Recipes to suit the Housoldier's Budget

THE housewives of Canada are the "Housoldiers", serving the Nation truly and well by providing appetizing and nourishing meals that protect and preserve the health of their families.

The recipes presented in this booklet are planned for the preparation of tasty treats which will add variety and nourishment to your daily menus. The majority include only those ingredients which, at time of writing, were obtainable at your grocer's. The few which contain ingredients now difficult to obtain, are included as being of value for special occasions, or at times when the required ingredients are available.

CROWN BRAND CORN SYRUP

This delicious syrup is extremely easy to digest. It is rich in Maltose and Dextrose, vital food elements for strength and sturdy growth. "Crown Brand" has a delightful flavour which will make the foods you prepare with its aid still more delicious.

KARO

A rich golden corn syrup which can be used in the same way and proportions as outlined for "Crown Brand". Many housewives prefer its different and distinctive flavour.

LILY WHITE CORN SYRUP

A clear white syrup, especially recommended for use in making jellies or candies, where its clear white transparency is desirable. Also a delicious and wholesome table sweet.

BENSON'S CORN STARCH

Famous throughout Canada for the purity and high quality which ensures perfect smooth results. Most reliable for any purpose for which corn starch is used in the home.

MAZOLA

THE IDEAL SALAD OIL

Unexcelled for making mayonnaise or salad dressings. Mazola is unequalled for deep frying or sautéing. Most economical to use, as it does not transmit the flavour or odour of one food to another—and so can be used over and over again.

The CANADA STARCH COMPANY, LIMITED - Montreal - Toronto

Canada's oldest and largest Manufacturer of products made from corn.

This booklet has been prepared with the purpose of guiding Canadian housewives in the preparation of nourishing and economical meals, within the possibilities of a restricted budget. Many of the recipes included herein call for the use of one or more of the essential foods listed in Canada's Official Food Rules.

It is suggested that, in order to buy wisely and to serve healthful and appetizing meals, you should follow carefully the current releases by the Provincial and Federal Government Departments on the subject. These, in addition to interesting and informative articles by food experts, will be found in the cooking sections of our newspapers and national magazines.

Jane Ashley

CANADA STARCH HOME SERVICE DEPARTMENT

March, 1943

KNOW CANADA'S FOOD RULES

Eat these foods daily

MILK—Adults, one-half pint. Children more than one pint. And some cheese.

FRUITS—One serving of tomatoes daily, or of a citrus fruit, or of orange or citrus fruit juice, and one serving of other fruits, fresh, canned, or dried.

VEGETABLES—In addition to potatoes, of which you need one serving daily—Two servings daily of vegetables, preferably leafy green, or yellow, or frequently raw.

CEREALS AND BREAD—One serving of a whole grain cereal and four to six slices of Canada-approved bread, brown or white.

MEAT, FISH, EGGS, etc.—One serving of a day of meat, fish or substitute, a half pound, of liver, heart or kidney once a week. Eggs, at least three or four weekly.

PLUS ANY OTHER FOODS YOU WISH

Join CANADA'S FOOD FOR FITNESS CAMPAIGN

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TIMELY RECIPES which will help replace foods not being canned in wartime: Old-Fashioned Baked Beans—p. 13; Spaghetti with Tomato Sauce—p. 16; Cream Soups (see Thin White Sauce— p. 16); Canadian Pea Soup—p. 16.

MEAT SUBSTITUTES—Fish, eggs, cheese and milk (and other foods which do not, however, contain protein of such high quality as these) may be served in a variety of forms to replace meat dishes. These should be served in satisfying quantities, or in various combinations, to make up for the amount of meat or fish replaced. See Recipes: Welsh Rabbit—p. 16; Spaghetti and Macaroni Dishes—p. 14-16; Cream Soups—p. 16; White Sauce (with eggs or cheese)— p. 16; Canadian Pea Soup—p. 15.

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Cakes

**APPLESAUCE CAKE**

Temp.: 350°F. Times: 50-60 minutes

| 1/4 cup butter | 1/4 cup sugar, firmly packed |
| 1/2 cup brown sugar, firmly packed |
| 1 cup Crown Brand Corn Syrup |
| 1 egg, unbeaten |
| 2 cups sifted all-purpose flour |
| 1 teaspoon baking soda |
| 1 teaspoon salt |
| 1 teaspoon ground cinnamon |
| 1 teaspoon ground cloves |
| 1 teaspoon ground nutmeg |
| 1 cup hot water (unsweetened) |

Cream butter, shortening and sugar thoroughly; blend in the Crown Brand Syrup. Add egg, and beat mixture well. Stir in sifted dry ingredients and add to creamed mixture alternately with applesauce. Add raisins. Pour into pan 8" x 8" x 2" lined with waxed paper and bake in a moderate oven (350°F) for 50 to 60 minutes. While still warm, dust lightly with powdered sugar.

**GINGER SPICE CAKE**

Temp.: 350°F. Time: 30-35 minutes

| 1/2 cup butter, softened |
| 1/2 cup brown sugar |
| 1 cup Crown Brand Corn Syrup |
| 1 cup boiling water |
| 2 cups sifted flour |
| 1 teaspoon baking powder |
| 1 teaspoon baking soda |
| 1/2 teaspoon salt |
| 1 teaspoon ground cinnamon |
| 1 teaspoon ground ginger |

Cream butter, shortening or other tender fat and gradually beat in sugar and Crown Brand Syrup. Add boiling water and let stand until lukewarm. Then add the sifted dry ingredients and add to creamed mixture alternately with apple sauce. Stir in raisins. Pour into pan 8" x 8" x 2" lined with waxed paper and bake in a moderate oven (350°F) for 30 to 45 minutes. While still warm, dust with powdered sugar.

**IMPERIAL CHOCOLATE CAKE**

Temp.: 350°F. Time: 45-50 minutes

| 1/2 cup butter |
| 1/4 cup lard or shortening |
| 3/4 cup Crown Brand Corn Syrup |
| 3/4 cup chocolate, melted |
| 1 teaspoon salt |
| 2 eggs, unbeaten |
| 2 cups sifted flour |
| 2 teaspoons baking powder |
| 1 teaspoon baking soda |
| 1/2 cup milk |

Cream butter and lard or shortening thoroughly with sugar. Gradually beat in Crown Brand Syrup; add melted chocolate and vanilla. Add unbeaten eggs, one at a time, beating well after each is added. Add sifted dry ingredients alternately with milk; turn mixture into a pan 8" x 8" x 2 1/2" lined with waxed paper and bake in a moderate oven (350°F) for 45 to 50 minutes, or — bake in two 8" x 8" cake pans, well greased, in a 350°F oven for 30 minutes. Fill and ice with desired icing or topping.

**SALLY'S SPONGE CAKE**

Temp.: 350°F. Time: 30 minutes

| 1/2 cup sifted flour |
| 1/2 cup sugar |
| 1 cup Crown Brand Corn Syrup |
| 1/2 cup baking powder |
| 1 teaspoon salt |
| 2 eggs, unbeaten |
| 1 cup grated lemon rind |
| 1 tablespoon lemon juice |
| 1 cup fine granulated or fruit sugar |
| 1/2 cup hot water |

Sift together flour, sugar, Crown Brand Syrup, baking powder and salt. Sift 5 times. Beat egg yolks until thick and lemon-coloured, add lemon rind and beat well. Add sifted dry ingredients alternately with milk, then add vanilla and stir only enough to smooth the batter. Fold in stiffly beaten egg whites until fairly glossy. Pour into a pan 8" x 8" x 2" lined with waxed paper and bake in a moderate oven (350°F) for 20 to 25 minutes. Cool and put together with Crown Filling (recipe page 4) and ice top and sides with Doves Frosting (recipe page 4). Cut layers together with Lemon or Orange Filling and garnish icing with grated lemon or orange rind.

**DESSERTS**

**ORANGE CAKE**

Temp.: 350°F. Time: 25 minutes

| 1 cup shortening |
| 1 cup butter |
| 1 cup brown sugar |
| 1 cup Crown Brand Corn Syrup |
| 1 cup raisins |
| 2 cups sifted pastry or cake flour |
| 1 teaspoon baking powder |
| 1/2 teaspoon salt |
| 1/2 teaspoon ground nutmeg |
| 1/2 teaspoon ground cinnamon |
| 1/8 cup sour cream or milk |

Cream shortening and butter; blend in brown sugar and 1/4 cup of the Crown Brand Syrup. Add beaten egg yolks; beat well, then add orange—raisin mixture and blend. Add sifted dry ingredients alternately with sour milk. Beat egg whites stiff but not dry and gradually beat into them the remaining 1/4 cup of Crown Brand Syrup. Fold lightly into batter and turn into two 9" greased cake pans; bake in a moderate oven (350°F) 25 minutes. When cool, put together with Orange Filling (page 4) and top with any desired icing. OR—Bake the cake in a greased pan 2 " x 2" in a 350°F oven for 35 to 40 minutes. While still warm top with grated orange rind or dust lightly with icing sugar.

**PARTY CAKE**

Temp.: 350°F. Time: 25-30 minutes

| 1/2 cup butter or shortening |
| 2/3 cup fine granulated sugar |
| 2 eggs |
| 1 cup Crown Brand Corn Syrup |
| 1 cup cake flour |
| 1 teaspoon baking powder |
| 1 teaspoon baking soda |
| 1/2 cup milk |

Cream butter or shortening well and add sugar gradually; beat until light. Add eggs. Beat egg yolks and add to creamed mixture alternately with milk, then add egg whites, beat well. Add sifted dry ingredients alternately with milk, then add vanilla and stir only enough to smooth the batter. Bake in a greased 9" x 2" pan horizontally. When cool put layers together with Crown Filling (recipe page 4) and ice top and sides with Doves Frosting (recipe page 4). Cut layers together with Lemon or Orange Filling and garnish icing with grated lemon or orange rind.

**SMALL FUDGE CAKE**

Temp.: 350°F. Time: 35-40 minutes

| 1/4 cup butter or shortening |
| 1/4 cup brown sugar, firmly packed |
| 1/4 cup Crown Brand Corn Syrup |
| 1 egg, unbeaten |
| 1 teaspoon vanilla |
| 1 teaspoon baking powder |
| 1/4 cup sour milk |

Melt butter in top of double boiler; add grated chocolate. When melted, add sugar, Crown Brand Syrup and beat until smooth. Remove from heat and cool. Add unbeaten egg and vanilla; mix thoroughly. Add sifted dry ingredients alternately with milk. Pour into pan 8 x 8 x 2" lined with waxed paper; bake in a moderate oven (350°F) for 35 to 40 minutes.

**STANDARD TWO-EGG CAGE**

Temp.: 350°F. Time: 40-45 minutes

| 1/2 cup butter or shortening |
| 1/2 cup white sugar |
| 1/2 cup brown sugar |
| 1/2 cup Crown Brand Corn Syrup |
| 1/2 cup sifted cake or pastry flour |
| 1/2 cup cooking powder |
| 1/2 cup water |
| 1/2 cup milk (less 2 tablespoons) |
| 1/2 cup sugar |

Cream butter or shortening and sugar together thoroughly; blend in Crown Brand Syrup. Add well-beaten egg yolk and beat well. Add sifted dry ingredients alternately with milk, then add vanilla and stir only enough to smooth the batter. Fold in stiffly beaten egg whites until glossy. Pour into a pan 8" x 8" x 2" lined with waxed paper and bake in a moderate oven (350°F) for 40 to 45 minutes.

**BOTTLE FEEDING FOR INFANTS**

For the bottle feeding of infants "CROWN BRAND" CORN SYRUP is recommended by prominent physicians as an excellent milk modifier. "LILY WHITE" CORN SYRUP is also highly recommended and widely used instead of grapes or who prefer a sweeter taste.
FILLINGS and ICINGs

CREAM FILLING
1 cup milk, scalded
1/4 cup Crown Brand Corn Syrup
1/4 tablespoon Bensens’ or Canada Corn Starch
1 teaspoon salt
1 teaspoon vanilla

Mix together Bensens’ or Canada Corn Starch, sugar, Crown Brand Syrup and salt in top part of double boiler. Add boiling water and blend with rotary beater. Cover and cook over boiling water until clear and smooth (12 to 15 minutes), stirring frequently. Beat egg slightly, add lemon or orange juice and rind; add to hot mixture, blend, and continue cooking, covered, 3 minutes. Remove from heat and add butter until creamy. Cool slightly before piping between layers of cake.

Variation: Double Cream Frosting—Follow directions above, increasing Crown Brand Syrup to 1 cup, and beating with electric beater (at medium to high speed) until mixture peaks (3 to 10 minutes). Add vanilla and blend. This icing will stand up for days longer than will the Icing for Hand Icings.

DELICIOUS UNCOOKED ICING
(For Dozen Iced Cake)
2 egg whites
1/2 cup sugar
3 tablespoons Crown Brand Corn Syrup
1/2 teaspoon salt
1/2 teaspoon vanilla

Beat egg whites, with salt, until stiff but not dry, using dover egg-beater. (Electric beater may be used if preferred). Add Crown Brand Syrup gradually, continuing to beat. When stiff peaks form, add vanilla and blend. This icing should be the same day it is prepared.

APPLESAUCE FROSTING
Temp. 375°F. Time: 15-20 minutes
1 cup brown sugar
1/2 cup sugar
3 tablespoons Crown Brand Corn Syrup
2 eggs, well beaten
1 teaspoon vanilla
1/2 teaspoon salt

Cream shortening or brown sugar; gradually beat in Crown Brand Syrup. Add rolled oats and blend. Add sifted dry ingredients alternately with milk; mix well. Chill thoroughly, then shape dough into small rounds and place 1/2 apart on greased cookie sheet. Press flat with tines of a fork. Bake in a moderate oven (350°F.) for 10 to 12 minutes. Cool and part together in pairs with apple butter, jam, or the following filling:
Yield: 7 dozen average-sized cookies or 3/4 dozen double cookies.

LEMON OR ORANGE FILLING
2/3 tablespoon Bensens’ or Canada Corn Starch
1/3 cup sugar
1/4 teaspoon salt
1/4 cup water
1/2 cup Crown Brand Corn Syrup
1 teaspoon salt
1 teaspoon vanilla

Mix together Bensens’ or Canada Corn Starch, sugar, Crown Brand Syrup and salt in top part of double boiler. Add boiling water and blend with rotary beater. Cover and cook over boiling water until clear and smooth (12 to 15 minutes), stirring frequently. Beat egg slightly, add lemon or orange juice and rind; add to hot mixture, blend, and continue cooking, covered, 3 minutes. Remove from heat and add butter until creamy. Cool slightly before piping between layers of cake.

Variation: Jiffy Dessert Icing—If there is any of this filling left over, add hot water to desired consistency and use as a dessert sauce.

MOTHER’S CHOCOLATE FROSTING
1 1/2 squares unsweetened chocolate, shaved
2 tablespoons Crown Brand Corn Syrup
1/3 cup granulated sugar
1 tablespoon Bensens’ or Canada Corn Starch
1/2 cup boiling water
1 tablespoon butter
1/2 teaspoon vanilla

Melt chocolate in saucepan over low heat. Add Crown Brand Syrup and blend. Combine sugar, Bensens’ or Canada Corn Starch and salt, and add to first mixture. Add boiling water and bring all to boil, stirring until sugar is dissolved. Boil gently until mixture thickness (3 to 5 minutes). Remove from heat, add butter and vanilla, and blend. While frosting is spreading on cake, in this way it will retain its sheen.

APPLESAUCE COOKIES
Temp. 375°F. Time: 12-15 minutes
1/2 cup brown sugar
1/2 cup sugar
3 tablespoons Crown Brand Corn Syrup
2 eggs, well beaten
1 teaspoon vanilla
1/2 teaspoon salt

Cream shortening or brown sugar; gradually beat in Crown Brand Syrup. Add rolled oats and blend. Add sifted dry ingredients alternately with milk; mix well. Chill thoroughly, then shape dough into small rounds and place 1/2 apart on greased cookie sheet. Press flat with tines of a fork. Bake in a moderate oven (350°F.) for 10 to 12 minutes. Cool and part together in pairs with apple butter, jam, or the following filling:
Yield: 7 dozen average-sized cookies or 3/4 dozen double cookies.

DIVINITY FROSTING
3/4 cup Crown Brand Corn Syrup
1/2 teaspoon salt
2 egg whites
1/2 teaspoon vanilla

Measure Crown Brand Syrup into a small saucepan and bring just to boiling point. Meanwhile, add salt to egg whites and beat until stiff but not dry. Pour hot syrup slowly into beaten whites, beating constantly with a wire whisk. When light and fluffy, add vanilla and blend. This icing will stand up for days longer than will the Icing for Hand Icings.

ALTERNATIVE CAKE TOPPINGS
1. Place bold-patterned paper or lace doily over top of warm cake (Fitted, Layer). Sprinkle powdered sugar over it; dust immediately and a pattern is left on the cake.
2. Dust Spice Cakes with powdered sugar while warm.
3. Sprinkle tops of Plain Cakes or Spice Cakes (while hot) with grated orange or lemon rind; sprinkle with powdered sugar. Chill in a slightly softened Crown Brand Syrup (while hot) with finely-chopped nutmegs (when available).
4. Frost Plain Cakes with the family’s favourite jam.
5. Sprinkle chopped dried fruits on cakes before baking.

VELVETY “SEVEN-MINUTE” ICING
1 egg white, unbeaten
2/3 cup Crown Brand Corn Syrup
1/4 teaspoon salt
1 teaspoon vanilla

Combine unbeaten egg white, Crown Brand Syrup and salt in top part of double boiler and mix thoroughly, using a dover beater. Place over rapidly boiling water and beat constantly with dover beater until mixture peaks (6 to 7 minutes). Remove from heat, add vanilla and beat until of consistency to spread. (If frosting is allowed to

Melts chocolate in saucepan over low heat. Add Crown Brand Syrup and blend. Combine sugar, Bensens’ or Canada Corn Starch and salt, and add to first mixture. Add boiling water and bring all to boil, stirring until sugar is dissolved. Boil gently until mixture thickness (3 to 5 minutes). Remove from heat, add butter and vanilla, and blend. While frosting is spreading on cake, in this way it will retain its sheen.

APPLESAUCE FROSTING
Temp. 375°F. Time: 15-20 minutes
1/2 cup brown sugar
1/2 cup sugar
3 tablespoons Crown Brand Corn Syrup
2 eggs, well beaten
1 teaspoon vanilla
1/2 teaspoon salt

Cream shortening or brown sugar; gradually beat in Crown Brand Syrup. Add rolled oats and blend. Add sifted dry ingredients alternately with milk; mix well. Chill thoroughly, then shape dough into small rounds and place 1/2 apart on greased cookie sheet. Press flat with tines of a fork. Bake in a moderate oven (350°F.) for 10 to 12 minutes. Cool and part together in pairs with apple butter, jam, or the following filling:
Yield: 7 dozen average-sized cookies or 3/4 dozen double cookies.

BROWNIES
Temp. 350°F. Time: 35 minutes
1 1/2 cups brown sugar
1 1/2 cups sugar
3 tablespoons Crown Brand Corn Syrup
1 1/2 cups water
1/2 cup shortening
1 1/2 cups flour
1 teaspoon salt
1 teaspoon baking powder
1/2 cup buttermilk
2 1/2 cups all-purpose flour
1 tablespoon Bensens’ or Canada Corn Starch
1/2 teaspoon salt
1 teaspoon vanilla
1/2 teaspoon baking powder

Cream butter, blend in sugar and Crown Brand Syrup; blend thoroughly. Add beaten eggs and sugar. Sift dry ingredients together and add to creamed mixture in 5 or 6 additions, working in gradually until all has been used. Roll out thin on a floured board and cut in rounds or other desired shapes. Place on greased baking sheet; bake in a moderate oven (375°F.) for 12 to 15 minutes. When cool, put together in pairs with jam, jelly, apple butter, etc., or serve plain. Yield: 4 dozen cookies (about 2 1/2 in. in diameter).

Graham’s “SUGAR” COOKIES
Temp. 375°F. Time: 15-20 minutes
1 1/2 cups flour
1 1/2 cups sugar
3 tablespoons Crown Brand Corn Syrup
1 teaspoon salt
1/2 teaspoon vanilla
1 1/2 teaspoons baking powder
1 1/2 cups buttermilk
1/2 cup cream of tartar
2 1/2 cups flour

Cream butter, blend in sugar and Crown Brand Syrup; blend thoroughly. Add beaten eggs and sugar. Sift dry ingredients together and add to creamed mixture in 5 or 6 additions, working in gradually until all has been used. Roll out thin on a floured board and cut in rounds or other desired shapes. Place on greased baking sheet; bake in a moderate oven (375°F.) for 12 to 15 minutes. When cool, put together in pairs with jam, jelly, apple butter, etc., or serve plain. Yield: 4 dozen cookies (about 2 1/2 in. in diameter).

COOKIES

FILLED OATMEAL COOKIES
Temp. 350°F. Time: 10 to 12 minutes
1 cup shortening or lard
1/2 cup brown sugar
1/2 cup Crown Brand Corn Syrup
1 teaspoon salt
1/2 cup all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup milk

Cream shortening or lard with brown sugar; gradually beat in Crown Brand Syrup. Add rolled oats and blend. Add sifted dry ingredients alternately with milk; mix well. Chill thoroughly, then shape dough into small rounds and place 1/2 apart on greased cookie sheet. Press flat with tines of a fork. Bake in a moderate oven (350°F.) for 10 to 12 minutes. Cool and part together in pairs with apple butter, jam, or the following filling:
Yield: 7 dozen average-sized cookies or 3/4 dozen double cookies.

FILLING FOR COOKIES
2 cups grated tart apple (firmly packed)
1/4 cup Crown Brand Corn Syrup
1/2 cup brown sugar
1/2 cup sugar
1/2 cup water
1/2 teaspoon salt
1/2 teaspoon vanilla

Cream shortening or brown sugar; gradually beat in Crown Brand Syrup. Add rolled oats and blend. Add sifted dry ingredients alternately with milk; mix well. Chill thoroughly, then shape dough into small rounds and place 1/2 apart on greased cookie sheet. Press flat with tines of a fork. Bake in a moderate oven (375°F.) for 12 to 15 minutes. When cool, put together in pairs with jam, jelly, apple butter, etc., or serve plain. Yield: 4 dozen cookies (about 2 1/2 in. in diameter).
HERMITS
Temp.: 375° F.  Time: 15 minutes
1/4 cup lard, shortening, or home-rendered fat
1/4 cup brown sugar, firmly packed
1/2 cup Crown Brand Corn Syrup
1 teaspoon vanilla
1 egg, well beaten
1 cup chopped raisins or currants
1/4 cup chopped nuts or currents
1/8 cup chopped raisins or currants (if available)
1/2 cup sifted flour
1 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground allspice
1/2 to 1 tablespoon sour cream or sour milk

All quantities given are for level measurements. Always use standard measuring cups and spoons.

PAstry and PIES

PLAIN PASTRY
Temp. 450° F.  Time: 20-25 minutes
1/4 cup sifted flour
1/2 teaspoon salt
2 to 3 tablespoons cold water
Sift flour; measure. Sift again with salt. Cut in shortening until mixture is of crumbly consistency. Sprinkle gradually with ice-cold water, mixing lightly with a fork until dough begins to hold together and may be easily cleaned from the bowl. Chill before using, or use directly. Roll out on lightly-floured board or between 2 sheets of wax paper to 3/4" thickness. If baking pastry shell alone, without filling, prick with times of fork and bake in a hot oven (450° F.) for 20 to 25 minutes or until golden brown.

APPLE PIE
Temp. 450°-500° F.  Time: 40-45 minutes
Pastry for 2-crust 9" pie
2 tablespoons Bensen’s or Canada Corn Starch
1/2 cup white sugar
1/4 cup brown sugar
4 to 5 cups sliced, tart apples
1 teaspoon lemon juice
1/2 cup Crown Brand Corn Syrup
1 teaspoon cinnamon
1/4 teaspoon nutmeg
Tablespoon butter (optional)
1 teaspoon vanilla
1 egg, well beaten

Scald milk in top double boiler over boiling water; add grated chocolate. When chocolate is melted add Crown Brand Syrup and sugar; blend with rotary beater. Blend Bensen’s or Canada Corn Starch and salt with cold milk; add to hot mixture and cook, stirring constantly, until smooth and thick. Cover and continue cooking 10 minutes. Add well-beaten eggs 2 or 3 minutes longer. Remove from heat, add butter and vanilla. Beat until creamy. Pour into baked shell and top with meringue made from the two egg whites remaining. (Meringue recipe page 7).

CHOCOLATE CREAM PIE
1 baked pastry shell (9")
2 cups heavy cream
1/2 pound unsweetened chocolate
1/2 cup Crown Brand Corn Syrup
1 cup white sugar
3/4 to 1 tablespoons Bensen’s or Canada Corn Starch
1/2 cup salt
1/2 cup milk
1 egg, well beaten
1 teaspoon vanilla
1 tablespoon butter (optional)
1/2 cup sugar

Scald milk in top double boiler over boiling water; add grated chocolate. When chocolate is melted add Crown Brand Syrup and sugar; blend with rotary beater. Blend Bensen’s or Canada Corn Starch and salt with cold milk; add to hot mixture and cook, stirring constantly, until smooth and thick. Cover and continue cooking 10 minutes. Add well-beaten eggs 2 or 3 minutes longer. Remove from heat, add butter and vanilla. Beat until creamy. Pour into baked shell and top with meringue made from the two egg whites remaining. (Meringue recipe page 7).

BEST BLUEBERRY PIE
Temp. 450°-500° F.  Time: 40-45 minutes
Pastry for 2-crust 9" pie
1/2 cup water sugar
1/4 cup white sugar
1 tablespoon salt
1 tablespoon Bensen’s or Canada Corn Starch
1 cup water
4 cups cleaned blueberries
3 tablespoons Crown Brand Corn Syrup
1/2 cup water
1 tablespoon lemon juice
1 tablespoon butter (optional)

Line a 9" pie plate with pastry. Mix together Bensen’s or Canada Corn Starch, sugar and salt, and sprinkle on bottom of pastry shell. Add sliced apples (peeled and cored), Combine lemon juice, Crown Brand Syrup and spices, and pour over apples. Dot with butter. Cover with 2nd crust. Crimp edges and bake in a hot oven (450° F.) for 15 minutes. Reduce heat to 375° F. and continue baking until apples are tender (25 to 30 minutes).

Lemon Pie
1 baked pastry shell (9")
1/2 cup Crown Brand Corn Syrup
1/2 cup sugar
1/2 cup water
2 eggs, separated
4 tablespoons lemon juice
2 teaspoons butter

Mix together Bensen’s or Canada Corn Starch, Crown Brand Syrup, sugar and salt in top of double boiler; add boiling water, stirring constantly. Blend with rotary beater. Add to boiling crown over smooth and thick; cover and cook for 10 minutes, stirring occasionally. Combine slightly beaten egg yolks, lemon juice and rind. Add to hot mixture and blend well. Continue cooking 3 minutes; remove from heat and add butter. Pour into baked shell and top with meringue made from the 2 remaining egg whites (see recipe page 7), adding 1 tablespoon Crown Brand Syrup for the extra egg white.

FRESH BLUEBERRY PIE
Temp. 450°-500° F.  Time: 40-45 minutes
Pastry for 2-crust 9" pie
1/2 cup sugar
1/4 cup water
1/2 cup milk
1 tablespoon Bensen’s or Canada Corn Starch
1/2 cup blueberries
2 tablespoons Crown Brand Corn Syrup
1/2 cup water
1 tablespoon lemon juice
1 tablespoon butter (optional)

Line a 9" pie plate with pastry. Mix together Bensen’s or Canada Corn Starch, sugar and salt, and sprinkle on bottom of pastry shell. Add sliced apples (peeled and cored); Combine lemon juice, Crown Brand Syrup and spices, and pour over apples. Dot with butter. Cover with 2nd crust. Crimp edges and bake in a hot oven (450° F.) for 15 minutes. Reduce heat to 375° F. and continue baking for 25 to 35 minutes or until done.

LEMON PIE
Temp. 450°-500° F.  Time: 40-45 minutes
1 unbaked pastry shell (9")
1/2 cup Crown Brand Corn Syrup
1/2 cup sugar
1/2 cup water
2 eggs, separated
4 tablespoons lemon juice
2 teaspoons butter

Line a 9" pie plate with pastry; bake in a hot oven (450° F.) for 5 minutes. Remove from oven. (The pastry shell is pre-cooked to avoid a soggy bottom crust; if preferred, filling may be baked directly in the raw shell). Meanwhile, mix together the sugar, Crown Brand Syrup, salt, and Crown Corn Starch. Add slightly beaten eggs and hot milk; blend well with rotary beater. Strain filling into pre-cooked shell; sprinkle with grated nutmeg. Bake in a hot oven (450° F.) until the crust is set (10 to 15 minutes). Reduce heat to 325° F. and bake until a silver knife blade inserted in the filling comes out clean (about 25 minutes).

CUSTARD PIE
Temp. 450°-500° F.  Time: 40-45 minutes
1 unbaked pastry shell (9")
1/2 cup water sugar
1/2 cup Crown Brand Corn Syrup
1/2 cup sugar
1/2 cup milk
2 eggs, lightly beaten
2 tablespoons Crown Brand Corn Syrup

Line a 9" pie plate with pastry; bake in a hot oven (450° F.) for 5 minutes. Remove from oven. (The pastry shell is pre-cooked to avoid a soggy bottom crust; if preferred, filling may be baked directly in the raw shell). Meanwhile, mix together the sugar, Crown Brand Syrup, salt, and Crown Corn Starch. Add slightly beaten eggs and hot milk; blend well with rotary beater. Strain filling into pre-cooked shell; sprinkle with grated nutmeg. Bake in a hot oven (450° F.) until the crust is set (10 to 15 minutes). Reduce heat to 325° F. and bake until a silver knife blade inserted in the filling comes out clean (about 25 minutes).

LEMON PIE
Temp. 450°-500° F.  Time: 40-45 minutes
1 unbaked pastry shell (9")
1/2 cup Crown Brand Corn Syrup
1/2 cup sugar
1/2 cup water
2 eggs, separated
4 tablespoons lemon juice
2 tablespoons butter

Line a 9" pie plate with pastry; flut edge. Bake in a hot oven (450° F.) for 5 minutes; remove from oven. To slightly beaten egg add all other ingredients except 1/4 cup of the cream. Pour into partially cooked crust; remaining 3/4 cup cream carefully over top. Bake in a hot oven (400° F.) for 10 minutes; reduce heat to 350° F. and continue baking 20 to 30 minutes or until a silver knife blade inserted in the filling comes out clean. Serve with slices of Canadian cheese.

MERINGUE TOPPING FOR PIES AND PUDDINGS
2 tablespoons Crown Brand Corn Syrup
1/2 teaspoon salt
2 teaspoons Bensen’s or Canada Corn Starch
2 egg whites, beaten

Mix Crown Brand Syrup, salt and Bensen’s or Canada Corn Starch thoroughly. Beat gradually into egg whites (which have been beaten stiff but not dry). Pour into partially cooked crust; remaining 3/4 cup cream carefully over top. Bake in a hot oven (405° F.) for 20 minutes or until meringue is delicately browned. Allow to cool away from drafts (Sufficient for topping 1 (8") or 9") pie).

Variations:
Meringue Drops (for pies and puddings)—Follow directions as in Meringue Topping. Instead of spreading over pie or pudding in one lot, drop mixture from spoon on the surface of a pan of gently boiling water. Cook 5 minutes.
or—Place the pan of water with the small Meringue Drops in a slow to moderate oven (325° F.) for 10 to 20 minutes. Let cool slowly.
When cooked (either on top of stove or in oven) tape each meringue carefully from the water and let drain. Arrange a layer of Robotics, fork and dusted cream. If desired, garnish each meringue drop with a speck of brightly coloured jelly.

Always sift flour and Bensen’s or Canada Corn Starch before measuring.

PUMPKIN CREAM PIE
Temp.: 450°-350° F.  Time: 40-50 minutes
Unbaked pastry shell (9")
1/2 cup Crown Brand Syrup
1 1/2 cups sugar
1 1/2 cups water
1/2 cup buttermilk
1 1/2 tablespoons Bensen’s or Canada Corn Starch
1/2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon ginger
1/2 cup evaporated milk

Line a 9" pie plate with pastry; flut edge. Bake in a hot oven (450° F.) for 5 minutes; remove from oven. To slightly beaten egg add all other ingredients except 1/4 cup of the cream. Pour into partially cooked crust; remaining 3/4 cup cream carefully over top. Bake in a hot oven (400° F.) for 10 minutes; reduce heat to 350° F. and continue baking 20 to 30 minutes or until a silver knife blade inserted in the filling comes out clean. Serve with slices of Canadian cheese.

CROWN BRAND SYRUP in milk improves the flavour and makes it even more enjoyable.
NOTE: To serve Crown Brand Syrup on dry cereal slightly warm the syrup on that it will flow freely.

EASY WAYS TO SERVE CROWN BRAND SYRUP TO THE CHILDREN
As a spread on bread, toast, etc., on cereals in place of sugar, to sweeten and flavour orange juice, milk, tea and fresh fruit preserves—CRoWN BRAND SYRUP in milk improves the flavour and makes it even more enjoyable.

Always sift flour and Bensen’s or Canada Corn Starch before measuring.

It's EASY TO SERVE CROWN BRAND SYRUP TO THE CHILDREN
HOT BREADS

RULES FOR SUCCESSFUL QUICK BREADS
(Muffins, Biscuits, Scones, etc.)

1. Mix batters just to blend. Overbeating causes toughness. (Exception: Popovers—which derive their lightness from the vigorous beating.)
2. Work quickly, assembling all ingredients and greasing all tins before starting to mix recipe.
3. Allow baked fruit or nut breads to stand 24 hours before slicing.

BRAN MUFFINS
Temp.: 400° F. (Basic recipe) Time: 25 minutes
3/4 cup sifted all-purpose flour
3/4 cup Bran's or Canada Corn Starch
1/2 teaspoon salt
2 tablespoons browning powder
1 cup quickly-cooked bran
2 tablespoons melted fat
1/4 cup Crown Brand Corn Syrup

Sift together the first four ingredients. Beat egg

Quick Muffins
Temp.: 375° F. (Basic Recipe) Time: 25 minutes
1 cup sifted all-purpose flour
3/4 cup Bran's or Canada Corn Starch
4 teaspoons browning powder
1/4 cup sugar
1 egg, well beaten
3 tablespoons melted fat
1/4 cup milk
3/4 cup Crown Brand Corn Syrup

Sift together the first four ingredients. Beat egg

Variations:
1. (3) Fruit Bran Muffins—Add 1/4 to 1/2 cup chopped raisins, currents or chopped raw prunes (when available) to Basic Recipe.
2. (4) Whole Milk Bran Muffins—Replace the sweet milk in Basic Recipe with an equal quantity of sour milk; and replace the 1/2 teaspoon browning powder with 1 teaspoon baking powder plus 1/2 teaspoon baking soda.

OATMEAL BREAD
Temp.: 425°-435° F. Time: 45 minutes
2 teaspoons salt
2 cups boiling water
2 cups rolled oats
1 tablespoon melted fat
2 cups cooked rolled oats
1/4 cup Crown Brand Corn Syrup
4 to 4 1/2 cups sifted all-purpose flour
Add salt to boiling water; remove from heat. Stir in rolled oats and melted fat. Let stand until lukewarm, stirring occasionally. Soften yeast in 1 cup of the lukewarm water; add remainder of water and Crown Brand Syrup. Combine with rolled oats mixture and really sift flour into yeast mixture, adding all the flour to be used, or enough to make a dough of the desired consistency or stiffness. Stir long enough as possible with a spoon, then knead in remaining flour with hands. Turn on floured board and knead until smooth. Turn into a greased bowl, cover, and let rise in a warm place for 1 1/2 hours (about 1 hour 45 minutes). Turn and divide dough into two equal parts over and let stand 15 minutes. Shape each into a loaf; place in greased bread pans 9" x 5" x 3" and let rise in warm place until doubled in bulk (about 30 minutes). Bake in hot oven (425° F.) for 15 minutes, then reduce heat to 375° F. and complete baking (about 30 minutes).

DESSERTS

Golden Poccups
(Real butter sauce)
Temp.: 450°-500° F. Time: 35-40 minutes
1 cup sifted all-purpose flour
3/4 cup sugar
1/2 cup milk
1/2 teaspoon salt (optional)

Sift flour; measure. Sift together with Bran's or Canada Corn Starch, salt and baking powder. Add bran. Beat egg lightly, stir in Crown Brand Syrup, milk and melted fat. Add liquid ingredients all at once and stir until just moistened. Fill greased muffin tins 2/3 full and bake in a hot oven (400° F.) 25 minutes. Yield: 16 to 18 (about 2" in diameter) or 12 (about 3" in diameter).

Variations:
1. (5) Fruit Wheat Muffins—Add 1/4 to 1/2 cup chopped raisins, currents or chopped raw prunes (when available) to Basic Recipe.
2. (6) Fruit Wheat Muffins—Add 1/4 to 1/2 cup chopped raisins, currents or chopped raw prunes (when available) to Basic Recipe.

Variations:
1. (1) Fruit Bran Muffins—Add 1/4 to 1/2 cup chopped raisins, currents or chopped raw prunes (when available) to Basic Recipe.
2. (2) Whole Milk Bran Muffins—Replace the sweet milk in Basic Recipe with an equal quantity of sour milk; and replace the 1/2 teaspoon browning powder with 1 teaspoon baking powder plus 1/2 teaspoon baking soda.

Apple Crisp
Temp.: 375°-350° F. Time: 50 to 60 minutes
6 to 8 medium apples (sliced)
1/2 cup packed brown sugar
1/4 cup Crown Brand Corn Syrup
1/2 cup flour
1/2 cup rolled oats

Fare, pure and slice apples. Place in a 1/2-quart greased casserole. Combine hot water, Crown Brand Syrup, salt and cinnamon; pour over apples. Blend sugar and syrup; rub in butter until mixture is crumbly in consistence. Fat this mixture on top of apples and bake uncovered in a moderate oven (375° F.) for 20 minutes; reduce heat to 350° F. and bake until apples are tender (length of time will depend upon variety of apples used). Serve warm or chilled, with or without cream. Serves 6.

Variations:
1. Replace the 3/4 cup flour with 1/2 cup flour and 1/4 cup regular flour.
2. Replace the 1/3 cup sugar with 1/4 cup peanut butter when available, and 2 tablespoons butter.

DESSERTS

Baked Rhubarb Puffs
Temp.: 350° F. Time: 20-25 minutes
1/2 cup creamed shortening
1/2 teaspoon vanilla
1/4 cup white sugar
1/4 cup Crown Brand Corn Syrup
1 egg, well beaten
2 cups sifted pastry flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup milk


Variations:
1. Surprise Cupcakes: Follow above recipe, omitting rhubarb. Fill greased cupcake tins 2/3 full; bake each in each lot of butter, and put in 1 teaspoon Strawberries or Raspberry Jam. Bake as directed. (These cupcakes will not require any icing.)
COTTAGE PUDDING

Tempt. 350° F. Time: 50 minutes

1/4 cup sugar or molasses
1 cup milk
3/4 cup flour
1/2 cup cream
2 eggs
1 tsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. salt
1 cup mashed or grated apples
Cream together the sugar and milk in a double boiler. Add the flour and cream, mix well. Pour into a greased and floured pan 8" x 8" x 2" 1/2 and bake in a moderate oven (350° F.) for 50 minutes. Cool in squares and serve hot with a sauce. Serves 8.

Variations:

- Brown Betty: Add 1/4 cup of chopped raisins and 1/2 cup of chopped nuts, or use 1/2 cup of chopped dates. Serves 8.

BROWN BETTY WITH CHEESE

Tempt. 350°-375° F. Time: About 1 hr. and 20 min.

3 to 4 tablespoons melted butter
1/4 cup milk
6 medium apples (cut and sliced)
1/4 cup brown corn syrup
1/4 cup sugar
1/2 tsp. salt
1/2 tsp. cinnamon or nutmeg (or both)
1/4 cup lemon juice
2/3 cup grated cheese
(optional, depending on variety of apples)

Mix ingredients in order given into large well-greased mold (1-1/2 quarts), or 8 individual molds. Do not fill molds or molds more than 2/3 full. Cover tightly. Be sure to cover to cover top with a large kettle or steam (if this is not used, then use a small amount of water in the mold). Bake in a moderate oven (350°-375° F.) 30 to 35 minutes, then remove cover and bake until apples are tender (45 minutes or longer). Serve warm or chilled, with plain whole milk or cream.

Note: omit cheese for a plain Brown Betty dessert. Serve with Sauce (recipe page 12).

CROCKED APPLES

Tempt. 300°-325° F. Time: 45-50 minutes

8 medium apples, tart and firm
8 whole cloves
3/4 cup sugar
3/4 cup cream
2 cups Custard Sauce (see page 11)

Wash and core apples; do not peel. Place in large, flat greased baking dish and stick a whole clove in each apple. Add water, cinnamon and Corn Syrup and cook in a slow oven (300° to 325° F.) until apples are tender (45 to 50 minutes). Remove from pan and baste with the syrup. Serve warm or chilled, plain or with cream. Serves 8.

FLOATING ISLAND

1 egg, separated
1 tablespoon white sugar
1 cup cold milk
1 teaspoon vanilla

To stiffly beaten egg white add 1 tablespoon white sugar, beat again, using a rotary beater. Poach by spooning spoons full of milk onto egg white. Add sugar and mix well. Spoon into greased and floured pan 8" x 8" x 2" 1/2 and bake in a moderate oven (350° F.) for 50 minutes. Cut in squares and serve hot with a sauce. Serves 8.

Variations:

- Brown Betty: Add 1/4 cup of chopped dates and 1/2 cup of chopped nuts, or use 1/2 cup of chopped dates. Serves 8.

VELVETY BAKED CUSTARD

Tempt. 325° F. Time: 45 minutes

1/2 cup brown corn syrup
1 cup cream
2 eggs
1 tablespoon sugar
1 teaspoon vanilla

Mix ingredients in order given into large well-greased mold (1-1/2 quarts), or 8 individual molds. Do not fill molds or molds more than 2/3 full. Cover tightly. Be sure to cover to cover top with a large kettle or steam (if this is not used, then use a small amount of water in the mold). Bake in a moderate oven (350°-375° F.) 30 to 35 minutes, then remove cover and bake until apples are tender (45 minutes or longer). Serve warm or chilled, with plain whole milk or cream.

Note: omit cheese for a plain Brown Betty dessert. Serve with Sauce (recipe page 12).

SPECIAL DESSERT SAUCES

Return to double boiler and cook, stirring constantly, until mixture has thickened and will coat the back of a spoon. Add vanilla. Strain, chill, and serve over Trifle, Vanilla Blanc Mange, fresh fruit sections, and other desserts.

Variations:

- Lemon Custard Sauce: Add 1 teaspoon lemon juice to Benedict's or Canada Corn Syrup, salt, sugar and Corn Syrup. Mix well. Add 1 teaspoon grated lemond rind. Serve over custard or as a separate dessert.

- Custard Sauce or Soft Custard: Add 2 egg yolks to Benedict's sauce. Mix together glass, top with jelly and pour Custard Sauce over all. Chill thoroughly. Top with a scoop of jelly or custard sauce. Serve chilled, with a spoonful of whipped cream or a meringue. (See page 7). Use in Trifle Meringue Drops. Serves 8.

- Vanilla Blanc Mange: (Basic Recipe)
  - 1/2 cup milk
  - 3 tablespoons Benedict's or Canada Corn Syrup
  - 1/4 cup sugar

- Custard Sauce: (Basic Recipe)
  - 1 tablespoon Benedict's or Canada Corn Syrup
  - 1/2 teaspoon salt
  - 1/2 teaspoon vanilla

- Escallop Meringue Drops: (See page 7). Use as garnish with sauce on trifle, blanc mange or other desserts.

Note: Do not allow the water in the bottom part of double boiler to boil too rapidly when making custard sauce mixtures; this will cause curdling. If sauce does curdle at any time, set it in a pan of cold water and heat with a rotary beater. (The sauce will be somewhat thin.)
CHOCOLATE SAUCE
(For Ice Cream)
2 (1-oz.) squares unsweetened chocolate
2 teaspoons sugar
1 cup milk
1 tablespoon corn syrup
3 tablespoons water
VANILLA SAUCE
(Basic Recipe)
3 tablespoons white sugar
4 tablespoons corn syrup
1 tablespoon Bensen's or Canada Corn Syrup
1 teaspoon vanilla
Melt chocolate in saucepan over slow heat. Add salt, corn syrup, sugar, and water, and blend. Cook slowly (about 10 minutes). Add butter. Remove from heat and add vanilla. Serve warm on ice cream, blanc mange, etc.

FOAMY SAUCE
1 tablespoon Bensen's or Canada Corn Syrup
1/4 teaspoon salt
1/3 cup Crown Brand Corn Syrup
1 egg, separated
1/4 teaspoon salt
Combine Bensen's or Canada Corn Syrup and salt with 2 tablespoons of the milk, then blend with the remainder of the milk in top part of double boiler. Beat egg yolk with a fork and mix with Crown Brand Syrup; add to milk mixture. Cook all together, stirring constantly, until mixture is thick. Remove from fire, cool and add vanilla. Just before serving, fold in beaten egg white. Serve with tablespoon baked or steamed pudding. Serves 6 to 8.

SALADS and SALAD DRESSINGS
COLE SLAW
2 cups shredded, crisp raw cabbage 1/4 cup Mayonnaise or Boiled Salad Dressing 1/4 cup milk 1/6 teaspoon salt 1/6 teaspoon sugar
Follow directions as given, omitting onion and green pepper. Shred cabbage, add dressing, salt, onion, and green pepper; toss lightly together until well blended. Serve cold. Serves 4.

Variations:
(1) Add 3/4 to 1 cupful grated raw carrot.
(2) Small onion or several tops of onions and green pepper. Grate or thinly chine 4 ounces of yellow cheese and combine with 1/4 cupful chopped tarragon vinegar to taste and serve while fresh in meats of crisp length.

POTATO SALAD
4 cups cooked potatoes (diced) 1 small onion or several tops of chives, finely chopped 
1/4 cup salad dressing
1/4 teaspoon salt
1/4 teaspoon pepper
Remove skin from potatoes in their skins boiling salted water until tender. Cool, remove skins and dice. Add finely cut onion or chives, salt, pepper, chopped celery, coarsely-chopped hard-cooked eggs, and parsley or raw spinach. Add 1/4 cupful chopped tarragon vinegar to taste and serve while fresh in meats of crisp length.

EGGNOSS MAYOYNAISE
1/2 teaspoon dry mustard
1/2 teaspoon paprika
1/4 teaspoon salt
1/4 cup sugar
Mix all together, and blend into cooked dressing. Serve with salad, and add pepper, salt, paprika, and salt. Serves 4.

EGGLESS MAYONNAISE
1/2 cup sugar
1/4 cup vinegar
1/4 cup lemon juice
1/4 cup salad dressing
Mix all together and blend into cooked dressing. Serve with salad, and add pepper, salt, paprika, and salt. Serves 4.

Variations:
(1) Cream 1 (4-oz.) package white or yellow cheese with milk and blend. Add 2 to 3 tablespoons finely chopped parsley. Garnish with sliced hard-cooked egg.

BOILED SALAD DRESSING
2 eggs
3 tablespoons sugar
2 teaspoons salt
3 tablespoons dry mustard
1 tablespoon Bensen's or Canada Corn Syrup
1/2 cup milk or water
1/4 cup sugar
Dash paprika
Dash of sugar
Mix all together, and blend into cooked dressing. Serve with salad, and add pepper, salt, paprika, and sugar. Serves 4.

Variations:
(1) Remove skins from tomatoes by blanching for 1 minute in boiling water, plunging into cold water and peeling. Cut a thin slice from top of each tomato; scoop out seeds and part of the pulp. Sauté tomato halves with salt, pepper, and green pepper; toss lightly together until well blended. Serve cold. Serves 4.

Variations:
(1) Diced cucumber or chilies green peas combined with Jiffy Mayonnaise and diced tomato.

(2) Diced celery and chopped apple combined with Jiffy Mayonnaise. (When available, add a few raisins and chopped nuts.)

(3) Jiffy Mayonnaise to taste.

(4) Add diced celery and grated raw carrot. Garnish with parsley or chives.

(5) Jiffy Mayonnaise to taste.

(6) Jiffy Mayonnaise to taste.

EGGLESS MAYOYNAISE
1/2 teaspoon dry mustard
1/2 teaspoon paprika
1/4 teaspoon salt
1/4 cup sugar
Mix all together, and blend into cooked dressing. Serve with salad, and add pepper, salt, paprika, and salt. Serves 4.

Variations:
(1) Cream 1 (4-oz.) package white or yellow cheese with milk and blend. Add 2 to 3 tablespoons finely chopped parsley. Garnish with sliced hard-cooked egg.

BOILED SALAD DRESSING
2 eggs
3 tablespoons sugar
2 teaspoons salt
3 tablespoons dry mustard
1 tablespoon Bensen's or Canada Corn Syrup
1/2 cup milk or water
1/4 cup sugar
Dash paprika
Dash of sugar
Mix all together, and blend into cooked dressing. Serve with salad, and add pepper, salt, paprika, and sugar. Serves 4.

Variations:
(1) Remove skins from tomatoes by blanching for 1 minute in boiling water, plunging into cold water and peeling. Cut a thin slice from top of each tomato; scoop out seeds and part of the pulp. Sauté tomato halves with salt, pepper, and green pepper; toss lightly together until well blended. Serve cold. Serves 4.

Variations:
(1) Diced cucumber or chilies green peas combined with Jiffy Mayonnaise and diced tomato.

(2) Diced celery and chopped apple combined with Jiffy Mayonnaise. (When available, add a few raisins and chopped nuts.)

(3) Jiffy Mayonnaise to taste.

(4) Add diced celery and grated raw carrot. Garnish with parsley or chives.

(5) Jiffy Mayonnaise to taste.

(6) Jiffy Mayonnaise to taste.

EGGLESS MAYOYNAISE
1/2 teaspoon dry mustard
1/2 teaspoon paprika
1/4 teaspoon salt
1/4 cup sugar
Mix all together, and blend into cooked dressing. Serve with salad, and add pepper, salt, paprika, and salt. Serves 4.

Variations:
(1) Cream 1 (4-oz.) package white or yellow cheese with milk and blend. Add 2 to 3 tablespoons finely chopped parsley. Garnish with sliced hard-cooked egg.
FRENCH DRESSING
1 cup Mustard
1/2 cup cider vinegar
1 teaspoon salt
1 teaspoon dry mustard
1/2 teaspoon Cayenne
Few drops Worcestershire Sauce
Dash cayenne
Few drops Worcestershire Sauce
Place all ingredients in a tightly covered jar and shake well. Shake each time before serving. OR—Place all ingredients in bowl and beat with hand or electric beater until mixture is smooth and well blended.

Variations:
(1) Tomato French Dressing—To the recipe for French Dressing add 1/4 (1/2 oz.) canned condensed tomato soup, and 1 tablespoon grated onion or 1/2 teaspoon powdered onion salt. Increase sugar to 3 tablespoons, or adjust sweetening to taste. Shake or beat dressing vigorously as directed, each time before serving. Keep in a cold place.

(2) Half the Dressing: Fold 1/2 cup cranberry sauce. Beat vigorously and serve with crisp pieces of lettuce as a luncheon or dinner plate accompaniment.

(3) Add 1/2 cup creamed cheese (any variety) to French Dressing recipe. Beat well and serve with tossed green salads.

(4) Beat 1/3 cup jelly (clement or grape, etc.) into one-half French Dressing recipe. Serve with fruit salads.

MAZOLA MAJAYNESE
1 egg
1/2 cup brown sugar
1/2 teaspoon salt
2 teaspoons dry mustard
1/2 teaspoon curry powder
1/2 teaspoon salt
1/2 cup Mastica, chopped
2 tablespoons dry white wine or vinegar
Mix dry ingredients; add egg. Beat thoroughly with rotary beater. Add a few drops of Mastica; beat thoroughly. Add a few drops of lemon juice or vinegar and beat. Serve in a cold dish. This mixture is not used in this fashion until the lemon juice and about one-half of the Mastica have been added. Add remaining Mastica and dry white wine or vinegar, as desired, at a time.

MAZOLA CHIFFONADE
1 cup brown sugar
1/2 teaspoon salt
2 teaspoons dry mustard
1/2 teaspoon curry powder
1/2 teaspoon salt
1/2 cup Mastica, chopped
2 tablespoons dry white wine or vinegar
Mix dry ingredients; add egg. Beat thoroughly with rotary beater. Add a few drops of Mastica; beat thoroughly. Add a few drops of lemon juice or vinegar and beat. Serve in a cold dish. This mixture is not used in this fashion until the lemon juice and about one-half of the Mastica have been added. Add remaining Mastica and dry white wine or vinegar, as desired, at a time.

Ingredients should be cold. Yield: 3/4 pint.

(5) Surprise Mousse—Turn any one of the above mixtures into a greased 9" ring mold, and bake as directed. Serve with Mayonnaise, mustard, Cream Brand Syrup, and bean liquor or hot water (or mixture of both), and pour over beans. If necessary, add more water. Under cooked hot top of beans. Place strips of salt pork over top. Cover and bake in a slow oven (250-300° F.) for 3 to 4 hours or until liquid is absorbed. Serve with dark and meat, (adding water during baking to keep beans just covered). Uncover during last hour of baking to brown the beans and pork.

NOVELTY MEAT ROLL
Temp.: 350° F.
Time: About 1 hour
1/2 cup bread crumbs
1 1/2 tablespoons milk
1/2 teaspoon salt
1/2 teaspoon mustard
1/4 teaspoon pepper
1/4 teaspoon salt or chili powder
1 tablespoon Benson's or Canada Corn Starch
1 small or 1/2 medium onion, chopped
1/2 pound ground beef
1/2 pound ground fresh pork

Beat egg in a large bowl and add bread crumbs, milk, salt, pepper, mustard, and green onion. Mix well. Form into a meatloaf and bake in a moderate oven (350° F.) for about 1 hour. Serve hot or cold, sliced, with scallops or salads.

UTILS HOT SUGAR DISHES
BAKED MACARONI SURPRISE
Temp.: 300°-350° F.
Time: 1-11/2 hours
2 cups broken uncooked macaroni
1 1/2 cups cooked tomatoes
1/2 cup green pepper, chopped
2 tablespoons chopped parsley
1 1/2 cups medium onion, chopped
2 teaspoons salt
1/4 teaspoon pepper
1 1/2 tablespoons creamed corn
2 tablespoons fat
Cook macaroni in a generous amount of boiling salted water until tender. Drain and add salt to taste. Combine cooked macaroni, tomatoes, chopped green pepper and parsley, onion salt and pepper. Add in 1/2 cup grated cheese, chopped parsley, and chopped onion, and salt and pepper. Omit ground meat. Instead, skin 4 frankfurters, cut diagonally in one-inch pieces and sauté quickly in hot butter. Bury in the macaroni mixture which has been turned into a well-cooked 1/4-quart casserole. Bake as directed. Serves 8.

(1) Macaroni and Cheese Stew—Cook and drain macaroni as directed above. In place of tomatoes and green pepper, add 1/2 cups Medium White Sauce (recipe page 24) and blend in 1/4 cup grated cheese, parsley and chopped onion, and salt and pepper. Omit ground meat. Instead, skin 4 frankfurters, cut diagonally in one-inch pieces and sauté quickly in hot butter. Bury in the macaroni mixture which has been turned into a well-cooked 1/4-quart casserole. Bake as directed. Serves 8.

(2) Macaroni and Cheese Stew—Cook and drain macaroni as directed. In place of all other ingredients above, add 1/2 cup Medium White Sauce (recipe page 10) and 1/2 cups grated cheese. Blend until cheese is melted. Pour into greased 1/4-quart casserole and top with 1/4 cup shredded cheese and cracker crumbs mixed with 2 tablespoons melted butter. Bake in oven of 300°-325° F. until top is golden brown. Serves 6.

FILLING FOR MEAT ROLL
1 1/2 cups grated raw carrot
1/2 cup creamed onion
1/4 cup cooked dry beans
3 tablespoons dry mustard
Mix all ingredients together and spread over flattened meat roll mixture before rolling up (see directions above). Serves 6.

OLD-FASHIONED BAKED BEANS
Temp.: 250°-300° F.
Baking Time: 3 to 4 hours
2 cups dried navy beans
1 1/2 cups cooked peas
1 cup cooked green beans
1 cup cooked corn
1 1/2 cups boiled sweets
1/2 cup creamed onion
1 1/2 cups creamed onion
Pressure cooker.

Soak lamb’s kidneys for one hour in salted water (1 tablespoon salt to 1 quart water). Drain, remove membrane, and slice. Heat fat in frying pan, add slices of kidney until evenly browned. Blend Benson’s or Canada Corn Starch and salt with the cold water or tomato juice and stir into hot fat until smooth and nicely browned. Add hot water or heated tomato juice slowly and let simmer for a few minutes. Serve hot on slices of the lightly-browned meat; serve with a fluffy onion or as a supper or luncheon dish, or with hot vegetables as main meat course for dinner. Serves 6.

Note: Beef kidneys are too strongly-flavoured to be used in a recipe of this nature. They must be soaked, scalded, and given a longer, slower cooking, as in stews, braised dishes, meat pies, etc.
SPAGHETTI WITH TOMATO SAUCE
11/2 cups uncooked spaghetti (5 lb.)
1 tablespoon butter or other fat
1 cup thinly sliced onions
11/2 cups strained, cooked tomatoes
2 tablespoons dry mustard
1/2 cup diced celery
1 teaspoon salt
1/4 teaspoon pepper
Dash of cayenne
1 green pepper, seeded and chopped
1/2 teaspoon Worcestershire Sauce
2 tablespoons Benson's or Canada Corn Starch
Corn Starch
2 tablespoons ground-water
3/4 to 1 cup grated sharp cheese

Wash spaghettis in water, then cover generously with boiling salted water and let boil until tender (10 to 20 minutes), stirring frequently to prevent sticking. Drain and add butter. Meanwhile, prepare sauce by combining the strained tomatoes, onion, celery, salt, pepper, cayenne, green pepper, and Worcestershire Sauce, then stirring in the Benson's or Canada Corn Starch which has been blended with the water. Place all over low heat and boil until simmering. Add 1 cup mashed, well-flavored (at least 1/2 hour, and longer if possible for best flavor). Pour over drained spaghettis, turn on heat and simmer serving dish and top with grated cheese. Serves 6. Serve with crisp celery and carrot sticks, or tossed green salad.

Method 11: Melt fat in top part of double boiler, over direct heat; blend in Benson's or Canada Starch and seasonings. Let bubble over low heat for 3 minutes. Stir in 3/4 cup boiling water constantly, then place at once over boiling water. Cook and stir until smooth and thick, then cover, remove from heat and let stand 15 minutes or until ready to use (if using same day). OR, allow the sauce to cool, place in a covered container, and keep in a cold place for future use.

Note: Up to 1/3 of the milk may be replaced with other milk from cooked vegetables, meat or fish.

The above White Sauce Recipe is a Medium White Sauce. For Thicker White Sauce: use 1 to 1 1/2 tablespoons Benson's or Canada Corn Starch and leave other ingredients as they are. For Thicker White Sauce: use 2 1/2 tablespoons Benson's or Canada Corn Starch and leave other ingredients as they are.

TEMPETING VARIATIONS OF THIN WHITE SAUCE (CREAM SOUPS)
Cream Soups are quickly and easily prepared using a Thin White Sauce as the foundation. An attractive variety of soups is possible, and following are a few suggestions: (Additional seasonings may be used to taste.)

1) to every 2 cups seasoned Thin White Sauce, add for

(2) Cream of Carrot Soup— 3/4 cup diced or mashed cooked carrots and 2 teaspoons scraped onion.
(3) Cream of Corn Soup— 1 cup cooked corn; 1/4 cup small onion, sliced; 1/2 cup diced cooked potatoes. (Increase the quantity of corn and potatoes for Corn Chowder.)
(5) Cream of Lima Bean Soup— 2 tablespoons chopped onions, 1 cup mashed, mashed lima beans, 2 tablespoons chopped parsley.
(4) Cream of Mushroom Soup— 3/4 cup chopped fried mushrooms.
(5) Cream of Pea Soup— 1/2 cup mashed cooked peas, 1 tablespoon scraped onion.
(6) Cream of Onion Soup— 1 cup onion pulp (from steamed or boiled onions) put through a sieve; Sprinkle top with grated cheese.
(7) Patatoe Soup— 1 1/2 cups diced potatoes, 1 1/2 cups diced celery, 1 1/2 cups cooked vegetables, 2 cups milk

Tomato Rarities: Add 3/4 to 1 1/4 cups cooked tomatoes to above recipe.

WHITE SAUCE
3 tablespoons butter or other fat
2 tablespoons Benson's or Canada Corn Starch
1 teaspoon salt
Dash Worcestershire Sauce
2 cups milk

Method: Melt fat in small pot over direct heat; blend in Benson's or Canada Corn Starch and seasonings. Let bubble over very low heat for 3 minutes. Stir in 3/4 cup boiling water constantly, then place at once over boiling water. Cook and stir until smooth and thick, then cover, remove from heat and let stand 15 minutes or until ready to use (if using same day). OR, allow the sauce to cool, place in a covered container, and keep in a cold place for future use.

Note: Up to 1/3 of the milk may be replaced with other milk from cooked vegetables, meat or fish. The above White Sauce Recipe is a Medium White Sauce. For Thicker White Sauce: use 1 to 1 1/2 tablespoons Benson's or Canada Corn Starch and leave other ingredients as they are.

TEMPETING VARIATIONS OF THIN WHITE SAUCE (CREAM SOUPS)
Cream Soups are quickly and easily prepared using a Thin White Sauce as the foundation. An attractive variety of soups is possible, and following are a few suggestions: (Additional seasonings may be used to taste.)

1) to every 2 cups seasoned Thin White Sauce, add for

(2) Cream of Carrot Soup— 3/4 cup diced or mashed cooked carrots and 2 teaspoons scraped onion.
(3) Cream of Corn Soup— 1 cup cooked corn; 1/4 cup small onion, sliced; 1/2 cup diced cooked potatoes. (Increase the quantity of corn and potatoes for Corn Chowder.)
(5) Cream of Lima Bean Soup— 2 tablespoons chopped onions, 1 cup mashed, mashed lima beans, 2 tablespoons chopped parsley.
(4) Cream of Mushroom Soup— 3/4 cup chopped fried mushrooms.
(5) Cream of Pea Soup— 1/2 cup mashed cooked peas, 1 tablespoon scraped onion.
(6) Cream of Onion Soup— 1 cup onion pulp (from steamed or boiled onions) put through a sieve; Sprinkle top with grated cheese.
(7) Patatoe Soup— 1 1/2 cups diced potatoes, 1 1/2 cups diced celery, 1 1/2 cups cooked vegetables, 2 cups milk

Tomato Rarities: Add 3/4 to 1 1/4 cups cooked tomatoes to above recipe.

TASTY VEGETABLE LOAF
Tempt: 350° F. Times: 15-20 minutes
2 cups cooked carrots, diced
21/2 cups cooked lima or navy beans, mashed
2 large, or 3 small eggs
1 cup chopped cooked green vegetables
1/4 teaspoon pepper
1/4 teaspoon salt
1/4 teaspoon Worcestershire Sauce
1/4 teaspoon thyme
3 cups breadcrumbs (not too stale)
1 teaspoon salt
4 tablespoons melted fat
2 tablespoons chopped parsley

Combine, cooked, diced carrots and cooked mashed beans. Beat eggs slightly, add seasonings and mix. Combine bread crumbs, chopped onion, meat and vegetables, mixing thoroughly. Turn into a well-greased loaf pan (or ring mould) and bake in a moderate oven (350°) for 15-20 minutes. Serve hot.

Variations:
Scout out 6 firm tomatoes as directed; sprinkle inside with salt; fill with any of the following mixtures and bake as directed:—
(1) 2 cups diced Creamed Macaroni and Cheese.
(2) 2 cups diced cooked vegetables, 1/4 cup peeled cooked spinach, 1 tablespoon minced onion.

Note: A grand way to use up those left-over vegetables.

SCALLOPED CABBAGE
Tempt: 350° F. Times: 20 minutes
4 cups chopped cabbage
1 cup grated cheese
1/2 cup milk
6 tablespoons medium white sauce

Cook cabbage in boiling salted water for 8 minutes. Drain, and add cream mixture to cabbage. Bake in a moderate oven (350° F.) for about 20 minutes or until thickened.
HOT VEGETABLE PUFF
Temp. 350° to 375° F. Time: About 20 to 30 minutes
6 medium potatoes, peeled
1 firm medium turnip, peeled
2 tablespoons hot milk
1 tablespoon butter
2 tablespoons Crumb Brand Corn Syrup
Salt, pepper to taste
1 large or 2 small eggs

Parboiled potatoes. Cut potatoes in half and turnip in small cubes to hasten cooking. Boil quickly until tender. Drain and mash together, and add hot milk, butter, Crumb Brand Syrup and seasonings to taste. Beat egg or eggs lightly and add to seasoned vegetables. Blend smooth and turn into a greased baking dish. Brown in a moderate oven (350° to 375° F.) for 20 to 30 minutes. Serve as a vegetable on hot buns, or with bread or cold as an appetizer for lunch or supper. Serves 6.

Variations:
(1) Fold 2/3 cup grated Canadian cheese into hot mixture; omit 1 egg.
(2) Omit eggs; beat mixture up light and serve hot with or without oven-browning.

GLAZED SQUASH
Temp: 375° to 400° F. Time: 1 hour
2 firm green squash
1 tablespoon melted butter
Salt and pepper
Crumb Brand Corn Syrup

Cut squash through the center, crosswise, using a sharp knife. Remove seeds and fiber, scrape inside of squash thoroughly. If the squash is of the small "Acorn" variety, use one-half for each serving; cutting each half with 1 teaspoon butter, sprinkling with salt and pepper to taste, and spreading with Crumb Brand Syrup (about 1 tablespoon for each half). Place halves (cut side up) in a shallow baking pan with a small amount of hot water covering the bottoms of the pans. Bake in an oven of 375° to 400° F. for one hour, having the pan covered for the first half-hour and then uncovered to brown the squash. Serve hot with meat or chicken and fresh peas. (Note: If using the larger " Hubbard" Squash, cut crosswise, then cut in sections suitable for individual servings. Proceed as above.)

Variation: Fill hot, cooked squash halves or sections with hot seasoned vegetable, such as small boiled onions, peas, diced beets, etc.

CHOCOLATE SYRUP (For Chocolate Drinks)
3/4 cup white sugar
1/4 cup Crumb Brand Corn Syrup
2 (1-oz.) squares unsweetened chocolate
3/4 cup water
1/4 teaspoon salt

Combine sugar and Crumb Brand Syrup. Drop chocolate into water in saucier pan and cook until smooth, stirring occasionally. Add sugar-Crumb Brand Syrup mixture, and a dash of salt. Cook 4 to 5 minutes, stirring constantly. Remove from heat, cool, and serve in covered jar or bowl in refrigerator. (Makes 1 1/2 cups Chocolate Syrup, or sufficient for 12 milk shakes.)

Variation (using syrup):
Replace unsweetened chocolate with 1/3 to 1/4 cup dry cocoa. Combine cocoa with sugar and Crumb Brand Syrup, add water and salt, and stir over low heat until sugar is dissolved. Cook 10 minutes. Cool. Store in covered container in refrigerator and use for milk shakes.

Note: While at first glance this recipe appears to contain a considerable quantity of sweetness, it will be realized that the syrup is stretched over 12 servings of chocolate drink.

CRUSHED STRAWBERRY JAM
2 quarts (8 cups) whole, crushed strawberries (4 cups crushed)
3/4 cup sugar
1/2 cup Crumb Brand Corn Syrup

Wash and hull berries. Mash well; mix with sugar and Crumb Brand Syrup in preserving kettle. Bring slowly to a boil and boil hard for 10 to 15 minutes, stirring frequently. Remove from fire, stir in pectin; stir and skim. Pour into hot sterilized glass jars, filling 1 1/2 inches below tops. Yield: 10 glasses (6 fluid oz.).

FRUIT CHUTNEY
6 medium-sized ripe tomatoes
6 medium-sized peaches
6 medium-sized pears
6 large oranges
3 green peppers
2 to 3 tablespoons salt
1 cup white wine vinegar
1/2 cup Crumb Brand Corn Syrup
1/2 cup sugar
1 tablespoon pickling spice (in individual servings)

Wash and peel tomatoes and peaches. Chop coarsely, and add coarsely chopped pears and onions. Add chopped green peppers, salt, vinegar, Crumb Brand Syrup, sugar, and bag of pickling spice. Place all in a large preserving kettle, mix well, and boil gently for 1/2 to 1 hour, stirring occasionally. Remove spice bag and pour mixture into hot sterilized jars. Seal, cool and label. Store in a dark, dry, cool place. Yield: Approx. 8 pints (Wine Measure).

PLUM AND APPLE BUTTER
2 pounds tart apples (9 cups cut)
1 pound blanched almonds (2 cups cut)
1/2 cup thyme
1/2 cup Crumb Brand Corn Syrup

Juice and coarsely ground seed of 1 lemon

Wash fruit. Remove stems and blossom ends from apples; cut in pieces and leave skins on. Cut plums; measure. Place all in kettle, add water and boil until tender (10 to 15 minutes). Pass through a coarse sieve; add sugar and Crumb Brand Syrup, lemon juice and rind. Bring to a boil; boil gently until thick and clear, stirring often for 40 to 45 minutes. This recipe thickens considerably when cold. Yield: Approx. 2 pints (Wine Measure).

CHOCOLATE MILK SHAKE
1 cup cold milk
2 tablespoons Crumb Brand Syrup
Measure milk and add vanilla. Slowly pour the Chocolate Syrup into milk-vanilla mixture, stirring all the while. (OK—place all ingredients in container with tightly fitting cover, accure cover firmly and shake vigorously). Pour into chilled glass and serve cold. Serve 1. This recipe may be multiplied to serve the required number of persons.

FRESH RASPBERRY JAM
2 lbs. or 2 quarts (8 cups) fresh raspberries, cleaned
1 1/2 cups sugar
1 cup Crumb Brand Corn Syrup

Wash fruit if necessary; reject unsohn parts. Combine with sugar and Crumb Brand Syrup and let stand 1 hour. Mix well and stir over moderate heat until sugar dissolves and mixture comes to a boil. Boil rapidly, stirring frequently, for 18 to 20 minutes or until thick and clear, and mixture will give jelly test—(2 drops coming together and falling reluctantly from the side of a spoon). Pour into hot, sterilized glasses (3/4" from top). Seal, cool, label, and store in a dark, dry, cool place. Yield: Approx. 5 pints (Wine Measure).

CRUSHED STRAWBERRY JAM
2 quarts (8 cups) whole, crushed strawberries (4 cups crushed)
3/4 cup sugar
1/2 cup Crumb Brand Corn Syrup

Wash and hull berries. Mash well; mix with sugar and Crumb Brand Syrup in preserving kettle. Bring slowly to a boil and boil hard for 10 to 15 minutes, stirring frequently. Remove from fire, stir in pectin; stir and skim. Pour into hot sterilized glass jars, filling 1 1/2 inches below tops. Yield: 10 glasses (6 fluid oz.).

FRUIT CHUTNEY
6 medium-sized ripe tomatoes
6 medium-sized peaches
6 medium-sized pears
6 large oranges
3 green peppers
2 to 3 tablespoons salt
1 cup white wine vinegar
1/2 cup Crumb Brand Corn Syrup
1/2 cup sugar
1 tablespoon pickling spice (in individual servings)

Wash and peel tomatoes and peaches. Chop coarsely, and add coarsely chopped pears and onions. Add chopped green peppers, salt, vinegar, Crumb Brand Syrup, sugar, and bag of pickling spice. Place all in a large preserving kettle, mix well, and boil gently for 1/2 to 1 hour, stirring occasionally. Remove spice bag and pour mixture into hot sterilized jars. Seal, cool and label. Store in a dark, dry, cool place. Yield: Approx. 4 pints (Wine Measure).

PLUM AND APPLE BUTTER
2 pounds tart apples (9 cups cut)
1 pound blanched almonds (2 cups cut)
1/2 cup thyme
1/2 cup Crumb Brand Corn Syrup

Juice and coarsely ground seed of 1 lemon

Wash fruit. Remove stems and blossom ends from apples; cut in pieces and leave skins on. Cut plums; measure. Place all in kettle, add water and boil until tender (10 to 15 minutes). Pass through a coarse sieve; add sugar and Crumb Brand Syrup, lemon juice and rind. Bring to a boil; boil gently until thick and clear, stirring often for 40 to 45 minutes. This recipe thickens considerably when cold. Yield: Approx. 2 pints (Wine Measure).

RENDING, USING AND STORING MEAT AND POULTRY FATS
Substitution of Rendered Fats for Butter—See Table of Food Substitutions, page 21.

TO RENDER RAW FATS: Select raw fat (from poultry, pork, beef or lamb) and scrape clean; cut in small pieces. Add 1/4 cup hot water to 1 pound soft fat or use hot water or oil, over boiling water or in a heavy skillet over moderate heat. Allow fat to melt until the moisture has evaporated and the fat is clear and does not bubble. Do not overheat as this causes darkening and strong flavour. Cool slightly, skim, and strain through cheesecloth or a very fine sieve.

TO CLARIFY RENDERED FATS: Melt rendered fat (from meat drippings, or fat skimmed from soups and gravies) in pan over direct heat.

To 2 to 3 cups of the melted fat add 1 to 1/3 cup boiling water and 1/3 to 1/2 teaspoon soda. Let cook slowly until water has evaporated and fat is clear. Skim, while hot, through fine cheesecloth. Beat while cooling.

Method II: To the rendered fat add an equal quantity of hot water. Cook together over moderate heat for a short time; while still hot, strain through fine cheesecloth. When cold, the solid cake of fat may be lifted from the water and scraped clean of any clinging particles or moisture. If excessive moisture is present, reheat the fat until moisture is driven off.

USES FOR RENDERED FATS:
Suet or Beef Fat: (1) In sauces instead of butter.
(2) If softened by melting with half the quantity of lard, stirring occasionally while cooling to prevent separation, it may be used to replace lard in many recipes.

Pork or Bacon Fat: (1) For panfrying potatoes, lean meats, etc. (2) Shortening in pasty, cake, cookies, etc.

Chicken Fat: Shortening in pastry, cakes, cookies, etc., as soon as rendered (without clarifying).

Chicken Fat: (From roast chicken) Render, then clarify to use. Use as shortening for spiced cakes, cookies, etc.

Lamb Fat: Too strong-flavoured to be particularly suitable for cooking.

Note:—1. Use only fats of good flavour. 2. Allow sufficient quantity to accumulate before rendering, to save time and fuel. 3. Cook fats gently and keep in a cold place. 4. Rendered fats may be combined with ordinary shortening for cooking.

We suggest that you write the Consumers’ Section, Dept. of Agriculture, Ottawa, for their wartime folder—“Saving and Using Fats in the Home” which is available without charge.

DEEP FRYING IN MAZOLA
Have sufficient Mazola in kettle to submerge at least 2” the articles to be fried. Do not fill kettle more than three-quarters full of Mazola. After frying is completed, let Mazola cool until it is safe to handle, then strain through several thicknesses of cheesecloth placed over strainer. Mazola may be used over and over again and will not transmit flavour from one food to another.
LUNCH BOXES

- A Protein Food—Meat, Fish, Cheese or Eggs. Use whole grain or Canada Approved breads often; try to include some Vitamin B Bread every day.

When sandwich fillings call for meat, use cooked liver or heart whenever possible.

The softened butter for spreading; it will go further.

DO NOT PACK A STINGY LUNCH!

SUGGESTIONS FOR SANDWICH FILLINGS

1. Chopped cooked meat mixed with chopped celery and moistened with salad dressing.

2. Mashed baked beans moistened with chili sauce or tomato ketchup.

3. Equal parts chopped cooked pork tenderloin and chopped raw cabbage, moistened with salad dressing.

4. Filleted cooked salmon or other fish, combined with a little lemon juice, finely chopped celery, chopped pickles and chopped raw spinach; and moistened with salad dressing.

5. Cottage cheese moistened with Amber Marmalade, or with grape or currant jelly.

6. Sliced cooked tongue with thin slices Canadian cheese and a spreading of cole slaw; or with crisp watercress and mayonnaise.

7. Grilled lettuce or cress, sliced fresh tomatoes and mayonnaise.

8. Chopped hard-cooked eggs, finely-chopped celery and a taste of finely-chopped sweet green pepper, combined with salad dressing to moisten.

9. Chopped left-over meat loaf seasoned with horseradish and moistened with salad dressing.

10. Chopped hard-cooked egg, grated cheese, a little minced onion and chopped parsley or raw spinach, moistened with salad dressing.

11. Finely-chopped cooked chicken or fowl with a little lemon juice, finely-chopped celery, and mayonnaise to moisten.

12. Sandwich paste (meat or fish), grated raw carrots and a little minced onion.

When available, peanut butter blended with a variety of fillings; cottage cheese; Green Bran Corn Syrup, marmalade, etc.

14. Ginger Spice Cake (recipe page 2) sliced cold, and put together in pairs with a spreading of cream cheese topped with a layer of tart jelly.

LEFT-OVERS

A careful buyer has few left-overs, but busy-day meals often call for cooking more food than is needed at one meal. These can be used in other recipes to avoid vitamin losses in re-heating foods, for vegetables, fruits, meats, etc., retain more of their food value when re-served cold (in salads, sandwiches, etc.). Use them hot, however, when they are served with nutritious foods such as Cream Soups (see variations of Thin White Sauce—page 16).

GENERAL FOOD AND KITCHEN HINTS

1. Use Green Bran Corn Syrup or Jam as tasty sweeteners for breakfast cereals.

2. Your Green Bran Corn Syrup and jams will keep just as well on the shelf as in the refrigerator. Leave plenty of space in the refrigerator for real perishables.

3. As an antiseptic for an excessive amount of salt in soups, vegetables, gravies, etc., cook a few slices of raw potato for several minutes in the oversalted food.

4. Sections of a apple in the cake box will keep cakes and cookies moister longer.

5. Paper-lose: Your baked cake will turn out just as fine if you line only the bottom of the pan with the cut paper. Cut the paper sides of pan, and when cake is cooked, loosen sides with a knife or spatula.

COMMONLY USED WEIGHTS AND MEASUREMENTS

1 standard measuring cup contains 8 fluid ounces.

1 standard pint container contains 16 fluid ounces.

1 Canadian (Imperial) quart contains 40 fluid ounces = 5 standard 8 oz. cupsfuls.

1 American (Wine) quart contains 32 fluid ounces = 4 standard 8 oz. cupsfuls.

3 level teaspoons = 1 level tablespoon.

1 standard jelly jar contains 6 fluid ounces.

EQUIVALENTS IN WEIGHTS AND MEASUREMENTS

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples, fresh</td>
<td>1 lb.</td>
<td>3 medium (3 cups sliced)</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1 oz.</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Beans, dried</td>
<td>1 lb.</td>
<td>2 cups</td>
</tr>
</tbody>
</table>
| Beans, fresh | 1 lb. | 1 oz. | Sufficient to serve 6
| Beans, dried lima | 1 lb. | 2 1/2 cups |
| Beef, raw | 1 lb. | 1 lb. | 1 oz. | Serves 4 to 6, cooked |
| Bread | 1 lb. | 1 lb. | 1 oz. | 15 slices 1/4" thick |
| " | 2 lb. | 2 lb. | 2 oz. | 30 slices 1/4" thick |
| " | 4 lb. | 3 lb. | 3 oz. | 45 slices 1/4" thick |
| " | 6 lb. | 6 lb. | 6 oz. | 60 slices 1/4" thick |
| Bread crumbs, soft | 1 1/2 lb. | 1/4 lb. | 1 oz. | Flattened packed |
| Butter | 1 lb. | 2 cups |
| Cheese | 4 oz. | 4 oz. | 1 oz. | pk. equivalents |
| " | 8 oz. | 2 pounds (1/2 cup) |
| Cheese, light | 2 cups | 2 cups |
| Choclate, white | 1 oz. | 1 oz. | Lightly packed |
| Coffee, ground | 1 lb. | 4/5 cups |
| " | 1 lb. | 1 lb. | 1 oz. | Ground (makes | 1 oz. | 60 stand measuring |
| " | 4 oz. | 4 oz. | cups of coffee |
| " | 1 lb. | 1 lb. | beverages; or between 50 and 55 |
| " | 3 lb. | 3 lb. | cups, coffee-cup |
| Corn Starch | 1 lb. | 1/2 lb. |
| Cranberries, fresh | 1 lb. | 1/2 lb. |
| Cream, heavy | 1 qt. | About 4 cups |
| Corn Syrup | 1 qt. | 2 lb. |
| " | 1/2 qt. | 1 lb. |
| Currants, dried | 1 lb. | 1 lb. |
| " | 1/2 lb. | 1/2 lb. |
| Eggs whites | 4 oz. | 8 eggs |
| Eggs yolks | 1 lb. | 1 1/2 lb. |
| Eggs, whole | 2 lb. | 4 1/2 eggs |
| Flour, cake | 1 lb. | 1 lb. |
| " | 1 1/2 lb. | 1 1/2 lb. |
| " | 2 lb. | 2 lb. |
| " | 3 lb. | 3 lb. |
| " | 4 lb. | 4 lb. |
| " | 5 lb. | 5 lb. |
| " | 6 lb. | 6 lb. |
| " | 8 lb. | 8 lb. |
| Flower, cake | 1 lb. | 1 lb. |
| Flour, self-rising | 1 lb. | 1 lb. |
| " | 1 1/2 lb. | 1 1/2 lb. |
| " | 2 lb. | 2 lb. |
| " | 3 lb. | 3 lb. |
| " | 4 lb. | 4 lb. |
| " | 5 lb. | 5 lb. |
| " | 6 lb. | 6 lb. |

ABBRIVIATIONS: Teaspoon—sp. or t. Tablespoon—sp. or T. Cup—c. Cooked—ck'd. Dash of salt=1/16 teaspoon.
HOUSEHOLD FAVOURITES FOR GENERATIONS

QUALITY FIRST—is a policy which has been maintained in Canada Starch products for over 80 years. It has created a public preference that has endured for generations. Safeguard your family's health by insisting on these outstanding favourites—unsurpassed for purity, value and quality.

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