Dainty Things for Luncheon

Published by The Northwestern Yeast Co. Chicago, U.S.A.
Recipes furnished by
Mrs. Nellie Duling Gans
Principal of the
Chicago Cooking College

To American Women,
whose Magic art in cookery is unequalled in other parts of the world, is this book dedicated.
MAGIC YEAST

is the best of yeasts; made of the most healthful, vegetable ingredients, in the cleanest way. Bread raised with Magic Yeast retains its freshness, moisture and wheaty flavor longer than bread raised with any other yeast.

THE SECRET IS IN THE YEAST.
White Bread.

Without Milk or Potatoes.

In the evening soak one cake of Magic Yeast half an hour in a pint of warm (not hot) water. When thoroughly dissolved stir in enough flour to make a stiff batter, cover and stand in a warm place over night. Early in the morning sift about two quarts flour in bread pan, make hole in the flour, pour in one quart of warm water. To this add yeast as above and one teaspoonful of salt. Stir, then add enough flour to make a stiff batter. Let rise. Knead briskly ten minutes. Let rise again. Form into loaves and when light bake one hour in moderate oven. The above will make four loaves of bread.

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White Bread.

With Milk.

One pint of water drained from boiled potatoes, with two tablespoonfuls finely mashed potatoes added. Set it aside. Scald a pint of milk, adding, when scalded, one tablespoonful sugar and one teaspoonful salt. Now in a quart bowl put a teacupful of lukewarm water and one cake of Magic Yeast. Let it dissolve slowly, then add a pinch of salt and enough flour to thicken moderately. Place it where it will keep warm and at night put in the potato water, milk and risen yeast together in a bread bowl, stirring in enough flour to make a thick batter; beat well and set it where it will keep warm. In the morning add flour to mould stiff, let it rise again and make into loaves, and when light bake in a moderate oven.

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Graham Bread.

One and one-half parts Magic Yeast bread sponge and one and one-half parts Graham flour. For each loaf use two tablespoonfuls of molasses, one beaten egg and a little salt; stir well but do not knead. Let rise and bake in deep pans in a slow, steady oven.

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Rye Bread.

One pint Magic Yeast bread sponge, one large cup rye flour, the same of yellow corn meal scalded and cooled; one tablespoonful melted butter, one cup of molasses, a little salt; knead with white flour. When light bake in moderate oven.
SHAMROCKS

BREAD STICKS
Shamrocks

MATERIALS:
1 Cup Scalded Milk. 1 Cup Hot Water. 1 Tablespoon Lard. 7 Cups Flour. 1 Teaspoon Salt.
2 Tablespoons Sugar. 2 Tablespoons Butter. ½ Magic Yeast Cake dissolved in ¼ cup warm water.

WAY OF PREPARING:
Mix the milk, water, butter, lard, sugar and salt. When lukewarm add 3½ cups of flour and the Magic Yeast. Cover and let rise. When light add remaining flour and knead. Let rise again. Butter your gem pans. Form your dough into small balls about the size of English walnuts. Place 3 balls in each division of the gem pans, making them three-quarters full. Let rise until above the edge of the pan. Then bake in a quick oven twenty minutes.

Bread Sticks

MATERIALS:
2 Cups Scalded Milk. ½ Cup Butter. 4 Tablespoons Sugar. 1 Teaspoon Salt. Whites of 3 Eggs.
7½ Cups Sifted Flour. 1 Magic Yeast Cake dissolved in ¼ cup lukewarm water.

WAY OF PREPARING:
Mix the milk, sugar, butter and salt. When lukewarm add the flour, Magic Yeast and whites of eggs well beaten. Knead well. Let rise and then shape in long, thin strips, about 8 inches long and ½ inch thick, keeping them of an equal thickness. Let rise again, then bake. Have your oven very brisk and reduce heat at the end of five minutes. The sticks should be very crisp and dry.
Parker House Rolls

MATERIALS:
3 Cups Scalded Milk. 8 Cups Sifted Flour.
4 Tablespoons Butter. 1 Magic Yeast Cake,
3 Tablespoons Sugar. dissolved in % cup
1 Teaspoon Salt. lukewarm water.

WAY OF PREPARING:
Pour the scalded milk over the salt, sugar and butter. When lukewarm beat in 4 cups of the flour. Mix well and add the dissolved Magic Yeast cake. Cover closely and let rise in a warm place. When light enough add more flour to knead (4 cups). Cover, let rise until light. Roll out to ½ inch thickness. Shape with a biscuit cutter, brush each shape with melted butter, crease through the center, fold over and press the edges together. Place in a buttered pan, 1 inch apart, and let rise until very light, then bake in a brisk oven fifteen minutes.

English Muffins

MATERIALS:
1 Cup Scalded Milk. 1 Teaspoon Salt.
1 Cup Hot Water. % Magic Yeast Cake.
1 Tablespoon Butter. 1 Egg.
1 Tablespoon Lard. 4½ Cups Sifted Flour.
3 Tablespoons Sugar.

WAY OF PREPARING:
Pour the milk and water over the butter, lard, sugar and salt. When lukewarm add the Magic Yeast, the eggs well beaten, and the flour. Cover closely and let rise over night. In the morning fill the muffin rings half full, and let rise until they are entirely full. Then bake half an hour in a brisk oven.
TEA ROLLS

CRESCEINTS
**Tea Rolls**

**MATERIALS:**
- 1 Cup Scalded Milk
- ¼ Cup Sugar
- 1 Teaspoon Salt
- ¼ Cup Melted Butter
- 2 Eggs
- 1 Magic Yeast Cake dissolved in ¼ cup lukewarm water
- ⅛ Cup Sugar dissolved in ⅛ cup lukewarm water
- ⅛ Cup Melted Butter
- 2 Eggs
- 3½ Cups Flour
- 1 Pinch Nutmeg

**WAY OF PREPARING:**
When the milk is lukewarm add 2 cups flour. Beat well and add the dissolved yeast. Let rise; then add the butter, sugar, salt, nutmeg and the well beaten eggs. To this add enough of your flour to make a soft dough. Knead well and let rise in a warm place. Shape into small rolls. Put into a buttered pan, let rise, and bake in a brisk oven for fifteen minutes.

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**Crescents.**

**MATERIALS:**
- 1 Quart Warm Water
- 1 Magic Yeast Cake
- 2 Tablespoons Sugar
- 1 Tablespoon Salt
- Sifted Flour

**WAY OF PREPARING:**
Mix the sugar, salt, Magic Yeast and water. When thoroughly dissolved, add enough sifted flour to make a medium soft dough. Cover, keep in a warm place, and let rise until light, then turn it into the kneading board. Knead thoroughly and roll out into a sheet one-half an inch thick. Now cut in 6-inch squares, then divide them diagonally, so you will have triangular pieces, brush these lightly with water and roll them up, beginning on the longest side of each. Place into a buttered pan, bringing the two ends around towards each other into crescent shape. Let rise until light, brush with egg and water, and bake in a moderately hot oven fifteen to twenty minutes.
Vienna Rolls.

MATERIALS:  
Same as those used for "Crescents."

WAY OF PREPARING:  
The difference in preparing Vienna rolls and Crescents consists in the rolling and shaping. 
When the dough is prepared, ready for moulding, shape the same as small Vienna loaves about six inches long. Place in a buttered pan, allowing a little space between each two, and let them rise. When light, gash the tops diagonally three times, bake in a moderate oven about twenty-five minutes. If desired you may brush the rolls with beaten eggs and sprinkle them with poppy-seeds, in which case you omit gashing them.

Lovers’ Knots.

MATERIALS:  
1 Cup Scalded Milk.  
2 Tablespoons Sugar.  
½ Teaspoon Salt.  
½ Magic Yeast Cake, dissolved in 4 tablespoons of lukewarm water.  
2 Tablespoons melted butter.  
1 Egg.  
Grated Rind of one-half lemon.  
Flour.

WAY OF PREPARING:  
Add sugar and salt to the milk. When lukewarm add the dissolved Magic Yeast and 1½ cups of flour. Cover and let rise. When light add the well beaten egg, lemon rind and butter; then enough flour to knead; let rise again. Roll out in a sheet ½ inch thick, cut into strips ½ inch wide and 9 inches long, take up each strip and tie into a knot. Place in a buttered pan, allowing some space between each two, let rise until light and bake in a hot oven from fifteen to eighteen minutes.
Twists.

MATERIALS:
The same as used for "Lovers' Knots," with the addition of Powdered Sugar.

WAY OF PREPARING:
The difference in preparing "Lovers' Knots" and "Twists" consists in the shaping.

In making twists have your strips 12 inches long and ½ inch wide. Take up the two ends in one hand, the center in the other and twist into shape of about 5 inches long.

Place into a buttered pan, let rise until light, brush with the beaten white of an egg, and sprinkle with powdered sugar, then bake in a moderate oven.

Buns.

MATERIALS:
2 Cups Scalded Milk. 1 Magic Yeast Cake, dissolved in ¼ cup lukewarm water.
¼ Cup Butter. 2 Tablespoons Sugar. 1 Teaspoon Salt.
2 Tablespoons Sugar. 1 Teaspoon Salt. 1 Teaspoon Vanilla.
1 Egg. 1 Teaspoon Salt. 1 Teaspoon Vanilla. Flour.

WAY OF PREPARING:
Add butter, sugar and salt to the milk. When lukewarm add the dissolved yeast and 3 cups of flour. Cover and let rise. Then add the egg, well beaten, and enough flour to knead. Let rise again; then roll out into a sheet ½ inch thick. Shape with a medium-sized biscuit cutter, and press them into an oval shape. Place in a buttered pan, let rise until light, brush the tops with the beaten white of an egg, to which you have added the vanilla. Prick two or three times with a fork and bake in a moderate oven about twenty minutes.
RUSKS

BUTTER ROLLS
Rusks.

MATERIALS:

2 Cups Warm Milk.  
⅔ Cup Butter.  
⅔ Cup Sugar.  
2 Eggs.  
1 Teaspoon Salt.  
1 Magic Yeast Cake.  
1 Cup Seeded Raisins.  
Cinnamon.  
Flour.

WAY OF PREPARING:

Dissolve the Magic 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. Nuts may be substituted for raisins.

Butter Rolls

MATERIALS:

2 Cups Scalded Milk.  
⅔ Cup Butter.  
2 Tablespoons Sugar.  
Flour.  
1 Teaspoon Salt.  
⅔ Magic Yeast Cake, dissolved in ⅔ cup of lukewarm water

Add butter, sugar and salt to the milk. When lukewarm, add the dissolved Magic Yeast, then three and one-half cups of flour. Let rise until light, then add enough flour to make a soft dough. Let rise again, then place on moulding board and roll into a sheet three-quarters of an inch thick. With a sharp knife cut into pieces two and one-half inches long and one inch wide. Place close together in a buttered pan, let rise until light and bake in a brisk oven for fifteen minutes.
Club Sandwiches

Three slices of bread, thinly cut in any desirable shape, toasted and buttered, are the basis of a Club Sandwich.

Place a lettuce leaf on the lower slice, and on its top put slices of chicken breast; then put another slice of toast on top of that, with another leaf of lettuce, followed by thin slices of broiled breakfast bacon, topped with a third slice of toasted bread. Finish the sandwich with thin slices (lengthwise) of small pickles, on top of the last slice of toast.

The toasted bread and the breakfast bacon should be hot.

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Apple Sandwiches

Two thin slices of bread buttered. Between them place a thin slice of a tart apple, which has been steeped for an hour in a mixture of lemon juice and sugar.
Salmon Sandwich

Two thin slices of bread, cut triangular and buttered. Between them put canned salmon, dressed with lemon juice and salt and pepper, to taste, on a lettuce leaf.

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Fig Sandwich

Thin slices of bread, cut in fancy shapes, and buttered, with fig-filling between each two.

The fig-filling should be prepared as follows:

One-half a pound finely chopped figs, one-third cup of sugar, half a cup of boiling water, and two tablespoons of lemon juice. Mix these ingredients and cook in a double boiler until thick enough to spread.
SALMON SANDWICHES

FIG SANDWICHES
Maple Sandwich

Take an equal number of thin slices of white and whole-wheat bread, stamped out circular. Butter and fill with maple-cream and place together in pairs, one of each kind of bread.

Maple cream is prepared as follows: Take one-half a pound of maple sugar, one-half pound of brown sugar, one-half a cup of water and half a teaspoon of cream of tartar. Boil these together until they form a soft ball when dripped into cold water. Pour out into a shallow platter, and when nearly cold beat with a fork until thick and creamy.

Nut Sandwiches

Thin slices of whole-wheat bread, cut circular, and buttered. The filling should be made of chopped, roasted and salted peanuts, mixed with sufficient mayonnaise to spread easily.
MAPLE SANDWICHES

NUT SANDWICHES
**Lettuce Sandwiches**

Thin, oblong slices of buttered bread, with a filling of lettuce leaves, dipped in mayonnaise and sprinkled with parmesan cheese.

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**Ribbon Sandwiches**

Take three square, thin slices of white bread and two corresponding slices of whole-wheat. Butter them and place between each two slices, the white bread being on the outside, a filling made of egg-paste. Take a sharp knife and cut crosswise into thin slices, each five (three white, two whole-wheat) slices of bread cut into six sandwiches.

Egg-paste is prepared by mashing the yolks of three hard boiled eggs to a paste and adding two tablespoons of salad dressing and pepper and salt to taste.
Nut-Ginger Sandwiches

Take three long, thin slices of bread, buttered. Between the first and second place a layer of chopped, preserved ginger, mixed with cream and between the second and third slices place a layer of chopped English walnuts, then tie up each sandwich neatly with baby ribbon.

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Chicken Salad Sandwiches

Between two thin, oblong slices of bread, buttered, place a layer of chicken salad on a lettuce leaf.

In making chicken salad for sandwiches, chop the chicken and celery much finer than for ordinary purposes.

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NUT-GINGER SANDWICHES

CHICKEN SALAD SANDWICHES
Jelly Sandwiches

Cut fresh bread, while yet warm, in as thin slices as possible. Butter them evenly, spread over the butter lemon jelly and sprinkle with fresh grated cocoanut. Roll each slice separately and tie the roll with baby ribbon.

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Olive Sandwiches

Thin slices of bread, evenly buttered, cut hexagon shape. Between each two slices place a layer of Neufchatel cheese mixed to a paste with equal quantities of cream and salad dressing and covered thickly with chopped olives.
JELLY SANDWICHES

OLIVE SANDWICHES
Lightning Bread Recipe.

The Yeast.

Stir well together
1 Tablespoonful Salt. 2 Tablespoonfuls Sugar.
3 Tablespoonfuls Flour. 1 Pint Boiling Water.
To the above add seven medium-sized potatoes,
boiled and mashed fine, one pint of the hot
water in which they were boiled, and three pints
cold water. Then stir in two and one-half
cakes Magic Yeast, previously dissolved in a
little tepid water, cover with a cloth and keep
warm ten hours. Then put in a moderately
cool place to use as needed.

The Bread.

For each loaf of bread put four cupfuls sifted,
warm flour in the bread pan; stir the yeast, take
one pint of it and mix with the flour into a soft
dough (using a large spoon). Then knead it
briskly ten minutes, mold into loaves, let rise
once in warm place. When light bake.

A cupful of milk (scalded), one extra cupful
of flour and tablespoonful of lard for each loaf
will improve the above.

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Raised Doughnuts.

Place one pint of Magic Yeast bread sponge in a
large bowl, add one-quarter cupful melted but-
ter, one-half cupful sugar, two eggs beaten very
light, a pinch of salt, one-half teaspoonful
ground cinnamon, one-quarter teaspoonful
ground nutmeg.

Roll out and cut into shape, letting them re-
main on board until light. Fry in deep fat and
drain on white paper.
Directions for Making Five Gallons of Root Beer

Dissolve five cakes of the Magic Yeast and three tablespoonfuls sugar in one pint lukewarm water and set in a warm place for twelve hours; then stir thoroughly and strain through cheese cloth or fine sieve into your Hires Root Beer mixture, throwing away the particles of meal that remain in the sieve; stir thoroughly and bottle; cork tight and keep in a warm place for 36 hours, when it is ready for use, though it is better to be kept in a warm place 48 hours, after which time bottles must be kept in a cool place until used, to prevent bursting.

** Buckwheat Cakes

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** MATERIAls:**

2 Quarts of Warm Water. Buckwheat Flour.

1 Cake Magic Yeast, dissolved in ½ Teaspoonful Soda, dissolved in 1 Cupful Warm Water. ¼ Cup of Warm Water.

** WAY OF PREPARING:**

At night take two quarts warm water and one cake of Magic Yeast, dissolved in one cupful of warm water, add buckwheat flour enough to make thick batter, add one teaspoonful of salt, beat all together thoroughly. In the morning, add one-half teaspoonful of soda dissolved in one-quarter cup of warm water. Add cold water to thin batter to suit.

If very brown cakes are desired, add one tablespoonful of granulated sugar.