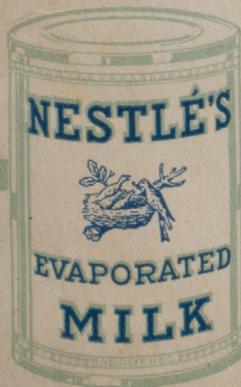
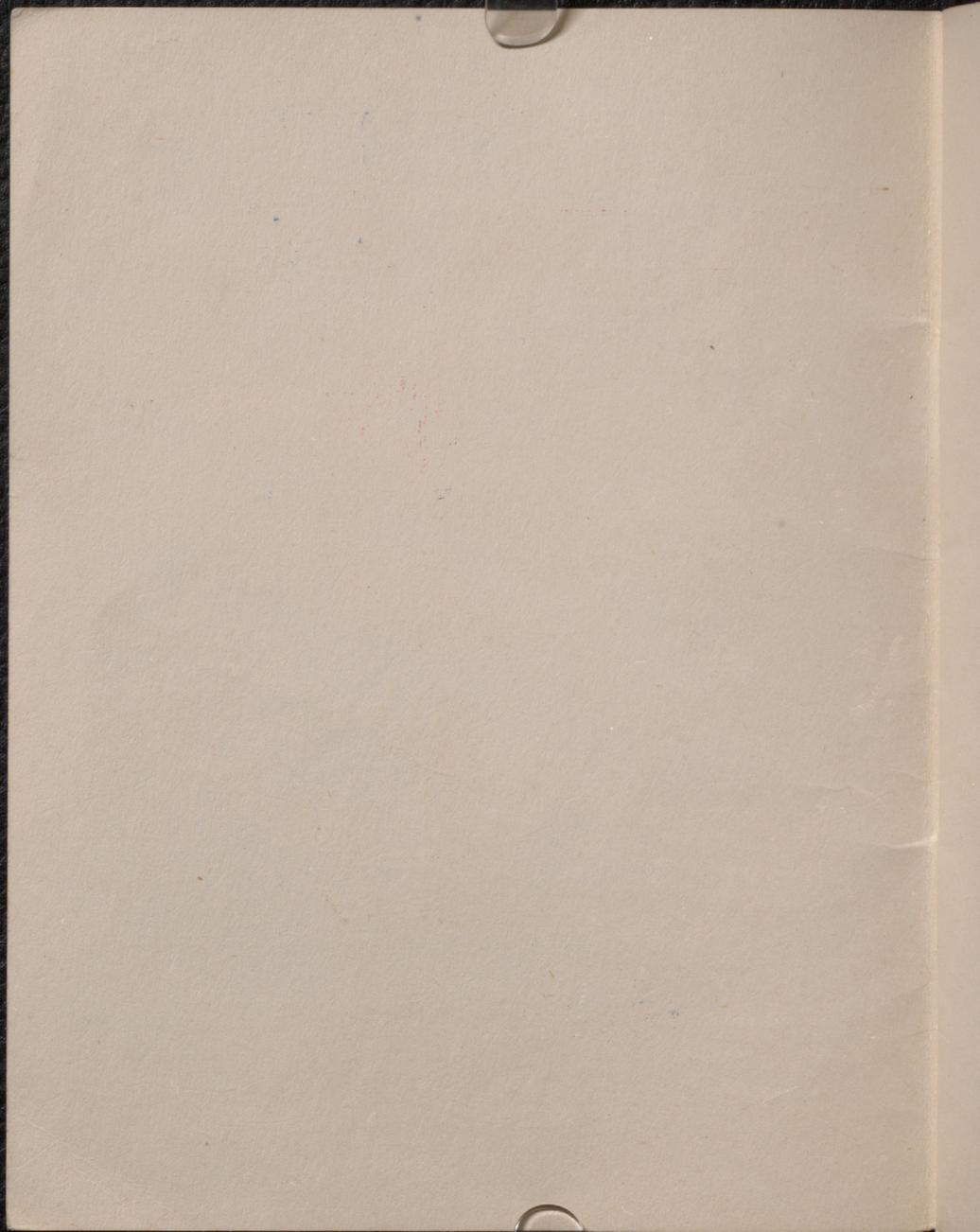


# Nestlé's **MILKY WAY** Recipes





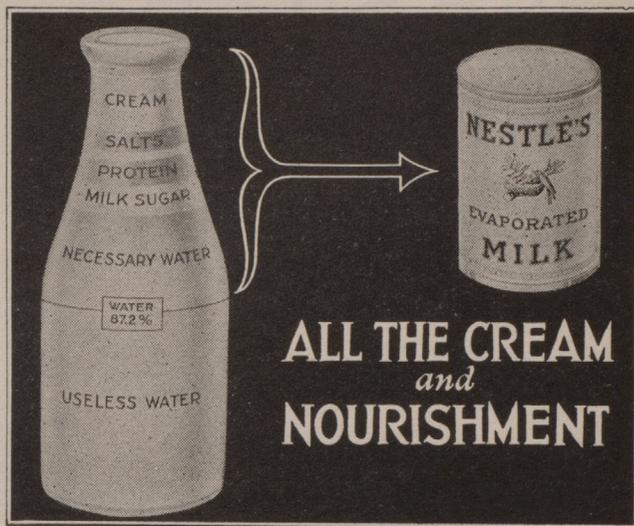
NESTLÉ'S  
MILKY WAY  
RECIPES

*Delicious and  
Wholesome  
Dishes*

NESTLÉ'S FOOD COMPANY  
OF CANADA, LIMITED  
METROPOLITAN BUILDING  
TORONTO-CANADA

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## What Nestlé's Evaporated Milk Is



NESTLÉ'S EVAPORATED MILK CONTAINS

### All the Cream and Nourishment

that is in the original fresh Milk. Only  
the Useless Water has been Evaporated.

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*Use it for Every Purpose that Bottled Milk  
and Cream are used for*

# *The Practical Kitchen*

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**I**N the good old days, kitchens were charming, cheery, cozy spots, where the house cat warmed herself lazily under the stove, where gay geraniums bloomed on the window ledge, and Mother busied herself the whole day through with culinary mysteries of delicious odor and still more rapturous flavor.

That, however, was in the days when a woman's whole world was her home. As she began to discover that her community as well as her family had need of her, the lady of the house grew indifferent about her kitchen. It grew smaller and less important; and was inhabited not a second longer than was necessary. But now the kitchen has come into its own once more. A new kitchen it is, with all the charm and flavor of old-time domesticity, and all the efficiency and sanitation of modern housekeeping.

So, when little Mrs. Bride plans for her new house, she builds it around the kitchen—the real heart of the home. It is roomy but compact; the windows are big and sunny; the sink is just the right height; there's a rubber mat underneath it to save tired feet; an upper oven on the gas stove to avoid back strain; in one corner stands the fireless cooker, that most satisfactory of modern servants. Then there's the high stool for sitting down at one's work; in short, all the innumerable big and little helps that make modern housekeeping a delightfully businesslike occupation.

And tucked away in the pantry is the greatest boon of all, Nestlé's Evaporated Milk—no going after the milk, no irritating waits on cold winter mornings, no finding it soured in summer,

no worry about milk strikes. The modern housewife is forearmed against every emergency. This modern milk is always on hand ready for use at any time of the day or night, in every season. The whole family loves it, from Father to Littlest Baby.

As one housewife smilingly paraphrased: "What is home without a kitchen, and what is a kitchen without Nestlé's Evaporated Milk?" And she might have added a word for the dining room, too, for there is always a tin of Nestlé's Evaporated Milk on the table at meal-times. It takes the place of expensive cream to enrich the coffee or tea and cereal and dessert.

Nestlé's Evaporated Milk can be used wherever milk is required in a recipe by adding equal parts of evaporated milk diluted with water. For example, suppose your recipe calls for one cup of milk. All that you need to do is to use  $\frac{1}{2}$  cup of Nestlé's Evaporated Milk and  $\frac{1}{2}$  cup of water instead of the bottled milk. The result will be an even more tempting and savory dish than if ordinary milk were used.

To show you how very easy it is to use Nestlé's Evaporated Milk we give the following recipes. They were planned for every day needs by a practical cook. But we wanted to make assurance doubly sure and so each recipe was tested; first, by experienced housekeepers, and second, by a domestic science expert.

### How To Open A Tin of Nestlé's Milk

With an ice-pick or similar sharp tool, punch two small holes in the top of the tin *on opposite sides* near the edge.

### Level Measurements Used

Standard spoons and measuring cups levelled are used in all the recipes given here.



## SOUPS

### Foundation for Cream Vegetable Soups

3 cups Nestlé's Evaporated Milk	A dash of pepper
3 tablespoons flour	1 tablespoon onion
2 tablespoons butter or substitute	1 teaspoon salt
2 cups water	

Serves eight persons

Melt the butter, add the flour and Nestlé's Evaporated Milk. Stir and cook until thickened. Add to this one tablespoon of chopped onion, the salt and a dash of pepper.

The water from fresh asparagus, spinach, peas, carrots, celery, etc., should always be saved, and used in place of the cold water called for in the above recipe. The flavor is improved if some of the vegetable is pressed through a fine sieve and added with the water.

Serve with croutons or small crisp crackers.

### Cream of Tomato Soup

1 quart can tomatoes	2 teaspoons salt
2 small onions	1 teaspoon sugar
Celery stalk or	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ teaspoon celery salt	$\frac{1}{4}$ teaspoon soda
1 cup Nestlé's Evaporated Milk	1 cup water

Serves five persons

Add the onions, stalk of celery, salt, sugar, and pepper to the tomatoes and boil 20 minutes. Strain. Add the soda, then combine with warm Nestlé's Evaporated Milk and water. Heat and serve. Finely minced parsley may be added as a garnish.

\*PUBLISHERS' NOTE—The Recipes in this book have been prepared by experts and are based on the use of Nestlé's Milks. We cannot assure results if other milks are used.

# Nestlé's MILKY WAY Recipes

## Cream of Corn

1 cup Nestlé's Evaporated Milk	1 tablespoon butter
1 can sweet corn	2 tablespoons flour
3 cups boiling water	1 teaspoon salt
$\frac{1}{2}$ onion	Pepper to taste

Serves six or eight persons

Chop onion, add corn and water. Simmer for twenty minutes. Press through a sieve. Add milk and seasoning, and thicken with flour and butter creamed together. For Cream of Pea substitute a can of peas for the corn.

## Potato Soup

1 cup Nestlé's Evaporated Milk	$1\frac{1}{4}$ teaspoons salt
3 cups boiling water	1 tablespoon butter
2 cups peeled and sliced potatoes	2 tablespoons flour
$\frac{1}{4}$ cup chopped celery	Pepper to taste
$\frac{1}{2}$ onion	

Serves six or eight persons

Cook potatoes, celery and onion, chopped, in the milk and water for half an hour, press through sieve, add seasoning, then thicken with butter and flour.

## Oyster Stew

1 tablespoon butter	1 cup Nestlé's Evaporated Milk
1 tablespoon flour	1 pint oysters
1 cup water	$\frac{1}{2}$ teaspoon salt
Pepper to taste	

Serves four persons

Mix butter and flour, salt and pepper to taste. Add this to scalded Nestlé's Evaporated Milk and water. Cook until thick, stirring constantly. Scald the oysters with their liquor, add to the above mixture and cook in double boiler until thoroughly hot.

## FISH, MEATS AND VEGETABLES

### Milky Way Sauce for Fish, Meats and Vegetables

1 tablespoon butter	$\frac{1}{2}$ cup water
1 tablespoon flour	Salt and pepper to taste
$\frac{1}{2}$ cup Nestlé's Evaporated Milk	

Makes a cup of sauce

Put the butter into a saucepan to heat. Add the flour and seasonings. When the flour has cooked a minute, pour in the cold Nestlé's Evaporated Milk and water and stir constantly while the sauce thickens. Stir until smooth.

### Salmon with Milky Way Sauce

Serves six or seven persons

Heat salmon by putting can in boiling water for half hour. Open; drain off liquid and place on hot platter. Pour two cups of Milky Way Sauce over salmon. Garnish with lemon and parsley.

# Nestlé's **MILKY WAY** Recipes

## Scalloped Fish

1 solid packed cup fish  
1 cup bread crumbs  
1 tablespoon minced onion  
1 teaspoon minced parsley

4 tablespoons melted butter  
 $\frac{1}{2}$  cup Nestlé's Evaporated Milk  
1 teaspoon lemon juice  
Salt and pepper

Serves four persons

A half-pound can of salmon, tuna fish or gray fish, or a cup of cold cooked fish freed from skin and bone is needed. Mix with it a cup of dry bread crumbs, reserving sufficient to cover top of dish. Add minced onion, parsley, salt, pepper and lemon juice, also two tablespoons of the melted butter. Butter baking dish, put in layer of prepared fish, then cover with thick white sauce made as for Baked Macaroni. Repeat until dish is full. Cover top with bread crumbs mixed with two remaining tablespoons of melted butter, and bake brown. Garnish with hard boiled egg, if desired.

## Creamed Codfish

$\frac{1}{2}$  box shredded cod or  
 $\frac{1}{2}$  can fish flakes or  
Equal amount of dried cod

$1\frac{1}{2}$  cups Milky Way Sauce  
6 slices toast

Serves five or six persons

Add the shredded or dried cod (which has been freshened by soaking a short time in warm water and squeezed dry) to the Milky Way Sauce and heat. Season to taste. Pour over hot buttered toast. If the canned fish flakes are used they do not need to be freshened.

## Creamed Tuna Fish

1 pound canned tuna fish  
 $\frac{3}{4}$  cup water  
 $\frac{1}{4}$  teaspoon paprika  
2 tablespoons butter or substitute  
 $\frac{3}{4}$  cup Nestlé's Evaporated Milk

2 tablespoons flour  
2 tablespoons minced green pepper  
1 tablespoon minced pimentos  
 $\frac{3}{4}$  teaspoon salt

Serves eight persons

Cook the peppers and pimentos for five minutes in the butter, being careful that they do not brown. Add the flour, salt, paprika and Nestlé's Evaporated Milk and water and cook until thickened. Add the fish and cook until it is thoroughly heated. Serve over boiled rice or on buttered toast.

## Chicken Maryland

1 cup Nestlé's Evaporated Milk  
1 chicken cut in neat pieces  
 $\frac{1}{4}$  pound salt pork

$\frac{1}{2}$  cup flour  
Salt and pepper

Serves eight persons

Parboil chicken for ten minutes. Drain and wipe dry. Fry pork cut in squares until brown, then remove to platter. Dip chicken in flour and fry brown in pork fat. Remove to hot platter, arrange pork around. Turn milk into pan gravy, stir until creamy, then season and turn over chicken.

# Nestlé's MILKY WAY Recipes

## Potato Patties with Creamed Crab Meat

Medium size can crab meat	5 potatoes
2 cups Milky Way Sauce	Salt and pepper to taste
1 tablespoon butter	1 tablespoon chopped parsley
2 tablespoons Nestlé's Evaporated Milk	

Serves six persons

Boil and mash the potatoes. When mashed, add one tablespoon of melted butter, seasoning and Nestlé's Evaporated Milk; beat until light. Form into little cakes, making a hollow in the centre of each, and place in the oven until thoroughly hot. Add two cups of Milky Way Sauce to the crab meat, together with the chopped parsley. Place the potato cakes on a hot serving dish, fill the hollows with the hot creamed crab meat, garnish with parsley and serve at once.

## Scalloped Rice and Chicken

2 cups cold and cut chicken	2 cups Milky Way Sauce
2 cups cold boiled rice	Salt, pepper, celery salt
$\frac{1}{4}$ cup bread crumbs	and paprika to taste

Serves seven or eight persons

Season the Milky Way Sauce with salt, pepper, celery salt and paprika. Place alternating layers of rice, sauce and chicken in a baking dish. Sprinkle bread crumbs over the top and place in the oven until brown. When in season, chopped green or red pepper gives additional flavor, if a small quantity is added to the sauce. It also adds color to the dish.

## Chicken Mousse with Macaroni Salad

3 egg yolks	1 cup white chicken meat, minced
1 cup Nestlé's Evaporated Milk diluted with	$\frac{3}{4}$ cup heavy cream
$\frac{3}{4}$ cup water	$\frac{1}{2}$ cup hot chicken broth
$\frac{1}{2}$ tablespoons gelatine	Salt, pepper and paprika
$\frac{1}{4}$ cup cold water	

Serves eight persons

Beat yolks, add diluted milk and cook in a double boiler until it thickens. Soak gelatine in cold water. Add hot chicken broth, stir until dissolved, then add to custard. Add the minced chicken and seasonings to suit the taste. When cool add the cream, whipped. Put into a greased ring mold; let stand in ice box several hours, or overnight. Place on large platter and serve with following macaroni salad in centre of ring:

2 cups cooked macaroni	$\frac{1}{2}$ chopped pimento
1 cup sliced celery	1 cup chopped tomato
1 tablespoon minced onion	Mayonnaise or cooked salad dressing
$\frac{1}{2}$ chopped green pepper	

Combine ingredients in order given and mix lightly with salad dressing.

## Boston Pork

$\frac{1}{2}$ pound salt pork	1 tablespoon flour
1 cup Nestlé's Evaporated Milk	Pepper

Serves two persons

Fry pork cut in small squares until brown. Turn milk into the hot fat and thicken with flour, then turn over the pork.



### Chicken à la King

3 cups cold chicken cut in inch dice  
 3 tablespoons butter  
 3 tablespoons flour  
 ½ green pepper cut in shreds  
 ½ red pepper cut in shreds

1 cup chicken broth  
 1 or 2 eggs (yolks only)  
 1 cup Nestlé's Evaporated Milk  
 ¼ pound mushrooms  
 Salt and pepper to taste

Serves six or seven persons

Cook the shredded peppers (also mushrooms if they are used) in the butter for fifteen minutes, keeping them covered while cooking slowly. Add the flour and seasoning, also the Nestlé's Evaporated Milk and broth; stir to a smooth sauce. Put the chicken in the sauce to heat, and just before serving, stir in the beaten egg. Do not allow the mixture to boil or it will curdle. It is best to cook it over hot water.

### Creamed Eggs and Chipped Beef

5 or 6 eggs  
 ¼ lb. chipped beef

2 cups Milky Way Sauce  
 ½ cup bread crumbs

Serves seven persons

Cook the eggs over a moderate fire until hard boiled. Slice the eggs into a baking dish, putting first a layer of eggs, then one of beef. Pour a little of the sauce over each layer, and finish with fine crumbs sprinkled over the top. Dot with butter, and bake until brown.

### Rice and Meat Croquettes

1 cup boiled rice  
 1 cup chopped cooked meat  
 2 tablespoons butter  
 ½ cup Nestlé's Evaporated Milk

3 tablespoons water  
 2 eggs  
 Seasonings to taste

Makes seven medium-sized croquettes

Heat the Nestlé's Evaporated Milk and water and add the meat and rice. When the mixture has come to a boil stir in one egg slightly beaten, add butter, season and remove from the fire. Cool. Shape into desired form, roll in crumbs, then in slightly beaten egg, and again in crumbs; and fry in deep, hot fat until brown. Serve with Milky Way Sauce.

# Nestlé's **MILKY WAY** Recipes

## Macaroni with Cheese and White Sauce

$\frac{1}{2}$  lb. macaroni  
2 tablespoons butter  
2 tablespoons flour  
 $\frac{3}{4}$  teaspoon salt

$\frac{1}{2}$  lb. cheese or less, according to personal preference  
1 cup water  
1 cup Nestlé's Evaporated Milk

Serves seven or eight persons

Break the macaroni into small pieces, and cook until tender in rapidly boiling salted water. Make a white sauce by melting the butter, adding to it the flour, and when well blended add the Nestlé's Evaporated Milk and water. Cook until thick, stirring meanwhile. (Pepper may also be used if one prefers a more highly seasoned dish.)

Grate cheese or shave it thin; add it to the sauce. When the cheese is melted, pour the sauce over the macaroni, mix well and put in a baking dish, Sprinkle with grated cheese and brown in the oven.

## Creamed Asparagus on Toast with Poached Eggs

1 can asparagus  
6 poached eggs  
6 slices toast

$1\frac{1}{2}$  cups Milky Way Sauce  
 $\frac{1}{8}$  cup grated cheese

Serves six persons

Add the grated cheese to the Milky Way Sauce. Set the poached eggs on toast. Arrange the asparagus (which has first been heated in the can, then drained) on the toast with the eggs, and pour the sauce around and on top.

## Escalloped Cheese

6 slices buttered bread  
2 eggs

$\frac{3}{4}$  cup Nestlé's Evaporated Milk diluted  
with  $\frac{3}{4}$  cup water

$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon paprika  
 $\frac{1}{4}$  lb. grated cheese

Serves eight persons

Cut four slices of bread into narrow strips, and stand up around rim of a deep buttered baking dish. Cut the other two slices into small cubes and lay in bottom of dish. Beat eggs thoroughly, add diluted milk and pour over bread. Add salt, paprika and grated cheese. Bake in a 325° F. oven until set. Serve immediately.

## Cheese Souffle

3 tablespoons butter  
4 tablespoons flour

$\frac{3}{8}$  cup Nestlé's Evaporated Milk diluted  
with  $\frac{3}{8}$  cup water

$\frac{3}{4}$  cup grated cheese  
 $\frac{1}{2}$  teaspoon baking powder

$\frac{1}{2}$  teaspoon Worcestershire sauce (may be omitted)

3 egg yolks  
3 egg whites

$\frac{1}{2}$  teaspoon salt

Serves eight to ten persons

Make a white sauce of butter, flour, diluted milk and salt, cooking for five minutes. Add cheese, allow it to melt so that it may be evenly blended with white sauce. Cool, and add well beaten egg yolks and, lastly, the stiffly beaten egg whites and baking powder. Pour into a well oiled baking dish, bake in a slow oven (300° F.) for forty-five minutes. Serve immediately.

# Nestlé's MILKY WAY Recipes

## Baked Macaroni

2 cups macaroni and spaghetti  
2 tablespoons butter  
2 tablespoons flour

$\frac{1}{2}$  cup Nestlé's Evaporated Milk  
 $\frac{1}{2}$  cup water

Serves four persons

Cook macaroni broken in small pieces in two quarts of salted water until tender, stirring several times to keep from sticking to bottom of saucepan. Melt butter or butter substitute in skillet, mix flour with it, add Nestlé's Evaporated Milk and half cup of water in which macaroni was cooked. Put layer of macaroni in buttered baking dish, sprinkle it with grated cheese; repeat until dish is filled to within half inch of top. Pour in creamed milk, cover top with grated cheese. Bake until well browned.

## Cheese Custard

1 cup Nestlé's Evaporated Milk  
1 cup bread crumbs  
1 egg  
 $\frac{1}{4}$  teaspoon each mustard and salt

$\frac{1}{8}$  teaspoon baking soda  
Paprika to suit the taste  
1 cup finely shaved cheese

Serves four persons

Heat the milk and pour over bread crumbs. Beat the egg with the salt, mustard and paprika and stir into soaked crumbs. Add the cheese and last the soda. Turn into a greased dish and bake in a slow oven for twenty-five minutes.

## Cheese Paddie

1 cup Nestlé's Evaporated Milk  
1 cup shaved cheese  
 $\frac{1}{2}$  cup hot water

6 or 8 Boston crackers  
Butter

Split crackers and butter them. Put in layer in baking dish, cover with cheese. Repeat till all are used. Turn in milk and water heated hot. Bake in hot oven until top is brown and crackers swelled.

## Creamy Omelet

$\frac{1}{2}$  cup Nestlé's Evaporated Milk  
4 eggs  
1 tablespoon melted butter

1 tablespoon cornstarch  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon white pepper

Serves four persons

Beat egg yolks and whites separately. Add the cornstarch mixed with the milk to the yolks, also the salt and pepper. Stir in the melted butter. Last fold in the stiffly beaten whites. Have a heaping tablespoon of oil, butter substitute or butter heated hot in an iron skillet. Turn in omelet mixture. Cook over a moderate fire. When firm fold one-half over the other and serve at once on a heated platter. Jelly, minced ham, parsley or onions may be added to this omelet before folding.

## Mold of Spinach with Milky Way Sauce

4 quarts spinach (before cooking)  
3 hard boiled eggs  
1 slice bacon for each service

Salt and pepper to taste  
2 cups Milky Way Sauce

Serves seven persons

Cook the spinach until tender in salted water; drain and chop. Mash the hard-boiled yolks and stir them lightly into the spinach together with the seasoning. Press into a mold and keep hot over boiling water. When ready to serve, turn out on a platter, garnish with the bacon, and serve with the Milky Way Sauce, to which has been added the whites of the eggs chopped fine.

# Nestlé's MILKY WAY Recipes

## Potatoes Au Gratin

6 cold boiled potatoes  
1 cup Nestlé's Evaporated Milk  
2 tablespoons butter  
1 cup water  
3 tablespoons flour  
5 tablespoons grated cheese  
Salt and pepper to taste  
 $\frac{1}{2}$  cup bread crumbs

Serves seven persons

Put butter in a pan to melt; when melted add flour and stir until blended. Add Nestlé's Evaporated Milk and water, and stir until it boils. Take from the fire and add the cheese and seasoning. Cover bottom of baking dish with sauce. Put sliced or diced potatoes in the dish in layers, covering each layer with sauce until dish is three-quarters full. Sprinkle with bread crumbs and put in the oven until brown.

## Creamed Peas and Carrots

1 cup sliced carrots  
2 cups peas  
 $\frac{1}{2}$  cup Nestlé's Evaporated Milk  
 $\frac{1}{4}$  cup water  
Salt and pepper

Serves four persons

Scrape and slice carrots, cook in salted water for thirty minutes, then add peas and cook fifteen minutes longer. If peas are canned put in with carrots just long enough to heat hot. Drain, put in saucepan with white sauce made as for Baked Macaroni, bring to boil, season with salt, pepper and butter. Turn into heated vegetable dish.

## Creamed Potatoes

1 cup Nestlé's Evaporated Milk  
2 cups peeled and diced potatoes  
1 tablespoon each butter and flour  
1 teaspoon chopped parsley  
Salt and pepper

Serves four persons

Cook the potatoes in water to cover until nearly done. Drain, cover with the milk, adding a little of the water in which potatoes were cooked. Bring to the boil, thicken with the butter and flour blended, season to taste and sprinkle with parsley.

## Scalloped Cabbage

1 cup Nestlé's Evaporated Milk  
2 tablespoons each butter and flour  
1 small cabbage  
Salt and pepper

Serves four persons

Wash and cut up cabbage in small pieces. Parboil for fifteen minutes, drain and put a layer in a buttered baking dish. Turn over a sauce made by thickening the milk with the butter and flour, and sprinkle with pepper and salt. Repeat till dish is full and all the sauce used. Cover top with buttered crumbs and bake in moderate oven for half an hour.

## Tomato Salad Served with Cooked Dressing

RECIPE FOR DRESSING  
 $\frac{3}{4}$  cup Nestlé's Evaporated Milk  
 $\frac{1}{4}$  cup water  
1 teaspoon salt  
1 teaspoon sugar  
2 eggs (yolks)  
1 teaspoon mustard  
Pepper to taste  
2 tablespoons flour  
 $\frac{1}{4}$  cup vinegar

Serves eight persons

Mix the flour with the salt, mustard, pepper and vinegar. Cook in a double boiler until thick. Remove from the fire and cool. Add the beaten yolks of the eggs to the Nestlé's Evaporated Milk and water and cook in a double boiler until thick, like custard. Cool and mix with the thickened vinegar. This dressing will keep in a cool place for a considerable time, and is delicious served with tomato salad.



### Debutante Salad

3 cups diced cooked chicken  
1 pint diced celery  
 $\frac{1}{2}$  cup broken pecans

$1\frac{1}{2}$  cups mayonnaise  
 $\frac{1}{2}$  cup Nestlé's Evaporated Milk  
Head lettuce

Serves ten or twelve persons

Combine chicken, celery and pecans. Add salad dressing that has been mixed thoroughly with Nestlé's Evaporated Milk. Mix lightly and serve on lettuce leaf.

### BREAKFAST DISHES

#### Oatmeal Cooked in Milk

1 cup rolled oats  
1 teaspoon salt

$1\frac{1}{2}$  cups Nestlé's Evaporated Milk  
 $1\frac{1}{2}$  cups water

Serves six to seven persons

Put the water, Nestlé's Evaporated Milk and salt in a double boiler. When hot, stir in the rolled oats. Cook for an hour or more. Serve with Nestlé's Evaporated Milk.

*Note*—Any cereal can be cooked by following the directions given on package and using equal parts of Nestlé's Evaporated Milk and water.

#### Griddle Cakes

1 cup Nestlé's Evaporated Milk  
1 cup water  
2 tablespoons melted butter or substitute  
2 tablespoons sugar

1 egg well beaten  
3 cups flour  
4 teaspoons baking powder  
1 teaspoon salt

Serves six to seven persons

Mix the Nestlé's Evaporated Milk and water. Sift the flour, salt, baking powder and sugar together. Add the liquid to the dry ingredients, stir in the beaten egg and melted shortening. Cook on a greased griddle. If a soapstone or aluminum griddle is used, no grease is needed.

# Nestlé's **MILKY WAY** Recipes

## Waffles

1 cup Nestlé's Evaporated Milk  
1 ¼ cups water  
2 eggs  
2 ½ cups flour

1 teaspoon salt  
2 tablespoons sugar  
3 tablespoons melted butter or substitute  
5 teaspoons baking powder

Serves six to seven persons

To the beaten yolks of the eggs add the Nestlé's Evaporated Milk and water. Sift flour, salt, sugar and baking powder together. Gradually mix the liquid with the dry ingredients, adding the melted butter. Last fold in the whites of the eggs which have been beaten to a stiff froth. Bake on an evenly heated and well greased waffle iron. Serve with butter and syrup, honey, cinnamon and sugar, or gravy. Waffles are delicious served with fricassee of chicken.

## Wheat Cakes

2 cups flour  
2 teaspoons baking powder  
½ teaspoon salt  
1 tablespoon shortening

1 egg  
½ cup Nestlé's Condensed Milk  
Warm water

Makes from twelve to fourteen cakes depending upon size

Sift flour, baking powder and salt together. Rub in shortening. Mix Nestlé's Condensed Milk with three-quarters cup warm water and add. Stir until batter is smooth, then add egg. Cook brown on both sides on well-greased griddle. Try one small cake. If too thick add a little more warm water.

## Muffins

½ cup Nestlé's Condensed Milk  
½ cup lukewarm water  
2 cups flour  
4 teaspoons baking powder

½ teaspoon salt  
1 egg  
2 tablespoons melted lard or butter

Serves twelve to fourteen muffins

Sift baking powder and salt with flour, beat eggs with the milk and water. Mix all, add lard, fill well greased hot muffin pans half full and bake for twenty minutes in moderate oven. For Rye Muffins use 1 cup rye flour, 1 cup white flour, add 2 tablespoons molasses. For Whole Wheat Muffins use one cup whole wheat, one cup white flour, and add the molasses. For Fruit Muffins add a half cup chopped raisins, dates or cooked prunes to any of the muffins.

## BREAD

### Steamed Brown Bread

1 cup whole wheat flour  
1 cup finely ground cornmeal  
1 cup rye flour  
1 cup Nestlé's Evaporated Milk

¾ cup molasses  
1 cup water  
½ teaspoon soda  
½ teaspoon salt

Makes one good-sized loaf

Mix the salt and soda with the three kinds of flour. Add molasses, together with the Nestlé's Evaporated Milk and water; mix and beat thoroughly. Pour into a greased mold which has a cover, and steam four hours. Remove the cover from the mold when done, and bake in a moderate oven twenty minutes. The mold should be filled only three-quarters full to allow for rising.

# Nestlé's MILKY WAY Recipes

## Biscuits

4 cups flour	6 teaspoons baking powder
1 teaspoon salt	4 tablespoons butter or butter substitute
½ cup Nestlé's Evaporated Milk	½ cup water

Makes twenty small biscuits

Mix and sift the flour, baking powder and salt. Rub in the shortening, add the Nestlé's Evaporated Milk and water. Roll to thickness of one-half inch. Cut and bake in a *hot* oven from twelve to fifteen minutes.

## Whole Wheat Bread

4 cups whole wheat flour	2 tablespoons molasses or sugar
2 cups white flour	½ cake yeast
1 cup Nestlé's Evaporated Milk	1 cup water
2 teaspoons salt	½ cup lukewarm water

Makes two medium-sized loaves

Mix the Nestlé's Evaporated Milk and water, and scald. Cool to lukewarm, and add the molasses (or sugar), salt, and the yeast, which has been soaked in the lukewarm water. Stir in the two kinds of flour, and knead until elastic. Place where it is warm and let the dough double in bulk. Knead it a little more, shape into loaves, and put into greased pans. Let the dough rise again, and bake in a moderate oven about one hour. When done, brush the tops with butter.

## PUDDINGS

### Peach Roly Poly

1 pint canned peaches	½ teaspoon salt
½ cup Nestlé's Evaporated Milk	1 tablespoon sugar
½ cup cold water	4 teaspoons baking powder
2 cups flour	3 tablespoons butter or substitute

Serves six persons

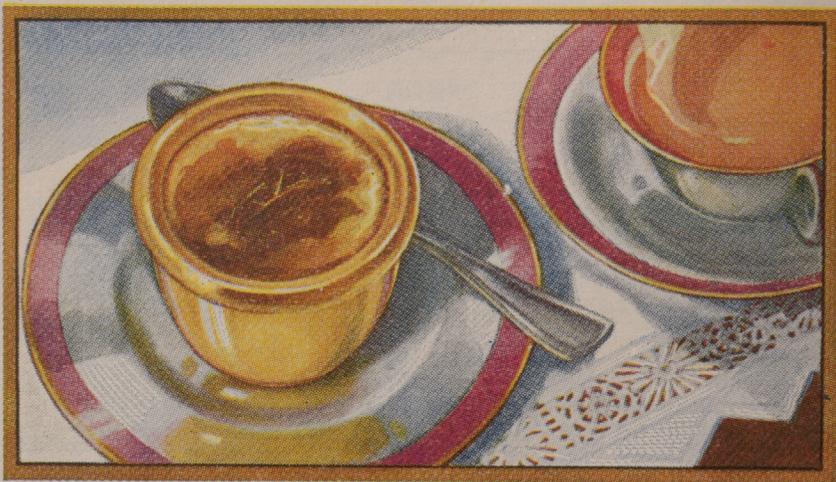
Mix and sift the flour, salt, sugar and baking powder; rub in the shortening. Add the Nestlé's Evaporated Milk diluted with the water. Place the dough on a floured board and roll out in an oblong shape, about one-quarter inch thick. Drain the peaches and chop them. Spread them over the dough. Sprinkle with a little nutmeg or cinnamon. Roll like a jelly roll, pinching the edges together. Brush the top with a little Nestlé's Evaporated Milk. Bake in a moderate oven for about thirty minutes. Serve with the following sauce:

### Cornstarch Pudding

5 level tablespoons cornstarch	1½ cups water
1½ cups Nestlé's Evaporated Milk	2 eggs
½ cup sugar	1 teaspoon vanilla
¼ teaspoon salt	

Serves eight persons

Mix together the Nestlé's Evaporated Milk and water, saving one-half cup to moisten the cornstarch. Scald the Nestlé's Evaporated Milk in a double boiler, and add the cornstarch which has been wet with the cold milk. Cook until the mixture is thickened, about ten or fifteen minutes. Beat the eggs until light, adding the sugar and salt. Remove the cornstarch from the fire and add the beaten eggs, stirring well. Flavor and serve cold with whipped Nestlé's Evaporated Milk.



### Baked Custard

1 cup Nestlé's Evaporated Milk  
2 eggs  
Pinch salt

1 cup water  
3 tablespoons sugar  
Grated nutmeg or vanilla to taste

Serves six persons

Beat the eggs slightly, add the sugar, and mix with the Nestlé's Evaporated Milk and water. Pour into buttered mold or custard cups. Stand in a pan of hot water and bake in a moderate oven until set. When firm in the centre, the custard is done. Coconut may be added and the same method of cooking followed.

### Prune Roly Poly

$\frac{1}{2}$  pound prunes  
2 cups flour  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
2 tablespoons shortening

$\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  grated lemon rind  
2 tablespoons butter  
2 tablespoons Nestlé's Condensed Milk  
Warm water

Serves six persons

Soak over night a half pound of well washed prunes. Next morning cook in water to cover in the double boiler until soft enough for the pits to slip out easily. Drain dry and chop coarsely. Make a dough of the flour, baking powder, shortening, Nestlé's Condensed Milk and warm water. Sift salt with flour and baking powder. Roll out to half inch thickness. If dough is too stiff add a very little more warm water. Spread with part of the butter, then with the chopped prunes. Sprinkle these with part of the sugar and the grated lemon rind. Roll up dough, put in greased baking pan, rub with the remainder of the butter, sprinkle with remainder of sugar, put a little boiling water in pan and bake brown. Eat hot with cream and sugar, with hard sauce, or with prune juice thickened with a tablespoon of cornstarch.



### Spanish Cream

1½ cups Nestlé's Evaporated Milk  
 1½ cups water  
 ½ cup sugar

2 eggs  
 1½ tablespoons granulated gelatine  
 1 teaspoon vanilla

Serves eight persons

Soak the gelatine in the water and Nestlé's Evaporated Milk for at least five minutes. Scald. Beat the egg yolks with the sugar and salt. Add to the gelatine mixture and cook until it becomes the consistency of custard. Fold in the stiffly beaten whites of the eggs and add flavoring. Put in a mold which has been chilled with cold water. When stiff, serve with fruit or whipped Nestlé's Evaporated Milk.

### Bread Pudding

1 scant cup stale bread crumbs  
 2 tablespoons sugar  
 1 cup Nestlé's Evaporated Milk  
 2 eggs

1 cup water  
 ¼ teaspoon salt  
 Vanilla, nutmeg or orange flavoring to taste

Serves six or seven persons

Beat the eggs with the sugar until light, reserving the white of one egg for the meringue. Add the Nestlé's Evaporated Milk and water to the eggs and stir well. Mix in the bread crumbs, flavor and pour into a baking dish. Set the dish in a pan of water. Bake slowly one hour. Remove from the oven, spread the pudding with a thin layer of jelly, and a meringue made from the white of the egg and two tablespoons of sugar. Place in the oven long enough to cook the meringue. Serve cold with whipped or plain Nestlé's Evaporated Milk.

### Rice Custard Pudding

1 cup Nestlé's Condensed Milk  
 3 cups water  
 1 cup warm boiled rice  
 3 eggs

1 tablespoon sugar  
 1 tablespoon melted butter  
 ¼ teaspoon salt

Serves four persons

Warm the milk, stir into it the rice and butter. Beat eggs and add, then turn into buttered pudding dish and bake for half an hour. A cup of seeded chopped raisins may be added. Eat warm.

# Nestlé's MILKY WAY Recipes

## Apple Indian Pudding

1 cup Nestlé's Condensed Milk	2 tablespoons butter
3 cups water	2 cups pared and cut up sweet apples
$\frac{3}{4}$ cup molasses	1 teaspoon salt
4 tablespoons yellow cornmeal	1 teaspoon mixed cinnamon and nutmeg

Serves eight persons

Mix milk with water, and bring to scald in double boiler. Wet meal with cold water after mixing salt with it and stir into the milk. Add butter, molasses, spice and apples. Stir well, pour into buttered pudding dish and bake slowly covered for two hours; then uncovered one hour. Serve with cream.

## Tapioca Pudding

4 tablespoons tapioca	$\frac{3}{4}$ cup sugar
2 cups Nestlé's Evaporated Milk	2 eggs
$1\frac{1}{2}$ cups water	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon vanilla	

Serves eight persons

Soak the tapioca one hour in enough cold water to cover; drain. Add the Nestlé's Evaporated Milk and water and cook in double boiler until the tapioca is transparent. Add the sugar, yolks of eggs slightly beaten, and salt. Cook until it thickens. Remove from the stove and add whites of eggs, beaten stiff. Flavor and chill.

## Chocolate Blanc Mange

4 tablespoons cornstarch	$\frac{1}{2}$ teaspoon salt
2 squares chocolate	$\frac{1}{2}$ teaspoon vanilla
$1\frac{1}{2}$ cups water	$\frac{3}{4}$ cup sugar
$1\frac{1}{2}$ cups Nestlé's Evaporated Milk	

Serves six persons

Scald the Nestlé's Evaporated Milk and water with the chocolate in a double boiler, saving enough of the liquid (cold) to mix with the cornstarch. Add the dissolved cornstarch, sugar and salt to the scalded mixture, stirring until thick; then let it cook half an hour. Add vanilla and beat well. Serve cold.

The following thin boiled custard is nice to serve with this pudding:

Beat together the yolk of one egg and a tablespoon of sugar. Add it to one-half cup of Nestlé's Evaporated Milk and one-half cup of water, which have been scalded. Cook the mixture in a double boiler until it is thick enough to coat a spoon. Flavor with vanilla and serve cold.

## Floating Island

1 cup Nestlé's Condensed Milk	4 eggs
3 cups water	2 tablespoons powdered sugar
2 tablespoons granulated sugar	1 teaspoon vanilla or lemon extract

Serves six persons

Mix milk and water, heat scalding hot in double boiler. Beat egg yolks with granulated sugar. Turn over them a cup of the hot milk, then turn all back in double boiler and cook until like thick cream. Remove from fire, cool and flavor. Keep egg whites until ready to serve, then whip them stiff with the powdered sugar, turn cold custard in glass dish and put spoonsful of the meringue to float on top. A square of melted chocolate dissolved in the hot milk will make, when the rest of the ingredients are used as before directed, a very delicious Chocolate Floating Island.

# Nestlé's MILKY WAY Recipes

## Neapolitan Blanc Mange

6 tablespoons cornstarch	3 squares sweet chocolate
1 tablespoon Nestlé's Condensed Milk dissolved in a quarter cup cold water	1 teaspoon vanilla
1 cup Nestlé's Condensed Milk dissolved in 1 cup boiling water	Vegetable coloring or cranberry juice
¼ teaspoon salt	2 tablespoons sugar
	1 teaspoon lemon extract

Makes one quart blanc mange

Mix cornstarch, salt and sugar with cold Nestlé's Condensed Milk. Bring the cup of Nestlé's Condensed Milk dissolved in cup of warm water to the scald in double boiler, then stir in cornstarch mixture and cook for twenty minutes, stirring constantly. Have ready brick mold wet with ice water, remove cornstarch from fire, stir in vanilla, and turn one-third of mixture into mold. Keep the rest of liquid over boiling water. Let first layer stand in cold place until firm. Stir into mixture a few drops of pink vegetable coloring or cranberry juice, and a teaspoon of lemon extract, then turn half of what is left in double boiler into mold, and let set. To the remainder add the three squares of chocolate melted. Stir until smooth and add. Let chill for several hours or over night, then turn out on glass plate. This can be decorated with nut meats and candied cherries, or served plain with cream.

## Frozen Custard

Make a custard as for the Floating Island, but stir the beaten egg whites into the custard after it cools. Freeze in the usual way. A half cup grated chocolate or cocoa cooked with the custard will give a rich Chocolate Ice Cream. Bananas, peaches or berries sugared and allowed to stand for an hour, then stirred into the cream when half frozen, then the freezing completed, will give very fine Fruit Ice Cream.

Serves eight persons

## Snow Pudding

1 cup Nestlé's Condensed Milk	1 cup boiling water
1 cup cold water	2 tablespoons lemon juice
½ cup granulated sugar	½ cup powdered sugar
3 eggs	1 teaspoon vanilla
½ package of gelatine	

Serves six or eight persons

Soak gelatine in cold water to cover for five minutes, then dissolve in the boiling water, add the granulated sugar and the lemon juice. Beat the egg whites until very stiff and when the gelatine mixture has grown cool stir the whites with it gradually. Turn into a mold wet with ice water and set in a cold place for two hours. Heat the milk and water, beat the egg yolks with the powdered sugar. Turn a little of the hot milk over them, then return all to double boiler, cook until creamy, remove from fire and flavor. Chill, and when pudding is firm serve with the custard sauce turned around it.

## Charlotte Russe

Line a fancy mold with slices of sponge cake. Fill the centre with the Snow Pudding, but flavor with vanilla instead of lemon. Chill and when ready to serve, turn out carefully on fancy dish.

Serves six persons

# Nestlé's MILKY WAY Recipes

## Eggless Plum Pudding

1 cup chopped beef suet  
1 cup molasses  
1 cup currants  
1 cup Nestlé's Evaporated Milk  
2 cups bread crumbs

1 cup chopped raisins  
 $\frac{1}{2}$  cup flour  
1 teaspoon salt  
1 teaspoon each cloves, cinnamon, allspice, soda

Serves eight or nine persons

Mix above ingredients together thoroughly, adding enough flour to make a stiff batter. It is best to sift the salt, spices and soda with the flour, as this distributes them more evenly. Put in a well greased mold with a cover, and steam four hours. Serve with a plain sauce.

## Prune Snow

1 pint prunes cooked and pitted  
 $\frac{1}{2}$  cup Nestlé's Evaporated Milk  
3 tablespoons granulated sugar

2 eggs  
 $\frac{1}{4}$  teaspoon butter  
 $\frac{1}{4}$  cup water

Serves six persons

Place the prunes in good sized pudding dish. Make a custard of the Nestlé's Evaporated Milk, water, four tablespoons of sugar, butter and the beaten yolks of the eggs. Pour this over the prunes. Now place pudding dish in pan of water and bake until the custard is set (about thirty minutes). Then put on a meringue made of the stiffly beaten whites of two eggs and four tablespoons of granulated sugar. Put back in oven to brown lightly.

## SAUCES

### Jam Sauce

$\frac{1}{2}$  cup Nestlé's Condensed Milk  
 $\frac{1}{2}$  cup warm water  
1 tablespoon cornstarch

$\frac{1}{2}$  cup strawberry, blackberry or raspberry jam  
1 egg white

Bring Nestlé's Condensed Milk, water and jam to the scald, and put through a sieve to get seeds out of jam. Wet the cornstarch with a little cold water and stir in. Cook until thick. Put in sauce dish and chill. When ready to serve pile egg white beaten stiff on top.

### Lemon Sauce

$\frac{1}{2}$  cup Nestlé's Condensed Milk  
1 cup hot water  
2 tablespoons sugar

2 teaspoons cornstarch  
1 teaspoon melted butter  
 $\frac{1}{2}$  teaspoon lemon extract

Mix milk and hot water, add sugar. Bring to boil, stir in cornstarch wet with cold water. Cook ten minutes, add butter, take from fire and add flavoring. Instead of extract the grated rind and juice of half a lemon may be used. Serve hot or cold. The use of a teaspoon of vanilla extract instead of lemon makes this a Vanilla Sauce. Two tablespoons of grated chocolate cooked with it makes it a Chocolate Sauce.

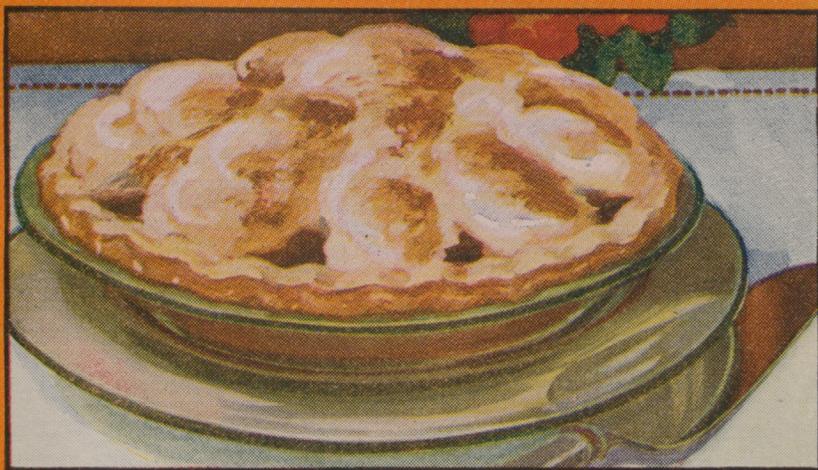
### Plain Sauce

1 cup sugar  
3 tablespoons flour  
2 cups boiling water, or peach juice with enough water added to make 2 cups of liquid

2 tablespoons butter or substitute  
 $\frac{1}{2}$  teaspoon salt  
1 lemon (juice and grated rind)

Mix the sugar, salt and flour. Add the boiling water and fruit juice gradually. Cook, stirring constantly until the mixture becomes clear. Stir in the butter. Remove from the fire and add the lemon juice and rind. Serve hot.

*Note*—Other canned fruits may be used instead of the peaches. If raw fruits, such as apples, are used, sprinkle the chopped fruit with sugar.



## PIES

### Chocolate Meringue Pie

#### CRUST

1½ cups flour  
4 tablespoons shortening  
4 tablespoons butter

½ teaspoon salt  
Ice water

#### FILLING

2 squares chocolate  
1 cup Nestlé's Condensed Milk  
1 cup warm water  
4 level tablespoons cornstarch

3 egg yolks  
1 teaspoon vanilla  
¼ teaspoon salt  
2 teaspoons sugar

#### MERINGUE

2 egg whites

1 tablespoon powdered sugar

Serves six or eight persons

Sift flour with salt and chop in shortening. Add ice water sufficient to make a stiff dough. Work just enough to hold together, then put on ice for an hour. Roll out on floured board, fold ends to middle, turn half way around and roll out again. Repeat rolling and folding three times, then roll thin. Grease pie plate. Cut paste one inch larger all around than plate. Pat into plate and fold edge under making a double rim which can be crimped with the tines of a fork. Prick the crust several times to keep it from blistering, then bake brown. While it is baking make the filling. Melt the chocolate in the double boiler with the sugar. Stir in the cornstarch beaten up with the eggs and salt, and bring to the scald; stir in the cornstarch mixed with the warm water. Cook until thick, beating and stirring constantly. Remove from fire, add flavoring, then turn into the baked shell. Beat the egg whites stiff, then beat in the sugar. Pile on top of the pie and return to the oven for a minute or two to color light brown. Serve cold.

# Nestlé's MILKY WAY Recipes

## Plain Pastry

1 cup flour  
¼ teaspoon salt  
¼ teaspoon baking powder

Cold water  
½ cup shortening

This makes enough for one pie, top and bottom crusts

Sift flour, baking powder and salt together. Cut in shortening with knife (the heat of the fingers melts the fat which tends to make tough pastry). Add only enough water to hold ingredients together. Turn out on slightly floured board in two portions (do not knead) and roll separately until thin.

## Chocolate Pie

½ cup Nestlé's Evaporated Milk  
2 tablespoons cornstarch  
½ cup grated chocolate (1½ squares)  
2 eggs  
4 tablespoons sugar for meringue

1 cup water  
½ cup sugar  
¼ teaspoon salt  
1 teaspoon vanilla

Serves five or six persons

Mix the cornstarch, sugar, salt, grated chocolate, water and Nestlé's Evaporated Milk together. Cook (stirring until the mixture thickens) in a double boiler for fifteen minutes. Beat the yolks of the eggs slightly. Add the chocolate mixture to them. Return to the double boiler and cook five minutes longer. Cool. Add the vanilla. Pour into a pie crust which has been previously baked. Cover with a meringue made with the beaten whites of the eggs to which four tablespoons of sugar have been added. Brown in a *slow* oven.

## Cream Pie

1 cup Nestlé's Evaporated Milk  
4 tablespoons flour  
¼ teaspoon salt  
1 tablespoon butter

1 cup boiling water  
¾ cup sugar  
2 eggs (yolks)  
1 teaspoon vanilla

Serves six persons

Mix the Nestlé's Evaporated Milk and the water. Heat in a double boiler. Mix thoroughly the flour, salt and sugar. Pour in the hot liquid and cook in a double boiler (stirring until it thickens) for fifteen minutes. Beat the egg yolks slightly. Add the hot mixture and return to the double boiler and cook five minutes longer. Add the butter and, when cool, the vanilla.

## Pumpkin Pie

1 cup cooked pumpkin  
¼ teaspoon ginger  
¼ teaspoon cinnamon  
1 cup Nestlé's Evaporated Milk

½ cup sugar  
¼ teaspoon nutmeg  
¼ teaspoon salt  
2 eggs

Serves five or six persons

Add to the pumpkin the mixed sugar, spices and salt. Beat the eggs slightly; add the Nestlé's Evaporated Milk, and combine with the pumpkin mixture. Line a pie pan with pastry. Pour in the filling. Put into a hot oven for five minutes; then reduce the heat and bake in a *slow* oven for about an hour (until the custard is firm).

# Nestlé's MILKY WAY Recipes

## Lemon Meringue Pie

$\frac{3}{4}$ cup Nestlé's Evaporated Milk	2 eggs
$\frac{3}{4}$ cup hot water	1 teaspoon butter
$1\frac{1}{2}$ cups sugar	Grated rind of 1 lemon
$4\frac{1}{2}$ tablespoons cornstarch	4 tablespoons lemon juice
$\frac{1}{4}$ teaspoon salt	

Serves five or six persons

Mix sugar, cornstarch, salt, water and Nestlé's Evaporated Milk. Cook in a double boiler (stirring until the mixture thickens) for fifteen minutes or more. Beat the egg yolks slightly, add the hot mixture. Return this to the double boiler and cook five minutes longer. Add the butter, lemon juice and rind. Pour into a pie crust which has been previously baked, and cover with a meringue made from the beaten whites of the eggs to which four tablespoons of sugar have been added. Brown in a *slow oven*.

## Meringue

Beat the whites of the eggs until stiff. Add four tablespoons of sugar. Pour the cream filling into a pie crust which has been previously baked. Put the meringue on top and brown in a *slow oven*.

Serves five or six persons

## Custard Pie

2 eggs	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ teaspoon salt	$\frac{1}{8}$ teaspoon nutmeg
1 cup Nestlé's Evaporated Milk	1 cup water

Serves five or six persons

Beat the eggs slightly with the sugar, salt and nutmeg. Add the Nestlé's Evaporated Milk and water. Line a pan with pastry. Pour in the custard. Place in a hot oven for five minutes (until the custard is firm).

## Peach Tarts

Crust and Meringue  
Same as for Chocolate Pie

1 pint can halved peaches	2 tablespoons cornstarch
1 tablespoon sugar	$\frac{1}{2}$ cup warm water
2 tablespoons Nestlé's Condensed Milk	$\frac{1}{2}$ teaspoon vanilla

FILLING

Roll out paste, shape with round cutter, cut rings from two-thirds of the rounds. Put two rings on one round, wetting them with ice water to make them stick together. Crimp edge. Cook sugar, Nestlé's Condensed Milk, water and cornstarch till thick. Put a layer in each tart after tarts have been baked brown. On top of cornstarch when firm lay half of drained peach, hollow side down. Ornament edge with meringue pressed through a pastry tube.

## Cocoanut Custard Tarts

$\frac{1}{2}$ cup Nestlé's Condensed Milk	FILLING	1 cup shredded cocoanut
$1\frac{1}{2}$ cups water		1 lemon
3 eggs		1 tablespoon melted butter
2 tablespoons granulated sugar		$\frac{1}{4}$ teaspoon salt
2 tablespoons cornstarch		2 tablespoons powdered sugar

Cover tart forms with paste as for Chocolate Pie. Mix other ingredients reserving egg whites and powdered sugar. Cook to a thick custard. Cool, fill baked tart forms. Cover with meringue made by beating egg whites stiff, then adding powdered sugar. Set tarts in oven for two minutes to slightly color meringue. Serve cold.

# Nestlé's MILKY WAY Recipes

## CAKES

### Devil's Food Cake

5 tablespoons brown sugar  
2 squares chocolate

2 tablespoons Nestlé's Evaporated Milk  
4 tablespoons water

2 cups flour  
2 teaspoons baking powder  
3 eggs  
6 tablespoons water

$\frac{1}{4}$  cup butter or substitute  
 $1\frac{1}{2}$  cups brown sugar  
2 tablespoons Nestlé's Evaporated Milk

Makes ten generous slices

Cook the first four ingredients to a thick paste. Cool.

Mix together the butter and sugar, adding Nestlé's Evaporated Milk and water. Drop in eggs and mix with egg beater. Add sifted flour and baking powder.

Combine the two mixtures. Bake in a loaf form in a moderate oven.

### Chocolate Layer Cake

$\frac{1}{4}$  cup butter  
 $1\frac{1}{2}$  cups sugar  
3 eggs  
 $\frac{3}{4}$  cup Nestlé's Evaporated Milk

2 cups flour  
2 teaspoons baking powder  
1 teaspoon vanilla

Serves eight persons

Cream the butter and sugar, add the yolks of the eggs and beat until light. Add flour sifted with the baking powder; also the Nestlé's Evaporated Milk, and flavoring; beat until light. Fold in the stiffly beaten whites of the eggs, and bake in three layers. Put together with the following icing:

### Chocolate Icing

4 squares chocolate  
1 cup Nestlé's Evaporated Milk

1 cup sugar  
1 teaspoon vanilla

Enough for a three-layer cake

Cook the Nestlé's Evaporated Milk and chocolate together until smooth, stirring constantly. Add the sugar and cook until the mixture thickens. Take from the fire and when cool add the vanilla and spread between the layers and on top of the cake.

### White Mountain Cake

$2\frac{1}{2}$  cups flour  
2 teaspoons baking powder  
 $\frac{1}{4}$  cup butter  
 $\frac{1}{2}$  cup sugar

$\frac{1}{2}$  cup Nestlé's Condensed Milk  
 $\frac{1}{2}$  cup warm water  
1 teaspoon vanilla extract  
3 egg yolks

### ICING

6 egg whites  
2 tablespoons powdered sugar  
2 tablespoons shredded cocoanut

Serves eight persons

Cream butter and sugar. Mix Nestlé's Condensed Milk with warm water. Sift flour and baking powder. Mix all together, stir in egg yolks and vanilla extract. Bake in two layers in pans lined with greased paper. When done put to cool on sieve. Have the egg whites icy cold. Put them in chilled bowl which stand in pan of ice water or cracked ice. Beat until stiff, then add little by little the sugar and cocoanut. Put between layers and pile high on top.



### Strawberry Short Cake

2 cups flour	3 teaspoons baking powder
2 tablespoons sugar	4 tablespoons butter
1 cup Nestlé's Evaporated Milk	1 teaspoon salt

Serves eight or nine persons

Sift together the flour, salt, sugar and baking powder. Mix the butter thoroughly in the mixture, and stir in the Nestlé's Evaporated Milk to make a smooth dough. Pat smooth into a pan and bake fifteen or twenty minutes. Split the cake in half, and butter both halves. Have ready about one quart of strawberries, sugared and chopped, saving some fine berries to decorate the top. Put the fruit between and on top of the cake. Whipped Nestlé's Evaporated Milk should be spread on top, and the selected berries used for decoration.

*Note*—In winter or when berries are not in season, canned fruit may be used.

### One Egg Cake

1 egg	6 tablespoons water
2 tablespoons Nestlé's Evaporated Milk	1 tablespoon butter
$\frac{3}{4}$ cup sugar	$1\frac{1}{2}$ cups flour
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ teaspoon vanilla

Two-layer cake, to be cut into ten pieces

Cream the butter and sugar, add the egg and beat all together until light and thick. Sift the baking powder with the flour, and add it gradually to the butter mixture, alternating with the Nestlé's Evaporated Milk and water. Stir until the batter is smooth. Flavor, and bake in two layers in hot oven. Put together with any desired filling or icing.

### Caramel Layer Cake

Double the ingredients given in the recipe for "One Egg" Cake, flavoring the batter with extract of vanilla, and baking in three layers.

Spread caramel filling between and on top.

This same recipe may be used for chocolate, coconut, orange or any other layer cake.

# Nestlé's MILKY WAY Recipes

## Fig Cake

$\frac{1}{4}$  cup butter  
 $\frac{1}{2}$  cup sugar  
2 eggs  
 $\frac{1}{4}$  teaspoon salt  
 $1\frac{1}{2}$  cups sifted flour

2 cups chopped figs  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{8}$  cup water

2 teaspoons baking powder  
 $\frac{1}{2}$  cup Nestlé's Condensed Milk  
 $\frac{1}{4}$  cup lukewarm water  
1 teaspoon orange extract

## FILLING

2 tablespoons lemon juice  
1 tablespoon melted butter

Serves eight persons

Cream butter and sugar. Beat in yolks of eggs. Sift salt and baking powder with flour, add to butter, then add milk and water mixed, and last the well beaten egg whites and flavoring. Bake in two layers for twenty minutes. For filling, cook all ingredients in double boiler to a paste, then spread between. Frost with one cup powdered sugar beaten with one egg white, a half teaspoon of lemon juice and a teaspoon of orange extract.

## Jelly Layer Cake

3 small cups flour  
3 level teaspoons baking powder  
 $\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup Nestlé's Condensed Milk

2 eggs  
1 teaspoon vanilla  
 $\frac{1}{2}$  teaspoon nutmeg  
 $\frac{1}{2}$  glass jelly

## ICING

1 cup powdered sugar  
 $\frac{1}{2}$  teaspoon butter

1 teaspoon Nestlé's Condensed Milk  
1 teaspoon lemon extract

Serves eight persons

Sift together flour and baking powder. Cream butter with sugar and Nestlé's Condensed Milk. Mix all together, add eggs, unbeaten, one at a time. Add vanilla flavoring and nutmeg. Stir until perfectly smooth. Bake in three small or two large layers in jelly-cake pans lined with paper greased with lard; butter scorches. Bake for twenty-five minutes in medium oven. Do not fill pans too full, if batter runs over cake will be heavy. When done tip out on sieve to cool. When almost cold put together with jelly.

For icing mix sifted powdered sugar with Nestlé's Condensed Milk and butter. Butter is to give gloss and keep icing soft. Flavor with lemon and spread on cake.

## Economy Cup Cakes

2 cups flour  
3 teaspoons baking powder  
3 tablespoons butter  
2 tablespoons Nestlé's Condensed Milk  
2 tablespoons warm water

2 tablespoons sugar  
1 egg  
1 teaspoon vanilla  
 $\frac{1}{4}$  teaspoon nutmeg

Sufficient to make one dozen cakes

Sift baking powder and flour together with nutmeg. Rub in butter. Mix Nestlé's Condensed Milk with sugar and water and stir in. Add one unbeaten egg and teaspoon of vanilla. Batter should be stiff and free from lumps. Grease cup-cake tins, fill half full, bake for twenty minutes in moderate oven. When cold ice some with frosting similar to that used on Jelly Layer Cake. Tint some pink with a few drops of cranberry juice. Make some chocolate by adding teaspoon of chocolate melted over boiling water. Put nut meats, bits of candied fruit, or coconut on tops.

# Nestlé's MILKY WAY Recipes

## Nut Cake

$\frac{1}{4}$  cup Nestlé's Condensed Milk  
 $\frac{3}{4}$  cup cold water  
1 cup butter or butter substitute  
 $1\frac{1}{2}$  cups sugar  
3 cups of flour sifted twice

2 teaspoons baking powder  
3 eggs  
 $\frac{1}{2}$  teaspoon nutmeg  
2 cups blanched and chopped English walnuts

Serves eight persons

Cream butter and sugar, beat eggs with milk and water, sift flour with spice, reserve half a cup to dredge the nut meats, and mix rest with other ingredients. Last add the nut meats dredged with flour. Bake in deep pan lined with oiled paper for forty minutes in moderate oven. Requires no icing.

## Feather Cake

$\frac{1}{2}$  cup Nestlé's Condensed Milk  
 $\frac{1}{2}$  cup cold water  
 $\frac{1}{2}$  cup sugar  
1 heaping tablespoon butter  
1 egg

2 cups flour  
2 rounded teaspoons baking powder  
1 teaspoon vanilla  
 $\frac{1}{4}$  teaspoon salt

Serves six persons

Cream butter and sugar, add beaten egg, sift baking powder with flour and add salt, flavor with vanilla. Bake in moderate oven forty minutes.

## Nut Crullers

2 cups flour  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon cinnamon  
 $\frac{1}{2}$  cup sugar  
2 tablespoons melted butter or shortening

1 teaspoon vanilla  
2 eggs  
 $\frac{1}{2}$  cup chopped English walnuts  
 $\frac{1}{2}$  cup Nestlé's Condensed Milk  
 $\frac{3}{4}$  cup warm water

Mix all to a smooth dough, add more flour if it is sticky. Roll out and cut in rings. Fry brown in deep fat, drain on sieve and sprinkle with sugar.

## Baking Powder Doughnuts

$\frac{1}{2}$  cup Nestlé's Condensed Milk  
 $\frac{1}{2}$  cup cold water  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup mixed lard and butter

2 cups sifted flour  
1 rounded teaspoon baking powder  
1 teaspoon mixed nutmeg and cinnamon  
2 eggs

Cream sugar and butter, add milk mixed with water, beat in the eggs, then add the flour with which has been sifted the baking powder and spice. Work in more flour if necessary to make a soft dough. Roll out the thickness of biscuit, cut in rings or in strips which twist together and fry brown.

## FILLINGS AND FROSTINGS

### How to Whip Nestlé's Evaporated Milk

Place the tin of Nestlé's Evaporated Milk, unopened, in a pan of cold water and bring the water to a boil. Remove the tin and cool it by placing in cold water or letting cold water run on it. Then place the tin of milk, the whipper, and the bowl in which the milk is to be whipped, on ice for not less than twenty minutes or until it is thoroughly chilled.

After chilling, pour the milk into the bowl and whip in the regular way.

The milk will become stiff in a few minutes, then add sugar or flavoring to suit taste and whip again for a few seconds.

Use a Double Dover, No. 1 Ladd, or any other good whipper.

# Nestlé's MILKY WAY Recipes

## Boiled Icing

1 cup sugar  
5 tablespoons water

1 egg (white only)  
1 teaspoon vanilla

Boil the sugar and water until the syrup will form a soft ball when dropped in cold water. Add vanilla and pour slowly upon the stiffly beaten white of egg. Beat continuously until thick enough to put on the cake.

## Caramel Filling

2 cups brown sugar  
1 teaspoon butter

4 teaspoons grated chocolate  
 $\frac{1}{2}$  cup Nestlé's Evaporated Milk

Put all the ingredients in a saucepan over the fire, and cook until thick. Pour over the cake.

## Plain White Filling

2 tablespoons Nestlé's Evaporated Milk  
1 teaspoon vanilla

1 cup powdered sugar  
Enough to cover one large cake

Beat the sugar in with the Nestlé's Evaporated Milk which has been warmed, and add the flavoring.

## FROZEN DESSERTS

### Butterscotch Sauce for Ice Cream

$1\frac{1}{4}$  cups brown sugar  
 $\frac{3}{4}$  cup corn syrup

4 tablespoons butter  
 $\frac{3}{4}$  cup Nestlé's Evaporated Milk

Boil sugar, syrup and butter to form a thick syrup. Cool and beat in Nestlé's Evaporated Milk.

### French Ice Cream

1 cup Nestlé's Evaporated Milk  
1 cup water  
3 eggs  
1 cup sugar

$\frac{1}{4}$  teaspoon salt  
1 tablespoon vanilla  
1 cup Nestlé's Evaporated Milk (undiluted)

Serves seven or eight persons

Scald the Nestlé's Evaporated Milk and the water in a double boiler. Cream the egg yolks, sugar and salt together, and when light and thick, pour the scalded milk into the egg mixture. Return to the double boiler and cook until the custard coats the spoon. Cool. Turn into the freezer, and freeze to a mush. Then add the undiluted Nestlé's Evaporated Milk, flavoring, and the beaten whites of the eggs, and finish freezing. Remove the dasher from the can and allow to stand an hour or two before serving.

*Note*—This recipe makes an excellent foundation for chocolate, bisque, pistachio, nut or fruit ice cream.

### Strawberry Ice Cream

Follow the same recipe as that given for French Ice Cream, adding a quart of crushed and sweetened strawberries when the custard is beginning to freeze.

### Ginger Ice Cream

1 cup Nestlé's Evaporated Milk diluted  
with 2 cups hot water  
1 tablespoon flour  
 $\frac{1}{4}$  teaspoon salt  
1 egg

2 cups Nestlé's Evaporated Milk  
2 cups cream  
1 cup sugar  
 $\frac{1}{2}$  cup ground Canton ginger  
2 tablespoons ginger syrup (from Canton ginger)

Makes one-half gallon ice cream

Mix sugar, flour and salt and add to well beaten egg. Combine with the scalded milk, stirring to keep smooth. Add the sugar and Canton ginger (cut fine in a food chopper) and cook till thickened. Cool. Add ginger syrup, Nestlé's Evaporated Milk and cream and freeze in a 1 to 6 part salt-ice mixture.



### Pineapple Ice Cream

1 can grated pineapple (2 $\frac{1}{4}$ cups)	1 $\frac{1}{2}$ cups Nestlé's Evaporated Milk
3 tablespoons lemon juice	1 $\frac{1}{2}$ cups cream
$\frac{1}{8}$ teaspoon salt	$\frac{1}{8}$ cups sugar

Makes one and one-half quarts ice cream

Put the pineapple and sugar into the milk and cream and let stand twenty minutes in order that the flavor of the pineapple may be extracted and the sugar may dissolve. Strain and add the rest of the ingredients. Freeze in a 1 to 6 part salt-ice mixture.

### Caramel Ice Cream

$\frac{3}{8}$ cup Nestlé's Evaporated Milk diluted	1 $\frac{1}{2}$ cups sugar
with 1 $\frac{1}{2}$ cups water	$\frac{3}{4}$ cup water
1 tablespoon flour	2 cups Nestlé's Evaporated Milk
1 egg	2 cups cream
Few grains salt	1 teaspoon vanilla

Makes one-half gallon ice cream

Add the three-fourths cup water to the sugar and cook until a thick light amber color; then pour syrup into diluted milk and heat in the top of a double boiler until caramel dissolves. Mix flour and salt and add to it 1 tablespoon of water and blend till smooth; then add to well beaten egg. Combine egg and milk mixture and cook over hot water for ten minutes. Remove from fire, cool and add Nestlé's Evaporated Milk, cream and vanilla. Freeze in a mixture of one part salt and six parts ice.

### Maple Parfait

1 cup maple syrup	1 cup Nestlé's Evaporated Milk
4 egg yolks	1 cup cream

Serves eight persons

Combine Nestlé's Evaporated Milk and cream, chill and whip stiff. Beat eggs thoroughly, add maple syrup and cook in a double boiler until a coating is formed on the spoon. Cool and beat in the whipped cream. Pour into a mold and pack in equal parts of salt and ice.

# Nestlé's **MILKY WAY** Recipes

## BEVERAGES

### Hot Cocoa

6 tablespoons cocoa  
3 cups Nestlé's Evaporated Milk  
Few drops vanilla

3 cups water  
1 tablespoon sugar

Serves six persons

Make a smooth paste of the cocoa and sugar, wetting it with a little of the cold Nestlé's Evaporated Milk and water. Heat the rest of the milk and water, adding the cocoa. Cook for five minutes. Whip with an egg beater to prevent a skin forming, and pour into a heated chocolate pot into which the vanilla has been dropped. Serve with whipped Nestlé's Evaporated Milk. Sweeten cocoa to taste.

### Iced Cocoa

Follow the recipe given for Hot Cocoa. Chill. Serve with cracked ice and whipped Nestlé's Evaporated Milk.

### Frozen Coffee

1 cup Nestlé's Condensed Milk  
3 cups strong, clear coffee

1 cup water  
 $\frac{1}{4}$  teaspoon salt

Serves six persons

Mix all, then freeze and serve in high glasses with a spoon of whipped cream on top of each. For Frozen Chocolate make cocoa with Nestlé's Condensed Milk as elsewhere directed, freeze and serve like the coffee.

### Orange Nog

2 cups orange juice  
 $1\frac{1}{4}$  cups ice water

$\frac{3}{4}$  cups sugar  
 $1\frac{1}{2}$  cups chilled Nestlé's Evaporated Milk

Serves ten persons

Dissolve sugar in orange juice and chill. When ready to serve pour orange juice slowly into Nestlé's Evaporated Milk diluted with water. Shake vigorously in a Mason fruit jar. Serve ice cold.

### Temperance Egg Nog

1 cup Nestlé's Condensed Milk  
2 cups water  
2 eggs

1 teaspoon vanilla  
1 teaspoon powdered sugar  
Nutmeg

Serves four persons

Mix Nestlé's Condensed Milk with water. Beat yolks of eggs for five minutes, then beat in gradually the milk, vanilla and nutmeg. Strain into four high glasses. Top each with egg white beaten stiff with sugar. Serve very cold.

## CANDIES

### Quick Fondant

2 cups confectioners' sugar  
 $1\frac{1}{2}$  teaspoons vanilla

3 tablespoons Nestlé's Evaporated Milk

Makes about one pound of candy

Stir the sugar and flavoring into the Nestlé's Evaporated Milk which has been warmed. Whip thoroughly and use as desired.

# Nestlé's **MILKY WAY** Recipes

## Candies from Quick Fondant

*Cocoanut*—Work in a little shredded cocoanut with quick fondant, shape into balls and roll in granulated sugar.

*Cherry*—Work chopped Maraschino cherries into the fondant, shape into balls and roll in granulated sugar. Decorate top with piece of cherry.

*Date or Walnut*—Make a small ball of fondant and press half a walnut or half pitted date on each side.

*Almond*—Chop roasted almonds and mix through fondant, shape in balls and roll in sugar.

*Chocolate*—Shape fondant into small balls, set away to harden and then dip in sweet or bitter chocolate which has been melted over hot water.

*Dates, Prunes, Figs*—Fondant may also be used to stuff dates, prunes, figs, etc.

## Penuche

2 cups light brown sugar  
 $\frac{1}{8}$  teaspoon cream of tartar  
 $\frac{1}{2}$  cup Nestlé's Evaporated Milk (undiluted)

$\frac{1}{2}$  teaspoon vanilla  
 $\frac{3}{4}$  cup chopped walnuts

Makes about one and one-quarter pounds

Put the sugar, cream of tartar and Nestlé's Evaporated Milk over the fire. Stir until dissolved, then cook to the "soft ball" stage (see preceding recipe). Remove from the fire, add the nuts and vanilla, and stir until the mixture thickens. Pour into a buttered pan, and when partly cool, cut into squares.

The mixture may curdle, but will cook out all right.

## Peanut Candy

1 cup peanuts  
 $\frac{1}{4}$  cup corn syrup  
1 cup Nestlé's Evaporated Milk

2 tablespoons butter  
2 cups brown sugar

Makes about one pound and a quarter

Put the sugar, corn syrup, Nestlé's Evaporated Milk and butter in a saucepan, and set it on the stove over a moderate fire. Stir until the sugar is dissolved, then let the mixture cook undisturbed, until the "soft ball" stage is reached. This may be determined by dropping a small quantity from the tip of a spoon into cold water. When the drops may be gathered together into a ball without sticking to the fingers, the "soft ball" stage has been reached. Add the peanuts and stir until the candy is thick, and pour into a greased pan. When cool cut in squares.

## Chocolate-Walnut Drops

$\frac{1}{2}$  pound sweet chocolate  
 $\frac{1}{2}$  cup Nestlé's Condensed Milk

1 cup dates  
 $\frac{1}{2}$  cup walnut meats

Makes twenty-four cakes

Melt the chocolate with the Nestlé's Condensed Milk in a double boiler. Remove from the fire, stir until smooth, and add the walnuts and dates. Drop by teaspoonfuls on a greased baking-sheet and bake for twenty minutes in a slow oven (275 degrees F.) until firm.

# Nestlé's **MILKY WAY** Recipes

## Chocolate-Cocoanut Cream

2 tablespoons gelatine  
½ cupful water  
2 cups Nestlé's Evaporated Milk

½ cup sugar  
2 ounces melted chocolate  
1 cup shredded cocoanut

Serves eight persons

Soak the gelatine in the water and dissolve over hot water. Stir in the sugar and set aside to cool. Place the Nestlé's Evaporated Milk in a pan of cold water and bring to a boil. Cool by plunging in cold water. Set on ice for twenty minutes. Remove the milk and whip. Fold into the gelatine mixture, add the melted chocolate and the shredded cocoanut, and chill in a mold.

## Pineapple-Date Cream

2 tablespoons gelatine  
2 cups Nestlé's Evaporated Milk  
½ cup hot pineapple juice  
½ cup water

3 or 4 slices pineapple, cut in small pieces  
½ cup shredded cocoanut  
½ cup dates

Large mould serves eight persons  
Individual moulds serve twelve persons

Soak the gelatine in the water. Add the hot pineapple juice and set aside to cool. Whip the Nestlé's Evaporated Milk, and when the gelatine begins to thicken fold in the milk and the other ingredients. Chill in individual molds, or in a large mold.

## Cocoanut Squares

1½ cups granulated sugar  
½ cup Nestlé's Condensed Milk

2 tablespoons butter  
1 cup shredded cocoanut

Makes one pound cocoanut squares

Boil sugar and milk to ball stage. Add butter and cocoanut and boil three minutes longer. Pour out into greased pans and mark into squares.

## Cream Walnuts

1 egg white  
1 tablespoon Nestlé's Condensed Milk  
1 cup confectioners' sugar

1 teaspoon vanilla  
½ pound English walnuts

Makes one and a half pound cream walnuts

Stir together without beating the egg white and Nestlé's Condensed Milk, then gradually stir in the sugar. The mixture should be like dough. Add the flavoring. Pinch off pieces the size of walnuts, roll into ball, press half a walnut meat into each. Add a square of unsweetened chocolate melted over boiling water for Chocolate Cream Walnuts. Stir this into other ingredients.

## Maple Sugar Fudge

1 cup pounded maple sugar  
1 cup granulated sugar  
½ cup Nestlé's Condensed Milk

1 tablespoon butter  
1 teaspoon vanilla

Boil all except the vanilla until the ball state, then remove from fire, add vanilla and beat until it begins to harden. Pour into greased pan and mark into squares. Chopped nuts may be added.

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*Nestlé's*  
**MILKY WAY**  
*Recipes*

