

*Tested Milnot
Recipes*
for Thrifty Cooking



**About the
food expert
who supervised
these Milnot
recipes**

MARY ELIZABETH WRIGHT, B.S., M.S.

MARY ELIZABETH WRIGHT'S education and wide practical experience in the field of home economics and nutrition have given her an unusually full background from which to draw in making up this group of recipes for Milnot.

Mrs. Wright holds a B.S. in Home Economics from Iowa State College. Her studies at the College of Medicine of the University of Iowa, where she was granted an M.S. in Nutrition, included 12 months of internship in the University hospitals. Later she studied food research at Columbia University and experimental cookery at Iowa State College.

In the field of practical home economics, Mrs. Wright's activities include supervision of various cooking schools, writing food columns and giving radio talks, four years as instructor of Foods in the School of Home Economics of Purdue University, besides three years of high school teaching in Home Economics. In addition, we might add that Mrs. Wright has a family of her own to look after, so she has the down-to-earth viewpoint of the practical home-maker.

The makers of Milnot feel fortunate indeed in securing the services of an expert home economist of such wide attainments.

LITHO IN U. S. A.

A Message FROM MARY ELIZABETH WRIGHT

MY EFFORTS to keep these Milnot recipes down to 92 reminds me of trying to pare down a big Christmas card list! You see, Milnot makes so many wonderful dishes of them in this little booklet! But even though I couldn't, I know that once you start using Milnot yourself, you're going to fit it into dozens of your favorite recipes. That's the grand thing about Milnot—it fits in everywhere!

Americans have become increasingly aware of the importance of nutrition during the past few years, so that today there is hardly a homemaker who is not making an effort to plan nutritionally adequate meals to help keep her family at the peak of health and efficiency.

Milnot itself is so full of valuable nutrients that I am sure you will find these recipes of very real assistance in your 3-times-a-day job of planning well-balanced meals.

Every recipe has been carefully tested and tasted under both laboratory and home conditions. In addition, many of the recipes have been used in club kitchens where meals for hundreds of guests are prepared.

I predict that, when you use Milnot, you'll add to your reputation as a cook . . . right while you subtract from food costs!

Mary Elizabeth Wright

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LITCHFIELD, ILL.

NO OTHER PRODUCT IS
LIKE THIS AMAZING MILNOT!
MILNOT BELONGS ON FULL-TIME
DUTY IN YOUR KITCHEN!



IT'S grand for scores of the cooking jobs you do week in and week out! Why, you can use Milnot for all cooking purposes just as you'd use milk, cream, whipping cream, or a canned milk! That means luscious soups and casserole dishes, gravies, breads, cakes, pies, puddings, frozen desserts—the sky's the limit!

And what a treat in coffee! Milnot is free from "canned" taste. So it sets off your morning coffee to perfection.

Milnot is brimming over with good wholesome food value. Milnot contains Vitamins A, B₁ (thiamine), D, and G (riboflavin).

And high-in-food-value Milnot is low in cost, too. Actually, Milnot costs less than a canned milk! And for most cooking jobs you can dilute Milnot half-and-half with water. So that makes even greater savings!

It whips! Yes, Milnot whips up into fluffy white mounds that make delicious toppings for puddings. And for frozen desserts, you'll find it's a wonder. Fact is, Milnot is different—in a class by itself.

In the unopened container, Milnot stays fresh indefinitely. Even after its opened, you'll find Milnot keeps its freshness amazingly long in your refrigerator!

Don't confuse Milnot with canned (evaporated) milk, because Milnot is a completely different product. Every can is sold on a money-back guarantee.

MILNOT COMPANY

General Office
Litchfield, Illinois

Dairy Plants in
Illinois, Indiana,
Oklahoma and Missouri



NUTRITION

A FEW YEARS AGO a national survey of the nutritional status of the people of the United States showed that approximately 20 per cent of those living in cities and 50 per cent of those living in rural areas were adequately nourished. These shocking statistics, plus the impetus given by the National Nutrition Conference called in Washington, D. C., in May, 1941, have awakened the alert homemaker to the need for a wholesale study of nutrition. Under the guidance of the American Red Cross, Office of Civilian Defense, Home Economics Extension Departments of the State Universities, and other agencies, nutrition courses have been made available to women all over the country. These homemakers can now casually refer to such terms as "milligrams of iron," and "micrograms of riboflavin," which a few years ago seemed too technical for all but nutritionists, chemists and physicians to understand.

For the convenience of those interested in nutrition, the food value of Milnot is given below:

	1 Full Can	1 Cup
Calories	626	369
Protein (gm.)	31.86	19.6
Calcium (gm.)	1.028	.632
Iron (mg.)	.62	.38
Vitamin A (I.U.)	2000	1230
Thiamine (B ₁) (mg.)	.234	.144
Riboflavin (B ₂ or G) (mg.)	1.456	.896
Vitamin D (I.U.)	400	246

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Few grains (f. gr.)	Less than 1/8 tea- spoon (tsp.)
3 teaspoons (tsp.)	1 tablespoon (tbsp.)
1/4 cup	4 tablespoons
1/3 cup	5 1/3 tablespoons
2 cups	1 pint (pt.)
4 cups	1 quart (qt.)
4 quarts or 16 cups	1 gallon (gal.)
1 pound	16 ounces (oz.)
1 tsp. double-acting * baking powder	2 tsp. fast-acting baking powder

***Baking Powder** — There are two general types of baking powder. These may be described briefly as fast-acting baking powders (Royal, Dr. Price's, Rumford) and double-acting baking powders (Calumet, K.C., Clabber Girl). According to most manufacturers' directions, in recipes in which eggs or other leavening agents are not used, as in sweet milk baking powder biscuits, 2 teaspoons of the fast-acting baking powder are advised per cup of flour, while only 1 teaspoon of the double-acting powder is suggested.

To determine what kind of baking powder you are using (if it is not listed above), you may check the biscuit recipe given on the can or check on the ingredients of the baking powder. If sodium aluminum sulphate is an ingredient, it is a double-acting powder.

Amounts of baking powder given in recipes in this booklet are for fast-acting powders with the amount for the double-acting powder given in a footnote. Best results will be obtained in all recipes by using the correct amount of baking powder for the type of powder you are using.

SOUPS

Oyster Stew

Oysters for iron and iodine

1 can Milnot	1 tsp. salt (about)
1 pint oysters	4 tbsp. butter
2 cups boiling water	

Heat undiluted Milnot in top of double boiler. Pour 1/4 cup boiling water over oysters and heat slowly until edges curl. Add remaining boiling water and oysters to hot Milnot, season to suit taste, add butter and serve at once. Serves 4.

Vegetable Chowder

As nutritious as it is delicious

1 1/2 cups diced potatoes (raw)	1 cup cabbage, shredded
1 1/2 cups diced carrots (raw)	1 cup onion, sliced thin
1/2 cup diced turnip (raw)	1/2 cup celery, sliced
2 cups water	1/4 cup cooked tomatoes
1 tsp. salt	1 can Milnot

Cook potatoes, carrots, and turnips, covered, in salted water until almost tender . . . about 15 minutes. Add onion, celery, cabbage, and tomatoes and continue cooking until all are tender . . . about 10 minutes longer. Drain and measure the cooking liquid. Add enough water to make up to 2 cups, heat to boiling, add Milnot and vegetables and heat to serving temperature. Season more if needed and serve at once. Serves 6 generously.



Tomato Soup

Help yourself to one-third of your day's Vitamin C allowance

- | | |
|-------------------------------------|--|
| 3 cups canned tomatoes,
strained | 3 cups thin white sauce,
made of |
| 1 slice onion | 3 tbsp. butter |
| salt | 3 tbsp. flour |
| pepper | 3 cups diluted Milnot
(1 can Milnot, 1 1/3
cups water) |

Heat tomatoes with onion for about 10 minutes and put through sieve. Make thin white sauce, cooking thoroughly (method, page 27). Just before serving, pour strained tomatoes slowly into white sauce, stirring constantly. Add salt and pepper as needed and serve at once. Serves 6.

Potato Soup

- | | |
|-------------------------|----------------------|
| 6 medium-sized potatoes | 1 tsp. salt |
| 1 medium onion | 1/8 tsp. pepper |
| 2 cups water | 1/4 tsp. celery salt |
| 2 cups Milnot | few grains cayenne |
| 2 tbsp. butter | |

Peel and slice potatoes and onion. Cook in the water (covered) until tender. Drain, reserving the liquid, and force half of the potatoes through a ricer or a sieve. Measure the potato water and make up to 2 cups. Add it to the potato pulp gradually, stirring to make a smooth mixture. Add remaining ingredients including the sliced potatoes, and heat to boiling point before serving. Garnish with toasted bread cubes or chopped parsley. Serves 6.

Corn Chowder

- | | |
|--|---|
| 2 slices bacon | 2 cups hot diluted Milnot |
| 2 tbsp. finely minced onion | (1 cup Milnot and 1 cup
boiling water) |
| 1 cup diced potato
(2 medium-sized) | 1/2 tsp. salt |
| 1 1/2 cups boiling water | 1/2 tsp. celery salt |
| 1 cup corn (raw or cooked) | 1/4 tsp. paprika |
| | 1 tbsp. flour (optional) |

Cut bacon in small pieces, fry until crisp, and remove bacon. Brown the onion in the bacon fat until a light brown. Add potato and boiling water; cover and cook until potato is tender. Add bacon pieces and remaining ingredients except flour and cook until hot through (cook 5 minutes longer if raw corn is used). Blend the flour with a little cold water or Milnot, stir slowly into the mixture, and simmer 2 or 3 minutes. Serves 6.

Onion and Cheese Soup

- | | |
|----------------------|------------------------------|
| 4 tbsp. butter | 2 cups boiling water |
| 2 cups sliced onions | 1 tsp. salt (about) |
| 3 tbsp. flour | 1 cup grated American cheese |
| 1 can Milnot | |

Melt butter, add thinly sliced onions, cover and cook over low heat until tender but not browned. Add flour and stir until well blended. Add Milnot gradually, stirring to keep mixture smooth. Add boiling water and cook in top of double boiler over boiling water for at least 10 minutes. Just before serving, add grated cheese, stir until melted and season to taste. Serves 6.

MEAT

POULTRY, CHEESE AND EGGS



Extra-Delicious Meat Loaf

- | | |
|---------------------------|---------------------------------------|
| 1 1/2 pounds beef, ground | 1/4 cup celery, chopped |
| 1/2 pound veal, ground | 1 onion, minced |
| 1/4 pound pork, ground | 1 green pepper, chopped |
| 2 tsp. salt | 1 cup diluted Milnot |
| 1/4 tsp. pepper | (about) |
| 2 cups bread crumbs | (1/2 cup Milnot and 1/2
cup water) |
| 2 eggs, beaten slightly | |

Mix meat with seasonings, crumbs, eggs, chopped vegetables and enough Milnot to make a moist mixture. Pack meat loaf mixture firmly into a loaf pan, chill; turn out into a roasting pan and bake in a moderate oven, 350° F., for 1 1/2 hours. Serves 12.



Veal Birds

- | | |
|---------------------------------|--|
| 1½ lbs. veal steak, sliced thin | bacon drippings |
| Bread stuffing made of | ½ cup Milnot |
| 1 cup soft bread crumbs | ¼ tsp. salt |
| 1 egg yolk | pepper |
| 1 tbsp. bacon drippings | 1 tsp. Worcestershire sauce (optional) |
| 1 tsp. grated onion | diluted Milnot to moisten |
| flour (about 1/3 cup) | |

If meat is not sliced thin enough, pound it until thin and cut into pieces about 3 to 4 inches. Combine ingredients for stuffing, mix well, and spread a small amount over each piece of veal. Roll as you would a jelly roll and fasten with toothpicks or tie with cord. Season, roll in flour, brown all sides in hot bacon drippings, add ¼ cup hot water, cover and simmer slowly about ½ hour or until tender, replenishing water if necessary. When done, remove "birds" to hot platter, add the Milnot to cooking pan and thicken as you would roast gravy by mixing a little water with about 2 tbsp. flour, add slowly, stirring constantly, and let boil about one minute. Serves 6.

Creamed Dried Beef

- | | |
|-----------------------------------|---|
| ½ lb. dried beef | 2 cups diluted Milnot (1 can Milnot, 1 1/3 cup water) |
| 3 cups medium white sauce made of | no salt |
| 6 tbsp. butter | |
| 6 tbsp. flour | |

Make white sauce (method, page 27); add dried beef which has been separated, and mix well. Serve on toast, baked potato, waffles or on split baking powder biscuits. Serves 6.

Veal Timbales

- | | |
|---|----------------------------|
| 1 cup soft bread crumbs | 1 tsp. salt |
| 1 cup diluted Milnot (½ cup Milnot and ½ cup water) | ¼ tsp. pepper |
| 2 cups finely chopped cooked veal | ½ tsp. finely grated onion |
| | 2 tbsp. melted butter |
| | 3 eggs, separated |

Heat the crumbs in the diluted Milnot until thick; add the remaining ingredients except eggs. Beat egg yolks until light and lemon colored and add to mixture. Fold in the stiffly beaten egg whites carefully but thoroughly. Fill well-oiled custard cups or ramekins with the mixture, place in a pan of hot water and bake in a moderate oven, 350° F., until a knife, inserted in the center, comes out clean—about 35 to 40 minutes. Serves 6.

Meat Croquettes

Leftovers you'll be proud to serve

- | | |
|--|---------------------|
| 3 tbsp. butter | ½ tsp. pepper |
| 3 tbsp. flour | 1 tsp. salt |
| ¾ cup diluted Milnot (¾ cup Milnot and ¾ cup water) | few grains cayenne |
| 1½ cups cooked ground meat (beef, veal, ham, or chicken) | pepper |
| | 1 tsp. grated onion |
| | deep fat for frying |

Make a thick white sauce of the butter, flour and diluted Milnot. Add remaining ingredients and spread in a thin layer on platter or pan to chill thoroughly (and stiffen). Shape as desired, as balls, cylinders, pyramids or cutlets; roll in flour, then in beaten egg mixed with 1 tbsp. Milnot, and roll in fine bread crumbs. Let stand at least 20 minutes if possible (3 or 4 hours is not too long if kept cool) and fry in deep fat, heated to 375° F., until golden brown. Serve hot with or without creamed peas served over them. Makes 6 large or 12 small croquettes. Serves 6.



Ham Loaf

- | | |
|--------------------------------|-----------------------------------|
| 2 lbs. lean pork | 1 cup drained tomatoes (optional) |
| 1 lb. smoked ham | 1 cup bread crumbs |
| 2 eggs | 1 small onion, chopped fine |
| 1 cup diluted Milnot | ½ tsp. salt |
| (½ cup Milnot and ½ cup water) | |

Grind meat together. Beat eggs; add diluted Milnot and mix thoroughly with ground meat. Add remaining ingredients; mix well; pat into loaf; and bake about 1½ hours in a moderate oven, 325° F. Serves 10 to 12.

Veal Pie

Chicken may be used in a similar way

- | | |
|--|---|
| 1 lb. boneless veal | cups medium white sauce, made of |
| 1½ cups cold water | 6 tbsp. butter |
| 1 tsp. salt | 6 tbsp. flour |
| 1 cup diced potatoes | 3 cups hot diluted Milnot |
| 1 cup diced carrots | (1 can Milnot, 1 1/3 cups broth or water) |
| 1 cup diced celery | salt and pepper |
| (or an approximate amount of leftover cooked vegetables) | ½ recipe baking powder biscuits (page 32) |

Add cold water and salt to veal, cover and simmer until tender. If raw vegetables are used, add to veal about 15 minutes before veal is tender and continue cooking until all are tender. Drain, reserving broth. Make medium white sauce (method, page 27), add meat and cooked vegetables, season more if needed and when hot through, turn into buttered casserole or individual ramekins. Arrange baking powder biscuits over top and bake in hot oven, 425° F., for about 20 minutes or until biscuits are thoroughly baked. Biscuits may be cut in fancy or unusual shapes as desired. Serves 6 generously.



Veal or Chicken Noodle Casserole

To glorify leftovers

- | | |
|--|--|
| 1 pkg. noodles (4½ oz.) | 2 cups cooked meat, cut fine |
| 2 cups medium white sauce, made of | 1 small green pepper or pimiento |
| 4 tbsp. butter | 1 small can mushrooms (optional) |
| 4 tbsp. flour | 1 cup grated American cheese (¼ lb.) |
| 2 cups diluted Milnot (1 cup Milnot, 1 cup broth or water) | 2 tbsp. buttered bread crumbs (2 tbsp. crumbs, 1 tbsp. butter) |
| ½ tsp. celery salt or ¼ tsp. salt | |

Cook noodles in boiling salted water until tender, drain, rinse, and drain again. Meanwhile make medium white sauce, add cooked noodles and all remaining ingredients except buttered bread crumbs and about 2 tbsp. grated cheese. Pour into buttered casserole, sprinkle lightly with buttered bread crumbs mixed with the 2 tbsp. cheese and bake in moderate oven, 350° F., for 35 to 40 minutes. Serves 6 generously.

Paprika Schnitzel

- | | |
|-----------------------|--------------------|
| 1½ lbs. veal steak | 1½ tsp. salt |
| 3 tsp. bacon fat | 1 cup tomato juice |
| 3 tbsp. chopped onion | 1 can Milnot |
| 1 tsp. paprika | 3 tbsp. flour |

Brown veal on both sides in small amount of fat. Add remaining fat and when hot, add onions and brown slightly. Season meat with paprika and salt, place onions on top of meat, add tomato juice, cover tightly and simmer slowly about 20 minutes. Just before serving, remove veal to a warm platter, blend flour with fat and liquid in skillet and add Milnot, stirring constantly until mixture has boiled a few seconds. Serve at once. Gravy may be served over meat or separately as desired. Serves 6.

Chicken a la King

- | | |
|------------------------|-------------------------|
| 4 tbsp. butter | 1 green pepper, chopped |
| 4 tbsp. flour | 2 tbsp. butter |
| 1 can Milnot | 1 pimiento |
| 1 cup chicken broth | 2 cups cooked chicken, |
| 1 tsp. salt | cut in 1-inch cubes |
| ¼ tsp. pepper | 2 egg yolks, beaten |
| 1 can sliced mushrooms | slightly |
| (optional) | ¼ cup chicken broth |

Make a white sauce of the first six ingredients. Saute mushrooms and green peppers in butter about 10 minutes, stirring frequently to prevent over-browning; add to white sauce along with the pimiento and chicken and continue heating (in double boiler) until chicken is thoroughly hot. Just before serving, add the beaten egg yolks mixed with ¼ cup chicken broth, very slowly, stirring continually. Serve on hot toast points or in noodle ring (page 22). Serves 6.

Chicken, Turkey, or Veal Tetrazzini

- | | |
|---------------------------|---------------------------|
| 4 tbsp. butter | 2 cups cold chicken, tur- |
| 6 tbsp. flour | key, or veal, cut in thin |
| 2 cups hot diluted Milnot | strips |
| (1 cup Milnot and 1 cup | 2 cups cooked spaghetti, |
| boiling water) | cut in ½-inch pieces |
| 2 tsp. salt | 1 can sliced mushrooms |
| ¼ tsp. pepper | 1½ cups grated American |
| ½ tsp. celery salt | cheese |
| | ½ cup buttered cracker |
| | crumbs (using 2 tbsp. |
| | butter) |

Make a white sauce of the first six ingredients. When cooked sufficiently, add meat or poultry, spaghetti and mushrooms. Fill buttered casserole or individual ramekins with the mixture; sprinkle with cheese and crumbs and bake in a medium hot oven, 350-375° F., until crumbs are brown, about 20 minutes. Serves 6.

Cheese Fondue

- | | |
|--------------------------|-----------------------|
| 1 cup Milnot | ½ to 1 tsp. salt |
| 1 cup water | dash cayenne pepper |
| 2 cups soft bread crumbs | or paprika |
| 1½ cups grated American | 4 eggs, separated |
| cheese | 1 tbsp. melted butter |

Pour Milnot and water over crumbs and let stand until absorbed. Add grated cheese, seasonings, beaten egg yolks and melted butter and mix lightly. Fold in stiffly beaten egg whites, pour into buttered casserole and bake in a moderate oven, 350° F., for 50 to 60 minutes or until lightly browned and firm to the touch. Serve at once. Serves 6.



Cheese Souffle

- | | |
|--------------------------|-----------------------|
| 3 tbsp. butter | (½ cup Milnot and ½ |
| 3 tbsp. flour | cup boiling water) |
| 1/6 tsp. Paprika | 1 cup grated American |
| ¼ tsp. mustard | cheese |
| 1 cup hot diluted Milnot | salt if needed |
| | 3 eggs |

Make a white sauce of the first five ingredients (method, page 27). Add the cheese and salt (the amount needed will depend upon the saltiness of the cheese) and stir until the cheese is melted. Cool slightly. Beat the egg yolks until thick and lemon colored and add slowly to the slightly cooled cheese sauce, stirring constantly. Beat the egg whites until very stiff and fold into this mixture. Turn into an oiled casserole or into individual ramekins and bake in a slow oven, 300° F., until knife, inserted in the center, comes out clean (35 to 40 minutes). If you need a hotter oven for other foods being baked at same time, set casserole in a pan of hot water, and bake in a moderate oven, 350 to 375° F. Serves 6.

Salmon Souffle

- | | |
|-------------------------|---------------------------|
| 1 lb. can salmon | 3 tbsp. melted butter |
| 1 cup soft, fine bread | 2 tsp. lemon juice |
| crumbs | 3 eggs |
| ½ cup diluted Milnot (¼ | salt and paprika to taste |
| cup Milnot and ¼ cup | |
| water) | |

Remove bones from salmon (optional) and mash to a paste. Add crumbs to diluted Milnot, which has been heated to scalding, and stir until smooth. Add to salmon with melted butter, lemon juice, and well-beaten egg yolks. Fold in stiffly beaten egg whites and season with salt and paprika. Place in a buttered baking dish and bake in a slow oven, 300° F., for 45 minutes or until firm in center (and knife, inserted in center, comes out clean). Serve hot, in the casserole, with Spanish sauce.



Chicken Soufflé

(Veal, Pork, Ham, Beef, or Fish may be used)

Extra-delicious served with mushroom sauce

- | | |
|--|---|
| 1 1/2 cups thick white sauce,
made of | 1 1/2 cups diluted Mil-
not (3/4 cup Milnot, |
| 6 tbsp. butter | 3/4 cup boiling wat-
er or broth) |
| 6 tbsp. flour | |
| 1/3 tsp. salt | 1 1/2 cups cooked chicken,
chopped |
| 1/2 gr. white pepper
or cayenne | 3 eggs, separated |

Make thick white sauce (method, page 27), cool slightly and stir in chicken* and well-beaten yolks. Beat egg-whites until stiff but not dry and fold into the mixture. Pour into buttered casserole and bake in moderate oven; 325° F., until center is firm or until a knife, inserted in center, comes out clean . . . about 1 hour. Serve at once. Serves 6.

*If fish is used, add 1 1/2 tsp. lemon juice.

Macaroni and Cheese

- | | |
|--|--|
| 1 pkg. macaroni (1/2 lb.) | 1/2 tsp. salt |
| 2 tbsp. butter | 1/8 tsp. pepper |
| 2 tbsp. flour | 1 1/2 cups grated Amer-
ican cheese (3/4 lb.) |
| 2 cups diluted Milnot (1 cup
Milnot and 1 cup boiling
water) | |

Break macaroni into 1-inch pieces, and cook in a large quantity of boiling salted water until tender (use 2 quarts of water and 2 tsp. salt for 1 cup macaroni). Drain, rinse with cold water, and drain again. In the meantime, make a white sauce of the next five ingredients. When ready to serve, add the grated cheese, stirring vigorously until cheese is melted and sauce is smooth. Add cooked macaroni and serve at once.

Baked Macaroni and Cheese

Prepare macaroni and cheese sauce as directed on page 18. Reserve 1/2 cup cheese sauce and mix remainder with cooked macaroni. Transfer macaroni to buttered casserole, pour remaining cheese sauce over the top, sprinkle with 1/4 cup buttered bread crumbs and bake in a moderately hot oven, 375° F., about 15 minutes or until crumbs are a delicate brown.

Cheese Rice Croquettes

Use as a main dish or entree

- | | |
|--|--|
| 1 cup thick white sauce
made of | 1/2 tsp. Worcestershire sauce
(optional) |
| 1 cup diluted Milnot (1/2
cup Milnot, 1/2 cup
water) | 1 cup grated American cheese
(1/4 lb.) |
| 4 tbsp. butter | 2 cups cold cooked rice
sifted dry bread crumbs |
| 4 tbsp. flour | 1 egg, slightly beaten |
| 2 tsp. grated onion | 2 tbsp. Milnot |
| 1 tsp. prepared mustard | |

Make thick white sauce (method, page 27), add onion, mustard, Worcestershire sauce, and grated cheese and stir until cheese is melted. Add rice and spread on platter to cool. When thoroughly cold, shape into croquettes (cylinders, cones, or balls), roll in crumbs, dip in egg which has been mixed with the 2 tbsp. Milnot and roll in crumbs again. Fry in deep fat, heated to 375° F., until a golden brown. Serve with Spanish Sauce, page 27. Serves 6.

Savory Macaroni Casserole

- | | |
|---|---------------------------------------|
| 1 cup uncooked macaroni
(broken) | 1 tbsp. chopped parsley
(optional) |
| 1 1/2 cups hot diluted Milnot
(3/4 cup Milnot, 3/4 cup
boiling water) | 1/2 tsp. salt |
| 1 cup soft bread crumbs | 1/4 tsp. pepper |
| 1/4 cup melted butter | 3 eggs, beaten well |
| 1 tbsp. onion or chives
(finely chopped) | 1 1/2 cups grated American
cheese |
| 1 tsp. chopped pimiento | 2 tbsp. buttered bread
crumbs |

Cook macaroni in boiling salted water until barely tender and drain. Pour hot diluted Milnot over bread crumbs and add macaroni and remaining ingredients except buttered crumbs. Pour into buttered casserole, cover with buttered crumbs (2 tbsp. crumbs, 1 tbsp. melted butter) and bake in a moderate oven, 350° F., for 50 minutes or until firm. Serves 6 generously.

Scalloped Eggs

6 hard-cooked eggs
1 1/2 cups medium white
sauce
salt to taste

1/4 cup buttered crumbs
(using 2 tbsp. melted
butter)

Put alternate layers of sliced eggs, salted to taste, and white sauce (recipe, page 27) into a buttered casserole. Cover with the buttered crumbs and bake at 375° F. until the sauce bubbles and the crumbs are brown, about 20 minutes. Serves 6.

Noodle Ring

Excellent for a buffet meal

3 cups noodles (broken and
measured before cooking)
3/4 cup hot diluted Milnot
(3/8 cup Milnot and 3/8
cup boiling water)

3/4 tsp. salt
1/8 tsp. pepper
1 tbsp. butter, melted
3 eggs, beaten until
light

Cook the noodles in rapidly boiling, salted water until tender, using about 1 tsp. salt per quart of water. Drain well. Add remaining ingredients; pour into a well-oiled ring mold and bake in a slow oven, 325° F., for about 50 minutes or until a knife, inserted in the center, comes out clean. Turn at once onto a hot platter; fill with chicken à la king (or similar dish); garnish with curly endive and pimiento; and you'll have not only a tasty dish but one which looks like a picture. Serves 6.



Fried Chicken Maryland

A taste treat

1 medium-sized young
chicken
1/2 cup flour
1 tsp. salt
1/4 tsp. pepper

1/2 cup fat (butter and vege-
table fat or lard)

1/2 cup hot water

4 tbsp. flour

2 cups diluted Milnot (1 cup
Milnot, 1 cup water)

Dress chicken and cut in pieces for serving. Roll in flour which has been mixed with salt and pepper and brown in the hot fat in skillet or chicken fryer. When golden brown on all sides, add hot water, cover tightly and simmer until tender, about 40 minutes. Remove lid and let chicken continue to fry slowly, uncovered, until as crisp as desired. Arrange chicken on hot serving platter. Make gravy in following manner; blend flour into fat remaining in skillet (if there seems to be too little fat left, add up to 4 tbsp. as needed); add diluted Milnot gradually, stirring constantly; let boil a few moments and serve at once. Serves 4 or 5.

Fluffy Omelet

4 eggs, separated
1/2 tsp. salt
f. gr. pepper

1/4 cup Milnot
1 tsp. bacon drippings

Beat egg yolks until thick; add seasoning and Milnot; whip egg whites until stiff and fold in carefully. Have bacon drippings heated in skillet or omelet pan and cook over low heat for about 5 minutes or until omelet is browned on bottom and is puffy. Bake in moderate oven, 350° F., for about 15 minutes longer or until dent does not remain when pressed lightly with fingertip. Cut about 1-inch incisions on opposite sides and crease through center between incisions. Fold carefully on crease, transfer to hot platter and serve at once. If omelet pan is used, simply fold over. Serves 4.

VEGETABLES

Mashed Potatoes

Place 6 medium-sized potatoes (pared) in saucepan containing $\frac{1}{2}$ cup boiling water. Cover; cook over high heat until steam escapes; reduce heat enough to prevent steam from escaping but not enough to stop boiling and continue cooking until tender, about 25 to 30 minutes. Drain; shake over heat to dry; force through ricer or mash with masher or electric beater. Add 3 tbsp. butter and $\frac{1}{3}$ to $\frac{1}{2}$ cup hot diluted Milnot, beating until light and fluffy. Season with salt and pepper and pile lightly into hot serving dish, dotting top with butter and sprinkling lightly with paprika. If mashed potatoes must be held before serving, cover and set in hot water. Serves 6.

Savory Scalloped Potatoes

New trimmings for an old dish

- | | |
|---|---|
| 6 medium-sized boiled potatoes | 1 cup grated American cheese ($\frac{1}{4}$ lb.) |
| 2 tbsp. butter | $\frac{1}{2}$ tsp. salt (about) |
| 4 tbsp. flour | $\frac{1}{8}$ tsp. pepper |
| $1\frac{1}{2}$ cups diluted Milnot | $\frac{1}{2}$ small onion, chopped |
| ($\frac{3}{4}$ cup Milnot and $\frac{3}{4}$ cup water) | $\frac{1}{2}$ green pepper, chopped |
| | 1 pimiento, chopped |

Make a white sauce of the butter, flour, and Milnot. When thickened and smooth, remove from heat; add grated cheese and stir until cheese is melted. Season with salt and pepper to taste. Add onion, green pepper, and pimiento. Place a layer of diced or sliced potatoes in a buttered casserole, then a layer of sauce, repeating alternately, having sauce on top. Bake 20 minutes in a moderate oven, 350° F. Serves 6.

Corn Pudding

- | | |
|--|--|
| 2 cups corn (fresh or canned) | 2 tbsp. sugar (optional) |
| $1\frac{1}{2}$ cups hot diluted Milnot | $\frac{1}{2}$ green pepper, chopped (optional) |
| ($\frac{3}{4}$ cup Milnot, $\frac{3}{4}$ cup boiling water) | $\frac{1}{2}$ tsp. salt |
| 2 tbsp. butter, melted | $\frac{1}{4}$ tsp. pepper |
| | 3 eggs, beaten slightly |

Combine ingredients in order given; transfer to a well-buttered casserole; and bake in a slow oven, 300° F., until a knife inserted in the center comes out clean—about 45 to 60 minutes. Serves 6.

Vegetable Medley

A good way to disguise leftovers

- | | |
|--|---|
| $1\frac{1}{2}$ cups soft bread crumbs | 1 tsp. salt |
| 2 cups hot diluted Milnot | $\frac{1}{8}$ tsp. pepper |
| (1 cup Milnot and 1 cup boiling water) | $\frac{1}{2}$ tsp. paprika |
| $\frac{1}{3}$ cup butter, melted | 4 eggs, beaten slightly |
| 2 tbsp. minced onion | $1\frac{1}{2}$ cups mixed vegetables, |
| 3 pimientos (canned) | cooked (green beans, |
| 2 cups grated American cheese ($\frac{1}{2}$ lb.) | carrots, and celery are a good combination) |

Stir bread crumbs into hot Milnot and add remaining ingredients. Pour into a well-buttered casserole and bake in a slow oven, 300° F., until a knife, inserted in the center, comes out clean—about 45 to 60 minutes, depending upon depth in casserole. Serve hot. Very good with mushroom sauce (page 28). Serves 6.

Cabbage au Gratin

Economical but tasty

- | | |
|---|---|
| 1 medium head cabbage | $\frac{1}{8}$ tsp. pepper |
| 2 tbsp. butter | $\frac{1}{2}$ cup grated American cheese ($\frac{1}{8}$ lb.) |
| 2 tbsp. flour | 2 tbsp. chopped pimiento |
| 1 cup diluted Milnot ($\frac{1}{2}$ cup Milnot, $\frac{1}{2}$ cup cooking water) | $\frac{1}{4}$ cup buttered crumbs (using 1 tbsp. butter) |
| $\frac{1}{2}$ tsp. salt | |

Shred cabbage and cook in $\frac{1}{2}$ cup boiling water, covered, for 7 minutes. Use cooking water to dilute the Milnot, adding more water if needed. Make a white sauce of the butter, flour, diluted Milnot, salt, and pepper (method, page 27). Butter a casserole and place in it layers of cabbage, cheese, pimiento and white sauce until all ingredients are used. Sprinkle top with buttered crumbs. Bake at 375° F., for 15 minutes or until a delicate golden brown. Celery cabbage may be prepared in the same way. Serves 6.

Lima Beans en Casserole

- | | |
|--------------------------------------|---|
| $1\frac{1}{2}$ cups dried lima beans | 1 green pepper, sliced |
| $\frac{1}{4}$ lb. sliced bacon | 1 cup hot diluted Milnot |
| salt and pepper to taste | ($\frac{1}{2}$ cup Milnot and $\frac{1}{2}$ cup boiling water) |
| 2 medium onions, sliced | |
- Soak the beans overnight; cook until tender and drain. Cut the bacon in small pieces and saute in a hot frying pan; remove from the pan, add the onions and green pepper and cook until tender. In a buttered casserole, place a layer of beans, sprinkle with seasonings, onion, green pepper and bacon; repeat until all is used. Pour on the diluted Milnot and bake in a hot oven, 400° F. for 20 to 30 minutes. Serves 6.



Spice Cake

- | | |
|-----------------------|------------------------|
| 2 cups cake flour | 1/2 cup butter |
| 4 tsp. baking powder* | 1 tsp. vanilla |
| 1/8 tsp. salt | 1 cup sugar |
| 1 tsp. cinnamon | 2 eggs, beaten |
| 1/2 tsp. allspice | 3/4 cup diluted Milnot |
| 1/2 tsp. cloves | (3/8 cup Milnot, |
| 1/4 tsp. nutmeg | 3/8 cup water) |

Mix and sift together the flour, baking powder, salt, cinnamon, allspice, cloves, and nutmeg. Cream butter and vanilla until soft, add sugar gradually, continuing to cream until light and fluffy. Add well beaten eggs and beat thoroughly. Add flour mixture and diluted Milnot, alternately, stirring only enough after each addition to blend well. Pour into two waxed paper lined layer pans. Bake in a moderately hot oven, 375° F., about 25 min.

*Amount for tartrate or phosphate powder. If double-acting powder is used, 2 tsp. is sufficient. See page 8.

Baked Stuffed Onion

A meat extender

- | | |
|---|--|
| 6 large mild onions | 1 egg yolk |
| ¼ cup soft bread crumbs | salt and pepper |
| ¾ cup finely chopped cooked chicken or veal | ½ cup buttered bread crumbs (using 2 tbsp. butter) |
| ¾ cup thin white sauce | |

Remove skins from onions and boil in a large quantity of salted water (1 tsp. salt per quart water), uncovered, for 10 minutes. Turn upside down to drain and cool. Remove centers of onions, leaving a sufficiently thick shell so they will retain their shape. Chop onion which was removed from the centers and combine with remaining ingredients except the crumbs. Stuff onion shells with this mixture; sprinkle with crumbs; and bake in a moderate oven, 350-375° F., until onions are tender and crumbs are browned—about 25 minutes. Serves 6.

Scalloped Asparagus

(or use broccoli or spinach)

- | | |
|---|--|
| 2 cups medium white sauce, made of | ½ tsp. salt |
| 4 tbsp. butter | ½ cup grated American cheese |
| 4 tbsp. flour | 3 cups cooked asparagus |
| 2 cups hot diluted Milnot (1 cup Milnot, 1 cup hot water, incl. cooking water from asparagus) | 3 hard-cooked eggs |
| | 2 tbsp. buttered crumbs (2 tbsp. crumbs, 1 tbsp. butter) |

Prepare the white sauce (method, page 27). Add grated cheese and stir until melted. In buttered casserole, arrange a layer of asparagus; one of sliced egg and one of white sauce. Repeat until all is used, making about three layers of each. Sprinkle buttered crumbs over top and bake in moderate oven, 350° F., until browned, about 20 minutes. Serves 6.

Cole Slaw

Refreshing the year round

- | | |
|-----------------|-------------------------|
| 3 tbsp. vinegar | ½ tsp. salt |
| ½ cup Milnot | 4 cups shredded cabbage |
| 2 tbsp. sugar | |

Place vinegar in mixing bowl and gradually stir in the Milnot. Add sugar and salt, mix well and pour over finely shredded cabbage. Green pepper or pimiento and finely minced onion may be added if desired. Serves 6.

SAUCES AND SALAD DRESSINGS

White Sauce

	Thin	Medium	Thick
Butter.....	1 tbsp.	2 tbsp.	4 tbsp.
Flour.....	1 tbsp.	2 tbsp.	4 tbsp.
Diluted Milnot (½ cup Milnot, ½ cup water or broth).....	1 cup	1 cup	1 cup
Salt.....	¼ tsp.	¼ tsp.	¼ tsp.
Pepper.....	few gr.	few gr.	few gr.

Melt butter over low heat, blend in the flour well, add diluted Milnot and cook over boiling water about 20 minutes, stirring until thickened (or over low direct heat for five minutes, stirring constantly). Season to suit taste. Celery salt, onion salt, grated onion, cayenne pepper or Worcestershire sauce may be used for seasoning.

Cheese Sauce

Prepare white sauce as directed above (thin or medium as desired), omitting salt. Just before ready to serve, remove from heat and stir in ¼ to ½ cup grated American cheese. Stir until cheese is melted, season to taste (salt may be needed, depending upon saltiness of cheese) and serve at once.

Horseradish Sauce

- | | |
|----------------------------|----------------------------|
| 1/3 cup Milnot | ½ tsp. dry mustard |
| 3 tbsp. grated horseradish | dash cayenne pepper |
| ½ tsp. salt | 1 tbsp. vinegar (optional) |

Whip the Milnot until stiff and fold in remaining ingredients. Serve at once with ham loaf, baked ham, roast beef, or fish. Makes 1¼ cups sauce. If you wish to make this dressing several hours before using, stiffen the Milnot with gelatin as directed for stiffened whipped Milnot (page 46), using the smaller amounts (1 tsp. gelatin and 2 tbsp. cold water).

Spanish Sauce

- | | |
|---|-----------------------------------|
| 3 tbsp. butter | salt and pepper to taste |
| 3 tbsp. flour | 3 tbsp. pimiento, mashed to paste |
| 1½ cups diluted Milnot (¾ cup Milnot and ¾ cup water) | ½ cup peas, cooked |

Make a white sauce of butter, flour, diluted Milnot, salt and pepper. Add pimientos and peas.

Mushroom Sauce

2 tbsp. butter
2 tbsp. flour
½ cup soup stock or water

½ cup Milnot
1 (4 oz.) can mushrooms or
½ lb. fresh mushrooms*

Melt butter, blend in flour and add soup stock (liquid from mushrooms may be used), stirring constantly. When it commences to boil, add Milnot and continue cooking for 2 or 3 minutes. Add mushrooms and serve hot. Excellent with meat loaf, chicken or veal souffle, omelets, veal noodle casserole, etc.

**If fresh mushrooms are used, clean, slice and saute, until slightly brown, in the 2 tbsp. butter before making the sauce. Remove mushrooms, add extra butter to make up to 2 tbsp. and proceed as directed above.*

Spring Salad Dressing

1/2 cup Milnot	1 tsp. salt
1/3 cup vinegar (not too strong)	2 tbsp. sugar
	1/16 tsp. dry mustard

Mix dry ingredients together well to prevent mustard from lumping; add Milnot and vinegar, mix well and serve on any combination of vegetables desired. Lettuce (broken into bite-size pieces), tomato wedges, radish and cucumber slices and diced celery are an excellent combination.

Fruit Salad Dressing

1 cup pineapple juice	¼ tsp. salt
juice of 1 lemon	2 eggs
¼ to ½ cup sugar	½ cup Milnot
1 tbsp. cornstarch	

Strain and heat the fruit juices. Mix sugar, cornstarch, and salt together well. Add to the hot fruit juice and cook in the top of a double boiler for 20 minutes, stirring constantly at first until it thickens. Remove from the heat and slowly stir in the well-beaten eggs. Cook again for not more than 2 minutes, stirring constantly. Cool. Just before serving, fold in the whipped Milnot.

Fruit Salad Mayonnaise

1/3 cup mayonnaise 1 1/2 tbsp. lemon juice
3 tbsp. confectioners' sugar 1/4 cup Milnot, whipped

Have mayonnaise and Milnot chilled so it will keep salad ingredients cold. Combine first three ingredients; whip Milnot and fold it into the first mixture. Use with any fruit salad.

Cooked Salad Dressing

1/3 to 1/2 cup sugar (depend- ing upon how sweet you wish it)	1/2 cup vinegar
1/4 cup flour	1/2 cup water
1 tsp. salt	2 whole eggs or 4 egg yolks
1/2 tsp. dry mustard	1 tbsp. butter
1/8 tsp. black pepper	1 cup Milnot

Mix dry ingredients well; add vinegar and water slowly, stirring constantly and cook directly over heat until thickened and smooth, continuing to stir. Beat eggs slightly and add a few spoonfuls of the hot mixture to the eggs gradually, stirring well as you do so; stir into remaining hot mixture and cook over boiling water for four or five minutes. Add butter, transfer to container (such as glass fruit jar) and allow to remain uncovered until cooled. When ready to serve, mix with plain or whipped Milnot to the right consistency.

BREADS

White Bread

Be sure to use enriched flour

4 cups diluted Milnot (lukewarm) (2 cups Milnot, 2 cups hot water)	½ cup sugar
1 pkg. compressed yeast	4 tsp. salt
	12 cups bread flour (about)
	4 tbsp. melted fat

Add 1 tbsp. sugar to yeast, mix and let stand to liquefy while preparing Milnot. Dilute Milnot with hot water until lukewarm, then use remaining water at lukewarm temperature. Add yeast, remaining sugar, salt and melted fat which have been cooled to lukewarm. Add about half of flour and beat until smooth. Add remaining flour (do not use more than necessary), mix until thoroughly blended and knead on lightly floured board or pastry cloth for about 10 minutes. Place in greased bowl, cover and let rise in a warm place (80° to 85° F.) for about 1½ hours or until light pressure of finger leaves a slight dent. Punch gas from dough, cover and let rise for ½ hour. Put on pastry cloth, cut into four equal pieces, roll each lightly into a ball, cover well and let rest 15 minutes. Shape into loaves, place into greased loaf pans, cover and let rise until double in bulk. Bake in a hot oven, 400° F., for first 10 minutes, reduce heat to 375° and continue baking for about 35 minutes longer. Makes 4 loaves.

Butterhorn Rolls

1 cake compressed yeast
 1/4 cup sugar
 1 cup diluted Milnot, (1/2 cup Milnot and 1/2 cup water)
 3 1/2 cups sifted flour
 3/4 tsp. salt
 1/2 cup fat, melted (lukewarm)

To the yeast cake add 1 tbsp. sugar and mix with fork. Let stand until it liquefies. (This is a test to see if yeast is active; if it is, it will liquefy within 5 minutes; if it does not do so, the yeast is not active and should not be used.) In the meantime measure other ingredients. Melt fat, add remaining sugar, diluted Milnot and salt and cool to lukewarm. Add yeast and gradually add half of the flour, beating well—at least 3 or 4 min. Add remaining flour, gradually, mixing well after each addition. Place in well-buttered bowl; roll dough in it to coat with butter; cover and let rise until doubled in bulk. Cut in half; roll each piece into a circle 1/4-inch thick; and cut each circle into 16 equal pie-shaped pieces. Roll each piece, beginning with wide or outer end and rolling toward the tip end, keeping the tip at an equal distance from each side. Arrange shaped rolls on an oiled baking sheet, placing the tip underneath the roll to prevent it from popping up and ruining the shape of the roll. Brush rolls with melted butter and allow to double in volume; brush carefully with diluted Milnot and bake in a hot oven, 425° F., for 12 to 15 minutes. Makes 32 rolls.

Pan biscuits, cloverleaf rolls and Parker House rolls may be made from this same recipe.

Sweet Rolls

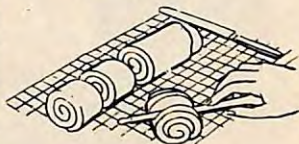
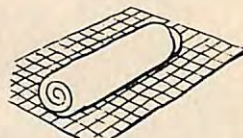
Use Butterhorn Roll recipe increasing sugar to 1/2 cup and flour to 4 1/2 cups and add one beaten egg just before adding first part of flour. Shape as desired, let rise and bake at 375° F.

Butterscotch Pecan Rolls

When light, roll Sweet Roll dough (above) into rectangular shape about 1/4 inch thick, brush with butter, and sprinkle with sugar and cinnamon (1 tsp. cinnamon to 1/2 cup sugar). Roll as for jelly roll and cut into 1-inch slices. Cream together 1/3 cup soft butter and 1/2 cup brown sugar and spread over bottom of a deep baking pan. Sprinkle with pecan nut meats and place slices of roll close together, cut side down, in the prepared pan. Cover and let stand in a warm place until light. Bake in a moderately hot oven, 375° F., about 30 to 40 minutes. Let cool slightly but turn pan upside down while still warm, spreading on the rolls any of the sugar mixture remaining in the pan.

Butterfly Rolls

After rolling dough (basic recipe on preceding page) as for jelly roll, cut slices 1 1/2 inch thick. Dust a round stick (round handle of wooden spoon is all right) with flour and with it press the center of the uncut surface, parallel to the cut edge. By pressing hard, the roll will take a shape which resembles a butterfly. Place carefully on a lightly oiled baking sheet, cover, let rise until light and bake at 375° F. Frost with small amount of confectioners' icing (1 cup confectioners' sugar, 1 tbsp. hot water, 1/2 tsp. vanilla) while warm, if desired.



Popovers

1 cup all-purpose flour
 1/4 tsp. salt
 1 cup diluted Milnot (1/2 cup Milnot, 1/2 cup water)

2 eggs, well beaten
 1 tbsp. fat

Mix and sift flour and salt into mixing bowl. Combine diluted Milnot, eggs and fat and add gradually to dry ingredients, beating with rotary beater until very smooth. Fill greased custard cups or hot iron muffin pans a third full and bake in a hot oven, 450° F., for 20 minutes; reduce temperature to moderate, 350° F., and continue baking 20 minutes longer or until popovers are firm. Prick each popover with a fork 5 min. before done to allow steam to escape and dry centers. Makes 12 popovers.

Corn Bread

1 cup corn meal
 1 cup flour
 3 tsp. baking powder
 1 tsp. salt

1 cup diluted Milnot (1/2 cup Milnot and 1/2 cup water)
 1 egg
 4 tbsp. butter, melted

Mix first four ingredients well; add diluted Milnot, beaten egg and melted butter and bake in a well-oiled shallow pan (8x10 inches) or cornstick pans. Bake in a hot oven, 425° F., about 20 minutes.



Baking Powder Biscuits

Knead lightly for flakiness

- | | |
|--------------------------------------|-----------------------------|
| 2 cups all-purpose flour
(sifted) | 1/4 cup fat |
| 1/2 tsp. salt | 2/3 cup diluted Milnot (1/3 |
| 4 tsp. baking powder* | cup Milnot, 1/3 cup |
| | water) |

Mix and sift dry ingredients. Add fat and cut into dry ingredients until texture is fine as cornmeal. Add diluted Milnot all at once, mix vigorously until it thickens, turn onto lightly floured board or pastry cloth and knead quickly and lightly about 20 strokes. Roll lightly to 1/2-inch thickness, cut with floured biscuit cutter and place on ungreased baking sheet. Bake in very hot oven, 450° F., for 12 to 15 minutes. Makes 14 medium-sized (2-inch) biscuits.

**Amount if tartrate or phosphate baking powders are used. If a double-acting baking powder (sodium aluminum sulphate) is used, 2 tsp. is sufficient. See page 8.*

French Toast

- | | |
|----------------|-----------------------------|
| 2 eggs | 6 slices stale bread |
| 1/2 cup Milnot | 2 or 3 tsp. bacon drippings |
| 1/4 tsp. salt | |

Beat eggs slightly, add Milnot and salt and pour into a shallow bowl or soup plate. Dip bread into mixture and saute in the hot bacon drippings, browning on each side. Or fry in hot deep fat, 385° F., until browned. Serve hot with syrup or honey. Serves 6.

Brown Bread

- | | |
|--------------------|---------------------------|
| 1 cup corn meal | 1 cup diluted Milnot (1/2 |
| 1 cup graham flour | cup Milnot and 1/2 cup |
| 1 tsp. soda | water) |
| 1 tsp. salt | 1 tbsp. vinegar |
| | 1/2 cup molasses |

Mix together the first four (dry) ingredients. Stir the diluted Milnot slowly into the vinegar and then stir in the molasses. Add liquid mixture to dry ingredients; beat thoroughly and pour into well-oiled molds (one-pound baking powder cans are excellent for this). Do not fill molds more than two-thirds full. Place cover on molds; place in covered steamer and steam 3 hours. Remove cover and bake in a moderately hot oven, 375° F., for 15 minutes, to dry. Remove from mold while hot. Makes 2 loaves.

Graham Muffins

- | | |
|---------------------------|-----------------------------|
| 1/4 cup white flour | 1/2 cup diluted Milnot (1/4 |
| 2 1/2 tsp. baking powder* | cup Milnot, 1/4 cup |
| 1/2 tsp. salt | water) |
| 1 cup graham flour | 2 tbsp. butter, melted |
| 1/4 cup brown sugar | 1 egg, well beaten |

Sift together the first three ingredients and mix thoroughly with the graham flour and brown sugar. Combine thoroughly the diluted Milnot, melted butter and beaten egg; pour all at once onto dry ingredients and stir *only* until all is moistened. Batter should be rough, *not* smooth like cake batter. Transfer with tablespoon into well-oiled muffin pans (not more than 2/3 full) and bake in a hot oven, 425° F., for 20 to 30 minutes, depending on size of muffin. Makes 9 medium-sized muffins.

**Amount for phosphate or tartrate baking powders. If double-acting baking powder is used, 1 1/4 tsp. is sufficient. See page 8.*

Quick Nut Bread

- | | |
|--------------------------|--------------------------------|
| 3 cups all-purpose flour | 1/2 to 1 cup nuts, chopped |
| 6 tsp. baking powder* | 1 egg, beaten |
| 1 1/2 tsp. salt | 1 1/2 cups diluted Milnot (3/4 |
| 1/2 cup sugar | cup Milnot, 3/4 cup water) |

Sift first four ingredients together and add nuts. Combine beaten egg and diluted Milnot; mix well and stir into dry ingredients, working quickly and lightly. Pour batter into well-oiled loaf pan and bake in a moderate oven, 325° F., for about one hour. If time permits, it is a good practice to allow batter to stand in pan about 1/2 hour before baking . . . this decreases size of crack on top. When baked, remove from pan and cool on a cake rack. This slices better the following day. Makes 1 large loaf.

**If a double-acting baking powder is used, 3 tsp. is sufficient. See page 8.*

Quick Coffee Cake with Streussel

- | | |
|-----------------------|----------------------|
| 1½ cups flour | ¼ cup butter or lard |
| 3 tsp. baking powder* | 1 egg, beaten |
| 1/3 tsp. salt | ½ cup Milnot |
| ¾ cup sugar | 1 tsp. vanilla |

Streussel

- | | |
|-------------------------|--------------------------|
| ½ cup light brown sugar | 2 tbsp. butter, melted |
| 2 tbsp. flour | ½ cup nuts, chopped fine |
| 2 tsp. cinnamon | |

Make streussel first by mixing the five ingredients together thoroughly.

To make the cake, sift together the flour, baking powder, salt, and sugar; cut fat in with pastry blender until fine as corn meal. Combine beaten egg, Milnot, and vanilla and add, all at once, to dry ingredients. Stir only until well mixed. Spread half of mixture onto a well-oiled baking pan (8x8x1); sprinkle with half of the streussel; add remaining batter; and sprinkle remaining streussel over top. Bake in moderately hot oven, 375° F., for 25 to 30 minutes.

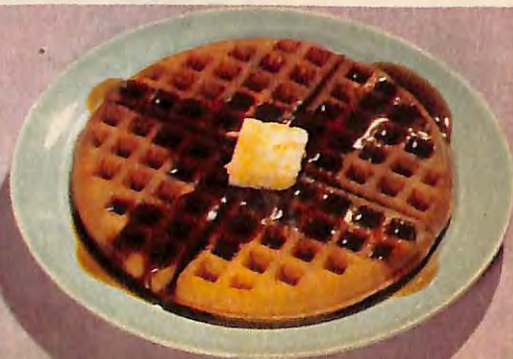
*Amount for phosphate and tartrate powder. If double-acting baking powder is used, 1½ tsp. is sufficient. See page 8.

Waffles

- | | |
|--------------------------|---------------------------|
| 2 cups all-purpose flour | 1½ cups diluted Milnot (¾ |
| 3 tsp. baking powder* | cup Milnot, ¾ cup |
| ½ tsp. salt | water) |
| 3 eggs, separated | 1/3 cup melted fat |

Sift dry ingredients together into mixing bowl. Beat egg yolks and add milk and melted fat; pour onto dry ingredients, beating until thoroughly mixed. Fold in stiffly beaten egg whites. Bake on ungreased waffle iron which has been pre-heated to baking temperature. Serve at once. Makes 6 waffles.

*Amount for phosphate or tartrate baking powders. If double-acting baking powder is used, 1½ tsp. is sufficient. See page 8.



Griddle Cakes

Make 'em thin and stack 'em high

- | | |
|--------------------------|----------------------------|
| 2 cups all-purpose flour | 2 eggs |
| ¼ tsp. salt | 2 cups diluted Milnot** (1 |
| 4 tsp. baking powder* | cup Milnot, 1 cup water) |
| 2 tbsp. sugar | 1/3 cup melted fat |

Sift dry ingredients together into a mixing bowl. Beat eggs, add diluted Milnot and melted fat. Pour this on dry ingredients and stir only until thoroughly mixed. Bake on hot griddle until golden brown on under side and top is covered with bubbles, then turn and bake on other side. Griddle does not need to be greased, thereby eliminating smoke. However, griddle must be the right temperature or cakes will stick. Use cold water test... if a drop of water forms little balls and dances on griddle, temperature is correct for baking. Makes 2 dozen small cakes.

*Amount for tartrate or phosphate powder: if a double-acting powder (sodium aluminum sulphate) is used, 2 tsp. is sufficient. See page 8.

**If a thick cake is preferred, liquid may be decreased to as little as 1 or 1½ cups.

CAKES, COOKIES AND ICINGS

Yellow Cake

2 cups cake flour	1 cup sugar
4 tsp. baking powder*	2 eggs, beaten
1/8 tsp. salt	3/4 cup diluted Milnot (3/8
1/2 cup butter	cup Milnot, 3/8 cup
1 tsp. vanilla	water)

Mix and sift together the flour, baking powder and salt. Cream butter and vanilla until soft, add sugar gradually, continuing to cream until light and fluffy. Add well beaten eggs and beat thoroughly. Add flour mixture and diluted Milnot, alternately, stirring only enough after each addition to blend well. Pour into two waxed paper lined layer pans. Bake in a moderately hot oven, 375° F., about 25 min.

**Amount for tartrate or phosphate baking powders. If a double-acting baking powder is used, 2 tsp. is sufficient. See page 8.*

Devil's Food Cake

2 cups cake flour	2 tsp. vinegar
1/2 cup cocoa	1/2 cup margarine
1 tsp. baking soda	1 1/2 cups sugar
1 cup diluted Milnot (1/2	3 eggs, separated
cup Milnot, 1/2 cup water)	1 tsp. vanilla

Mix and sift flour, cocoa and soda. Stir vinegar into diluted Milnot and let stand until needed. Cream margarine until soft, add 1 cup of the sugar gradually, creaming until light and fluffy. Add well beaten egg yolks and vanilla and beat thoroughly. Beat egg whites until frothy, add remaining 1/2 cup sugar gradually, a tbsp. at a time, and continue beating until all is added and mixture holds peaks. Add sifted dry ingredients and Milnot, alternately, to butter-sugar mixture, stirring only enough after each addition to blend thoroughly. Fold in egg white mixture and pour into two waxed paper lined layer pans. Bake in a moderate oven, 350° F., 30 to 35 min. Excellent with Whipped Milnot Icing, page 40.

Quick Date Cake

1 1/3 cups brown sugar	3 tsp. baking powder*
1/3 cup softened butter	1/2 tsp. cinnamon
2 eggs	1/2 tsp. nutmeg
1/2 cup Milnot	1/2 lb. dates, cut
1 1/4 cups cake flour	

Force brown sugar through a sieve before measuring to remove all the lumps, and then pack into measuring cup. Put all ingredients in a mixing bowl and beat 3 minutes. Bake in a loaf cake pan lined with waxed paper at 350° F., about 35 to 40 minutes. This particular cake is better when this method of mixing is used rather than the conventional method.

White Cake

1/2 cup butter	3 tsp. baking powder*
1 1/2 cups sugar	1 cup diluted Milnot (1/2 cup
1 tsp. vanilla	Milnot, 1/2 cup water)
3 cups cake flour	4 egg whites

Let butter stand at room temperature until soft. Add vanilla and cream thoroughly; add sugar gradually and continue to cream until fluffy. Sift flour and baking powder together and add to first mixture alternately with diluted Milnot, beginning and ending with flour. Beat egg whites until stiff but not dry and fold carefully into cake batter. Pour into three waxed paper lined layer pans and bake in a moderately hot oven, 375° F., for about 25 minutes or until no depression remains when center is pressed lightly with fingertip. Place on cake racks to cool until lukewarm before removing from pans.

**Amount if tartrate or phosphate baking powders are used. If a double-acting baking powder (sodium aluminum sulphate) is used, 1 1/2 tsp. is sufficient. See page 8.*



Baked Fudge

- | | |
|---------------------|---------------------------------|
| 1 1/2 oz. chocolate | 1/2 cup flour |
| 1/4 cup Milnot | 1/2 tsp. salt |
| 2 eggs | 1 cup nut meats (black walnuts) |
| 1 cup sugar | 1/3 cup butter |
| 1 tsp. vanilla | |

Grate the chocolate into the Milnot and stir, over a low heat, until a thick paste is formed. Remember that chocolate scorches easily so stir it constantly. Cool. Beat eggs well and add sugar, mixing thoroughly to dissolve the sugar. Add vanilla and the cooled chocolate paste. Sift flour once before measuring; add salt and sift into chocolate mixture, stirring well. Add nut meats and melted butter and beat well. Turn into a well-greased pan, about 8 inches square. Bake 40 to 45 minutes in a moderate oven (350° F.). When cool, cut in squares only slightly larger than you would cut fudge candy—about 1 1/2 inch squares.

(This recipe does not require any soda or baking powder.)

Ginger Molasses Cookies

- | | |
|----------------------------------|-------------------------------|
| 2 cups sugar | 3 tsp. soda |
| 1 cup fat (1/2 butter, 1/2 lard) | 3 tsp. ginger |
| 1 cup sorghum molasses | About 5 1/2 cups flour |
| 1 cup Milnot | 1 cup shredded cocoanut |
| 1 1/2 tsp. vinegar | Raisins and nuts may be added |

Cream sugar and fat together well. Add molasses and mix until fluffy. Acidify the Milnot by stirring the vinegar into it gradually. Sift soda and ginger with about 4 1/2 cups of the flour and add to the first mixture alternately with the acidified Milnot. Add shredded cocoanut (and raisins and nuts if used) and as much of the remaining flour as is necessary to make a soft dough to roll. The smaller the amount of flour used, the better. You can use less flour if you chill the dough for an hour or two before rolling. Bake at 375° F. (hot oven). Store in a covered jar. These cookies improve with age.

Hermits

- | | |
|-------------------------|----------------------------|
| 1/2 cup butter | 1/2 tsp. nutmeg |
| 1 cup light brown sugar | 1 tsp. soda |
| 2 eggs | 1/2 cup Milnot |
| 2 cups cake flour | 2 tsp. vinegar |
| 1 tsp. cinnamon | 1/2 cup nut meats, chopped |
| 1/2 tsp. cloves | 1/2 cup raisins |

Cream butter and sugar together until fluffy; add eggs and beat thoroughly. Sift flour with spices and soda; stir Milnot slowly into vinegar. Add flour mixture and Milnot alternately to the first mixture. Add nuts and raisins and drop by spoonfuls onto an oiled cookie sheet. Bake in a very hot oven, 475° F., for about 12 minutes. Makes 4 dozen dropped from a teaspoon or 2 dozen dropped from a tablespoon.

Boston Cream Pie

- | | |
|----------------------|---|
| 1 cup cake flour | 1 cup sugar |
| 1 tsp. baking powder | 1 tbsp. butter |
| 1/2 tsp. salt | 1/2 cup hot diluted Milnot |
| 2 eggs, separated | (1/4 cup Milnot, 1/4 cup boiling water) |
| 1 tsp. vanilla | |

Sift together the flour, baking powder and salt. Beat egg whites until frothy, add 1/4 cup sugar gradually and continue to beat until stiff. Beat egg yolks until thick, add remaining sugar gradually, about 2 tbsp. at a time, beating well between additions; fold into egg whites. Fold in the flour mixture thoroughly and lastly beat in the hot Milnot in which the butter has been melted. Pour into a waxed paper lined layer pan and bake in a moderate oven, 350° F., about 25 minutes. Cool 10 minutes on a cake rack; turn out of pan and finish cooling. Split in half horizontally using a long, sharp knife. Fill with cooled cream filling (use 1/2 recipe for Cream Pie Filling, page 40); top with a simple icing made by combining 2 tbsp. hot water, 2 cups confectioners' sugar, 1 square of melted baking chocolate and 1 tsp. vanilla.

Seven-Minute Icing

- | | |
|------------------------|----------------------------|
| 2 egg whites, unbeaten | 1 1/2 tsp. cream of tartar |
| 1 cup sugar | 2 tbsp. water |
| | 1 tsp. vanilla |

Stir egg whites, sugar, cream of tartar and water together in top of double boiler until well mixed. Place over rapidly boiling water and cook for about 7 minutes or until frosting will stand in peaks, beating constantly with rotary beater. Remove from hot water, add vanilla and beat until thick enough to spread.

Fudge Icing

- | | |
|--------------------|--------------------------------|
| 2 cups white sugar | 2/3 cup Milnot (full strength) |
| 4 tbsp. cocoa | 1 tsp. vanilla |
| 1 tbsp. corn syrup | |

Mix sugar and cocoa well; add corn syrup and Milnot, stir well and cook slowly to very soft ball stage, 235° F., stirring carefully to prevent mixture from getting on sides of pan unnecessarily. Remove from heat and wipe sides of pan with a damp cloth wrapped around tines of a fork to remove any crystals. Allow to cool to lukewarm (about 1 hour) without disturbing. Add vanilla, beat hard until it starts to lose its glossy appearance, and spread on cake.

Caramel Icing

- | | |
|--------------------|----------------|
| 2 cups white sugar | 2/3 cup Milnot |
| 1 tbsp. corn syrup | 1 tsp. vanilla |

Use same method as for fudge icing, omitting cocoa.

Whipped Milnot Icing

- | | |
|--------------------------|-------------------------|
| 1 cup sugar | 1 tbsp. gelatin |
| 2 egg whites | 4 tbsp. water |
| 3 tbsp. water | 2/3 cup Milnot, whipped |
| 1/2 tsp. cream of tartar | 1 tsp. vanilla |

Combine first four ingredients and beat over hot water in top of double boiler until mixture stands in peaks. Cover with damp towel and let cool to room temperature. Sprinkle gelatin over the cold water and let stand 5 minutes; set in a pan of boiling water, stir until thoroughly dissolved and cool slightly. Mix into the stiffly beaten Milnot, and fold into the cooled cooked mixture. Add vanilla. Delicious on any cake which will be eaten within two days. Keep cake in refrigerator.

PIES



Cream Pie

Excellent as a cake filling, too

- | | |
|---|----------------------|
| 2/3 cup sugar | 3 egg yolks |
| 1/3 cup flour | 1 tbsp. butter |
| 2 1/2 cups hot diluted Milnot | 1 tsp. vanilla |
| (1 1/4 cups Milnot, 1 1/4 cups boiling water) | 1/4 tsp. salt |
| | 1 baked pastry shell |

Mix sugar and flour thoroughly; gradually stir in the hot diluted Milnot and cook over low heat, stirring constantly, until thickened (or in top of double boiler for at least 10 minutes). Beat egg yolks slightly, stir in a small amount of the hot mixture and gradually stir this back into remaining hot mixture. Cook not more than a minute longer, stirring constantly. Add butter, vanilla, and salt; cool slightly and pour into pastry shell. Cover with meringue (directions page 41), brown and cool well before serving.

Meringue for Pie

- | | |
|---------------------------------|--------------------|
| 3 egg whites | 1/8 tsp. salt |
| 6 tbsp. granulated sugar (fine) | 1/4 tsp. flavoring |
- Beat egg whites until they start to stiffen; add salt and gradually the sugar, a tablespoon at a time, beating well between additions. By the time all the sugar has been added, the whites should be stiff enough to hold points. Beat in the flavoring and pile lightly over the cooled pie filling, being sure it touches the crust all around (to prevent shrinking from edge). Place in a slow oven, 300° F., for 20 to 25 minutes or until a delicate golden brown.

Chocolate Pie

- | | |
|---------------------|----------------|
| 1 oz. chocolate | 3 egg yolks |
| 1 cup boiling water | 1 tbsp. butter |
| 1 cup Milnot | 1/8 tsp. salt |
| 1 cup sugar | 1 tsp. vanilla |
| 1/3 cup flour | |

Melt chocolate in double boiler; add boiling water and mix well. Stir Milnot into sugar and flour which have been mixed together; and add gradually to the chocolate; stirring constantly. Cook 15 minutes, stirring constantly until thickened. Stir a small amount of the hot mixture into the slightly beaten egg yolks and gradually stir this back into the remaining hot mixture; cook not more than 2 minutes longer, stirring constantly. Add butter, salt, and vanilla; cool slightly and pour into cold pastry shell. Cover with meringue (above) and bake in a slow oven, 300° F., until a delicate golden brown—about 25 minutes. Cool well before serving.

Pumpkin Pie

- | | |
|----------------------|-------------------------------------|
| 1 cup brown sugar | 2 cups hot diluted Milnot |
| 1/4 tsp. cinnamon | (1 cup Milnot, 1 cup boiling water) |
| 1/4 tsp. nutmeg | 2 eggs, slightly beaten |
| 1 tsp. salt | 1/2 cup black walnuts |
| 2 tbsp. flour | (optional) |
| 1 cup cooked pumpkin | |
- Mix sugar, spices, salt and flour together and stir into pumpkin. Add diluted Milnot and eggs, pour into an unbaked pie shell and bake in a hot oven, 450° F., for the first 10 minutes; reduce heat to 350° F., and continue baking for another 25 or 30 minutes or until filling is firm (knife, inserted in center, comes out clean).

Other spice combinations:

- 3/4 tsp. each of ginger and cinnamon.
1/3 tsp. each of nutmeg, ginger and allspice and 3/4 tsp. cinnamon.

Lemon Sponge Pie

- | | |
|----------------------|-------------------------|
| 1 pkg. lemon gelatin | 1 lemon, juice and rind |
| ¾ cup boiling water | 2/3 cup Milnot, whipped |
| 2 eggs, separated | 1 baked pie shell |
| 1 cup sugar | |

Dissolve gelatin in boiling water. Beat egg yolks, add ½ cup sugar, grated lemon rind and lemon juice and cook over boiling water until it thickens. Add dissolved gelatin, mix well and let cool until it starts to congeal. Beat egg whites until frothy, add remaining ½ cup sugar gradually, continuing to beat until stiff. Fold into first mixture. Whip Milnot until stiff and fold it in also. Pour into cooled baked pie shell and chill in refrigerator until set . . . at least 3 hours.

DESSERTS

Apricot Nut Parfait

- | | |
|---|-----------------------|
| 1 tbsp. gelatin | 1 cup sugar |
| ½ cup cold water | 1 tbsp. lemon juice |
| 1 cup hot apricot pulp
(about 1/3 lb. dried
apricots) | ½ cup chopped nuts |
| | ½ cup Milnot, whipped |

Soften gelatin in cold water for 5 minutes; add to hot apricot pulp and stir until dissolved. Add sugar, lemon juice, and nuts. Stir well and cool. When it begins to thicken, fold in whipped Milnot (see page 46) and set in cold place until firm. Serve plain or with additional whipped Milnot. Six servings.

Baked Custard

- | | |
|---------------------------|-----------------------|
| 3 eggs | (1 ½ cups Milnot, 1 ½ |
| 3 to 5 tbsp. sugar* | cups boiling water) |
| 1/3 tsp. salt | ½ tsp. vanilla |
| 3 cups hot diluted Milnot | nutmeg |

Combine beaten eggs, sugar and salt. Add boiling water to Milnot and stir gradually into egg mixture. Add vanilla, pour into small custard cups, place in pan of hot water and bake in a moderate oven, 350° F., 30 to 35 minutes or until firm. Sprinkle with nutmeg. Serve cold. Serves 6. If baked in a large dish, use 4 eggs.

*Depending upon sweetness desired.



Raspberry Bavarian

Or make it strawberry if preferred

- | | |
|-----------------------------|--|
| 1 package raspberry gelatin | 2 cups raspberries (fresh,
frozen, or canned) |
| 4 tbsp. sugar | |
| 1 cup boiling water | 2/3 cup Milnot |
| 1 cup cold fruit juice | |

Dissolve gelatin and sugar in boiling water, add cold fruit juice and cool until it starts to congeal. Beat with rotary beater, add raspberries. Beat Milnot until it thickens, fold into fruit mixture and pour into a lightly oiled mold. Chill in refrigerator until well set. Serves 9 generously.

Strawberry Ice Cream

Not as many calories as you'd expect

- | | |
|----------------------|---------------------------|
| 1 pt. strawberries | 20 marshmallows (1/3 lb.) |
| ½ cup sugar | ¼ cup water |
| 1 tbsp. orange juice | 1 cup Milnot, whipped |

Wash, stem and crush berries. Mix with sugar and orange juice and let stand 30 minutes. Steam the marshmallows with the water over hot water until they reach the liquid stage. Cool slightly; combine with strawberries and fold in the whipped Milnot. Freeze. Stir several times during the freezing process.

Graham Cracker Roll

- | | |
|---------------------------------|--------------------------|
| ½ lb. graham crackers | 1 cup black walnut meats |
| ½ lb. marshmallows, cut
fine | 1 cup dates, cut fine |
| | 1 cup Milnot (or less) |

Roll crackers to crumbs; reserve ½ cup and mix the remaining crumbs with marshmallows, nuts and dates. Stir in the Milnot (full-strength) slowly until mixture is moist enough to form a roll. Shape into roll about 2 ½ inches in diameter and roll in crumbs which were reserved. Roll in waxed paper and allow to stand in cool place at least 12 hours before serving. Cut in ½-inch slices and serve with more whipped Milnot (page 46). Serves 16.

Tapioca Cream Pudding

- | | |
|---|--|
| 2 cups diluted Milnot (1 cup
Milnot and 1 cup water) | 1 egg, separated (2 may
be used if desired) |
| 3 tbsp. quick-cooking
tapioca | 1/3 cup sugar |
| | 1/8 tsp. salt |
| | 1/2 tsp. vanilla |

Heat diluted Milnot in top of double boiler; add tapioca and cook until clear (about 5 minutes). Beat the egg yolk; add sugar and salt; and slowly stir into the cooked tapioca, continuing to cook not more than 2 or 3 minutes. Beat egg white until stiff and fold into the cooked tapioca. Chill at once. Serves 6.

Lemon Fluff

Melts in your mouth

- | | |
|-----------------------------------|-----------------------------|
| 4 eggs, separated | gelatin or 1 1/2 tsp. gran- |
| 1 lemon, grated rind and
juice | ulated gelatin |
| 1 cup sugar | 1/4 cup water |
| 1/2 package (3 tbsp.) lemon | 2/3 cup Milnot |
| | vanilla wafers |

Beat egg yolks, add lemon juice, grated rind and 1/2 cup sugar and cook over boiling water until it thickens slightly (like soft custard). Add lemon gelatin and stir until dissolved (if granulated gelatin is used, sprinkle it over cold water and let stand to soften for about five minutes before adding to hot, cooked mixture). Remove from heat, cool and as soon as mixture starts to congeal, beat with rotary beater. Add remaining 1/2 cup sugar to egg whites gradually beating until stiff, and fold into first mixture. Whip Milnot until stiff and fold in. Pour into an 8- or 9-inch square pan which has had vanilla wafer crumbs sprinkled over the bottom. Cover top with more crumbs and chill for at least 3 hours. Cut in squares. Serves 9.



MISCELLANEOUS

Eggnog

- | | |
|----------------|--|
| 3 eggs | 1 qt. diluted Milnot (2 cups
Milnot and 2 cups water) |
| 3 tbsp. sugar | grating of nutmeg |
| pinch of salt | |
| 1 tsp. vanilla | |

Beat eggs thoroughly and add the sugar, salt, and diluted Milnot (either slightly warmed or thoroughly chilled), and blend. Pour into tall glasses. Sprinkle with nutmeg and serve at once. Makes five or six servings.

Yule Logs

- | | |
|------------------|---------------------------------|
| 2 1/2 cups sugar | 1 pkg. pitted dates (7 1/4 oz.) |
| 1 cup Milnot | 2 cups chopped nuts |

Boil sugar and Milnot together to very soft ball stage. Add chopped dates and cook until dates soften and blend into mixture. Add 1 1/2 cups nuts and cool until lukewarm. Turn into buttered pan; beat until stiff and then knead until creamy. Shape in rolls about 3/4 inch in diameter; roll in remaining nutmeats; and store in an airtight metal container.

Chocolate Syrup for Hot Chocolate

- | | |
|----------------|--------------------|
| 1/2 cup cocoa, | 1 cup cold water |
| 1 cup sugar | 2 tbsp. corn syrup |
| 1/8 tsp. salt | 2 tsp. vanilla |

Mix cocoa, sugar, and salt together and add water slowly, stirring well to form a smooth paste. Add corn syrup and boil for 5 minutes to thoroughly cook the starch of the cocoa. Cool; add vanilla; and store in covered jar in refrigerator until all is used. To make hot chocolate, for 6 servings, heat 2 cups Milnot in top of double boiler; add 2 cups boiling water and 8 to 12 tbsp. of the syrup, depending upon how strong you like it. Beat with rotary egg beater and serve either with or without marshmallows. A bit of sweetened whipped Milnot on the top of the beverage makes an attractive garnish. If you wish to make an iced beverage, use for each serving

- | |
|------------------------------------|
| 3 tbsp. of the syrup |
| 1/2 cup chilled diluted Milnot |
| (1/4 cup Milnot and 1/4 cup water) |
| 2 tbsp. ice cream |

Mix well. If you like a malted flavor, use a little less of the chocolate syrup and add dry chocolate malted milk to taste.

Creamy Fudge

3 cups white sugar	1 tbsp. corn syrup
5 tbsp. cocoa	1 tsp. vanilla
1 cup Milnot	nutmeats

Mix sugar and cocoa well; add the Milnot and corn syrup and cook slowly to the soft ball stage (236°F.), stirring often. Remove from heat; wipe off sides of pan with a damp cloth wrapped around a fork to remove any crystals. Allow to cool until lukewarm (about 1 hour) without disturbing. Add vanilla; beat hard until candy commences to lose its glossy appearance; add nuts and spread in buttered pan. Cut in squares at once; and when thoroughly cold, pack in airtight box (preferably metal). This fudge will become softer as it stands if kept tightly covered.

Whipped Milnot

Milnot more than doubles in volume when whipped. $\frac{1}{4}$ cup Milnot when whipped will yield $\frac{2}{3}$ cup.

Milnot will whip as readily at room temperature as when chilled, and for some recipes such as Whipped Milnot icing (page 40) and Stiffened Whipped Milnot (below), it is better to have the Milnot at room temperature as the gelatin blends in better.

Have Milnot chilled before whipping when it is to be used for topping a dessert or salad, and sweeten and flavor as desired.

Stiffened Whipped Milnot

$\frac{1}{2}$ tsp. gelatin	$\frac{1}{2}$ cup Milnot
1 tbsp. cold water	sugar and flavoring as desired

Sprinkle gelatin over water and let stand 5 minutes to soften. Set in pan of boiling water and stir constantly until dissolved. Cool slightly. Mix into Whipped Milnot (see above) and chill at once. Stir after $\frac{1}{2}$ hour to be sure gelatin is well mixed throughout Milnot.



*For puddings and things that you freeze,
With omelets, with meat loaf, with cheese,
In casserole dishes—
This Milnot's delicious!
And in coffee it's certain to please.*



MILNOT IS PRODUCED IN MODERN DAIRY PLANTS IN ILLINOIS, INDIANA, OKLAHOMA AND MISSOURI, WHERE FINE BUTTER AND OTHER DELICIOUS DAIRY PRODUCTS ARE MADE.



MILNOT COMPANY
General Office
LITCHFIELD, ILLINOIS

