# Iwo Big Helps for the GOOD







### Why She Prefers Blue Ribbon Baking Powder

1st. Because every spoonful in every can is of exactly the same Strength and Quality. There is no guessing—no allowances to be made—not the slightest chance of the cake being spoiled by variations in the baking powder. She can rely on it with perfect confidence.

2nd. Because it produces Pure and Wholesome Food, containing no harmful residue of any kind whatever.

3rd. Because a little less is required of Blue Ribbon than of other kinds, on account of its greater "Rising Strength."

#### Why Blue Ribbon has these qualities more than other powders

Because Blue Ribbon Baking Powder is manufactured with special care from the very highest grade of pure ingredients.

Such ingredients cost more, of course, but they are worth it, because they are free from all impurities. These impurities in low grade ingredients are apt to set up chemical reaction, cause variations in quality, reduce the strength of the baking powder and even injure the quality of the food.

And every ingredient used in manufacturing Blue Ribbon Baking Powder is thoroughly tested, and if the least below our high standard is rejected.

All this means extra cost to us, but the price to you is the same as that of ordinary kinds; 25c. a pound.

Young cooks will be saved much worry, disappointment and loss of time and good materials if they use Blue Ribbon Baking Powder right from the start.

## She likes the Blue

Because it is so practical and up-to-date, so econo mical in use of ingredients, and so conveniently arranged. -

#### Partial Table of Contents

Beverages 32 Recipes Broths. Butter, to Cream

Biscuits, Buns, Rolls, etc.
Biscuits—5 Recipes
Buns—2 Recipes
Doughnuts—8 Recipes
Fritters—12 Peciper Fritters—12 Recipes
Fritters—12 Recipes
Griddle Cakes—11 Recipes
Muffins—10 Recipes
Rolls—8 Recipes
Rusks—Baking Powder.
Waffles and Gems
Breads

13 Recipes Cakes

Cakes

Hints on Making

Beating Stirring. Folding.

Fillings—21 Recipes

Frosting and Icings—12 Recipes

Layer Cakes—13 Recipes

Loaf Cakes—25 Recipes

Small Cakes—31 Recipes Candies, Home Made 25 Recipes Caramels, Preparing

Catsups Chafing Dish Recipes Cheese and Pancakes 3 Recipes Eges-2 Recipes Fish and Shell Fish-8 R

Wegetables 5 Recipes Cheese, Prepa.

7 Recipes
Chow Chow. Chutno
Cocoa. Coffee. Cold Desserts.
Cooked Fruits.
Rutter. Creams getables—5 Recipes Charlotte Russe

17 Recipes Custards Desserts, Cold Dumplings

Eggs, Methods of Cooking 14 Recipes Fillings for Cakes

Finings for Cakes
Fish
31 Recipes
Frappes. Fritters, Frostings for Cakes
Fruit Juices,
Fruit Juices, Substitute for Wine. Fruits, Cooked 65 Recipes Fruit, Spiced

Game

Garnishes. Old Game. Tainted Meat to
Restore, Wild flavor to Overcome.
Bear and Buffalo. Cranes. Flovers, etc.
Pigeon Pie. Prairie Chickeu or Grouse.

venison. Who Duck, Gravies and Sauces, Griddle Cakes, Gruels, Cooking in High Altitudes. Ice Icings for Cakes

Invalid Cookery Directions and Hints.
Beverages—8 Recipes
Broths, etc.—8 Recipes
Gruels—10 Recipes

Meets Jams. Jellies. Koumiss. Lemonade. Lemon Peel, to grate. Lobsters

Made over Dishes Marmalade

Meats Baking, Basting, Boiling, Braising,
Broiling, Egg and Bread-crumb,
Fricasseeing, Frozen Meat, to Thaw,
Frying Garnishing, Grilling, Roasting,
Stewing and 32 Recipes
Muffins, Oatmeal Drink, Oysters

Pickles Sour--14 Recipes Sweet-7 Recipes Pies and Tarts

Poultry Drawing and Trussing. Garnishes. Old Fowls, to Make Tender. Strong Smell, to Overcome. Tainted Meat to restore, and 11 Recipes. (See also Game) Preserves. Puddings

38 Recipes
Raspberry Acid. Rolls. Rusks. Sauces,
Fruits. Sauces and Gravies (For Fish and Meats)
16 Recipes

Sauces for Puddings 18 Recipes Salads 21 recipes Shell Fish Cooking for the Sick. Spiced Fruit. Soups 21 Recipes Soys

Tables and General Information Tables and General Information
Apothecaries Measure. Avoirdupois
Weight. Dry Measure. Liquid Measure
Liquids. Cups. Liquors, Intoxicating
Avoided. Measuring Cups, etc. Medicinal Terms. Methods of Cooking.
Standards of Measure. Table of Proportions. Time to Bake, Broil, etc. Weights
of Different Foods. Taffy (see Candy).
Tarts. Tea.

Vegetables 26 Recipes (See also Pickles and Cooked Fruits. Vegetables to serve with different meats. Waffles. Yeast.

### This Coupon is Worth 10c.

The regular price of the Blue Ribbon Cook Book is 35c., but by using this Coupon (or mentioning this offer) we will mail it postpaid for 2.c.

enclose	
Coupon and	
25c. for Rlue	
Ribbon Cook	
Book	

..... Address