



*Borden's*  
**ST. CHARLES**  
**Evaporated**  
**Milk**  
*Book of Recipes*



THE BORDEN CO., LTD. MONTREAL

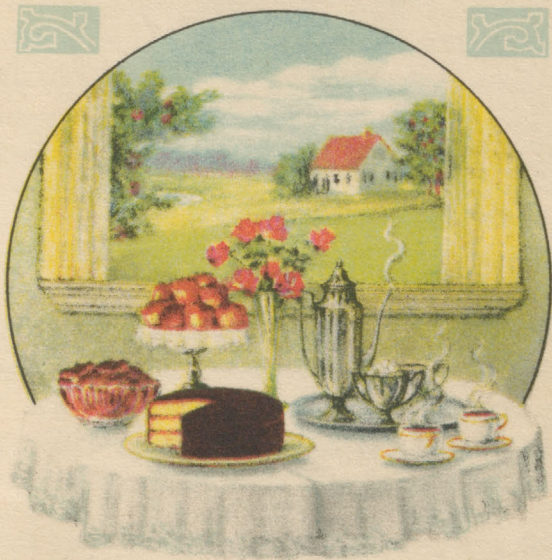
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# Borden's

## ST. CHARLES MILK

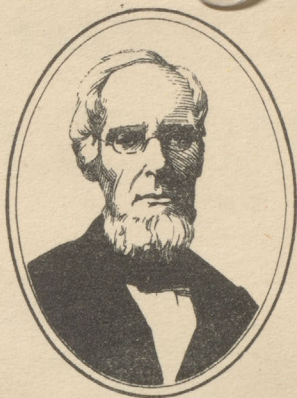


*The Borden Company, Limited*

ESTABLISHED 1857

180 ST. PAUL ST WEST

MONTREAL P. Q.



## GAIL BORDEN

**G**AIL BORDEN belonged to that group of sturdy American Industrial pioneers who marked the period 1840-60 by their improvements in the nation's mode of living. His life work was to secure *pure milk*, preserve it in all its purity and have it reach the consumer in the same pure state.

This was a large conception—nothing less than the nation-wide distribution of milk of guaranteed purity. The same thought and guarantee (from source to consumer) is today back of every milk product which carries the name of Borden.

Purity is the keystone of the Borden Institution. To insure this purity at the source of milk supply—to guard it through

every manufacturing process—to guarantee it in the finished product—is Borden Service.

Borden protection begins before the cow is milked—graduate veterinarians make frequent physical examinations of the cows in all herds supplying milk to Borden factories, rigid sanitary rules control stabling conditions. The milk is cooled and held until delivered in cool, screened milk houses remote from the stable. Each step in manufacture is carefully safeguarded, no precaution is neglected. That is why Borden's Evaporated Milk is *the pure, safe milk*—that is why it is different and best for your children—your cooking—your table.

Many of the recipes in this book were prize recipes received from every part of the country, others are by leading food experts. Every recipe has been twice tested by domestic science authorities and is both practical and economical.

### *ALL MEASURES ARE LEVEL*

*Standard measuring cups, tablespoons and teaspoons being used. The flour is always sifted before measuring, and fats are packed down solid, then measured level.*

*Unless otherwise specified the recipes are apportioned for six.*



## SOUPS

### CREAM OF GREEN PEA SOUP

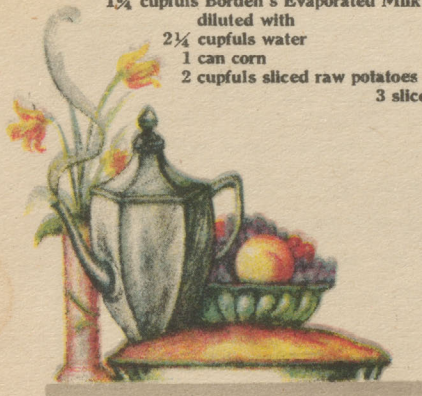
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|---------------------------------------|----------------------------------------------|
| 1½ cupfuls Borden's Evaporated Milk   | 2 tablespoonfuls butter or butter substitute |
| 2½ cupfuls cold water                 | 1½ tablespoonfuls flour                      |
| 1 teaspoonful sugar                   | 1 teaspoonful salt                           |
| ½ teaspoonful scraped onion           | ½ teaspoonful pepper                         |
| 2 cupfuls canned or cooked fresh peas |                                              |

Add the peas, sugar and onion to the cold water and simmer for twenty minutes. Then rub through a sieve; add the evaporated milk, reheat and thicken with the flour blended with the butter and the seasonings.

### CORN AND POTATO CHOWDER

- |                                                  |                                                                 |
|--------------------------------------------------|-----------------------------------------------------------------|
| 1¾ cupfuls Borden's Evaporated Milk diluted with | 2 tablespoonfuls butter or butter substitute                    |
| 2¼ cupfuls water                                 | ¼ teaspoonful pepper                                            |
| 1 can corn                                       | 3 teaspoonfuls salt                                             |
| 2 cupfuls sliced raw potatoes                    | 2 tablespoonfuls flour dissolved in 2 table-<br>spoonfuls water |
| 3 sliced onions                                  |                                                                 |

Cook the sliced onion in the butter until it is yellowed, add the potato and a pint of boiling water and cook for ten minutes; then add the corn, cook till the potatoes are soft, add the diluted milk and seasonings, bring to boiling point and thicken. If desired a shredded green pepper may be added to the onion during the preliminary cooking.



## DRIED BEAN PURÉE

- |                                     |                                              |
|-------------------------------------|----------------------------------------------|
| 1½ cupfuls Borden's Evaporated Milk | 1 small carrot, diced                        |
| 1 cupful dried pea beans            | 4 tablespoonfuls butter or butter substitute |
| 1½ quarts hot water                 | 2 tablespoonfuls flour                       |
| ½ onion sliced                      | 1½ teaspoonfuls salt                         |
| 2 sprigs parsley                    | ½ teaspoonful pepper                         |
| 2 stalks celery, diced              | Paprika to taste                             |

Wash the beans and soak them over night in cold water. Then drain, put them in a saucepan, together with the water and vegetables, and cook slowly till the beans are soft, from two to two and a half hours, adding water from time to time to keep the amount always a quart. Then rub through a sieve, add the evaporated milk and stir in the butter which has been rubbed to a cream with the flour. Season and bring to boiling point, stirring constantly. Serve with croutons, or toasted crackers, in place of meat, at luncheon, supper or dinner.

## ROUMANIAN CREAM OF POTATO SOUP

- |                                              |                         |
|----------------------------------------------|-------------------------|
| 1 cupful Borden's Evaporated Milk            | 1 quart boiling water   |
| 3 tablespoonfuls butter or butter substitute | 1 tablespoonful parsley |
| 3 medium sized onions, chopped               | 1½ teaspoonfuls salt    |
| 1 green pepper chopped (optional)            | Few grains pepper       |
| 3 medium sized potatoes, diced small         |                         |

Melt the butter in a two-quart sauce pan and gently cook the onion and green pepper in it until tender. Add the water and seasonings, together with the potato, and cook till the latter is tender, then add the parsley and evaporated milk; bring to boiling point and serve.

## TOMATO CHOWDER

- |                                             |                        |
|---------------------------------------------|------------------------|
| 2 cupfuls Borden's Evaporated Milk          | 4 tablespoonfuls flour |
| 1 pint hot water                            | 2 teaspoonfuls sugar   |
| 2½ cupfuls canned tomatoes                  | 3 teaspoonfuls salt    |
| 1 medium sized onion, sliced thin           | ¾ teaspoonful pepper   |
| 1 tablespoonful butter or butter substitute | ¼ teaspoonful soda     |
| 6 water crackers, split                     |                        |

Melt the butter in the top part of the double boiler, add the onion, and cook it gently till yellowed, about five to eight minutes. Pour in the milk and water, set over the lower part of the double boiler and scald. Mix the flour, salt and pepper with enough cold water to make a smooth cream; stir it into the milk, and cook about fifteen minutes, stirring occasionally. Heat the tomato with the sugar; when boiling, add the soda and combine it with the thickened milk. For serving, put a split cracker which has been dipped in warm water, in each plate.



## BREADS

### WHOLE WHEAT BREAD

- |                                             |                                     |
|---------------------------------------------|-------------------------------------|
| 1 cupful Borden's Evaporated Milk           | 2 teaspoonfuls salt                 |
| 1 cupful hot water                          | $\frac{1}{2}$ compressed yeast cake |
| 2 tablespoonfuls sugar, or                  | $\frac{3}{4}$ cupful tepid water    |
| $1\frac{1}{2}$ tablespoonfuls molasses      | 2 cupfuls white flour               |
| 4 cupfuls entire wheat flour, approximately |                                     |

Scald the milk and water together, then cool it till tepid and stir in the sweetening, salt and yeast dissolved in the tepid water. Beat in the white flour and then the entire wheat flour to knead, about four cupfuls. Knead until elastic then set to rise, first brushing the mixture over with tepid water, and taking care to cover it well so that it will be kept at room heat. When double in bulk, cut down and shape into two loaves and transfer to oiled pans. Again set to rise and when nearly double in bulk bake in a moderately hot oven, allowing the temperature to increase gradually until the bread is brown, and then finish baking with the heat reduced. When done brush over with butter.



## BRAN MUFFINS

$\frac{1}{4}$  cupful Borden's Evaporated Milk  
diluted with  
 $\frac{3}{4}$  cupful water  
1 teaspoonful salt  
 $2\frac{1}{2}$  tablespoonfuls molasses

1 egg  
2 cupfuls flour  
1 cupful bran  
4 teaspoonfuls baking powder  
2 tablespoonfuls melted butter or butter substitute

Beat the egg and add the other ingredients in the order given. Beat well and transfer to well oiled muffin pans and bake thirty-five minutes in a moderate oven.

## CORNMEAL COFFEE CAKE

3 tablespoonfuls Borden's Evaporated Milk  
diluted with  
5 tablespoonfuls cold water  
 $\frac{1}{2}$  cupful white cornmeal  
 $\frac{3}{4}$  cupful flour  
4 teaspoonfuls baking powder

1 teaspoonful cinnamon  
 $3\frac{1}{2}$  tablespoonfuls shortening  
1 egg  
 $\frac{1}{4}$  cupful corn or maple syrup  
 $\frac{1}{2}$  teaspoonful salt  
 $\frac{1}{2}$  cupful chopped walnuts

Mix the dry ingredients together thoroughly, and work in the fat, keeping the mixture mealy, as for baking powder biscuit; then add the syrup, milk and egg, and pour into a well oiled, small dripping pan. Then mix two tablespoonfuls of extra syrup with a teaspoonful of cinnamon and spread it over the mixture. Bake in a moderate oven.

## STEAMED BROWN BREAD

$1\frac{1}{2}$  cupfuls Borden's Evaporated Milk  
 $1\frac{1}{2}$  cupfuls cold water  
 $\frac{1}{2}$  cupful molasses  
2 teaspoonfuls salt  
4 teaspoonfuls baking powder

2 cupfuls cornmeal  
 $\frac{3}{4}$  cupful whole wheat or rye flour  
 $\frac{3}{4}$  cupful white flour  
 $\frac{3}{4}$  cupful raisins  
 $\frac{1}{2}$  teaspoonful soda

Combine the milk, water, molasses and salt in a mixing bowl, stir in the cornmeal, add the whole wheat flour mixed with the baking powder, soda, raisins and white flour. Beat well, transfer to a three-pint mold which has been very thoroughly oiled, cover and steam four hours. Then uncover and dry out in a slow oven for half an hour if convenient.

## OATMEAL BREAD

2 cupfuls oatmeal, uncooked  
5 cupfuls white flour  
1 cupful boiling water  
1 cupful Borden's Evaporated Milk  
 $\frac{1}{2}$  cup molasses

$\frac{1}{2}$  teaspoonful salt  
1 tablespoonful butter or butter substitute  
1 cake compressed yeast dissolved in  $\frac{1}{2}$  cup lukewarm water

Add boiling water and milk to oats and let stand one hour, add molasses, salt, butter substitute, dissolved yeast and flour. Let rise until double in bulk. Knead thoroughly and turn into greased bread pans, let rise again, and bake. Yield—2 loaves.

## WAFFLES

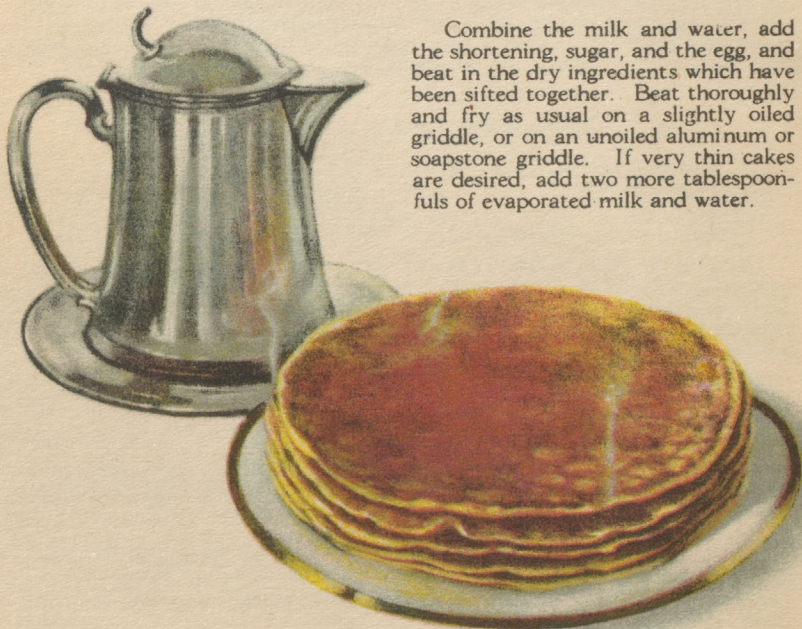
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| 1 cupful Borden's Evaporated Milk | 1 tablespoonful sugar                               |
| 1 cupful water                    | 3 tablespoonfuls melted butter or butter substitute |
| 2½ cupfuls flour                  | 3 teaspoonfuls baking powder                        |
| 1 teaspoonful salt                | 2 eggs                                              |

Separate the eggs. Beat the yolks well and stir into them the salt, sugar, milk and water, then beat in the flour and baking powder sifted together. Beat well, add the butter and finally fold in the egg whites beaten stiff. Bake as usual on a hot, well oiled waffle iron and serve with butter, as an accompaniment for chicken; with brown sugar syrup or maple syrup, with honey, or sprinkled with cinnamon and sugar.

## GRIDDLE CAKES

- |                                                     |                              |
|-----------------------------------------------------|------------------------------|
| 1 cupful Borden's Evaporated Milk                   | 1 egg, well beaten           |
| 1 cupful water                                      | 3 cupfuls white flour        |
| 2 tablespoonfuls melted butter or butter substitute | 1 teaspoonful salt           |
| 2 tablespoonfuls sugar                              | 4 teaspoonfuls baking powder |

Combine the milk and water, add the shortening, sugar, and the egg, and beat in the dry ingredients which have been sifted together. Beat thoroughly and fry as usual on a slightly oiled griddle, or on an unoled aluminum or soapstone griddle. If very thin cakes are desired, add two more tablespoonfuls of evaporated milk and water.



## BLUEBERRY MUFFINS

$\frac{1}{4}$ cupful butter or butter substitute	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cupful sugar	$\frac{1}{2}$ cupful Borden's Evaporated Milk diluted with
1 egg	
$2\frac{3}{4}$ cupfuls flour	$\frac{1}{2}$ cupful water
4 teaspoonfuls baking powder	1 cupful blueberries

Cream the butter; add gradually sugar and egg well beaten; mix and sift flour, baking powder and salt, reserving one-fourth cupful flour to be mixed with berries and added last. The remainder of the flour to be added alternately with milk. Other berries may be substituted for blue berries in season.

## CORN GRIDDLE CAKES

2 cupfuls flour	$\frac{1}{2}$ cupful sugar
$\frac{1}{2}$ cupful corn meal	$1\frac{1}{2}$ cupfuls boiling water
$1\frac{1}{2}$ tablespoonfuls baking powder	$1\frac{1}{2}$ cupfuls Borden's Evaporated Milk
$1\frac{1}{2}$ teaspoonfuls salt	1 egg
2 tablespoonfuls melted butter or butter substitute	

Add meal to boiling water and boil five minutes, add milk and remaining dry ingredients mixed and sifted, then well beaten egg and butter. Drop by spoonfuls on a slightly oiled griddle, or on an unoiled aluminum or soapstone griddle and cook same as other griddle cakes.

## TEA BISCUITS

2 cupfuls flour	$\frac{1}{2}$ cupful Borden's Evaporated Milk diluted with
5 teaspoonfuls baking powder	
1 teaspoonful salt	$\frac{1}{2}$ cupful water
2 tablespoonfuls butter substitute	

Mix dry ingredients and sift twice. Work in butter substitute with tips of fingers; add milk gradually, mixing with knife to a soft dough. Pat and roll lightly to one-half inch in thickness. Shape with a biscuit cutter, place on buttered pan and bake in hot oven about fifteen minutes.

## ONE EGG MUFFINS

2 cupfuls flour	$\frac{1}{2}$ cupful Borden's Evaporated Milk diluted with
4 teaspoonfuls baking powder	
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ cupful water
2 tablespoonfuls sugar	2 tablespoonfuls melted butter or butter substitute
1 egg	

Mix and sift dry ingredients, add milk gradually, well beaten egg and melted butter. Bake in well oiled gem pans twenty-five minutes.



## POP-OVERS

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| 3 eggs                            | 2 cupfuls flour                      |
| 1 cupful Borden's Evaporated Milk | $\frac{1}{2}$ small teaspoonful salt |
| 1 cupful water                    |                                      |

Beat the eggs ten minutes and then add the milk. Gradually add the flour, sifted, and the salt. Beat until absolutely smooth. Turn into hissing hot, well oiled gem pans and bake quickly.

## CORN BREAD

- |                                |                                                               |
|--------------------------------|---------------------------------------------------------------|
| 1 cupful corn meal             | 1 egg                                                         |
| 1 cupful flour                 | $\frac{1}{2}$ cupful Borden's Evaporated Milk diluted<br>with |
| $\frac{1}{2}$ cupful sugar     | $\frac{1}{2}$ cupful water                                    |
| 5 teaspoonfuls baking powder   | 2 tablespoonfuls melted butter substitute                     |
| $\frac{3}{4}$ teaspoonful salt |                                                               |

Mix and sift dry ingredients; add milk, egg well beaten, and butter substitute. Bake in shallow, well oiled pan in hot oven twenty minutes.

# ENTREES AND FISH

## VEAL AND NUT CROQUETTES

$\frac{1}{2}$ cupful Borden's Evaporated Milk	Few grains cayenne
$\frac{1}{2}$ cupful water	Few grains nutmeg
$\frac{1}{2}$ cupful butter or butter substitute	$\frac{1}{2}$ teaspoonful celery salt
$\frac{1}{2}$ cupful flour	1 teaspoonful lemon juice
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ teaspoonful onion juice, optional
$\frac{1}{2}$ teaspoonful pepper	1 teaspoonful chopped parsley
2 cupfuls chopped left-over veal	Egg and dried bread crumbs for crumbing
$\frac{1}{2}$ cupful chopped walnut meats	

Make a thick white sauce of the first six ingredients; stir in all the remaining ingredients except the egg and crumbs, and chill the mixture. Then mold into round croquettes, using a heaping tablespoonful for each. Roll in the fine dry crumbs, then in egg white, slightly beaten and diluted with a tablespoonful of water to each white, then again in crumbs. Fry in deep fat, hot enough to brown a bit of bread in forty counts; drain on brown paper and serve with white sauce, or creamed peas.

## OYSTER POULETTE

1 quart oysters	2 egg yolks
$\frac{1}{2}$ cupful boiling water or oyster liquor	$\frac{1}{2}$ teaspoonful salt
1 $\frac{1}{2}$ cupfuls Borden's Evaporated Milk	$\frac{1}{4}$ teaspoonful paprika
1 $\frac{1}{2}$ tablespoonfuls butter	$\frac{1}{8}$ teaspoonful pepper
2 tablespoonfuls flour	

Examine oysters to free from pieces of shell. Melt the butter, stir in the flour; when bubbling add the boiling water and stir until smooth. Add the oysters and seasoning and let cook until the oysters begin to curl on the edges, stirring constantly. Have ready the yolks beaten light, mix with them the evaporated milk and add to the oyster mixture. Let come to the boiling point and remove from the fire at once.

Serve with cabbage salad or cold slaw as main dish for dinner, or for luncheon or supper.

## HALIBUT BAKED IN MILK

Order two pounds of halibut steak cut half an inch thick. Lay it in a dripping pan, or large shallow baking dish. Dust it lightly with a little flour, salt and pepper and a sprinkling of minced parsley and barely cover it with one part of Borden's Evaporated Milk diluted with one and one-half parts of boiling water.

Bake in a moderate oven until the fish is tender—about 25 minutes. It should be somewhat browned on top and the liquid will be thickened by the flour and act as a delicious sauce.

## CREAMED TUNA FISH

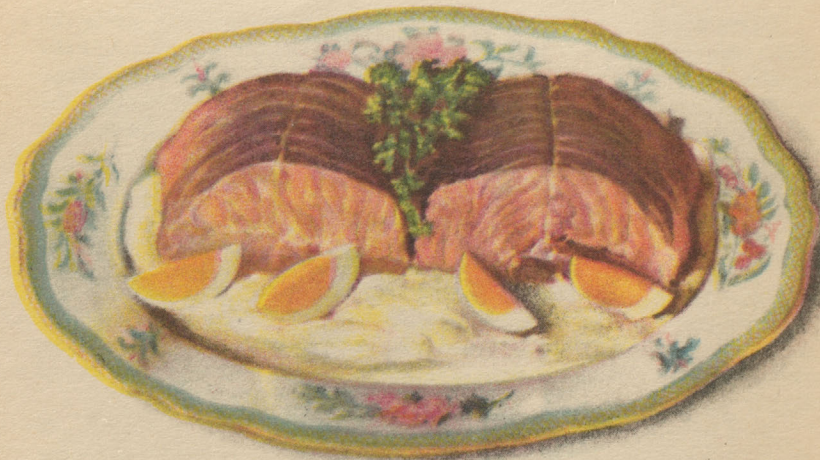
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| 1 cupful Borden's Evaporated Milk,<br>diluted with | 2 tablespoonfuls minced green peppers |
| 1½ cupfuls boiling water                           | 1 tablespoonful minced pimientoes     |
| 2 tablespoonfuls butter or butter substitute       | ¾ teaspoonful salt                    |
| 1 pound canned tuna fish, flaked fine              | Boiled rice                           |
|                                                    | Paprika                               |
|                                                    | 3 tablespoonfuls flour                |

Heat the butter and add the green peppers, cooking them in it until softened—about five minutes. Then add the pimientoes and the flour. Cook very slowly for three minutes and gradually add the evaporated milk diluted with the water. Then turn in the salt and paprika and add the tuna fish. Let come to a boil and cook over hot water for at least fifteen minutes. Serve in a border of boiled rice.

## STEAMED SALMON WITH WHITE SAUCE

- |                                 |                    |
|---------------------------------|--------------------|
| 1 slice salmon, about 2 pounds  | 2 hard cooked eggs |
| Once the recipe for white sauce | Parsley            |

Wipe off the salmon with a damp cloth; lay it on a well oiled plate, dust lightly with salt and pepper, and steam for thirty minutes. Then carefully remove the skin, transfer the fish to the center of a medium sized platter, surround with white sauce and garnish with the egg cut in sixths, and the parsley. (See White Sauce under Vegetables.)



## CREAMED CHICKEN WITH RICE

- |                                                             |                                                    |
|-------------------------------------------------------------|----------------------------------------------------|
| $\frac{3}{4}$ cupful Borden's Evaporated Milk,<br>undiluted | $1\frac{1}{4}$ cupfuls chicken stock               |
| $2\frac{1}{2}$ cupfuls diced cooked chicken                 | $\frac{2}{2}$ tablespoonfuls butter or chicken fat |
| $\frac{2}{2}$ tablespoonfuls flour                          | $\frac{1}{4}$ teaspoonful celery salt              |
|                                                             | $\frac{3}{3}$ cupfuls boiled rice                  |

Combine the flour and butter in a saucepan and gradually stir in the stock and evaporated milk. Bring to boiling point, add the celery salt, a little onion juice if desired, and salt and pepper to taste. Stir in the chicken, let stand over hot water for ten minutes and then serve in a border of rice.

## CREAMED SALMON WITH PEAS.

- |                                                               |                                                |
|---------------------------------------------------------------|------------------------------------------------|
| 1 can salmon                                                  | $\frac{1}{2}$ teaspoonful scraped onion        |
| $\frac{3}{4}$ cupful Borden's Evaporated Milk<br>diluted with | $\frac{2}{2}$ tablespoonfuls butter substitute |
| $1\frac{1}{4}$ cupfuls water                                  | 1 teaspoonful salt                             |
| $\frac{2}{2}$ tablespoonfuls corn starch                      | $\frac{1}{2}$ teaspoonful pepper               |
|                                                               | 1 cupful uncooked peas                         |
|                                                               | Boiled rice                                    |

Melt the butter substitute; stir in the cornstarch, add the seasonings, and gradually stir in the diluted Evaporated Milk. In the meantime the salmon should be opened, scalded and fish flaked. When the sauce boils, the salmon and peas should be stirred in and the whole should be cooked together over hot water for ten minutes. For serving arrange in a border of boiled rice.

## ORANGE FRITTERS

- |                                               |                                                      |
|-----------------------------------------------|------------------------------------------------------|
| $\frac{1}{2}$ cupful Borden's Evaporated Milk | 1 teaspoonful sugar                                  |
| $\frac{1}{2}$ cupful flour                    | 1 teaspoonful butter or butter substitute,<br>melted |
| $\frac{1}{2}$ teaspoonful salt                | 1 large orange, seedless                             |
| 1 teaspoonful baking powder                   | Powdered sugar                                       |

Add the dry ingredients, sifted together, to the milk, and then add the shortening. Divide the orange into sections. Heat fat. Dip the sections of the orange one at a time into the batter, slip them into the fat and cook till they are golden brown. Drain on crumpled paper, dust with powdered sugar, and serve as an accompaniment to chicken or game, or with fruit sauce as a dessert.

## PINEAPPLE FRITTERS

- |                                                                |                                          |
|----------------------------------------------------------------|------------------------------------------|
| $\frac{1}{4}$ cupful Borden's Evaporated Milk                  | 1 egg, well beaten                       |
| $\frac{1}{4}$ cupful water                                     | $1\frac{1}{4}$ cupfuls flour             |
| $\frac{3}{4}$ cupful grated, canned pineapple, well<br>drained | $1\frac{1}{2}$ tablespoonfuls sugar      |
| $\frac{1}{2}$ tablespoonful lemon juice                        | $\frac{1}{2}$ teaspoonful salt           |
|                                                                | $\frac{2}{2}$ teaspoonfuls baking powder |

Sift the dry ingredients and stir in the pineapple, milk and water mixed, the lemon juice and the egg. Beat well and drop in small spoonfuls into deep hot fat. When golden brown remove, drain on crumpled paper, dust with powdered sugar and serve with a sauce made with the pineapple juice.



## ESCALLOPED MACARONI WITH CHEESE

- |                                                               |                                               |
|---------------------------------------------------------------|-----------------------------------------------|
| 1½ cupfuls Borden's Evaporated Milk                           | 1½ tablespoonfuls flour                       |
| 3 cupfuls cooked, drained macaroni cut in<br>two-inch lengths | 1½ tablespoonfuls butter or butter substitute |
| 1½ cupfuls grated American cheese                             | ½ teaspoonful salt, scant                     |
|                                                               | ½ teaspoonful pepper                          |
| Few grains paprika                                            |                                               |

Make a white sauce of the flour, butter, seasonings and the milk undiluted. Stir in the macaroni. Thoroughly oil a rather shallow baking dish, put in a layer of the macaroni, then one of the cheese, continuing in this way until all is used and making the last layer one of cheese. Bake in a moderate oven until browned, about thirty-five minutes.

## ESCALLOPED EGGS

- |                                                   |                                              |
|---------------------------------------------------|----------------------------------------------|
| 1 cupful Borden's Evaporated Milk<br>diluted with | 1 teaspoonful salt                           |
| 1 cupful hot water                                | 3 tablespoonfuls butter or butter substitute |
| 4 tablespoonfuls flour                            | ½ teaspoonful pepper                         |
|                                                   | 8 sliced hard cooked eggs                    |
| ½ cupful grated American cheese                   |                                              |

Melt the butter and stir it into the flour and seasonings. Cook this gently for three minutes, then gradually add the Evaporated Milk mixed with the water to make a sauce. Put a layer of eggs in a well oiled baking dish; pour over a little of the sauce mixed with the cheese, and continue in this way until all of the materials are used. Then place figures cut from left over bread on the top, spreading them lightly with a little butter or vegetable oil, and sprinkle on a little cheese. Set in a hot oven to brown the crust.



# VEGETABLES

## WHITE SAUCE FOR CREAMING VEGETABLES OR MEATS

$\frac{3}{4}$  cupful Borden's Evaporated Milk  
 $\frac{3}{4}$  cupful water  
 $1\frac{1}{2}$  tablespoonfuls butter or butter substitute

$1\frac{1}{2}$  tablespoonfuls flour  
1 scant half teaspoonful salt  
High seasoning of pepper or paprika

Melt the butter substitute in a small saucepan, stir in the pepper and salt mixed with the flour and stir until well blended, away from the heat. Then gradually stir in the milk and water mixed, preferably using a wire whisk, and taking care that all of the liquid is thickened before a further amount is added. Let boil a moment or two, then add the vegetable and let stand over hot water for ten minutes to become thoroughly heated. Serve with asparagus, string beans, peas, brussels sprouts or potatoes.

## CORN PUDDING

$\frac{3}{4}$  cupful Borden's Evaporated Milk  
 $1\frac{1}{4}$  cupfuls water  
 $\frac{3}{4}$  teaspoonful salt  
1 tablespoonful butter or butter substitute

$\frac{1}{2}$  teaspoonful pepper  
2 eggs  
2 cupfuls corn scraped from the cob, or  
canned corn

Combine the milk and water; add the butter and seasonings, bring to boiling point, add the corn and pour the mixture onto the eggs, well beaten. Pour into a well oiled baking dish, stand in a pan of hot water and bake in a moderate oven until firm in the center like any ordinary custard. If the flavor is liked a teaspoonful of scraped onion and two tablespoonfuls of chopped green pepper may be added to the corn.

## WHOLE CAULIFLOWER AU GRATIN

Select a cauliflower of medium size and excellent shape. Wash it thoroughly, removing only the outside leaves which may be ragged, and take care to clean the little crevices with a brush. Soak the cauliflower head down in salted water for half an hour, then boil it in salted water till tender. Drain it, place it on a fire-proof platter, dust it thickly with equal parts of finely dried bread crumbs and grated American cheese. Brown it in the oven, dust with paprika and surround with once the recipe for White Sauce.

## BAKED POTATOES, ROCKY MOUNTAIN STYLE

Scrub good sized potatoes, dry them and rub them with melted butter substitute. Bake till tender and mealy in a rather hot oven—this will take about fifty minutes. Then cut two crosswise slits like a maltese cross on the flat side of each potato; with a fork loosen the inside pulp and pour into each potato a teaspoonful and a half of hot Borden's Evaporated Milk undiluted. Add a teaspoonful of butter, a generous sprinkling of salt and a dusting of paprika and serve at once.



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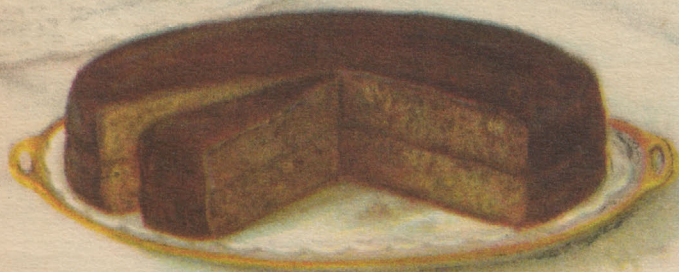


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# SALADS AND SALAD DRESSINGS

## BOILED SALAD DRESSING

- |                                                                                             |                                          |
|---------------------------------------------------------------------------------------------|------------------------------------------|
| $\frac{1}{2}$ cupful Borden's Evaporated Milk,<br>diluted in $\frac{1}{2}$ cupful hot water | 1 tablespoonful sugar                    |
| 1 teaspoonful mustard                                                                       | $2\frac{1}{2}$ tablespoonfuls cornstarch |
| $1\frac{1}{2}$ teaspoonfuls salt                                                            | 1 egg                                    |
|                                                                                             | 1 cupful (scant) mild vinegar            |
|                                                                                             | 2 tablespoonfuls salad oil               |

Mix together the dry ingredients, add the egg, salad oil and sugar. Mix thoroughly, stir in the milk and cook over hot water till thick. In the meantime scald the vinegar and beat it in slowly. Then let the dressing thicken again, beat well with an egg beater and cool. If too thick, thin with Borden's Evaporated Milk before using.

## EGGLESS MAYONNAISE

- |                                                      |                                            |
|------------------------------------------------------|--------------------------------------------|
| 3 tablespoonfuls Borden's Evaporated Milk, undiluted | $\frac{1}{4}$ teaspoonful mustard          |
| $\frac{1}{2}$ teaspoonful salt                       | $\frac{2}{3}$ tablespoonfuls sharp vinegar |
|                                                      | $\frac{3}{4}$ cupful salad oil—any kind    |
|                                                      | $\frac{1}{4}$ teaspoonful pepper           |

Combine the seasonings, add the milk and gradually beat in the oil with an egg beater. Then whip in the vinegar. Use as any Mayonnaise. Transfer to a covered jar. This will keep indefinitely in a cool place. If too thick, thin with Borden's Evaporated Milk.

## CABBAGE SALAD

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 3 cupfuls chopped, crisp cabbage | 1 tablespoonful minced parsley    |
| 1 cupful shredded celery         | Boiled salad dressing             |
| 1 minced pimienta                | Parsley sprigs                    |
|                                  | Outer, boat-shaped cabbage leaves |

Combine the vegetables with boiled dressing to moisten, let chill for twenty minutes and serve individually, arranged in the boat-shaped leaves with a garnish of parsley sprigs and extra dressing. This is especially good with oyster poulette.

## FRUIT SALAD DRESSING

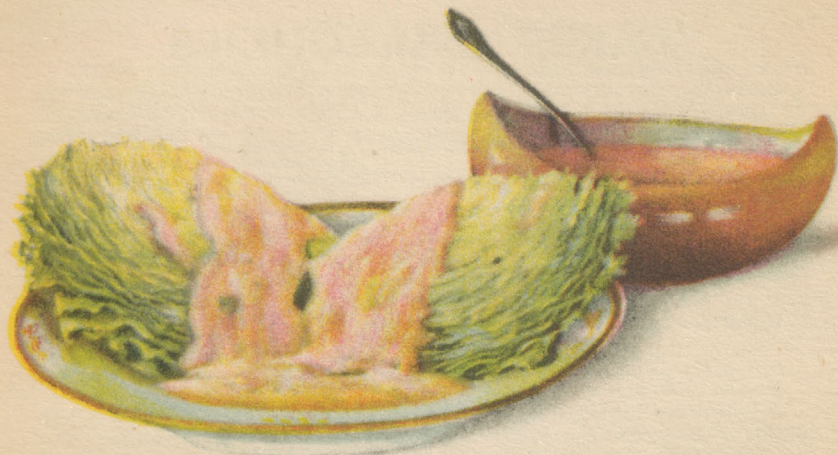
- |                                               |                                           |
|-----------------------------------------------|-------------------------------------------|
| $\frac{1}{2}$ cupful Borden's Evaporated Milk | Few grains salt                           |
| $\frac{1}{2}$ cupful honey                    | $1\frac{1}{2}$ tablespoonfuls lemon juice |

Whip the evaporated milk according to directions and when stiff add the salt and beat in the honey, then the lemon juice. The mixture will thicken decidedly. Chill and serve on almost any fruit salad.

## PINEAPPLE AND CHERRY FRUIT SALAD

- |                                       |                      |
|---------------------------------------|----------------------|
| 6 rounds pineapple                    | Lettuce              |
| 1 cupful fresh or canned red cherries | Fruit salad dressing |

Arrange the salad individually, a pineapple round on each plate. Garnish with lettuce, and put a spoonful of the dressing in the center of each round. Decorate with cherries.



## RUSSIAN DRESSING

Use the recipe for Eggless Mayonnaise, and add—

- |                                                              |                                  |
|--------------------------------------------------------------|----------------------------------|
| 1 chopped, hard cooked egg                                   | 1 tablespoonful minced pimentoes |
| $\frac{1}{4}$ cupful chili sauce                             | 1 tablespoonful minced parsley   |
| $1\frac{1}{2}$ tablespoonfuls minced chives or scraped onion |                                  |

Combine the ingredients in the order given and use with any plain green salad, simple vegetable salad, or egg salad.

## LETTUCE HEARTS WITH RUSSIAN DRESSING

Select three medium sized, firm heads of lettuce, remove the outer leaves, cut off the roots and cut the heads into quarters, lengthwise, through to the root end. Clean them carefully in cold water, drain and crisp and serve two sections to a person, with Russian dressing. In case it is impossible to obtain hard heads of lettuce, the leaves may be detached, arranged in nests on individual plates and served with the same dressing.

## SALMON OR TUNA FISH SALAD

- |                                 |                          |
|---------------------------------|--------------------------|
| 1 pound can salmon or tuna fish | Lettuce or cress         |
| 1 minced green pepper           | Eggless Mayonnaise juice |
| 1 cupful diced celery           | 2 tablespoonfuls lemon   |

Open the fish an hour before the salad is to be made, remove the skin and bones, and mix the fish lightly with mayonnaise to moisten, add the lemon juice and green pepper. Half an hour later add the celery and at serving time arrange on a bed of salad green and garnish with mayonnaise and some celery tips if convenient. Three tablespoonfuls of minced, stuffed olives may replace the green pepper.

# CAKES AND COOKIES

## ONE EGG CAKE

- |                                                                                            |                                           |
|--------------------------------------------------------------------------------------------|-------------------------------------------|
| $\frac{1}{4}$ cupful Borden's Evaporated Milk diluted with $\frac{1}{4}$ cupful cold water | $\frac{1}{2}$ teaspoonful salt            |
| $\frac{1}{4}$ cupful vegetable cooking oil, scant                                          | $1\frac{1}{2}$ teaspoonfuls baking powder |
| $\frac{1}{2}$ cupful sugar                                                                 | $1\frac{1}{2}$ cupfuls sifted flour       |
| 1 egg                                                                                      | $\frac{1}{2}$ teaspoonful vanilla         |
|                                                                                            | $\frac{1}{2}$ teaspoonful lemon extract   |

Beat the egg light and cream it with the sugar, salt, and flavoring. Combine the milk, diluted, with the cooking oil. Sift together the dry ingredients and add them alternately to the first mixture with the milk. Beat thoroughly, turn into a lined, medium-sized pan and sprinkle nut meats, chopped raisins or coconut over the top. Bake in a moderate oven, for thirty minutes.

## NUT AND RAISIN CAKE

Measure out the ingredients for One Egg Cake, adding to the flour a half-cupful of chopped walnut meats and a third-cupful of chopped raisins. Put together, flavor with orange or lemon extract and bake as directed. Cover with plain white icing.

## YELLOW LOAF CAKE

- |                                                  |                              |
|--------------------------------------------------|------------------------------|
| $\frac{1}{4}$ cupful Borden's Evaporated Milk    | 1 egg                        |
| $\frac{1}{4}$ cupful water                       | 3 egg yolks                  |
| $\frac{1}{2}$ cupful butter or butter substitute | 2 teaspoonfuls baking powder |
| 1 cupful sugar                                   | Few grains salt              |
| 1 teaspoonful desired flavoring                  | $1\frac{1}{4}$ cupfuls flour |

Beat the butter to a cream, then add the sugar gradually together with the flavoring and the egg and egg yolks well beaten together. When creamy add a little of the flour which has been sifted with the baking powder, then add a little of the milk and water mixed. Continue in this way until all is used, beating well. Transfer to an oiled cake pan of medium size, preferably a tube pan, and bake forty-five minutes in a moderate oven. Cover with plain white or chocolate icing.

## DEVIL'S FOOD LAYER CAKE

- |                                                  |                                           |
|--------------------------------------------------|-------------------------------------------|
| $\frac{1}{4}$ cupful Borden's Evaporated Milk    | $2\frac{1}{4}$ squares chocolate          |
| $\frac{1}{4}$ cupful water                       | $1\frac{1}{2}$ cupfuls flour              |
| 1 cupful sugar                                   | $2\frac{1}{2}$ teaspoonfuls baking powder |
| $\frac{1}{2}$ cupful butter or butter substitute | Few grains salt                           |
| 2 small eggs                                     | $\frac{3}{4}$ teaspoonful vanilla         |

Cream the butter, gradually beat in the sugar, the egg yolks, the vanilla and the chocolate previously melted over hot water. Sift together the dry ingredients and combine the milk and water. Add the flour mixture alternately to the creamed butter with the milk, continuing in this way until all is used. Beat well, fold in the egg whites whipped stiff, and transfer to two oiled layer-cake pans. Bake in a moderate oven, for about thirty-five minutes, and put together with fudge or chocolate frosting.

## MAPLE LAYER CAKE

Double the ingredients for the recipe for One-Egg Cake, flavor with vanilla and bake the mixture in three thin layers. Put together with maple frosting. To cover the sides of the cake as well as to allow enough to put the layers together and over the top, it will be necessary to use twice the recipe.

## MAPLE ICING

- |                                           |                                |
|-------------------------------------------|--------------------------------|
| 2 tablespoonfuls Borden's Evaporated Milk | 2 cupfuls confectioner's sugar |
| 2 tablespoonfuls maple syrup              | 1 teaspoonful vanilla          |

Warm the milk and syrup together, beat in the sugar and vanilla and use.

## DROP COCOANUT COOKIES

- |                                                     |                                               |
|-----------------------------------------------------|-----------------------------------------------|
| 3 tablespoonfuls Borden's Evaporated Milk           | Few grains salt                               |
| $\frac{1}{4}$ cupful of butter or butter substitute | $1\frac{1}{2}$ cupfuls sifted flour           |
| $\frac{3}{4}$ cupful sugar                          | 2 teaspoonfuls baking powder                  |
| 2 egg yolks                                         | $\frac{1}{2}$ cupful ground shredded cocoanut |
| 1 teaspoonful vanilla                               | (Plain shredded cocoanut)                     |

Cream together the butter, sugar and egg yolks. Add the salt and cocoanut and alternately the milk, and the flour sifted with the baking powder. Place by teaspoonfuls onto oiled pans, keeping the cookies two inches apart. Dust each with the plain shredded cocoanut and bake till delicately brown in a moderate oven, about twelve minutes. This makes about forty cookies.



## ALMOND TART

- |                                                                                 |                                             |
|---------------------------------------------------------------------------------|---------------------------------------------|
| $\frac{1}{2}$ cupful Borden's Evaporated Milk                                   | 1 cupful granulated sugar                   |
| $\frac{1}{2}$ cupful cracker meal, or finely rolled and sifted bits of crackers | $\frac{1}{2}$ teaspoonful powdered cloves   |
| 2 teaspoonfuls baking powder                                                    | $\frac{1}{2}$ teaspoonful powdered cinnamon |
| $\frac{1}{2}$ cupful chopped almonds                                            | 3 egg yolks                                 |
| 2 squares chocolate                                                             | 3 egg whites                                |

Combine the cracker meal, baking powder and chopped almonds. Then add the chocolate, sugar spices and fold in the egg yolks beaten well. Stir in the Evaporated Milk, and lastly, fold in the egg whites beaten stiff. Transfer the mixture to a well oiled, oblong loaf pan with the bottom lined with oiled paper, and bake about twenty-five minutes in a moderate oven. Serve plain as a cake and cover it with chocolate icing; or serve as a pudding with an accompaniment of Borden's Evaporated Milk whipped, sweetened and flavored with vanilla and a dusting of cinnamon.

## MOLASSES DROP CAKES

- |                                                                                        |                                               |
|----------------------------------------------------------------------------------------|-----------------------------------------------|
| 1 cupful cornstarch                                                                    | $\frac{3}{4}$ cupful molasses                 |
| 1 teaspoonful ground cloves                                                            | $\frac{1}{2}$ cupful sugar                    |
| 1 teaspoonful ground cinnamon                                                          | $\frac{1}{2}$ cupful butter substitute        |
| $\frac{1}{2}$ teaspoonful nutmeg                                                       | $\frac{1}{2}$ cupful chopped raisins or dates |
| $1\frac{1}{2}$ teaspoonfuls baking soda                                                | 1 egg                                         |
| $\frac{1}{2}$ cupful Borden's Evaporated Milk, diluted with $\frac{1}{2}$ cupful water | $2\frac{1}{2}$ cupfuls flour                  |
|                                                                                        | 1 teaspoonful salt                            |

Mix the soda with the spices and cornstarch. Then put the ingredients together in the order given. Drop by large teaspoonfuls on oiled pans, making them about three inches apart. Put a nut or raisin or half date (if dates are used) in the center of each and bake in a moderate oven. This makes from three to four dozen cookies. They keep for two weeks.

## GLORIFIED GINGER CAKES

- |                                   |                                                             |
|-----------------------------------|-------------------------------------------------------------|
| 1 cupful Borden's Evaporated Milk | $\frac{1}{2}$ cupful butter substitute                      |
| 1 egg, well beaten                | 1 cupful sugar                                              |
| 2 tablespoonfuls molasses         | 2 cupfuls flour                                             |
| 1 teaspoonful soda                | $\frac{1}{2}$ teaspoonful salt                              |
| 1 tablespoonful vinegar           | $\frac{1}{2}$ teaspoonful each powdered cinnamon and cloves |
| 1 teaspoonful ginger              |                                                             |

Mix and sift together all the dry ingredients and set aside a cupful to use to spread on the cake when the batter is mixed. Beat the egg in a bowl, add the milk, the molasses, soda and vinegar and pour into the remaining dry ingredients. Beat well, place in well oiled muffin pans of medium size, and spread over the top the reserved dry mixture. Bake about thirty minutes in a moderate oven. This makes eight cakes.

## PLAIN WHITE ICING

- |                                           |                         |
|-------------------------------------------|-------------------------|
| 2 tablespoonfuls Borden's Evaporated Milk | 1 cupful powdered sugar |
| 1 teaspoonful desired flavoring           |                         |

Warm the milk in a small saucepan, add the flavoring and beat in the sugar. If necessary to make the icing very stiff add two or three tablespoonfuls more.

## PLAIN CHOCOLATE ICING

Observe the proportions for the Plain White Icing, adding a square (ounce) of melted chocolate with the sugar, or substitute  $1\frac{1}{2}$  tablespoonfuls of cocoa.





## PASTRIES

### LEMON MERINGUE PIE

$\frac{3}{4}$ cupful Borden's Evaporated Milk	2 eggs
$\frac{3}{4}$ cupful hot water	Juice 2 lemons
$1\frac{1}{2}$ cupfuls sugar	Grated rind 1 lemon
$4\frac{1}{2}$ tablespoonfuls corn starch	Few grains salt
1 teaspoonful butter or butter substitute	1 cooked pastry shell

Combine the milk and water in a double boiler top, add the sugar and cornstarch, thoroughly mixed together, and cook fifteen minutes, stirring occasionally. Separate the eggs, beat the yolks light, combine them with a little of the hot milk, stir into the thickened mixture and cook five minutes longer, stirring occasionally. Then add the salt and when somewhat cooled stir in the lemon juice and rind, pour into the pastry shell, heap with a meringue made of two egg whites, and a third-cupful of powdered sugar, and cook in a slow oven for ten minutes until the meringue is firm and delicately browned.

### CUSTARD PIE

$\frac{3}{4}$ cupful Borden's Evaporated Milk	$\frac{1}{4}$ teaspoonful salt
$1\frac{1}{4}$ cupfuls water	Few drops nutmeg extract
3 eggs	Grated nutmeg
$4\frac{1}{2}$ tablespoonfuls sugar	Pastry

Line a deep pie plate with the pastry. Beat together the eggs, sugar, salt and nutmeg extract, then pour in the evaporated milk and water. Mix well, pour into the lined plate, grate over a little nutmeg. Bake in a quick oven at first to set the rim, decrease the heat afterwards, as egg and milk in combination need to be cooked at low temperature.

## STRAWBERRY SHORT CAKE

2 cupfuls flour  
2 teaspoonfuls baking powder  
1 teaspoonful salt

2 rounding tablespoonfuls butter  
2 rounding tablespoonfuls granulated sugar  
1 cupful Borden's Evaporated Milk, undiluted

Sift all the dry ingredients together, work in butter, as you would for pie crust, add the milk, beat with spoon (it will be very stiff) and bake 20 minutes in an oblong pan. Split the cake with a hot knife, butter the two sides and put them together with two quarts of strawberries which have been cut into small pieces, sweetened and allowed to stand before placing on cake.

## PEACH ROLY POLY

$\frac{1}{2}$  cupful Borden's Evaporated Milk,  
diluted with  
 $\frac{1}{2}$  cupful cold water  
 $\frac{3}{4}$  tablespoonfuls butter or butter substitute  
2 cupfuls flour

4 teaspoonfuls baking powder  
 $\frac{1}{2}$  teaspoonful salt  
1 tablespoonful sugar  
1 pint can peaches

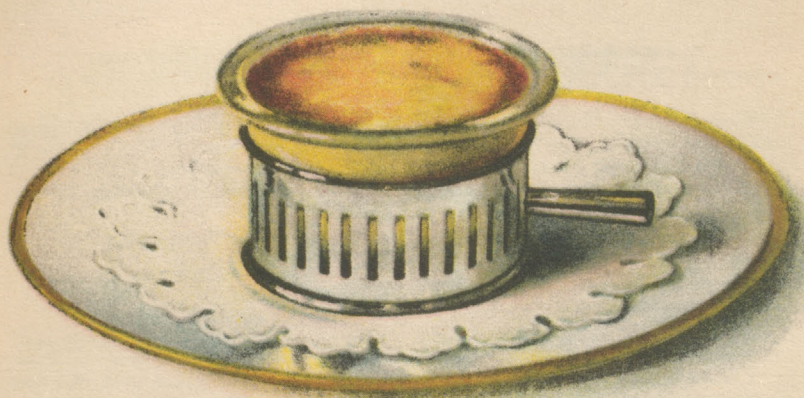
Mix together the dry ingredients thoroughly and work in the shortening, keeping the mixture coarse and mealy. Then add the milk, turn the mixture on to a molding board dusted with a little flour, and roll it into a rectangular shape making it a scant half-inch thick. Spread it to within an inch of the edge with the peaches coarsely chopped. Dust lightly with nutmeg, then roll up the dough gently, pinch the ends together, place the roll fold side down on a well oiled baking pan, brush over the top with a little Borden's Evaporated Milk diluted with an equal part of water, and bake half an hour in a moderate oven. Serve with lemon sauce, hard sauce, or a sauce made from Peach syrup.

## STRAWBERRY, CHERRY, BLACKBERRY OR PINEAPPLE ROLY POLY

Observe the directions for Peach Roly Poly, substituting the above listed canned fruits. If fresh fruits are used they should be first dusted thickly with granulated sugar.

### HOW TO WHIP BORDEN'S EVAPORATED MILK

Open a can of Borden's Evaporated Milk and set the can in a saucepan full of cold water, allowing the water to cover two-thirds of the can. Bring to boiling point and when the water begins to bubble, remove the can at once from the water and chill until it is ice cold. Then pour it into a deep bowl and whip with an ordinary egg-beater until it is stiff. Sweeten to taste.



## DESSERTS

### Puddings, Custards and the like

#### BAKED CUP CUSTARDS

Sweetened with Sugar, Maple Syrup or Honey

- |                                                    |                                                                        |
|----------------------------------------------------|------------------------------------------------------------------------|
| 1 cupful Borden's Evaporated Milk,<br>diluted with | 6 tablespoonfuls sugar or $\frac{1}{2}$ cupful honey or<br>maple syrup |
| 2 cupfuls boiling water                            | $\frac{1}{8}$ teaspoonful salt                                         |
| 3 eggs                                             | $\frac{1}{2}$ teaspoonful vanilla (omit if honey is used)              |

Beat together the eggs, sweetening, salt and flavoring, and pour in the milk. Mix well, pour into custard cups, then transfer to a pan, the bottom of which has been covered with several folds of paper. Surround the cups to within a third of the top with hot water and bake till firm in a moderate oven, about twenty-five minutes. If desired, the custard may be steamed instead of baked. The water in the pan should not boil.

#### CHOCOLATE BLANCE MANGE

- |                                                                  |                                   |
|------------------------------------------------------------------|-----------------------------------|
| $1\frac{3}{4}$ cupfuls Borden's Evaporated Milk,<br>diluted with | $\frac{1}{2}$ teaspoonful salt    |
| $2\frac{1}{4}$ cupfuls water                                     | $\frac{1}{2}$ squares chocolate   |
| $\frac{1}{2}$ cupful corn starch                                 | $\frac{1}{2}$ teaspoonful vanilla |
|                                                                  | $\frac{3}{4}$ cupful sugar        |

Reserve one-half cupful of the diluted milk and mix it with the corn starch. Shave or grate the chocolate and put it on to scald with the remaining milk, stirring it occasionally, keeping it over hot water. Then add the sugar and salt and stir in the dissolved corn starch. Stir until thick and then cook thirty minutes longer. Add the vanilla and beat the mixture well. A wheel egg beater is excellent for this purpose. Chill and serve with Borden's Evaporated Milk whipped and sweetened, or with sweetened canned fruit.

## PRUNE SNOW

- |                                               |                                       |
|-----------------------------------------------|---------------------------------------|
| $\frac{1}{2}$ cupful Borden's Evaporated Milk | $\frac{1}{2}$ cupful granulated sugar |
| $\frac{1}{4}$ cupful water                    | teaspoonful butter                    |
| 1 pint well cooked, pitted prunes             | $\frac{1}{2}$ egg whites              |
| $\frac{1}{4}$ cupful powdered sugar           |                                       |

Combine the prunes, evaporated milk, the granulated sugar and the butter and put in a shallow baking dish. Make a meringue of the two egg whites and the powdered sugar, spread it over the prunes, place it in a very slow oven and bake from fifteen to twenty minutes, when the milk will be absorbed by the prunes and the meringue should be a delicate brown.

## BAKED PEACH CUPS

- |                                                           |                                          |
|-----------------------------------------------------------|------------------------------------------|
| 1 cupful Borden's Evaporated Milk, undiluted              | 1 egg                                    |
| 1 cupful sugar                                            | 2 cupfuls flour                          |
| $1\frac{1}{2}$ tablespoonfuls butter or butter substitute | 2 teaspoonfuls baking powder             |
| Few grains salt                                           | 4 peaches, peeled, stoned and halved, or |
|                                                           | 8 halves canned peaches, drained         |

Cream together the sugar and butter and the egg well beaten, and then stir in alternately, the milk, and the flour which has been sifted with the baking powder and salt. Thoroughly oil medium sized muffin pans, put a teaspoonful of the batter in each division, then lay in each half of a peach the round side down. Pour in the batter till the peaches are entirely covered and bake in moderate oven for thirty minutes. Serve hot with sugar and cream, hard sauce, or a fruit sauce. This makes eight servings. Canned raspberries, blackberries or stoned cherries may be used instead of the peaches, a generous tablespoonful to each muffin pan.

## MARSHMALLOW AND DATE CHARLOTTE

- |                                   |                                           |
|-----------------------------------|-------------------------------------------|
| 1 cupful Borden's Evaporated Milk | 1 egg                                     |
| 1 cupful boiling water            | $\frac{1}{2}$ cupful sugar                |
| 30 marshmallows                   | $\frac{1}{2}$ tablespoonful lemon juice   |
| 30 dates, stoned                  | 1 teaspoonful butter or butter substitute |
|                                   | 2 tablespoonfuls corn starch              |

Combine the milk and water in a double boiler and scald, then stir in the cornstarch mixed with a little cold water, and let cook till thickened, about fifteen minutes, stirring occasionally. While this is being done cut 12 of the marshmallows in halves, the remainder in quarters. Cut six of the dates in quarters lengthwise, the remainder in small pieces. When the milk is thickened stir in the egg well beaten and mixed with the sugar, lemon juice and butter, and add the dates and marshmallows. Cook about three minutes stirring lightly, chill, transfer to six glass cups or dishes, and decorate the tops with the long strips of dates and marshmallows, alternately, pointing to the centers; place half a marshmallow in the center of each dish.

## HONEY SAUCE

- |                                               |                                  |
|-----------------------------------------------|----------------------------------|
| $\frac{3}{4}$ cupful Borden's Evaporated Milk | 1 tablespoonful lemon juice      |
| $\frac{1}{4}$ cupful honey                    | 1 teaspoonful grated orange rind |

Whip the evaporated milk according to preceding directions, then beat in the remaining ingredients as enumerated. Serve with cottage pudding, bread, rice or steamed fruit pudding, or chill and serve very cold on any fruit ice cream.

## HARD SAUCE

$\frac{1}{4}$  cupful Borden's Evaporated Milk  
 $1\frac{1}{4}$  cupfuls powdered sugar

1 tablespoonful lemon juice  
 $\frac{1}{8}$  teaspoonful powdered mace, cinnamon or nutmeg

Put the evaporated milk in a bowl and beat in the ingredients in the order given. Pile in a small serving dish, dust with a little spice and allow it to become firm.

## CHOCOLATE SAUCE

1 cupful Borden's Evaporated Milk  
1 cupful water  
6 tablespoonfuls grated chocolate  
Few grains salt

$\frac{1}{2}$  cupful sugar  
2 tablespoonfuls corn starch  
2 tablespoonfuls cold water  
 $\frac{1}{8}$  teaspoonful vanilla

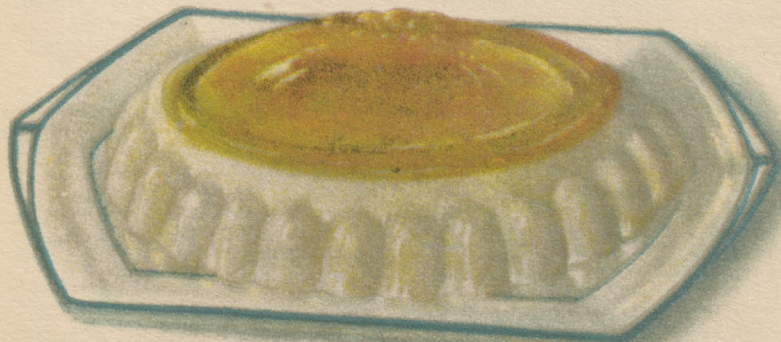
Combine the milk and cupful of water in a double boiler top. Add the sugar and chocolate and stir occasionally till the latter is melted. Then add the corn starch and salt dissolved in the remaining cold water and cook five minutes longer, stirring occasionally. Flavor and serve.

## SPANISH CREAM

$1\frac{1}{4}$  cupfuls Borden's Evaporated Milk,  
diluted with  $1\frac{1}{4}$  cupfuls water  
 $\frac{1}{8}$  teaspoonful salt

$\frac{1}{2}$  cupful sugar  
 $\frac{3}{4}$  eggs  
 $1\frac{1}{2}$  tablespoonfuls granulated gelatine  
1 tablespoonful vanilla

Let the gelatine stand in the milk for five minutes, then scald the mixture. Combine the egg-yolks, sugar and salt with the scalded milk, and cook until slightly thickened like a custard. Then stir the mixture into the egg whites beaten stiff; add the vanilla. Turn into individual moulds which have been dipped in cold water and when set, unmould and serve with light cream, or any preserved fruit.



# ICE CREAMS AND SHERBETS

## CARAMEL ICE CREAM

- |                                                     |                                              |
|-----------------------------------------------------|----------------------------------------------|
| 1½ cupfuls Borden's Evaporated Milk<br>diluted with | 2 tablespoonfuls cornstarch or potato flour  |
| 2 cupfuls water                                     | 2 egg yolks                                  |
| 1½ cupfuls sugar                                    | 1 tablespoonful vanilla extract              |
|                                                     | 1 cupful Borden's Evaporated Milk, undiluted |
|                                                     | Few grains of salt                           |

Caramelize one-half of the sugar, and add to it the diluted evaporated milk, reserving one-half cupful, cook the mixture together in a double boiler until the caramel liquifies. Mix together the remaining sugar, the cornstarch and salt with the half cupful of milk, mixing it until very smooth. Stir into the scalded milk and cook over hot water for twenty minutes. When almost done, beat the egg yolks, combine them with a little of the hot mixture, return to the milk, and cook, stirring constantly for three minutes more. Strain, cool, add the undiluted evaporated milk and freeze in three parts of ice to one part of salt.

## FRENCH ICE CREAM

- |                                                                          |                                              |
|--------------------------------------------------------------------------|----------------------------------------------|
| 1 cupful Borden's Evaporated Milk<br>diluted with 1 cupful boiling water | ¼ teaspoonful salt                           |
| 3 eggs                                                                   | 1 tablespoonful vanilla                      |
|                                                                          | 1 cupful Borden's Evaporated Milk, undiluted |
|                                                                          | 1 cupful sugar                               |

Scald the diluted evaporated milk. Then cream together the egg yolks, sugar and salt, add to the milk, and cook over hot water, stirring constantly till thickened, about four minutes. Chill the mixture, and add the undiluted evaporated milk, vanilla and the egg whites beaten stiff. Freeze in three parts of ice to one of salt by measure.

## ORANGE CREAM SHERBET

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1 cupful Borden's Evaporated Milk | 1½ cupfuls sugar      |
| 3 cupfuls water                   | ½ cupful lemon juice  |
|                                   | ½ cupful orange juice |

Boil the sugar and water together for five minutes. Chill and add the fruit juices. Freeze slightly in three parts ice to one part salt, then add the evaporated milk, and finish freezing.

## STRAWBERRY ICE CREAM

- |                                                  |                                                                   |
|--------------------------------------------------|-------------------------------------------------------------------|
| 2 cupfuls Borden's Evaporated Milk,<br>undiluted | ¾ tablespoonful cornstarch                                        |
| 1 box strawberries (thoroughly ripe)             | ½ cupful Borden's Evaporated Milk, diluted<br>with ½ cupful water |
|                                                  | 1½ cupfuls sugar                                                  |

Thoroughly clean and hull the strawberries, mash them, add the sugar, let them stand an hour, then mash again and sift. In the meantime scald the diluted milk and thicken it with cornstarch, mixed with an additional fourth-cupful of cold water, cooking at least ten minutes, stirring often. Cool, add the undiluted evaporated milk and freeze till it begins to be mushy, in three parts ice to one of salt; then add the berries, finish freezing and let stand for an hour if convenient. This makes from eight to ten servings.

## CHOCOLATE ICE CREAM

Prepare the custard for either French, or Custard Ice Cream, adding 2½ squares (ounces) of grated chocolate to the milk while it is scalding, and flavoring the cream with vanilla.



### MAPLE ICE CREAM

1½ cupfuls Borden's Evaporated Milk,  
undiluted  
1½ cupfuls maple syrup  
1 egg and an egg yolk

1½ cupfuls Borden's Evaporated Milk, diluted  
with 1½ cupfuls water  
1 teaspoonful vanilla  
½ cupful chopped walnuts  
Few grains salt

Scald the maple syrup and the diluted milk together. Beat the eggs, add a little of the hot milk to them, return to the scalding mixture and stir constantly till the mixture coats the spoon. Chill, add the remaining ingredients and freeze in three parts of ice to one of salt, allowing the cream to ripen for two hours. This will serve from eight to ten people.

### FROZEN CUSTARD

3 cupfuls Borden's Evaporated Milk  
1 cupful water  
4 eggs  
1 cupful sugar

1 tablespoonful vanilla  
2 tablespoonfuls cornstarch  
Preserved grated pineapple  
Preserved cherries

Heat the evaporated milk and water in a double boiler; beat the eggs, sugar and cornstarch together, then pour into the hot milk and cook one minute. Take from the fire, add the vanilla, then cool and freeze. Serve on ice cream plates and decorate each serving with two tablespoonfuls of pineapple and a few cherries.

### FROZEN BANANA CUSTARD

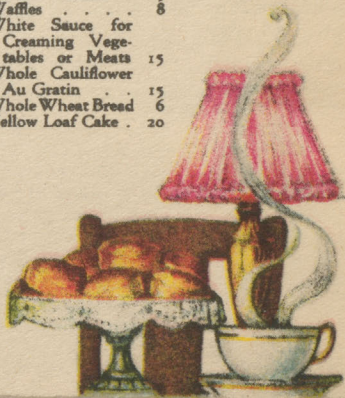
1 cupful Borden's Evaporated Milk  
1 cupful hot water  
1 egg or 2 egg yolks  
1 tablespoonful cornstarch  
¼ cupful Borden's Evaporated Milk, undiluted

¼ teaspoonful salt  
1 cupful sugar  
2½ teaspoonfuls orange or lemon extract  
3 ripe bananas pressed through a sieve

Combine the milk and water, scald it and add the cornstarch and sugar which have been well mixed. Stir till thickened, then cook for ten minutes longer, stirring occasionally. Beat the egg, add a little of the thickened mixture to it, then pour into the mixture, and cook for a minute. Chill, flavor, add the bananas and the undiluted evaporated milk, and freeze in three parts of ice to one of salt. This will serve from six to eight people.

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Bran Muffins . . . . .	7	Orange Fritters . . . . .	13
<b>BREADS</b> . . . . .	6	Oyster Poulette . . . . .	11
Cabbage Salad . . . . .	18	<b>PASTRIES</b> . . . . .	23
<b>CAKES AND COOKIES</b> . . . . .	20	Peach Roly Poly . . . . .	24
<b>CANDIES</b> . . . . .	30	Penuche . . . . .	30
Candies from Quick Fondant . . . . .	31	Pineapple and Cherry Fruit Salad . . . . .	18
Caramel Ice Cream . . . . .	28	Pineapple Fritters . . . . .	13
Chocolate Blanc Mange . . . . .	25	Plain Chocolate Icing . . . . .	22
Chocolate Caramels . . . . .	30	Plain White Icing . . . . .	22
Chocolate Fudge . . . . .	30	Pop-overs . . . . .	10
Chocolate Ice Cream . . . . .	28	Prune Snow . . . . .	26
Chocolate Sauce . . . . .	27	<b>PUDDINGS, CUSTARDS AND THE LIKE</b> . . . . .	25
Cocoa . . . . .	31	Quick Fondant . . . . .	31
Corn and Potato Chowder . . . . .	4	Roly Poly . . . . .	24
Corn Bread . . . . .	10	Roumanian Cream of Potato Soup . . . . .	5
Corn Griddle Cakes . . . . .	9	Russian Dressing . . . . .	19
Cornmeal Coffee Cake . . . . .	7	<b>SALADS AND SALAD DRESS- INGS</b> . . . . .	18
Corn Pudding . . . . .	15	Salmon or Tuna Fish Salad . . . . .	19
Creamed Chicken with Rice . . . . .	13	<b>SOUPS</b> . . . . .	4
Creamed Salmon with Peas . . . . .	13	Spanish Cream . . . . .	27
Creamed Tuna Fish . . . . .	12	Steamed Brown Bread . . . . .	7
Cream of Green Pea Soup . . . . .	4	Steamed Salmon with White Sauce . . . . .	12
Cream Peppermint Drops . . . . .	30	Strawberry Ice Cream . . . . .	28
Custard Pie . . . . .	23	Strawberry Short Cake . . . . .	24
<b>DESSERTS</b> . . . . .	25	Tea Biscuits . . . . .	9
Devil's Food Layer Cake . . . . .	20	Tomato Chowder . . . . .	5
Dried Bean Puree . . . . .	5	Veal and Nut Croquettes . . . . .	11
Drop Coconut Cookies . . . . .	21	<b>VEGETABLES</b> . . . . .	15
Eggless Mayonnaise . . . . .	18	Waffles . . . . .	8
<b>ENTREES AND FISH</b> . . . . .	11	White Sauce for Creaming Vege- tables or Meats . . . . .	15
Escalloped Eggs . . . . .	14	Whole Cauliflower Au Gratin . . . . .	15
Escalloped Macaroni with Cheese . . . . .	14	Whole Wheat Bread . . . . .	6
French Ice Cream . . . . .	28	Yellow Loaf Cake . . . . .	20
Frozen Banana Custard . . . . .	29		
Frozen Custard . . . . .	29		
Fruit Salad Dressing . . . . .	18		
Glorified Ginger Cake . . . . .	22		
Griddle Cakes . . . . .	8		
Halibut Baked in Milk . . . . .	11		
Hard Sauce . . . . .	27		
Honey Sauce . . . . .	26		
Hot Chocolate . . . . .	31		
How to Whip Borden's Evaporated Milk . . . . .	24		
<b>ICE CREAMS AND SHERBETS</b> . . . . .	28		
Iced Chocolate . . . . .	31		
Lemon Meringue Pie . . . . .	23		
Lettuce Hearts with Russian Dressing . . . . .	19		
Maple Ice Cream . . . . .	29		
Maple Icing . . . . .	21		
Maple Layer Cake . . . . .	21		





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