine, the juice of half a lemon, the pulp and juice of two oranges, one-half cup of blanched and chopped almonds, one small pineapple, and one-fourth cup of sugar. Mix well, add one cup of Welch’s Grape Juice and set on ice to mold. Serve as cold as possible.

WELCH GRAPE BALL

Many people, especially men, do not want a sweet drink. But they want something with a tang to it and something that really satisfies thirst. The addition of a charged water to Welch’s, say half and half, gives a drink with snap and sparkle. Use an eight or ten ounce glass, in which place the grape juice, adding a lump or two of ice and the charged water. This Welch Grape Ball is meeting with deserved favor. If desired a little sugar or syrup may be added.
GRAPE JUICE MINCE MEAT

Mix well one-half pound of currants, one-half pound of raisins, one-half pound of citron, one-half pound chopped suet, one-half pound chopped apples, one-half pound raisins, one-half pound brown sugar, one teaspoonful each of allspice, cloves, cinnamon and, nutmeg, the juice of one lemon and one cup of Welch’s Grape Juice. Cover for two weeks before using.

GRAPE JUICE FRUIT CAKE

Mix well one-half pound of butter, two and three-quarter cups of sugar, six well beaten eggs, one-fourth cup of molasses, one cup of Welch’s Grape Juice, eight cups of flour, with which has been sifted two teaspoonfuls of baking powder, one teaspoonful each of cinnamon, allspice and cloves. Then add one pound of seeded raisins, one pound of currants, one-half pound of citron, cut fine, one-half pound of English walnut meats, one pound of figs, one-quarter pound of crystallized pineapple, and one-quarter pound of candied cherries. Mix well and bake in a large loaf pan or two smaller ones.

ADDED TO MINCE MEAT

Mince meat is also much improved by the addition of a cupful of Welch’s Grape Juice instead of the rose water or fruit juices from home-canned fruits that are usually added. The use of brandy, cider or liquors of any sort will, in this way, be made quite unnecessary.

WELCH GRAPE FLOAT

Make a plain lemonade, rather sweet, see that it is cold and when ready to serve pour into the glasses. Then carefully float on the top a sufficient quantity of Welch’s Grape Juice to fill the glasses; or add one-fourth grape juice when making the lemonade.

GRAPE FREEZE

Mix one cup of Welch’s Grape Juice, one-half cup orange juice and one-fourth cup of lemon juice. Sweeten to taste
and pour into a brick shaped mold. Whip one pint of cream, add one-half cup of powdered sugar, a few drops of orange extract and two-thirds cup of crystallized violets. Pour this over the fruit juice until the mold is full. Cover with buttered paper, cover tight and bury in ice and salt from three to five hours, until firm and well frozen. When ready to serve, cut into slices like brick ice cream.

FOR MAKING FRUIT PIES

In making fruit pies, especially apple pies, a delightful change may be obtained by pouring a few spoonfuls of Welch's Grape Juice over the fruit just before the top crust is adjusted. The slightly bitter tang is removed from cherry pie by adding a little Welch's Grape Juice. Red currant pies and puddings are much improved in the same way, and a delicate prune pie may be made by removing the stones from stewed prunes, mashing them very fine, and adding Welch’s Grape Juice and sugar to flavor. Rhubarb, flavored with Welch’s Grape Juice, after being stewed and sweetened, makes a delicious pie, and canned rhubarb, which is so apt to lose its flavor after being kept a short time, will be saved from becoming insipid by adding one-third the quantity of Welch’s Grape Juice to the stewed rhubarb, cooking it together for a few minutes and sealing in jars as usual.

GRAPE JUICE PIE

Five tablespoonfuls granulated sugar, three even tablespoonfuls flour, one cup Welch’s Grape Juice, one-half cup water, two eggs, one-fourth cup powdered sugar. Mix flour and granulated sugar; add grape juice, stirring it in slowly, then add water and beaten yolks. Heat this mixture in double boiler, stirring constantly. As soon as it thickens pour it into a deep crust which has been baked to a delicate brown. Add a meringue, made from the whites of eggs and powdered sugar. Set into a moderate oven until meringue is lightly browned.
DATE PIE

Chop fine one cup of dates and one cup of stewed prunes; add one tablespoonful of lemon juice, two tablespoonfuls of sugar and one cup of Welch's Grape Juice. Fill a light, rich pie crust with the mixture, sprinkle with a little flour and dot the top with butter. Cover with strips of the crust and bake in a rather quick oven about twenty minutes.

WELCH GRAPE JUICE AND EGG

To one egg beaten well, add 1 teaspoonful of powdered sugar, juice of 1/2 lime, 4 ounces of Welch's Grape Juice. Have the grape juice cold or add chipped ice. This is a very nourishing drink.

WHAT IS WELCH'S GRAPE JUICE?

Welch's is the pure, unfermented juice of the choicest Concord grapes. It contains no preservatives—nothing is added. Sterilization by heat prevents fermentation and the formation of alcohol.

In the first place, grape juice is a food. Gluten and grape sugar—the most nutritious kind of sugar—make flesh and muscle; its nitrogenous elements feed the nerves and the brain; its mineral salts and carbohydrates make red blood. Grape juice is the nearest thing to milk which Nature furnishes.

In the second place grape juice is a drink. Man can live a longer time without food than without water. Grape juice supplies a perfectly pure water, sweetened and subtly flavored by Nature herself. And there's no danger of contamination with grape juice. Each grape is a little enclosed cistern into which no impurities can enter. But more than this, grape juice is of itself death to all germs to which water is liable. Prominent scientists declare that a teaspoonful of pure grape juice will kill all the typhoid germs in a glassful of water.

In the third place, it's a tonic. It relieves exhaustion and
stimulates without reaction—which is what almost no other tonic in the world will do. Grape juice purifies the system, while it acts as the most gentle of laxatives. Its delicate acids control the alkalinity of the blood, and its salts replenish the nerves.

This is what grape juice is—partly a food, partly a drink, partly a tonic, besides being delicious.

In Switzerland and other countries in Europe, grape-cure institutions are famous. The chief thing patients do is to eat several pounds of grapes a day. A glass of Welch’s Grape Juice is equal to a pound of grapes, and no disturbance follows as sometimes happens after eating the fruit.

It is ideal for children, especially those troubled with a weak digestion—for them it has all the qualities of a tonic and of a treat at the same time. For the daily table it is the most delightful of drinks, and makes delicious desserts, sherbets and ices. It’s for tired people. When you’re run down, nine times out of ten you need to give your stomach a rest also. Grape juice is a food which makes no demands upon the digestion. The tenth time you would be better for something to eat, but you haven’t any appetite—a glass of grape juice will give you a zest. If people only tried as hard to keep well as to get well, there would be few ailing. A glass of prevention is worth a bottle of cure.
TAKE WELCH'S ON YOUR OUTING

When making your plans for a picnic or outing, be sure that Welch's Grape Juice is included in your supplies. For this purpose many people prefer the four ounce individual size bottles. These may be secured from your dealer. If conditions permit, make a Welch Grape Punch, following one of the recipes suggested in this booklet.

A NOTED SCIENTIST HAS THIS TO SAY:

Beef tea is not the nourishing food that many suppose. It contains poisonous waste from the animal's system from which it is extracted, and this is true of all beef extracts and combinations of beef and wine. The best food in the average case of extreme exhaustion is grape juice, with whipped egg taken separately, if there is extreme emaciation and a demand for food, not otherwise. In a few cases milk is good, but it is often not well borne, and should not be taken with other foods. A quart of grape juice and two fresh eggs, uncooked, daily, will sustain life indefinitely.
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ORDER OF YOUR DEALER

Welch’s Grape Juice is for sale by druggists and fancy grocers. If your dealer does not have it he will get it for you. Welch’s costs you little or no more than other kinds. In ordering it is worth your while to specify Welch’s; remember a dealer does not offer you a substitute for your benefit.

If your dealer will not supply you, send $6.00 for a case of one dozen quarts or a case of two dozen pints. We will ship freight prepaid. A sample 4-oz. bottle by mail for 10 cents.

A SELF PULLER

Corks in Welch’s Grape Juice bottles are difficult to draw, for it is necessary to make a perfect seal. Do you want a self-pulling corkscrew?

Send us one quart or two pint labels from Welch’s Grape Juice (no repeats) or 10c in stamps and receive a self-pulling corkscrew by mail.

When corkscrew is sent for labels we cannot send more than one to a family.

THE WELCH GRAPE JUICE CO.
Westfield, New York
Sold By
CONSUMERS GROCERY CO.
Albany, Ga.