

The Kitchen

Twenty-five Kinds of Fancy Cookies From One Receipt

By using a variety of flavors, icings and fillings more than twenty-five different kinds of cookies, all of them wholesome and palatable, can be made from one foundation receipt.

The receipt is this: one cupful of fine sugar, one teaspoonful of salt, two-thirds of a cupful of shortening, two teaspoonfuls of baking powder, two beaten eggs, one and one-half pints of flour. Add milk or flour as either proves necessary to allow the dough to be rolled thin.

Take a large spoonful of the dough for each kind of wafer, and mix the extra ingredients with it in a separate small bowl. Make the light cookies first, then chocolate cookies, and last the spiced cookies. Roll all the wafers extra thin, and be careful not to burn them in the baking. In a hot oven they will bake in a very few minutes.

1. Add vanilla to the original mixture; roll the dough thin and cut it into rounds.

2. Add vanilla and coconut and white vanilla icing, and make the cookies oblong.

3. Add lemon extract and peanuts chopped fine; cut the dough into small squares.

4. Add vanilla and chopped walnuts and vanilla icing, and put a whole nut on top.

5. Use orange extract, color the icing orange, and cut the cakes into narrow strips.

6. Flavor with almond, add chopped almonds, flavor the icing, and add half a nut.

7. Add chopped raisins, and ice, or put a raisin in the top.

8. Chop the nuts and the raisins together, and cut the cakes into oval forms.

9. Add caraway seeds, and make the cookies diamond-shaped.

10. Flavor with lemon, and add lemon juice or a bit of citric acid to the icing.

11. Add chopped citron, and put bits of citron in the ice, which should be colored light green.

12. Roll the dough extra thin; put chopped figs between two wafers; fasten them together by putting drops of milk round the edges.

13. Add chopped dates and vanilla icing, with half a date on top.

14. Flavor with lemon; put a square of jelly on top, with half of a marshmallow over the jelly.

15. Put preserved fruit of any kind between two thin wafers; crimp the edges.

16. Add melted chocolate or cocoa; roll the dough extra thin, cut it into squares and roll it up.

17. Cut the chocolate wafers oblong, and after baking them put tart jelly between two cookies.

18. Cut the chocolate wafers in star shape; ice them with chocolate.

19. Add cinnamon; cut the dough into very thin squares, roll them up and dip the ends in icing.

20. Add ginger; roll the cakes into small round sticks, like bread sticks.

21. Add mixed spices; cut the dough into triangles and put currants on top.

22. Put two chocolate wafers together with half of a marshmallow.

23. Cut vanilla wafers into heart shapes and color the icing delicate pink.

24. Cut lemon wafers into clover-leaf shapes and color the icing very light green.

25. Add rose extract; color the icing pink, and cut the cookies into crescent shapes.

Small candles, cherries, or candied rose or violet petals may be added to any of the icings on plain wafers.

If some of the white of the egg is saved, more varieties can be made by beating white sugar into it and putting some of it inside or on top of the different kinds. They should not be baked too hard.

Sugar As a Food

It has been said that the financial standing of a nation can be judged by the amount of sugar that the nation consumes. But to many persons sugar is simply an accessory or condiment to be used in making certain of the staple foods palatable, and one of the unnecessary, to be removed from the list when strict economy in food is imperative. That was the view of a graduate of one of our best women's colleges, who asked if there really was any food value in sugar.

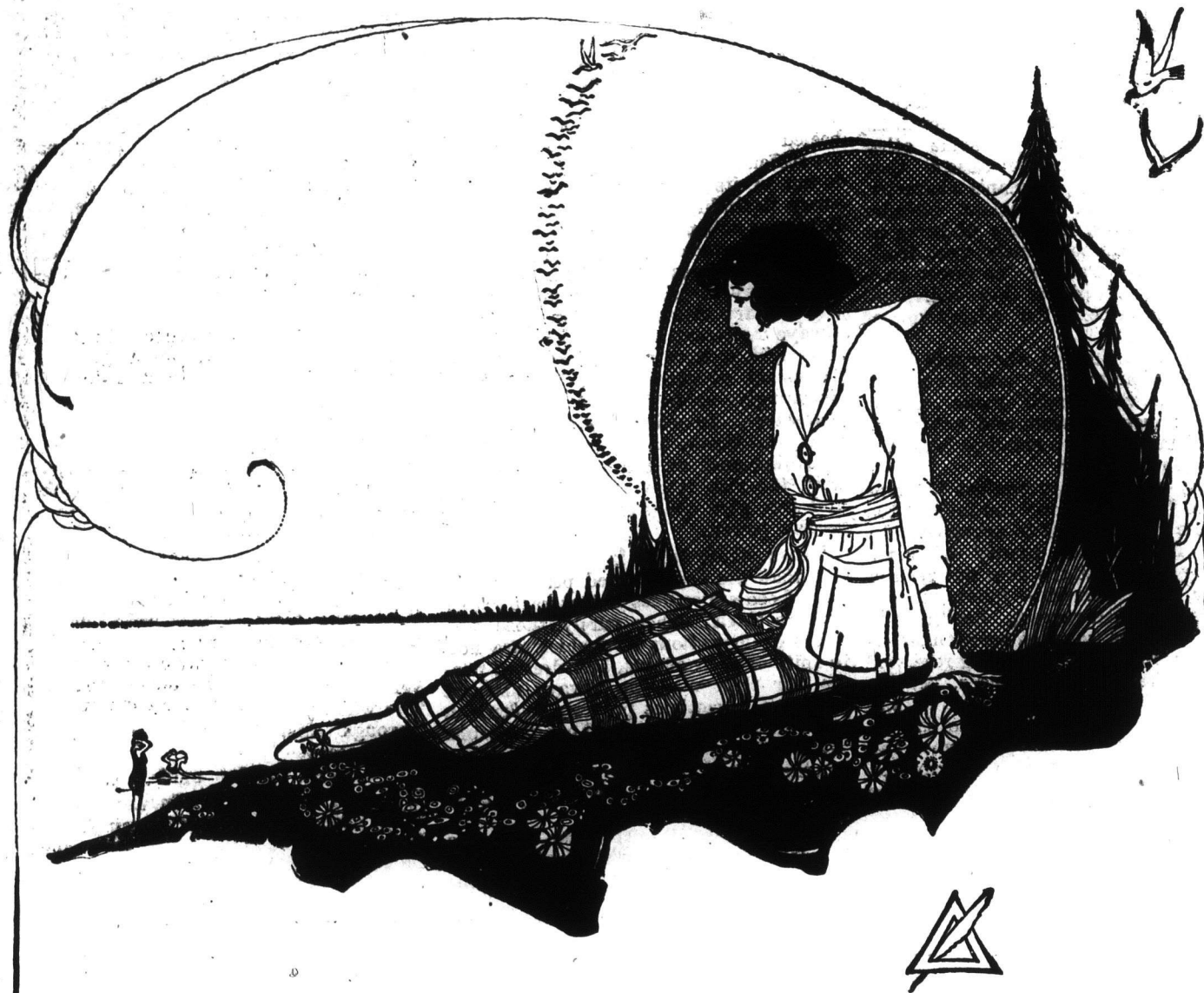
It is, in fact, of all the foods our quickest source of energy, and almost our cheapest. Only the cereals in their coarsest form offer more nourishment for the same expenditure. No other food has nature stored up for us in a form so near the form in which our bodies can utilize it. We actually transform a spoonful of sugar into body energy in half an hour or less.

This quick efficiency has been found useful by athletes and by soldiers on forced marches. Even the horse can testify that a lump of sugar helps to win the race.

Pound for pound, sugar gives a higher fuel value or working power to the muscles than does beans or peas or the cereals when sold in breakfast food forms. It furnishes twice as much for the money as cheese, and six times as much as beef at the average price.

Since sugar is purely an energy food, it is necessary that a proper balance of muscle-making food go with it; and since an excess of sugar may cause serious disturbance in our "preparatory departments," a guard has been set: the appetite, which normally refuses more sugar than the system can well care for.

The tendency to fermentation on the part of some of the sugars causes much discomfort in digestion, and has led many persons to look upon all of them as dangerous and indigestible. The tendency can usually be overcome by a more careful selection of the kind of sugar used, and the amount eaten at one time.



THOSE flashes of color, on the Promenade or the Bathing Beach are an attraction, aren't they? No summer wardrobe is complete without a distinctive Sweater Coat.

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