

RECIPES



**WHOLESOME
NUTRITIOUS
ECONOMICAL**

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HOME BAKING
MADE EASY

USE

“EASIFIRST”

Gunns Limited

Toronto—Montreal—St. John, N.B.

FOREWORD



Gunns Limited needs no introduction to the consuming public of Canada. Established in 1873, the business has been conducted on a basis which has consistently commended it to the public, with the result that its growth and development have been phenomenal.

In the spring of 1919 new buildings were constructed, practically doubling the capacity of the Company's large plant in Toronto. This was made necessary by the increasing demand for Gunns "Quality Products," it being the aim of the Company to specialize in Food Products of the highest standard of quality.

The entire aim of our organization is to merit the goodwill of the public and to add to the large and constantly increasing number of users of Gunns "Quality Products."



If it's "EASIFIRST" it's GUNNS

“Easifirst” Makes delicious pastry Economical for every cooking use

No matter what kind of food you wish to prepare, if it be bread, cake, pastry, meats, fish, vegetables or any other dish, GUNNS *“Easifirst”* will make it better, more economical and more healthful than either lard or butter.

It is a pure, creamy snow-white substance, economical in all kinds of cookery because it costs less and goes further than either butter or lard. Goods fried in *“Easifirst”* are easily digested, crispy brown and haven't “that greasy taste.”

For cooking and baking of every description *“Easifirst”* is rapidly replacing all other products in Canadian homes.

“Easifirst” Shortening is truly “The Secret of the Kitchen Economy and Better Food,” for since its first appearance in Canadian kitchens it has steadily gained in favor and popularity.

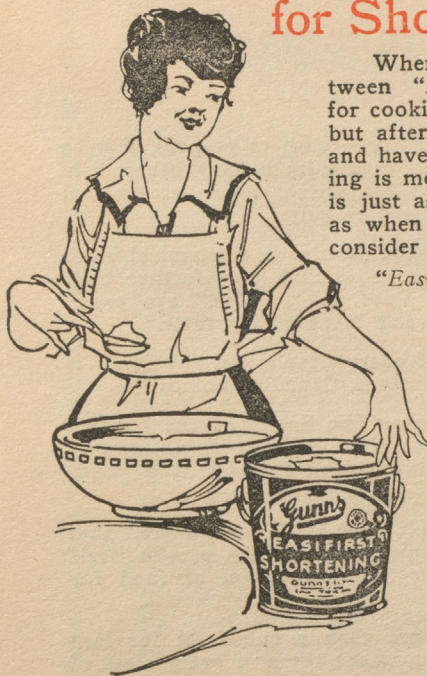
The fact is easily explained when it is remembered that *“Easifirst”* is one of nature's own fats, and has proven itself superior to most other fats in the preparation of food for human digestion.

“Easifirst” Shortening is more than a substitute for lard and butter. It is destined to supersede them in every class of cookery; it is more palatable, more healthful, has greater nutritive and shortening value, and is more economical than either.

The purity of *“Easifirst”* Shortening is assured because it is made from only the purest of products by our own exclusive process, and under the rigid supervision of Canadian Government inspectors.

Hundreds of different dishes can be made with *“Easifirst”* — try any recipe you have in which lard or butter is used, but use less *“Easifirst”*.

About the Economy of "Easifirst" for Shortening



When you make a comparison between "Easifirst" and butter or lard for cooking, chiefly consider the quality; but after you have used it a few times and have been convinced that your baking is more healthful and digestible and is just as light, palatable, and tempting as when butter, or lard is used, then—consider the price.

"Easifirst," like butter or lard, changes in price from time to time, but the relation between the three usually remains about the same.

Suppose, for instance, that you used 2 lbs. of butter each week for shortening and replaced it by $1\frac{1}{2}$ lbs. of "Easifirst," how much would you save in a week? Then consider how much it would amount to by the end of a year; you will be greatly surprised. After figuring out this, try the same with the price of lard. You will be more convinced than ever

that "Easifirst" is one of the most economical products you can have in your kitchen.

Your own experience and judgment will guide you in using the correct amount of "Easifirst" in replacing butter or lard. Be sure to use less "Easifirst"—about eleven ounces in replacing a pound of butter, and about twelve ounces in replacing a pound of lard.

WHEN YOU BUY SHORTENING
SAY "EASIFIRST."

The economical way to fry food

Careful experiment has proved that the most economical way of frying foods is to deep-fry them in "*Easifirst*."

The ordinary frying-pan method, in which only enough fat is melted at a time to grease the bottom of the pan, is properly termed sautéing. Whilst it has its uses, sautéing is in general more expensive than deep-fat frying because more fat is absorbed and evaporated, and the food is never as well and evenly cooked. Actual test has shown us that when the same quantity of food is fried in deep fat and in a well greased pan, the former uses less fat. Even more important—a crisp crust is formed round the whole deep-fried product at once, so that the food does not absorb the fat but cooks evenly throughout, retaining its own flavor and wholesomeness.

The requirements of deep-frying are simple—a saucepan deep enough to hold sufficient fat to cover the food that is to be cooked, and if possible, a frying basket—a wire-mesh basket that will fit into the pan. With such a basket, much more may be cooked at one time. A fat thermometer will always ensure you perfect frying by regulating the temperature.

The idea of frying is to quickly form a crisp outside crust (through which the fat will not soak), and then cook the food through. This ensures a delicate, true-flavored and digestible product. To form the outside crust and avoid a fat-soaked rissole or doughnut, the fat must be very hot. These figures are, therefore, most interesting:

Butter smokes at about 250° Fahrenheit.

Lard smokes at about 345° Fahrenheit.

"*Easifirst*" smokes at about 440° Fahrenheit.

Obviously, "*Easifirst*" may be made over a hundred degrees

PURITY - ECONOMY - NUTRITION

hotter than Lard, before it smokes—a very important point when we consider that:

Uncooked food (such as fish or a flour mixture) should be fried at 360° Fahrenheit.

Cooked foods (such as rissoles or croquettes) should be fried at 390° Fahrenheit.

Raw vegetables (as in French frying potatoes) should be fried at 395° Fahrenheit.

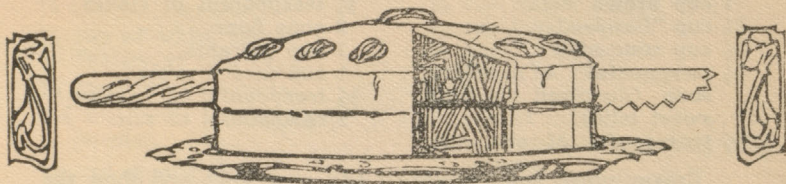
If you have no thermometer, test heat by dropping a small cube of bread into the hot fat. It should become a golden brown in one minute for flour mixtures or raw foods, in 40 seconds for cooked foods and in 30 seconds for raw vegetables. To heat butter, or even lard, until it smokes (the usual somewhat unpleasant test) is not enough. "*Easifirst*," on the other hand, will not give off smoke when it is hot enough—you work at a clear, clean saucepan, no choking fumes or impeded vision.

When the food is cooked, lift it from the fat, draining it well, and lay it on crumpled, absorbent paper for a few moments to dry.

If the fat is measured in the pan, it will be found that a very little of it has been used—hence the economy. This is entirely fit to use again, to cook any food, if it is strained through cheesecloth, and a pinch of salt added, or a few slices of raw potato, heated in the fat before straining, will clarify it easily and well.

The procedure is simple. Have fat at the right heat, lay the food in the frying basket (or lower a few pieces gently into the hot fat), immerse it completely, and keep a steady temperature until cooked. If fish, croquettes, etcetera, are dipped in flour or crumbs, season the coating well, cover once, brush with egg and coat with seasoned crumbs a second time. This will give a delicious crust.

CAKES



Devil's Food Layer Cake

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| 1 Cup granulated sugar | $2\frac{1}{2}$ teaspoonfuls of baking powder |
| $\frac{1}{4}$ cup "Easifirst" | Whites of 3 eggs |
| Yolks of 3 eggs | 2 tablespoonfuls of cocoa |
| $\frac{3}{4}$ cup of milk | $\frac{1}{2}$ teaspoonful of vanilla |
| 2 cups flour | $\frac{1}{2}$ teaspoonful of salt |

Cream sugar and "Easifirst," then add yolks of eggs well beaten. Mix and sift flour, baking powder, cocoa and salt, and add alternately with the milk. Add whites of eggs, beaten until stiff, and the vanilla. Turn into floured square tin and bake in a moderately hot oven. Use same icing and filling as Chocolate Cake.



Plain Ginger Bread

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| $\frac{1}{3}$ cup of "Easifirst" | $\frac{1}{2}$ teaspoonful salt |
| $\frac{1}{2}$ cup brown sugar | 2 eggs |
| $\frac{1}{2}$ cup molasses | 2 cups flour |
| $\frac{1}{2}$ cup sour milk | 1 tablespoonful of ginger |
| $\frac{1}{2}$ teaspoonful baking powder | $\frac{1}{2}$ teaspoonful soda |

Cream "Easifirst" and brown sugar, add molasses, and well beaten eggs. Add sour milk and then the sifted flour, salt, baking powder and ginger. Beat thoroughly and add the baking soda, dissolved in a little sweet milk. Pour into a greased shallow pan and bake 45 minutes in slow oven.

Eggless Cake

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| 1 cup brown sugar | $\frac{1}{2}$ teaspoonful of cloves |
| $\frac{1}{4}$ cup "Easifirst" | 2 cups flour |
| $\frac{1}{2}$ cup sour milk | 1 cup currants |
| $\frac{1}{2}$ teaspoonful of baking
soda (dissolved in little
sweet milk) | 1 cup seeded raisins |
| $\frac{1}{2}$ teaspoonful of cinnamon | $\frac{1}{2}$ teaspoonful of nutmeg |
| | 1 teaspoonful of salt |

Cream sugar and "Easifirst," add sour milk and then the sifted flour, cinnamon, cloves, nutmeg and salt. Add the raisins and currants (which must be chopped fine), and finally the baking soda, dissolved in a little sweet milk. Turn into a paper-lined pan—which has been well brushed with "Easifirst," and bake in a moderately hot oven about two hours.



A Good Christmas Cake

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| $\frac{1}{2}$ lb. "Easifirst" | and sliced. |
| 1 lb. light brown sugar. | 1 pound of citron, thinly
cut and sliced in strips. |
| 7 eggs. | 1 wine glass brandy or
sherry. |
| $2\frac{1}{2}$ cups flour. | 2 teaspoonfuls of cinna-
mon. |
| 3 pounds of currants. | 1 teaspoonful of mace. |
| 2 pounds seeded raisins,
chopped fine. | 1 teaspoonful of soda. |
| 2 tablespoonfuls of milk. | |
| $\frac{1}{2}$ pound almonds, blanched | |

Cream "Easifirst" and sugar thoroughly, separate the eggs, and beat yolks and whites separately. Add then the creamed "Easifirst" and sugar, then the milk, fruit, nuts, flour mixed and sifted with the mace, cinnamon and soda.

Line three two-pound cake tins with well greased paper, fill only $\frac{3}{4}$ full, bake in a slow oven three to four hours. If oven becomes too hot put in a pan of cold water, which will reduce the temperature.

Marble Cake

White Part:

- $\frac{1}{4}$ cup of "Easifirst"
- $\frac{1}{2}$ cup of white sugar.
- Whites of two eggs.
- $\frac{1}{2}$ teaspoon of vanilla.
- $1\frac{1}{2}$ teaspoons of baking powder.
- $\frac{1}{4}$ cup of milk.
- 1 cup of flour.

Cream "Easifirst" and sugar, add well beaten whites of eggs, add milk alternately with the flour, in which the baking powder has been sifted; add vanilla, pour into a loaf cake tin well greased, and then on top pour the following dark part:

Cream sugar and "Easifirst," add beaten yolks of eggs, add molasses and milk, alternately with sifted flour, baking powder, cinnamon and nutmeg. Bake about 45 minutes in a moderately hot oven.

Dark Part:

- $\frac{1}{2}$ cup brown sugar.
- $\frac{1}{2}$ cup molasses.
- $\frac{1}{4}$ cup "Easifirst"
- Yolks of two eggs.
- $1\frac{1}{2}$ cups flour.
- $\frac{1}{2}$ cup of milk.
- 2 teaspoonfuls of baking powder.
- $\frac{1}{2}$ teaspoonful of cinnamon.
- $\frac{1}{2}$ teaspoonful of nutmeg.



Chocolate Layer Cake

- 1 cup granulated sugar.
- $\frac{3}{8}$ cup "Easifirst"
- 2 eggs.
- 2 cups of flour.

- $\frac{1}{2}$ cup of milk.
- 2 teaspoonfuls of baking powder
- 1 teaspoonful of salt
- $\frac{1}{2}$ teaspoonful of vanilla.

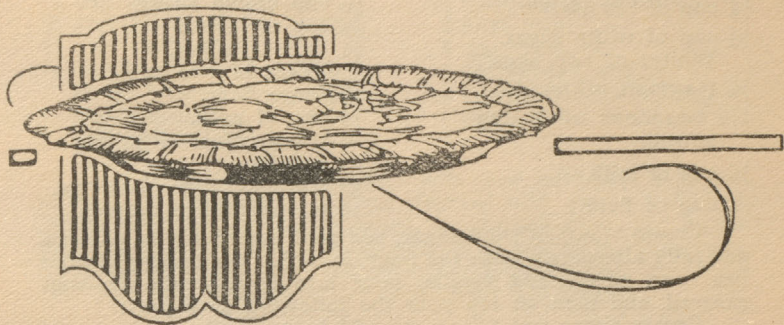
Cream "Easifirst" and sugar, then eggs well beaten. Add milk alternately with flour mixed and sifted with the salt and baking powder; turn into two floured layer cake tins and bake in a moderately hot oven 20 minutes.

Icing:

- $\frac{1}{2}$ teaspoonful of "Easifirst"
- $\frac{1}{2}$ cup milk—hot.
- $1\frac{1}{2}$ cups sugar—icing.
- 1 square unsweetened chocolate.
- $\frac{1}{2}$ teaspoonful salt.

Heat milk, chocolate and "Easifirst," until chocolate is dissolved. Add sugar until thick enough to spread on cake. Use this also for the filling.

Pies and Pastry



Lemon Pie

Sufficient for Two Pies

2 cups sifted flour.
1½ teaspoonfuls of salt.

$\frac{3}{4}$ cup "Easifirst."
 $\frac{3}{8}$ cup of ice water.

Sift flour and salt, and cut "Easifirst" into flour with knife until finely divided. Add water, mixing thoroughly. Roll out and line floured pie plate and bake in a quick oven. When cold add the following lemon filling.

1 large tablespoonful of
corn starch.
1 cup boiling water.
1 cup sugar.
Yolks of two eggs.

1 teaspoonful of "Easifirst"
 $\frac{1}{4}$ teaspoonful of salt.
Juice and rind of two
lemons.

Dissolve the corn starch in two tablespoonfuls of cold water, add 1 cup of boiling water and cook until clear. Add sugar, and when dissolved, add the well-beaten yolks of eggs, the "Easifirst," and lastly the lemon juice.

Beat the whites of 2 eggs very stiff, add 1 tablespoonful of sugar, cover the pie and bake a few minutes (to brown) in a slow oven.

Apple Pie

2 cups sifted flour.
 1½ teaspoonfuls of salt
 1 cup "Easifirst"
 ¾ cup ice water.

Filling:
 2 large green apples, sliced
 thin.
 ½ cup sugar.
 ¼ teaspoonful of nutmeg.

Sift flour and salt, and cut "Easifirst" into flour with knife until finely divided. Add enough water to make a soft dough, mixing thoroughly. Roll out pastry about a quarter of an inch thick and line pie plate. Fill with thinly sliced apples and sprinkle with sugar and nutmeg. Then cover with pastry and bake in a moderate oven until brown.



Cherry Pie

¼ cup "Easifirst."
 2 cups flour.

1 teaspoonful salt.
 Cold water.

Add salt to flour and work in "Easifirst" with knife (silver preferred). Add enough cold water to make a soft dough, toss on floured board (do not knead), pat and roll out. Fold twice and roll again. Divide pastry in half, line a floured pie plate (perforated pie plates are better), fill with cooked or raw cherries, very little juice, slightly sprinkle with flour and sugar. Cover, pressing the edges firmly together, and bake in a quick oven.

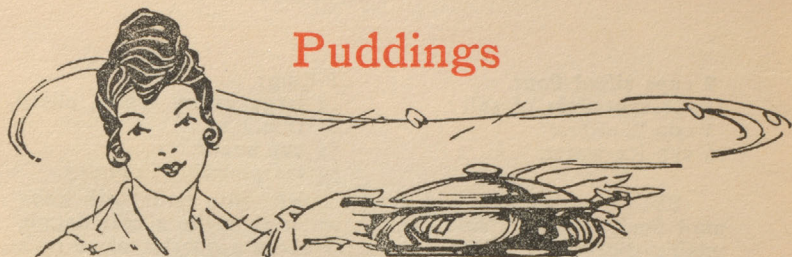


Mince Pie

¾ cup of flour.
 1 teaspoonful of sugar.
 ½ teaspoonful of salt.

½ cup of "Easifirst"
 ⅛ cup of ice-cold water.
 1½ to 2 cups of mince meat.

Sift flour, sugar and salt two or three times in a cold bowl, then work the "Easifirst" in quickly with a knife (silver preferred). Add the ice water gradually—toss on a floured board, roll out several times (do not knead) and let stand for an hour or two—if possible leave over night. Flour a tin pie plate, line with pastry, add the mince meat, cover and cook in a good hot oven.



Puddings

Queen of Puddings

1 quart of milk.
 2 eggs.
 1½ cups stale sponge cake.
 ½ teaspoonful salt.
 ½ cup sugar.

1 teaspoonful "Easifirst"
 ½ teaspoon essence orange.
 ½ teaspoon essence lemon.
 ¼ pint of raspberry jam.

Use a granite or porcelain pudding dish. Separate the eggs, beat yolks to a pale yellow color. Add sugar, then the milk. Add stale cake broken in small pieces, stir all together. Then add the "Easifirst," essence and salt. Put dish in a pan of cold water and bake until the pudding is firm. Remove from oven, cool, spread on the jam. Whip the whites of eggs very stiff, sift in one tablespoonful of powdered sugar, cover pudding and bake until meringue is a delicate brown.



Apple Dumplings

1 cup flour.
 1 teaspoon baking powder.
 1 level teaspoonful salt
 1 tablespoon "Easifirst"

4 tablespoons milk.
 4 small apples.
 4 tablespoonfuls sugar.
 ½ teaspoonful cinnamon.

Sift the flour, baking powder, salt, and add the "Easifirst." Then add the milk, toss on floured board, roll out into a thin sheet.

Wipe, core and pare apples, place on dough (enough for each apple), fill centre with sugar and cinnamon. Draw dough up around apples to cover. Steam or bake until apple is tender. Serve with cream and sugar, or a sweet sauce.

English Plum or Christmas Pudding

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| ¼ lb. flour | 2 oz. finely cut citron. |
| ¼ lb. sugar. | ½ grated nutmeg. |
| ¼ lb. stale bread crumbs. | 1 cup " <i>Easifirst</i> " |
| 1 cup scalded milk. | ¼ cup wine or brandy. |
| 4 eggs. | 1 teaspoonful cinnamon. |
| ½ lb. seeded raisins, cut in pieces and floured. | ½ teaspoonful cloves. |
| ¼ lb. currants. | ½ teaspoonful mace. |
| ¼ lb. finely chopped figs. | 2 teaspoonfuls salt. |
| | 2 teaspoonfuls of baking powder. |

Mix and cream "*Easifirst*" and sugar. Add yolks of eggs (beaten to a pale yellow), soak bread in scalded milk, when cool add to the first mixture. Then add the raisins, currants, figs, citron and wine. Then the well sifted flour, nutmeg, cinnamon, cloves, mace and the whites of eggs beaten stiff. Turn into a greased mould, cover, and steam for five hours.



Cottage Pudding

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| ½ cup sugar. | 2½ teaspoonfuls of baking powder. |
| ⅛ cup " <i>Easifirst</i> ." | ½ teaspoonful of salt. |
| 1 egg. | ½ teaspoonful essence of vanilla. |
| 1 cup milk. | |
| 3 cups sifted flour. | |

Cream the "*Easifirst*" and mix in the sugar well, add well-beaten egg. Add alternately with the milk, the sifted flour, baking powder and salt; then add the vanilla. Bake in a well-greased loaf-cake pan about 40 minutes in a moderate oven.

Serve with Lemon Sauce.



Lemon Sauce

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| 2 tablespoonfuls sugar. | ½ teaspoonful " <i>Easifirst</i> ." |
| 2 teaspoonfuls flour. | 1 teaspoonful lemon juice. |
| ¾ cup boiling water. | Grated rind of 1 lemon. |

Mix sugar and flour. Add boiling water and cook until there is no taste of flour. Remove from fire, add butter, lemon juice and rind.



For Afternoon Tea

Currant Scones

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| 2½ cups flour. | ⅛ cup "Easifirst." |
| 3 tablespoonfuls of baking powder. | 2 eggs. |
| 1 level teaspoonful salt. | ½ cup cream. |
| | ½ cup currants. |

Mix and sift flour, baking powder and salt, add "Easifirst," cutting it in well, then the eggs, cream and currants. Toss on a floured board, pat and roll out to one inch thickness. Cut in diamond shape, and bake in a quick oven.



Parker House Rolls

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| 2½ cups of flour. | ½ cup of scalded milk. |
| 1 teaspoonful of salt. | ½ cup of water. |
| 1 tablespoonful "Easifirst." | 1 yeast cake. |

Dissolve yeast cake in half cup of luke warm water, scald milk, and when luke warm add the "Easifirst," sugar, salt and yeast cake. Beat thoroughly, cover, and let rise in a warm place until light. Cut down, toss on a floured board, knead, roll out to ⅓ inch thickness, shape with a small biscuit cutter, first dipped in flour; make a crease in the centre with a knife, brush over with "Easifirst," press edges together, place on a greased pan an inch apart, let rise and bake in a hot oven about fifteen minutes.

Tea Biscuits

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| 3 cups flour. | | 2 level tablespoonfuls " <i>Easi-</i> |
| 3 teaspoonfuls of baking powder. | | <i>first.</i> " |
| | | 1 teaspoonful salt. |
| | | 1 tablespoonful sugar. |

Sift flour, salt and baking powder together. Add sugar, rub in "*Easifirst*," sweet milk to make soft dough. Bake in moderately hot oven. For a delightful variation, press into the top of each biscuit a small piece of loaf-sugar which has been dipped into orange juice, or drop a small portion of raspberry jam into a little hollow. Bake as usual.



Ginger Snaps

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| 1 cup brown sugar. | 2 teaspoonfuls ginger. |
| 2 cups molasses. | 2 teaspoonfuls soda. |
| $\frac{3}{4}$ cup " <i>Easifirst</i> ." | 6 cups flour. |

Rub "*Easifirst*," sugar and ginger into the flour. Stir in the molasses and soda dissolved in a little hot water. Add enough flour to roll very smooth and thin, bake quickly.



Raspberry Tarts

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| $\frac{1}{2}$ lb. " <i>Easifirst</i> ." | $\frac{1}{4}$ teaspoonful salt. |
| 1 lb. flour. | Ice water. |
| Raspberry jam. | |

Add salt to flour and work in half the "*Easifirst*" with a silver knife. Stir this in the water, making a soft dough. Toss on a floured board, pat, roll and fold 2 or 3 times. Spread on the other half of the "*Easifirst*," fold and roll again. Then with a floured cake-cutter the size of your tart tins, cut your pastry. Line the floured tins and fill with raspberry jam. Cut strips of pastry, lay crosswise of the pan, pressing firmly at the edge. Brush pastry over with a mixture of yolk of egg and milk, and bake in a quick oven.



Salads

"EASIFIRST" Salad

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| 1 cup chopped celery. | 1 cup cream salad dressing. |
| 1 tablespoonful of chopped pimento. | 1 head of lettuce. |
| 1 cup finely shredded cabbage. | ½ cup chopped walnuts. |

With a fork, mix the cabbage, pimentos, celery and nuts; then fold in half cup of cream salad dressing. Line a salad bowl with crisp, tender lettuce leaves, arrange salad loosely on the leaves, add rest of dressing as a garnish.

Chicken Salad

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|-----------------------------|--------------------------------|
| 1 boiled chicken. | 1 cup of cream salad dressing. |
| 1 cup celery, cut in cubes. | Salt. |
| 1 tin of French green peas. | Pepper. |
| 1 head of lettuce. | |

Cut cold boiled chicken in 1 inch cubes, marinate with two tablespoonfuls French dressing. Add 1 cup of cut celery, then add 1 tin of peas (saving the liquor for stock). Season with salt and pepper and 1 cup of cream salad dressing. Serve on crisp lettuce leaves.

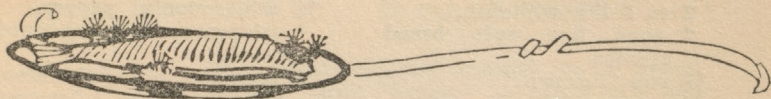
This quantity will serve 10 to 12 persons.

Tomato Salad

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|-----------------|------------------------------|
| 4 tomatoes. | 1 head of lettuce. |
| 1 bunch chives. | ½ pint cream salad dressing. |
| 1 green pepper. | |

Remove skins from 4 ripe and firm tomatoes, cut in eighths, arrange on lettuce leaves. Chop chives and green pepper in little slivers, mix in salad dressing and pour on tomatoes.

Fish and Meat Dishes



Creamed Oysters

1 quart oysters.
1 quart milk.
 $\frac{1}{8}$ cup "Easifirst."

2 level tablespoons flour.
1 teaspoonful salt.
 $\frac{1}{2}$ teaspoonful pepper.

Drain oysters, bread them, add liquor to cold milk. Scald and strain. Return to stew pan or double boiler. Add flour, blend with "Easifirst," pepper and salt. Add oysters, and cook until oysters are plump and edges curl. Serve in tureen or small bowl with crackers.



Cod Fish Croquettes

1 cup boiled cod fish.
2 cups mashed potatoes.
1 cup thick white sauce.

$\frac{1}{2}$ teaspoon pepper.
Salt to taste.
1 tablespoonful chopped parsley.

Shred the cod fish, add potatoes, pepper and parsley, then add the cream sauce. Shape, roll in crumbs and egg, then again in crumbs, and fry in a deep kettle of "Easifirst."

Cream Sauce

See directions on Page 21

Stuffed Baked Whitefish

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| 2 to 3 lbs. whitefish. | $\frac{1}{4}$ tablespoonful pepper. |
| 2 cups fine soft bread crumbs. | 1 tablespoonful of chopped parsley. |
| $\frac{1}{4}$ cup "Easifirst." | 1 teaspoon chopped onion. |
| $\frac{1}{2}$ teaspoonful salt. | Grated rind of 1 lemon. |

Mix bread crumbs, salt, pepper parsley, onion and lemon rind. Add "Easifirst."

Clean, wash and scale fish. Stuff with dressing, and then cut small gashes on each side of the backbone, and insert small pieces of salted "Easifirst." Sprinkle lightly with flour, place on a greased fish sheet in a dripping pan, and bake 1 hour in a hot oven.



Southern Beefsteak Delight

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| 1 lb. round beefsteak. | 2 cloves. |
| $\frac{1}{2}$ cup strained tomato. | 1 cup of boiled rice. |
| 2 cups of boiling water. | 2 tablespoons "Easifirst." |
| 1 bay leaf. | $\frac{1}{2}$ teaspoonful of pepper. |

Cut steak in 1 inch cubes, roll in flour to which 1 teaspoonful of salt has been added. Melt "Easifirst" in frying pan, and when hot, brown the steak.

Have ready in a stewing pan the water, tomatoes, bay leaf, cloves and pepper. Add the steak and simmer until tender. Thicken with a little flour and some of the stock. Place in centre of platter and garnish with boiled rice (hot).

This makes a very good luncheon dish.

Veal Cutlet

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| 1 piece of cutlet. | Salt and pepper. |
| 1 egg. | $\frac{1}{4}$ cup bread crumbs. |
| 1 teaspoonful "Easifirst." | |

Season veal, roll in seasoned bread crumbs, dip in beaten egg, and again in crumbs. Melt "Easifirst" in frying pan, and when hot, brown cutlet in it.



Beefsteak and Kidney Pie

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| 2 lbs. round steak. | 2 tablespoons "Easifirst." |
| 1 beef kidney. | 1 teaspoonful of salt. |
| $\frac{1}{2}$ onion. | $\frac{1}{2}$ teaspoonful of pepper. |
| 2 bay leaves. | 4 cups boiling water. |
| 2 cloves. | |

Cut steak in $1\frac{1}{2}$ inch cubes, sprinkle with flour, put 2 tablespoonfuls "Easifirst" and the sliced onion in a frying pan, and fry quickly, 3 minutes, searing all sides. Put into a saucepan, add boiling water, bay leaves, cloves, salt and pepper and kidney. Boil for 3 minutes, then simmer until tender.

Remove steak and kidney from stock, put in a deep pie dish (a small cup or egg cup placed in the centre of dish will keep the crust from the gravy). Skim fat from stock, strain and thicken with 2 tablespoonfuls of flour, 1 teaspoonful of "Easifirst" and enough milk to make a smooth paste. Add stock to meat and kidney, cut small strips of pastry, lay flat around the rim of pie dish, dampen, cover well with pastry, making a few small holes with a knife or scissors to allow the steam and gases to escape. Brush over with milk and yolk of egg and bake.



For Preparing Beef Kidney

Soak kidney 1 hour in luke warm salted water. Drain, clean and cut away from gristle and skin. Dry and add to the stock.

Roast Chicken

Clean, dress and truss a chicken, place in a dripping pan (double roaster, if possible), rub entire bird with $\frac{1}{2}$ cup of "*Easifirst*," in which 1 teaspoonful of salt has been mixed. Sprinkle slightly with flour, also the bottom of the pan. Place in a hot oven, and when the flour is brown reduce the heat; then baste, turn bird frequently so all sides will be brown.

In basting use 1 cup of boiling water, in which 1 table spoonful of "*Easifirst*" has been melted.

"EASIFIRST" Dressing

- 3 cups of stale bread crumbs (not crusts).
- $\frac{1}{2}$ cup of "*Easifirst*."
- 1 tablespoonful parsley.
- 1 tablespoonful powdered summer savory. Salt and pepper.

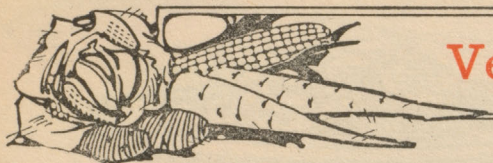


Chicken Pie

Clean, dress and cut a chicken in eight pieces, put in a granite kettle with 4 cups of boiling water (this amount should cover the chicken), $\frac{1}{4}$ onion, 1 sprig of parsley, $\frac{1}{4}$ teaspoonful celery seed, and boil 5 minutes; then simmer until tender.

Remove chicken, skim off fat and thicken stock with a white sauce (2 tablespoonfuls of flour, $\frac{1}{2}$ teaspoonful of "*Easifirst*" and enough milk to make the consistency of a thick cream).

Place a small cup in centre of baking dish, arrange the chicken around it, pour over the gravy, and cool. Add 2 hard boiled eggs, cut in $\frac{1}{8}$ inch slices. Cover with puff pastry or plain pie crust, cutting two small holes to let out the steam. Press edges well together, brush over with yolk of egg and milk, and bake in a moderately quick oven until the crust is well risen.



Vegetables

Corn Fritters

- | | |
|---------------------------|-----------------------------------|
| 1 can corn. | $\frac{1}{8}$ teaspoonful pepper. |
| 1 cup flour. | 2 eggs. |
| 1 teaspoon baking powder. | 1 teaspoonful "Easifirst." |
| 2 teaspoonfuls salt. | |

Chop corn fine or grind through a mincer, turn into bowl, add beaten eggs, then add baking powder, salt and pepper in sifted flour. Add melted "Easifirst."

Drop from spoon into hot "Easifirst," or cook in a frying pan. Drain on brown paper.



Scalloped Cabbages

Cut one-half boiled cabbage in pieces, put in a greased baking dish, sprinkle with salt and pepper, and add one cup of white sauce. Lift cabbage with fork, that it may be well mixed with sauce, cover with half a cup of "Easifirst" and bread crumbs, sprinkle with salt and bake until crumbs are brown.



Cream Sauce

- | | |
|------------------------------------|---------------------------------------|
| 1 level tablespoonful "Easifirst." | $\frac{1}{2}$ level teaspoonful salt. |
| 2 level tablespoonful flour. | 1 cup hot milk. |

Melt "Easifirst" in saucepan, mix the flour and salt, and add to "Easifirst." Let them bubble together. Add gradually hot milk, stir it in until smooth.



Nut and Potato Croquettes

- | | |
|-----------------------------------|-------------------------------------|
| 2 cups hot riced potatoes. | A little onion. |
| 3 tablespoonfuls of cream. | 1 egg. |
| $\frac{1}{2}$ teaspoonful salt. | $\frac{1}{2}$ cup chopped filberts. |
| $\frac{1}{8}$ teaspoonful pepper. | 1 teaspoonful "Easifirst." |
| Few grains cayenne. | |

Mix potatoes, nuts, salt, pepper, together. Add 2 or 3 drops of onion-juice, and then the cream. Blend well. Shape, mould, roll in browned bread crumbs and egg, and again in bread crumbs. Fry in deep kettle of "Easifirst." Drain on brown paper.



Fried Parsnips

Wash parsnips and cook forty-five minutes in boiling water (salted). Drain, plunge in cold water, when the skins can easily be removed. When cold, cut in pieces, about 3 inches long, and one inch wide and thick. Roll in seasoned bread or cracker crumbs. Fry in hot "Easifirst" until a delicate brown. Sprinkle a little powdered sugar on before serving.



Potato Omelet

- | | |
|-------------------------|------------------|
| 1 cup mashed potatoes. | 2 eggs. |
| $\frac{3}{4}$ cup milk. | Salt and pepper. |

Add the milk and seasoning to the potatoes. Beat the eggs until very light, then add. Fry in "Easifirst" until one side is well browned, then fold across the centre. Serve hot.

Table of weights and measures

Always use half pint measuring cup.

1 teaspoonful	60 drops
3 teaspoonfuls	1 tablespoonful
4 tablespoonfuls, 1 wineglass, $\frac{1}{2}$ gill	$\frac{1}{4}$ cupful
16 tablespoonfuls	1 cupful
2 gills	1 cupful
2 cupfuls	1 pint
2 pints	1 quart
4 quarts	1 gallon
2 tablespoonfuls " <i>Easifirst</i> "	1 ounce
2 tablespoonfuls Salt	1 ounce
2 tablespoonfuls Sugar	1 ounce
4 tablespoonfuls Flour	1 ounce
1 tablespoonful Liquid	$\frac{1}{2}$ ounce
$2\frac{1}{2}$ cupfuls Currants	1 pound
2 cupfuls Crumbs	1 pound
$2\frac{2}{3}$ cupfuls Powdered Sugar	1 pound
2 cupfuls Granulated Sugar	1 pound
$2\frac{2}{3}$ cupfuls Brown Sugar	1 pound
1 cupful water	$8\frac{1}{3}$ ounces
1 quart Flour	1 pound
16 ounces	1 pound

NOTE:—Use these measurements for recipes in this book. Always level with a knife after heaping full. Sift flour and other like materials before measuring.

If results are in any way unsatisfactory, write us direct. We can probably point out your error and show you how to correct it.

Things you should know when using

Gunns' EASIFIRST'

Except in extremely hot weather, "*Easifirst*" keeps better in a cool place outside the refrigerator.

"*Easifirst*" is easily digested—therefore is best for preparing the food of children or grownups.

It is a handy package for campers and will keep in any climate.

Use "*Easifirst*" in making plain dishes and more elaborate ones after you have learned its wide range of possibilities.

Your second attempt to use it in place of lard or butter will be more successful than the first.

If the recipes in this book are followed accurately each dish prepared will be at its best.

If the dish is not a success, you have not used "*Easifirst*" as directed, or have left out some ingredient.

Measure all liquids and dry quantities exact and level for these recipes. Do not round up spoonfuls; and use a glass or tin measuring cup which may be procured for 5 or 10 cents. Every kitchen should have a small scale.

When using "*Easifirst*" in place of butter, add one teaspoon of salt to a cupful of "*Easifirst*."

Do not let "*Easifirst*" get hot enough to smoke when frying—it is just right when it will golden brown a crumb of bread in one minute for fritters, etc., 40 seconds for meat or fish balls, etc., 30 seconds for raw vegetables, etc.

When used for shortening always chop in with a knife, never with the hands.

Be careful not to use too much "*Easifirst*"—if uncertain use less, as its shortening value is greater than lard or butter.

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