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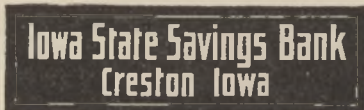
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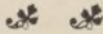
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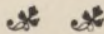
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# Congregational Cook Book

Compiled by the Ladies Aid of the First Congrega-  
tional Church of Creston, Iowa.



**Price 50 cents**



“Take a dash of water cold,  
And a little leaven of prayer,  
A little bit of sunshine gold,  
Dissolved in the morning air.  
Add to your meal some merriment,  
And a thought for kith and kin,  
And then as a prime ingredient,  
A plenty of work thrown in,  
But spice it all with the essence of love,  
And a little whip of play,  
Let a wise old book and a glance above,  
Complete a well spent day.”

---

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Good-bye little volume. You hold in your pages many hours of our lives. May you be a comfort, help, and inspiration to many a busy house-wife. We wish you Gods speed.

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## BREAD

“Behind the snowy loaf, is the mill-wheel; behind the mill is the wheat field; on the wheat field rests the sunlight; above the sun is God.”

—James Russell Lowell.

### WHITE WHEAT BREAD.

Sponge—One cake of yeast, (soaked until soft) One quart of luke warm water and flour sufficient to make a medium batter. Sift into mixer three sieves of flour, make hole in the center, pour in sponge, one quart of luke warm water, salt to suit taste, a level tablespoon of lard, then mix. Add flour until dough is stiff enough. Grease mixer inside and turn. This greases the bread. The temperature should be kept about eighty degrees. Let rise twice in the mixer. This recipe makes six loaves.

—Mrs. Ogg.

### BREAD WITH STARTER.

Save potato water at noon, adding while hot, a cup of mashed potato; at night, add one half cup of sugar, and a cake of yeast, (or get starter from a friend.) Early in the morning, take out one pint to keep for starter, add one pint of warm water, and tablespoon of salt. Flour to make batter and beat well, cover and let rise, then stir in sifted flour and mould hard. Grease bread pan, put in the dough, and let it stand until very light. Mould into loaves, and when twice the size, bake in moderate oven. Starter should be used twice a week to keep in good condition.

—Mrs. L. H. Brown.

### HOP YEAST.

A small handful of dry hops, cover with hot water, and boil a few minutes. While this is steeping,

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---

grate two good sized raw potatoes, and add one half cup salt, one cup of sugar, and one half cup of flour. Stir into a smooth mass, and pour over it boiling water until it is like cooked starch, then strain in the water from the hops. When cool, add cake of yeast, that has been soaked in warm water. After it has fermented, put in two quart jar, but do not seal tightly. Use one cup for a baking. When but one cup remains, make more, using this instead of yeast cake.

—Mrs. L. H. Brown

#### SALT RISING BREAD.

One half cup cornmeal scalded with one half pint of milk at noon. Let stand over night in warm place. In the morning add one teaspoon of sugar, one teaspoon salt, one fourth teaspoon soda. Mix with one and a half pints of water. Mix soft and let it rise, then mix hard and put in pans. When light, rub with melted butter, and bake.

—Mrs. John W. Stratton.

#### WHOLE WHEAT BREAD.

One tablespoon lard, one tablespoon sugar, one tablespoon salt, one cup each of boiling water, and hot (not boiling) milk. One yeast cake dissolved in half cup warm water, one cup white flour, three cups whole wheat flour or enough to make a soft dough. Knead for ten minutes, cover and let rise in an even temperature. When twice its first bulk make into small loaves, let rise an hour or until very light, and bake.

—Mrs. Geo. A. Ide.

#### ROLLS.

One quart bread sponge, one pint water, one cup sugar (more if desired) three eggs well beaten, salt to taste, one cup of lard or butter. Mix at night making very thin batter of flour. In the morning, add more flour and mould until it is a smooth dough and does not stick on bread board, but be careful not to get it

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The KNOX ACIDULATED package contains flavoring and coloring.

too stiff. Work down once or twice, and make into rolls. When light, bake in moderate oven.

—Mrs. John Burns.

#### PARKER HOUSE ROLLS.

One quart sweet milk. One half cup sugar. Butter size of an egg. Scald milk sugar and butter together. When cool, add yeast cake and flour to make sponge. Let this rise until morning then knead as for bread. Let rise and knead again, then roll, cut with biscuit cutter, spread with butter, and fold over half the biscuit. Let rise and bake in quick oven.

—Mrs. Wm. T. Ide.

#### LUNCHEON ROLLS.

Scald one and one half cups milk, three tablespoons of butter, two tablespoons sugar, one teaspoon salt, one yeast cake dissolved in three tablespoons luke warm water, two and a half cups flour. Let rise, then add white of one egg, beaten and enough flour to knead. Let rise again, roll half an inch thick, cut with biscuit cutter, brush lightly with butter, crease through center with dull knife, and fold over. Let rise very light. Bake in hot oven.

—Mrs. Geo. Rex.

#### SWEET RUSK.

One pint luke warm water, drained from boiled potatoes, add two tablespoons mashed potatoes, one tablespoon lard, one teaspoon salt, one cake yeast foam, dissolved in warm water, and flour to make a stiff batter. Let this stand over night. In the morning add level teaspoon of soda dissolved, one cup sugar, two eggs, one tablespoon of butter. Mix like bread dough, and let rise till light. Mould into rolls, let rise very light, and bake in moderate oven.

—Mrs. Ella Becker.

#### PENNY BUNS.

Two cups of hot water, two heaping tablespoons of lard, one half cup sugar, two eggs well beaten, one cake yeast. One teaspoon salt, stir in flour to make

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**KNOX GELATINE** makes Desserts, Salads, Candies, Puddings, etc.

stiff as possible. Start at noon for breakfast, at night for lunch.

—Mrs. L. J. Parrish.

### KENTUCKY ROLLS.

One teacup bread sponge, one quart flour, one heaping tablespoon sugar, one heaping tablespoon lard. Salt. One egg beaten light, one cup warm water. Mix all together and let rise. Roll, cut out, and let rise again. Keep the dough well greased. Bake in quick oven. From Kentucky,

—Mrs. Shropshire.

### ROLLS.

One large cup bread sponge, one cup warm water, one half cup butter, two tablespoons sugar, one egg, and flour to make a stiff dough. Let this rise, then mould again, roll out, and cut with biscuit cutter. Fold over and lay in baking pan. Let it rise again and bake.

—Mrs. G. W. Swan.

### BAKING POWDER BISCUIT.

Two cups flour, two rounded teaspoons baking powder, one rounded tablespoon of lard. Salt. Stir with fork, adding enough sweet milk to make a soft dough. Press out three-fourths inch thick, cut out, and bake in quick oven.

—Miss Anna Strong, Orient.

### BAKING POWDER BISCUITS.

Two cups of flour, two teaspoons baking powder, one scant cup of butter, salt, milk to moisten to a soft dough. Roll and cut any size desired.

—Mrs. Belle Kirfman.

### SODA BISCUIT.

Two cups sifted flour, two level teaspoons Royal baking powder, salt, rounding tablespoon of lard, three-fourths cup sour milk, and one half teaspoon soda. Mix flour, salt and baking powder together.

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Work in the lard, dissolve soda in the milk, and mix. Add flour to make a soft dough. Roll an inch thick. Cut out and bake in a hot oven.

—Mrs. H. W. Dodd, Victoria, Texas.

#### SQUASH BISCUIT.

At noon take one cup of sugar, two cups of squash, three-fourths cup of lard, one cup of yeast. Put together. At night add flour to make a stiff batter, and let stand over night. In the morning add one teaspoon of soda dissolved. Mix like bread dough. Let rise, mould into biscuits, and when light, bake.

—Mrs. J. G. Walker.

#### NUT LOAF.

Three cups of bread crumbs, over these pour one cup milk. One half onion fried in one half cup butter until brown, add to the crumbs with one teaspoon salt, and dash of pepper. Two eggs, one half cup celery (ground, or use celery seed) one and one-half cups nut meats.

Sauce for the same.

Two tablespoons butter, two tablespoons of flour one cup milk, season. Wrap meat loaf in oiled paper, except the top. With watetr in the pan, bake and baste until done, from one half to three-fourths of an hour.

—Mrs. J. Q. Thompson, Des Moines.

#### NUT BREAD.

One half cup sugar, one egg, one half teaspoon salt, four cups of sifted flour, one and one-half cups sweet milk, four teaspoons of baking powder, one cup chopped nuts. Beat the egg, add the sugar and beat again. Add flour (sifted with salt and baking powder) alternately with milk. Add nuts. Let rise in a warm place twenty minutes. Bake in a moderate oven forty minutes.

—Katherine Courier.

#### NUT BREAD.

One cup oatmeal, scalded with one cup boiling

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water. One half cup sugar, two tablespoons of lard, one cup bread sponge, one cup nuts, mix like cake with a spoon. Let rise, then mould on board into loaves. Let rise to twice its size and bake one hour.

—Mrs. C. C. Iddings.

#### NUT BREAD.

Four cups flour, four level teaspoons Royal baking powder, teaspoon salt, two-thirds cup sugar, one egg, two cups milk, one cup nut meats, make into loaf, let rise one-half hour, bake one hour.

#### NUT BREAD.

Four cups of flour, four teaspoons Royal baking powder, one teaspoon salt, one-half cup of sugar, one-half cup or more of nutmeats, cut fine, two eggs, beaten, two cups of milk. Let it rise twenty minutes and bake forty minutes.

—Mrs. Scott Armstrong.

#### OATMEAL BREAD.

One cup rolled oats cooked with one and a half cups boiling water for fifteen minutes. One-fourth cup molasses, one half yeast cake in one-half cup water. Five and a fourth cups flour. Treat like white bread.

—Mrs. J. S. Moore.

#### CINNAMON BREAD.

One pint of light bread sponge, one-half cup sugar, one half cup butter. Mix thoroughly and let rise, add flour and knead as for bread. Mould in two loaves, an inch in thickness, spread with butter, sprinkle with sugar and cinnamon. Let rise and bake.

—Edith Hatch Ryan.

#### SPOON BREAD, SOUTHERN STYLE.

One cup corn meal, pinch salt, one tablespoon sugar, butter or lard size two hickory nuts, two eggs well beaten, one heaping teaspoon baking powder,

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sweet milk. Pour boiling water over meal, salt, sugar and shortening to make a thick mush, let cool and add baking powder and eggs, then thin to the thickness of buttermilk with sweet milk. Bake in buttered baking dish until well set. This must be served from baking dish with spoon. Eat with butter and syrup. This recipe has been used for many generations by a Georgia family.

—Eva C. Noble.

### SHAMROCKS.

One cup scalded milk, one cup hot water, one tablespoon lard, two tablespoons butter, seven cups of flour, salt, two tablespoons of sugar, one half cake of yeast foam dissolved in one-fourth cup warm water. Mix milk, water, lard, butter, sugar and salt. When luke warm, add three and a half cups of flour, and the yeast. Let this rise. When light, add remaining flour, and knead. Let rise again. Butter gem pans. Form the dough into balls size of an English walnut. Place three balls in each division of the gem pans. Let rise above the edge of the pan. Bake in a quick oven twenty minutes.

—Mrs. Awalt.

### SHREDDED WHEAT BISCUIT FOR BREAKFAST.

Warm the biscuit in the oven to restore crispness, don't burn, pour hot milk over it, dipping the milk over it until the shreds are swollen; then pour a little cream over the top of the biscuit. Or, serve with cold milk or cream, according to individual taste.

### BROWN BREAD.

Two and a half cups sour milk, one half cup molasses, one heaping teaspoon soda, dissolved in the milk. Two cups corn meal, one cup graham flour, one cup wheat flour, one teaspoon salt. Sauce dish of brown sugar, steam three hours, bake half an hour.

—Mrs. Geo. Sherwood.

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### BROWN BREAD.

Two and a half cups sour milk, one-fourth cup molasses filled up with brown sugar. Three cups graham flour, one cup white flour, two teaspoons Royal baking powder, one teaspoon soda mixed with sour milk. Raisins if wished.

—Mrs. S. A. Stream.

### BROWN BREAD.

One cup graham flour, one cup white flour, two cups corn meal, one cup molasses, (scant) two teaspoons soda, half teaspoon salt, one cup sour milk, two cups water. Steam three hours, and dry in oven one half hour.

—Mrs. G. W. Swan.

### BROWN BREAD.

Two and a half cups sour milk or buttermilk, one-fourth cup molasses, filling the cup with sugar, three cups graham flour, one cup white flour, into which two teaspoons of Royal baking powder has been sifted, one teaspoon of salt, one half cup raisins, one half cup nutmeats chopped, one teaspoon of soda, dissolved in sour milk and left standing until the mixing is finished, adding it last. Have oven hot until bread is raised, then finish baking in moderate oven. This makes three good sized loaves, and is very good.

—Mrs. Frank Stream.

### WHEAT BRAN BREAD.

One quart wheat bran, one pint flour, one-half cup molasses, one teaspoon soda dissolved in a little of the molasses, one teaspoon salt, one pint sour milk. Mix and bake one hour. Makes two medium loaves.

—Mrs. A.

### BROWN BREAD.

One cup white flour, two and a half cups graham flour sifted together. Add one cup molasses, and two cups sour milk, two beaten eggs, one cup walnuts, one

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teaspoon salt, two teaspoons soda, one cup raisins, fill cans half full, and bake slowly one hour. Very good.

—Mrs. A. Mallory.

#### GRAHAM BREAD.

Two cups graham flour, one cup white flour, one cup sugar, two cups buttermilk, one teaspoon soda, and salt. Steam two hours, dry in oven fifteen minutes.

—Mrs. D. S. Bickford.

#### GRAHAM BREAD.

Two and one-half cups sour milk, one teaspoon soda, one-fourth cup molasses or syrup, fill cup with sugar, three cups graham flour, one cup white flour, two teaspoons Royal Baking Powder, salt, raisins and nuts improve this.

—Mrs. R. C. Thomson.

#### BRAN BREAD.

Three cups Richelieu Bran, three cups white flour, two cups buttermilk, one-half cup molasses, one teaspoon salt, one teaspoon Royal Baking Powder, one teaspoon soda, two tablespoons melted butter one beaten egg. Bake about one hour in slow oven.

—Mrs. John Burns.

#### BRAN BREAD.

Two cups white flour, two cups genuine graham flour, two cups Richelieu bran, salt to taste, half cup sugar. Mix dry ingredients. In separate dish, add one beaten egg, one pint milk, one cup molasses, one cup raisins, two teaspoons soda, one-half cup boiling water. Stir the two mixtures thoroughly together. Bake about one hour.

—Mrs. John Burns.

#### BRAN BREAD.

Two pints of bran, one pint of white flour, one and a half teaspoons soda, one teaspoon salt, one cup

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**KNOX GELATINE** makes dainty desserts for dainty people.

Orleans molasses, one pint buttermilk. Bake one hour and fifteen minutes.

—Mrs. Geo. Rex.

#### BRAN BREAD.

Two pints bran, one pint flour, one pint sour milk one half cup molasses, one teaspoon soda, and one teaspoon salt.

—Mrs. Scott Armstrong.

#### GRAHAM BREAD.

One cup New Orleans molasses, one cup flour, two cups sweet milk, two teaspoons soda, two and a half cups graham flour. Bake until well done, about three quarters of an hour.

—Mrs. Dave Crane.

#### CORN BREAD.

One-half cup sugar, one tablespoon butter, one and one-half cups of flour, one cup of corn meal, one cup of milk, one egg, three teaspoons Royal Baking Powder.

—Mrs. Awalt.

#### CORN BREAD.

One cup corn meal, one cup flour, two teaspoons baking powder, sifted together. One and one-fourth cups sweet milk, one-third cup sugar, one third cup butter, one half teaspoon salt. Bake thirty minutes.

—Mrs. J. C. Dobbins.

#### CORN BREAD.

One cup of corn meal, one cup of flour, one tablespoon of sugar, four scant teaspoonfuls of baking powder, one egg, one cup of milk, two tablespoonfuls of melted butter. Bake twenty minutes in a hot oven.

—L. M. Junkin.

#### CORN MUFFINS.

Two eggs, one half cup sugar, one tablespoon butter, one-half teaspoon salt, two cups milk, two

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cups flour, one cup Indian meal, two teaspoons Royal Baking Powder. Sift dry ingredients together. Bake twenty-five minutes in moderate oven.

—Mrs. W. K. Keith.

#### MUFFINS.

One pint of sifted flour. Add two heaping teaspoons Royal baking powder and sift again. Cream three level tablespoons of sugar with butter size of an egg, add one well beaten egg, and one cup of milk. Gem pans or rings should be hot. Bake in quick oven.

—Mrs. W. D. Moore.

#### SHREDDED WHEAT BISCUIT WITH STRAWBERRIES.

Prepare berries as for ordinary serving. Warm biscuit in oven before using. Cut or crush oblong cavity in top of biscuit to form basket. Fill the cavity with berries and serve with cream or milk. Sweeten to taste. Peaches, blackberries, raspberries, blueberries, pineapple, bananas, and other fruit, fresh or preserved, can be served with Shredded Wheat Biscuit in the same way.

#### MUFFINS.

Two eggs beaten separately, one tablespoon sugar, one tablespoon melted butter, one cup milk, two teaspoons Royal baking powder, flour to make a stiff batter. Bake in gem pans. Enough for twelve.

—Mrs. G. W. Swan.

#### MUFFINS.

One egg, one tablespoon melted butter, two-thirds cup sweet milk, one large cup of flour, one heaping teaspoon baking powder, salt. Bake in hot greased muffin pans, twenty minutes in quick oven.

—Mrs. Wm. T. Ide.

#### SQUASH MUFFINS.

Two thirds cup of cooked squash, one fourth cup

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of sugar, one well beaten egg, two and three-fourths cups of flour, half teaspoon of salt, three teaspoons baking powder, two tablespoons melted butter. Bake twenty-five minutes.

—Mrs. T. J. Walker.

#### DATE MUFFINS.

One egg, salt, one cup sour milk, one half even teaspoon of soda, beaten into the milk, two tablespoons sugar, one level teaspoon baking powder, one and one-fourth cups of flour, add one half cup of dates, cut with scissors and floured. Butter, size of small egg, melted. Bake in muffin rings.

—Mrs. E. D. Arnold.

#### BRAN MUFFINS.

One egg, two tablespoons molasses, (sorghum) salt, two cups buttermilk, or sour milk, one teaspoon soda, two cups bran, one heaping cup white flour. Stir stiff adding the bran before the white flour. Drop in hot iron gem pans, and bake in quick oven.

—Mrs. L. H. B.

#### POTATO MUFFINS.

Three small potatoes, boiled and mashed, one cup warm milk, two eggs well beaten, one cake compressed yeast (soaked) one tablespoon lard, one tablespoon sugar, one teaspoon butter, one teaspoon salt. Stir as much flour into this mixture as can be done without kneading. Let it rise about five hours. Turn out on bread board and cut like biscuit. Let rise one hour and bake fifteen or twenty minutes. Serves fifteen.

—Mrs. W. F. Shiffer

—Ethel Woodhull.

#### CORN MEAL MUFFINS

One pint of corn meal, one teaspoon soda, one teaspoon of salt, into this pour one pint buttermilk. Mix well, add one egg, beat altogether, melt one

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**Knox Acidulated Gelatine, no bother, no trouble, no squeezing lemons**

tablespoon lard and add last. Wheat and graham muffins are made the same way.

—Mrs. Geo. Johnson.

### BLUEBERRY MUFFINS.

Cream one-fourth cup butter, add one-fourth cup sugar gradually, one egg well beaten. Sift together two and two-thirds cups flour, (reserve one-fourth cup) four teaspoons baking powder, one-half teaspoon salt. Add to first mixture alternately with one cup milk. Dredge one cup blue berries with remaining flour. Add to mixture, and beat thoroughly. Put in hot muffin cups, and bake twenty-five minutes in hot oven.

—Mrs. G. D. Harris.

### DATE MUFFINS.

One-third cup butter, one-fourth cup sugar, one-fourth pound of dates, one egg, three-fourths cup milk, two cups of flour, four teaspoons Royal baking powder. Cream butter, add sugar and chopped dates. Add alternately the egg mixed with milk, and flour sifted with baking powder. Bake twenty minutes in hot oven.

—Ada Burns.

### POPOVERS.

One cup flour, one egg, one cup milk, salt. Beat until bubbles appear in the batter, and bake in gem pans in quick oven.

—Mrs. Laverne Blackmore.

### POPOVERS.

Two eggs, well beaten, one and a half cups milk. One and a half cups flour, salt. Bake till brown in quick oven.

—Mrs. M. C. Hatch.

### JUDITH GEMS.

Four tablespoons melted butter, four tablespoons sugar, two eggs, two cups flour, one cup sweet milk,

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four even teaspoons Royal baking powder, salt.

—Mrs. A. Mallory.

#### BRAN GEMS.

One level cup flour, two level cups bran, one level teaspoon soda, one-half cup molasses, one-half teaspoon salt, one and one-half cups milk, one egg. Sift flour, soda and salt, then add bran, molasses, milk and the eggs well beaten, beat altogether and bake in hissing hot gem-pans.

—Mrs. Bissett.

#### WAFFLES.

One half cup of butter, beaten to a cream, four eggs, add beaten yolks to butter. One-half pint sweet cream, one pint of flour. Just before baking, add beaten whites of eggs.

—L. M. Junkin.

#### WAFFLES.

Sift three cups of flour with three teaspoons Royal baking powder. Rub a half cup of butter into the flour and add salt. Add three well beaten eggs and sweet milk to make a batter which will pour into hot waffle irons. Fill two-thirds full.

—Edith Hatch Ryan.

#### WAFFLES.

One pint sour milk, two eggs, salt, one tablespoon sugar. Butter size of a walnut, melted, one teaspoon soda, white of eggs beaten separately and added last.

—Gertie Sullivan.

#### WAFFLES.

Beat one egg, add two level teaspoons sugar, a pinch of salt, one full cup milk, one scant cup flour, one heaping teaspoon Royal baking powder, one tablespoon butter, melted. Beat thoroughly, and let stand a few minutes before baking.

—Mrs. Athearn.

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FOUR PINTS of jelly in each package of Knox Gelatine.

### CORN MEAL MUSH.

Two cups of corn meal, one teaspoon salt, one tablespoon of flour, and two cups cold water. Stir this mixture until smooth and add gradually to one quart of boiling water. Cook one hour or more in double boiler, stirring occasionally.

—L. M. Junkin.

### GOOD BATTER CAKES.

One pint of flour, one-half teaspoon soda, salt. Sift thoroughly. Add buttermilk or sour milk to make a thin batter. Add butter size of a walnut, melted. Mix thoroughly. Fry on a hot griddle. No grease need be used as the butter prevents sticking. They are delicious.

—Mrs. Chas. Theobald.

### BUCKWHEAT CAKES.

One-fourth cake of yeast, dissolved in warm water, two cups of buckwheat flour, one cup of wheat flour, two large tablespoons of sugar, one small tablespoon of salt. Add water enough to make a medium

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stiff batter, let stand till morning. Then add a teaspoonful of soda dissolved in warm water. Thin batter with water to the right consistency to bake. Have your griddle very hot and bake. (I prefer taking a start out every morning before adding the soda, in place of using the yeast the following evening for next morning.)

—Mrs. James Brown.

### MOCK MAPLE SYRUP.

Two cups brown sugar, two cups boiling water, one cup granulated sugar, two-thirds teaspoon vanilla melt white sugar in pan, boil brown sugar and water. Pour in the melted white sugar. Makes about one pint and is very fine.

—Domestic Science Teacher.

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Knox Gelatine measured for use, each package is in two envelopes.

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## SOUP

“One morning in the garden bed,  
 The onion and the carrot said  
 Unto the parsley group;  
 O! When shall we three meet again,  
 In thunder lightning, hail or rain?  
 Alas! replied in tones of pain,  
 The parsley, In the soup.”

---

### DRIED BEAN SOUP.

One pint dried beans, four quarts of water, one large onion minced fine, four tablespoons suet drippings, or butter, which gives a better flavor, three tablespoons minced celery, or a few dried celery leaves, one half teaspoon pepper, two teaspoons salt. Soak beans in cold water over night. In the morning drain and add three quarts of cold water. Let come to the boiling point and drain, add four quarts of boiling water to the beans, and simmer four hours, add celery the last hour of cooking. Cook onions in a sauce pan one half hour. Drain beans, saving the water and put in pan with onions and dripping. Add three tablespoons flour, and cook one half hour, stirring often. Now mash fine gradually adding water in which beans were boiled until of the consistency of thick cream. Rub through a sieve, add salt and pepper and cook twenty minutes.

—M. M. W.

### BEAN SOUP.

Put to soak a pint of navy beans. Drain and boil in second water five minutes, add a small pinch of soda, drain again and add hot water. Cook until tender, then put through a sieve and reheat adding salt and pepper, celery salt and a tablespoon of catsup and a cup of milk.

—Mrs. Blackmore.

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### TOMATO SOUP.

One small can of tomato soup, one and one-half cups of milk, one tablespoon of butter, one-eighth teaspoon of soda. Heat soup and add soda, heat milk and butter together, then pour the soup into the hot milk and salt to taste.

—Nema Ross.

### TOMATO BISQUE.

Scald three pints of milk, add one tablespoon of butter, and one tablespoon of sugar. Heat one can of tomatoes, run them through a sieve and add one-fourth teaspoon of soda. As they effervesce add to hot milk, thicken with a little flour mixed with cold milk, salt and pepper to taste.

—Mrs. Awalt.

### TOMATO BISQUE.

One half can tomatoes, two teaspoons sugar, a bit of bay leaf and parsley, a slice of onion, one teaspoon of salt, one half teaspoon pepper, cook together. One quart of milk, one-fourth cup butter, four tablespoons flour, one-fourth teaspoon soda.

—Mrs. Gentle.

### OYSTER BISQUE.

Put one quart of oysters through a food grinder. To two quarts of rich hot milk, add three tablespoons of melted butter with two tablespoons of flour rubbed smooth, season with salt and pepper and a few grains of cayenne, and more butter to taste, add oysters and bring to boiling point and serve. This will serve eighteen.

—Mrs. Mary Holnack.

### CORN SOUP.

Scrape twelve ears of corn, boil the cobs twenty minutes in one quart of water, remove the cobs, and put corn in and let all come to a boil. Boil ten minutes add two tablespoons of flour, season with salt and

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Try the Knox Gelatine recipes found in this book.

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pepper, then boil five minutes, turn into tureen on well beaten yolks of three eggs.

—Mrs. C. M. Dunn.

#### CHILI—FINE.

Twenty-five cents kidney or chili beans, two quarts tomatoes, one dozen onions, twenty-five cents ground beef, ten cents fresh pork ground fine, five or six potatoes cut fine, season well with salt and pepper, one-half teaspoon red pepper, soak beans over night, cook with other ingredients, adding pork and beef about ten o'clock.

—Mrs. Bolinger, Lincoln, Neb.

#### CHILI CON CARNE.

Twenty cents pork steak, twenty cents round steak, one large onion, grind these, two tablespoons of butter, two tablespoons of salt, two tablespoons of pepper, fry butter, salt and pepper until brown. One tablespoon of chili powder, put meat, onion, butter, salt, pepper and chili powder in kettle, add one quart of water and boil one-half hour, then add one can of tomatoes, one can of kidney beans, boil twenty minutes.

—Mrs. H. T. S.

#### VEGETABLE SOUP.

Put a piece of beef in sufficient water to cover, add salt to taste, and boil gently, take off the scum as it raises. About an hour before dinner add a quart of tomatoes, three or four carrots, scraped and cut in small pieces, slice one onion, one small teacup not quite half full of pearl barley, a little parsley tied in a bunch, take out the parsley before serving.

—Mrs. P. Erickson.

#### HERBS FOR SOUPS.

From your druggist get herbs by the package, and mix as follows, one ounce parsley, one ounce summer savory, one ounce marjoram, one ounce

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Good Milk is required for an oyster stew. USE BOYD'S.

DESSERTS can be made in a short time with Knox Gelatine.

lemon-thyme, one-half ounce sweet basil, bottle and use small quantity at a time till seasoned to suit taste.

—Mrs. Peter Erickson.

#### POTATO SOUP.

Peel and slice eight medium sized potatoes and two onions, put on stove in one quart cold water, boil until tender, add two tablespoons butter, one quart hot milk, one tablespoon flour wet with a little milk, salt and pepper to taste.

—Mrs. E. N. D.

#### RICE SOUP.

One quart chicken broth or soup stock one-half cup rice, one pint milk, salt and pepper and a bay leaf; also one tablespoon each of butter and flour.

—Mrs. E. N. D.

#### TOMATO SOUP.

One can of tomatoes, rub through a sieve, put on the stove with one-half an onion. Boil and add a pinch of soda and stir, add a tablespoon of salt, one tablespoon of sugar, a dash of celery salt, or a stalk of celery, one tablespoon of flour, moistened with cold milk, a dash of pepper. Stir this into the tomatoes. Lastly add one quart of milk. Remove from the fire as soon as boiled.

—Mrs. L. H. Brown.

*Meal cure*  
*For 200 lb. hog.*  
 -----  
 1 pint salt (plain or smoked)  
 -----  
 2 tablespoons black pepper.  
 -----  
 2 " " sugar.  
 -----  
 1 " " red pepper.  
 -----  
 Use light or dark sugar.

*and mix each batch separately*

*This is the right amount for each ham or shoulder.*

Use Knox Gelatine—the two quart package.

## FISH AND OYSTERS

“Fragrant with the sea—  
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### CRAB-MEAT, AU GRATIN.

Remove the yolks of four hard boiled eggs, mash and add two tablespoons bread crumbs. Chop the whites fine, add a pinch of red pepper. Put in a saucepan four tablespoons butter. When melted stir in the egg mixture, and cook until smooth, then add a cup of cream a little at a time, then add a cup of crab meat. Season highly and serve on buttered toast or in patties.

—Mrs. Geist.

### BAKED SALMON.

One small can salmon, three-fourths cup water, three hard boiled eggs chopped fine, one cup rolled crackers, salt, pepper and butter to taste. Make into a loaf and bake about twenty minutes. May be eaten with or without parsley sauce.

—Mrs. Athearn.

### STEAMED SALMON.

One small can salmon, two eggs well beaten, one-half cup milk, one-half teaspoon salt, steam ten or fifteen minutes. Serve with white sauce.

—Mrs. Geo. L. Beckwith.

### SALMON CREAMED.

Drain fluid from one can salmon, mince fine, boil one pint milk and thicken with two tablespoons corn-starch, add two tablespoons butter, salt and pepper. Take one pint of bread crumbs. Butter a pudding dish, put in a layer of bread crumbs, then a layer of fish, moisten with white sauce with a layer of bread

Use BOYD'S milk in your soup and you will be pleased.

Knox Gelatine makes a transparent, tender, quivering jelly.

crumbs last. Bake twenty or thirty minutes until brown on top.

—Mrs. E.

### CREAMED CODFISH.

One cup shredded codfish, par boil, drain. Pour over one pint sweet milk, one cup cream, thicken with one heaping tablespoon flour dissolved in cold water as for gravy, one tablespoon butter, salt and pepper to taste.

—Mrs. E. N. D.

Every housekeeper should have an emergency shelf, so that if a friend drops in unexpectedly, a little extra dish can be prepared. Try this. One medium sized can minced clams from your emergency stock, one or one and one-half cups rolled crackers, one tablespoon melted butter, salt and pepper to taste, mix other ingredients with clams and juice. Mold into rather thin patties and fry brown in butter, or half butter and half crisco. In ten minutes the patties may be served hot, and are delicious.

—Mrs. S. E. J. Sawyer.

### CREAMED HALIBUT.

Choose halibut steak about two inches thick, season well with salt and pepper, tie in cloth and boil one-half hour. Serve with white sauce. One tablespoon butter, one tablespoon flour, one pint of milk, half teaspoon salt, quarter teaspoon pepper, cook until thick, and add one tablespoon prepared horse-radish.

—Mrs. A. L. Page.

### SALMON CAKES.

One can salmon, remove skin and bone and break up with a fork. Squeeze over this the juice of one-half lemon, four soda crackers rolled fine, two beaten eggs, one heaping tablespoon butter, salt and

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Knox Gelatine is the one dessert for all appetites.

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pepper. Mix well, form in cakes and fry in butter, until well browned.

—Mrs. M. C. Hatch.

### CODFISH CAKES.

Pare eight good sized potatoes and put in sauce pan. Shred rather fine one and one-half cups codfish, rinse and put on top of potatoes, cover with boiling water and cook one-half hour. Pour off water, mash until light and add salt if required, pepper, one heaping tablespoon butter, one gill milk, one egg. Slice one-eighth lb. salt pork, fry until crisp, remove from pan, make fish mixture into flat cakes. Sprinkle with flour and fry in pork fat. Serve with slices of pork and cream toast.

—Mrs. E.

### FILLING FOR OYSTER PATTIES.

Scald oysters in their own liquor, skim liquor after drawing from oysters, melt two heaping tablespoons butter, add two heaping tablespoons flour, cook and stir until flour smells done, pour into this one-half pint each of liquor and milk, stir until thick and smooth, when ready to serve add oysters. Let come to a boil and fill shells or pour over salt wafers.

—Mrs. C. V. A.

### FRIED OYSTERS.

Take fine large oysters, rinse and drain. Then roll in cracker crumbs, then in beaten egg, then in cracker crumbs again. Fry in hot lard and butter, season to taste.

—Mrs. E. N. D.

### OYSTER FRITTERS.

Drain the liquor from one pint of oysters, to one cup of this add the same quantity of milk, three eggs well beaten, salt. Flour enough for a thin batter. Chop oysters and stir in batter. Fry in hot lard and butter, spoonful at a time.

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## OYSTER COCKTAIL.

One tablespoon vinegar, one tablespoon tomato catsup, one tablespoon Worcestershire sauce, two tablespoons lemon juice, one-fourth teaspoon Tabasco sauce, put six oysters in cocktail glass, add the above mixture. This amount will serve six people.

—Contributed.

SHREDDED WHEAT OYSTER, MEAT  
OR VEGETABLE PATTIES.

Cut oblong cavity in top of biscuit, remove top carefully and all inside shreds, forming a shell. Sprinkle with salt and pepper, put small pieces of butter in bottom, and fill the shell with drained, picked and washed oysters. Season with additional salt and pepper. Replace top of biscuit over oysters, then bits of butter on top. Place in a covered pan and bake in a moderate oven. Pour oyster liquor or cream sauce over it. Shell fish, vegetables, or meats may also be used.

## CELERIED OYSTERS.

One quart oysters, one pint of milk, five rounding tablespoons flour, two level teaspoons salt. Three rounding tablespoons butter, one-half teaspoon pepper, one pint celery washed and cut in small pieces. Heat milk in double boiler, put butter in frying pan and when it bubbles stir in celery. Stir and cook about-five minutes. Add flour, salt and pepper and when well mixed stir in the milk, also the oysters which have been washed and chopped. Turn into ramikins, cover top with bread crumbs, bits of butter, bake until crumbs are brown. Then sprinkle with shredded salted almonds.

—Mrs. A. W. Ide, Brainerd, Minn.

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45 Years Old

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# MEATS

“The Body Craveth Meats.”

## BAKED CHICKEN.

One chicken, one can mushrooms, one can peas, one quart of potatoes when diced, two large carrots diced, two large onions sliced, salt and pepper, cut the chicken as for frying, brown on top of stove, then place in baking dish with the vegetables and the frying of the chicken, salt and pepper to taste. Half fill baking dish with water, cover and bake two hours.

—Mrs. M. D. Smith.

## DRESSING FOR TURKEY OR CHICKEN.

Boil the heart, liver, and gizzard till tender, chop fine and add to cracker or bread crumbs, season with salt, pepper and a little sage, two eggs beaten, one spoonful of melted butter, one-half cup of milk or water the giblets were boiled in. Mix and fill the turkey or chicken. This is very good and an old recipe.

—Mrs. M. H. Baldwin.

## FRIED CHICKEN.

Cut the chicken into pieces. Dip into a batter of flour and water, the consistency of thick cream, to which a little more than a half teaspoon of soda has been added. It will require about four rounding tablespoons of flour for the batter. Then roll in fine cracker crumbs or fine bread crumbs. Have a good sized baking dish in which place the chicken in plenty of hot fat. Season and cook in a slow oven, at least one hour, longer if the chicken is large. When done each piece should be coated with a delicious crisp brown crust, adding to its size.

—Mrs. Nellie Busby.

## CHICKEN PIE.

Have chicken well done, pick to pieces and

**A Knox Gelatine Dessert or Salad is attractive and appetizing.**

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cover with gravy, made of two tablespoons full of butter, three tablespoons full of flour, five cups of broth, stir to a smooth paste, then pour over chicken while warm.

Batter for top.

Two cups of flour, two teaspoons baking powder, one table spoon of butter, one tablespoon of lard, one egg beaten in cup and then fill with sweet milk and a pinch of salt.

—Mrs. L. M. Randolph.

#### SAUCE FOR PIE.

Three tabelspoons of butter, three tablespoons of flour, two cups of liquor the chicken was boiled in, one cup of cream or rich milk, scald and season with salt and pepper.

#### SMOTHERED CHICKEN.

Nicely dress and prepare your chicken not over six months old, by splitting it down the back. Fold wings and legs underneath, fill the opening with dressing, place in your roaster with salt, pepper and water, and a nice slice of salt pork on the chicken. Cover and place in a slow oven for two hours and you will have a dish fit for a queen.

—Mrs. Wm. T. Ide.

#### DELICIOUS FRICASSE OF CHICKEN.

Cut the chicken into joints and put into stew pan with two raw onions cut in quarters, a little chopped parsley or celery, salt and pepper to taste, and a little squeeze of lemon juice. Add a piece of butter size of an egg, and a pint of water. Stew for an hour under a closed lid. Strain off the gravy, into which beat gradually a tea cup of cream or rich milk, and the yolks of two eggs. Place gravy on fire, but do not allow to boil. When it thickens pour it over the chicken. Even an old chicken is delicious when prepared in this way.

—Mrs. Hollenbeck.

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Ask your grocer for Knox Gelatine—take no other.

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### SCALLOPED CHICKEN.

Boil chicken tender, remove from bones and cut in dice, one small can mushrooms. Place in buttered pan with layer of cracker crumbs, then layer of chicken with bits of butter, salt and pepper. Repeat layer of cracker crumbs, then mushrooms and chicken, with crackers and bits of butter on top, make very moist with chicken liquor and milk.

—Mrs. F. J. Taylor.

### CHICKEN PIE.

Cook chicken well done, pick to pieces, and cover with gravy, made of two tablespoons butter, three tablespoons of flour, five cups of broth, pinch of salt. Cook to a smooth paste, and turn over chicken.

Batter for Same.

Two cups of flour, two teaspoons baking powder, one tablespoon butter, one tablespoon lard, one egg beaten in cup and then fill the cup with sweet milk. Pinch of salt. Drop over chicken in small spoonfuls, then bake.

—Mrs. Earl Randolph.

### CHICKEN PIE.

Cook chicken until tender, salt the liquor to taste. Pick the chicken from bones while warm, and place in baking dish with the sauce and have the sauce cover two-thirds of chicken in pan.

Sauce for Same.

Three tablespoons of butter, three tablespoons of flour, two cups of liquor, one cup of cream or milk. Melt butter, add flour and gradually add hot liquor. Have cream hot and add this. Cook until smooth. Salt and pepper to taste.

Crust for Same.

Two cups flour, one teaspoon salt, two teaspoons baking powder sifted in flour, two tablespoons butter rubbed lightly into flour, one egg beaten light. Add

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beaten egg to milk, then add flour. Put batter on top of pie and bake.

—Mrs. R. R. Palmer.

### CHICKEN CUTLETS.

Two tablespoons butter, four tablespoons flour, two teaspoons salt, pepper to taste, ten gratings of nutmeg, one-half cup mushrooms if liked (cut fine), one-half teaspoon onion juice, one cup stock or milk, two eggs, yolks, two cups chopped chicken. (For six people.)

—Mrs. Moyer, Orient, Ia.

### CHICKEN PIE.

Crust for one chicken, two cups of flour, one teaspoonful salt, two tablespoons butter, two teaspoons baking powder, one egg and two cups of milk. Sift flour, salt and baking powder together, rub in butter, then pour in the beaten egg and milk.

—Mrs. Bert Horton.

### ROASTED CREAM CHICKEN.

Cut the chicken as for frying. Put one tablespoon butter in the roaster and brown it. Add chicken, pepper and salt. Roast ten minutes then add half a sliced onion and a cup of cream. Cook until tender.

—Mrs. Grace Stalker.

### SAUCE FOR PIE.

Three tablespoons flour, three tablespoons butter, two cups chicken broth, one cup of milk. Melt the butter, stir to cream with the flour. Add the warm broth and milk and cook up well. Bone the chicken and put in a good sized pan. Pour over not quite all the sauce. Then pour batter over all and bake thirty or forty minutes. More sauce can be made by doubling recipe and use for gravy.

—Mrs. Horton.

### TO COOK AN OLD FOWL.

Cut in pieces, salt and pepper and roll in beaten

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egg, then bread crumbs, fry in lard and butter mixed, until brown. Then place in steamer, steam two hours. When tender is fine.

—Mrs. Easton.

#### SCOTCH DRESSING FOR DUCK.

Two cups oatmeal, salt and pepper, and one onion, butter size of an egg. Mix with milk to the consistency of dressing and fill the duck.

#### TURKEY OR CHICKEN DRESSING.

One ten cent loaf of bread, four tablespoons melted butter, four stalks of celery, two tablespoons grated onion, one teaspoon paprica, one teaspoon thyme, two teaspoons salt. Remove center of bread. Cut the crust in small pieces and pour boiling water over it, add the other ingredients and the center of bread crumbed fine. The thyme should be rubbed through a fine sieve.

—Mrs. L. M. Ball.

#### COOK RABBIT.

Cut in pieces, salt and pepper, roll in flour, fry in fat until brown all over. Then place in a pan or covered baker. Cover with water. Place on back of stove. Let it stew and simmer until tender, using the juice for brown gravy.

—Mrs. Derauf.

#### BAKED MEAT LOAF.

Two cups chopped meat, two level tablespoons butter, one-half cup of stock, two tablespoons bread crumbs, one teaspoon salt, one-fourth teaspoon of pepper. Put the above ingredients on stove to heat. When hot, take from stove and add yolks of three eggs beaten light, then fold in whites, beaten stiff. Put in pan and set pan in hot water. Bake fifteen minutes.

Sauce for Same.

Put in double boiler two level tablespoons butter, melt and add two level teaspoons flour. Blend thor-

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oughly one half cup of stock, one-half cup of milk, teaspoon salt, a little pepper, yolks of two eggs beaten light. Pour over loaf and serve.

—Georgina Bacon.

#### BREADED LIVER.

Pour boiling water over the liver, stir for five minutes. Pour in colander to drain. Have ready some bread browned in the oven rolled fine. Then dip liver in egg, then in bread crumbs. Then fry in plenty of lard to a golden brown.

—Mrs. Nellie Busby.

#### SPICED TONGUE.

Boil a beef tongue until tender. Salt the water. Take from kettle and skin. Take one-half teacup vinegar. Add two tablespoons sugar and a half dozen cloves and a small stick of cinnamon. Put in kettle and let boil, then drop the tongue in. Cover and watch closely, turn often until vinegar is all boiled away and the tongue nicely browned. Serve hot or cold, very nice for sandwiches.

—Mrs. A. J. Ryan, York, Neb.

#### GOOD MEAT DISH.

One pound of flank steak, one can of tomatoes, three large onions, one-half package spaghetti, three slices of bacon, one pint of cream, three tablespoons of flour, salt and pepper to taste. Grind the steak, slice the onions, fry the bacon crisp, add the onions and fry until nearly done. Add the meat, and cook until done. Have the spaghetti cooked and the tomatoes hot. Add the flour to the tomatoes, then put all the ingredients together, adding the cream the last thing.

—Mrs. D. W. Gillmor.

#### BEEF ROLL.

One cup chopped cooked beef and ham. One teaspoon mixed mustard, two eggs, beaten, a little

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grated onion, one fourth teaspoon each, salt and pepper. Mix to paste with little broth or water. Make a dough of three cups flour, one teaspoon salt, three level teaspoons baking powder, one-third cup of shortening and what sweet milk is needed. Roll in a sheet one-half inch thick and spread meat over it evenly. Then roll as for jelly cake and bake about forty minutes in buttered pan. When done, brush over with beaten white of an egg, and brown in oven. Serve with a lemon sauce if desired.

—Mrs. Shiffer.

#### MEAT LOAF.

One pound round steak, one pound veal, one pound fresh pork, one-half lean and one-half fat, two eggs, two teaspoons each pepper and salt and sage (be careful not to use too much sage) one small cup bread crumbs. A sprinkling of mixed herbs. A large cup of water. A tablespoon of melted butter. Pack in pan and pour a little bit of water over to keep from baking too dry.

—Mrs. Geo. Ide.

#### MEAT GEMS.

A nice dish for supper is made by preparing finely chopped meat, as for meat balls, and partly filling gem pans. On top of each break an egg, and bake in oven until whites are set. This makes a very pretty dish, as well as palatable.

—Mrs. Easton.

#### ROAST BEEF, WITH YORKSHIRE PUDDING.

Place over the top of the roasting pan, several clean sticks (not pine) or an oven grate washed clean. Lay the roast on the grating and pour over a cup of boiling water when it goes into the oven. Baste often and see that the fat does not scorch. About three-fourths of an hour before it is done mix the pudding as follows: 1 pint milk, four eggs, whites and yolks beaten separately, two scant cups flour,

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one teaspoon salt. Mix quickly. Beat well. Pour off fat from the gravy in the roaster, leaving just enough to prevent the pudding from sticking. Pour in the batter and continue to roast the beef letting the drippings fall upon the pudding and continue basting meat with the gravy taken out of roaster. Oven should be quite brisk when pudding is in. To serve, cut in squares and lay on platter around meat. This recipe has been tried and fulfills all expectations.

—Mrs. A.

### ROAST PORK TENDERLOIN WITH APPLES.

Four whole pork tenderloins, one tablespoon of butter, four large apples, two tablespoons of sugar, one and one-half cups of water. Salt and flour three or four whole pork tenderloins. Brown in pan in which one tablespoon of butter has been melted. Slice four large apples over and around tenderloins. Add a little salt and two tablespoonfuls of sugar. Add one and a half cups of water. Roast one and one-half hours in moderate oven.

—Mrs. Sam Allen.

### DROP DUMPLINGS.

One egg, one cup of sweet milk, pinch of salt, two teaspoons Royal baking powder, flour enough to make a stiff batter. Drop from the spoon in meat broth. Cook seven minutes.

—Mrs. G. W. Swan.

### "FRICKADILLY" OR MEAT PATTIES.

This will serve sixteen people. One pound each beef, pork and veal. Have the butcher grind each fine, four eggs, whites and yolks beaten separately, one cup of cream or milk and tablespoon butter. Salt and pepper. Use enough liquid to moisten meat well. Make into small cakes and roll in cracker crumbs. Place in pan nearly cover with boiling water and bake one hour.

—Mrs. Frank Patt.

**TO COOK BREAKFAST BACON.**

Remove the rind. Slice as thin as paper with beef slicer. Lay the slices in a cold pan and set over a moderate fire. Watch and turn them often and as soon as they look opaque, tilt the pan, draw the slices from the grease to dry, and transfer to a thick paper to drain before laying them on a platter. They should hardly grease the fingers and should be crisp.

**BOILED MUTTON.**

A leg weighing eight pounds will cook in two hours, unless wanted rare when one and a fourth hours will do. Cover with boiling water and boil rapidly for fifteen minutes. The kettle should then be put back where it will just simmer. Save the water which with the addition of ten cent beef bone will make excellent soup.

**Sauce for Mutton.**

Work one-fourth cup of butter and one tablespoon flour together. Add to one cup boiling water. Let come to a boil and add one tablespoon of capers.

**MUTTON CHOPS AND NEW PEAS.**

Fry the chops, not too hard. Season with butter, salt and pepper. Put chops on platter. Cook peas separately and pour them over the chops. Serve hot. Canned peas may be used.

—Mrs. T. J. Vogler.

**VEAL CROQUETTES.**

Two cups cooked veal put through a food chopper, one-half cup bread crumbs. Season with salt, pepper, celery salt, and a pinch of cayenne pepper. Make a sauce of one cup of hot milk, thickened with one tablespoon corn starch, one tablespoon butter. Season with pepper and salt. Mix with meat. Make into croquettes. Roll in egg and cracker crumbs. Fry in hot deep fat.

—Mrs. Robt. Bissett.

KNOX GELATINE makes dainty desserts for dainty people.

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### SOUR ROAST VEAL.

For this dish use four or five pounds veal. Wipe meat and rub into it one and one-half tablespoons salt, one half teaspoon pepper, one-third teaspoonful cloves, one tablespoon sugar, one teaspoon cinnamon. Cut one-half of small onion into bits and put in the bottom of a jar, also one bay leaf. Then place in meat. Cut remainder of onion on top of it. Add another bay leaf, one-half dozen whole allspice and pour on one-half cup of vinegar. Cover closely and put away in cool place for forty-eight hours. In cold weather this can stand three or four days. When ready to cook wipe dry with cloth. Put two tablespoons of butter in iron kettle. When it becomes hot, put in the meat and brown it on both sides, then add one quart of boiling water. Mix three tablespoons of flour till smooth and add. Cover closely and let simmer for three hours. This is nice hot or cold.

—Mrs. P. Erickson.

### PRESSED VEAL.

Boil and season a veal shank until very tender. Lift from the liquor and when cool chop fine. Boil liquor down to large cupful. Chop two hard boiled eggs. Mix thoroughly with veal and a dash of cayenne pepper. Pour over this the liquor. Press in a basin. Slice when cold. Will serve twenty-five people.

—Mrs. Bird Sherwood.

### VEAL LOAF.

Three pounds veal, three-fourths pound bacon, three eggs, one cup rolled cracker crumbs, one cup dried bread crumbs, dash cayenne pepper, salt and pepper to taste, three-fourths cup milk, small lump butter; mix with hands. Make into loaf and put in pan; put pan in a pan of hot water. Do not cover. Bake two and one-half hours.

—Mrs. Wm. H. Gentle.

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## VEAL LOAF.

Fifty cents worth of veal and a little salt pork, two eggs, one cupful bread crumbs, one-half cup of butter, salt and pepper to taste. Sprinkle flour on board, and form meat into good loaf. Put little water into pan before putting into oven. Bake one and one-half hours.

## CROWN ROAST.

This is made from the entire "Rack" of lamb. The upper portions of the bones are trimmed and the joints and meat are cut through only to the skin. The roast is then folded inside out fastened together. Cover the tops of the bones with a piece of folded, oiled paper. Stand in a baking pan. Dissolve a teaspoon of salt in a cup of boiling water. Add this to the pan and roast in a quick oven three quarters of an hour, basting often. When done, fill the center with buttered green peas.

—Mrs. L. M. Junkin.

## BEEF POT ROAST.

Order a two or three pound roast with the bone taken out. Melt tablespoon butter in kettle. Place roast in the kettle with a little water. Cook slowly for three hours. When roast begins to get tender season with salt and pepper and dredge with flour. Let this brown. Remove from kettle and you have stock for nice brown gravy.

—Mrs. O. C. Lutz.

## POT ROAST.

Put a piece of lard the size of an egg and a small piece of butter in a kettle. When it is hot, put in the meat and fry brown, then turn and fry the other side. Add salt, pepper, one large onion, parsley if liked and sufficient hot water to cook it. Cover carefully and as the water boils away add more, allowing twenty minutes for every pound of meat.

—Mrs. Peter Erickson.

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Give the growing children Knox Gelatine.

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### BAKED STEAK.

Make a nice stuffing as for chicken. Salt and pepper a round steak, spread with dressing. Roll up and tie to hold in position. Lay in a close covered jar. Pour around it a cup of water, and bake one hour in a hot oven.

—Mrs. Easton.

### BEEF LOAF.

One and one-half pounds round steak, three-fourth of a pound of pork. Grind not too fine. Twice the quantity of very dry bread crumbs. Season with salt, pepper and a little onion. Use barely enough hot water to moisten while mixing. Make out into two loaves and bake one hour. Keeping but very little water in pan while cooking. Serve with tomato sauce or catsup.

—Mrs. R. F. Reed, Victoria, Texas.

### MEAT LOAF.

Two pounds tenderloin, chopped or ground fine, one-half cup cracker crumbs, one-half tablespoon butter, two eggs beaten, pepper and salt. Bake.

### PORK TENDERLOIN LOAF.

Two pounds tenderloin ground, three cups milk, three eggs beaten together with milk, two and one-half cups bread or cracker crumbs. Two large table-spoons butter. Season to taste.

—Mrs. J. G. Kahl.

### SWISS STEAK.

Two pounds of round steak about one inch thick, pound or cut with knife crosswise on both sides, season with salt and pepper if desired, then dredge with flour and place in baker or stew pan. Slice two onions and cut a few stalks of celery and place over meat, then cover with water and cook two and one-half hours. May be baked or stewed.

—Mrs. Hollenbeck.

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### MOCK SWEET-BREAD.

Take a round of veal steak, cut in small pieces, salt and pepper to taste. Dip in bread crumbs and egg. Fry in butter until brown. Add one cup of water, cover and cook slowly for one hour.

—Mrs. Rex.

### BRAISED CHOPS.

Use twenty pork chops. Lay in the bottom of pan. Sauce for same, three tablespoons butter, three tablespoons flour, four cups water, salt and pepper to taste. Melt the butter, add the flour. Mix water with it to smooth paste and pour over the above. Cover air tight and roast.

—Mrs. Bull.

### PRESSED BEEF.

Two pounds chopped beef, four soda crackers, rolled fine, one tablespoon full of pepper, two teaspoons full of salt, two eggs and butter the size of an egg. Press into roll and bake, basting often.

—Mrs. Peter Erickson.

### BROWNE FLOUR.

Flour browned to a golden brown and put in glass jar or tin, is fine for gravies, thickening for soup. For cooking round steak dip in the browned flour and fry in hot butter or other fat. To brown the flour put in pans and stir frequently in oven not too hot to burn.

—Mrs. M. H. Baldwin.

### SPANISH ROLL.

One pound of round steak, one-fourth pound of salt pork, one teacup of bread crumbs, one egg, pepper to taste, one tablespoonful of butter. Mold into a roll, put into a baking pan and fill around with one can of tomatoes. Cook one hour, then scatter some bread crumbs into the tomatoes and season to taste. Enough for eight persons served once.

—Mrs. John W. Stratton.

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Where recipes call for Gelatine use Knox Gelatine.

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### CORNED BEEF HASH.

Use two thirds boiled and chopped potatoes to one-third boiled and chopped corned beef. Put in baking dish, cover with two cups milk and dot with butter. Bake one-half hour, season to taste.

—Mrs. Rex.

### MUSHROOM BROWN SAUCE.

In sauce pan brown two tablespoons butter until dark but not burned. Add two tablespoons flour and when mixed stir in a can of mushrooms. They may be chopped or left whole. Stir until smooth. They are delicious served with meat, especially steak and veal loaf.

—Mrs. Roy Gault.

### COLD MEAT.

One pint of whipped cream, one-eighth box of Knox gelatine, a little salt, two cups chicken or turkey ground fine. Pour in round mould. Let harden. Serve on garnished platter.

—Mrs. Earl Randolph.

### SAUCE FOR MEAT.

One cup water, one cup vinegar, two teaspoons flour, one egg, one-half cup of sugar, one-fourth teaspoon mustard if preferred. Cook to a smooth paste.

—Mrs. Sullivan.

### BROWN GRAVY WITHOUT MEAT.

Put into a sauce pan, over the fire, a tablespoon of butter and a tablespoon of flour. Stir constantly until a rich brown, then add hot water gradually as before, until the right consistency, salt to taste and serve.

### DELICIOUS BREAKFAST DISH.

Boil a large soup bone of beef until the meat is tender. Then remove the meat from the bone and chop, season with salt and pepper, being careful to discard gristle, and small bits of bone. A dash of

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**Knox Gelatine measured for use, each package is in two envelopes.**

cayenne and a little sage if liked. After straining the liquid which should be two quarts, add the chopped meat. When it comes to the boil, thicken with corn meal to the consistency of mush. Pour in a deep pan, put away to cool. When ready to use cut in slices and fry in butter a light brown.

—Mrs. John W. Stratton.

#### FLANK STEAK EN CASSEROLE.

Trim a flank steak and spread with pork sausage or strips of bacon. Roll and secure with twine, fastening ends well. Brown quickly in lard. And then put in casserole, with cup each of tomatoes and boiling water. Season with a little onion and celery salt. Cover and bake forty-five minutes. Thicken the gravy and pour around the steak.

#### PRESSED BEEF.

Two pounds of lean beef, cook until tender. Remove from water. Chop fine, add one-half teaspoon of cloves and allspice and a rounding teaspoon of salt, level teaspoon of cinnamon. Pepper to suit taste. Mix well one-half box of Knox Gelatine with one-half cup of cold water, soak one-half hour. Take one pint of liquor, one teaspoon grated onion, one level teaspoon of celery salt. Stir the gelatine into the boiling liquid from over the meat. Turn into pan after it has been dipped into cold water. Let it get cold and serve in slices, garnish with parsley. Will serve between thirty and forty people.

—Olive Beckwith.

#### POT BEEF ROAST.

Put half a pound of lean beef, cut in inch cubes, in a casserole dish and add one medium sized carrot, sliced, salt and pepper. Add one cup of boiling water and one cup of canned or cooked tomatoes. Cover and bake in a slow oven two and a half or three hours. One-half hour before serving thicken with a rounding tablespoonful of flour dissolved in a little water.

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Add a little butter if needed, and a cupful of canned peas, rinsed in cold water. If too dry add more tomatoes at this time. Return to oven and serve hot.

—Edith Hatch Ryan.

### A VEGETARIAN DISH. VEGETABLE TURKEY.

Mix together two cupfuls of dry bread crumbs, two cupfuls of chopped nuts and two cupfuls of milk. Add one tablespoon melted butter, one small teaspoonful of powdered sage and salt to taste. Then stir in three well beaten eggs and bake in a buttered pan for twenty or thirty minutes in a hot oven.

—Mrs. E. D. Arnold.

### DUMPLINGS.

Two cups of flour, one tablespoon of lard, two thirds cup of skim milk, three teaspoon baking powder (salt). Sift and mix dry. Then work in lard with tips of fingers. Add milk gradually. Drop from a spoon. Cover tight and boil slowly for twenty minutes. Put a little thickening in the soup before dropping in the dumplings. Can be made with any kind of meat or chicken preferred.

—Mrs. S. E. Rex.

### DUMPLINGS.

One pint of flour measured before sifting, two even teaspoonfuls of baking powder, one-half teaspoonful of salt, one teaspoonful of sugar. Mix very thoroughly and then sift. Wet with a small cup of milk. Stir into a smooth ball with a spoon, turn the dough on a well floured board, roll about half an inch thick, cut into small cakes and cook in the soup just ten minutes. Be sure the soup is boiling rapidly when you put the dumplings in, and that it boils all the time. See that the cover fits tight on the pot, and that the dumplings boil just ten minutes.

—Grandma Hartson.

Simply add water and sugar to the KNOX ACIDULATED package.

### TOAD IN THE HOLE.

This is an English dish, and a good one despite the name. One pound round steak, one pint milk, one cup flour, one egg beaten very light. Add milk to it, then one-half teaspoon salt. Pour upon the flour gradually, beating very light and smooth. Butter a two quart dish and into it put the meat. Season well and then pour batter over the meat. Bake one hour in a moderate oven. Serve hot. This dish can be made of mutton or veal in place of steak and I have used chicken.

—Mrs. P. E.

### DUMPLINGS.

One cup sour milk, one teaspoon soda dissolved in milk, one tablespoon melted lard, one-fourth teaspoon salt, flour to make stiff. Let cook fifteen minutes. Lay on meat or chicken above the broth.

### DUMPLINGS FOR STEWS.

Make a biscuit dough with very little shortening. Roll and cut out with a small cutter and place on a plate in a steamer over the stew kettle. Steam for twenty minutes or longer. When ready to serve separate them and place on a platter. Pour stew over them.

—Mrs. Peter Erickson.

### DUMPLINGS.

Two eggs, one cup of milk, two heaping teaspoons Royal baking powder, flour to make a stiff batter. Boil seven minutes without raising the cover.

—Hallie Williams.

### MINT SAUCE.

Mint sauce for roast lamb. Two tablespoons chopped mint, one tablespoon sugar, one-half cup cold vinegar.

—Mrs. P. Erickson.

Try KNOX ACIDULATED GELATINE with Lemon Flavor enclosed.

### LEMON DUMPLINGS.

Cut lemons into quarters and remove seeds. Peel and quarter apples. Make a good dumpling dough. Make it same as pie crust, using a trifle less shortening. In each dumpling place three quarters of apples and one of lemon. Make as many dumplings as there are plates to be served and place in a rather deep pan. Add one cup of sugar for each lemon used. Sprinkle well with flour and add a generous lump of butter to each dumpling. Cover them well with hot water and bake in a moderate oven, about one and a quarter hours. Serve in their own sauce and if it thickens too much, add more water.

—Mrs. Chas. V. Athearn.

### PEANUT SOUFFLE.

Two cups bread crumbs, one cup ground peanuts two eggs, one pint of milk. Bake one-half hour. This is like a dressing to be served with a meat course.

—Mrs. Wilbur Ames, Kewanee, Ill.

### HOME MADE MUSTARD.

Three teaspoons of ground mustard, one egg yolk, one teaspoon cornstarch, one-half teaspoon salt, one-half cup mild vinegar. (If liked add a little cayenne and a little sugar.) Beat these ingredients together until a smooth paste is formed, then put on stove and let come to a boil. Stir to keep from scorching.

—Mrs. Charles Theobald.

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## VEGETABLES

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### TIME TABLE FOR VEGETABLES.

Half an hour.—Peas, potatoes, asparagus, rice, corn, summer squash, tomatoes, macaroni.

Three quarters of an hour.—Young beets young turnips, young carrots, new parsnips, baked potatoes, boiled sweet potatoes.

One hour.—New onions, new cabbage, shelled and string beans, spinach, greens, oyster plant, cauliflower, winter squash.

Two hours.—Winter carrots, parsnips, turnips, cabbage, onions.

Three hours.—Beets.

### POTATO CROQUETTES.

Two cups mashed potatoes, two tablespoons of cream, one teaspoon of salt, one teaspoon of onion juice, a grating of nutmeg, yolks of two eggs, a dash of cayenne. Beat the yolks until light, add to potatoes, mix with the other ingredients and turn into a sauce pan. Stir over the fire until mixture leaves sides of pan. When cold form into balls, roll first in eggs, then in bread crumbs. Will make 12.

—Mrs. W. K. Keith.

### POTATO BALLS.

Take left over cold mashed potato, add one egg, some onions chopped fine, work smooth with fork; then add flour until they can be shaped into balls. Fry brown.

—Mrs. W. F. Shiffer.

### STUFFED POTATOES WITH CHEESE.

Bake five medium sized potatoes, when baked cut into halves. Remove the cooked potato into a mixing

bowl. Mash, add one teaspoon of butter, one teaspoon of minced parsley, one-half cup of milk, one small cup of grated cheese, one-half teaspoon of salt, dash of pepper. Beat until light and creamy; heap into the potato skins, dust top with grated cheese; place in oven until crisp and brown on top. Serve very hot.

—Mrs. Awalt.

#### MASHED POTATOES.

Pare and put into boiling salt water, (one teaspoon salt to each quart of water.) Boil until the potatoes are tender, but not boiled to pieces. When done drain well and set on back of stove to steam. Cover with several thicknesses of coarse cloth. Mash thoroughly and season with very hot milk, or cream in which a tablespoon of butter has been dissolved; salt to taste. Make the mixture soft. Beat to a creamy snowwhite froth. They are fit for a king.

—Mrs. G. H. Williams.

#### OAK HILL POTATOES.

A layer of sliced potatoes, a layer of hard boiled eggs, a layer of white sauce, buttered bread crumbs on top. Bake.

—Mrs. Stanley.

#### OAK HILL POTATOES.

Three large cold potatoes, slice half in pan, six hard boiled eggs, sliced. Slice the rest of the potatoes over these. One cup of bread crumbs, two level tablespoons butter, melted, one teaspoon salt, dash of pepper. Stir into that one teaspoon flour, one cup milk poured over. Bake twenty minutes. Serve six.

—Mrs. J. L. Moyer.

#### ESCALLOPED POTATOES.

Layer of potatoes, small layer of onions. Sprinkle with flour, butter, salt and pepper. Cover with milk and bake.

—Mrs. Stanley.

Ask your grocer for Knox Gelatine—take no other.

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### POTATO CHIPS.

Peel and slice thin, drop in deep hot fat and stir to keep the slices separate. Fry to a golden brown. Take up with an open spoon or skimmer. Drain and salt to suit taste. Serve hot or cold.

—Mrs. M. H. Baldwin.

### POTATO PUFFERS.

One cup cold mashed potatoes, one egg, one half cup flour, one half teaspoon baking powder, pinch of salt. Roll into small fingers, and fry in hot lard.

—Mrs. E. C. Welch.

### MUSHROOM POTATOES.

Boil eighteen good sized potatoes, two cans mushrooms, one dozen eggs. Cream sauce. Make a cream sauce in the proportion of two tablespoons butter, two of flour, one good pint of milk, salt and pepper to taste. In baking pan, put layer of cream sauce, then potatoes, mushrooms and eggs. Then a layer of cream sauce. The last layer being cream sauce. Bake thirty minutes. Will serve twenty-four people.

—Mrs. Pearl McColl.

### SWEET POTATO CROQUETTES.

Take boiled or canned sweet potatoes. Mash well, season same as white potatoes with milk, butter and salt. Form into long croquettes, roll in beaten egg, then in cracker crumbs. Set aside to dry a few hours. Put in wire basket and drop in hot lard until a nice brown.

—Mrs. L. H. Brown.

### CORN FRITTERS.

One pint grated corn, one-half cup sweet milk, one-half cup flour, one teaspoon baking powder, one tablespoon melted butter, two eggs, salt and pepper to taste. Fry spoonful at time in hot lard.

—Mrs. R. T. McColl.

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### CORN SOUFFLE.

One-fourth cup butter, one-fourth cup of flour, two-thirds cup of milk, one can of corn, one teaspoon sugar, three eggs, salt and pepper to taste. Stir flour smooth in milk. Beat eggs thoroughly. Stir well and turn all into buttered baking dish. Bake about thirty minutes.

—Mrs. M. C. Hatch.

### ESCALLOPED CORN.

Place a layer of cracker crumbs in pudding dish, then a layer of corn, seasoned with salt, pepper and butter; repeat until dish is full, covering top layer with cracker crumbs and dots of butter, then fill two-thirds full of milk. Bake half an hour.

—Mrs. A. B. B.

### CORN FRITTERS.

One pint of boiled sweet corn, cut from the cob, one well beaten egg, one-half cup sweet milk, salt and pepper, one-half cup of flour, one teaspoon of Royal baking powder. Mix well and fry in hot fat drippings Drop from the spoon in small cakes. Excellent for breakfast.

—Mrs. W. T. Ide.

### CORN OYSTERS.

One dozen ears of corn, one-fourth cup butter, one teaspoonful salt, one tablespoonful of sugar, two eggs, no flour. Grate the corn, melt the butter, pour into corn, add salt and sugar and the beaten egg. Place frying pan with two tablespoonsful of lard and one tablespoonful of butter, when hot, drop corn mixture by the spoonful in form of oysters, when brown on one side turn and brown on other. Serve with maple syrup.

—Mrs. F. L. Kennedy.

### CORN CHOWDER.

Cut the kernels from a dozen ears of green corn, peel and mince two onions and fry them brown in

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three tablespoons of butter in a deep sauce pan. Put in the corn four broken soda crackers and one-half dozen parboiled and sliced potatoes, season with salt and pepper and a tablespoon of minced parsley. Cover with a quart of boiling water. Let all cook gently for three-fourths of an hour, then stir in slowly a cup of boiling milk thickened with tablespoon of flour, rubbed in one tablespoon of butter. Turn at once in a heated tureen.

—Mrs. John W. Stratton.

### EPICURES CORN.

Select from the stalks ears of country gentlemans sweet corn, rejecting all that is past the first and tenderest stage of milkiness. Take off husks as you break corn from the stalks, so the corn will lose none of its sweetness. Take silk from ears and drop ears into boiling water. A large wash boiler with cover makes a convenient cooking receptacle. Let the ears of corn boil five or ten minutes. Take out and cool sufficiently to cut corn from cob. To every four pints of the cut off corn, add one pint of salt. Mix thoroughly, then pack in open stoneware jars pounding and pressing down with potato masher, so salt and corn juice will form a brine to cover corn. Keep corn under brine and it will be as good the second year as the first. Turn a plate over the corn and use a heavy stone on top to keep corn under the brine. When needed take enough corn for serving from jar, wash off in cold water. Put to soak in cold water on back of range. Change water a couple of times until fresh enough. Dress with a lump of butter, a light sprinkle of flour and sweet cream or milk sufficient to cover. Always add a little sugar to season. If the corn is taken at the right time there is no better or more convenient way of keeping sweet corn, but it must be very young and tender.

—Eva E. Noble.

See that the name **K-N-O-X** is on each package of gelatine you buy.

### CORN CHOWDER.

Take a pint or more of the soaked corn, one quart sliced raw potatoes, three tablespoons fat salt pork cut fine, one onion, good size, sliced, four cups boiling water, two tablespoons butter, two tablespoons flour, two cups sweet milk, pepper and salt if needed. Put cut pork and onion into kettle, stir and cook until onion is lightly colored, (not brown) add corn and potatoes and hot water; cook until potatoes are done. Mix butter and flour to paste. Add milk, pour into kettle and cook until well boiled up. Add a few soda crackers just before serving. Very palatable and nourishing. A prime favorite for a luncheon dish.

—Eva E. Noble.

### BAKED BEANS.—BOHEMIAN STYLE.

Fifteen cents worth of dry beans soaked over night. In morning cook until nearly done. Add one large onion (ground) one two-pound can of tomatoes, one cup of sorghum, also meat fryings or lard, or any kind of meat desired. Salt to taste. Bake. Keep stirring until done.

—Mrs. Sam'l Jolly.

### SOUR BEANS.

Use string or wax beans. Boil in salt water until tender. Drain, season with chopped onion, pepper and butter, and add a tablespoon of vinegar.

—Mrs. T. J. Vogler.

### SPANISH TOMATOES.

One-half can of tomatoes, one large onion, one tablespoonful of butter, one tablespoonful of flour, one teaspoonful of salt, one-eighth teaspoonful of cayenne pepper, two teaspoonfuls of sugar, one-eighth teaspoonful of soda. Serving dish half full of diced stale bread. Place butter, salt and pepper over gas, when melted add the onion, brown slightly, add

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the flour, stirring carefully, then the tomatoes, before removing from fire add sugar and soda. Pour over bread and serve at once.

—Mrs. F. L. Kennedy.

#### STUFFED TOMATOES.

Select large smooth tomatoes, cut a piece from the top of each and scoop out seeds and pulp. Chop fine what you have removed, and season with butter, pepper and salt. Add one-third as much bread crumbs. Fill the skins with the mixture, replace the tops and put into a baking dish, with the rest of the stuffing between them and bake, covered one-half hour. Remove the cover until brown on top.

—Mrs. Maggie Erickson.

#### RICE AND TOMATOES—CREOLE STYLE.

One cupful tomatoes, one-half cupful rice, one cupful boiling water, one-half teaspoonful of salt, one tablespoonful of lard. Wash rice thoroughly and dry in warming oven. Place rice on stove and add the lard, stirring until melted. Let simmer on back of stove ten minutes, then add tomatoes, water, and salt. Cover dish and let steam until rice is tender, do not stir after adding tomatoes.

—Jessie B. Noble.

#### CARROTS AND NEW PEAS.

Dice the carrots, and boil until tender. Drain, cook the peas separately, then add to carrots. Season with salt, pepper and butter.

—Mrs. T. J. Vogler.

#### SCALLOPED ONIONS.

Boil until tender six large onions. When tender separate with spoon. Place layer of onion, then layer of bread crumbs in baking dish. Season with salt and pepper to taste. Moisten with milk and set in oven to brown.

—Mrs. R. T. McColl.

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## ESCALLOPED ONIONS.

Boil until tender six large onions, afterward separate with a large spoon; then place a layer of onion then a layer of bread crumbs alternately in a baking dish. Season with pepper and salt to taste, dot over the top with one-fourth cup of butter, moisten with one cup of milk. Place in the oven and bake twenty minutes.

—Mrs. F. L. Kennedy.

## ESCALLOPED ONION, HOMINY AND CHEESE.

Fry or boil onions until soft. Put a layer in a buttered dish, dust with salt and pepper and grated cheese. Add a layer of hominy, continue until dish is full, barely covered with canned tomato juice. Cover with buttered bread crumbs. Bake forty minutes in moderate oven.

—Mrs. Stanley.

## CREAMED CARROTS.

Pare several carrots and split lengthwise or dice, add a few slices of onion. Boil for one hour in as little water as possible, then sprinkle over teaspoon of flour, teaspoon of butter, salt and pepper, and a cup of milk. Let all come to a boil and serve hot.

—Mrs. L. H. Brown.

## TO SERVE HEAD LETTUCE.

First, place lettuce head down in cold water to which has been added a tablespoon of salt. This draws out any insect and cleans from dust. Cut in quarters and serve with salad dressing.

—Mrs. W. R. Blackmore.

## PARSNIP BOULETTES.

Scrape, slice and boil parsnips in salt water, until tender. Drain and mash, removing all tough fibre. To one cup of parsnips add one well beaten egg, two tablespoons flour, and one-half teaspoon salt. Mix

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The KNOX ACIDULATED package contains flavoring and coloring.

and shape into balls and fry in smoking fat. Serve hot.

—Mrs. W. F. Shiffer.

### CUCUMBERS AU GRATIN.

Pare a number of fresh cucumbers. Boil in salted water until tender and cut into dice. Arrange in buttered ramikins, alternating layers of grated cheese. Moisten with cream. Cover with buttered crumbs and bake until tender.

—Mrs. James O'Rourke.

### BAKED RICE AND CHEESE.

One cup of boiled rice, one tablespoon butter, one even tablespoon flour, one cup milk, two tablespoons grated cheese, one beaten egg, salt and pepper to taste. Make cream sauce of butter, flour, milk and salt. Mix boiled rice with cream sauce and bake in moderate oven a light brown. Bake three-fourths of an hour. Cover top with fine bread crumbs, bits of butter and a little cheese.

—Mrs. Geo. Ide.

### ESCALLOPED CHEESE.

Four slices of bread, one cup grated cheese, two eggs, one pint of milk, one teaspoon salt, one-half teaspoon mustard, dash of pepper. Butter bread and cut into dice, crumble the cheese, put together in baking dish. Beat eggs and add milk, season, then pour over bread and cheese. Let stand ten minutes. Bake half an hour.

—Mrs. Wilbur Ames.

### CHEESE SAUCE FOR VEGETABLES.

One pint milk, one-fourth pound cream cheese, one tablespoonful of butter, one tablespoonful of flour one level teaspoonful of salt, dash of pepper. Place butter, salt and pepper in aluminum sauce pan over gas, when melted add cheese. When it has melted, add flour, mixing thoroughly, then add the milk.

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cooking until thick and smooth. Pour this sauce over potatoes, cabbage, cauliflower, macaroni, rice or celery.

—Mrs. F. L. Kennedy.

#### RICE PONSAY.

Dice potatoes, add one onion minced fine. Put alternate layers of rice, potato and onion, in baking dish. Season with butter, pepper and salt. Cover with milk and bake.

—Mrs. E. C. Welch.

#### ITALIAN SPAGHETTI.

Three cups macaroni, one quart tomatoes, eight medium sized onions. Cook macaroni in salt water until tender. Must measure three cups after it is cooked. Then place on platter. On this place meat balls made from any kind of cooked meat, minced fine. Have onions fried and put on top of this. Cover this with grated cheese, and set in oven until cheese is melted. Serve at once.

—Mrs. R. T. McColl.

#### SPAGHETTI.

Boil twenty cents worth of beef. Boil separately. Pour boiling hot water over a box of spaghetti and let boil twenty minutes or until done. Stir to keep from scorching. Cook separately. Fryings from 10 cents worth of bacon in a skillet; grind a good sized onion in fryings. Cook slowly one two-pound can of tomatoes. When about done add meat and contents of skillet. If too thick add stock off boiling meat. Stir and cook for ten minutes. When done add ten cents worth of cheese. Stir until cheese is melted. Ready for use. This will serve eight.

—Mrs. Sam'l Jolly.

#### BAKED MACARONI AND CHEESE.

Boil in salted water one-half pound of macaroni, which has been broken in small pieces. When cook-

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ed turn into a buttered dish, and cover with grated cheese. Place over the top lumps of butter. Moisten with milk. Put in oven and bake until brown. Do not allow it to become dry.

—Mrs. Wm. T. Ide.

STUFFED SWEET PEPPERS.  
HUNGARIAN STYLE.

Scoop out centers of six sweet peppers. Fill with equal parts of ground meat (any kind) and cooked rice. Place in pan, and pour over them one pint cooked tomato. Season and cook on top of stone very slowly for forty minutes. If cooked too fast peppers lose their shape.

—Mrs. E. A. Miller, Oberlin, Ohio.

CABBAGE AND ONIONS.

Peel and slice four onions, fry them a light brown in a saucepan with two tablespoonfuls of drippings from salt pork or bacon; meantime slice a small white cabbage, put it in with the browned onions, season with a teaspoonful of salt and a quarter of salt, spoonful of pepper; cover the saucepan tight, and cook until the contents are tender.

—Mrs. J. W. Stratton.

SCALLOPED CABBAGE.

Cut quantity of cabbage desired in rather coarse bits. Boil twenty to thirty minutes in salt water. Arrange with layers of crackers as for any scalloped dish.

—Georgia Parrish.

SHREDDED CABBAGE.

Two cups shredded cabbage, salt, one-half pint of whipped cream, two teaspoons vinegar, one tablespoon of sugar. Whip all well together.

—Mrs. L. J. Parrish.

COLD SLAW.

Take firm fine grained cabbage cut fine. Season with salt, pepper and sugar. Add two or three table-

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Try the Knox Gelatine recipes found in this book.

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spoons of good cream. Mix thoroughly with a fork. Just before using add vinegar to taste. Mix well again.

—Mrs. Schuler.

#### CREAMED ASPARAGUS.

Cut into small pieces, and cook in boiling salted water till tender. Add tablespoon of butter, and two tablespoons of flour and one cup of milk, stirred thoroughly till smooth.

—Mrs. Frank Stream.

#### ASPARAGUS—FRENCH STYLE.

Wash and tie in bunches. Cook them in boiling salted water until tender. Lift them out with the string being careful not to break them. Serve with a sauce of thick cream into which salt, pepper and vinegar, have been added. Or they may be served with a thin mayonaise dressing.

—Mrs. Frank Stream.

#### CREAMED EGG PLANT IN EGG PLANT SHELL.

Take one end off of the egg plant that has been soaked in salted water for thirty minutes. Remove the pulp, and scallop the edges to make a basket. Cut the pulp into dice and boil until tender. Make a rich cream sauce. Add the cooked egg plant, and place in the egg plant shell. Garnish with parsley.

—Mrs. James O'Rourke.

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## EGGS

“O egg! Within thine oval shell.  
What palate-tickling joys do dwell.”

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### CREAMED EGGS.

Boil the desired number of eggs until hard. Remove the shells. Reserve two yolks and slice the eggs. Pour over them the following white sauce. Melt two level tablespoons of butter, two level tablespoons of flour, and add gradually one cup of milk, with salt and pepper. Over this dish rice the two hard boiled yolks, and serve.

—Mrs. M. C. Hatch.

### EGG A LA GOLDENROD.

Make a cream dressing of two heaping tablespoons of butter-melted, two tablespoons flour, one pint of milk. Boil hard the desired number of eggs. Chop whites and add to the dressing, with salt and pepper. Toast a slice of bread for each person to be served. Cut in halves lengthwise and arrange on platter. Pour over sauce. Put the yolks through a potato ricer, sprinkling them over the toast. Garnish with parsley and serve.

—Mrs. Athearn.

### BAKED EGGS.

Break desired number of eggs in well-buttered dish, not allowing room to spread too much. Put over each a tablespoon of cream. Bake until whites are set.

### TO FRY EGGS.

Dissolve one teaspoon butter in a frying pan, break in as many eggs as desired. Season with salt and pepper. Put over the fire then add two tablespoons of water, and cover closely.

—Mrs. C. B. Williams, Orient, Iowa.

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A Knox Gelatine Dessert or Salad is attractive and appetizing.

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### PICKLED EGGS.

Boil eggs about eight minutes, peel and cut lengthwise. Lay on platter yolks up. Boil one-half cup sour cream, one tablespoon butter, one-half teaspoon ground mustard, pepper and salt. Pour this over eggs. Good either hot or cold.

—Selected.

### EGG SOUFFLE.

One cup milk, one-half cup grated cheese, one full teaspoon butter. Boil milk and stir in one tablespoon flour, mixed in a little of the milk, let this boil; then add butter, cheese and three eggs beaten separately. First stirring in the yolks and then the whites. Add a little cayenne pepper and salt to taste. Bake fifteen minutes in ramikins or set dish in pan of hot water.

—Mrs. A. W. Ide Brainard, Minn.

### EGG TIMBALES.

Six eggs beaten separately, salt and pepper, one teaspoon parsley, twenty drops onion juice, one and one-half cups rich milk. Mix thoroughly and pour in well buttered pan. Have bottom of pan covered with heavy paper. Cook one hour in pan of hot water. Turn out on platter and surround with peas or asparagus.

—Mrs. Geo. Rex, Des Moines.

### PLAIN OMELET.

Four eggs, one-half teaspoon salt, pepper, four tablespoons water, one tablespoon butter. Separate yolks of eggs from whites. Beat yolks until thick, add salt, pepper and water. Beat whites until stiff. Melt butter in omelet pan. Pour in the mixture, and cook slowly about twelve minutes. When "well puffed," put in oven until the top is cooked. Serve at once. Spread with jelly or minced ham, if preferred before folding.

—Mrs. M. F. Stever.

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Send for the Knox Gelatine recipe book.

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### OMELET.

Three quarters cup bread crumbs, fill cup up with milk and let stand a few minutes. Beat five eggs separately and very light. Add milk and bread crumbs to the yellows, then stir the whites in gently, salt. Pour in hot omelet pan, which is well greased, over a good fire.

—Mrs. A. J. Ryan, York, Neb.

### DEVEILED EGGS.

Boil five eggs until very hard. Drop into cold water. When cool remove shells, and cut in halves. Remove the yolks, place in a bowl and rub smooth with one tablespoon melted butter, adding salt, pepper, mustard and vinegar to taste. When well mixed, cut a slice from the end of each half egg, so it will stand and fill each with the yolk mixture.

—Selected.

### CHEESE STRAWS.

One and a half cups of grated cheese, one half cup of butter, one-half teaspoon of salt, one cup of flour, water to make a stiff paste. Rub cheese and butter with flour, add salt, then water. Roll thin, and cut in narrow strips. Bake a light brown.

—Mrs. Bert Hall.

### CHEESE BALLS.

Heat the cheese until melted to paste, then mould to the shape desired. Press a nutmeat in center of each.

—Mrs. Awalt.

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## SALADS

“To make it one must have a spark of genius.”

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### WHITE SALAD.

One cup of celery, one cup of cabbage, one ten cent can of pimentos, one-half cup of nuts, one-half box of Knox gelatine, soaked in one pint of cold water when soft add one pint of hot water, one teaspoon salt one and one-half cups granulated sugar, when slightly cool, add the juice of three lemons. When gelatine has commenced to congeal, add the other ingredients which have been chopped fine. Turn into a mold and chill. Cut in squares, and serve on lettuce leaf, with mayonaise dressing.

—Mrs. W. D. Moore.

### SALMON SALAD.

Six cups boiled potato, six small onions, six hard boiled eggs, six cucumber pickles. Cut all in small pieces and add to one can of red salmon that has been drained and mashed. Dressing and vinegar to taste, and add one teaspoon celery seed if the flavor is liked.

—Mrs. Mabel Stanley, Orient.

### SALMON-SALAD EGGS.

Boil the number of eggs you desire until hard. Mix the powdered yolks with canned salmon, season with vinegar, salt, pepper and butter. Place the mixture within the whites of eggs.

—Mrs. James O'Rourke.

### FRUIT SALAD.

Six oranges, one lemon, one medium sized can pineapple, all ground through a meat chopper and sweetened to taste. Serve in sherbert glasses with whipped cream and candied cherry on top.

—Mrs. Locke.

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Use KNOX GELATINE if you would be sure of results.

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### PERFECTION SALAD.

(Will serve twenty people.)

One envelope Knox Acidulated Gelatine, one-half cup cold water, one-half cup mild vinegar, one pint boiling water, one teaspoonful salt, 1 cup finely shredded cabbage, one-half cup sugar, two cups celery cut in small pieces, one-fourth can pimientos, chopped, one-half teaspoon lemon powder, found in separate envelope in package. Soak gelatine in cold water five minutes. Add remaining ingredients. Mold in pan two or three inches deep. Add vinegar and lemon powder, dissolved in boiling water, sugar and salt. Cut in two inch squares to serve with meat or as a salad on a crisp lettuce leaf with mayonaise.

—Mrs. S. H. Mallory.

### PERFECTION SALAD.

One-half cup vinegar, one-half cup sugar, one teaspoonful salt, one package Knox's gelatine, one can pimientos, one cup celery, chopped fine, two cups chopped cabbage, juice of one lemon.

—Mrs. Huntington.

### ST. PATRICK'S SALAD.

One package lemon jello, dissolved in a scant quart of boiling water. Color green with small quantity of green fruit coloring. When it begins to thicken, add four small sweet pickles, chopped four tablespoons celery, chopped, one-half chopped green pepper, two chopped pimientos, twelve English walnut meats broken in small pieces. Mold in large or individual molds and serve on lettuce leaf with mayonaise on top.

—Mrs. Geo. Rex.

### A GOOD SALAD.

One cup almonds, cut in pieces, one pint marshmallows, two pints cabbage, one pint pineapple. Wipe cabbage dry, cut fine and add other ingredients chopped up, after pineapple has been drained and wiped.

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Knox Gelatine is the one dessert for all appetites.

Dressing—Mix together one-half cup sugar, one scant tablespoon flour, whites of four eggs beaten stiff. Add juice of three lemons and three tablespoons vinegar. Boil until thick. When cold add some of the pineapple juice to thin it, then mix with salad. Add whipped cream if desired. Serves about twenty-five. Use shredded lettuce for serving salad.

—Miss Verna Hascall.

#### MEAT SALAD.

Forty cent pot beef boil, ten cents worth of sweet pickles, twenty cents worth of celery. Dice each of above and mix with mayonaise dressing. Will serve twelve.

—Mrs. James O'Rourke.

#### OYSTER COCKTAIL CABBAGE SALAD.

Shave cabbage fine. Place on lettuce leaf and cover with pimento cut into small pieces. Make a dressing of oyster cocktail sauce, vinegar and oil, seasoned to taste.

—Mrs. James O'Rourke.

#### EXTRA GOOD MAYONNAISE DRESSING.

Four eggs well beaten, one-half small cup sugar, one generous teaspoon butter, one teaspoon mustard, three-fourth cup vinegar (very weak) one tablespoon flour, cook in double boiler and stir constantly until it thickens. Continue stirring a few minutes after removing from fire. When ready to use, thin with cream or milk.

—Miss Margaret Dodd.

#### SALAD DRESSING.

Two eggs well beaten, one-half teaspoon salt and mustard, one-fourth teaspoon pepper, one-half cup sugar, one-half cup vinegar, one tablespoon flour, butter size of a small egg. When ready to serve thin with cream.

—Mrs. Awalt.

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### COLD SALAD DRESSING.

Three-fourths cup cream well beaten, two tablespoons diluted vinegar, four tablespoons sugar. Sufficient for one-half gallon of well chopped cabbage.

—Mrs. Nellie Busby.

### SWEET SALAD DRESSING.

To be used over Bananas.

Yolks of two eggs, one-half cup sweet cream or Van Camps' condensed milk, one-half cup sugar, one tablespoon cornstarch and one-half cup vinegar. Stir all together and cook for five minutes.

—Eva Stiles.

### SALAD DRESSING.

Four tablespoons vinegar, two tablespoons water one tablespoon butter, one scant tablespoon flour, one teaspoon mustard, 1 tablespoon sugar, yolks of four eggs. Mix sugar, mustard and flour thoroughly, add yolks of eggs, vinegar and water. Cook in double boiler stirring constantly.

—Mrs. John Heessel.

### SALAD DRESSING.

Whites of three eggs, yolks of two, beat well together. Add four and one-half tablespoons of vinegar, one teaspoon butter. Mix together one and one-half tablespoons of sugar and an even teaspoon mustard, and a dash of cayenne pepper and add this to vinegar and eggs. Cook slowly, stirring all the time. When it begins to cream, remove from stove. When cool, add one-half cup whipped cream. Do not use as much mustard when making this dressing for fruit.

—Mrs. Geo. VanSwearinger.

### SALAD DRESSING.

One tablespoon flour, two tablespoons butter. Melt butter, stir in flour, but do not brown. Add one cup milk and boil. Mix three eggs, one cup vinegar, one spoon each salt, sugar and mustard. Add to the above and boil until creamy.

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## MAYONNAISE

One cup milk, one tablespoon butter, two tablespoons flour, three eggs, six teaspoons sugar, one teaspoon each of salt and Colman's mustard, one-fourth teaspoon each of black and red pepper, one cup vinegar. Dissolve the mustard with two teaspoons of vinegar, beating thoroughly. Beat eggs, salt, pepper, add mustard then vinegar, set aside. Put butter and flour over gas in double boiler, when melted add milk and sugar. Stir constantly then add egg mixture. Boil five minutes, stirring constantly. Thin with olive oil or cream.

—Mrs. Ethel S. Kennedy.

## MAYONNAISE DRESSING.

Six large spoons vinegar, one-half cup sugar, one large tablespoon butter. Put on stove and boil. Take six eggs and beat thoroughly, and pour the hot mixture over them and return to the stove, stirring all the time tili it thickens. Add a teaspoon salt.

—Mrs. A. Mallory.

## FRENCH DRESSING.

One tablespoon sugar, pinch each, mustard and salt, twenty shakes paprika, one tablespoon vinegar, two tablespoons Antonine oil. Stir well.

—Mrs. S. E. Rex.

## PICKLE SALAD.

One box Knox gelatine, soaked in one pint cold water thirty minutes. Boil three cups sugar and one cup vinegar until it threads. Add gelatine, two drops clove oil and one pint cold water. Strain liquid and add one pint thinly sliced sweet pickles, and one cup English walnut meats. Mix well and set to harden. Serve with sweet wafers.

—Miss Edna Sullivan and Mrs. Bert Horton.

## SALAD.

One large slice pineapple on a lettuce leaf,

sprinkle grated cheese over pineapple, and crushed nuts, over cheese. Cover with mayonnaise mixed with whipped cream. (Excellent.)

—Mrs. John Heessel.

#### SALAD.

Two dozen marshmallows sliced thin, one cup nut meats chopped slightly, one cup shredded pineapple, either canned or fresh. Serve with whipped cream or sweet salad dressing.

—Mrs. M. C. Hatch.

#### SALAD.

Make lemon gelatine, (Knox's). Put in bottom of dish, circles of chopped pimientos, with walnut meats in center, one medium cucumber chopped fine, one-half can pineapple, chopped in small pieces. Mold and serve in blocks. Dressing.—Yolks of three eggs well beaten, add three tablespoons sugar, one teaspoon salt and pepper, one-fourth teaspoon mustard, three tablespoons vinegar, paprika. Cook and thin with whipped cream.

—Mrs. Geo. Rex.

#### WATER LILY SALAD.

Cook six eggs hard, cut in halves crosswise. Put yolks through potato ricer and mix with salad dressing. Cut the halves of whites in points and refill with yolk mixture. Place on lettuce leaves and garnish with salad dressing.

—Mrs. Lottie Mather.

#### HAM SALAD.

To one cup of cold fried or boiled ham, chopped, add one cup celery and one large slice of pineapple cut fine. Pour over salad dressing and arrange on lettuce leaves and you have an appetizing luncheon dish.

—Mrs. E. D. Arnold.

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### EGG AND CHEESE SALAD.

Mix cottage cheese with chopped nut meats and chopped green peppers, with enough mayonnaise to make it mold easily into balls. Arrange on lettuce leaves with slices of hard boiled eggs, and garnish with mayonnaise.

—Mrs. Lottie Mather.

### PERFECTION SALAD.

(The author of this recipe won a \$100 prize.)

One envelope Knox Sparkling Gelatine, one-half cup cold water, one-half cup mild vinegar, one pint boiling water, one teaspoonful salt, one cup finely shredded cabbage. Juice of one lemon, one-half cup sugar, two cups celery cut in small pieces, one-fourth can sweet red peppers, finely cut.

Soak the gelatine in cold water five minutes; add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when beginning to set add remaining ingredients. Turn into a mold and chill. Serve on lettuce leaves with mayonnaise dressing, or cut in dice and serve in cases made of red or green peppers, or the mixture may be shaped in molds lined with pimentoes. A delicious accompaniment to cold sliced chicken or veal.

### CHERRY SALAD.

One-half can white cherries, seeded, one-fourth cup diced pineapple, one-fourth cup chopped celery, Dressing—One egg, one-fourth cup sugar, one-half teaspoon flour, one-half teaspoon mustard, one-fourth teaspoon salt, a dash of pepper, one tablespoon butter, one-fourth cup weakened vinegar. Boil this mixture until thick, add one-half pint cream, whipped and beat into the other ingredients. Serve on lettuce leaf.

—Mrs. Edwin Pearson.

### CUCUMBER WELLS.

Pare fresh, firm cucumbers and cut into two-inch lengths, hollowing them out to form tiny wells. Drop

into boiling salted water, and let simmer gently until tender. Drain. Fill with cold minced chicken, lobster or salmon. Mark with mayonnaise. Serve cold with a pinch of finely chopped radish parings, topping each.

—Mrs. James O'Rourke.

#### APRICOT SALAD.

Cut in quarters, one pound marshmallows, one can apricots, and one pound English walnuts or almonds. Mix together lightly and add mayonnaise dressing. Add whipped cream if desired.

—Mrs. Blackmore.

#### BILTMORE SALAD.

(Serves Eighteen People.)

One and one-half pound marshmallows, three small cans pineapple, one pound nutmeats. Drain the shredded pineapple. (Do not use juice) in colander. Mix one cup marshmallows and pineapple. Dressing—One teaspoon mustard, one teaspoon salt, one tablespoon flour, one tablespoon butter, two tablespoons sugar, five tablespoons vinegar, well beaten yolks of six eggs. Mix dry ingredients thoroughly, then add vinegar and yolks of eggs. Cook in double boiler until thick. Add butter and enough cream to make dressing smooth, when cold pour over the pineapple, marshmallows and nutmeats. When ready to serve add one pint whipped cream and serve on lettuce leaf. Set on ice until needed.

—Domestic Science Teacher.

#### PICTURE SALAD.

Make a mould of lemon jelly using recipe found in any cook book. Use a mould with a hole in the center. Place in a large plate surrounded by lettuce leaves and pile seeded California grapes or any desired fruit around mould. Fill center with a boiled mayonnaise dressing which has plenty of whipped cream in it. In it put sliced celery, broken nutmeats

Give the growing children Knox Gelatine.

and maraschino cherries. It is a dish pleasing to the eye and very good.

—Mrs. E. A. Miller, Oberlin, Ohio.

#### CABBAGE SALAD.

Shred and then slightly chop, one medium sized head of cabbage. Season well with salt, pepper and vinegar. Have ready a pint of cream, whipped, sweetened a very little, also a small quantity of mayonnaise beat in. Drain cabbage and stir into cream mixture, using a fork and adding cabbage gradually. Chopped pimentos may be added to cabbage if preferred. Serve on a deep pile of shredded lettuce.

—Mrs. Athearn.

#### SALMON SALAD.

Two cans salmon, twelve pickles, sixteen soda crackers, eight hard boiled eggs. Chop and mix.

Dressing for Salad.

One egg, one cup vinegar, three tablespoons sugar, one tablespoon mustard, salt and pepper. Mix together and bring to the boiling point, stirring constantly. Add, the last thing, one cup of cream that has been thoroughly whipped.

—Miss Trumbull.

#### SALMON SALAD.

One can salmon, fifteen crackers rolled fine, five good sized pickles, chopped, five hard boiled eggs, whites chopped fine. Rub yolks fine in a spoonful of butter. Add salt, pepper and vinegar to suit taste.

—Mrs. C. C. Iddings, Volga, S. D.

#### MARSHMALLOW SALAD.

One pound marshmallows, one-half pound pecan meats, one can sliced pineapple cut fine. Mix and serve with mayonnaise dressing softened with whipped cream. Leave all ingredients separate until ready to serve.

—Mrs. Locke.

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### PIMENTO SALAD.

One box Knox Gelatine, two-thirds cup vinegar and water, one-half cup sugar, one teaspoon salt, one cup boiling water. When this begins to set add shredded cabbage, onion, celery and pimento, or you may add pineapple, pimento, and English walnut meats. This may be served in small forms with meat course, or as a salad with mayonnaise.

—Mrs. R. C. Thomson.

### BANANA SALAD.

One-half dozen bananas and one can pimentos, chopped in meat grinder. One package Knox Gelatine, soaked in three-fourths cup cold water for five minutes. Then add one cup boiling water, juice of one lemon, one cup nut meats, one cup sugar. When chilled enough to form at edges, add lightly one cup whipped cream. Mould in granite or earthenware dish. Serve with mayonnaise, mixed with whipped cream.

—Mrs. R. C. Thompson.

### PEACH SALAD.

Form cream cheese into balls the size of peach stones. Place these in the cavities of halved peaches, and pour rich mayonnaise dressing over them. Place cubes of tart jelly on top. Serve with salt wafers.

### TOMATO JELLY SALAD.

One-half can tomatoes, one bay leaf, one-half teaspoon salt, two tablespoons vinegar, one-fourth teaspoon black pepper, a sprinkle of red pepper, a small onion cut in small pieces and some pieces of celery or celery seed. Bring to a boil while one-third box Knox's gelatine soaks in cold water. Rub the mixture through a fine sieve before pouring the gelatine over it. Turn into moulds when partly cooled. Serve on lettuce leaf with mayonnaise and half an English walnut meat on top.

—Mrs. Tracy, St. Joe, Mo.

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## PUDDINGS AND SAUCES

“The daintiest dishes shall be served up last.”—  
—Milton.

### GERMAN DATE PUDDING.

Two eggs, one cup sugar, one half cup flour, one teaspoon Royal baking powder, one cup walnut meats, one cup of dates. Pour boiling water over dates before cutting up. Steam about two hours. Serve with a sauce or whipped cream.

—Mrs. Stanley.

### APPLE FRITTERS WITH SPANISH SAUCE.

Batter—Sift together two cups of flour, and one teaspoon Royal baking powder, two eggs, beaten light, one tablespoon sugar, one cup of milk lukewarm. Slice three apples very thin, and stir into batter. Fry in deep fat, then roll in powdered sugar and cinnamon.

Spanish Sauce.—One cup of sugar, one tablespoon of cornstarch, one-fourth nutmeg, grated, one tablespoon of butter, two tablespoons vinegar, one-half cup boiling water. Boil until as thick as syrup.

—Mrs. Clyde Mitchell, Burlington, Iowa.

### BLACK PUDDING.

One cup molasses, one cup butter, one cup sour milk, one teaspoon soda, one cup brown sugar, one nutmeg, four eggs, two cups flour. Steam one and a half hours. Serve with hot sauce.

—Mrs. R. C. Thompson.

### SNOW PUDDING.

Dissolve three tablespoons of cornstarch in a little water and pour one pint boiling water over this, stirring all the time. Stir in stiffly beaten whites of three eggs and add a little salt, and flavor to taste.

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Steam ten minutes. Sauce for pudding.—Yolks of three eggs, one cup sugar, one cup sweet milk, piece of butter size of a walnut. Boil and flavor.

—Mrs. Carrie Slater.

#### PUDDING SAUCE.

One cup sugar, two tablespoons vinegar, two scant tablespoons cornstarch, one tablespoon butter. Mix to a smooth paste and pour on boiling water until it thickens, and boil slowly for ten minutes. Add teaspoon of vanilla and dash of nutmeg.

—Mrs. L. H. Brown.

#### PLUM PUDDING.

Two cups of bread crumbs, one day old, one cup chopped beef suet, three cups brown sugar, two cups seeded raisins, two cups dried currants, one-half cup each of sliced figs and dates, one teaspoonful of all kinds of spices, one level teaspoon of salt, four eggs, two tablespoons flour. Mix all together and turn into a greased bowl, allowing one quarter space to swell. Set bowl in a cloth wrung out of hot water and floured. Gather and tie, and set on a trivet in a kettle of hot water, having the water only part way up to the bowl, as this pudding is to be steamed, rather than boiled. Keep water at boiling point for four hours.

—Mrs. W. K. Ball.

#### DATE PUDDING.

One pound dates, one cup nutmeats, two eggs, beaten, one-half cup milk, one-half cup sugar, two tablespoons flour, one-half teaspoon Royal baking powder. Bake one half hour.

—Ethel Woodhull.

#### A GOOD PUDDING.

One cup molasses, two-thirds cup hot water, one egg, one teaspoon ginger, one teaspoon soda, two cups flour, steam one and one-half or two hours.

—Mrs. Will Ross, Canadian, Texas.

Pink Coloring for fancy desserts in each package of Knox Gelatine.

### TANGO PUDDING.

Three-fourths cup sugar, one cup nuts, one cup sliced dates, one-half cup flour, two teaspoons baking powder, five eggs beaten separately, two teaspoons vanilla, whites of eggs last. Bake in layers. Filling.—One cup milk, one egg, two tablespoons cornstarch, sugar to taste, small lump of butter. Boil and put between layers one-half inch thick. Spread whipped cream on top.

—Mrs. Geo. Rex.

### CARROT PUDDING.

Yolks of two eggs, one cup grated raw carrots, one cup grated raw potatoes, one cup raisins, one cup currants, one cup brown sugar, one and one-half cups flour, one scant cup chopped suet, two teaspoons baking powder, one teaspoon salt, one-half teaspoon each of cloves and cinnamon, grated rind of one lemon. Mix all together, put in air tight pudding pan and steam three hours. Serve with brandy sauce.

—Mrs. Adam Begg.

### COLUMBIAN PUDDING.

One teacup rolled bread crumbs, one teacup cooked rice, one and one-half pint sweet milk, one egg, sugar to suit taste, two apples sliced thin, three tablespoons melted butter. Season with lemon. For small family one-half the quantities would be sufficient.

—Mrs. S. A. Stream.

### ENGLISH PLUM PUDDING.

One cup suet, measured after grinding, one cup sugar, one cup bread crumbs, one cup flour, one cup raisins, one cup dates, one cup sour milk, one teaspoon soda, one teaspoon each, cinnamon, cloves and nutmeg. Mix all together, put into buttered cups and steam one hour. Bread, raisins and dates, are also measured after grinding.

—Mrs. L. H. Brown.

## CHERRY PUDDING.

Two tablespoons sugar, one small tablespoon butter, one-half cup milk, one cup flour, two teaspoons baking powder, a little salt and one-half cup cherries. Steam one and one-half hours. Sauce for Pudding.—One cup sugar, two tablespoons butter, and one of cornstarch. Pour over this one cup boiling water and one-half cup of cherry juice and cook until clear.

—Mrs. A. L. Page.

## DANISH PUDDING.

Eight eggs beaten into three tablespoons sugar. Stir this into one quart boiling cream or milk. Melt, in an ordinary pan, one-third pound of brown sugar till it is a syrup, stirring all the time. Pour this into a pudding dish, which should be placed in a dripping pan of hot water, then pour custard on top of syrup and bake in oven until firm. Serve with whipped cream. (Delicious.)

—Mrs. Geist.

## BLACK PUDDING.

One cup sour milk, one cup molasses, one cup butter, one cup sugar, two cups flour, four eggs, one teaspoon soda, a little ground cloves and nutmeg. Mix sugar and butter well. Add molasses and eggs well beaten, then some milk and flour. Put in spices. Last add the soda which has been dissolved in a little warm water. Steam three hours and serve hot with any nice sauce or whipped cream.

—Mrs. Geo. Cornelius.

## BLACK PUDDING.

One-half cup molasses, one cup warm water, one teaspoon soda, two eggs, one and one-half cups flour, two-thirds cup ground raisins, a pinch of salt. Steam three-fourths of an hour.

—Mrs. L. H. Brown.

FOUR PINTS of jelly in each package of Knox Gelatine.

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### SUET PUDDING.

One cup each, raisins, currants, suet, flour, and ground bread crumbs, one-fourth cup citron, orange and lemon peel, ground, one-half cup cream, one-half cup sugar, two teaspoons each, nutmeg, cinnamon and cloves, pinch of salt, two eggs, one teaspoon baking powder. If mixture is too dry add fruit juice of any kind or a little milk. Steam five hours in bag, or greased cans.

#### Sauce.

Two teaspoons cornstarch, one cup sugar, one pint of boiling water, two tablespoons butter, juice and grated rind of orange or lemon (lemon is best.) Mix starch and sugar, pour on boiling water, add butter and cook until thick, then pour over the lemon or orange and stir thoroughly. Add a little cold water to starch and sugar before pouring on boiling water.

—Mrs. Will Goddard.

### GRAHAM PUDDING.

One and one-half cups graham flour, one-half cup molasses, one-fourth cup melted butter, one and one-half cups sweet milk, one cup raisins, salt, one teaspoon cinnamon, one even teaspoon soda. Steam two and one-half hours. Serve with sauce.

—Mrs. Geo. Bartle.

### STEAMED PUDDING.

One cup beef suet, two and two-thirds cups bread crumbs, one cup grated carrots, four eggs, one and one-third cup brown sugar, a little grated lemon rind and two tablespoons juice, one cup raisins, one-half cup currants, one-third cup flour, a little citron two teaspoons salt, one teaspoon cinnamon, one-half teaspoon nutmeg, one-fourth teaspoon cloves. Add sugar to beaten yolks of eggs. Add beaten whites last. Steam three hours.

—Mrs. E. A. Miller.

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**APPLE DUMPLING.**

One egg, one cup milk, one tablespoon melted butter,, two teaspoons baking powder, flour enough for stiff batter, three apples. Mix the milk with beaten egg. Add butter which has been melted. Sift baking powder into the flour and add to rest. Fill well buttered cups with alternate layers of batter and thinly sliced apples and steam one-half hour. Serve with cream or vanilla sauce.

—Mrs. Geo. Cornelius.

**STEAMED PUFFS.**

One-half cup sugar, one tablespoon butter, yolks of two eggs, one cup sweet milk, two cups flour, two teaspoons baking powder. Add the whites of eggs well beaten. Put in buttered cups and steam one-half hour. (Use Mrs. L. H. Brown's pudding sauce with these puddings.)

**ZELLA'S PUDDING.**

Take two cups of bread crumbs, pour over milk to make soft. Add yolks of two eggs, one-half cup sugar, a dash of nutmeg and milk to make a thin batter. Butter a pan, pour in the pudding and bake until it thickens. Put a square of chocolate over hot water, beat the whites of two eggs, add one-half cup sugar, a teaspoon vanilla and the melted chocolate, pour over the pudding and return to the oven for a few minutes.

—Mrs. L. H. Brown.

**CAMES PUDDING.**

One-half cup butter, one cup sugar, one egg, two tablespoons molasses, one-half scant cup milk, scant teaspoon cinnamon and cloves, one cup raisins, thickened with two cups flour, beat in one scant teaspoon soda dissolved in warm water. Bake one hour. Serve with hard sauce.

—Mrs. Geist.

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Try the Knox Gelatine recipes found in this book.

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### BAKED APPLE DUMPLINGS.

Pare and core apples. Place in a porcelain pan. Half cover with water and cook until tender. Remove carefully from water. Take biscuit dough and fold around each apple up to the hole left where the core was removed. Arrange them in the pan of water that they were cooked in. Then fill the inside of each apple with sugar mixed with a little cinnamon, and a small lump of butter. Set in the oven and bake one-half hour. Serve with sugar and cream or any good sauce.

—Mrs. Chas. Theobald.

### BAKED APPLE DUMPLING.

Six large apples pared and cored. Make the crust as for biscuit and roll the dough around the apples and bake slowly. Serve with sugar and cream. Or make a sauce with cornstarch, sugar and a little butter, vinegar and water. Flavor with lemon or nutmeg.

—Mrs. S. A. Stream.

### GRAPE NUT PUDDING.

Scald one quart milk and pour over one cup grape-nuts. Let cool and add one-half cup of sugar, Pinch of salt, three well beaten eggs, one cup raisins. Bake in moderate oven.

Sauce.

Rub together well, two cups of sugar, four level tablespoons flour, four level tablespoons butter, add two cups boiling water. Boil five minutes. Remove from fire and add flavoring of lemon or vanilla.

—Mrs. Jas. Irwin, Des Moines, Iowa.

### PINEAPPLE TAPIOCA.

One can pineapple, one cup tapioca, two cups sugar, juice of two lemons, fruit coloring, beaten whites of three eggs, whipped cream.

—Miss Edna Sullivan.

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### SHORT CAKE.

One cup sugar, one-half cup butter, one cup sweet milk, one teaspoon soda, two teaspoons baking powder, two eggs, two cups flour. Spread with any kind of fruit.

—Mrs. H. L. Tramp.

### GRAHAM PUDDING.

One and one-half cups graham flour, one cup milk, one-fourth cup butter, one-half cup molasses, one cup raisins, one-half teaspoon salt, one-half teaspoon soda, one pound figs. Steam two hours or until done.

—Mrs. Dave Crane.

### GOLDEN SAUCE.

One-third cup butter, one cup powdered sugar, one-third cup milk, two egg yolks, one teaspoon vanilla. Cream sugar and butter, add yolks, one at a time, then add milk and flavoring. When done, set in cold water. Beat until light and thick.

—Mrs. Dave Crane.

### ANGEL PUDDING.

One pound English walnuts (shelled). Nine ounces dates, seven ounces powdered sugar, whites of five eggs, three teaspoons Royal baking powder mixed with sugar. Break walnuts fine, and cut dates in small pieces. Add sugar and egg whites last. Bake in moderate oven twenty or thirty minutes. Serve with whipped cream.

—Mrs. H. L.

### PEACH COBBLER.

Put one can of peaches in a square cake pan. Make an upper crust as follows: One cup flour, two tablespoons lard, three tablespoons water, one teaspoon baking powder, pinch of salt. Bake in a rather hot oven. Serve with cream.

—Mrs. M. F. Stever.

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### SAILORS DUFF.

One egg, beat, two tablespoons of sugar, beat, one-half cup of molasses, beat, two tablespoons of melted butter, beat, one teaspoon of soda in a little hot water, beat. One and one-half cups flour, beat, one-half cup boiling water, beat. Steam one hour and serve with hard sauce.

—Mrs. F. G. Hines.

### ELANORS PUDDING.

Three large tablespoons sugar, three tablespoons butter, creamed together, one-half cup milk, two eggs, beaten separately, two teaspoons Royal baking powder, two and one-half cups of flour, one cup raisins chopped, one cup nuts. Steam one hour.

—Mrs. Greer.

### SNOW PUDDING.

One tablespoon Knox's gelatine soaked in one-half cup cold water, then dissolve in one cup boiling water. Add one cup sugar, one-fourth cup lemon juice. Strain and cool. When quite stiff beat with a fork until frothy, then add stiffly beaten whites of three eggs. Set aside to become firm.

—G. S.

### RICE SURPRISE.

One cup rice soaked over night in one quart milk, minus one cup milk. In the morning put one teaspoon Knox gelatine to soak in the cup of milk. Do this while rice is cooking. Cook rice in milk until tender. Add one cup sugar, a large one-half cup almonds, blanched and chopped (not too fine.) One tablespoon butter. Add gelatine and milk just when removed from stove. Put in a cold place to harden. Whip one pint cream stiff (or enough to make a quart when whipped) and stir the rice into it when ready to serve. Ice cream used with it when ready to serve makes it fine.

—Mrs. I. O. James.

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Simply add water and sugar to the **KNOX ACIDULATED** package.

### RICE WITH STRAWBERRY DRESSING.

Put four cups milk in double boiler. When boiling hot pour in three-fourths cup rice, three tablespoons sugar, three tablespoons butter, and cook one hour. When cold and just before serving pour dressing over cooked rice. Dressing.—Beat one cup powdered sugar and one tablespoon butter to a cream. Mash one large cup fresh ripe berries. To this add butter and sugar and lastly, well beaten white of one egg.

—Mrs. W. K. Keith.

### TAPIOCA PUDDING.

Soak, over night, one cup tapioca covered with lukewarm water. Next day put into a quart of milk, the yolks of four well beaten eggs, one cup sugar, one-half teaspoon salt. Add tapioca. Cook in double cooker, stirring constantly with a wooden spoon. When it creams remove from fire. Beat the whites of the eggs to a froth and stir in like float. Add Knox gelatine jelly, laid on in spoonfuls. Serve cold. The addition of three tablespoons shredded cocoanut cooked with the tapioca and some of it mixed in with the whites of eggs as frosting improves it.

—Mrs. Geo. Hoffman.

### PUDDING SAUCE.

One cup sugar, two tablespoons vinegar, two scant tablespoons cornstarch, one tablespoon butter, Mix all together in a smooth paste and pour over it boiling water until it thickens. Cook slowly for ten minutes. Add one teaspoon vanilla and a dash of nutmeg.

—Mrs. L. H. B.

### CHOCOLATE CUSTARD.

Five eggs, (reserve three whites) one scant quart of hot milk, one-half cup sugar, three tablespoons grated chocolate or cocoa, salt, teaspoon vanilla. Beat all together and bake. When done cover

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with meringue made with the three egg whites, and three tablespoons powdered sugar and brown.

—Mrs. Chace, Providence, R. I.

#### CARAMEL PUDDING.

One cup sugar carameled a light brown, put into one quart heated milk, add two eggs, one-half cup sugar, one teaspoon vanilla, one-half cup flour, thinned with milk. Set in pan of hot water to cook. Serve with whipped cream.

—Mrs. M. B. Reed and Mrs. Earl Randolph.

#### JACKS DELIGHT PUDDING.

Two cups bread crumbs, one-half cup chopped suet, one-half cup molasses, one cup raisins, one cup sweet milk, one egg, one teaspoon cinnamon, one-half teaspoon soda, one-half teaspoon cloves, one-fourth teaspoon salt, one-fourth teaspoon nutmeg. Boil two hours and serve with vanilla sauce.

—Mrs. Scott Armstrong.

#### RAISIN PUDDING.

Cook one cup of raisins until they are tender. Pour off the water and let the raisins cool. Then take a pint of flour and two teaspoons baking powder, pinch of salt, and just enough sweet milk to make a soft dough. Roll in sheet, not too thin, put the raisins in the center, roll up, place in gallon crock. Then take a cup of boiling water, a cup of sugar, and one-half cup butter, stir this up and pour over the pudding. Cover and bake forty minutes.

—Alice Howarter.

#### SAGO CUSTARD.

Boil sago in double boiler with milk (same as you do rice) until done. In a bowl beat 1 or 2 eggs, add two scant teaspoons flour, one-half cup milk, a little nutmeg. Add to the boiling sago and cook until thick. Serve hot, with or without cream.

—Selected.

Where recipes call for Gelatine use Knox Gelatine.

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### CORN STARCH PUDDING.

One pint scalded milk, add beaten yolks of two eggs while milk is hot. Add three tablespoons sugar, two tablespoons cornstarch, mixed together and one tablespoon butter. When partly cool add beaten whites of eggs. Flavor with vanilla.

—Mrs. Blackmore.

### FOOD FOR THE GODS.

One cup chopped nuts, two cups chopped dates, one-fourth teaspoon Royal baking powder mixed with one scant cup sugar, four egg whites beaten separately. Mix all together then add beaten whites and three tablespoons cracker crumbs. Bake, cut in squares and serve with whipped cream.

—Mrs. Kate Sullivan.

### TAPIOCA SNOW PUDDING.

One cup tapioca and five cups boiling water, soak over night or for several hours, then cook slowly until perfectly clear. Add two cups sugar, juice of one lemon, one-half cup of fresh grated pineapple. When cooled stir in the well beaten whites of three eggs and beat until white and fluffy. Set in molds to cool. Serve with custard made of milk, one pint, yolks of three eggs, and sugar to taste.

—Mrs. Addie Sanks.

### JELLIED APPLES.

Scoop out core of fine red apples, one for each person to be served, fill cavity with candied cherries, nuts or any desired fruit. Place apples in granite kettle, add one cup sugar, one pint water and let simmer gently until done, being careful not to break skins. Have one package strawberry jello dissolved in one pint boiling water and when done pour over apples. Let harden and serve with whipped cream or any sauce preferred.

—Selected.

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DESSERTS can be made in a short time with Knox Gelatine.

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### LIQUID PUDDING SAUCE.

One tablespoon flour mixed with cold water, a pinch of salt, butter size of an English walnut, one-half cup sugar and a little maple syrup. Stir into the mixture hot water enough to make a pint of sauce. Boil all together and lastly grate in a little nutmeg.

—Mrs. Awalt.

### TAPIOCA CUSTARD.

Two tablespoons tapioca soaked in one-half cup hot water until the water is taken up. Add one pint of milk and cook in double boiler until soft, then beat yolks of two eggs, one-third cup sugar, add to tapioca and cook three minutes longer. Take from the stove, add a pinch of salt, well beaten whites of two eggs and one teaspoon flavoring. Serve warm or cold with or without cream.

—M. M. W.

### A DAINTY DESERT.

(Copied from Modern Priscilla.)

Marshmallows cut in quarters. Dates chopped quite fine, English walnuts chopped rather fine. Mix these ingredients with whipped cream which has one tablespoon Knox gelatine dissolved in it for each pint of cream. The cream should be sweetened and flavored. Serve in sherbert glasses.

### PEACH PUDDING.

Drain halves of peaches from the syrup in cans. Place two marshmallows in center of each peach. Set in oven till marshmallows are melted. Serve on rounds of cake with the syrup and whipped cream.

—Mrs. Awalt.

### PLUM PUDDING. (WITHOUT SUET.)

One and one-half cups New Orleans molasses, yolks of two eggs, one cup boiling water, two and one-half cups flour, one cup chopped raisins, one-half

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cup English walnut meats broken fine, two scant teaspoons soda put into hot water, small lump butter. Steam two hours. Serve with hard sauce. Hard sauce.—Whites of two eggs, one cup sugar, one-half cup butter, creamed, teaspoon vanilla.

—Mrs. C. A. Stanchfield.

#### HEAVENLY FOOD.

One pound dates cut in large pieces, one cup English walnuts broken in large pieces, three eggs beaten separately, one-half cup sugar, five tablespoons flour, one heaping teaspoon baking powder, one teaspoon vanilla, salt. Sprinkle flour over dates and nuts. Mix together, spread in shallow pans. Bake in a slow oven. Cut in squares and roll in powdered sugar.

—Miss Belle Sullivan.

#### SUET PUDDING.

One cup molasses, foam with one teaspoon soda, one and one-half cups sweet milk, three cups flour, one cup chopped suet, two cups chopped raisins dredged with flour, one teaspoon salt. Steam three or four hours and serve with sour dressing made as follows:—One cup boiling water, one-half cup sugar, generous lump butter, one-half cup grape juice, a little vinegar. Thicken with corn starch and flavor with nutmeg.

—Mrs. Wm. T. Ide.

#### SUET PUDDING.

One cup suet chopped fine, one cup molasses, one cup sweet milk, three and one-half cups flour, one cup each raisins and currants, one teaspoon each cinnamon and cloves, one teaspoon soda. Steam three hours. Use any dressing desired.

—Mrs. Henry.

#### SUET PLUM PUDDING.

One cup molasses, one cup sour milk, one cup

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chopped suet, one cup seeded raisins, two cups flour, (heaping), one cup chopped nuts, one teaspoon soda, one teaspoon salt, one teaspoon cinnamon. Steam three hours, then lift from steamer and set in oven a few minutes. Water must not stop boiling and lid must not be lifted from pudding pan.

—Mrs. Athearn.

#### SAUCE FOR PLUM PUDDING.

Mix together one cup sugar and one-half cup butter. When light and creamy add the well beaten yolks of four eggs. Into this mixture stir one wine-glass full of wine or brandy, a pinch of salt and one pint of hot cream and rich milk (one-half of each). Beat thoroughly. Place in pan of hot water over fire and stir continuously until it reaches the consistency of thick cream. Must not boil. Will serve one pudding and can be made several days before needed. Set in pan of hot water on back of range to reheat. Delicious.

—Mrs. Athearn.

#### SNOW PUDDING.

One pint sweet milk in double boiler, when boiling, add three tablespoons sugar, two tablespoons cornstarch dissolved in a little cold milk, whites of three eggs beaten stiff. Sauce.—One pint sweet milk let boil and then add three tablespoons of sugar and beaten yolks of three eggs, stirring all the time. Let cook until it is about like custard and flavor with vanilla.

—Mrs. A. Mallory.

#### DATE PUDDING.

Stir in double boiler for ten minutes, one pint boiling milk, one large tablespoon minute tapioca, one-half cup of sugar.

After removing from fire add beaten yolks of two eggs, pinch of salt, vanilla, one-half cup chopped dates. Stir well and then place in pudding dish.

Knox Gelatine makes a transparent, tender, quivering jelly.

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Cover with beaten whites of two eggs and two table-  
spoons pulverized sugar. Brown in oven.

—Mrs. J. W. Stratton.

#### BAKED APPLES.

One cup sugar, one cup water, one large table-  
spoon flour, one tablespoon butter. Let come to a  
boil and pour over nice apples and bake till done.

—Mrs. E. D. Arnold.

#### APRICOT MERINGUE.

Beat whites of three eggs, add two tablespoons  
sugar, pinch of cream tartar and one and one-half  
dozen apricots, cooked and chopped. Bake twenty  
minutes in very moderate oven. Sauce.—To the  
beaten yolks add one pint of scalded milk, three  
tablespoons sugar, one teaspoon vanilla and a pinch  
of salt. Cook until thick and serve cold with hot  
meringue.

—Mrs. Blackmore.

#### DATE MOULD.

Wash and stone one pound dates, soak in two  
cups cold water for two hours. Drain off water into  
a sauce pan with one and one-half cups sugar and two  
cups grape juice or other fruit juice. Stir until sugar  
is dissolved, then add dates to syrup and cook until  
tender. Just before removing from fire stir in one-  
half box Knox gelatine that has been soaked one-half  
hour in one-half cup cold water. Add juice of one  
lemon. Stir over fire until gelatine is dissolved, then  
pour into a wet mold and set in a cool place to  
harden. Will serve fifteen people.

—Ruby Johnston.

#### PINEAPPLE SPONGE.

Whites of four eggs, one-half small package  
Knox gelatine, one-third cup warm water, one-half  
pint ground pineapple, almonds or other nuts. Pour  
gelatine over beaten eggs, beat until it begins to

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stiffen, then add pineapple and nuts. Put in sherbert cups and serve with whipped cream. (Splendid.)

—G. S.

### ANGEL PUDDING.

Cut the top from an angel food cake, also scoop out the inside leaving the shell one-half inch thick around sides and bottom. Pick the cake into small pieces and stir it into cream that has been thoroughly whipped. Add to this any kind of fruit preferred, sliced peaches, crushed strawberries, etc. Fill the shell with this mixture and let stand a few hours in a cold place. Cut in slices and serve. A cake that will cut from twelve to fourteen slices will require one pint of heavy cream.

—Mrs. Ida Waterman.

### KNOX CHOCOLATE PLUM PUDDING.

One envelope Knox Sparkling Gelatine, three-fourths cup cold water, one cup sugar, one-half teaspoonful vanilla, one cup seeded raisins, one-fourth cup sliced citron or nuts, as preferred, one-half cup currants, one and one-half squares chocolate, one pint milk, pinch salt. Soak the gelatine in the cold water. Put the milk in double boiler. Melt chocolate; add to milk and add sugar and salt. Scald and remove from fire. Add gelatine and when it begins to set add the fruit and vanilla. Serve with the following sauce or whipped cream. Beat white of one egg stiff; add one tablespoonful confectioner's sugar and one-half cup milk slowly. Flavor with vanilla.

### BAKED APPLES.

Peel and core six good sized apples, cut in halves and lay in a basin and pour over the following sauce and bake until tender. Sauce.—Two tablespoons vinegar, one tablespoon cornstarch, one-half cup sugar. Set over fire and pour in one pint boiling water. Let come to boil.

—Mrs. L. H. Brown.

The KNOX ACIDULATED package contains flavoring and coloring.

### PINEAPPLE SPONGE.

Soak one package Knox gelatine in as little water as possible. After it has dissolved add to it the syrup made by boiling one cup sugar and one cup water. Stir well and add one can grated pineapple. Place to cool. When it thickens, beat and stir in one pint whipped cream, if desired add a cup of nut-meats.

—Mrs. O. F. Burkland.

### CHERRY PUFFS.

One egg well beaten, one-half cup milk, butter size of walnut, one cup of flour, one teaspoon baking powder. Drop one tablespoon of batter into buttered cup, on this put two tablespoons of cherries, either canned or fresh, then more batter. Steam thirty minutes. Serve with sauce or cream. Will make five cups.

—Edith Hatch Ryan and Mrs. C. W. Clarke.

### CHERRY PUDDING.

One egg, one cup of milk, one-half cup sugar, one tablespoon of butter, one teaspoon baking powder in enough flour to make a stiff batter. Add one cup of cherries. Steam two hours. Sauce.—One-half cup of sugar, one small tablespoon flour, one tablespoon of butter, one-half cup each of water and cherry juice.

—Mrs. Geo. Johnson.

### DELICIOUS PUDDING.

One cup of suet, one cup sour milk, one cup molasses, one cup chopped raisins, one cup nut meats, any kind, one teaspoonful soda, one teaspoonful ginger, one teaspoonful cinnamon. Steam three hours. About two cupfuls of flour. Sauce.—One cup of fine sugar, one-half cup butter, one egg. Beat well. Steam ten or fifteen minutes, no longer. If whole pudding is used double sauce recipe.

—Mrs. Richard Brown.

A Knox Gelatine Dessert or Salad is attractive and appetizing.

### CARAMEL PUDDING.

Brown one cup sugar in a granite pan. When brown add two well beaten eggs, three-fourths cup sugar, one-half cup flour or cornstarch, three cups milk, salt and vanilla. Cook till thick. When cold serve with whipped cream.

—Mrs. Geo. H. Williams.

### SPICE PUDDING.

Two eggs, one cup raisins, one teaspoon each cloves and cinnamon, one-half teaspoon allspice, one tablespoon sugar, one teaspoon baking powder in one cup flour. Water enough to make a stiff batter. Steam one and one-half hours. Use any hot pudding sauce.

—Mrs. Geo. Johnson.

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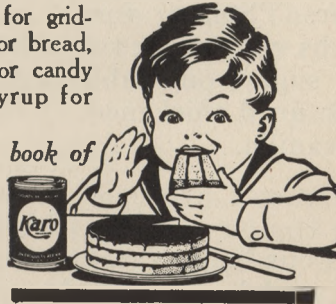
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## PASTRY

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### PIE CRUST.

One cup flour, two rounding tablespoons lard, one-fourth teaspoon Royal Baking powder, one-half teaspoon salt. Mix together lightly and add scant one-fourth cup ice cold water to make dough. Roll out thin into two crusts.

—Mrs. Nona E. Dodd, Victoria, Texas.

### RAISIN PIE.

One-half cup sour cream, one-half cup milk, one egg, one cup sugar, one cup raisins, cinnamon and nutmeg.

—Domestic Science.

### TWO CRUST RAISIN PIE.

One cup sour cream, one cup sugar (scant), one egg, pinch of salt, small teaspoon each, cinnamon, cloves, allspice, one cup raisins.

—Mrs. Earl Randolph, Cromwell, Ia.

### PEACH OR CHERRY COBBLER.

Two cups flour, two teaspoons Royal baking powder, one-half teaspoon salt. Milk enough to make batter. Grease pan, put in fruit, pour over batter. Steam forty minutes. Sauce.—Three-fourths cup sugar, two teaspoons corn starch mixed with sugar, one tablespoon butter. Then add hot water until thickened. Cook slowly until done and add vanilla.

—Mrs. Blackmore.

### RHUBARB PIE.

Pour boiling water over two cups chopped rhubarb, and let stand a few minutes. Drain and mix with one cup of sugar, yolk of one egg, piece of butter,

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and one tablespoon of flour. Bake between two crusts.

—Mrs. Kingery, Orient, Ia.

### MOCK CHERRY PIE.

One cup cranberries, one-half cup raisins, one cup sugar, one-half cup water, tablespoonful flour. Bake with two crusts.

—Mrs. R. T. McColl.

### CREAM PIE.

Four rounding tablespoons sugar. (Sugar shaped on top like bottom of spoon.) Three rounding tablespoons butter, three rounding tablespoons flour, one pint milk, two eggs, nutmeg, vanilla, pinch of salt. Melt without browning the butter, add the flour and mix. Beat the egg yolks with the milk, add to flour and butter. Stir in the sugar, a little nutmeg and salt and set on back of stove. Cook until thick and shiny. Pour into baked crust and add two tablespoons of sugar to whites of the eggs beaten stiff and flavor with vanilla. Use as meringue. Brown in slow oven. This makes one pie. Pie Crust.—(Two crusts). One cup flour, one-half cup lard, one teaspoon salt (level). Method of making. Sift flour and salt. Using the hands, mix flour and lard thoroughly all they can be rubbed together. Then drop into this, only enough cold water at one time to make one crust. Gather with hand. Mix lightly, just right consistency to roll until all is used. The lard and flour may be mixed and kept on ice ready to use for several days.

—L. M. Ball.

### WHIPPED CREAM PIE.

Bake pie crust and cool. Slice two bananas in crust. Whip one-half pint sweet cream and add two tablespoons of sugar, one teaspoon vanilla. Pour over bananas.

—Mrs. Sam Allen.

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KNOX GELATINE makes dainty desserts for dainty people.

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### CREAM PIE.

Yolks of two eggs, one-half cup sugar, one small tablespoon of corn starch, one teaspoon cinnamon, one-half teaspoonful each cloves and nutmeg. Mix well together. Add one cup sour cream and beat well. Make meringue of whites and spread on top.

—Mrs. M. Watson.

### CREAM PIE.

One pint rich milk, one and one-half cups sugar, three egg whites. Beat whites to a stiff froth. Add this to the milk and beat again thoroughly. Grate a little nutmeg over the mixture, and bake in one crust. This amount will make one large or two small pies.

—Mrs. S. White, Orient.

### PINEAPPLE PIE.

Put in a double boiler, one cup milk, two heaped tablespoons of flour, one cup sugar, yolks of three eggs, then add one-third can of shredded pineapple, the whites of three eggs beaten stiff, add five tablespoons of sugar and beat with a spoon until stringy; then put on top of pie.

—Errol Powers.

### PINEAPPLE PIE.

Line pie plate with crust and bake. Cook one small can grated pineapple and three large apples which have been put through meat grinder. Add one-half cup sugar and two teaspoons cornstarch. Cook in double boiler. When cool put in crust and serve with whipped cream. Excellent.

—Mrs. John Heessel.

### BUTTER SCOTCH PIE.

Three cups brown sugar, four tablespoons flour. Mix with cold water, yolks of four eggs and flavor with vanilla. Frost pie with whites.

—Mrs. N. B. Morrison.

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## CHOCOLATE PIE.

Bake crust first, one-half cup grated chocolate, one cup hot water. Butter size of small egg, one tablespoon extract vanilla, three fourths cup sugar, beaten yolks of two eggs, three heaping tablespoons of flour or two of cornstarch dissolved in a little water. Cook until thick. Put into the crust and cool. Then cover with the whites beaten with a teaspoon of sugar, and brown in oven.

—E. C. Kilburn.

## ORANGE PIE.

Line a moderate sized pie tin with a nice flaky crust. Sift one cup of sugar with two tablespoons flour. Add yolks of two eggs well beaten, juice and grated rind of one orange and one cup milk. Set on back of stove and cook slowly until mixture thickens. Add one-half cup black walnut meats. Fill crust and bake. Beat whites, add four tablespoons sugar and spread over pie when done. Set in oven a few minutes to color a light brown.

—Mrs. Athearn.

## AMBER PIE.

One cup sugar, one cup sour cream, one cup fruit, pineapple, peaches or apricots, one tablespoon cornstarch, butter size of walnut. Yolks of four eggs, one-half teaspoon vanilla. Bake with one crust. Use whites of eggs on top or whipped cream. (Very rich but good.)

—Mrs. Geo. Rex, Des Moines, Ia.

## CINNAMON PIE.

Two-thirds cup sugar, one tablespoon butter, one tablespoon flour, one tablespoon cinnamon, yolks of two eggs. Mix flour and sugar, then add egg and butter creamed together. Add one scant pint boiling water. Pour into crust and bake. Frost top with whites beaten stiff with a little sugar.

—E. C. Kilburn.

## BANANA PIE.

Boil together one cup milk, yolk of one egg, one large tablespoon cornstarch, one-half cup sugar. Flavor with vanilla. Bake under crust. When done fill with bananas. Pour the filling over and make frosting with white of one egg. Brown in hot oven.

—Mrs. Gertie Sheridan.

## CRANBERRY PIE.

One cup uncooked cranberries chopped fine, one cup sugar, yolks of two or three eggs, four tablespoons of sweet milk. Bake with one crust. Beat whites of eggs and three tablespoons of sugar. Spread on top and brown a light brown.

—Mrs. A. P. Haley.

## CUSTARD PIE.

Yolks of four eggs and four tablespoons sugar. Beat until light, one-fourth teaspoon nutmeg or if desired use vanilla. Beat whites and add a pinch of salt. One quart sweet milk. Mix thoroughly and bake in one crust.

—Mrs. John Heessel.

## GERMAN FRUIT PIE.

Pint of flour, one teaspoon Royal baking powder, butter size of a walnut, salt, one beaten egg, sweet milk to make like biscuit dough. Roll one-half inch thick, put in buttered pan. Fill with quartered juicy apples or ripe peaches. Sprinkle with cinnamon and sugar. Bake until crust and apples are light brown.

—E. M. Hatch.

## PUMPKIN PIE.

One egg, one cup brown sugar, one cup canned pumpkin, one teaspoon cinnamon, one-half teaspoon ginger, one-half teaspoon salt. Milk to thin as desired. Bake in a moderate oven and when nearly done lift to upper shelf to secure rich brown top.

—LaVerne Blackmore.

Knox Gelatine is the one dessert for all appetites.

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### PUMPKIN PIE.

One-half can pumpkin, one cup sugar, two eggs, two cups rich milk, one teaspoon cinnamon, one-half teaspoon ginger, one-fourth teaspoon cloves or nutmeg, one rounding tablespoon butter, a pinch of salt, one rounding tablespoon of flour. Set on back of range and cook slowly until thick. Line pans with crust and fill with mixture. This amount will make two medium sized pies.

—Mrs. Athearn.

### PUMPKIN PIE.

One egg, one cup sugar, one cup pumpkin, one tablespoon flour, one cup sweet milk, one teaspoon salt, nutmeg and cinnamon to taste. This makes one large pie.

—Mrs. John Heessel.

### PUMPKIN PIE.

One and one-half cups stewed pumpkin dry, one cup boiling milk, one-half cup sugar, one-half teaspoon salt, one teaspoon cinnamon, one tablespoon melted butter, one egg, white and yolk beaten separately. Ginger may be added if desired. Mix in order given. Line a pan with paste and fill.

—Mrs. S. White.

### PUMPKIN PIE.

Five eggs, four cups of pumpkin, four cups sugar brown, four tablespoons flour, one quart milk, teaspoon salt, ginger, cinnamon, makes four pies.

—Mrs. Scott Skinner.

### PUMPKIN PIE.

To one pint pumpkin take three eggs, one cup granulated sugar, a pinch of salt, a little cayenne pepper, one tablespoon butter, one-half teaspoon nutmeg, one teaspoon ginger, one teaspoon vanilla, one pint sweet milk. Makes two pies.

—Mrs. J. V. Mason and Mrs. Frank L. Stream.

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### MINCE MEAT FROM REMNANTS OF COLD BEEF.

One cup chopped meat, one-fourth of it fat, two cups chopped apples, one teaspoon salt, one-half tablespoon allspice, one-half tablespoon cinnamon, one-half tablespoon cloves, one cup sugar, one cup raisins, one cup currants, one cup cider or fruit juice, grated rind and juice of one orange. This makes three pies.

—E. C. Kilburn.

### MINCE MEAT.

Three bowls of meat, five bowls of apples, one bowl of vinegar, one bowl of cider, one bowl of suet, two bowls of raisins, four bowls of sugar, two tablespoons cinnamon, two tablespoons of nutmeg and cloves, one tablespoon of salt one teaspoon black pepper. Add one bottle of brandy or fruit juice.

—Mrs. Stanley.

### MINCE MEAT.

Two pounds lean beef, two quarts chopped apples, one pint chopped suet, one pint stoned raisins, three pints sugar, one-half pint molasses, one-half pound cleaned currants, one-half pound citron, one and one-half tablespoons mace, one and one-half tablespoons salt, one tablespoon allspice, three-fourths tablespoon cloves, two nutmegs, juice and rind of one and one-half lemons, two oranges. A pint of stewed gooseberries adds to the flavor but may be omitted.

—Mrs. Geo. H. Williams.

### MINCE MEAT.

Three bowls chopped meat, six bowls chopped apples, one bowl molasses, five bowls sugar, one bowl vinegar, two bowls cider or one-half bowl vinegar and one and one-half bowls water, one bowl suet or butter, two bowls raisins, one bowl currants, one tablespoon of brandy to pie if liked, two table-

Use Knox Gelatine—the two quart package.

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spoons cinnamon, one tablespoon cloves, one tablespoon nutmeg, one tablespoon each, salt and pepper, juice and grated rind of one lemon and two oranges. Boil all together except meat and spices until raisins are tender. Then pour over meat and spices. Will keep all winter if kept in cool place. Very good.

—Mrs. C. C. Powers.

#### MINCE MEAT\*

Two pounds chopped beef, four pounds of chopped apples, half lb. of raisins, 1 lb. of currants, 3 pounds of sugar, one and one-half teaspoons of cloves, five teaspoons cinnamon, two and one-half teaspoons of nutmeg, one-half teaspoon of black pepper, three small teaspoons salt, one pint cider vinegar, one pint molasses, one-half pound suet, grated rind and juice of two lemons, grated rind of two oranges. Let all come to a boil then can.

—Mrs. Geo. L. Beckwith.

#### MOCK MINCE PIES.

Eight soda crackers, three cups water, two cups molasses, two cups raisins, two cups sugar, one-half cup vinegar. Spice as for mince pies.

—E. C. Kilburn.

#### MOCK MINCE PIES. (Fine.)

One cup bread crumbs, one cup sugar, one cup molasses, one cup weak vinegar, one cup boiling water, one cup raisins, one cup currants, one-half cup butter, one-half teaspoon each, cloves, cinnamon and nutmeg. Enough for three pies.

—Nona E. Dodd.

#### EXTRA GOOD LEMON PIE.

One large lemon, four eggs, two heaping tablespoons cornstarch, two cups water, so it will be two cups after boiling. Grate the outside of one lemon, and add this to the egg yolks. Slice the lemon and boil in water, then take the slices out and add to the water, the starch, sugar and eggs. (Put in sugar un-

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til sweet as liked) then put on back of stove and let come to a boil. This will make two pies. In making mix the sugar and starch together and it will not lump. Bake crust first and fill. Beat the egg whites and flavor and sweeten a little. Spread on top and set in oven and brown.

—Mrs. Geo. H. Williams.

#### LEMON PIE.

One cup sugar, one cup boiling water, three tablespoons flour, butter size of large hickory nut, grated rind and juice of one lemon, beaten yolks of two eggs. Cook until clear. Pour into previously baked crust and spread the whites, beaten with two tablespoons of sugar on top and brown in oven.

—E. C. Kilburn.

#### LEMON PIE.

Make crust and bake it. Mix one-half cup of sugar, one and one-half tablespoons cornstarch, the yolks of two eggs and the grated rind and juice of one-half lemon. In a pan containing two cups of boiling water, put the above mixture and cook until thick. Pour into crust. Beat the whites of the eggs, adding two tablespoons of sugar for the top. Return to oven and brown.

—Mrs. Geo. E. Atkinson.

#### LEMON PIE.

Bake pie crust and cool. Mix three-fourths cup of sugar, and one heaping tablespoon of flour, a little grated lemon rind. Beat yolks of two eggs, and add two tablespoons of water to yolks. Mix well into the sugar and flour. Add juice of one lemon and one cup of water. Cook until stiff in double boiler. Cool and pour into crust. Beat whites of eggs and add two tablespoons of sugar. Beat well and pour over pie. Brown.

—Mildred Allen.

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## ONE LEMON PIE.

One cup sugar, one cup milk, one tablespoon cornstarch, yolks of three eggs, two lemons, whites of the three eggs beaten with a tablespoon of powdered sugar for meringue.

—Mrs. W. A. Graham.

## CHESS PIE.

One large cup sugar, lump butter size of an egg, one large cup milk, one heaping tablespoon flour, two eggs beaten separately, juice and grated rind of one large or two small lemons. Cream butter and sugar. Add grated rind and juice of lemon, yolks of eggs beaten light, flour mixed to smooth paste in a little water. Add the milk and last the whites of eggs beaten stiff. Whip them into the mixture until all are blended together. Put in crust lined pan with edges finely crimped and bake in moderate oven twenty-five or thirty minutes.

—Selected.

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## COOKIES, DOUGHNUTS AND GINGER BREAD

"I'll bet a Cookey".

—Bret Harte.

### FILLED COOKIES.

Cream together one cup of sugar and one-half cup of butter. Add one well beaten egg, one-half cup of milk, (buttermilk) three and one-half cups of flour, sifted with one teaspoonful of cream of tartar and one small teaspoonful of soda in milk. Flavor with lemon. Cut out as for cookies and put one teaspoonful of filling between two cookies, press together and bake. For the filling.—Cook until thick two cups chopped raisins, juice and rind of one-half lemon one cup of sugar, one cup water, one large tablespoon of flour or teaspoon of cornstarch, moistened in cold water.

—Mrs. C. J. Sherwood, Everett, Wash.

### FILLED COOKIES.

One cup sugar, one-half cup shortening, one-half cup milk, three and one-half cups flour, one egg, two teaspoons cream tartar, one teaspoon soda, one teaspoon vanilla. Mix. Roll thin and shape. Put cookies in buttered pans, place a teaspoon of filling on each, not allowing it to spread to the edge. Place another cookey on top and bake in usual way. Filling.—One cup chopped raisins, one-half cup sugar, one teaspoon flour, one-half cup water. Cook until thick, stirring carefully, as it burns easily.

—Mrs. Spoon.

### ALMOND WAFERS.

Mix two teaspoons of baking powder, with two and one-half cups quaker oats. Cream one tablespoon of butter, add one cup of sugar, and two eggs

Where recipes call for Gelatine use Knox Gelatine.

unbeaten. Stir this into the oats and add one and one-half teaspoons almond extract. Drop in large pan, one teaspoon for a cake, leaving room to spread. Moderate or rather quick oven. Remove while hot.

—S. E. Rex.

#### LACE COOKIES.

Two cups sugar, one-half cup melted butter, two cups oatmeal, two eggs, two teaspoons baking powder, pinch of salt. Grease the pan well, then sprinkle generously with flour. Drop from a spoon about one thimbleful in a place, leaving plenty of space between. The cookies will puff up when put in oven, and are done when they sink and flatten out. Take from the oven at once, and remove from pan while hot, using a spatula for the purpose.

—Mrs. Harry Clark, Omaha, Nebr.

#### OAT MEAL COOKIES.

One cup sugar, one-half cup chopped nuts, one-half cup raisins, two cups raw oatmeal, two cups flour, one cup shortening, half butter and half lard, one-half teaspoon cinnamon, one-half teaspoon cloves, one-half teaspoon soda in hot water, five tablespoons milk, three eggs, salt. Drop in buttered tins.

—Mrs. J. H. Wallace.

#### GRAHAM COOKIES.

One cup granulated sugar, one cup shortening, one cup milk, two cups white flour, two cups graham flour. Mix flour, sugar and shortening together. Add milk, with one teaspoon soda and salt. Roll out and lay lumps of jelly on and another cookie on that, and bake.

—Mrs. Tracy, St. Joseph, Mo.

#### CREAM PUFFS.

One cup of boiling water, pour on one-half cup butter, let boil, then while boiling, stir in one cup flour thoroughly. Remove pan from stove and add

Knox Gelatine is clear and sparkling.

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four eggs, one at a time, mixing batter well every time. Put in small tins and bake about one-half hour, or until brown. Fill with whipped cream sweetened.  
—Mrs. C. C. Iddings.

#### CINNAMON CRISPS.

Cream two-thirds cup of sugar, with one-half cup of shortening. Add one-fourth cup of milk, one and one-half cups of flour, one teaspoon of powdered cinnamon, one teaspoon baking powder. Knead and roll very thin. Cut out and bake in hot oven.

#### SOUR CREAM COOKIES.

One cup sour cream, one and one-half cups sugar one egg, one level teaspoon soda, one level teaspoon baking powder, flavor with nutmeg or fruit extract. Sift soda and baking powder into flour. Use enough flour to make soft dough and mix but little. Roll out thin and bake in hot oven.

—Mrs. M. E. Bacon.

#### COOKIES.

Two cups sugar, two eggs, one cup butter, one cup sour cream, one teaspoon soda. Season to taste with vanilla and lemon; flour enough to make a soft dough. Roll thin, sprinkle with sugar and bake in quick oven.

—Mrs. John H. McCune.

#### SUGAR COOKIES.

Three eggs, two cups sugar, one cup butter, one tablespoon cold water, one teaspoon soda, flavoring, flour to mix.

—Mrs. J. H. Wallace.

#### SUGAR COOKIES.

One cup sugar, one-half cup butter, scant one-half cup sweet milk, two teaspoons baking powder, two eggs, salt, flavoring and flour to roll as soft as possible.

—Mrs. J. S. Moon.

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Try the Knox Gelatine recipes found in this book.

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### HARD SUGAR COOKIES.

Two cups of sugar, one-half cup butter, one cup sour cream, one teaspoon soda, two eggs, flour to roll. They will keep a year.

—Mrs. Watson.

### COOKIES.

Three-fourths cup butter, one cup sour cream, two eggs, one and three-fourths cups sugar, one level teaspoon soda, one teaspoon extract, flour to make stiff enough to pat out with your hands. Butter hands and take a spoonful and roll in a ball, then pat out on a cake tin. Bake in quick oven.

—Mrs. J. C. Dobbins.

### MACAROONS.

Three egg whites beaten stiff, one cup sugar added slowly, one-half cup shredded cocoanut, three heaping cups Post Toasties. Form into little round cakes and bake slowly. Makes about eighteen little cakes.

—Mrs. J. L. Moyer, Orient, Ia.

### PEANUT COOKIES.

One-half cup sugar, one-fourth cup butter, one cup flour, two teaspoons baking powder, two eggs, one-fourth teaspoon salt, three-fourths cup ground peanuts. Cream butter and sugar slowly, adding eggs beaten. Then flour with baking powder and salt. Add milk and mix thoroughly. Add peanuts and drop in small cakes in buttered pans. Bake in moderate oven.

—Mrs. M. B. Reed, Cromwell, Iowa.

### ROCKS.

One and one-half cups light brown sugar, two eggs, two-thirds cup shortening, one teaspoon cinnamon, one level teaspoon soda in tablespoon water, two cups flour, one cup raisins or nuts. Drop in pan one teaspoon for a cake.

—S. E. Rex.

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**Knox Gelatine measured for use, each package is in two envelopes.**

### DROP CAKES.

Two eggs in cup, fill cup with sour cream, one cup sugar, one and one-half cups flour, one teaspoon soda, scant, one-half teaspoon vanilla.

—Mrs. Totman.

### FRUIT COOKIES.

One and one-half cups of white sugar, or two cups of dark sugar, one heaping cup shortening, one cup sour milk or buttermilk, two eggs, scant teaspoon salt, one teaspoon soda, mixed with milk, one cup raisins, one cup nut meats, one teaspoon cinnamon, one-half teaspoon cloves, a little allspice and flour to mix stiff.

—Mrs. Valentine, Fairfield, Ia.

### FRUIT COOKIES.

Two cups sugar, one cup butter, two eggs, two cups chopped and seeded raisins, one-half cup currants, two tablespoons sour cream, one teaspoon cinnamon, one teaspoon nutmeg, one-half teaspoon ground cloves, one teaspoon soda, and flour enough to roll, cut thin. Mix sugar and butter well. Add eggs well beaten and put in the sour cream, to which soda has been added. Put in the flour to which currants, raisins and spices have been added. Roll out thin and bake in moderate oven.

—Mrs. Geo. E. Cornelius.

### CHOCOLATE BARS.

One cup of sugar, one-third cup of butter, one cup of flour, two eggs, one cup broken English walnut meats, two squares of Baker's chocolate, grated. Mixture may seem too thick, but it is not. Bake in moderate oven twenty to twenty-five minutes. When removed from oven, cut in pieces four inches by one inch and roll in powdered sugar.

—Mrs. C. E. West, Sedalia, Mo.

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### CHOCOLATE COOKIES.

One cake Baker's chocolate, three cups sugar, one cup butter three eggs, one tablespoon vanilla, two teaspoons baking powder, two cups flour. Grate the chocolate. Mix in the sugar and cut the ice cold butter in quickly. Add eggs well beaten, add vanilla. Sift the baking powder into flour, and roll out and bake in moderate oven. Use plenty of flour on board.

—Mrs. Geo. E. Cornelius.

### CHOCOLATE COOKIES.

Beat to a cream half a cupful of butter and one tablespoonful of lard. Gradually beat into this, one cupful of sugar; then add one-fourth of a teaspoonful of salt, one teaspoonful of cinnamon, and two ounces of Baker's chocolate melted. Now add one well beaten egg and half a teaspoonful of soda, dissolved in two tablespoonfuls of milk. Stir in about two cupfuls and a half of flour. Roll thin and cutting in round cakes, bake in a rather quick oven. Save the half cup flour to mix dough with on board. The secret of making good cookies is the use of as little flour as will suffice.

—Mrs. Stanchfield.

### NUT KISSES.

Whites of three eggs, beaten very dry, nine table-spoons of sugar, one cup English walnut meats, left whole. Drop from a tablespoon on oiled paper and bake slowly twenty-five minutes.

—Mrs. Earl Randolph, Cromwell.

### JACKSON COOKIES.

One cup butter, three eggs, two and one-half cups brown sugar, one cup sour cream, four cups flour, one rounding teaspoon soda, a little cinnamon and nutmeg, raisins on top after dropping on pan to bake.

—Bess Rowell.

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### DATE BARS.

One cup sugar, two eggs, one cup flour, one-half teaspoonful of baking powder, pinch of salt, one cup dates, stoned and cut in small pieces with scissors, one cup nuts. Bake in shallow nine or ten inch square pan. As soon as done cut in strips three or four inches long, one inch wide and roll in powdered sugar.

—Mrs. C. E. West, Sedalia, Mo.

### RAGLETS.

Two ounce butter in one-half pint water. Let come to a boil and stir in one cup flour and a pinch of salt. Beat until smooth. When cool, break into the mixture one egg and beat a moment, and so on until four eggs are used. Beat thoroughly and drop a little at a time, into hot lard. Fry until brown and roll in powdered sugar.

—Mrs. W. F. Shiffer.

### DATE FORTE.

One cup sugar, one cup flour, one cup nut meats, one cup chopped dates, one heaping teaspoon Royal baking powder, four eggs beaten separately. Flour the dates and nuts. Sift sugar, flour and baking powder, and add beaten yolks, then beaten whites. Bake and cut in squares and roll in powdered sugar.

—Mrs. W. F. Shiffer.

### BILLY GOAT COOKIES.

One and one-half cups sugar, one teaspoon cinnamon, one scant cup butter, one-half teaspoon allspice, three eggs, one-fourth teaspoon clovs, two and one-half cups flour, four and one-half teaspoons salt, two tablespoons sour milk, one teaspoon soda, one teaspoon vanilla, one pound dates, one pound English walnuts. Mix dates with eggs. Sift spices with flour and then add nuts to flour. Cream butter and sugar. Bake in hot oven.

—Mrs. L. H. Brown.

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**KNOX GELATINE** makes Desserts, Salads, Candies, Puddings, etc.

### HERMITS.

One and one-half cups light brown sugar, one-half cup butter, two eggs, two tablespoons sour milk, one teaspoon soda, one teaspoon each cinnamon and salt and cloves, one cup each of seeded raisins and English walnuts chopped. Mix very soft and drop from spoon into buttered pan.

—Mrs. Norvold, Volga, S. D.

### JUMBLES.

One cup of butter, two cups of sugar, three cups of flour, four eggs, one teaspoon of soda, dissolved in one-fourth cup of sour milk. Roll thin; powder with sugar and bake quickly.

—Mrs. Schuler.

### NUT DROP COOKIES.

One and one-half cups brown sugar, one tablespoonful brown butter, two eggs beaten with sugar, three tablespoons flour, one and one-half cups English walnuts cut rather coarsely. Drop from spoon on greased pans, the size of half dollar, and bake in moderate oven.

—Mrs. E. D. Arnold.

### LADY FINGERS.

Beat two eggs light; add one teacupful sugar, a little salt, flavoring to taste. Use one teacupful flour, sifted with one teaspoon baking powder, making the dough of a consistency that can be rolled. Cut into strips the size of the finger, and bake.

—E. F. I.

### COMFITS.

Two eggs well beaten, one cup of sugar, one cup of sweet milk, two full teaspoons baking powder, butter size of a hickory-nut, pinch of salt, flour to make a soft batter. Drop small spoonfuls in hot fat. Fry like doughnuts.

—Mrs. Belle Kirfman.

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## MACAROONS.

Whites of six eggs, one pound of powdered sugar, one pound of almonds, grated. Beat the eggs to a stiff froth, and add sugar and almonds. Form into small balls, press them down, and bake in moderate oven.

—Mrs. Begg.

## CRACKER FANTANS.

One cup sugar, three eggs beaten, juice of one-half lemon, one cup chopped walnuts, one cup cracker crumbs, one small teaspoon baking powder. Bake the day before using.

—Mrs. W. F. S.

## SAND CAKES.

Beat one whole egg and the yolk of another with twelve ounces of sugar. Add ten ounces of butter, and beat to a cream. Stir in one pound of flour. Roll out very thin, cut in small round or square shapes and brush over each cookie with white of egg remaining. Lightly sprinkle with sugar, mixed with a little cinnamon. Blanch one pound almonds and put three or four half nuts on each cake. Bake from ten to fifteen minutes in hot oven. When mixing this if it is too crumbly to roll out, add a very little milk.

—Mrs. Stever.

## FROSTED CREAMS.

One cup sugar, one cup sorghum, one-half cup butter, one-half cup lard, one large teaspoon each cinnamon and ginger, one large teaspoon soda, dissolved in one-half cup boiling water, flour sufficient to roll one-fourth inch thick, not too stiff. Frosting.—one and one-half cups sugar, nearly two-thirds cup milk, butter size of walnut. Boil ten minutes. Take from the fire and stir until it begins to thicken, then flavor with vanilla, and stir until thick enough to spread on cookies. Good when a week or two old.

—Mrs. Watson.

Knox Gelatine in packages, Plain and Acidulated (Lemon Flavor.)

### GINGER DROPS.

One and one-half cups sugar, one cup molasses, one-half cup butter, one teaspoon each of cinnamon, cloves and ginger two teaspoons of soda, dissolved in one cup of boiling water, two and one-half cups of flour, two well beaten eggs the last thing before baking. Bake in gem tins.

—Mrs. Locke.

### GINGER COOKIES.

One-half cup sugar, one-half cup (large) molasses, one-half cup butter and lard, small teaspoon ginger, pinch of salt, one egg, pinch of cloves, one-fourth cup water, one level teaspoon soda.

—Mrs. Hollenbeck.

### GINGER COOKIES.

One cup butter, two-thirds cup sugar, one cup molasses, two whole eggs, one teaspoon ginger, one teaspoon each, cloves, cinnamon, nutmeg, two teaspoons soda, (scant) flour to roll. (Good.)

—Mrs. Robert D. Young.

### GINGER CREAMS.

Two cups sugar, two cups sorghum, two cups lard. Boil altogether, let cool, then add one tablespoon soda dissolved in one-half cup warm water. Add four well beaten eggs, one teaspoon ginger, one teaspoon cinnamon. Bake in sheets, and frost with any kind of frosting. Cut in squares.

—Mrs. H. W. Perkins.

### SOFT GINGER BREAD.

One-half cup of sugar, one cup of molasses, one-half cup of butter, one teaspoon, each, of cinnamon, cloves and ginger, two teaspoons of soda, dissolved in one cup of boiling water, two and a half cups of flour. Add two well beaten eggs the last thing before baking.

—Mrs. Fannie Barber.

**Knox Acidulated Gelatine saves cost, time, bother squeezing lemons.**

### SOFT GINGER COOKIES.

An old recipe worth retaining in the memory. Two cups dark (New Orleans) molasses, one cup white sugar, one-half cup each melted butter, and dripping, put together, one cup sour milk, two eggs, two level teaspoons soda, one level teaspoon salt, one rounded teaspoon ginger, one teaspoon cinnamon. Beat the shortening with the sugar. Add the spices and molasses; then the beaten eggs. Put the soda in the sour milk and add enough sifted flour to make a cake batter. Bake in gem pans fifteen minutes. As these are rich, they should be baked as carefully as a layer cake.

—M. M. W.

### GINGER BREAD.

One-half cup sugar, one cup sorghum molasses, one cup sour cream, one teaspoon strong ginger, two cups flour, one-half cup butter, two eggs, two teaspoons soda, nutmeg to taste.

—Mrs. Currigan, Denver, Colo.

### NEVER FAIL GINGER BREAD.

One-half cup sugar, one cup molasses, one-half cup butter and lard mixed, two and one-half cups flour, two teaspoons soda dissolved in one cup boiling water, one teaspoon each, cinnamon and ginger, one-half teaspoon cloves, one teaspoon salt. Mix thoroughly and add two well beaten eggs. Bake three-fourth of an hour in moderately hot oven.

—Mrs. Hollenbeck.

### SOFT GINGER COOKIES.

One cup sugar, one cup molasses, one cup sour cream, one cup lard and butter mixed, one tablespoon soda, one large tablespoon ginger, one teaspoon salt, two eggs. Mix soft. Use just enough flour so they will hang together and roll slightly. These are great.

—Mrs. John Heessel.

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Knox Gelatine improves soups and gravies.

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### GINGER BREAD.

One cup sugar, one cup molasses, one-half cup butter, one teaspoon each, of ginger, cloves and cinnamon, two teaspoons of soda, dissolved in one cup of boiling water, two and one-half cups flour, two well beaten eggs put in last.

—Mrs. O. F. Burkland.

### SOFT GINGER BREAD.

Two eggs, one-half cup sugar, one cup molasses, one cup sour milk, two tablespoons melted butter, or drippings, one-half cup currants, one teaspoon cinnamon, cloves and ginger, one teaspoon soda, dissolved in sour milk, and mix with molasses; then add other ingredients with two and one-half cups of flour. Beat vigorously. Bake twenty-five minutes in moderate oven. (I use a tablespoon of ginger.)

—Mrs. Will Goddard.

### SOFT MOLASSES GINGER BREAD.

For three sheets of this, use two cupfuls molasses, three of flour (measured before sifting) one of buttermilk or sour milk, two-thirds cup butter, one egg, one tablespoon of soda, one teaspoon ginger or three if a strong flavor is desired. Put the butter and molasses in a tin pan and place on the fire. When the molasses boils up, add the ginger and soda. Take from the fire and add the milk and beaten egg, then stir the flour into the pan. Beat well and pour into three well buttered pans or patty pans. Bake in rather a quick oven for twenty minutes.

—Mrs. A. J. Van Wagner.

### GINGER DROPS.

One cup molasses, one-half cup sugar, one-half cup butter, one teaspoonful cinnamon, one teaspoonful ginger, two teaspoons soda, dissolved in a cup of hot water, two and one-half cups of flour, two eggs, well beaten, added last.

—Mrs. George V. Alexander.

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## MRS. ARMSTRONG'S GINGER CAKES.

Three-fourths cup of butter, one cup sugar, one cup of sorghum, one cup boiling water, five cups of flour, (scant), two tablespoons cinnamon, one tablespoon soda, two tablespoons ginger, one teaspoon salt. These cakes may be baked when first made, but dough will keep for two or three weeks, and warm cakes may be made when needed. Bake in gem pans. (Try these.)

## DOUGHNUTS.

One cup sugar, two level tablespoons lard, two eggs, four level cups flour, two level teaspoons baking powder, one-fourth teaspoon salt, one-fourth teaspoon nutmeg, one cup sweet milk. Sift flour, nutmeg, salt and baking powder three times. Beat eggs until very light. Add to sugar and lard, then add milk, a little at a time, also flour. Beat three minutes. Roll about one-half inches thick and fry.

—Mrs. M. B. Reed, Cromwell.

## DOUGHNUTS.

Into two well beaten eggs stir one cup granulated sugar, two tablespoons (scant) melted lard, pinch of salt and nutmeg, one cup sour milk, into which has been added teaspoon of soda. Put one-half teaspoon cream of tartar into flour and sift in enough flour to make stiff enough to roll out. Cut with hole in center and fry in deep fat. When cool, shake one at a time in a paper bag containing two tablespoons of powdered sugar.

—Mrs. Stanchfield.

## DOUGHNUTS.

One cup sugar, two eggs, two-thirds cup milk, two tablespoons melted butter, two even teaspoons baking powder, a little salt, nutmeg to taste, and flour to make soft dough. Roll one-half inch thick and fry in hot lard.

—Mrs. S. A. Stream.

FOUR PINTS of jelly in each package of Knox Gelatine.

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### FRIED CAKES.

One cup sugar, two cups sour cream, one teaspoon soda, three eggs, one-half teaspoon salt, one-half teaspoon vanilla, one-half teaspoon nutmeg. Make a soft dough and fry in hot lard.

—Mrs. M. W. Wilson.

### DOUGHNUTS.

One cup sugar, two cups sour milk, three eggs, five tablespoons melted lard, one even teaspoon soda, two teaspoons baking powder, one teaspoon salt. Flavor with nutmeg or cinnamon. Flour to handle and roll nicely. When done and while hot, roll in granulated or pulverized sugar.

—Mrs. Carrie Slater.

### DOUGHNUTS.

One cup sugar, one cup milk, two eggs, one tablespoon melted butter, two teaspoons baking powder, salt and spice, flour to roll.

—Mrs. J. C. Dobbins.

### POTATO DOUGHNUTS.

Boil three common sized potatoes and mash fine. While still hot add one teaspoon butter, two cups C sugar, three well beaten eggs, one cup sweet milk, five cups flour, five teaspoons baking powder. Add one cup flour at a time. Flavor to suit. This makes four dozen.

—Mrs. Stiles.

### POTATO DOUGHNUTS.

Boil and mash as for table, three medium sized potatoes; into this stir butter size of very small egg, one-half teaspoon salt, one cup sugar, one cup milk, sweet, three eggs well beaten, four teaspoons baking powder and flavor as desired. Flour for a soft dough, hardly stiff enough to roll. Roll and cut with floured cutter and fry in hot lard. Very fine.

—Eva C. Noble.

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"Bulgara-lac", the new buttermilk is refreshing and healthful.

## DOUGHNUTS.

One cup C sugar, one cup sour milk, one egg, one and one-half teaspoons soda, one teaspoon baking powder. Grated nutmeg and flour to make soft dough. Fry in hot fat.

—Mrs. L. Troyer.

## DROP RAISIN CAKE.

One cup sugar, one egg, one tablespoon butter. Beat well, one-third cup milk, two cups flour, one and one-half teaspoons baking powder sifted with the flour. Beat again, one-half cup seeded raisins or currants. Drop by the spoonful on greased tins, two inches apart. Bake in hot oven.

—Mrs. Ollie Crawford, Ida Grove, Ia.

## QUICK DOUGHNUTS.

One egg, one-half cup sugar, one-half cup sweet milk, one and one-half cups flour, two teaspoons baking powder, pinch of salt. Season with grated rind of an orange. Drop from spoon into hot lard.

—Mrs. Geo. Ide.

## SWEET CRACKERS.

Three cups granulated sugar, one cup lard, one pint sweet milk, whites of three eggs, five cents worth of Baker's Ammonia, five cents worth of lemon oil. Beat eggs, lard and sugar together. Dissolve ammonia in the milk, and add lemon oil last. Add flour to make very stiff, roll thin, cut in squares and frost.

—Mrs. Robert D. Young.

## BRAN DROP CAKES.

One and a fourth cups sugar, two cups flour, two cups bran, two-thirds cup lard and butter, mixed, one cup sour milk, two eggs well beaten, one teaspoon soda, one-half cup raisins, chopped, one teaspoon nutmeg, one teaspoon cinnamon, pinch of salt.

—Mrs. Herman F. Miller, Estherville, Ia.

# HOW TO IMPROVE YOUR CAKE

IT IS INTERESTING—  
READ IT!

The excellence of a cake depends upon its lightness, texture, color and taste.

Cake is made light by the enlargement of the cells in the cake batter and this is accomplished in two ways. First, by the expansion of air when heated during baking. The cool air in the batter is enclosed by the beating of the batter, or the eggs. The expanding of the enclosed air bubbles puffs up and expands the batter: the heat also bakes the cake, making the walls of the cells rigid, so that they retain the structure of a sponge.

The other method of enlarging the cells of the cake batter is by the evolution of carbon dioxide, a harmless gas which fills the cells and expands when heated during the baking of the cake. Carbon dioxide is the gas in the bubbles given off by baking powder when it is wet and heated. The action of cream of tartar on soda also gives off carbon dioxide.

This lightness of a cake is greatly affected by the kind of flour used. Flour not made expressly for use in cake baking is rich in gluten, an excellent quality for bread, but detrimental for cake baking. Gluten is a tough, rubbery substance that makes difficult the expansion of the cake batter, because the heated air, or evolved gas bubbles, are not active enough to overcome this strong rubbery gluten. This prevents the cake having a fine grained texture, that is fluffy and light.

Flour with a yellowish or grayish color does not give that beautiful and creamy white color that goes far towards making a cake more palatable. Bread flours have this fault.

The delicacy of taste and flavor is an extremely important factor, for the dainty quality of a cake must not be dominated by the use of a strong and coarse flour.

Swans Down Cake Flour is a special preparation of those elements taken from selected wheat that go to make a flour which gives the best of results in cake and pastry baking.

The proportion of gluten in Swans Down Cake Flour is small and it is of extremely fine and tender quality. The eggs and butter and sugar used in a cake more than make up for the low gluten content, so far as the nutriment value is concerned.

It is best to have a special flour for cake baking. Swans Down Cake Flour is the best we can make and we have made the best of flour for over a half century.



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Those who buy SWANS DOWN CAKE FLOUR once always come back for more. ∴ There's such a difference between cakes made of Swans Down and cakes made of ordinary flour.

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# CAKE FLOUR

Not like heavy, glutenous bread flour sold in sacks and barrels.

Swans Down Cake Flour is a smooth, creamy, light flour made especially for fine cakes and pastry.

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Recommended & Sold By,  
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Simply add water and sugar to the KNOX ACIDULATED package.

## CAKES

“Can one desire too much of a good thing?”

—Shakespeare.

### WHITE CAKE.

Two cups Swansdown cake flour, one cup common flour, one-half cup butter, one cup level full cold water, two teaspoons baking powder, whites of four eggs. Cream butter and sugar thoroughly, sift all the flour together several times. Add one cup flour and one-third cup water, to sugar and butter, beat mixture until white and creamy, then add cup flour, and one-third cup water, and beat again. Into the last cup of flour put two teaspoons Royal baking powder, and sift again, (do not beat the mixture much after adding baking powder) lastly fold in the well beaten whites of the eggs. Bake in moderate oven in two layers.

—Mrs. E. N. Dougherty.

### WHITE CAKE.

Sift two cups of flour once, one cup of sugar with two teaspoons of baking powder, into a mixing bowl. Put the whites of two eggs into a cup. Add enough soft butter to fill the cup half full, and fill with sweet milk. Pour this over flour and sugar. Add one teaspoonful of lemon juice, and beat and stir for five minutes. If too stiff add a little more milk. Bake as loaf or layer cake in a quick oven.

—Mrs. D. H. Brooks.

### WHITE CAKE.

One and one-half cups granulated sugar, one-half cup butter, one cup milk, three cups flour, whites of six eggs, two teaspoons Royal baking powder, extract to flavor as desired.

—Mrs. R. R. Palmer.

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### WHITE NUT CAKE.

One cup butter, three cups flour, two cups sugar, five egg whites, one cup of sweet milk, one cup nut meats dredged in flour, two teaspoons Royal baking powder, one teaspoonful of flavoring. Cream butter and sugar. Add milk, flour, baking powder and flavoring and well beaten egg whites. The nuts may be omitted, making a plain loaf cake, or spices or chocolate may be added, to a part of the butter, making a marble cake. (Fine.)

—Mrs. H. W. Dodd.

### THREE LAYER WHITE CAKE.

Cream together two cups of sugar and two-thirds cup butter. Add one cup sweet milk and the beaten whites of four eggs. Put in three cups of flour and two heaping teaspoons Royal baking powder, flavor.

—Mrs. Geo. VanSweringen.

### CHEAP WHITE CAKE.

One and a half cups sugar, three-fourths cup butter and lard, mixed, two eggs well beaten, one cup water (no milk) one teaspoon extract, two-thirds sieve of flour, two heaping teaspoons of baking powder, sifted together. Add ingredients as given. If you care for a spice cake, use spice instead of extract. If raisins are added, fold them in after the flour has been added, or they will settle to the bottom of the cake.

—Mrs. Ogg.

### WHITE CAKE.

One cup granulated sugar, one heaping tablespoon of butter. Cream these together, two cups flour, one heaping teaspoon of baking powder, whites of three eggs, well beaten, added last. Flavor with vanilla or lemon.

—Mrs. Grace Stalker.

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If you want service and quality, call the **BOYD MILK CO.**

**Knox Acidulated Gelatine, no bother, no trouble, no squeezing lemons**

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### CAKE, WHITE.

One-half cup flour, one cup sugar, whites of two eggs, one full teaspoon baking powder. Put the whites of the eggs in a measuring cup. Add butter to fill one-half full, fill up with milk. Mix baking powder with flour and beat five minutes. Bake in loaf.

—Mrs. Geo. Rex.

### WHITE FRUIT CAKE.

Two cups sugar, one cup butter, one cup sweet milk, four cups flour, two teaspoons Royal baking powder, one teaspoon lemon, one teaspoon vanilla, whites of six eggs, one pound white raisins, one pound English walnuts, one-fourth pound citron, one package figs. Pour one cup flour over fruit, add baking powder to rest of flour, add fruit after cake is all mixed, add eggs which are stiffly beaten and folded in at the last. Bake one and one-half hours.

—Mrs. Geist.

### WHITE CAKE.

Three-fourths cup butter, one cup milk, one and one-fourth cup sugar, four eggs (whites), two and one-half cups pastry flour sifted, two and one-half teaspoons baking powder. Flavor to taste. Beat hard and long before adding egg whites. Bake in layers with lemon filling if desired. Lemon Filling.—One egg well beaten, one cup of sugar, and juice of one lemon. Cook until thick. Let cool and spread between layers.

—Mrs. Bert Horton.

### SNOW CAKE.

Whites of three eggs beaten stiff, one cup of sugar, one-half cup of butter, one-half cup of sweet milk, scant one-half cup of corn starch, one cup of flour slightly rounded, one teaspoonful baking powder. Mixed with flour. Add eggs last.

Mrs. Geo. Beckwith.

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**I**N all receipts in this book calling for baking powder use "Royal." Better and finer food will be the result, and you will safeguard it against a possible dangerous compound.

In receipts calling for one teaspoonful of soda and two of cream of tartar, use two spoonfuls of Royal, and leave the cream of tartar and soda out. You get the better food and save much trouble and guess-work.

Look out for adulterated baking powders. Do not permit them to come into your house under any consideration. They may add an injurious substance to your food, destroying in part its digestibility. Doctors will tell you this, and it is unquestionable.

The quality of baking powders may generally be known by their price. Baking powders at a cent an ounce or ten or twenty-five cents a pound are not made from cream of tartar. Use no baking powder unless the label shows it is made from cream of tartar.

The KNOX ACIDULATED package contains flavoring and coloring.

### WHITE CAKE.

Two cups sugar, one cup butter, one cup milk, three and one-half cups Swansdown flour, three and one-half teaspoonful Royal baking powder, three teaspoons lemon extract, whites of nine eggs.

—Mrs. Huntington.

### WHITE CAKE.

One large cup sugar, one-half cup butter, one-half cup milk, one and one-half cups flour, one and one-half teaspoons of Royal baking powder, orange or lemon flavoring, add four beaten whites of four eggs last.

#### Frosting.

One cup sugar, four tablespoons water, one-fourth teaspoon vinegar, boil until it threads and pour over one beaten white, with one-fourth teaspoon cream of tartar added before beating.

—Mrs. N. B. Morrison.

### PLAIN WHITE LOAF OR LAYER CAKE.

One and three-fourths cups sugar, three-fourths cup butter, one cup milk, three cups flour, six egg whites, two teaspoons Royal baking powder. Cream butter and sugar until fine and creamy. Add milk and beat thoroughly. Sift flour and add baking powder, sift again. Add flour and beaten whites of eggs alternately and after thoroughly mixed, add one teaspoon of vanilla.

#### Icing.

Two cups granulated sugar, one-half cup corn syrup, two tablespoons water. Cook until it tingles on the glass when dropped into water, then pour over beaten whites of two eggs.

—Mrs. John Burns.

### SOUR CREAM CAKE.

Two eggs, two and one-half cups sugar, one-half cup butter, two cups sour cream, two teaspoons soda, two teaspoons cinnamon, one teaspoon cloves, one-

**A Knox Gelatine Dessert or Salad is attractive and appetizing.**

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half teaspoon nutmeg, one cup raisins, one cup nuts, four scant cups flour.

—Mrs. C. C. Powers.

#### SOUR MILK CAKE.

One cup sugar, butter the size of an egg, one cup sour milk with one teaspoon soda, one egg, two cups flour, two teaspoons Royal baking powder. Nuts added if desired.

—Mrs. S. E. Rex.

#### SOUR MILK CAKE.

Two cups light brown sugar, one-half cup butter, one cup sour milk or cream, one level teaspoon of soda, dissolved in one-third cup of boiling water, one teaspoon each of cloves, cinnamon and nutmeg, two cups of flour, yolks of two eggs and white of one, one cup of raisins and nuts mixed.

—Marie Delaney.

#### SOUR CREAM CAKE.

One cup sugar, one cup rich sour cream, two eggs,, one and one-half cups flour, one level teaspoon soda, one-fourth teaspoon cream tartar, one-half cup chopped raisins, one teaspoon cinnamon, one-fourth teaspoon cloves, one-fourth teaspoon nutmeg, one-fourth teaspoon salt. Mix all together and beat five minutes. Bake in loaf, layer or drop cakes.

—Mrs. John Heessel.

#### RAISIN CAKE.

One and one-half cup raisins, three-fourths cup sugar, one-fourth cup butter, one egg well beaten, one cup raisin water, one teaspoon soda in raisin water, one teaspoon cinnamon, one teaspoon nutmeg, one and one-half cups flour, dredge raisins well with flour. Bake one-half hour. (Put raisins, and boil twenty minutes in enough water so you will have one cup left.)

—Ethel Woodhull.

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Our milk and cream is dependable. Try it. **BOYD MILK CO.**

Knox Gelatine is economical—FOUR PINTS in each package.

### COCOA TEA CAKES.

One-half cup butter, one-fourth cup cocoa, three eggs, beaten separately, one cup granulated sugar, one-half cup cold water, one and one-fourth cups flour, three teaspoons Royal baking powder. The success of these cakes depends largely upon the way in which the ingredients are put together. Cream butter until smooth and light, next add the cocoa and stir until both are blended. The well beaten yolks of the eggs, and the sugar sifted once, mixed with the yolks, are added in the same manner. Add water and flour alternately, the flour and baking powder being sifted three times. Carefully fold in the stiffly beaten whites of the eggs. Are fine and can be made up in layer or loaf cake, or may be iced.

—Mrs. Frank Stream.

### TEA CAKES.

Two cups sugar, three-fourths cup butter, four eggs, one whole nutmeg, one teaspoon cinnamon, one cup sour milk, three cups flour, one teaspoon soda, one-half teaspoon baking powder, one cup raisins, one-half cup nuts.

—Mrs. J. Q. Thompson, Des Moines, Iowa.

### DATE CAKE.

One large cup of sugar, butter the size of an egg, one cup of sour milk, one teaspoon soda, pinch of salt, spice to taste, cinnamon and nutmeg, two cups of flour, one pound of dates stoned and floured. Bake one hour in moderate oven.

—Mrs. Elmer Hilton.

### SNICKERDOODLES.

Two tablespoons butter, one cup soft sugar, (C sugar) one-half cup milk, one egg, one cup chopped raisins, one heaping teaspoon baking powder, two cups flour, Drop by teaspoonfuls and sprinkle thickly with mixed sugar and cinnamon.

—Mrs. S. Armstrong.

Ask your grocer for Knox Gelatine—take no other.

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### GOOD LOAF AND LAYER CAKE.

Whites of four eggs, one and one-half cup sugar, one-half cup butter, two and one-half cups flour, two teaspoons of baking powder, one cup of water, extract, cream, butter, and sugar. Rub in flour. Beat whites of eggs stiff. Add the water and flavoring. Stir gently and beat into the dry mixture. Bake in moderate oven.

—Mrs. Roy Gault.

### DATE LOAF CAKE.

One pound dates, one pound English walnuts, one cup pastry flour, one-half teaspoon salt, two teaspoons Royal baking powder. Sift salt, flour, baking powder three times. Add one cup granulated sugar, beat whites of four eggs stiff. Beat yolks and add yolks, nuts and dates to flour mixture, and lastly the whites of eggs, one teaspoon vanilla. Bake in two brick loaf bread pans, lined with buttered paper, three-fourths of an hour in moderate oven.

—Mrs. Geo. Rex and Mrs. H. LeVahn.

### APPLE SAUCE CAKE.

One cup of sugar, scant teaspoon each of cloves and cinnamon. Mix with sugar, one-half cup of butter, one cup of apple sauce, drained and mashed or put through a ricer, rounded teaspoon of soda, dissolved in a little hot water, raisins and nuts as desired. No eggs or milk.

—Mrs. M. F. Leonard and Mrs. J. H. Nicholson.

### CORNSTARCH CAKE.

Cream one-half cup butter thoroughly, with one and one-half cups sugar, two-thirds cup of milk, one and one-half cups flour, two and one-half teaspoons baking powder, one-half cup cornstarch, sifted thoroughly with flour and baking powder, five whites of eggs, one teaspoon vanilla.

—Mrs. Grant.

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Knox Gelatine makes a transparent, tender, quivering jelly.

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### CHOCOLATE SPICE CAKE.

One and one-half cups sugar, three-fourths cup butter and lard, white of one egg, yolks of three, one cup of sour milk, two heaping cups of flour, two squares melted chocolate, one teaspoon each of cinnamon, cloves and nutmeg, one-half package seeded raisins, fifteen cents worth of English walnuts, cut fine, heaping teaspoon of soda in a little hot water, vanilla and lemon.

—Mrs. Harry Tramp.

### ONE EGG CAKE.

One-half cup butter, one cup sugar, one-half cup milk, one and one-half cups flour, one heaping teaspoon baking powder, one egg.

—Edna Beckwith and Mrs. N. C. Allen.

### MAHOGANY CAKE.

One and one-half cups sugar, one-half cup butter three yolks of eggs, one and one-half melted squares of chocolate, one level teaspoon soda dissolved in one cup of sweet milk, one teaspoon vanilla, two cups flour. Last of all beat the whites of three eggs real stiff and add. Bake in a moderate oven about forty minutes or until it does not stick to a straw.

—Mrs. John Heessel.

### MAHOGANY CAKE.

Two cups sugar, one-half cup butter, three eggs, one-half cup milk in which is dissolved one teaspoon soda. Second part.—one-half cup milk, one-half cup chocolate. Cook milk and chocolate together. When cool add to first part, then stir in two and one-half cups flour.

### Icing for Above Cake.

Two cups pulverized sugar, eight tablespoons of milk and lump of butter. Stir until it begins to boil. Cook from five to eight minutes. Stir a little, but before it hardens put on cakes.

—Mrs. John Burns.

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You will always be welcome at our establishment. BOYD MILK CO.

Use KNOX GELATINE if you would be sure of results.

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### PINEAPPLE CAKE.

Two cups sugar, two-thirds cup butter, three-fourths cup milk and pineapple juice mixed, three cups flour, two tablespoons baking powder, whites of eight eggs. Boiled Filling.—One cup sugar, one-third cup water. Boil until it threads, then pour over the beaten whites of one egg. Beat until cold, then put one layer of icing and then a layer of grated pineapple, then another layer of icing, between layers of cake. Just put icing on top.

—Mrs. R. R. Palmer.

### POTATO CAKE.

Two cups of sugar, one cup of butter, one cup of mashed potatoes, four eggs, one-half cup of milk, two cups of flour, two teaspoons Royal baking powder, one-half cup of melted chocolate, one cup of chopped nuts, one cup of chopped raisins, one teaspoon of cloves and allspice, two teaspoons of cinnamon, vanilla.

—Clara Heflin.

### CREAM SPONGE CAKES.

Two eggs, one scant cup sugar, one-half cup thick sweet cream, one cup flour, one teaspoon Royal baking powder, one teaspoon vanilla, pinch of salt. Bake in layers. For filling use whipped cream sweetened and flavored.

—Mrs. Will Inlow, Greenfield, Iowa.

### BLACKBERRY CAKE.

One cup of sugar, one-half cup of butter, three eggs, one and one-half cups of flour, one cup jam, three tablespoons of sour milk, one teaspoon soda, one teaspoon each of allspice, cloves and cinnamon, a little nutmeg grated fine. Stir well. Bake in layers with frosting between. Nutmeg may be omitted if desired.

—Mrs. H. B. Farquhar and Mrs. G. W. Swan

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**KNOX GELATINE** makes dainty desserts for dainty people.

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### A GOOD YELLOW CAKE.

Take six eggs, separate the yolks and whites, and to the latter add a pinch of salt, and a third of a teaspoon of cream of tartar. Beat the yolks until light and are lemon colored. Add one cup of sugar and beat again. Mix in lightly the stiffly beaten egg whites, and lastly, fold in three-quarters of a cupful of sifted flour. Flavor and bake in a moderate oven.

—Mrs. Roy Gault.

### DELICATE CAKE.

Cream one cup sugar, one-half cup butter. Add one-half cup sweet milk, two cups flour, two teaspoons baking powder sifted together three times, and the whites of four eggs beaten light. Flavor to suit the taste.

—Mrs. Haxton, Orient.

### LOU KNOX CAKE.

One cup sugar, one-fourth cup butter, yolk of one egg, one-half cup milk, one and one-half cups flour, one and one-half teaspoon baking powder, whites of two eggs, vanilla extract.

#### Lemon Filling.

Yolk of one egg, one-half cup sugar, one tablespoon corn starch, one cup milk, piece of butter, lemon flavoring.

### DEVIL FOOD CAKE.

Two and one-half cups sugar, one cup butter, one cup buttermilk, three cups flour, three-fourths cup chocolate, shaved and melted, five eggs, whites and yolks beaten separately, two even teaspoons soda, vanilla and lemon.

#### Marshmallow Frosting for Above Cake.

One and one-half cups sugar, eight teaspoons water, one tablespoon vinegar, boil until strings. Pour on the beaten whites of two eggs.

—Georgina Bacon.

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## DEVIL'S FOOD CAKE.

One-half cup butter, two cups sugar, two eggs, one cup buttermilk, one teaspoon soda, one-third cake bitter chocolate, three cups flour, one teaspoon baking powder. Sift flour and baking powder together several times. Dissolve soda in the milk. Dissolve chocolate in two-thirds cup hot water. Cream butter and sugar and beat altogether. Add one teaspoon vanilla.

## Filling.

One egg beaten, powdered sugar, and melted chocolate.

—Mrs. Frank Wick and Mrs. Cargills.

## NUT DEVILS' FOOD.

One cup each of white and brown sugar, one-half cup of butter, three eggs beaten separately 1 cup cup of butter, three eggs beaten separately, one cup sour milk, one teaspoon soda, two cups flour, one cup of nuts, chopped, one cup raisins, one teaspoon vanilla.

—Mrs. Robt. Bisset.

## ANGEL FOOD.

The whites of eleven eggs, or use twelve if they are small, one teaspoon of cream of tartar, a pinch of salt, one cup of pastry flour, one and one-half cups of sugar. Add salt to whites of eggs, and beat them two minutes, then put in cream of tartar. Continue beating until whites are very stiff and dry. Fold in the sugar and flour, which have been sifted four times. Bake in a very slow oven one hour.

—Mrs. Bess Childs.

## MOCK ANGEL FOOD CAKE.

One cup flour, one cup sugar, three teaspoons (level) Royal baking powder. Sift all these thoroughly together. Heat blood warm, one cup sweet milk and stir into the sifted mixture, leaving it free

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Knox Gelatine is the one dessert for all appetites.

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from lumps, but do not beat as other cakes. Now add the beaten whites of three eggs and fold in well. Bake in angel food pan forty-five minutes, having moderate oven. Add flavoring to icing but not to cake.

—Mrs. Cora Merrill,  
Mrs. Theodore Jennings.  
Mrs. N. B. Morrison.

#### MOCK ANGEL FOOD.

Sift together, one cup of sugar, one cup of flour, three teaspoonfuls of baking powder, and a pinch of salt. Sift these four times. Have one cup of sweet milk scalding hot, and beat into the flour etc. Then fold in slowly the beaten whites of two eggs. Flavor to taste and bake in buttered pans, in moderate oven.

—Mrs. Jas. Leach.

#### COFFEE CAKE.

Three tablespoons sugar, one tablespoon butter, one egg, one-third teaspoon salt, one cup milk, two cups flour, two teaspoons baking powder. Mix and beat well. Put into a cake tin, spread with melted butter. Cover with sugar and cinnamon.

—Mrs. Begg.

#### MOCHA CAKE.

One-half cup sugar, one-half cup flour, one-half teaspoon baking powder sifted two or three times with flour, three eggs, whites beaten stiff, yolks and sugar beaten together. Add one tablespoon extract of Mocha last. Bake very slow forty-five minutes. Frosting.—One-half pint whipped cream and a little mocha to flavor.

—Mrs. Ida Waterman.

#### COFFEE CAKE THAT WILL KEEP.

Two cups of sugar, one cup lard, two eggs, one teaspoon each of ginger, cinnamon and nutmeg, one cup strong coffee, one teaspoon soda, three cups flour, one cup currants.

—Mrs. Amy Strong, Orient.

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## QUICK COFFEE CAKE.

One heaping tablespoon butter, one-half cup sugar, one cup sweet milk, one egg beaten lightly, one-half teaspoon salt, two teaspoons Royal baking powder, one and one-half cups flour or enough to make like muffin batter. Sprinkle with sugar and cinnamon on top and bits of butter. Bake about fifteen minutes in a hot oven.

—Mrs. A. Mallory.

## COFFEE CAKE.

One-half cup butter, one cup sugar, two eggs, one-half cup molasses, two cups flour, one-half cup cold coffee, one teaspoon soda, one teaspoon cloves, one teaspoon cinnamon, one-half cup English walnuts, one-half cup raisins, vanilla.

—Mrs. Kate Sullivan.

CUP CAKES FILLED WITH  
WHIPPED CREAM.

Cream one-half cup butter, add one cup of sugar, beaten yolks of two eggs, then two and one-half cups of flour, sifted three times with two teaspoons of baking powder, one-half cup milk. Beaten whites of two eggs, flavor. When cool cut centers out and fill with whipped cream.

—Mrs. Norman Kilburn.

## CUP CAKE.

One cup butter, two cups sugar, three cups flour, one cup milk, four eggs, one heaping teaspoon baking powder.

—Mrs. Richard Mosey.

## CUP CAKE.

One cup of butter, two cups of sugar, three cups of flour, four eggs, three-fourths cup of milk, two teaspoons baking powder. Flavor with lemon or vanilla.

—Mrs. M. H. Baldwin.

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## FRUIT CAKE.

Eight eggs, one pound flour, one pound sugar, one pound butter, one pound currants, two pounds raisins, one-fourth pound citron, one teaspoon soda, one tablespoon molasses, one tablespoon brandy, one glass jelly. Brown flour, one-half of the receipt makes a good size cake. Fruit juice may be used instead of brandy.

—Mrs. C. N. Lukes.

## ECONOMY FRUIT CAKE.

One cup of dark brown sugar, one cup of water, two cups of seeded raisins, one-third cup of lard, one-fourth of one grated nutmeg, one teaspoonful cinnamon, one-half teaspoonful cloves, a pinch of salt. Boil the above ingredients three minutes, cool; when cold one teaspoonful soda dissolved in hot water, two cups of sifted flour and one-half teaspoonful baking powder, nuts and citron may be added if a richer cake is desired. Bake one hour in a moderate oven. This is excellent.

—Mrs. Robert D. Young.

## CHERRY FRUIT CAKE.

One cup sugar, one cup butter, three yolks of eggs, one white of egg, (the other two save for frosting) one cup sour milk, one teaspoon soda, one-half teaspoon each of cinnamon and cloves, one cup raisins, one cup canned cherries (without juice) one cup chopped English walnuts, three cups sifted flour.

—Mrs. Edwin Pearson.

## FRUIT LOAF CAKE.

One cup butter, two cups brown sugar, one cup molasses, one cup sweet milk, three eggs, five cups sifted flour, two teaspoons cream tartar, one teaspoon soda, one nutmeg, one tablespoon cinnamon, one pound raisins, one pound currants.

—Mrs. G. H. Williams.

Try **KNOX ACIDULATED GELATINE** with **Lemon Flavor** enclosed.

### CHOCOLATE NUT CAKE

First Part.—One cup sugar, one-half cup milk, yolks of two eggs, six tablespoons chocolate. Cook until thick and when cool, stir in one cup broken English walnut meats and add one teaspoon vanilla. Second Part.—One cup sugar, one-half cup butter creamed, one cup milk or water, one and one-half cups of flour. Beat well, then add first part. Beat well again, and fold in carefully, the whites of two eggs, with one-half cup of flour, and two teaspoons Royal baking powder.

—Mrs. L. J. Parrish.

### BOILED ICING.

Two cups granulated sugar, one-fourth cup water. Boil until it spins a thread, then pour very slowly, one-third of this over the whites of two eggs well beaten. Place the remaining syrup over the fire and boil one minute, then pour a little at a time over cooked eggs, beating hard each time. After all the syrup is poured over the eggs, beat until cool enough to spread. Flavor with one drop of almond and two drops of vanilla. Never fails to be creamy. Cook a little longer if beet sugar is used.

—Mrs. L. J. Parrish.

### CHOCOLATE CAKE.

Two cups sugar, one-half cup butter, three eggs, one cup milk, three cups flour, two teaspoons baking powder, two bars sweet chocolate melted. Filling.—One pint whipped cream, one-half cup ground pecans, sugar and vanilla to taste.

—Mrs. Begg.

### BLACK CHOCOLATE CAKE.

First Part.—One cup of sweet milk, one large cup of sugar, brown, one cup of cocoa. Mix together, place in double cooker. Cook, and allow to cool. Second Part.—One cup of brown sugar, one-half cup of butter, one-half cup of sour milk, one teaspoon

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Give the growing children Knox Gelatine.

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soda, one teaspoon vanilla, yolk of four eggs, two cups of flour. Mix altogether and stir the first part into second. Bake either solid or layer.

—Mrs. Easton.

BLACK CHOCOLATE CAKE.

One and one-half cups of sugar, one-half cup of butter, three eggs, one-fourth cake Bakers chocolate, one level teaspoon soda, one cup sweet milk. Cream the butter and sugar. Melt chocolate and mix with the sugar. Beat one egg at a time into this, beating all the time. Mix soda with the flour and add, alternately with the milk.

—Mrs. R. R. Palmer.

CHOCOLATE CAKE.

One-half cup chocolate, one-third cup sugar, one-half cup milk. Yolks of three eggs well beaten, boil till it thickens, let cool and add it to the following: one cup sugar, one-half cup butter, one-half cup milk, whites of two eggs, scant teaspoon soda, one teaspoon baking powder, two cups flour. Bake in loaf or layers.

—E. C. Kilburn.

CHOCOLATE CAKE.

One cup C sugar, two tablespoons butter, two-thirds cup sweet milk, two eggs, one-third cup chocolate, dissolved in a little hot water, one teaspoon of soda, (level) dissolved in a little hot water, one teaspoon Royal baking powder, one teaspoon vanilla, one and one-half cups flour.

—Mrs. Scott Armstrong.

WALNUT CAKE.

One-half cup butter, one cup sugar, three egg yolks, two egg whites, one-half cup milk, one and one-half cups flour, one and one-half teaspoons Royal baking powder, (level). Three-fourth cup walnut meats.

—Mrs. Allen.

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Knox Gelatine is clear and sparkling.

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### HICKORY NUT CAKE.

Two cups sifted powdered sugar (not heaping) one-half cup of butter, one cup of milk, three cups of flour, two heaping teaspoons of baking powder, whites of five eggs beaten to a stiff froth, one cup chopped nuts. Flavor with vanilla.

—Mrs. G. W. Swan.

### SPICE CAKE.

One-half cup butter, two cups light brown sugar, three eggs, yolks beaten light, one teaspoon cloves, two teaspoons cinnamon, one-half teaspoon ginger; one-half teaspoon nutmeg, one cup sour milk, two cups flour. Beat the three egg whites and sprinkle over them one teaspoon of soda, and stir into the cake the last thing. Bake in loaf, and cover with white icing.

—Mrs. Geo. H. Williams.

### SPICE CAKE.

One cup sugar, one cup molasses, one cup butter, two teaspoons cloves, two teaspoons cinnamon, Citron if liked, two eggs, one-half cup milk, one pound raisins, one-half teaspoon soda, one nutmeg.

—Mrs. E. C. Kilburn.

### SPICE CAKE.

One and one-half cups of white sugar, two-thirds cup of butter, two cups of flour, one cup of sour milk, three eggs, one teaspoon soda dissolved in milk, one teaspoon Royal baking powder sifted with the flour three times, four teaspoons cinnamon, one teaspoon cloves.

—Mrs. Easton.

### EVERY DAY CAKE.

One and one-half cups sugar, one-third cup butter, one cup milk, two and one-half cups flour, whites of three eggs, two teaspoons baking powder.

—Mrs. Farquhar.

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## FRENCH CREAM CAKE.

Three eggs, one cup sugar, one and one-half cups flour, two tablespoons water, two level teaspoons cream tartar, one level teaspoon soda. Bake in jelly tins. Cream.—One pint milk heated to near boiling. Mix thoroughly together, two eggs, one cup sugar, two large spoons of corn starch. When nearly done add one-half cup of butter, vanilla to taste. Split the cake and put the cream between.

—Mrs. M. H. Baldwin.

## WEDDING CAKE.

One pound of butter, one pound of sugar, one pound of flour, ten eggs, three pounds seeded raisins, one-half pound citron, sliced thin, one teaspoon cloves, one-half teaspoon nutmeg, one-half cup of good molasses. The juice of a lemon and the grated rind, one teaspoon vanilla, one teaspoon cream tartar, one-half teaspoon soda, dissolved in boiling water. Bake slowly for two hours or more. Put in two tins or one large one.

—Mrs. M. H. Baldwin.

## LILY CAKE.

The whites of six eggs, two cups of sugar, three-fourths cup of butter, three-fourths cup of milk, three cups of flour, one teaspoon cream tartar, one-half teaspoon soda. Flavor with lemon.

—Mrs. M. H. Baldwin.

## HOT WATER CAKE.

Beat two eggs very light, add a pinch of salt and a scant cup of sugar; beat again. Add one cup of flour, thru which has been sifted one teaspoon baking powder. When this is well stirred pour in one-half cup boiling water, stirring thru quickly. Flavor with one teaspoon of wintergreen. Pour in pan and bake in a hot oven, not so hot as to brown before it has risen well.

—Mrs. H. H. T. Armstrong, Orient.

Where recipes call for Gelatine use Knox Gelatine.

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### CRUMB CAKE.

This cake although inexpensive, and easily made, looks and tastes like an expensive cake. Mix thoroughly one-half cup lard, one cup sugar, two cups flour, one teaspoon each, cloves, nutmeg and cinnamon. Set aside one scant cup of this mixture, to the remainder, add one egg, two tablespoons molasses, one cup sour milk in which has been dissolved, one teaspoon soda. Mix well and pour into greased baking pan, then over the top of this put the cup of reserved mixture. Bake in a moderate oven about thirty minutes.

—Jesse B. Noble.

### PRINCE ALBERT CAKE.

Two cups brown sugar, one cup butter, one cup sour milk, five tablespoons molasses, three cups flour, one teaspoon soda, rounding, as molasses is heavy, one cup raisins or currants and spices to taste, cinnamon, cloves and nutmeg, about one-half teaspoon of each. Mix soda with sour milk and follow directions for mixing. The above cakes are delicious baked in layers putting dark and white layers together, adding a layer of cooked figs with the icing.

—Mrs. John Burns.

### BLACKBERRY JAM CAKE.

One cup butter, two cups sugar, one cup butter-milk (or sweet milk) three cups flour, three teaspoons Royal baking powder, one cup nutmeats, one cup jam four eggs, one teaspoon soda, one teaspoon each of cinnamon, cloves and allspice.

—Mrs. C. Cobb.

### BLACK VELVET CAKE.

One and one-half cups sugar, one-half cup butter two eggs, one cup sweet milk, two tablespoons chocolate, two cups flour, one teaspoon soda, one teaspoon vanilla.

—Mrs. E. E. Smith.

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Use Knox Gelatine—the two quart package.

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### ORANGE CAKE.

Two cups sugar, one-half cup Crisco well beaten, two oranges grated, use rind and juice, two and one-half cups flour, one cup of water and beat for five minutes, four whites of eggs, well beaten, three teaspoons Royal baking powder. Bake in a moderate oven. Filling for Cake.—One cup sugar, grated rind of one orange, also juice of one orange, two tablespoons cornstarch. Boil until thick, then beat until cool.

—Lena Cooper.

### FUDGE CAKE.

One egg, one cup sugar, one-fourth cup butter, one square Baker's chocolate or two tablespoons of cocoa, one-half cup sour milk in which dissolve one teaspoon soda, one-fourth cup boiling water, one and one-half cups flour, one teaspoon vanilla. Bake in two tins. Filling.—Two-thirds cups of sugar, one square of chocolate, one-half cup hot water. Cook until thick. Instead of the filling a boiled frosting may be used.

—Nema Ross, Spaulding, Iowa.

### MAUDE S. CAKE.

Two cups brown sugar, one-half cup butter, three beaten eggs, one teaspoon vanilla, one-half cup boiling water, poured over two squares chocolate, one-half cup sweet milk, two cups flour, one level teaspoonful soda.

—Jesse B. Noble.

### GENEVA CAKE.

One scant cup sugar, one-half scant cup butter, three eggs, one-half cup milk, one pound English walnuts, two scant cups flour, one large teaspoon Royal baking powder. Sprinkle top with chopped nuts, sugar and cinnamon. Bake in shallow pans.

—Mrs. Geo. Rex.

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## PINEAPPLE CAKE.

Two cups of sugar, one teaspoon each of cinnamon and cloves, two-thirds cup of butter, "Cream these together" three eggs well beaten, two cups light bread sponge, one cup raisins, one cup pineapple, one cup nutmeats, if desired. Beat altogether with flour enough to make a moderately stiff cake batter. Add one teaspoon soda, dissolved in two spoons water. Put in pans and let rise thirty minutes. Bake in moderate oven forty-five minutes or more. Rather a large cake.

—Mrs. M. C. Hatch.

## GRAHAM TORTE.

Six eggs, yolks and whites beaten separately, one cup sugar, stirred with the yolks, one cup rolled graham crackers, with one teaspoon baking powder. Bake in two layers in slow oven.

Filling for Above Tortes.

One white of egg beaten, one-fourth pound powdered sugar, one-fourth pound walnuts grated, or chopped fine, three or four tablespoons of sweet cream, or just enough to spread.

—Mrs. Begg.

## WINTERGREEN CAKE.

Four eggs, one cup flour, one cup sugar, a pinch of salt. Flavor with one teaspoonful of wintergreen. Bake in a slow oven. When needed break into squares. Use while fresh.

—Mrs. Thatcher.

## BOILED ICING.

Two cups sugar, one-fourth cup water. Let this stand until dissolved, then boil slowly without stirring until it threads from spoon. Beat whites of two eggs to a stiff froth and when syrup is slightly cooled stir in eggs gradually, add flavoring. If you find that icing is going to be too hard, add a little cream.

—Mrs. Fannie Barber.

Knox Gelatine in packages, Plain and Acidulated (Lemon Flavor.)

### BREAD CAKE.

One cup of sponge, one cup of sugar, three eggs beaten separately, one cup of raisins, one teaspoonful of cinnamon, one-half cup of butter, one scant teaspoonful of soda, one-half cup of warm water, one-half teaspoon of nutmeg. Add flour as for any cake. Beat altogether and let raise for three hours, then bake.

—Mrs. J. V. Mason.

### A GOOD FILLING.

One cup sugar, one-half cup milk, small piece of butter, one teaspoon burnt sugar. Boil three or four minutes.

—Mrs. Elmer Oshel.

### MOCHA FILLING.

Two cups xxxx sugar, one-half cup of butter. Cream together, five or six spoons cold coffee.

—Mrs. N. C. Allen.

### CARAMEL FILLING.

Two cups brown C sugar, one-half cup sweet milk small lump of butter, maple sugar is nice flavoring, or vanilla. Boil very slowly, stirring often. Spread on cake when partly cool.

—Mrs. J. B.

### MRS. TOTMAN'S MOCHA FILLING.

One and two-thirds cups powdered sugar, one-half cup butter, rubbed together, two teaspoons cocoa five teaspoons cold coffee.

—Mrs. Totman.

### FOR BURNING SUGAR.

Put one cup sugar in a granite or aluminum pan, melt, stirring all the time. Burn until it smokes well, then remove from the fire and add one cup of boiling water, and boil until it makes a syrup. This is enough for several cakes, three teaspoons will flavor any filling or cake.

—Georgina Bacon.

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#### WHITE MOUNTAIN CREAM FILLING.

Boil one cup sugar and one-third cup water together, until it threads. Pour it slowly into the beaten white of one egg. Beat until cool enough to spread, then add the flavoring, one square of melted chocolate may be added for a chocolate filling.

—Mrs. Ed Shreves.

#### WHITE FROSTING.

Two tablespoons sweet cream. Sift into this enough powdered sugar to spread nicely. Beat five or ten minutes and add one teaspoon of vanilla and some lemon extract.

—Mrs. Stanchfield.

#### CHOCOLATE ICING.

One cup powdered sugar, two rounded tablespoons cocoa, two tablespoons melted butter, several tablespoons of warm coffee, enough to stir it up smooth.

—Mrs. Ella Harwood, Clarion.

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## ICE CREAMS, ICES AND DESSERTS

“And like the snowfall on the river,  
A moment white, then gone forever.”

### CHOCOLATE ICE CREAM.

For about two and one-half quarts of cream, use one and one-half pints of milk, one quart of thin cream, two cups of sugar, two ounces of chocolate, two eggs, two heaping tablespoons of flour. Put the milk to boil in a double boiler, put flour and one cup of sugar in a bowl; then add the eggs and beat the mixture until light. Stir into the boiling milk. Cook twenty minutes, stirring often. Scrape chocolate and put into a small pan, add four tablespoons of sugar (taken from second cup) and two tablespoons of hot water; stir over hot fire until smooth and glossy, add this to cooking mixture. When preparation has been cooked twenty minutes, take from fire and add remainder of sugar, and cream, gradually beating it in. When cold freeze.

—Mrs. W. K. Keith.

### CHOCOLATE DRESSING FOR ICE CREAM.

Two squares of chocolate, one-half cup of sugar, one cup of milk. Scald the milk, scrape the chocolate. Add sugar and cook in double boiler. Enough to serve sixteen.

—Mrs. Frank Stream.

### PINEAPPLE CREAM.

One can pineapple (grated) one cup sugar, juice of one lemon, one envelope of Knox gelatine, dissolved in a little cold water. Put to cool and when beginning to set, stir in one pint of whipped cream.

—Mrs. Wilbur Ames, Kewanee, Ill.

### BAVARIAN CREAM.

Soak one box of Knox gelatine in one cup of

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water until soft and dissolve with one pint of boiling water. Add sugar to sweeten and a little lemon juice. When this is cool add pineapple cut in dice, and broken nut meats. When this begins to jell, add a pint of cream, which has been whipped very stiff.

—Mrs. Harry Tramp.

#### VANILLA ICE CREAM.

Two cups hot milk, one tablespoon of flour, one cup of sugar, one and one-fourth tablespoons of vanilla, one-eighth teaspoon of salt, one egg, one quart of cream.

—Mrs. Moyer.

#### HAMBURG CREAM.

Beat one and one-fourth cups of sugar with the yolks of seven eggs. Add the grated rind and the juice of two oranges and one lemon. Cook this mixture until thick. Add two tablespoons of Knox gelatine softened in one-half cup cold water. Fold into the stiffly beaten whites of seven eggs and turn into molds and cool. Serve with whipped cream. Will serve eighteen.

—Marie Delaney.

#### CHILLED FRUIT.

Two dozen oranges, one dozen bananas, two pounds malaga grapes, one can peaches, two cans pineapple, two cans pears, one can cherries. Cut fruit as for salad; drain all juice from mixed fruits, and add four cups sugar, put on stove and let come to boiling point. Mix six tablespoons cornstarch in a little water. Stir this into the boiling juice and let boil ten minutes. When cool add fruit. Other fruits may be used according to the season. Dates and figs are very nice and should be cooked in sugar and cooled before adding to the above. This recipe may be made and stand over night, and is just right for serving. Must be kept cold. In summer time can be put in freezer and packed in ice for three hours. Will

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The **KNOX ACIDULATED** package contains flavoring and coloring.

serve sixty people as first course or delicious over ice cream.

—Mrs. John Burns.

#### PINEAPPLE SHERBET.

For one gallon of sherbet, one can of pineapple, three pints of sugar, two tablespoons Knox gelatine, three lemons, whites of two eggs. Chop pineapple fine. Let sugar and water come to a boil. After dissolving Knox gelatine in cold water, add to sugar, add pineapple, lemon juice, and lastly the beaten whites of the eggs. When cold, freeze.

—Mrs. G. W. Swan.

#### FRUIT SHERBET (Economical.)

One-half envelope Knox Sparkling gelatine, one orange, one and one-half cups sugar, one lemon, three cups rich milk. Grate the outside of both orange and lemon. Squeeze out all the juice, add to this the sugar. When ready to freeze, stir in the milk slowly to prevent curdling. Take part of a cup of milk, add the gelatine. After standing five minutes, place in a pan of hot water until dissolved, then stir into the rest of the milk and fruit juice. Freeze. This makes a large allowance for five persons.

#### GRAPE SHERBET.

Chill one quart of milk in freezer can. Mix together one-half cupful each of sugar, water and one cupful of grape jelly. When dissolved, strain into the milk and freeze as usual. The jelly of Concord grapes, with milk, makes a sherbet of a beautiful violet tint.

—Mrs. J. W. Stratton.

#### CHERRY ICE.

The juice of three lemons, one cup of sugar, one quart can of red cherries. Add one pint of water. Freeze. Serve in sherbet glasses with a candied cherry on top.

—Mrs. Dunn.

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## GREEN ICE.

Take the skin and seeds from green gage plums. Put the pulp in ice with either lemon or any fruit juice. Makes green ice.

—Mrs. George Bartle.

## MARSHMALLOW DELIGHT.

One can white cherries, one can sliced pineapple, two boxes of marshmallows. Seed the cherries, and cut the pineapple, and marshmallows in small pieces. Mix with three tablespoons of dressing, and stir in whipped cream. Dressing.—One cup of vinegar, one cup of water, one and one-half cups of sugar, one teaspoon of mustard, one-half teaspoon salt, one tablespoon of flour, one tablespoon of butter. Cook the first three ingredients together, and when they come to a boil, add the others and cook until thick.

—Marie Delaney.

## FIG DESSERT. (Excellent.)

Five tablespoons of tapioca and a little salt, in a quart of boiling water. Boil until clear. Add one cup of chopped figs, one cup of chopped dates, one cup of chopped figs, one cup of chopped dates, one cup of sugar, juice of one lemon. Cook a few minutes then stir in one-half cup of chopped nuts. Serve cold, either with or without whipped cream.

—Mrs. J. T. Walker and Mrs. W. F. Shiffer.

## LEMON FOAM.

Four eggs, two lemons, one cup of sugar. Beat yolks of eggs, thoroughly, add sugar, juice and grated rind of lemons and cook until creamy. Stir in gradually the beaten whites of eggs. Serve cold in sherbet glasses. Delicious.

—Mrs. W. F. Shiffer.

## MAPLE WHIP.

One-half cup of sugar, yolks of two eggs, one cup maple syrup, two cups cold water. When boiling add a pinch of salt, one teaspoon of butter and two tablespoons of cornstarch. When cold stir in lightly

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the beaten whites of the two eggs. Serve with whipped cream.

—Mrs. Roy Gault.

#### DELICIOUS STRAWBERRY WHIP.

Mash one and one-fourth cups of strawberries smooth. Stir in a cup of powdered sugar, then beat in the white of one egg. It will require beating for one-half hour, when it should be stiff enough to pile on a plate. Put in the ice box until needed. Serve with a ring of lady fingers around it.

—Mrs. G. W. Swan.

#### MARSH MALLOW WHIP.

One pound of marsh mallows (plain or with coconut), one pint of whipping cream. Cut marsh mallows with scissors. Put them into the cream, and whip until stiff. Set aside in a cool place for two hours before serving. This serves one dozen persons.

—Mrs. Richard Brown.

#### MAPLE PARFAIT.

Yolks of six eggs beaten very light, one-half pint of maple syrup, mixed well. Put into double boiler, and heat to boiling point. Cool and add one pint of cream, whipped. Put in freezer and freeze. Very nice to sprinkle over each dish when serving, one tablespoon of crushed nuts. Will make one quart.

—Fannie Powers.

#### TOMATO JELLY.

One can of tomatoes rubbed thru a coarse sieve. Soak one box of Knox gelatine in one teacupful of hot water one hour. Let the tomato pulp come to a boil, add gelatine, season rather highly with salt and pepper, while it is hardening. Add sprigs of parsley. Harden in one large mold or in individuals.

—Mrs. Richard Brown.

#### PINEAPPLE SPONGE.

Put one-half box of Knox gelatine to soak in one-half cup of cold water. Take the juice from

**Knox Gelatine makes a transparent, tender, quivering jelly.**

one can of pineapple and one-half cup of water, together with one cup of sugar. Boil until quite thick; then add to the gelatine. Let set until cool, but not hard. Beat until light, then add one pint of well whipped cream, and lastly the pineapple. Cut up into bits with a little lemon juice. Put into a mold until cold. Serves twelve.

—Mrs. Frank Stream.

#### ORANGE CHARLOTTE.

Soak one-half box of Knox gelatine in one-half cup of cold water until soft; then pour on one-half cup boiling water, add one cup of sugar, and juice of one lemon. Strain, and add one cup of orange juice and grated rind of orange. Cool. Beat whites of three eggs to a stiff froth. When orange jelly begins to harden beat until light. Add whites of eggs. Beat again. Serve with whipped cream. Pineapple may be used instead of oranges.

—Mrs. C. C. Iddings.

#### NUT FRAPPE.

One-half envelope Knox Sparkling gelatine, one-fourth cup cold water, one-half cup sugar, one cup pineapple and strawberries, one pint cream, white of one egg, one cup chopped nuts. Soak gelatine in the cold water five minutes and dissolve over hot water. Add dissolved gelatine to cream and sugar and stir in beaten white of egg. When cold, add the pineapple and strawberries which have been chopped in small pieces; also, the chopped nuts. Serve ice cold in sherbet glasses.

#### LEMON SPONGE OR SNOW PUDDING.

One envelope Knox Sparkling gelatine, one cup sugar, whites of two eggs, three-fourths pint cold water, three-fourths pint boiling water, rind and juice of two lemons. Soak the gelatine in the cold water five minutes. Dissolve in boiling water and add grated rind and juice of the lemons and sugar. Stir

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until dissolved. Strain and let stand in a cool place until nearly set. Then add the whites of the eggs, well beaten, and beat the mixture until it is light and spongy. Put lightly into glass dish or shape in mold. Serve with a thin custard made of the yolks of the eggs, or cream and sugar. Other fruit juices may be used, keeping the same proportions; when juice of less strength than that of lemon is used it may take the place of a part of the water. In this case the juice of one lemon to each quart of jelly will bring out the flavor of the fruit.

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### SANDWICHES

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The following combinations have been successfully used in sandwiches:

1. Chopped pineapple, nuts and a little celery, with mayonnaise.
2. Dates and pecans, with or without cream cheese, and mayonnaise.
3. Sliced pears, nuts and a very little chopped green pepper.
4. Celery and nuts chopped together, and mixed with mayonnaise. Especially nice with whole wheat bread.
5. Tomato. Slice bread a little thicker than for ordinary sandwiches and cut round. Butter liberally and spread with mayonnaise. Lay a slice of tomato on each piece of bread and sprinkle with salt. A little green pepper and nuts, may be added if desired. Cover with bread slices, and serve on lettuce leaves. A spoonful of mayonnaise may be placed on each sandwich if wished.

—Delta Gamma Cook Book.

#### HAM SANDWICHES.

One-half cup butter, one tablespoon mixed mustard, one tablespoon salad oil (use butter instead if

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**Knox Gelatine improves soups and gravies.**

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preferred), a pinch of red and white pepper and of salt, one egg yolk. To make the dressing, rub the butter to a cream. Add the other ingredients, and mix thoroughly. Then stir in chopped ham and spread between thin slices of bread.

—Mrs. D. Armstrong, Orient.

**SANDWICHES.**

Make sandwiches with butter which has been creamed until soft.

**RELISH SANDWICHES.**

Chop olives, pickles and English walnuts fine, moisten with salad dressing. Spread between thinly sliced buttered bread.

**CUCUMBER SANDWICHES.**

Cut slices of Boston brown bread, round and thin. Spread lightly with butter. Put between these slices, crisped sliced cucumbers, which have been dipped in French dressing. Serve at once.

**WATERCRESS SANDWICHES.**

Chop the watercress fine. Mix with mayonnaise and spread between thinly sliced buttered white bread.

**ST. PATRICK'S SANDWICHES.**

Chop parsley, mint and tiny green onions very fine. Mix with mayonnaise highly seasoned with paprika. Spread between slices of thinly cut and buttered white bread.

**CHEESE AND PEPPER SANDWICHES.**

Mix two-thirds cream cheese and one-third green sweet peppers, minced, into a smooth paste. Spread on thin slices of buttered bread.

—Mrs. Cornelius.

**DATE AND ORANGE SANDWICHES.**

One-half cupful finely chopped dates, two table-spoons orange juice. Blend the fruit and juice together, and spread on buttered slices of whole wheat bread. Nice to serve with lemonade.

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**Knox Acidulated Gelatine saves cost, time, bother squeezing lemons.**

### WESTERN EGG SANDWICHES.

Butter and salt large slices of bread, two for each person. For the filling take one egg for each person, beat slightly, add raw onion and ham chopped fine. Fry a spoonful at a time. Place between two slices of bread and season. A little melted cheese poured over the whole, may be added.

—Delta Gamma Cook Book.

### EGG SANDWICHES.

Three hard boiled eggs chopped fine, two cucumber pickles, chopped fine. Mix with salad dressing. Spread on a lettuce leaf and place between thin slices of buttered bread.

—Carrie Shreves, Greenfield.

### EGG AND SARDINE SANDWICHES.

Open one small box of sardines and allow cold water to flow gently over them to remove oil. Remove the skin from the fish and chop fine with one boiled egg for every four fish. Work into a paste with one and one-fourth tablespoons of salad dressing to every egg used. Season with salt and pepper. Spread over thin slices of bread and form into sandwiches.

—Selected.

### BROWN BREAD SANDWICHES.

One cup raisins, one cup dates, one-half cup nuts. Put all through food grinder three times, then mix with whipped cream to the right consistency. Spread between thin slices of brown bread.

—Mrs. Arnold.

### PIMENTO SANDWICHES.

One small can pimentos chopped fine, one-half dozen hard boiled eggs. Mix together with mayonnaise dressing. Butter thin slices of bread and place a lettuce leaf and pimento salad between slices of bread.

—Mrs. James O'Rourke.

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### PARIS SANDWICH FILLING.

One pint of tomatoes rubbed through a sieve, and boiled down to one cupful. Add one-half pound of chipped beef, ground, and season with red pepper. Add one-half pound cream cheese, grated. Take off the stove, as soon as cheese is added. If more of the tomato flavor is wished, use one quart of tomato, and boil to one pint.

—Mrs. Athearn.

Mrs. R. C. Thompson.

Mrs. L. J. Parrish.

### CLUB SANDWICH.

Three slices of bread thinly cut, toasted and buttered, are the basis of a club sandwich. Place a lettuce leaf on the lower slice, and on its top, put slices of chicken breast; then put another slice of toast on top of that with another leaf of lettuce, followed by thin slices of broiled breakfast bacon, topped with a third slice of toasted bread. Finish the sandwiches with thin slices of small pickle (cut lengthwise) on top of the last slice of toast. The toasted bread and the bacon should be hot.

—Selected.

### CHICKEN SANDWICHES.

Mix cold boiled chicken, which has been run through a food chopper, to a paste with a salad dressing. Add several sweet pickles, cut fine and one firm ripe tomato cut in tiny pieces. Spread on a lettuce leaf and place between thin slices of buttered bread.

—Mrs. R. A. Shreves, Greenfield.

### CHEESE SANDWICH FILLING.

One ten cent can of red sweet peppers, ten cent bottle stuffed olives, one-half pound cream cheese, two hard boiled eggs. Grind all together, add one beaten raw egg and salt to taste. Add two table-spoons sugar, a dash of cayenne pepper, and boil all together twenty minutes.

—Mrs. M. L. Leonard.

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**Knox Acidulated Gelatine, no bother, no trouble, no squeezing lemons**

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### WALNUT SANDWICH.

Chop common walnut meats fine, add a little salt. Spread between thin slices of buttered bread.

—Mrs. James O'Rourke.

### CELERY SANDWICHES.

Mince the meat of cold boiled chicken, add to it half as much minced celery, salt, pepper, a little mustard, a little lemon juice, a little melted butter. Spread between slices of buttered bread or rolls.

—Mrs. Cozad, Orient.

### DATE AND NUT SANDWICHES.

One-half cup chopped dates, one-half cup chopped nuts, one-half cup rich cream. Add the cream gradually to the dates, mixing to a paste, then add nuts. Use with whole wheat or white bread.

### SANDWICHES OF ALMONDS AND PRESERVED GINGER.

Three tablespoons finely chopped almonds, two tablespoons finely chopped preserved ginger, one and one-half tablespoons orange juice. Mix ingredients and use between unsalted wafers that have been thinly buttered, or between thin slices of gingerbread.

### SARDINE SANDWICHES.

Butter thin slices of bread, lay a lettuce leaf on one, then the halves of sardines, a sliced pickle, and a very little mustard, another lettuce leaf, then slice of bread.

—H. C. R.

### PEANUT SANDWICHES.

Grind peanuts and mix with salad dressing, and spread between thin slices of buttered bread.

—Mrs. J. F. Kingery, Orient.

### HONEY AND PECAN SANDWICHES.

Four tablespoons strained honey, two tablespoons finely chopped pecans. Mix the two ingredients. Split soda biscuit, hot or cold, butter them and fill with mixture. The biscuit should be not over half an inch thick.

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FOUR PINTS of jelly in each package of Knox Gelatine.

## PICKLES, JAMS, RELISHES AND PRESERVES

“As many a little makes a mickle,  
So various flavors make good pickle.  
A little of that, and a little of this  
Will give a taste not far short of bliss.”

### GREEN TOMATO PICKLES.

One peck green tomatoes, one-fourth peck onions, two heads cabbage, four green peppers, two tablespoons black pepper, two tablespoons allspice, two pounds brown sugar, vinegar enough to cover. Cook three hours. Salt the tomatoes, and let stand over night and drain well before making pickles. This pickle will keep in an open jar.

—Mrs. Walter Guthrie, Des Moines.

### GREEN TOMATO PICKLES.

Slice four quarts of tomatoes, sprinkle with one tablespoon of salt. Drain over night. In the morning put in a kettle with six medium sized onions, sliced, one tablespoon each of salt, pepper and ground mustard, one teaspoon each of whole cloves, allspice and mace; then add two chopped pimentos. Pour over one quart of vinegar, in which has been dissolved two cups of granulated sugar. Heat slowly and simmer until tender. Stir occasionally to prevent scorching.

—Mrs. John W. Stratton.

### NEW ENGLAND MUSTARD PICKLES.

Two quarts each of tomatoes, cabbage and cucumbers, one quart of cauliflower, six green peppers, twelve onions, one ounce tumeric, one ounce mustard, three stalks celery, one cup flour, sugar and vinegar to suit taste.

—Mrs. R. H. Gregory.

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See that the name K-N-O-X is on each package of gelatine you buy.

### MUSTARD PICKLES.

One pint of celery, twenty-four small cucumbers, one quart small white onions, two heads cauliflower, six sweet green peppers, two quarts green tomatoes, four quarts cold water, one-half pound salt, (big cupful). Cut ingredients in small pieces, about the same size and soak over night in brine. In the morning, put brine and vegetables on the stove, and bring slowly to the boiling point. Then drain. Then heat three quarts of vinegar with one pound of sugar. Mix one cup of flour with one-fourth pound of Coleman's English mustard, and a nickle's worth of tumeric. Put this in hot vinegar and sugar and cook two minutes. Then pour over the vegetables. When cold, bottle.

—Mrs. Frank Morse.

### MUSTARD PICKLES.

Four heads of cauliflower (or cabbage) one peck of green tomatoes, one dozen cucumbers, one-half dozen peppers, one-half dozen red peppers, six bunches of celery, one quart small onions, one gallon of vinegar, five cents worth of tumeric, five cents worth of white mustard seed, one-fourth pound ground mustard, mixed with one cup of flour, one tablespoon of ground cinnamon, one-third cup of salt. Chop tomatoes and drain off juice. Slice cucumbers and celery. Add onions, and salt. Let stand one hour or more. Squeeze all juice from these. Chop the peppers and mix with the other things. Put all these together with sugar and vinegar. Boil one-half hour or less, (should be crisp, not soft.) Make a paste of flour, tumeric, and mustard, mixed with a little cold vinegar. Add to the other things. Stir thoroughly for five minutes. Seal in glass jars.

—Mrs. M. H. Baldwin.

### CUCUMBER ONION PICKLE.

One dozen medium cucumbers, one-half dozen white onions, two green peppers. Peel and slice cu-

Try **KNOX ACIDULATED GELATINE** with **Lemon Flavor** enclosed.

cucumbers and onions, salt and set over night. Drain. Make a dressing of three-fourths quart vinegar, two tablespoons flour, one pint C sugar, one-fourth teaspoon white pepper, one-half teaspoon celery seed, one-half teaspoon mustard, one-half teaspoon tumeric. Cook the mixture of onions and cucumber in dressing till tender. Seal.

—Mrs. J. Q. Thompson, Des Moines.

#### RIPE CUCUMBER PICKLES.

Peel ripe cucumbers and slice lengthwise. Wipe dry. Pour cold vinegar over and let stand twenty-four hours. Drain off vinegar, and to each quart, add one pound of sugar. Put on the vinegar and sugar, boil, and skim. Put cucumbers in this, and simmer four hours. Do not let it boil. Let stand four days. Drain off vinegar and add one ounce cloves, one ounce cinnamon, to each four quarts of vinegar. Boil, then add pickles and heat.

—Mrs. J. Q. Thompson, Des Moines.

#### LARGE CUCUMBER PICKLES.

Wash large cucumbers and slice in cans. Add two tablespoons of mustard, two tablespoons of salt, to one quart of cucumbers. Fill with cold vinegar and seal. If vinegar is too strong it may be diluted. Cucumbers may be peeled if desired.

—Mrs. Frank Stream.

#### SPANISH PICKLE.

One head of cabbage, chopped fine, nine onions, sliced, two green peppers, chopped, three cucumbers. Cut in dice without paring, one quart string beans. Cut in pieces and cook one-half hour, one cauliflower, head cut apart in small pieces, one-half pound brown sugar, one-half teaspoon black pepper, ten cent bottle of prepared mustard, one good bunch celery, cut in dice. Cook all together a short time and drain, then add four cups vinegar; heat and seal in cans.

—Mrs. E. C. Kilburn.

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Give the growing children Knox Gelatine.

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### CUCUMBER PICKLES.

Fill two quart can with washed cucumbers, then add one tablespoon of salt, one tablespoon of sugar, one tablespoon of mixed spices, one dessert spoon of pulverized alum. Fill up with cold cider vinegar and seal.

—Mrs. W. K. Ball.

### CHERRY PICKLES.

Stone any quantity desired of early cherries. Place in a crock, cover with good vinegar and let them stand over night, then drain off the vinegar and cover fruit with an equal amount of sugar. Let them stand three days, stirring carefully, often. Put in glass jars and seal tight. Do not heat.

—Bird Stanchfield Sherwood.

### SMALL PICKLES.

Make brine in proportion of one pint of salt, to one gallon water. Wash pickles and lay in brine over night. In the morning put pickles in kettle of cold water, add one cup of vinegar, and heat gradually until pickles are hot though. Then pack in glass jars, and pour over the following mixture, which should be ready when the pickles are hot. One gallon of good cider vinegar, and two cups of brown sugar, five small red peppers cut in small pieces, one dessert spoon each of white mustard, black mustard, (the whole seed) and celery seed. Let come to a boil, pour over pickles while hot, and seal. This amount of vinegar will make three hundred small pickles.

—Mrs. Gaven Hall, Shenandoah.

### MIXED PICKLES.

Scald one gallon of green tomatoes, in salted water until they are tender, then drain them in a colander. Put a layer of tomatoes in a stone jar. Sprinkle over them a thin layer of sliced onions, and celery and some freshly grated horseradish. Then add another layer of tomatoes, onion, celery and

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Knox Gelatine is the one dessert for all appetites.

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horseradish, until the jar is full. Boil one pound of sugar in vinegar enough to just cover the top layer. Add one teaspoon each of cinnamon, cloves, ground mustard and pepper, and two teaspoons of white mustard seed, to the boiling vinegar. Pour this over the pickle while hot and cover with a plate.

—Mrs. M. B. Reed, Cromwell.

#### MIXED PICKLE.

2 quarts small cucumbers, 2 quarts onions, 2 quarts tender string beans, three quarts green tomatoes sliced, two heads of cauliflower. Place in kettle over fire, and add to them, six red peppers, four tablespoons mustard seed, two tablespoons celery seed, two tablespoons whole allspice, two tablespoons cloves, one cup sugar, two-thirds cup of ground mustard, pour over enough vinegar to cover, and let simmer until cooked tender. Cook cauliflower beans and onions, separately until half done.

—Mrs. Totman.

#### OIL PICKLES.

Two hundred rather small cucumbers. (Do not pare). Wash and cut on potato slicer. Add four onions sliced, one pint of salt. Let stand over night, then rinse and drain, one-half pint of olive oil, one-fourth pound celery seed, one-fourth pound white mustard seed, vinegar enough to cover. All cold. When bottling, pour on about two teaspoons of clear oil on top.

—Mrs. G. W. Swan.

#### CRAB APPLE PICKLES.

Steam crab apples until a straw will run through them, after having taken off a small peeling around center of crabs to keep them from cracking open. Make a syrup of one pint of vinegar, and two of sugar, pour it over them. Tie cloth over top of jar and put in cellar.

—Mrs. R. L. Johnson, Orient.

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Where recipes call for Gelatine use Knox Gelatine.

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### STUFFED GREEN PICKLES.

Take smooth green tomatoes, cut a thin slice off of the top, scrape out the inside and fill the cavity with cabbage and green peppers, chopped fine, and season with a little salt, and white mustard seed. Put the slice back on and stick together with tooth-picks. Pack in jars and heat vinegar and pour on pickles. When cold do this three times. Put weight on to keep pickles under vinegar, set away. Will be ready for use in a couple of weeks.

—Mrs. G. H. Williams.

### PICKLE FOR HAMS.

For one hundred pounds meat, use eight pounds of salt, one quart of molasses, two ounces of saltpetre, two ounces saleratus, six gallons water. Boil and skim and let cool before turning over the meat. Let hams lie in pickle for six weeks, then smoke. The same pickle for beef.

—Mrs W. K. Ball.

### PEPPER RELISH.

Twenty-four large red peppers, twenty-four green peppers, thirty onions chopped fine. Pour boiling water over them. Let stand five minutes and drain well. Take seeds out of peppers and chop fine. Make a solution of two cups vinegar to four cups of water. Put the chopped peppers in and let it boil a few minutes and drain; then take six cups of sugar, six teaspoons of salt, one quart of vinegar. Let that boil; add peppers and onions and boil all for a few minutes. Put in glass jars.

—Mrs. Begg.

### CELERY RELISH.

One peck of ripe tomatoes, four bunches of celery, seven onions, four tablespoons of salt, one cup of sugar, seven cups of vinegar, three red or green peppers. Boil two hours, seal hot. Cut tomatoes, peppers, onions and celery fine.

—Mrs. A. P. Haley.

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A Knox Gelatine Dessert or Salad is attractive and appetizing.

### RIPE TOMATO RELISH.

One peck of ripe tomatoes, six onions, three bunches of celery, five red peppers without seeds, cut not too fine. Put one cup salt over them and let stand three hours. Drain well, and add two pounds brown sugar, three ounces of white mustard seed, five small cups of vinegar. Do not cook. Seal.

—Mrs. B. N. Loveren, Lincoln, Neb.

### CORN RELISH.

Six ears sweet corn, cut from the cob, one small head of cabbage, two onions, one green pepper, one red pepper, one and one-fourth cups of sugar, one-half teaspoon of mustard, one and one-third pints of vinegar, salt to taste. Chop cabbage, onions and peppers. Mix and cook until tender. Seal.

—Mrs. J. W. Stratton.

### CABBAGE RELISH.

One box Knox gelatine, dissolved in one-half cup cold water, add two cups boiling water, four cups chopped cabbage, one can pimentoes, two cups vinegar, one cup sugar, juice of two lemons, celery salt. Chopped celery or peas can be added to this, or used instead of cabbage.

—Mrs. R. C. Thompson.

### GREEN TOMATO CHILI.

One gallon chopped green tomatoes, one-half dozen onions chopped fine, one quart vinegar, one bunch of celery, three cups sugar, one tablespoon each of salt, pepper, cinnamon, allspice, cloves and mustard. Cook all together until thick.

—Mrs. Norman Kilburn.

### MOTHER'S CHILI SAUCE.

Chop twenty-four good sized tomatoes, four large onions, six mango peppers, one hot (or pinch of red pepper), one large cup sugar, four heaping table-spoons salt, six cups vinegar. Boil one hour, then

Our bottles are washed by power and sterilized with steam. **BOYD'S.**

**KNOX GELATINE** makes dainty desserts for dainty people.

add two teaspoons cinnamon, one small teaspoon cloves, just before removing from fire.

—Ada Gentle.

### CHOW CHOW.

One gallon green tomatoes, chopped, three quarts apples, chopped, one quart of onions, chopped, sprinkle with salt. Let stand over night and drain, two tablespoons of black pepper, two tablespoons cloves, two tablespoons cinnamon, two pints sugar. Cover with vinegar.

—Mrs. R. L. Johnson.

### CHILI CON CARNE.

Twenty cents worth of pork steak, twenty cents worth of round steak, one large onion. Grind these. Take two tablespoons of lard or one of lard and one of butter, two tablespoons of salt, two tablespoons pepper. Fry lard, salt and pepper until brown. One tablespoon of chili powder or more if you like. Put meat, onion, lard, salt, pepper and chili powder in a kettle. Add one quart of water and boil one-half hour: then add one can of tomatoes and one can of Kidney beans and boil twenty minutes or longer.

—Mrs. H. T. S.

### GRAPE CATSUP.

Cook five pounds of grapes and rub through colander, one pint of vinegar, five cups of sugar, one tablespoon of allspice, one teaspoon each of cinnamon cloves, black pepper and salt. Boil until thick.

—Mrs. Carpenter.

### TOMATO CATSUP.

Six quarts of tomatoes, pulp and juice. Add three quarts of vinegar, and boil until it begins to thicken. Add 1 ounce each of cloves, allspice, and pepper, one-fourth ounce of cinnamon, two nutmegs, one cup sugar. Boil until quite thick. After taking from the stove add four tablespoons salt. Bottle when cold and seal.

—Mrs. Bert Hall.

Knox Gelatine is economical—FOUR PINTS in each package.

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### TOMATO CATSUP.

One-half bushel tomatoes, two and a half pounds brown sugar, one-third cup of salt, one-fourth of a pound of whole allspice, one-fourth of a pound of whole black pepper, one ounce of whole cloves, two teaspoons ground red pepper, one quart of cider vinegar. Put the tomatoes and all the ingredients together in a large pan, and boil until the tomatoes are soft. Strain; then put on the stove and boil three hours stirring constantly. Bottle and seal hot.

—Mrs. Awalt.

### CANNED TOMATOES.

Wash the tomatoes, remove blossom and bad spots. Place them in a bucket and pour over them boiling water. Cover and let steam ten minutes. Take out and place in sieve and mash with a wire potato masher until nothing is left but skins and seeds. Place over fire and let come to a boil. Have cans in hot water. Fill the cans and seal at once. This is ready for tomato soup at any time.

—Mrs. L. H. Brown.

### TO CAN STRING BEANS.

Boil in salted water, till tender as for immediate table use and to every quart of beans, add one tablespoon of vinegar. Seal and put away in a cool place. Will be found to be like fresh. If one objects to the little sour taste, pour off the juice when you open the can and soak a while in water, in which a little soda has been added.

—Mrs. Frank Stream.

### CANNED CORN.

Nine cups of uncooked corn, one cup of sugar, one cup of salt, one cup of water. Let come to a boiling point and boil fifteen minutes. Can in glass jars. When opened for use, cover with cold water and set on back of stove until fresh. Change water and cook as any canned corn.

—Mrs. Robert Young.

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Use KNOX GELATINE if you would be sure of results.

### PEPPER HASH. (Fine.)

Sweet mango peppers, (green and red.) Take one dozen green peppers and one dozen red peppers, (remove seeds) and add three large onions, chopped fine. Cover with boiling water and let stand ten minutes, drain, cover with weak vinegar and let come to the boiling point. Let stand again ten minutes. Drain dry, add two tablespoons salt, two pints of vinegar, two cups of granulated sugar. Cook fifteen minutes and seal in jars.

—Mrs. G. W. Swan.

### STRAWBERRY PRESERVES.

Two and one-fourth cups of sugar to one box of cleaned berries. Add enough water to sugar to make a good syrup and boil, not too thick. Drop in berries and leave them until juice is fairly well boiled out, and syrup colored. Lift them out carefully and boil syrup down thick; then put berries back in syrup and just let them come to a boil. Set aside and when cold seal tight.

—Mrs. J. H. Wallace.

### HEAVENLY JAM.

Two pounds currants, cooked and run through a sieve, two oranges, one pound raisins or dates, one pineapple, all chopped fine. Add to currant juice, and stir in five cups sugar and water enough to start. Cook until thick.

—Mrs. Chas. V. Athearn.

### JAM.

A delicious jam is made by combining one quart of raspberries, and three quarts of rhubarb. Cook separately in as little water as possible; then put in porcelain kettle and add sugar to make good and sweet. Can for winter use, after cooking down until as thick as desired.

—Mrs. J. A. Rucker.

## PLUM CONSERVE.

Four pounds red plums, four pounds sugar, one pound raisins, 1 lb. English walnuts, 4 large oranges Boil the plums in a little water till they burst. Drain and remove stones, add sugar, seeded raisins, grated rind of 4 oranges, then slice very thin the 4 oranges into this. Boil until it jellies, add broken nut meats and pour into large jelly glasses. Seal with paraffina.

—Clara S. Ickis.

## GRAPE CONSERVE.

Six pounds of grapes, four pounds of sugar, three pounds raisins, four oranges, two lemons, cut in small pieces. Remove seeds from grapes, oranges and lemons. Put through meat grinder. Cook one hour.

—Mrs. C. V. Athearn.

## GRAPE CONSERVE.

Six pounds grapes, four pounds sugar, three pounds raisins, four oranges and two lemons, cut in small pieces. Cook one hour.

—Mrs. F. G. Hines.

## TOMATO CONSERVE.

One quart of tomato boiled, to this add two pounds sugar, two oranges, one lemon. Peel oranges and lemon and boil rinds tender. Cut into small pieces and add to the above.

—Mrs. F. G. Hines.

## CURRANT CONSERVE.

Five pounds of currants, five pounds sugar, two pounds seeded and chopped raisins, four oranges, one-half cup walnuts. Cook currants, raisins, sugar and nuts, together fifteen minutes. After the mixture reaches the boiling point, add the grated rind and juice of oranges and cook altogether five minutes longer. Serve as relish with meat.

—Mrs. Watson.

## SPICED GOOSEBERRIES.

Five pounds of gooseberries, one pint vinegar,

four pounds sugar, two tablespoons each of ground cloves and cinnamon. Cook slowly two hours. Stir it very often. Put it in jelly glasses. Cover with paraffine. Serve with meat.

—Mrs. Watson.

#### SPICED CRANBERRIES.

One pint of cranberries, one cup of sugar, one-half cup of water, one-half cup raisins, chopped rather fine, one-half teaspoon cinnamon, one-fourth teaspoon cloves, two teaspoons vinegar. Cook slowly one-half hour. Five minutes before done, add one-half cup chopped walnut meats.

—Mrs. Athearn.

#### SPICED CURRANTS.

To eight quarts currants put four pounds sugar, one pint vinegar, one pound raisins, spices of all kinds two large spoonfuls of each kind.

—Mrs. Bull.

#### QUINCE HONEY.

To one pint granulated sugar, add water to make a thick syrup. To this add one quince, pared, cored, and put through meat grinder. Cook slowly until consistency of honey, and of a good color. Long cooking brings out the rich red color of the quince.

—Mrs. M. C. Hatch.

#### PINEAPPLE HONEY.

Seven tablespoons of grated pineapple, five cups white sugar, two cups of water. Let sugar and water come to a boil, add pineapple. Cook ten minutes, or as thick as strained honey.

—Mrs. Smith.

#### AMBER MARMALADE.

One fine grape fruit, one rather tart orange, one lemon. Wash the fruit, then put it through the meat grinder, skin and all. Measure and put to soak in earthenware in three times its measure of water. Boil

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**Knox Gelatine is clear and sparkling.**

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for ten minutes the second day, and on the third day measure the whole and add an equal quantity of sugar. Boil until it jellies. This may not be more than an hour and a half, but it may take more. This makes two dozen jelly glasses.

—Mrs. Richard Brown.

#### ORANGE MARMALADE.

Three oranges, one lemon, eleven tumblers of water, four pounds sugar. Slice the oranges and lemon very thin, rind and all. Remove the seeds and pour water over the sliced fruit and set away twenty-four hours. Let boil slowly until the rinds are soft enough to pierce easily with a fork; then add the sugar and set away twenty-four hours longer. Then put on stove and boil one hour and twenty minutes. Put into jelly glasses. Will make eight or ten glasses.

—Mrs. A. Mallory.

#### ORANGE MARMALADE.

Nine oranges, three lemons, slice thin and measure. Add two cups water to one of fruit and soak twenty-four hours. Next morning boil three-fourths of an hour. Next morning measure mixture. Add one cup of cane granulated sugar to one cup of fruit. Boil one hour. Seal in jelly glasses or cans. Boil thirty minutes longer if one wishes it jellied.

—Mrs. Ethel S. Kennedy.

#### APRICOT MARMALADE.

Wash and soak over night one pound of dried or evaporated apricots. Cook in the same water in which they have been soaked. Cook as many quartered apples as apricots. Press through a colander. Make a syrup of two and one-half pints of sugar and the juice of fruit and enough water if necessary to make a cupful. Let boil a few minutes, then turn in the pulp and cook for five or ten minutes. This makes seven glasses of jelly.

—Mrs. Bert Horton.

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**Pasteurized milk is the only safe milk, purest and cleanest. BOYD'S.**

## FRUIT MARMALADE.

One grape fruit, two oranges, one lemon. Cut fruit in halves, remove core and seeds. Then slice up thin, put in dish and cover with cold water, and soak over night. Remove from the water, and shred very finely, the peel and pulp. Then add this to the water again, and measure the whole. Use three times as much sugar as you have fruit. Let this stand over another night. Cook one-half hour, and again let stand until next morning. Then cook down to thickness of jelly and put in glasses.

—Mrs. Frank Patt.

## POTS OF GOLDEN MARMALADE.

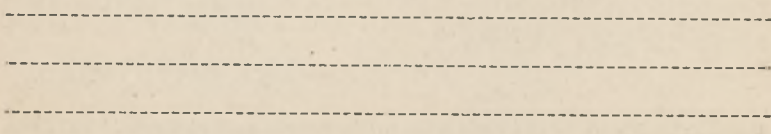
Three oranges, one lemon. Remove all the white skin from the inside of the orange. Shred the fruit, skin and pulp. To each cup of the fruit, add three cups of water. Put away and let it stand twenty-four hours. Then boil ten minutes. Set away again for twenty-four hours. To each level measure of fruit, add a heaping measure of sugar. Put on stove and boil until it jells, a little over an hour. Makes one dozen glasses.

—Miss Grace Welch.

## FIG AND RHUBARB.

One pound of figs cut medium fine. Add enough boiling water to cover. Set aside over night, three pounds of rhubarb cut as for stewing. Add one pound of sugar; let stand over night. Next morning combine the two mixtures. Cook slowly until clear. Add one and one-half pounds of sugar and the juice of one-half a lemon and the grated peel. Then cook for ten minutes longer. Put in jelly glasses.

—Mrs. John W. Stratton.



Knox Gelatine measured for use, each package is in two envelopes.

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# REX

## Coal and Ice

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### CHAFING DISHES

“Here are dainties; all one could wish,  
To please the owner of a chafing dish.”

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#### TOMATO RAREBIT.

Two tablespoons butter, two tablespoons flour, three-fourths cup of cream, three-fourths cup of tomato juice, a speck of soda, one cup of grated cheese, 1 egg, mustard, salt and cayenne. Put butter in chafing dish, and when melted, add flour. Pour in cream gradually. As soon as this mixture thickens, add the tomato juice mixed with soda, then add cheese, the egg, slightly beaten, and seasoning. Serve on wafers, as soon as the cheese melts.

—Ada Burns.

#### WELSH RAREBIT.

Melt one tablespoon butter, add one teaspoon Kingsford's cornstarch, and stir until well mixed; then add one-half cup of thin cream and cook two minutes. Add one-half pound soft mild cheese, cut in small pieces, one-fourth teaspoon salt, one-half teaspoon mustard, and a few grains of cayenne. Stir until cheese is melted, and mixture is of creamy consistency. Pour over Zephyrettes, or slices of bread toasted on one side, rarebit being poured over untoasted side.

—Georgia Parrish.

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**KNOX GELATINE is GUARANTEED to please or money back.**

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### CREAMED CHICKEN.

Make cream dressing as for wiggle, add two cups chicken cut in small pieces, pepper and salt, and a small pinch of cayenne pepper. Serve on salt wafer crackers.

—Rita Athearn.

### SAUTE OF OYSTERS.

Clean one pint of oysters and cook until plump; drain thoroughly and sprinkle with salt and pepper. Lift each oyster separately and dip in cracker crumbs. Put three tablespoons of butter in blazer and add oysters. Brown on one side, turn and brown on other side. Serve with horseradish mustard.

—Georgia Parrish.

### SCOTCH WOOD COCK.

Prepare about a quart of white sauce. Add one small cup of mild cheese, cut in dice, and stir until dissolved. Then add one small cup sliced pimentos, stuffed olives, and one cup English walnut meats, cut in coarse pieces. Serve on toast.

—Georgia Parrish.

### ENGLISH MONKEY.

Soak one cup stale bread crumbs in one cup milk fifteen minutes. Melt one tablespoon of butter, add one-half cup of soft mild cheese, cut in small pieces and stir until cheese has melted; then add soaked crumbs, and just before serving one egg slightly beaten, one-half teaspoon salt, and a few grains cayenne. Pour over toasted crackers.

—Georgia Parrish.

### CHICAGO HOT.

One can French peas, one small can olive oil sardines, one cup chili-sauce. Cut sardines in small pieces and mix all together. Cook in chafing dish until thoroughly heated. Serve on hot buttered toast.

—Darline Hicks.

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You will always be welcome at our establishment. **BOYD MILK CO.**



## CONFECTIONERY

"Candy of course—great big marshmallows and chocolates, cream candy, and nut candy, and taffy, too, for thats good though it isn't so fine."

### DIVINITY.

Two cups sugar, one-half cup white syrup, one-half cup water. Boil until it makes rather a hard ball, when dropped in cold water. Have the whites of two eggs beaten stiff, pour in candy slowly, beating constantly and when it begins to thicken add one cup nut meats and let cool.

—Rita Athearn.

### PEANUT FUDGE.

Three cups white sugar, three tablespoons cocoa, one cup milk. Boil without stirring until stiff, add two tablespoons peanut butter. Pour into pan, and cut in squares.

—Domestic Science Teacher.

### FUDGE.

Two cups granulated sugar, one-half cup milk or cream, one tablespoon butter, two tablespoons cocoa. Boil just four minutes, then add vanilla and beat until cold.

—Mrs. Nellie Busby.

### SMITH COLLEGE FUDGE.

One-fourth cup butter, one cup white sugar, one cup brown sugar, one-fourth cup Karo syrup, one-half cup cream, one-half cup nuts. Melt the butter mix the sugar, syrup and cream together. Add melted butter. Boil one and one-half minutes stirring rapidly then add two squares of grated chocolate. Boil this five minutes, stirring. Remove from the fire, beat until thick, then add nuts. Turn out into buttered plates and cut into squares.

—Mary Hilton.

Pink Coloring for fancy desserts in each package of Knox Gelatine.

### CHOCOLATE CREAM FUDGE.

Two cups granulated sugar, one cup water, one-half tablespoon butter, and two tablespoons grated chocolate. Cook until it forms soft ball, when dropped in cold water. Remove from fire and beat until it creams; then mold into shapes and place nut on each.

—Mrs. John Moreland.

### BETTER THAN FUDGE.

Three cups of light brown sugar, one five cent can of milk, butter size of walnut, one teaspoon vanilla. Cook this until it makes a soft ball in cold water. Let cool a short time; then stir. Pour in pans. Two teaspoons of peanut butter may be added before stirring or a cup of nut meats.

—Mrs. Nellie DeLay.

### PINOCHE.

Two cups brown sugar, one-half cup milk, one tablespoon butter, one cup nut meats, fifteen drops vanilla. Boil until soft ball can be formed in cold water, add nuts and vanilla and beat until creamy. Pour in buttered tins; when cool cut in squares.

—Mildred Allen.

### CRACKER JACK CANDY.

One cup sorghum molasses, one cup sugar, butter size of small egg, one teaspoon soda. Boil butter, sugar, and molasses together until it will crack in a glass of cold water; then add soda. Pour over a gallon of popped corn.

—L. M. R.

### GOOD CANDY.

Two and a half cups granulated sugar, one-half cup glucose or corn syrup. Boil together until it makes a pretty hard ball in cold water; pour this on the beaten whites of two eggs, add nuts and finish like fudge by beating.

—S. E. Rex.

---

Our cream and milk will make fine candies. **BOYD MILK CO.**

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---

### TURKISH DELIGHT CANDY.

Two cups sugar, one-half cup corn syrup, one-half cup water. Boil together until it will spin a thread. Pour one-half of this or less on the beaten whites of two eggs. Stir well, put the remainder of mixture back on fire, until a little dropped in cold water will crackle. Pour on the eggs and beat until it will not spread. Drop in small drops on buttered plates.

—Mrs. Jas. Leach.

### TURKISH DELIGHT.

Three cups granulated sugar, one-half cup of water, one ounce or one box Knox gelatine, juice and grated rind of one lemon, and one orange. Put sugar and water in sauce pan, and let come to a boil, then add gelatine, which has been soaking in one-half cup cold water. Boil twenty minutes; then add orange and lemon juice, pour in a square pan. Set in a cool place for six hours. Then cut in squares and roll in powdered sugar.

—Mrs. G. W. Swan.

### BURNT SUGAR CANDY.

White part.—Three cups granulated sugar, lump of butter size of hickory nut, one cup sweet milk, put in kettle and start to boil. Dark part.—One cup granulated sugar. Put in skillet over fire stirring constantly until it becomes a syrup, pour this over the other and cook until it will form a ball, when dropped into cold water. Remove from the fire and beat five minutes. Pour on platetr where nut meats have been spread and when cool cut into squares.

—Edna Beckwith.

### FIG BARS.

Three cups of granulated sugar, one cup of milk, small piece of butter. Do not boil quite as long as for fudge. Beat, and stir in one pound of figs. Pour on buttered plates. Cut and cool.

—Mary Hilton.

---

For Dainty Delicious Desserts use KNOX GELATINE.

---

### FRENCH DAINITIES. (Candy).

Two envelopes Knox Acidulated gelatine, four cups granulated sugar, one and one-half cups boiling water, one cup cold water. Soak the gelatine in the cold water five minutes. Add the boiling water. When dissolved add the sugar and boil slowly for fifteen minutes. Divide into two equal parts. When somewhat cooled add to one part one-half teaspoonful of the lemon flavor found in separate envelope dissolved in one tablespoonful water and one tablespoonful lemon extract. To the other part add one tablespoonful brandy, if desired, one-half teaspoon extract of cloves and color with the pink color. Pour into shallow tins that have been dipped in cold water. Let stand over night; cut into squares. Roll in fine granulated or powdered sugar and let stand to crystallize. Vary by using different flavorings and colorings.

### CANDIED ORANGE PEEL.

From two large oranges, cut peeling long but very thin. Place in sauce pan and cover with cold water; then set on stove and boil ten or fifteen minutes. Pour off water, cover with boiling water, and boil again, repeating, three or four times, drain carefully the last time; then add one cup of sugar, juice of one lemon. Set on the back of stove where it will simmer slowly from one and one-half to two hours, when sugar and juice will be absorbed; then roll in granulated sugar and lay on oiled paper until dry.

—Mrs. Ezra Arnold.

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## BEVERAGES

"The Cup That Cheers."

---

### TEA.

One teaspoon of tea, one cup water. Scald utensil put in tea leaves, and pour over them, fresh boiling water, just brought to the boiling point. Cover and steep three minutes. Strain and serve at once with sugar and cream, or lemon.

### RUSSIAN TEA.

Served hot or cold. Sugar and cream are not used, but lemon or dried fruit instead.

### ICE TEA.

Served with sugar or lemon mint leaves are often crushed and served with tea.

---

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### COFFEE.

On cup finely ground coffee, one-half egg with shell, two and a half cups cold water, six cups boiling water. Mix coffee, egg and two cups cold water together. Boil three minutes. Add boiling water, and allow it to boil up at once. Draw to back of range, add one-half cup cold water, and let stand one minute to settle. Strain and serve.

### VIENNA COFFEE.

Served with whipped cream. Cafe au lait. Served with equal portions of coffee and scalded milk.

### COCOA.

Four cups milk, two cups water, one-half teaspoon vanilla, little salt, nine teaspoons cocoa, nine teaspoons sugar, six marshmallows. Mix cocoa, sugar and salt. Add water gradually, stirring constantly. Bring to boiling point, and boil one minute. Turn into scalding milk and beat with Dover beater. Remove from fire, and add vanilla. Garnish with whipped cream or marshmallows.

### ICED COCOA.

Put two heaping teaspoons cocoa into a double boiler. Add gradually a half pint of boiling water. Cook and stir five minutes, then add a half pint milk, beating thoroughly. Let this cool. When serving, fill the glasses one-third full of shaved ice, and add teaspoon of powdered sugar. Fill the glass two-thirds full of the cocoa and the remaining third with whipped cream.

—Selected.

### CHOCOLATE.

One and a half squares chocolate, four cups of milk, six tablespoons sugar, one-half teaspoon vanilla, two cups boiling water, little salt. Melt chocolate over hot water, add sugar and salt. Add boiling water, and boil until smooth and glossy. Pour into

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milk, and reheat, beating with Dover beater. Add vanilla. Garnish with whipped cream or marshmallow.

CHOCOLATE.

Six tablespoons grated chocolate (or three chocolate and three cocoa if liked less rich,) dissolved in a quart of boiling water. Boil hard fifteen minutes, (cover closely), add one quart rich milk and let come to boil. Serve hot. Skim. Can be made the day before and reheated.

—Mrs. T. A.

VIENNA CHOCOLATE.

Two squares of chocolate grated, or eight tablespoons. Add one pint of hot water, when dissolved, add a scant cup of brown sugar, and one pint of milk. Stir often; when boiling, add two teaspoons, cornstarch, dissolved in one-half cup milk. Let boil up once. For foam break an egg in a bowl, and pour on it one-half cup hot water. Beat well together. Put part on top, part in bottom.

—Mrs. C. M. Dunn.

FOUNDATION PUNCH.

Eight oranges, four lemons, one and a half cups sugar, water to make a gallon. (a) Three parts Russian tea, to one part Foundation punch. (b) One part cranberry to three parts of punch.

GENERAL FOUNDATION.

One part of fruit, to three parts foundation.

DESSERTS can be made in a short time with Knox Gelatine.

---

### LEMONADE.

Three lemons, one and one-half cup sugar, one quart of water.

### PINEAPPLE LEMONADE.

Mix one-half cup grated pineapple with juice of one lemon, two tablespoons of sugar, and one-half cup boiling water. Cool. Add cup of cold water. Strain and serve.

### FRUIT NECTAR.

Equal parts of fruit juice and water sweetened to taste.

These recipes taught in the Domestic Science Course, Creston H. S.

### ORANGEADE.

Cut the yellow rind from one orange and pour a cup of boiling water over it. Sweeten to taste. Chill, and add juice of the orange and one teaspoon of lemon juice. This may be varied by using currant, grape, apricot, or grape fruit juice. Good Housekeeping.

### OLD FASHIONED WASSAIL BEVERAGE.

Boil together, one quart oatmeal, three quarts water, one scant teaspoonful salt, one teaspoon grated nutmeg, two sticks cinnamon broken in small bits, juice and grated rind of two lemons, three-fourths pound seeded raisins. Cut in pieces. Cook one hour, well covered, and strain through cheese cloth. After straining, add four well beaten eggs, one cup sugar, one quart boiling milk and lastly one-half pint whipped cream. Serve hot. Makes about three quarts.

—Mrs. Athearn.

One pound of coffee will make forty cups.

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## FOOD FOR INVALIDS

“Put all your worries deep down in the bottom of your heart, and then sit on the lid and sing.”

—Mrs. Wiggs.

---

### BEEF TEA.

One pound of lean beef, cut into small pieces. Put into Mason jar without a drop of water and set in a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four hours until the juice is all drawn out. Season with salt to taste and when cold skim.

—Mrs. M. F. Stever.

### CHICKEN JELLY.

Cook the chicken until meat will separate from bone; season. Remove skin and bone and put in a mold, using chopped giblets. Dissolve one-eighth box of Knox gelatine and a little lemon juice, and boil in the water in which chicken was boiled, until very much reduced. Pour over chicken in mould and let cool. Slice in thin pieces, and serve with lemon.

—Mrs. M. F. Stever.

### ORANGE CREAM.

Beat yolk of an egg, with one tablespoon of sugar, add one-fourth cup orange juice. Cook in double boiler until thick and smooth. Add beaten white, remove from fire, and stir until of uniform consistency. Serve cold, in sherbet glasses.

### BRAN BISCUIT.

Bran one pint, flour one-half pint. Sour milk one-half pint, New Orleans molasses three tablespoons, soda one teaspoonful, salt to taste. Bake in gem pans.

—Dr. Beatty.

---

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#### ALBUMINIZED MILK.

Put white of one egg, and one cup of milk into a covered jar. Shake until egg is thoroughly mingled with the milk. Sweeten and flavor to taste.

#### EGG NOG.

Beat yolk of egg until thick and yellow, add one tablespoon of cream, one-fourth teaspoon of salt, and few grains of white pepper. Beat white until stiff, and cut and fold into yolk. One-half tablespoon lemon juice, one teaspoon powdered sugar may be used, with cream, salt and pepper omitted.

#### MULLED BUTTERMILK.

One pint buttermilk scalded, salt and pepper to taste, one teaspoon butter, one-half teaspoon corn-starch wet with a little cold water to thicken it. Flavor with nutmeg.

—Mrs. A. S. Beatty.

#### FOR A WEAK STOMACH.

Stir up a fresh egg with a teaspoon of unfermented grape juice, sugar to taste. Take in glass of new milk before breakfast.

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# THE GOSSARD CORSET

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## WEIGHTS AND MEASURES

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One quart of flour makes one pound.

One pint of granulated sugar makes one pound.

One pint of butter makes one pound.

Ten eggs make one pound.

One pint chopped meat, packed, makes one pound.

Two coffee cups of powdered sugar makes one pound.

One tablespoon of salt makes one ounce.

One tablespoon of butter makes one ounce.

One tablespoon of granulated sugar makes one ounce.

Two tablespoons ground spice makes one ounce.

One heaping teaspoon powdered sugar makes one ounce.

One cup bread crumbs makes two ounces.

Five nutmegs makes one ounce.

One wine glass makes one-half gill.

Two gills make one cup.

Two cups of butter makes one pound.

A spoon of salt, pepper, soda and spice is a level spoon.

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Pitted Red Cherries  
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Peaches (sliced)  
Pears  
Plums (Egg)  
Plums (Green Gage)  
Pineapple (sliced)  
Pineapple (grated)  
Raspberries  
Strawberries

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Shredded Wheat is made of the whole wheat, cleaned, cooked, drawn into fine porous shreds and twice baked. It is the cleanest, purest cereal food made in the world. Recipes for making many wholesome "Shredded Wheat Dishes" will be found in this book.

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To clean silver ware  
1 qt water / 1 Teaspoon soda / 1 Teaspoon  
sali. boil.

~~clock bought Oct 11 - 1921~~

Dickys birthday 19<sup>th</sup> April 1924

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Receipt for Ulcers of the stomach.

Soda III

Bismuth II

Calcium Magnesia I

1 Teaspoon after each meal. (dissolve in water)

American Oil

2 Table spoons each evening unless bowels are too loose.

Cascara Sagrada

1 Teaspoon each evening unless bowels are too loose.

Diet

Beets Pear Toast Oatmeal squash.  
Carrots Spinach Milk Cream of wheat

# Cake Frostings

## 8 GRAND RECIPES

### and a Dozen Success Tips

## What Frosting Shall I Choose?

It's easy to be a master hand at frosting cakes. Just remember—there are only three types of frosting. Each one has advantages.

**Uncooked** . . . butter, cream cheese, and egg yolk frostings. Made with xxxx sugar. Quick, easy, can't fail, long-keeping.

**Creamy cooked** . . . fudge and caramel frostings. Made like fondant; need a candy thermometer to get best results. Harden quickly (a little hot water may be added). Luscious and creamy; long-keeping.

**Fluffy** . . . seven minute, old-time boiled, and uncooked meringue frostings. Made by beating egg white with sugar or syrup. Delicious and lavish-looking, usually best if used same day as made.

### SUCCESS TIPS

- ✓ Have cake cool and free from crumbs.
- ✓ To protect plate while frosting, cut a large square of waxed paper into four triangles. Arrange on plate to cover rim. Set cake on papers and frost. Then pull out opposite papers, leaving plate clean.

✓ To frost outside of cake, spread frosting from top edge down over sides. Then pile remaining frosting on top; swirl to edge with a spatula or spoon, working quickly.

✓ Cake plate should show about 2-inch border around cake. More makes cake look small; less makes it look clumsy.

✓ For special cakes, frost in two coats. Let first thin coat set, then add final.

✓ For cupcakes, hold each cake, turning as you frost top. Or hold top and bottom to frost sides, set on rack to finish top.

✓ To tint frosting, add a few drops of coloring and mix well.

✓ To tint coconut, fill glass jar ½ full, add few drops diluted coloring. Shake.

✓ Decorations should be tiny for small cakes, larger for big cakes.

✓ For decorations, try candies, candles, nuts, flowers, candied fruit, melted jelly.

✓ Decoration on plate around cake should be low and show base of cake at intervals.

✓ A sharp knife rinsed in hot water is best for cutting frosted cakes.



### FROSTINGS FOR FAVORITE CAKES

**Devil's Food Cake** is best with:  
Seven Minute Sea Foam (pictured above)  
Snowy or Creole (Mint) Frosting  
Chocolate Fudge Frosting

**White Cake** is best with:  
Pineapple Fluff Frosting  
Creole Snowy Frosting  
Luscious Lemon Frosting

**Whole Egg (Happy Day) Cake**, best with:  
Chocolate Fudge Frosting  
Mocha Butter Frosting  
Snowy Frosting



**Sponge Cake** needs no frosting.  
Or use:

Luscious Lemon  
Pineapple Fluff

**Angel Food Cake** needs no frosting,

or use same frostings as White Cake.

**Spice Cake** is best with:  
Luscious Lemon Frosting  
Mocha Butter Frosting  
White Fudge Frosting

This is No. 17 of Swans Down's package inserts. Watch for these handy recipe folders when you open a box of Swans Down Cake Flour.



A seven minute frosting needs a good beater, a deep double boiler.



Dainty trim-ups go on cupcakes. Try nuts, candies, or a creole top.

### SEVEN MINUTE SEA FOAM

Cooked fluffy frosting

- |   |                    |
|---|--------------------|
| 2 egg whites, unbeaten                    | Dash of salt       |
| 1 1/2 cups brown sugar<br>(firmly packed) | 1/3 cup water      |
|   | 1 teaspoon vanilla |

Combine egg whites, sugar, salt, and water in top of double boiler. Beat with rotary egg beater or electric beater about 1 minute, or until thoroughly mixed. Cook over rapidly boiling water, beating constantly with rotary egg beater (or at high speed of electric mixer) 7 minutes, or until frosting will stand up in stiff peaks. (Stir frosting up from bottom occasionally.) Remove from boiling water. Add vanilla and beat 1 minute, or until thick enough to spread. Makes enough frosting to cover tops and sides of two 9-inch layers, or about 2 dozen cupcakes. (Frosting is illustrated on other side.)

**Small Recipe.** Use 3 tablespoons water and half of other ingredients in above recipe. Cook 4 minutes instead of 7. Makes frosting to cover 9x9x2-inch cake or two 8-inch layers.

**Snowy Frosting.** Use white sugar instead of brown in Seven Minute Sea Foam; and add 2 teaspoons light corn syrup before cooking. Flavor with vanilla or peppermint extract to taste.

### CREOLE FROSTING

Frost cake with Sea Foam or Snowy Mint Frosting. Melt 2 squares Baker's Unsweetened Chocolate with 2 teaspoons butter and dribble over top of cake.

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If you don't think your Swans Down "Mix-Easy" cake is better than any similar cake you've baked with any other flour, simply write to us enclosing this guarantee and we will send you double the cost of all your ingredients. (This offer expires April 1, 1950).



Beautiful frostings call for perfect cakes. Make your cakes with Swans Down—the cake flour more women choose than any other packaged cake flour in America. Recipes on the package.

**Bake a better cake with SWANS DOWN!**

### PINEAPPLE FLUFF FROSTING

Use white sugar instead of brown in Seven Minute Sea Foam; substitute 1/2 cup pineapple juice for 1/3 cup water. (Omit vanilla.)

For delicious cake filling, mix 1/3 of this frosting with 1/4 cup drained, canned crushed pineapple; spread between layers.

### LUSCIOUS LEMON FROSTING

Uncooked butter frosting

- |                              |                                    |
|------------------------------|------------------------------------|
| 1/2 cup butter or margarine  | 4 cups sifted confectioners' sugar |
| Dash of salt                 | 4 teaspoons lemon juice            |
| 1 teaspoon grated lemon rind | 1/3 cup milk (about)               |

Cream butter, salt, and lemon rind. Add part of sugar gradually, blending after each addition. Add remaining sugar, alternately with lemon juice, then with milk, until of right consistency to spread. Beat after each addition until smooth. Makes enough frosting to cover tops and sides of two 9-inch layers.

**Small Recipe.** Use the following amounts:

- |                                |                                    |
|--------------------------------|------------------------------------|
| 1/3 cup butter or margarine    | 3 cups sifted confectioners' sugar |
| Dash of salt                   | 1 tablespoon lemon juice           |
| 3/4 teaspoon grated lemon rind | 1/4 cup milk (about)               |

Mix as directed above. Makes enough frosting to cover 9x9x2-inch cake or tops and sides of two 8-inch layers.

### MOCHA BUTTER FROSTING

Prepare as for Luscious Lemon Frosting, omitting lemon rind and juice. Use 3 to 5 tablespoons hot coffee instead of the milk and add 1/4 teaspoon vanilla. (For hot coffee, dissolve 1 teaspoon Instant Maxwell House Coffee in 1/4 cup boiling water.)

### CHOCOLATE FUDGE FROSTING

Cooked creamy frosting

- |   |                                   |
|---|-----------------------------------|
| 3 squares Baker's Unsweetened Chocolate |                                   |
| 1 1/4 cups milk                         | 1 tablespoon light corn syrup     |
| 3 cups sugar                            | 3 tablespoons butter or margarine |
| Dash of salt                            | 1 1/2 teaspoons vanilla           |

Add chocolate to milk and place over low heat. Cook until smooth and blended, stirring constantly. Add sugar, salt, and corn syrup; stir until sugar is dissolved and mixture boils. Continue boiling, stirring occasionally, until small amount of mixture forms a very soft ball in cold water (234° F.). Remove from heat. Add butter and vanilla. Cool to lukewarm (110° F.). Beat until of right consistency to spread. If necessary, add a little hot water to keep soft for spreading. Makes enough for tops and sides of two 9-inch layers.

**Small Recipe.** Use the following amounts:

- |   |                                   |
|---|-----------------------------------|
| 2 squares Baker's Unsweetened Chocolate |                                   |
| 3/4 cup milk                            | 2 teaspoons light corn syrup      |
| 2 cups sugar                            | 2 tablespoons butter or margarine |
| Dash of salt                            | 1 teaspoon vanilla                |

Cook as directed above. Makes enough frosting to cover 9x9x2-inch cake or tops and sides of two 8-inch layers.

**White Fudge Frosting.** Omit chocolate in Chocolate Fudge Frosting. Reduce flavoring; use 1/2 teaspoon each vanilla and almond.

## DEVIL'S FOOD NUT CAKE

2 cupfuls brown sugar	2 eggs, well beaten
2 squares chocolate	1 teaspoonful soda
$\frac{1}{2}$ cupful cold water	2 cupfuls pastry flour
1 egg yolk	$\frac{1}{4}$ teaspoonful salt
1 cupful chopped nutmeats	$\frac{1}{2}$ cupful sour milk
$\frac{3}{4}$ cupful shortening	1 teaspoonful vanilla

Combine one-half cupful brown sugar, the chocolate, cold water and egg yolk, and cook in the top of a double-boiler, stirring constantly until thick. Then add chopped nut meats and set aside to cool. Meanwhile cream together the shortening and one and one-half cupfuls of brown sugar and add beaten eggs. Sift together the soda, flour and salt, and add to cake mixture alternately with sour milk. When well blended add vanilla and the chocolate mixture. Pour into Crinkle Cups and bake in a moderate oven of 375° F. for thirty minutes.

## WHIPPED CREAM CAKE

1 cupful sweet cream	$1\frac{1}{2}$ cupfuls sugar
3 egg-whites	2 cupfuls pastry flour
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ cupful water
3 teaspoonfuls baking powder	1 teaspoon vanilla

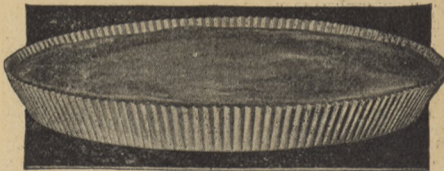
Whip the cupful of cream until stiff; beat the egg-whites stiff and mix them together lightly. Add the water and vanilla. Then add a little at a time the dry ingredients which have been sifted together twice. Bake in Crinkle Cups at 375° F. for thirty minutes.

## DELICIOUS MAHOGANY CAKE

$\frac{3}{4}$ cupful chocolate	$\frac{1}{2}$ cupful sour milk
$\frac{1}{2}$ cupful sweet milk	2 cupfuls pastry flour
$\frac{1}{2}$ cupful shortening	1 teaspoonful soda
$1\frac{1}{2}$ cupfuls sugar	1 teaspoonful lemon extract
3 egg yolks	1 teaspoonful vanilla extract
	3 egg-whites beaten stiff

Cook chocolate and milk in double-boiler until smooth, then cool. Cream shortening and sugar and add beaten egg yolks. Sift flour and soda, and add alternately with sour milk to cake mixture. Add the chocolate mixture and the flavoring extracts. Beat well and fold in stiffly beaten egg-whites. Bake in Crinkle Cups in a moderate oven of 375° F. for thirty minutes.

## • CRINKLE BAKING DISHES FOR LAYER CAKES, SHORT CAKES, BREAKFAST BREADS, ETC.



**CRINKLE CUPS**

## SOUTHERN CINNAMON CAKE

- |                         |                                 |
|-------------------------|---------------------------------|
| 1/4 cupful shortening   | 2 cupfuls pastry flour          |
| 1 cupful sugar          | 2 teaspoonfuls baking powder    |
| 1 cupful seeded raisins | 1/2 teaspoonful salt            |
| 2 tablespoonfuls flour  | 1 teaspoonful nutmeg            |
| 1 egg, beaten           | 1 teaspoonful cinnamon (mix to- |
| 1 cupful milk           | 2 tablespoonfuls sugar } gether |

Cream together the shortening and sugar; add the raisins, coarsely chopped and floured with two tablespoonfuls of flour, and the beaten egg—beat until thoroughly blended. Sift together the flour, salt, baking powder and nutmeg. Add to egg mixture alternately with milk. Beat well and pour into Crinkle Cups. Sprinkle on top the cinnamon and sugar mixture and bake in a moderate oven of 375° F. for thirty minutes.

## PLAIN WHITE CAKE

- |                            |                                  |
|----------------------------|----------------------------------|
| 1/2 cupful shortening      | 2 1/2 teaspoonfuls baking powder |
| 1 cupful sugar             | 1/4 teaspoonful salt             |
| 2 egg yolks                | 2 egg-whites, beaten stiff       |
| 1/2 cupful milk            | 1/4 teaspoonful orange extract   |
| 1 1/2 cupfuls pastry flour | 1/4 teaspoonful vanilla extract  |

Cream together the shortening and sugar and add the egg yolks well beaten. Sift together the flour, baking powder and salt; add to the egg mixture alternately with the milk. Add flavoring extract and lastly fold in stiffly beaten egg-whites. Bake in Crinkle Cups in a moderate oven of 375° F. for thirty minutes.

## WALNUT CAKE

- |                        |                                   |
|------------------------|-----------------------------------|
| 3/4 cupful shortening  | 2 teaspoonfuls baking powder      |
| 1 cupful sugar         | 1/2 teaspoonful salt              |
| 2/3 cupful milk        | 1/2 cupful finely chopped walnuts |
| 2 cupfuls pastry flour | 1 teaspoonful vanilla extract     |
|                        | 3 egg-whites beaten stiff         |

Cream together the shortening and sugar. Sift the flour, baking powder and salt together and add alternately with the milk to the sugar mixture. Beat well and add nut meats and vanilla extract. Last fold in the egg-whites beaten stiff. Pour into Crinkle Cups and bake in a moderate oven of 375° F. for thirty minutes.

## CHOCOLATE CRINKLE CUPS

- |                       |                       |
|-----------------------|-----------------------|
| 1/2 cupful hot water  | 2 cupfuls chocolate   |
| 1 egg yolk            | 2 cupfuls sugar       |
| 1/2 cupful shortening | 1 cupful flour        |
| 1 teaspoonful soda    | 1/4 cupful shortening |
| 1 teaspoonful vanilla | 1 cupful sugar        |

Put chocolate and 1/2 cupful hot water in a saucepan and cook and stir about three minutes until thick and glossy. Remove from fire and add egg yolk, shortening and sugar. Sift together the flour, baking powder, salt and soda, and stir into the mixture; add vanilla. At the last stir in 1/2 cupful boiling water. Beat until smooth, pour in Crinkle Cups and bake in a moderate oven of 375° F. for thirty minutes. Frost with boiled icing.

## SPICE CAKE

1 cupful brown sugar      2 teaspoonfuls allspice  
1/2 cupful shortening      1 cupful sour cream  
2 egg yolks                  2 cupfuls pastry flour  
2 teaspoonfuls cloves      1/2 teaspoonful salt  
2 teaspoonfuls cinnamon.   1 teaspoonful soda  
3 egg-whites beaten stiff

Cream together the sugar and shortening until thoroughly blended. Add the beaten egg yolks, the cinnamon, cloves, and allspice and beat well. Sift together the flour, salt and soda. Add to the cake mixture alternately with the sour cream. Last fold in the stiffly-beaten egg-whites. Pour into Crinkle Cups and bake in moderate oven of 375° F. for thirty minutes.

## SPICE CAKE

2 eggs                          1/2 cupful cold water  
1 cupful sugar                1/2 cupful pastry flour  
1 tablespoonful vinegar      1 teaspoonful baking powder  
3/8 teaspoonful salt

Beat the yolks of the eggs until thick; add the sugar gradually, continuing the beating. Add the vinegar and cold water. Mix and sift together the pastry flour, salt and baking powder, and add to the yolk mixture. Add the whites of the eggs beaten until stiff, cutting and folding them in carefully. Pour into Crinkle Cups and bake at 320° F. for thirty minutes.

Baking

Recipe



WITH  
CRINKLE  
CUPS-THE  
NEW MODE

FOR  
DELICIOUS  
CRINKLE  
CUP CAKES



**CRINKLE CUPS**



## CRINKLE CUPS SAVE TIME AND WORK WHEN BAKING

**C**UP CAKES have become very popular because they are delicious and easy to bake. This booklet contains recipes furnished by the Good Housekeeping Institute for baking cup cakes. You will find that these cups save much time and work, as they eliminate the need of greasing and washing baking pans. Also that cake bottoms do not burn as easily when Crinkle Cups are used. The paper, of which Crinkle Cups are made, is manufactured expressly for us by one of the finest mills in the country. Only the highest quality paper is used and it is specially treated for baking purposes.

By carefully following these recipes and using Crinkle Cups at the same time, you can rest assured that the cup cakes you serve at parties, picnics or home meals will be both inviting and delicious.



*Crinkle Cups carry with them the approval of the Good Housekeeping Institute — awarded only to products of real merit.*

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## CRINKLE CUP CAKES

$\frac{1}{2}$ cup of butter	$1\frac{1}{4}$ cups of pastry flour
1 cup of sugar	$3\frac{1}{2}$ teaspoons of baking powder
2 eggs	$\frac{1}{2}$ cup of milk
	1 teaspoon of vanilla

Cream butter—add sugar and cream. Add eggs and beat mixture well. Add sifted flour and baking powder and milk alternately to batter. Add vanilla. Pour into Crinkle Cups and bake in moderate oven 20 minutes.

## How to Make Junket with PEPSENCIA (Essence of Pepsine, Fairchild)

Into a small clean bowl put one teaspoonful of Pepsencia (Essence of Pepsine, Fairchild) and add one half pint of fresh cool milk; stir gently to mix thoroughly. Place the bowl containing the milk and Pepsencia in a dish or pan of larger size and pour into the larger dish or pan boiling water sufficient to come to the level of the mixture. Let the bowl stand in the hot water for two minutes, then remove and let it stand until the milk is firmly jellied, when the junket is ready for use, either as it is, or with sugar, grated nutmeg, etc. *To keep the junket, put it on ice or in a very cold place.*

If preferred, the milk and Pepsencia as soon as thoroughly mixed, the bowl may be divided into small cups, these placed in a dish or pan boiling water poured around them and the rest of the directions followed as above. The junket in small cups is more attractive to the patient.

### Egg Junket

Beat to a froth one strip of fresh egg; sweeten with one or two teaspoonfuls of sugar; stir in thoroughly one half pint of fresh cool milk; add one teaspoonful of Pepsencia; stir again to mix thoroughly; divide into small cups if preferred; prepare in precisely the same manner as the plain junket. A little nutmeg or cinnamon may be grated over the junket. *To keep the egg junket, put it on ice or in a very cold place.*

Recipes for peptonised milk, peptonised milk gruel, whey, upon request.

FAIRCHILD BROS. & FOSTER, New York

## MA' TAKE

**SOUPS.** Vegetables and purees—of spinach, asparagus, carrots, green peas, potato.

**FISH.** Raw oysters, soft portion only, fresh fish of the whiter kinds, boiled or broiled, with sweet butter or cream—no rich sauces.

**MEATS.** Beef, chopped or scraped and lightly cooked, beef, roasted or freshly stewed, broiled beefsteak, rare, veal, lamb, chicken, broiled or roasted or freshly stewed, never over-done, all these meats cold or in form of jelly, ham slightly cooked.

**EGGS.** Soft boiled, poached, scrambled, omelet.

**FARINACEOUS.** Toast, zwieback, crackers, Graham bread, oatmeal as light porridge, or gruel, or broth. Breads best taken with the protein foods—meat, eggs, fish.

**VEGETABLES.** Fresh spinach, asparagus, peas, carrots, mashed potato, in some cases only as purees—well-cooked, mashed, strained, milk or cream added if agreeable, or olive oil or fresh butter.

**DESSERTS.** Junket, egg-junket (directions on back of slip), well-cooked rice and milk pudding (very little sugar), custards with little sugar, baked apples, stewed fruits if agreeable. Dutch or Swiss cheese sometimes permitted.

**FLUIDS.** Milk, plain or peptonised, milk flavored with tea, or very weak tea or coffee once a day, Apollinaris, Vichy, seltzer, pure water, buttermilk, Bulgarian sour milk, whey, light cocoa.

## MUST NOT TAKE

Rich soups or chowders, stews or hashes, with rich gravies, fried foods, pickled or corned or cured meats (except ham as above), salted, smoked or preserved fish, or fatty fish of any kind, rich heavy cheese, pastry, cakes, pies, candies, ice cream, nuts, acid fruits, spices, condiments, ice water, malt or spirituous liquors.

## ACID DYSPEPSIA (HYPERACIDITY)

*This high protein diet designed to combine the excess of acid.* Foods permitted are to be restricted according to condition of patient; sometimes five light meals daily better than three full meals.

## 5 Cherry Cobbles

Set oven at 350; melt 1 stick of oleo in  
sq or oblong pan, while mixing  
1 C. flour,  $\frac{1}{2}$  C sugar, 2 tsp BP,  $\frac{3}{4}$  C milk  
Pour batter over slightly cooled oleo.

Don't mix oleo into batter. Now mix:

1 Can cherries (unsweetened)

$\frac{3}{4}$  C sugar, 2 tbsp flour (almond flavor optional)

Spoon mixture over batter, still without  
mixing. Bake at 350° - 40 to 50 min  
until brown.