

The
Good Provider's
COOK
BOOK

CHICKEN A LA KING
BAKED CORN
CHEESE SAUCE
CROQUETTES
CREOLE TOMATO
PRALINES
CORN BREAD STICKS
CORN MEAT AU GRATIN
BISQUE
Waffles
Mocha Ice Box Cake
Dumplings
Crab Meat au Gratin
Tomato Soup
Middle Cakes
Almond Cakes
Corn Bread
Scallops
Omelet
Onions in Cream
Spice Cake
Wheat Parfait
Rice Pudding
Cocoa Nut
Chocolate Fudge
Caramels
Muffins
Split Pea Soup
Tuna Fish
Mashed Potatoes
Chicken Souffle
Cauliflower au Gratin
Cream of Mushroom Soup
Pineapple Dumplings
Bohemian Kolatchen
Bechamel Sauce
Rice Pudding
Croquettes
Southern Date Cake
Parsley Sauce
Chili Mayonnaise

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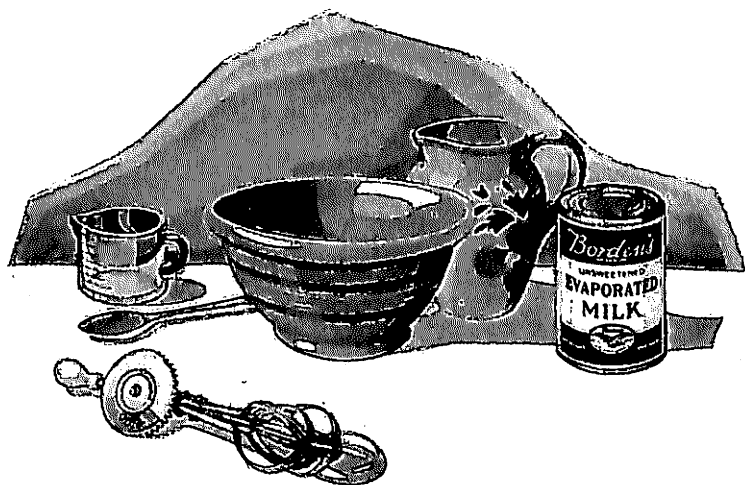


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THE GOOD PROVIDER'S COOK BOOK

Wartime Thrift

DURING the war it was patriotic—and so the fashion—to be economical. We learned in those days to drink our coffee without the luxury of cream and sugar. We prided ourselves on cooking with substitutes for white flour, butter, olive oil, etc. We cut out desserts and simplified our meals.

Many people never went back to the old ways of eating. High food prices were one reason. The vogue for extreme slenderness among women was another. After the war, too, women were all so busy with outside activities that it was a temptation to make meals as simple as possible.

A turn in the other direction

Now, however, there is a swing back to more normal food habits—a decided trend away from too-meager diets. Doctors have united in protesting against excessive weight reducing, and have pointed out that people permanently undermine their health by giving up nourishing foods. All of us realize today that for the sake of good health, good looks, good spirits, we should eat good nourishing meals.

The Good Provider

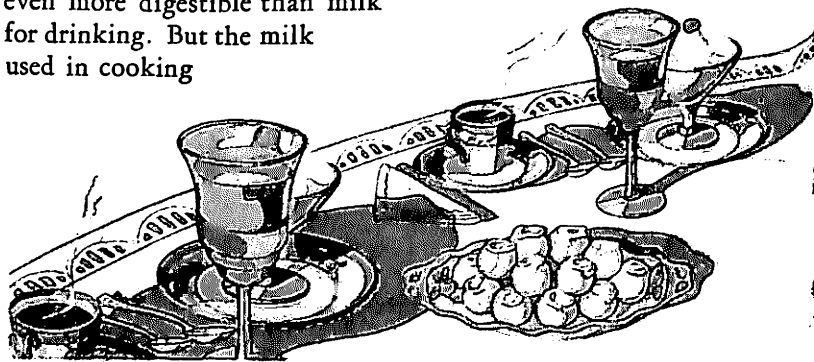
From time immemorial women have prided themselves on "setting a good table" or being "good providers." Even the most un-domestic housewife resents the criticism that her meals are skimpy or her cooking mediocre.

To have the reputation of a good provider doesn't mean that you have to serve elaborate meals, with the most expensive cuts of meat, rare fruits and vegetables out of season, and all the costly "extras." It simply means that you provide your family with wholesome, nourishing, well-balanced home-cooked food—and plenty of it.

Milk—The Basic Ingredient

The surest and simplest way to make your cooking more nutritious is to use a generous amount of good milk. For milk is a complete well-balanced food in itself, supplying all the food elements and vitamins for body building, energy, repair, and growth. No one can afford to do without it.

Yet too few of us actually drink milk—or eat milk dishes—after we grow up. Many children, even, tire of milk and drink it under protest. As a nation, the American people have not yet learned to use milk generously in cooked form. The only way to get our full daily quota of milk is in cooking. Milk in cooked dishes is much more varied and interesting, and even more digestible than milk for drinking. But the milk used in cooking

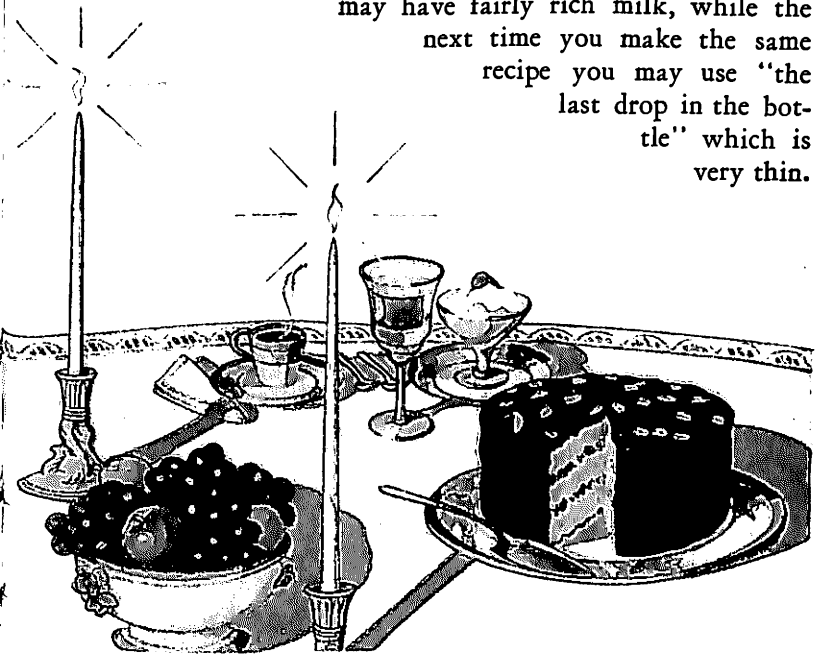


must be as rich and pure and creamy as the milk you'd want your family to drink.

The Truth about "Cooking Milk"

It is not only *how much* milk you use in cooking, but *how rich* milk. Most of the so-called "cooking milk" is no better than skim milk. The cream in ordinary fluid milk soon separates and rises to the top of the bottle, and is used for cereals, coffee, etc. In many families, what is left has to suffice for cooking. With most of the original richness gone, it naturally cannot give nearly as much nourishment as it should to cooked dishes. Another difficulty with such "cooking milk" is that it varies greatly, depending on how long you have had it, and how much of the cream has been used for other purposes. This

means that in making a cake one day you may have fairly rich milk, while the next time you make the same recipe you may use "the last drop in the bottle" which is very thin.



Cream in Every Drop of Evaporated Milk

It is largely for this reason that women are turning to Evaporated Milk for their cooking. Drop for drop it adds more real nourishment than "milkman's milk." In the process of making Evaporated Milk the fat globules are broken up into very fine particles—(homogenizing the milk, they call it)—so that they are evenly distributed through the milk. They never separate later and form a "cream line." This means that Evaporated Milk is never skimmed milk, or even thin milk. The last drop of Evaporated Milk is just as creamy as the milk at the top of the can.

The Whys and Wherefores of Evaporated Milk

Modern housekeepers all know that Evaporated Milk is pure country milk with a large part of the natural water removed, and packed in sterilized sealed cantainers instead of bottles. Nothing is added. Nothing but water is taken away. The original rich milk solids are all there in double proportion.

Wherever the recipe calls for milk or cream

Borden's Evaporated Milk can be used in all your regular milk recipes. You don't have to "learn to use" this milk. Most milk manufacturers simply say "Dilute with equal parts of water" for all recipes. But we recommend, in order to get the best results, that you vary the amount you dilute Evaporated Milk, depending upon the particular dish you are making. The recipes in this book have been worked out carefully with that in mind. Waffles, or griddle cakes, for instance, are much better made with cream than with milk. So in our Borden recipe for waffles we advise using Borden's Evaporated Milk only very slightly diluted. In baking powder biscuit, on the

other hand, the texture is much better when a thinner milk is used. So the Borden recipe for baking powder biscuit calls for two-thirds water to one-third Borden's Evaporated Milk. You will find the same thing true in the case of cakes—rich solid cakes calling for a much heavier milk than the light fluffy kinds of cake.

With ordinary fluid milk, of course, it would be impossible to vary the richness to order. With a milk like Borden's Evaporated, on the other hand, you can have exactly the degree of richness you want, all the way from a thick creamy quality down to the lightest grade of milk.

Borden's Evaporated Milk also takes the place of cream in cooking. Used undiluted it gives all the rich creaminess of heavy cream where recipes call for this.

Old Southern Cooking

Just look in any old Southern cook book and you'll see the secret of the famous Southern cooking. They cooked with cream in those days. The recipes call for "a cup of cream" here, and "a dash of cream" there. Or they specify "new milk"—in other words, milk that hasn't begun to separate or lose its original richness.

"But I can't afford to cook with cream"

The average housewife today naturally can not afford to use cream lavishly in everyday cooking. The cost is prohibitive. Nor can she keep "new milk" on hand. It is impossible under modern living conditions.

But she *can* get the same results, the same richness and creaminess, the same even distribution of butter fat, in Evaporated Milk. She can make all kinds of rich wholesome dishes with this milk that will give her the same reputation of a "Good Provider" that her great-grandmother enjoyed.

It fits the budget, too

While Borden's Evaporated Milk adds generous nourishment to all cooking, it still fits in with our modern desire for simplicity and economy in housekeeping. You can keep your menus just as simple, your meals just as easy to prepare, and yet have *better* food. In fact, Borden's Evaporated means greater convenience and economy. It is easy to buy anywhere. Every corner grocer carries it. All you have to do is to add it to your market list like any other staple. Order as many cans as you like—half a dozen at a time, a dozen, any number.

Borden's Evaporated Milk keeps perfectly in the unopened can—without ice. Once opened, give it the same care that you would give any fresh milk—that is, it should be kept covered in a cool place and used within a reasonable time.

Borden's Evaporated Milk comes in two sizes. Keep both on hand and open a tall can or a small can, depending on how much milk you happen to need. This means there is never any left over to be wasted—a great saving in itself. Compared with cream, there is a tremendous saving in actual purchase price, too.

Easy to buy, easy to keep, easy to use—such is Borden's Evaporated Milk.

Why Borden's

Gail Borden—the pioneer in the milk industry—was born over a hundred years ago. He lived in all parts of our country—New England, the South, the Middle West, the Southwest, and knew old-fashioned cooking at its best. It was his ambition to put up milk that would keep indefinitely and still be just as rich and pure and creamy as the wonderful fresh dairy milk with which he was so familiar. He succeeded so well that every generation of good cooks since then has preferred Borden milk products. Borden's Evaporated Milk in its present form

was perfected only about a quarter of a century ago, but its popularity and use have grown by leaps and bounds. Today it is the choice of tens of thousands of discriminating women. When you buy one of the famous blue-and-white labelled cans of Borden's Evaporated Milk, you are buying all that skill and long experience can possibly accomplish. If you had a cow of your own, you couldn't have as pure, safe, or high quality a milk supply.

It's Uniform

Borden's makes a great point of absolute uniformity. The can you open and use today is just like the can you used yesterday. The can you open next week will have the same quality. This is a real practical advantage to any good cook who wants to be able to count on uniform results in cooking.

The Test of Taste

Another reason why women prefer Borden's is because it meets the most difficult of all tests—flavor. Even in dishes of bland and delicate flavor, where everything depends on the quality of milk used, Borden's is just as satisfactory as the best bottled milk.

To prove this to women's satisfaction, we put Borden's Evaporated Milk to a series of rigid tests a few years ago. We enlisted the cooperation of a number of nationally famous food experts interested in the most modern scientific methods of cooking.

Each of them, working quite independently, made the following experiment in her own laboratory or kitchen. They cooked double batches of all kinds of milk dishes, making them from exactly the same recipe, except that they used Borden's Evaporated Milk in one batch and the finest grade of bottled milk in the other.

Then, without explaining the purpose of the test, they served

the dishes to varied and discriminating groups of people (both men and women).

Here are some of the surprising results they reported

"7 out of 8 people said the soups made with Borden's Evaporated Milk were better."

SARAH FIELD SPLINT
Domestic Science Consultant,
New York City

"Twenty very critical ladies tried out our two samples of mashed potato. But nobody could tell them apart!"

ALICE BRADLEY, Principal
Fanny Farmer's School of Cookery,
Boston, Mass.

"Six out of ten voted for muffins (also for creamed chipped beef) made with Borden's Evaporated. Three others declared they tasted exactly alike."

FOOD SERVICE BUREAU
American Food Journal

"Nobody could tell which dishes were made with plain milk and which with Borden's Evaporated."

MODERN PRISCILLA PROVING PLANT
Boston, Mass.

"Everyone voted unanimously for creamed potatoes made with Borden's Evaporated Milk. The vote was unanimous, too, for the Borden macaroni and cheese and for baked Indian Pudding made with Borden's. With many other dishes, nobody could detect any difference."

SCHOOL OF HOME ECONOMICS
Cornell University

In other words, in an amazing number of cases these juries actually *preferred* the dishes made with Borden's Evaporated Milk, because of their greater richness and creaminess. In every other case they distinguished no difference in flavor between the dishes made with Borden's Evaporated Milk and those made with bottled milk.

These tests, combined with their own practical experience, have convinced women that they can use Borden's Evaporated Milk for cooking in place of bottled milk with entire satisfaction.

EVAPORATED MILK RECIPES

The following recipes make no attempt to cover the entire range of dishes in which Borden's Evaporated Milk may be used to advantage. Its uses are unlimited. These typical suggestions, however, will give you an idea how varied—but uniformly satisfactory—this milk is for cooking. Any one of these dishes will make a meal more nourishing and wholesome. As a "Good Provider" you will want to add these new recipes to your own collection. You can then take your regular cook book and substitute Borden's Evaporated Milk for fluid milk in all your favorite recipes.

Standard Recipes

You will notice that in many cases, as in soups, we have given standard directions, and followed this with a number of variations. This is the "basic recipe" plan which is popular in domestic science circles today. The idea is that if you once learn the standard recipe, or underlying principles for certain dishes, you can then go ahead and vary it in any number of ways. There is much to recommend learning to cook this way.

The young bride taking a course in domestic science, or the woman just beginning to cook, usually welcomes the standard recipe method. It seems to simplify and classify recipes for her. The experienced housewife, however, who is an old hand at cooking, is apt to prefer individual recipes, without reference to a standard recipe.

For this reason we have not limited ourselves too closely to standard recipes and their variations. Many of our most interesting and attractive recipes, too, do not actually belong with any standard recipe. They have a formula all their own.

Wherever the standard recipe *can* be applied, it makes cooking simple and efficient. But naturally it is never intended to be followed too literally, to the exclusion of imaginative and individual ideas in cooking.



CREAM SOUPS

CREAM SOUPS combine various nutritive values in tempting form at little cost. Made with rich, whole milk, Borden's Evaporated, their creamy flavor and texture appeal to children and grownups alike. Such a soup may well be served at luncheon or dinner every day in the week, as the variations are endless.

For many vegetable soups the outside leaves and other coarse parts are utilized to make the purée—which is added to the cream foundation. The basic recipe suggested is also excellent for cream of chicken soup and fish combinations.

STANDARD RECIPE FOR CREAM SOUP

3 tablespoons butter	2 cups Borden's Evaporated Milk
3 tablespoons flour	2 cups water (or white stock)
½ teaspoon salt	2 cups vegetable purée (or pulp
⅛ teaspoon pepper	of cooked meat or fish)

Melt the butter in a double boiler and add the flour and seasonings. Stir until well blended. Combine milk and water. Add slowly, stirring until the mixture thickens. Continue to cook slowly over hot water fifteen minutes longer, stirring occasionally. Then add vegetable purée or pulp of meat or fish—prepared in the following way:

Cook the vegetables, meat or fish until tender. Mash through a colander or sieve and return to the water in which cooked.

After combining with cream sauce, bring to boiling point. Beat with an egg beater to prevent skin forming on top and serve.

Note: For extra richness, a half cup more of Borden's Evaporated Milk may be added just before serving. A beaten egg yolk stirred in at the same time also adds to the attractiveness of the soup.

For luncheon serve cream soups in small bowls or bouillon cups.

CREAM OF TOMATO SOUP

¾ cup water	1 teaspoon salt
2 slices onion, minced	⅛ teaspoon pepper
1 tablespoon minced parsley	1 teaspoon sugar
1 stalk celery, minced	2 cups tomatoes, stewed or canned
½ bay leaf	¼ teaspoon soda
2 whole cloves	4 cups White Sauce

Add water and seasonings to tomatoes. Simmer twenty minutes. Add soda. Rub through a sieve. Add, a little at a time, to white sauce (prepared as in Standard Recipe for Cream Soup, p. 12.) stirring thoroughly each time before adding more tomato purée. Beat with egg beater; serve immediately. A spoonful of whipped cream may be placed in bottom of each cup before pouring in soup.

Dinner soups are served in soup plates

CREAM OF PEA SOUP

2 cups peas, fresh-cooked or canned	1 sprig mint (optional)
1 cup cold water	1 teaspoon sugar
1 stalk celery, minced	½ teaspoon salt
2 slices onion	⅛ teaspoon pepper
1 small carrot, sliced	4 cups White Sauce

(If canned peas are used, drain from their liquor.) Add peas to water and seasonings and simmer twenty minutes. Rub through sieve and blend with white sauce (prepared as in Standard Recipe for Cream Soup, p. 12.) Reheat, beat with egg beater and serve immediately with garnish of minced parsley.

Croustons, crackers, strips of toasted bread, or cheese sticks are appetizing with soup

CREAM OF CELERY SOUP

3 cups finely-diced celery	½ bay leaf
2 cups water	1 teaspoon salt
2 slices onion	⅛ teaspoon pepper
1 tablespoon minced parsley	Dash mace or nutmeg (optional)
	4 cups White Sauce

Add water and seasonings to celery. Simmer until very soft. Rub through sieve. Combine with white sauce (made as in Standard Recipe for Cream Soup, p. 12, preferably using white stock rather than water). Reheat. Beat with egg beater and serve with dash of paprika on top of each cup.

A convenient way to utilize the outside stalks of celery

CREAM OF CORN SOUP

2 cups corn, canned or fresh ½ teaspoon salt
1 cup water 1 teaspoon sugar
2 slices onion Few grains pepper
4 cups White Sauce

Chop the corn, add water and seasonings; simmer twenty minutes. Rub through sieve and combine with white sauce (made as in Standard Recipe for Cream Soup, p. 12). Reheat. Beat with egg beater and serve immediately, placing a spoonful of whipped cream in the bottom of each cup before pouring in soup and adding a sprinkling of paprika to each serving.

A favorite soup

CREAM OF ONION SOUP

1 medium-sized onions or 2 large Spanish onions ½ teaspoon pepper
2 tablespoons butter Dash of cayenne
2 cups hot water 1 egg yolk slightly beaten (optional)
1 teaspoon salt ½ cup undiluted Evaporated Milk (optional)
4 cups White Sauce 1 tablespoon Parmesan cheese (optional)

Thinly slice onions and cook in butter ten minutes, stirring constantly. Add water and seasonings. Simmer slowly until onions are soft (about thirty minutes). Rub through sieve. Combine with the white sauce (made as in Standard Recipe for Cream Soup, p. 12). Bring to boiling point. Add egg yolk combined with Evaporated Milk. Do not boil, but whip with egg beater and serve at once with sprinkling of cheese on each portion.

Supreme—with those who like onions

CREAM OF ASPARAGUS SOUP

1 bunch fresh asparagus, or 1 can asparagus 1 tablespoon minced parsley
3 cups water 1 stalk celery, minced
2 slices onion 1 teaspoon salt
½ bay leaf ½ teaspoon pepper
4 cups White Sauce 1 blade mace or dash of ground mace (optional)

If fresh asparagus is used, prepare as usual for cooking. Cut off tips and simmer them in one cup water until tender. Cut the remaining stalks in inch pieces, add two cups water with seasonings to stalks and simmer slowly until tender (about one hour). Rub through a sieve and combine with tips including the liquid in which cooked and white sauce (made as in Standard Recipe for Cream Soup, p. 12). Reheat. Serve immediately.

If canned asparagus is used, drain. Reserve tips. Add two cups water with seasonings to stalks and simmer thirty minutes. Rub through sieve and combine with white sauce. Add tips. Reheat and serve.

A real "company soup"

CREAM OF LIMA BEAN SOUP

1 cup dried lima beans 1 tablespoon minced parsley
5 cups cold water 1 teaspoon salt
2 slices onion, minced ½ teaspoon pepper
1 small carrot, sliced 1 tablespoon butter
2 stalks celery, minced 4 cups White Sauce

Soak beans over night in cold water. In the morning drain, add five cups cold water, the onion, carrot, celery and parsley. Simmer until the beans are soft. Rub through a sieve and add seasonings. Combine with white sauce (made as in Standard Recipe for Cream Soup, p. 12). Reheat and add butter in small pieces.

In season all the year round

CREAM OF CHICKEN SOUP

2 slices onion, minced 1 cup finely minced chicken (preferably white meat)
2 stalks celery, minced Dash of mace
½ bay leaf ½ teaspoon pepper
1 tablespoon minced parsley Salt to taste
2 cups rich chicken stock 4 cups White Sauce

Add onion, celery, bay leaf and parsley to chicken stock. Simmer slowly fifteen minutes. Strain. Add chicken, mace, pepper and salt (if required) to hot stock. Combine with white sauce (made as in Standard Recipe for Cream Soup, p. 12), using part milk and part chicken stock). Reheat and whip with beater. Garnish with a spoonful of whipped cream and dash of paprika on each portion.

Delectable and nourishing

CREAM OF MUSHROOM SOUP

½-lb. mushrooms ½ teaspoon white pepper
2 cups chicken stock 1 egg yolk, slightly beaten (optional)
2 slices onion ½ cup undiluted Evaporated Milk (optional)
½ teaspoon salt 1 blade mace or dash of powdered mace
4 cups White Sauce

Clean and chop mushrooms. Add stock, onion, salt and pepper. Cook twenty minutes. Rub through sieve, reserving a few pieces of mushrooms for garnishing. Combine with white sauce (made as in Standard Recipe for Cream Soup, p. 12). Reheat, add egg yolk mixed with milk and mace. Beat with beater and serve, garnishing with bits of mushroom and dash of paprika.

Dried mushrooms are an acceptable substitute for fresh ones

CHOWDERS

A CHOWDER is a savory stew made with milk, and usually contains fish, salt pork, potatoes, onion and crackers. With rich milk—Borden's Evaporated—you can make good old New England chowders at their finest. Of course, chowders are never strained—but are full of succulent, appetizing titbits. Serve your chowders in man-sized soup plates or bowls. Be sure to get real pilot biscuit if you possibly can.

DOWN EAST FISH CHOWDER

¼-pound fat salt pork, cut in small pieces 2 cups Borden's Evaporated Milk
2 onions, sliced 1 tablespoon salt
3 pounds white-fleshed fish, cut in small pieces (cod, haddock, or halibut) ½ teaspoon pepper
3 cups uncooked potato cubes 1 tablespoon minced parsley
4 cups boiling water 1 tablespoon flour
1 tablespoon butter

Pilot biscuit

Fry salt pork in a deep kettle until crisp. Cook onion in fat five minutes. Add fish and potatoes. Cover with the boiling water and simmer slowly until potatoes are soft. Pour in the milk slowly. Cook five minutes longer. Add seasonings and thicken with the flour and butter blended. Pour over pilot biscuit.

A meal in itself

NEW ENGLAND CLAM CHOWDER

50 clams	3 cups boiling water
¼-pound fat salt pork, cut in small cubes	2 cups Borden's Evaporated Milk
2 medium-sized onions, sliced	1 tablespoon salt
1 quart potatoes cut in one-half inch cubes	⅜ teaspoon pepper
	1 tablespoon minced parsley
	2 tablespoons flour
	2 tablespoons butter

Scrub clams thoroughly, using a small brush. Open, reserving liquor. Chop the hard parts of clams. Fry out pork slowly in a soup kettle. Add onion and fry five minutes in fat. Add potatoes, water and hard part of clams. Simmer very slowly until potatoes are tender. Ten minutes before serving add soft part of clams, milk and seasonings. Bring to scalding point and thicken with flour blended with butter. Heat the clam liquor and add to the chowder. Pour over pilot biscuit.

Chowder excellence raised to the nth degree

CORN CHOWDER

2 slices fat salt pork, cut in small pieces	2 cups fresh or canned corn
1 onion, sliced	1 teaspoon salt
2 cups potatoes, cut in one-half inch cubes	⅜ teaspoon pepper
3 cups boiling water	2 cups Borden's Evaporated Milk
	1 tablespoon flour
	1 tablespoon butter

Fry out the pork, add onion and cook five minutes. Add the potatoes and boiling water. Simmer slowly until potatoes are soft. Then add the corn and seasonings. Bring the milk to scalding point and add to chowder. Bring to boiling point. Thicken with flour blended with butter. Serve with cracker in each bowl or plate.

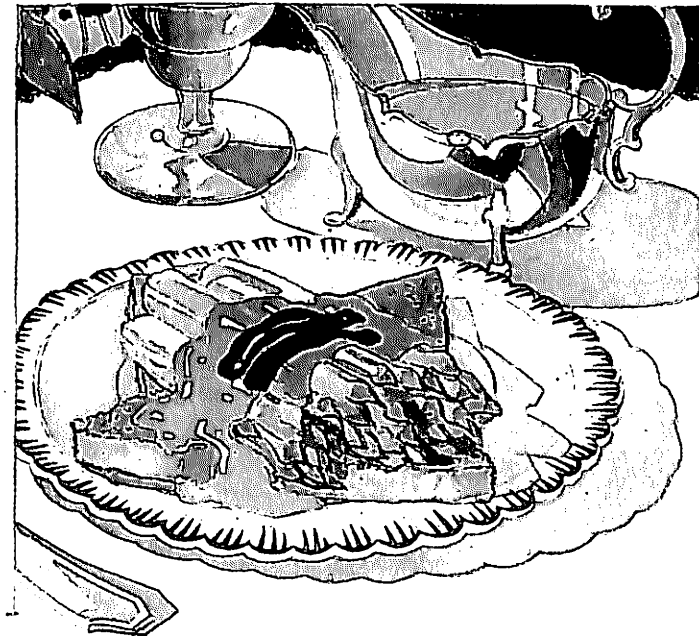
A convenient luncheon dish

TOMATO CHOWDER

2 slices fat salt pork, cut in small pieces	2 cups Borden's Evaporated Milk
2 medium-sized onions, sliced	¼ teaspoon soda
2 cups potatoes cut in one-half inch cubes	1 teaspoon salt
2 cups boiling water	1 tablespoon minced parsley
2 cups tomatoes, canned or fresh	⅜ teaspoon pepper
	1 tablespoon butter
	1 tablespoon flour

Fry the pork until crisp in a deep kettle. Cook onion in fat five minutes. Add potatoes and boiling water. Simmer slowly until potatoes are nearly done, then add the tomatoes, cut in small pieces. Continue cooking slowly for twenty minutes longer. Bring milk to scalding point and add the soda to chowder. Pour in the milk gradually. Add seasonings. Bring to boiling point and thicken with butter and flour blended. Serve with pilot biscuit.

Savory—and full of vitamins



SAUCES

THE transforming power of a smooth, piquant sauce is well known in French cooking and all good cooking. A certain Paris butcher, it's said, opened a restaurant to serve the cheaper cuts of meat to the poor. But the stews or "ragouts" with flavorful sauces were so appetizing that the cheap little restaurant soon became the rage and the rich crowded out the original patrons.

Usually the cheaper cuts are not less nutritious than steaks and roasts but simply less juicy and well-flavored. Even meat that has been boiled for soup still retains most of the nutriment. Add a good sauce (with or without vegetables) and you have a dish of high food value and delicious flavor at a comparatively low cost. For sauces are not expensive, and especially when made with a milk foundation, add most important elements to the diet.

THIN WHITE SAUCE

1 tablespoon butter
1 tablespoon flour
¼ teaspoon salt
⅛ teaspoon pepper
½ cup Borden's Evaporated Milk
½ cup water

Melt the butter in top of double boiler. Add flour and seasonings, blend well and pour in gradually the milk diluted with water, stirring constantly until the mixture is smooth and thick. Continue to cook fifteen minutes in a double boiler.

The choice of thin, medium, or thick white sauce depends on the purpose.

MEDIUM WHITE SAUCE

2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
⅛ teaspoon pepper
½ cup water
½ cup Borden's Evaporated Milk

Make the same as Thin White Sauce.

Most frequently used

THICK WHITE SAUCE

3-4 tablespoons butter
3-4 tablespoons flour
¼ teaspoon salt
⅛ teaspoon pepper
½ cup Borden's Evaporated Milk
½ cup water

Make the same as Thin White Sauce.

Often used as basis for croquettes and souffles

CREAM SAUCE

Make the same as Thin White Sauce, using one cup Evaporated Milk and no water.

Makes a very rich dish

CHEESE SAUCE

½ cup grated cheese
¼ teaspoon salt
Dash of cayenne
1 cup Medium White Sauce
½ cup Borden's Evaporated Milk

Add the cheese and seasoning to white sauce and put in the top of a double boiler. Cook over hot water, stirring until the cheese is thoroughly melted. Blend in the Evaporated Milk.

Excellent to serve with Brussels sprouts, cauliflower, cabbage, etc.

CAPER SAUCE

1 tablespoon capers
1 tablespoon lemon juice
¼ teaspoon salt
¼ teaspoon mustard
Dash of cayenne
1 cup Thick White Sauce
2 beaten egg yolks
½ cup Borden's Evaporated Milk

Add the capers, lemon juice, and seasoning to the white sauce and let stand in double boiler until ready to serve. Just before serving, pour the sauce over the egg yolks, blended with the Evaporated Milk. Return to double boiler and cook two minutes.

A good sauce to serve with veal, chicken, or boiled lamb's tongues

SOUBISE SAUCE

4 white onions, sliced
½ cup Borden's Evaporated Milk
1 cup Medium White Sauce

Cover the onions with boiling water, cook five minutes and drain. Cover again with boiling water and cook until soft. Drain and rub through a sieve. Add to the white sauce with the Evaporated Milk and more salt if needed.

Serve with pork chops, mutton, or hard-boiled eggs

TOMATO CREAM SAUCE

1 stalk celery, minced
1 slice onion, minced
½ bay leaf
2 whole cloves
¼ teaspoon salt
Dash of cayenne
1 cup fresh stewed or canned tomatoes
¼ teaspoon soda
1 cup Medium White Sauce

Add the celery, onion and seasoning to the tomatoes and simmer twenty minutes. Rub through strainer, add the soda, and combine with the white sauce.

Serve with croquettes, cutlers or baked fish

BECHAMEL SAUCE

2 slices onion, minced
2 slices carrot, minced
1 sprig parsley, minced
½ bay leaf
6 peppercorns
1 ½ cups white stock
2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1 cup Borden's Evaporated Milk
1 teaspoon lemon juice

Dash nutmeg

Add the onion, carrot, parsley, bay leaf and peppercorns to the stock and simmer twenty minutes, then strain. There should be one cup liquid. Melt the butter in the top of a double boiler and stir in the flour and seasoning. Pour in gradually the stock and milk, stirring constantly until the liquid is smooth and thick. Continue to cook in double boiler fifteen minutes, stirring occasionally. Add the lemon juice and nutmeg just before serving.

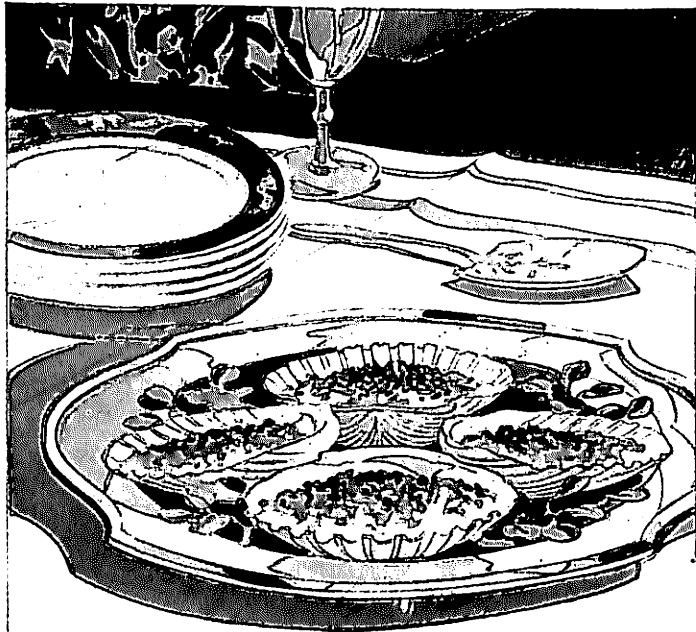
To serve with fish, make sauce with fish broth in place of white stock.

MOCK HOLLANDAISE SAUCE

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
Dash of paprika
½ cup Borden's Evaporated Milk
¼ cup water.
2 egg yolks slightly beaten
3 tablespoons butter
1 tablespoon lemon juice

Melt two tablespoons butter in the top of a double boiler. Stir in the flour and seasoning. When the mixture is well blended, add the milk diluted with water, stirring until it is smooth and thick. Cook ten minutes in double boiler. Just before serving, pour this mixture over the egg yolks, blending well. Return to double boiler, cook two minutes, add three tablespoons butter, bit by bit, and the lemon juice.

Adds much richness and flavor



ENTRÉES

A GENEROUS use of milk in dinner and luncheon dishes is the wisest kind of economy. It adds valuable nutriment to fish, eggs, meat—makes many dishes more appetizing—“pieces out” left-overs which would in themselves be insufficient in quantity to serve the second time. The home-maker with a few good cream sauces at her finger tips is always prepared for emergencies in the kitchen. Furthermore, she is likely to make a reputation as a cook and hostess.

BAKED HALIBUT WITH RAREBIT SAUCE

<i>1 slice halibut weighing about two pounds</i>	<i>Pepper</i>
<i>Melted butter</i>	<i>¾ cup Borden's Evaporated Milk</i>
<i>Salt</i>	<i>¾ cup water</i>
	<i>1 tablespoon minced parsley</i>

Rub the fish with melted butter, sprinkle with salt and pepper and place in baking pan. Pour over it the milk, diluted with water. Add the parsley. Bake about one-half hour in a moderate oven, basting frequently with the milk.

RAREBIT SAUCE

<i>2 tablespoons butter</i>	<i>½ cup Borden's Evaporated Milk</i>
<i>1 tablespoon flour</i>	<i>½ cup water</i>
<i>¼ teaspoon salt</i>	<i>1 cup grated cheese</i>
<i>¼ teaspoon mustard</i>	<i>1 egg, slightly beaten</i>
<i>Dash of cayenne</i>	<i>Dash of paprika</i>

Melt the butter in top of double boiler. Add flour and seasoning, stir until smooth. Pour in gradually the milk diluted with water, stirring until the mixture is smooth and thick. Cook two minutes. Add cheese and stir until the cheese is melted. Pour this mixture over the egg. Return to double boiler and cook two minutes longer. Remove the halibut to serving dish and pour over it the Rarebit Sauce, adding a dash of paprika.

A happy combination of flavors

SALT MACKEREL BAKED IN MILK

<i>Salt mackerel</i>	<i>Butter</i>
<i>Flour</i>	<i>¾ cup Borden's Evaporated Milk</i>
<i>Pepper</i>	<i>¾ cup water</i>
	<i>Minced parsley</i>

Remove head, tail and fins from fish and wash thoroughly. Soak over night in three quarts cold water. In the morning drain and place the fish skin side down in a shallow buttered pan. Dust lightly with flour, sprinkle with pepper and dot with bits of butter. Dilute the milk with water and pour over the fish. Bake twenty minutes in a moderate oven. Remove to a hot platter, dot with bits of butter and garnish with parsley.

An appetizing breakfast dish

CRAB MEAT AU GRATIN IN SCALLOP SHELLS

<i>4 tablespoons butter</i>	<i>¾ cup water</i>
<i>2 slices onion, minced</i>	<i>1½ cups crab meat</i>
<i>2 tablespoons minced green pepper</i>	<i>1 tablespoon minced pimiento</i>
<i>4 tablespoons flour</i>	<i>Dash of nutmeg</i>
<i>½ teaspoon salt</i>	<i>½ cup grated cheese</i>
<i>1¼ cups Borden's Evaporated Milk</i>	<i>Sifted bread crumbs</i>
	<i>Dash of paprika</i>

Melt butter in upper part of double boiler. Cook onion and green pepper ten minutes in butter, but do not brown. Stir in flour and salt. Pour in gradually milk diluted with water, stirring until mixture thickens. Cook ten minutes over hot water. Add crab meat, pimiento and nutmeg. Bring to boiling. Fill buttered scallop shells with mixture. Sprinkle with grated cheese, then with bread crumbs. Dot with bits of butter, sprinkle with paprika and bake in rather hot oven until crumbs are brown. The mixture may be baked in ramekins.

Intriguing for luncheon.

CREAMED SCALLOPS IN RAMEKINS

<i>Boiling water</i>	<i>Dash of paprika</i>
<i>2 cups scallops</i>	<i>Dash of mace</i>
<i>3 tablespoons butter</i>	<i>1 cup Borden's Evaporated Milk</i>
<i>½ small white onion, minced</i>	<i>1 cup water</i>
<i>3 tablespoons flour</i>	<i>1 tablespoon minced parsley</i>
<i>½ teaspoon salt</i>	<i>1 pimiento, minced</i>
	<i>Fine bread crumbs</i>

Pour the boiling water over the scallops, bring to boiling point. Reduce the heat and simmer fifteen minutes. Melt the butter in saucepan, add the onion and cook five minutes. Stir in the flour and seasoning. Dilute the milk with water and pour in gradually, stirring until mixture is smooth and thick. Drain the water from the scallops. Add them with the parsley and pimiento to the sauce. Fill ramekins with the mixture. Sprinkle the top with fine crumbs and dot with bits of butter. Bake until the crumbs are browned.

Another piece de resistance for the luncheon

FILLETS OF SOLE À LA CREME

<i>Fillets of sole</i>	<i>1 stalk celery cut in small pieces</i>
<i>Salt and pepper</i>	<i>1 slice onion</i>
<i>2 tablespoons butter</i>	<i>1 teaspoon minced parsley</i>
<i>½ cup fish stock (made from trimmings and bones)</i>	<i>1 cup Borden's Evaporated Milk</i>
<i>Bit of bay leaf</i>	<i>Dash of paprika</i>
	<i>Parsley and lemon quarters</i>

Clean and wipe fillets, sprinkle with salt and pepper. Melt butter in a saucepan and cook the fish in it a few moments, but do not brown. Add the fish stock, bay leaf, celery, onion and parsley. Cover and simmer until nearly done. Add the Evaporated Milk and continue cooking slowly until fish is done. Remove fish to a hot platter. Season sauce with salt to taste, and strain over the fish. Sprinkle with paprika and garnish with parsley and lemon quarters.

For connoisseurs of fine food

CREAMED LOBSTER PATTIES

<i>3 tablespoons butter</i>	<i>1½ cups Borden's Evaporated Milk</i>
<i>2 slices onion, minced</i>	<i>1 cup water</i>
<i>1 tablespoon minced green pepper</i>	<i>1½ cups cooked lobster, cut in small pieces</i>
<i>1 cup mushrooms, cut in small pieces</i>	<i>1 tablespoon pimiento, cut in small pieces</i>
<i>2 tablespoons flour</i>	<i>1 teaspoon minced parsley</i>
<i>½ teaspoon salt</i>	<i>2 egg yolks, beaten</i>
<i>Dash of cayenne</i>	<i>Dash of nutmeg</i>

Patty shells or toast points

Melt the butter in the top of a double boiler and cook the onion and green pepper in it five minutes. Add the mushrooms and cook five minutes longer. Stir in the flour and seasonings, blending well. Pour in gradually one cup milk diluted with the water, stirring until mixture thickens. Add the lobster, pimiento and parsley. Cook over hot water ten minutes. Just before serving, stir in the egg yolks blended with one-half cup Evaporated Milk. Cook two minutes and add dash of nutmeg. Serve in patty shells or on toast points. If preferred cold cooked chicken may be substituted for the lobster.

Another princely lobster dish

OYSTER SHORTCAKES

<i>2 cups flour</i>	<i>¼ cup butter</i>
<i>4 teaspoons baking powder</i>	<i>¼ cup Borden's Evaporated Milk</i>
<i>½ teaspoon salt</i>	<i>½ cup water</i>

Mix and sift the dry ingredients; rub in the butter with tips of fingers. Add gradually the milk, diluted with water, and mix to a soft dough. Turn on a floured board, pat or roll lightly to three-fourths inch in thickness and shape with a large biscuit cutter. Bake fifteen minutes in a hot oven. Pull apart into two layers, spread with butter, and put the following mixture between layers and over top.

FILLING

<i>2 cups solid oysters</i>	<i>¼ teaspoon salt</i>
<i>½ cup oyster liquor</i>	<i>Dash of nutmeg</i>
<i>2 tablespoons butter</i>	<i>1 cup Borden's Evaporated Milk</i>
<i>2 tablespoons flour</i>	<i>½ cup water</i>
<i>Dash of cayenne</i>	<i>1 tablespoon finely minced parsley</i>
	<i>1 teaspoon lemon juice</i>

Heat the oysters in the oyster liquor until the edges curl. Make a sauce with the butter, flour, seasonings, and milk, diluted with water. Cook thoroughly. Combine with the oysters, then add the parsley and lemon juice.

A new way to serve a popular food

CHICKEN SHORTCAKES

Make in the same way as directed for oyster shortcakes, substituting a filling of creamed chicken for the oysters.

Shortcake and a salad make a delicious luncheon menu

MAMMY'S OVEN-FRIED CHICKEN

<i>1 chicken (about 4 lbs.) disjointed</i>	<i>1½ cups Borden's Evaporated Milk</i>
<i>½ cup flour</i>	<i>1 cup water</i>
<i>Salt and pepper</i>	<i>½ bay leaf</i>
<i>3 tablespoons butter</i>	<i>1 tablespoon minced parsley</i>

Roll each piece of chicken in the flour, covering well. Sprinkle with salt and pepper. Arrange in a well-buttered casserole, dot with bits of butter. Dilute one cup of the milk with the water, pour around the chicken and add bay leaf. Cover and cook in a moderate oven about one and one-half hours, depending on tenderness of the chicken. Remove the cover the last half-hour of cooking to let brown and crisp a bit, turning the lower pieces to top for browning. Remove the chicken to a hot platter. Add the remaining milk to gravy in casserole and thicken with a tablespoon of flour rubbed to a paste with a tablespoon of butter. Add parsley and pour around the chicken.

Delicious in the best Southern style

CHICKEN À LA KING

<i>3 tablespoons butter</i>	<i>Dash of mace or nutmeg</i>
<i>2 slices onion</i>	<i>1½ cups Borden's Evaporated Milk</i>
<i>½ cup sliced mushroom caps</i>	<i>¾ cup chicken stock</i>
<i>¼ green pepper, minced</i>	<i>2 cups cooked chicken, cut in pieces</i>
<i>2 tablespoons flour</i>	<i>1 canned pimiento, cut in strips</i>
<i>¼ teaspoon salt</i>	<i>1 tablespoon butter</i>
	<i>1-2 egg yolks</i>

Melt the butter in top of double boiler, cook the onion five minutes in the butter and remove. Add the mushrooms, cook five minutes. Add the peppers, cook five minutes longer. Stir in the flour and seasonings, blending well. Pour in gradually one cup milk diluted with chicken stock. Stir until the mixture thickens, set over hot water, add the chicken and the pimiento. Cook ten minutes, then add the rest of the butter bit by bit and the egg yolks blended with one-half cup Evaporated Milk. Stir until the eggs are set. Serve on toast, in pastry shells or ramekins.

Convenient to reheat in the chafing dish for informal supper

MALAY CURRY

1 chicken (about 3 lbs.)
 Flour
 3 tablespoons butter
 2 medium-sized onions, sliced
 2 tablespoons curry powder
 1 1/4 teaspoons salt
 1 cup water

1 tart apple, minced
 1 tomato, cut in small pieces
 1 teaspoon minced parsley
 1 tablespoon brown sugar
 1/2 clove garlic, very finely minced
 1 tablespoon Worcestershire Sauce
 3/4 cup Borden's Evaporated Milk
 3/4 cup water

Cut up the chicken as for a fricassee. Roll each piece in flour, fry in hot butter until lightly browned, lifting out each piece as it browns. Cook the onions in the fat in the pan until tender, adding more butter if needed. Mix the curry powder with one-fourth teaspoon salt and roll to a moist ball with a little Evaporated Milk. Place this ball on the onions and stir in gently. Cook for a minute. Add one cup water, stirring until it boils. Add the apple, tomato, parsley, sugar, garlic and Worcestershire. Bring again to boiling. Add the chicken, cover, and simmer slowly until chicken is tender, adding one teaspoon salt when about half cooked. If liquid cooks away, add a little more water. Dilute the milk with three-fourths cup water. Add to the chicken and continue simmering until the meat is very tender and milk nearly absorbed. Serve in centre of platter with a border of cooked rice.

A touch of the Far East—and much wholesome nourishment

GUINEA HEN WITH SPANISH SAUCE

1 fat young guinea hen
 2 cups hot water
 Salt and pepper

Prepare the fowl for roasting. Rub with butter, sprinkle with salt and pepper, place in a baking pan. Add one cup hot water, put into a hot oven, reducing heat when baking is well started. When half done add second cup of water. (There should be one and a half cups rich broth when cooking is completed.) When the bird is tender, remove from oven and separate into pieces at the joints. Pour off broth, return whole pieces of meat to pan and pour over the sauce. Place in a moderate oven and simmer slowly until the fowl is tender enough to fall from bones. Serve on a piping hot platter with a garnish of parsley.

SAUCE

4 tablespoons butter
 2 Spanish onions, minced
 2 sweet green peppers, minced
 2 tablespoons flour
 1 cup cooked, strained tomatoes

1/4 teaspoon soda
 1 cup canned mushrooms
 1 1/2 cups broth
 1 cup Borden's Evaporated Milk
 1 pimiento cut in small pieces

Pepper and salt to taste

Melt the butter in saucepan, cook the onions to a golden brown in butter, add the green pepper and cook five minutes. Stir in the flour, blending well. Combine the milk and broth and pour in gradually, stirring until mixture thickens. Cook ten minutes. Add the soda to the tomatoes, then add to the sauce with mushrooms, pimiento, salt and pepper to taste. Bring to boiling point before pouring over fowl.

Winner of a hundred dollars in a prize contest

HAM BAKED IN MILK

Slice of ham about 1 inch thick,
 with rim of fat
 1 tablespoon flour
 1 teaspoon mustard

2 tablespoons brown sugar
 Dash of ground cloves (may be omitted)
 1 cup Borden's Evaporated Milk
 3/4 cup water

Trim the fat from the ham, mix the flour and mustard and pat into both sides of ham. Put the slice of ham into a rather deep pan. Cut the fat in very small pieces, rub the sugar and cloves thoroughly through the fat and place on top of ham. Pour around it the milk diluted with water. Bake in a moderate oven until the ham is tender (from forty-five to sixty minutes).

Succulent—nutritious

PORK CHOPS IN CASSEROLE

6 medium-sized potatoes, sliced
 Salt and pepper
 Flour
 1 tablespoon butter

1 tablespoon minced parsley
 1/2 to 1 cup Borden's Evaporated Milk
 1/2 to 1 cup water
 4-6 pork chops (depending on size)

Place a layer of the potatoes in a buttered casserole, sprinkle with salt and pepper, dredge lightly with flour, dot with bits of butter, add a sprinkling of parsley. Repeat until the casserole is two-thirds full. Dilute milk with water; bring to scalding point and pour over potatoes enough milk to cover them. Trim pork chops, season with salt and pepper and place on top of potatoes. Cover and place in moderately hot oven. Bake about one hour—or until the potatoes and chops are tender, removing cover the last fifteen minutes to brown chops.

Hot, savory—a fine choice for a cold day

VEAL CHOPS POULETTE

6 veal chops
 2 tablespoons butter
 2 tablespoons flour
 1 1/2 cups white stock or water

1/2 bay leaf
 Salt and pepper
 12 small onions
 1/2 cup Borden's Evaporated Milk

Wipe and trim chops; melt butter in saucepan and brown chops lightly in fat. Remove chops, stir flour into fat in pan (adding more fat if needed). Pour in stock, stirring until smooth and thick. Put in meat, add bay leaf, cover pan and simmer gently for one hour. At end of that time add salt and pepper and onions, cover pan again and simmer until onions are cooked. Remove meat to a hot platter and arrange onions around. Add Evaporated Milk to sauce in pan, stirring well to blend. Then pour over meat and onions.

Veal so good that it seems like chicken!

WELSH RAREBIT

1 tablespoon butter
 1 tablespoon flour
 1/4 teaspoon salt
 1/4 teaspoon mustard
 Dash of cayenne

3/4 cup Borden's Evaporated Milk
 1/4 cup water
 1/2 lb. cheese, grated or cut fine
 1 egg, slightly beaten
 Triangles of toast or crisp crackers

Melt the butter in top of double boiler. Stir in the flour and seasoning. Pour in gradually the milk diluted with water, stirring until smooth and thick. Cook five minutes, add the cheese and stir until the cheese is melted. Add the egg and cook two minutes longer. Serve very hot on triangles of toast or crisp crackers.

From the "old country"—now well Americanized

TOMATO RAREBIT

3 tablespoons butter	2 eggs, slightly beaten
3 tablespoons flour	½ teaspoon mustard
1 cup Borden's Evaporated Milk	Salt and pepper to taste
¼ teaspoon soda	Dash of cayenne
1 cup stewed, strained tomatoes	Triangles of roasted whole wheat or white bread
2 cups grated or finely cut cheese	

Make a white sauce of the butter, flour and milk. Add the soda to the tomatoes and combine with white sauce. Blend in the cheese, stir until melted. Then add eggs and seasonings. Continue stirring until the mixture thickens. Arrange three triangles of toast on each plate, pour rarebit over each and garnish with stuffed olives.

A piquant variation of the old standby

CHEESE SOUFFLÉ

¾ cup grated cheese	1 cup Thick White Sauce
⅛ teaspoon paprika	3 egg yolks, beaten until thick and lemon colored
¼ teaspoon dry mustard	3 egg whites, stiffly beaten
Dash of cayenne	

Add the cheese and seasoning to white sauce. Remove from the fire and add the egg yolks. Cool and fold in the egg whites. Pour into a buttered baking dish. Bake about twenty minutes in a slow oven.

Whisk to the table, the second it's done

PLAIN OMELET

6 eggs	3 tablespoons Borden's Evaporated Milk
½ teaspoon salt	3 tablespoons water
Dash pepper	1 tablespoon butter

Beat the egg whites until stiff. Beat the yolks until thick and lemon colored. Add to the yolks the seasoning and milk diluted with water. Cut and fold the whites into yolks. Melt the butter in an omelet pan, or ordinary frying pan, turning it to grease well the sides and bottom of the pan. Turn in the egg mixture, spread evenly and cook slowly until it is puffy and delicately brown underneath. Place pan on centre grate of oven until top is dry. Loosen the edges of the omelet, slip a flexible knife under side nearest the handle, tip pan until nearly vertical. Fold one-half over the other and press slightly to make stay in place. Slip onto a hot serving dish, garnish with parsley and serve.

One egg per person—one tablespoon liquid per egg—is the general rule for omelets

HAM OMELET

Mix and cook a plain omelet. Sprinkle finely minced cooked ham over centre of omelet while cooking. Then fold in usual way.

A tasty way to use left-over ham

JELLY OMELET

Mix and cook a plain omelet, omitting the pepper and adding one tablespoonful sugar. Spread with a tart jelly or jam before folding. Fold and sprinkle with powdered sugar.

Looks pretty—tastes pretty

CROQUETTES

Croquettes are usually made from a foundation of cooked, chopped ingredients—meat, fish, vegetables, etc.—held together by a thick white sauce. The mixture when cold is shaped, egged, crumbed and fried in deep fat.

STANDARD RECIPE FOR CROQUETTES

4 tablespoons butter	Dash of nutmeg (optional)
1 teaspoon minced onion (optional)	½ cup Borden's Evaporated Milk
4 tablespoons flour	½ cup water or white stock
½ teaspoon salt	2 egg yolks, slightly beaten
⅛ teaspoon pepper	1 to 2 cups chopped cooked meat
	1 teaspoon minced parsley (optional)

Melt the butter; cook the onion in fat five minutes. Stir in flour and seasonings. Pour in gradually the milk diluted with water or stock, stirring until the mixture is smooth and thick. Stir in the egg yolks and cook two minutes longer. Remove from fire and add the chopped meat and parsley. Turn this mixture on a plate to become cold and firm. Shape, roll in beaten egg, diluted with a little cold water, then roll in sifted bread crumbs. Fry in hot fat, using a frying basket. Serve immediately.

A pleasant disguise for left-overs

FISH CROQUETTES

Use Standard Recipe for Croquettes, substituting two cups chopped cooked lobster, flaked cooked crabmeat or salmon, adding one teaspoon lemon juice.

The croquette at its finest

EGG CROQUETTES

Substitute two cups chopped hard-cooked eggs for meat, using Standard Recipe for Croquettes.

One can't have too many egg recipes

APPLE FRITTERS

1½ cups flour	½ cup Borden's Evaporated Milk
1½ teaspoons baking powder	½ cup water
¼ teaspoon salt	1 egg, well beaten
	2 tart apples

Mix and sift the dry ingredients. Add gradually the milk diluted with water, then egg. Pare and cut the apples in small bits, stir into the batter. Drop by spoonfuls into deep fat and fry to a delicate brown. Drain, sprinkle with powdered sugar and serve immediately with the following sauce:

CURRANT JELLY SAUCE

¾ cup sugar	1 cup currant jelly
¼ cup water	1 teaspoon lemon juice

Boil the sugar and water five minutes and add the jelly. Stir until melted, but do not boil. Add lemon juice and strain through a fine sieve.

These are delicious with meat or fowl



VEGETABLES

VEGETABLES should be cooked until tender. As Marion Harland says, "Rare vegetables are neither good nor fashionable." Use boiling salted water—and, in general, as little as possible. After putting the vegetables in the water, let it come quickly to the boiling point again. Then reduce the heat and cook very slowly. An old cook says, "Vegetables that grow *under* the ground should be covered in cooking. Those that grow *above* ground should be cooked uncovered, or at least partly uncovered."

Vegetables for creaming are first cooked in boiling water to which salt is added just before they are done. They are then drained and combined with a medium white sauce in the proportion of two cups cooked vegetables to one cup cooked white sauce. The white sauce may be made with equal parts Evaporated Milk and the liquor in which the vegetable is cooked.

Escalloped vegetables are usually combined with white sauce in the same proportion as for creaming. The top is covered with fine plain or buttered crumbs, and baked in the oven long enough to brown the surface.

Au gratin vegetables. Although this name may be applied to vegetables combined with white sauce and covered simply with crumbs and baked, it usually indicates the addition of grated cheese either sprinkled on top of the dish or mixed in with it, then baked until the surface is brown and the cheese melted.

MEDIUM WHITE SAUCE (for Vegetables)

2 tablespoons butter	1/8 teaspoon pepper
2 tablespoons flour	1/2-1 cup Borden's Evaporated Milk
1/2 teaspoon salt	1/2-1 cup water or vegetable liquor

Dash of paprika

See "Sauces" for method of cooking

CREAMED ONIONS

Prepare medium sized white onions. Put into a saucepan, cover with boiling water and boil five minutes. Drain, again cover with boiling water and cook until the onions are soft but not broken, adding salt just before they are done. Drain, cover with Medium White Sauce and sprinkle with finely minced parsley.

Available any day in the year

ONIONS IN CREAM

Prepare and cook onions as directed for creamed onions. Drain, add one-half cup undiluted Evaporated Milk, season with salt, pepper and butter, and simmer five minutes. Garnish with finely minced parsley or paprika.

Very easily prepared

ONIONS AU GRATIN

Prepare and cook onions as directed for creamed onions. Drain and place a layer of onions in a buttered baking dish, sprinkle with grated cheese, and cover with one cup Medium White Sauce. Repeat and cover the top with fine bread crumbs. Dot with bits of butter and bake in a moderate oven until the crumbs are brown.

May be served as the main dish at luncheon

ESCALLOPED CARROTS

2 cups sliced carrots	1/4 teaspoon salt
1 tablespoon minced parsley	1/8 teaspoon pepper
1 teaspoon sugar	<i>Dash of nutmeg</i>
1/2 teaspoon salt	1 cup Borden's Evaporated Milk
2 tablespoons butter	1 cup liquid in which carrots
1/2 small onion, minced	<i>were cooked</i>
2 tablespoons flour	<i>Fine bread crumbs</i>

Cover the carrots with boiling water and add parsley, sugar and one-half teaspoon salt. Cook until the carrots are tender. Drain, reserving liquid. Melt the butter in saucepan, add onion and cook five minutes. Stir in the flour, and remaining seasoning, add the milk and carrot liquid, stirring until the mixture is smooth and thick. Place half the carrots in a buttered baking dish, cover with part of the sauce, add remaining carrots, pour over rest of sauce. Cover the top with crumbs and dot with bits of butter. Bake until crumbs are brown.

Baked dishes are always appetizing

BAKED CORN

1 cup Borden's Evaporated Milk 2 tablespoons melted butter
1 cup water ½ teaspoon salt
2 cups chopped corn (fresh or
canned) ⅛ teaspoon pepper
2 eggs, beaten 1 teaspoon sugar
Dash of nutmeg

Dilute milk with water and bring to scalding point. Mix the corn, eggs, butter and seasonings and add the hot milk, mixing well. Pour into a buttered baking dish, set in a pan of hot water and bake in a moderate oven until firm.

Another fine luncheon dish

CAULIFLOWER AU GRATIN

Remove the leaves and cut off the stalk of a small cauliflower. Soak thirty minutes, head down, in cold, salted water. Drain. Place in saucepan head up, cover with boiling water and cook until tender, but not broken, adding salt the last few minutes of cooking. Drain, place whole in a baking dish. Pour around one cup Medium White Sauce and sprinkle with grated cheese. Cover with buttered crumbs, add a dash of paprika, and bake on grate of oven until crumbs are browned.

Another leafy vegetable precious for its vitamins

BRUSSELS SPROUTS WITH CHEESE SAUCE

1 quart Brussels sprouts 2 tablespoons and 1 teaspoon salt
2 quarts cold water Cheese sauce

Pick the sprouts over carefully, removing wilted leaves. Soak for one-half hour in the cold water to which two tablespoons salt have been added. Drain, cover with boiling water and cook uncovered until tender, adding a teaspoon salt just before they are done. Drain in a colander. Place in a hot serving dish, and pour over the following sauce:

CHEESE SAUCE

½ cup grated cheese ¼ teaspoon salt
½ cup Evaporated Milk ⅛ teaspoon paprika
1 cup Medium White Sauce

Add the cheese, milk and seasoning to white sauce. Cook until the cheese is melted.

Brussels sprouts add pleasant variety to the menu

CREOLE TOMATOES

6 medium-sized tomatoes Dash of paprika
1 small onion, chopped fine 2 tablespoons butter
1 green pepper, chopped fine ¼ cup hot water
½ teaspoon salt 1 cup Medium White Sauce

Cut the tomatoes in halves crosswise. Place in a baking dish and cover with the chopped onion and green pepper. Season with salt and paprika, dot with bits of butter, add the water and bake until the tomatoes are tender. Place them on a serving dish and keep hot. To one cup of Medium White Sauce made with undiluted Evaporated Milk add the liquor from the baked tomatoes, cook two minutes and pour over the tomatoes.

High flavors whip up the appetite

ASPARAGUS HOLLANDAISE

Trim the stalks to uniform length, removing the tough lower ends. Scrape to remove the scales and wash thoroughly. Tie with a soft string and stand in boiling water to keep the tips above the water. Boil gently until tender, adding salt just before the cooking is completed. Drain, untie and serve with mock Hollandaise sauce. (See p. 19 for Mock Hollandaise Sauce.)

STRING BEANS BRETONNE

Remove the strings from the beans and shred finely or cut in one-inch pieces. Cook in boiling water until tender, adding salt the last few minutes of cooking. Drain well. Melt two tablespoons butter in a saucepan and fry in it one medium-sized onion, thinly sliced, until the onion is yellow but not browned. Stir in one tablespoon flour. Pour in gradually one cup Borden's Evaporated Milk, dilute with one-half cup water, stirring until smooth and thick. Season with salt, pepper and a dash of paprika. Add the beans and simmer ten minutes.

A delicious French recipe

POTATOES AU GRATIN

6 medium-sized potatoes, pared 1 tablespoon finely minced parsley
and thinly sliced ½ cup grated cheese
1 teaspoon salt Fine crumbs
2 cups Medium White Sauce 1 tablespoon butter
Dash of paprika

Cook the potatoes in boiling water until tender but not broken, adding salt when partly cooked. Drain well. Place a layer of the potatoes in a buttered baking dish. Cover with one cup white sauce, sprinkle with parsley, then with half the cheese. Repeat. Cover with fine crumbs and dot with bits of butter, adding dash of paprika. Bake on the centre grate of oven until crumbs are brown.

Excellent to tone up a menu lacking in distinctive flavor

ESCALLOPED POTATOES

6 small or 4 medium-sized pota- Flour
toes, thinly sliced 1 cup Borden's Evaporated Milk
Salt and pepper 1 cup boiling water
1 tablespoon minced parsley 2 tablespoons butter

Place a layer of potatoes in a well-buttered baking dish, sprinkle with salt and pepper and minced parsley, dredge lightly with flour and add part of the butter in small bits. Repeat. Dilute the milk with water and pour over the potatoes. Dot with remainder of butter. Cover and bake one and one-fourth hours or until the potatoes are tender, removing the cover the last fifteen minutes of baking to brown potatoes lightly on top. Serve from dish in which cooked.

The milk adds much nutritive value

PITTSBURGH POTATOES

Peel and cut in small cubes potatoes enough to make three cups of the cubes. Parboil in boiling salted water with one onion (minced) for five minutes. Add two pimientos cut in small pieces. Cook five minutes longer and drain. Add three-fourths cup grated cheese to two cups Medium White Sauce. Place one-half the potatoes in the bottom of a buttered baking dish and sprinkle with one-fourth teaspoon salt. Add one cup of the sauce. Repeat. Bake in a moderate oven until potatoes are tender.

An interesting variation

PINEAPPLE MUFFINS

Follow the directions given for Wheat Muffins, adding last one cup thoroughly drained crushed or grated pineapple. Bake about thirty minutes.

A treat for luncheon

BRAN MUFFINS

1 cup whole wheat flour	1 cup bran
4 teaspoons baking powder	1 egg, beaten light
½ teaspoon salt	½ cup Borden's Evaporated Milk
¼ cup sugar	¾ cup water
	3 tablespoons melted butter

Sift the first four ingredients together, twice. Stir into them the bran, add the beaten egg and milk diluted with water. Beat well, blend in the butter. Bake in hot, well-buttered iron muffin pan about twenty-five minutes, in a moderately hot oven (about 400° F.).

Wholesome and tasty

PECAN MUFFINS

1 cup whole wheat or graham flour	½ cup chopped pecan meats
1 cup white flour	½ cup Borden's Evaporated Milk
4 tablespoons brown sugar	½ cup water
½ teaspoon salt	1 egg, well beaten
4 teaspoons baking powder	4 tablespoons melted butter

Mix and sift the dry ingredients, except nuts, putting back the bran from whole wheat flour. Add nut meats, blend well, add milk, diluted with water and egg, beat well. Add shortening. Pour batter into well-greased muffin pans or muffin rings. Put a half pecan meat on each muffin and bake in hot oven (425° F.) about twenty-five minutes.

A really luxurious muffin

STANDARD RECIPE FOR BAKING POWDER BISCUIT

2 cups flour	2-4 tablespoons butter, or part butter
4 teaspoons baking powder	and part lard
½ teaspoon salt	¼ cup Borden's Evaporated Milk (about)
1 teaspoon sugar	½ cup water (about)

Mix the dry ingredients and sift twice. Cut in the shortening, or rub in with the tips of fingers. Add slowly milk diluted with water to make a soft dough, mixing with a knife. (It is impossible to state the exact amount of liquid, owing to the difference in flour.) Turn on a lightly floured board, roll with a knife to coat the dough with flour, pat and roll lightly to about three-fourths inch in thickness. Cut into rounds, put into a shallow, well-buttered baking pan. Bake in a hot oven (450° F.) about twelve minutes.

The same dough may be used to make meat pies, individual fruit shortcakes, etc.

ORANGE MARMALADE BISCUIT

Follow the directions given for Baking Powder Biscuit. Roll out to a little more than one-fourth inch in thickness. Cut into rounds, brush over lightly with melted butter. Spread with orange marmalade. Cover with a second round of dough. Bake in a hot oven about fifteen minutes. Apricot or plum marmalade or a well-flavored jelly may be substituted for the orange marmalade.

Dainty—and convenient—for tea

CREAM SCONES

2 cups flour	4 tablespoons butter
½ teaspoon salt	2 eggs, well beaten
1 tablespoon sugar	½ cup Borden's Evaporated Milk
4 teaspoons baking powder	Sugar

Mix and sift dry ingredients. Work in the butter with tips of fingers. Add eggs (reserving a small amount of the unbeaten white) and milk. Turn onto a lightly floured board. Pat out to three-fourths inch in thickness. Cut in rounds or diamond shape, brush over with the reserved egg white, sprinkle with sugar, and place in a buttered pan. Bake in a hot oven about fifteen minutes. Split, spread with butter, and serve hot.

An old Scotch favorite

CORN BREAD

¾ cup corn meal	1-2 eggs, well-beaten
1 cup flour	½ cup Borden's Evaporated Milk
2-4 tablespoons sugar	¾ cup water
½ teaspoon salt	3 tablespoons melted butter
4 teaspoons baking powder	A dash of nutmeg

Mix and sift dry ingredients twice. Add slowly milk diluted with water and eggs. Beat vigorously. Blend in the butter (which has been melted in shallow baking pan, with a little left in pan to crisp edges of bread in baking). Pour batter into pan. Bake in a rather hot oven.

Nothing goes better with bacon

POPOVERS

1 cup flour	½ cup Borden's Evaporated Milk
¼ teaspoon salt	¾ cup water
2 eggs, beaten light	1 teaspoon melted butter

Mix and sift dry ingredients. To obtain a smooth batter, add gradually milk diluted with water. Add eggs and butter, beat vigorously, using an egg beater. Pour into buttered cups or hot, well-greased popover irons. Put into a hot oven, bake thirty to forty-five minutes. Lower the heat to prevent popovers from becoming too brown before thoroughly baked.

A triumph—and not difficult

WHEAT GRIDDLE CAKES

2 cups flour	1-2 eggs, beaten
3 teaspoons baking powder	¾ cup Borden's Evaporated Milk
¼ teaspoon salt	¾ cup water
1 teaspoon sugar	2 tablespoons melted butter

Mix and sift dry ingredients. Add to beaten egg, milk diluted with water. Pour slowly into dry ingredients. Beat thoroughly, add butter. Drop by spoonfuls on a hot greased griddle. When puffed full of bubbles, turn and cook on the other side.

Serve piping hot, with maple syrup

FRENCH PANCAKES

½ cup Borden's Evaporated Milk	1 teaspoon sugar
½ cup water	½ teaspoon salt
3 eggs, beaten separately	½ cup flour
	2 tablespoons melted butter

Dilute milk with water. To beaten yolks of eggs, add sugar, salt and one-half cup diluted milk. Stir in sifted flour and remaining half cup of milk. Add butter, beat well, and fold in stiffly beaten egg whites. Bake on a hot greased grid-
dle. Spread each cake, while hot, with tart jelly or jam. Roll up, sprinkle with powdered sugar, and serve.

A delectable dessert for luncheon or dinner

WAFFLES

2 cups pastry flour	$\frac{3}{4}$ cup Borden's Evaporated Milk
3 teaspoons baking powder	$\frac{1}{2}$ cup water
$\frac{1}{2}$ teaspoon salt	3 egg yolks, beaten until thick and lemon colored
1 teaspoon sugar	4 tablespoons melted butter
3 egg whites, stiffly beaten	

Mix and sift the dry ingredients twice. Dilute the milk with water, add to the egg yolks, combine with the dry ingredients. Beat well, blend in the melted butter, fold in the egg whites. Bake at once on a hot, well-greased waffle iron, putting a tablespoon of mixture in each compartment, near centre of iron and covering. The mixture will spread to fill the iron.

Chicken gravy and waffles are a famous combination

NUT BREAD

3 cups flour	1 cup English walnuts, cut in small pieces
3 teaspoons baking powder	$\frac{1}{2}$ cup Borden's Evaporated Milk
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup water
$\frac{1}{2}$ teaspoon salt	1-2 eggs, well beaten
1 tablespoon melted butter	

Mix and sift flour, baking powder, sugar and salt. Stir in the nut meats. Add gradually milk diluted with water, and egg. Blend in the melted butter. Put into a large, well-greased bread pan, let stand about one-half hour, and bake in a moderate oven (350° F. to 400° F.) about forty minutes.

Makes fine bread and butter sandwiches for tea

ORANGE BREAD

Follow the directions given for nut bread, substituting one cup finely cut candied orange rind for the nut meats.

RAISED BREADS

STANDARD RECIPE FOR ROLLS

1 yeast cake	Flour
$\frac{1}{4}$ cup lukewarm water	2 tablespoons melted butter
$\frac{1}{2}$ cup Borden's Evaporated Milk	1 tablespoon sugar
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon salt

Soften the yeast cake in the lukewarm water. Dilute the milk with water, bring to scalding (do not boil). Cool to lukewarm, add gradually two and a half cups flour, beat vigorously, add the dissolved yeast cake. Cover closely, let rise in a warm place. When light, add butter, sugar, salt and enough more flour to knead. Put into a greased bowl, cover and let rise to double its bulk. Toss lightly on a floured board, pat out to the desired thickness, shape, place in a buttered pan, brush with melted butter. Let rise again until very light. Bake in a hot oven about fifteen minutes.

Hot rolls are always tempting

CLOVER LEAF ROLLS

Follow directions given in Standard Recipe for Rolls. When dough is light, break off a piece equal to amount used for one ordinary roll. Divide into three equal parts, shape each part into a small ball. Place the three balls in a muffin pan, brush over with melted butter, and let rise. When they are fully doubled in bulk, bake in a rather hot oven about fifteen minutes.

A dainty luncheon or tea roll

BOHEMIAN KOLATCHEN

1 cup Borden's Evaporated Milk	3 eggs, well beaten
1 cup water	$\frac{1}{2}$ teaspoon salt
1 cake compressed yeast	Grated rind 1 lemon
Flour	Pinch of mace
$\frac{1}{2}$ cup sugar	Cinnamon
$\frac{1}{2}$ cup butter	Chopped fruit

Dilute milk with water, bring to scalding point and cool to lukewarm. Dissolve yeast cake in the warm milk, adding sufficient flour to make a rather stiff batter, beat very hard, let rise until light. Beat sugar and butter to a cream. Add eggs, salt, lemon rind and mace. Add mixture to batter, and sufficient flour to make soft dough. Knead until dough doesn't stick to board, cover, put in a warm place, and let rise to double its bulk. Take out by spoonfuls on a floured board. Roll each into a ball, then pat out to about three-fourths inch in thickness. Place in a buttered pan, brush with melted butter. Sprinkle with a mixture of sugar, cinnamon and mace. Spread with chopped fruit, raisins or preserved cherries, let rise until very light, and bake in a hot oven.

Any cook would be proud of "kolatchen"

CINNAMON BUNS

$\frac{1}{2}$ cup Borden's Evaporated Milk	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups warm water	Melted butter
1 cake compressed yeast	$\frac{1}{4}$ cup sugar
Flour (about 7 cups)	$\frac{1}{2}$ cup currants, washed and dried
2 eggs, well beaten	1 teaspoon cinnamon
2 tablespoons sugar	$\frac{1}{2}$ cup butter
3 tablespoons melted butter	1 cup brown sugar
$\frac{1}{2}$ cup broken nut meats (optional)	

Dilute milk with water and bring to scalding point. Cool to lukewarm, dissolve yeast cake in the liquid, add enough flour to make a thick batter, cover and put in a warm place until light. Add eggs, two tablespoons sugar, three tablespoons melted butter, salt and flour enough to make a soft dough. Knead lightly, put into a greased bowl, cover and put into a warm place until risen to double its bulk. Turn out carefully on a floured board, without kneading. Roll out lightly into a thin sheet, brush with melted butter, sprinkle with one-fourth cup sugar and currants dust with cinnamon. Roll up like a jelly-roll. Cream one-third cup butter and the brown sugar, spread this paste in the bottom of a rather deep iron baking pan, and sprinkle with the nut meats. Cut the roll of dough in slices about one and one-half inches thick, place in the prepared pan, cut side up, rather crowding them together. Cover and stand in a warm place until light. Bake in a moderate oven about forty minutes. Turn upside down from pan, while hot, spreading on the rolls any of the sugar mixture remaining in pan.

The queen of all buns



SALADS

SALADS not only vary the diet in an appealing and appetizing way—they also add mineral salts, vitamins and other health factors.

To make a perfect salad all the ingredients must be carefully prepared and thoroughly chilled before blending—the lettuce and other greens fresh and crisp—the fruit or vegetables fresh and firm in texture—the meat or fish free from skin, gristle and bones, and cut in small, uniform pieces.

The ingredients should be combined and the dressing folded in just before serving.

Care should be taken to arrange the salad daintily and garnish it attractively. If lettuce is used, the leaves should be placed in the salad bowl or on individual plates before adding the salad.

With a well-flavored dressing prepared beforehand—such as Borden's Eggless Mayonnaise or, for those who do not like oil, a Boiled Dressing—a delicious salad may be prepared quickly.

BORDEN'S EGGLESS MAYONNAISE

$\frac{1}{2}$ teaspoon salt	3 tablespoons Borden's Evaporated Milk
$\frac{1}{2}$ teaspoon dry mustard	$\frac{3}{4}$ cup salad oil
$\frac{1}{4}$ teaspoon paprika	2 tablespoons vinegar, or
$\frac{1}{4}$ teaspoon sugar	1 tablespoon vinegar and 1 tablespoon
Few grains cayenne	lemon juice

Thoroughly mix dry ingredients. Add the milk, blend well and beat in the oil gradually. Add the vinegar, or the vinegar and lemon juice, beating until mixture is smooth.

Easier—more economical—than with egg yolk

RUSSIAN DRESSING

4 tablespoons Chili Sauce	1 tablespoon Worcestershire sauce (optional)
1 tablespoon minced chives, or	1 tablespoon lemon juice
1 teaspoon minced onion	$\frac{1}{4}$ teaspoon salt
1 tablespoon finely minced green pepper or pimiento	1 cup Borden's Eggless Mayonnaise

Mix the Chili Sauce, chives, green pepper or pimiento, Worcestershire, lemon juice and salt. Blend with the mayonnaise.

Makes plain lettuce interesting

CHILI MAYONNAISE

1 cup Borden's Eggless Mayonnaise	$\frac{1}{4}$ cup Chili Sauce
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Blend thoroughly.

Serve with lettuce or vegetable salad

FRUIT SALAD DRESSING

Borden's Eggless Mayonnaise made with the following variations:

Omit mustard, add 1 teaspoon sugar

Substitute 2 tablespoons lemon juice for vinegar

Blend in 3 tablespoons orange, grapefruit, or

pineapple juice just before serving

—and a subtle trace of onion improves even fruit salad

CREAM MAYONNAISE

1 cup Borden's Eggless Mayonnaise,	$\frac{1}{2}$ cup whipped cream
made with lemon juice	

Fold cream lightly into mayonnaise just before serving.

Delightful to look at—and to taste

SPECIAL MAYONNAISE

$\frac{1}{2}$ cup tomato catsup	2 drops Tabasco Sauce
1 tablespoon Worcestershire Sauce	1 tablespoon lemon juice
1 tablespoon minced chives, or	$\frac{1}{4}$ teaspoon salt
1 teaspoon finely minced onion	1 cup Borden's Eggless Mayonnaise

Mix catsup, Worcestershire Sauce, chives or onion, Tabasco Sauce, lemon juice and salt. Blend thoroughly with mayonnaise.

May be varied to suit your own taste

BOILED SALAD DRESSING

$\frac{3}{4}$ cup Borden's Evaporated Milk
 $\frac{1}{4}$ cup water
1 teaspoon mustard
 $\frac{3}{4}$ teaspoon salt
1 tablespoon sugar
2 tablespoons flour
Dash of cayenne
2 egg yolks slightly beaten
2 tablespoons butter
 $\frac{1}{4}$ cup vinegar (hot)

Dilute the milk with water and bring to scalding point in a double boiler. Thoroughly mix the dry ingredients. Add the egg yolks gradually and blend carefully. Pour the hot milk slowly over the egg mixture, stirring constantly. Return to double boiler, add butter and cook until the mixture thickens, stirring constantly. Add the hot vinegar slowly, blending well. Strain and cool.

This dressing can be substituted in any recipe calling for mayonnaise

TUNA FISH SALAD

2 cups flaked tuna fish
1 tablespoon lemon juice
1 cup shredded celery (inside stalks)
1 pimiento, shredded
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon paprika
Russian dressing, or
Borden's Eggless Mayonnaise
Lettuce

Remove the fish from can to colander. Pour over it boiling water, drain, and flake, removing all skin. Add the lemon juice, marinate* in French dressing and chill. When ready to serve, mix with the celery, pimiento, salt, paprika and enough salad dressing to moisten. Arrange in nest of lettuce and garnish with celery tips, stuffed olives cut in halves and additional mayonnaise or Russian dressing. Salmon may be substituted for tuna fish.

*To marinate means to mix the ingredients with a few spoonfuls of French dressing (oil, a little vinegar or lemon juice, and seasonings), to give flavor to the materials.

Keep a can or so of tuna on hand—it's convenient

LOBSTER SALAD

2 cups lobster meat cut in cubes.
 $\frac{1}{2}$ cups shredded inner stalks of celery
1 cup Borden's Eggless Mayonnaise
Lettuce
Capers (optional)
Hard-cooked eggs (optional)

Marinate the lobster meat in French dressing. Chill well. When ready to serve, combine with the celery and moisten with the mayonnaise. Arrange in a nest of crisp lettuce, garnish with celery tips, lobster claws, capers, slices of egg and mayonnaise.

At the head of its class!

CHICKEN SALAD

Follow the directions given for Lobster Salad, substituting 2 cups cooked chicken cut in small pieces for lobster meat.

Popular for weddings and other festive occasions

JELLIED TOMATO SALAD

3 tablespoons granulated gelatine
 $\frac{1}{2}$ cup cold water
3 cups stewed tomatoes, fresh or canned
2 slices onion
2 stalks celery
 $\frac{1}{2}$ bay leaf
2 cloves
1 teaspoon sugar
1 teaspoon salt
Lettuce

Borden's Eggless Mayonnaise

Soften the gelatine in the cold water. Simmer the tomatoes with the seasoning, including onion and celery, for fifteen minutes. Add the gelatine and stir until dissolved. Strain and pour into cups or molds about the size of tomatoes. Chill. Remove from mold and serve individually on small nests of lettuce leaves. Garnish top of each with spoonful of mayonnaise.

Appetizing to the nth degree

POTATO SALAD

2 cups cold, boiled potatoes cut in small cubes
 $\frac{1}{2}$ cup finely cut inner stalks of celery
1 tablespoon minced chives, or
 $\frac{1}{2}$ onion, chopped
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
2 tablespoons finely minced parsley
1 cup Borden's Eggless Mayonnaise, or
1 cup Boiled Salad Dressing
Lettuce

Mix the potatoes, celery and chives or onion. Sprinkle with salt and pepper. Marinate in French dressing and chill thoroughly. Just before serving, add half the parsley. Moisten well with the dressing. Arrange in nest of crisp lettuce. Sprinkle with remaining parsley and garnish with celery tips and additional mayonnaise.

CABBAGE SALAD

1 small head cabbage
1 cup shredded celery hearts
Cream Mayonnaise or Boiled Salad Dressing
1 teaspoon salt
 $\frac{1}{4}$ teaspoon paprika

Remove outer leaves from cabbage and cut head in quarters. Let stand in ice water until crisp. With a sharp knife shred finely, mix with celery, and add salt and paprika. Moisten with the dressing. Arrange in salad bowl and garnish with celery tips, strips of pimiento, and extra dressing.

Cabbage is packed with vitamins

WALDORF SALAD

6 bright red apples
2 tablespoons lemon juice
1 cup shredded celery hearts
1 cup broken nut meats
 $\frac{1}{2}$ teaspoon salt
Cream Mayonnaise
Lettuce

Cut a slice from the stem end of apples. Scoop out pulp to form cups. Sprinkle the inside of cups with lemon juice. Cut in small pieces the apple pulp removed. Sprinkle with lemon juice to prevent discoloration. Mix with the celery, nut meats and salt, and chill. Just before serving, moisten with the mayonnaise and fill the apple cups with the mixture. Arrange on crisp lettuce, garnish with celery tips, nut meats and a spoonful of the dressing.

The fruit salad favorite

COMBINATION FRUIT SALAD

2 pears
1 grapefruit
2 oranges
1 cup pitted, large white
California cherries
Crisp white lettuce hearts
Cream Mayonnaise Dressing

Peel the pears and cut in thin slices. Peel the grapefruit and oranges, separate into sections, removing tough membrane. Drain the cherries, combine with the other fruits, and chill thoroughly. When ready to serve, place in nests of crisp lettuce, and garnish with the dressing.

May be varied according to the fruits in season



PUDDINGS

POINTS TO REMEMBER

IN BAKING puddings made with eggs and milk, the dish should be set in a pan of hot water, and cooked at a moderate temperature.

All starchy puddings should be well cooked to make them digestible.

Batter puddings should be baked in a quick oven.

Sauces should never be poured over puddings until the moment of serving.

In making meringues for the top of puddings or pies, the egg whites should be beaten very light. If well chilled, they will beat to a froth more quickly. Add fine granulated sugar in the proportion of two tablespoons to each egg white, gradually continuing the beating until the meringue is fine-grained and holds its shape.

The meringue may be spread evenly over the surface, using a knife or back of spoon, or put on unevenly by spoonfuls. It should touch the pastry rim or baking dish all around or it will shrink away in the process of baking. Meringues should be baked at a low temperature, 200° F. to 250° F., until delicately browned. If baked in a too hot oven, it will be tough and shrunken instead of being light and tender.

CREAM RICE PUDDING

4 tablespoons rice	2 1/4 cups Borden's Evaporated Milk
1/3 cup sugar	1 3/4 cups water
1/2 teaspoon salt	Nutmeg

Wash the rice thoroughly, then add with the sugar and salt to the milk diluted with water. Pour into a buttered baking dish and add a sprinkling of nutmeg. Set the dish in a pan of hot water and bake three hours in a slow oven (300° F.), stirring several times the first hour to prevent the rice from settling to the bottom.

Serve hot or cold

LEMON RICE PUDDING

1/2 cup rice	1/2 teaspoon salt
Cold water	2 eggs, slightly beaten
2 cups Borden's Evaporated Milk	3/4 cup sugar
2 cups water	1 tablespoon lemon juice
Grated rind of 1 lemon	1 tablespoon butter
	1/4 teaspoon vanilla

Wash the rice thoroughly, cover with cold water, soak one hour and drain. Dilute the milk with 2 cups water and put it into the top of a double boiler, with the rice, lemon rind and salt. Cook until the rice is tender. Blend together the eggs, sugar and lemon juice. Add with butter to the hot rice and cook until the eggs set (about five minutes). Remove from the fire and add the vanilla. Pour into a buttered pudding dish, set into a pan of hot water and bake in a moderate oven about twenty minutes.

One-half cup seeded raisins may be added

BUTTERSCOTCH RICE PUDDING

1/2 cup rice	1/2 teaspoon salt
2 cups Borden's Evaporated Milk	2 egg yolks, beaten
2 cups water	1/2 teaspoon vanilla
2 tablespoons butter	2 egg whites, stiffly beaten
1 cup brown sugar	4 tablespoons brown sugar

Wash the rice thoroughly. Dilute the milk with the water. Put three cups of the diluted milk into the top of a double boiler with the rice and cook until the rice is soft. Melt the butter in a saucepan, and add the brown sugar. Stir until it boils but do not let it burn. Bring the remaining cup of diluted milk to scalding point and add to the butter and sugar, stirring until the sugar is dissolved. Pour slowly over the egg yolks, then add with salt to the hot rice. Cook about five minutes or until the egg sets. Remove from the fire and add the vanilla. Pour into a buttered pudding dish and cover the top with a meringue made with the egg whites, and four tablespoons brown sugar, beaten in gradually. Bake in a slow oven until the meringue is lightly browned.

Rice pudding all dressed up for company

RICE AND APPLE PUDDING

5 tart apples	1 1/4 cups hot cooked rice
1/4 cup sugar	1/2 cup sugar
1 tablespoon butter	2 egg yolks, beaten
Cinnamon	1/4 teaspoon salt
1 1/4 cups Borden's Evaporated Milk	2 egg whites, stiffly beaten
1/4 cups water	4 tablespoons granulated sugar

Grated rind of 1/2 lemon

Peel the apples, cut them in quarters and place in a saucepan. Add one-fourth cup sugar and just enough water to cover. Simmer gently until apples are tender, but not broken. Remove carefully from the liquid and place in a buttered baking dish. Add the butter in small bits and sprinkle with cinnamon. Dilute the milk with water, add the lemon rind and bring to a scalding point in a double boiler. Stir in rice and cook five minutes. Add one-half cup sugar and salt to egg yolks and add to hot rice. Cook two or three minutes longer and pour over apples. Cover top with a meringue made with egg whites and four tablespoons sugar. Brown lightly in a slow oven.

Luscious and wholesome

BREAD PUDDING (Standard Recipe)

2 cups Borden's Evaporated Milk	1/2 cup sugar
2 cups water	1 tablespoon melted butter
1 3/4 cups soft, fine bread crumbs	1/4 teaspoon salt
2 eggs, slightly beaten	<i>Grated rind of one lemon or 1 teaspoon vanilla</i>

Dilute the milk with water and bring to scalding point. Remove from fire. Add bread crumbs and let stand until cool. Stir in the eggs, sugar, butter, salt and flavoring. Pour into a buttered pudding dish, set in a pan of hot water and bake in a moderate oven about forty-five minutes.

Serve with cream or a sauce

QUEEN OF PUDDINGS

Follow the directions given for making Bread Pudding, using one whole egg and two egg yolks, reserving two egg whites for a meringue. After baking, cool the pudding slightly and cover the top with a thin layer of apricot, plum or raspberry jam, or with a tart jelly. Cover with a meringue made with the stiffly beaten egg whites and four tablespoons of granulated sugar. Brown lightly in a slow oven (250° F. to 300° F.). Serve hot or cold.

Delicious enough for the most exacting guest

ORANGE BREAD PUDDING

1 1/4 cups Borden's Evaporated Milk	1/4 teaspoon salt
1 1/4 cups water	Juice of two oranges
1 cup fine bread crumbs	1 tablespoon lemon juice
2 egg yolks and 1 whole egg, beaten	<i>Grated rind 1 orange</i>
3/4 cup sugar	2 egg whites, stiffly beaten
1 tablespoon melted butter	4 tablespoons granulated sugar

Dilute the milk with water and bring to scalding point. Remove from fire, add the bread crumbs and let stand until cool. Blend the eggs, sugar, butter, salt, fruit juice and rind and stir into the bread and milk mixture. Pour into a buttered pudding dish. Cover the top with a meringue made with the beaten egg whites and four tablespoons sugar. Brown lightly in a slow oven.

Delicately flavored

BANANA PUDDING

4 bananas	1 cup Borden's Evaporated Milk
Juice and grated rind 1/2 lemon	1 cup water
Sugar	3 eggs, slightly beaten
1 tablespoon butter	1/2 cup sugar
Fine sifted bread crumbs	1/4 teaspoon salt
	1 teaspoon vanilla

Peel the bananas and cut in thin slices. Put a layer of the banana slices in the bottom of a well-buttered baking dish, sprinkle with lemon juice and sugar, dot with bits of butter and cover with a thin layer of bread crumbs. Repeat until dish is nearly full. Dilute the milk with water, add lemon rind and bring to a scalding point. Combine the eggs, sugar and salt and pour the hot milk over the egg mixture. Flavor and pour over the banana. Set in a pan of hot water and bake until custard is set.

Serve plain or with whipped cream

TAPIOCA CREAM PUDDING (Standard Recipe)

1 1/2 cups Borden's Evaporated Milk	1/2 cup sugar
1 1/2 cups water	1 tablespoon melted butter
1/3 cup quick-cooking tapioca	2 egg yolks, beaten
1/4 teaspoon salt	2 egg whites, stiffly beaten

1 teaspoon vanilla or other flavoring

Dilute milk with water and bring to scalding point. Stir in the tapioca and cook about one-half hour. Add the salt, sugar and butter to egg yolks and pour over them gradually the hot tapioca, stirring to blend well. Return to double boiler and cook until egg is set. Remove from fire, fold in the beaten egg whites, flavor and chill. Serve plain or with whipped cream.

Full of calories

PINEAPPLE TAPIOCA CREAM PUDDING

Follow the directions for Tapioca Cream Pudding, adding one cup grated or crushed pineapple to the Tapioca Cream, before folding in the egg whites. Chill and serve with whipped cream.

Dainty and delicious

ORANGE TAPIOCA PUDDING

Follow the directions for Tapioca Cream Pudding, flavoring with grated peel of one-half orange. Arrange sections of sweet oranges in a serving dish and pour over them the chilled Tapioca Cream.

Another pleasant variation

BAKED PEARS WITH TAPIOCA CREAM

Halves of canned pears	Juice and rind of 1/2 orange
	<i>Tapioca Cream Pudding</i>

Follow the directions for making Tapioca Cream Pudding. Cover the bottom of a glass baking dish with halved pears. Sprinkle them with orange juice and rind. Add the juice from the can to cover the pears and bake until the pears are transparent and amber colored. Pour the Tapioca Cream over the pears. Chill and serve with cream or plain.

Other canned fruits may be used in the same way

FRUIT DUMPLINGS (Standard Recipe)

2 cups flour	¼ cup Borden's Evaporated Milk
4 teaspoons baking powder	¼ cup water
½ teaspoon salt	Fruit
1 teaspoon sugar	Sugar
½ cup butter	Cinnamon

Mix and sift the dry ingredients into a mixing bowl. Add gradually milk—diluted with water to make a soft dough, mixing with a knife. Turn the dough on a floured board. Roll or pat lightly out to one-fourth inch in thickness. Cut in four-inch squares. Place fruit in the centre of each square and sprinkle with sugar and cinnamon. Moisten the edges of the dough with a little cold water and fold so that the corners meet at the centre, pressing lightly together. Place the dumplings in a rather deep, buttered pan, folded edges down. Prepare a sirup as follows:

SIRUP FOR BAKED DUMPLINGS

½ cup sugar	1 cup boiling water	2 tablespoons butter
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Melt the sugar in the water. Remove from the fire, add the butter. Pour over the dumplings. Sprinkle the top with cinnamon or nutmeg. Bake in a rather hot oven until the crust and fruit are done.

Old-fashioned, hearty—and delicious

PLUM DUMPLINGS

Make a dough as directed for Fruit Dumplings. Roll out and cut in squares as directed.

Cut ripe, juicy plums in halves and remove the pits. Put a bit of butter in each cavity. Place four or five of the halves of plums on each square of dough. Sprinkle with sugar and cinnamon. Fold the squares as directed. Place in a baking pan and pour over the sirup. (See Sirup for Baked Dumplings.) Bake in a rather hot oven until crust and fruit are done.

Serve with cream or hard sauce

CHERRY ROLY-POLY

Make a dough as directed in recipe for Fruit Dumplings. Roll out into a sheet about one-fourth inch in thickness. Spread thickly with well-drained cherries, fresh or canned. Sprinkle with sugar and cinnamon. Roll up the dough as for jelly roll and press the overlapping parts well together. Roll and tie in a cloth, allowing room for the pudding to swell. Place on a plate, cover carefully and set in a steamer over boiling water. Steam one and one-half hours. Serve hot with Custard Sauce.

May be baked instead of steamed

PEACH COBBLER

Make a dough as directed in recipe for Fruit Dumplings. Pat and roll out to one-fourth inch in thickness and line a buttered baking pan with the dough, allowing for overlapping on two sides. Peel ripe, juicy peaches, leaving them whole. Place them in the pan in rows. Add one-half cup of sugar, dot with bits of butter and sprinkle with cinnamon. Fold over the overlapping dough, bringing the edges just together. Bake in a moderate oven until the crust and fruit are done.

Serve with cream or hard sauce

FRUIT SHORTCAKE (Standard Recipe)

2 cups flour	4 tablespoons butter
4 tablespoons baking powder	¼ cup Borden's Evaporated Milk
½ teaspoon salt	½ cup water
1 teaspoon sugar	Butter
	Sugared fruit

Mix and sift dry ingredients. Rub in the butter with fingers, add gradually milk diluted with water to make a soft dough. Turn onto a floured board, pat and roll out. Place in a round, buttered pan and shape with back of the hand to fit the pan. Bake in a hot oven about fifteen minutes. Split into two parts (using a fork to separate) and spread with butter while hot. Put sweetened fruit between the layers and serve immediately with cream on sweetened, crushed fruit.

INDIVIDUAL STRAWBERRY SHORTCAKES

Make a dough as directed in recipe for Fruit Shortcake. Pat and roll out dough to three-fourths inch in thickness. Shape with a large biscuit cutter and bake in a hot oven, about fifteen minutes. Pull apart with a fork and spread while hot with butter. Just before serving fill and cover top with berries, which have been prepared as follows: Thoroughly wash before hulling. Drain them well, place in a bowl, and cut in pieces using a silver knife. Sweeten to taste and let stand one-half hour.

Serve with cream

APPLE PANDOWDY

6 tart apples	1 tablespoon butter
¾ cup sugar	2-4 tablespoons water
Cinnamon	Crust as directed in recipe for Fruit Shortcake

Pare and cut apples in quarters, removing cores. Put into a well-buttered earthen or glass baking dish. Sprinkle with sugar and cinnamon and dot with bits of butter. Add the water and cover with the crust, rolled to about one-third inch in thickness. Bake in a moderate oven until apples are done.

Delicious served with cream and shaved maple sugar

CUSTARDS AND GELATIN DESSERTS

Note: When making custards, remember that if cooked at too high temperature they will separate or curdle. Soft or boiled custard may curdle if cooked too long or if not stirred constantly while cooking.

BAKED CUSTARD (Standard Recipe)

2 cups Borden's Evaporated Milk	¼ teaspoon salt
2 cups water	4-6 eggs (beaten)
½ cup sugar	1 teaspoon vanilla
	Few gratings nutmeg

Dilute the milk with the water and bring to scalding point—do not *boil*. Mix sugar, salt and beaten eggs. Pour the hot milk, a little at a time, over the egg mixture, stirring to blend thoroughly. Add the flavoring and pour into a buttered baking dish or individual custard cups. Set into a pan of hot water and poach in a moderate oven (240° F. to 325° F.) until firm. The custard is done if a knife blade comes out clean when thrust into the centre.

Simple enough for the most delicate child

CARAMEL CUSTARDS

Caramelize three-fourths cup of sugar or make a *heavy* sirup of the same amount of brown sugar. Pour a little of the sirup into each custard cup (unbuttered) turning the cups about so that the sirup will coat the sides of the cups. When the sirup hardens, fill the cups with a plain custard mixture. Bake as directed in recipe for Baked Custard. Unmould and serve either hot or cold.

A great treat for the youngsters

BAKED PEACH CUSTARD

Place halves of peaches, fresh or canned, in a buttered baking dish. Put one teaspoon sugar and a bit of butter in each cavity from which pits were removed. Sprinkle with a little nutmeg and pour over the peaches a plain custard mixture. Bake as directed in recipe for Baked Custard. Serve warm or cold.

Apricots may be substituted for the peaches

SOFT CUSTARD (Standard Recipe)

$1\frac{1}{2}$ cups Borden's Evaporated Milk	$\frac{1}{8}$ teaspoon salt
$1\frac{1}{2}$ cups water	4 egg yolks, beaten slightly
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla or other flavoring

Dilute the milk with the water and put into the top of a double boiler. Set over hot water and bring just to scalding point. Add the sugar and salt to the egg yolks and pour the hot milk slowly over the egg mixture, stirring to blend. Return to the double boiler and cook, stirring constantly until the custard has the thickness of cream or coats the spoon. (The water in the bottom of the double boiler must be kept just below the boiling point.) Remove at once from heat. Cool and add flavoring.

Much nourishment in most easily digested form

ORANGE CUSTARD

Make a soft custard as directed in preceding recipe. Arrange slices of sweet oranges in glass dish. Pour over custard, chill, and garnish with whipped cream.

Sliced bananas may be substituted for the oranges

SPANISH CREAM (Standard Recipe)

$1\frac{1}{2}$ cups Borden's Evaporated Milk	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ cups water	3 egg yolks, beaten
2 tablespoons granulated gelatine	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	3 egg whites, stiffly beaten

Dilute the milk with water, add gelatine and let soak in the milk fifteen minutes to soften. Then bring the milk to scalding point in a double boiler. Add the sugar and salt to the egg yolks, pour the hot milk slowly over the egg mixture, stirring to blend. Return to double boiler and cook as directed for Soft Custard, until slightly thickened. Add the vanilla. Have ready the egg whites, beaten stiff, pour the hot custard over them, beating constantly. Pour into individual molds, first dipped in cold water. Chill and serve with a garnish of whipped cream and Maraschino Cherries.

Choice enough for special occasions

COFFEE SPANISH CREAM

Follow directions for making Spanish Cream, substituting one cup strong coffee for one cup water.

Excellent in smoothness and flavor

BANANA SPANISH CREAM

Peel and scrape four bananas. Squeeze over them the juice of one orange. Let them stand fifteen minutes, and press through sieve. Make a plain Spanish Cream, add bananas, mold and chill. Serve with garnish of whipped cream. Spanish Cream may be varied by adding grated or crushed pineapple, chopped maraschino cherries, broken nut meats, or pounded dried macaroons.

CHOCOLATE ICE BOX CAKE

3 squares unsweetened chocolate, broken in small pieces	$\frac{1}{2}$ cup butter
$\frac{1}{4}$ cup granulated sugar	1 cup confectioners' sugar
$\frac{1}{4}$ cup boiling water	$1\frac{1}{2}$ teaspoons vanilla
1 cup Borden's Evaporated Milk	5 egg whites, stiffly beaten
5 egg yolks	2 dozen lady fingers
	Whipped cream

Put the chocolate and granulated sugar into top of double boiler, add boiling water, let stand over hot water until chocolate is melted. Bring the Evaporated Milk to scalding point and blend with the chocolate mixture. Add the egg yolks, one at a time, beating well after each yolk is added. Cook until the mixture is smooth and thick. Cool. Cream the butter and beat in the confectioners' sugar gradually. Stir into the chocolate mixture, add vanilla and fold in the stiffly beaten egg whites. Line the sides and bottom of a spring cake mold with the lady fingers. Cover the bottom layer with half the chocolate filling, add another layer of lady fingers, cover with the remainder of the chocolate filling, put in the ice box and let stand overnight. Unmold and serve with a garnish of whipped cream.

Reflects real glory on the cook

STANDARD RECIPE FOR CORN STARCH PUDDING

$1\frac{1}{2}$ cups Evaporated Milk	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ cups water	2 eggs, beaten
6 tablespoons sugar	1 tablespoon butter
4 tablespoons corn starch	1 teaspoon vanilla

Dilute the milk with water. Blend thoroughly the sugar, corn starch and salt, and mix with one-half cup of the milk. Scald the remainder of the milk in top of a double boiler. Add the corn starch mixture carefully to the hot milk, stirring until the mixture is smooth and thick. Cover and cook over hot water fifteen minutes, stirring occasionally. Add the eggs and cook just long enough to set them. Remove from the fire. Add the butter and flavoring. Turn into mold and chill.

Properly made, corn starch puddings are delicious

COCOANUT CORN STARCH PUDDING

Follow the directions for making corn starch pudding, omitting egg yolks. Beat the whites of two eggs stiff and fold into the corn starch mixture. Add one cup grated cocoanut, then mold and chill.

Another interesting variation

FRUITED CORN STARCH BLANC MANGE

Follow the directions for making corn starch pudding, omitting eggs. Cool, and when it begins to set, stir in one cup prepared fruit—grated or crushed pineapple, berries, cherries, etc. Chill and serve with cream, or with a fruit sauce.



ICE CREAMS

THE necessary equipment for freezing ice cream consists of an efficient freezer, a heavy burlap bag, a wooden mallet or axe, ice and coarse salt.

Crush the ice finely by placing it in the bag and pounding it with the mallet or axe. Fill freezer one-third full of crushed ice, then add salt and ice in proportion of one part salt to three parts ice, in alternate layers. As the ice melts, the salt is dissolved, and runs down over the ice in the bottom of the freezer. If ice and salt are mixed together before being put into freezer, the ice begins to melt at once and much of the cold is lost.

The ice and salt should be packed solidly to the top of the can or a little above height of mixture inside. Pour a cup of cold water over ice to start it melting and make a brine so every part of the surface of the can is in contact with freezing mixture. Turn the freezer slowly until the mixture begins to freeze, then more rapidly.

To pack cream, drain off brine and pack can in more cracked ice and salt, using one part salt to four of ice by measure. Cover top of can with a layer of ice about six inches thick, placing burlap or heavy covering over top to exclude air.

Put freezer in a cool place and let stand several hours.

Higher flavoring is necessary for all mixtures that are to be frozen, as some of the flavor freezes out.

Scalding the milk and cream (not boiling) will give greater body and finer grain to the ice cream.

The fruit for fruited ice creams should be crushed, mashed through a sieve, or put through a food chopper, as large pieces of frozen fruit are not pleasant to eat.

The mixture increases in bulk during freezing, so the can should never be more than three-fourths filled.

VANILLA ICE CREAM

4 cups Borden's Evaporated Milk	1 cup sugar
2 cups water	$\frac{1}{8}$ teaspoon salt
1 tablespoon flour	2 egg yolks, slightly beaten
	1 tablespoon vanilla

Dilute the milk with water and bring to scalding point in top of double boiler. Mix together thoroughly the flour, sugar and salt, and add slowly to the hot milk, stirring until the mixture thickens. Continue to cook over hot water for ten minutes, pour the mixture over the egg yolks, blending well. Return to double boiler and cook two minutes, stirring constantly. Strain through a fine sieve. When cold, add vanilla and freeze.

With a sauce, may be served as a sundae

COFFEE ICE CREAM

Make a custard as directed for Vanilla Ice Cream, substituting two cups very strong coffee for the water, and increasing the sugar to one and a fourth cups. Reduce the amount of vanilla to one teaspoon.

Always a favorite

CHOCOLATE ICE CREAM

Follow directions for Vanilla Ice Cream. Melt two squares unsweetened chocolate over hot water and blend with the hot custard.

Chocolate stands high—in ice cream as in other delicacies

BANANA ICE CREAM

6 very ripe bananas	3 cups Borden's Evaporated Milk
1 cup orange juice	1 cup water
Grated rind $\frac{1}{2}$ orange	$\frac{1}{2}$ cups sugar

Peel and scrape the bananas. Cut in slices, place in a bowl, and pour over them the orange juice. Let stand fifteen minutes. Mash through a coarse sieve. Dilute milk with water, add orange rind, bring to scalding point (do not boil). Remove from fire, add sugar and stir until sugar is dissolved. Cool, combine with the banana pulp, and freeze.

Convenient when eggs are high

GEORGIA PEACH ICE CREAM

4 cups peach pulp	2 egg yolks, slightly beaten
2 cups sugar	¼ teaspoon salt
1 tablespoon lemon juice	2 egg whites, stiffly beaten
3½ cups Borden's Evaporated Milk	½ teaspoon vanilla
½ cup water	½ teaspoon almond flavoring

Peel and slice enough ripe, juicy peaches to make the required amount of pulp. Add one cup sugar and the lemon juice. Let stand one-half hour. Mash through a sieve. Dilute two cups milk with the water, and bring to scalding in a double boiler. Combine the egg yolks, one cup sugar and salt. Pour the hot milk slowly over the egg mixture, blending well. Return to double boiler. Cook, stirring constantly, until the mixture coats spoon. Remove from fire and cool. Add the rest of the milk, the egg whites and flavoring. Combine with the fruit and freeze.

Made with ripe fruit of fine flavor—this is irresistible

GINGER ICE CREAM

Prepare custard as directed for Vanilla Ice Cream, flavoring with one teaspoon vanilla. Add one-half cup chopped preserved ginger and three tablespoons of the ginger sirup to the cooled custard before freezing.

Another interesting recipe

MINT ICE CREAM

4 cups Borden's Evaporated Milk	2 cups finely crushed peppermint stick candy
2 cups water	2 egg whites, stiffly beaten

Dilute the milk with the water and bring to scalding point in a double boiler. Add the crushed candy and stir until dissolved. Chill and freeze to a mush. Add the beaten egg whites and continue turning until thoroughly blended.

Very tempting served with a hot chocolate sauce

STRAWBERRY ICE CREAM

4 cups strawberry pulp and juice	2 cups Borden's Evaporated Milk
1½ cups sugar (a little more if berries are very acid)	½ cup water
2 teaspoons lemon juice	⅛ teaspoon salt
	1 teaspoon vanilla

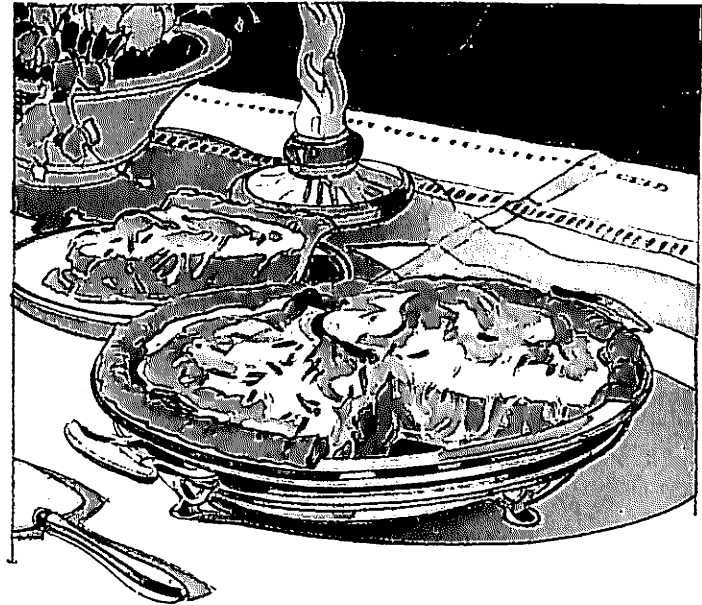
Thoroughly wash, drain and hull enough ripe, juicy berries to make the required amount of pulp. Sprinkle with the sugar and lemon juice, let stand one-half hour, mash, and rub through a fine sieve. Dilute the milk with water and bring just to scalding point, then cool. Combine with the fruit pulp and blend well. Add salt and flavoring and freeze.

A prime way to celebrate the strawberry season

RASPBERRY SHERBET

1 cup sugar	1 quart raspberries
1¾ cups boiling water	3 tablespoons lemon juice
1 teaspoon granulated gelatine	1 cup Borden's Evaporated Milk
¼ cup cold water	2 egg whites, stiffly beaten

Make a sirup of the hot water and sugar, boiling five minutes. Soften the gelatine in the cold water and add to the hot sirup, stirring until dissolved. Cool. Crush the berries and add lemon juice. Press through a fine sieve and combine with the sirup. Freeze to a mush. Add the milk and turn until again congealed. Add egg whites and turn until thoroughly blended.



PASTRY

GENERAL DIRECTIONS

EITHER bread or pastry flour may be used in making pie crust, but pastry flour gives better results.

All utensils and materials should be very cold.

Remember that pie crust should be handled as little as possible.

First sift together the dry ingredients, then cut in the fat with two knives. Add very cold water gradually, always pouring it on the dry flour and working it only enough to obtain a paste which will form a mass leaving the sides of the bowl clean. The paste should be just soft enough to roll out smoothly without breaking at the edge. If it is chilled before rolling, it will be easier to handle and of lighter texture when baked.

Sprinkle flour over board and rolling pin. Place only enough paste on the board to make one crust. Toss it quickly over and over to coat it with flour and prevent sticking. Pat the paste into a round, flat shape. Roll with a light, quick motion of the rolling pin, from center out, keeping the paste in circular form.

When you have a sheet about one-fourth inch thick and a little larger than the tin (to allow for shrinking), place the rolling pin across it, fold one-half of the paste over the pin, holding the pin firmly to prevent turning, lift the paste over the pie tin and carefully place it in position.

For single-crust pies, lay the crust loosely on the tin, without stretching. Fit it smoothly to the tin, trim crust one inch beyond edge, fold back and crimp with finger and thumb to form an extension about one-half inch high. Prick well with a fork to allow the escape of air bubbles and to prevent an uneven bottom.

For double crust pies fit the bottom crust carefully down in the curve of the tin and trim the extra paste from the edge, cutting from the under side of the tin.

Prepare the top crust by rolling the paste a little thinner (about one-eighth inch in thickness) and a little smaller than the bottom crust.

Put in the filling quickly. If cooked, it should be cooled before putting into crust.

Moisten the rim of the under crust with cold water and lay on the top crust, being careful not to make it too tight. Crimp the edges together with the thumb and finger or press them together with a fork and trim off any excess crust.

If the filling is very juicy, the upper crust may be cut one-half inch larger than necessary and the extra paste may be turned under the edge of the lower crust before pinching together. Perforate the upper crust to allow steam to escape and bake as directed for single crust.

PLAIN PASTRY

$1\frac{1}{2}$ cups flour	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ teaspoon salt	$\frac{2}{3}$ cup lard or equal parts lard and butter
$\frac{1}{2}$ teaspoon sugar	Ice water

Sift dry ingredients into a mixing bowl. Cut in the lard with two knives. Add just enough water to make a dough which will cling together. Roll out and bake as directed in general directions for making pastry.

Just a little practice makes perfect pastry

PASTRY FOR ONE-CRUST PIE

1 cup flour	Pinch of soda
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup equal parts lard and butter
$\frac{1}{2}$ teaspoon sugar	Ice water

Mix as in preceding recipe.

STANDARD RECIPE FOR CREAM PIE

1 cup Borden's Evaporated Milk	$\frac{1}{4}$ teaspoon salt
1 cup water	2 or 3 egg yolks, beaten
$\frac{1}{2}$ cup sugar	1 tablespoon butter
4 tablespoons flour	1 teaspoon flavoring

Baked pastry

MERINGUE

2 egg whites, stiffly beaten	4 tablespoons granulated sugar
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Dilute the milk with water and bring to scalding point in double boiler. Mix thoroughly the sugar, flour, and salt. Add gradually to the hot milk, stirring until the mixture is smooth and thick. Cover and cook over water fifteen minutes. Pour slowly over the beaten egg yolks. Return to double boiler and cook until egg is set. Remove from fire and stir in the butter. Cool, add flavoring, pour into baked crust. Cover top with meringue and brown lightly in a slow oven. Serve cold.

Slow browning is the secret of good meringue

CHOCOLATE CREAM PIE

Make a filling as directed in recipe for cream pie, adding one-fourth cup additional sugar. Melt two squares unsweetened chocolate over hot water, add to the hot cream filling. Flavor with vanilla. Pour into baked pastry, cover top with meringue, and bake as directed for cream pie.

A treat for all lovers of chocolate

COCOANUT CREAM PIE

Make a filling as directed for cream pie, adding one-fourth cup grated cocoanut to cream filling after removing from stove. Pour into baked pastry shell. Cover with meringue and sprinkle with two tablespoons cocoanut. Bake as directed for cream pie.

Another tempting edition of the cream pie

BUTTERSCOTCH PIE

Make a cream filling as directed in recipe for cream pie. Cook the following until the mixture forms a thread when dropped from the tip of a spoon:

1 cup brown sugar	4 tablespoons hot water
	1 tablespoon butter

Remove from stove and pour the hot cream mixture slowly into the hot sirups blending thoroughly. When the mixture is cold, pour it into a baked crust. Cover the top with whipped cream or with a meringue made with the stiffly beaten egg whites and four tablespoons granulated sugar.

Rich, satisfying—good to top off a rather light meal

CARAMEL PECAN PIE

Make a cream filling as directed in recipe for cream pie, substituting one cup brown sugar for the white sugar and adding an additional tablespoon butter. When the cream mixture is cool, stir in one-half cup finely cut pecan meats. Flavor with vanilla and pour into a baked crust. Cover with a meringue made of the stiffly beaten egg whites, and four tablespoons sugar. Sprinkle top of the meringue with broken pecan meats. Brown lightly in a slow oven.

A noted recipe from New Orleans

ORANGE CREAM PIE

Make a filling as directed for cream pie. Arrange slices of sweet oranges in a baked crust. Pour in the filling, top with meringue and brown as directed for cream pie. Slices of well-ripened banana may be substituted for orange slices.

Cream pies are fine for children

CUSTARD PIE

$1\frac{1}{2}$ cups Borden's Evaporated Milk
 $1\frac{1}{2}$ cups water
4 eggs, well beaten

$\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ teaspoon salt
Unbaked pastry

Few gratings nutmeg

Dilute the milk with water and bring just to scalding in a double boiler. (Do not boil.) Add sugar and salt to eggs, blend well. Pour the hot milk slowly over the egg mixture, stirring constantly. Cool. Pour into pastry, sprinkle with gratings of nutmeg and place in a rather hot oven to set rim and bake sides and bottom of crust. Then decrease the heat and cook at a low temperature until a silver knife blade inserted in centre comes out clean. The custard must not boil at any time or it will be watery.

An old favorite

PUMPKIN PIE

$1\frac{1}{2}$ cups stewed, strained pumpkin
1 cup brown sugar
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{2}$ teaspoon salt

2 eggs, beaten
1 tablespoon melted butter
 $1\frac{1}{2}$ cups Borden's Evaporated Milk
 $\frac{1}{2}$ cup water
Unbaked pastry

Pumpkin requires long, slow cooking to develop a sweet, nutty flavor. Slice, peel, and cut in small pieces, put into an iron kettle or heavy saucepan. Add a little water, cover and simmer slowly until pumpkin is tender. Pour into a colander, let stand to drain and cool, then rub through colander. (Canned pumpkin may be used instead of fresh.)

Mix thoroughly sugar, spices and salt. Stir into the pumpkin. Add eggs and butter, blend in milk diluted with water. Pour into a paste-lined pan and follow directions for baking custard pie. It may be served with a garnish of whipped cream if desired.

The great American pie—its best

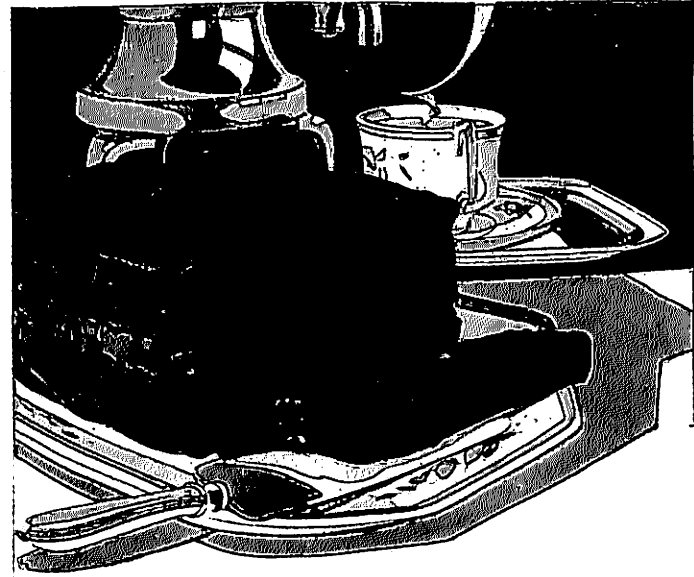
SQUASH PIE

$1\frac{1}{2}$ cups squash, baked and put through a sieve
 $\frac{3}{4}$ cup sugar
1 teaspoon cinnamon
 $\frac{1}{4}$ teaspoon mace

$\frac{1}{2}$ teaspoon salt
2 eggs, beaten
1 tablespoon melted butter
 $1\frac{1}{4}$ cups Borden's Evaporated Milk
 $\frac{3}{4}$ cup water
Unbaked pastry

Select the yellow hard-shelled variety of squash. Cut in halves, remove the seeds and stringy portions. Place in a dripping pan, cover and bake until soft (about two hours) in a moderate oven. Remove from shell and rub through a sieve. Mix sugar, spices and salt. Stir into the squash, add eggs and butter. Blend well, pour in gradually the milk, diluted with water, mixing thoroughly. Pour into crust. Follow directions for baking custard pie.

Caution—to avoid a watery consistency, never allow a pumpkin or squash pie to boil



CAKES

GENERAL DIRECTIONS

IN CAKE making it pays to use fine granulated sugar, first-class eggs, and pastry flour, which gives a better texture than bread flour. If necessary to use the latter, take two tablespoons from each cup required by the recipe.

Cream the butter, preferably with a flat wooden spoon. Add sugar gradually, beating well after each addition.

Separate the eggs, beating yolks until thick and lemon-colored, the whites until stiff. Add yolks to the creamed butter and sugar, beating until mixture is light and fluffy.

(In recipes which do not require the eggs to be separated, the whole eggs, well beaten, are added at this point.)

Measure the sifted flour and mix with the other dry ingredients—baking powder, salt, spices, etc. Sift again.

If fruit or nuts are to be used, save a little of the flour mixture to coat them before adding them later.

Add a few spoonfuls of the dry ingredients to the egg mixture to give a smooth batter when liquid is added.

Add milk and the remaining dry ingredients alternately, beating the mixture until smooth.

Add the flavoring and fruit or nuts coated with flour. Fold in the stiffly beaten egg whites.

Fill each pan (well greased and dredged lightly with flour) two-thirds full, spreading the batter well to the corners and sides of pan, leaving a slight depression in centre (so that the cake will be level on top when baked).

Place pan in centre of lower grate. A moderate temperature (350° F. to 400° F.) is best for butter cakes, large cakes requiring a slower oven than small ones. If the oven is too hot, a thick, brown crust will form before the cake is fully risen, resulting in a cracked surface.

When the cake is fully baked, it will shrink from sides of the pan, and when touched lightly with the finger, it should spring back. If the finger leaves a depression, the cake is not done. Cake may also be tested by inserting a clean straw or toothpick into its centre. If it comes out clean, not sticky, the cake is done.

After removing from oven, leave cake in pan about two minutes, then loosen the edges, invert pan on a wire cake-cooler, and allow it to stand until cool.

STANDARD RECIPE FOR PLAIN CAKE

1/2 cup butter	1/4 cup Borden's Evaporated Milk
1 1/2 cups sugar	1/4 cup water
3 egg yolks, well beaten	1 teaspoon vanilla
2 1/2 cups flour	Few gratings nutmeg
3 teaspoons baking powder	3 egg whites, stiffly beaten

Cream the butter, add the sugar gradually, and continue creaming. Add the egg yolks, beat until the mixture is light and fluffy. Measure flour after sifting, mix with baking powder and sift again. Add to egg mixture alternately with milk diluted with water, beat until the batter is smooth. Add flavoring and fold in the egg whites.

This mixture may be baked in layers, as a loaf cake, or in small pans. It may be varied by adding nuts, spices, raisins, etc.

If a frosting is desired, omit one egg white from the batter, to be used in frosting.

A delicious cake—offering dozens of variations

DEVIL'S FOOD CAKE

4 squares unsweetened chocolate	3 egg yolks, well beaten
3 tablespoons sugar	1/2 cup Borden's Evaporated Milk
3 tablespoons boiling water	1 3/4 cups flour
1/2 cup butter	3 teaspoons baking powder
1 1/4 cups sugar	1 teaspoon vanilla
	3 egg whites, stiffly beaten

Shave or break the chocolate in small pieces, add three tablespoons sugar and the boiling water, and melt over hot water. Cream the butter, add sugar gradually, beating well after each addition. Add the egg yolks, continue beating. Stir in the chocolate. Add flour mixed and sifted with baking powder, alternately with milk. Beat vigorously, flavor, and fold in the egg whites. Bake in two layers in a moderate oven. Fill and cover the top with Chocolate Frosting.

CHOCOLATE FROSTING

3 squares unsweetened chocolate	3 tablespoons strong liquid coffee
1 tablespoon butter	1 teaspoon vanilla
3 tablespoons Borden's Evaporated Milk	Confectioner's sugar (XXXX)

Break the chocolate in small pieces, melt with butter in a bowl over hot water, blend in the milk. Add coffee and vanilla. Beat in gradually sufficient confectioner's sugar to make of a consistency to spread.

This cake may also be baked in a shallow oblong pan and cut in squares.

This uncooked frosting is easy to make, and sure

CHOCOLATE CAKE WITH FRUIT FILLING

Follow the directions given for making Devil's Food Cake. Put into two square, rather deep layer-cake pans. Bake in a moderate oven. Cover the top with Chocolate Frosting and put the following filling between the layers:

FRUIT FILLING

3/4 cup Borden's Evaporated Milk	1/4 cup seeded, chopped raisins
1/4 cup water	1/4 cup chopped figs
3/4 cup sugar	1 teaspoon vanilla
1/4 cup stoned, chopped dates	1/2 cup nut meats, chopped or broken in small pieces

A de luxe version of Devil's Food

Dilute the milk with water, put into a double boiler with sugar. Stir until the sugar is dissolved. Add fruit and cook until thick. Cool, add vanilla and nuts.

CHOCOLATE FUDGE CAKE

Follow the directions given for making Devil's Food Cake. Bake in two layers, fill and cover top with the following:

FILLING

4 squares unsweetened chocolate	3/4 cup Borden's Evaporated Milk
1 cup brown sugar	1 tablespoon butter
1 cup granulated sugar	1 teaspoon vanilla
	1 cup pecan meats, chopped or broken in pieces

Shave or break the chocolate in small pieces and cook with sugar and milk until it forms a soft ball when tested in cold water. Remove from stove, add butter, but do not stir it in. Cool slightly, beat until creamy. Add vanilla and nuts, spread between layers, and cover top of cake.

A favorite at college—and elsewhere

STANDARD RECIPE FOR WHITE CAKE

$\frac{2}{3}$ cup butter	$\frac{1}{3}$ cup Borden's Evaporated Milk
$1\frac{1}{2}$ cups sugar	$\frac{3}{4}$ cup water
$2\frac{1}{2}$ cups flour	1 teaspoon vanilla
3 teaspoons baking powder	$\frac{1}{2}$ teaspoon almond flavoring
5 egg whites, stiffly beaten	

Cream the butter, add sugar gradually, beating after each addition. Continue beating until mixture is light and fluffy. Measure flour after sifting twice, mix with baking powder and sift again. Add to first mixture, alternately with milk diluted with water. Beat thoroughly and add flavoring. Fold in egg whites and bake in a moderate oven in paper-lined pans—in layers, as a loaf cake, or in individual pans.

Another cake lending itself to variations

WHITE NUT CAKE

Follow the directions given for making White Cake, adding one cup finely cut nut meats—pecan, walnuts, hickory nuts, or black walnuts—reserving a little of the flour to blend with the nuts before stirring into the mixture just before the egg whites are folded in. Bake as a loaf cake. Cover with a boiled frosting, sprinkling with broken nut meats.

The supreme nut cake is made with hickory nuts

CUP CAKES

$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup Borden's Evaporated Milk
1 cup sugar	$\frac{1}{4}$ cup water
2 egg yolks, beaten	$\frac{1}{2}$ teaspoon vanilla
2 teaspoons baking powder	Grated rind $\frac{1}{2}$ orange
$1\frac{1}{2}$ cups flour	2 egg whites, stiffly beaten

Cream butter, add sugar gradually, beating until very light. Add the egg yolks and beat until the mixture is light. Mix and sift baking powder and flour. Add to egg mixture alternately with milk diluted with water, and beat until smooth. Add flavoring and fold in egg whites. Bake in individual pans in a moderate oven.

Nice with frosting—or without

GRAHAM CRACKER CAKE

$\frac{1}{2}$ cup butter	23 graham crackers, ground
1 cup sugar	$\frac{1}{3}$ cup Borden's Evaporated Milk
3 egg yolks, beaten	$\frac{2}{3}$ cup water
2 teaspoons baking powder	1 cup chopped nut meats
2 tablespoons flour	1 teaspoon vanilla
2 egg whites, stiffly beaten	

Cream butter, add sugar gradually, beating after each addition. Stir in the egg yolks. Mix baking powder and flour and add to graham crackers, mixing well. Add to first mixture alternately with milk diluted with water. Add nut meats and vanilla. Fold in the egg whites and bake in two layer-cake pans in a moderate oven. Put layers together with Fruit Filling and cover top with Chocolate Frosting (see recipe p. 59).

Introducing a novel flavor

COCOANUT CREAM CAKE

Follow the directions given for making Plain Cake, bake in two layer-cake pans.

FILLING

$\frac{1}{2}$ cup Borden's Evaporated Milk	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup water	1 egg yolk, beaten
$2\frac{1}{2}$ tablespoons flour	$\frac{1}{2}$ cup grated fresh cocoanut
$\frac{1}{3}$ cup sugar	1 teaspoon vanilla, or $\frac{1}{2}$ teaspoon lemon flavoring

Dilute milk with water, bring to scalding point in a double boiler. Thoroughly blend flour, sugar, and salt. Add slowly to the hot milk, stirring until the mixture is smooth and thick. Continue to cook fifteen minutes over hot water, stirring occasionally. Stir in egg yolk and cook two minutes longer. Remove from fire, cool, add cocoanut and flavoring. Spread between layers of cake and cover top with a boiled frosting. Sprinkle with grated cocoanut.

A cocoanut triumph

SPICE CAKE WITH CARAMEL FROSTING

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoon mace or nutmeg
$1\frac{1}{2}$ cups brown sugar	$\frac{1}{4}$ teaspoon cloves
2 egg yolks, well beaten	$\frac{1}{3}$ cup Borden's Evaporated Milk
2 cups flour	$\frac{1}{2}$ cup water
2 teaspoons baking powder	1 teaspoon vanilla
1 teaspoon cinnamon	2 egg whites, stiffly beaten

Cream butter, add sugar gradually, beating after each addition. Stir in egg yolks. Mix and sift flour, baking powder and spices. Add to first mixture alternately with milk diluted with water, beat until smooth. Add vanilla, fold in egg whites. Bake in two layer-cake pans.

CARAMEL FROSTING

$1\frac{1}{4}$ cups granulated sugar	2 tablespoons butter
$\frac{3}{4}$ cup brown sugar	1 cup Borden's Evaporated Milk
$1\frac{1}{2}$ teaspoons vanilla	

Blend the milk and sugar. Add butter and cook until mixture forms a soft ball when tested in cold water. Cool, add vanilla, beat until of the consistency to spread. Put between layers and cover top of cake.

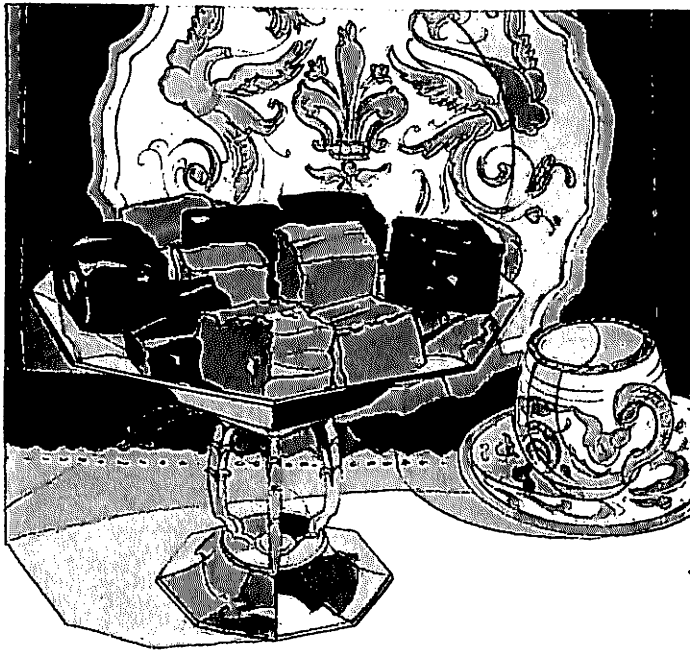
A delectable combination of flavors

PRESERVED GINGER COOKIES

$\frac{3}{4}$ cup butter	$1\frac{1}{2}$ teaspoons baking powder
2 cups brown sugar	$3\frac{1}{2}$ cups flour (about)
2 eggs, well beaten	$\frac{1}{4}$ cup Borden's Evaporated Milk
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup finely cut preserved ginger

Cream the butter and add sugar gradually, beating well. Stir in the eggs. Mix and sift twice the soda, baking powder and flour. Add to the egg mixture alternately with milk. Mix thoroughly, add ginger and form into a roll. Let stand in the ice box overnight to chill. In the morning slice thin. Bake in a moderate oven.

A confection with an Oriental flavor



CANDIES

UNCOOKED FUDGE

- | | |
|--|--|
| $\frac{1}{2}$ cake unsweetened chocolate
(large size) | 1 egg white, beaten |
| 1 tablespoon butter | 1 pound confectioner's sugar (XXXX),
sifted |
| 1 tablespoon vanilla | 3 tablespoons Borden's Evaporated Milk |

Break the chocolate into small pieces. Add the butter, melt over hot water. Beat the white of egg, add the sugar gradually, also the milk. Mix well, then add slowly the melted chocolate. Beat and work until evenly colored. Add the vanilla, blend in thoroughly. Smooth out on a buttered pan, mark in squares. In a half hour it is ready to serve.

Delightfully easy for children to make

CHOCOLATE FUDGE (Cooked)

- | | |
|---|--|
| 2 squares unsweetened chocolate | $\frac{3}{4}$ cup Borden's Evaporated Milk |
| 2 cups sugar | $\frac{1}{4}$ cup water |
| $\frac{1}{8}$ teaspoon cream of tartar or
2 tablespoons corn sirup | 2 tablespoons butter
1 teaspoon vanilla |

Shave or break the chocolate in small pieces, put into saucepan and melt over hot water. Add the sugar, corn sirup or cream of tartar, and milk diluted with

water. Cook slowly, stirring until the ingredients are well blended and the sugar dissolved. Boil until the mixture forms a soft ball (238° F.) when tested in cold water. Remove from the fire, add the butter, but do not stir it in. Let stand until lukewarm, add the vanilla and beat until mixture is creamy and begins to hold its shape. Spread in a buttered pan. When it hardens, mark in squares. A cup of nut meats may be added.

Perhaps the most popular of all candies

BLACK WALNUT CANDY

- | | |
|--------------------------------|---|
| 1 cup brown sugar | 1 tablespoon butter |
| 1 cup white sugar | 1 teaspoon vanilla |
| 2 tablespoons corn sirup | 1 cup black walnut meats, broken
in pieces |
| 1 cup Borden's Evaporated Milk | |

Put the sugar, corn sirup and milk into a saucepan. Cook slowly, stirring until the sugar is dissolved. Boil until the mixture forms a soft ball (238° F.) when tested in cold water. Remove from fire, add butter, but do not stir it in. When lukewarm, add vanilla, beat until creamy. Add the nut meats and spread in a buttered pan. When firm mark in squares.

MEXICAN PENUCHE

- | | |
|--|--|
| 2 cups brown sugar | 1 tablespoon butter |
| $\frac{3}{4}$ cup Borden's Evaporated Milk | $1\frac{1}{2}$ cups pecan meats, broken in
small pieces |
| $\frac{1}{4}$ cup water | 1 teaspoon vanilla |

Put the sugar, milk diluted with water, and butter into a saucepan. Cook slowly, stirring until sugar is dissolved. Boil until the mixture forms a soft ball (238° F.) when tested in cold water. Remove from fire. When lukewarm, add vanilla, beat until creamy. Add nut meats and spread in a buttered pan.

CREOLE PRALINES

- | | |
|--|--|
| 2 cups brown sugar | 1 tablespoon butter |
| $\frac{1}{2}$ cup maple sirup | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup Borden's Evaporated Milk | $1\frac{1}{2}$ cups halved pecan meats |

Put the sugar, sirup, milk and butter into a saucepan. Cook slowly, stirring until sugar is dissolved. Boil until the mixture will form a rather firm ball (240° F.) when tested in cold water. Remove from fire, add vanilla and nuts. Stir until nuts are well covered. Have ready a large slab, clean and well greased. Drop the mixture, like pancakes, on the slab, allowing them to spread out. If the mixture hardens too quickly, set the kettle in hot water until the candy is again soft enough to form flat cakes.

A famous New Orleans recipe

CHOCOLATE CARAMELS

- | | |
|---------------------------------|--|
| 2 squares unsweetened chocolate | 2 tablespoons butter |
| 2 cups sugar | $\frac{3}{4}$ cup Borden's Evaporated Milk |
| $\frac{1}{4}$ cup corn sirup | $\frac{1}{4}$ cup water |
| | 1 teaspoon vanilla |

Shave or break the chocolate into small pieces, put into saucepan. Melt over hot water. Then add sugar, corn sirup and butter, blend well. Pour in the milk diluted with water. Cook slowly, stirring until the sugar is dissolved. Boil, stirring occasionally, until the candy mixture forms a firm ball (248° F.) when tested in cold water. Remove from fire, add vanilla, pour into a buttered pan. When cold, turn out on a bread board and cut in squares with a large butcher knife. A cup of nut meats may be added.

UNCOOKED FONDANT

1 egg white (unbeaten) 1 teaspoon vanilla (or other
3 tablespoons Borden's Evaporated Milk flavoring)
1 lb. confectioner's (XXXX) sugar, sifted

Combine the egg, milk and flavoring. Beat well. Work in the sugar gradually until stiff enough to knead and free from stickiness. Put into an earthenware jar, cover with a damp cloth and let stand in the ice box over night to ripen.

ASSORTED BON BONS

Shape the fondant around centers formed by pieces of candied fruit, crystallized ginger or whole nut meats. Dip in remelted fondant or chocolate.

To prepare fondant for dipping, place a cup or more of the fondant in the top part of a double boiler over hot water and stir until melted. Pick up the centers one at a time and drop gently into the melted fondant, lifting out immediately with a dipping fork. Turn them upside down on waxed paper. This work must be done rapidly to obtain smooth bon bons, as the melted fondant cools quickly.

Here's a chance to exercise your creative ability

COCOANUT CANDY

$\frac{3}{4}$ cup Borden's Evaporated Milk 1 cocoanut, grated
 $\frac{1}{4}$ cup water 1 teaspoon vanilla
4 cups granulated sugar

Dilute the milk with water and cook with the sugar, stirring until sugar is dissolved. Boil without stirring until mixture forms a soft ball when tested in cold water. Remove from the fire, cool slightly. Add cocoanut and vanilla, stir until mixture begins to thicken. Drop quickly by spoonfuls on buttered paper or put into a buttered pan. When cool, cut in oblong pieces. Brown sugar may be substituted for the white sugar.

BEVERAGES

BREAKFAST COCOA (4 servings)

3 tablespoons cocoa 1 cup boiling water
2 tablespoons sugar $1\frac{3}{4}$ cups Borden's Evaporated Milk
 $1\frac{1}{4}$ cups water

Mix the cocoa and sugar, put into a saucepan. Pour in slowly the boiling water, stirring constantly. Boil five minutes. Dilute the milk with water and bring to scalding point. Do not boil. Add to the cocoa and beat until foamy with an egg beater. Serve in hot cups.

The amount of cocoa to be used varies with its strength—and with individual taste

CHOCOLATE

2 squares unsweetened chocolate, 1 cup boiling water
scraped fine $1\frac{1}{2}$ cups Borden's Evaporated Milk
3 tablespoons sugar $1\frac{1}{2}$ cups water
Few grains salt

Melt the chocolate in a small saucepan over hot water. Add sugar and salt, and pour in gradually the boiling water. When smooth, boil for five minutes. Dilute the evaporated milk with water, bring to scalding point. Add the chocolate to the hot milk. Beat with an egg beater until foamy. Serve in hot cups. A spoonful of whipped cream may be placed on top if desired.

A marshmallow may be used instead of the whipped cream

KEEP YOUR LARDER WELL STOCKED!

FIRST, last and all the time, the "good provider" will keep her pantry shelves well stocked with Borden products. Of highest quality, each of these foods has a place all its own in well-balanced, attractive menus.

Borden's Evaporated Milk, rich, pure country milk with half the water removed—for all-round household use (see recipes in this book). In the "tall" and "small" sizes.

Borden's Condensed Milk, rich, pure country milk with over half the water removed—and high-grade sugar added. Eagle Brand for infant feeding. All Borden brands (including Eagle) for coffee; for *easy* salad dressings, frostings, and other dishes requiring both milk and sugar.

Borden's Malted Milk (natural flavor) made of rich, whole milk, the finest barley malt and wheat flour. A delicious, nourishing food-drink for old and young, quickly prepared. Useful at meals and between meals. In glass jars of two sizes, at grocer's or druggist's.

Borden's Chocolate Malted Milk. For those who prefer the chocolate flavor. It makes milk a treat for children. In two sizes, at grocer's or druggist's.

Klim, powdered whole milk of the same high grade as the other Borden products. The most widely used and satisfactory of powdered milks. Diluted, it serves every purpose—in cooking, for drinking, on cereals, etc..

None Such Mince Meat, made of the finest apples, Sun-maid raisins, currants, sugar, beef, lemon peel, orange peel and mixed spices. In tins, ready for use. In packages, condensed, requiring the addition of water.

MAMMY'S
 APPLE PANDOWDY
 SOUTHERN SPOON BREAD *
 UPSIDE DOWN CAKE
 CHOCOLATE CAKE
 POPOVERS
 OVEN FRIED CHICKEN
 SPANISH SAUCE
 GRAPE FRUIT
 WITH FRUIT FILLING
 CREAM PIE
 SUGAR COOKIES

Creamed Lobster Patties
 Orange Bread
 Cinnamon Buns
 Creamed Celery
 Bacon Muffins
 Peach Cups
 Caramel Omelette
 Rice and Apple Pudding
 Almond Creams
 Hot Cross Buns
 Prune Souffle
 Cottage Pudding
 Sugar Cookies
 Corn Chonder
 String Beans
 Bretonne
 Raspberry Sherbet
 Escalloped Potatoes
 White Nut Cake
 Eggs a la King
 Pie
 Bread
 Walnut Candy
 Cheese Biscuit
 Orange
 Almond
 Egg
 Sauce
 Smothered
 Mint Ice
 Pecan Muffin
 Baked Oyster
 French Pancake
 Tomato Rarebit
 Hollandaise
 Down East Fish Chowder
 Coconut Cream Pie
 Caramel Custard
 Maple Fudge

Creamed Celery
 Lobster
 Muffin
 Cakes
 Creamed
 Fudge
 Creamed
 Lobster
 Patties
 Orange
 Bread
 Cinnamon
 Buns
 Creamed
 Celery
 Bacon
 Muffins
 Peach
 Cups
 Caramel
 Omelette
 Rice
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 Apple
 Pudding
 Almond
 Creams
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 Prune
 Souffle
 Cottage
 Pudding
 Sugar
 Cookies
 Corn
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 Bretonne
 Raspberry
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