

**CANADA'S**  
*Prize*  
**RECIPES**



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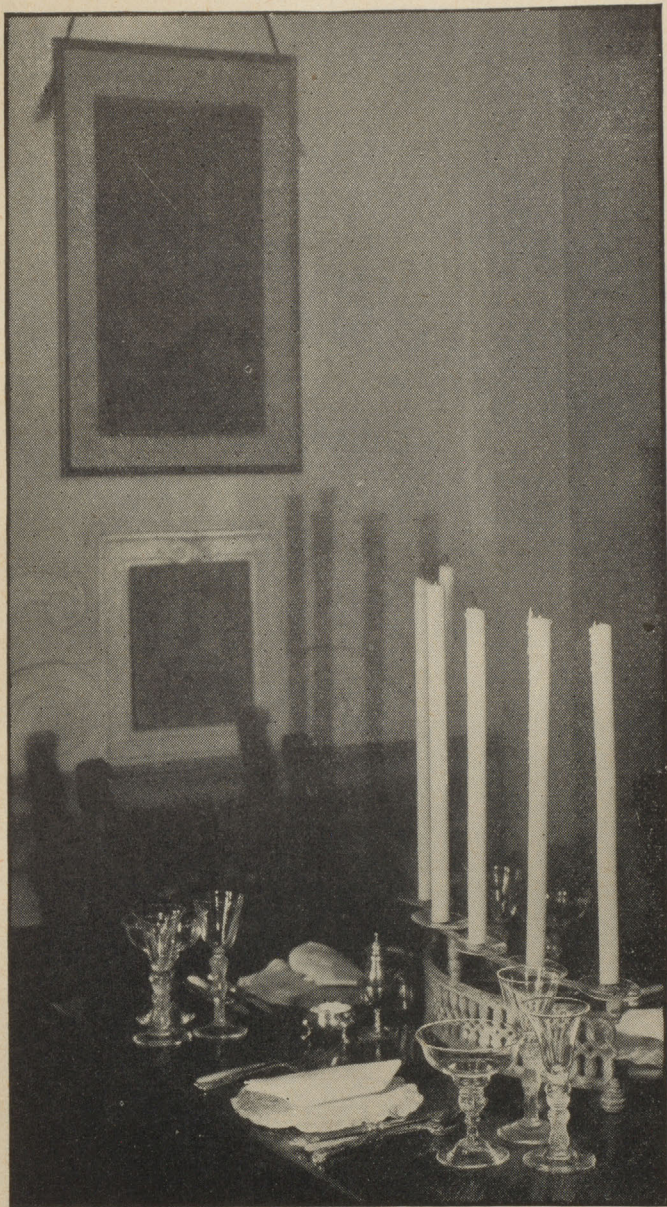
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# CANADA'S *Prize* RECIPES

This Book contains the Prize winning Recipes selected from over 75,000 received from all parts of Canada—contributed by the users of the Famous Edwardsburg Products—and which were judged, tested and approved by the Montreal Cooking School.

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MONTREAL

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# How

## *this Book Became Possible*

**F**OR several years we have published a small book containing a number of useful recipes. This little Recipe Book has been welcomed with such enthusiasm, from year to year, that we have decided to offer the Canadian Housewife, in our 1930 edition, a book more complete in useful detail, and containing recipes which were obtained by a novel method.

During our quest for recipes in the past years we have occasionally come across some, used by our Canadian housewives, that had exceptional virtue—yet were never known to the outside world.

It occurred to us that there must be many such recipes hidden away in the family kitchen, which thousands of women of Canada would be eager to have. It was this thought which prompted us to appeal to the women of Canada to contribute their favourite recipes and from these a number were selected by the judges and awards made according to their excellence.

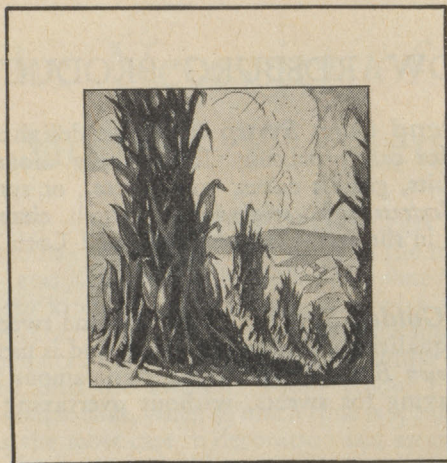
The announcement was received so favourably by Canadian women that recipes were sent in from practically every corner of Canada, and by the end of the Campaign seventy-five thousand were in our hands. The response was so marked that the judges were literally swamped and it took months to make the final decisions.

In this respect great credit must be given to the head dietitian and associates of the Montreal Cooking School for their untiring efforts.

All recipes in this book have been thoroughly tested and approved both from a quality and economical view point, and if instructions and measurements are carefully followed, they should not fail to provide the most delightful additions to the home menu.

This book has been prepared with the greatest care, and we hope it will afford you a saving of time and much satisfaction.

THE CANADA STARCH CO., LIMITED.



## The Important Part Corn Plays in your Daily Menu

**T**HE science of dietetics and the knowledge of food values—what immense strides they have made in the last few years. Who, a few years ago, outside of the medical profession and dietitians, even thought of carbohydrates, vitamins, or proteins, and yet today they are words not unfamiliar to the average housewife.

The importance of a balanced diet is being so stressed today, through the press, the radio, and women's organizations that it has become an important subject to every woman who is at the head of family routine.

Corn, the familiar golden ear which grows in fields by the wayside, and which we have taken for granted so long, is now attracting widespread attention, because of the food products of such high nutritive value that are produced from it.

Corn Syrups and Corn Starches are ranked very high in food value by eminent authorities on nutrition. Their carbohydrate food value being definitely established, they can be considered as a most useful part of any meal and in conjunction with *fruits* and *light* proteins form an exceptionally well-balanced diet.

Technically, it may mean little to us, yet in fact carbohydrates supply the *beat* and *energy* to the body. Without these the human machine cannot go on.

## EDWARDSBURG PRODUCTS

**Crown Brand Corn Syrup** is a most delightful table syrup and excellent for candy making. Its delicacy alone recommends it for hot biscuits, griddle cakes, waffles, etc., or spread on bread. It is rich in *dextrose* and *carbohydrates*, which elements form an important part in the well-balanced meal, and Corn Syrup is very easily digested.

**Benson's Golden Syrup** is a thicker and sweeter syrup with the same high qualities and nutritive value, and is used for the same purposes as *Crown Brand Syrup*. These two famous Syrups satisfy the natural craving for sweets, without overtaxing the digestive organs.

**Lily White Corn Syrup** is specially recommended by Doctors for infant feeding because of its high Dextrose content. It is excellent also when used for Preserving, Cooking and Candy Making.

**Benson's Prepared Corn.**—This famous Corn Starch has been in use for over 70 years. A household necessity that has always been the favourite with every housewife. It is Canada's original Corn Starch in the familiar yellow package, renowned for its unvarying high quality and recognized food value. Added to ordinary flour, it makes much lighter and more delectable cakes and pastry.

**Canada Corn Starch and Challenge Corn Starch** are also an important part of the famous EDWARDSBURG products. They are used for the same purpose as *Benson's Corn Starch*.

**Casco Potato Flour** gives exceptionally good results when used with flour for cakes and pastry as well as for bread. Its quality is the EDWARDSBURG standard.

**Mazola** serves many purposes. It is preferred by many to other oils for salads, either French or mayonnaise dressings, because it mixes with other ingredients more quickly and is more economical. *Mazola* in place of butter or other shortenings, is being used by many professional cooks. For frying it is absolutely reliable. Fritters, croquettes, fish, almonds, etc., retain their own flavour. *Mazola* does not burn or scorch food, but makes it a rich golden brown. It may be used more than once, and will not taste of foods previously cooked in it.



## The Necessity of A Modern Kitchen

**P**ERHAPS one of the greatest privileges that domestic science has afforded the housewife is the modern kitchen. Not everyone can enjoy the complete comforts of a modern kitchen, but everyone may, with little effort and expense, bring colour, convenience and cleanliness into their kitchen. It was but a comparatively short time ago that white woodwork was first introduced into the kitchen. Today colour plays a cheerful part. Women realize that, when so much time is spent in the kitchen, it is there that the most care in decoration and arrangement should be centred. A happy household, you will invariably notice, is one where the food is carefully planned and the kitchen runs smoothly; it is almost like the heart of the home.

The most important feature is the proper lighting of the kitchen. It is very desirable, if at all possible, to have two windows in the kitchen, and these windows properly screened so that they may be opened top and bottom to permit the odours to pass out above and the fresh air to enter below. The kitchen cannot be too bright and the windows should be so situated that light enters from both sides which prevents working in a shadow.

In some houses where the sun does not come into the kitchen, and it is not as bright a room as one could wish, sun-colour is brought into it by the use of yellows and creams on walls and in decorations. One would be surprised to see the change in such a room, with pale cream walls and woodwork, bright canary yellow oilcloth, and painted tables and chairs. Even the handles of the kitchen utensils may be yellow. There is also a new idea in curtains made of oilcloth! These can be washed off with a damp cloth and do not collect the dust, and are decorative as well.

One of the most essential things to consider in the kitchen is convenience—time savers and effort savers, both for the home where a staff is kept, or where one does one's own managing. The breakfast alcove has become an artistic adjunct to the kitchen. It is usually built into a corner or cupboard space. It has a folding table that can be put back against the wall, and beneath this the ironing board is often hidden. When not in use, it resembles a very neat panel in the wall. The benches on either side may also be hinged and lifted up when not in use. Busy mothers find this a great time saver in breakfasting the flock. This alcove, of course, need not be

in the kitchen itself; some are built in the pantry, but they must be near enough to the source of supplies to justify their usefulness.

It is quite up to the standards of good housekeeping to drain the dishes, instead of drying them. When this is done, it is important that they should be washed with hot soapy water, and then stacked neatly in a wire rack (one of which may be bought to fit very snugly inside the wash tub next the sink). A kettle of very hot water should then be poured over the dishes, and in a very short time they will be dry and ready to be put away.

There is also a new hose attachment that fits on to the tap with which the dishes can be scoured first with hot soapy water, and then with clear water. This is a novel but efficient way which greatly lessens the burden of dishwashing.

The kitchen sink should be neither too high, nor too low—the right height saves many a back ache.

We must not forget to mention the wonderful new electric and gas stoves that may be had in colours, and are more than human in their efficiency. For most people it is a treat to be allowed to take a peep into such a kitchen, and what a joy it is when everything there is fresh and cheerful. One can just imagine the delicious things coming from the oven, and feel one's appetite growing in healthy anticipation. A woman in a modern kitchen enjoys a great privilege, and as head of the household, holds in her hands the welfare of her family. Healthful, energy producing food, cheerfulness, and cleanliness are the fundamentals of success. A wife has an equally responsible position with the business woman, for her health and moods influence the whole tenor of the home, and as her daily labours are centred in the kitchen, it should therefore be a place of charm and harmony.

## Arranging the Kitchen

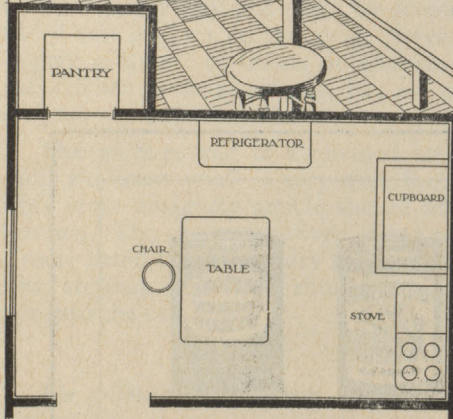
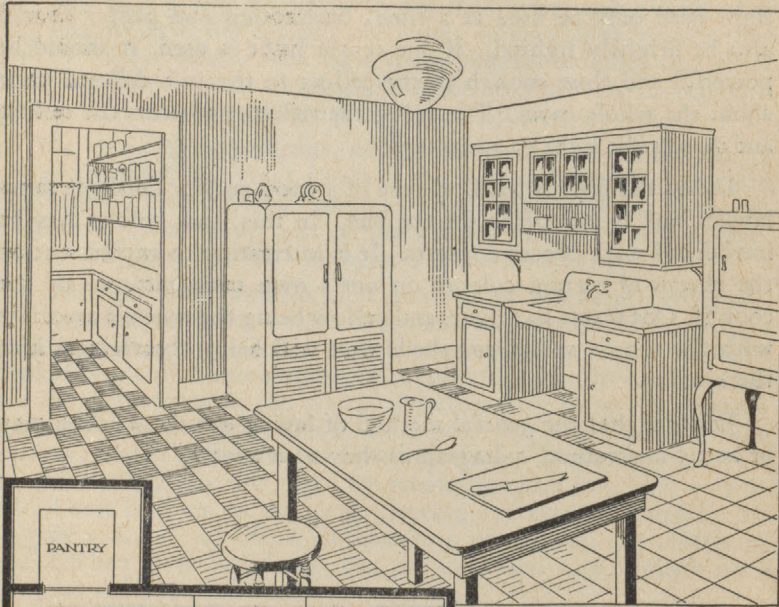
Too much stress cannot be laid on the proper arranging of the kitchen. A kitchen, in which the various articles and furniture are properly placed will save energy, time and miles of steps.

Many plans have been laid for the modern kitchen, but when they are generally summed up it will be found that there are really only two which need be outlined—the square, or the long kitchen.

While the usual planning of any kitchen is for convenience, still a few general principles, gained by experience, will be found most helpful. If the kitchen space is square, it is advisable to place the table in a central position. The table should be of a size to permit free passage on all sides.

Group the stove, the pantry, the shelves, or kitchen cabinet which holds the provisions, and the refrigerator as near together as

possible on one side or section of the room, and on the other side the sink, the shelves or cupboards where china is stored, and shelves for pots and pans. The china cupboard nearest the dining room, and the pots and pans nearest the stove. Some thought should be given



to the placing of the refrigerator, in order that the ice supply may be convenient, and that it may be in a reasonably cool place; therefore, while it should be convenient to the stove, in order to save steps, it should not be close enough to affect

its efficiency. Modern electric systems do not necessitate such care.

The cupboards, where the pots and pans, etc., are kept, should be of a generous size and not dark and dingy. Many women prefer open cupboards which save considerable time.

With the long-shaped kitchen, the same grouping may be followed, except that the table, or baking cabinet should be adjacent to the stove; with the source of supplies directly at hand.

Good artificial light is necessary in every kitchen. It is strongly recommended that each wall bracket be so placed that it comes directly over the stove, sink, or wherever any amount of work is continually done. This will not increase the light expense as one light need only be used at a time. Storerooms and pantry should also be brightly lighted. If one centre light is used, it should be powerful and close enough to the ceiling to throw a diffused light about the whole room. The use of the reflector protects the ceiling and directs the light to advantage.

Unless the floor is tiled, the use of a good quality linoleum saves labour, and is less tiring for the feet. In this, too, colour may be introduced with effective results. It is interesting to experiment on the effects of certain colours on one's own temperament—or the cook's! One reacts to colour, and yellow being the tone we associate with the sun, is an assured shade that will bring cheerfulness into the kitchen.

In order that the general method of laying out the kitchen may be better understood, a diagram is shown on page 9.



## The Value of Good Utensils

**T**HERE is a permanency of beauty in shining pots and pans that gleam invitingly in polished rows, and a cook likes to have her utensils absolutely shining. The utensils that are available these days are so cleverly designed that there is little excuse for poor cooking. They are so efficient in saving both time and labour that they make cooking a delight.

The care of pots and pans, and all things used in the kitchen, is one of the most important duties of the cook or housewife. A clean pan makes a sweeter cake—and plenty of fresh water and soap-suds makes the cleaning up part of the kitchen duties a cheerful task. Dish washing should hold no horrors if it is done properly.

There are many utensils that may not be absolutely necessary, but that add so much to the daintiness and charm of preparing a meal that they are often a wise investment. The steam vegetable cooker is one of the new ways for saving the valuable vitamins that are usually wasted in the water. Potatoes may be served in many different ways—riced—diced—scalloped—shredded—mashed—and each way has a different tool for the purpose. There are foods that we serve every day and often by preparing them in a new way an added zest is given to the meal. Serving and cooking carefully are largely a matter of habit. In choosing utensils do not clutter up the kitchen with too many, but see that each tool is there for a purpose and put to work.

The garbage can is a misused article. "By your garbage can shall we know you" is very true, for a good cook does not waste. This often unsightly article should be as clean as anything in the kitchen. The convenient type of can is one with the foot lever and closely fitted top. Only dry leavings should be put into it from the sink strainer, and these should be wrapped in paper before being put into the can.

*The following are the more important utensils necessary in the modern kitchen.*

Potato Masher	2 Long Handled Forks
Dover Egg Beater	2 Vegetable Knives
Wire Egg Beater	Kitchen Knives and Forks
Apple Corer	Bread Knife
Spatula	Carving Knife
Basting and Wooden Mixing Spoons	Can Opener
	Lemon Squeezer

- |   |   |
|---|---|
| Large Ladle   | Meat Saw  |
| Pastry Brush  | Three cornered Aluminum Cook-<br>ing Pot, with removable hand-<br>le. |
| Funnel  | Double Boilers, large and small.                                      |
| Package of Oil Paper                                  | Kettle for stewing or deep frying                                     |
| Garbage Can   | Tea Kettle  |
| Scrub Pail  | Saucepans, 4 sizes  |
| Covered Glass Brick Butter Dish<br>for the ice box    | Pudding Dishes (Pyrex)  |
| Oven Glass or Porcelain Cas-<br>seroles               | Covered Roasting Pan  |
| Tin Box or Stone Jars with cover<br>for storing bread | Steam Cooker  |
| Tin Sugar Canister                                    | Mixing Bowls, about 5   |
| Colander  | Chopping Bowl of Wood   |
| Scissors  | Bread Board   |
| Ice Pick  | Rolling Pin   |
| Wire Rack for cooling cake                            | Flour Sifter  |
| 6 pint jars for storing supplies                      | 2 Pie Tins  |
| 6 quart jars for storing supplies                     | 3 Layer Cake Tins   |
| Flour, Sugar and Salt Dredgers                        | 1 Angel Cake Tin  |
| Wire Broiler  | 1 Muffin Pan  |
| Spice Box   | Melon Mould   |
| Small covered Spice Jars                              | Iron or Aluminum Frying Pan   |
| Floor Mop   | Waffle Iron   |
| Broom   | 3 Strainers, small, medium and<br>large (Coarse and fine mesh)        |
| Whisk Broom   | Pancake Griddle   |
| Corkscrew and Bottle Opener                           | Pancake Turner  |
| Grapefruit Knife                                      | Coffee Pot  |
| Timbale Moulds  | Tea Pot   |
| French Vegetable Cutters                              | Food Chopper  |
| Cream Whipper   | Salt Box  |
| Vegetable Brushes                                     | Dish Pan  |
| Scale   | Dish Drainer  |
| Knife Sharpener                                       | Sink Strainer   |
| Cake Box  | 1 Glass Measuring Cup   |
| Salt and Pepper Shakers                               | Quart and Pint Measure  |
| Thermometer   | Measuring Spoons  |
| Soap Dish for the sink                                | Table and Tea Spoons  |
| Screw Driver  | 1 Grater  |
| Hammer  | Cookie Cutters  |

## The Maid and Her Uniform



A MAID will take much more interest in her appearance if her uniform is attractive and becoming. The wearing of a neat fitting and prettily coloured dress will induce her to put the same trimness into her work.

Gradually the black frock is being changed for colours suitable to the surroundings. Of course, a dining room with lilac velour draperies and rugs, and a maid in lilac moire uniform, is rather for the few, than for the many, but the principle can be applied in a modest way. These trim coloured uniforms are made in one piece with either fitted or loose waistbands; the latter are more practical, because they are more adaptable to being refitted.

Often the general maid will wear a white overall in the morning, usually with short sleeves. Cuffs are a nuisance when one is in and out of the dish pan to answer the door. In the afternoon, a dress of blue, beige, lilac or pale yellow, is worn with dainty apron and cap—the latter of fine mull or organdy, with plain borders or tiny frills. The cap is straight and fastened to the hair with two pins, or narrow velvet ribbon that ties in the back.

It is often advisable when a new maid is introduced, to have a schedule of her work typewritten, emphasizing items of work that mean so much to the family, yet which might be overlooked by even the most thoughtful maid. Her spare time, or "day off", should never be interfered with, and the work should be so arranged that she will not have extra work to do on her free afternoon.

In a family of three or four, where only one maid is kept, breakfast is either served at a definite hour or left on the table and the family helps itself. In this case the coffee percolator and the hot water serving dish in which the bacon and eggs are kept warm are placed on the table with the electric toaster. Breakfast should be very informal, and yet everything should be as daintily served as for the most formal of meals. This arrangement gives the maid plenty of time to get her own breakfast, to look over the refrigerator, and air the rooms.

In this same family of four, the mistress makes the beds and tidies the bedrooms, and they are then ready for sweeping and dusting by the maid. Lack of efficiency is often caused by too much being expected from the maid. If the work is shared it is usually done in a more competent manner.

✓ ✓ ✓



## Table Service

**W**HAT goes to make up the charm of breakfast, luncheon, or dinner? It is simply this—everything on the table in place, not over-crowded, and every article gleaming with cleanliness. The hot foods are piping hot, and the cold dishes are crystal cool. The maid who serves is neatly and suitably costumed. Everything goes with quiet dignity and there is prompt service.

When entertaining, one does not aim at display, but at simplicity, service, and delectable food. The linen is smooth, soft and spotless. Whether it is a large cloth, or individual doylies, it is fresh and attractive.

In placing the silver for any meal, the flatware is arranged so that the outside article is used first. For example: For dinner, at the left, entrée fork, meat fork, salad fork; on the right, soup spoon, meat knife, dessert spoon.

For breakfast: Fruit is either served individually at each place or from a centre bowl of fruit, from which the family or guests help themselves. Cereal is usually served from the pantry; cream and sugar placed on the table. Bacon and eggs are served either from the kitchen or from a hot water covered dish. Marmalade is placed on the table. Coffee is served from the coffee percolator and usually poured by the hostess. Toast, or hot bran muffins, may be served on a bread plate between a folded napkin to keep the contents warm.

Pretty luncheon cloths or runners are used. A pleasing centre-piece of fresh cut flowers, or small potted plant, adds to the charm of the table. For a more formal luncheon or dinner, lace runners or doylies are sometimes used, but the large white damask table cloth with embroidered napkins is still customary. These are sometimes in colours, and this adds a lot to the charm of the table, especially if combined with the fascinating coloured glass ware. A centre-piece in harmony with the colour scheme, with little dishes of coloured mint wafers, adds to the effect. In planning the menu for luncheon or dinner, the colour scheme of foods is pleasing as well.

In setting the dinner table, bread and butter plates are dispensed with. Only the necessary flatware, with folded napkins, is placed on the table, together with effective centre-piece, two or four candlesticks, and small dishes of sweets and nuts. The sweets, flowers and candles are in colour harmony.

The *hors-d'œuvre* or cold fruit cocktails are placed on the table before the guests enter. If soup follows the entrée and there is only one maid, the entrée dish can be taken up and replaced with the soup. The meat course, such as chicken a la Maryland, or cutlets, is arranged on a platter effectively garnished. The hot plates are

placed before the guests and the platter handed to each person from the left side.

Vegetables are passed separately, or served in a three-compartment dish.

After the salad course, the salts and peppers, used glasses, are removed and the crumbs brushed away.

All extra plates, finger bowls, etc., are placed on the side table ready for use. Finger bowls are placed on doylies on the dessert plates and put before each guest, who lifts the doily and finger bowl and places them to the left of his place. The dessert is then passed to each in turn.

Above all things, a dinner, whether formal or informal, should be carried out with harmony and simplicity. This is far more important, and makes a dinner far more successful than elaborate displays. The wise hostess will rehearse with her maid the plan of action, so that a complete success will be assured.

After dinner, the coffee is brought into the living room. On formal occasions, the coffee has already been poured into the small coffee cups, and is then passed, with cream and sugar, to each guest. On more informal occasions, the coffee, cream and sugar are brought in on a tray to the hostess, who serves each guest.

AFTERNOON TEA should be informal, unless it is a reception. There should be no elaborate display of food. Hot buttered toast cut thinly, sandwiches, with wafers or cake, are quite sufficient. If several people are expected the electric hot water heater or alcohol kettle is convenient, so that fresh tea may be brewed. The tea waggon saves steps and is easily put out of the way after the tea is over. This can be covered with a dainty white cloth, plain or embroidered, with silver tea-set upon the tray, and the cake, with little plates (if desired) and small napkins below on the shelf. The toast or muffins can be kept hot in a hot-water muffin dish or before the grate fire.

SUNDAY NIGHT SUPPER. The maid is usually given Sunday night off; nevertheless, this meal presents pleasing possibilities and can be served from seven to nine, or earlier or later, as the occasion demands. Cold salads, fish, cold roast chicken, and dessert, with biscuits and cheese, nuts and fruit—a menu such as this could be prepared during the afternoon or morning and kept in the refrigerator until ready to serve. When tea guests stay over, this is a meal which can be served in buffet style, or sitting at the table.

The dining table is usually arranged with "formal" charm, inasmuch as the prettiest cloth or runner is used, with four candlesticks and effective centre-piece. All the necessary plates and flatware are placed on the table or side buffet, and the host usually indulges in a little domestic service. Coffee, cocoa, or punch is acceptable as a beverage.

## Correct Table Etiquette



**A**FTER dinner is announced the hostess leads the way into the dining room, and indicates the place for each guest, seating the male guest of honour at her right. The woman guest of first importance is seated at the right of the host. For formal occasions, place-cards are used with the name of each guest.

After all are seated the hostess commences the first course and waits to finish with the last guest.

If soup or bouillon is served in bouillon cups a small spoon is used or it is sipped from the cup. The fish or meat course follows, for the latter the knife and fork are used together, not exchanged from one hand to the other as is often done. A salad is either served as a separate course or placed on the table with the meat course, and a salad fork placed either on the plate or already on the table. It is eaten with the meat course or after the meat has been removed. After the salad plates have been removed, the salts and peppers, bread and bread crumbs, used glasses, and any unnecessary flatware are removed. Dishes are offered from the left side for all courses. The dessert follows—either a frozen cream or plum pudding with hard sauce—if the latter, fruit is usually served after, the dessert plates being exchanged for fruit plates on which is placed the fruit knife and fork and finger bowl, etc.

Above all, table etiquette should be governed to a large extent by the formality of the occasion—following the traditional rules with a grace that will add charm and enjoyment to the repast.

## How to Carve

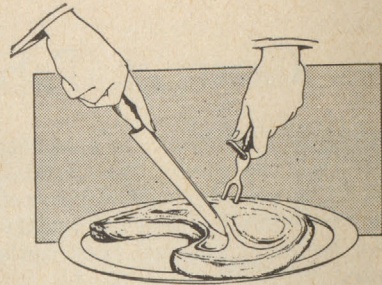


**C**ARVING is an art, and if it is done cleverly makes the meat look and even taste much better, besides leaving it presentable for another meal. A good carver is also economical and does not waste by cutting into the wrong place.

First of all, the platter should be large enough so that there will be plenty of room to carve and the knife should be carefully sharpened and the choice of the knife considered. Three sets of carvers are almost a necessity. A small pair for fowl or steak, longer and larger for roasts and a fish set, this preferably of silver.

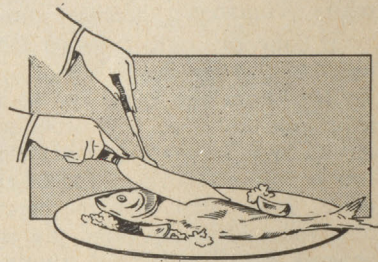
### STEAK

The best steaks are porterhouse (T bone), sirloin or round. It is best cut about one and a half inches thick and is served on a platter and cut at the table in thick strips, often served with onions and thick brown gravy.



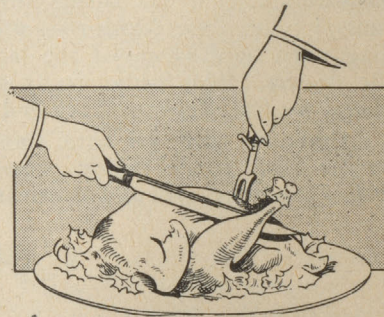
### FISH

For baked Haddock, cut down centre from backbone, lifting off small portions to prevent breaking. For *Salmon*, slide fish knife down the back from the bone and lift off in square pieces.



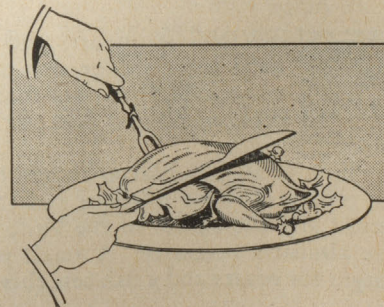
### TURKEY, CHICKEN AND GAME

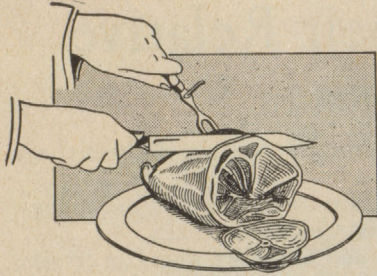
Insert carving fork firmly across breastbone; cut through skin at leg, bend leg and cut at joints, cut off wing. Cut breast meat in thin slices, carving one side of bird at a time; cut leg meat in small portions.



### DUCK, GOOSE AND SMALL GAME

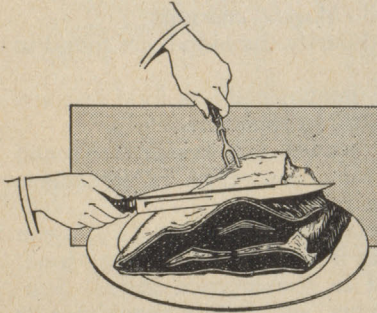
Cut meat horizontally at each side; cut off wings and legs, carving latter. For Partridge or Quail, etc., cut down the breastbone, lifting meat off; serve one-half to each person. For Pigeon, etc., serve one bird to each person.





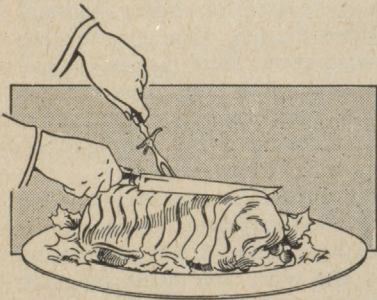
### HAM

Ham is usually cut in wafer slices and served cold, but a hot Virginia ham is served as a roast and carved at the table. It is placed on a platter with the small end to the left and cut in fairly thick slices that run across the grain.



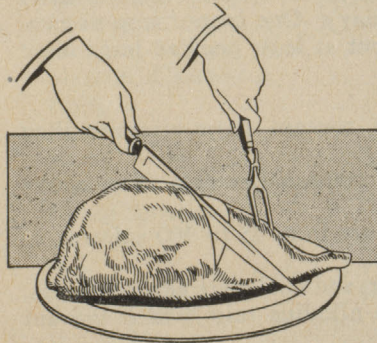
### ROAST OF BEEF

Place roast skin side up; cut sirloin or rib roast parallel to ribs; cut slices from ribs. Cut tenderloin at right angles to the bone (opposite way to sirloin).



### ROAST PORK

This meat should always be well cooked and crisply browned on the outside. It is cut in medium slices. Usually the roast is arranged so that it is cut across the grain and served with apple sauce.



### ROAST LAMB

A leg of lamb is sometimes boned. The forequarter is boned and rolled. For roast leg of lamb, cut in the center down towards the bone in rather thick slices. Lamb is best when well cooked and crisp on the outside. Served with mint sauce, crabapple or red currant jelly.

## Foods and Their Relative Values

The important food elements necessary for the daily diet are as follows:

*Proteins*, or tissue building elements, are to be found in milk, eggs, cheese, meat, fish, fowl, nuts, peas, beans and lentils.

*Carbohydrates*, which produce energy and heat, are found in cereals, vegetables, fruits, corn syrups and sugar.

*Fats*, butter, cream, fat meat, corn oil (*Mazola*) and nuts.

*Minerals*, which build bone tissue and purify the blood, are found in vegetables, fruit, milk and eggs.

*Water*, which is as essential to the human body as food and air.

As much as one quart of water should be consumed daily.

*Vitamins*, the elements necessary for growth and health, are found in milk, fresh fruit, vegetables, all greens, eggs, butter, cheese and all natural foods, such as wheat, corn, etc.

Health and success depend largely on the right food. The human body is full of vitality and vigour, but if we give it the wrong food, it becomes weakened and the mind in consequence dulled. Simplicity is the keynote to healthful living, and dieting should not be indulged in too strenuously, as often the system is undermined and permanent health impaired by the sudden change. One may become confused by reading all that has been said about diets, vitamins, and calories. The human race has existed so long on what now perhaps is considered the wrong food, that the safest way is to find what foods agree with one's self, and by following a few simple rules, regulate the diet by adding or lessening the calories of food.

Calories is the term used in measuring the heat and energy value of food. The value of food should be studied in relation to a person's own needs. The average person requires from 1,800 calories to 3,000 calories per day, depending on the work one does, whether active or inactive. (A labourer, for instance, requires more calories than a clerk who sits in an office all day). One cannot stop to measure the calories before each meal, but at least one can learn more about foods.

A very brief example follows:

Raw fruits and raw vegetables contain more vitamins than cooked foods.

Milk, fruit and green vegetables contain elements so necessary to the human body.

In an ordinary size orange there are from 75 to 100 calories, as well as vitamins and mineral salts.

Oranges, cranberries, black currants and apples are anti-scorbutic, or in other words, they are rich in alkaline salts which prevent disease.

## List of Calories Contained in One Pound

CANADIAN CHEESE.....	1 pound.....	2,000 calories
MACARONI.....	1 pound.....	1,600 calories
MILK.....	1 pound (2 cups).....	320 calories
PEANUTS, SHELLED.....	1 pound.....	2,400 calories
PECANS.....	1 pound.....	3,300 calories
WALNUTS.....	1 pound.....	3,200 calories
COCOA.....	1 pound (2 cups).....	2,200 calories
CHOCOLATE.....	1 pound.....	2,800 calories

### MEAT

BACON.....	1 pound.....	2,600 calories
HAM.....	1 pound.....	1,600 calories
LAMB.....	1 pound.....	1,200 calories
SAUSAGE.....	1 pound.....	2,000 calories
LIVER, CALVES.....	1 pound.....	550 calories
SALT PORK.....	1 pound.....	3,500 calories
PORK.....	1 pound.....	1,200 calories
PORTERHOUSE STEAK.....	1 pound.....	1,000 calories
ROAST BEEF.....	1 pound.....	1,550 calories
FOWL.....	1 pound.....	750 calories
CHICKEN, BROILER.....	1 pound.....	300 calories
TURKEY.....	1 pound.....	1,000 calories
VEAL.....	1 pound.....	600 calories

### FISH, Etc.

HADDOCK.....	1 pound.....	160 calories
HALIBUT.....	1 pound.....	550 calories
LOBSTER.....	1 pound.....	140 calories
OYSTERS, 1 CUP.....	1 pound.....	200 calories
SALMON, CANNED.....	1 pound.....	660 calories
EGGS.....	1 pound (8 medium).....	600 calories
LENTILS.....	1 pound.....	1,581 calories
PEAS, DRIED.....	1 pound.....	1,600 calories
STRING BEANS.....	1 pound.....	175 calories
DRIED BEANS.....	1 pound.....	1,500 calories

### VEGETABLES

ASPARAGUS.....	1 pound.....	100 calories
BEETS.....	1 pound.....	200 calories

CABBAGE.....	1 pound.....	120 calories
CARROTS.....	1 pound.....	150 calories
CAULIFLOWER.....	1 pound.....	145 calories
CELERY.....	1 pound.....	60 calories
CORN, CANNED.....	1 pound.....	440 calories
CRANBERRIES.....	1 pound.....	200 calories
CUCUMBERS.....	1 pound.....	68 calories
LETTUCE.....	1 pound.....	90 calories
MUSHROOMS.....	1 pound.....	200 calories
ONIONS.....	1 pound.....	200 calories
SPINACH.....	1 pound.....	100 calories
TOMATOES.....	1 pound.....	100 calories
TURNIPS.....	1 pound.....	150 calories

CARBOHYDRATES

BARLEY.....	1 pound.....	1,600 calories
CORN MEAL.....	1 pound.....	1,600 calories
<i>Corn Starch</i> .....	1 pound.....	1,632 calories
WHEAT FLOUR.....	1 pound.....	1,600 calories
GRAHAM FLOUR.....	1 pound.....	1,500 calories
OATS, ROLLED.....	1 pound.....	1,745 calories
RICE.....	1 pound.....	1,600 calories
RYE MEAL.....	1 pound.....	1,520 calories
WHITE SUGAR.....	1 pound.....	1,814 calories
BROWN SUGAR.....	1 pound.....	1,724 calories
CONFECTIONER'S SUGAR.....	1 pound.....	1,800 calories
<i>Corn Syrup</i> .....	1 pound.....	1,542 calories
WHITE BREAD.....	1 pound.....	1,100 calories
GRAHAM BREAD.....	1 pound.....	1,100 calories

FATS

BUTTER.....	1 pound.....	3,400 calories
LARD.....	1 pound.....	4,000 calories
<i>Mazola</i> .....	1 pound.....	4,082 calories

FRUITS

APPLES.....	1 pound.....	200 calories
APRICOTS, DRIED.....	1 pound.....	1,200 calories
BANANAS.....	1 pound.....	300 calories
CHERRIES, CANDIED.....	1 pound.....	1,600 calories
CURRANTS.....	1 pound.....	1,400 calories
DATES, UNSTONED.....	1 pound.....	1,360 calories
GRAPES.....	1 pound.....	328 calories
LEMONS.....	1 pound.....	140 calories
ORANGES.....	1 pound.....	170 calories
PINEAPPLES.....	1 pound.....	640 calories
PRUNES.....	1 pound.....	1,200 calories
RAISINS.....	1 pound.....	1,500 calories



## The Feeding of Children

**T**HIS is a subject upon which the best advice should be sought from mothers' clinics or a capable doctor. A child's diet should have the most careful study, and its food should be prepared under the most sanitary conditions.

For the first three months a baby should be treated as a patient, and everything possible done for its well being. A very strict schedule should be kept as to its feeding, and a doctor consulted with regard to weight and habits.

It has been said by foremost authorities that a child does not cry unless it is in pain, discomfort or when it is hungry. It has only this pathetic way of letting its nurse or mother know that it is in need of something vital. Its crying should not be disregarded, for if after the first three months it develops a habit of crying, it is then often a difficult task to correct the wrong done.

Feeding is the most difficult problem, for every child requires an individual diet. Mother's milk, of course, is the complete food which supplies all the necessary building material for bone and tissue. Orange juice, tomato juice and beef tea, can be given after three months. Babies live on what they can digest. One of the newest and most adequate formulas for routine bottle feeding used successfully by many baby specialists contains Corn Syrup. In this syrup are all the necessary constituents that, combined with cow's milk, bring it up to the standard of mother's milk. Corn Syrup is the ideal product for this purpose and is used, not to sweeten, but as an essential addition to cow's milk. The purest forms of Corn Syrups are to be found in *Crown Brand Corn Syrup* and *Lily White Syrup*. The formula may be obtained from your physician.

Only the freshest foods and the purest milk must be considered for the baby, and if there is any doubt as to the purity it must be boiled or tested. A fresh supply of water boiled each day should be carefully covered and kept in a cool place. The greatest care must be taken in keeping the milk. Bottles or pans in which it is placed should be scoured in boiling water and cooled before the milk is put away. In all cases the milk should be either Certified or Pasteurized.

*Certified Milk* is pure, inspected cows' milk, which has been put into sterilized bottles and handled under the most sanitary conditions.

*Pasteurized Milk* is pure milk that has been treated in the following manner: Sterilized bottles are filled with milk, the tops of which are stopped with baked cotton. These are placed in a pot of hot water and heated to about 155° Fahrenheit (or until small bubbles

appear around the top of the milk bottles). They are then taken out, cooled quickly and placed in the refrigerator.

Cooked cereals, such as oatmeal, rolled oats, etc., must be cooked several hours.

A child should never be forced to eat, although it is often necessary to persuade it to eat, but this should be done gently and with discretion, as needless scolding or urging is most harmful.

Vegetables do not need such lengthy cooking, but should be finely mashed.

Infants from 6 to 10 months should be fed according to the following schedule:

- 6.00 a.m. Milk feeding, 8 ounces, with Corn Syrup.
- 9.00 a.m. One ounce of orange juice, with 1 ounce water sweetened with *Crown Brand Corn Syrup*.
- 10.00 a.m. 1 to 4 teaspoons of well cooked cereal, with 1 teaspoon Corn Syrup moistened with a little boiled milk and fed with a spoon.  
Milk feeding, 8 ounces, with Corn Syrup to sweeten.
- 2.00 p.m. Half a slice of oven-toasted bread, crumbled and moistened with 2 to 3 teaspoons of stock soup.  
1 to 2 teaspoons finely strained boiled spinach, carrots or peas, with yolk of egg, either soft or hard boiled, or raw.
- 5.00 p.m. 1 teaspoon cod liver oil, with taste of Corn Syrup after it.
- 6.00 p.m. Same as at 10 a.m.
- 10.00 p.m. Milk feeding, 8 ounces, sweetened with Corn Syrup.

*From 10 to 12 Months.*

- 7.30 a.m. Any well cooked cereal with 1 tablespoon Corn Syrup.  
Crust of bread.  
Milk, 8 ounces.
- 9.00 a.m. 2 to 3 ounces of orange juice or prune juice sweetened with Corn Syrup.
- 11.00 a.m. Whole egg, soft boiled, poached or coddled, or scrambled with butter, or  $\frac{1}{2}$  cup thick soup, or 2 or 3 teaspoons liver pulp, with  
1 tablespoon mashed or boiled rice  
2 to 3 teaspoons green vegetables (spinach, peas, carrots, squash, or stewed strained vegetables)  
2 to 3 teaspoons dessert (strained prunes, mashed bananas, or strained apple sauce)  
 $\frac{1}{2}$  slice stale bread, slightly buttered  
4 to 5 ounces of milk.  
Morning sleep.

- 2.30 p.m. 6 to 8 ounces of milk.  
Arrowroot biscuits.
- 6.00 p.m. Same as for breakfast.
- 10.00 p.m. 4 to 5 ounces of milk (if child wakens).

One of Canada's leading Baby Specialists described Edwardsburg Corn Syrup, not only as the ideal carbohydrate that brings cow's milk up to the standard of mother's milk, but as a Godsend to the Canadian mother, because of its perfect suitability and moderate cost.

It is not only more easily assimilated than ordinary cane sugar, but it has been proved to be less likely to upset even the weakest digestive organs. It is therefore of great benefit in warm climates or summer weather in that the most delicate infant can safely be given it, and the normal child is protected as well from summer disturbances. *Lily White Corn Syrup* is as pure and nourishing as its name implies.

### Table of Measurements

60 drops.....	1 teaspoon
2 teaspoons.....	1 dessertspoon
2 dessertspoons.....	1 tablespoon
16 tablespoons.....	1 cup
2 cups.....	1 pint
2 pints.....	1 quart
4 quarts.....	1 gallon

### Liquid Measure

4 fluid ounces.....	1 gill
4 gills.....	1 pint
2 pints.....	1 quart
4 quarts.....	1 gallon

### Dry Measure

2 pints.....	1 quart
8 quarts.....	1 peck
4 pecks.....	1 bushel

### General Measure—Equal to One Pound

2 cups sugar	2- <sup>2</sup> / <sub>3</sub> cups oatmeal
2 cups butter	1- <sup>1</sup> / <sub>8</sub> cups rice
4 cups flour	2 cups finely chopped meat
16 ounces	4- <sup>1</sup> / <sub>3</sub> cups coffee

## Reduction or Gaining of Weight

The following is a list that helps in the *reduction of weight*.

Orange juice, rhubarb, prunes, apples and similar fruits.

Salads, with celery, radishes, tomatoes, grated raw carrots, cold slaw.

Any vegetable grown above ground, such as spinach, cauliflower, chard, beet tops, celery, etc. (except beans).

Eggs, lean meat, stock soup, consomme, fish.

Bran muffins, whole wheat bread, melba toast (wafer bread toasted in oven).

Tea or coffee, without milk or sugar; lemonade, lime juice, ginger ale.

*For example:*

### *Breakfast*

ORANGE JUICE  
HARD BOILED EGG                      MELBA TOAST  
COFFEE

### *Luncheon*

LETTUCE SALAD WITH GRATED RAW CARROT (VINEGAR DRESSING)  
BRAN MUFFIN (WITHOUT BUTTER)  
CANTALOUPE, OR STEWED FRUIT  
TEA WITH LEMON

### *Dinner*

CONSOMME  
LEAN STEAK (GARNISHED WITH WATER CRESS)  
SPINACH                      SODA BISCUIT  
GINGER ALE

The following is a list that helps in the *gaining of weight*.

Creamy milk, malted milk, cocoa.

All cereals, whole wheat, oatmeal, cream of wheat, etc.

Corn starch, macaroni, rice.

All fruits, raw or stewed.

All vegetables, including potatoes cooked with their jackets.

Whole wheat bread and butter with corn syrup.

Chocolate sauces, corn syrups.

Salad oils, nuts, bacon and fat meats, eggs.

For example:

*Breakfast*

- ORANGE JUICE
- WELL COOKED CEREAL EATEN WITH CORN SYRUP AND CREAM
- BACON WITH EGGS (BOILED OR POACHED)
- WHOLE WHEAT BREAD
- HOT MALTED MILK OR COCOA

*Luncheon*

- POTATO AND VEGETABLE SALAD, WITH OIL DRESSING
- GRAHAM BREAD AND BUTTER
- MILK PUDDING
- GLASS OF MILK

*Dinner*

- CREAM SOUP
- MEAT WITH GRAVY
- POTATOES WITH VEGETABLES
- CUSTARD WITH CORN SYRUP
- COFFEE WITH CREAM AND SUGAR

## A Few Reminders

It is better to serve cooked cereal in cold weather, and prepared cereals, such as corn flakes, puffed rice, etc., in warm weather.

Fritters are easily made and "add" to a dish of meat or fish.

Cheese, fish, eggs, beans, peas, beef, should be accompanied with fruit and green vegetables.

Left over meat or vegetables finely cut and stuffed in tomatoes or green peppers is another economy hint.

Keep vegetable water (except beets or parsnips) for making soup or gravy.

Parsley should garnish anything with onions—as it sweetens the breath.

Left over meat, peas, diced carrots, hard boiled egg and consomme, with gelatine to set, makes a fine supper dish.

Slices of seasoned cheese put in the oven on soda biscuits and garnished with olives or celery make a hurried lunch dish.

Creamed tomatoes thickened with garnish of hard boiled egg makes another quick lunch dish.

To change or add to your salad dressing, combine it with either grated onion, catsup, chopped egg, oil, sour cream, sweet cream, Worcester sauce, yolk of egg, parsley, orange or lemon juice. Take only enough for one meal in case the experiment does not please.

Garnish your dishes of left overs with fresh parsley, chopped lettuce or celery, and they will taste better.

## Average Length of Time for Cooking Meat

**T**HE aim in cooking meat is to make it tender, juicy and retain the flavour. If meat has not enough fat in which to cook, bacon grease, or similar fat is placed on top, after the meat has been floured and seasoned. First of all the pan should be hot enough to sear—this should be done on both sides so that the natural juices will remain in the meat.

Have the oven quite hot at first, then reduce the heat so that it will cook slowly. Rapid cooking tends to toughen the fibres. In roasting, the meat should be basted frequently. If roasts have to be kept warm after they are cooked, a pan of hot water placed in the oven will tend to keep them from becoming too dry.

When meat and fowl are to be cooked in water, they should be allowed to simmer only—just below the boiling point, as rapid cooking tends to toughen the fibres.

For stews or soups—meat is put on in cold water and brought slowly to the boiling point and simmered slowly for several hours.

*An AVERAGE time is given only—thermometer charts differ on electric, gas or wood fire stoves, so that it would be difficult to arrange a standard heat chart.*

### ROASTING—

BEEF.....	8 to 12 minutes per pound (rare)
	15 to 20 minutes per pound (well done)
CHICKEN.....	15 minutes per pound
LAMB.....	15 to 20 minutes per pound
PORK.....	20 to 25 minutes per pound
FISH.....	15 to 25 minutes per pound
VEAL.....	20 to 25 minutes per pound
TURKEY.....	15 to 20 minutes per pound

### BROILING—

CHICKEN.....	15 to 20 minutes per pound (cut in sections)
LAMB CHOPS.....	10 to 20 minutes per pound (depending on thickness)
STEAK.....	4 to 8 minutes per pound (rare)
	10 to 20 minutes per pound (well done)

### BOILING—

CHICKEN.....	15 to 20 minutes per pound
FOWL.....	20 to 30 minutes per pound
CORNED BEEF.....	30 to 40 minutes per pound
HAM.....	18 to 20 minutes per pound
MUTTON.....	15 to 20 minutes per pound
POT ROAST.....	35 to 40 minutes per pound
COD.....	8 to 10 minutes per pound
HADDOCK.....	10 minutes per pound
HALIBUT.....	10 to 15 minutes per pound
SALMON.....	10 to 15 minutes per pound

## A Few Suggestions That may add variety to your Menu

**I**T is often more of a task to think of what to have, than the actual preparing of the meal itself. The well balanced menu takes thought and planning. The following menus, though simple, are wholesome and dietetically correct, and when carefully prepared are both tasteful and satisfying.

### SUNDAY

*Breakfast* GRAPEFRUIT CRISP BACON WITH FRIED TOMATO  
CORN GEMS MARMALADE OR *Benson's Golden Syrup*  
FAVOURITE BEVERAGE

*Dinner* ROAST CHICKEN AND SAUSAGE  
CREAMED CAULIFLOWER ROAST POTATOES CRANBERRY JELLY  
PEAR SALAD WITH *Mazola* DRESSING  
SMALL CAKES WITH *Lily White* FROSTING ICE CREAM DEMI-TASSE

*Supper* CONSOMME WITH CROUTONS  
OYSTERS OR MUSHROOM PATTIES  
FROZEN FRUIT CUSTARD MADE WITH *Benson's Corn Starch*  
CHEESE STRAWS COFFEE SALTED NUTS

### MONDAY

*Breakfast* ORANGE JUICE OATMEAL BACON AND EGGS  
WHEAT CAKES WITH CORN SYRUP COFFEE

*Lunch* CREAMED LEFT OVER CHICKEN CRISP CELERY OR RADISHES  
CORN BREAD WITH *Benson's Golden Syrup* TEA

*Dinner* LAMB CHOPS FRENCH PEAS  
CHIP POTATOES FRIED IN *Mazola*  
PINEAPPLE SALAD WITH *Mazola* DRESSING  
CARAMEL CORN STARCH WITH WHIPPED CREAM COFFEE

## TUESDAY

*Breakfast* STEWED PRUNES CORN MEAL CEREAL  
LIVER AND BACON BRAN MUFFINS TEA

*Lunch* CHICKEN BROTH  
COLD SLAW WITH GRATED RAW CARROT BOILED DRESSING  
CHOCOLATE BLANC MANGE WITH FRUIT TEA DOUGHNUTS

*Dinner* GRAPEFRUIT CUP PORTERHOUSE STEAK  
SARATOGA CHIPS DICED CARROTS WITH PARSLEY ONIONS  
CRISP ICEBERG LETTUCE WITH *Mazola* DRESSING APRICOT WHIP  
OATMEAL COOKIES COFFEE

## WEDNESDAY

*Breakfast* BAKED APPLE FRIED SMELTS  
BUCKWHEAT CAKES WITH *Benson's Golden Syrup* COFFEE

*Lunch* LEFT OVER MEAT FRITTERS  
SLICED TOMATOES WITH BOILED DRESSING CORNMEAL MUFFINS  
*Crown Brand Corn Syrup* TEA

*Dinner* ASPARAGUS SOUP STEAK AND KIDNEY PIE  
RICED POTATOES PARSNIPS  
CELERY AND NUT SALAD WITH *Mazola* DRESSING  
TRIFLE WITH *Benson's Golden Syrup* COFFEE

## THURSDAY

*Breakfast* STEWED FIGS WHEATENA POACHED EGG  
CORN GEMS COCOA

*Lunch* BAKED BEAN SOUP STUFFED TOMATO SALAD  
WAFFLES WITH *Benson's Golden Syrup* TEA SUGAR COOKIES

*Dinner* SLICED CANTELOUPE CURRIED MINCE LAMB  
CREAMED CELERY FRENCH FRIED POTATOES  
RICE PUDDING WITH DATES AND CREAM COFFEE



## FRIDAY

*Breakfast* ORANGES ROLLED OATS CODFISH BALLS  
TOAST MARMALADE OR *Crown Brand Corn Syrup* COFFEE

*Lunch* GREEN PEPPERS STUFFED WITH CELERY AND CHEESE  
GINGERBREAD APPLESAUCE TEA CHEESE STRAWS

*Dinner* VEGETABLE SOUP FRIED HALIBUT IN BATTER  
CHIP POTATOES SPINACH GARNISHED WITH HARD BOILED EGG  
CRISP CELERY STUFFED WITH COTTAGE CHEESE  
LEMON PIE SPONGE CAKE COFFEE

## SATURDAY

*Breakfast* ORANGE JUICE CEREAL  
SCRAMBLED EGGS BRAN MUFFINS COFFEE

*Lunch* CORN CHOWDER SODA BISCUITS CHEESE SOUFFLE  
SLICED PEARS CUP CAKES TEA

*Dinner* CREAM OF POTATO SOUP VIRGINIA BAKED HAM  
BAKED SWEET POTATOES SCALLOPED TOMATOES CUCUMBER SALAD  
BAKED APPLE ROLL COFFEE



*MAZOLA is preferred, by many, to olive oil  
in making Salad Dressings  
BENSON'S has always been Canada's  
Purest and Best Corn Starch*

*For*

*your convenience when ordering from  
your Grocer we are giving below a  
list of some of our pure food Products*

**BENSON'S PREPARED CORN**

Canada's Original and Best Corn Starch

*In 1 lb. packages*

**BENSON'S GOLDEN SYRUP**

A Thick Sweet Syrup like the old time Golden Syrup

*In 1, 2, 5 and 10 lb. tins and 3 lb. glass jars*

**CROWN BRAND CORN SYRUP**

A Delicious and Easily Digested Table Syrup

*In 2, 5 and 10 lb. tins*

**LILY WHITE CORN SYRUP**

A Crystal White Syrup for Preserving and Infant Feeding

*In 2, 5 and 10 lb. tins*

**CASCO POTATO FLOUR**

A highly Refined Potato Flour for Cake Making

*In 1 lb. packages*

**LASSIE'S SYRUP**

A Delicious Combination of Corn Syrup and Molasses

*In 2, 5 and 10 lb. tins*

**MAZOLA**

Excellent for Salad Dressing and for Frying

*In 1, 2, 4 and 8 lb. tins*

*On the following pages  
will be found*

**CANADA'S**  
*Prize*  
**RECIPES**

Which contain one or more of  
the Celebrated Food Products  
outlined on the opposite page.

## Soup

ONE of the easiest ways of combining proteins, vitamins and calories, etc., is in good nourishing soup. Either clear or cream soups can be delicious appetizers if made carefully. Stock soups are made with meat bones and lean meat, vegetables and herbs. A good housewife saves the vegetable water and to this adds meat or vegetables. For cream soups the vegetable water is used together with left over spinach or a can of corn, or whatever is desired. Cream soups are simply made and are a great emergency addition to a meal. For example, a can of corn put through the coarse strainer with grated onion and seasoning added, together with the cream soup ingredients, make a most delicious soup—but great care should be taken in making cream soup smooth.

### Split Pea Soup

1 CUP DRIED SPLIT PEAS	2½ QUARTS COLD WATER
1 PINT MILK	½ ONION
3 TABLESPOONS BUTTER	1 TABLESPOON <i>Benson's Corn Starch</i>
1½ TEASPOONS SALT	2 INCH CUBE OF SALT PORK
¼ TEASPOON PEPPER	

Pick over peas and soak for six hours in cold water, then drain, cover again with cold water, add pork and onion and simmer until soft, from three to four hours. Throw away water. Rub through a sieve, add butter, mix starch with 2 tablespoons cold water, the milk and salt, and add to mixture. Some cooks use the water in which a ham was cooked or in which potatoes were boiled as the liquid instead of the cold water.

## Peanut Butter Soup

3 CUPS MILK	1 CUP HOT WATER
½ CUP PEANUT BUTTER	1 TEASPOON SALT
½ TEASPOON NUTMEG	1 TABLESPOON <i>Benson's Corn</i>
A PINCH OF PEPPER	<i>Starch</i>

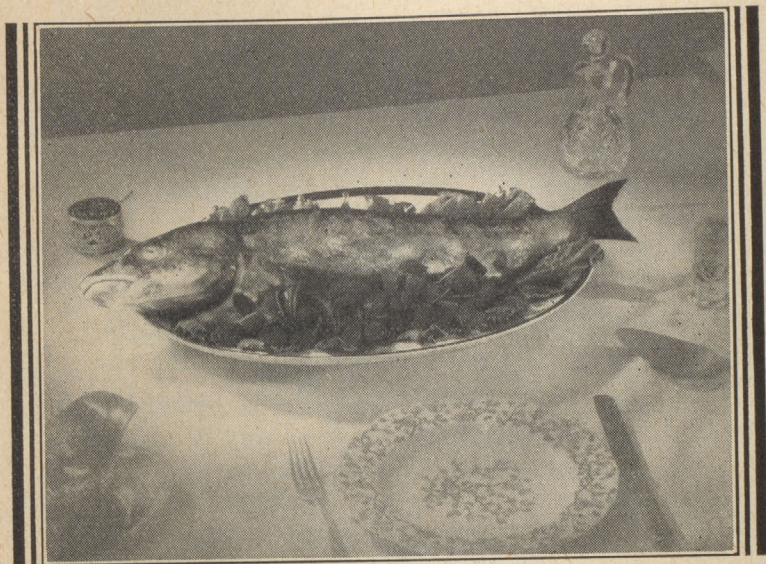
Mix the peanut butter with the hot water, then add to the boiling milk. Dissolve the corn starch in 2 tablespoons cold milk and then stir into the soup and boil for three minutes. Add the seasonings and serve with small crackers.

## Corn Chowder

2 TABLESPOONS <i>Benson's Corn</i>	1 SMALL ONION
<i>Starch</i>	1 CUP MILK
1 CUP HOT WATER	1 CUP RAW, DICED POTATOES
1 TABLESPOON <i>Mazola</i>	1 CUP CORN PULP
SALT AND PEPPER TO TASTE	

Cook the finely chopped onion in the hot water with the potatoes, then add the corn pulp, the *Mazola* and the corn starch dissolved in the cold milk. Cook until the corn starch has thickened and season to taste.





## Fish

FISH should come into the daily diet, especially for those who do not take much exercise. It is easily digested, is rich in proteins and vitamins and is often termed "brain food". Fish must always be fresh and kept on ice and used as soon as possible after purchasing. A fresh fish has bright eyes and a firm body—salted and canned fish are always available and make delicious salads, fish cakes or souffles. Baked fish is the most digestible way of cooking fish. This is prepared with seasoning, dotted with fat, and often is dressed with a stuffing of oatmeal and herbs. Boiled fish, served with cream parsley sauce, is also a delicacy if carefully prepared. Fried fish is easily digested if done with *Mazola*.

## Fish Canned in Mazola Oil

20 POUNDS FRESH FISH	<i>Mazola</i>
1 POUND BROWN SUGAR	1 POUND SALT
1 OUNCE SALTPETRE	

Mix together the salt, brown sugar and saltpetre and let the fish stand therein in a cool place for at least 60 hours. Drain and dry thoroughly, then dip in hot *Mazola* just off the boil and lay aside to drain. As soon as cool enough to handle, pack tightly in jars, filling up with the hot *Mazola*. Adjust the rubbers and tops and sterilize in a hot water bath or steamer for five hours.

This fish is excellent for luncheons, suppers, sandwiches and salads. The bones will be cooked and can be eaten with the flesh of the fish.

## Fried Fish

Clean, wash, and drain fish. Cut in convenient sizes for serving. Roll in flour or cornmeal and fry in deep, hot *Mazola*. Fish fried in this way will not be grease soaked and is therefore more palatable and wholesome.

## Oven-Fried Oysters

36 OYSTERS	2 TABLESPOONS <i>Mazola</i>
1½ TEASPOONS SALT	1½ CUPS MILK
2/3 CUP DRY BREAD CRUMBS	

Wash the oysters, then dip in flour, the salted milk, and cover with bread crumbs. Place the oated oysters on a baking sheet, at least one inch apart, and sprinkle generously with *Mazola*. Cook in a very hot oven (from 500 to 600 degrees) for about five minutes or until well browned.

## Excellent Fish Sauce

½ CUP <i>Mazola</i>	1 ONION
1 CUP STRAINED COOKED TOMATOES	1 WHOLE CLOVE
1 BAY LEAF	4 TABLESPOONS ORANGE JUICE
1 TABLESPOON LEMON JUICE	2 TABLESPOONS <i>Benson's Corn Starch</i>
SALT AND PEPPER TO TASTE	

Fry chopped onion in the *Mazola* until browned, then add tomatoes, clove, bay leaf and fruit juice, and simmer for 10 minutes. Dissolve the corn starch in twice as much cold water and add slowly to the mixture. Strain and season to taste. Some cooks add a little nutmeg.

✓ ✓ ✓

## Meat

**M**EAT should be eaten only once a day except for a person who leads an exceptionally active life outdoors. Meat cooked properly is one of the most delicious foods to serve, but it should be combined with vegetables and fruit, as it is so rich in proteins. After purchasing meat it should be removed from the paper immediately and placed on a china or enamel plate. To clean meat, wipe with a clean damp cloth. In order to keep the juice in the meat, sear on both sides, using a very hot pan, then reduce heat until cooked. A great art is often neglected in making gravies. (See the recipe for gravy on page 43.)



## Celery and Olive Stuffing for Roast Duck

3 CUPS OF SOFT BREAD CRUMBS (FROM INSIDE OF LOAF)	½ CUP HOT WATER
½ CUP CHOPPED OLIVES	1 CUP CHOPPED CELERY
¼ TEASPOON PEPPER	1 TEASPOON SALT
FEW DROPS OF ONION JUICE	¼ TEASPOON PAPRIKA
	3 TABLESPOONS <i>Mazola</i>

Mix bread crumbs, celery, olives and salt with paprika, pepper and onion juice; then add *Mazola* mixed with water and use to stuff the duck.

## Chicken a la Marengo

1 CHICKEN	2 TABLESPOONS <i>Mazola</i>
2 CUPS BROWN STOCK	4 TABLESPOONS <i>Mazola</i>
3 TABLESPOONS <i>Benson's Corn Starch</i>	1 SMALL ONION
1 DOZEN SMALL MUSHROOMS	1 LARGE TOMATO
	A PINCH OF SAVOURY HERBS
	SALT AND PEPPER TO TASTE

Cut the chicken into joints, remove the skin and fry quickly in the larger quantity of oil. Add the tomato and sliced onion to the pan with the herbs and stock and simmer for about an hour. Strain, and add the corn starch dissolved in 6 tablespoons cold water. Add the mushrooms and the chicken joints and cook for about 15 minutes. Season with salt and pepper and serve on bread fried in the smaller quantity of *Mazola*. Garnish the chicken with croûtons.

## Ameri-Canuck Chicken

- |                      |   |
|----------------------|---|
| 1 GOOD-SIZED CHICKEN | 1 SMALL THINLY SLICED<br>ONION                    |
| ½ CUP <i>Mazola</i>  | 2 TEASPOONS <i>Benson's Corn</i><br><i>Starch</i> |
| 1 EGG YOLK           |   |
| 3 CUPS WATER         |   |

SALT AND PEPPER TO TASTE

Cut chicken into pieces as for a fricassee and cook in water to cover until tender. Season when about half done. Cool chicken and then dry thoroughly. Cook the onion in hot *Mazola* and then add the chicken and let it cook until a rich golden brown. Add to the oil in which the chicken was cooked, 1½ cups of the water in which it was boiled. Add the corn starch dissolved in 3 tablespoons of cold water and bring to a boil. Cook for five minutes, then stir in the beaten yolk and season to taste. Pour the sauce over the chicken before serving it.

## Fried Chicken

Select a young chicken. Disjoint and cut up as for fricassee. Roll each piece in egg and cracker dust and fry in hot *Mazola*, then place cover on pan and let simmer for about ten minutes.

## Scotch Collops

- |              |                   |
|--------------|-------------------|
| LEAN VEAL    | <i>Mazola</i>     |
| BREAD CRUMBS | GRATED LEMON RIND |
| NUTMEG       | BACON OR SAUSAGE  |

Cut lean veal into very thin slices, about 2 inches square, and beat with a meat hammer or the edge of a saucer until the fibre is broken up. Dip them into *Mazola*, then roll in bread crumbs mixed with grated lemon rind and nutmeg to taste. Fry quickly in *Mazola* and serve with a rich beef gravy or mushroom sauce. Garnish with fried bacon or sausages.

## Casseroled Liver

1 POUND CALF'S LIVER  
 1 TABLESPOON *Benson's Corn Starch*  
 1 LARGE SLICED ONION  
 PEPPER AND SALT TO TASTE

Put alternate layers of sliced liver and onions in a casserole, seasoning each layer well with salt and pepper and letting the last layer be onions. Cover with cold water and let cook in a slow oven for about four and a half hours. Mix the corn starch with 2 tablespoons cold water and stir into the meat and gravy, then let cook again for about twenty minutes before serving.

## French Beefsteak

FILLET OR SIRLOIN STEAK  
 BUTTER  
 PARSLEY  
*Mazola*  
 GARLIC

Pound the steak, cut into  $\frac{3}{4}$ -inch or one-inch slices, until the fibre is well crushed, then let the meat stand in a plate and brush over both sides generously with *Mazola*—at least one tablespoon to each pound of steak.

An hour later, cook the meat in a hissing hot pan, well buttered, over a hot fire or beneath the flame in a gas stove. Turn until the meat is well browned on both sides then let cook more slowly until tender; place on hot plate.

Add the chopped parsley and the finely shaved garlic to the dripping in the pan and let cook for five minutes and pour over steak.

Marinating hard or tough meat in *Mazola* and vinegar in equal parts, previous to cooking, will make it more tender.

## Excellent Beef Stew

2 POUNDS OF ANY CHEAP CUT OF BEEF	1/2 CUP DICED RAW TURNIP
FLOUR	1/2 SLICED ONION, LARGE
1 TABLESPOON <i>Benson's Corn Starch</i>	4 TABLESPOONS <i>Mazola</i>
	2 CUPS DICED RAW POTATOES
	1 CUP DICED RAW CARROT
	1/2 CUP CHOPPED CELERY

Brown onion in *Mazola* with meat rolled in flour and then mix with the other vegetables and cook in 3 cups or slightly more of cold water, not allowing the stew to do more than simmer for one or two hours. Season with salt and pepper to taste. Thicken by stirring 1 tablespoon of *Benson's Corn Starch* into 1/2 cup of cold water and adding it to the stew when almost done. More corn starch may be added if a thicker gravy is wanted.

## Mince Meat

4 POUNDS COOKED MEAT, CHOPPED	5 CUPS CHOPPED SUET
8 CUPS CHOPPED PRESERVED CITRON	18 MEDIUM-SIZED APPLES, CHOPPED
4 CUPS PRESERVED RHUBARB	2 CUPS <i>Benson's Golden Syrup</i>
2 CUPS VINEGAR	1 CUP WHITE SUGAR
2 CUPS BROWN SUGAR	1 TEASPOON EACH, CLOVES, CINNAMON, NUTMEG, PEPPER AND ALLSPICE
4 POUNDS RAISINS	

Mix all ingredients thoroughly and pack solid in quart jars or sealers. The mixture may also be kept in crocks.

## How to Keep Meat

Steak, pork, beef, sausages, puddings, etc., may be kept fresh the year round by frying them and seasoning as for immediate use, then packing them into crocks or cans and covering them with hot *Mazola*. When needed for use, remove the oil and heat thoroughly.

This is valuable information to farmers and others who have trouble in disposing of all their meat at once. It is impossible to detect any difference between the preserved meat and freshly cooked products.

## Curry

2 TABLESPOONS CHUTNEY	1 TABLESPOON <i>Benson's Golden Syrup</i>
1 TABLESPOON CURRY POWDER	1 TEASPOON SALT
2 ONIONS	½ CUP SULTANA RAISINS
1 APPLE	2 CUPS STOCK
<i>Mazola</i>	
COLD COOKED MEAT, SUCH AS RABBIT OR CHICKEN CUT INTO DICE.	

Slice the onions thinly and cook until brown in the *Mazola*, add the chopped apple and the other ingredients. Simmer gently for 3 hours, then serve with boiled rice.

## Gravy

Remove fat from pan (except 2 tablespoons); place over fire and add 1 tablespoon *Corn Starch* (mixed to smooth paste with little cold water); stir until well browned; add gradually ¾ cup boiling water or stock. Boil 5 minutes, season and strain.

The corn starch eliminates the careful straining necessitated by flour and also does away with lumping, making a delicious smooth gravy and is a much quicker process.

## Stuffed Ham Roll

- |   |                                    |
|---|------------------------------------|
| 1 LARGE SLICE OF HAM                          | 3 CUPS BREAD CRUMBS                |
| $\frac{1}{4}$ CUP <i>Mazola</i>               | 1 TABLESPOON CHOPPED<br>ONION      |
| 1 TABLESPOON CHOPPED<br>CELERY                | $\frac{1}{4}$ CUP VINEGAR          |
| 2 TABLESPOONS <i>Benson's Corn<br/>Starch</i> | BROWN SUGAR AND CLOVES<br>(4 or 5) |

Fry onions and cloves in *Mazola*, then remove cloves; add bread crumbs and fry for one minute. Add celery and spread mixture on slice of ham. (1 tablespoon of water may be added if the mixture is too thick to spread). Roll ham and tie into shape, sprinkle with brown sugar, stick with cloves and bake in a hot oven for 30 minutes, basting often.

Serve on a platter with a sauce made by stirring the corn starch into the cold water and dilute with hot water to suit one's taste.

## Angels on Horseback

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 3 THIN SLICES OF STALE<br>BREAD | 12 OYSTERS                            |
| A FEW THIN SLICES OF<br>BACON   | SOME FINELY CHOPPED<br>PARSLEY        |
| A FEW DROPS OF LEMON JUICE      | A DASH OF RED PEPPER<br><i>Mazola</i> |

Cut the bacon in little squares just big enough to roll around an oyster. Put an oyster in the centre of each piece, sprinkle with chopped parsley and lemon juice, then roll up and pin on a skewer. Fry in hot *Mazola* until the bacon is cooked, then remove from skewer and lay each oyster on a square of bread that has been fried in deep *Mazola* until a deep golden colour. Serve hot garnished with lemon slices and parsley.

## Roman Delight

4 TABLESPOONS <i>Benson's Corn Starch</i>	2 CUPS MILK
4 TABLESPOONS <i>Mazola</i>	4 TABLESPOONS FLOUR
2 EGG YOLKS	1 CUP GRATED CHEESE, EITHER STRONG CANADIAN OR PARMESAN

Add flour to *Mazola* and blend well, then stir into the milk mixed with the corn starch and cook in a double boiler with the well-beaten yolks until thick. Add the grated cheese and stir until melted, cooking not less than twenty minutes in all. Spread on an oiled baking pan to the depth of one inch and when cold cut into squares; sprinkle with the rest of the cheese and brown beneath the flame. Some cooks serve ROMAN DELIGHT with a tomato or cheese sauce rather than sprinkle it with grated cheese, but that is purely a matter of taste.

## Chinese Onion Omelet

3 CUPS CHOPPED RAW ONION	2 TEASPOONS <i>Benson's Golden Syrup</i>
$\frac{1}{4}$ CUP <i>Mazola</i>	3 TABLESPOONS <i>Benson's Corn Starch</i>
$\frac{1}{8}$ TEASPOON PEPPER	4 EGGS
$\frac{3}{4}$ TEASPOON SALT	

Cook the onion with the *Mazola* and syrup until yellow and tender, stirring often. Add the pepper, the salt and the corn starch. Pour the onion mixture into the well-beaten eggs and fry by spoonful, like pancakes, in a slightly oiled pan. Use *Mazola* for the frying-pan or griddle.

## Chop Suey

1½ POUNDS LEAN FRESH PORK	1 BUNCH CELERY
1½ CUPS WARM WATER	1 TABLESPOON MOLASSES
3 LARGE ONIONS	2 BOUILLON CUBES
2 TABLESPOONS SOY SAUCE	2 TABLESPOONS <i>Benson's Corn</i>
SALT AND PEPPER TO TASTE	<i>Starch</i>
	<i>Mazola</i>

Cook diced meat in a little *Mazola* for five minutes, then add diced celery and cook for five minutes, then diced or sliced onions and cook for five minutes longer, keeping lid on pan. Dissolve the bouillon cubes in the warm water, then add Soy sauce (which can be bought at a Chinese store or many grocers), molasses and corn starch dissolved in 4 tablespoons cold water. Simmer until meat is tender. Cooking requires about twenty-five minutes and this quantity makes 6 servings.

## English Monkey

1 CUP STALE BREAD CRUMBS	1 CUP MILK
1 TABLESPOON <i>Mazola</i>	½ TEASPOON SALT
½ CUP DICED CHEESE	1 EGG
A GOOD PINCH OF RED PEPPER OR CAYENNE	CRISP, BUTTERED CRACKERS

Soak bread crumbs in milk for 15 minutes, then put *Mazola* and cheese in top of double boiler and cook until the mixture is melted. Add soaked crumbs with slightly beaten egg and seasonings. Cook three minutes, then serve on crackers. This amount serves four people.



## Vegetables

ALWAYS scrape (not pare) vegetables when possible, as the vitamins lie close to the surface. Have water boiling before putting in and cook quickly. Wash vegetables in cold water before cooking. Drain potatoes immediately when cooked and shake over hot fire—this makes them white and mealy. Green vegetables, such as spinach, cabbage and greens, should be cooked only fifteen minutes in boiling water, or in the steam vegetable cooker. This keeps the flavour and saves the valuable mineral salts contained in them. To keep lettuce, celery, parsley or other greens fresh, wrap in clean, damp cheesecloth, after having carefully washed them, and keep in the refrigerator.

### Harvard Beets

2 CUPS COOKED, SLICED OR DICED BEETS	2 TEASPOONS <i>Benson's Corn Starch</i>
½ CUP SUGAR	½ CUP VINEGAR
2 TABLESPOONS BUTTER	

Blend sugar and corn starch and stir in the hot vinegar. Boil until slightly thickened, then add beets and let stand on the back of stove for about 30 minutes. Before serving, add the butter and stir well.

### Sweet Potato Souffle

2 CUPS OF MASHED SWEET POTATOES	3 BEATEN YOLKS
1 CUP MILK	2 TABLESPOONS <i>Mazola</i> PEPPER AND SALT TO TASTE

Beat the yolks into the potatoes with the milk, then fold in the stiffly beaten whites of the 3 eggs and bake in a moderate oven for about 40 minutes or until well puffed. Serve at once, as it soon falls.

## French Fried Potatoes

Wash and pare potatoes. Cut in eighths, lengthwise. Let stand in cold water at least one hour. Dry thoroughly between towels and fry in deep, hot *Mazola*. Sprinkle with salt.

## Saratoga Chips

Peel medium sized potatoes, slice them as evenly as possible; drop them in ice water, for an hour; have a kettle of hot *Mazola*, put a few slices at a time in a clean towel and shake dry, so as to have the moisture out of them; then drop into boiling *Mazola*; stir them occasionally until a light brown; lift them out with a skimmer and they will be crisp and not greasy. Sprinkle salt over them while hot.

## Hawaiian Sweet Potatoes

3 CUPS DICED, PARBOILED SWEET POTATOES	¼ POUND MARSHMALLOWS
1½ CUPS DICED, CANNED PINEAPPLE	1½ TABLESPOONS BROWN SUGAR
	½ CUP PINEAPPLE JUICE
	2 TABLESPOONS <i>Mazola</i>

Cover bottom of baking dish with diced sweet potatoes, then add a layer of pineapple and sprinkle with ½ tablespoon of brown sugar and 1 teaspoon of *Mazola*. Alternate layers of potatoes and pineapples and seasonings until all of both are used. Pour the pineapple juice over the dish and bake in moderate oven (350 degrees) for half an hour. Remove from oven and place marshmallows on top and return to oven until marshmallows are slightly browned and puffed.

## Potato Souffle

- |  |  |
|--|--|
| 2 CUPS WELL SEASONED,<br>MASHED POTATOES | 1 TABLESPOON <i>Mazola</i>                       |
| 3 EGGS                                   | 1 TEASPOON POWDERED PARS-<br>LEY (NOT NECESSARY) |

Put the *Mazola* in the baking dish. Beat the yolks until light, then beat into the potatoes. Fold in the stiffly beaten egg whites. Cook in moderate oven (350 degrees) until puffed and serve immediately. Some cooks add  $\frac{1}{2}$  cup of cheese to the mixture just before adding the egg whites.

## Magic Murphys

- |  |                                     |
|--|-------------------------------------|
| 1 DOZEN MEDIUM-SIZED<br>POTATOES, BOILED | 2 EGGS                              |
| 2 TABLESPOONS CREAM<br><i>Mazola</i>     | 1 TABLESPOON MIXED SAVOURY<br>HERBS |
|  | PEPPER AND SALT                     |

For every two cups of mashed potatoes put through the sieve, add 2 well-beaten eggs, 2 tablespoons cream and 1 tablespoon mixed savoury herbs. Season to taste with salt and pepper and drop by spoonfuls into hot *Mazola*. These will puff up enormously and swim to the top. Drain on brown paper and serve hot.

## Fried Egg Plant

- |               |              |
|---------------|--------------|
| 1 EGG PLANT   | FLOUR        |
| 1 EGG         | BREAD CRUMBS |
| <i>Mazola</i> | SALT         |

Cut egg plant into thin slices and sprinkle the slices with salt, then place one on top of the other and cover with a weight. Let stand for an hour and a half, or soak in brine for same time. Dredge each slice with flour and fry in hot *Mazola* until crisp, or dip in beaten egg and then roll in crumbs and fry in the same way. Drain on brown paper.

## Stuffed Cabbage

1 CABBAGE	½ CUP BREAD CRUMBS
1 LB. BEEF	1 TABLESPOON <i>Mazola</i> Oil
PIECE OF BACON ENOUGH TO FLAVOUR	½ CUP MILK
1 ONION	1 EGG
	1 GREEN PEPPER

Take good sized cabbage; scoop out centre enough to fill with above ingredients, cut up beef and bacon, add chopped onion and seasoning; beat egg, add milk, oil and crumbs; mix all well together; stuff cabbage, tie in cloth and boil or steam until cabbage is soft. Cold left-over meat can be used and the pieces of cabbage that have been cut out may be used up in soup or stew.

## Pea Souffle

3 TABLESPOONS <i>Mazola</i>	1 TEASPOON FINELY MINCED PARSLEY
1 CUP MILK	
2 CUPS CANNED PEAS	1½ TABLESPOONS <i>Benson's Corn</i> <i>Starch</i>
1 TEASPOON GRATED ONION	
2 EGGS	SALT AND PEPPER TO TASTE

Mix the corn starch with the *Mazola*, then stir in the cold milk and stir constantly while cooking, until thickened. Add peas forced through a sieve and mix with the slightly beaten yolks of eggs. Fold in the stiffly beaten whites, then season to taste and bake in a moderate oven until well-puffed, about 40 minutes. Serve immediately, as it falls quickly once removed from the oven.

## Salads

**S**ALADS furnish valuable mineral salts and also give variety to the diet.

All ingredients for salads should be fresh, crisp and cold. Wash lettuce thoroughly and place in a paper bag, on ice, if possible.

Salad ingredients should be cut in rather small, even-sized pieces—never chopped.

All salad ingredients should be separately and lightly tossed in a small amount of French dressing before combining, or adding Mayonnaise dressing.

*Mazola* has the same food value as olive oil and is just as easily digested, with the added advantage that it does not become rancid.

*Mazola* is more easily emulsified than olive oil.

### Scotch Egg Salad

½ POUND SAUSAGE MEAT

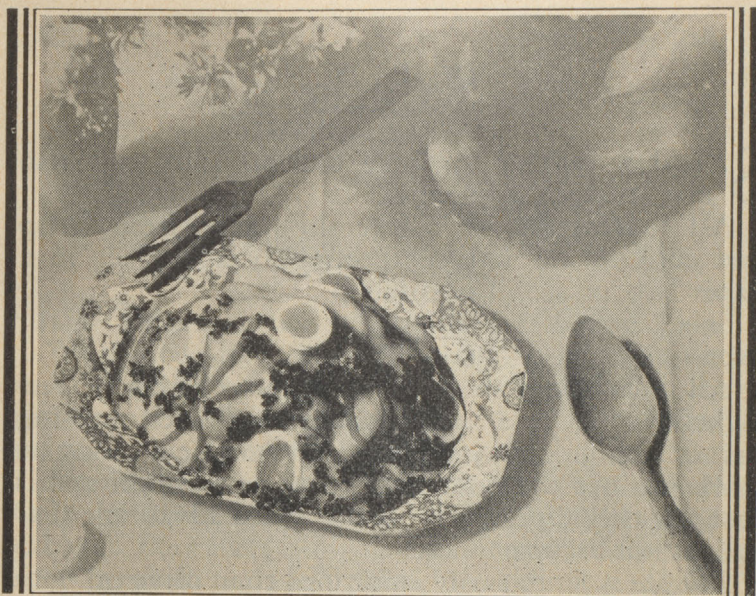
3 OR 6 EGGS

1 BEATEN EGG

1 POUND *Mazola*

BREAD CRUMBS OR GROUND CORNFLAKES, LETTUCE  
AND TOMATOES

Roll out well-seasoned sausage meat on a floured board and then cover hard-boiled eggs completely with the sausage meat. Roll the prepared eggs in beaten egg and then in ground cornflakes or bread crumbs and fry in deep *Mazola*. Drain on brown paper when a nice golden brown and then serve on prettily garnished plates of lettuce and tomatoes decorated with beets and parsley. Either a whole egg may be served to each person or they may be cut in halves and garnished with mayonnaise.



## Economical Chicken Salad

- |                               |  |
|-------------------------------|--|
| 1 CUP WATER                   | 1½ TABLESPOONS <i>Benson's Corn Starch</i> |
| 1 TABLESPOON <i>Mazola</i>    | ½ TABLESPOON <i>Lily White Syrup</i>       |
| 2 CUPS CHOPPED COOKED CHICKEN | 1 TEASPOON SALT                            |
| 1 TABLESPOON LEMON JUICE      | ¼ CUP DICED CELERY OR CHOPPED CABBAGE      |
| 2 PIMENTOES OR GREEN PEPPERS  | A PINCH OF GROUND MACE                     |

Blend corn starch with 4 tablespoons cold water and then stir into the rest of the water with lemon juice, *Mazola*, syrup salt and mace, and cook until thick in a double boiler, stirring constantly. Add chicken, celery or cabbage and pimentoes or peppers. Let cook for three minutes, then spread ½-inch thick on an oiled plate. When cold, cut into two-inch squares and place each piece on a lettuce leaf with a slice of hard boiled egg and 1 tablespoon mavournaise. Serve very cold.

## Thousand Island Dressing

½ CUP <i>Mazola</i>	1 TEASPOON WORCESTERSHIRE SAUCE
JUICE OF ½ ORANGE	JUICE OF ½ LEMON
3 TEASPOONS FINELY CHOPPED PARSLEY	1 TEASPOON GRATED ONION
8 SLICED OLIVES	¼ TEASPOON MUSTARD
¼ TEASPOON SALT	8 COOKED CHESTNUTS
	¼ TEASPOON PAPRIKA
½ CUP MAYONNAISE	

Put all the ingredients into a preserving jar, adjust the cover and shake until all the ingredients are thoroughly blended and slightly thickened.

## Variations in Mazola Dressings

1 CUP <i>Mazola Mayonnaise</i>	1 CUP WHIPPED CREAM
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Combine the mixtures by beating slowly until well blended.

1 CUP <i>Mazola Mayonnaise</i>	2 TABLESPOONS MIXED PICKLES
2 TABLESPOONS TOMATO CATSUP OR CHILE SAUCE	

Chop the pickles and add with the catsup or Chile sauce to the mayonnaise.

## Snappy Cheese Dressing

2½ CUPS <i>Mazola</i> FRENCH DRESSING	2 TEASPOONS SPICED VINEGAR TAKEN FROM PICKLE JAR
½ CUP GRATED SNAPPY CHEESE	

Shake the French dressing thoroughly with the other ingredients and serve on lettuce, tomato or pineapple salad.

## Eggless Mayonnaise

3 TABLESPOONS EVAPORATED MILK	$\frac{1}{4}$ TEASPOON PAPRIKA
2 TABLESPOONS LEMON JUICE OR VINEGAR	$\frac{3}{4}$ CUP <i>Mazola</i>
$\frac{1}{2}$ TEASPOON MUSTARD	$\frac{1}{2}$ TEASPOON SALT
	$\frac{1}{4}$ TEASPOON PEPPER
	$\frac{1}{4}$ TEASPOON SUGAR

Combine the dry ingredients, add the milk and gradually beat in the *Mazola*, then add the vinegar and beat until smooth. This dressing will keep indefinitely in a cool place.

## California French Dressing

4 TABLESPOONS <i>Mazola</i>	2 TABLESPOONS LEMON OR GRAPEFRUIT JUICE
$\frac{1}{2}$ TEASPOON POWDERED SUGAR	$\frac{1}{2}$ TEASPOON SALT
$\frac{1}{4}$ TEASPOON PAPRIKA	2 DROPS TABASCO SAUCE

Put all the ingredients into a preserving jar, cover and shake until well blended.

## Cheese Dressing for Salads

1 NEUFCHATEL OR CREAM CHEESE	$\frac{1}{2}$ CUP <i>Mazola</i>
3 TO 4 TABLESPOONS LEMON JUICE	$\frac{1}{2}$ TEASPOON SALT
TABASCO SAUCE	ONION JUICE, A BIT OF GARLIC OR GRATED HORSE-RADISH AS SEASONING

Add *Mazola* slowly to the mashed cheese and beat until light with a Dover beater. Do not be alarmed if the mixture curdles, but add other ingredients and beat until smooth and creamy. This dressing is delicious for fruit salads when mixed with whipped cream.





## Sabinelle Salad and Dressing

- |                              |                                    |
|------------------------------|------------------------------------|
| 4 CUPS DICED BOILED POTATOES | ½ CUP CHOPPED ONIONS OR GREEN TOPS |
| 6 HARD-BOILED EGGS           | RADISHES                           |
| FEW SPRIGS OF CRESS          | SOME SWEET PICKLED CUCUMBERS       |
| SHREDDED LETTUCE             | 1 TABLESPOON VINEGAR               |
| 2 TABLESPOONS LEMON JUICE    | 2 TEASPOONS SUGAR                  |
| 1 TEASPOON SALT              | 1 CUP <i>Mazola</i>                |
| ⅛ TEASPOON PAPRIKA           | DASH OF RED PEPPER                 |

Put the lemon juice, vinegar, salt, sugar, *Mazola*, pepper and paprika in a covered preserving jar and shake until well blended. Mix the potatoes with the onions and enough of the dressing to moisten, then arrange in 6 mounds on shredded lettuce. Take out the yolks of the hard-boiled eggs and moisten with the dressing and mash well, then refill yolks and place two halves on top of the potato and onion mounds. Garnish with radishes cut into rings and sprinkle with finely chopped pickles and cress. Serve with thin slices of bread and butter.

## New Mayonnaise

1 EGG	2 TEASPOONS DRY MUSTARD
1½ TEASPOONS SALT	¼ CUP VINEGAR
⅛ TEASPOON PAPRIKA	1 CUP WATER
¾ CUP <i>Mazola</i>	4 TABLESPOONS <i>Benson's Corn</i>
2 TABLESPOONS SUGAR	<i>Starch</i>

Put egg, sugar, vinegar and *Mazola* in mixing bowl, but *do not stir*. Mix corn starch with ½ cup of the water and then add to the other half and cook in double boiler until a thick paste is formed. *Stir at once* into the other ingredients. Add the seasonings and keep in a cool place.

## One Egg Mayonnaise

1 EGG	2 TABLESPOONS LEMON JUICE
1 TEASPOON SALT	OR VINEGAR
	2 CUPS <i>Mazola</i>

Add 1 tablespoon of *Mazola* to the egg and beat for a minute, then add 2 tablespoons oil,—then 3 and then 4, beating for a minute between each addition. After that, add ¼ cup of oil at a time and beat hard, preferably with a Dover beater, until thick and smooth. Some cooks add 1 teaspoon mustard and 1 teaspoon powdered sugar to the dressing when it is finished, but that is purely a matter of taste.

## Diabetic Mayonnaise

2 EGG YOLKS (45 GRAMS)	2 TABLESPOONS MALT VINEGAR (50 GRAMS)
⅛ TEASPOON SALT (10 GRAMS)	
1 CUP <i>Mazola</i> (350 GRAMS)	

Beat egg, salt and ½ the quantity of vinegar, adding oil gradually until all is used, then stir in the remainder of the vinegar. A little milk may be added.

## Peerless Mayonnaise

1 WHOLE EGG	3 TABLESPOONS LEMON JUICE OR VINEGAR
$\frac{1}{4}$ TEASPOON MUSTARD	
$\frac{1}{2}$ TEASPOON SALT	4 DROPS OF TABASCO SAUCE OR A DASH OF RED PEPPER
2 CUPS <i>Mazola</i>	

Add the lemon juice or vinegar and mustard, salt and Tabasco to the egg and beat with a Dover beater for a minute. Add *Mazola*, one tablespoon at a time, until four tablespoons have been added, then beat in the rest of the oil,  $\frac{1}{4}$  cup at a time, until all have been used, beating vigorously all the time. The Mayonnaise is now ready for use, but it may be made more digestible by stirring into it at this stage three tablespoons of corn starch blended with one cup of cold water which has been cooked until a thick transparent paste in a double boiler. The paste should be added to the mayonnaise just as soon as it is removed from the fire.

## Boiled Salad Dressing

$\frac{1}{2}$ CUP SUGAR	$\frac{1}{2}$ CUP WHITE VINEGAR
2 EGGS	$\frac{1}{2}$ CUP CREAM OR EVAPORATED MILK
$\frac{1}{2}$ CUP <i>Mazola</i>	SALT AND RED PEPPER TO TASTE
1 TEASPOON MUSTARD	

Combine the sugar, mustard, beaten eggs, flavourings and *Mazola* and cook in a double boiler until thick. Add the vinegar slowly and let thicken again. When cool add the cream or milk. If sour cream is added, it is better to mix it into the dressing before adding the vinegar.

When eggs are scarce, replace 1 egg by 1 tablespoon corn starch dissolved in 2 tablespoons cold water.

## Puddings & Desserts

AFTER a heavy meat or fish course the dessert should be light; sherbets, Bavarian creams, fruits, jellies, corn starch combined with fruits. On the other hand puddings are excellent after light soups or salads. Left over cake or bread make a good foundation for a steamed pudding, and this latter served with hard sauce or *Benson's Golden Syrup* is very delicious.

### St. James' Pudding

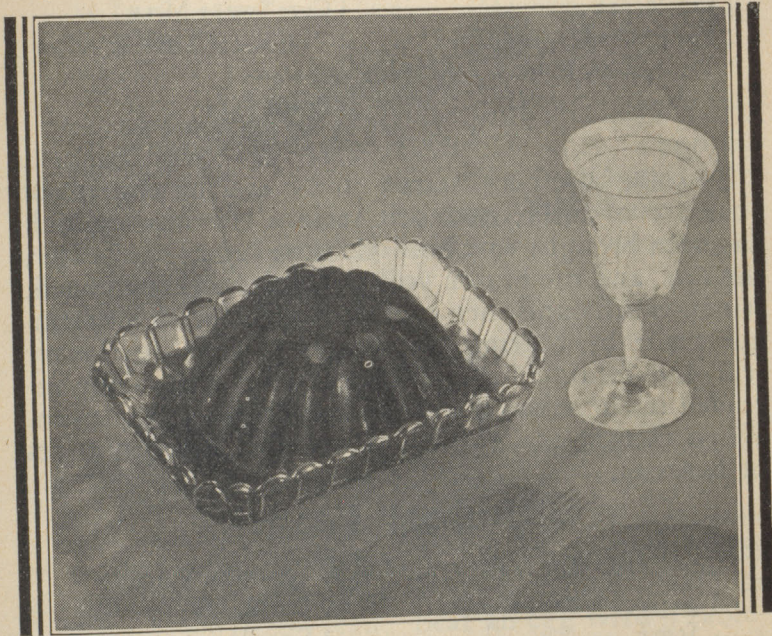
3 TABLESPOONS <i>Mazola</i>	½ POUND CHOPPED DATES
½ CUP MILK	½ CUP <i>Benson's Golden Syrup</i>
½ TEASPOON SODA	1 ⅓ CUPS FLOUR
¼ TEASPOON EACH: SALT, CLOVES, ALLSPICE AND NUTMEG	

Mix syrup with *Mazola* and milk, then add to dry ingredients sifted together and stir in dates. Turn into oiled mould, cover and steam for 2½ hours. Serve with cream sauce. An oiled paper may be used to cover the mould of a steamed pudding.

### Carrot Pudding

1 ½ CUPS FLOUR	1 CUP BROWN SUGAR
1 TEASPOON SODA	1 CUP GRATED POTATOES (RAW)
1 CUP GRATED CARROTS (RAW)	1 CUP FINE CHOPPED SUET
1 CUP RAISINS	1 TEASPOON <i>Benson's Golden Syrup</i>
1 CUP CURRANTS	
1 TEASPOON NUTMEG	

Mix all the ingredients in the order given, after adding the soda to the flour, and steam in an oiled mould for three hours.



## Chocolate Mould

4 CUPS MILK  
 $\frac{1}{2}$  TEASPOON SALT  
1 TEASPOON VANILLA

6 TABLESPOONS *Benson's Corn Starch*

$\frac{3}{4}$  CUP SUGAR

$1\frac{1}{2}$  SQUARES OF UNSWEETENED CHOCOLATE

Add chocolate to  $3\frac{1}{2}$  cups of milk and cook until melted with the sugar in a double boiler. Stir the mixture occasionally until dissolved, then add the corn starch and salt, blended with  $\frac{1}{2}$  cup of cold milk and let cook until the mixture is well-thickened, about 15 minutes. Add vanilla, stir well and pour into mould rinsed with cold water. Unmould when set.

## Blanc Mange

- |                       |                                    |
|-----------------------|------------------------------------|
| 1 CUP SUGAR           | 4 CUPS SWEET MILK                  |
| 2 EGGS                | 4 TABLESPOONS <i>Benson's Corn</i> |
| 1 TABLESPOON BUTTER   | <i>Starch</i>                      |
| 1 TEASPOON VANILLA    | 1 PINCH SALT                       |
| ANY KIND OF RAW FRUIT |                                    |

Dissolve the corn starch in  $\frac{1}{2}$  cup of the given quantity of milk, then stir it into the milk which has been brought to a boil with the sugar, the butter, the salt, and the beaten yolks. Cook until thickened, stir in vanilla and then cool and spread with a meringue made by beating the whites of eggs until very stiff and folding in 4 tablespoons of sugar (not included in the given quantity) and brown in the oven. When thoroughly chilled, serve with sliced oranges or bananas.

## Rhubarb Foam

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 2 CUPS DICED RHUBARB              | $\frac{1}{4}$ TEASPOON VANILLA |
| 1 TABLESPOON <i>Benson's Corn</i> | $\frac{3}{4}$ CUP SUGAR        |
| <i>Starch</i>                     | 3 EGG WHITES                   |

Cook rhubarb until tender in water to cover. Add sugar and corn starch mixed with 2 tablespoons cold water. Cook until thickened, add vanilla, and then fold into the stiffly beaten whites of eggs. Chill and serve with a custard sauce.

## Natural Fruit Jellies

- |   |                             |
|---|-----------------------------|
| $4\frac{1}{2}$ TABLESPOONS <i>Benson's Corn</i> | 3 CUPS OF ANY KIND OF FRUIT |
| <i>Starch</i>                                   | JUICE (SWEETENED TO TASTE)  |

Blend the corn starch with one-half cup of fruit juice and then bring the rest of the juice to a boil. Remove the saucepan from the stove and stir in the corn starch mixture. Boil again for 3 minutes, stirring all the time. Pour into a wet mould and chill. Unmould and serve with whipped cream. The juice of half a lemon improves the flavour of the jelly.

## Prune Jelly

4½ TABLESPOONS *Benson's Corn*  
Starch

2 OUNCES SUGAR  
1 POUND PRUNES

4 CUPS WATER

Stew the prunes in water to cover and cook until soft, about 15 minutes. Take the finely chopped prunes, crushed to a pulp in a mortar, and mix with the corn starch dissolved in ½ cup cold water taken from the given quantity of water and sweeten to taste. Boil for about eight minutes in a double boiler.

## Apple Charlotte

BUTTERED BREAD  
EGGS

COOKING APPLES  
BROWN SUGAR

MILK AND CINNAMON

Put a layer of well-buttered bread into the bottom of a quart pudding dish and then cover with slices of apple, filling the dish with alternate layers of apples and buttered bread. Beat an egg with 4 tablespoons of sugar and add to 2 cups of milk with half a teaspoon of cinnamon. Pour the liquid over the bread and apples and bake in a moderate oven for about an hour or until the liquid is set. Some cooks prefer to sprinkle the apples with sugar rather than add it to the milk and egg, but that is purely a matter of taste. Serve the pudding with a sauce made as follows:

2 CUPS MILK  
½ CUP *Benson's Golden Syrup*

2 TABLESPOONS *Benson's Corn*  
Starch

2 TEASPOONS BUTTER

Blend the corn starch with a little of the cold milk and then stir into the rest of the milk which has been brought to a boil with the corn syrup and butter. Cook until thick, stirring constantly, or cook in a double boiler for 20 minutes. Flavour to taste with vanilla or almond extract.

## Taffy Apples

1 CUP BROWN SUGAR	½ CUP WHITE SUGAR
½ CUP <i>Benson's Golden Syrup</i>	1 TEASPOON VANILLA
½ CUP WATER	1 TABLESPOON <i>Mazola</i>
¼ TEASPOON SALT	

Cook all the ingredients, except the vanilla, until the syrup crackles when dropped into cold water or to 265 degrees on the sugar thermometer. Remove from fire and add the flavouring. Stick skewers in the apples and dip one at a time into the hot syrup, then place to cool on a dish oiled with *Mazola*. Do not let the dipped apples touch each other.

## Blueberry Pudding

2 CUPS FLOUR	4 TEASPOONS BAKING POWDER
½ TEASPOON SALT	1 TABLESPOONS SUGAR
4 TABLESPOONS <i>Mazola</i>	½ CUP MILK
⅔ CUP CANNED BLUEBERRIES	1 TABLESPOON BUTTER
2 TABLESPOONS SUGAR	2 TEASPOONS FLOUR

Sift together the flour, sugar, baking powder and salt and add *Mazola* and milk. Roll into a rectangle about ¼-inch thick and pour the blueberries down the centre of the dough. Sprinkle the berries with the second quantity of sugar and flour, then dot with butter and roll up like a jelly roll. Cut into pieces about an inch thick and place in a baking pan, flat side down. Brush over with milk and bake about half an hour in a rather hot oven, about 400 degrees. Serve hot with the following sauce:

4 TABLESPOONS <i>Mazola</i>	2 TABLESPOONS <i>Benson's Corn Starch</i>
1 CUP SUGAR	
½ TEASPOON SALT	1 CUP BOILING WATER
½ TEASPOON VANILLA	½ TEASPOON LEMON JUICE

Mix *Mazola*, corn starch, sugar and salt; stir the mixture into the boiling water and cook until thick and clear. Remove from fire, add lemon juice and vanilla and serve hot.



## Baked Lemon Bread Pudding

JUICE AND GRATED RIND OF  $\frac{1}{2}$  CUP SUGAR  
 ONE SMALL LEMON 2 TEASPOONS *Benson's Corn*  
 1 EGG *Starch*  
 1 CUP MILK

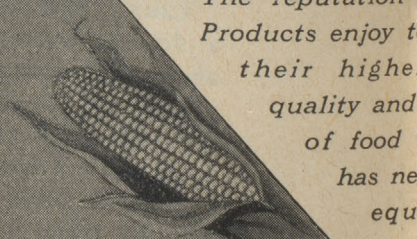
Add grated lemon rind and juice to sugar and spread the mixture on slices of bread with crusts removed, then cover with another slice of bread covered with the lemon and sugar mixture. Put the bread thus prepared into a pudding dish and cover with a sauce made by blending the corn starch with the cold milk and adding the well-beaten yolk. Cook in a moderate oven until the sauce is set, about 20 minutes. Cover with a meringue made by adding 2 tablespoons of sugar to the stiffly beaten white of the egg and brown the meringue beneath the flame.

## Apple Surprise Pudding

5 TABLESPOONS *Benson's Corn*  $\frac{1}{2}$  TEASPOON GROUND CIN-  
*Starch* NAMON  
 1 CUP WATER  $\frac{1}{2}$  TEASPOON SALT  
 1 WELL-BEATEN EGG  $1\frac{1}{2}$  CUPS *Crown Brand Corn*  
 6 MEDIUM-SIZED APPLES, *Syrup*  
 SLICED THIN 1 CUP RAISINS  
 1 TABLESPOON SUGAR  $\frac{1}{2}$  TEASPOON GROUND CLOVES  
 1 TABLESPOON BUTTER

Cook corn starch, blended with salt and water, in a double boiler with corn syrup until thick or for about 20 minutes. Add well beaten egg. Place sliced apples in pudding dish, cover with raisins and sprinkle with sugar well mixed with the spices. Dot over with butter. Pour the hot sauce over all and bake in a moderate oven until apples are tender when pierced with a fork. Serve hot or cold with lemon or maple sauce or garnish with whipped cream.

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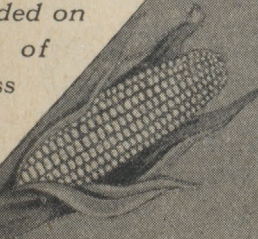


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## Butterscotch Sauce

$\frac{3}{4}$  CUP WHITE SUGAR                       $\frac{3}{4}$  CUP *Crown Brand Corn Syrup*  
 $\frac{3}{4}$  CUP THICK CREAM                       $\frac{1}{4}$  TEASPOON SALT  
 $\frac{3}{4}$  TEASPOON VANILLA

Cook all the ingredients, except the vanilla, in a double boiler for one hour, then remove from fire and add the vanilla. Serve hot on ice cream or cake.

## Hot Chocolate Sauce for Ice Cream

1 SQUARE OR OUNCE OF UN-                      1 CUP HOT *Crown Brand Corn*  
 SWEETENED CHOCOLATE                      *Syrup*  
 $\frac{1}{4}$  TEASPOON VANILLA

Steam the chocolate till quite soft in the dish for serving; then add the *hot* syrup gradually, stirring all the time. Stir in the vanilla and serve on cake or ice cream.

## Ice Cream

1 QUART OF MILK                                      2 TABLESPOONS *Benson's Corn*  
 2 CUPS FRUIT SUGAR                                      *Starch*  
 2 CUPS WHIPPING CREAM                                      2 EGG YOLKS

Add the egg yolks to the sugar and beat until light, dissolve the corn starch in a little of the milk, stir all into the rest of the boiling milk and cook in a double boiler until like thin cream. Strain and cool, then fold in the stiffly whipped cream, flavour to taste and freeze.

## Caramel Ice Cream

¾ CUP BROWN SUGAR	3 CUPS THIN CREAM
1 TABLESPOON <i>Benson's Corn Starch</i>	4 CUPS SWEET MILK
1 EGG	1 TABLESPOON FLOUR
	1½ TABLESPOONS VANILLA
	DASH SODA

Caramelize the sugar in oiled frying pan, then cook with 3½ cups of the milk, adding a dash of soda, until the caramel is well dissolved. Blend the corn starch and flour with the odd ½ cup cold milk and beat in the egg, then stir the mixture into the hot liquid and cook gently until thick. When cold, add the cream and the vanilla and freeze. If a sweeter ice cream is desired, add a little sugar to the milk before dissolving the caramel.

## Pineapple Ice Cream

1½ QUARTS MILK	2 TABLESPOONS <i>Benson's Corn Starch</i>
4 EGGS	⅛ TEASPOON SALT
2 CUPS WHITE SUGAR	1 CAN CRUSHED PINEAPPLE
1 QUART MEDIUM CREAM	

Blend the corn starch with 4 tablespoons cold milk and stir into the hot milk, then add the salt and the eggs beaten until light with the sugar. Cook in a double boiler, then remove from fire and beat until fluffy with a Dover beater. When cool, add 1 quart of whipped cream and the pineapple. Freeze by using 7 parts of ice to one part of coarse salt or saltpetre. The mixture should be frozen in from 15 to 20 minutes.

## Bread

IN making bread great care should be taken with the measurements to have these, very exact. The best and freshest material should be used, and in the process of kneading and rising a careful watch on the temperature of the room kept. The dough should be handled as little as possible and not mixed more than necessary. The oven temperature should be tested and watched so that the result will be satisfactory. An oven heat regulator is inexpensive and of great help in producing good results. Salt helps to hasten action of the yeast, as well as adding to the taste.

### Oatmeal Bread

2 CUPS OATMEAL	4 CUPS BOILING WATER
$\frac{3}{4}$ CUP WARM WATER	1 CUP BROWN SUGAR
2 CUPS RAISINS (NOT NECESSARY)	2 TABLESPOONS <i>Mazola</i>
2 YEAST CAKES	1 TEASPOON SALT
	FLOUR

Scald the oatmeal in the boiling water and, when lukewarm, stir in the yeast cakes previously soaked in  $\frac{3}{4}$  cup warm water until dissolved. Beat thoroughly, then add the brown sugar mixed with the *Mazola* and the salt. Beat in the white flour, generally 1 cup suffices, and set to rise. When the dough has doubled its bulk, cut down and add the raisins with enough flour to make a dough that does not stick to the fingers. Let double its volume again and then half fill oiled pans. When light again, bake in a moderate oven. Oatmeal bread requires less heat than ordinary bread.



## White Bread

12 CUPS SIFTED BREAD FLOUR	1 TABLESPOON SALT
$\frac{1}{4}$ CUP LUKEWARM WATER	1 YEAST CAKE
4 CUPS LUKEWARM LIQUID (MILK OR WATER)	2 TABLESPOONS <i>Lily White</i> <i>Syrup</i>
3 TABLESPOONS <i>Mazola</i>	

Add *Lily White Syrup* and yeast to  $\frac{1}{4}$  cup lukewarm water and stir until yeast is dissolved, then add the 4 cups of liquid and 6 cups of flour. Beat until light and bubbly, then cover and set in a warm place (80 degrees) for  $1\frac{1}{2}$  hours. Add *Mazola* to the dough, sift salt with remaining flour and knead into dough for at least ten minutes. Cover and let rise over night until doubled in bulk. Mould lightly into four loaves, oil with *Mazola* and let rise again until doubled in bulk. The bread is then ready for baking. The oven should be very hot for the first ten minutes, after which the heat may be reduced for from 45 to 60 minutes. When done, the loaves should be a golden brown.

## Brown Bread

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1 CUP RYE OR WHEAT FLOUR      | 1 CUP RAISINS                      |
| 1 CUP GRAHAM MEAL OR<br>FLOUR | 1 CUP CORN MEAL                    |
| 1 CUP SOUR MILK               | 1 CUP SWEET MILK                   |
| 2 TEASPOONS SODA              | 1 CUP <i>Benson's Golden Syrup</i> |
|                               | 1 TEASPOON SALT                    |

Mix all the ingredients thoroughly and then half fill oiled moulds and steam for 3 hours. If moulds have no covers, they may be covered with oiled paper which should be tied on.

## Ginger Bread

- |                             |                                    |
|-----------------------------|------------------------------------|
| 2 EGGS                      | 1 CUP OF BOILING WATER             |
| 3 TABLESPOONS <i>Mazola</i> | 1 CUP SUGAR                        |
| 1 TEASPOON CINNAMON         | 1 CUP <i>Benson's Golden Syrup</i> |
| 3 TEASPOONS GINGER          | 1 TEASPOON CLOVES                  |
| 2 TEASPOONS SODA            | 3 CUPS PASTRY FLOUR                |

A PINCH OF SALT

Cream *Mazola* and sugar, then add syrup gradually, beating well all the time. Add beaten eggs, then the other dry ingredients sifted together. Lastly add the water and bake in a moderate oven until the bread leaves the sides of the pan.

## Date Bread

- |                            |                                    |
|----------------------------|------------------------------------|
| 2 CUPS WHITE SUGAR         | 2 $\frac{3}{4}$ CUPS BREAD FLOUR   |
| 2 TEASPOONS SODA           | $\frac{1}{2}$ TEASPOON SALT        |
| 1 TABLESPOON <i>Mazola</i> | 1 $\frac{1}{2}$ CUPS BOILING WATER |
| 1 TABLESPOON VANILLA       | 1 CUP CHOPPED NUTS                 |
| 2 CUPS STONED DATES        | 1 EGG                              |

Scald the stoned dates, then drain and chop. Beat the egg with the sugar, then stir in the water with the *Mazola*. Sift the flour with the soda and the salt, then mix with the dates and the nuts and add to the batter. Last of all, add the vanilla and bake in a loaf pan for about an hour and a half in a moderate oven.



## Whole Wheat Rolls

½ CUP MILK	½ TEASPOON SALT
½ YEAST CAKE	¾ CUP FLOUR
2 TABLESPOONS LUKEWARM WATER	2 TABLESPOONS <i>Mazola</i>
2 TABLESPOONS <i>Crown Brand</i> <i>Corn Syrup</i>	1 EGG
	1¼ CUPS WHOLE WHEAT FLOUR

Scald milk and when luke warm stir in the yeast dissolved in the warm water. Beat in the white flour and let rise in a warm place until doubled in bulk. Cut down the dough and add the *Mazola* mixed with the beaten egg, the syrup and the salt, then beat in the whole wheat flour. Let rise again until double in bulk, then cut down and roll out. Cut into biscuits with a round cutter about two and half inches in diameter. Let the biscuits rise until light on an oiled pan and then bake in a hot oven, about 400 degrees, for 12 minutes or more. On taking the rolls from the oven, brush over with *Benson's Golden Syrup*. Some cooks give a very good flavour to their whole wheat buns, by adding a little grated lemon rind or zest to the dough with the whole wheat flour. The above quantity makes 25 fair-sized rolls.

## Parker House Rolls

2 CUPS SCALDED MILK	4 TABLESPOONS <i>Mazola</i>
1 TABLESPOON SALT	2 TABLESPOONS SUGAR
1 YEAST CAKE	½ CUP WARM WATER
	6 CUPS FLOUR

Scald milk and, when cool, add yeast dissolved in warm water. Stir in milk, *Mazola*, salt and sugar. Add 3 cups bread flour and beat well, then let rise in a warm place until doubled in bulk. Cut down and add 3 more cups of flour. Knead until dough no longer sticks to fingers, then let rise again until doubled in bulk. Roll out and cut with round cutter. Brush over with *Mazola* and fold over. Bake in oiled pan in quick oven.

## Hot Cross Buns

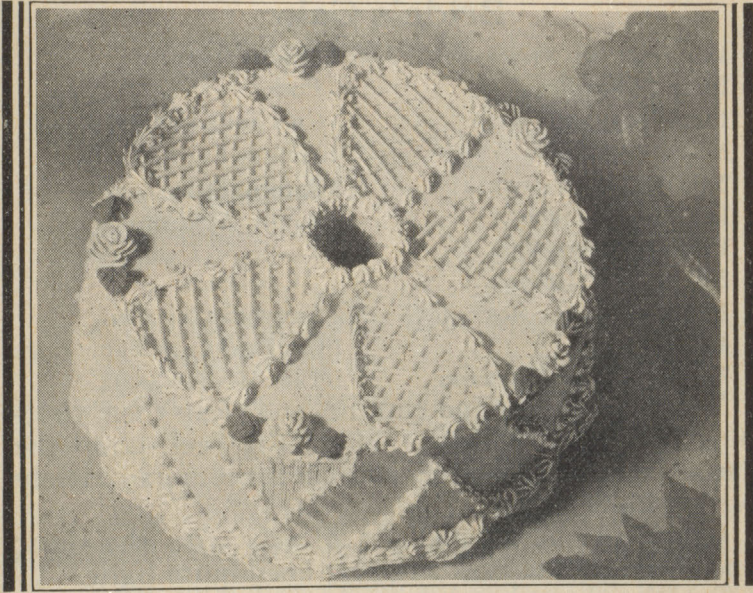
1 CUP SCALDED MILK	¼ CUP SUGAR
2 TABLESPOONS <i>Mazola</i>	½ TEASPOON SALT
½ YEAST CAKE	¼ CUP LUKEWARM WATER
½ TEASPOON CINNAMON	3 CUPS FLOUR OR MORE
1 EGG	¼ CUP CHOPPED RAISINS

Dissolve the yeast in the water and add to cooled, scalded milk and then stir in the sugar mixed with the beaten egg, the *Mazola* and the salt. Knead in the flour sifted with the cinnamon and the raisins, adding flour until the dough does not stick to the fingers. Let rise over night in a warm place. In the morning, mould into buns and place well apart on an oiled baking pan. Let rise again until light, about 40 minutes, and bake 20 minutes in a rather hot oven, about 400 degrees.

## Cakes

MOST recipes for cakes are too extravagant. When once the secret of cake making is learned one is often able to eliminate the number of eggs suggested. *Mazola* (or shortening) should be mixed with the sugar until smooth or "creamed", using a wooden spoon preferably. *Mazola* in place of shortening gives excellent results. Eggs can either be mixed without being beaten, or beaten separately, the yolks mixed with the other ingredients first and the whites put in last. Dry ingredients are mixed together, then milk and flour added alternately with flavouring. Beating should be done one way only, using a sweeping motion that lets in the air. Beat only until well mixed and in the process the colder the batter is kept, the better. Cool cake on wire rack and when cool it should be iced and kept in a covered cake tin.

To keep icing from running off cake, first dust a little corn starch over the cake before spreading on the icing.



## Christmas Cake

1 POUND <i>Mazola</i>	4 CUPS FLOUR
1 POUND RAISINS	1 POUND BROWN SUGAR
½ POUND CITRON PEEL	1 POUND CURRANTS
¼ POUND LEMON PEEL	¼ POUND ORANGE PEEL
A PINCH OF MACE	A PINCH OF CINNAMON
¼ POUND BLANCHED, SHRED- DED ALMONDS	1 TABLESPOON LEMON ESSENCE
1 TABLESPOON <i>Benson's Golden</i> <i>Syrup</i>	½ TEASPOON SALT
	1 TEASPOON SODA
8 EGGS	

Cream the *Mazola* with the sugar and the syrup, then add the yolks and lemon and beat until light. Add the cleaned and dried fruit to the dry ingredients and sift into the creamed mixture, then turn in the floured fruit and fold in the stiffly beaten whites of eggs and pour into a pan lined with oiled paper. Bake in a very slow oven (275 degrees) for an hour and a quarter. Test with a toothpick to be sure it is perfectly cooked.

## Bride's Cake

3 CUPS BROWN SUGAR	1 CUP BUTTER
1 CUP <i>Mazola</i>	10 EGGS
1 CUP MOLASSES	3 CUPS SOUR CREAM
2 TEASPOONS SODA	2 POUNDS RAISINS
2 POUNDS CURRANTS	2 POUNDS DATES
1 POUND WALNUTS	1 POUND ALMONDS
1 POUND MIXED PEEL	2 TEASPOONS CASSIA OR CINNAMON
2 TEASPOONS CLOVES	2 TEASPOONS NUTMEG
2 TEASPOONS ALLSPICE	1 CUP BRANDY OR FRUIT JUICE
4 CUPS FLOUR	1 TABLESPOON VANILLA
2 CUPS CANDIED CHERRIES	

Wash the raisins and currants and clean them thoroughly, then dry them. Shred the peel, chop the dates, halve the cherries and chop the nuts coarsely with a knife.

Cream the butter and the *Mazola* with the sugar and then add the eggs and beat until quite light.

Stir the cleaned and dried fruit into the flour with the soda and spices and sift into the creamed mixture, turning the floured fruit into the batter at the end. Mix the cream with the brandy and molasses and add to the batter, stirring well. Pour the mixture into pans each smaller than the other lined with oiled paper and steam for three hours, then bake in a slow oven for an hour. Coat the cake with a thin icing the day before it is to be decorated, or cover with almond paste.

## Corn Starch Cake

1 CUP WHITE SUGAR	$\frac{1}{2}$ CUP <i>Benson's Corn Starch</i>
$\frac{1}{2}$ CUP MILK	$1\frac{1}{2}$ TEASPOONS BAKING POW- DER
1 CUP PASTRY FLOUR	WHITES OF 3 EGGS
$\frac{1}{2}$ CUP <i>Mazola</i>	

Cream *Mazola* and sugar and beat until light, then add the dry ingredients sifted together alternately with the milk and fold in the stiffly beaten whites of eggs. Flavour to taste with a half teaspoon of any preferred flavouring and bake in a moderate oven (350 degrees).

## Tutti-Frutti Cake

1 CUP POWDERED OR FRUIT SUGAR	3 EGG WHITES
$\frac{1}{2}$ CUP <i>Benson's Corn Starch</i>	$\frac{1}{2}$ CUP BUTTER
3 LEVEL TEASPOONS BAKING POWDER	$1\frac{1}{2}$ CUPS FLOUR
	1 CUP MILK
	1 TEASPOON VANILLA

Cream butter, until very light, then beat in sugar gradually. Sift the dry ingredients together and then add to the batter alternately with the milk and vanilla until all are used. Fold in the stiffly beaten whites of eggs and bake in 2 layers in a moderate oven. It is a good thing to put a collar of stiff paper around the layer cake pan so as to have an even cake. The collar should be about an inch higher than the pan. When cool, put the layers together with the following filling:

$1\frac{1}{2}$ CUPS WHITE SUGAR	6 TABLESPOONS WATER
$\frac{1}{2}$ CUP CANDIED CHERRIES, HALVED	$\frac{1}{2}$ CUP CANDIED PINEAPPLE, CHOPPED
2 EGG WHITES	1 TABLESPOON <i>Crown Brand</i> <i>Corn Syrup</i>
$\frac{1}{4}$ CUP SHREDDED COCOANUT	$\frac{1}{2}$ TEASPOON VANILLA

Cook sugar, water and corn syrup until they form a soft ball in cold water (240 degrees), add vanilla and then pour in a thin stream on the stiffly beaten whites, and beat until stiff enough to spread. Reserve two-thirds of frosting for top and sides and stir the cocoanut and fruit into the remainder. Put between layers and then ice all over with plain icing.

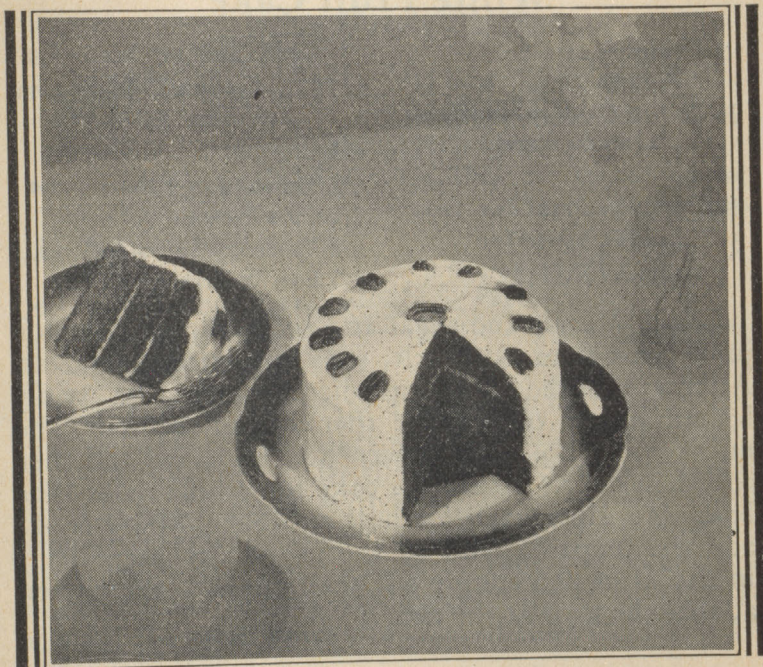
## Orange Layer Cake

1 CUP SUGAR	1 EGG YOLK
$\frac{1}{2}$ CUP WATER	JUICE AND RIND OF AN ORANGE
2 WHOLE EGGS	
$1\frac{1}{2}$ CUPS SIFTED PASTRY FLOUR	3 TEASPOONS BAKING POWDER
$\frac{1}{2}$ CUP <i>Mazola</i>	$\frac{1}{2}$ TEASPOON SALT

Beat egg yolks with sugar and 1 tablespoon of water for 1 minute with a Dover beater. Add the grated rind and orange juice to the rest of the water, then sift all the dry ingredients together. Beginning with the dry ingredients, add the liquids and the dry ingredients alternately to the batter until all of each is used. Fold in the stiffly beaten whites and bake in oiled layer pans in a moderate oven,—from 350 to 375 degrees. Put the layers together with orange filling made as follows:

$\frac{1}{2}$ CUP SUGAR	1 EGG
$\frac{1}{4}$ TEASPOON SALT	1 TEASPOON FLOUR
1 TABLESPOON <i>Mazola</i>	$\frac{3}{4}$ CUP WATER
3 TABLESPOONS <i>Benson's Corn Starch</i>	JUICE AND GRATED RIND OF ORANGE
	1 TABLESPOON LEMON JUICE

Mix dry ingredients with *Mazola* and then add water and cook about 15 minutes or until thickened. Beat egg slightly and add to cooked mixture. Add orange juice with grated rind and lemon juice. When cold, spread between layers and use plain white frosting on top decorated with quarters of orange, carefully peeled.



## Chocolate Cake

- |                                |                                 |
|--------------------------------|---------------------------------|
| 3 EGGS                         | $\frac{1}{2}$ CUP BOILING WATER |
| $1\frac{1}{2}$ CUPS SUGAR      | $1\frac{3}{4}$ CUPS FLOUR       |
| 1 CUP MILK                     | 3 TEASPOONS BAKING POWDER       |
| 4 OZ. UNSWEETENED<br>CHOCOLATE | $\frac{1}{2}$ CUP <i>Mazola</i> |
|                                | 1 TEASPOON SALT                 |

Beat the yolks well and beat in the sugar. Dissolve the chocolate in the boiling water, add to the eggs and sugar, then add the milk. Sift twice the baking powder, the salt and the flour, add them to the mixture. Beat the whites until very light, into snow, then fold into the mixture, and last of all add the *Mazola*, stirring well to mix thoroughly. Cook in a hot oven for 25 to 30 minutes.

## White Fruit Cake

1 POUND WHITE SULTANA RAISINS	½ CUP SHREDDED CITRON PEEL
½ POUND CANDIED OR PRE- SERVED PINEAPPLE	1 CUP CHOPPED, BLANCHED ALMONDS
1 CUP <i>Mazola</i>	1 CUP SUGAR
¼ CUP <i>Crown Brand Corn Syrup</i>	1 TABLESPOON LEMON JUICE
½ TEASPOON SODA	2 CUPS FLOUR
1 TEASPOON SALT	1 TEASPOON CREAM OF TARTAR
	7 EGG WHITES

Cream *Mazola* and sugar and add syrup with lemon juice. Sift flour with salt, soda and cream of tartar. Alternate sifted dry ingredients with the stiffly beaten whites of egg and then stir in the fruit and nuts which should have been washed, dried and then rolled in flour. Steam the cake for 4 hours and then bake in a slow oven for half an hour. Many cooks add the prepared fruit to the mixed dry ingredients in the sifter and simply sift the flour into the batter, adding the fruit at the end.

## Devil's Food Cake

2 CUPS BROWN SUGAR	6 TABLESPOONS <i>Mazola</i>
½ TEASPOON SALT	3 YOLKS
¾ CUPS SOUR MILK	2 CUPS FLOUR
¼ CUP <i>Benson's Corn Starch</i>	1 TEASPOON SODA
1 TEASPOON BAKING POWDER	2 SQUARES BITTER CHOCOLATE
	½ CUP BOILING WATER

Cream the *Mazola* until light, then gradually beat in 1 cup of sugar. Add the well-beaten yolks and then beat in the rest of the sugar. Melt the chocolate in a double boiler with the boiling water and when thick add to the sour milk. Sift the flour and corn starch with the soda, baking powder and ½ teaspoon of salt and add to the mixture alternately with the liquid which has been allowed to cool. Bake in moderate oven in well-oiled pans (350 degrees).



## Light Fruit Cake

1 CUP <i>Mazola</i>	1½ CUPS WHITE SUGAR
1 CUP MILK	3 CUPS FLOUR
1 TEASPOON BAKING POWDER	1 TEASPOON SALT
½ CUP <i>Benson's Corn Starch</i>	¼ TEASPOON EACH OF LEMON, VANILLA AND ALMOND EXTRACTS
5 EGGS	1 CUP SHREDDED CITRON PEEL
1 CUP ALMONDS, BLANCHED AND SHREDDED	½ POUND FINELY SHREDDED, CANNED PINEAPPLE
½ POUND CANDIED CHERRIES, HALVED	
1 CUP SEEDED RAISINS	

Beat *Mazola* and sugar together until light, then add the well-beaten yolks and continue beating until sugar is dissolved. Sift the dry ingredients together and add to the batter with the cleaned and well-dried fruit alternately with the milk. Add the flavouring with the well-beaten whites of eggs and bake in a moderate oven in well oiled pans for one or two hours, or until the cake leaves the sides of the pan. Ice with white boiled icing.

## Orange Cake

1 CUP SUGAR	¼ CUP <i>Mazola</i>
2 EGGS	1 CUP SOUR CREAM
2 CUPS FLOUR	¼ CUP <i>Benson's Corn Starch</i>
1 TEASPOON BAKING SODA	2 TEASPOONS BAKING POWDER
A PINCH OF SALT	1 CUP RAISINS
1 LARGE OR 2 SMALL ORANGES, UNPEELED, PUT THROUGH FOOD CHOPPER TWICE	

Cream sugar and *Mazola* and beat with eggs until very light. Sift dry ingredients and mix in cleaned and dried chopped raisins and minced orange. Add the dry ingredients to the batter alternately with the sour cream and bake in shallow pan for about half an hour. The oven should be moderate, about 350 degrees.

## Apple Sauce Cake

2½ CUPS APPLE SAUCE, UNSWEETENED	1½ TEASPOONS BAKING SODA
1 CUP <i>Mazola</i>	2 CUPS BROWN SUGAR
1 CUP RAISINS	1 CUP CURRANTS
1 TEASPOON ALLSPICE	1 TEASPOON CINNAMON
1 TEASPOON GROUND CLOVES	4 CUPS FLOUR
	A PINCH OF SALT

Mix the apple sauce with the *Mazola* and the sugar, then stir in the cleaned raisins and currants. Sift the spices, salt and flour together and gradually beat into the mixture. Bake in an oiled, rather shallow, pan in a moderate oven.

## Cream Sponge Cake

4 EGGS	1 CUP SUGAR
3 TABLESPOONS COLD WATER	2 TABLESPOONS <i>Benson's Corn Starch</i>
2 TEASPOONS BAKING POWDER	A PINCH OF SALT
1 TEASPOON FLAVOURING OF ANY KIND	FLOUR

Beat yolks with water until thick and lemon-coloured, then beat in sugar and beat for at least 2 minutes. Put corn starch into cup and fill up cup with flour, add other dry ingredients and sift together. Add the sifted dry ingredients to the batter and then fold in the stiffly beaten whites and the flavouring. Bake for 30 minutes in a moderate oven.

## Coffee Cake

1 CUP SUGAR	2 CUPS FLOUR
1 CUP RAISINS	½ CUP <i>Mazola</i>
½ CUP <i>Crown Brand Corn Syrup</i>	½ CUP STRONG COFFEE
2 EGGS	1 TEASPOON SODA
1 TEASPOON CINNAMON	½ TEASPOON NUTMEG

Beat eggs and sugar until very light, then add the syrup and stir in the flour sifted with the other dry ingredients and mixed with the cleaned and dried raisins, add the coffee with the *Mazola* and bake in a rather quick oven until the cake leaves the sides of the pan.

## Date Cake

$\frac{1}{4}$ CUP <i>Mazola</i>	1 EGG
$\frac{1}{2}$ CUP SOUR MILK	1 TEASPOON SODA
1 CUP SUGAR	1 CUP DATES
1 ORANGE	$1\frac{3}{4}$ CUPS FLOUR
$\frac{1}{2}$ TEASPOON SALT	

Beat the *Mazola*, the egg and the sugar together until light. Alternate the dry ingredients sifted together with the sour milk. Add the stoned and quartered dates to the flour mixture before adding to the batter. Last of all, add the orange which should have been put through the food chopper twice. Bake in a rather moderate oven for about 40 minutes or until the cake leaves the sides of the pan.

## Southern Crullers

1 WELL-BEATEN EGG	1 TABLESPOON <i>Mazola</i>
3 TABLESPOONS SUGAR	$\frac{1}{4}$ TEASPOON SALT
A PINCH OF CINNAMON	A PINCH OF NUTMEG
FLOUR	

Add *Mazola* with well-beaten egg to the sugar and mix well, then stir in the spices and the salt and enough flour to make a rather stiff dough, the quantity depending on the size of the egg and the nature of the flour. Roll out one-fourth inch thick and cut into strips, three and one-half inches by two and one-half inches, making five slits to within one-half inch of each end. Lift by three of the slits and drop into hot *Mazola* and fry a rich brown. Drain on brown paper and sprinkle with sugar.

## Delicious Cream Cookies

1 CUP <i>Mazola</i>	2 CUPS BROWN SUGAR
4 BEATEN EGGS	$\frac{2}{3}$ CUP SWEET CREAM
1 CUP NUT MEATS	$\frac{1}{4}$ CUP <i>Crown Brand Corn Syrup</i>
$\frac{1}{2}$ CUP CHOPPED RAISINS	1 TEASPOON LEMON ESSENCE
1 TEASPOON VANILLA	1 TEASPOON SALT
4 CUPS FLOUR	$\frac{1}{2}$ CUP <i>Benson's Corn Starch</i>
4 TEASPOONS BAKING POWDER	

Cream the *Mazola* with the sugar and then add the eggs and beat until light. Mix the cream with the corn syrup and add to the batter alternately with the dry ingredients sifted together and mixed with the nuts and raisins. Flavour and drop by spoonfuls on buttered baking pans and cook in a moderate oven (350 degrees).

## Bismarcks

$\frac{1}{2}$ CUP <i>Mazola</i>	1 CUP WATER
1 CUP FLOUR	4 EGGS

Bring water and *Mazola* to a boil and then stir in the flour, *all at once*. Stir vigorously until the dough leaves the sides of the pan, then count fifteen; after which beat in the eggs, one at a time. Drop by spoonfuls into deep hot *Mazola* and fry until well puffed. Drain on brown paper and cut a slit into the side of each. Fill with jelly and sprinkle with icing sugar.

## Sure Smiles

3 EGGS	2 TABLESPOONS <i>Mazola</i>
2 TEASPOONS BAKING POWDER	1 CUP MILK
1 CUP SUGAR	FLOUR

Beat eggs well and then beat in sugar and *Mazola*. Add the flour sifted with the baking powder alternately with the milk, using enough flour to make a rather stiff batter. Drop from a teaspoon into hot *Mazola* and cook like doughnuts until a rich brown. Drain on brown paper.



## Doughnuts

3 TABLESPOONS <i>Mazola</i>	3 TEASPOONS SALT
2 EGGS	½ TEASPOON CINNAMON
1 TEASPOON NUTMEG	4 CUPS BREAD FLOUR
½ CUP <i>Benson's Corn Starch</i>	4 TEASPOONS BAKING POWDER
1 CUP MILK	<i>Mazola</i> FOR FRYING
1 ⅓ CUPS SUGAR	

Add the beaten eggs to the given quantity of *Mazola* and then beat in the sugar. Alternate the dry ingredients sifted together and the milk. Roll lightly until about 3 inches thick and cut with a doughnut cutter and fry in deep *Mazola* until a rich, golden brown. They always get slightly darker after they are removed from the oil.

## Potato Doughnuts

4 TABLESPOONS <i>Mazola</i>	$\frac{3}{4}$ CUP SUGAR
3 EGGS	1 CUP FRESHLY BOILED, MASHED POTATOES
$\frac{1}{4}$ CUP MILK	3 TEASPOONS BAKING POWDER
$2\frac{1}{2}$ CUPS BREAD FLOUR	1 TEASPOON SALT

Cream eggs and sugar and then add the *Mazola* and stir in the potatoes and the milk. Sift the flour with the baking powder and the salt and add to the mixture. Although this makes quite a soft dough, one should not add more flour. Roll out the dough very lightly to about one-half inch in thickness and cut into shape, then fry in *Mazola* at about 375 degrees. If no thermometer is at hand, the oil is hot enough when it browns a cube of bread in 60 seconds. The potatoes should not be added to the batter until they are cold.

## Bran Muffins

2 CUPS BRAN	1 CUP FLOUR
3 TEASPOONS BAKING POWDER	1 TEASPOON SALT
$1\frac{1}{2}$ CUPS MILK	2 WELL-BEATEN EGGS
1 TABLESPOON <i>Mazola</i>	$\frac{3}{4}$ CUP SEEDED RAISINS (NOT NECESSARY)
$\frac{1}{2}$ CUP <i>Benson's Golden Syrup</i>	

Beat syrup and *Mazola* until light and foamy, then add eggs and continue beating until like whipped cream. Sift flour with baking powder and salt, sifting three times. Combine bran with syrup and egg mixture, then alternate the flour and milk into the batter. Bake at once in a moderate oven and unmould on cake rack as soon as baked. Have pans, oven and flour all ready before beating eggs, otherwise the muffins will lose their lightness.

## Southern Corn Muffins

3 WELL-BEATEN EGGS	1 TEASPOON BAKING POWDER
½ CUP BROWN SUGAR	½ CUP <i>Benson's Golden Syrup</i>
2 CUPS CORN MEAL	1 CUP SOUR MILK
1 TEASPOON SALT	1½ CUPS FLOUR
	1 TEASPOON SODA

Sift the dry ingredients together and then mix the liquids with the well-beaten eggs. Add the liquids to the dry ingredients and stir until well blended. Bake in hissing hot, oiled gem pans, in rather hot oven.

## Jam Jams

6 TABLESPOONS <i>Crown Brand</i> <i>Corn Syrup</i>	2 EGGS
1 CUP BROWN SUGAR	1 CUP <i>Mazola</i>
1 TEASPOON VANILLA OR LEMON EXTRACT	2 TEASPOONS SODA FLOUR

Cream *Mazola* and sugar and then add well-beaten eggs, syrup and flavouring. Sift soda with 1 cup flour and then add enough flour to make a stiff dough that may be rolled very thin. Cut into small shapes and put together with jam between them. These make a very dainty five o'clock tea cake.

## Cocoanut Puffs

WHITES OF 3 EGGS	1 CUP WHITE SUGAR
1 TABLESPOON <i>Benson's Corn</i> <i>Starch</i>	2 CUPS COCOANUT, SHREDDED VANILLA TO TASTE

Add the sugar to the stiffly beaten egg whites very gradually and then cook the mixture over steam until a crust forms on the bottom and sides of the pan. Remove from fire and add the other ingredients. Drop by spoonfuls on oiled inverted pans and bake rather quickly to a golden brown (350 degrees or moderate oven).

## Fig Cookies

- |                                     |   |
|-------------------------------------|---|
| 1 CUP BROWN SUGAR                   | 1 TEASPOON SODA                               |
| 3 CUPS FLOUR                        | $\frac{1}{2}$ CUP <i>Mazola</i>               |
| 1 TABLESPOON LEMON JUICE            | 2 TEASPOONS GINGER                            |
| GRATED RIND OF HALF A<br>LEMON      | 1 TABLESPOON <i>Benson's Golden<br/>Syrup</i> |
| $\frac{1}{2}$ CUP SOUR MILK (SCANT) |   |

Cream *Mazola* and sugar, add syrup and lemon juice and rind. Sift the flour, ginger and soda, and alternate with the sour milk into the batter. Roll very thin and put together with the following filling:

- |   |  |
|---|--|
| $\frac{1}{2}$ POUND FINELY CHOPPED FIGS | 2 TABLESPOONS <i>Benson's<br/>Golden Syrup</i> |
| $\frac{1}{8}$ CUP COLD WATER            |  |

Boil until soft and mash with a wooden spoon.

To make cookies very thin, the dough should be put into the ice-box until stiff and cold, then rolled out a little at a time, using as little flour as possible.

## Date Delights

- |                                    |                                 |
|------------------------------------|---------------------------------|
| $1\frac{1}{2}$ LARGE CUPS OF FLOUR | $1\frac{1}{2}$ CUPS ROLLED OATS |
| 1 CUP BROWN SUGAR                  | $\frac{3}{4}$ CUP <i>Mazola</i> |
| 1 TEASPOON SALT                    | 1 TEASPOON BAKING SODA          |

Rub *Mazola* into flour as for pastry, then stir in soda and salt with the rolled oats. Add sugar and mix thoroughly. Spread the mixture in a flat baking pan or pie tin until about half an inch thick, then spread with a filling made as follows:

- |                       |                               |
|-----------------------|-------------------------------|
| 2 POUNDS STONED DATES | $\frac{1}{2}$ CUP BROWN SUGAR |
| 1 CUP WATER           |                               |

Add water and sugar to stoned dates and boil briskly until soft. Mash with a wooden spoon and use as filling.

Cover the date filling with another layer of dough and bake in a moderate oven until a light yellow. Figs may be used in the same way, instead of dates.



## Macaroons

- |  |  |
|--|--|
| 1 TABLESPOON <i>Benson's Corn Starch</i> | 1 CUP FRUIT SUGAR                            |
| 3 EGG WHITES                             | ¼ TEASPOON SALT                              |
| ½ TEASPOON ALMOND EXTRACT                | 1½ CUPS SHREDDED COCOANUT                    |
| 1 CUP CHOPPED WALNUTS                    | 1 CUP CORNFLAKES                             |
|  | ¼ CUP CHOPPED CANDIED OR MARASCHINO CHERRIES |

Mix the corn starch with the sugar and beat the mixture gradually into the very stiffly beaten whites of the eggs. Cook in double boiler for about fifteen minutes or until thickened, then add salt and flavouring and fold in the cocoanut, the cherries, the nuts and the cornflakes. Drop by the spoonful on a pan generously sprinkled with corn starch and bake for about 20 minutes in a slow oven (300 degrees).

## Oatmeal Macaroons

- |                           |                   |
|---------------------------|-------------------|
| 2 TEASPOONS <i>Mazola</i> | ½ CUP SUGAR       |
| 1 EGG                     | 1 CUP ROLLED OATS |
| ¾ CUP COCOANUT, SHREDDED  | A PINCH OF SALT   |
| ½ TEASPOON VANILLA        |                   |

Beat egg, *Mazola* and sugar until light, then stir in rolled oats, salt and cocoanut. Flavour with vanilla and drop from a spoon on an oiled pan and bake in a rather warm oven, about 375 degrees.

## Cocoanut Macaroons

- |                    |   |
|--------------------|---|
| 3 EGGS             | 1 CUP SUGAR                               |
| ½ POUND COCOANUT   | 2 TABLESPOONS <i>Benson's Corn Starch</i> |
| 1 TEASPOON VANILLA |   |

Beat whites of eggs until very stiff, then add sugar gradually, beating all the time. Beat in corn starch mixed with cocoanut, and steam in a double boiler for 15 minutes. Add vanilla and drop by spoonfuls on unbuttered brown paper and bake in a slow oven to a delicate brown. Lift off the paper with a knife dipped into boiling water.

## Soft Gingerbread

1 EGG	1 CUP BROWN SUGAR
1 CUP SOUR CREAM	$\frac{1}{4}$ CUP MOLASSES
$\frac{3}{4}$ CUP <i>Crown Brand Corn Syrup</i>	3 CUPS FLOUR
1 TEASPOON SODA	1 TEASPOON SALT
2 TEASPOONS BAKING POWDER	2 TEASPOONS GINGER
2 TEASPOONS CINNAMON	

Beat together the egg and the cream, then add syrup and molasses and beat again until light. Add the dry ingredients sifted together and a few raisins or dates, if so desired. Bake in a shallow pan well oiled and dredged with flour. The oven should be moderate, about 350 degrees.

## Ginger Snaps

1 CUP <i>Benson's Golden Syrup</i>	1 CUP SUGAR
$\frac{3}{4}$ CUP <i>Mazola</i>	5 CUPS FLOUR
1 TEASPOON BAKING SODA	1 TABLESPOON GINGER
$\frac{1}{2}$ CUP BOILING WATER	$\frac{1}{2}$ TEASPOON SALT

Mix sugar, *Mazola*, salt, syrup and boiling water, then stir in the sifted flour with the ginger and the soda. Roll into balls when cool and bake on an oiled pan in a moderate oven for 15 or 20 minutes (350 degrees). They should flatten out in cooking. If they do not do so, add a little more boiling water to the dough.

## Ginger Crisps

6 TABLESPOONS <i>Benson's Golden Syrup</i>	$\frac{1}{2}$ CUP BROWN SUGAR
$1\frac{1}{2}$ CUPS FLOUR	6 TABLESPOONS <i>Mazola</i>
$1\frac{1}{2}$ TEASPOONS GINGER	$\frac{1}{4}$ TEASPOON SODA
	$\frac{1}{4}$ TEASPOON SALT
	$\frac{1}{2}$ TEASPOON ALLSPICE

Heat the sugar, *Mazola* and syrup until the sugar is dissolved. Cool and add the dry ingredients sifted together. Chill well and then roll out very thin, adding as little flour as possible. Place on oiled pan and bake in a brisk oven from 6 to 9 minutes.

## Cheese Straws

- |                             |                         |
|-----------------------------|-------------------------|
| 3 TABLESPOONS <i>Mazola</i> | ½ TEASPOON SALT         |
| 1 CUP GRATED CHEESE         | A DASH OF RED PEPPER OR |
| 1 CUP PASTRY FLOUR          | CAYENNE                 |

Rub the *Mazola* into the flour with the cheese. Season and mix with just enough ice water to bind the flour and *Mazola*. Roll out and cut into strips 3½ inches by 1 inch. Bake for about 10 minutes in a quick oven. Some cooks glaze the straws with beaten egg and milk before baking them to make them glossy.

## Old Fashioned Johnny Cake

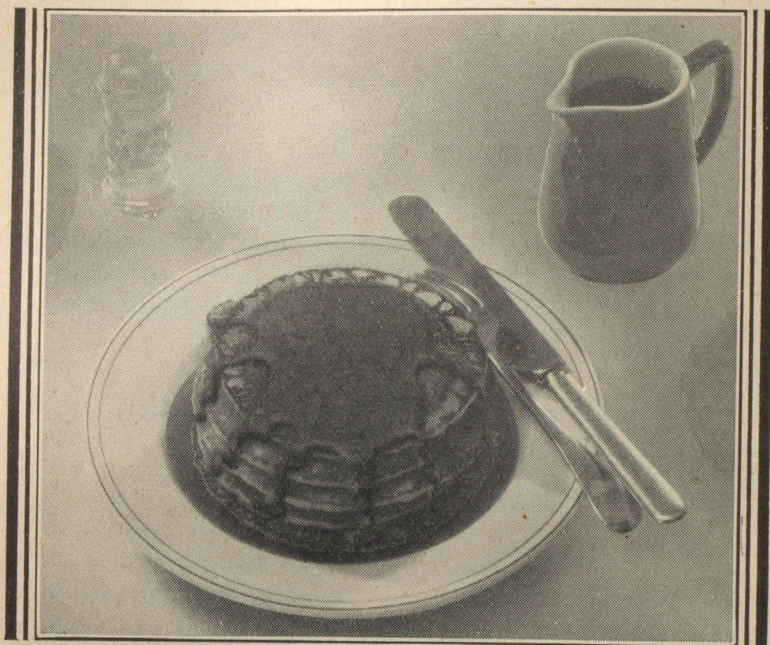
- |  |                           |
|--|---------------------------|
| ½ CUP SUGAR                                | 1 EGG                     |
| 3 TABLESPOONS <i>Benson's Golden Syrup</i> | 1 CUP MILK                |
| 3 TABLESPOONS <i>Mazola</i>                | 1 CUP FLOUR               |
| 1 CUP CORN MEAL                            | 1 TEASPOON SALT           |
|  | 3 TEASPOONS BAKING POWDER |

Sift all the dry ingredients together and then add the liquids mixed with the well-beaten egg. Pour into hissing hot, oiled pan and bake at 400 degrees for about 20 minutes. This is delicious served warm with *Benson's Golden Syrup*.

## Shortbread

- |   |                   |
|---|-------------------|
| 2 TABLESPOONS <i>Benson's Corn Starch</i> | 1 CUP BUTTER      |
|   | ½ CUP ICING SUGAR |
| 3 SCANT CUPS FLOUR                        |                   |

Work corn starch and sugar into creamed butter, then gradually knead in flour. Roll out into a round and pinch edges to make a fancy border. Prick with fork and cut into eight pieces like a pie. Bake in a moderate oven for 20 minutes or more. It will be a light fawn colour when done.



## Buckwheat Cakes

- |   |                                 |
|---|---------------------------------|
| 4 CUPS BUCKWHEAT FLOUR                        | 1 TABLESPOON <i>Crown Brand</i> |
| $\frac{1}{3}$ CUP <i>Benson's</i> Corn Starch | <i>Corn Syrup</i>               |
| 2 TEASPOONS SALT                              | 2 CUPS LUKEWARM WATER           |
| $\frac{1}{3}$ YEAST CAKE                      | 2 TABLESPOONS <i>Mazola</i>     |
| $\frac{1}{2}$ CUP LUKEWARM WATER              | $\frac{1}{2}$ TEASPOON SODA     |

Add *Crown Brand Corn Syrup* and yeast to the one-half cup lukewarm water and when dissolved add to the two cups lukewarm water. Sift together buckwheat flour and corn starch and add to liquid. Beat thoroughly and set away in a warm place to rise over night. In the morning add the *Mazola*, salt and soda. Beat thoroughly and bake on a hot griddle oiled with *Mazola*.

## Popovers

2 EGGS  
 1 TABLESPOON *Mazola*  
 1 CUP SIFTED PASTRY FLOUR

½ TEASPOON SALT  
 1 CUP MILK

Beat eggs until light and thick, then combine with milk and *Mazola* and pour into the dry ingredients, beating until smooth and light. Pour into hissing hot, well-oiled popover pans and cook in 450 degree oven from 30 to 35 minutes.

## Upside Down Cake

4 TABLESPOONS BUTTER  
 1 CAN PINEAPPLE  
 1 CUP WHITE SUGAR  
 1 CUP MILK  
 ½ CUP *Benson's Corn Starch*  
 4 TABLESPOONS BROWN SUGAR

1 CUP CRUSHED NUTS  
 ½ CUP BUTTER  
 1 CUP FLOUR  
 1 TABLESPOON BAKING POWDER  
 3 OR 4 EGG WHITES

Melt the 4 tablespoons butter and brown sugar in a frying pan until a rich golden brown, taking care that they do not burn. Lay the slices of pineapple in the caramel thus prepared and then cover with the batter made as follows:

Cream the ½ cup butter and add sugar gradually, beating until smooth and light. Sift the dry ingredients and then alternate them with the milk into the creamed mixture. Fold in the stiffly beaten whites of eggs and bake in moderate oven (350 degrees). When the cake leaves the sides of the pan, turn out on a plate and garnish with the chopped nuts and whipped cream.

## Potato Flour Sponge Cake

4 EGGS	1 TEASPOON BAKING POWDER
$\frac{3}{4}$ CUP SUGAR	2 TEASPOONS LEMON JUICE
$\frac{3}{4}$ CUP <i>Casco</i> POTATO FLOUR	$\frac{1}{2}$ TEASPOON VANILLA
	$\frac{1}{4}$ TEASPOON SALT

Beat whole eggs with slightly warmed sugar until very light, then fold in flour sifted with baking powder and salt. Add lemon juice and vanilla, and bake in oven 300 degrees.

## Crumpets

1 TABLESPOON BUTTER	1 EGG
2 TABLESPOONS <i>Benson's</i> <i>Golden Syrup</i>	$1\frac{1}{2}$ TEASPOONS BAKING POWDER
	$1\frac{1}{2}$ CUPS FLOUR
2 TABLESPOONS SUGAR	

Beat ingredients into a batter and let stand until light (30 mins.) Fry by tablespoonfuls in a waffle iron or frying pan; oil the pan lightly before using.

## Pastry

IN this too, the dough should be handled as little as possible and kept *cool* until time for the oven. A pinch of baking powder added helps to make it light. Left over, uncooked pastry may be kept for two or three days if placed in a covered glass jar in the refrigerator. Use only sufficient water to hold ingredients—too much water makes it tough, shortening makes it light. Prick the bottom layer of your pastry to save it from blistering.

Use one-quarter to one-third less *Mazola* than lard or compounds in making pastry.

## Excellent Pie Crust

$\frac{3}{4}$  CUP *Mazola*  
 $2\frac{1}{2}$  CUPS PASTRY FLOUR

$\frac{1}{2}$  TEASPOON SALT  
 $\frac{1}{2}$  CUP BOILING WATER

$\frac{1}{2}$  TEASPOON BAKING POWDER

Blend the *Mazola* and water in a mixing bowl, then add to the flour sifted with the salt and the baking powder. The crust is ready to use as soon as mixed.

## Pie Crust

2 CUPS SIFTED PASTRY FLOUR  
 $\frac{1}{8}$  TEASPOON SALT

$\frac{3}{4}$  CUP *Mazola*  
 $\frac{1}{4}$  CUP ICE WATER

Add *Mazola* to flour and salt and work together until well mixed, then add enough ice water to hold together and roll at once on floured board.

This can be kept in waxed paper in refrigerator till needed.

## Lemon Banana Pie

1 CUP BOILING WATER

1 TABLESPOON BUTTER

BANANAS

WHIPPED CREAM

JUICE OF A LEMON

1 BEATEN EGG

2 TABLESPOONS *Benson's Corn*  
*Starch*

1 CUP SUGAR

Add 2 tablespoons corn starch to 1 cup sugar and stir into 1 cup of boiling water. Cook in double boiler for ten minutes, then add the juice of a large lemon and the butter. Beat in the egg and spread good layer in baked pie shell. Cover with sliced bananas, then add more lemon filling and top with bananas. Cover with slightly sweetened whipped cream.

## Mallow Orange Pie

4 ORANGES		2 TABLESPOONS <i>Benson's Corn</i>
1 BANANA		<i>Starch</i>
1 CUP MILK	} OR 2 CUPS MILK	1 CUP GRANULATED SUGAR
1 CUP CREAM		15 TO 20 MARSHMALLOWS, UNTOASTED
3 EGGS		

Heat milk and cream; mix sugar and corn starch; stir milk in slowly and cook until thick in double boiler; remove from heat and add well-beaten egg yolks; return and cook a few minutes longer; peel oranges and slice very thinly (across the grain) with a sharp knife; mash banana smoothly; add both to hot mixture; cook slightly and fold in stiffly beaten egg whites; pour into baked shell and top with fresh untoasted marshmallows (place about  $\frac{1}{2}$ -inch apart). Set in fairly hot oven until marshmallows are puffed and slightly browned.

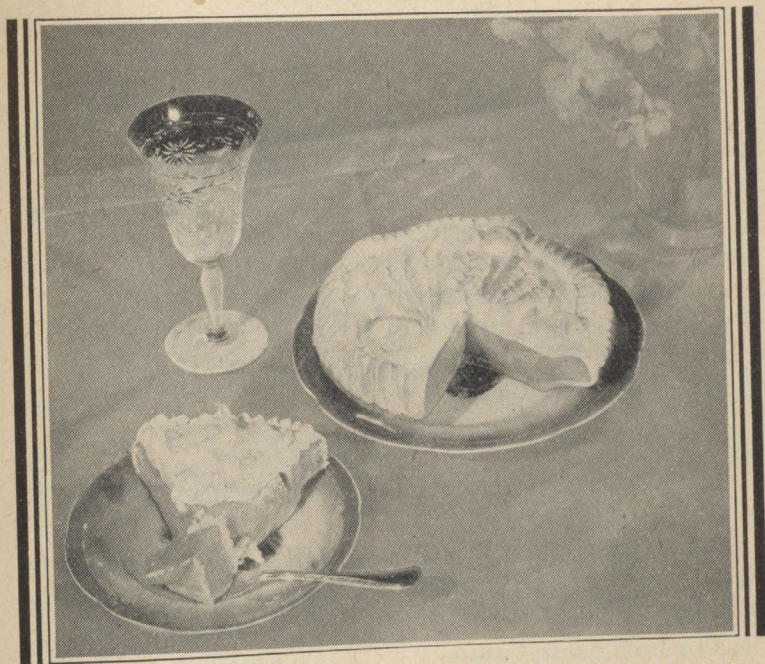
This filling may be used to make a very attractive dessert without pastry.

## Cherry Pie

2 CUPS OF PITTED CHERRIES	2 EGG YOLKS
2 TABLESPOONS <i>Benson's Corn</i>	1 CUP CHERRY JUICE
<i>Starch</i>	$\frac{1}{2}$ CUP SUGAR
1 TEASPOON BUTTER	

Beat the yolks with the sugar and dissolve the corn starch in the cherry juice with cherries, then cook the two mixtures together in a double boiler until thick. Add the butter and pour into pie crust, previously cooked. Pile meringue on top made by adding 2 tablespoons sugar to the stiffly beaten whites of 2 eggs. Brown in a rather hot oven and serve either hot or cold.





## Lemon Pie

- |   |                        |
|---|------------------------|
| 1 CUP SUGAR                               | GRATED RIND OF 1 LEMON |
| 3 TABLESPOONS <i>Benson's Corn Starch</i> | 3 TABLESPOONS FLOUR    |
| 1½ CUPS BOILING WATER                     | 1 TEASPOON SALT        |
|   | 2 EGGS                 |
|   | ½ CUP LEMON JUICE      |

Mix sugar with flour, salt and corn starch and stir into the boiling water. Cook in double boiler until thick, then add the well-beaten yolks and cook 2 minutes longer. When cool add the lemon juice and the grated rind. Turn into a baked pie shell and cover with meringue made by beating the egg whites until stiff and then beating in 4 tablespoons sugar. Some cooks add ¼ teaspoon baking powder to the meringue with good results. Brown the meringue in rather a hot oven.

## Floradora Pie

2 CUPS PINEAPPLE CUT IN SMALL DICE	$\frac{3}{4}$ CUP SUGAR 4 YOLKS
3 TABLESPOONS BUTTER	JUICE AND RIND OF 1 LEMON
3 TABLESPOONS <i>Benson's Corn Starch</i>	$\frac{1}{4}$ TEASPOON SALT 1 CUP COCONUT

Blend the sugar with the corn starch and add to the melted butter. Stir in the other ingredients and cook until thick in a double boiler. Put into a baked crust and cover with meringue.

## Boy's Favourite Pie

Pastry Shell:

$\frac{1}{2}$ CUP <i>Mazola</i>	1 CUP FLOUR
1 TEASPOON <i>Benson's Corn Starch</i>	$\frac{1}{2}$ TEASPOON BAKING POWDER COLD WATER TO MIX.

Make pastry fairly stiff, roll out and place in pie pan. While still uncooked, put in the following filling:

$\frac{1}{2}$ CUP FINE BREAD CRUMBS	1 TABLESPOON MELTED BUTTER
$\frac{1}{2}$ CUP GROUND CORNFLAKES	1 CUP <i>Benson's Golden Syrup</i>

Bake in fairly quick oven.

## Butterscotch Pie

$1\frac{1}{4}$ CUPS BROWN SUGAR	2 CUPS SCALDED MILK
2 TABLESPOONS BUTTER	$2\frac{1}{2}$ TABLESPOONS <i>Benson's Corn Starch</i>
2 BEATEN YOLKS	1 TEASPOON VANILLA
$\frac{1}{3}$ CUP COLD WATER	

Boil the sugar, water and butter to 240 degrees and then add to scalded milk and stir until dissolved. Add yolks and corn starch blended with 4 tablespoons cold water and cook in double boiler until thick. Cool and pour into baked pie shell. Make meringue by adding 2 tablespoons powdered sugar to the beaten whites of 2 eggs. The vanilla should be added to the butterscotch mixture just before pouring it into the pastry shell. Brown the meringue in a rather hot oven.

## Carrot Pie

2 CUPS GRATED CARROT	2 CUPS MILK
1 TABLESPOON <i>Crown Brand</i> Corn Syrup	2 TABLESPOONS <i>Mazola</i>
2 TEASPOONS CINNAMON	1 TEASPOON GINGER
4 EGGS	1 TABLESPOON <i>Benson's Corn</i> Starch
1 CUP SUGAR	A PINCH OF SALT

Mix the corn starch with the syrup and the beaten yolks, then stir into the carrots and add the spices, sugar and salt. Bake in a single crust for about 30 minutes or until firm in the centre. Add 3 tablespoons sugar to the stiffly beaten whites of the eggs and pile the meringue on top of the pie. Brown in a rather hot oven and serve either hot or cold. This recipe is sufficient for two medium-sized pies.

## Apricot Custard Tarts

$\frac{1}{4}$ CUP SUGAR	1 TABLESPOON <i>Benson's Corn</i> Starch
$\frac{1}{8}$ TEASPOON SALT	1 CUP SCALDED MILK
2 EGG YOLKS	$\frac{1}{4}$ TEASPOON VANILLA
$\frac{1}{2}$ CUP MASHED STEWED APRICOTS	3 TABLESPOONS SUGAR
$\frac{1}{2}$ TEASPOON LEMON JUICE	2 EGG WHITES

Mix and sift together the first quantity of sugar, the salt, and corn starch, then gradually add hot milk and cook in a double boiler until thickened. Add well-beaten yolks and cook for a minute longer. Stir in vanilla and cool. Pour the mixture into previously baked tart shells and cover with meringue made by adding the cold stewed apricots mixed with the second quantity of sugar and the lemon juice to the stiffly beaten whites of eggs and beating until the mixture holds its shape. Brown slightly in a rather hot oven.

## Apple Custard Pie

2 CUPS UNSWEETENED, APPLE SAUCE	$\frac{1}{2}$ TEASPOON GINGER
$\frac{3}{4}$ CUP SUGAR	2 EGGS
1 TABLESPOON <i>Crown Brand Corn Syrup</i>	1 TABLESPOON <i>Benson's Corn Starch</i>
	1 TEASPOON CINNAMON
A PINCH OF SALT	

Add well-beaten yolks to strained apple sauce and beat well. Add sugar blended with corn starch, then syrup, cinnamon, ginger and a good pinch of salt. Pour the mixture into a partially baked crust and cook in a moderate oven until firm, then, when cool, cover with meringue and brown in the oven.

## Montgomery Pie

JUICE AND GRATED RIND OF 2 LEMONS	$\frac{1}{2}$ CUP <i>Crown Brand Corn Syrup</i>
$\frac{1}{2}$ CUP SUGAR	$\frac{1}{2}$ CUP COLD WATER
$\frac{1}{2}$ TEASPOON SALT	$1\frac{1}{2}$ CUPS SUGAR
1 CUP <i>Mazola</i>	2 EGGS
1 CUP SOUR MILK	1 TEASPOON BAKING SODA
	3 CUPS FLOUR

Line two pie tins with rich crust and fill with the corn syrup mixed with the grated rind and the lemon juice,  $\frac{1}{2}$  cup sugar, the salt and the cold water. Cream the  $1\frac{1}{2}$  cups sugar with the *Mazola* and then beat in the 2 eggs. Sift the flour with the baking soda and then alternate it with the liquid. Pour the batter thus made over the lemon filling in the pie shell and bake in a moderate oven.

## Edwardsburg Tarts

3 EGGS	1 CUP BROWN SUGAR
1 CUP <i>Crown Brand Corn Syrup</i>	1 TABLESPOON BUTTER
1 TABLESPOON VINEGAR	$\frac{1}{4}$ TEASPOON SALT

Combine all the ingredients and pour into unbaked crusts. Sprinkle nutmeg on top and bake in moderate oven until firm in centre.

## Beverages

A COLD drink should be served in glasses with ice. A hot drink should be piping hot and served in cups. The making of beverages is one of great possibilities. Jellies that have not set are excellent foundations, or any fruit jelly. This should be dissolved in a little warm water and mixed with any of the following: Lemons, oranges, lime juice, prune juice, crushed fresh fruit, ginger ale, soda water, or freshly made tea that has been cooled.

### Lemon Syrup

6 LEMONS                      1 CUP WHITE SUGAR  
1 CUP *Lily White Syrup*

Add the grated rinds of the lemons to the juice thereof and let stand overnight. Cook the syrup and the sugar until thick and when quite cool, stir into the fruit and rind mixture.

A tablespoon in a glass of water will make a delicious drink on a hot day and is far superior to anything one may buy.

### Hot Fruit Nectar

1 CUP PINEAPPLE JUICE	$\frac{3}{4}$ CUP <i>Benson's Golden Syrup</i>
2 CUPS GRAPE JUICE	JUICE OF 1 LEMON
2 EGG WHITES	$\frac{1}{8}$ TEASPOON CINNAMON
JUICE OF 1 ORANGE	SUGAR IF NOT SWEET ENOUGH
1 CUP COLD ORANGE PEKOE TEA	TO SUIT ONE'S TASTE

Combine all the juices with the tea and syrup, add the flavouring and bring to a boil, then, if necessary, sweeten to taste. Pour this mixture slowly over the stiffly beaten whites of egg, beating rapidly all the time. Serve at once in coffee cups, being sure, however, always to taste the nectar first, as some fruit is more acid than others and the nectar may not be sweet enough. It may be diluted with water if too strong.

## An Energizing and Refreshing Drink

1 TWO-POUND CAN *Benson's Golden Syrup*

4 CUPS BOILING WATER  
2 LEMONS

Stir the syrup into the boiling water and add the lemon juice as well as the grated rinds. Boil for five minutes, then strain and cool.

## Syrup Posset for Bad Colds

1 CUP MILK

$\frac{1}{2}$  CUP *Benson's Golden Syrup*

Boil the milk and add syrup, letting the mixture boil for 1 minute or until it curdles. Serve hot on retiring. It may be strained if preferred.

This posset induces perspiration and is a good remedy for a severe cold if taken the last thing at night.

## Lemonade Syrup

5 CUPS *Crown Brand Corn Syrup*

3 LEMONS

1 TEASPOON LEMON EXTRACT

1 OUNCE CITRIC ACID (TARTARIC ACID MAY BE USED AS WELL)

3 CUPS BOILING WATER

Pour boiling water over the grated rinds and the juice of the lemons. Add syrup and stir well. When cool, add lemon extract and citric or tartaric acid and stir until well dissolved. Bottle and use 2 or 3 table-spoons of this syrup to a tumblerful of water. Tartaric and Citric acid may be used in equal proportions if so preferred.

## Tea

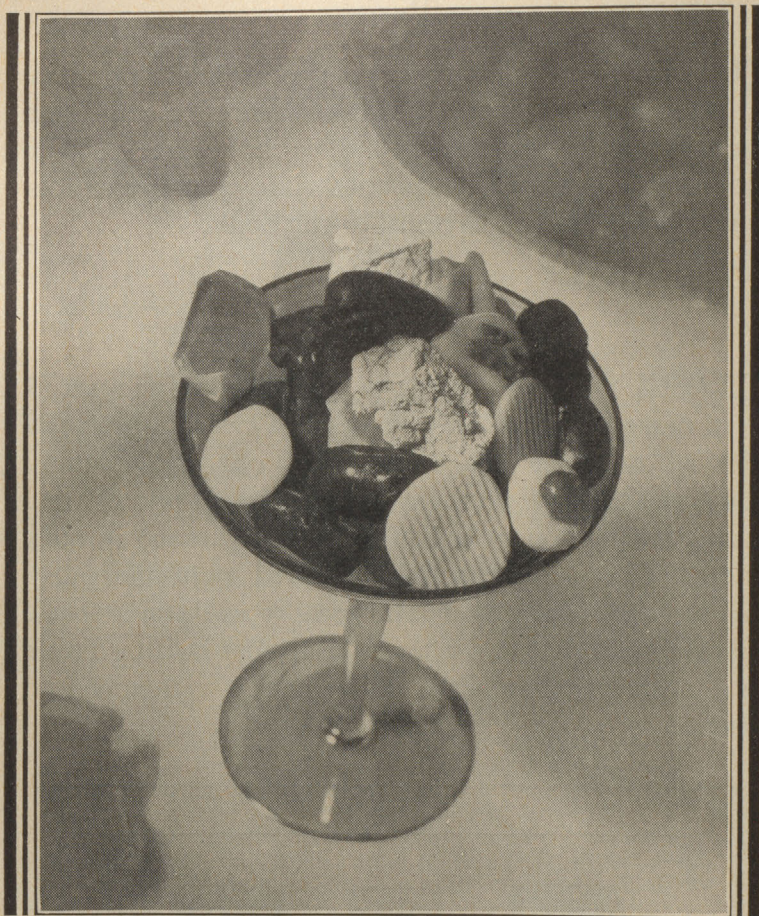
SCALD an earthenware teapot; put in 3 teaspoons tea to 1 pint of freshly boiling water; let stand for five minutes, then strain and serve immediately. Tea should never be steeped a second time, as this extracts tannic acid which is harmful to the body.

## Coffee

FRESHLY ground coffee is the most delicious and is more economical. Made in a percolator, it is allowed to filter and thus bring out the flavour. Coffee made in an earthenware or enamel pot is best. Mix 1 tablespoon of coffee (for each person) in cold water with crushed eggshell if desired; pour on freshly boiling water and cover, allowing it to stand at back of stove, where it can remain at almost boiling point for 3 minutes; then serve immediately with sugar and cream.



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## Candy

**G**REAT care should be taken in making candy that it is not over-cooked, for one minute makes all the difference to the smoothness and taste. *Corn Syrup* combined with sugar adds greatly to the success of candy making.



## Down East Taffy

1½ CUPS SUGAR

1½ TEASPOONS GLYCERINE

1¼ TEASPOONS ROOT BEER  
EXTRACT

¾ CUP *Crown Brand Corn Syrup*

¾ CUP WATER

1 TEASPOON SALT

¾ TABLESPOON *Mazola*

Boil the syrup, sugar, water, salt and glycerine together until they form a hard ball or to 248 degrees on the candy thermometer. Remove from the fire, add the *Mazola* and flavouring and pour into an oiled pan. When cool enough to handle, pull the mixture until firm, then cut into pieces with a pair of scissors.

## Everton Toffee

2 CUPS BROWN SUGAR

3 TABLESPOONS *Crown Brand  
Corn Syrup*

6 TABLESPOONS *Mazola*

(14-OUNCE) CAN OF CONDENSED  
MILK

1 TEASPOON VANILLA

Mix all the ingredients in a large saucepan and stir constantly while cooking, until mixture forms a hard ball when dropped into cold water or to 248 degrees on the thermometer. It should require about 25 minutes. Pour on oiled tin and mark into squares while cooling. It may be cooked to a higher degree, if a harder toffee is preferred. The toffee will always have, when finished, the texture it had when dropped into cold water.

## Puffed Rice Balls

2 CUPS PUFFED RICE

1 CUP LIGHT BROWN SUGAR

1 CUP *Benson's Golden Syrup*

1 TABLESPOON VINEGAR

Boil all the ingredients except the puffed rice until the syrup is brittle when dropped into cold water, add rice and stir just enough to mix. Mould into balls with oiled hands.

## Salt Water Taffy

- |  |                                  |
|--|----------------------------------|
| 1 CUP <i>Benson's Golden Syrup</i>       | 1 OR 2 TABLESPOONS <i>Mazola</i> |
| 1 TABLESPOON <i>Benson's Corn Starch</i> | 1 TEASPOON SALT                  |
| $\frac{3}{4}$ CUP WATER                  | FLAVOURING TO SUIT ONE'S TASTE   |
| 2 CUPS WHITE SUGAR                       |                                  |

Add syrup mixed with *Mazola* and water to the sugar blended with the corn starch and cook until a little dropped into cold water forms a soft ball. Add salt and flavour to taste. Pour on oiled plates and when cool enough, pull until a light golden colour.

## Pulled Syrup Candy

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 CUP <i>Benson's Golden Syrup</i> | 2 CUPS BROWN SUGAR               |
| 1 CUP WATER                        | 2 OR 3 TABLESPOONS <i>Mazola</i> |
| $\frac{1}{2}$ TEASPOON SALT        |                                  |

Cook everything but the *Mazola* until very brittle when dropped into cold water. Add *Mazola* and pour on oiled platter. When cool, pull until a light golden colour and cut into pieces with a pair of scissors.

## Puffed Rice Crisps

- |                         |   |
|-------------------------|---|
| 1 CUP WHITE SUGAR       | 1 BOX PUFFED RICE                               |
| $\frac{1}{2}$ CUP WATER | $\frac{1}{2}$ CUP <i>Crown Brand Corn Syrup</i> |
| 2 TABLESPOONS VINEGAR   | $\frac{1}{2}$ TEASPOON SALT                     |
| 1 TABLESPOON BUTTER     |   |

Boil all the ingredients, except the puffed rice, to 240 degrees on the sugar thermometer or until a little will be brittle when dropped into cold water. Mix with the puffed rice and pour into oiled pans to cool. Cut into squares before quite cold.

## Velvet Kisses

1 CUP <i>Crown Brand Corn Syrup</i>	3 CUPS SUGAR
1 CUP BOILING WATER	$\frac{1}{2}$ CUP <i>Mazola</i>
3 TABLESPOONS VINEGAR	$\frac{1}{2}$ TEASPOON CREAM OF TARTAR
$\frac{1}{4}$ TEASPOON SODA	$\frac{1}{2}$ TEASPOON FLAVOURING

Cook sugar, water, syrup and vinegar in large saucepan and when they begin to boil, add cream of tartar and cook until when a little of the syrup is dropped into cold water, it is brittle. Stir frequently and when nearly done, add soda, flavouring and *Mazola*. Pour out on well-oiled pans and when cool enough pull until a light golden yellow. Flavour while pulling. Cut with scissors into small pieces and wrap in oiled paper.

## Cream Fondant (Uncooked)

2 TABLESPOONS HEAVY CREAM	1 TABLESPOON <i>Crown Brand Corn Syrup</i>
1 CUP ICING SUGAR	

A GOOD PINCH OF SALT

Mix the ingredients well and add colouring and flavouring to suit one's fancy. If not stiff enough, add icing sugar to give the consistency desired. Form into bon-bons and decorate with cherries, nuts or cocoanut.

## Pralines

1 CUP BROWN SUGAR	3 CUPS EVAPORATED MILK
3 TABLESPOONS <i>Crown Brand Corn Syrup</i>	2 CUPS WHITE SUGAR
	$1\frac{1}{2}$ CUPS NUTS
	$\frac{1}{2}$ CUP WATER

Combine all the ingredients except the nuts and cook until a little dropped into cold water will form a soft ball. Add nuts and beat until stiff and creamy. Drop from the end of spoon on to oiled paper or an oiled dish or pan. This quantity makes about one and three-quarter pounds of candy.

## Cream Fondant

2 CUPS WHITE SUGAR

1 TABLESPOON *Benson's Golden  
Syrup*

1 CUP HEAVY CREAM

A GOOD PINCH OF SALT

Cook the sugar, cream and syrup in large saucepan until they form a soft ball or 238 degrees on the candy thermometer. Wash all crystals from the side of the pan with a cloth dipped into cold water and stir constantly as the mixture burns easily. When the proper point is reached, pour the cooked syrup on a large platter moistened with cold water and allow it to cool until it holds the imprint of one's fingers, then work with a spatula until creamy. When set, scrape up from the platter and knead with the hands for about five minutes, then set away in a covered jar to ripen for at least a week. It will keep in good condition for several weeks.

The above fondant may be used in hundreds of ways to make bon-bons. It may be used to stuff dates, to form centres to be dipped into chocolate, it may be coloured and cut into squares or formed into balls and decorated with nuts or rolled in cocoa or cinnamon. To make a chocolate fondant, add 2 squares of melted chocolate and  $\frac{1}{2}$  teaspoon vanilla to the above recipe, and when cooked pour into well oiled pans to the depth of an inch. When cold, cut into squares.

## Boston Cream Candy

$\frac{3}{4}$  CUP *Crown Brand Corn Syrup*

3 CUPS GRANULATED SUGAR

2 CUPS SWEET CREAM

Mix the ingredients and cook to 238 degrees, stirring all the time. Let cool for 10 minutes, then beat until creamy. Chocolate, fruit or nuts may be added.

## Marshmallows

1 TABLESPOON GELATINE	5 TABLESPOONS COLD WATER
1½ CUPS <i>Benson's Golden Syrup</i>	⅓ CUP WATER
1 EGG WHITE	¼ TEASPOON SALT
1 TEASPOON VANILLA	<i>Benson's Corn Starch</i>
FRUIT OR POWDERED SUGAR	

Soak gelatine in the 5 tablespoons cold water until thoroughly dissolved; then add ⅓ cup water to the syrup and cook until it forms a hard ball when dropped into cold water. Pour the syrup over the gelatine mixture, add the well-beaten egg white and beat with the salt and vanilla until very stiff. Pour into pan dusted generously with corn starch and sugar and cut into squares. Roll in a mixture of equal parts of corn starch and sugar and keep in a tightly covered tin box.

## Horehound Candy

1 TABLESPOON HOREHOUND	3 CUPS WHITE SUGAR
½ CUP <i>Crown Brand Corn Syrup</i>	1 CUP COLD WATER

Steep the horehound in the cold water for 10 minutes, then mix the water with the sugar and the syrup. Cook until a little dropped into cold water forms a hard ball or to 248 degrees on the candy thermometer. Remove from fire and, when it has finished bubbling, pour into well oiled pans. Cut into shape while cooling.

## Taffy Sponge

2½ CUPS BROWN SUGAR	½ CUP WATER
½ CUP <i>Crown Brand Corn Syrup</i>	1 TABLESPOON SODA

Cook syrup and sugar in water to 285 degrees. Remove from fire, stir in soda, then cool quickly. Break into pieces when cold.

Candy thermometer is absolutely necessary in this recipe.

## Cream Caramels

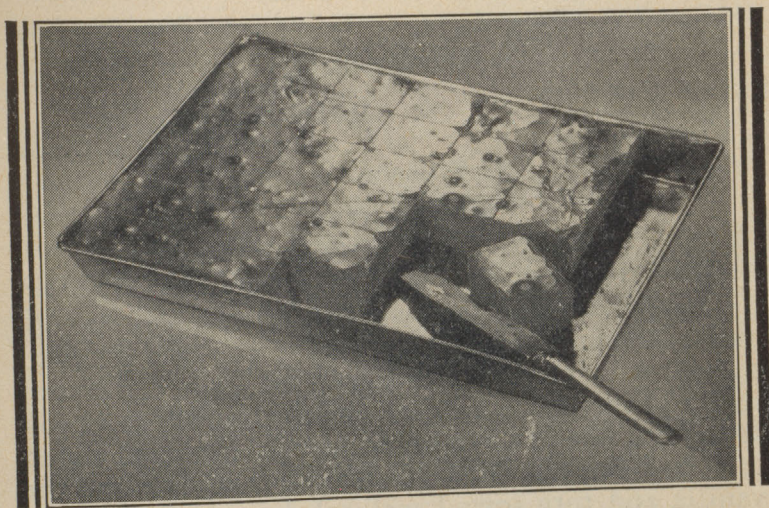
2 CUPS SUGAR	½ CUP BUTTER
2 CUPS <i>Crown Brand Corn Syrup</i>	¼ TEASPOON SALT
2 CUPS EVAPORATED MILK	1 TEASPOON VANILLA
A PINCH OF SODA	

Cook syrup, salt and sugar together until transparent, then stir in butter and when clear again, add milk with soda and cook until the mixture forms a soft ball when dropped into cold water, or 240 to 245 degrees on the candy thermometer, according to texture desired. It must be stirred constantly to prevent burning, and when done, add vanilla and pour into oiled pans. When cool, turn out on an oiled slab or dish and cut into squares with a sawing motion of the knife.

## Corn Starch Caramels

1 CUP CREAM	⅓ CUP <i>Crown Brand Corn Syrup</i>
¾ CUP SUGAR	1 TEASPOON VANILLA
2 TABLESPOONS <i>Benson's Corn Starch</i>	2 TABLESPOONS FLOUR
	4 TABLESPOONS <i>Mazola</i>

Put sugar and half the cream into a saucepan and stir constantly until it boils. Add the rest of the cream in such a way that the boiling does not stop and then continue cooking until a soft ball is formed when a little is dropped into cold water, or to 240 degrees on the candy thermometer. Add the flour mixed with the corn starch and *Mazola* and cook until a firm ball is formed when dropped into cold water, or to 248 degrees on the thermometer. Add vanilla and turn into well-oiled pans and mark into squares when almost cold. Nuts may be added if desired.



## Maple Fudge

1 CUP WHITE SUGAR  
 $\frac{1}{4}$  CUP *Crown Brand Corn Syrup*  
 $\frac{1}{4}$  CUP *Mazola*

1 CUP BROWN SUGAR  
 $\frac{1}{2}$  CUP SWEET MILK  
 $\frac{1}{2}$  TEASPOON VANILLA

Boil for 10 minutes or until it forms a soft ball when dropped into cold water or to 238 degrees on the candy thermometer. Pour on well-oiled pans and cut into squares while cooling. It should be stirred almost constantly as it is very apt to burn at the bottom. A chocolate fudge may be had by adding 2 teaspoons cocoa, to the above recipe. The fudge should be beaten until creamy, before pouring it into the pan.

## Ribbon Caramels

### CHOCOLATE LAYER

1 1/4 CUPS WHITE SUGAR	1/2 CUP <i>Crown Brand Corn Syrup</i>
1/4 CUP BUTTER	1/16 TEASPOON CREAM OF TARTAR
3/4 CUP RICH MILK	1 1/4 SQUARES OR OUNCES OF UNSWEETENED CHOCOLATE
1 TEASPOON VANILLA	
	1/2 TEASPOON SALT

### WHITE LAYER

2/3 CUP WHITE SUGAR	1/4 CUP WATER
3/4 CUP <i>Crown Brand Corn Syrup</i>	1 CUP SHREDDED COCOANUT

*To make the chocolate layer:* Cook the sugar, syrup, butter, cream of tartar, salt, and 1/4 cup of milk until they form a soft ball when dropped into cold water, then add very gradually the rest of the milk and cook until it forms a firm ball when dropped into cold water, or to 248 degrees. Add the melted chocolate and the vanilla and turn into 2 well-oiled pans of the same size. Chocolate should be melted over hot water or in a slow oven as it burns easily.

*To make the white part:* Put the sugar, water and corn syrup on the fire and cook until the mixture forms a firm ball when dropped into cold water, or to 240 degrees on the candy thermometer. Stir in the cocoa-nut, then pour over one of the chocolate layers, and when cold, put the other chocolate layer on top and cut into squares.

To succeed well with the above recipe, it is necessary to begin the white layer only when the chocolate layer is finished.

## Vanilla Caramels

2 CUPS LIGHT BROWN SUGAR	2/3 CUP CREAM
1/2 CUP <i>Crown Brand Corn Syrup</i>	1 CUP CHOPPED NUTS
1 TEASPOON VANILLA	1/2 TEASPOON SALT

Boil sugar, cream, salt and syrup until a firm ball is formed when dropped into cold water or to 248 degrees on the candy thermometer. Add vanilla and nuts and pour into well-oiled pans without stirring. When cold cut into squares and wrap in paraffin paper.



## Puffed Rice Caramels

- |                                |                                     |
|--------------------------------|-------------------------------------|
| 1 CUP SUGAR                    | 1 CUP <i>Crown Brand Corn Syrup</i> |
| ½ CUP CREAM OR EVAPORATED MILK | ⅓ CUP WATER                         |
| ¼ TEASPOON SALT                | 1 TEASPOON VANILLA                  |
|                                | 2 CUPS PUFFED RICE                  |

Boil the sugar, corn syrup, milk or cream, water and salt until a firm ball is formed when the syrup is dropped into cold water, or to 240 degrees on the candy thermometer. Remove from fire, add vanilla and stir in lightly the puffed rice. Pour into oiled pans and spread to a thickness of about ¾ inch. Cut into squares when cold.

## Carrot Fudge

- |                                    |                         |
|------------------------------------|-------------------------|
| 1 CUP <i>Benson's Golden Syrup</i> | 1 CUP GRATED CARROTS    |
| 1 CUP MILK                         | 1 CUP LIGHT BROWN SUGAR |
| 2 TABLESPOONS <i>Mazola</i>        | ½ TEASPOON SALT         |

Cook syrup, carrots, milk, salt and brown sugar with the *Mazola* until the mixture forms a hard ball when dropped into cold water or to 248 degrees on the candy thermometer. Flavour to taste with any preferred extract and pour into well-oiled pans. When cold, cut into squares.

## Cocoanut Bars

- |                         |                                     |
|-------------------------|-------------------------------------|
| 2 CUPS BROWN SUGAR      | 1 CUP <i>Crown Brand Corn Syrup</i> |
| ½ CUP <i>Mazola</i>     | ½ CUP WATER                         |
| 1 CUP SHREDDED COCOANUT | 1 CUP BROKEN WALNUT MEATS           |

Cook sugar, corn syrup, *Mazola* and water to 240 degrees on the candy thermometer or until they form a firm ball when dropped into cold water. Add shredded cocoanut and nuts and pour into oiled pans. When almost cold, cut into squares or bars.

## Maple Nut Caramels

1 CUP MAPLE SUGAR	$\frac{1}{2}$ CUP <i>Crown Brand Corn Syrup</i>
1 CUP MILK	4 TEASPOONS BUTTER
1 CUP CHOPPED NUTS	$\frac{1}{2}$ TEASPOON SODA
4 TEASPOONS <i>Benson's Corn Starch</i>	1 TEASPOON VANILLA

Melt the maple sugar in a double boiler, then add the syrup, the butter, the corn starch dissolved in 2 tablespoons of cold milk, the rest of the milk and the soda, and cook until the mixture forms a soft ball when dropped into cold water, or to 238 degrees on the candy thermometer. Stir in the nuts and vanilla and pour into oiled pans. Cut into squares when cold and roll in paraffin paper.

## Salted Nuts

$\frac{1}{2}$ POUND ALMONDS	1 TABLESPOON <i>Mazola</i>
SALT	

Blanch almonds by allowing them to stand for 2 minutes in boiling water and then dipping them into cold water until the skins slip off easily. Dry in a cool oven and then mix with the *Mazola* and put back into oven and let brown. They should be stirred from time to time so that they may brown evenly. Sprinkle with salt on removing from oven.

## Russian Taffy

2 CUPS BROWN SUGAR	$\frac{3}{4}$ CUP BROKEN NUT MEATS
A $\frac{1}{2}$ PT. CAN OF CONDENSED MILK	1 CUP <i>Mazola</i>
	1 CUP <i>Crown Brand Corn Syrup</i>
$\frac{1}{2}$ TEASPOON SALT	

Cook all the ingredients, except the nuts, for about 20 minutes or until they form a soft ball when dropped into water, or to 238 degrees on the candy thermometer. Add nuts and pour into well-oiled pans to cool. Cut in squares and serve on waxed or oiled paper.

## Candy Moulding in Benson's Corn Starch

Many varieties of candy, especially those made from fondants, are thin when warm and solidify when they are cold, so that they may be dipped into chocolate or other melted fondant. To shape candy for coating, fill a shallow pan with *Benson's Corn Starch*, carefully sifted and make it smooth on the surface with a ruler. Have ready plaster paris moulds glued to a stick and press these moulds into the corn starch, lifting them out carefully so as to leave a clean impression. If moulds are not available, a chimble, glass stopper or a piece of wood shaped for the occasion will answer the purpose, although this is rather a slow method. The same corn starch may be used time and again, provided it is carefully sifted each time. When the bonbons are cold, brush off the corn starch and they are ready for dipping.

## Glaze Fruits and Nuts

1 CUP BROWN SUGAR

1 TEASPOON VINEGAR

½ CUP WATER

⅛ TEASPOON CREAM OF TARTAR

⅓ CUP *Benson's Golden Syrup*

Prepare fruit such as oranges, quartered and well dried, Malaga or Tokay grapes, preserved pears, citron peel cut in fancy shapes, figs, dates or prunes, shelled peanuts, Brazil nuts, filberts, walnuts, or blanched almonds. Boil sugar, water and syrup with vinegar and cream of tartar without jarring the pan, until brittle when dropped into cold water, or until the syrup registers 310 on the candy thermometer. Set pan containing syrup in larger pan of hot water and dip fruit by holding from tips of the fingers. If not completely covered, the fruit may be recoated with syrup after it is cold. Dip nuts, by inserting tooth-picks in them. Cool on waxed paper or on an oiled plate. If syrup gets too cold, it may be re-heated and used again.

## Lemon Butter

2 TABLESPOONS <i>Benson's Corn Starch</i>	1 TABLESPOON WATER (COLD)
1 CUP BOILING WATER	½ CUP GRANULATED SUGAR
JUICE OF 2 LEMONS	½ CUP BUTTER
1 WHOLE EGG	3 EGG YOLKS

Dissolve the corn starch in the cold water and stir into the boiling water. Let cook in double boiler until clear. Cream the butter with the sugar and mix with the beaten eggs and the lemon juice. Last of all, add the grated lemon rind and let the mixture cook for about 25 minutes or until thick and clear. This butter is served on hot split biscuits or on toast.

## Corn Syrup Fluff

½ POUND MARSHMALLOWS	1 CUP CREAM
1 CUP SHREDDED PINEAPPLE	½ CUP <i>Crown Brand Corn Syrup</i>

Let diced marshmallows stand over night in pineapple, then beat cream until stiff and add corn syrup slowly. Add marshmallow mixture or whatever chopped fruit that one wishes instead of pineapple in case one does not like pineapple. Serve very cold in sherbet glasses.

## Lily White Caramels

2 CUPS SUGAR	1 CUP BROWN SUGAR
1 CUP <i>Lily White Corn Syrup</i>	1 CUP CONDENSED MILK
1½ CUPS MILK	⅓ CUP <i>Mazola</i>
¼ TEASPOON SALT	1½ TEASPOONS VANILLA

Cook sugar, condensed milk, corn syrup and milk together until they form a firm ball in cold water or to 248 degrees on the candy thermometer, stirring carefully all the time. Add *Mazola*, salt and vanilla and pour into well-oiled pans. When cold, cut into squares and wrap in waxed paper. It makes no difference whether the mixture curdles during the cooking.

## Peanut Brittle

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 2 CUPS SUGAR                        | $\frac{1}{2}$ CUP WATER          |
| 2 CUPS RAW, SHELLED PEANUTS         | $\frac{1}{2}$ TEASPOON VANILLA   |
| 1 TEASPOON <i>Mazola</i>            | 2 GENEROUS TEASPOONS BAKING SODA |
| 1 CUP <i>Crown Brand Corn Syrup</i> |                                  |

Cook sugar, syrup and water until it bubbles and then add raw peanuts and *Mazola*. Cook until the nuts begin to pop, then remove from fire and stir in vanilla and soda. Pour in mass on a large oiled platter and when it begins to cool, stretch out thin and break into pieces. Never spread while hot with a knife, but wait until partially cooled and pull out with the hands.

## Candy Recipe

- |  |                          |
|--|--------------------------|
| 2 CUPS GRANULATED SUGAR                | 1 CUP CREAM              |
| 1 CUP <i>Benson's Golden Syrup</i>     | 2 CUPS BROWN SUGAR       |
| 1 TEASPOON <i>Benson's Corn Starch</i> | $\frac{1}{4}$ CUP BUTTER |
|  | 1 TEASPOON VANILLA       |

Dissolve corn starch in 1 tablespoon cold water, then cook the other ingredients together until they form a hard ball when dropped into cold water. Add the corn starch paste and beat until thick. Add vanilla and turn into oiled pan and mark into squares while still warm.

## Cinnamon Fig Candy

- |  |                                     |
|--|-------------------------------------|
| 2 CUPS BROWN SUGAR                     | 1 CUP <i>Crown Brand Corn Syrup</i> |
| $\frac{1}{4}$ TEASPOON GROUND CINNAMON | $\frac{3}{4}$ CUP SHREDDED FIG      |
|  | $\frac{1}{4}$ TEASPOON SALT         |
| $\frac{1}{2}$ CUP WATER                |                                     |

Cook the sugar, water, salt and corn syrup to 300 degrees or until it cracks when dropped into cold water, then stir in the figs and the cinnamon. Pour into oiled pans and mark into squares. The pieces may be dipped into melted chocolate.

## Pecan Nut Loaf

2 TABLESPOONS <i>Crown Brand</i> <i>Corn Syrup</i>	2 CUPS WHITE SUGAR
1 CUP MILK	1 TEASPOON <i>Mazola</i>
1 POUND DATES	2 CUPS PECAN MEATS POWDERED SUGAR

Cook the syrup, sugar, *Mazola* and milk to the soft ball stage or 240 degrees on the thermometer. It is best to use a deep skillet or saucepan, as the mixture boils high.

Add the stoned dates and stir until they are well mashed.

Stir in the nuts, slightly more or less than the given quantity; remove from fire and beat until stiff. Place in wet napkin and roll into shape. When cold, slice and roll in powdered sugar.

## Chocolate Pop Corn Balls

1½ CUPS SUGAR	⅓ CUP <i>Crown Brand Corn Syrup</i>
⅓ CUP WATER	⅓ CUP MOLASSES
3 TABLESPOONS <i>Mazola</i>	3 SQUARES CHOCOLATE, UNSWEETENED
1 TEASPOON VANILLA	
ABOUT 4 QUARTS POPPED CORN, WELL SALTED	

Mix the sugar, syrup and water and boil over a brisk fire until the sugar is melted, washing down the sides of the saucepan with a cloth dipped in cold water, so that not a single grain of sugar may remain. Cover and let boil for 3 minutes, then add the molasses and *Mazola* and boil until a little dropped in cold water makes a crackling sound.

Remove from the fire and as soon the bubbling ceases, stir in the chocolate melted in a double boiler and the vanilla and stir just enough to distribute the chocolate evenly through the mixture. Pour the chocolate mixture into the popped corn. With oiled hands, roll the mixture into balls. It is well to keep the corn in a warm bowl while making the balls.

## Cream Nut Loaf

6 CUPS WHITE SUGAR  
1 TABLESPOON *Mazola*  
3 CUPS LIGHT CREAM

1 CUP *Crown Brand Corn Syrup*  
1 POUND SHELLED WALNUTS  
1½ TEASPOONS VANILLA

Boil syrup, sugar and cream until it forms a soft ball in cold water or to 240 degrees on the candy thermometer. Remove from fire, add the *Mazola* and beat until it thickens. Add nuts and vanilla, then pour into oiled loaf pan. When cool, slice, and cut into squares.

✓ ✓ ✓

## Canning & Preserving

### PRESERVING

Use only ripe fruit for preserving. These should be thoroughly washed and sorted. Use large preserving kettle and leave plenty of space on top for boiling. Sugar and *Lily White Syrup* in equal parts make an excellent preserving syrup, as it prevents crystallization and a more natural flavour of fruit is retained, without the cloying sweetness of an all sugar preserve. Measure fruit after it has been boiled until nearly soft; then add equal amount of sugar and syrup mixture. Boil for five minutes, then bottle.

### PREPARING BOTTLES

Wash jars thoroughly and fill with cold water. Set in pan on wire trivet and surround with cold water. Heat to boiling point, remove from water, empty and fill while hot. Sterilize tops for five minutes, dip rubbers in boiling water. Always use new rubbers.

### COLD PACK CANNING

Select only the best fruit, wipe and weigh; make syrup of *Lily White Syrup* and white sugar in equal parts with water, allowing two and one-half cups of water to each pound of sugar and syrup mixture. Boil for ten minutes. Pack fruit in sterilized jars, pour syrup over fruit. If there is not enough syrup add boiling water to fill. Put spoon or knife in jar to let out bubbles. Place rubbers and covers on jars but do not tighten, place jars in hot water and sterilize required length of time. Remove jar from boiling water, tighten cover on jar and invert jar to cool.

### BLANCHING

Place fruit or vegetable on wire strainer or cheese cloth, and dip in boiling water. Leave only required length of time, doing only a small amount at a time, as otherwise the fruit or vegetable juice is lost in the water.

### SCALDING AND STERILIZING FRUITS

PEACHES.....	Scald 2 minutes...	Pint or Quart..	Cook 16 minutes
PLUMS.....	Scald 2 minutes...	Pint.....	Cook 16 minutes
QUINCES.....	Scald 2 minutes...	Quart.....	Cook 30 minutes
PINEAPPLES.....	Scald 5 minutes...	Pint or Quart..	Cook 30 minutes
CRABAPPLES....	Scald 2 minutes...	Pint.....	Cook 20 minutes
WHOLE APPLES.	Scald 2 minutes...	Quart.....	Cook 16 minutes

### VEGETABLES

ASPARAGUS.....	Scald 5-10 minutes..	Pint or Quart..	Cook 1 hour
TOMATOES.....	Scald 1-2 minutes..	Pint or Quart..	Cook 22 minutes

### STERILIZING BERRIES OR SOFT FRUITS

*(These do not need blanching)*

BLACKBERRIES.....	Pint or Quart...	Cook 16 minutes
BLUEBERRIES.....	Pint.....	Cook 16 minutes
CHERRIES.....	Pint.....	Cook 16 minutes
CURRANTS.....	Pint.....	Cook 16 minutes
GRAPES (GRAPE JUICE).....	Pint.....	Cook 16 minutes
PEARS.....	Pint.....	Cook 20 minutes
RASPBERRIES.....	Pint or Quart..	Cook 16 minutes
RHUBARB.....	Quart.....	Cook 15 minutes
STRAWBERRIES.....	Quart.....	Cook 16 minutes



## BLANCHING AND STERILIZING VEGETABLES & GREENS

BEANS.....	Blanch	5 minutes.....	Pint or Quart..	Cook 3	hours
BEETS.....	Blanch	6 minutes.....	Quart.....	Cook 1½	hours
CARROTS....	Blanch	5 minutes.....	Quart.....	Cook 1½	hours
CORN.....	Blanch	5-10 minutes....	Pint or Quart..	Cook 4	hours
GREENS.....	Blanch	10 minutes.....	Quart.....	Cook 2	hours
PARSNIPS....	Blanch	5 minutes.....	Quart.....	Cook 1½	hours
PEAS.....	Blanch	5 minutes.....	Quart.....	Cook 3	hours
PUMPKIN...	Blanch	5 minutes.....	Quart.....	Cook 2	hours
SQUASH.....	Blanch	5 minutes.....	Quart.....	Cook 2	hours
TURNIPS....	Blanch	6 minutes.....	Quart.....	Cook 1½	hours

## Jelly Making

Wash and pick over fruit carefully, remove stems and imperfections. Cook fruit in a granite kettle. Mash a few berries in bottom of pan before beginning to cook them. Hard fruits should be washed and quartered, and cooked with half the amount of water.

Use a jelly bag made of closely woven material. Outing flannel makes a very good bag. Do not squeeze the pulp, but let it drip slowly. This will give a clear, delightfully flavoured jelly. Sometimes two or three extractions can be made from the same pulp.

Add sugar to *Lily White Syrup* and heat to boiling. By heating the sugar and *Lily White Syrup*, the time of cooking the jelly will be shortened, and a better product will result. Boiling should be steady, not violent.

Blackberries, raspberries, and strawberries do not make a good jelly alone, and should be combined with apple, currant, or plum juice.

## JELLY MAKING

		Proportions Cup Measure			Time of Boiling (Minutes)	
		Fruit Juice	Sugar	Lily White Syrup	Before Adding Sugar and Lily White Syrup	After Adding Sugar and Lily White Syrup
Before Dripping	Fruit	After Dripping				
Remove imperfections and cut in quarters. Add water to cover. Cook slowly till soft.	Apple....	2	$\frac{3}{4}$	$\frac{3}{4}$	15	15
	Crabapple	2	$\frac{3}{4}$	$\frac{3}{4}$	15	5
	Quince...	2	$\frac{3}{4}$	$\frac{3}{4}$	15	6
Pick over. Wash. Mash a few in bottom of kettle, adding more and continue to heat and mash till juice flows freely from all the fruit. Add no water.	Currant...	2	1	1	10	2
	Plum.....	2	1	1	10	5
	Grape....	2	1	1	15	5

## Plum Conserve

5 DOZEN BLUE PLUMS  
4 ORANGES  
1 LEMON—JUICE ONLY  
1 POUND FIGS

1 PACKAGE RAISINS  
2 CUPS CHOPPED WALNUTS  
2 CUPS BROWN SUGAR  
4 CUPS *Crown Brand Corn Syrup*

Cook fruits in syrup made of *Crown Brand Corn Syrup* and sugar for forty-five minutes. Add nuts the last five minutes before removing from fire. Pack in sterilized jars or glasses.

## Grapefruit Conserve

1 GRAPEFRUIT	1½ CUPS SUGAR
1½ POUNDS CARROTS	1½ CUPS <i>Crown Brand Corn</i>
1 LEMON	<i>Syrup</i>

Chop cooked carrots and mix with the finely sliced fruit. Add sugar and syrup and cook until fruit is clear and mixture thickens. Pour into sterilized glasses and seal.

## Cucumber Relish

2 DOZEN LARGE CUCUMBERS, SLICED	½ DOZEN LARGE ONIONS, SLICED
1 TABLESPOON MUSTARD	2 TABLESPOONS <i>Benson's Corn</i>
1 TEASPOON TURMERIC POW- DER	<i>Starch</i>
3 CUPS BROWN SUGAR	VINEGAR
	SALT

Cover the sliced vegetables with salt and let stand over-night, then drain and cover with vinegar. Let simmer a few minutes, then mix with the sauce made by blending the mustard with the corn starch, the turmeric and the brown sugar, and boil until thick.

## Preserved Citron

10 POUNDS CITRON	2 LEMONS
5 POUNDS <i>Crown Brand Corn</i>	5 POUNDS WHITE SUGAR
<i>Syrup</i>	4 CUPS WATER
2 OUNCES ROOT GINGER	

Mix sugar, syrup and water thoroughly and then simmer gently for 10 minutes. Add diced, peeled citron and cook gently until clear. When almost done, put in the lemons which have been seeded and thinly sliced. Bruise ginger root with a hammer and add. Do not let the mixture boil after putting in the lemons.

Corn syrup gives a delicious flavour to preserves of all kinds.

## Orange Marmalade

3 ORANGES	GRANULATED SUGAR
1 GRAPEFRUIT	<i>Lily White Syrup</i>
2 LEMONS	COLD WATER

Wipe fruit, then pare the thin yellow skin and cut into shreds with scissors. Slice peeled fruit, rejecting all seeds, then measure pulp, juice and rind, place in saucepan and cover with three times as much cold water and let stand over night. Next morning bring quickly to boiling point and boil hard for fifteen minutes, then let stand another twenty-four hours and measure again. Allow to each cup of cooked ingredients, one-half cup *Lily White Syrup* and one-half cup granulated sugar. Place *Lily White Syrup*, sugar and fruit mixture in saucepan, bring quickly to boiling point and boil briskly for about one hour, or until liquid shows a jelly. Cool slightly, then fill sterilized glasses and cover with melted paraffin when perfectly cold. Store in dark cool place. A delicious and economical marmalade.

## Orange Marmalade

8 ORANGES	12 CUPS WATER
4 POUNDS SUGAR	2 LEMONS
$\frac{1}{2}$ CUP <i>Lily White Syrup</i>	

Slice the fruits very thin after having quartered them, then combine with the water and let stand for 24 hours. Simmer for one hour, remove from the stove and add the syrup and sugar and let stand for another 24 hours. Simmer again for an hour, then pour into sterilized glasses and seal with paraffin.

## Peach and Orange Conserve

- |                            |                                     |
|----------------------------|-------------------------------------|
| 15 MEDIUM-SIZED PEACHES    | 6 MEDIUM-SIZED ORANGES              |
| 2½ POUNDS GRANULATED SUGAR | ⅔ CUP <i>Crown Brand Corn Syrup</i> |
| 2 CUPS WATER               | ½ POUND BLANCHED, SHREDDED ALMONDS  |

Dice peeled peaches and add to the grated rind of 4 oranges and the sliced pulp of six. Boil all the ingredients, except nuts, until thick and clear and about fifteen minutes before removing from fire, add the shredded almonds. The above quantity should fill 10 jelly glasses.

## Triple Marmalade

- |                                   |                      |
|-----------------------------------|----------------------|
| 3 GRAPEFRUIT                      | 6 ORANGES            |
| 4 QUARTS WATER (16 CUPS)          | 5 POUNDS WHITE SUGAR |
| 5¼ POUNDS <i>Lily White Syrup</i> | 3 LEMONS             |

Wash fruit, cut in quarters and slice very thin. Let stand in the water for 24 hours, then boil until clear. Add the sugar and syrup and boil again until the fruit is transparent and the syrup will jelly. Nine oranges may be used, in which case, omit the grapefruit.



Ask Your Grocer for These Syrups

	Page		Page
<b>PUDDINGS AND DESSERTS</b>		<b>SALADS AND DRESSINGS (Continued)</b>	
Apple Charlotte.....	61	New Mayonnaise.....	56
Apple Surprise Pudding.....	63	One Egg Mayonnaise.....	56
Baked Lemon Bread Pudding.....	63	Peerless Mayonnaise.....	57
Blanc Mange.....	60	Sabinelle Salad and Dressing.....	55
Blueberry Pudding.....	62	Scotch Egg Salad.....	51
Buckwheat Cakes.....	90	Snappy Cheese Dressing.....	53
Butterscotch Sauce.....	66	Thousand Island Dressing.....	53
Caramel Ice Cream.....	67	Variations in Mazola Dressings..	53
Carrot Pudding.....	58	<b>SOUP</b>	
Chocolate Mould.....	59	Corn Chowder.....	35
Hot Chocolate Sauce for Ice Cream	66	Peanut Butter Soup.....	35
Ice Cream.....	66	Split Pea Soup.....	34
Natural Fruit Jellies.....	60	<b>VEGETABLES</b>	
Pineapple Ice Cream.....	67	French Fried Potatoes.....	48
Prune Jelly.....	61	Fried Egg Plant.....	49
Rhubarb Foam.....	60	Harvard Beets.....	47
St. James Pudding.....	58	Hawaiian Sweet Potatoes.....	48
Taffy Apples.....	62	Magic Murphys.....	49
<b>SALADS AND DRESSINGS</b>		Pea Souffle.....	50
Boiled Salad Dressing.....	57	Potato Souffle.....	49
California French Dressing.....	54	Saratoga Chips.....	48
Cheese Dressing for Salads.....	54	Stuffed Cabbage.....	50
Diabetic Mayonnaise.....	56	Sweet Potato Souffle.....	47
Economical Chicken Salad.....	52		
Eggless Mayonnaise.....	54		

## *Household Hints and Information*

	Page		Page
A few reminders.....	27	Meat, Average length of time for cooking.....	28
Calories, List of.....	21	Menu, A few suggestions.....	29
Carve, How to.....	17	Preserving.....	117
Children, The Feeding of.....	23	Preserving, Preparing bottles for..	117
Foods and their Relative Values..	20	Reduction or Gaining of Weight..	26
Kitchen, Arranging the.....	8	Sterilizing Berries or Soft Fruits..	118
Kitchen, The necessity of a modern.....	7	Table Service.....	15
Maid and Her Uniform, The.....	13	Table Etiquette, Correct.....	17
Measurements, Table of.....	25	Utensils, The value of good.....	11

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