

# Cook Book







I DO NOT hesitate to award Karo the preference above any other table syrup used in my household.

As an accompaniment to waffles and griddle-cakes it deserves all that can be said in praise of it. It is as clear and as sweet as honey and richer in consistency, without the cloying quality that makes honey distasteful to some, and unwholesome if eaten freely.

I have also used Karo in the preparation of puddings and gingerbread, with satisfactory results. The candies made from it are pure and delicious.

*Marion Harland*

# CORN PRODUCTS COOK BOOK

By

EMMA CHURCHMAN HEWITT

Former Associate Editor LADIES' HOME JOURNAL

You are cordially invited to inspect our Refineries where Karo, Kingsford's and Mazola are manufactured under the most hygienic and sanitary conditions. From the time the yellow kernels of Corn are unloaded from the cars at our Refineries until the Pure Food Products made from them reach the Consumer in the form of Karo Kingsford's and Mazola, they are not touched by human hands.

PUBLISHED BY

CORN PRODUCTS REFINING CO.

NEW YORK, N. Y.



## A WORD TO THE HOUSEWIFE

**T**HIS little book of recipes is the result of many years of housekeeping. They are all practical. They are in daily use in thousands of homes.

During my long editorial service on the Ladies' Home Journal and other magazines, I was brought into intimate correspondence with housekeepers in all parts of the United States—and especially with their work and achievements in cooking.

I found that their experience was the same as mine—those who had the greatest success with cornstarch recipes always depended on Kingsford's.

I found, too, that they had developed a wide range of uses for Kingsford's Cornstarch.

The novice, for instance, too often knows cornstarch only as the basis of a few puddings and other desserts.

The cook of the older generation uses Kingsford's Cornstarch a dozen times a day, in all kinds of dishes.

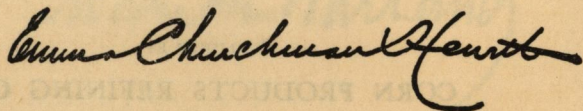
She uses Kingsford's always for thickening her gravies and sauces—which is the secret of their rich, creamy consistency and their freedom from the raw taste that flour gives. Gravies and sauces should be thoroughly cooked.

She gets the fine texture of her bread, biscuits, cakes and cookies by mixing part Kingsford's Cornstarch with the flour.

She makes her pie crust perfect and flaky by using part cornstarch instead of all flour—and the under crust is dry and tender, even in juicy fruit pies.

It is these cooks who have furnished most of these recipes, which have been a staple in my own household for years, and I have added a number originated by myself.

Yours very truly,



*Former Associate Editor Ladies' Home Journal.*

## MISCELLANEOUS SUGGESTIONS

When baking ham, if Karo Syrup is substituted for brown sugar to mix with the bread crumbs and yolk of egg with which it is covered before the final browning, a finer flavor will be obtained.

Brushing pastry lightly with Karo Syrup will give it that fine glaze considered so desirable.

A tablespoon Karo Syrup stirred into griddle cakes (not enough to sweeten) will materially assist in the process of browning. A small proportion of Kingsford's Cornstarch will improve their texture.

When cooking with Karo Syrup over a quick fire, to prevent from possibility of burning, drop in three or four stone marbles ("agates," as the boys call them). The heat will keep these constantly on the move and will not only prevent the burning but will do most of the stirring.

In making cakes, etc., where Karo Syrup is used, always stir the soda into the syrup.

If your fire is quite hot and you are afraid that your Karo Syrup will boil over, butter the inside of the vessel about two inches from the top. The syrup will not rise higher than the butter.

In making pancakes, use one-third Kingsford's Cornstarch instead of all flour.

When eggs are scarce and several are used, a teaspoonful Kingsford's Cornstarch may be used very satisfactorily in place of one egg.

All kinds of crusts, steamed puddings and dumplings are much better when part Kingsford's Cornstarch is used in place of all flour.

When short of cream in an emergency, Kingsford's Cornstarch, with milk and egg, makes a good substitute.

To prevent icing from running off while being spread, lightly dust the cake with Kingsford's Cornstarch.

A little Kingsford's Cornstarch introduced into a juicy fruit pie, such as rhubarb, cherry, etc., prevents its running over.

A pinch of Kingsford's Cornstarch in the salt cellar will prevent the salt from growing hard.

Kingsford's Cornstarch is fine to powder candies, such as marshmallows, etc.

The wholesomeness of Kingsford's Cornstarch, and the ease with which it is assimilated, makes it much more desirable than flour for things prepared for the very young, the very old, and the delicate.

### Insist on Kingsford's.

To guard against disappointment, use Kingsford's wherever cornstarch is required. Ordinary cornstarch cannot be depended upon for the results you desire. With the many low-grade cornstarches now selling at the price of Kingsford's, you must be watchful of substitution. Kingsford's costs no more than inferior substitutes.

### Demand Kingsford's.



## Directions for Measuring

Unless otherwise stated, all measures should be level. One-half a spoonful is one-half a level spoonful measured lengthwise through the middle of the spoon.

Dry ingredients should be sifted before measuring and piled lightly in the cup. They should never be shaken down.

## BREAD AND ROLLS, ETC.

### Wheat Bread

- |                               |                                  |
|-------------------------------|----------------------------------|
| 7 cups wheat flour            | $\frac{3}{4}$ tablespoon butter  |
| 1 cup Kingsford's Cornstarch  | $\frac{1}{2}$ yeast cake         |
| 1 heaping teaspoon salt       | $\frac{1}{4}$ cup lukewarm water |
| $\frac{1}{2}$ tablespoon lard | 1 pint milk                      |

Scald the milk and cool till lukewarm. Sift the flour, cornstarch and salt together; rub in the lard and butter. Dissolve the yeast in the lukewarm water; add it to the milk and stir in the dry ingredients. Knead on a floured board for twenty-five minutes. Place in a greased bowl, rub the top very lightly with softened butter, cover loosely with a soft cloth, and rise over night. In the morning mould quickly into loaves and put into buttered pans. Rise till double in bulk and bake in a medium oven. Lukewarm water may be substituted for all, or part, of the milk, and one tablespoon of Karo (Crystal White) may be added to the milk when mixing. For Raised Biscuits add a little butter or lard, and a little sweetening if desired.

### Graham Bread

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1 quart graham flour          | 1 tablespoon Karo                |
| 3 cups wheat flour            | $\frac{1}{2}$ tablespoon lard    |
| 1 cup Kingsford's Cornstarch  | $\frac{3}{4}$ tablespoon butter  |
| $1\frac{1}{2}$ teaspoons salt | $\frac{1}{2}$ yeast cake         |
| 3 tablespoons brown sugar     | $\frac{1}{4}$ cup lukewarm water |
| $\frac{1}{4}$ teaspoon soda   | 1 quart milk                     |

Scald the milk and cool till lukewarm. Sift the dry ingredients together and rub in the flour. Dissolve the yeast in the lukewarm water, and add it and the Karo to the milk. Beat in the dry ingredients and beat twenty minutes. Cover and rise over night. Make into loaves with as little handling as possible. Rise till more than double in bulk and bake in a moderately hot oven.

### Parker House Rolls

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 2 cups milk                        | Whites of 2 eggs                 |
| $\frac{1}{4}$ cup sugar            | 2 yeast cakes                    |
| 1 tablespoon butter and lard mixed | $\frac{1}{2}$ cup lukewarm water |
| $1\frac{1}{2}$ teaspoons salt      | Flour                            |

Scald the milk. Pour into the mixing bowl, and add the sugar, salt, and melted butter and lard. When lukewarm add the beaten whites of the eggs,

the yeast dissolved in the warm water, and enough flour to make a thin batter. Beat thoroughly, cover, and rise till about double in bulk. Add enough flour to make a dough just as soft as can be handled. Turn on to floured board and knead until it is spongy and elastic. Let it rise till triple in bulk. Turn on to a well-floured board and roll out lightly about half an inch thick. Cut with a biscuit cutter previously dipped in flour. Dip the handle of a case knife in flour, and with it make a crease through the middle of each piece. Brush over half of the top of each piece with melted butter, and press the edges together lightly. Place in a buttered pan one inch apart. Cover, and let rise till light. Bake in a hot oven twelve to fifteen minutes.

## Tea Biscuit or Short Cake Crust

- |  |                           |
|--|---------------------------|
| $2\frac{1}{2}$ cups flour                | 2 well-rounded teaspoons  |
| $\frac{1}{2}$ cup Kingsford's Cornstarch | baking powder             |
| $\frac{3}{4}$ teaspoon salt              | Milk to make a soft dough |
| 2 tablespoons lard                       |                           |

Sift the dry ingredients together till thoroughly mixed. Rub in the lard with the tips of the fingers or with a fork. Cut in the milk, moistening only part at one time. When all is moistened, cut all together. Toss lightly on a floured board. Pat out about three-quarters of an inch thick and cut with a biscuit cutter. Bake twelve to fifteen minutes in a rather hot oven.

## Popovers

- |                         |  |            |
|-------------------------|--|------------|
| 2 eggs                  | 1 cup milk                               | Pinch salt |
| $\frac{3}{4}$ cup flour | $\frac{1}{4}$ cup Kingsford's Cornstarch |            |

Beat the whites of the eggs very stiff. Add them to the milk, beaten up with the yolks of the eggs and the salt. Put the flour and cornstarch in a mixing bowl and stir in the liquid to make a perfectly smooth batter, then add the rest of the liquid, beating vigorously. Pour into hissing hot, well-greased popover cups and bake twenty minutes in a quick oven. Remove from cups and serve immediately, as they fall quickly.

## Graham Muffins

- |  |                            |
|--|----------------------------|
| $\frac{1}{2}$ cup flour                  | 1 teaspoon salt            |
| $\frac{1}{2}$ cup Kingsford's Cornstarch | 1 cup milk                 |
| 1 cup graham flour                       | 1 egg                      |
| $\frac{1}{4}$ cup sugar                  | 1 tablespoon melted butter |
| 3 teaspoons baking powder                |                            |

Sift all the dry ingredients together till thoroughly mixed. Beat the egg till light and add it to the milk. Stir quickly into the dry ingredients, and cut in the melted butter last. Bake in gem pans in a moderate oven.

## Corn Gems

- |  |                                 |
|--|---------------------------------|
| 1 pint corn meal                         | 1 teaspoon salt                 |
| $1\frac{1}{2}$ cups flour                | 1 pint buttermilk               |
| $\frac{1}{2}$ cup Kingsford's Cornstarch | $1\frac{1}{2}$ tablespoons Karo |
| 2 teaspoons baking powder                | 2 eggs                          |
| 1 teaspoon soda                          | Butter size of an egg           |

Sift the dry ingredients together. Add the Karo and beaten egg to the buttermilk and mix quickly with the dry ingredients. Cut in the melted butter last.



## Sally Lunn

- |                              |   |
|------------------------------|---|
| 3½ cups flour                | 2 tablespoons Karo ( <i>Crystal White</i> ) |
| ½ cup Kingsford's Cornstarch | 2 eggs                                      |
| 1 teaspoon soda              | 2 cups milk                                 |
| 2 teaspoons cream of tartar  | Butter size of an egg, melted               |

Mix like muffins. Bake in layer cake tins. Serve hot, spreading with butter and piling two or three high. They may be eaten with Karo Syrup or Plain Karo Sauce (page 20).

## Lunch Muffins

- |                              |   |
|------------------------------|---|
| 1½ cups flour                | 2 eggs                                    |
| ½ cup Kingsford's Cornstarch | 3 teaspoons Karo ( <i>Crystal White</i> ) |
| 2 teaspoons baking powder    | 1 full cup milk                           |
| ½ teaspoon salt              | 3 tablespoons of butter, melted           |

Mix as other recipes for muffins.

## Brown Bread

- |                              |                           |
|------------------------------|---------------------------|
| 2½ cups yellow cornmeal      | 1½ heaping teaspoons soda |
| ½ cup Kingsford's Cornstarch | 1 teaspoon salt           |
| ½ cup flour                  | 1 cup Karo                |
| ½ cup rye meal               | 3½ cups sour milk         |

Sift the dry ingredients together till thoroughly mixed. Add the Karo and stir in the sour milk. Mix well and steam four hours.

## French Rolls

- |                              |                              |
|------------------------------|------------------------------|
| 4 cups wheat flour           | 1 tablespoon home-made yeast |
| ½ cup Kingsford's Cornstarch | or ¼ yeast cake dissolved    |
| ¾ teaspoon salt              | in lukewarm water            |
| 1 egg                        | 2½ cups new milk             |
| 2 tablespoons butter         |                              |

Scald milk, add the butter, and cook till lukewarm. Add the yeast and egg well beaten. Sift the dry ingredients and add to the liquid. Beat well, but do not knead. When risen, form into rolls with as little handling as possible, and bake at once.

## GRIDDLE CAKES AND WAFFLES

### Flannel Cakes

- |                                   |                    |
|-----------------------------------|--------------------|
| 2 cups flour                      | 1 teaspoon salt    |
| 1 cup Kingsford's Cornstarch      | 3 cups milk        |
| 3 rounded teaspoons baking powder | 2 teaspoons butter |
| 2 eggs                            | 1 tablespoon Karo  |

Sift the dry ingredients together. Stir in the milk, the butter, melted, and the well-beaten eggs last. Sour milk may be used by substituting one teaspoon of soda for part of the baking powder. Serve with Karo.

## Rice Pancakes

- |                              |                                  |
|------------------------------|----------------------------------|
| 1 cup boiled rice            | 1 heaping teaspoon baking powder |
| 1 cup flour                  | 1 egg                            |
| ¼ cup Kingsford's Cornstarch | 1 cup milk                       |
| ½ teaspoon salt              | 1 tablespoon Karo                |

Sift the dry ingredients together. Soak the rice in the milk, add the egg well beaten. Stir all together and add enough more milk to make a thin batter. Bake on a hot griddle. Serve with Karo.

## Oatmeal Scones

- |                     |   |
|---------------------|---|
| ½ cup boiling water | 1 good teaspoon Karo ( <i>Crystal White</i> ) |
| 1 tablespoon butter | 1 cup cold stiff porridge                     |
| ¼ teaspoon soda     |   |

Put together in the order named. Turn out on a board and mould into a flat mass. Flour the rolling pin well, and roll very thin. Bake very slowly on griddle. When desired for table, toast for ten minutes. Delicious served with Karo and cream.

## Corn Cakes

- |                              |                                   |
|------------------------------|-----------------------------------|
| 1½ cups Indian meal          | 1 cup milk                        |
| ½ cup Kingsford's Cornstarch | 2 tablespoons flour               |
| 1 teaspoon salt              | 2 rounded teaspoons baking powder |
| 1½ cups boiling water        | 1 tablespoon Karo                 |
| 2 eggs                       |                                   |

Sift the meal, cornstarch and salt together, stir in gradually the boiling water. Rest the bowl on the stove while stirring, so that it may not stop boiling. Cool for a few moments. Stir the milk into the batter, then sift in the flour and baking powder. Beat thoroughly and add the eggs well beaten. Bake on a hot griddle. Serve with Karo.

## Pancakes (French Style)

- |              |            |                     |
|--------------|------------|---------------------|
| 3 eggs       | 1 cup milk | 1½ tablespoons Karo |
| 2 cups flour |            | Little salt         |

Beat all well together for five minutes. Fry quickly in large thin cakes. Spread with fruits or sweets, and roll. Sprinkle with powdered sugar and serve hot.

## Buckwheat Cakes

- |                              |                    |
|------------------------------|--------------------|
| 1 quart buckwheat            | ½ cup warm water   |
| ⅓ cup Kingsford's Cornstarch | 1 tablespoon Karo  |
| 1 heaping teaspoon salt      | 1 quart warm water |
| ⅓ yeast cake                 |                    |

Sift the dry ingredients together. Soften the yeast in the warm water, and add it and the Karo to the rest of the water. Mix with the buckwheat, beat eight minutes and rise over night. In the morning add warm water to make thin enough to pour onto the griddle. Serve with Karo.



## Quick Buckwheat Cakes

- |                              |                             |
|------------------------------|-----------------------------|
| 2 cups buckwheat flour       | 4 teaspoons baking powder   |
| ¾ cup wheat or graham flour  | 2 tablespoons Karo          |
| ¼ cup Kingsford's Cornstarch | Water to make a thin batter |

Sift the dry ingredients together. Add water to make a thin batter and stir in the Karo. Serve hot with Karo.

## Waffles

- |                              |                             |
|------------------------------|-----------------------------|
| ½ cup Kingsford's Cornstarch | 2 teaspoons baking powder   |
| 1½ cups flour                | ½ cup milk                  |
| ½ teaspoon salt              | 2 eggs                      |
|                              | 1 heaping tablespoon butter |
|                              | 1 tablespoon Karo           |

Beat the eggs and add the milk, and stir gradually into the dry ingredients sifted together. Add the butter (melted) last. Cook in a waffle iron and serve hot with Karo.

## FRITTERS

### Plain Fritters

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1¾ cups flour                    | ½ teaspoon salt             |
| ¼ cup Kingsford's Cornstarch     | 1 egg                       |
| 1 heaping teaspoon baking powder | 1½ cups milk (about)        |
|                                  | 1 tablespoon butter, melted |

Sift the dry ingredients together. Add the egg, unbeaten, and the milk. Beat well and add the melted butter. Fry in deep hot lard, but do not cook too quickly, else they will be raw inside.

### Corn Fritters

- |                            |       |                            |
|----------------------------|-------|----------------------------|
| 8 large ears of corn       | 1 egg | 2 teaspoons sugar          |
| 1 tablespoon melted butter |       | Kingsford's Cornstarch and |
| 1 teaspoon salt            |       | flour (half and half) to   |
| ¼ teaspoon pepper          |       | hold together              |

Grate the corn enough to break the skin and scrape the cobs well. Add egg, unbeaten, the butter, salt, pepper and sugar. Add just enough flour and cornstarch to hold together, and fry in a well-greased pan.

### Hominy Fritters

- |                       |                               |
|-----------------------|-------------------------------|
| 1 egg                 | 2 teaspoons Kingsford's Corn- |
| ½ cup milk            | starch                        |
| 1 quart boiled hominy | Pinch of salt                 |

Mix well and make into balls. Dip in egg and crumbs and fry in deep fat.

### Clam Fritters

- |          |       |                          |
|----------|-------|--------------------------|
| 15 clams | 1 egg | ½ teaspoon baking powder |
|----------|-------|--------------------------|

Chop clams fine and add half the juice. Add the egg and enough flour and Kingsford's Cornstarch, mixed with the baking powder, to make a good batter. Fry in deep fat.

### Fruit Fritters

Add two tablespoons of Karo Syrup to rule for plain fritters. Dip pieces of fruit in the batter and fry in deep fat.

## CAKES AND COOKIES

### Loaf Sponge Cake

- |                     |                              |
|---------------------|------------------------------|
| 6 eggs              | ¼ cup Kingsford's Cornstarch |
| 2 cups sugar        | 1 teaspoon baking powder     |
| 1 cup boiling water | ½ teaspoon lemon extract     |
| 2¾ cups flour       |                              |

Beat the yolks of the eggs very light, beating in gradually the sugar. Add the beaten whites of the eggs and boiling water. Beat in very lightly the flour, cornstarch and baking powder well sifted together. Flavor. Bake in a loaf pan in a moderate oven.

### Angel Cake

- |                              |                         |
|------------------------------|-------------------------|
| 2½ oz. flour                 | 10 oz. pulverized sugar |
| 1 oz. Kingsford's Cornstarch | Whites of 12 eggs       |
| 1 teaspoon cream of tartar   | 1 teaspoon vanilla      |

Sift the flour, cornstarch and cream of tartar together five times. Beat the whites of the eggs till very stiff, adding a pinch of salt while beating. Fold in the sugar, add the vanilla and the flour, very lightly, last. *Do not beat* after flour is added. Turn into a mould greased on the bottom only, and bake forty-five minutes. Remove from oven and invert on table so that air may reach it. Do not remove from mould till cold.

### Delicate Cake

- |                    |                              |
|--------------------|------------------------------|
| 1 cup butter       | 1 cup Kingsford's Cornstarch |
| 2 cups sugar       | 2 cups flour                 |
| 1 cup milk         | ½ teaspoon soda              |
| 7 eggs—whites only | 1 teaspoon cream of tartar   |

Cream butter and sugar together, add the milk alternately with the dry ingredients sifted together. Flavor to taste. Fold in the whites of the eggs beaten to a stiff froth. Bake in a moderate oven. Never fails to be good.

### Chocolate Layer Cake

- |                    |                              |
|--------------------|------------------------------|
| ½ scant cup butter | 1¼ cups flour                |
| 1 cup sugar        | ¼ cup Kingsford's Cornstarch |
| 2 eggs             | 1½ teaspoons baking powder   |
| ½ cup milk         | 1 teaspoon vanilla           |

Sift the flour, cornstarch and baking powder together. Cream the butter and sugar together. Add the beaten eggs, the vanilla and the milk and flour alternately. Beat well and bake in layers in a moderately hot oven.

### FILLING

- |                                     |                               |
|-------------------------------------|-------------------------------|
| ½ cup rich milk                     | 1 cup sugar                   |
| Yolks of 2 eggs                     | 1 square of Baker's chocolate |
| 1 tablespoon Kingsford's Cornstarch | 1 teaspoon vanilla            |

Scald the milk. Melt the chocolate over water. Beat the eggs, add the sugar and the cornstarch well mixed together. Pour on the hot milk gradually. Add the chocolate and cook, stirring constantly till it comes to the boiling point. Remove from fire and add vanilla.



## Marble Cake

### WHITE PART

- |                        |                               |
|------------------------|-------------------------------|
| ½ cup butter           | 2 teaspoons baking powder     |
| 1 cup granulated sugar | ¼ cups Kingsford's Cornstarch |
| ½ cup milk             | Whites of 4 eggs              |
| ¾ cups flour           |                               |

Cream butter and sugar. Add milk alternately with the dry ingredients sifted together. Flavor with vanilla and fold in the beaten whites of eggs.

### DARK PART

- |                   |                                |
|-------------------|--------------------------------|
| ½ cup butter      | 1 teaspoonful each ground cin- |
| 1 cup brown sugar | namon, cloves, mace and        |
| ½ cup Karo        | nutmeg                         |
| ½ cup sour milk   | 1½ cups flour                  |
| Yolks of 4 eggs   | 1 teaspoon soda                |

Cream butter, sugar, Karo together and add beaten yolks. Add the spice and the milk alternately with the flour and soda sifted together. Pour the two kinds alternately into a well-buttered tin.

## Karo Cup Cake

- |                       |                              |
|-----------------------|------------------------------|
| ½ cup sugar           | 1½ cups Karo                 |
| ½ cup butter          | ¾ cups flour                 |
| 3 eggs                | ¼ cup Kingsford's Cornstarch |
| 1 tablespoon cinnamon | 3 rounding teaspoons baking  |
| 2 tablespoons ginger  | powder                       |

Beat sugar and butter together. Add the eggs, beaten separately. Add the spice and the Karo. Beat in the dry ingredients sifted together. Pour into gem pans and bake in a very moderate oven.

## Karo Fruit Cake

- |                            |                                  |
|----------------------------|----------------------------------|
| 2 cups Karo                | Grated nutmeg                    |
| 1 cup brown sugar          | 4 eggs 4½ cups flour             |
| 1 cup butter               | ½ cup Kingsford's Cornstarch     |
| 1 cup milk                 | 3 teaspoons baking powder        |
| 1 tablespoon each cinnamon | 1 cup each raisins and currants, |
| and cloves                 | well floured                     |

Beat the butter, sugar and Karo to a cream. Add the eggs, well beaten, the milk alternately with the dry ingredients sifted together and the spice. Turn in the fruit last. Bake in a very moderate oven one hour.

## Lady Fingers

- |                              |             |
|------------------------------|-------------|
| 6 eggs                       | 1 cup flour |
| 1 cup sugar                  | Flavoring   |
| ¼ cup Kingsford's Cornstarch |             |

Mix according to formula. Press the mixture through a tube on to a baking sheet covered with paper, in portions an inch wide and five inches long. Dust with powdered sugar and bake from ten to fifteen minutes, without browning. Remove from the paper, brush over the flat surface of one biscuit with white of egg, and press the under side of a second biscuit upon the first.

## Cornstarch Cakes

- |                        |                              |
|------------------------|------------------------------|
| ½ cup butter           | 3 eggs                       |
| ½ cup sugar            | 1 cup Kingsford's Cornstarch |
| Grated rind of 1 lemon | 1 teaspoon baking powder     |

Cream the butter, add the sugar and cream together. Add the yolks of the eggs, the lemon rind, and the cornstarch and baking powder sifted together. Beat the whites of the eggs and add one tablespoonful at a time. Put into small buttered tins, filling only half full. They should be baked a delicate straw color in a moderate oven.

### Icing

¼ cup granulated sugar ¼ cup boiling water Powdered sugar to spread  
Boil granulated sugar and water four minutes. Sift in, stirring all the time, enough powdered sugar to spread. If too thick, thin with lemon juice or water. Cakes should be cold when iced.

## New Jersey Gingerbread

- |                   |                              |
|-------------------|------------------------------|
| 1 cup brown sugar | ½ cup Kingsford's Cornstarch |
| 1 cup Karo        | 1 tablespoon ground ginger   |
| ½ cup butter      | 1 teaspoon ground cloves     |
| ½ cup lard        | 1 teaspoon soda              |
| 2½ cups flour     | 1 cup sour milk              |

Mix the sugar and Karo and place on stove. As it warms add the butter and lard. Add the dry ingredients sifted together, and last the sour milk. Beat well and bake in a moderate oven. (Substitute Lassies for Karo if molasses flavor is preferred.)

## Yankee Cake

- |                       |                              |               |
|-----------------------|------------------------------|---------------|
| 1 egg                 | 1 cup milk                   | 1½ cups flour |
| Butter size of 2 eggs | ½ cup Kingsford's Cornstarch |               |
| 1½ cups sugar         | 3 teaspoons baking powder    |               |

Turn butter, sugar and unbeaten eggs into a bowl and beat well. Sift the dry ingredients together and add to first mixture. Stir in slowly one cup milk. Flavor to taste, and bake in moderate oven three-quarters of an hour. Good also as layer cake.

## Cream Puffs and Éclairs

- |                            |        |                                |
|----------------------------|--------|--------------------------------|
| ½ cup boiling water        | 2 eggs | 1 cup flour, which includes 1½ |
| 4 level tablespoons butter |        | tablespoons cornstarch         |

Put butter and boiling water in a saucepan, add the flour and cornstarch, well mixed, all at once and cook till it leaves the side of the pan. Remove from the fire, cool by beating, and when cold beat in, one at a time, the unbeaten eggs. Line a baking sheet with buttered paper. Drop the batter in rounds on it and bake in a hot oven for thirty minutes. When cold, split and fill with whipped cream or the cream filling.

### CREAM FILLING

- |                           |                    |
|---------------------------|--------------------|
| 2 tablespoons Kingsford's | 1 cup milk         |
| Cornstarch                | 2 eggs—yolks only  |
| 2 teaspoons flour         | 1 teaspoon vanilla |
| Pinch of salt             | ¼ cup sugar        |

Mix the cornstarch and flour. Add the salt and mix to a smooth paste with one-quarter cup of the milk. Scald the rest of the milk, and add to the



cornstarch. Cook in a double boiler twenty minutes. Add the beaten yolks of the eggs and cook long enough to set. Remove from the fire and add the vanilla and sugar. If the mixture has been carefully stirred while thickening it will be smooth. If lumpy, strain, cool and fill the cold puffs.

### Karo Marguerites

1/3 cup Karo Syrup (Blue Label)	1/2 cup walnut meats
1/3 cup water	1 cup white sugar
	White of two eggs

Sufficient shredded cocoanut to form right consistency for dropping. Boil syrup, sugar and water until it threads. Pour slowly over the well beaten white of eggs, beat two minutes, or until thickened a little, then add nuts and shredded cocoanut. When nearly cool drop a spoonful on top of small cracker or Five O'clock Tea, and brown in a moderate oven.

### New York Cookies

1/2 cup butter and lard	1 cup sour milk
1 cup sugar	1 teaspoon soda
1/2 cup Karo (Crystal White)	Flour to roll

Melt the lard and butter, stir into the syrup, add the sugar and the sour milk, in which the soda has been dissolved. Mix with enough flour to roll out.

### Ginger Cookies

1 1/2 cups lard	2 tablespoons ginger
1 cup brown sugar	2 teaspoons baking powder
1/2 cup Karo	2 cups flour
4 eggs	

Warm the Karo and sugar and add the lard. Beat up the eggs and add to the first mixture; then add the ginger and the flour and baking powder. Beat hard and add enough flour to roll out. Bake in a quick oven. (Substitute Lassies for Karo if molasses flavor is preferred, and use one-half teaspoon baking soda in place of baking powder.)

### Ginger Snaps

1 cup lard (or part butter)	1 egg
1 cup Karo	1 tablespoon each of ginger,
1 cup brown sugar	cinnamon and allspice
2 cups flour	2 1/2 cups flour
3 teaspoons soda	1/4 cup cornstarch
1 tablespoon vinegar	

Boil lard, sugar and Karo together. Add, while hot, two cups of flour. Dissolve soda in vinegar and add when cool. Stir in the egg and spice. Add the cornstarch and enough flour to make a stiff dough. (Substitute Lassies for Karo if molasses flavor is preferred.)

### Karo Gingerbread (Hard)

1 cup butter	1 teaspoon cinnamon
1/2 cup brown sugar	3 1/2 cups flour
2 cups Karo	1/2 cup Kingsford's Cornstarch
1 cup milk	4 teaspoons baking powder
1 tablespoon ginger	

Cream butter and sugar together, adding the Karo, milk and spice. Sift the flour, cornstarch and baking powder together. Add about one-half of this

mixture to the first mixture and beat well. Add the rest of the flour and as much more as is necessary to make a stiff dough. Roll one-half inch thick and cut into rounds or squares. Immediately after taking from the oven, brush with Karo Syrup and put away to dry. (Substitute Lassies for Karo if molasses flavor is preferred, and use one teaspoon baking soda in place of baking powder.)

## FILLINGS FOR LAYER CAKES

### Karo Filling

1/4 cup Karo (Crystal White)	1 grated sour apple
3/4 cup sugar	1 grated lemon rind and juice
1 egg	Vanilla to taste

Cook all together for five minutes, adding vanilla when cold.

### Fruit and Nut Filling

Chop dried fruit and nuts very fine and rub to a paste with Karo Syrup.

### Raisin Filling

1 cup water	1/4 cup Karo (Crystal White)	1 cup raisins
3/4 cup sugar	1 egg	

Seed and chop the raisins. Add sugar, Karo and water, and cook till raisins are soft. Put over pan of water, and add egg slightly beaten. Cook till consistency of thick cream. Flavor with lemon. Cool before using.

### Fig Filling

1/4 pound chopped figs	1/2 cup boiling water
1/2 cup sugar	1 1/2 tablespoons lemon juice
2 tablespoons Kingsford's	Grated rind of 1/2 orange
Cornstarch	

Put figs, sugar, cornstarch in a double boiler and pour on the boiling water, stirring all the time. When well mixed add the lemon juice and orange rind. Cover and cook one-half hour, stirring occasionally.

### Chocolate Icing

3/4 cup sugar	1/4 bar chocolate
1/4 cup Karo Syrup	Pinch of salt
8 tablespoons milk	1/4 teaspoon vanilla

Boil sugar, Karo and milk. Add the grated chocolate and salt, and cook till it forms a soft ball in cold water. Remove from fire, flavor, and stir till thick enough to spread.

### Brown Icing

1/4 cup Karo (Crystal White)	3 tablespoons cocoa
1 cup confectioner's sugar	Strong coffee

Stir the syrup, sugar and cocoa together and moisten with the coffee until proper consistency to spread.



## PIES

### Plain Crust

- |                                |                   |
|--------------------------------|-------------------|
| 1 1/4 cups flour               | 1/2 teaspoon salt |
| 1/4 cup Kingsford's Cornstarch | 1/2 cup lard      |
| 1/2 teaspoon baking powder     | 1/4 cup ice water |

Sift the dry ingredients together. Cut in the lard till of the consistency of meal. Cut in the water quickly. Handle as little as possible, else it will be tough.

### Richer Crust

- |                                     |   |
|-------------------------------------|---|
| 3 cups flour                        | 1 heaping cup lard (part butter may be used)      |
| 1 tablespoon Kingsford's Cornstarch | Ice water to moisten so that it may be rolled out |
| 1 teaspoon salt                     |   |

Mix as directed above. Use only water enough to prevent crust from being crumbly. Too much water makes it hard.

### Blackberry Pie

Line pie plate with rich crust. Wash and drain the berries, and fill plate quite full. Sprinkle well with sugar, and sift over all one generous tablespoon of Kingsford's Cornstarch. Season with cinnamon and bits of butter. Add the top crust, well pricked, and bake. Strawberry, whortleberry, rhubarb and peach pies should be thickened the same way with Kingsford's Cornstarch.

### Cranberry Pie

Fill pie plate, lined with paste, with cranberries which have been pricked, washed and *dried*. (Unless dried there will be too much liquid.) Fill the plate two-thirds full of Karo (Crystal White) into which a teaspoon of Kingsford's Cornstarch has been stirred, and cover with well-pricked paste.

### Cocoanut Pie

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 3 eggs                              | 2 tablespoons sugar             |
| 1 tablespoon Kingsford's Cornstarch | 2 cups milk (scalded)           |
|                                     | 1/2 cup freshly grated cocoanut |

Beat the yolks of the eggs, add the sugar and cornstarch, and pour on the scalded milk slowly. Add the grated cocoanut, and turn into a deep plate lined with rich paste. When baked, cover with a meringue made from the whites of the eggs, well beaten, to which three round tablespoonfuls of powdered sugar should be added. Sprinkle with cocoanut and brown in the oven.

### Lemon Pie

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 cup Karo (Crystal White)           | 3 eggs                          |
| 1 cup milk                           | Rind and juice of 1 large lemon |
| 2 tablespoons Kingsford's Cornstarch | Pinch of salt                   |

Cook the Karo, milk and cornstarch together in a double boiler for fifteen minutes. Beat the yolks of two eggs and one whole egg slightly and stir smooth with the first mixture. Add the lemon juice and rind of the lemon and the salt, and cook one minute. Fill the paste while hot and bake in a quick oven. When cool make meringue of the whites of the two eggs, and return to the oven to brown.

### Karo Pie

Line pie plate with rich crust, and fill two-thirds full with Karo (Crystal White). Stir in lightly without touching the paste two teaspoons Kingsford's Cornstarch. Lay over the top thin slices of lemon. Lay strips of crust from edge to edge. Bake slowly.

### Pumpkin Pie

- |                                     |        |                             |
|-------------------------------------|--------|-----------------------------|
| 1 1/4 cups dry pumpkin              | 2 eggs | 2 tablespoons Karo          |
| 1 tablespoon Kingsford's Cornstarch |        | 2 tablespoons melted butter |
| 1/2 cup brown sugar                 |        | 1/2 teaspoon ginger         |
| 1 cup rich milk                     |        | 1 teaspoon cinnamon         |
|                                     |        | 1/2 teaspoon salt           |

Beat the eggs slightly. Add to the milk. Mix the other ingredients thoroughly, and bake with one crust.

To Prepare Pumpkin. — Cut pumpkin in half, remove the seeds and bake, open side down. When soft, scrape from the skin and mash.

### Mock Cream Pie

- |                                      |                    |
|--------------------------------------|--------------------|
| 1 cup sugar                          | 1 pint of hot milk |
| 4 tablespoons Kingsford's Cornstarch | Pinch of salt      |
| Yolks of 3 eggs                      | 1 teaspoon butter  |

Beat the yolks of the eggs, add the sugar and cornstarch, well mixed. Stir in the hot milk slowly and add the salt and butter. Turn into a crust already baked. Grate nutmeg on the top. Bake till firm. Cover with meringue and brown.

### Mince Pie

- |                         |                            |
|-------------------------|----------------------------|
| 1 lb. suet              | 1 pint boiled cider        |
| 8 lbs. tart apples      | 1/2 lb. chopped citron     |
| 4 lbs. lean boiled beef | 1 tablespoon salt          |
| 3 lbs. seeded raisins   | 1 tablespoon ground spices |
| 2 lbs. currants         | 1 tablespoon mace          |
| 1 lb. brown sugar       | 1 tablespoon cloves        |
| 1 quart Karo            | 1 tablespoon allspice      |
| 1 pint brandy           | 4 tablespoons cinnamon     |
| 1 pint Madeira wine     | 2 nutmegs, grated          |
| 2 quarts sweet cider    |                            |

Chop the suet, apples and beef, and add all the ingredients except the brandy and wine. Heat thoroughly, cool, and add the brandy and wine. Cover tightly and keep cold but do not freeze. Bake in a rich double crust.

### Orange Tart

- |                                      |                              |
|--------------------------------------|------------------------------|
| 1 cup boiling water                  | 3/4 cup Karo (Crystal White) |
| 4 tablespoons Kingsford's Cornstarch | 1 teaspoon lemon juice       |
| 1 large, juicy orange                | 3 eggs                       |

Cook the cornstarch, made smooth with a little cold water, and the boiling water for five minutes. Add the pulp and part of the grated rind of the orange, the Karo and the lemon juice. Heat thoroughly and pour slowly on



to the beaten yolks of the eggs. Beat thoroughly. Pour into a tart crust, cover with meringue made from the whites of the eggs and flavored with lemon juice. Brown in oven. Serve cold.

## PUDDINGS

### Cornstarch Pudding

3 cups scalded milk	¼ teaspoon salt
6 level tablespoons Kingsford's Cornstarch	2 eggs
½ cup sugar	1 teaspoon vanilla

Mix the cornstarch with a little cold milk. Stir the hot milk slowly onto the cornstarch and stir over water till it thickens. Cook eight minutes. Beat the eggs slightly, add the sugar and salt. Add the cornstarch mixture to the eggs, and cook, stirring constantly, one minute longer. Remove from fire—add the vanilla. Serve cold with cream and sugar. (Serves six persons.)

### Blanc Mange

2¼ cups milk, scalded	Pinch of salt
6 tablespoons Kingsford's Cornstarch	1 teaspoon vanilla

Mix the cornstarch with one-quarter cup of cold milk, add the salt and stir the scalded milk slowly onto the cornstarch. Cook over water for twelve minutes, stirring till it thickens. Add vanilla. Stir well. Turn in a mould wet with cold water to set.

### Chocolate Blanc Mange

Melt one square of chocolate over water, add to hot milk and proceed as above. Sweeten to taste.

### Delicate Custard

Yolks of 2 eggs	1 dessertspoon Kingsford's Cornstarch
2 tablespoons Karo (Crystal White)	
1 pint milk, scalded	

Mix the cornstarch, Karo and eggs, and pour on the hot milk. Cook over water till it thickens. Flavor with vanilla. May be poured over fresh or stewed fruit.

### Prune Whip

1 pound prunes    2 eggs—whites only    1 tablespoon powdered sugar  
Soak the prunes over night in water enough to cover. Cook in the water in which they have been soaked. Remove stones, chop fine and sweeten to taste. Add the whites of the eggs beaten with the sugar. Beat thoroughly and stand on ice for one hour. Serve with Delicate Custard.

### Tipsy Parson

1 pint milk	1 heaping teaspoon Kingsford's Cornstarch
Yolks of 2 eggs	

Moisten pieces of sponge cake with sherry and lay in a glass dish. Pour over the cake a custard, made of the eggs, milk and cornstarch, sweetening to taste.



CORN GEMS



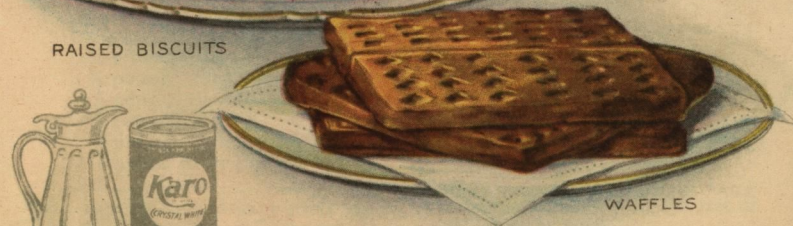
FRENCH ROLLS



BUCKWHEAT CAKES



RAISED BISCUITS



WAFFLES





CHARLOTTE RUSSE

CHOCOLATE  
LAYER CAKE



JELLY CAKE



LOAF SPONGE CAKE

CHOCOLATE  
ECLAIRS

Before serving sprinkle freely with blanched almonds, and cover with a meringue made from whites of eggs. One cup of whipped cream may be added.

### Apple Dumpling — Baked

Peel and core the required number of tart apples and cover each with a good crust. Put in a baking pan and pour over each a little Karo (Crystal White). Turn into the pan one cup brown sugar and two cups of hot water. Bake dumplings from time to time, till apples are soft and crust a rich brown.

### Boiled Apple Pudding

- |                                |                             |
|--------------------------------|-----------------------------|
| 1 pint chopped apples          | 1 tablespoon Kingsford's    |
| 1 pint bread crumbs            | Cornstarch                  |
| 1 cup raisins                  | $\frac{1}{2}$ teaspoon salt |
| $\frac{3}{4}$ cup chopped suet | $\frac{1}{2}$ cup Karo      |
| 1 egg (unbeaten)               | 1 cup milk                  |

Mix the apples and bread crumbs. Add all the rest of the ingredients and beat well. Put into buttered moulds and boil two hours. Serve hot with sauce.

### Boiled Indian Pudding

- |                         |                        |
|-------------------------|------------------------|
| 1 cup Indian meal       | $\frac{1}{2}$ cup Karo |
| 1 quart milk            | 1 tablespoon butter    |
| 1 egg                   | Salt to taste          |
| $\frac{1}{2}$ cup sugar |                        |

Pour one pint of milk onto the meal and set to boil, stirring constantly. When thick remove from the fire and add the egg well beaten, sugar, Karo, butter, salt and the rest of the milk. Steam or boil in a floured bag. Serve with hard sauce. (Substitute Lassies for Karo if molasses flavor is preferred.)

### Graham Pudding

- |                                  |                             |
|----------------------------------|-----------------------------|
| $\frac{1}{2}$ cup Karo           | $\frac{1}{2}$ cup sour milk |
| $\frac{1}{2}$ cup brown sugar    | $\frac{1}{2}$ teaspoon soda |
| $\frac{1}{4}$ cup butter         | 1 cup raisins               |
| 1 egg                            | Spices to taste             |
| $1\frac{1}{2}$ cups graham flour |                             |

Stir the sugar and Karo together, add the butter, melted, and the egg, well beaten. Stir in the flour and the sour milk, in which the soda has been dissolved. Add the spices, and the raisins, well floured, last. Steam four hours and serve with plain Karo Sauce. (Substitute Lassies for Karo if molasses flavor is preferred.)

### Christmas Pudding

- |   |  |
|---|--|
| $\frac{1}{4}$ pound shelled almonds     | $1\frac{1}{4}$ pounds bread crumbs       |
| $\frac{1}{2}$ pound candied orange peel | $2\frac{3}{4}$ cups flour                |
| 3 pounds raisins                        | $\frac{1}{4}$ cup Kingsford's Cornstarch |
| 3 pounds currants                       | 1 ounce mixed spices                     |
| 2 pounds chopped beef suet              | 12 eggs                                  |
| 1 pound brown sugar                     | Milk to bind all together                |
| 1 cup Karo                              |  |

Chop the almonds, orange peel, raisins, currants and suet. Add the rest of the ingredients. Tie in a floured bag and boil for eight hours.



### Yum Yum Pudding

- |                                     |               |
|-------------------------------------|---------------|
| 1 cup cooked cereal (left over)     | ½ cup raisins |
| ½ cup Karo ( <i>Crystal White</i> ) | 2 eggs        |
| ½ cup milk                          |               |

Put all together into a double boiler. When smooth turn into a buttered baking dish and bake forty minutes. Eat with cream.

### Dandy Pudding

- |                                      |             |
|--------------------------------------|-------------|
| 1 quart milk                         | ½ cup sugar |
| 4 tablespoons Kingsford's Cornstarch | 3 eggs      |

Make a custard of the milk, cornstarch, sugar and yolks of eggs. Flavor with lemon and pour into individual glasses. Make a meringue out of the whites of the eggs and cover top of each glass.

### Plain Fruit Pudding

- |                             |                              |
|-----------------------------|------------------------------|
| 1 cup butter and suet mixed | ½ grated nutmeg              |
| 1 cup Karo                  | 1 egg                        |
| 1 cup raisins               | 2¼ cups flour                |
| 1 cup currants              | ¼ cup Kingsford's Cornstarch |
| 2 teaspoons cinnamon        | 2 teaspoons baking powder    |

Sift the last three ingredients together and mix in the order given. Steam three hours.

## CUSTARDS

### Cup Custard

- |                     |                        |
|---------------------|------------------------|
| 2 eggs              | ½ teaspoon Kingsford's |
| 3 cups milk         | Cornstarch             |
| 2 tablespoons sugar | Pinch of salt          |

Mix the cornstarch with the sugar and add to the slightly beaten eggs. Pour on the milk slowly, add the salt. Flavor to taste and set in cups of water in the oven to cook till thick.

### Mock Custard

- |                       |                           |
|-----------------------|---------------------------|
| 1 quart milk, scalded | Pinch of salt             |
| ½ cup sugar           | 4 eggs                    |
| 1 tablespoon butter   | 2 tablespoons Kingsford's |
| 1 teaspoon cinnamon   | Cornstarch                |

Mix the cornstarch to a smooth paste with a little cold milk, add the scalded milk slowly, and cook over water till thoroughly done. Mix the other ingredients and combine with the first mixture. Cook only long enough to thicken the eggs—not more than two or three minutes.

### Orange Custard

- |                     |                          |
|---------------------|--------------------------|
| 1 pint milk—scalded | 1 tablespoon Kingsford's |
| Yolks of 2 eggs     | Cornstarch               |
| Sugar to taste      |                          |

Mix eggs, sugar and cornstarch and pour the hot milk on slowly. Cook over water, stirring constantly, till it thickens. Cool. Slice four oranges and arrange in a serving dish with layers of sugar. Pour the custard over the whole.

### Coffee Custard

- |                                     |                          |
|-------------------------------------|--------------------------|
| 1 pint milk                         | 1 cup strong, hot coffee |
| ¾ cup Karo ( <i>Crystal White</i> ) | 1 tablespoon Kingsford's |
| 3 eggs                              | Cornstarch               |

Heat milk and Karo to boiling point. Add the eggs, well beaten, the coffee, and the cornstarch mixed till smooth with a little cold milk. Stir till it thickens. Pour into glasses. When very cold serve with whipped cream.

## SWEET SAUCES

### Chocolate Sauce

- |                             |                      |
|-----------------------------|----------------------|
| ½ tablespoon flour          | 1½ squares chocolate |
| 1 tablespoonful Kingsford's | ¾ cup sugar          |
| Cornstarch                  | 2 eggs               |
| Pinch of salt               | ½ teaspoon vanilla   |
| 1 pint scalded milk         |                      |

Mix the cornstarch and flour, and make smooth with a little cold milk. Cook in the scalded milk over water for ten minutes. Melt the chocolate, add one-quarter cup sugar and turn into the thickened milk. Beat the whites of the eggs very stiff, add the rest of the sugar and the yolks of the eggs. Stir the hot mixture slowly into the eggs and return to double boiler and stand for a moment or two, but do not cook. Flavor and cool.

### Banana Sauce

- |                           |                           |
|---------------------------|---------------------------|
| 2 large ripe bananas      | 2 tablespoons Kingsford's |
| 4 tablespoons lemon juice | Cornstarch                |
| ½ cup sugar               | ¼ cups boiling water      |

Mash bananas and rub through sieve into a saucepan. Cover immediately with lemon juice to prevent discoloration. Mix the cornstarch and sugar, add to fruit, pour on the boiling water and stir till it thickens. Cook ten minutes. Strain and beat well.

### Mock Cream

- |                         |                     |
|-------------------------|---------------------|
| 2 teaspoons Kingsford's | 1 pint scalded milk |
| Cornstarch              | 1 teaspoon vanilla  |
| 2 tablespoons sugar     | Whites of 2 eggs    |

Mix the cornstarch and sugar, and cook in the hot milk ten minutes. Strain and cool. Add vanilla and whites of eggs beaten stiff. Makes a good substitute for whipped cream.

### Lemon Sauce (Hot)

- |   |                            |
|---|----------------------------|
| 2 cups sugar                                | Juice and grated rind of 2 |
| 2 tablespoons Karo ( <i>Crystal White</i> ) | lemons                     |
| ½ cup butter                                | 1 teaspoon Kingsford's     |
| 1 cup water                                 | Cornstarch                 |
| Yolk of 1 egg                               |                            |

Cook the sugar, Karo, butter, water and lemon juice together. When it comes to the boil, stir in slowly the cornstarch made smooth with a little water, and the beaten yolk of the egg. When cooked, add the white beaten stiff. Serve hot.



### Plain Karo Sauce

- |                        |                                     |
|------------------------|-------------------------------------|
| 1 cup dark brown sugar | 1 cup Karo                          |
| 2 tablespoons butter   | 1 cup cream                         |
| Yolk of 1 egg          | 1 tablespoon Kingsford's Cornstarch |

Cream the butter and sugar together; add the beaten yolk of the egg, the Karo and the cream and cornstarch. Boil till thick. Add whiskey or wine if desired, after removing from the fire.

### Coffee Sauce

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 2 cups strong coffee                  | 1 egg                               |
| 3/4 cup Karo ( <i>Crystal White</i> ) | 1 tablespoon Kingsford's Cornstarch |

Boil coffee and Karo together. Pour while boiling over the egg and cornstarch. Beat vigorously. Strain and cool.

### Sauce for Plum Pudding

- |                                    |  |
|------------------------------------|--|
| 2 tablespoons butter               | 1/2 cup sugar                            |
| 2 teaspoons flour                  | 1 teaspoon Karo ( <i>Crystal White</i> ) |
| 2 teaspoons Kingsford's Cornstarch | 1 pint boiling water                     |
|                                    | 1/2 teaspoon lemon juice                 |

Stir all together and cook, stirring constantly, till it boils and becomes thick.

### Brandy Sauce

- |  |  |
|--|--|
| 3 level tablespoons Kingsford's Cornstarch | 1 pint hot water                           |
| 1/2 level teaspoon flour                   | 1 tablespoon Karo ( <i>Crystal White</i> ) |
| Pinch of salt                              | 1/2 cup brown sugar                        |
| 1 rounded tablespoon butter                | 1 teaspoon vanilla                         |
|  | 1 generous tablespoon brandy               |

Stir the cornstarch, flour and salt together, and blend with the butter. Stir in the hot water gradually, add the other ingredients, and cook, stirring constantly, five or six minutes. Add vanilla and brandy, remove from fire, and beat in a second tablespoon of butter.

## GRAVIES AND MEAT SAUCES

### Roast Beef

Remove roast from pan, and pour off all the fat except one good tablespoonful. Add one tablespoon of Kingsford's Cornstarch. Put over the fire and cook, stirring constantly, till well browned. Add gradually, stirring all the time, one pint of boiling water, and cook till thick and smooth. All brown gravies may be made from this recipe.

### Creamed Chicken Gravy

Pour desired amount of milk into pan where chicken has been fried. Season with butter, salt and pepper, and thicken with Kingsford's Cornstarch rubbed smooth with a little cold milk.

### White Sauce

- |                                      |                          |
|--------------------------------------|--------------------------|
| 2 cups milk                          | 2 tablespoons butter     |
| 2 tablespoons Kingsford's Cornstarch | Salt and pepper to taste |

Rub the butter and cornstarch together and add the cold milk. Place over a moderate fire and stir constantly till it boils. Cook thoroughly. This sauce may be used for vegetables. For fish add hard-cooked eggs, either chopped or sliced.

### Lobster Sauce

- |  |                             |
|--|-----------------------------|
| 1 lobster                                | 1/5 teaspoon cayenne pepper |
| 1 1/2 tablespoons Kingsford's Cornstarch | 1 pint boiling water        |
|  | Lemon juice                 |

Cut the lobster into dice. Rub the "coral" to a paste with part of the butter. Make a sauce of the cornstarch, rest of butter and water, add the coral, and season to taste with lemon juice and salt. Simmer five minutes and strain over the diced lobster. Boil up once and serve.

### Tomato Sauce

- |                      |            |  |
|----------------------|------------|--|
| 1 pint tomatoes      | 1 bay leaf | 1 1/2 tablespoons Kingsford's Cornstarch |
| 1 large slice onion  |            | Salt and pepper to taste                 |
| 2 tablespoons butter |            |  |

Put the onion and bay leaf into the tomatoes and simmer gently twenty minutes. Rub through a strainer and add to the butter and cornstarch previously rubbed together. Stir over a moderate fire till it boils, and season to taste. Cook thoroughly.

### Caper Sauce

- |                                     |                          |
|-------------------------------------|--------------------------|
| 2 tablespoons butter                | 2 cups milk              |
| 2 tablespoons flour                 | 1 teaspoon vinegar       |
| 1 tablespoon Kingsford's Cornstarch | 3 tablespoons capers     |
|                                     | Salt and pepper to taste |

Rub butter, flour and cornstarch to a paste. Add the milk and stir over moderate fire till it thickens. Add vinegar, capers and seasoning. Serve with lamb or mutton.

### Parsley Sauce

Make a white sauce and add chopped parsley and a little lemon juice. Serve with fish.

### Velvet Sauce

- |  |                               |
|--|-------------------------------|
| 4 tablespoons butter                     | 1 quart chicken or veal stock |
| 1 1/2 tablespoons flour                  | 1/2 cup mushroom liquor       |
| 1 1/2 tablespoons Kingsford's Cornstarch | 6 whole peppers               |
|  | Salt and dash of nutmeg       |

Combine as directed in white sauce, using stock in place of milk. Boil twenty minutes. Skim, and simmer for one hour. Strain and season if necessary. Add a few drops of kitchen bouquet.



## ENTREES

### Creamed Chicken on Toast

Remove the meat from the bones of cold cooked chicken and cut in dice. Heat in just as little water as possible. Add a white sauce, and when thoroughly heated pour onto hot buttered toast. For the sauce use:

- |                                      |                          |
|--------------------------------------|--------------------------|
| 2 tablespoons butter                 | 2 cups milk              |
| 2 tablespoons Kingsford's Cornstarch | Salt and pepper to taste |
|                                      | Little chopped parsley   |

### Tomato Toast à la Kingsford

- |  |                   |
|--|-------------------|
| $\frac{1}{2}$ cup strained tomatoes      | Pinch of Pepper   |
| $\frac{1}{4}$ cup Kingsford's Cornstarch | 8 slices of toast |
| 1 teaspoon salt                          |                   |

Cook the rest of the can of tomatoes for fifteen minutes. Thicken with the cornstarch made smooth with the strained tomato. Season. Dip the edges of the toast in salted water. Butter and lay in a serving dish. Pour on the hot tomato and garnish with parsley. This may be varied by adding half a cup grated cheese, or cooking a slice of onion and half of a sweet pepper with the tomato.

### Fondue

- |   |                  |
|---|------------------|
| $\frac{1}{2}$ pound good dry cheese               | 1 cup cream      |
| $2\frac{1}{2}$ tablespoons Kingsford's Cornstarch | Yolks of 4 eggs  |
|   | Whites of 5 eggs |

Cook the cornstarch with the cream till thick; turn in the cheese, grated, and add a little salt. Stir till cool and add the yolks, well beaten. Fold in the whites beaten very stiff. Bake in a papered tin in a hot oven, filling tin only half full. Bake twenty minutes, and serve at once, as it will fall.

### Creamed Codfish

- |                                    |                          |
|------------------------------------|--------------------------|
| 2 tablespoons butter               | 1 cup desiccated codfish |
| 2 teaspoons Kingsford's Cornstarch | $\frac{1}{2}$ cup cream  |
|                                    | Pepper to taste          |

Soak the codfish for one hour in warm water. Cook the butter and cornstarch together, add the codfish, and stir constantly. Stir in the cream and add a little pepper. Simmer ten minutes, stirring constantly.

### Creamed Oysters

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 pint oysters                       | $\frac{1}{4}$ teaspoon salt     |
| $\frac{1}{2}$ cup beef stock         | Pepper to taste                 |
| 2 tablespoons Kingsford's Cornstarch | 1 teaspoon Worcestershire sauce |
| 3 tablespoons butter                 | Few drops onion                 |

Rinse the oysters and drain. Strain the oyster liquor and cook the oysters in it till the edges begin to curl. Make a sauce of the butter, cornstarch, beef stock and half cup of the oyster liquor. Season. Add the oysters, cook about one minute and serve in patties.

### Welsh Rarebit

- |                            |                                    |
|----------------------------|------------------------------------|
| $\frac{1}{2}$ pound cheese | 1 cup milk                         |
| 1 round tablespoon butter  | 2 teaspoons Kingsford's Cornstarch |

Melt the cheese with the butter and add the milk, into which the cornstarch has been stirred. Set over fire and stir till it has cooked. Do not boil the cheese. The safest way is to cook over water. Season with salt and paprika.

### Lobster Patties

Cut into small pieces tail part two boiled lobsters. Season well with pepper, salt and a little lemon juice. Dissolve two tablespoons Kingsford's Cornstarch in a little cold milk and turn into one pint boiling milk. After it has thickened add butter and cook until quite thick. Stir lobster into this mixture and heat through. Fill patty shells which have been heated.

### Curried Eggs

- |   |  |
|---|--|
| 1 slice onion                                     | 1 teaspoon curry powder                        |
| 2 tablespoons melted butter                       | $\frac{1}{4}$ teaspoon salt                    |
| $1\frac{1}{2}$ tablespoons Kingsford's Cornstarch | $1\frac{1}{4}$ cups milk                       |
| $\frac{1}{2}$ tablespoon flour                    | 5 hard-boiled eggs, cut lengthwise in quarters |

Brown the onion in the butter and add the flour and cornstarch; stir in the milk, stirring till it thickens, and season. Add the eggs and cook long enough to heat thoroughly, and serve at once with hot boiled rice.

### Poached Eggs à la Kingsford

- Poach eggs in hot, salted water. Place on platter and cover with sauce made as follows:
- |                             |   |
|-----------------------------|---|
| $\frac{1}{2}$ cup rich milk | $\frac{1}{2}$ tablespoon Kingsford's Cornstarch |
| 1 tablespoon butter         | Salt and pepper to taste                        |

Combine as white sauce. May be served on toast if desired.

### Macaroni Milanaise

- |  |                            |  |
|--|----------------------------|--|
| $\frac{1}{2}$ package macaroni               | 1 slice onion              | 2 level tablespoons Kingsford's Cornstarch |
| 1 can tomatoes (or fresh ones in proportion) | 1 stalk celery             | 1 cup bread crumbs mixed with              |
| 1 bay leaf                                   | 3 cloves                   | 1 rounding tablespoon butter, melted       |
| 1 blade mace                                 | Pinch of soda              |  |
| $\frac{1}{2}$ cup grated cheese              | 2 level tablespoons butter |  |

Break macaroni into inch lengths and drop in salted boiling water. Cook till tender, and drain. Season tomatoes with bay leaf, mace, onion, celery, cloves and soda, and cook twenty minutes. Melt butter and stir into the cornstarch, season with salt and paprika, and gradually add tomato pulp. Cook till thickened. When cool, add cheese. Lay the macaroni and the sauce layer for layer in buttered baking pan. Put crumbs over them, and bake in moderate oven till crumbs are browned. Serve hot.

### Chicken Croquettes

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 1 pint finely chopped cold chicken | 2 tablespoons Kingsford's Cornstarch |
| 1 teaspoon salt                    | 1 teaspoon onion juice               |
| $\frac{1}{2}$ teaspoon pepper      | 1 tablespoon lemon juice             |
| 1 cup cream                        | 1 pint bread crumbs                  |
| 4 eggs                             | 3 tablespoons butter                 |

Cream the butter and cornstarch, add the cream and cook over moderate fire till it thickens. Add meat and seasonings and boil for two minutes. Pour over two eggs, well beaten; when thoroughly mixed, cool. Shape into croquettes, dip in crumbs, then in egg, and in crumbs again, and fry in deep fat.



## SOUFFLES

### Kingsford Cheese Soufflé

- |                                   |                     |                       |
|-----------------------------------|---------------------|-----------------------|
| 1 cup milk                        | 3 eggs              | ½ cup grated crackers |
| 1 teaspoon Kingsford's Cornstarch | ½ cup grated cheese |                       |

Cook the cornstarch in the milk, and when it comes to the boil add the cracker crumbs. Beat the yolks of the eggs, and add the cheese. Stir this into the first mixture, and season to taste. Add the whites of the eggs, beaten stiff, and bake at once.

### Apple Soufflé

- |                                      |                     |
|--------------------------------------|---------------------|
| 4 tart apples                        | ¼ teaspoon salt     |
| 4 tablespoons Kingsford's Cornstarch | 1 cup boiling water |
| 1 tablespoon flour                   | 1 teaspoon lemon    |
| 4 tablespoons cold water             | Sugar to taste      |
| 1 tablespoon butter                  | 3 eggs              |

Pare, core and cook the apples. Rub through a coarse sieve. Dissolve the flour and cornstarch in the cold water. Add the butter and salt to the boiling water and blend with the thickening. Add the apple pulp, sugar and lemon and beat well. Remove from the fire and add the beaten yolks. Fold the whites, beaten stiff. Bake in a shallow dish until puffed and brown.

## OMELETS

### Omelet au Gratin

- |                                   |                     |
|-----------------------------------|---------------------|
| 1 teaspoon Kingsford's Cornstarch | 4 eggs              |
| ½ cup milk                        | ½ cup grated cheese |
|                                   | Season to taste     |

Mix like ham omelet.

### Spanish Omelet

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 2 tablespoons melted butter          | 1 tablespoon capers             |
| 1 tablespoon chopped onion           | 2 tablespoons chopped mushrooms |
| 2 tablespoons Kingsford's Cornstarch | Dash of tobasco                 |
| 1 tablespoon flour                   | 4 eggs                          |
| 1¾ cups strained tomatoes            | 4 tablespoons water             |
| 1 tablespoon chopped sweet pepper    | ½ teaspoon salt                 |
|                                      | Pepper to taste                 |

Brown the onion in the butter and add the flour and cornstarch. Stir in the tomato, stirring till it thickens, and add one-quarter of a teaspoon of salt and the tobasco. Beat the eggs till well mixed, add the water and season with one-half teaspoon of salt and pepper to taste. Cook on a buttered omelet pan. Spread part of sauce over it, fold and dress with the remainder of the sauce.

### Ham Omelet

- |                                       |            |                     |
|---------------------------------------|------------|---------------------|
| 1½ tablespoons Kingsford's Cornstarch | 1 cup milk | 1 tablespoon butter |
|                                       | 3 eggs     | ½ cup minced ham    |

Cook the cornstarch in the milk. Add the beaten eggs and ham and beat again. Melt the butter in an omelet pan, and add the omelet. Serve very hot.



PIE CRUST



LEMON PIE



SHORT CAKE



CUP CUSTARD









## ICE CREAMS AND ICES

### Tutti Frutti

Soak one-half pound of dried and candied fruit in one glass of whiskey and lemon juice. Add to ice cream when partly frozen, and finish freezing.

### Kingsford Ice Cream

- |                                     |                 |
|-------------------------------------|-----------------|
| 1 cup sugar                         | 1 pint milk     |
| $\frac{1}{2}$ teaspoon salt         | Yolks of 3 eggs |
| 1 tablespoon Kingsford's Cornstarch | 1 pint cream    |

Mix the cornstarch with the sugar and add to the slightly beaten eggs. Pour on the milk slowly, add the salt, and cook over water till thoroughly done. When cold, add the cream and freeze, flavoring to taste.

### Vanilla Ice Cream

Make as above, substituting one or two whole eggs for the three yolks. Flavor with one tablespoon of vanilla.

### Frozen Custard

- |                         |                                      |
|-------------------------|--------------------------------------|
| 1 quart rich milk       | 2 teaspoons Kingsford's              |
| 1 handful raisins       | Cornstarch                           |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ cup nut meats, chopped |
| $\frac{1}{2}$ cup Karo  | 2 teaspoons vanilla                  |
| 3 eggs                  |                                      |

Heat the raisins in the milk in a double boiler for twenty minutes. Make a custard of the other ingredients, adding the nut meats when cold. Freeze as ice cream. This may be varied by adding chopped figs, dates, etc.

### Karo Ice Cream

To each quart of cream or rich custard, add one cup of Karo (Crystal White) and one teaspoon of vanilla. Freeze, and serve plain or with English walnuts, chopped, over the top.

### Café Frappé

- |   |                          |
|---|--------------------------|
| $\frac{3}{4}$ cup Karo ( <i>Crystal White</i> ) | 1 tablespoon Kingsford's |
| 1 quart strong coffee                           | Cornstarch               |
| 1 quart cream                                   |                          |

Cook the cornstarch in the coffee till thickened. Add the Karo, and when cold, add the cream. A little sherry may be stirred in before freezing. Serve in sherbet or champagne glasses.

### Maple Mousse

- |                               |   |
|-------------------------------|---|
| 3 eggs                        | $\frac{1}{4}$ cup Karo ( <i>Crystal White</i> ) |
| $\frac{3}{4}$ cup maple syrup | 2 cups cream                                    |

Heat the syrup and pour over the beaten yolks of the eggs, stirring briskly. Whip the cream and the whites of the eggs and fold into the first mixture. Pack in ice and salt and stand several hours without stirring.



### Frozen Compote

- |   |                            |
|---|----------------------------|
| 3 pints boiling water                           | 3 cups shredded pineapple  |
| 3 cups sugar                                    | 3 cups mashed strawberries |
| $\frac{1}{2}$ cup Karo ( <i>Crystal White</i> ) | 3 large bananas, mashed    |
| 3 shredded oranges                              | Juice of 3 lemons          |

Dissolve the sugar in the water and add the Karo. Pour over the fruit and freeze as ice cream.

### Jelly Sherbet

- |  |                    |
|--|--------------------|
| $\frac{3}{4}$ pint sugar                         | 4 lemons           |
| $\frac{1}{3}$ pint Karo ( <i>Crystal White</i> ) | 1 glass acid jelly |
| Whites of 2 eggs                                 |                    |

Make lemonade of two pints of water, juice of four lemons, sugar, syrup and one glass of acid jelly. Put into freezer, and when well chilled, but not frozen, beat in whites of two eggs, and freeze. This quantity will freeze to one gallon.

### Grape Ice

- |                         |   |
|-------------------------|---|
| 1 pint grape juice      | $\frac{1}{4}$ cup Karo ( <i>Crystal White</i> ) |
| $\frac{1}{2}$ cup sugar | Whites of 4 eggs                                |

Beat whites of eggs and add after the mixture is partly frozen.

## BEVERAGES

### Spruce Beer

- |                                  |  |
|----------------------------------|--|
| 1 gallon water                   | $\frac{1}{2}$ pound brown sugar                  |
| 1 ounce hops                     | $\frac{1}{2}$ cups Karo ( <i>Crystal White</i> ) |
| 1 rounded teaspoon ground ginger | 1 scant ounce essence of spruce                  |

Boil well. When nearly cold, add one cup yeast and set away to ferment in a jug or jar. Will be ready to bottle in a day or two.

### Fruit Punch

- |                                      |                            |           |
|--------------------------------------|----------------------------|-----------|
| 1 quart grape juice                  | 6 lemons                   | 2 oranges |
| 2 cups Karo ( <i>Crystal White</i> ) | 2 quarts Apollinaris water |           |

Mix the grape juice, Karo and juice of lemons and oranges. Chill. Just before serving add the Apollinaris and thin slices of orange and pineapple cut into dice.

### Tea Punch

- |                               |                                      |
|-------------------------------|--------------------------------------|
| 1 quart moderately strong tea | 3 sliced oranges                     |
| $\frac{1}{4}$ can pineapple   | 2 cups Karo ( <i>Crystal White</i> ) |
| 1 dozen lemons                | Water to make 1 gallon               |

Apollinaris may be used in place of part of the water, or a quart of claret may be added.

### Mulled Grape Juice

- |                                 |   |
|---------------------------------|---|
| 1 cup water                     | $\frac{1}{4}$ cup cassia buds                   |
| 1 quart unsweetened grape juice | $\frac{1}{2}$ cup Karo ( <i>Crystal White</i> ) |

Put in double boiler and cook one-half hour. Serve very hot in bouillon cups.

### Karo Eggnog

- |  |  |
|--|--|
| White of 1 egg beaten stiff                | 1 cup rich milk                        |
| Yolk of 1 egg                              | 1 tablespoon sherry, brandy or whiskey |
| 1 tablespoon Karo ( <i>Crystal White</i> ) |  |

Mix in the order given, beating all the time. Dust the top with grated nutmeg and serve very cold.

### Temperance Punch

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1 gallon water                       | $\frac{1}{2}$ dozen oranges |
| 4 cups Karo ( <i>Crystal White</i> ) | 1 can pineapple             |
| 1 dozen lemons                       |                             |

Cut pineapple into dice and pour syrup made from water, Karo and fruit juice over it. Fill bowl about half full of cracked ice, and add punch.

### Iced Coffee

- |                       |   |
|-----------------------|---|
| 1 quart strong coffee | $\frac{3}{4}$ cup Karo ( <i>Crystal White</i> ) |
|                       | Cream to make good color                        |

Serve with cracked ice.

## VEGETABLES

### Creamed Spinach

After thoroughly washing and picking over spinach, cutting off roots, throw into boiling water and allow to cook *twenty minutes after it has begun to boil*. If boiled too long, it will become dull in color. When tender, drain, squeeze and chop fine. Season to taste with butter, pepper and salt, and let simmer for five minutes. Dress with white sauce.

### Creamed Parsnips

Scrape and boil till tender six medium-sized parsnips. Slice lengthwise, put back in skillet over fire and dress with two tablespoons butter, pepper and salt to taste, and a little finely minced parsley. Stir until butter boils. Remove parsnips and lay in serving dish. Add to butter, three tablespoons cream in which has been dissolved a good pinch Kingsford's Cornstarch, allow to boil up well once, and pour over parsnips.

### Creamed Cabbage

Select a tender head. Cut in six, lengthwise, and remove the heart. Boil or steam the rest until tender. Drain thoroughly and cut in small pieces, but do not mince. Dress with white sauce and put back in skillet to keep hot till served.



## Fried Eggplant

Pare and slice the eggplant as desired and dip at once into egg (previously seasoned with salt and pepper) and then into Kingsford's Cornstarch, seeing to it that every part is well covered. Fry in deep hot fat to a rich brown. Lay on brown paper until served, to absorb any extra grease. Eggplant cooked in this way will be found very delicate and digestible.

## To Sweeten Vegetables

Many housekeepers like to add a little sweetening to some kinds of cooked vegetables — corn, peas, squash, tomatoes, etc. For this purpose Karo (Crystal White) will be found most acceptable, as it lends a delicious flavor.

## Boston Baked Beans

To one pint dried beans, add one quart milk-warm water. Set on back of range and soak over night. Wash from this water, add three pints warm water and cook till tender. This will take about three hours or a little less, possibly. Drain well and season with salt and pepper. Place in center of baking dish a nice, firm, square piece of boiled salt pork and surround it with beans. Pour over all two tablespoons Karo and bake for an hour. By this time it will be a rich brown.

## Baked Sweet Potatoes

Parboil the potatoes, peel and cut in half lengthwise. Put in baking dish and cover generously with butter. Pour over all one good half cup Karo (Crystal White) and sprinkle thickly with brown sugar. Bake every little while and bake to a nice brown.

## Baked Parsnips

Parsnips may be baked with Karo Syrup in the same way as sweet potatoes. Scrape before boiling, and cook thoroughly before baking.

## SOUPS

### Asparagus Soup

1 bunch asparagus  
3 cups milk  
3 tablespoons Kingsford's  
Cornstarch

3 tablespoons butter  
1 teaspoon Karo (*Crystal White*)  
Salt and pepper to taste

Cook the asparagus in boiling salted water. Remove from liquor, cut tips into tureen and keep hot. Mash through sieve the remaining stalks. Put the milk to scald, and when hot turn into the water in which the asparagus was cooked. Rub butter and cornstarch to a cream, stir in part of the hot liquid and cook, stirring constantly, until the cornstarch is thoroughly cooked. Add the rest of the liquid, the asparagus pulp, seasoning and Karo. When boiling pour over the tips. Serve with strips of toasted bread.

### Cream of Chicken Soup

2 quarts chicken broth  
1 cup cream

2 tablespoons Kingsford's  
Cornstarch

Season broth with mace, salt, celery seed and pepper. Dissolve the cornstarch in the cream. Stir slowly into the hot broth and stir till it thickens.

## Split Pea, Lentil or Bean Puree (Dried Legumes)

1 pint dried legumes  
1 onion  
½ head celery  
A ham bone if at hand  
3 tablespoons Kingsford's  
Cornstarch  
Salt and pepper  
1½ cups milk

Soak the legumes over night in cold water; wash, drain, and simmer in three pints of water, stirring often with a wooden spoon and adding more water as evaporation necessitates. If a ham bone be used, put on to cook at the same time as the legumes. When the vegetables are becoming tender, sauté the onion and celery, cut fine, in a little dripping, and add to the soup; when all are tender pass through a sieve, reheat, and stir in the butter and cornstarch creamed together, and add the milk to the soup.

## Cream of Celery Soup

6 stalks celery  
1 pint water  
2 teaspoons Kingsford's  
Cornstarch  
½ can tomatoes  
1 pint milk  
1 tablespoon butter  
Salt and pepper to taste

Cook the celery in the water till soft, mash and strain. Make a sauce of the cornstarch, butter and milk. Add the celery and the tomatoes, heated, with a pinch of soda, and strained. Season. Serve in bouillon cups, with a spoonful of whipped cream on top.

## Cream of Corn Soup

1 can corn  
1 quart milk  
1 slice onion  
Bit of mace  
1 heaping teaspoon Kingsford's  
Cornstarch  
¼ teaspoon black pepper  
3 tablespoons butter  
1 cup cream  
Yolks of 2 eggs

Mash the corn to a pulp and put in a double boiler. Add the milk, onion and mace. Rub the butter and cornstarch to a paste, adding the pepper, and stir into the first mixture. When thoroughly cooked, strain and add the cream and eggs.

## Oxtail Soup

2 oxtails  
1 cup water  
2 tablespoons butter  
3 quarts boiling water  
1 teaspoon salt  
3 carrots  
2 turnips  
3 onions  
1 head celery  
1 bay leaf  
4 cloves  
4 peppercorns  
1 tablespoon Karo (*Crystal White*)  
2 slices ham

Cut the tails into joints, wash, and stew with the cup of water and butter, stirring all the time. Cook till juice is drawn from the meat. Fill up with the hot water, add the salt, boil up and skim. Add the rest of the ingredients and simmer four hours. Take out the tails, strain, season with a little ketchup and thicken with Kingsford's Cornstarch made smooth with cold water. Put back the tails and cook five minutes.



### Soup à la Reine

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1 left-over roast chicken         | $\frac{3}{4}$ cup boiled rice |
| 2 quarts water                    | $\frac{1}{2}$ cup cream       |
| 1 teaspoon Kingsford's Cornstarch | Salt and pepper to taste      |

Cut all the meat from the carcass of the chicken and chop very fine. Put the bones in the water, and simmer for two hours. Remove the bones and thicken with the cornstarch made smooth with a little cold water. Add the chicken and rice, and when very soft rub through a coarse strainer. Bring to the boiling point again, add the cream, and season to taste.

### Cream of Tomato Soup

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 1 quart fresh or canned tomatoes | 3 tablespoons Kingsford's Cornstarch |
| Pinch of soda                    | Salt and pepper to taste             |
| 3 tablespoons butter             |                                      |
| 1 quart milk                     |                                      |

Make a sauce of the butter, cornstarch and milk, and season well. Heat the tomatoes and strain, adding a bit of soda. When both sauce and tomatoes are very hot, *pour the tomatoes into the white sauce* and serve quickly. Serve with croutons.

### Oyster Soup

- |                           |            |   |
|---------------------------|------------|---|
| 1 dozen oysters           | 1 cup milk | $\frac{1}{2}$ teaspoon Kingsford's Cornstarch |
| 1 rounded teaspoon butter |            | Salt to taste                                 |

Drain oysters and chop very fine. Put back in the liquor and let them boil up three times, skimming each time. When done, strain and to the liquor add the milk, in which the cornstarch has been soaked. Just before serving add the butter. Clam soup may be made in the same way.

## FOR THE INVALID

### Cream Toast

- |                                    |                    |
|------------------------------------|--------------------|
| 2 teaspoons Kingsford's Cornstarch | 2 teaspoons butter |
| 1 pint boiling milk                | Whites of 2 eggs   |

Dissolve the cornstarch in a little cold milk. Pour the boiling milk slowly onto it, stirring till smooth, and cook till thoroughly done. Add the butter, and season to taste. Pour the boiling milk over the well-beaten whites of the eggs. Pour over good brown toast and serve at once.

### Kingsford's Gruel

One of the most delicate and delicious gruels that can be offered the convalescent is made by thickening milk with Kingsford's Cornstarch. The milk should be scalded and seasoned with a pinch of salt. Then enough cornstarch, which has been dissolved in a little cold milk, should be added to make it the consistency of rich cream, when it has come to the boil. Be very careful not to make it too thick, as in this condition it is generally most unattractive to the invalid. Should the convalescent prefer a sweetened gruel, add one teaspoon sugar and one teaspoon Karo (Crystal White) to each pint of milk. Flavor with vanilla or a little nutmeg. When permitted, a few seeded raisins are a welcome addition. Or a little sherry may be added.



## CANDY MAKING

Candy making, more than any other species of cooking, requires strict attention to directions as to quantities and methods. Therefore all recipes should be strictly followed.

When a syrup forms a fine thread upon dropping from a spoon it is called "hairs" or "threading." After this stage the syrup should never be stirred, as it will granulate.

In handling or pulling all boiled candies, the hands should be well buttered to prevent the mixture sticking to them.

If the pot in which Karo is boiled for candy is buttered for an inch or two down, the liquid will not boil over. It will not rise after it reaches the butter.

Should fondant stick to the hands, dip the fingers into alcohol.

After a boiled syrup is beaten, it should look like lard or very thick cream. Otherwise it has not been allowed to cool sufficiently before the beating process was begun.

Use fresh, cold water for each trial of candy; preferably ice water.



## Fondant Creams and Chocolates

Fondant is the basis of all "French candies"—chocolate creams, nut creams, stuffed dates, etc.

Fondant is usually flavored with vanilla, fruit juice or extract, peppermint, wintergreen or other flavoring. Take the desired quantity of fondant, make a small hollow, drop in a few drops of the required flavoring and knead thoroughly through the mass. If the flavor is not strong enough add a little more at a time until sufficient, being very careful not to get in too much, especially of peppermint, wintergreen or other essential oils.

For the nut creams use preferably the vanilla fondant—make a small ball by rolling a little piece of fondant between the palms, place a half nut either side and press together. Almonds, hazel-nuts and Brazil-nuts should be covered with a very thin layer of fondant. Flatten out on the hand a piece of fondant, place the nut in the center and fold fondant around the nut, rolling well in the palms until the nut is entirely covered. These will be much easier to make and the fondant adheres better to the nuts if they are washed first, dried on a cloth and covered while damp.

For fruit creams take dates, raisins and prunes; seed carefully so as to keep the fruit as whole as possible, then make a small roll of fondant and insert in the opening. A particularly delicious variety of stuffed fruit is made by pressing an almond or small piece of nut in the fondant. Any of the above may be coated with chocolate.

Plain chocolate creams are simply small balls of fondant variously flavored and coated with chocolate.

To make the chocolate coats, melt the chocolate in the inner part of a double boiler and keep hot without allowing to boil. Drop the centers in one at a time and lift out with a silver fork immediately they are covered, allowing the surplus chocolate to drip off, and place on a buttered plate or wax paper to cool and harden. In very hot weather they may need to be cooled in the refrigerator, when they should be covered tightly with a bowl to prevent sweating.

If sweet chocolate covering is desired, stir some fondant, a little at a time, into the melted chocolate, mixing thoroughly, until sweetened to taste.

Creams and chocolates are more easily made in cool weather than in hot, and the hand should be kept as cool as possible while working the fondant.



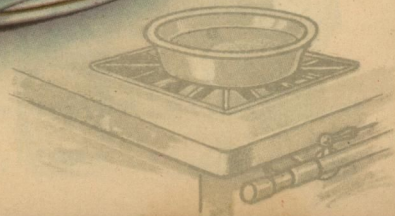
FRENCH  
PANCAKES



CHICKEN  
CROQUETTES



MACARONI  
MILANAISE







GLACÉ NUTS

KARO DIVINITY



KARO FUDGE



TAFFY



There is another method of covering nuts which makes a variety. Put the fondant in a vessel and set in another of boiling water, until it has melted to the consistency of cream. Dip each piece of nut as for chocolate creams, and set aside to harden. When all are done, dip again to give a good, thick coating.

### Karo Fondant

$\frac{1}{2}$  cup Karo  
 $\frac{1}{2}$  cups sugar

$\frac{1}{4}$  teaspoon cream of tartar  
 $\frac{1}{3}$  cup hot water

Boil without stirring until it threads. When partially cool, beat till creamy. Keep cool and dry till needed.

### Karo Fudge

(A great success)

2 squares (or ounces) chocolate  $\frac{1}{3}$  cup Karo  
 $\frac{1}{2}$  cup cold milk 2 tablespoons butter  
2 cups granulated sugar 1 teaspoon vanilla

Grate the chocolate, and add all the ingredients except the vanilla. Cook slowly, stirring once in a while. Cook till it makes a soft ball in cold water (requires about five minutes after actually boiling). Remove from fire, add the vanilla and beat until it begins to granulate. Pour at once into a buttered pan. Mark deeply in cakes when nearly cold.

### Divinity Fudge

2 cups sugar  
 $\frac{3}{4}$  cup Karo  
 $\frac{1}{4}$  cup water  
2 eggs (whites only)

1 teaspoon vanilla  
 $\frac{1}{2}$  cup chopped nut meats  
 $\frac{1}{2}$  pound dates, stoned and cut fine

Cook sugar, Karo and water till crisp when tried in cold water. Beat the whites of the eggs in a large bowl, and pour the syrup slowly onto them, beating the whole till it begins to harden. Add the vanilla, nuts and dates. Spread quite thick on a shallow buttered tin. When cool, cut in large squares.

### Divinity

$\frac{3}{8}$  cup Karo 2 cups sugar  
 $\frac{1}{3}$  cup hot water  
2 eggs (whites only)

2 ounces chopped nuts  
2 ounces chopped raisins  
1 teaspoon vanilla

Boil sugar, Karo and water together till it forms a hard mass in cold water. Beat whites of eggs very stiff, and beat in the nuts and raisins. Pour on the hot syrup, beating all the time. When mixture will stand alone, drop from teaspoon onto buttered plates.



## Divinity Candy

5½ cups granulated sugar  
3 cups cream

2 cups Karo Syrup  
A few drops Mapleine

Boil until the mixture forms a ball when tried in cold water. Put the pan into a pan of cold water. If you wish, add one pound nut meats. When cool beat with a cake spoon, until the candy is creamy. Pour into a loaf pan lined with oiled paper.

NOTE.—The candy is hard to beat, at first, on account of the Syrup, but, after a little beating, the mixture becomes thin and is easy to beat. When it begins to get hard again, pour into the pan.

If desired fruit may be added as follows:—

1 small box of candied cherries    ¼ pound almonds  
1 slice of candied pineapple

## Karo Caramels

1 cup granulated sugar    ¼ cup vinegar  
1 cup Karo    2 tablespoons butter  
¼ cup water    1 teaspoon vanilla

Boil the sugar, Karo, water and vinegar six minutes, and add the butter. Cook till it forms a soft ball in cold water. Remove from fire, and stir in the vanilla. If preferred, one-half cup of candied cherries, cut in halves, may be added. After heating thoroughly, turn into buttered tins. Mark in squares when cool, and cut when cold. Wrap each cube in waxed paper.

## Choice Karo Caramels

2 cups granulated sugar    1 cup butter  
1¾ cups Karo    1 teaspoon vanilla  
2 cups cream    1 cup chopped nuts

Cook sugar, Karo, half the cream and butter together. When it boils, stir in the rest of the cream, but do not allow boiling to cease. Test for a firm ball in cold water. Add vanilla and nut meats. Turn into buttered tin. When nearly cold, cut in cubes and wrap in waxed paper. The boiling sometimes requires nearly an hour, but when carefully made these caramels cannot be excelled.

## Walnut Caramels

2 pounds brown sugar    4 tablespoons butter  
1 cup Karo    6 squares bitter chocolate  
1 cup milk    ½ pound walnuts

Put all the ingredients except the nuts into a saucepan and bring slowly to the boiling point. Continue to boil till 240° F. on sugar thermometer is reached. Add the chopped nuts and turn into buttered tins. Mark in squares when cold.

## Karo Cream Caramels

1 cup cream    4 tablespoons butter  
⅓ cup Karo    2 tablespoons flour  
¾ cup sugar    2 tablespoons Kingsford's  
1 teaspoon vanilla    Cornstarch

Put sugar, Karo and half the cream into saucepan and stir constantly till it boils; add the rest of the cream slowly. Do not let boiling cease. Cook till a soft ball forms in cold water. Add the flour, cornstarch and butter creamed together, and continue to cook till a firm soft ball forms in cold water. Turn into buttered tins, and mark in squares when cool. Nuts may be added if desired.

## Karo Divinity

3 cups brown sugar    2 eggs (whites only)  
½ cup Karo    ½ teaspoon salt  
¾ cup water    1 cup chopped nuts  
1 ounce chocolate    ½ teaspoon vanilla

Cook the sugar, Karo and water to the soft ball, having added the chocolate melted over hot water, and proceed as in rule for Divinity. The chocolate may be omitted.

## Chocolate Caramels

4 squares chocolate    1 cup brown sugar  
1 cup milk    1 heaping tablespoon butter  
1 cup Karo    1 teaspoon vanilla

Cut up the chocolate and add to the milk. When dissolved add the Karo and sugar and cook till it forms a hard ball in cold water. Add the butter when nearly done. Remove from fire and pour into buttered pan. Chopped nuts may be added. Mark in squares when cool.

## Peppermint Candy

2 cups brown sugar    2 tablespoons butter  
1 cup Karo    Few drops oil of peppermint

Boil sugar and Karo together till it will harden in cold water. Add butter and peppermint. Turn into buttered tin, and mark in squares when cold.

## Karo Kandy for Pulling

1 cup brown sugar    2 tablespoons melted butter  
1 cup Karo    1 tablespoon lemon juice

Cook all together without stirring till brittle when tested in cold water. Pour into buttered pans till cool enough to pull.

## Taffy

2 cups sugar    1 tablespoon butter  
2-pound can Karo    Pinch of soda  
¼ cup vinegar    2 teaspoons vanilla

Boil sugar and Karo till it gets a little thick and add vinegar. When nearly done add butter and soda. Remove from fire and add vanilla. The test for all taffy is that it must be crisp in cold water.



## Taffy No. II

1 cup sugar  
1 cup Karo  
½ cup butter  
½ cup milk  
½ cup grated chocolate

Cook till crisp in cold water. Put in buttered tin and mark in squares when cool.

## Karo Candy

1½ cups dark brown sugar  
1 cup Karo  
½ cup rich milk  
1 tablespoon butter  
½ cup chopped walnuts  
½ teaspoon vanilla

Boil sugar, Karo and milk to a soft ball when tested in cold water. When nearly done add the butter, and add nuts and vanilla when taken from the stove. Beat till creamy as it cools.

## Soft Karo Candy

1½ cups dark brown sugar  
½ cup Karo  
2 tablespoons butter  
1 teaspoon lemon extract

Boil sugar, Karo and butter to form a hard ball in cold water, adding the lemon when nearly done. Turn into buttered tin till cool enough to pull. When a light color pull into inch strips, cut in pieces and wrap in waxed paper.

## Yellow Jack

To one quart Karo which has been boiled for thirty minutes add one-half teaspoon bicarbonate of soda which has been rubbed absolutely smooth. Allow to boil, stirring constantly or it may burn, until brittle when tested in cold water. Remove from fire and add one tablespoon lemon juice. When cool enough to handle, pull until a light, bright yellow. Twist two strands together and cut into desired lengths.

## Karo Cream Drops

Use the recipe for "Yellow Jack," but instead of twisting or braiding after it has been pulled, roll out into two half-inch sheets. Lay these together with a layer of Karo fondant between. Cut into squares or other shapes.

## Peanut Candy

1 pound brown sugar  
1 cup Karo  
1 cup water  
4 tablespoons butter  
¾ pound shelled peanuts

Boil sugar, Karo and water till it is crisp when dropped in cold water. Just before taking from the fire add the butter and the nuts. Pour into a well-buttered tin.

## Butter Candy

2 cups sugar  
1 cup Karo  
2 tablespoons hot water  
1 tablespoon vinegar  
2 tablespoons butter

Boil all except the butter, which should be added when nearly done, until brittle in cold water. Pour into buttered tins.

## Karo Butter Scotch

1 cup sugar  
1 cup Karo  
1 teaspoon vinegar  
½ cup butter

Boil all together until it becomes instantly brittle when dropped in cold water. Pour thinly onto buttered pans. If desired to mark in squares it must be done at once, as it cools immediately.

## Karo Sea Foam

3 cups sugar  
½ cup Karo  
¾ cup water  
Whites of 2 eggs  
½ teaspoon salt  
1 cup chopped nuts  
1 teaspoon vanilla

Boil sugar, water and Karo till it forms a soft ball in cold water. Pour slowly onto the whites of the eggs beaten with the salt. Continue to beat till nearly stiff enough to hold its form, add the nuts and flavoring and turn into brick-shaped bread tins. When cold turn onto waxed paper and cut in squares.

## Karo Wafers

2½ cups sugar  
¼ cup Karo  
½ cup water

Boil together without stirring to form a soft ball in cold water and turn onto a buttered platter. Do not add scraping from saucepan. When cool enough to dent, work with a wooden spoon or paddle until creamy and firm. Cover closely with a bowl and stand thirty minutes, when it should be kneaded like bread. Put the "loaf" into a double boiler and add one teaspoon vanilla. It will soon soften to a thick cream. When thin enough to drop from a spoon, make rounds on waxed paper. If too stiff, a very little hot water may be added (teaspoonful at a time) while the mass is in the double boiler.

## Comanche

### FIRST MIXTURE

1 cup brown sugar  
2 cups white sugar  
1 cup Karo  
½ cup milk  
2 squares of chocolate  
2 tablespoons butter  
1 teaspoon vanilla

### SECOND MIXTURE

2 cups brown sugar  
2 cups white sugar  
1 cup milk  
2 tablespoons butter  
1 cup chopped nuts

Boil the first mixture till quite thick and pour onto a buttered tin. Then boil the second mixture together, adding the nuts when done, and pour over the brown mixture in the pan.



### Karo Kokoanut Kandy

$\frac{1}{2}$  cocoanut      1 cup Karo      1 teaspoon vinegar  
1 cup brown sugar      1 tablespoon butter

Shave the cocoanut fine and spread on tin dishes in a warm place to make soft and pliable. Boil the other ingredients without stirring till brittle in cold water. Stir the cocoanut lightly in and pour onto buttered tins.

### Karo Nougat

Nougat may be made like Karo Kokoanut Kandy except that chopped nuts should be substituted for the cocoanut. A mixture of shellbarks, cream nuts and almonds is generally used, but any others may be used.

### Glacé Nuts and Fruits

1 cup sugar      1 cup Karo       $\frac{1}{3}$  cup water

Boil till the syrup brittles instantly in ice water. Keep hot in double boiler. Dip in nuts and fruits one at a time, taking out on the points of a fork and laying on buttered plate. They harden immediately.

Nuts and fruits may also be covered in a way which, while it is not exactly a glacé, is delicious. Melt a portion of Karo fondant in a double boiler and dip in the nuts and fruits as above. As they harden dip again.

### Coloring for Candies

When making candies, coloring matter is desired, to lend a pleasing variety. Perfectly harmless yellow, green and pink may be used. Saffron will give the yellow tint; spinach and beet leaves crushed and boiled in a little water will give green; and the juice of strawberries, raspberries and blackberries or elderberries will give varying shades of pink in summer, while that of cranberries may be used in winter.

### Popcorn Balls and Fritters

After the corn has been popped, take from the quantity any uncooked or partially cooked grains, being sure to have only fine, large, puffy ones. To one cup Karo allow one tablespoon vinegar. Boil together until it hardens when dropped in cold water. When ready pour over the popcorn while hot. As soon as cool enough to handle, butter the hands well and form the mass into balls. To make Popcorn Fritters, form the mass into flat, round cakes instead of balls.



## The Perfect Preserving Syrup—

ONE PART KARO (CRYSTAL WHITE) AND THREE PARTS SUGAR gives you the finest Preserves, Jams, Jellies and Canned Fruits you ever made.

Karo brings out the pure flavor of the fruit and makes a smoother, richer syrup than you can get with all sugar. Jellies and jams made with part Karo (Crystal White) do not crystallize.

Write for our *Special Preserving Cook Book* of practical recipes and valuable suggestions for the progressive housewife.

See

*Special Preserving Section*

pages 40 to 43



## PRESERVING

To make good jelly requires a definite knowledge of material as well as good judgment concerning fruits. The best marmalades, jams and preserves are put up in a syrup in which Karo (*Crystal White*) is blended with sugar, preventing fermentation of the fruit as well as the crystallization of the syrup, especially in jellies and jams. Karo (*Crystal White*) also prevents mould gathering on the top, or mildew spreading through the fruit.

The value of corn syrup in preserving is so well established that imported preserves from England, France, Germany and Scotland, as well as the choicest domestic preserves, are prepared in a syrup of cane sugar and corn syrup (glucose) and labeled "prepared with glucose"—some containing 20 per cent., some a larger percentage.

The best Domestic Science Schools recommend corn syrup (Karo—*Crystal White*) and train their students to blend sugar and corn syrup. The natural flavor of the fruit is much more apparent and a heavy syrup is obtained without the cloying sweetness of the all-sugar syrup. When sugar alone is used, some acid such as tartaric or phosphoric is frequently added to prevent fermentation—this spoils the delicate flavor of the fruit. Some add apple juice which is strongly acid—this changes the flavor of the mass. Some boil the fruit longer—this toughens the fruit and spoils the flavor. The best method is to add Karo (*Crystal White*), for it serves as insurance against spoiled fruit.

In whatever way fruits are to be preserved, wherever sugar is to be used, the results will be far more palatable, the appearance more attractive, the taste more delicious, if Karo (*Crystal White*) be used as suggested in the following pages.

## Canning

### GENERAL DIRECTIONS FOR COOKING FRUIT IN SYRUP

Wash fruit and remove imperfections. Pare, stone, etc., as necessary. Make a syrup of the boiling water, Karo and sugar. Drop in the fruit and cook slowly until soft enough to pierce with a cooking fork. The fruit must be thoroughly sterilized in order that it should keep. Drop fruit into sterilized cans, strain the boiling syrup over the fruit. Insert the handle of a silver spoon between fruit and jar to allow air to escape. Fill jar to overflowing, wipe off rubber ring, fit cap on to jar and seal quickly. Invert jar to be sure that it does not leak.

To thoroughly sterilize all kinds of fruit, some authorities recommend cooking same for thirty minutes after it has been placed in cans. This applies to fruit whether first cooked in preserving kettle or not.

### GENERAL DIRECTIONS FOR COOKING FRUIT IN JARS

Pack the prepared fruit in sterilized jars and cover with boiling syrup made from water, sugar and Karo. Place jars on a rack in boiler and fill boiler to the neck of the jars with tepid water. Cook until fruit is soft and settles in jar. Refill the jars, using the contents of one jar. Seal and cool without placing in a draught. This method does not kill the spores in the fruit, and, to insure keeping, the jars should be reheated for one-half hour on the third day.

5 Pounds	Pounds Sugar	Pounds Karo ( <i>Crystal White</i> )	Water	Time of Boiling (minutes)
Apples—sour . . . . .	1½	½	3 pints	15 to 20
Apricots . . . . .	1¼	¾	1 pint	10 to 15
Berries . . . . .	1½	½	1 cup	15 slow
Cherries . . . . . {	sour 2½ sweet 1½	¾ ¾	1½ pints	15
Currants . . . . .	3	1	1 pint	15
Green Gooseberries . . . .	3	1	1 pint	15
Peaches . . . . .	1¼	¾	1 pint	10 to 15
Pears . . . . .	1¼	¾	1½ pints	15
Pineapples . . . . .	1¼	¾	1½ pints	20
Plums . . . . .	2	¾	1 pint	20
Prunes . . . . .	1½	½	1 pint	20
Quinces . . . . .	1½	½	3 pints	20 to 30



## Jelly Making

Strain juice through a full flannel bag. Do not squeeze the bag at first. When the juice has dripped over night the bag may be squeezed, but this juice should be kept separate. The jelly made from it will not be clear, but can be used for jelly cake, etc.

Weigh juice and add three-quarters as much sugar and Karo as fruit juice. The sugar should be heated and added slowly to the boiling juice; then add Karo.

Under-ripe fruit contains a larger proportion of pectin than ripe fruit. The pectin is also found in the core and skin, so that the whole fruit should be used.

Jelly may be tested by dropping a little on a cold plate. It is sufficiently cooked if it thickens slightly. Jelly often fails to set because an excess of sugar is used. Too long boiling makes jelly tough. There is less waste in skimming when sugar is added toward the end of the cooking.

Evaporation takes place more rapidly when juice is cooked in a shallow kettle. Because of this and the variation of atmospheric pressure, and also the varying acidity of the fruit juice, good jellies cannot be made by rule o'thumb. Jelly should be poured into sterilized glasses. When cold cover with heavy paper dipped in alcohol. Paste a second paper over the top.

		Proportions of Juice and Sugar			Time of Boiling (minutes)	
		Fruit Juice	Sugar	Karo (Crystal White)	Before Adding Sugar	After Adding Sugar
Before Dripping	After Dripping					
Remove imperfections. Cut in quarters. Add water to cover. Cook slowly till soft.	Apples . . . . .	2	1½	¾	15	15
	Crab Apples . .	2	1½	¾	15	5
	Quince . . . . .	2	1½	¾	15	6
Pick over. Wash. Mash a few in bottom of kettle, adding more and continuing to heat and mash until juice flows freely from all the fruit. Add no water.	Blackberry . . .	2	1½	¾	15	12
	Raspberry . . . .	2	1½	¾	15	20
	Currant . . . . .	2	1½	¾	10	2
	Plum . . . . .	2	1½	¾	10	10
	Raspberry and Strawberry }	2	1½	¾	15	15
	Grape . . . . .	2	1¼	¼	15	5

## To Sterilize Jars

Cover with tepid water and bring to boil. Do not remove from water until ready to use. Covers should be sterilized and rubber rings should be dipped in boiling water just before using. Fruit should be sealed as near the boiling point as possible to insure the forming of a vacuum when cold.

## Jam

1 pound fruit  
½ pound sugar

¼ pound Karo (Crystal White)

Time: One to two hours or until fruit drops heavily from spoon.

Wash fruit, pare and core if necessary. Mash berries, currants and gooseberries, slice other fruits. Place fruit in layers with sugar and stand long enough to extract some of the fruit juice. If dry, a cup of water may be added. Heat slowly and cook till thick. Jam may be tested on a cold plate in the same way that jellies are tested. Stir frequently to prevent burning. Turn into sterilized glass and seal like jelly.

## Apple, Quince, Peach and Plum Butter

1 pound fruit  
½ pound sugar

¼ pound Karo (Crystal White)  
Water to cover

Time: Three-quarters to one hour.

Cover fruit with water and cook till soft. Rub through a coarse strainer. Add sugar and Karo and cook till thick, adding spices to taste.

## Spiced Grapes

7 pounds fruit  
1 cup vinegar  
3 pounds sugar

1 pound Karo (Crystal White)  
3 ounces cinnamon and cloves,  
tied in a bag

Wash fruit and remove skins. Cook pulp till seeds may be removed by pressing through strainer. Put all together, including skins, and cook till thick.





## MAZOLA

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Mazola meets the demand among careful housewives for a vegetable fat to take the place of animal fats in the preparation of dishes for the family table.

Mazola is wonderful for salad dressings that have always called for imported oils at a high price. Either French dressings, cooked dressings or Mayonnaise may be made perfectly and much more economically with Mazola.

Salads should form an important part of the diet. The green salads furnish mineral salts which are both appetizing and refreshing.

For deep fat frying Mazola may be brought up to a degree of heat twice as hot as butter, and half again as hot as lard or cooking compounds, without the usual disagreeable smoking.

For successful deep frying remember: Mazola must be just deep enough to cover the article to be fried, and no more.

It must be hot enough to form a crust quickly and so prevent soaking. Fry only a few articles at a time.

Good cooks prefer it for making Breads, Pies, Cakes and Sauces.

Mazola, being a vegetable product, is unsalted. Always add salt.

Remember that Mazola does not "heat away" as lard and many "patent" frying fats and compounds do. Therefore, you need not allow for this when frying with Mazola.

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## Mayonnaise Dressing

Yolks of 2 eggs	1 teaspoon salt
2 cups Mazola	1 teaspoon mustard
2 tablespoons vinegar	Dash cayenne
Juice of 1 lemon	

Mix the seasonings and add to the beaten yolks of the eggs. Beat with a small wooden spoon or silver fork. At first add the oil drop by drop, beating vigorously. When too thick to beat add one teaspoon vinegar. Continue to add the oil slowly, alternating with the vinegar and lemon juice, until at least one-half cup of oil has been added. Onion juice may be added if desired.

If the oil is added too rapidly the dressing separates and has a curdled appearance. This should never happen if the oil is added very slowly at first; but in case that it does, put the yolk of another egg into a clean bowl, and beat in the curdled dressing slowly. After a half cup of oil has been added, the dressing may be beaten with a Dover egg beater and the oil added more rapidly.

## Crullers or Doughnuts

1 cup sugar	2 teaspoons baking powder
2 eggs	$\frac{1}{2}$ teaspoon salt
2 tablespoons Mazola	1 teaspoon vanilla or $\frac{1}{2}$ nutmeg
2 cups sour milk with $\frac{1}{4}$ teaspoon soda added	

Flour enough to make a soft dough that can be rolled. Cut in shape and fry in hot Mazola.

## French Fried Potatoes

Pare potatoes and cut lengthwise into eighths. Soak in cold water one or two hours. Dry between two towels. Fry in Mazola. Drain on brown paper and sprinkle with salt.

## Meat Croquettes

2 cups chopped meat, fish or chicken	Salt, pepper and onion juice to taste
1 cup thick white sauce	Few grains of nutmeg

Mix meat with the hot white sauce and season to taste. Spread on platter to cool. When cold shape into cylinders, roll in bread crumbs, then in egg and again in bread crumbs. Fry in Mazola and drain on brown paper.

Serve with a thin white sauce or tomato sauce. Chicken croquettes may be seasoned with a little celery salt, and fish may have a dash of lemon.

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