



## “Cowan’s Cocoa Recipes”

A BOOK DESCRIBING  
NEW WAYS OF USING  
COCOA IN THE MAKING  
OF DELICIOUS THINGS  
TO EAT AND DRINK.

Published and Copyrighted by

**THE COWAN COMPANY LIMITED**  
TORONTO, CANADA.



TX715 C3465 no. 28 Reserve



COWAN'S—THE GREAT CHOCOLATE INDUSTRY OF CANADA.





## HISTORICAL

---

**I**N 1886 the late John W. Cowan began in a small way the manufacture of cocoa and chocolate, thus laying the foundation for the great Cowan chocolate industry of to-day.

At the period when this business was started the Canadian market in cocoa and chocolate was largely dominated by imported goods, and only the optimism and persistency of its founder made possible this Company's wonderful success. It was largely due to the high standard of manufacture maintained by Mr. Cowan and other industrial pioneers that the phrase "Made in Canada" became a slogan that sells goods.

Upon the death of Mr. John W. Cowan, the Company was re-organized and Mr. H. N. Cowan, son of the founder, became General Manager. Under his guidance tremendous strides were rapidly made, and by extensive advertising Cowan's name became a household word throughout Canada, standing for the highest grade cocoa and chocolate products.

Visitors will find a cordial welcome awaits them at the spotless home of the Cowan Company, where they will be afforded an opportunity of seeing the various interesting operations in the manufacture of cocoa and chocolate.



# COCOA

FOOD OF THE GODS



HUSKING THE PODS

The technical name for Cocoa is 'Theo Broma' which means 'Food of The Gods'

The pods as they appear on the Cacao tree



DRYING THE BEANS

SELECTED CARRACAS BEANS

COWAN TORONTO CAN.

TAKING BAGS OF BEANS TO THE SEAPORT



MACHETE USED BY THE NATIVES FOR OPENING THE PODS



The Finished Product

# COWAN'S PERFECTION COCOA

It Retains the Natural Flavor of the Cocoa Bean





## CHILDREN THRIVE ON COWAN'S COCOA

Children do thrive on cocoa. Your Doctor says so and every Mother knows what an important part this food should play in the diet of the little ones. At school luncheons it ranks first in the list of foods. Many a child that will not drink milk welcomes a cup of cocoa and for real body building powers, there is no food so efficient as this delightful beverage.

In winter when the children are enjoying the cold snappy weather serve Cowan's Cocoa piping hot, whilst in the hot days of summer let the kiddies have it iced, quickly made by using cold milk to which is added a spoonful of cocoa syrup.

Cakes, puddings, custards and other tempting dishes that have the delicious flavor which Cowan's Cocoa imparts will always be in great demand by the children.

## IDEAL FOR INVALIDS

A beverage is a stimulant, and any beverage that can supply food value in addition to stimulating power should be a very valuable asset to health. Cowan's Cocoa is a well balanced food that should have a prominent place in the diet of healthy persons as well as an important claim in the dietary of invalids, where the appetite is generally so perverted by various unhealthy conditions that special attention to it is demanded. Such dishes as Cocoa Jelly, Cocoa Charlotte, Cocoa Custards, and drinks such as Cocoa Egg-nog, Cocoa Milk-shake and Egg Cocoa are ideal for invalids because of their appetizing and nourishing qualities.

---

See Index and Table of Measurements, pages 61-62.







## COOKING WITH COWAN'S COCOA

The delightful possibilities of cocoa as an aid to cooking have not hitherto been realized. The object of this book is to place before Canadian housewives many new ways in which cocoa can be employed to add a pleasing variety to the meals in the home. Cowan's Cocoa gives that tempting chocolate color to cooking, which makes any dish appetizing in appearance and at the same time adds a flavor that has an almost universal appeal.

In addition to its palatable qualities cocoa is recommended as a highly nourishing food and for this reason should be regularly included in the diet. Used at breakfast Cowan's Cocoa makes a splendid foundation for the day's work. It is delightful also in the form of jellies and custards and taken as a beverage just before retiring it induces healthful sleep.

Special attention should be paid to the merits of iced cocoa, an appetizing summer beverage which can be quickly and conveniently served if a supply of cocoa syrup is kept on hand.

When using old fashioned recipes which call for chocolate with all the trouble involved of grating and melting, Cowan's Cocoa may be substituted, using three tablespoons of cocoa to one ounce or square of chocolate, and because the latter contains more fat than cocoa it is best to increase the butter in any recipe by about two tablespoons. It will be found that cocoa used in this way is not only an economy but decidedly more convenient.

### COCOA SYRUP

Cocoa syrup should always find a place in the household, because it has numerous uses throughout the whole year. In winter it serves as a foundation for hot drinks, puddings, sauces, cake fillings and icings. In summer it makes a most delicious and cooling beverage and is a very suitable and pleasing addition to many of the cold desserts made with Cowan's Cocoa, such as Cocoa Ice Cream or with Vanilla Ice Cream.

---

See Index and Table of Measurements, pages 61-62.







## Beverages

*Hot.*

### COWAN'S BREAKFAST COCOA

4 tablespoons cocoa  
3 tablespoons sugar  
 $\frac{1}{2}$  teaspoon vanilla

2 cups boiling water  
2 cups milk  
Few grains salt

**Method:**—Mix cocoa, sugar and salt. ☞ Add boiling water gradually. ☞ Boil ten minutes or until thick. ☞ Add scalded milk, or add milk cold and heat over hot water. ☞ Beat until thick froth forms to prevent scum forming, add vanilla. ☞ Serve at once in warm cups.

### BOIL THE COCOA

**Note:**—Cocoa is not properly cooked by having boiling water poured over it. In order to bring out its full delicious flavor and secure the most complete digestibility, it should be brought to the boiling point and kept there for a few minutes and the milk then added. The addition of salt and vanilla improves the flavor of any cup of cocoa.

*Cold.*

### COWAN'S COCOA SYRUP—1

1 cup Cowan's Cocoa  
2 cups sugar  
 $\frac{1}{4}$  teaspoon salt

2 cups fresh boiling water  
 $\frac{1}{2}$  teaspoon cinnamon  
2 teaspoons vanilla

**Method:**—Mix cocoa, sugar, salt and cinnamon. ☞ Add water, and stir until sugar is dissolved. ☞ Boil ten minutes, add vanilla; cool, strain and place in jars, seal and keep in a cool place until ready to use.







### ICED COCOA

2 tablespoons Cowan's Cocoa 1 cup of cold milk  
Syrup  $\frac{1}{2}$  teaspoon finely crushed ice

**Method:**—Place ice in glass.  $\text{\textcircled{R}}$  Add Cowan's Cocoa Syrup.  $\text{\textcircled{R}}$  Add milk, mix thoroughly and serve at once.

### COCOA EGG-NOG

2 tablespoons Cowan's Cocoa  $\frac{1}{4}$  teaspoon cinnamon  
Syrup  $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  cup milk 1 egg

**Method:**—Beat egg slightly.  $\text{\textcircled{R}}$  Add salt, sugar and Cowan's Cocoa Syrup.  $\text{\textcircled{R}}$  Mix thoroughly.  $\text{\textcircled{R}}$  Add milk.  $\text{\textcircled{R}}$  Strain.  $\text{\textcircled{R}}$  Garnish top with cinnamon.

### COWAN'S COCOA MILK-SHAKE

2 tablespoons Cowan's Cocoa  $\frac{1}{4}$  cup finely chopped ice  
Syrup  $\frac{1}{4}$  cup milk  
 $\frac{1}{4}$  cup soda water

**Method:**—Place ice in glass.  $\text{\textcircled{R}}$  Mix cocoa syrup and milk.  $\text{\textcircled{R}}$  Pour over ice.  $\text{\textcircled{R}}$  Add soda water.  $\text{\textcircled{R}}$  Shake vigorously until well mixed.  $\text{\textcircled{R}}$  Serve at once.

### COCOA PUNCH

1 cup Cowan's Cocoa Syrup  $\frac{1}{2}$  cup of lemon and orange juice  
6 cups cold water  $\frac{1}{2}$  cup chopped fruit  
 $\frac{1}{2}$  cup chopped ice (oranges, dates and pineapple)  
Maraschino cherries.

**Method:**—Mix syrup and water.  $\text{\textcircled{R}}$  Add fruit juice.  $\text{\textcircled{R}}$  Mix thoroughly.  $\text{\textcircled{R}}$  Add chopped ice.  $\text{\textcircled{R}}$  Add chopped fruit.  $\text{\textcircled{R}}$  To each glass add a maraschino cherry, or if served from a punch bowl, decorate top with maraschino cherries.  $\text{\textcircled{R}}$  Serve at once.







### COCOA COCKTAIL

2½ tablespoons Cowan's  
Cocoa Syrup

1 teaspoon crushed ice

2 tablespoons lemon juice

2 cups cold water

Maraschino cherries, sliced oranges  
and bananas

**Method:**—Mix syrup and water, shake vigorously. ☞ Add lemon juice and fruit. ☞ Pour over crushed ice. ☞ Serve at once.

### COCOA SYRUP—2

1 cup sugar

½ cup Cowan's Cocoa

¾ cup fresh boiling water

1 stick cinnamon

2 tablespoons strong coffee

1 teaspoon vanilla

**Method:**—Mix sugar and Cowan's Cocoa, add stick cinnamon and pour on the water. ☞ Stir until sugar is dissolved. ☞ Bring slowly to boiling point, and boil two minutes. ☞ Cool, add strong coffee, vanilla, and strain. ☞ Keep in a closed jar in a cool place and use as needed.

### COCOA GINGER CREAM

2 tablespoons cocoa syrup

1 tablespoon cracked ice

1 tablespoon cream

Gingerale

**Method:**—Place cocoa syrup and cream in glass. ☞ Mix and add chopped ice. ☞ Fill glass with gingerale.

### COFFEE GINGER CREAM

2 tablespoons strong cold coffee

1 tablespoon cream

1 tablespoon cocoa syrup

1 tablespoon cracked ice

Gingerale

**Method:**—Place in glass, coffee, cocoa syrup and cream, mix well and add a tablespoon of cracked ice. ☞ Fill glass with gingerale.







## COCOA WITH COFFEE FOUNDATION

2 cups hot coffee

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

6 tablespoons Cowan's Cocoa

2 cups hot milk

Sweetened whipped cream

**Method:**—Mix sugar and cocoa, add coffee and stir, heat to boiling point, boil 3 minutes. ☞ Add hot milk, serve in warm cups with one teaspoon of whipped cream on top. ☞ A pinch of salt.

## COWAN'S COCOA WITH EGG

**Method:**—Break egg, beat until light and frothy and add slowly to hot cocoa just before serving.

## EGG COCOA

White of one egg

2 teaspoons sugar

2 teaspoons cocoa

$\frac{2}{3}$  cup milk

Few grains of salt.

**Method:**—Beat egg until stiff, add gradually, sugar, salt and cocoa. ☞ Add one half of this mixture to the milk. ☞ Turn into a glass, and put remaining egg on top.







Give the Children  
Cowan's Cocoa  
it makes them robust





**COWAN'S COCOA**  
*makes Chubby Children*









## COCOA GRAHAM MUFFINS

1 cup Graham flour	½ teaspoon salt
½ cup flour	4 teaspoons baking powder
½ cup Cowan's Perfection Cocoa	1 cup milk
¼ cup sugar	1 egg
⅛ teaspoon cinnamon	2 tablespoons butter (melted)

**Method:**—Mix and sift dry ingredients. ☞ Beat egg, mix with milk. ☞ Add to dry ingredients. ☞ Melt butter, add to above mixture. ☞ Turn into greased and floured muffin pans. ☞ Bake 25 minutes in a moderate oven.

## COCOA PANCAKES

1½ cups flour	1 cup milk
1 tablespoon Cowan's Perfection Cocoa	2 teaspoons baking powder
¼ teaspoon salt	¼ teaspoon cinnamon
	1 tablespoon butter (melted)

**Method:**—Mix and sift dry ingredients. ☞ Add beaten egg, milk and butter. ☞ Beat thoroughly. ☞ Fry on hot greased pan. ☞ Serve at once on hot plates.

## COCOA FRUIT BREAD

2 cups flour	1 teaspoon salt
¼ cup Cowan's Perfection Cocoa	2 tablespoons shortening
½ cup sugar	4½ teaspoons baking powder
½ teaspoon cinnamon	1 cup milk
	¾ cup raisins, dates and nuts

**Method:**—Mix and sift dry ingredients. ☞ Add milk. ☞ Melt shortening, add to above mixture. ☞ Flour raisins, dates and nuts. ☞ Add to above mixture. ☞ Turn into a greased and floured loaf tin. ☞ Bake in a moderate oven 45-60 minutes.







## COCOA BREAD

2 tablespoons butter  
 1/3 cup sugar  
 1 egg  
 1/4 teaspoon salt  
 1 cup scalded milk

2 compressed yeast cakes  
 1/2 cup warm water  
 1/2 cup Cowan's Cocoa  
 1/4 teaspoon cinnamon  
 3 1/2 to 4 cups bread flour

**Method:**—Scald milk, add boiled water and salt. ☞ When luke-warm add dissolved yeast cakes, and sufficient flour mixed with cocoa and cinnamon to make a thick batter or sponge (beat thoroughly). ☞ If made over night, cover and stand sponge in a warm place. ☞ When light, add flour, to make soft dry dough. ☞ Turn from bowl on floured baking board, knead, adding flour, if necessary, until dough is soft and elastic. ☞ Return to bowl, moisten, cover and let rise until double in bulk. ☞ Cut down, knead slightly; divide into four. ☞ Mould each portion into a loaf, put into greased pans, moisten, cover lightly and stand in a warm place 90° to 100° F. ☞ When doubled in bulk, bake from forty-five to sixty minutes. ☞ OVEN TEMPERATURE FOR BREAD. ☞ Divide the period of baking into three parts:—1ST PERIOD.—Heat of oven is increased to a high temperature. ☞ 2ND PERIOD.—Heat of oven is held at increased temperature. ☞ 3RD PERIOD.—Decrease heat of oven to a moderate heat. ☞ If bread is started in morning, raising of sponge may be omitted—make soft, firm dough, knead well, stand in warm place until doubled in bulk. ☞ Shape into loaves, let rise until again double in bulk and bake. ☞ 1 cup hot mashed potatoes may be added to liquid, or if preferred, 1 tablespoon of butter and 1 tablespoon of sugar to the scalded milk.







## COWAN'S COCOA CAKES

### RULES FOR CAKE-MIXTURES.

**Method:**—Use fresh butter and eggs. ☞ Use pastry flour. ☞ Use fruit or fine granulated sugar, and add gradually to butter. ☞ Mix and sift dry ingredients, i.e., flour, baking powder, salt, cocoa and spices, three times. ☞ Cocoa should be mixed and sifted with dry ingredients. ☞ Eggs should be separated, the yolks beaten till thick and lemon-colored, and the whites until stiff and dry. ☞ The yolks should be added to the butter and sugar, and the whites folded in at the last. ☞ The milk and sifted dry ingredients are added alternately. ☞ If fruit and nuts are added, flour well with some of the flour used in the recipe, and add just before folding in the whites of eggs. ☞ The cake mixture should pour quickly from mixing bowl; if not, add more milk. ☞ Cake pans should be well greased and floured. ☞ Fill pan two-thirds full with cake mixture, push well to the sides, leaving a depression in the middle, in order that cake may rise evenly. ☞ The time of baking varies with the size and kind of cake: layer cakes, 25-30 minutes; loaf cakes, 40-60 minutes. ☞ Oven throughout whole process of baking should be kept at a moderate heat. ☞ Cake mixture should be beaten very little after flour has been added. ☞ Cake has finished baking when it has shrunk slightly from sides of pan, when a slight pressure leaves no dent, or when a small skewer or fine knitting-needle put into centre comes out clean and dry. ☞ 3 tablespoons Cowan's Cocoa equals one ounce or square of chocolate.







### DEVIL'S FOOD—1

$\frac{3}{4}$ cup Cowan's Cocoa	2 eggs
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup coffee
$\frac{1}{2}$ cup butter	1 teaspoon soda     Salt
$1\frac{3}{4}$ cups flour	2 teaspoons cream of tartar

**Method:**—Grease and flour pans. ☞ Cream butter, add sugar slowly. ☞ Add yolks of eggs well beaten. ☞ Mix and sift dry ingredients, namely, flour, Cowan's Cocoa, cream of tartar, soda. ☞ Add alternately with coffee. ☞ Add flavoring, fold in whites of eggs beaten stiff and dry. ☞ Bake in layer cake tins in a moderate oven 25 minutes, then cool and put cocoa frosting between layers and on top of cake.

### COCOANUT COCOA CAKE

$\frac{1}{3}$ cup butter	$2\frac{1}{2}$ cups flour
1 cup brown sugar	1 teaspoon soda
2 eggs	2 teaspoons baking powder
$\frac{3}{4}$ cup Cowan's Cocoa	$\frac{1}{2}$ teaspoon cinnamon     Salt
$\frac{1}{2}$ cup thick sour milk	$\frac{1}{4}$ teaspoon powdered cloves
1 teaspoon vanilla	

**Method:**—Grease and flour three layer cake pans. ☞ Cream butter, add sugar gradually. ☞ Add egg yolks beaten until light and add to butter and sugar, beat vigorously. ☞ Mix and sift dry ingredients, add them alternately with sour milk to butter, egg and sugar mixture, add vanilla. ☞ Fold in whites of eggs beaten until stiff and dry. ☞ Turn into layer tins and bake 20 minutes in a moderately hot oven.

### COCOANUT FROSTING

1 cup granulated sugar	2 egg whites
$\frac{1}{3}$ cup boiling water	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{8}$ lb. shredded cocoanut	

**Method:**—Mix sugar and water, stir over gentle heat until sugar is dissolved. ☞ Boil until a soft ball forms in cold water. ☞ Cool and pour slowly on egg whites beaten until stiff and dry, beating all the time. ☞ Add vanilla and cocoanut and spread between layers, and on top of cake.







### COWAN'S COCOA LAYER CAKE

$\frac{1}{3}$ cup butter	$2\frac{1}{4}$ cups flour
1 cup light brown sugar	$1\frac{1}{2}$ teaspoons baking powder
2 eggs	$\frac{1}{2}$ teaspoon soda $\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup sour milk	$\frac{1}{8}$ teaspoon cinnamon
1 teaspoon vanilla	6 tablespoons Cowan's Cocoa

**Method:**—Grease and flour pan. ☞ Mix and sift dry ingredients, flour, baking powder, soda, salt, cinnamon and cocoa. ☞ Cream butter, add sugar gradually. ☞ Separate eggs, beat yolks until thick and lemon-colored, add to butter and sugar and beat vigorously. ☞ Add dry ingredients alternately with milk, add flavoring. ☞ Beat egg whites until stiff and dry. ☞ Fold in, turn into greased and floured layer pans. ☞ Bake in a moderate oven 35-40 minutes. ☞ Spread cocoa cream filling between layers, and cover top with cocoa or a boiled frosting.

### COCOA GINGERBREAD

$\frac{1}{4}$ cup butter and lard	$\frac{3}{4}$ teaspoon soda
$\frac{1}{2}$ cup brown sugar	$\frac{1}{8}$ teaspoon salt
2 eggs	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup molasses	4 tablespoons Cowan's Cocoa
$1\frac{1}{2}$ teaspoons ginger	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{2}$ cup boiling water	1 tablespoon grated orange rind

**Method:**—Grease and flour tin. ☞ Mix and sift dry ingredients. ☞ Cream butter, add sugar gradually. ☞ Add beaten eggs, molasses and orange rind, beat vigorously. ☞ Add the dry ingredients, add boiling water. ☞ Pour into pan, and bake 25-30 minutes in a slow oven. ☞ Spread top with cocoa icing.

### WHITE CAKE

$\frac{1}{2}$ cup butter	4 teaspoons baking powder
1 cup sugar	$\frac{1}{2}$ cup milk
2 cups flour	Whites of 4 eggs
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla

**Method:**—Grease and flour pans, mix and sift dry ingredients. ☞ Cream butter, add sugar gradually. ☞ Add flavoring. ☞ Add mixed and sifted dry ingredients alternately with milk. ☞ Fold in whites of eggs, beaten until stiff and dry. ☞ Turn into pan, and bake 40-60 minutes in a moderate oven. ☞ When cool, cover with Cowan's Cocoa Icing.







## COCOA RIBBON CAKE

$\frac{1}{3}$ cup butter	4 teaspoons baking powder
1 cup sugar	6 tablespoons Cowan's Cocoa
2 eggs	$\frac{1}{4}$ teaspoon ginger
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{4}$ teaspoon salt	$\frac{3}{4}$ tablespoon molasses
1 teaspoon vanilla	$\frac{1}{2}$ cup chopped raisins
2 cups flour	

**Method:**—Grease and flour 3 shallow layer cake pans. ☞ Mix and sift flour, baking powder and salt. ☞ Cream butter, add sugar gradually. ☞ Add well beaten eggs and beat vigorously, add mixed and sifted dry ingredients alternately with milk. ☞ Separate  $\frac{1}{3}$  of this batter. ☞ To original batter add vanilla, turn into greased and floured pans and bake 30 minutes in a moderate oven. ☞ Mix cocoa, molasses, ginger and cinnamon thoroughly, add chopped raisins, and add this to the batter that was separated, mix thoroughly. ☞ Bake in greased and floured layer pan in a moderate oven 30 minutes. ☞ Put layers together with dark layer in centre. ☞ Spread cocoa cream filling between layers and frost with cocoa frosting.

## COWAN'S COCOA CAKE

$\frac{1}{3}$ cup butter	$2\frac{1}{4}$ cups flour
1 cup sugar	5 teaspoons baking powder
2 eggs	$\frac{1}{8}$ teaspoon cinnamon
$\frac{1}{2}$ cup milk	6 tablespoons Cowan's Cocoa
$\frac{3}{4}$ teaspoon vanilla	Small teaspoon salt

**Method:**—Grease and flour pan, mix and sift dry ingredients. ☞ Cream butter, add sugar gradually. ☞ Separate eggs, beat yolks till thick and lemon-colored. ☞ Add to butter and sugar and beat vigorously. ☞ Add mixed and sifted dry ingredients alternately with milk. ☞ Add flavoring, fold in beaten whites of eggs. ☞ Turn into pan, and bake in a moderate oven 35-40 minutes.







## COWAN'S COCOA FRUIT CAKE

½ lb. butter	4 tablespoons Cowan's Cocoa
½ lb. brown sugar	1½ lbs. raisins
6 eggs	½ lb. currants
1¼ cups flour	¼ lb. dates    ¼ lb. figs
1½ teaspoons cinnamon	¼ lb. shelled almonds
1 teaspoon mace	¼ lb. shelled walnuts
1 teaspoon allspice	½ lemon, juice and grated rind
1 teaspoon nutmeg	¼ cup cold coffee (scant)
¼ teaspoon cloves	¼ cup Cowan's Cocoa Syrup
1 tablespoon molasses	⅜ lb. mixed peel (citron, lemon) Salt

**Method:**—Line pans with three thicknesses of paper. ☞ Butter top layer only. ☞ Seed raisins, and tear in pieces, wash and dry currants, stone dates, cut them and figs in small pieces. ☞ Blanch and chop almonds, chop walnuts, cut citron and lemon peel in thin slices, then in small pieces. ☞ Mix nuts and fruit except peel, and dredge with flour. ☞ Dredge citron and lemon peel with flour. ☞ Mix and sift flour, baking powder, salt, spices and cocoa. ☞ Cream the butter, add sugar, yolks of eggs well beaten, then whites of eggs beaten stiff, lemon juice and rind, beat thoroughly. ☞ Add liquid and sifted flour alternately, beat well and add the fruit. ☞ Put a layer of the mixture in the pan, then a layer of peel, repeat until the mixture fills the pan about two-thirds. ☞ Spread some of cake mixture over the top in order to prevent fruit from burning before cake has baked. ☞ Bake in a slow oven 3-4 hours.

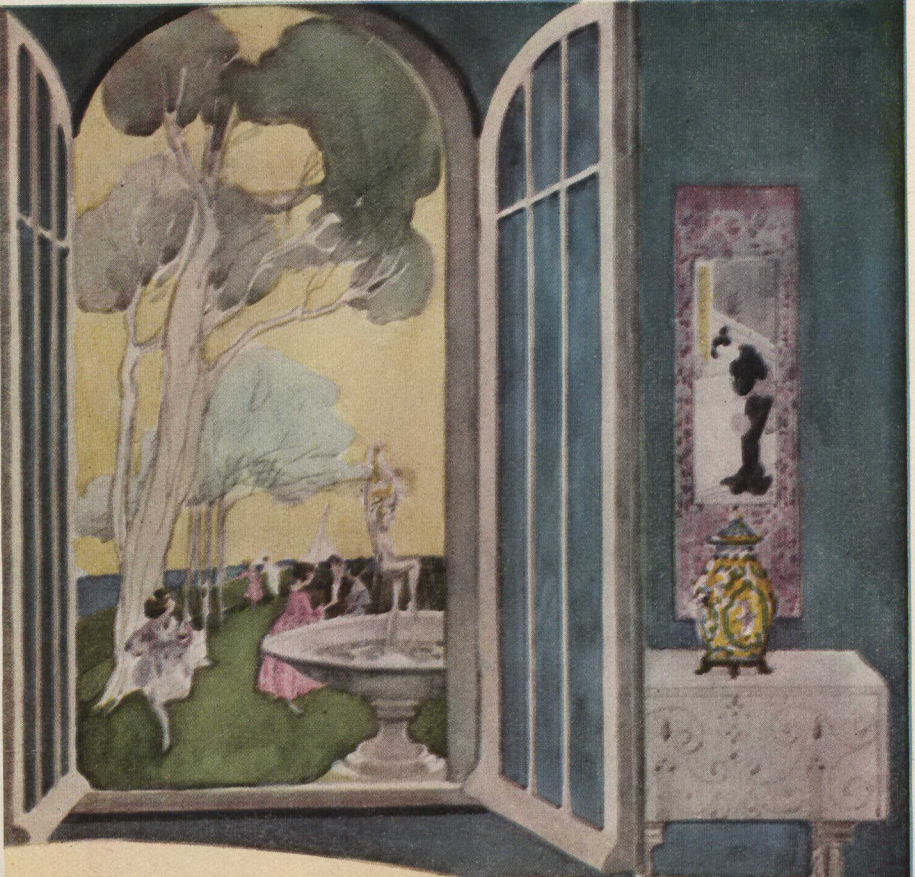
## COWAN'S CREAM ROLL

3 eggs	1 teaspoon baking powder
1 cup sugar	¼ teaspoon salt
½ tablespoon milk	1 cup flour
1 tablespoon melted butter	½ teaspoon vanilla

**Method:**—Beat eggs until light, add sugar gradually. ☞ Add milk, flour mixed and sifted with baking powder and salt. ☞ Add melted butter last. ☞ Turn into a shallow pan lined with greased paper. ☞ Cover bottom of pan with mixture and spread evenly. ☞ Bake 12 minutes in a moderate oven. ☞ Quickly remove paper, and cut off a thin strip from sides and ends of cake. ☞ Spread with cocoa cream filling and roll quickly. ☞ Cover with cocoa frosting.

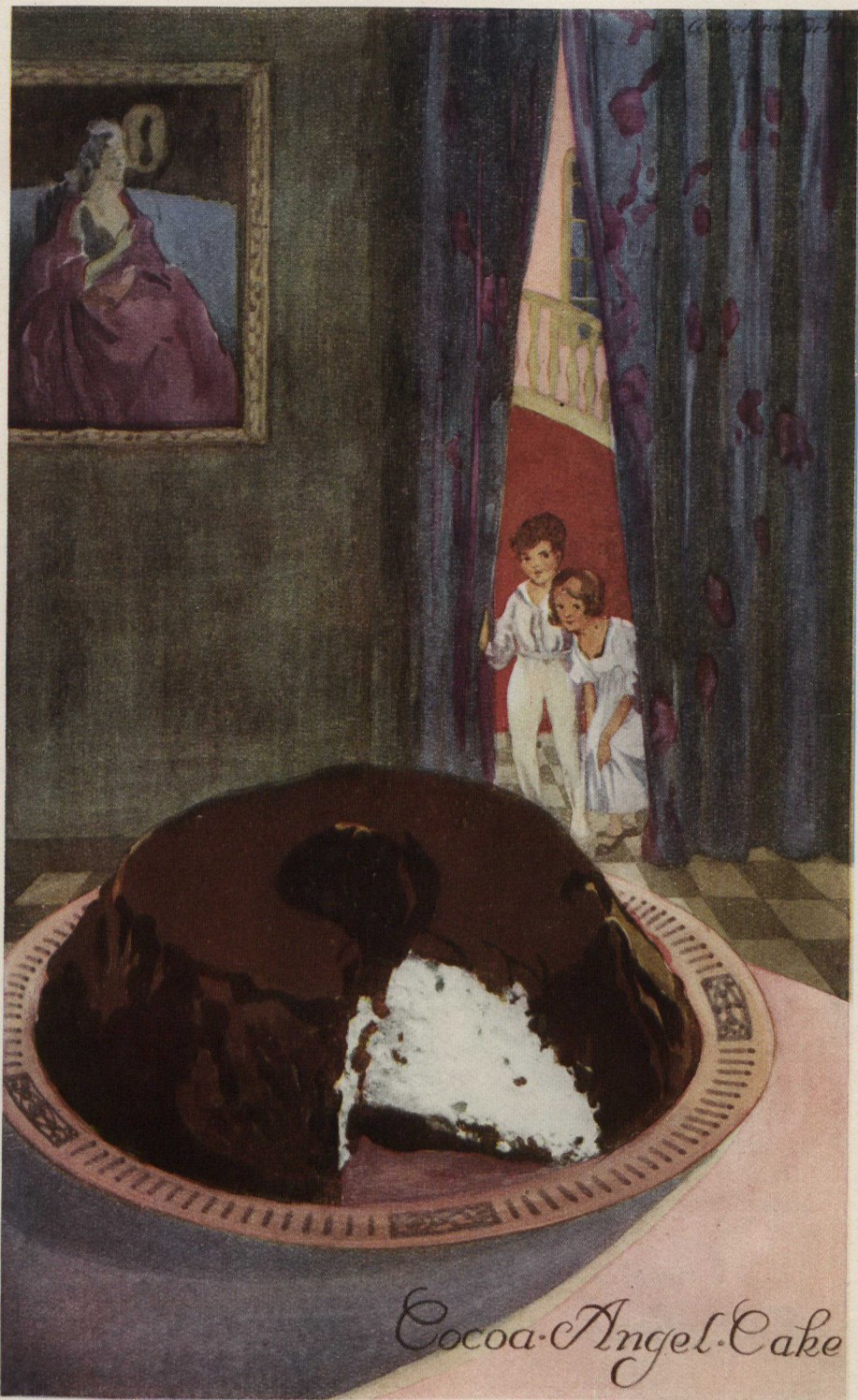






*Cocoa  
Reception Cakes*





*Cocoa-Angel-Cake*





## COWAN'S COCOA SPONGE CAKE

Yolks of four eggs	5 tablespoons Cowan's Cocoa
1 cup sugar	2 teaspoons baking powder
3 tablespoons cold water	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup flour	Whites of four eggs
1 teaspoon vanilla	$\frac{1}{4}$ teaspoon cinnamon

**Method:**—Beat yolks of eggs and water until thick and lemon colored. ☞ Add sugar gradually and beat three minutes. ☞ Mix and sift flour, cocoa, baking powder, cinnamon and salt three times. ☞ Add to egg and sugar mixture, mix thoroughly. ☞ Beat egg whites until stiff and dry, fold in above mixture and add flavoring. ☞ Turn into a buttered and floured pan and bake 30 minutes in a moderate oven. ☞ Cover with Cowan's Cocoa Frosting.

## COCOA MARSHMALLOW CREAM ROLL

4 eggs	2 tablespoons melted butter
1 cup sugar	1 cup flour
4 tablespoons Cowan's Cocoa	1 teaspoon baking powder

**Method:**—Beat eggs until light, beat in gradually one cupful of sugar. ☞ Mix Cowan's Cocoa, flour and baking powder 3 times. ☞ Stir gradually into above mixture. ☞ Add melted butter, turn into a shallow pan, lined with buttered paper. ☞ Bake 12 minutes or until firm to the touch. ☞ Turn on to a cloth or paper, and trim off the crisp edges. ☞ Cool slightly and spread with marshmallow filling, and roll. ☞ Roll in cloth and let stand half an hour. ☞ Spread top with cocoa frosting.







## COWAN'S MARBLE CAKE

$\frac{1}{3}$  cup butter  
 1 cup sugar  
 1 tablespoon molasses  
 $\frac{1}{2}$  cup milk  
 2 eggs  
 1 teaspoon vanilla

$1\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  teaspoon salt  
 3 teaspoons baking powder  
 6 tablespoons Cowan's Cocoa  
 $\frac{1}{4}$  teaspoon cinnamon

**Method:**—Grease and flour pan. ☞ Mix and sift dry ingredients except cocoa three times. ☞ Cream butter, add sugar slowly. ☞ Add beaten egg yolks, and beat vigorously. ☞ Add mixed and sifted dry ingredients alternately with milk. ☞ Fold in whites of eggs beaten until stiff and dry, add vanilla. ☞ Divide batter in half. ☞ Mix molasses and cocoa, add to one-half the batter. ☞ Turn into pan, first a tablespoon of light batter, then a tablespoon of dark batter, continue until all the batter is used. ☞ Bake 40-60 minutes in a moderate oven.

## COWAN'S DESSERT CAKE

$\frac{1}{3}$  cup butter  
 1 cup sugar  
 2 cups flour  
 2 eggs  
 $\frac{1}{2}$  cup milk

$\frac{1}{2}$  teaspoon salt  
 4 teaspoons baking powder  
 6 tablespoons Cowan's Cocoa  
 $\frac{1}{4}$  teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon vanilla

**Method:**—Grease and flour pan. ☞ Mix and sift dry ingredients. ☞ Cream butter, add sugar gradually. ☞ Add beaten egg yolks and beat vigorously, add flavoring. ☞ Add mixed and sifted dry ingredients alternately with milk. ☞ Fold in whites of eggs, beaten until stiff and dry. ☞ Pour into pan, and bake 40-60 minutes in a moderate oven; remove from oven, and when cool, scoop out centre, and fill with cocoa charlotte or cocoa jelly. ☞ Cover with whipped cream or meringue glacé.







### COCOA FRUIT ROLL

1 tablespoon butter	1 teaspoon baking powder
1 cup sugar	$\frac{1}{4}$ teaspoon salt
1 cup flour	$\frac{1}{2}$ tablespoon milk
3 eggs	3 tablespoons Cowan's Cocoa
$\frac{1}{2}$ teaspoon vanilla	

**Method:**—Beat eggs until light, add sugar gradually. ☞ Add milk. ☞ Mix and sift flour, baking powder, salt and Cowan's Cocoa. ☞ Add to above mixture, mixing thoroughly. ☞ Add vanilla and melted butter. ☞ Line a shallow pan with paper, butter paper and sides of pan. ☞ Cover bottom of pan with mixture, and spread evenly. ☞ Bake 12 minutes in a moderate oven. ☞ Take from oven and turn on a paper sprinkled with powdered sugar. ☞ Quickly remove paper, and cut off a thin strip from sides and ends of cake. ☞ Spread with cream cocoa filling or fruit filling, roll quickly and cover with cocoa frosting.

### COCOA APPLE SAUCE CAKE

$\frac{1}{3}$ cup butter	1 cup sugar
$\frac{1}{2}$ cup sour cream	2 tablespoons Cowan's Cocoa
1 cup sour apple sauce	1 teaspoon cinnamon
$1\frac{1}{4}$ teaspoons soda	$\frac{1}{2}$ teaspoon cloves
2 cups flour	1 cup raisins, chopped fine

**Method:**—Grease and flour pan, mix and sift dry ingredients, flour, Cowan's Cocoa, soda and spices. ☞ Cream butter, add sugar gradually. ☞ Add apple sauce, mix thoroughly. ☞ Add cream alternately with dry ingredients. ☞ Flour raisins and add at the last. ☞ Turn into the greased and floured pan. ☞ Bake 45 minutes in a moderate oven. ☞ Frost with cocoa frosting.

### COCOA FUDGE CAKE

1 cup sugar	Pinch of salt
1 cup butter	2 cups flour
3 eggs	6 tablespoons Cowan's Cocoa
$\frac{1}{2}$ cup milk	4 teaspoons baking powder
$\frac{1}{2}$ teaspoon vanilla	$\frac{1}{4}$ teaspoon cinnamon







**Method:**—Grease and flour pan. ☞ Mix and sift dry ingredients, flour, salt, baking powder and cocoa three times. ☞ Cream butter, add sugar gradually. ☞ Add beaten yolks of eggs and beat vigorously. ☞ Add mixed and sifted dry ingredients alternately with milk. ☞ Add flavoring, fold in egg whites, beaten until stiff and dry. ☞ Turn into pan, and bake 50 minutes in a moderate oven. ☞ Cool and spread with cocoa fudge icing.

### PERFECTION COCOA CAKE

½ cup butter	Whites of two eggs
1½ cups sugar	2 cups flour
Yolks of three eggs	1 teaspoon cream of tartar
¾ cup milk	½ teaspoon soda
6 tablespoons Cowan's Cocoa	1 teaspoon vanilla Salt

**Method:**—Cream butter, add sugar, separate eggs, beat yolks and whites separately. ☞ Add beaten yolks to butter and sugar, add vanilla. ☞ Sift flour with soda, cream of tartar and cocoa. ☞ Add alternately with milk, fold in beaten whites of eggs. ☞ Bake in a moderate oven in a greased and floured loaf tin 45 minutes. ☞ Ice with cocoa frosting.

### COCOA POTATO CAKE

1 cup butter	2 teaspoons cinnamon
2 cups sugar	1½ teaspoons cloves
4 eggs	2 cups flour
1 cup hot mashed potatoes	4 teaspoons baking powder
½ cup milk	2 cups chopped walnuts
6 tablespoons Cowan's Cocoa	½ teaspoon vanilla Salt

**Method:**—Cream butter, add sugar gradually, yolks of eggs beaten, and potatoes. ☞ Beat all lightly. ☞ Add mixed and sifted dry ingredients, flour, salt, cocoa, baking powder. ☞ Add milk and whites of eggs beaten stiff. ☞ Add walnuts and vanilla. ☞ Bake in a shallow greased and floured pan 50 minutes.





## COWAN'S COCOA ANGEL CAKE

$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt	4 teaspoons baking powder
$\frac{1}{2}$ cup pastry flour		4 egg whites
1 teaspoon cream of tartar		1 teaspoon vanilla
3 tablespoons Cowan's Cocoa		Grated rind of one lemon

**Method:**—Beat whites of eggs until light and fluffy. ☞ Add cream of tartar, and beat until firm and stiff. ☞ Add grated lemon rind. ☞ Mix and sift together four times, sugar, flour, baking powder, salt and Cowan's Cocoa. ☞ **Fold** into egg mixture, add vanilla, pour into an unbuttered angel cake pan. ☞ Bake in a moderate oven 50 minutes. ☞ Invert pan, and let cake cool and stretch. ☞ Do not remove from pan until cold. ☞ Ice with Cowan's Cocoa Icing.

## COWAN'S COCOA ONE EGG CAKE

$\frac{1}{4}$ cup lard	$1\frac{1}{4}$ cups flour
$\frac{1}{4}$ cup butter	$2\frac{1}{2}$ teaspoons baking powder
$\frac{3}{4}$ cup sugar	5 tablespoons Cowan's Cocoa
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon cinnamon
1 egg $\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon vanilla

**Method:**—Cream and flour pan, mix and sift dry ingredients. ☞ Cream butter and lard, add sugar slowly. ☞ Add well beaten egg yolk. ☞ Add mixed and sifted dry ingredients alternately with milk, add flavoring. ☞ Fold in stiffly beaten egg white. ☞ Turn into pan, and bake 30 minutes in a moderate oven. ☞ Cover with cocoa fudge icing.

## DEVIL'S FOOD—2

2 tablespoons Cowan's Cocoa	1 cup brown sugar
1 egg	1 teaspoon soda
1 cup sour milk	$1\frac{1}{2}$ cups flour    Salt
1 tablespoon butter	1 teaspoon vanilla

**Method:**—Heat cocoa, yolk of egg and one-half cup of sour milk in double boiler until thick. ☞ Set aside to cool. ☞ Cream butter, add sugar, beaten white of egg and one-half cup of sour milk. ☞ Beat thoroughly. ☞ Add flour, soda, salt, sifted together and vanilla. ☞ Add to cocoa, egg and milk mixture. ☞ Turn into greased and floured cake tin. ☞ Bake in loaf cake tin in a moderate oven 45 minutes.







## COCOA WALNUT CAKE

$\frac{2}{3}$  cup butter  
 1 cup sugar  
 Yolk 3 eggs  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{8}$  teaspoon cinnamon  
 5 tablespoons Cowan's  
 Cocoa

$1\frac{3}{4}$  cups flour  
 $2\frac{1}{2}$  teaspoons baking powder  
 Whites of 2 eggs  
 $\frac{1}{2}$  cup walnuts (chopped)  
 1 teaspoon vanilla  
 $\frac{1}{2}$  teaspoon salt

**Method:**—Cream butter, add sugar gradually. ☞ Add beaten egg yolks and beat vigorously. ☞ Mix and sift dry ingredients, Cowan's Cocoa, flour, baking powder, cinnamon and salt three times. ☞ Add alternately with milk; add vanilla and fold in whites of eggs beaten stiff. ☞ Add chopped and floured walnuts. ☞ Turn into a greased and floured pan and bake in a moderate oven 45 minutes. ☞ Cover with cocoa icing (see page 35) and decorate top of cake with walnuts.

## COCOA NOUGAT CAKE

$\frac{1}{2}$  cup butter  
 $1\frac{1}{2}$  cups powdered sugar  
 1 egg  
 1 cup milk  
 2 cups bread flour  
 $\frac{1}{4}$  teaspoon salt

4 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon vanilla  
 6 tablespoons Cowan's Cocoa  
 $\frac{2}{3}$  cup almonds, blanched  
 and shredded

**Method:**—Cream butter; add gradually one and one-half cups of sugar; add vanilla. ☞ Add egg unbeaten and beat well. ☞ Mix and sift flour, Cowan's Cocoa, baking powder and salt three times. ☞ Add alternately with milk to above mixture. ☞ Turn into greased and floured round layer cake pans. ☞ Bake 15-20 minutes in a moderate oven. ☞ Put between layers and on top of cake boiled frosting sprinkled with shredded almonds.





## Cowan's Cake Fillings

### COCOA CREAM FILLING

1 cup milk	Salt
$\frac{3}{8}$ cup sugar	1 egg
$\frac{1}{3}$ cup flour	1 teaspoon vanilla
3 tablespoons Cowan's Cocoa	

**Method:**—Heat milk to scalding point. ☞ Mix sugar, flour, salt and Cowan's Cocoa. ☞ Add milk slowly. ☞ Mix thoroughly and cook in double boiler stirring occasionally for 30 minutes. ☞ Beat egg slightly and add to milk mixture, cook until egg thickens. ☞ Cool slightly and flavor.

### COCOA FUDGE FILLING

2 cups sugar	$\frac{1}{4}$ cup Cowan's Cocoa
2 cups milk	1 teaspoon vanilla
4 tablespoons butter	Pinch of salt

**Method:**—Put all ingredients in pan except vanilla. ☞ Stir over a low heat until sugar dissolves. ☞ Boil gently until a soft ball can be formed when tried in cold water and will keep its shape when drawn up through the cold water. ☞ Cool slightly, add vanilla and beat till creamy but not until hard.

### MILK FROSTING

4 teaspoons Cowan's cocoa	$1\frac{1}{2}$ cups sugar
$\frac{1}{2}$ cup milk	1 teaspoon butter
$\frac{1}{2}$ teaspoon vanilla	

**Method:**—Put butter in saucepan. ☞ When melted, add sugar mixed with cocoa and milk. ☞ Stir to be sure that sugar does not adhere to saucepan. ☞ Heat to boiling point, and boil without stirring thirteen minutes. ☞ Remove from fire, and beat until of right consistency to spread. ☞ Add flavoring, and pour over cake, spreading evenly with back of the spoon. ☞ Crease as soon as firm.







## FRUIT FILLING

1 cup sugar  
 1/3 cup boiling water  
 4 tablespoons Cowan's Cocoa

White of 1 egg  
 1/2 teaspoon vanilla

Chopped walnuts, figs, dates or raisins, separately or in combination.

**Method:**—Mix sugar and cocoa, add water and make a syrup by boiling until a soft ball can be formed when tried in cold water. ☞ Cool, pour over beaten egg white very slowly and beat until it thickens. ☞ Add chopped fruit, and spread between the layers.

## COCOA EGG FILLING

White of 1 egg  
 2 teaspoons cold water

1 cup icing sugar  
 4 tablespoons Cowan's Cocoa  
 1/2 teaspoon vanilla

**Method:**—Beat white of egg until stiff and dry. ☞ Mix Cowan's Cocoa and sugar, add cold water. ☞ Add gradually to egg white until thick enough to spread.

## MARSHMALLOW FILLING

1/4 lb. marshmallows  
 1 cup sugar

Whites of 2 eggs  
 1 teaspoon vanilla

1/4 cup boiling water

**Method:**—Soften marshmallows in a double boiler. ☞ Mix sugar and boiling water, stir until sugar is dissolved over a gentle heat. ☞ Boil until a soft ball is formed when tried in cold water. ☞ Let cool, and pour slowly on egg whites, beaten until stiff and dry, beating constantly. ☞ Add marshmallows and beat very hard. ☞ Add vanilla, beat until cool enough to spread on cake.







*Cocoa Fruit Roll.*





COCOA DEVIL'S FOOD WITH MERINGUE.

COCOA WALNUT CAKE.

COCOA FRUIT TARTS.



W. H. Johnson, New York



Cocoa-Bayer-Cake



## Cowan's Cake Icings

### COWAN'S COCOA ICING—1

4 tablespoons Cowan's Cocoa	2 tablespoons cold water
2 cups icing sugar	3 tablespoons hot water
½ teaspoon vanilla	Pinch of salt

**Method:**—Mix cocoa slowly with cold water, add hot water and boil for five minutes. ☞ Add flavoring and salt. ☞ Add sugar until mixture is of the right consistency to spread.

### COWAN'S COCOA ICING—2

4 tablespoons Cowan's Cocoa Syrup	Pinch of salt ½ teaspoon vanilla
1½ cups icing sugar	

**Method:**—Add cocoa syrup slowly to icing sugar until thick enough to spread. ☞ Add vanilla and salt and beat vigorously for 2 minutes.

### COCOA FROSTING

3 tablespoons Cowan's Cocoa	½ teaspoon vanilla
3 tablespoons coffee	1⅓ cups confectioner's sugar

**Method:**—Mix cocoa and sugar, add coffee slowly, add vanilla and beat vigorously for five minutes. ☞ This makes a very good frosting for gingerbread, especially cocoa gingerbread.

### COCOA MARSHMALLOW FROSTING

4 tablespoons Cowan's Cocoa	¼ cup milk ½ teaspoon vanilla
2 tablespoons hot water	¼ lb. marshmallows
¾ cup sugar	

**Method:**—Mix sugar, cocoa and milk in saucepan. ☞ Heat slowly to boiling point without stirring, and boil six minutes. ☞ Break marshmallows in pieces and melt in double boiler. ☞ Add hot water, and cook until mixture is smooth. ☞ Add hot syrup gradually, stirring constantly. ☞ Beat until cool enough to spread, then add vanilla. ☞ This may be used for both filling and frosting.





## COWAN'S COCOA BOILED FROSTING

1 cup sugar  
 $\frac{1}{3}$  cup boiling water  
 3 tablespoons Cowan's Cocoa

White of 1 egg  
 $\frac{1}{2}$  teaspoon vanilla  
 or 1 teaspoon lemon juice

**Method:**—Put sugar and water in a saucepan. ☞ Stir over gentle heat until sugar is dissolved. ☞ Bring gradually to the boiling point and boil slowly without stirring, until a soft ball can be formed when tried in cold water. ☞ Cool slightly. ☞ Pour slowly on beaten white of egg, beating all the time. ☞ Add flavoring. ☞ Beat until it thickens. ☞ Pour over cake. ☞ For maple sugar frosting, use one-half pound maple sugar instead of one cupful granulated sugar.

## COCOA FUDGE FROSTING

1½ tablespoons butter  
 $1\frac{1}{4}$  cups confectioner's sugar  
 $\frac{1}{4}$  cup milk

$\frac{1}{3}$  cup Cowan's Cocoa  
 Few grains salt  
 $\frac{1}{2}$  teaspoon vanilla

**Method:**—Melt butter. ☞ Add cocoa, sugar, salt and milk. ☞ Heat to boiling point, and boil about eight minutes. ☞ Remove from fire and beat until creamy. ☞ Add vanilla and pour over cake.

## COCOA GELATINE FROSTING

$\frac{1}{2}$  teaspoon cold water  
 $\frac{1}{2}$  teaspoon granulated gelatine  
 4 tablespoons Cowan's Cocoa

$2\frac{1}{2}$  teaspoons boiling water  
 $\frac{3}{4}$  cup confectioner's sugar  
 $\frac{1}{2}$  teaspoon vanilla

**Method:**—Soak gelatine in cold water. ☞ Dissolve gelatine in boiling water. ☞ Add sugar mixed with cocoa and flavoring, and beat until of right consistency to spread. ☞ Crease in squares when slightly hardened.

## MOCHO FROSTING

$\frac{1}{3}$  cup butter  
 1 tablespoon Cowan's Cocoa

$1\frac{1}{2}$  cups confectioner's sugar  
 Coffee infusion

**Method:**—Cream butter. ☞ Add sugar mixed with cocoa gradually, continuing the beating. ☞ Add coffee infusion, drop by drop, until of right consistency to spread, or force through a pastry bag or tube.







## Cowan's Cookies and Small Cakes

### COCOA BARS

$\frac{3}{4}$ cup shortening	1 teaspoon cream of tartar
2 cups sugar	4 tablespoons chopped nuts
$\frac{1}{2}$ cup milk	3 cups flour
3 eggs	$\frac{1}{2}$ teaspoon vanilla
4 tablespoons Cowan's Cocoa	$\frac{1}{4}$ teaspoon salt

**Method:**—Cream butter, add sugar slowly. ☞ Add eggs well beaten, add milk slowly. ☞ Mix and sift dry ingredients, add slowly to above mixture. ☞ Add flour until stiff enough to roll out. ☞ Roll very thin, cut in strips and brush with white of egg and sprinkle with nuts. ☞ Bake 12 minutes in a hot oven.

### COWAN'S COCOA WAFERS

5 tablespoons shortening	1 cup sugar
4 tablespoons Cowan's Cocoa	A pinch of salt
$\frac{1}{4}$ cup milk	2 cups flour
4 teaspoons baking powder	1 teaspoon vanilla

**Method:**—Cream the shortening and sugar. ☞ Mix and sift dry ingredients, flour, baking powder, salt and Cowan's Cocoa and add alternately with milk, add vanilla. ☞ Roll out thin and cut. ☞ Bake in a quick oven from 10 to 12 minutes.

### COWAN'S SPICED COCOA BROWNIES

$\frac{3}{4}$ cup shortening	1 cup brown sugar
$\frac{1}{2}$ cup molasses	2 teaspoons soda
1 teaspoon cinnamon, cloves, nutmeg, ginger and salt	$3\frac{1}{2}$ cups flour
	4 tablespoons Cowan's Cocoa

**Method:**—Mix the molasses, sugar and shortening until smooth. ☞ Add mixed and sifted dry ingredients, flour, soda, spices and Cowan's Cocoa. ☞ Add slowly to molasses, sugar and shortening. ☞ Roll out on a flour board, and cut. ☞ Bake in a hot oven 15 minutes.







## BROWNIES

1 cup sugar	$\frac{3}{4}$ teaspoon vanilla
$\frac{1}{4}$ cup melted butter	$\frac{1}{2}$ cup flour
1 egg, unbeaten	$\frac{1}{2}$ cup walnut meats,
5 tablespoons Cowan's Cocoa	cut in pieces
	$\frac{1}{2}$ teaspoon salt

**Method:**—Melt butter, add sugar slowly, add unbeaten egg and vanilla, mix thoroughly. ☞ Line a 7-inch square pan with paraffin paper. ☞ Mix Cowan's Cocoa and flour together, sift three times, and add slowly to above mixture, add the chopped nuts. ☞ Spread mixture evenly in pan and bake in a **slow oven** about 35 minutes. ☞ Remove from paper at once and cut cake in strips, using a sharp knife.

## COCOA FRUIT COOKIES

$\frac{1}{3}$ cup butter	$\frac{1}{2}$ cup seeded raisins, finely chopped
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup dates, finely chopped
1 egg	1 cup flour
$\frac{1}{2}$ cup nut meats, finely chopped	4 tablespoons Cowan's Cocoa
	1 teaspoon baking powder    Salt

**Method:**—Cream butter, add sugar gradually. ☞ Add egg thoroughly beaten. ☞ Mix and sift flour, cocoa, baking powder and salt three times. ☞ Add to above mixture and mix thoroughly. ☞ Add chopped raisins, nuts and dates. ☞ Chill; drop from end of teaspoon on a greased and floured baking sheet. ☞ Bake in a moderate oven.

## COCOA SANDWICH

3 eggs	$\frac{1}{3}$ cup Cowan's Cocoa
$\frac{1}{3}$ cup butter	1 cup stale bread crumbs
$\frac{1}{2}$ cup sugar	3 tablespoons flour
	1 teaspoon vanilla

**Method:**—Cream butter, add sugar gradually. ☞ Beat eggs until light and add to butter and sugar, and beat vigorously. ☞ Mix and sift flour and cocoa three times and add to above mixture. ☞ Add bread crumbs and mix thoroughly. ☞ Add flavoring, spread mixture in a shallow baking pan and bake in a slow oven. ☞ Shape, put together in pairs with cocoa frosting.







## COWAN'S COCOA COOKIES

½ cup shortening  
 1 cup sugar  
 2 eggs  
 ⅓ cup milk

½ cup Cowan's Cocoa  
 4 teaspoons baking powder  
 4 cups flour  
 1 teaspoon vanilla

Small pinch of salt

**Method:**—Cream the sugar and the shortening together. ☞ Add the milk slowly. ☞ Add the eggs well beaten. ☞ Sift the flour, cocoa and baking powder together and add to make a stiff dough. ☞ Roll out a quarter of an inch thick and cut. ☞ Bake in a hot oven from 12 to 15 minutes. ☞ Decorate with white icing or put together with date filling.

## DATE-FILLING

½ lb. dates  
 ½ cup sugar

½ cup water  
 ½ teaspoon vanilla

**Method:**—Mix dates with sugar and water. ☞ Boil for 10 minutes, add vanilla. ☞ Cool and spread between cookies.

## COWAN'S COCOA NUT WAFERS

3 tablespoons butter  
 3 tablespoons milk  
 7 tablespoons flour  
 2 tablespoons pulverized sugar

2 tablespoons Cowan's Cocoa  
 1 tablespoon chopped nuts  
 ¼ teaspoon vanilla extract  
 Small pinch of salt

**Method:**—Add the milk, drop by drop, to creamed sugar and butter, stirring constantly. ☞ Add slowly the flour mixed with cocoa. ☞ Brush pan with butter. ☞ Drop from end of spoon and sprinkle with nuts. ☞ Dust with cinnamon. ☞ Bake in a slow oven until brown.







## ROLLED COCOA WAFERS

$\frac{1}{3}$  cup butter  
 2 cups fruit sugar  
 $\frac{3}{4}$  cup milk  
 $\frac{7}{8}$  cup bread flour  
 $\frac{1}{2}$  teaspoon vanilla  
 $\frac{1}{3}$  cupful finely chopped almonds  
 4 tablespoons Cowan's Cocoa

**Method:**—Cream the butter. ☞ Add the sugar gradually. ☞ Add the milk very slowly. ☞ Add slowly the flour mixed with cocoa; add flavoring, and mix thoroughly. ☞ Spread the mixture very thinly on a buttered baking sheet. ☞ Mark in three-inch squares, and sprinkle with almonds. ☞ Bake in a slow oven until a delicate brown. ☞ Draw the baking sheet to the door of the oven. ☞ Separate the squares, turn them over and roll quickly. ☞ This amount will make from three to four dozen wafers.

## COCOA MERINGUES

Whites of 4 eggs  
 4 tablespoons Cowan's Cocoa  
 $1\frac{1}{4}$  cups fruit sugar  
 $\frac{1}{2}$  teaspoon vanilla

**Method:**—Beat whites of eggs until stiff. ☞ Add gradually  $\frac{3}{4}$  cup of the sugar. ☞ Add cocoa slowly, and continue beating until the mixture will hold its shape. ☞ Fold in remaining sugar, and flavor. ☞ Cover a wet board with paper, and press meringue mixture on it, using a pastry tube, or shape with a spoon. ☞ Bake 45 to 60 minutes in a very slow oven. ☞ Take from paper, and with a spoon carefully remove soft part. ☞ Then return meringues to oven to dry. ☞ When cold, fill with whipped cream, water ice, or ice cream. ☞ For kisses, shape with a small star tube, decorate and bake 30 minutes, remove from paper and put together in pairs.







## SAND CAKES

½ cup butter  
 1 cup sugar  
 1 egg  
 1½ cups flour  
 1 tablespoon sugar

2 teaspoons baking powder  
 3 tablespoons Cowan's Cocoa  
 White of 1 egg  
 Blanched almonds  
 ¼ teaspoon cinnamon

**Method:**—Cream butter, add sugar gradually and egg well beaten, beat vigorously. ☞ Mix and sift flour, baking powder and cocoa. ☞ Add to above mixture. ☞ Chill; roll mixture ⅛ inch thick, shape with a doughnut cutter. ☞ Brush over with a white of egg, sprinkle with sugar mixed with cinnamon. ☞ Split almonds and arrange three halves on each at equal distances. ☞ Place on a buttered sheet, and bake 8 minutes in a slow oven.

## COWAN'S COCOA RECEPTION CAKES

¾ cup butter  
 1 cup sugar  
 ½ cup milk  
 ½ teaspoon vanilla

1½ cups flour Salt  
 3 teaspoons baking powder  
 3 tablespoons Cowan's Cocoa  
 ⅛ teaspoon cinnamon

**Method:**—Cream butter, add sugar gradually. ☞ Mix and sift dry ingredients 3 times. ☞ Add well beaten egg yolks to butter and sugar. ☞ Add mixed and sifted dry ingredients alternately with milk, add flavor. ☞ Fold in whites of eggs beaten until stiff and dry. ☞ Turn into small cake tins, being careful not to fill each one more than two-thirds. ☞ Bake 35 minutes in a moderate oven. ☞ When cool, dip in cocoa frosting and roll in chopped peanuts. ☞ Cake may be baked in shallow pan, and when cool cut in fancy shapes.







### COCOA FRUIT TARTS

$\frac{3}{4}$  cup butter  
1 cup sugar  
2 eggs  
 $\frac{1}{2}$  cup milk  
 $1\frac{1}{2}$  cups flour

3 level teaspoons baking powder  
3 tablespoons Cowan's Cocoa  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon cinnamon  
1 teaspoon vanilla

**Method:**—Cream butter, add sugar gradually. ☞ Add egg yolks thoroughly beaten. ☞ Mix and sift dry ingredients three times. ☞ Add alternately with milk, add vanilla. ☞ Fold in egg whites beaten until stiff and dry. ☞ Turn into greased and floured patty pans, and bake 30 minutes in a moderate oven. ☞ Cool, scoop out centre, fill with date filling and cover with whipped cream or meringue glacé.

### COWAN'S SUGAR COOKIES

$\frac{3}{4}$  cup butter  
1 egg  
1 tablespoon soda  
 $\frac{1}{2}$  cup raisins  
1 cup sugar

4 tablespoons Cowan's Cocoa  
3 tablespoons hot milk  
1 tablespoon cream of tartar  
4 cups flour  
 $\frac{1}{4}$  teaspoon salt

**Method:**—Cream the butter with sugar. ☞ Add the egg well beaten. ☞ Sift the cream of tartar and soda with the flour and cocoa, add to above mixture. ☞ Roll and sprinkle with sugar. ☞ Dip a raisin in milk, and press it into the centre. ☞ Bake in a moderate oven for from 12 to 15 minutes.

### COCOA SPONGE DROPS

Whites of 3 eggs  
 $\frac{1}{3}$  cup powdered sugar  
Yolks of 2 eggs  $\frac{1}{4}$  cup flour

2 tablespoons Cowan's Cocoa  
 $\frac{1}{8}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon vanilla

**Method:**—Beat whites of eggs until stiff and dry. ☞ Add sugar gradually, and continue beating. ☞ Add cocoa, and vanilla. ☞ Add yolks of eggs beaten until thick. ☞ Cut and fold in flour mixed and sifted with salt. ☞ Shape on a tin sheet covered with unbuttered paper, using a pastry bag and tube, or drop from end of tablespoon. ☞ Sprinkle with powdered sugar, and bake eight minutes in a moderate oven. ☞ Remove from paper with a knife.







Ribbon  
Cocoa Cake



*A. Helene-Carter*



# **COWAN'S COCOA CAKE**

*Popular at the Children's Parties*





## GENERAL RULES FOR DEEP FAT FRYING

The fat used for cooking may be olive oil, cotton seed oil, beef drippings, lard or a mixture of several fats—a good mixture is half lard and half suet. ☞ The food must be covered with crumbs and egg, or a batter, to keep it from absorbing fat. ☞ Place the articles to be cooked in fat deep enough to float them. ☞ Foods already cooked or needing little cooking require a higher temperature than batters. ☞ All the articles cooked should be drained on unglazed paper. ☞ For uncooked food, namely, batters, cube of bread should brown in fat in 60 seconds; for cooked food, namely, croquettes, bread should brown in 40 seconds. ☞ When one quantity of food has been taken from the fat it must be re-heated and tested before adding a second amount. ☞ In the absence of a frying basket, a wire spoon may be used to remove the cakes from the fat. ☞ Fat which has been used for frying should be cooled and strained through cheese cloth; when cold, cover.

## COCOA DOUGHNUTS

3½ cups flour	½ tablespoon butter
1½ teaspoons salt	1 cup sugar
1¾ teaspoons soda	1 cup sour milk
1¾ teaspoons cream of tartar	1 egg
¼ teaspoon grated nutmeg	3 tablespoons Cowan's Cocoa
¼ teaspoon cinnamon	

**Method:**—Mix and sift dry ingredients. ☞ Work in butter with tips of fingers, add beaten egg, and then add sour milk, mix thoroughly. ☞ Turn out on floured board, knead slightly; more flour may have to be added to obtain a soft firm dough. ☞ Shape and fry **60 seconds** in hot fat, drain thoroughly on brown paper and dust with pulverized sugar. ☞ Be careful to reheat fat before adding a fresh amount of doughnuts, or fat will not be hot enough to fry doughnuts. ☞ Fat is hot enough when a cube of bread will fry or brown in 60 seconds.







## Cowan's Cocoa Desserts

### FRUIT PUDDING

1½ cups flour	⅓ cup raisins, seeded and cut in pieces
¼ cup Cowan's Cocoa	
3 teaspoons baking powder	⅓ cup currants
¼ teaspoon salt	⅓ cup milk
⅓ teaspoon nutmeg	3 tablespoons molasses
⅓ teaspoon cinnamon	½ teaspoon vanilla
⅓ cup finely chopped suet	

**Method:**—Mix and sift dry ingredients. ☞ Add suet and fruit, mix thoroughly. ☞ Mix molasses and milk, add flavoring, add to dry ingredients. ☞ Turn into a greased mould, cover tightly. ☞ Steam 1¼ hours. ☞ Serve with hard sauce.

### BAKED ALASKA PUDDING

1 thin layer of cocoa cake	1 quart brick ice cream
Whites of 4 eggs	4 tablespoons fruit sugar

**Method:**—Make a meringue of whites of eggs and sugar. ☞ Cover a board with paper, place cake on it. ☞ Unmould ice cream on cake; the cake should extend one inch beyond the cream. ☞ Cover cream with meringue, spread smoothly and brown quickly in a very hot oven. ☞ Slip from paper on ice cream platter and serve.

### COCOA DATE ROLY-POLY

2 cups flour	3 tablespoons butter
4 teaspoons baking powder	½ teaspoon salt
1 cup milk	6 tablespoons Cowan's Cocoa
½ teaspoon vanilla	Date filling

**Method:**—Mix flour, salt, baking powder and Cowan's Cocoa. ☞ Cut in the butter, and add milk slowly, mixing thoroughly. ☞ Turn on floured board, roll ½ inch thick. ☞ Spread with date filling, roll. ☞ Steam 25 minutes, being careful not to raise cover during steaming. ☞ Serve with hard sauce.







## STEAMED COCOA PUDDING

$\frac{1}{4}$ cup butter	$2\frac{1}{4}$ cups flour
$\frac{2}{3}$ cup sugar	6 tablespoons Cowan's Cocoa
1 egg	$4\frac{1}{2}$ teaspoons baking powder
1 cup milk	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{2}$ teaspoon vanilla

**Method:**—Cream butter, add sugar gradually. ☞ Add egg well beaten. ☞ Mix and sift flour, baking powder, salt and Cowan's Cocoa. ☞ Add alternately with milk to above mixture. ☞ Turn into a buttered mould, cover and steam two hours. ☞ Serve with cream sauce.

## CREAM SAUCE

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon vanilla
1 cup powdered sugar	$\frac{1}{4}$ cup cream

**Method:**—Cream butter. ☞ Add sugar gradually, vanilla and cream, beat until stiff. ☞ Shape and chill; more sugar may be needed in order to mould or shape the sauce.

## COCOA BREAD PUDDING

2 cups stale bread crumbs	2 eggs
4 cups scalded milk	$\frac{1}{4}$ teaspoon salt
$\frac{2}{3}$ cup sugar	1 teaspoon vanilla
	6 tablespoons Cowan's Cocoa

**Method:**—Soak bread in milk 30 minutes. ☞ Mix sugar, cocoa, salt, add to above mixture, add vanilla. ☞ Beat eggs slightly, add and mix thoroughly. ☞ Turn into a buttered baking dish and bake one hour in a moderate oven. ☞ Serve with cocoa hard sauce.







### COCOA PUDDING

$\frac{1}{3}$  cup butter  
 1 cup sugar  
 Yolks of 2 eggs  
 $\frac{1}{2}$  cup milk  
 $1\frac{3}{8}$  cups flour

3 teaspoons baking powder  
 Whites of 2 eggs  
 3 tablespoons Cowan's Cocoa  
 $\frac{1}{3}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon vanilla

**Method:**—Cream butter, add sugar gradually. ☞ Beat yolks of eggs till light and lemon colored. ☞ Add to butter and sugar. ☞ Mix and sift flour, baking powder, salt and cocoa three times, add alternately with milk to above mixture, add vanilla. ☞ Fold in whites of eggs beaten until stiff. ☞ Bake in an angel-cake pan, in a moderate oven. ☞ Remove from pan, cool, fill the centre with whipped cream sweetened and flavored, and pour around.

### COCOA RICE PUDDING

$\frac{1}{4}$  cup Cowan's Cocoa  
 4 tablespoons rice  
 2 cups milk  
 1 teaspoon salt  
 2 tablespoons butter

$\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup seeded raisins  
 1 teaspoon vanilla  
 Whites of 2 eggs

**Method:**—Scald milk, add rice and salt. ☞ Cook until rice is soft in a double boiler. ☞ Blend cocoa and sugar with a small quantity of hot milk, add to cooked rice. ☞ Cook for 5 minutes longer, add butter and vanilla. ☞ Fold in whites of eggs beaten stiff; serve cold.

### COCOA TAPIOCA

3 cups boiling water  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  teaspoon salt  
 3 tablespoons Cowan's Cocoa

$\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  cup quick-cooking tapioca  
 $\frac{1}{2}$  teaspoon vanilla  
 $\frac{1}{8}$  teaspoon cinnamon

**Method:**—Mix cocoa, sugar and salt with milk. ☞ Cook in a double boiler, stirring till they are well blended. ☞ Add boiling water gradually and bring to boiling point. ☞ Stir in the tapioca and cook till tapioca is clear 20-25 minutes. ☞ Cool slightly, add cinnamon and vanilla; serve cold with cream.







## COCOA FLOAT

2 cups milk	1/4 cup sugar
2 eggs	2 tablespoons Cowan's Cocoa
Salt	2 tablespoons cornstarch
1/4 teaspoon cinnamon	1/2 teaspoon vanilla

**Method:**—Scald milk, mix cornstarch, cocoa, salt and cinnamon. ☞ Add scalded milk slowly. ☞ Cook in a double boiler 20 minutes or until thick and there is no taste of raw starch, stirring constantly. ☞ Add egg yolks beaten slightly, and cook till egg thickens; flavor; cool. ☞ Beat egg whites until stiff and firm, add 4 tablespoons of icing sugar gradually, beating all the time; flavor. ☞ Turn cocoa mixture into a glass, and drop by tablespoons the egg white mixture on top.

## COWAN'S COTTAGE PUDDING

1/3 cup butter	1/4 cup Cowan's Cocoa
1 cup sugar	1/2 cup milk
2 eggs	1 1/2 cups flour
1/2 teaspoon salt	3 teaspoons baking powder
1/4 teaspoon cinnamon	1/8 teaspoon cinnamon
1/2 teaspoon vanilla	

**Method:**—Cream butter, add sugar gradually. ☞ Add yolks of eggs well beaten. ☞ Mix and sift dry ingredients, i.e., flour, cocoa, baking powder, cinnamon and salt three times. ☞ Add alternately with milk. ☞ Add vanilla, fold in whites of eggs, beaten until stiff and dry. ☞ Turn into greased and floured pan and bake in a moderate oven 35 minutes. ☞ Serve with cocoa sauce.







### COCOA RICE MERINGUE

2 cups milk	3 tablespoons Cowan's Cocoa
$\frac{1}{4}$ cup rice	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{3}$ teaspoon salt	$\frac{1}{2}$ cup seeded raisins
1 tablespoon butter	Whites of 2 eggs
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ cup heavy cream

**Method:**—Scald milk, add salt and rice slowly. ☞ Cook until rice is soft. ☞ Add butter, sugar mixed with cocoa, vanilla and raisins. ☞ Cut and fold in the whites of eggs beaten until stiff, and cream beaten until stiff. ☞ Pour into a buttered baking dish, and bake 15 minutes. ☞ Cover with a meringue made of whites of 2 eggs, 3 table-spoonfuls powdered sugar, then brown in a moderate oven.

### COCOA BLANC MANGE

$\frac{1}{4}$ cup Cowan's Cocoa	2 cups milk
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
4 tablespoons cornstarch	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ cup sugar	$\frac{1}{8}$ teaspoon cinnamon

**Method:**—Mix cocoa, sugar, cornstarch, salt and cinnamon. ☞ Heat milk to scalding point, add slowly to above mixture, place in top of double boiler. ☞ Cook until there is no taste of raw starch and until the mixture is thick, stir constantly about 25 minutes. ☞ Add vanilla and butter. ☞ Pour into a moistened mould, chill thoroughly, unmould and serve with sugar and cream, or custard sauce.

### COCOA CEREAL PUDDING

$1\frac{1}{2}$ cups cooked oatmeal	2 tablespoons sugar
1 cup milk	2 tablespoons Cowan's Cocoa
2 eggs Salt	$\frac{1}{2}$ teaspoon vanilla

**Method:**—Mix oatmeal with milk. ☞ Beat eggs, add to oatmeal and milk. ☞ Mix sugar and cocoa and salt. ☞ Stir in gradually to above mixture. ☞ Add vanilla, pour into a buttered baking dish and bake in a moderate oven 25-30 minutes. ☞ Serve with sugar and cream or a sauce.







## COWAN'S COCOA CUSTARDS

2 cups milk  
2 eggs

¼ cup sugar  
2 tablespoons Cowan's Cocoa  
¼ teaspoon vanilla

**Method:**—Scald milk, mix cocoa, salt and sugar. ☞ Beat eggs just enough to thoroughly mix them, add cocoa and sugar. ☞ Add scalded milk slowly, cook over a moderate heat in a double boiler, stirring constantly until spoon is coated. ☞ Flavor, strain and serve cold. ☞ If custard curdles, beat at once with a dover egg beater and strain.

## STEAMED CUSTARD

**Method:**—Steam over a low heat 35 minutes or until a silver knife inserted comes out clean and dry.

## BAKED CUSTARD

**Method:**—Place in pan of hot water and bake in a moderate oven until firm or a silver knife inserted comes out clean and dry.

## CUSTARD SAUCE

1 cup milk  
Yolk of 1 egg  
¼ teaspoon vanilla

⅓ cup sugar  
Salt  
1 tablespoon Cowan's Cocoa

**Method:**—Scald milk, mix sugar, cocoa and salt. ☞ Beat egg just enough to thoroughly mix. ☞ Add cocoa and sugar. ☞ Add scalded milk slowly. ☞ Cook in a double boiler, stirring constantly until it thickens or spoon is coated. ☞ Flavor, strain and cool.







## COCOA JELLY

$\frac{1}{4}$ cup sugar	1 tablespoon granulated gelatine
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup cold water
$\frac{1}{4}$ cup Cowan's Cocoa	$1\frac{1}{2}$ cups boiling water
$\frac{1}{2}$ teaspoon vanilla	Chopped dates and nuts

**Method:**—Soften gelatine in cold water. ☞ Mix Cowan's Cocoa, sugar and salt with boiling water. ☞ Boil 10 minutes, pour over softened gelatine and strain, add vanilla, cover and place in a cool spot until the consistency of thick molasses, beat until foamy, add dates and nuts. ☞ Turn into a moistened mould or place in sherbet glasses. ☞ Set in a cool place, and if moulded when set, unmould. ☞ Serve with whipped cream, meringue glacé or custard sauce.

## COCOA CHARLOTTE

1 tablespoon gelatine	$\frac{2}{3}$ cup fruit sugar
$\frac{1}{4}$ cup cold water	3 tablespoons boiling water
$\frac{1}{3}$ cup hot milk	$\frac{3}{4}$ teaspoon vanilla
4 tablespoons Cowan's Cocoa	2 cups cream, whipped
6 lady-fingers	

**Method:**—Soften gelatine in cold water. ☞ Dissolve in hot milk, strain. ☞ Mix Cowan's cocoa and sugar, add to hot milk and gelatine; cook 2 minutes; cover. ☞ Set aside in a cool place until it is about the consistency of thick molasses. ☞ Beat until foamy; beat in a little of the whipped cream and lightly fold in remaining cream. ☞ Turn into a mould which has been lined with lady-fingers or slices of sponge cake; chill; when set, unmould. ☞ This may be served in sherbet glasses.

## Cowan's Pudding Sauces

### COCOA HARD SAUCE

$\frac{1}{3}$ cup butter	$\frac{2}{3}$ teaspoon vanilla
1 cup fruit sugar	$\frac{1}{4}$ teaspoon salt
3 tablespoons Cowan's Cocoa	

**Method:**—Mix cocoa, sugar and salt. ☞ Cream butter, add cocoa, sugar and salt gradually, beat thoroughly. ☞ Add flavoring and chill. ☞ To vary this sauce, chill slightly and just before serving add beaten white of one egg.







Cocoa Float





Cowan's \* Iced \* Cocoa  
A Delicious, and Refreshing summer drink





## COCOA SAUCE—1

2 cups milk	$\frac{2}{3}$ cup powdered sugar
1½ tablespoons cornstarch	$\frac{1}{4}$ teaspoon cinnamon
4 tablespoons Cowan's Cocoa	1 teaspoon vanilla
2 eggs	$\frac{1}{4}$ teaspoon salt

**Method:**—Scald milk, mix cornstarch, salt, cocoa and cinnamon. ☞ Add gradually to scalded milk. ☞ Cook in double boiler until thick, and until there is no taste of raw starch, stirring constantly. ☞ Beat whites of eggs until stiff, add gradually the powdered sugar and continue beating, add unbeaten yolks, and stir into cooked mixture. ☞ Cook one minute, add vanilla and cool before serving.

## COCOA SAUCE—2

$\frac{1}{2}$ cup sugar	1 tablespoon butter
2 tablespoons flour	1 teaspoon vanilla
2 tablespoons cocoa	2 cups boiling water

**Method:**—Mix sugar, flour and cocoa. ☞ Add boiling water slowly, stirring constantly. ☞ Cook 5 minutes or until thick, and until there is no taste of raw starch. ☞ Add butter and flavoring.

## COCOA SAUCE—3

1 cup sugar	Few grains of cream of tartar
$\frac{1}{2}$ cup water	$\frac{1}{4}$ cup Cowan's Cocoa
	1 teaspoon vanilla

**Method:**—Mix all ingredients except vanilla. ☞ Boil until of the consistency of a thin syrup. ☞ Cool slightly and add vanilla.

## FOAMY SAUCE

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup milk
1 cup sugar	2 eggs
	$\frac{1}{2}$ teaspoon vanilla

**Method:**—Cream butter, add sugar, well beaten yolks of eggs and milk. ☞ Cook over hot water until mixture thickens, add flavoring. ☞ Pour over whites of eggs beaten until very stiff. ☞ Beat thoroughly and serve at once.







## Cowan's Confections

### COCOA FONDANT

3 tablespoons Cowan's Cocoa  $\frac{1}{8}$  teaspoon cream of tartar  
 2 cups sugar  $\frac{2}{3}$  cup boiling water  
 $\frac{1}{4}$  teaspoon salt

**Method:**—Put all ingredients into saucepan, stir over gentle heat until sugar is dissolved. ☞ Heat gradually to boiling point and boil slowly without stirring until a soft ball can be formed when tried in cold water (112-114 degrees C). ☞ Remove from fire, let stand until it stops bubbling, then pour slowly on oiled plate. ☞ Let stand until almost cold, then beat with a wooden spoon until almost creamy. ☞ Work in hands until perfectly smooth. ☞ Put in a glass jar, seal to exclude air, and let stand 24 hours or longer. ☞ If during the boiling crystals form on the sides of the saucepan, wipe off with a damp cloth.

### COCOA CREAM WAFERS

**Method:**—Melt 1 cup of cocoa fondant over hot water, stirring all the time. ☞ Thin slightly by adding a few drops of hot water. ☞ Flavor with  $\frac{1}{2}$  teaspoonful vanilla. ☞ Drop from tip of teaspoon on an unbuttered smooth tin plate, and when firm remove. ☞ It is necessary to work quickly to avoid remelting fondant.

### COCOA FONDANT CREAMS

**Method:**—Work cocoa fondant until soft and creamy. ☞ Flavor; take piece of cocoa fondant about size of marble, roll in hand, and press  $\frac{1}{2}$  walnut on each side. ☞ Keep in a cool dry place until ready to serve.

### COCOA FONDANT BALLS

**Method:**—Work cocoa fondant in the hands until soft and creamy. ☞ Flavor; form into balls, and roll in chopped nuts; stand in a cool dry place until ready to serve.







## COCOA DATES

**Method:**—Wipe dates, stuff with fondant and roll in granulated sugar.

## COCOA FONDANT NUT BARS

**Method:**—Melt 1 cup of cocoa fondant over hot water, flavor and stir into it  $\frac{1}{3}$  cup chopped nuts. ☞ Turn into a small oiled pan; when cold, cut in bars with a sharp knife. ☞ Each bar may be wrapped in waxed paper.

## COCOA CREAM BALLS

4 tablespoons butter	4 tablespoons Cowan's Cocoa
1 cup powdered sugar	$\frac{1}{2}$ teaspoon vanilla
	Chopped nuts

**Method:**—Mix cocoa and sugar, cream butter, gradually work in the cocoa and sugar. ☞ Beat thoroughly, add vanilla, shape into balls and roll in chopped nuts. ☞ Keep in a cool place until ready to serve.

## COWAN'S SEA FOAM

$\frac{3}{4}$ cup brown sugar	1 tablespoon butter
$\frac{1}{4}$ cup water	1 teaspoon vanilla
1 egg white	3 tablespoons Cowan's Cocoa
	$\frac{1}{4}$ teaspoon salt

**Method:**—Mix sugar, cocoa, salt and water, stir over a gentle heat until sugar is dissolved. ☞ Boil until syrup will spin a thread, 217 degrees C., which is slightly below soft ball stage. ☞ Add butter and vanilla. ☞ Pour slowly, beating all the time into the egg white, which has been beaten until stiff and dry. ☞ Beat until mixture will stiffen. ☞ Drop from spoon on a buttered plate or greased paper and leave until hardened. ☞ Chopped nuts may be sprinkled over each piece.







## COCOA SANDWICH

Cowan's Fudge  
Maple Cream  
Cowan's Fudge

**Method:**—Pour Cowan's Fudge mixture into a greased pan, leave until it almost hardens. ☞ Pour maple cream mixture over it and leave until it almost hardens. ☞ Pour a second portion of Cowan's Fudge mixture over top of maple cream, and just before it hardens, mark into squares the whole mixture.

## COWAN'S FUDGE

1 cup white sugar	6 tablespoons Cowan's Cocoa
1 cup brown sugar	$\frac{3}{4}$ cup milk
1 tablespoon butter	1 teaspoon vanilla
Chopped nuts	$\frac{1}{4}$ teaspoon salt

**Method:**—Put all ingredients but vanilla into a saucepan. ☞ Stir over gentle heat until sugar is dissolved. ☞ Boil without stirring until a soft ball forms when dropped in cold water. ☞ Cool slightly, beat until creamy. ☞ Add nuts and vanilla, pour on greased plates. ☞ Mark in squares before it hardens.

## MAPLE CREAM

3 cups brown sugar	2 tablespoons butter
$\frac{2}{3}$ cup milk	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ teaspoon vanilla	$\frac{1}{4}$ teaspoon salt

**Method:**—Put butter, sugar and milk into a saucepan. ☞ Stir until sugar is dissolved over a gentle heat. ☞ Boil without stirring until a soft ball forms when dropped into cold water. ☞ Cool slightly, beat until soft and creamy, pour into greased pans and mark in to squares before it hardens.







### COCOA CARMELS

3 cups brown sugar	9 tablespoons Cowan's Cocoa
$\frac{3}{8}$ cup milk	1 teaspoon vanilla
1 tablespoon molasses	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{4}$ cup butter	$\frac{1}{6}$ cup sultana raisins
	$\frac{1}{4}$ teaspoon cinnamon

**Method:**—Put all ingredients in a saucepan except vanilla, nuts and raisins, stir over gentle heat till sugar is dissolved. ☞ Boil until a soft ball may be formed when tried in cold water. ☞ Cool slightly, beat until creamy, add nuts, vanilla and raisins. ☞ Pour on to greased plates and mark in squares before it hardens.

### COCOA TOFFEE

1 lb. brown sugar	$\frac{1}{4}$ cup butter
7 tablespoons Cowan's Cocoa	$\frac{1}{4}$ cup molasses (scant)
$\frac{1}{2}$ cup milk or cream	1 teaspoon vanilla
	$\frac{1}{4}$ teaspoon cinnamon

**Method:**—Cook all ingredients together except vanilla. ☞ Boil until a firm ball may be formed when tried in cold water. ☞ Remove from fire, add vanilla and pour immediately into a shallow, well-buttered pan. ☞ Mark into squares before it hardens.





## GENERAL RULES FOR PASTRY

**Method:**—All the materials must be cold. ☞ Pastry flour must be used. ☞ The following fats may be used either alone or in combinations of two: butter, butterine, lard, beef drippings. ☞ The fat should not be cut very fine if a flaky crust is desired. ☞ Baking powder is sometimes used. ☞ The dough should be mixed with a knife and not touched with the hand. ☞ In rolling, very little flour should be used on the board. ☞ The dough is rolled  $\frac{1}{8}$  inch thick and baked until brown. ☞ All pies made with fresh fruit are better without an under crust and cooked in a deep earthenware plate; fill the plate quite full. ☞ If sugar is used with fruit pies, part of it may be placed on the bottom of the pie plate. ☞ Meat and oyster pies should always be made without an under crust. ☞ The crust should be cut in several places to allow the steam to escape. ☞ If an under crust is used this crust should be baked on the outside of the pie plate, then filled. ☞ In this case the crust must be pricked all over with a fork so that it will keep in shape. ☞ If two crusts are used, the lower one should be brushed over with white of egg and moistened around the edge with cold water. ☞ A  $\frac{1}{2}$ -inch strip may be placed around edge of the under crust. ☞ This strip should also be moistened and the upper crust placed over the pie and pressed slightly around the edge. ☞ The paste may be made the day before it is used then covered and placed near ice, not on it, as it rolls more easily if chilled after being mixed.

## COCOA PIE

2 eggs	2 tablespoons cornstarch
$\frac{1}{4}$ teaspoon salt	3 tablespoons Cowan's Cocoa
1 cup sugar	Yolks of 3 eggs
$1\frac{1}{2}$ cups hot milk	Whites of 2 eggs
$\frac{1}{4}$ teaspoon cinnamon	$\frac{1}{2}$ teaspoon vanilla

**Method:**—Mix sugar, cornstarch, salt, cocoa and hot milk, and cook over hot water 45 minutes. ☞ Add yolks of eggs, and cook a few minutes longer, add vanilla. ☞ Fill baked crust with mixture. ☞ Cover with meringue, made of beaten whites, and 2 tablespoons of icing sugar. ☞ Brown in the oven. ☞ Meringue may be folded in mixture when cooled instead of spreading on top.





# INDEX

## Cowan's Beverages:

	PAGE
Breakfast Cocoa.....	7
Cocoa Egg-nog.....	8
Cocoa Milk-shake.....	8
Cocoa Punch.....	8
Cocoa Cocktail.....	9
Cocoa Syrup—2.....	9
Cocoa Ginger Cream.....	9
Coffee Ginger Cream.....	9
Cocoa with Coffee Foundation.....	10
Cocoa with Egg.....	10
Cowan's Cocoa Syrup—1.....	7
Egg-Cocoa.....	10
Iced Cocoa.....	8

## Cowan's Cocoa Bread and Biscuits:

Cocoa Toast.....	13
Cocoa Tea Biscuits.....	13
Cocoa Muffins.....	13
Cocoa Graham Muffins.....	14
Cocoa Pancakes.....	14
Cocoa Fruit Bread.....	14
Cocoa Bread.....	15
Fruit Muffins.....	13

## Cowan's Cocoa Cakes:

Cocoa Layer Cake.....	18
Cocoa Gingerbread.....	18
Cocoa Marble Cake.....	24
Cocoa Dessert Cake.....	24
Cocoa Angel Cake.....	27
Cocoa One-egg Cake.....	27
Cocoa Ribbon Cake.....	19
Cocoa Fruit Cake.....	20
Cocoa Fruit Roll.....	25
Cocoa Cream Roll.....	20
Cocoa Fudge Cake.....	25
Cocoa Sponge Cake.....	23
Cocoa Marshmallow Cream Roll.....	23
Cocoa Apple Sauce Cake.....	25
Cocoa Cake.....	19
Cocoa Potato Cake.....	26
Cocoa Walnut Cake.....	28
Cocoa Nougat Cake.....	28
Cocoanut Cocoa Cake.....	17
Cocoanut Frosting.....	17
Devil's Food—1.....	17
Devil's Food—2.....	27
Perfection Cocoa Cake.....	26
Rules for Cake Mixtures.....	16
White Cake.....	18

## Cowan's Cake Fillings:

Cocoa Cream Filling.....	29
Cocoa Fudge Filling.....	29
Cocoa Egg Filling.....	30
Date Filling.....	39
Fruit Filling.....	30
Marshmallow Filling.....	30

## Cowan's Cake Icings:

	PAGE
Cocoa Icing—1.....	35
Cocoa Icing—2.....	35
Cocoa Marshmallow Frosting.....	35
Cocoa Boiled Frosting.....	36
Cocoa Fudge Frosting.....	36
Cocoa Gelatine Frosting.....	36
Cocoa Frosting.....	35
Milk Frosting.....	29
Mocha Frosting.....	36

## Cowan's Cookies and Small Cakes:

Cocoa Bars.....	37
Cocoa Wafers.....	37
Cocoa Cookies.....	39
Cocoa Nut Wafers.....	39
Cocoa Meringues.....	40
Cocoa Sponge Drops.....	42
Cocoa Sugar Cookies.....	42
Cocoa Brownies.....	38
Cocoa Fruit Cookies.....	38
Cocoa Sandwiches.....	38
Cocoa Sand Cakes.....	41
Cocoa Reception Cakes.....	41
Cocoa Fruit Tarts.....	42
Cocoa Doughnuts.....	45
Rolled Cocoa Wafers.....	40
Spiced Cocoa Brownies.....	37

## Cowan's Cocoa Desserts:

Baked Alaska.....	46
Cocoa Fruit Puddings.....	46
Cocoa Date Roly-Poly.....	46
Cocoa Bread Pudding.....	47
Cocoa Pudding.....	48
Cocoa Rice Pudding.....	48
Cocoa Tapioca Pudding.....	48
Cocoa Float.....	49
Cocoa Rice Meringue.....	50
Cocoa Blanc Mange.....	50
Cocoa Cereal Pudding.....	50
Cowan's Cottage Pudding.....	49
Steamed Cocoa Pudding.....	47

## Cowan's Cocoa Custards:

Baked Cocoa Custard.....	51
Cocoa Custards.....	51
Cocoa Steamed Custard.....	51
Cocoa Custard Sauce.....	51



# INDEX

## Cowan's Cocoa Confections:

	PAGE
Cocoa Fudge.....	58
Cocoa Fondant.....	56
Cocoa Dates.....	57
Cocoa Fondant Nut Bars.....	57
Cocoa Cream Balls.....	57
Cocoa Sea Foam.....	57
Cocoa Caramels.....	59
Cocoa Toffee.....	59
Cocoa Sandwich.....	58
Cocoa Cream Wafers.....	56
Cocoa Fondant Creams.....	56
Cocoa Fondant Balls.....	56
Maple Cream.....	58

## Cowan's Gelatine Mixtures:

	PAGE
Cocoa Jelly.....	52
Cocoa Charlotte.....	52

## Pastry:

Cocoa Pie.....	60
General Rules for Pastry.....	60

## Pudding Sauces:

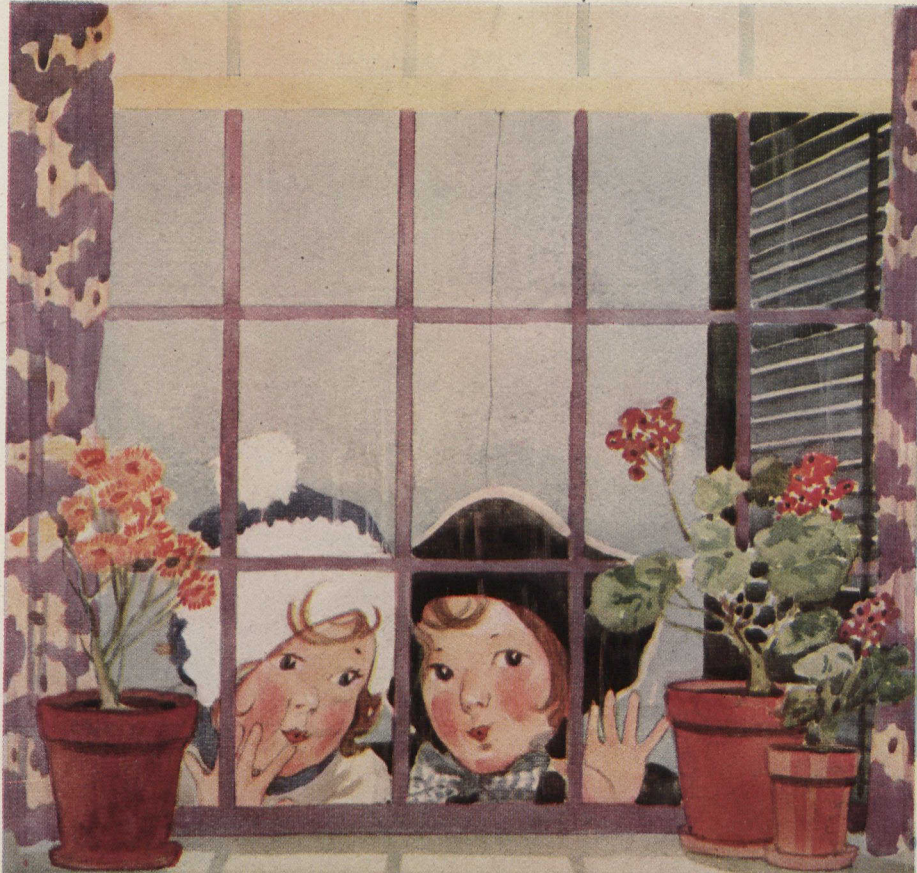
Cream Sauce.....	47
Cocoa Sauce—1.....	55
Cocoa Sauce—2.....	55
Cocoa Sauce—3.....	55
Cocoa Hard Sauce.....	52
Foamy Sauce.....	55

## COWAN'S TABLE OF MEASUREMENTS

3 tablespoons Cowan's Cocoa.....	= 1 ounce or
	= 1 square of chocolate
3 teaspoons.....	= 1 tablespoon
16 tablespoons.....	= 1 cup
2 cups.....	= 1 pint
2 cups butter, packed solidly.....	= 1 lb.
3½ cups flour (pastry).....	= 1 lb.
2 cups granulated sugar.....	= 1 lb.
2 cups fruit sugar.....	= 1 lb.
2¾ cups icing sugar.....	= 1 lb.
3¼ cups brown sugar.....	= 1 lb.
5½ cups rolled oats.....	= 1 lb.
2½ cups cornmeal.....	= 1 lb.
1¾ cups rice.....	= 1 lb.
3½ cups graham flour.....	= 1 lb.
4 cups coffee.....	= 1 lb.
2 cups finely chopped meat.....	= 1 lb.
8 medium eggs.....	= 1 lb.
2 tablespoons butter.....	= 1 ounce
2 tablespoons granulated sugar.....	= 1 ounce
3½ tablespoons flour.....	= 1 ounce

N.B.—These measurements must all be level to insure satisfactory results.





*Walter Pater*



*Cocoa Pie*





My Mother says -

# COWAN'S MAPLE BUDS

are very good for children

## COWAN'S—THE ONLY MAPLE BUD

Cowan's Maple Buds, the National Confection of Canada, are widely imitated. In order to be sure of getting the genuine article, always ask for "Cowan's Maple Buds."