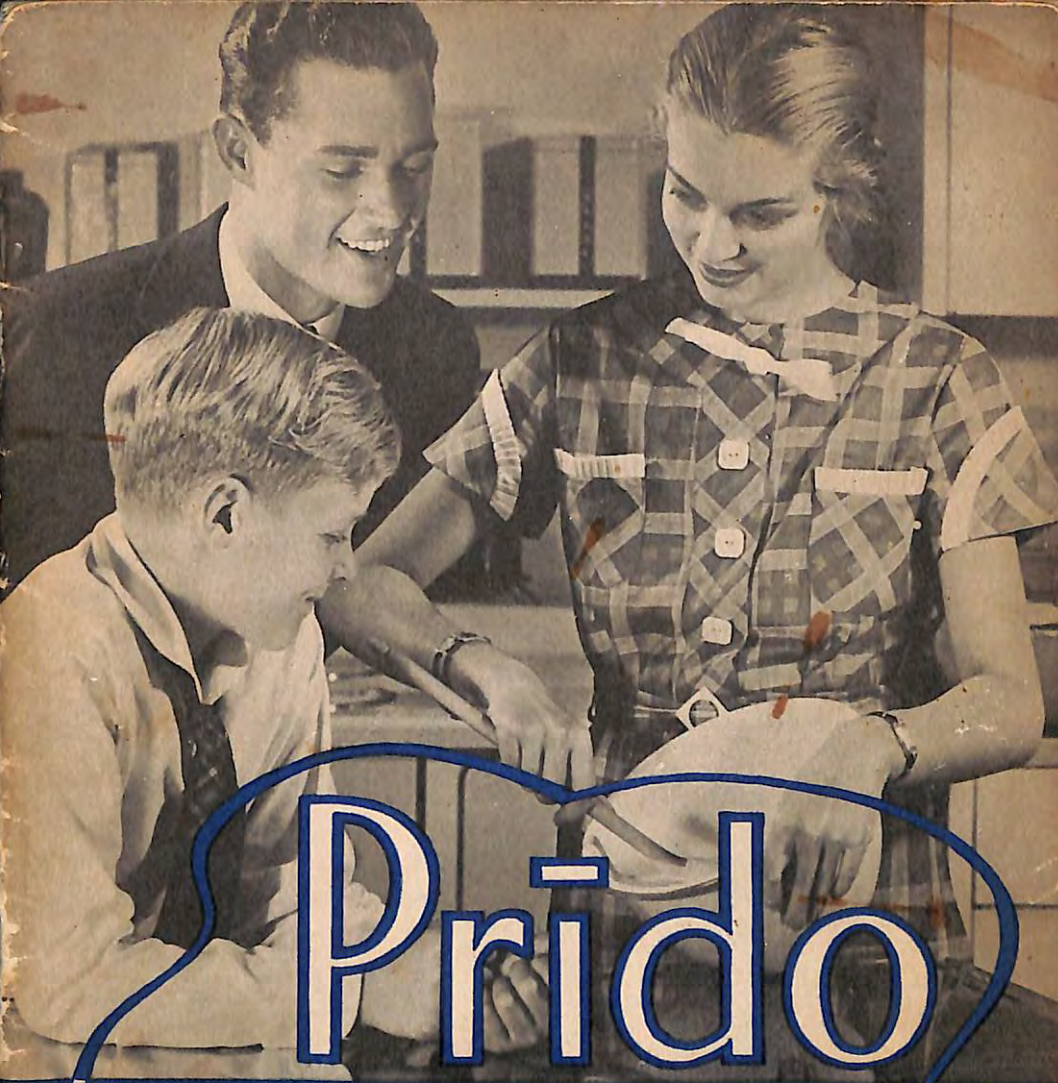


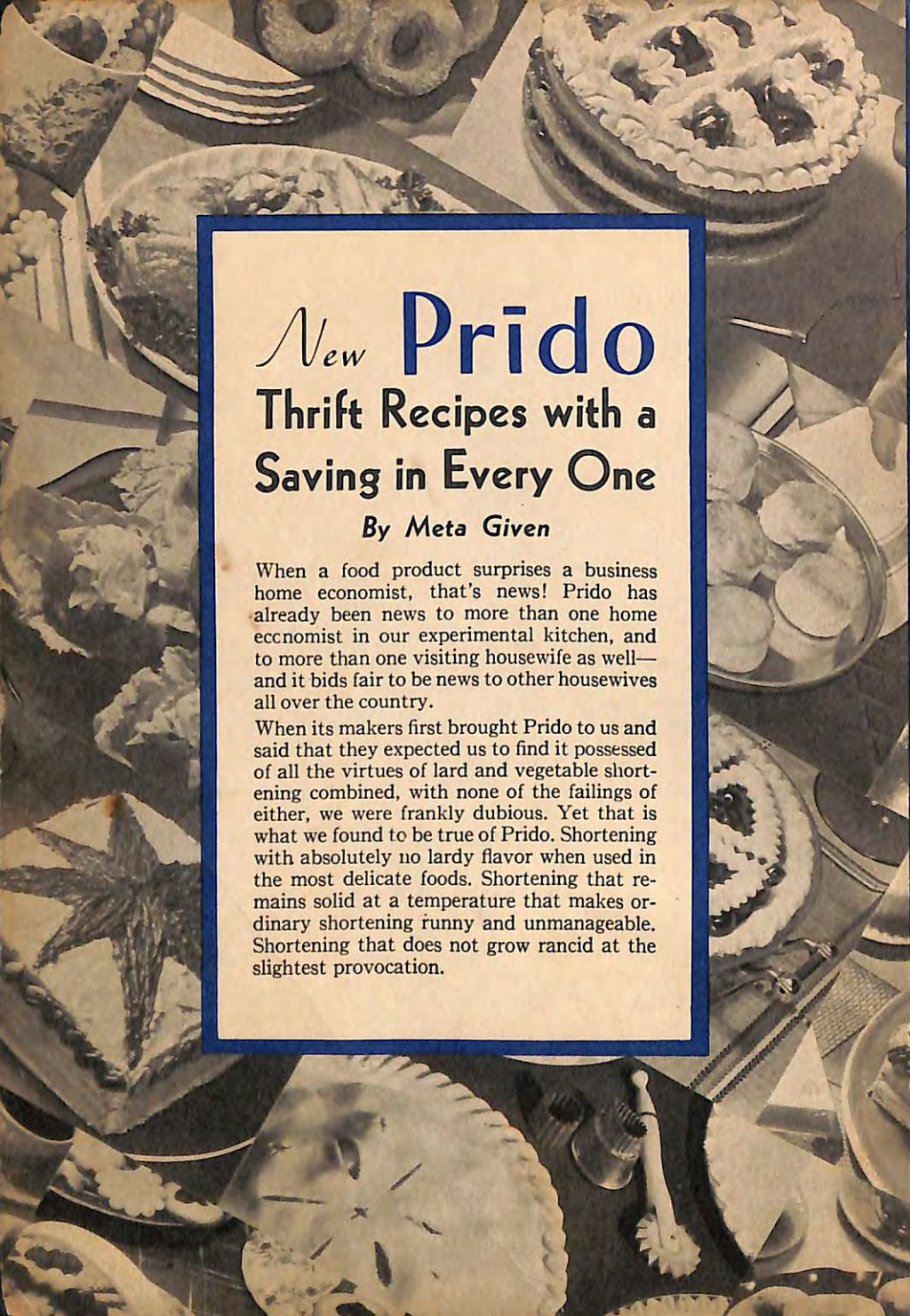


Prido

Verified

THRIFT RECIPES





New **Prīdo** Thrift Recipes with a Saving in Every One

By Meta Given

When a food product surprises a business home economist, that's news! Prīdo has already been news to more than one home economist in our experimental kitchen, and to more than one visiting housewife as well—and it bids fair to be news to other housewives all over the country.

When its makers first brought Prīdo to us and said that they expected us to find it possessed of all the virtues of lard and vegetable shortening combined, with none of the failings of either, we were frankly dubious. Yet that is what we found to be true of Prīdo. Shortening with absolutely no lardy flavor when used in the most delicate foods. Shortening that remains solid at a temperature that makes ordinary shortening runny and unmanageable. Shortening that does not grow rancid at the slightest provocation.

USE 1/4 LESS*



Right there were three surprises, but not the biggest. And here is another: Prīdo has a smoking point 100 degrees higher than that of lard! So the housewife has a wider margin of safety between the proper frying temperature and the point at which the fat smokes.

And now for the really big news: Prīdo has 25 per cent greater shortening power than vegetable shortenings. What does that mean to you? Just this: that you can use 25 per cent less of Prīdo than the usual amounts of vegetable shortening and produce moist, tender cakes, flaky, crisp pie crust and light, tasty hot breads—Sounds like hocus-pocus? But it's true! All of the following recipes are true, too, because they have been tested, many of them over and over, in our own kitchen. And the results approved by dozens of palates—photographers' palates, housewives' palates, stenographers' palates, elevator boys' palates, as well as our own.

We hope you like them—and like Prīdo—as much as we do.

* NOTE: Use one-fourth less Prīdo than other type shortenings except those made from animal fats. For deep fat frying, Prīdo can be heated 100 degrees hotter than lard before it smokes, and it makes superior cakes and pastries.



FINE TEXTURE



HIGH SMOKE POINT



EASY CREAMING

Pies



For a Good Pie Crust

DELICATELY browned, flaky, crisp, and so tender it will break almost at a touch, good pastry is good enough to eat all by itself. And combined with delicious fillings, it is a fitting foundation for America's favorite dessert at its very best. Here are the hows and wherefores of making such pastry:

1. Choose the best of ingredients: a sweet-flavored fat, well chilled; family, not cake flour; more salt in proportion than you would use in other baked foods; ice-cold water; and no leavening.
2. Handle the ingredients gently. Cut the fat into the flour until the mixture has the texture of wheat grains. Then add the water gradually, tossing the fat-flour particles lightly aside as they become moistened. More or less water than specified
3. Roll out only enough dough at a time to make a single crust. The

may be needed; use just enough to make the dough stick together without being sticky. If much flour is needed on the board the dough is too wet; if the dough cracks and frays in rolling, it is too dry. Press the dough gently together in a ball, remembering that too much or too vigorous manipulation develops gluten, which toughens pastry and makes it shrink in baking.

4. To transfer pastry to the pie tin, fold it through the center and lift into the pan; then unfold and pat it into place, fitting it into the angle all around the pan. For a single-crust

lower crust of a double-crust pie must always be about $1\frac{1}{2}$ inches larger than the upper crust. Flour the board as lightly as possible, mold the ball of dough into a circular disc, and commence rolling from the center out. Light, quick strokes are better for any dough than heavy, strong ones. Roll until the dough is a little less than $\frac{1}{8}$ inch thick; somewhat thinner for an upper crust.

4. To transfer pastry to the pie tin, fold it through the center and lift into the pan; then unfold and pat it into place, fitting it into the angle all around the pan. For a single-crust

pie, trim the edge, elaborate it in any desired way, prick bottom and sides full of holes with a fork, and bake for about 12 minutes in a hot oven (475° F.). For a double-crust pie, leave the bottom crust untrimmed for the present. Sprinkle the bottom of the shell with 1 tablespoon of flour, and put in the filling, sugar, and a little butter. Brush the rim of the lower crust with slightly beaten egg white, put on the top crust, and press the two together around the edge. Trim and elaborate, and bake according to directions given in specific recipes.

Note: All measurements are level.



SAVE $2\frac{2}{3}$ TABLESPOONS*

Plain Pastry



2 cups family flour
1 teaspoon salt

$\frac{1}{2}$ cup (8 tablespoons) Prido
About 6 tablespoons ice water

Prepare according to general directions above. Yield: one double crust or two single crusts.



SAVE $3\frac{1}{3}$ TABLESPOONS*

Cheese Pastry



2 cups family flour
 $\frac{1}{2}$ teaspoon salt

$\frac{2}{3}$ cup ($10\frac{2}{3}$ tablespoons) Prido
 $\frac{1}{3}$ cup grated cheese

About 6 tablespoons ice water

Proceed according to general directions except stir grated cheese into the fat-flour mixture before adding water. Excellent for apple or cherry pie. Yield: one double crust or two single crusts.

* These recipes are based upon using one-fourth less Prido than other type shortenings except those made from animal fats.

CHOCOLATE PIE

2 squares baking chocolate
 $\frac{3}{8}$ cup sugar
 $\frac{1}{4}$ cup family flour
 $\frac{1}{4}$ teaspoon salt
 2 cups milk or 1 cup evaporated milk diluted with 1 cup water, scalded
 3 eggs, separated
 1 tablespoon butter
 $\frac{1}{2}$ teaspoon vanilla
 3 tablespoons sugar
 Prido 8-inch plain pastry shell, baked

Melt chocolate over hot (not boiling) water. Blend the $\frac{3}{8}$ cup sugar, flour and salt, add to chocolate, and combine thoroughly. Add about $\frac{1}{4}$ cup scalded milk, stir to a smooth paste, then add the rest of the milk combined with the beaten egg yolks, stirring constantly to keep smooth, until mixture thickens. Cook over hot water about 20 minutes, stirring occasionally. Add butter and vanilla. Turn into the cooled baked pie shell. Beat egg whites until stiff, add the 3 tablespoons sugar and continue beating until well blended. Spread meringue roughly over entire top of filling so it touches pastry all around; this prevents pulling away of meringue from crust when pie is cut. Bake in a slow oven (300° F.) for 20 minutes. Cool before cutting. Yield: 1 8-inch pie.

LEMON PIE

$\frac{1}{4}$ cup cornstarch
 $1\frac{1}{4}$ cups granulated sugar
 $\frac{1}{8}$ teaspoon salt
 $1\frac{1}{2}$ cups boiling water
 3 eggs, separated
 1 tablespoon butter
 $\frac{1}{2}$ cup lemon juice
 Prido plain 8-inch pastry shell, baked
 2 tablespoons sugar

Mix together the cornstarch, $1\frac{1}{4}$ cups sugar, salt and boiling water, and cook in top of a double boiler 15 minutes, stirring constantly, until mixture is

clear. Pour slowly over the beaten egg yolks, stirring vigorously. Return to double boiler. Continue to cook one minute, stirring constantly. Remove from fire, add butter and lemon juice, and fold in 1 egg white, stiffly beaten. Turn into a cooled baked shell of Prido plain pastry. Spread the top with a meringue made from the 2 remaining egg whites and the 2 tablespoons sugar, making sure it touches the edge of the pastry all around. Brown 20 minutes in a slow oven (300° F.). Cool before cutting. Yield: 1 8-inch pie.

CHERRY PIE

1 quart sour red cherries
 Prido plain or cheese pastry
 $\frac{3}{4}$ cup sugar
 3 tablespoons flour

Wash and pit cherries; there should be $2\frac{1}{2}$ to $2\frac{1}{2}$ cups pitted cherries and juice. Line an 8-inch pie tin with Prido plain pastry. Blend sugar and flour thoroughly, sift about $\frac{1}{3}$ the mixture into the bottom of the pastry-lined tin, add half the cherries, sift in another $\frac{1}{3}$ of the flour mixture, add rest of cherries, and top with the remaining sugar and flour. Brush rim of pastry with unbeaten egg white. Roll another sheet of pastry, gash the center in a design, and lay carefully over the pie. Press edges gently together, trim, and flute as desired. Bake in a hot oven (425° F.) about 30 minutes, or until lightly browned. Cool before cutting. Yield: 1 8-inch pie.

One No. 2 tin of canned red cherries may be used instead of the fresh ones, with sugar to suit the taste.

PUMPKIN PIE

1 teaspoon ginger
 1 teaspoon cinnamon
 2 tablespoons boiling water
 $1\frac{1}{4}$ cups thick strained pumpkin
 $\frac{3}{4}$ cup light brown sugar, firmly packed
 2 eggs, slightly beaten
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ cup milk and $\frac{1}{4}$ cup cream or 1 cup evaporated milk
 2 tablespoons orange juice
 Prido plain pastry

Combine spices, add boiling water, and stir to blend. Turn pumpkin into mixing bowl and add sugar, eggs, salt, spice mixture, and liquids. Stir until smooth. Line a 9-inch pie tin with Prido plain pastry and pour in the pumpkin mixture. Bake 12 minutes in a hot oven (450° F.); then reduce heat to slow oven (300°) and bake 25 to 30 minutes longer, until a knife inserted in center of pie comes out clean. Cool before cutting. Yield: 1 9-inch pie.

APPLE PIE

Prido plain or cheese pastry
 6 or 7 good-sized tart apples
 1 tablespoon flour
 $\frac{3}{4}$ to $\frac{3}{4}$ cup sugar
 1 to 2 tablespoons butter
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{8}$ teaspoon cinnamon

Line an 8-inch pie tin with the pastry. Place in refrigerator. Quarter, pare, core, and cut the apples into uniform $\frac{1}{4}$ -inch slices. Sift half the flour over the bottom of the pastry, arrange half the apples over the bottom, and sift half the sugar over them. Put in the rest of the apples and sprinkle remaining sugar and flour over top. Dot top with butter and sprinkle with spices. Brush rim of pastry with slightly beaten egg white; roll out another sheet of pastry, gash the center with a design, and lay over the apples. Press edges of pastry gently together, trim, and flute edge as desired. Bake immediately in a hot oven (450° F.) for 15 minutes; then reduce

the heat to slow oven (300°) and continue baking about 35 minutes longer, or until apples are well cooked. Cool to lukewarm before cutting. Yield: 1 8-inch pie.

CUSTARD PIE

3 eggs
 $\frac{1}{4}$ teaspoon salt
 6 to 8 tablespoons sugar
 $\frac{1}{2}$ teaspoon vanilla
 3 cups rich milk or 2 cups milk and 1 cup thin cream
 Prido plain pastry
 Nutmeg

Beat eggs slightly and add salt, sugar, vanilla and liquid. Stir and strain into a 9-inch pie tin lined with the pastry. Sprinkle top lightly with grated nutmeg. Bake for 12 minutes in a hot oven (450° F.); then reduce heat to 275° and continue baking for 25 to 30 minutes longer, or until a sharp knife inserted in the center comes out clean. Cool before cutting. Yield: 1 9-inch pie.

COCOANUT CREAM PIE

5 tablespoons flour
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
 2 cups milk
 3 egg yolks, well beaten
 1 egg white, beaten with yolks
 $\frac{3}{4}$ cup shredded coconut
 Baked Prido 8-inch plain pastry shell
 2 egg whites
 2 tablespoons sugar

Mix flour, $\frac{3}{4}$ cup sugar and salt with enough of the milk to make a thin, smooth paste. Heat rest of the milk to boiling, stir in the paste, and cook over boiling water until mixture thickens. Pour over the beaten egg yolks and white, stirring well; return to double boiler and cook for 20 minutes, stirring occasionally. Fold in coconut and allow to cool. Pour into pie shell. Beat the 2 egg whites until stiff, add the 2 tbsps. sugar, and continue beating for 1 minute. Spread on top of pie and bake at 300° F. for 20 minutes. Yield: 1 8-inch pie.

PINEAPPLE CREAM PIE

- | | |
|---|--|
| 1 No. 2 tin crushed
pineapple, drained | 3 egg yolks, well
beaten |
| Thin cream | 1 egg white, beaten
with yolks |
| 5 tablespoons flour | Baked Prido 8-inch
plain pastry shell |
| ½ teaspoon salt | 2 egg whites |
| 1 tablespoon lemon
juice | 2 tablespoons sugar |

Drain pineapple thoroughly, reserving the juice. In another cup measure out enough thin cream (or cream and milk) to make up 2 cups of liquid when added to pineapple juice. Add a little of the pineapple juice to the flour to make a thin, smooth paste. Heat rest of juice over boiling water with salt and lemon juice; then add flour paste. When mixture begins to thicken, add the cream. When mixture is again hot, pour over beaten egg yolks and white, stirring well; add drained pineapple, return to double boiler and continue cooking for 20 minutes, stirring occasionally. Remove from heat, cool, and

pour into baked, cooled pastry shell. Beat other 2 egg whites until stiff, add 2 tbsp. sugar, and beat for 1 minute. Spread over pie filling and bake at 300°F. for 20 minutes. Yield: 1 8-inch pie.

ELDERBERRY PIE

- | | |
|--|------------------------------|
| 3 tablespoons flour | ½ cup sugar |
| Prido plain pastry | 2 tablespoons lemon
juice |
| 3 cups elderberries,
washed and
picked | |

Sprinkle 1 tablespoon of the flour over bottom of pie shell. Combine rest of flour with sugar and mix with other ingredients; turn into shell. Brush edges with unbeaten egg white, cover filling with gashed pastry, and press edges together. Trim and elaborate as desired. Bake for 10 minutes at 475°; then turn oven heat down to slow oven (300°) and continue baking for 35 minutes. Yield: 1 8-inch pie. Make any other berry pie in similar manner.

Cakes



For a Good Cake

ONE'S first impression of a fine cake is a rich golden brown crust which is really fragile. Even lightness and fluffiness are apparent to the eye. Breaking reveals its tenderness, and a fine grain and flaky texture are also noted. The flavor is rich yet delicate. Here are the tricks of making superlatively good "butter" cakes:

1. Use a fine granulated sugar. To measure, lift sugar by tablespoons into the measuring cup and level off with a spatula.
2. Cream the fat and sugar very thoroughly. If you have a mechanical mixer so much the better; but if you have to do hand creaming, remember that the best cake is the best-mixed cake. Vigorous mixing with a well-shaped wooden spoon, flat-bowled and with a comfortable handle, produces an emulsion fluffy as whipped cream, smooth as satin, and stiff as a good meringue.
3. Use a fine-textured flour of low gluten content, such as any of the special cake flours. Sift it before measuring, and lift it lightly into the cup; never, never plunge the cup into the flour, and never, never shake it down. Sift it after measuring, three times, with the other dry ingredients. This makes it as light as flour can be, and mixes it completely with the leavening and salt.
4. Add flour and milk alternately, and always begin and end with the flour. Milk tends to break the satiny emulsion of fat and sugar, while flour



tends to tighten it. Wind up by tightening the emulsion, and you have taken one more step toward the perfect cake.

5. Beat the egg whites until stiff and then beat again with part of the sugar, like a meringue. This treatment puts backbone into the whites, and helps them retain their airy lightness after being folded into the cake batter. Fold them in lightly; about 30 cutting strokes of the wooden spoon are enough if the bowl is slowly revolved during the process.
6. Line the bottom of the baking pans with paraffin paper cut to fit, if you want to be perfectly sure that your delicate cake will not stick. Butter the whole pan; then put in the paraffin paper, and then make assurance doubly sure by buttering the paraffin paper. And when you turn the hot cake out of the pan, let the paraffin paper stay on it to keep in the fra-

grant steam. If you have always used plain buttered pans and prefer not to change, well and good; but never be betrayed into sprinkling the buttered surface with flour to prevent sticking. The flour serves its purpose, but it also deprives you of that crisp, delicate crust which all good cakes should have.

7. Bake your cake with a watchful eye. A 350° oven is best for most layer cakes, and the time given in the recipes is usually the best time. But all ovens have peculiarities, and there is nothing like watching. The moment the cake begins to pull away from the sides of the pan, it is ready to come out of the oven. Invert the pans on wire cake coolers for a few minutes; then loosen the cake around the sides, if necessary, with a spatula, and turn the cake out. For eating or for icing, any cake is at its prime when it is just cool.

Note: All measurements are level.

SAVE 2 TABLESPOONS* Honey Spice Cake

2 cups cake flour	1 tablespoon boiling water
2 teaspoons baking powder	$\frac{3}{8}$ cup (6 tablespoons) Prido
$\frac{1}{2}$ teaspoon salt	1 cup fine granulated sugar
$1\frac{1}{4}$ teaspoons cinnamon	2 eggs, separated
$\frac{1}{2}$ teaspoon cloves	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon allspice	2 tablespoons strained honey
$\frac{1}{2}$ teaspoon nutmeg	1 tablespoon sherry

Sift flour, measure, and resift 3 times with baking powder and salt. Combine spices, add boiling water, and mix well. Cream fat 1 minute, add $\frac{3}{4}$ cup of sugar and the egg yolks, and cream at least 5 minutes. Add 1 tablespoon milk with honey and spice paste, and blend thoroughly. Add flour and milk alternately in 4 or 5 portions, beginning and ending with flour and stirring until smooth after each addition. Add sherry. Beat egg whites until stiff, add remaining $\frac{1}{4}$ cup sugar, and continue beating until well blended; fold into batter with about 30 strokes. Turn into 2 prepared 8-inch cake tins and bake in a moderate oven (350° F.) for about 30 minutes, or until cake begins to pull away from sides of pan. Turn out on cake coolers, cool, and spread with Lady Baltimore 7-Minute Icing.

* These recipes are based upon using one-fourth less Prido than other type shortenings except those made from animal fats.

SAVE 2 TABLESPOONS* Yellow Feather Cake

$2\frac{1}{2}$ cups cake flour	$1\frac{1}{2}$ cups fine granulated sugar
3 teaspoons baking powder	1 cup milk
$\frac{1}{2}$ teaspoon salt	3 eggs, separated
$\frac{3}{8}$ cup (6 tablespoons) Prido	1 teaspoon vanilla

Sift flour, measure, and resift 3 times with baking powder and salt. Cream fat 1 minute; add $\frac{3}{4}$ of the sugar and 4 tablespoons of milk mixed with the egg yolks, and cream at least 5 minutes. Add flour and remaining milk alternately in 4 or 5 portions, beginning and ending with flour and beating until smooth after each addition. Add vanilla. Beat egg whites until stiff, add remaining sugar, and continue beating until well blended. Fold into batter with about 30 strokes. Turn into 3 prepared 8-inch cake tins and bake in a moderate oven (350° F.) for 25 to 30 minutes. Turn out on cake coolers, cool, and spread with Whipped Cream and Jelly.

SAVE $1\frac{2}{3}$ TABLESPOONS* Gingerbread

$1\frac{3}{4}$ cups cake flour	5 tablespoons Prido
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup fine granulated sugar
$\frac{1}{2}$ teaspoon soda	1 egg
$\frac{1}{4}$ teaspoon cinnamon	$\frac{1}{2}$ cup molasses
$\frac{3}{4}$ teaspoon ginger	$\frac{1}{2}$ cup buttermilk

Sift flour, measure, and resift 3 times with salt, soda and spices. Cream fat 1 minute, add sugar and whole egg, and cream about 3 minutes; add molasses and beat vigorously for 2 minutes longer. Add the flour mixture and buttermilk alternately in several portions, beginning and ending with flour and beating well after each addition. Turn batter into prepared pan, 11x7x1 $\frac{1}{2}$ inches, and bake in a moderate oven (375° F.) for 45 minutes. Turn out on cake coolers. Serve hot or cold with whipped cream, applesauce, or melted marshmallows.

SAVE 2 TABLESPOONS* Lily White Cake

$1\frac{3}{4}$ cups cake flour	1 cup fine granulated sugar
3 teaspoons baking powder	$\frac{1}{2}$ cup egg whites
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup milk
$\frac{3}{8}$ cup (6 tablespoons) Prido	$\frac{1}{4}$ teaspoon lemon extract
	$\frac{1}{4}$ teaspoon almond extract

Sift flour, measure and resift 3 times with baking powder and salt. Cream fat 1 minute, then add $\frac{3}{4}$ the sugar and $\frac{1}{2}$ the egg whites; continue creaming at least 5 minutes. Add flour and milk alternately in 4 or 5 portions, beginning and ending with

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flour and beating until batter is stiff after each addition. Add flavoring. Beat remaining egg whites until stiff, add remaining sugar, and continue beating until well blended. Fold lightly into cake batter with about 30 strokes of a wooden spoon. Turn batter into 2 prepared 8-inch cake tins and bake in a moderate oven (350° F.) for 28 to 30 minutes. Turn out on cake coolers, cool, and spread with Caramel or Maple Fudge Pistachio Icing.



SAVE 22 $\frac{2}{3}$ TABLESPOONS*

Chocolate Chiffon Cake



- | | |
|---|--|
| 2 cups cake flour | 1 $\frac{1}{2}$ cups fine granulated sugar |
| 1 teaspoon soda | 2 eggs |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ cup buttermilk |
| 1 to 2 squares baking chocolate | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup (8 tablespoons) Prido | $\frac{1}{2}$ cup boiling water |

Sift flour, measure, and resift 3 times with soda and salt. Melt chocolate over hot (not boiling) water; cool. Cream fat until smooth and plastic. Add sugar and whole eggs; cream at least 5 minutes. Add chocolate and mix well. Add flour and buttermilk alternately in small portions, beginning and ending with flour and beating until smooth after each addition. Add vanilla and stir in; then add boiling water all at once and stir until smooth. Turn into 2 prepared 8-inch cake tins and bake in a moderate oven (350° F.) for 30 minutes. Turn out on cake coolers, cool, and spread with Coffee Pecan Icing.



SAVE 22 $\frac{2}{3}$ TABLESPOONS*

Cinnamon Plum Cake



- | | |
|------------------------------------|---|
| 2 cups cake flour | 1 cup raisins |
| 1 teaspoon soda | $\frac{1}{3}$ cup (5 $\frac{1}{3}$ tablespoons) Prido |
| $\frac{1}{4}$ teaspoon salt | 1 $\frac{1}{4}$ cups firmly packed light brown sugar |
| $\frac{1}{4}$ teaspoon cloves | 2 eggs |
| 2 $\frac{1}{2}$ teaspoons cinnamon | 1 cup buttermilk |

Sift flour, measure, and resift 3 times with soda, salt and spices. Wash raisins; dry, or place over steam until they become plump. Cream fat 1 minute; then add sugar and unbeaten eggs, and cream at least 5 minutes. Add flour and buttermilk alternately, beginning and ending with flour and beating until batter is smooth after each addition. Fold in the cooled raisins at the last. Turn batter into 2 prepared 8-inch cake tins and bake in a moderate oven (350° F.) about 30 minutes, or until cake begins to shrink away from sides of pan. Turn out on cake coolers. Permit layers to cool and then spread with Coffee Pecan Icing.

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Icings



COFFEE PECAN ICING

- | | |
|--|-----------------------------|
| $\frac{1}{3}$ cup coffee, medium grind | 2 cups confectioners' sugar |
| 1 cup water | Large whole pecan halves |
| $\frac{1}{4}$ cup butter | |
| $\frac{1}{4}$ teaspoon salt | |

Bring coffee and water to a boil and remove immediately from heat. Let stand a minute or two. Strain through very fine strainer or through several thicknesses of cheesecloth. Cream butter until soft and plastic; then add confectioners' sugar gradually, creaming thoroughly. Add salt. Add coffee infusion gradually to the sugar-butter mixture, using about 3 tablespoons or enough to produce a smooth spreading consistency. Spread between layers and on top and sides of cake, and decorate top with whole or halved pecan halves. Yield: sufficient for a 3-layer cake.

MAPLE FUDGE PISTACHIO ICING

- | | |
|------------------------|---|
| 1 cup granulated sugar | $\frac{1}{2}$ cup evaporated milk or thin cream |
| 1 cup maple syrup | $\frac{1}{4}$ cup water |
| | 4 tablespoons butter |

Mix sugar and liquids in a saucepan, and bring to a boil, stirring constantly. Cook to the soft ball stage (230-232° F.), disregarding any curdling that may occur. Remove immediately from

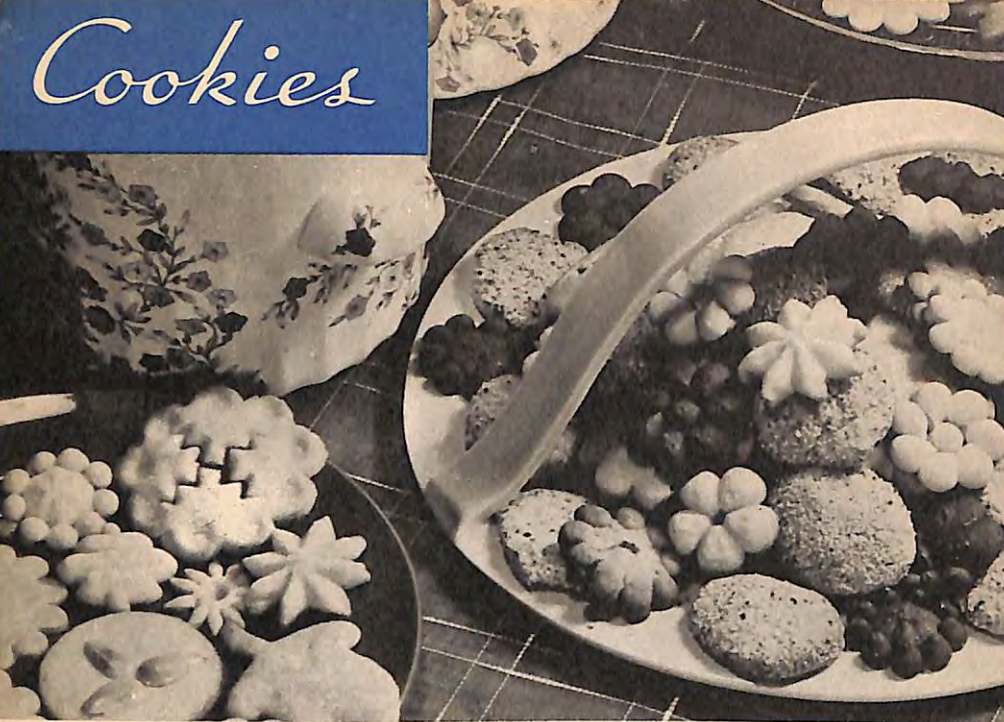
flame, add butter, and pour into a clean buttered pan. Do not scrape sides of pan. Cool until pan can be held on palm of hand. Beat until smooth and just thick enough to spread; then spread quickly between layers and on top and sides of cake. Sprinkle top with shaved pistachio nuts. Yield: 2 layers.

LADY BALTIMORE 7-MINUTE ICING

- | | |
|------------------------------------|--|
| 1 cup granulated sugar | $\frac{1}{2}$ cup chopped pecans |
| 3 tablespoons water | 12 maraschino cherries, well drained and chopped |
| 2 egg whites | $\frac{1}{4}$ teaspoon almond extract |
| 6 marshmallows | $\frac{1}{4}$ teaspoon lemon extract |
| $\frac{1}{4}$ cup shaved almonds | |
| $\frac{1}{2}$ cup seedless raisins | |

Put first 3 ingredients into the top of a double boiler and place over boiling water. Cook for 7 minutes, beating constantly with a rotary egg beater. The mixture will be white, stiff and puffy. Add marshmallows cut in quarters, remove from heat, and continue beating until marshmallows are well blended. Add remaining ingredients and spread between layers and on top and sides of the cake. A few whole maraschino cherries, raisins, and shaved almonds may be reserved to sprinkle over the top. Yield: sufficient for a 3-layer cake.

Cookies



SAVE 1 1/3 TABLESPOONS*

Molasses Fruit Bars



3 cups family flour
1/2 teaspoon salt
1 teaspoon soda
1/2 teaspoon ginger
1/2 teaspoon cinnamon
1/4 teaspoon cloves

1/4 cup (4 tablespoons) Prido
1 cup sugar
1 egg
1 cup sorghum or molasses
1/2 cup hot milk
1 cup seedless raisins, dates or
chopped nuts

Sift flour, measure, and resift 3 times with salt, soda and spices. Cream fat for 1 minute, add sugar and egg, and cream 4 minutes; then add sorghum and beat 2 minutes longer. Add flour mixture alternately with the milk in several portions, beginning and ending with flour. Add raisins which have been washed and dried, and nuts or dates, and stir just enough to distribute. Turn batter into 2 well-buttered shallow baking pans (10 1/2 x 16 inches). Bake in a moderately hot oven (400° F.) about 15 minutes, or until golden brown. Remove from oven and quickly cut into bars about 2 x 4 inches. Yield: 6 dozen bars.

* These recipes are based upon using one-fourth less Prido than other type shortenings except those made from animal fats.

Recipes tested, tasted and approved by Good Housekeeping Institute



SAVE 4 TABLESPOONS*



Old Fashioned Sugar Cookies

4 1/2 cups family flour	1 1/2 cups sugar
1 1/2 teaspoons baking powder	2 eggs
1/2 teaspoon salt	2 teaspoons grated lemon rind
3/4 cup (12 tablespoons) Prido	2 tablespoons milk
	2 tablespoons lemon juice

Sift flour, measure, and resift with baking powder and salt. Cream fat for 1 minute; then add sugar and eggs, and continue creaming 5 minutes. Add lemon rind and then the flour mixture alternately with milk and lemon juice, mixing only until well combined. Chill slightly in refrigerator. Divide into four portions, removing one at a time from the refrigerator and rolling out lightly on a floured board. Cut and transfer to a buttered baking sheet (if desired, brush with slightly beaten egg white and sprinkle with granulated sugar for a sparkling surface). Bake in a moderately hot oven (400° F.) for 10 to 15 minutes, time depending on thickness of cookies. Remove to cake coolers and cool thoroughly before storing in a cookie jar. Yield: 6 to 7 dozen cookies.



SAVE 4 TABLESPOONS*



Sprits Blossoms

2 1/2 cups family flour	1 egg
1/2 teaspoon salt	1 teaspoon vanilla
1/2 to 1 square baking chocolate	1/2 teaspoon lemon extract
3/4 cup (12 tablespoons) Prido	1/4 teaspoon almond extract
1 cup sugar	2 tablespoons milk

Sift flour, measure, and resift with salt. Melt chocolate over hot water; cool. Cream fat for 1 minute, add sugar and egg, and cream 5 minutes longer. Add flavorings, then the milk and flour, and combine thoroughly. Divide dough in two parts; add melted chocolate to one half. Force dough through cookie press, using plain dough for plain yellow cookie, chocolate dough for plain chocolate cookie, and a thin roll of chocolate wrapped in a sheet of plain dough for a cookie with brown center and white edge. If desired, part of the plain dough may be tinted pink and used in combination with plain or chocolate dough. Many interesting variations may be produced. Press cookies out onto buttered cookie sheet and bake in a moderately hot oven (400° F.) for 10 to 12 minutes, or until the desired brownness is obtained. Yield: 4 to 5 dozen cookies.

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Breads



For Good Quick Breads

MADE the Prido way, there is no trick at all to turning out good quick breads of many kinds. Quick bread secrets are few and simple, but very, very important. Knowing them, you can ring the bell of your family's approval every time, whether with muffins, or waffles crisp enough to crunch, or griddle cakes, or delicate, flaky biscuits. And with Prido the flavor is sure to be good.

Delicious biscuits are easily made—notwithstanding the plentiful stories of leaden biscuits produced by eager brides. A good recipe and quick, careful handling are essential. Good biscuit dough is soft, so soft that it has a smooth surface when rolled out. To make the flaky biscuits which are most persons' ideal, turn the dough out on a floured board and knead it eight or ten times, lightly. Then roll it out to the desired thickness— $\frac{1}{2}$ to $\frac{3}{4}$ inch—cut, transfer to a buttered baking sheet. Bake in a

hot oven (450° F.) to the desired brown. And serve *at once*.

Muffins are harder to make, but there is only one secret to the making of perfect muffins. Give the batter not one stir more than is absolutely necessary. Mix all the liquid ingredients, add them all at once to the dry ingredients, and stir them quickly until the flour is just dampened; then stir three or four times more, and stop stirring. Dip the batter quickly into buttered muffin tins and pop them promptly into a 425° oven.

Griddle cakes are the novice's friend. They can be spoiled, but not very easily and not very seriously. Where the housewife can err most readily is in the baking; the griddle is often heated too hot. Pour the batter on quickly from a ladle or fractional measuring cup holding one-fourth cup; this makes a cake 5 inches in diameter. Turn the cake only once, using a broad spatula or pancake turner, for turning back takes out the puffy lightness. Serve piping hot with plenty of butter and sugar, syrup,

honey, jelly, preserves, or fresh fruit with sour cream.

Given a good waffle iron, waffles are the most easily made of all the quick breads. An electric iron makes baking as easy a task as is mixing, and after the first conditioning the iron need not be greased and should never be washed. To break in a new iron, oil the grids very thoroughly with Prido; for subsequent usings no oiling should be necessary if the iron is used regularly.

Note: All measurements are level



SAVE 1 TABLESPOON*

Sweet Milk Biscuits

1½ cups family flour
½ teaspoon salt

2 teaspoons baking powder
3 tablespoons Prido
½ cup milk

Sift flour, measure, and resift twice with salt and baking powder. Cut fat into flour with two knives or a dough blender until mixture is of the consistency of grains of wheat. Add milk all at once and stir vigorously until dry ingredients are just dampened (about 20 times); then give 3 or 4 more stirs. Turn dough out on a lightly floured board and knead lightly 8 or 10 times. Roll out lightly from the center to the edges of the dough, to a thickness of $\frac{1}{2}$ to $\frac{3}{4}$ inch. Cut with biscuit cutter dipped in flour and shake biscuits out on a buttered baking sheet. Bake about 12 minutes in a hot oven (450° F.). Yield: about 12 biscuits.



SAVE 1 TABLESPOON*

Buttermilk Biscuits

1½ cups family flour
½ teaspoon salt
1 teaspoon baking powder

¼ teaspoon soda
3 tablespoons Prido
½ cup buttermilk

Sift flour, measure, and resift twice with salt, baking powder and soda. Cut fat into flour with two knives until mixture is of consistency of grains of wheat. Add buttermilk all at once and proceed as directed for Sweet Milk Biscuits.

* These recipes are based upon using one-fourth less Prido than other type shortenings except those made from animal fats.



SAVE 1 TABLESPOON*

Muffins

- | | |
|---------------------------|---------------------|
| 2 cups family flour | 2 tablespoons sugar |
| ½ teaspoon salt | 1 egg |
| 4 teaspoons baking powder | 1 cup milk |
| 3 tablespoons Prido | |

Sift flour, measure, and resift 3 times with salt, baking powder and sugar. Beat egg, add milk, and continue beating until well mixed. Add melted fat and immediately add to the dry ingredients. Stir until dry ingredients are just dampened; then give 3 or 4 more stirs, and quickly dip batter into buttered muffin tins, filling them ¾ full. Bake in a hot oven (425° F.) for 20 minutes. Yield: 12 muffins.



SAVE 1⅓ TABLESPOONS*

Griddle Cakes

- | | |
|-------------------------------------|--------------------------|
| 1 cup family flour | 1 to 2 tablespoons sugar |
| ½ teaspoon salt | 1 egg |
| 2 teaspoons baking powder | 1 cup milk |
| ¼ cup (4 tablespoons) Prido, melted | |

Sift flour, measure, and resift twice with salt, baking powder and sugar. Beat egg, add milk, and beat until well mixed. Pour in melted shortening and immediately add flour, all at once. Beat until batter is smooth. Have griddle just hot enough to keep a drop of water dancing over the surface for a moment before going up in steam. Oil griddle with about ¼ teaspoon of Prido before each batch of cakes. Pour out ¼ cup of batter for each cake, bake until golden brown on under side, then turn and bake on other side. Serve immediately. Yield: 8 to 10 cakes.



SAVE 1⅔ TABLESPOONS*

Sweet Milk Waffles

- | | |
|---------------------------|--------------------------------------|
| 2 cups family flour | 2 eggs, separated |
| 2 teaspoons baking powder | 1¾ cups milk |
| ½ teaspoon salt | ⅓ cup (5⅓ tablespoons) Prido, melted |
| 2 tablespoons sugar | |

Sift flour, measure, and resift 3 times with baking powder and salt. Beat egg yolks, add milk, and beat until well mixed. Add melted shortening and immediately add the flour, beating until smooth. Beat egg whites until stiff, add sugar, and beat 1 minute longer. Fold into batter. Bake in a hot waffle iron, using 2 or 3 heaping tablespoons for each waffle. Bake until waffle is golden brown and crisp. Serve immediately. Yield: 6 to 7 waffles.

* These recipes are based upon using one-fourth less Prido than other type shortenings except those made from animal fats.

Recipes tested, tasted and approved by Good Housekeeping Institute



SAVE 1⅓ TABLESPOONS*

Sour Cream Waffles

- | | |
|---------------------------|-------------------------------------|
| 2 cups family flour | 2 eggs, separated |
| 2 teaspoons baking powder | 1 cup sour cream |
| ½ teaspoon salt | 1½ cups sweet milk |
| ½ teaspoon soda | ¼ cup (4 tablespoons) Prido, melted |
| 2 tablespoons sugar | |

Sift flour, measure, and resift twice with baking powder, salt and soda. Beat egg yolks, add sour cream and milk, and beat until well mixed. Proceed as directed for Sweet Milk Waffles on preceding page. Yield: 7 to 8 waffles.

Yeast Breads



SAVE 1⅔ TABLESPOONS*

Ice Box Rolls

- | | |
|--------------------------|------------------------------|
| 2 cakes compressed yeast | ⅓ cup (5⅓ tablespoons) Prido |
| ¼ cup lukewarm water | 1½ teaspoons salt |
| 2 cups milk | ¼ cup sugar |
| 6 to 7 cups family flour | |

Crumble yeast into lukewarm water and allow to dissolve. Scald milk, add shortening, salt and sugar, and cool to lukewarm. Stir in the yeast and 2 cups of flour. Allow to rise to double its bulk in a warm place (80°-100° F.). Add flour to form a soft dough and turn out on a generously floured board. Knead about 10 minutes, adding more flour as needed to prevent sticking. Return to the mixing bowl, which has been cleaned and oiled, brush the top of the dough with melted Prido, and allow to rise again until doubled in bulk. Cut down, shape into small balls the size of a hickory nut, and place 3 balls in each buttered muffin tin. Again allow to double in bulk. Bake in a hot oven (425° F.) for 12 to 15 minutes. Dough that is not baked the first day should be replaced in the buttered bowl, brushed again with melted Prido, covered with waxed paper, and placed in refrigerator. It will keep for several days. To make another batch of rolls, remove from refrigerator as much dough as desired, allow to warm up, knead, and shape as before. Yield: 3 to 4 dozen small rolls.

COFFEE CAKE

- | | |
|---------------------------|------------------------------------|
| ⅓ the Ice Box Rolls dough | 3 tablespoons confectioners' sugar |
| 2 tablespoons butter | 4 tablespoons family flour, sifted |

Roll dough out to a thickness of ½ to ¾ inch, and fit into a buttered cake tin about 7 inches square. Cut butter into confectioners' sugar and flour, gather into a ball, and break up into coarse crumbs. Sprinkle over top of the dough, and set in a warm place where it will double in bulk. Bake in a moderate oven (375° F.) for 25 minutes. Yield: 6 to 8 servings.

* These recipes are based upon using one-fourth less Prido than other type shortenings except those made from animal fats.

Recipes tested, tasted and approved by Good Housekeeping Institute

Deep Fat Frying

FOODS fried in deep fat to a crisply jacketed and flavorful golden brown are popular with almost everyone; and, when they are properly fried in Prido, they are just as digestible and wholesome as broiled or baked or stewed foods. The secret of successful frying is to have Prido heated to the right temperature. A deep fat frying thermometer is the surest means of doing a good job; but the 1-inch bread cube test used by our grandmothers is almost as safe. If the white bread fries to a golden brown in 40 seconds, the fat is about

375° F.—the right temperature for cooking raw food. Prido is a wonderful fat for deep fat frying. It can be heated 100° hotter than lard without smoking. This big margin of smokeless safety is very convenient if you should be called to the phone or be otherwise interrupted while cooking.

Any kind of kettle or deep saucepan may be used, but it should be less than half full of fat. No matter how carefully foods are drained and dried before putting them into the fat, there is always enough moisture to cause considerable bubbling, which may be dangerous if the kettle is too full. For the same reason, not too many pieces of food should be put into the kettle at one time.

Use of either a frying basket or a sturdy sieve is always advisable, both because this makes it possible to remove all the pieces of food at once when they are done, and because bubbling can be reduced by lowering the basket just enough to submerge the food.



DOUGHNUTS

5 cups family flour	2 cups granulated sugar
7 teaspoons baking powder	1 tablespoon Prido, melted
1½ cups mashed potatoes	1 teaspoon grated nutmeg
1 teaspoon salt	1 cup milk
3 eggs, well beaten	

Sift flour, and resift 3 times with baking powder. Beat together the potatoes, salt, eggs, sugar and melted Prido. Add nutmeg and milk and stir. Add flour and stir until just blended. Chill. Place about ⅓ of the dough at a time on a lightly floured board, sprinkle surface lightly with flour, and roll out to ⅜ inch thickness. (Dough should be just stiff enough to handle; the softer the dough, the more tender the doughnuts.) Cut with doughnut cutter dipped in flour. Fry in Prido heated to 375° F. (the temperature at which a 1-inch cube of white bread will fry golden brown in 40 seconds), until golden brown. Drain on absorbent paper for a few seconds; then roll in granulated or powdered sugar, if desired. Yield: 4 dozen doughnuts.

POTATO CHIPS

Choose a waxy type potato for chips. Wash thoroughly, pare, and slice thinly by hand if necessary, or with one of the frilling or slicing devices now on the market. Separate the slices and dry between linen or paper towels. Arrange loosely across bottom and sides of frying basket or sieve. Have kettle half full of Prido heated to 375° F. Immerse frying basket just enough to float the potatoes, stirring them up with a fork to prevent sticking together at first. Four to six minutes will be required to brown the potatoes very delicately. When removing the potatoes from the fat, allow them to drain thoroughly in the basket; then turn them out on absorbent paper to finish draining. Sprinkle salt over the chips and shake to distribute it. Only enough slices should be fried at one time to cover the bottom and sides of the frying basket. A larger number causes excessive bubbling of the fat, and makes it more difficult to prevent sticking together.





FRENCH FRIED POTATOES

Choose the same kind of potatoes as for potato chips. Wash and pare them, and cut into slices about $\frac{3}{8}$ inch thick, lengthwise of the potato. Cut these slices into strips $\frac{3}{8}$ inch wide, and dry between paper towels. Have Prido heated as for potato chips, and immerse the strips of potato, in a frying basket, until they are just covered by the hot fat. Cook to a golden brown, allow to drip, and drain on absorbent paper. Serve at once.

FRENCH FRIED ONIONS

Peel and slice onions thin; separate into rings if desired. Dip them in milk and flour and place in a frying basket.

MISCELLANEOUS

FRIED CHICKEN

Singe chicken, wash, drain and disjoint. Never wash chicken after cutting up. Heat Prido in skillet until sizzling hot ($\frac{1}{2}$ cup Prido for 2 medium-sized frying chickens). Roll pieces of chicken lightly in flour and arrange in hot fat. Cook rapidly until a golden brown crust is formed on under side; then

Fry to a golden brown in Prido heated to 375° F., as directed for potato chips.

DEEP FAT FRIED FISH

Choose boneless fillets of fish such as sole or halibut, or small whole fish like smelts. Cut fillets into serving portions. Season generously with salt; dip in fine bread crumbs, then in beaten whole eggs, and again in crumbs. Lay prepared fish carefully in frying basket. Have Prido heated to 375° F. Carefully lower frying basket and fry to a rich golden brown; or for 5 to 6 minutes, depending on the thickness of the fish. Drain thoroughly, remove to hot serving platter, and garnish with lemon slices and parsley.

turn until brown on all sides. Add 1 cup boiling water and season with about 2 teaspoons of salt. Turn flame down to cook moderately. Cover skillet tightly and cook until the fat can again be heard sizzling. At this stage the chicken should be thoroughly cooked. If not, add a little more water, cover, and repeat the cooking until water

evaporates and fat begins to sizzle. For a crisp crust, uncover skillet and allow chicken to cook uncovered for a few moments longer. Remove to hot platter and keep in warm place.

Make gravy by adding 3 tablespoons flour to each 2 tablespoons of fat remaining in the skillet. Stir until well blended; then add 2 cups milk for every 2 tbsp. fat, season with salt and pepper, and cook with constant stirring for about 5 minutes. If too thick add water to thin. Serve hot with the chicken.

FRIED STEAK

Tender steak is required for successful frying; it should be almost as tender as is needed for broiling. Steaks cut from the upper round are desirable for frying. Have them cut no thicker than $\frac{1}{2}$ inch. Beat with a wooden pounder until wafer thin. Coat lightly with flour. For each pound of meat, place 4 tablespoons Prido in a skillet and heat to sizzling. Lay steaks in fat and cook rapidly until brown on both sides. Remove to hot platter and set in a warm place. Prepare a milk gravy from the fat remaining in the skillet, as described under Fried Chicken.

AMERICAN FRIED POTATOES

4 tablespoons Prido 1 teaspoon salt
1 quart thinly sliced potatoes

Heat Prido in a skillet until sizzling hot. Add potatoes, sprinkle with salt, and cover the skillet. Cook moderately fast until potatoes are golden brown on the bottom. Turn mass over with a spatula, cover again, reduce the flame, and cook until potatoes are tender all through. About 12 minutes of cooking should be sufficient. Fold mass over and slip out into a hot serving dish. Serve immediately. Yield: 3 to 4 servings.

COOKED SALAD DRESSING

2 cups milk 2 teaspoons mustard
1 teaspoon salt 3 beaten egg yolks
1 tablespoon sugar 3 tablespoons Prido
3 tablespoons flour $\frac{1}{2}$ cup vinegar
Few grains cayenne $\frac{1}{2}$ cup sour cream

Scald milk over boiling water in top of double boiler. Mix dry ingredients, add egg yolks, and beat. Add a little hot milk and continue to beat. Turn into rest of the hot milk and cook for 10 minutes, stirring constantly. Add Prido, stir until blended; then add vinegar, remove from fire, and stir until smooth. Add sour cream and again stir until smooth. Yield: about $2\frac{1}{2}$ cups.



NET WEIGHT 1 POUND

Prido

An All Purpose SHORTENING

A BLEND OF ANIMAL FATS MADE BY AN IMPROVED PROCESS



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