



PRACTICAL  
SELECTED & TESTED  
RECIPES  
BY  
NOTED COOKS

COMPLIMENTS OF  
THE GOLD STANDARD MFG CO.  
WINNIPEG MAN.

## OUR GUARANTEE

All Merchants are authorized  
to refund full purchase money  
when any package bearing our  
Gold Standard Label fails to  
give entire satisfaction.

The GOLD STANDARD Mfg. Co.  
WINNIPEG, MAN.

PRACTICAL

SELECTED RECIPES

BY  
NOTED  
COOKS



GOLD STANDARD MFG CO.  
WINNIPEG CANADA

TX715  
P73

## INDEX

---

<i>Bread, Biscuits and Rolls</i>	7-15
<i>Muffins and Gems</i>	16-18
<i>Griddle Cakes and Waffles</i>	19-20
<i>Cookies and Doughnuts</i>	20-22
<i>Cakes</i>	23-36
<i>Pies and Fritters</i>	37-41
<i>Puddings</i>	41-49
<i>Pudding Sauces</i>	49-50
<i>"Just-a-Minute Puddings"</i>	51-52
<i>Quickly Prepared Desserts</i>	53-54
<i>Frozen Desserts</i>	55-56
<i>Miscellaneous Recipes</i>	56-59
<i>Sandwiches and Salads</i>	59-62
<i>Cheese</i>	62-63
<i>Vegetables</i>	63-67
<i>Game, Fowl, etc.</i>	67-70
<i>Eggs</i>	70-71
<i>Fish</i>	71
<i>Soups</i>	72-73
<i>Helpful Hints</i>	73-75
<i>Letters of Appreciation</i>	76-77
<i>Complete List of Gold Standard Pure Food Products</i>	79
<i>Special Free Offer</i>	80

---

You will note that nearly all the recipes in this book call for one or more of our GOLD STANDARD Pure Food Products.

This is done to give you an idea of the many ways in which our products may be used to advantage, both in the kitchen and on the table.



"But for life the universe were nothing,  
and all that has life requires nourishment."

**T**O the Ladies of Canada, whom we aim  
to serve, by placing within their reach  
Pure Foodstuffs at a reasonable price, this  
little volume of useful recipes is respect-  
fully inscribed.

WITH THE COMPLIMENTS OF  
THE GOLD STANDARD MANUFACTURING CO.

Sole Manufacturers

***Gold Standard***

PURE FOOD PRODUCTS



THE HOME OF GOLD STANDARD PURE FOOD PRODUCTS  
General Offices, Factory and Warehouse of The Codville Co., Limited, and the Gold Standard Manufacturing Co., Winnipeg, Man.

---

## Our Trade Mark and What it Means to You

**P**ICTURES are the universal language. They speak the truth to all without any confusion of tongues. So in this little volume we have shown several pictures of our establishment that all might see and understand the perfect methods used in the preparation of our *Sold Standard* Pure Food Products.

It is only about ten years ago that we began manufacturing these products, and in that short space of time our business has grown into the largest institution of its kind in the west, with an output extending over the entire Western Provinces.

Nor will this vast and wonderful growth cease where it is; we have only just begun.

Every year our business has increased more rapidly than the year before, and the possibilities ahead of us are almost unlimited.

We have endeavored to make our products better than all others, to make our trade mark *Sold Standard* a symbol of excellence and superiority; and that we have succeeded the widespread and increasing demand for them is the best of proof.

Purity, the essential of all food, has always been our first consideration, and we never have resorted to the practice, common among many manufacturers, of adulterating or cheapening the cost of our products in order to make a larger profit.

---

Our factory is equipped throughout with modern machinery and the most advanced and approved methods are used which will best assist us to maintain or, if possible, better the quality of our products. To this end we have just installed automatic machinery which forms the carton, weighs the net contents and seals the package in one continuous operation without coming in contact with human hands.

Cleanliness there must be: our establishment is clean by system, clean because we exercise the most rigid care and inspection in every department.

So this in a few words explains our methods, our work and the unvarying policy which has built up this vast organization.

It explains the meaning of our trade mark *Gold Standard*; tells you that our products are not only pure and wholesome, but are prepared under the most cleanly and sanitary conditions.

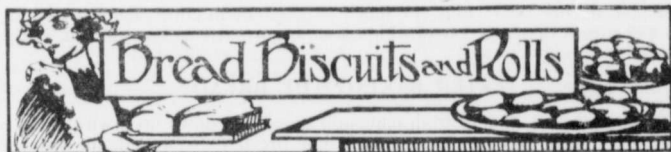
Every housewife is assured that any package bearing our *Gold Standard* Label is safe to buy.

*Gold Standard* Food Products are handled by the most reliable dealers everywhere.

## GOLD STANDARD MANUFACTURING CO.



# Selected Recipes



## BREAD MAKING

**B**READ should be baked in a hot oven. If the oven be too hot the crust will brown quickly before the heat has reached the centre and prevent further rising. The loaf should continue rising for the first fifteen minutes of baking, when it should begin to brown, and continues browning for the next twenty minutes. The last fifteen minutes it should finish baking, when the heat may be reduced. When bread is done it will not cling to sides of pan, and may be easily removed. Biscuits require more heat than loaf bread, and should continue to rise the first five minutes, and begin to brown in eight minutes. Experience is the best guide for testing temperature of oven. Various oven thermometers have been made, but none have proved practical. Bread may be brushed over with melted butter three minutes before removal from oven, if a tender crust is desired. If a darker crust is desired, brush over with milk before baking.

## HOW TO SHAPE BREAD AND BISCUIT

To shape bread dough in loaves, divide dough in parts, each part large enough for a loaf; knead until smooth, and if possible avoid seams in underpart of loaf. If baked in a brick pan, place two loaves in one pan, brushing between with a little melted butter. If baked in long, shallow pan, when well kneaded, roll with both hands to lengthen, care being taken that it is smooth and of uniform thickness. Where long loaves are baked on sheets, shape and roll loosely in a towel, sprinkled with cornmeal for last rising. To shape bread-dough in biscuits, pull or cut off as many small pieces (of uniform size) as there are to be biscuits. Flour palms of hands slightly; take up each piece and shape separately, lifting with thumb and first two fingers of right hand and placing in palm of left hand, constantly moving dough round and round while folding toward the centre; when smooth, turn it over and roll between palms of hands. Place in greased pans close together, brushing between with a little melted butter, which will cause biscuits to separate easily after baking. For finger rolls, shape biscuits and roll with one hand on part of board where there is no flour until of desired length, care being taken to make smooth, of uniform size and round at ends. Biscuits may be shaped in a great variety of ways, but they should always be small, as large biscuits, though equally good, never tempt one by their daintiness. Where bread is allowed to rise over night, a small piece of yeast cake must be used; one-fourth yeast cake to one pint of liquid is sufficient; one-third yeast cake to one quart liquid. Bread mixed and baked during the day requires a larger quantity of yeast; one yeast cake or sometimes even more to one pint of liquid. Bread dough mixed with a large quantity of yeast should be watched during rising, and cut down as soon as mixture doubles its bulk. If proper care is taken the bread will be found most satisfactory, having neither "yeasty" nor "sour" taste.

## AFTER BAKING THE BREAD

Remove loaves at once from pans and place side down on a wire bread or cake cooler. If crisp crust is desired, allow bread to cool without covering; if soft crust, cover with a towel during cooling process. When cool place in a tin box or stone jar and cover closely. Never keep bread wrapped in cloth, as the cloth will absorb moisture and transmit an unpleasant taste to bread. Bread tins or jars should be scalded twice a week in winter and every other day in summer; otherwise bread is apt to mould.

## WATER BREAD

2 cups boiling water  
 1 tablespoon butter  
 1 tablespoon lard  
 1 tablespoon sugar

1½ teaspoons salt  
 ¼ yeast cake dissolved in  
     ½ cup lukewarm water  
 6 cups flour sifted

Put butter, lard, sugar and salt in bread raiser, or large bowl without a lip, pour on boiling water; when lukewarm, add dissolved yeast cake and five cups of flour, then stir until thoroughly mixed, using a knife or mixing spoon. Add remaining flour, mix and turn on a floured board, leaving a clean bowl;

knead until mixture is smooth, elastic to touch and bubbles may be seen under the surface. Some practice is required to knead quickly, but the motion once acquired will never be forgotten. Return to bowl, cover with a clean cloth kept for the purpose and board or tin cover; let rise over night in temperature of 65 degrees Fahrenheit. In morning cut down. This is done by cutting through and turning over dough several times with a case knife, and chec's fermentation for a short time; dough may be again raised and recut down if it is not convenient to shape into loaves or biscuits after first cutting. When properly cared for, bread need never sour. Toss on board slightly floured, knead, shape into loaves or biscuits, place in greased pans, having pans nearly half full. Cover, let rise again to double its bulk and bake in hot oven. This recipe will make a double loaf of bread and pan of biscuit. Cottolene, cotosuet or beef drippings may be used for shortening, one-third less being required. Bread shortened with butter has a good flavor, but is not as white as when lard is used.

**MILK AND WATER BREAD**

- |                           |                             |
|---------------------------|-----------------------------|
| 1 cup scalded milk        | 1½ teaspoons salt           |
| 1 cup boiling water       | 6 cups sifted flour, or one |
| 1 tablespoon lard         | cup white flour and enough  |
| 1 yeast cake dissolved in | entire wheat flour to knead |
| ¼ cup lukewarm water      | 1 tablespoon butter         |

Prepare and bake as water bread. Bread may be mixed, raised and baked in five hours by using one yeast cake. Bread made in this way has proven most satisfactory. It is usually mixed in the morning and the cook is able to watch the dough while rising and keep it at a uniform temperature. It is often advisable to place bowl containing dough in pan of water, keeping warm at uniform temperature of 95 to 100 degrees Fahrenheit.

**GRAHAM BREAD**

- |   |                           |
|---|---------------------------|
| 2½ cups hot liquid<br>(water or milk and water) | ¼ yeast cake dissolved in |
| ¼ cup molasses                                  | ¼ cup lukewarm water      |
| 1½ teaspoons salt                               | 3 cups flour              |
|   | 3 cups Graham flour       |

The bran remaining in sieve after sifting Graham flour should be discarded. Add molasses and salt to liquid, cool and when lukewarm, add dissolved yeast cake and flour; beat well, cover and let rise to double its bulk. Again beat, and turn into greased pans, having pans one-half full; let rise and bake.

**RYE BREAD**

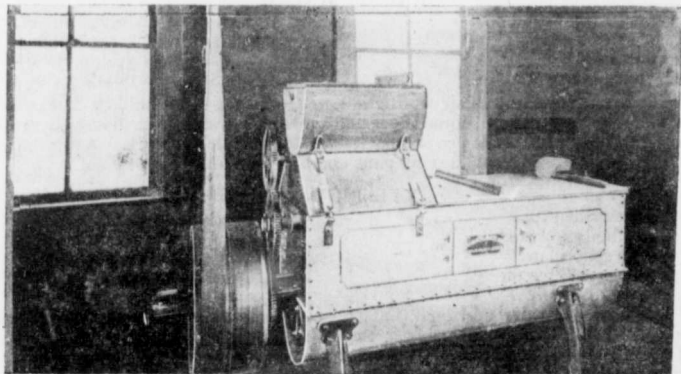
- |                     |                           |
|---------------------|---------------------------|
| 1 cup scalded milk  | 1½ teaspoons salt         |
| 1 cup boiling water | ¼ yeast cake dissolved in |
| 1 tablespoon lard   | ¼ cup lukewarm water      |
| 1 tablespoon butter | 3 cups flour              |
| ½ cup brown sugar   | Rye meal                  |

To milk and water add lard, butter, sugar and salt; when lukewarm, add dissolved yeast cake and flour; beat thoroughly, cover and let rise until light. Add rye meal until dough is stiff enough to knead. Knead thoroughly, let rise, shape in loaves, let rise again and bake.

THE MANUFACTURE OF BAKING POWDER

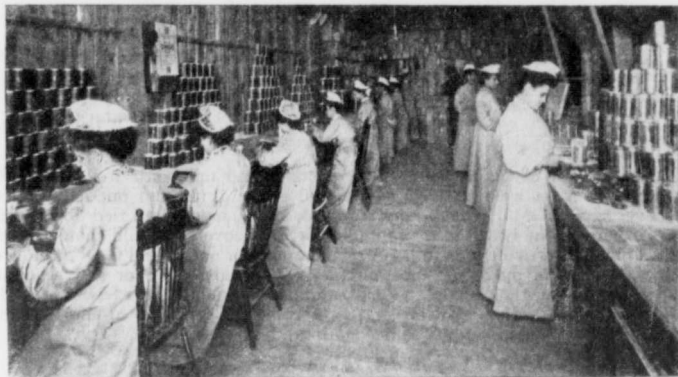
**B**AKING Powder, while one of the most common of food products, is extremely difficult to manufacture, which perhaps explains the reason there are so many low grade Powders on the market to-day. We have not the space in this little volume to tell of the many processes of manufacture, but will describe a few of our own methods to give you some idea of the perfect care which we exercise in preparing Gold Standard Baking Powder.

Let us begin with the raw materials; these are first tested or analysed separately to make sure that no impurity exists and that the strength is uniform. Here any material which does not conform to requirements is promptly detected and set to one side. Then all satisfactory ingredients are weighed and the required amount is put through a series of fine screens and into one of the giant electric mixers (as shown below). When these ingredients are thoroughly mixed the product is again tested and the result is compared with our fixed standard of quality.





## PURE FOOD PRODUCTS



PACKING AND LABELLING GOLD STANDARD BAKING POWDER

Immediately after the Baking Powder is mixed it is placed into air tight metal compartments so that none of the strength will be lost by exposure to air or moisture. From these compartments or storage bins it then passes down through pipes to the packing tables (as shown above), where rows of tins stand open ready to be filled. Here a girl weighs every tin and makes the measure correct. Then a cover is fitted on the top of each one and it is passed along to be wiped and polished.

This accomplished it is carried to still another table where it is sealed with a label as a product worthy of our trade mark and guarantee.

Anyone can see that there is little lost motion. There is no delay or break in the work from the preparing and testing of the raw material to the shipping out of the finished product. Each worker has only a small portion of the whole to do but that portion must be done perfectly. Whether it be the mixing of a ton of Baking Powder or the placing of a label just so, rigid exactness is required.

It is this insistence upon perfection of detail that has won universal favor for our products and made them superior to others of the kind and price.

### BOSTON BROWN BREAD

1 cup rye meal	$\frac{1}{4}$ tablespoon Gold Standard Baking Soda
1 cup cornmeal	2 cups sour milk or
1 cup Graham flour	$1\frac{1}{4}$ cups sweet milk or water
1 teaspoon salt	
$\frac{1}{4}$ cup molasses	

Mix and sift dry ingredients, add molasses and milk; stir well until well mixed, turn into a well-buttered mould and steam three and one-half hours. The cover should be buttered before being placed on mould and tied down with string; otherwise the bread in rising might force off cover. Mould should never be filled more than two-thirds full. A melon mould or one pound Gold Standard Baking Powder tin make the most attractive shaped loaves, or a five-pound lard pail will answer the purpose. For steaming, place mould on a trivet in kettle containing boiling water, allowing water to come half way up around mould, cover closely and steam, adding as needed more boiling water.

### BAKING POWDER BISCUIT

2 tablespoons butter	2 cups flour
$\frac{1}{2}$ teaspoon salt	4 level teaspoons Gold Standard Baking Powder
$\frac{1}{4}$ cup milk	

Mix dry ingredients and sift twice. Work in butter with tips of fingers; add gradually the liquid, mixing with knife to a soft dough. Toss on a floured board, pat and roll lightly to one-half inch in thickness. Shape with a biscuit cutter, place on buttered pan, and bake in hot oven twelve to fifteen minutes. If baked in too slow an oven the gas will escape before it has done its work. Many obtain better results by using bread flour.

### BOSTON BISCUITS

One quart flour, one tablespoon sugar, two tablespoons butter, four level tablespoons Gold Standard Baking Powder, enough sweet milk to make a soft dough. Roll out about half inch thick, spread over with butter and sprinkle with brown sugar. Add a little grated nutmeg, roll up as for jelly cake, cut off thin slices and bake in a quick oven.

### SWEET BISCUITS

Three cups flour, three level teaspoons Gold Standard Baking Powder, one and a half tablespoons butter, one and a half tablespoons lard, one-half cup sugar, the white of an egg beaten, and stirred into sufficient milk to make a soft dough. Bake in a quick oven, and when done glaze with the beaten yoke and sprinkle with sugar.

PARKER HOUSE ROLLS

- 2 cups scalded milk
- 3 tablespoons butter
- 2 tablespoons sugar
- 1 teaspoon salt

- 1 yeast cake dissolved in  
 $\frac{1}{4}$  cup lukewarm water
- Flour

Add butter, sugar and salt to milk; when lukewarm, add dissolved yeast cake and three cups of flour. Beat thoroughly, cover and let rise until light; cut down and add enough flour to knead (it will require about two and one-half cups), let rise again; toss on slightly floured board, knead, pat and roll to one-third inch thickness. Shape with biscuit cutter first dipped in flour. Dip the handle of a case knife in flour and with it make a crease through the middle of each piece, brush over one-half of each piece with melted butter, fold and press edges together. Place in greased pan one inch apart, cover, let rise and bake in hot oven twelve to fifteen minutes. As rolls rise they will part lightly and if hastened in rising, are apt to lose their shape. Parker House Rolls may be shaped by cutting or tearing off small pieces of dough and shaping round like a biscuit; place in rows on floured board, cover and let rise fifteen minutes. With handle of large wooden spoon or toy rolling pin, roll through centre of each biscuit, brush edge of lower halves with melted butter, fold, press lightly, place in buttered pan one inch apart, cover, let rise and bake.

SWEET FRENCH ROLLS

- 1 cup milk
- 1 yeast cake dissolved in  
 $\frac{1}{4}$  cup lukewarm water
- Flour
- $\frac{1}{4}$  cup sugar

- $\frac{1}{2}$  teaspoon Gold Standard  
 Ground Mace
- 1 egg and yolk of 1 egg
- $\frac{1}{4}$  cup melted butter
- 1 teaspoon salt

Scald milk; when lukewarm, add dissolved yeast cake and one and one-half cups flour; beat well, cover and let rise till light. Add sugar, salt, eggs well beaten, mace and butter, and enough flour to knead; knead, let rise again, shape in small biscuits, place in rows on a floured board, cover with cloth and pan and let rise until light and well puffed. Flour handle of wooden spoon and make a deep crease in middle of each biscuit, take up and press edges together. Place closely in buttered pan, cover, let rise and bake twelve to fifteen minutes in the oven.

RUSKS

- $\frac{1}{2}$  cup scalded milk
- $\frac{1}{2}$  teaspoon salt
- 2 cakes yeast

- $\frac{1}{4}$  cup sugar
- $\frac{1}{4}$  cup melted butter
- 3 eggs
- Flour

Dissolve yeast cakes in milk; when lukewarm add salt and one cup flour, cover and let rise until very light; then add sugar, butter, eggs (unbeaten) and flour enough to handle. Shape as finger rolls and place close together on a buttered sheet in parallel rows two inches apart, let rise again and bake twenty minutes. When cold, cut diagonally in one-half inch slices and brown evenly in oven.

### FRENCH RUSKS

2 cups scalded milk	Flour
$\frac{1}{4}$ cup butter	3 eggs
$\frac{1}{4}$ cup sugar	1 teaspoon salt
1 yeast cake dissolved in	$\frac{1}{4}$ teaspoon Gold Standard
$\frac{1}{4}$ cup lukewarm water	Vanilla Extract

Add butter, sugar and salt to scalded milk; when lukewarm, add dissolved yeast cake and three cups flour. Cover and let rise, add egg and egg yolks well beaten and enough flour to knead. Let rise again and shape as for Parker House Rolls. Before baking, make three parallel creases on top of each roll. When nearly done, brush over with whites of eggs beaten slightly, diluted with one tablespoon cold water and the vanilla. Sprinkle with sugar.

### BUNS

1 cup scalded milk	$\frac{1}{2}$ cup raisins stoned and
$\frac{1}{4}$ cup butter	quartered
$\frac{1}{4}$ cup sugar	1 teaspoon Gold Standard
1 yeast cake dissolved in	Lemon Extract
$\frac{1}{4}$ cup lukewarm water	Flour $\frac{1}{2}$ teaspoon salt

Add one-half sugar and salt to milk; when lukewarm add dissolved yeast cake and one and one-half cups flour. Cover and let rise till light; add butter, remaining sugar, raisins, lemon extract and flour to make a stiff batter; let rise, shape like biscuit; let rise again and bake. If wanted glazed, brush over with beaten egg before baking.

### HOT CROSS BUNS

1 cup scalded milk	$\frac{3}{4}$ teaspoon Gold Standard Cassia
$\frac{1}{4}$ cup sugar	3 cups flour
2 tablespoons butter	1 egg
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup raisins stoned and quartered or
$\frac{1}{2}$ yeast cake dissolved in $\frac{1}{4}$	$\frac{1}{4}$ cup cleaned currants.
cup lukewarm water.	

Add butter, sugar and salt to milk; when lukewarm add dissolved yeast cake, cassia, flour and egg well beaten; when thoroughly mixed add raisins; cover and let rise over night. In morning shape in forms of large biscuits, place in pan one inch apart, let rise, brush over with beaten egg and bake twenty minutes; cool and with Gold Standard Orange Icing (or other preferred flavor) make a cross on top of each bun.

### FRUIT ROLLS (Pin Wheel Biscuit)

2 cups flour	$\frac{3}{4}$ cup milk
4 level teaspoons Gold Standard	2 tablespoons citron, finely
Baking Powder	chopped
$\frac{1}{2}$ teaspoon salt	2 teaspoons sugar
$\frac{1}{4}$ cup stoned raisins, chopped	$\frac{1}{4}$ teaspoon Gold Standard
2 tablespoons butter	Ground Cassia

Mix as for Baking Powder Biscuits. Roll to one-fourth inch thickness,

brush over with melted butter and sprinkle with fruit, sugar and cassia. Roll like a jelly roll; cut off pieces three-fourths inch in thickness. Place on buttered tin and bake in hot oven fifteen minutes. Currants may be used in place of raisins and citron.

COFFEE CAKES

1 cup scalded milk  
 1 cup yolks of eggs  
 1 cup of whole eggs  
 1 cup butter

$\frac{1}{2}$  cup sugar  
 2 yeast cakes  
 $4\frac{3}{4}$  cups flour  
 $\frac{1}{2}$  teaspoon Gold Standard  
 Lemon Extract.

Cool milk; when lukewarm add yeast cakes, and when they are dissolved add remaining ingredients and beat thoroughly with hand ten minutes; let rise six hours. Keep in ice box or equally cool place over night. In morning turn on floured board, roll in long, rectangular piece one-fourth inch thick, spread with softened butter, fold from sides toward centre to make three layers. Cut off pieces three-fourths inch wide, cover and let rise. Take each piece separately in hands and twist from ends in opposite directions, coil and bring ends together at top of cake. Let rise in pans and bake twenty minutes in a moderate oven; cool and brush over with Gold Standard Icing Sugar moistened with enough boiling water to spread





FINE EGG MUFFINS

ONE quart of flour sifted twice, three eggs (the whites and yolks beaten separately), three cups of sweet milk, one teaspoon of salt, one tablespoon of sugar, a large tablespoon of lard or butter and two heaping teaspoons of Gold Standard Baking Powder. Sift together flour, sugar, salt and baking powder, rub in the cold lard, add the beaten eggs and milk, mix quickly in a smooth batter, a little finer than for griddle cakes. Grease well some muffin tins and fill them two-thirds full. Bake in a hot oven fifteen or twenty minutes. These made of cream, omitting the butter, are excellent.

ONE EGG MUFFINS

- |   |                             |
|---|-----------------------------|
| 2 cups flour                                  | 2 tablespoons sugar         |
| 4 level teaspoons Gold Standard Baking Powder | 1 cup milk                  |
| $\frac{1}{2}$ teaspoon salt                   | 2 tablespoons melted butter |
|   | 1 egg                       |

Mix and sift dry ingredients; add gradually milk, eggs (well beaten) and melted butter. Bake in buttered gem pans twenty-five minutes. If iron pans are used they must be previously heated.

GRAHAM MUFFINS

- |  |  |
|--|--|
| $1\frac{1}{2}$ cups Graham flour         | $\frac{3}{4}$ teaspoon Gold Standard Baking Soda |
| 1 cup flour                              |  |
| 1 cup sour milk                          | 1 teaspoon salt                                  |
| $\frac{1}{2}$ cup Gold Standard Molasses |  |

Mix and sift dry ingredients; add milk to molasses and combine mixtures.

QUAKER MUFFINS

- |   |                             |
|---|-----------------------------|
| $\frac{3}{4}$ cup rolled oats                 | 1 cup scalded milk          |
| $1\frac{1}{2}$ cups flour                     | 1 egg                       |
| 4 level teaspoons Gold Standard Baking Powder | 2 tablespoons melted butter |
| $\frac{1}{2}$ teaspoon salt                   | 3 tablespoons sugar         |

Turn scalded milk on rolled oats, let stand five minutes; add sugar, salt and melted butter; sift in flour and baking powder; mix thoroughly and add egg well beaten.

**OATMEAL MUFFINS**

- |                      |                             |
|----------------------|-----------------------------|
| 1 cup cooked oatmeal | 4 level teaspoons Gold      |
| 1½ cups flour        | Standard Baking Powder      |
| ½ teaspoon salt      | ½ cup milk                  |
| 2 tablespoons sugar  | 1 egg                       |
|                      | 2 tablespoons melted butter |

Mix and bake as rice muffins.

**RICE MUFFINS**

- |                                 |                             |       |
|---------------------------------|-----------------------------|-------|
| 2¼ cups flour                   | 1 cup milk                  | 1 egg |
| ¾ cup hot cooked rice           | 2 tablespoons melted butter |       |
| 5 level teaspoons Gold Standard | ½ teaspoon salt             |       |
| Baking Powder                   | 2 tablespoons sugar         |       |

Mix and sift flour, sugar, salt and baking powder; add one-half milk, egg well beaten, the remainder of the milk mixed with rice and beat thoroughly; then add butter. Bake in buttered muffin rings placed in buttered pan or buttered gem pans.

**BERRY MUFFINS No. 1 (Without Eggs)**

- |                                 |                      |
|---------------------------------|----------------------|
| 2 cups flour                    | 2 tablespoons butter |
| ¼ cup sugar                     | 1 cup milk (scant)   |
| 4 level teaspoons Gold Standard | 1 cup berries        |
| Baking Powder                   | ½ teaspoon salt      |

Mix and sift dry ingredients; work in butter with tips of fingers; add milk and berries.

**BERRY MUFFINS NO. 2**

- |               |                               |
|---------------|-------------------------------|
| ¼ cup butter  | 4 level teaspoons Gold Stand- |
| ½ cup sugar   | ard Baking Powder             |
| 1 egg         | 1 cup berries                 |
| 2¾ cups flour | ½ teaspoon salt               |
|               | 1 cup milk                    |

Cream the butter; add gradually sugar and egg well beaten; mix and sift flour, baking powder and salt, reserving one-fourth cup flour to be mixed with berries and added last; add the remainder alternately with milk.

**TWIN MOUNTAIN MUFFINS**

- |              |                        |
|--------------|------------------------|
| ¼ cup butter | 2 cups flour           |
| ¼ cup sugar  | 3 level teaspoons Gold |
| 1 egg        | Standard Baking Powder |
| ¾ cup milk   |                        |

Cream the butter; add sugar and egg well beaten; sift baking powder with flour and add to the first mixture; alternating with milk. Bake in buttered tin gem pans twenty-five minutes.

### GRAHAM GEMS

Two cups Graham flour, one cup wheat flour, two level teaspoons of Gold Standard Baking Powder, one tablespoon sugar, one of salt and one well-beaten egg. Mix with sweet milk to make a thin batter, beat it well; bake in gem irons, well greased, filled two-thirds full and bake in a hot oven. Will bake in fifteen to twenty minutes.

### CORNMEAL GEMS

$\frac{1}{2}$ cup cornmeal	1 tablespoon sugar
1 cup flour	1 tablespoon melted butter
3 level teaspoons Gold Standard Baking Powder	$\frac{1}{2}$ teaspoon salt
	$\frac{3}{4}$ cup milk
	1 egg

Mix and sift dry ingredients; add milk gradually, egg well beaten, and melted butter; bake in hot oven in buttered gem pans twenty-five minutes.

### SCONES

One quart flour, two eggs, butter and lard, each the size of an egg, three-quarters cup of sweet milk, three-quarters cup of sugar, four level teaspoonsfuls Gold Standard Baking Powder, pinch of salt, a few raisins and currants. Beat the eggs separately, roll soft and cut in squares.

### OAT CAKE

Three cups of fine oatmeal, two cups of flour, one cup of butter three-quarters of a cup of granulated sugar, one cup boiling water, one teaspoon Gold Standard Baking Soda. Bake in a hot oven.

### GOLDEN CORN CAKE

$\frac{3}{4}$ cup cornmeal	1 tablespoon melted butter
$1\frac{1}{4}$ cups flour	$\frac{1}{2}$ cup sugar
4 level teaspoons Gold Standard Baking Powder	$\frac{1}{2}$ teaspoon salt
	1 cup milk
	1 egg

Mix and sift dry ingredients, add milk, egg well beaten, and butter. Bake in shallow buttered pan in hot oven twenty minutes.

### CORN CAKE (Sweetened with Molasses)

1 cup cornmeal	1 teaspoon salt
$\frac{3}{4}$ cup of flour	$\frac{1}{2}$ cup Gold Standard Molasses
$3\frac{1}{2}$ level teaspoons Gold Standard Baking Powder	1 tablespoon melted butter
	$\frac{3}{4}$ cup milk
	1 egg

Mix and bake as Golden Corn Cake, adding molasses to milk.





### BUCKWHEAT CAKES

Sift one pint of buckwheat flour and two level teaspoons of Gold Standard Baking Powder. Then add one tablespoon of brown sugar and sufficient water to make a batter. Beat lightly and bake at once on a hot griddle.

### SWEET MILK GRIDDLE CAKES

- |  |                 |
|--|-----------------|
| 3 cups flour                                     | 1 teaspoon salt |
| 1½ level tablespoons Gold Standard Baking Powder | ¼ cup sugar     |
| 2 tablespoons melted butter                      | 2 cups milk     |
|  | 1 egg           |

Mix and sift dry ingredients; beat egg, add milk, and pour slowly on first mixture. Beat thoroughly and add butter. Drop by spoonfuls on a greased, hot griddle cook on one side. When puffed full of bubbles and cooked on edges, turn and cook other side. Serve with butter or maple syrup.

### WHEAT GRIDDLE CAKES

Three cups flour, one teaspoon of salt, three level teaspoons Gold Standard Baking Powder, sifted together. Beat three eggs and add three cupfuls of sweet milk, also one teaspoonful of melted butter, mix all into a smooth batter, as thick as will run from a pitcher. Fry on well-greased hot griddle to a nice light brown.

### RICE GRIDDLE CAKES

- |  |                 |
|--|-----------------|
| 2½ cups flour                                  | ½ teaspoon salt |
| ½ cup cold cooked rice                         | ¼ cup sugar     |
| 1 level tablespoon Gold Standard Baking Powder | 1½ cups milk    |
| 2 tablespoons melted butter                    | 1 egg           |

Mix and sift ingredients, work in rice with tips of fingers; add egg well beaten, milk and butter. Cook as other griddle cakes.

### GRAHAM FLOUR PANCAKES

One egg, one pint of milk, or part milk and water, half cup of white flour, one cup of Graham flour, large pinch of salt, one and a half teaspoons Gold Standard Baking Powder. Beat egg well, add salt and milk, then flour and baking powder. If too stiff, add a little more water. Have batter thin.

### CORN GRIDDLE CAKES

2 cups flour	1½ teaspoons salt
½ cup cornmeal	¼ cup sugar
1½ tablespoons Gold Standard Baking Powder	1½ cups boiling water
2 tablespoons melted butter	1¼ cups milk
	1 egg

Add meal to boiling water and boil five minutes; turn into bowl, add milk and remaining dry ingredients mixed and sifted, then the egg well beaten, and butter. Cook as other griddle cakes.

### BREAD GRIDDLE CAKES

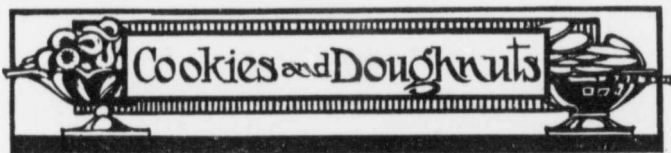
1½ cups fine stale bread crumbs	3½ teaspoons Gold Standard Baking Powder
1½ cups scalded milk	2 eggs
2 tablespoons butter	½ cup flour
½ teaspoon salt	

Add milk and butter to crumbs and soak until crumbs are soft; add eggs well beaten, then flour, salt and baking powder mixed and sifted. Cook as other griddle cakes.

### RICE WAFFLES

1¾ cups flour	1 egg
¾ cup cold cooked rice	3 teaspoons Gold Standard Baking Powder
2 tablespoons sugar	¼ teaspoon salt
1½ cups milk	
1 tablespoon melted butter	

Mix and sift dry ingredients; work in rice with tips of fingers; add milk, yolk of egg well beaten, butter and white of egg beaten stiff. Cook on a greased hot waffle iron. Serve with maple syrup.



#### COOKIES No. 1

Two cups and a half of flour, two teaspoons Gold Standard Baking Powder, one teaspoonful Ground Ginger, one cup butter, one cup sugar, three eggs. Roll thin and sprinkle with grated cocoanut, roll in, cut in shapes and bake in a fairly quick oven.

#### COOKIES No. 2

Two eggs, one cup of sugar, one cup of mixed butter and lard, one-quarter of a cup of sweet milk, one teaspoon Gold Standard Baking Powder sifted in the flour, one teaspoon Ground Allspice and Cloves, flour to make a stiff dough. Roll out very thin and bake quickly.

**COOKIES No. 3**

Four eggs, two cups of butter, four cups of light brown sugar, half cup milk, one teaspoon Gold Standard Essence of Lemon, two teaspoons Gold Standard Ground Cassia, three teaspoons Gold Standard Baking Powder, flour sufficient to roll out thin. Bake in a quick oven.

**NUT COOKIES**

Yolks of 2 eggs	Whites of two eggs
1 cup brown sugar	6 tablespoons flour
1 cup chopped nut meats	A few grains salt

Beat yolks of eggs until thick and lemon colored, add sugar gradually, nut meats, whites of eggs beaten until stiff and flour mixed with salt. Drop from tip of spoon on buttered sheet, spread and bake in a moderate oven.

**PEANUT COOKIES**

2 tablespoons butter	1 teaspoon Gold Standard
$\frac{1}{4}$ cup sugar	Baking Powder
1 egg	2 tablespoons milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup finely chopped peanuts
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ teaspoon lemon juice

Cream the butter, add sugar and egg well beaten. Mix and sift baking powder, salt and flour; add to first mixture; then add milk, peanuts and lemon juice. Drop from a teaspoon on an unbuttered sheet one inch apart, and place one-half peanut on top of each. Bake twelve to fifteen minutes in a slow oven. This recipe will make twenty-four cookies.

**CREAM COOKIES**

$\frac{1}{2}$ cup butter	2 teaspoons Gold Standard
1 cup sugar	Baking Powder
2 eggs	1 teaspoon salt
$\frac{1}{2}$ cup thin cream	2 teaspoons Gold Standard
Flour to roll	Ground Ginger

Cream the butter, add sugar, eggs well beaten and cream. Mix and sift dry ingredients and add to first mixture. Chill thoroughly. Toss one-fourth of mixture on a floured board and roll as thinly as possible; shape with a small round cutter first dipped in flour. Gather up the trimmings and roll with another portion of the dough. During rolling, the bowl containing the mixture should be kept in a cool place, or it will be necessary to add more flour to dough, which makes cookies hard rather than crisp and short.

**OATMEAL COOKIES**

1 egg	1 teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup fine oatmeal
$\frac{1}{4}$ cup thick cream	2 teaspoons Gold Standard
$\frac{1}{4}$ cup milk	Baking Powder
2 cups flour	

Beat eggs until light, add sugar, cream and milk; then add oatmeal, flour, baking powder and salt mixed and sifted. Toss on floured board, roll, cut in shape and bake in a moderate oven.

### SAND TARTS

- |               |                                 |
|---------------|---------------------------------|
| ½ cup butter  | ¼ teaspoon Gold Standard Cassia |
| 1 cup sugar   | 1 tablespoon sugar              |
| 1 egg         | 2 teaspoons Gold Standard       |
| 1½ cups flour | Baking Powder                   |
| White 1 egg   | Blanched Almonds                |

Cream the butter, add sugar gradually and egg well beaten; then add flour mixed and sifted with baking powder. Chill, toss one-half mixture on a floured board and roll one-eighth inch thick. Shape with a doughnut cutter. Brush over with white of egg and sprinkle with sugar mixed with cassia. Split almonds and arrange three halves on each at equal distances. Place on a buttered sheet and bake eight minutes in a slow oven.

### FRIED DROP CAKES

- |                            |                          |
|----------------------------|--------------------------|
| 1½ cups flour              | ½ cup sugar              |
| 2½ teaspoons Gold Standard | ½ cup milk               |
| Baking Powder              | 1 egg                    |
| ¼ teaspoon salt            | 1 teaspoon melted butter |

Beat egg until light, add milk, dry ingredients mixed and sifted and melted butter. Drop by spoonfuls in hot, new, deep fat, fry until light brown and cooked through, which must at first be determined by piercing with a skewer or breaking apart. Remove with a skimmer and drain on brown paper.

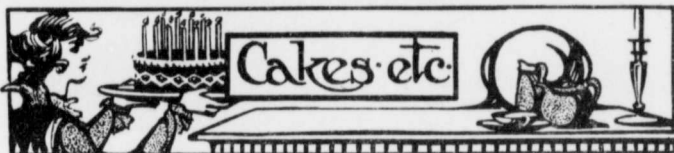
### DOUGHNUTS No. 1

One cup brown sugar, two eggs, two tablespoons melted butter, two-thirds of a cup of milk. Mix two teaspoons of Gold Standard Baking Powder with some flour, a pinch of Gold Standard Ground Ginger and a good pinch of salt. Mix all together and add flour enough to roll. Cut in rings and fry in hot lard. While hot, dip in fine sugar.

### DOUGHNUTS No. 2

- |                           |                          |
|---------------------------|--------------------------|
| 1 cup sugar               | 1½ teaspoons salt        |
| 2½ tablespoons butter     | ¼ teaspoon Gold Standard |
| 3 eggs                    | Ground Cassia            |
| 1 cup milk                | ¼ teaspoon Gold Standard |
| 4 teaspoons Gold Standard | Ground Nutmeg            |
| Baking Powder             | Flour to roll            |

Cream the butter and add one-half sugar. Beat egg until light, add remaining sugar and combine mixtures. Add three and one-half cups flour mixed and sifted with baking powder, salt and spices; then enough more flour to make dough stiff enough to roll. Toss one-third of mixture on floured board, knead slightly, pat and roll out to one-fourth inch thickness, shape with a doughnut cutter, fry in deep fat, take up on a skewer and drain on brown paper. Add trimmings to one-half remaining mixture, roll, shape and fry as before; repeat. Doughnuts should come quickly to top of fat, brown on one side, then be turned to brown on the other side; avoid turning more than once. The fat must be kept at a uniform temperature. If too cold, doughnuts will absorb fat; if too hot, doughnuts will brown before sufficiently risen.



### LAYER CAKE No. 1

**T**WO eggs, half cup melted butter, one cup granulated sugar, three-fourths of a cup of milk, one and one-half cups of flour, two teaspoons Gold Standard Baking Powder. Whip thoroughly and bake in a hot oven. Ice with Gold Standard Orange Icing, if desired, a few chopped walnuts before spreading on cake.

### LAYER CAKE No. 2

Four eggs, one cup of sugar, one-half cup butter, one-half cup sweet milk, one large cup flour, two teaspoons cornstarch, two teaspoons Gold Standard Baking Powder, a pinch of salt; keep a little milk to stir in at the last. Ice with Gold Standard Chocolate Icing.

### GEM LAYER CAKE

One cup sugar, three eggs, one-half cup butter, beat well, one-half cup milk, two cups flour, two teaspoons Gold Standard Baking Powder. Bake in three tins.

**Fruit Filling:** One cup seeded raisins, chopped fine, one-half pound figs, chopped fine, boil till quite soft; add one cup sugar, boil ten minutes. Let cool before spreading. Ice with Gold Standard Almond Icing.

### SPONGE LAYER CAKE

Three eggs, whites beaten separately, one cup sugar, one cup flour, two teaspoons Gold Standard Baking Powder put into the flour, three tablespoons boiling water.

**Cream Filling for Sponge Cake:** One cup milk, one and a half teaspoons cornstarch, one egg, pinch of salt, one tablespoon Gold Standard Vanilla Extract. Do not put egg or cornstarch into the milk until it comes to a boil. Just boil a few minutes until cornstarch is cooked.

### TILDEN CAKE

One cup butter, two cups pulverized sugar, one cup sweet milk, three cups flour, one-half cup cornstarch, four eggs, two teaspoons Gold Standard Baking Powder, two teaspoons Gold Standard Lemon Extract.



### CHOCOLATE CAKE No. 1

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk
1 cup sugar	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ teaspoon Gold Standard Vanilla Extract	$2\frac{1}{2}$ teaspoons Gold Standard Baking Powder
2 small eggs	2 ozs. chocolate melted

Cream the butter, add sugar gradually and yolks of eggs well beaten, then whites of eggs beaten until stiff. Add milk, flour mixed and sifted with baking powder, and beat thoroughly. Then add chocolate and vanilla. Bake forty minutes in a shallow cake pan.

### CHOCOLATE CAKE No. 2

One-quarter pound grated chocolate, one cup sugar, one cup water. Mix together and boil until smooth, stirring constantly. Before taking from stove add one egg. Set to cool and when cold add a teaspoonful of Gold Standard Vanilla Extract.

Make cake as follows: Two eggs; half cup butter, one cup sugar, add chocolate mixture when cold, half cup of milk, two and a half cups of flour and two teaspoons Gold Standard Baking Powder. Ice, if desired, with Gold Standard Chocolate Icing.

### CARAMEL CAKE

One even cup butter, two even cups sugar, three even cups flour (sifted), whites of eight eggs, two even teaspoons Gold Standard Baking Powder, one teaspoon Gold Standard Vanilla Extract, one cup milk, stir butter and sugar to a cream, add milk slowly, then flour, in which the baking powder has been mixed, and lastly the well-beaten whites of eggs and vanilla. Bake in three layers. Ice with Gold Standard Rose Icing.

### ANGEL CAKE

Two cups white sugar, three-quarters of a cup of butter, stir to a cream, one cup of milk, two of flour, one of cornstarch, whites of seven eggs beaten stiff, two teaspoons Gold Standard Baking Powder, flavor to taste with Gold Standard Extracts.

### SPONGE CAKE

Two cups granulated sugar, six eggs, yolks well beaten with the sugar, half cup lukewarm water, two cups of flour with two teaspoons Gold Standard Baking Powder mixed in it. Add the whites of the eggs beaten to a stiff froth after the flour. Bake in a moderate oven.

**SMALL SPONGE CAKE**

Cream half cup of butter with two cups of sugar, add beaten yolks of four eggs, one cup milk; add gradually three and a half cups sifted flour, mixing with the last half cup three and a half teaspoons Gold Standard Baking Powder; add whites of two eggs and flavor with Gold Standard Vanilla Extract. Ice with Gold Standard Maple Cream Icing.

**CREAM SPONGE CAKE**

- |                                       |   |
|---------------------------------------|---|
| Yolks 4 eggs                          | $\frac{1}{4}$ teaspoon salt                             |
| 1 cup sugar                           | 1 teaspoon Gold Standard<br>Lemon Extract               |
| 3 tablespoon cold water               | $1\frac{1}{2}$ teaspoons Gold Standard<br>Baking Powder |
| $1\frac{1}{2}$ tablespoons cornstarch | Whites 4 eggs   |
| Flour                                 |   |

Beat yolks of eggs until thick and lemon colored; add sugar gradually and beat two minutes; then add water. Put cornstarch in a cup and fill with flour. Mix and sift cornstarch and flour with baking powder and salt; add to first mixture. When thoroughly mixed, add whites of eggs beaten until stiff, and flavoring. Bake thirty minutes in a moderate oven.

**HOT WATER SPONGE CAKE**

- |                                     |   |
|-------------------------------------|---|
| Yolks 2 eggs                        | $\frac{1}{4}$ teaspoon Gold Standard<br>Lemon Extract   |
| 1 cup sugar                         | $1\frac{1}{2}$ teaspoons Gold Standard<br>Baking Powder |
| $\frac{3}{4}$ cup hot water or milk | $\frac{1}{4}$ teaspoon salt                             |
| Whites 2 eggs                       |   |
| 1 cup flour                         |   |

Beat yolks of eggs until thick and lemon colored; add one-half the sugar gradually and continue beating; then add water, remaining sugar, lemon extract, whites of eggs well beaten and flour mixed and sifted with baking powder and salt. Bake twenty-five minutes in a moderate oven in a buttered and floured shallow pan.



## OUR SUGAR MILLING AND COFFEE ROASTING DEPARTMENTS

**N**O part of our work seems more interesting to the layman than the coffee department. With its huge roasters, its multiple machinery and methods for the complete handling of coffee, from sorting the green berries to automatically filling and weighing tins of the finished product.

Here you see the bags of green coffee, just as it comes from foreign countries, emptied into a large hopper and rapidly carried away by an endless conveyor's band to the cleaning process where all dust and imperfect berries are removed. As the cleaned coffee comes from the machine it is picked up by another conveyor to be carried to still other processes and finally deposited in the rotating cylinders. When you again see it the little berries are roasted rich brown in color and flowing hot and fragrant from the roaster into one of the steel cars waiting to receive them.

Here as each car is filled it is run along a track to an electric blower, which cools the coffee instantly, thus preventing any loss of the natural fragrance and aroma.





LABELLING GOLD STANDARD COFFEE

A LARGE pneumatic tube is then let down over the car and the coffee berries are drawn by air up through this tube and into a hopper from whence they are distributed to the grinding mills. Every part of the work is done by machinery. Men are needed only to watch and guide the machines, and nowhere in its course of preparation is the coffee touched by human hand.

We are never content with old ways of working. There is a constant demand for improvement of methods and every new device of worth is instantly adopted. The grinding mills, for instance, are all fitted with our own special process which removes every particle of the light colored fibre or "chaff" enclosed in the heart of the berry. This, medical authorities agree, is one of the greatest improvements in coffee production, for it is the "chaff" that contains the injurious tannin, or tannic acid, found in ordinary coffees, and only when it is removed does the coffee become pure and healthful to drink.

After the coffee is ground it is immediately carried away to the packing tables where an automatic filler weighs the exact amount into the receiving tins. Here, neatly uniformed girls label the tins ready to be packed in cases and sent out to our many customers.

### MARBLE CAKE No. 1

**Light Part:** Quarter cup of butter, three-quarters cup of sugar, quarter cup sweet milk, one cup flour, whites of two eggs, one teaspoon Gold Standard Baking Powder.

**Dark Part:** Quarter cup butter, half cup sugar, quarter cup Gold Standard New Orleans Molasses, quarter cup sweet milk, one and a quarter cups flour or enough to thicken, yolks of two eggs, one teaspoon Gold Standard Baking Powder, half teaspoon each of Gold Standard Ground Cloves, Cassia, Nutmeg and Allspice. To bake, put in a spoon of light and then dark alternately.

### MARBLE CAKE No. 2

**Dark Part:** Yolks of four eggs, one cup of brown sugar, half cup of butter, half cup of milk, two teaspoons Gold Standard Baking Powder, one cup of raisins cut fine, one cup currants, two and a half cups flour, two tablespoons syrup, add Gold Standard Spices to taste.

**Light Part:** Whites of four eggs, one cup white sugar, half cup butter, half cup milk, two cups of flour, two teaspoons Gold Standard Baking Powder. Mix to suit taste when putting in pan.

### VELVET CAKE

$\frac{1}{2}$  cup butter  
 $1\frac{1}{2}$  cups sugar  
 Yolks 4 eggs  
 $\frac{1}{2}$  cup cold water  
 $1\frac{1}{2}$  cups flour  
 Whites 4 eggs

$\frac{1}{2}$  cup almonds blanched and shredded  
 $\frac{1}{2}$  cup cornstarch  
 4 teaspoons Gold Standard Baking Powder

Cream the butter, add sugar gradually, yolks of eggs well beaten, and water. Mix and sift flour, cornstarch and baking powder, and add to first mixture; then add whites of eggs beaten until stiff. After putting in pan, cover with almonds and sprinkle with powdered sugar. Bake forty minutes in a moderate oven.

### LITTLE LEMON CAKES

Four eggs, two cups sugar, one cup of butter, one cup of milk, three cups flour, two teaspoons Gold Standard Baking Powder, rind and juice of one lemon. Bake in small tins.

### ROSE CAKE

One-half cup butter, one cup white sugar, one-half cup milk, whites of four eggs, heaping teaspoon Gold Standard Baking Powder, one cup flour, half cup cornstarch, flavor with Gold Standard Extract of Rose. Cream butter and sugar together, beat whites of eggs stiff. Mix flour, cornstarch and baking powder together, then add a little milk to the butter and sugar, and part of the eggs and part of the flour, repeating till all are used up. Flavor with Gold Standard Rose Extract, and bake in a moderate oven, taking care to keep the heat even, and not to jar the cake till done. Ice with Gold Standard Rose Icing.

**RIBBON CAKE No. 1**

- |                           |                                 |
|---------------------------|---------------------------------|
| ½ cup butter              | ½ teaspoon Gold Standard Cassia |
| 2 cups sugar              | ½ teaspoon Gold Standard Mace   |
| Yolks 4 eggs              | ½ teaspoon Gold Standard        |
| 1 cup milk                | Ground Nutmeg                   |
| 3½ cups flour             | ½ cup raisins seeded and cut    |
| 5 teaspoons Gold Standard | ½ cup figs finely chopped       |
| Baking Powder             | 1 tablespoon Gold Standard      |
| Whites 4 eggs             | Molasses                        |

Mix first seven ingredients in order given. Bake two-thirds of the mixture in two layer cake pans. To the remainder add spices, fruit and molasses and bake in a layer cake pan. Put layers together with jelly (apple usually being preferred, as it has less flavor), having the dark layer in the centre.

**RIBBON CAKE No. 2**

One cup granulated sugar, one-half cup butter, mix to a cream; add one-half cup milk, a little at a time, two cups sifted flour, two teaspoons Gold Standard Baking Powder, the whites of three eggs beaten stiff. Flavor with Gold Standard Vanilla Extract. Take out a little less than one-third of the batter, to which add one tablespoon molasses, one cup chopped raisins, and about half a teaspoon each of Gold Standard Ground Cassia and Cloves. Bake in a quick oven. Put dark layer between the light one, spreading jelly between the layers. Ice with Gold Standard Chocolate Icing.

**CREAM CAKE No. 1**

- |                            |                          |
|----------------------------|--------------------------|
| 2 eggs                     | ½ teaspoon Gold Standard |
| 1 cup sugar                | Ground Cassia            |
| ¾ cup thin cream           | ¼ teaspoon Gold Standard |
| 1¾ cups flour              | Ground Mace              |
| 2½ teaspoons Gold Standard | ½ teaspoon Gold Standard |
| Baking Powder              | Ground Ginger            |
| ½ teaspoon salt            |                          |

Put unbeaten eggs in a bowl, add sugar and cream, and beat vigorously. Mix and sift remaining ingredients, then add mixture. Bake thirty minutes in a shallow cake pan.

**CREAM CAKE No. 2**

Three eggs, one and one-half cups light brown sugar, one large tablespoon butter, one coffee cup of sweet cream, one and a half cups of raisins seeded and chopped, half teaspoon Gold Standard Extract of Lemon, two teaspoons Gold Standard Baking Powder, three small coffee cups flour; eggs beaten separately, whites added last.

**ICE CREAM CAKE**

One tablespoon butter, one cup sugar, one-quarter cup cornstarch, one-half cup sweet milk, one and one-quarter cups flour, whites of three eggs, one and one-half teaspoons Gold Standard Baking Powder.

**Filling for Above:** Two cups white sugar; boil ten minutes with three-fourths of a cup of water, stir in beaten whites of two eggs, add Gold Standard Vanilla Extract to taste.

### ALMOND CREAM CAKE

Two cups pulverized sugar, one-quarter cup of butter, one cup sweet milk, three cups flour, two and a half teaspoons Gold Standard Baking Powder, whites of four eggs beaten very light, one-half teaspoon Gold Standard Vanilla. Bake in four layers. Whip one cup of sweet cream to a froth, stirring gradually into it half a cup pulverized sugar, a few drops of Gold Standard Vanilla Extract, one pound of almonds, blanched and chopped fine. Spread thick between the layers, and ice top with Gold Standard Almond Icing.

### WHITE CAKE No. 1

One cup flour, one cup cornstarch, one cup sugar, one-half cup butter, the whites of four eggs beaten to a stiff froth, one-half cup milk, three teaspoons Gold Standard Baking Powder. Will make into a nice layer cake with Gold Standard Lemon Icing, or can be baked in a dripping pan. Line the pan first with buttered paper and bake slowly.

### WHITE CAKE No. 2

One cup sugar, half cup butter, whites of four eggs, half cup of milk, one cup cornstarch, one cup flour, one large teaspoon Gold Standard Baking Powder, flavor to taste with Gold Standard Extract.

### QUICK CAKE

$\frac{1}{3}$ cup soft butter	3 teaspoons Gold Standard Baking Powder
$1\frac{1}{3}$ cups brown sugar	$\frac{1}{2}$ teaspoon Gold Standard Ground Cassia
2 eggs	$\frac{1}{2}$ teaspoon Gold Standard Ground Nutmeg
$\frac{1}{2}$ cup milk	
$\frac{1}{2}$ lb. dates stoned and cut	
$1\frac{1}{4}$ cups flour	

Put ingredients in a bowl and beat all together for three minutes. Bake in a cake pan thirty-five to forty minutes. If directions are followed, this makes a most satisfactory cake, but if ingredients are added separately it will not prove a success.

### ONE EGG CAKE

$\frac{1}{4}$ cup butter	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup sugar	$2\frac{1}{2}$ teaspoons Gold Standard Baking Powder
1 egg	
$\frac{1}{2}$ cup milk	

Cream the butter, add sugar gradually and egg well beaten. Mix and sift flour and baking powder, add alternately with milk to first mixture. Bake thirty minutes in a shallow pan. Spread with Gold Standard Chocolate Icing.

### CAKE WITH YOLKS

One cup sugar, one-half cup butter, one-half cup milk, two cups flour, six egg yolks well beaten, two teaspoons Gold Standard Baking Powder, flavor to taste with Gold Standard Extracts.

**GOLDEN CAKE**

$\frac{1}{4}$  cup butter  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{4}$  cup milk  
 Yolks 5 eggs  
 $\frac{7}{8}$  cup flour

1 teaspoon Gold Standard  
 Orange Extract  
 $1\frac{1}{2}$  teaspoons Gold Standard  
 Baking Powder

Cream the butter, add sugar gradually, and yolks of eggs well beaten, and extract. Mix and sift flour and baking powder, and add alternately with milk to the first mixture. If desired, omit orange extract, add one-half cup nut meat cut in small pieces, and bake in individual tins.

**GOLD CAKE**

Yolks of eight eggs, one and a half cups sugar, half cup butter, half cup milk, one teaspoon Gold Standard Vanilla Extract, two cups flour, two teaspoons Gold Standard Baking Powder. Ice with Gold Standard Orange Icing.

**SILVER CAKE**

Half cup butter, one cup sugar, half cup sweet milk, two cups flour, whites of three eggs, two teaspoons Gold Standard Baking Powder and add Gold Standard Almond Extract to taste.

**SNOW CAKE**

One-half cup butter, one cup sugar, one and a half cups flour, one-half cup sweet milk, whites of four eggs, one teaspoon Gold Standard Baking Powder. Flavor with Gold Standard Lemon Extract.

**CURRANT CAKE**

$\frac{1}{2}$  cup butter  
 1 cup sugar  
 2 eggs  
 Yolk 1 egg  
 $\frac{1}{2}$  cup milk

2 cups flour  
 3 teaspoons Gold Standard  
 Baking Powder  
 1 cup currants mixed with 1  
 tablespoon flour

Cream the butter, add sugar gradually and eggs and egg yolk well beaten. Then add milk, flour mixed and sifted with baking powder, and currants. Bake forty minutes in a buttered and floured cake pan.

**FRUIT CAKE**

Ten eggs, one pound brown sugar, one pound butter, half cup Gold Standard New Orleans Molasses, one pound flour, one pound of figs chopped fine, two pounds raisins, two pounds currants, half pound blanched almonds, three-quarters of a pound of mixed peel, one dessertspoon each Gold Standard Allspice, Cassia, Cloves, and one nutmeg, juice of one lemon, two teaspoonfuls Gold Standard Baking Powder sifted over the fruit.

### WHITE FRUIT CAKE

One cup butter, two cups sugar, whites of five eggs (or whites and yolks of four eggs), one cup milk, two and a half cups flour, or sufficient to make a nice batter, two teaspoons Gold Standard Baking Powder, one pound seeded raisins, one cup blanched almonds, cut in pieces, one-quarter of a pound of citron or mixed peel. Stir well and bake in a slow oven. Flavor to taste with Gold Standard Rose Extract.

### ENGLISH FRUIT CAKE

1 lb. butter	1 lb. flour
1 lb. light brown sugar	2 tablespoons milk
9 eggs	3 lbs. washed currants
2 teaspoons Gold Standard Mace	2 lbs. raisins seeded and finely cut
2 teaspoons Gold Standard Cassia	$\frac{1}{2}$ lb. almonds blanched and shredded
1 teaspoon Gold Standard Baking Soda	1 lb. citron thinly sliced and cut

Cream the butter, add sugar gradually and beat thoroughly. Separate yolks from whites of eggs; beat yolks until thick and lemon colored, whites until stiff and dry, and add to first mixture. Then add milk, fruit and flour mixed and sifted with mace, cassia and soda. Put in deep pans, cover with buttered paper, steam three hours and bake one and one-half hours in a slow oven, or bake four hours in a very slow oven.

### BANANA CAKE

One cup sugar, one-half cup butter, one egg, one cup sweet milk, three cups flour, two teaspoons Gold Standard Baking Powder. Bake in layers. Ice with Gold Standard Lemon Icing, adding thin slices of bananas.

### ROLL JELLY CAKE No. 2

Four eggs, pinch of salt, and one even cup of brown sugar mixed together; add one even cup of flour, two teaspoons Gold Standard Baking Powder, mix thoroughly and bake in a quick oven, turn out and spread quickly with jelly and roll. Makes one large cake.

### ONE EGG JELLY CAKE

One cup granulated sugar, one egg, two tablespoons melted butter, one cup milk, one and a half cups flour, two teaspoons Gold Standard Baking Powder. Bake in two layers.

### LEMON JELLY CAKE

One and one-half cups sugar, one-half cup butter, one-half cup milk, two and one-half cups flour, three eggs, and two teaspoons Gold Standard Baking Powder.

**Filling:** One cup sugar, grated rind and juice of one lemon, one tablespoon water, one of flour; boil until it thickens; add two eggs.

### JELLY ROLL

3 eggs	1 teaspoon Gold Standard
1 cup sugar	Baking Powder
$\frac{1}{2}$ tablespoon milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ tablespoon melted butter	1 cup flour

Beat eggs until light, add sugar gradually, milk, flour mixed and sifted with baking powder and salt, then butter. Line the bottom of a dripping pan with paper; butter paper and sides of pan. Cover bottom of pan with mixture and spread evenly. Bake twelve minutes in a moderate oven. Take from oven and turn on a paper sprinkled with Gold Standard Icing Sugar. Quickly remove paper and cut off a thin strip from sides and ends of cake. Spread with jelly or jam which has been beaten to consistency to spread easily, and roll. After cake has been rolled, roll paper around cake, that it may better keep in shape. This work must be done quickly, or cake will crack in rolling.

### WATERMELON CAKE

**White Part:** One cup white sugar, half cup butter, half cup milk, one and three-quarter cups flour, one and a half teaspoons Gold Standard Baking Powder sifted in flour; add Gold Standard Extract of Rose to taste, and the whites of four eggs beaten to stiff froth.

**Red Part:** Half cup sugar, half cup butter, three tablespoons sweet milk, whites of two eggs; one cup flour, one tablespoon Gold Standard Baking Powder. Gold Standard Lemon Extract to taste, color with Gold Standard Cochineal and add one cup seedless or Sultana Raisins.

When the white and red parts are mixed, put the white part into the cake dish first, then hollow the centre out and put the red into the space as quickly as possible. Bake like fruit cake, in a slow oven.

### CITRON CAKE

Two-thirds cup of butter, one cup sugar, half cup milk, two cups flour, one and a half teaspoons Gold Standard Baking Powder, one cup of finely minced citron peel, whites of four eggs beaten stiff. Beat butter and sugar to a cream, add other ingredients gradually, fruit mixed with a little flour last.

### NUT CAKE

One cup sugar, one-half cup butter, one-half cup milk, two cups pastry flour, two eggs, one cup chopped raisins, one cup chopped walnuts, hickory nuts or butter nuts, one heaping teaspoon Gold Standard Baking Powder. Beat the butter to a cream, add the sugar gradually, and when light, add the eggs well beaten, then the milk and flour, previously sifting the baking powder with the flour; mix quickly and add raisins and nuts. Bake on a sheet tin in a moderate oven for thirty-five minutes. When cool, ice with Gold Standard Almond Icing.

### CHRISTMAS CAKE

One and one-quarter pounds butter, one pound sugar, eight eggs, two and one-half pounds raisins, one pound currants, quarter pound citron peel, one teaspoon each of Gold Standard Ground Cassia and Allspice, one-half teaspoon each of Gold Standard Ground Cloves and Nutmeg, one cup Almonds, five tablespoons pure strawberry jam, two teaspoons Gold Standard Baking Powder. Flavor with Gold Standard Vanilla Extract.

### WALNUT CAKE

One cup sugar, half cup butter, half cup sweet milk, two eggs, two cups flour, two teaspoons Gold Standard Baking Powder, one cup shelled walnuts chopped fine, half cup chopped raisins.

### NEAPOLITAN CAKE

Four layers (white, pink, yellow and brown).

**White and Pink Layers:** One cup sugar, one-third cup butter, half cup milk, one and a half cups flour, half cup cornstarch, one and a half teaspoons Gold Standard Baking Powder, whites of three eggs well beaten. Divide into two parts; flavor white with Gold Standard Almond Extract; add a few drops of cake coloring for pink, and flavor with Gold Standard Rose Extract.

**Yellow and Brown Layers:** One cup sugar, half cup butter, half cup milk, one whole egg, yolks of three, one and three-quarter cups flour, one and a half teaspoons Gold Standard Baking Powder. For the brown layer, add to half the mixture one tablespoonful of confectioner's chocolate dissolved in a few drops of water. Flavor brown layer with Gold Standard Vanilla Extract and the yellow layer with Gold Standard Orange Extract.

For the filling take the juice of half an orange and half a lemon, with a little grated rind of each; thicken with Gold Standard White Icing Sugar, and a little freshly grated coconut. Ice the whole and lay blanched almonds over the top.

### ITALIAN CAKE

Three eggs, one cup of sugar, one cup butter, three cups flour, half cup milk, one cup currants, one cup raisins, two teaspoons Gold Standard Baking Powder.

### SPANISH CAKE

1 cup sugar  
 $\frac{1}{2}$  cup butter  
 2 egg yolks  
 $\frac{1}{2}$  cup milk  
 $1\frac{1}{4}$  cups flour

3 teaspoons Gold Standard  
 Baking Powder  
 1 teaspoon Gold Standard  
 Ground Cassia  
 Whites of two eggs

Mix ingredients in order given. Bake in shallow tins and spread between and on top with Gold Standard Chocolate Icing.



**SPANISH BUN No. 1**

Four eggs, two cups brown sugar, half cup butter, one cup of milk, two cups of flour, two teaspoons Gold Standard Baking Powder, one dessertspoon Gold Standard Ground Cassia, quarter teaspoon each of Gold Standard Ground Cloves, Allspice, Ground Ginger and Nutmeg. Bake in a square tin. When cooked, ice with Gold Standard Chocolate Icing and cut in squares.

**SPANISH BUN No. 2**

Yolks of four eggs, whites of one, one and a half cups sugar, half cup butter, one cup sweet milk, three and a half cups flour, three teaspoons Gold Standard Baking Powder, two teaspoons Gold Standard Ground Cassia, one teaspoon Gold Standard Ground Cloves. Bake in a bread tin and cut in squares. Ice with Gold Standard Chocolate Icing

**GINGERBREAD**

One-quarter cup butter, one-half cup brown sugar, one egg, one-half cup molasses, one-half cup sweet milk, one and three-quarter cups flour, two teaspoons Gold Standard Ground Ginger, one teaspoon Gold Standard Ground Cassia, a pinch of salt, and two teaspoons Gold Standard Baking Powder. Sift flour, Ginger, Cassia, baking powder and salt together and mix into a batter with milk and molasses. Bake from thirty to forty-five minutes in a moderate oven.

**SOFT SUGAR GINGERBREAD**

- |  |                  |
|--|------------------|
| 3 teaspoons Gold Standard Baking Powder  | 2 eggs           |
| 1½ teaspoons Gold Standard Ground Ginger | 1 cup sugar      |
| ½ teaspoon salt                          | 1½ cups flour    |
|  | ¾ cup thin cream |

Beat eggs until light, and add sugar gradually. Mix and sift dry ingredients, and add alternately with cream to first mixture. Turn into a buttered cake pan and bake thirty-five minutes in a moderate oven.

**GOSSAMER GINGERBREAD**

- |               |   |
|---------------|---|
| ½ cup butter  | 1 teaspoon Gold Standard Ground Ginger  |
| 1 cup sugar   | 3 teaspoons Gold Standard Baking Powder |
| 1 egg         |   |
| ½ cup milk    |   |
| 1¼ cups flour |   |

Cream the butter, add sugar gradually, then egg well beaten.

Add milk and dry ingredients mixed and sifted. Spread in a buttered dripping pan as thinly as possible, using the back of mixing spoon. Bake fifteen minutes. Sprinkle with sugar, and cut in small squares or diamonds before removing from pan.

### FRUIT SHORT CAKE

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ cup milk
$\frac{1}{2}$ cup sugar	1 cup flour
1 egg	2 teaspoons Gold Standard
$\frac{1}{4}$ teaspoon salt	Baking Powder

Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour, baking powder and salt, adding alternately with the milk to the first mixture. Beat thoroughly and bake in buttered round tin. Cool, spread thickly with sweetened fruit and cover with cream sauce. Fresh strawberries, peaches, apricots, raspberries or canned quince or pineapple may be used. When canned fruits are used, drain from syrup and cut in pieces. Dilute cream for cream sauce with fruit syrup in place of milk.

### STRAWBERRY SHORTCAKE

2 cups flour	2 teaspoons sugar
4 teaspoons Gold Standard	$\frac{3}{4}$ cup milk
Baking Powder	$\frac{1}{4}$ cup butter
$\frac{1}{2}$ teaspoon salt	

Mix dry ingredients, sift twice, work in butter with tips of fingers and add milk gradually. Toss on floured board, divide in two parts. Pat, roll out and bake twelve minutes in a hot oven in buttered Washington pie or round layer cake tins. Split and spread with butter. Sweeten strawberries to taste, place on back of range until warm, crush slightly and put between and on top of short-cakes; cover top with cream sauce. Allow from one to one and a half boxes of berries to each cake.

### RICH STRAWBERRY SHORTCAKE

2 cups flour	Few Grains Gold Standard
$\frac{1}{2}$ cup sugar	Ground Nutmeg
4 teaspoons Gold Standard	1 egg
Baking Powder	$\frac{1}{2}$ cup butter
$1\frac{1}{4}$ tablespoons lard	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk	

Mix dry ingredients and sift twice, work in shortening with tips of fingers, add egg well beaten and milk. Bake as Strawberry shortcake No. 1. Split cake and spread under layer with cream sauce. Cover with strawberries which have been sprinkled with Gold Standard Icing Sugar; again spread with sauce and cover with upper layer.



### FINE PUFF PASTE

Take one quart of sifted flour add two teaspoons Gold Standard Baking Powder and a teaspoon of salt, then sift again. Measure out one teacup of butter and one of lard hard and cold. Take the lard and rub it into the flour until a very fine, smooth paste; then put in just enough ice water (say half a cup), containing a beaten white of egg, to mix a very stiff dough. Roll it out into a thin sheet, spread with one-fourth of the butter, sprinkle over with a little flour, then roll up closely into a long roll like a scroll, double the ends towards the centre, flatten and re-roll. Then spread again with another quarter of the butter. Repeat this operation until the butter is used up. Place it on an earthen dish, cover with a cloth and set in a cold place (in ice box in summer). Let it remain until it is cold—an hour or more—before making out the crust.

### PLAIN PIE CRUST

- |                                  |                             |
|----------------------------------|-----------------------------|
| 2 cups (sifted) flour            | 6 level tablespoon lard     |
| $\frac{1}{2}$ cup ice cold water | $\frac{1}{2}$ teaspoon salt |
| 6 level tablespoon butter        |                             |

Mix salt with flour, with two knives cut in shortening, leaving it rather large; with knife stir in water little at a time, do it quickly.

### APPLE PIE

- |                               |                   |
|-------------------------------|-------------------|
| 4 large apples.               | 1 teaspoon butter |
| 1 cup sugar                   | Pie paste         |
| $\frac{1}{2}$ nutmeg (grated) |                   |

Line a deep pie tin with nice paste (recipe found elsewhere), select large tart apples, pare and slice, put an even layer of these slices in the prepared tin, sprinkle with sugar, dot with butter, dust with nutmeg, cover with paste, press closely around edges, bake in a moderate oven for forty-five minutes.

### LEMON PIE No. 1

- |                                  |  |
|----------------------------------|--|
| $\frac{1}{2}$ cup chopped apples | $\frac{1}{4}$ cup rolled common crackers |
| 1 cup sugar                      | 2 tablespoons lemon juice                |
| 1 beaten egg                     | Grind rind of one lemon                  |
| 1 teaspoon melted butter         |  |

Mix ingredients in order given, and bake with two crusts.

### LEMON PIE No. 2

3 eggs	$\frac{1}{4}$ cup lemon juice
$\frac{3}{4}$ cup of sugar	Grated rind of $\frac{1}{2}$ lemon
2 tablespoons of water	

Beat the eggs slightly, add sugar, lemon juice, grated rind and water. Bake in one crust. Cool slightly, cover with meringue, then return to the oven and bake meringue.

### LEMON PIE No. 3

$\frac{3}{4}$ cup sugar	2 egg yolks
$\frac{1}{2}$ cup boiling water	3 tablespoons lemon juice
3 tablespoons cornstarch	1 teaspoon butter

Mix cornstarch and sugar, add boiling water, stirring constantly; cook two minutes, add butter, egg yolks and rind and juice of lemon. Line plate with paste and build up a fluted rim. Turn in mixture which has been cooled and bake until pastry is well browned. Cool slightly and cover with beaten whites of eggs to which a little sugar has been added; then return to oven until the top is brown.

### CREAM PIE

Beat together one tablespoon of flour, the white of an egg and half a cup of sugar; add a cup of milk; sprinkle grated nutmeg over all. No top crust.

### SQUASH OR PUMPKIN PIE

$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoon Gold Standard
1 $\frac{1}{4}$ cups steamed and strained squash	Ground Cassia, Ginger, Nutmeg or
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon Gold Standard
cup milk	Lemon Extract
1 egg	

Mix sugar, salt and spice or extract, add squash, egg slightly beaten and milk gradually. Bake in one crust, in quick oven at first to set rim, decrease the heat afterwards, as egg and milk in combination need to be cooked at low temperature. If a richer pie is desired, use one cupful squash, one-half cup each of milk and cream and an additional egg.

**Pumpkin Pie** is made same as squash pie, using pumpkin in place of squash.

### CUSTARD PIE

Make a custard of the yolks of three eggs with milk and season to taste. Bake it in an ordinary crust and in an oven but moderately heated, so that the custard may not curdle. When done, beat the whites of the eggs to a froth, add sugar and spread over the top; return it to the oven to brown slightly. A small pinch of salt will improve the custard.



PREPARING GOLD STANDARD TEA

Teas grown in different regions and under different conditions naturally vary in quality and value. For blending our Gold Standard Teas we use only those of finest flavor from the regions where conditions of climate and soil produce the best quality.

In India, for instance, we gather our teas in the Province of Assam, because they grow best in this province. Here we contract for the entire output of some of the largest plantations. Similarly in Ceylon and Japan we control the output of plantations noted for their production of rich flavory teas. Hundreds of acres are thus under annual cultivation to supply the different kinds and qualities, the ever increasing demand for raw material.

From these plantations the teas are shipped direct to our factory in metal lined chests so that none of the rich, natural fragrance can escape. Here experts select and skilfully blend the various grades to obtain the finest flavor and drinking qualities. Then the blended product is conveyed to filling machines where it is automatically weighed and packed into lead folders and tins.

Thus, from almost the very growth of the tea plant to labelling the completed packages, the work is under our supervision. Modern methods and machinery are used for nearly every process and the work is carried on under the most cleanly and healthful conditions.

### MINCE PIE

One pound each of raisins, currants and sugar; stone and chop the raisins; one pound of suet chopped very fine, two-thirds of an ounce each of candied lemon and orange peel, two large apples grated, one-third of an ounce of Gold Standard Ground Cassia, two-thirds of a nutmeg, the juice of one lemon added to the grated rind, and one-third of a gill of brandy, or substitute cider for the brandy.

#### BATTER FOR FRITTERS No. 1

1 cup bread flour	$\frac{3}{4}$ cup water
1 tablespoon sugar	$\frac{1}{2}$ tablespoon olive oil
$\frac{1}{4}$ teaspoon salt	White 1 egg

Mix flour, sugar and salt. Add water gradually, then olive oil and white of egg beaten until stiff.

#### BATTER FOR FRITTERS No. 2

1 $\frac{1}{2}$ cups flour	2 teaspoons Gold Standard
$\frac{1}{4}$ teaspoon salt	Baking Powder
1 egg	$\frac{3}{4}$ cup milk

Mix and sift dry ingredients. Add milk gradually and egg well beaten. If a sweet batter is desired, add three tablespoons powdered sugar.

#### APPLE FRITTERS

Make a batter with one cup of sweet milk, one teaspoon sugar, two eggs (whites and yolks beaten separately), two cups flour, one teaspoon Gold Standard Baking Powder mixed with the flour. Chop some good tart apples, mix them in the batter, and fry in hot lard. Serve with maple syrup.

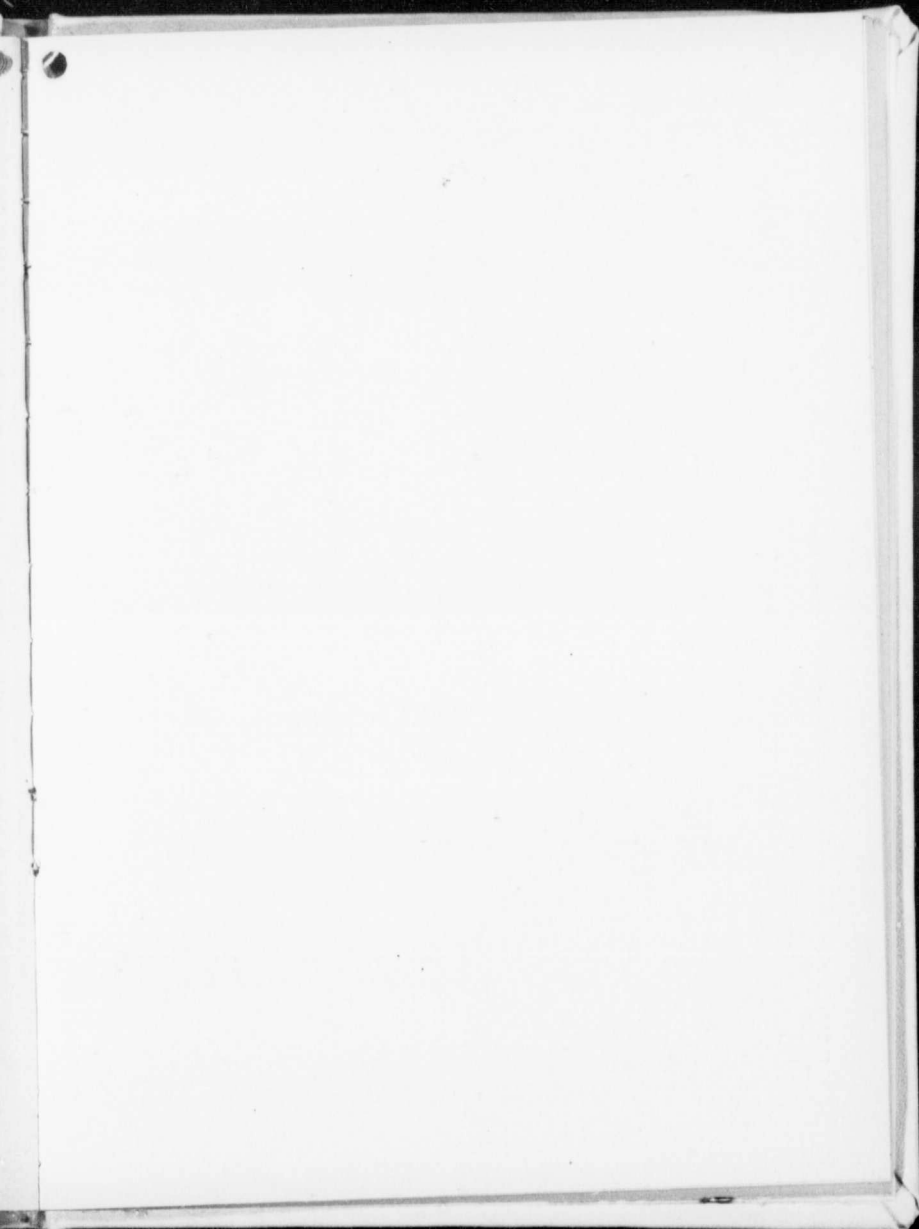
#### BANANA FRITTERS

3 bananas	$\frac{1}{4}$ teaspoon salt
1 cup bread flour	$\frac{1}{2}$ cup milk
2 teaspoons Gold Standard	1 egg
Baking Soda	1 tablespoon Gold Standard
1 tablespoon lemon juice	Powdered Sugar

Mix and sift dry ingredients. Beat until light, add milk and combine mixtures; then add lemon juice and banana fruit forced through a sieve. Drop by spoonfuls and fry in deep fat. Drain on brown paper. Serve with lemon sauce.

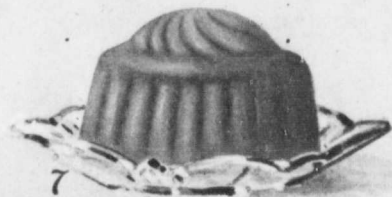
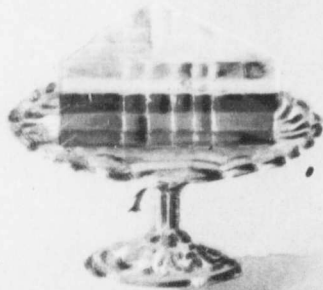
#### PEACH FRITTERS

Make a batter of one cup of sweet milk, two cups flour, two teaspoons Gold Standard Baking Powder, two eggs beaten separately, one tablespoon sugar and a salt-spoon of salt. Heat the milk a little more than milk warm, add it slowly to the beaten yolks and sugar, then add flour and whites of eggs. Stir all together and throw in thin slices of peaches, dipping the batter over them.



GOLD STANDARD

PALATE PLEASURES



**Illustration No. 1**—Combination Jelly showing decorative possibilities of jelly made from Gold Standard Jelly Powder.

**Illustration No. 2**—Decorative Jelly made from Lemon and Raspberry flavors.

**Illustration No. 3**—Baking Powder Biscuits, baked with Gold Standard Baking Powder.

**Illustration No. 4**—Apple Pie. See recipe, page 37.

**Illustration No. 5**—Chocolate Eclairs, iced with Gold Standard Chocolate Icing.

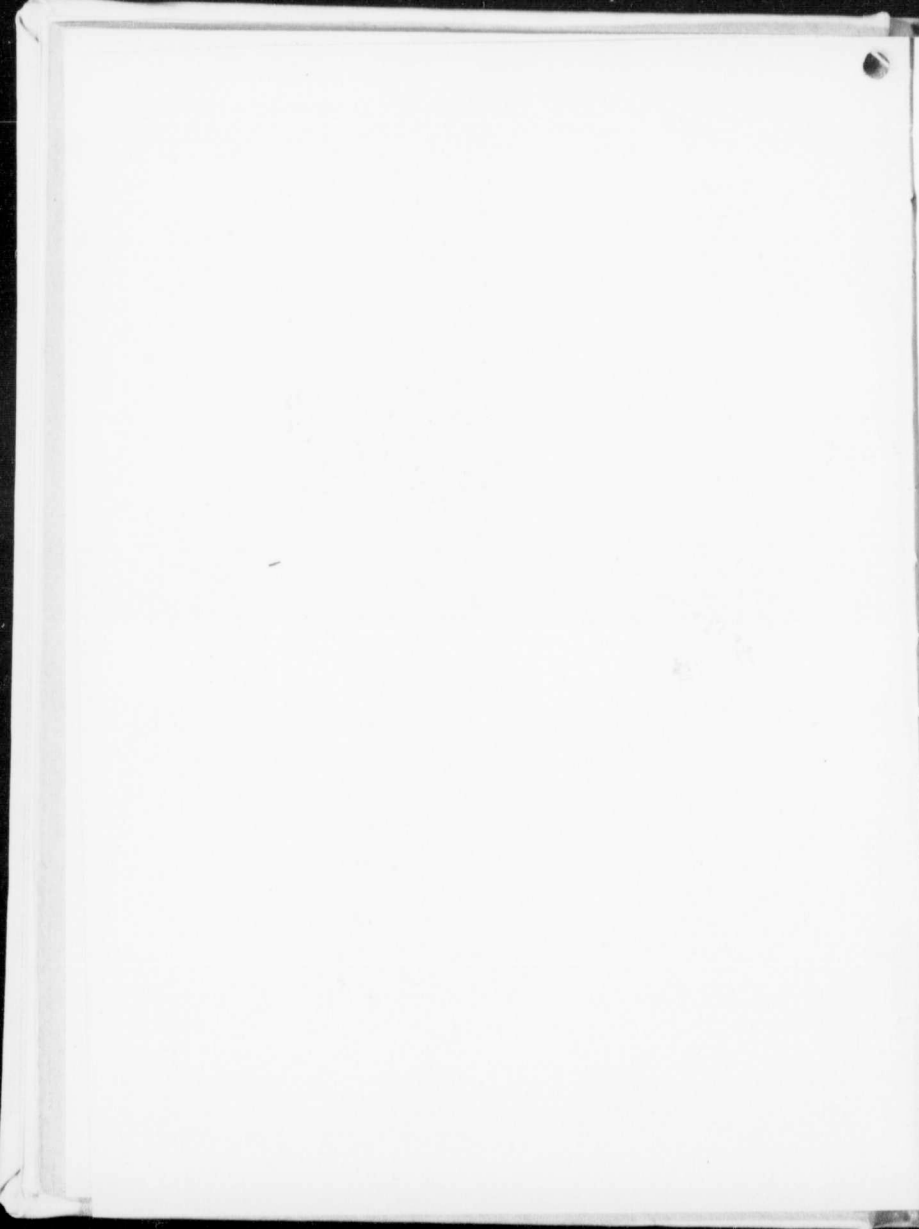
**Illustration No. 6**—Chocolate Layer Cake, baked with Gold Standard Baking Powder, flavored with Gold Standard Extracts

and decorated with Gold Standard Almond and Chocolate Icings. See page 24.

**Illustration No. 7**—Raspberry Pudding, made from Gold Standard "Just-a-minute Pudding," Raspberry flavor.

**Illustration No. 8**—Lettuce-Tomato Salad. Illustrating one of the many uses of the Gold Standard Salad Dressing Powder.



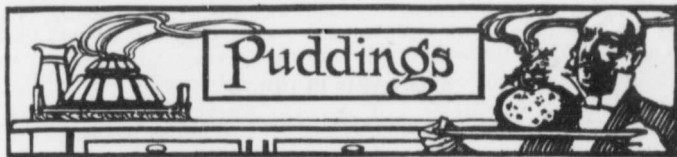


Drop in boiling hot lard in large spoonfuls with pieces of peach in each and fry till a light brown. Serve with maple syrup or a nice syrup made with clarified sugar. Bananas, apples, oranges and other fruit can be used in the same batter.

POTATO FRITTERS

- |                           |                          |
|---------------------------|--------------------------|
| 2 cups hot riced potatoes | Few grains Gold Standard |
| 2 tablespoons cream       | Ground Nutmeg            |
| 2 tablespoons wine        | Few grains Gold Standard |
| 1 teaspoon salt           | Cayenne Pepper           |
| ½ cup flour               | 3 eggs                   |
|                           | Yolks of 2 eggs          |

Add cream, wine and seasoning to potatoes; then add eggs well beaten, having bowl containing mixture in pan of ice water, and beat until cold. Add flour, and when well mixed drop by spoonfuls in deep fat; fry until delicately browned and drain on brown paper.



APPLE PUDDING

ONE cup flour, one teaspoon Gold Standard Baking Powder, one-half teaspoon salt, two-thirds cup chopped suet, mix with cold water. Roll out thin, cover with good tart apples, sliced very thin, sprinkle with Gold Standard Pure Ground Cassia and sugar. Roll up, lay on soup plate and steam for one hour. Serve with cream or sauce.

STEAMED APPLE PUDDING

- |                 |                           |
|-----------------|---------------------------|
| 2 cups flour    | 4 apples cut in eighths   |
| ½ teaspoon salt | 4 teaspoons Gold Standard |
| ½ cup milk      | Baking Powder             |
|                 | 2 tablespoons butter      |

Mix and sift dry ingredients; work in butter with tips of fingers; add milk gradually, mixing with a knife; toss on floured board, pat and roll out, place apples on middle of dough, and sprinkle with one tablespoon sugar mixed with one-fourth teaspoon each of salt and Gold Standard Ground Nutmeg; bring dough around apples and carefully lift into buttered mould or five-pound lard pail; or apples may be sprinkled over dough, and dough rolled like a jelly roll; cover closely and steam one hour and twenty minutes. Serve with Vanilla or Cold Sauce. Twice the number of apples may be sprinkled with sugar and cooked until soft in granite kettle placed on top of range, covered with dough, rolled size to fit in kettle then kettle covered tightly and dough steamed fifteen minutes. When turned on dish for serving, apples will be on top.

**SCALLOPED APPLES**

- |                            |                          |
|----------------------------|--------------------------|
| 1 small stale baker's loaf | ¼ teaspoon Gold Standard |
| ¼ cup butter               | Ground Nutmeg            |
| 1 quart sliced apples      | Grated rind and juice of |
| ¼ cup sugar                | ½ lemon                  |

Cut loaf in halves, remove soft part and crumb by rubbing through a colander; melt butter and stir in lightly with a fork; cover bottom of buttered pudding dish with crumbs and spread over one-half the apples; sprinkle with one-half sugar, nutmeg, lemon juice and rind mixed together; repeat, cover with remaining crumbs and bake forty minutes in moderate oven. Cover at first to prevent crumbs browning too rapidly. Serve with sugar and cream.

**APPLE BATTER PUDDING**

One-half cup brown sugar, one large tablespoon butter, one egg, one cup flour, one teaspoon Gold Standard Baking Powder; flavor to taste with Gold Standard Vanilla Extract. Mix the batter until creamy. Fill a pudding dish with sliced apples, flavor them with nutmeg or Gold Standard Extract Vanilla, sprinkle over with half a cup brown sugar and pour on the batter. Bake until the top is a nice brown, and the apples will be cooked.

**HARVARD PUDDING**

- |               |                            |
|---------------|----------------------------|
| ¾ cup butter  | 3½ teaspoons Gold Standard |
| ¾ cup sugar   | Baking Powder              |
| 2½ cups flour | ¼ teaspoon salt            |
| 1 egg         | 1 cup milk                 |

Mix and sift dry ingredients and work in butter with tips of fingers; beat egg, add milk and combine mixtures; serve with warm apple sauce and Hard Sauce.

**Apple Sauce:** Pick over and wash dried apples, soak over night in cold water to cover; cook until soft; sweeten and flavor with lemon juice.

**STEAMED PUFFETS**

One pint of milk, three eggs, a little salt, sufficient flour to thicken as for waffle batter, one and a half teaspoons Gold Standard Baking Powder. Fill teacups alternately for a layer of batter and a layer of apples chopped fine. Steam one hour and serve hot with cream and sugar.

**RICE PUDDING**

- |             |                        |
|-------------|------------------------|
| 4 cups milk | Grated rind of ½ lemon |
| ½ cup rice  | ½ teaspoon salt        |
| ¼ cup sugar |                        |

Wash rice, mix ingredients, and pour into buttered pudding dish; bake three hours in a very slow oven, stirring three times during first hour of baking, to prevent rice from settling.

**SPECKLED JIM PUDDING**

One cup sugar, one cup currants, one cup milk, one cup suet, two cups bread crumbs, three-quarters cup flour, half a teaspoon Gold Standard Baking Soda. Steam for two hours.

**BOILED CUSTARD**

- |                         |                                      |
|-------------------------|--------------------------------------|
| 2 cups scalded milk     | $\frac{1}{2}$ teaspoon Gold Standard |
| Yolks of three eggs     | Vanilla Extract                      |
| $\frac{1}{4}$ cup sugar | $\frac{1}{8}$ teaspoon salt          |

Beat eggs slightly, add sugar and salt; stir constantly while adding gradually hot milk. Cook in double boiler, continue stirring until mixture thickens and a coating is formed on the spoon, strain immediately; chill and flavor. If cooked too long the custard will curdle. Eggs should be beaten slightly for custard, that it may be of smooth, thick consistency. To prevent scum from forming, cover with a perforated tin.

**BAKED CUSTARD**

- |                         |                             |
|-------------------------|-----------------------------|
| 4 cups scalded milk     | $\frac{1}{4}$ teaspoon salt |
| 4 to 6 eggs             | Few grains Gold Standard    |
| $\frac{1}{2}$ cup sugar | Ground Nutmeg               |

Beat eggs slightly, add sugar and salt, pour on slowly scalded milk; strain in buttered mould set in pan of hot water. Sprinkle with nutmeg and bake in a slow oven until firm, which may be readily determined by running a silver knife through custard; if knife comes out clean, custard is done. During baking care must be taken that water surrounding mould does not reach boiling point, or custard will whey. Always bear in mind that eggs and milk in combination must be cooked at low temperature. For cup custards allow four eggs to four cups milk; for large moulded custard, six eggs; if less eggs are used custard is liable to crack when turned on a serving dish.

**POOR MAN'S PUDDING**

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 4 cups milk                          | 1 tablespoon butter             |
| $\frac{1}{2}$ cup rice               | $\frac{1}{2}$ cup Gold Standard |
| $\frac{1}{2}$ teaspoon salt          | Molasses                        |
| $\frac{1}{2}$ teaspoon Gold Standard |                                 |
| Ground Cassia                        |                                 |

Wash rice, mix and bake same as Rice Pudding. At last stirring add butter.

**ENGLISH PLUM PUDDING**

- |   |   |
|---|---|
| $\frac{1}{2}$ lb. stale bread crumbs        | $\frac{1}{2}$ lb. raisins seeded, cut in pieces and floured |
| 1 cup scalded milk                          | $\frac{1}{2}$ grated nutmeg                                 |
| $\frac{1}{2}$ lb. sugar                     | $\frac{1}{3}$ teaspoon Gold Standard                        |
| 2 ozs. finely cut citron peel               | ground Cloves   |
| $\frac{1}{2}$ lb. suet                      | $\frac{1}{3}$ teaspoon Gold Standard                        |
| $\frac{1}{2}$ lb. finely chopped figs       | ground Mace   |
| $\frac{1}{4}$ cup wine and brandy mixed     | $1\frac{1}{2}$ teaspoons salt                               |
| $\frac{1}{2}$ teaspoon Gold Standard Cassia | $\frac{1}{4}$ lb. currants                                  |
| 4 eggs                                      |   |

Soak bread crumbs in milk, let stand until cool, add sugar, beaten yolks of eggs, raisins, currants, figs and citron; chop suet and cream by using the hand; combine mixtures, then add wine, brandy, nutmeg, cassia, cloves, mace and whites of eggs beaten stiff. Turn into buttered mould, cover and steam six hours.

### CUSTARD SOUFFLE

3 tablespoons butter	4 eggs
$\frac{1}{4}$ cup flour	1 cup scalded milk
$\frac{1}{4}$ cup sugar	

Melt butter, add flour, and gradually hot milk; when well thickened pour on to the yolks of eggs beaten until thick and lemon colored, and mixed with sugar; cool and cut and fold in whites of eggs beaten stiff and dry. Turn into buttered pudding dish and bake from thirty to thirty-five minutes in a slow oven. Take from oven and serve at once—if not served immediately it is sure to fall. Serve with Creamy or Foamy Sauce.

### SUET PUDDING

One cup each molasses, sweet milk, chopped suet and raisins, one-half cup cleaned currants, two and one-half cups flour, two teaspoons Gold Standard Baking Powder; and Gold Standard Pure Spices to taste. Mix well and steam two hours. Serve with any sauce preferred.

### STEAMED CRANBERRY PUDDING

$\frac{1}{2}$ cup butter	$3\frac{1}{2}$ cups flour
1 cup sugar	$1\frac{1}{4}$ tablespoons Gold Standard Baking Powder
3 eggs	$\frac{1}{2}$ cup milk
$1\frac{1}{2}$ cups cranberries	

Cream the butter, add sugar gradually and eggs well beaten. Mix and sift flour and baking powder, and add alternately with milk to first mixture. Stir in berries previously washed, turn into buttered mould, cover and steam three hours. Serve with thin cream, sweetened and flavored with Gold Standard Ground Nutmeg.

### BREAD AND BUTTER PUDDING

1 small stale baker's loaf	$\frac{1}{2}$ cup sugar
Butter	$\frac{1}{4}$ teaspoon salt
3 eggs	1 quart milk

Remove end crusts from bread, cut loaf in one-half inch slices, spread each slice generously with butter; arrange in buttered pudding dish, buttered side down. Beat eggs slightly, add sugar, salt and milk; strain and pour over bread; let stand thirty minutes. Bake one hour in slow oven, covering the first half-hour of baking. The top of pudding should be well browned. Serve with hard or cream sauce. Three-fourths cup raisins, par-boiled in boiling water to cover and seeded, may be sprinkled between layers of bread.

### CHOCOLATE BREAD PUDDING

2 cups stale breadcrumbs	1 teaspoon Gold Standard Vanilla Extract
4 cups scalded milk	
2 squares chocolate	2 eggs
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt

Soak bread in milk thirty minutes; melt chocolate in saucepan placed over hot water, add one-half sugar and enough milk taken from bread and milk to make of consistency to pour; add to mixture with remaining sugar, salt, vanilla and eggs slightly beaten; turn into buttered pudding dish and bake one hour in moderate oven. Serve with hard or cream sauce.

## OUR SPICE DEPARTMENT

**F**ROM many lands and many climes come the various spices that are here prepared for the use and convenience of every housewife. There are different kinds and grades of spice; we select the choicest of each from the country in which it grows best. Black Pepper, for instance, is grown in several countries, but the best stock comes from India, so we pack only India Pepper under our Gold Standard Label. The care exercised in this Department is characteristic.

The spices are all cleaned of any dust or impurities before grinding. Some of them require a separate process of manufacture, so we have arranged our factory to handle each class entirely distinct from the others. One kind of mill for peppers, another for nutmegs and mace, still another for allspice, etc. We grind continuously almost without exposure to air and without danger of contamination. As the spice is ground it is deposited into an electric sifter which separates the stems and shells from the pure product.

**F**ROM the sifting machines the spices are carried to the packing room where they are at once packed into cartons, or tins, as the case may be, and sealed immediately. Nothing of the rich, natural flavor the pungent fragrance or seasoning strength is lost.

Here, as in our other departments, women and girls do all the deft packing and labelling of products. Every one wears a comely uniform of blue and white apron, completely covering the dress, and a dainty white cap. These uniforms, which are always kept clean and neat as befits the character of our work, necessitate a frequent change of dress. This is facilitated by convenient dressing rooms where each girl has an individual locker for her street dress and every requisite for her toilet.

Perfect order and cleanliness prevails everywhere, from the stock rooms with their seemingly endless avenues of raw materials, to the shipping floor where cars roll in to the doorways ready to be loaded with shipments of the finished product.

So, by degrees, you may gather through these glimpses some conception of this vast organization, part human, part machine, moving so perfectly and steadily throughout our establishment.



PACKING GOLD STANDARD SPICES

## PURE FOOD PRODUCTS

### FLUFF PUDDING

Boil one pint of milk; when boiling stir in two tablespoons of cornstarch which has been dissolved in cold milk. Whip the whites of two eggs to a stiff froth, and stir in with half a cup of sugar. Flavor with Gold Standard Flavoring Extracts to taste and pour into mould. Serve cold with a soft custard.

### COTTAGE PUDDING

$\frac{1}{2}$ cup butter	1 cup milk
$\frac{1}{2}$ cup sugar	4 teaspoons Gold Standard Baking Powder
1 egg	$2\frac{1}{4}$ cups flour
$\frac{1}{2}$ teaspoon salt	

Cream the butter, add sugar gradually, and egg well beaten; mix and sift flour, baking powder and salt; add alternately with milk to first mixture; turn into buttered cake pan; bake thirty-five minutes. Serve with Vanilla or Hard Sauce.

### SPANISH SOUFFLE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon Gold Standard Vanilla
$\frac{1}{2}$ cup stale bread crumbs	2 tablespoons sugar
1 cup milk	3 eggs

Melt butter, add crumbs, cook until slightly browned, stirring often; add milk and sugar, cook twenty minutes in double boiler; remove from fire, add unbeaten yolks of eggs, then cut and fold in whites of eggs beaten stiff and flavor. Bake in a slow oven until firm, which may be determined by pressing with finger. Serve with sauce.

### LEMON PUDDING

Two lemons, rind and juice, one cup suet, one cup sugar, one cup bread crumbs, one cup flour, two eggs, one-half cup sweet milk, two teaspoons Gold Standard Baking Powder. Steam for one and a quarter hours.

**Sauce:** One cup sugar, one-half cup butter, yolks of two eggs, one and one-half teaspoons cornstarch. Add boiling water until smooth and creamy.

### GINGER PUDDING

$\frac{1}{2}$ cup butter	$3\frac{1}{2}$ teaspoons Gold Standard Baking Powder
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon salt
1 egg	2 teaspoons Gold Standard Ground Ginger
$2\frac{1}{4}$ cups flour	
1 cup milk	

Cream the butter, add sugar gradually, and egg well beaten; mix and sift dry ingredients; add alternately with milk to first mixture. Turn into buttered mould, cover and steam two hours; serve with Vanilla Sauce.

### FRUIT PUFFS

One pint flour, a heaping teaspoon Gold Standard Baking Powder, pinch of salt. Sift well together, stir in sufficient milk to make a thick batter. Butter teacups and pour a tablespoonful of batter into each cup, then add a large spoonful of any kind of fruit or jam (without the juice), and cover with a tablespoon of batter. Steam twenty minutes.



### SNOW PUDDING

$\frac{1}{2}$ box gelatine	1 cup boiling water
$\frac{1}{2}$ cup cold water	1 cup sugar
Whites 3 eggs	$\frac{1}{4}$ cup lemon juice

Soak gelatine in cold water, dissolve in boiling water, add sugar and lemon juice, strain and set aside to cool; occasionally stir mixture and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Mould or pile by spoonfuls on glass dish; serve cold with Boiled Custard. A very attractive dish may be prepared by coloring half the mixture with Gold Standard Cochineal color.

### ITALIAN CREAM

Soak one box of gelatine over night in one cup of cold water; add  $3\frac{1}{2}$  cups milk, 6 eggs, 1 cup sugar; flavor with Gold Standard Lemon Extract. Place the milk on the stove; when nearly boiling stir in the gelatine, then the beaten yolks of eggs, sugar and lastly the whites of the eggs beaten to a stiff froth; stir briskly without allowing to boil, and pour into moulds which have been wet with cold water. Make the cream in a good sized mould, as it foams when cooking. Serve with whipped cream sweetened and flavored.

### SNOW CREAM

Heat a quart of thick, sweet cream. When ready to boil, stir into it quickly three tablespoons of cornstarch, blended with some cold cream; sweeten to taste and allow to boil gently, stirring for two or three minutes; add quickly the whites of six eggs beaten to a stiff froth. Do not allow it to boil up more than once after adding the eggs. Flavor with Gold Standard Lemon, Vanilla or Ratafia Extract. Lay the snow thus formed in rocky heaps on silver or glass dish, or in shapes. Keep cool.

### SNOW BALLS

$\frac{1}{2}$ cup butter	$3\frac{1}{2}$ teaspoons Gold Standard
1 cup sugar	Baking Powder
$\frac{1}{2}$ cup milk	$2\frac{1}{4}$ cups flour
Whites of four eggs	

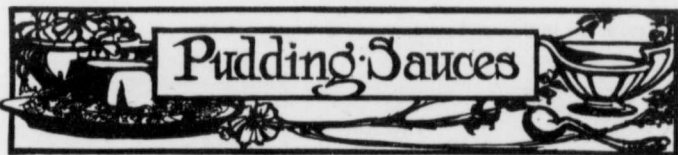
Cream the butter, add sugar gradually, milk and flour mixed with baking powder; then add the whites of eggs beaten stiff. Steam thirty-five minutes in buttered cups; serve with preserved fruit, quince marmalade or strawberry sauce.

### TAPIOCA AND BANANA SPONGE

Sprinkle half a cup of Gold Standard "Just a Minute Tapioca Pudding" and two-thirds a cup of sugar into one pint of boiling water. Add half teaspoonful of salt and cook over hot water, stirring occasionally. When the Tapioca is transparent add the juice of two lemons and fold in the whites of two eggs beaten until dry. Serve with cream or sugar or with cold boiled custard previously made. This dish may be prepared with canned peaches, apricots or quinces, using the juice of the fruits instead of water.

### PINEAPPLE AND TAPIOCA SPONGE

Heat one pint of Grated Pineapple over hot water, sprinkle into it one-third a cup of Gold Standard "Just a Minute Tapioca" mixed with two-thirds a cup of sugar and half a teaspoonful salt. When Tapioca is transparent add the juice of a lemon and fold in the whites of eggs beaten until dry. Serve with cream and sugar.



### VANILLA SAUCE

$\frac{1}{2}$ cup sugar	2 tablespoons butter
1 cup boiling water	1 teaspoon Gold Standard
1 tablespoon cornstarch	Vanilla Extract

Mix sugar and cornstarch, add water gradually, stirring constantly; boil five minutes, remove from fire, add butter and vanilla.

### LEMON SAUCE

$\frac{3}{4}$ cup sugar	1 tablespoon lemon juice, or
$\frac{1}{4}$ cup water	1 teaspoon Gold Standard
2 teaspoons butter	Lemon Extract

Make a syrup by boiling sugar and water eight minutes; remove from fire add butter and lemon juice.

### ORANGE SAUCE

Whites 3 eggs	1 cup Gold Standard
Juice and rind 2 oranges	Powdered Sugar
Juice 1 lemon	

Beat whites until stiff, add sugar gradually and continue beating; add rind and fruit juices; use blood oranges when possible.

### ENGLISH SAUCE

Put in a saucepan the yolks of six eggs, a quarter of a pound of sugar, a glass of sherry wine, lemon rind rubbed on two small pieces of loaf sugar, a little salt and a pint of milk; mix well, put on a slow fire, stir briskly with an egg beater until the sauce thickens and foams. Do not keep it on the fire too long, or it will curdle.

**HARD SAUCE**

- |  |  |
|--|--|
| 1 cup Gold Standard Powdered Sugar<br>$\frac{1}{2}$ teaspoon Gold Standard Lemon Extract | $\frac{1}{2}$ cup butter<br>1 teaspoon Gold Standard Vanilla Extract |
|--|--|

Cream the butter, add sugar gradually, and flavoring.

**CREAM SAUCE**

- |  |  |
|--|--|
| 1 egg<br>$\frac{1}{2}$ teaspoon Gold Standard Vanilla<br>$\frac{1}{2}$ cup thick cream | 1 cup Gold Standard Powdered Sugar<br>$\frac{1}{4}$ cup milk |
|--|--|

Beat white of egg until stiff; add yolk of egg well beaten, and sugar gradually; dilute cream with milk, beat until stiff; combine mixtures and flavor.

**FOAMY SAUCE**

- |   |  |
|---|--|
| Whites 2 eggs<br>1 cup Gold Standard Powdered Sugar | $\frac{1}{2}$ cup hot milk<br>1 teaspoon Gold Standard Vanilla Extract |
|---|--|

Beat eggs until stiff, add sugar gradually and continue beating; add milk and vanilla.

**SABYON SAUCE**

- |  |  |
|--|--|
| Grated rind and juice $\frac{1}{2}$ lemon<br>$\frac{1}{2}$ cup sugar | $\frac{1}{2}$ cup white wine, or<br>$\frac{1}{4}$ cup sherry<br>2 eggs |
|--|--|

Mix lemon, wine, sugar and yolks of eggs; stir vigorously over the fire until it thickens, using a wire whisk, pour on whites of eggs beaten stiff.



### TAPIOCA PUDDING

Take two large tablespoons of Gold Standard "Just-a-Minute" Tapioca one quart of milk, two well beaten eggs and two-thirds cup sugar. Add a little salt and nutmeg. Bake half an hour, stirring often while baking.

### APPLE TAPIOCA PUDDING

Take half a cup of Gold Standard "Just-a-Minute" Tapioca, two tablespoons sugar and a pinch of salt, add a quart of hot water and cook in a double boiler for fifteen minutes. Pare and core six tart apples, filling the holes with sugar and a little nutmeg. Put apples in a dish and pour over them the cooked tapioca; cover the dish and bake thirty minutes. Serve cold with cream and sugar.

### PEACH TAPIOCA

1 can peaches  
 $\frac{1}{4}$  cup Gold Standard Powdered  
 Sugar  
 $\frac{3}{4}$  cup Gold Standard "Just-a-  
 Minute" Tapioca

Boiling water  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  teaspoon salt

Drain peaches, sprinkle with powdered sugar and let stand one hour, soak tapioca one hour in cold water to cover; to peach syrup add enough boiling water to make three cups; heat to boiling point, add tapioca drained from cold water, sugar, and salt; then cook in double boiler until transparent. Line a mould or pudding dish with peaches cut in quarters, fill with tapioca and bake in moderate oven thirty minutes; cool slightly, turn on a dish and serve with cream sauce.

### COFFEE TAPIOCA

To three cups of strained coffee add one-half cup Gold Standard "Just-a-Minute" Tapioca, one-half cup of sugar and a little salt. Then cook fifteen minutes. Flavor with Gold Standard Vanilla and serve cold with cream and sugar.

### COCOANUT CREAM TAPIOCA

Take two tablespoons of Gold Standard "Just-a-Minute" Tapioca to a quart of boiling milk, add three tablespoons of cocoanut and a small cup of sugar. Cook about fifteen minutes in a double boiler, stirring frequently. Just before removing it from the stove add the beaten yolks of three eggs. Cover with the whites of the eggs beaten to a stiff froth with a little sugar. Brown in a quick oven.



### TAPIOCA CREAM

To one quart of milk add two large tablespoons of "Just-a-Minute" Tapioca, one small cup of sugar and a pinch of salt. Then cook for fifteen minutes. Two minutes before removing from the stove stir in the beaten yolks of two eggs. Pour into dish, add whites of the eggs and stir briskly. Add any flavoring desired, or when cold, flavor the cream by pouring it over any fresh fruit, such as bananas, raspberries, strawberries, oranges, etc.

### CHOCOLATE BLANC MANGE

Add one-half cup of Gold Standard "Just-a-Minute" Tapioca, one-half cup of sugar and a little salt to three cups of chocolate, and let it stand fifteen minutes, stirring often. After removing from the stove flavor with Gold Standard Vanilla and pour into mould. Serve cold with sugar and cream.

### CHOCOLATE SUNDAE PUDDING

Add the contents of a package of Gold Standard "Just-a-Minute" Chocolate Pudding to a half pint of milk and make a smooth paste. Add this mixture to one pint of boiling milk (previously prepared) and boil five minutes. Pour in a mould and set away to cool. Serve with whipped cream.

### CHOCOLATE WALNUT PUDDING

Take the contents of a package of Gold Standard "Just-a-Minute" Chocolate Pudding and mix into a smooth paste with a pint of milk. Add this to a pint and a half of boiling milk (previously prepared) and boil five minutes; add a few minced walnuts, pour into a mould and allow to cool. Serve with whipped or sweetened cream.

### ORANGE CHOCOLATE PUDDING

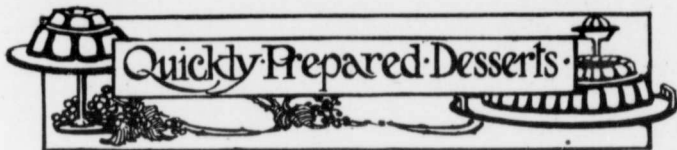
Prepare a package of chocolate as for Sundae Pudding and have ready a package of Gold Standard Orange Jelly Powder. Pour into a mould one on top of the other and set away to cool. This is a most tempting dessert.

### CUSTARD PUDDING

Take two tablespoons of Gold Standard "Just-a-Minute" Custard Pudding to one pint of milk. Mix the powder to a smooth paste with a little of the milk. Set the balance of the milk to boil and when boiling add the mixture and cook for ten minutes; pour in a mould and allow to cool. This makes a most desirable dish when baked in the oven. If a thicker pudding is desired add more powder.

### FOOD FOR INVALIDS

To one pint of water add three tablespoons "Just-a-Minute" Tapioca and a pinch of salt. Then cook for fifteen minutes. Serve with cream and sugar. This makes a very nutritious breakfast dish and is a welcome change from cereals.



#### ORANGE JELLY

Dissolve one package of Gold Standard Jelly Powder (any flavor), in one pint boiling water. Cut oranges in half and scoop out pulp, filling them with the jelly and allow to set. When firm cut into quarters with a sharp knife, and serve with whipped cream.

#### PEACH JELLY

Dissolve one package of Gold Standard Jelly Powder in one pint of boiling water; pour one-half into jelly mould, into which has been placed a layer of canned peaches. Allow the jelly to set firmly and serve with whipped cream sweetened.

#### APRICOT JELLY

Dissolve one package of Gold Standard Jelly Powder in one pint of boiling water. Just as it begins to stiffen cover bottom of a bowl or mould with the mixture, add a layer of apricots, previously stewed, sprinkle with chopped walnuts. Then add more of the dissolved jelly, powder, make another layer of apricots and nuts, cover with the dissolved jelly powder and allow to set firmly. Remove from mould and serve with whipped cream.

#### MARSHMALLOW JELLY

Dissolve one package of Gold Standard Lemon Jelly Powder in one pint of boiling water. Just as it begins to stiffen drop one-quarter pound white marshmallows into the jelly; pour into mould and when firm decorate with marshmallows and serve with whipped cream.

#### MINT JELLY

Make a strong mint tea by dissolving one-half package Gold Standard Mint in one pint boiling water. When thoroughly steeped, drain and to a pint of the liquid add one package Gold Standard Jelly Powder, any flavor, and a scant teaspoon of salt. Stir until dissolved and set aside to cool. If desired, add two teaspoons capers before jelly becomes too firm. Serve with cold mutton or lamb.

#### ALMOND CHERRY JELLY

Dissolve one package of Gold Standard Cherry Jelly Powder in one pint boiling water. Pour one-half into mould, and when it begins to stiffen, drop in a row of blanched almonds. When cold, pour in remainder of mixture and add another row of almonds. Serve when firm.

#### CREAM STRAWBERRY JELLY

Take one quart of fresh strawberries, saving out enough to garnish the dish. Mash the berries, and add three-fourths cup of sugar. Dissolve one package

of Gold Standard Jelly Powder (strawberry) in one pint of boiling water, mix with strawberries and let cool. When partly set, add one and one-half cups cream whipped stiff and a few fresh strawberries. Pour into mould and set in a cool place to harden. Garnish with strawberries and serve with whipped cream.

#### **MAPLE CREAM JELLY**

Dissolve a package of Gold Standard Orange Jelly Powder in one pint of boiling maple syrup. Cool and then add one pint whipped cream. Pour in a mould and set on ice to cool. Do not let ice or salt touch the jelly.

#### **ORANGE FRUIT JELLY**

Dissolve a package of Gold Standard Orange Jelly Powder in one pint of boiling water. Place pitted cherries in bottom of mould and pour on a portion of the dissolved jelly. When firm add remainder of dissolved jelly powder.

#### **LEMON FRUIT JELLY**

Dissolve two packages of Gold Standard Lemon Jelly Powder in one quart of boiling water. Lay peaches, bananas, seeded grapes or other fresh fruit in the bottom of jelly moulds; pour enough of the dissolved jelly powder over the fruit to cover it nicely and allow to set. Then add the remainder of the dissolved jelly powder and serve when firm.

#### **SWISS DELIGHT**

Dissolve one package of Gold Standard Jelly Powder in a pint of boiling water. When cool add one orange and one banana sliced in small pieces. Then add six shelled walnuts and two chopped figs. When set, serve with whipped cream.

#### **PINEAPPLE SNOW**

Take the juice from a can of pineapple and a can of cherries. Boil and stir in one package Gold Standard Jelly Powder, pineapple flavor; add juice of two lemons and one-half cup sugar. When it begins to harden, add beaten whites of three eggs, sliced pineapple cut in small pieces, the cherries and three sliced oranges. Turn into mould and decorate with shelled walnuts. Set to cool and when thoroughly firm serve with whipped cream.

#### **RASPBERRY FRAPPE**

Dissolve one package of Gold Standard Jelly Powder (raspberry flavor) in one pint of boiling water. When cool, add one pint whipped cream and beat all together until thick. Serve in small wine glasses partly filled with crushed raspberries or strawberries.

#### **JELLIED APPLES**

Scoop out the cores of five apples and put three seeded raisins or candied cherries in the cavities. Place in a porcelain or granite kettle, add one cup sugar and one pint water, cover and let simmer gently until done, but not broken. Lay the apples in jelly mould; dissolve one package of Gold Standard Jelly Powder in one pint of boiling water and when cool pour over apples. Serve when firm.

#### **MANHATTAN SALAD**

Dissolve one package of Gold Standard Lemon Jelly Powder in a pint of boiling water. While it is cooling, chop finely one cup tart apples, one cup walnuts, one cup celery and season to taste with salt. Mix these ingredients and pour over them the dissolved jelly powder. Cool in small moulds and serve on lettuce leaves with Gold Standard Salad Dressing.



### BANANA ICE CREAM

Thoroughly mash and mix seven bananas with one pint milk. Add another pint of milk and one package of unflavored Gold Standard Ice Cream Powder. When dissolved freeze in ice cream freezer.

### WALNUT ICE CREAM

Dissolve one package Gold Standard Vanilla Ice Cream Powder as per directions. Add three tablespoons sherry wine, one-half cup shelled walnuts chopped fine and a pinch of salt, if desired. Freeze as per directions.

### COCOANUT ICE CREAM

Dissolve one package Gold Standard Vanilla Ice Cream Powder as per directions on package. Add one cup shredded cocoanut and freeze in ice cream freezer.

### MILDRED ICE CREAM

Dissolve one package of Gold Standard Strawberry Ice Cream Powder in one pint milk. Add one pint cream, one-half cup sugar and stir in the beaten whites of two eggs. Freeze in the usual way.

When in season, it is very nice to add fresh strawberries, raspberries, blackberries or other fruits to ice cream made from Gold Standard Ice Cream Powder after it is nearly frozen. The strawberry flavor will be found preferable for this purpose.

### DELMONICO ICE CREAM WITH ANGEL FOOD

2 cups milk	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup sugar	$2\frac{1}{2}$ cups thin cream
Yolks of 7 eggs	1 tablespoon Gold Standard
1 teaspoon Gold Standard	Vanilla Extract
Lemon Extract	

Make custard of milk, sugar, eggs and salt; cool, strain and flavor; whip cream, remove whip. There should be two quarts; add to custard and freeze. Serve plain or with Angel Food.

### QUEEN SHERBET

Dissolve one package of Gold Standard Lemon Jelly Powder in a pint of boiling water; and add the juice of three lemons and one orange. Add one cup of granulated sugar dissolved in two cups hot water, and freeze in ice cream freezer. When nearly frozen add the beaten whites of two eggs. If Raspberry, Strawberry or Cherry Jelly Powder is used, it will give the sherbet a delicious tint.



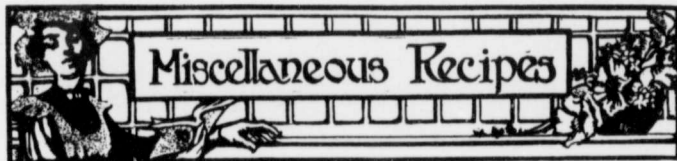
**CHARLOTTE RUSSE**

- |                                  |  |
|----------------------------------|--|
| $\frac{1}{2}$ box gelatine       | Whip $3\frac{1}{2}$ cups thin cream    |
| $\frac{1}{2}$ cup cold water     | $1\frac{1}{2}$ teaspoons Gold Standard |
| $\frac{1}{2}$ cup scalded cream  | Vanilla Extract                        |
| $\frac{1}{2}$ cup powdered sugar | 6 lady fingers                         |

Soak gelatine in cold water, dissolve in scalded cream, strain into a bowl and add sugar and vanilla. Set bowl in pan of ice water and stir constantly until it begins to thicken, then fold in whip from cream, adding one-third at a time. Should gelatine mixture become too thick, melt over hot water and again cool before adding whip. Trim ends and sides of lady fingers, place around inside of mould, crust side out, one-half inch apart. Turn mixture, spread evenly and chill. Serve on glass dish and garnish with cubes of wine jelly. Charlotte Russe is sometimes made in individual moulds; these are often garnished on top with some of mixture forced through a pastry bag and tube. Individual moulds are frequently lined with thin slices of sponge cake cut to fit moulds.

**FROZEN COFFEE CUSTARD**

Dissolve one package unflavored Gold Standard Ice Cream Powder in one pint milk. Beat four eggs and one cup sugar together until very light, and then add them to the mixture. Add one-half pint cream and one-half pint of strong Gold Standard Coffee, strained. Turn all into the cream freezer can and freeze in the regular way.



**DUMPLINGS**

- |                           |                             |
|---------------------------|-----------------------------|
| 2 cups flour              | $\frac{1}{2}$ teaspoon salt |
| 4 teaspoons Gold Standard | 2 teaspoons butter          |
| Baking Powder             | $\frac{3}{4}$ cup milk      |

**M**IX and sift dry ingredients. Work in butter, with tips of fingers, add milk gradually, using knife for mixing. Toss on a floured board, pat and roll out to one-half inch thickness. Shape with a biscuit cutter first dipped in flour. Place closely together in a buttered steamer, put over a kettle of boiling water, cover closely and steam for twelve minutes. A perforated tin pie plate may be used in place of steamer. A little more milk may be used in the mixture, when it may be taken up by spoonfuls, dropped and cooked on top of stew. In this case some of the liquid must be removed, that dumplings may rest on meat and potato and not settle into liquid.

## PURE FOOD PRODUCTS

### ENGLISH MINCE MEAT

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| 5 lbs. raisins seeded           | $\frac{1}{2}$ teaspoon Gold Standard |
| 5 lbs. suet finely chopped      | ground Mace                          |
| 5 lbs. apples finely chopped    | $1\frac{1}{2}$ lbs. blanched almonds |
| 4 lbs. citron finely<br>chopped | chopped                              |
| 5 lbs. currants                 | $\frac{1}{2}$ teaspoon Gold Standard |
| 5 lbs. light brown sugar        | ground Cassia                        |

Cook raisins, suet, apples, citron, currants and sugar slowly for one and one-half hours; then add almonds, spices and brandy.

### YORKSHIRE PUDDING

- |             |                             |
|-------------|-----------------------------|
| 1 cup milk  | 2 eggs                      |
| 1 cup flour | $\frac{1}{4}$ teaspoon salt |

Mix salt and flour, and add milk gradually to form a smooth paste; then add eggs beaten until very light. Cover bottom of hot pan with some of beef fat fried out from roast, pour mixture in pan one-half inch deep. Bake twenty minutes in hot oven, basting after well risen, with some of the fat from a pan in which meat is roasting. Cut in squares for serving. Bake if preferred, in greased hissing hot iron gem pans.

### CHEESE SOUFFLE

- |                                |                                 |
|--------------------------------|---------------------------------|
| 2 tablespoons butter           | Few grains Gold Standard        |
| 3 tablespoons flour            | Ground Cayenne Pepper           |
| $\frac{1}{2}$ teaspoon salt    | $\frac{1}{4}$ cup grated cheese |
| $\frac{1}{2}$ cup scalded milk | Yolks 3 eggs                    |
| Whites 3 eggs                  |                                 |

Melt butter, add flour and when well mixed, add gradually scalded milk; then add salt, cayenne and cheese. Remove from fire, add yolks of eggs beaten until lemon colored. Cool mixture and cut and fold in whites of eggs beaten until stiff and dry. Pour into a buttered baking dish and bake twenty minutes in a slow oven. Serve at once.

### APPLE SALAD

Peel, core and chop fine two firm apples. Add a pinch of salt and half cup chopped walnuts. Moisten with Gold Standard Salad Dressing previously prepared and garnish with lettuce leaves.

### BANANA SALAD

Peel three bananas. Split lengthwise and cut in half. Lay these on lettuce leaves, cover with Gold Standard Salad Dressing previously prepared and sprinkle with chopped walnuts.

### TOMATO JELLY SALAD

To one can of stewed and strained tomatoes add one teaspoon each salt and powdered sugar, and  $\frac{3}{4}$  box of gelatine which has been scalded 15 minutes in half cup of water. Pour in small cups and chill. Run a knife around inside of cups so that when taken our shapes will have a rough surface suggesting a fresh tomato. Place on lettuce leaves and garnish with Gold Standard Salad Dressing.



JELLY POWDER ROOM

It is here that our Gold Standard Jelly Powders are packed. First in dainty little parchment bags, so that none of the delicious flavor can escape, and then, as a further precaution into cardboard cartons. The fingers which do the work are unusually swift and precise. Thousands of packages are completed in a day sometimes of many different flavors. Yet there are no awkward mistakes, no confusion of packages or labels. All work is keenly inspected and rigid exactness is required at all times.

Here, as throughout our entire establishment, you find scrupulous care and cleanliness. Everything is in perfect harmony. There is no shouting of orders, no discord or excitement. It is plain to see that the highest efficiency is the first consideration. Cost is never allowed to stand in the way of our attainment. Our constant endeavor is improvement of methods and bettering of products. Since the above photograph was taken (three years ago) automatic machine that makes the cartons, lines them with parchment paper, weighs the contents and seals the carton, all in the fraction of a second, has entirely replaced the hand labor.

And so our work goes on, smoothly and silently, everyone doing their share with a true spirit of loyalty, ever mindful that purity and cleanliness are the qualities which make for the goodness of our products and our success.

### EGG SALAD

Cut crosswise six hard boiled eggs, keep whites in pairs. Remove yolks and mash or put through potato ricer. Add enough Gold Standard Salad Dressing to moisten. Make into balls the size of original yolks and refill whites. Arrange on lettuce leaves, pouring more salad dressing around eggs.



### RUSSIAN SANDWICHES

Slightly butter thin slices of bread, moisten fine chopped olives with Gold Standard Salad Dressing, and spread upon the buttered slices. Spread other slices with Neufchatel or any cream cheese, press together in pairs and tie with ribbon.

### CELERY SANDWICHES

Chop crisp celery very fine and mix with Gold Standard Salad Dressing, spread one piece of bread with butter, the other with a thin layer of the mixture. With a sharp knife split open the round stems of celery tips and put them between the bread so that the tips will just show on the edges. Tie with narrow ribbon, light green in color.

### HAM AND EGG SANDWICHES

Chop the ham and pound smooth in a mortar pan the yolks of hard boiled eggs through a sieve, mix the yolks with an equal amount of Gold Standard Salad Dressing, butter one piece of bread lightly and spread with ham. Spread the other piece with the egg and dressing, and press the two together. Garnish with parsley.

### LOBSTER FINGERS

Chop lobster meat very fine, season to taste with Gold Standard Salad Dressing, cut the bread in pieces about four inches long and an inch and a half wide. Garnish with parsley and the slender feelers of the lobster.

### BEEF AND CREAM CHEESE SANDWICHES

Spread one piece of bread with cream cheese, the other with beets that have been chopped very fine, and season with Gold Standard Salad Dressing.

### PEANUT SANDWICHES

Chop freshly roasted peanuts very fine, then pound them in a mortar until smooth. Season with salt and moisten with Gold Standard Salad Dressing. Butter two pieces of bread; spread one with the peanut mixture and the other with shredded lettuce, and press the two together.

### HALIBUT AND LETTUCE SANDWICHES

Put a pound and a half of halibut, a slice of onion, a stalk of celery, four or five peppercorns, one teaspoonful of salt and tablespoonful of lemon juice, in boiling water, and cook, just below the boiling point ten or fifteen minutes, according to thickness. Remove bone and skin and rub the fish fine with a wooden spoon, add half a cup of thick cream, a teaspoonful of salt, a dash of white pepper and a tablespoonful of lemon juice. Spread this mixture when cold on buttered slices of bread, a teaspoonful of Gold Standard Salad Dressing on the lettuce, finish with a slice of buttered bread and tie with ribbon.

### CLUB SANDWICHES

Have ready four triangular pieces of toasted bread, spread with Gold Standard Salad Dressing, cover two of three with lettuce, lay thin slices of cold chicken (white meat) upon the lettuce. On this arrange slices of broiled breakfast bacon, then lettuce, and cover with the other triangle of toast spread with dressing. Trim neatly, arrange on a plate, and garnish with heart shaped leaves of lettuce dipped in dressing.

### DUCK AND OLIVE SALAD

Cut the meat from a duck in small pieces and slice very thin twelve Gold Standard Pimento Olives. Use two tablespoonfuls of olives to one cup of meat. Serve on a bed of cress or lettuce with Gold Standard Salad Dressing.

### CHICKEN SALAD No. 1

Use two parts of cold cooked chicken to one part of celery marinate, and drain the chicken. Add the celery and mix with Gold Standard Salad Dressing. Arrange the salad in a nest of lettuce leaves and put Pimento Olives in the centre of each nest.

### CHICKEN SALAD No. 2

Prepare salad as before. Dispose in a mound on a bed of lettuce leaves and mask with Gold Standard Salad Dressing by the use of Gold Standard Pitted Olives cut in halves. Divide the surface into quarters, fill two opposite sections with whites of eggs chopped fine, a third with capers or olives chopped fine, and the fourth with sifted yolks of eggs. Garnish with lettuce and curled celery.

### POTATO SALAD

Cut small, four boiled potatoes, chop one onion, chop one teaspoonful of fresh parsley, one small cucumber (or celery), chop one hard boiled egg. Pepper and salt to taste. Serve on lettuce leaves with Gold Standard Salad Dressing. You will find this a delicious potato salad.

### FRENCH TOMATO SALAD

Strain one pint of canned tomatoes, chop fine twelve Gold Standard Pimento Olives, grate four ounces of cheese, chop one onion and a little celery. One teaspoonful each—sugar and salt. Boil ingredients five minutes; pour over contents, one packet Gold Standard Calfsfoot Jelly; fill cups and serve when chilled on lettuce leaves, with Gold Standard Salad Dressing. You may garnish with parsley, sliced tomatoes or white celery tops.

### **SARDINE AND EGG SALAD**

Skin and bone one dozen sardines and put them in a mortar. Remove the shells from an equal number of hard boiled eggs and cut them into halves cross-wise so as to form cups with pointed edges. Put the yolks into the mortar with the sardines. Add a tablespoonful of chopped parsley, a dash of pepper and salt and work to a smooth paste; moisten with salad dressing and season to taste with salt and pepper. Cut a thin slice from the ends of the egg cups, that they may be set up right on the serving dish and fill with the mixture, making it round on the top like a whole yolk. Arrange these on a bed of watercress or shredded lettuce and sprinkle plentifully with Gold Standard Salad Dressing.

### **OYSTER AND SHRIMP SALAD**

Take two dozen fresh or canned shrimp, separate into small pieces. Prepare a like number of good sized oysters by heating in the liquor, not allowing them to boil, drain and cut up the oysters not too small, mix with the shrimps four tablespoonfuls of chopped G. S. Pimento Olives, the sauce of gherkins and one of minced onion, pour over all a little salad dressing and stand aside while preparing the other ingredients. Peel and slice thinly one cucumber, sprinkling with salt. Shred a head of lettuce and a few stalks of celery, when wanted for the table line a salad bowl with lettuce leaves, pour in a little dressing, lay in and all around the sides the sliced cucumbers, then the oysters and shrimps mixture to which the celery has been added. Mask with Gold Standard Salad Dressing, and garnish with crescent and star shaped of beet, pimento olives and slices of hard boiled eggs. Cold fish with sliced apples, tomatoes and Gold Standard Dressing are also good.

### **ALEXANDRA SALAD**

It is composed of lettuce, celery, grape fruit and fresh cherries. Put together after the following manner.

Allow a hard head of lettuce for each person to be served. Take off the green outer leaves, then with a sharp knife cut out the very heart of the lettuce, leaving a nest. Put into this hollow first a layer of crisp celery, cut in short pieces and shredded fine. On this foundation lay pieces of grape fruit pulp until the cavity is filled. On top lay four fresh cherries, or if necessary the preserved ones, and over the whole pour Gold Standard Salad Dressing made light with whipped cream.

### **PEACH AND ALMOND SALAD**

Blanch the almonds and cut in thin slices. Chill the peaches, peel and cut in thin slices. Use one-fifth as much in bulk of sliced nuts as sliced peaches. Serve with Gold Standard Salad Dressing made white with whipped cream. Garnish the edge with delicate leaves and sliced orange and serve at once.

### **COUNTRY SALAD**

Cut cold boiled corned beef or tongue into thin strips and pile in the centre of a serving dish. Cook potato balls in meat broth until tender, blanch and cool. Roll in Gold Standard Salad Dressing, and dispose about the meat; about these put a ring of celery cut fine, then cooked carrots and turnips cut in straws. Garnish with parsley and cucumber pickles cut in fans. Serve with additional dressing.



### TURQUOISE SALAD

Mix together equal parts of celery and tart apple, cut in matchlike pieces and one or two pimentos cut in similar pieces. Dress with Gold Standard Salad Dressing made light with whipped cream. Serve in nests of lettuce.

### TURQUOISE SALAD No. 2

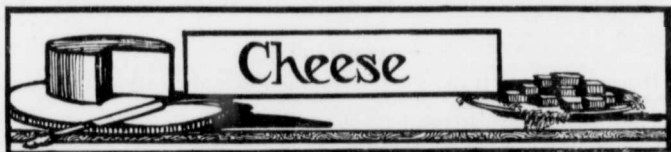
Use pineapple in place of apple. Serve in a mound on a bed of lettuce leaves and garnish with stones cut from the pimentos with curled celery and hearts of lettuce.

### SARDINE SALAD

Lay the sardines upon soft paper that they may be free from oil, scrape off the skin and remove the bones, squeeze over them a little lemon juice or chopped pickles. Arrange upon a bed of shredded lettuce leaves or upon crisp lettuce leaves with Gold Standard Salad Dressing. Garnish with hard boiled eggs cut in slices.

### SHRIMP SALAD IN CUCUMBER BOATS

Pare cucumbers which should be rather short and cut them in halves, lengthwise, remove the seeds and steam until tender, chill and arrange on lettuce leaves or on a bed of water cress, clean and marinate the shrimps; if large divide into two or three pieces. Mix with Gold Standard Salad Dressing and place in cucumbers. Decorate with tender leaves of lettuce and whole shrimps.



### CHEESE TOAST

**T**HREE tablespoonfuls bread crumbs, three tablespoonfuls melted butter, three eggs, one tablespoonful made mustard, salt and pepper, half a pound grated cheese; beat the bread crumbs soaked in cream with the eggs, and add the butter, mustard, seasoning, and lastly the cheese. Beat all together lightly; spread evenly upon slices of toast, and brown quickly in oven.

### WELSH RAREBIT

One-fourth pound rich cream cheese, a quarter cup cream or milk, one teaspoonful mustard, half a teaspoonful salt, few grains cayenne pepper, one egg, one teaspoonful butter, four slices toast; break the cheese in small pieces, or if hard grate it; put it with milk in double boiler; toast the bread and keep it hot; mix the mustard, salt and pepper; add the egg and beat well. When the cheese is melted add the egg and butter. Stir well and cook two minutes, or until it thickens a little, but do not let it curdle; pour it over the toast; some prefer to use beer in place of the milk, but to me the milk seems much better.

### CHEESE TARTS

Grate four ounces of cheese and pound it into a mortar with half that quantity of butter. Then add two well beaten eggs and season highly with dry mustard, cayenne and salt; line some small patty pans with short paste; half fill with the mixture and bake for about fifteen minutes; serve on folded napkin very hot.

### CHEESE SOUFFLE

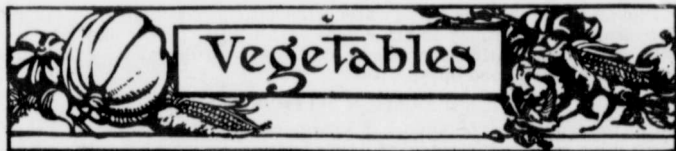
One and a half tablespoonfuls butter, one tablespoonful flour, half cupful milk, half teaspoonful salt, three eggs, one cup full grated cheese, cayenne; stir the flour in the butter while heating in a sauce pan; pour in the milk slowly and let it come to a boil. Add the seasoning, the yolks of eggs well beaten and the grated cheese; pour into a bowl and let cool; when cool stir in the whites of eggs beaten stiff. Pour into small pans, or one shallow one, and bake in a moderate oven for twenty minutes.

### CHEESE PUDDING

Ingredients: 4 ozs. cheese, 2 eggs, butter, stale bread, mustard, one pint of milk; cut some slices of thin bread and butter; put a layer in a buttered pan, put over some grated cheese or cut in very thin slices and sprinkle over a dust of mustard; fill the pan in this way; then pour in a custard of milk and steam for one hour.

### CHEESE BISCUITS AND STRAWS

Ingredients: 2 ozs. each butter, flour and cheese; the yolk of an egg and cayenne; pound or grate the cheese according to whether it be hard or soft; well season it with cayenne; rub it with the butter into the flour and moisten it with the egg. Roll the paste out thin and stamp it into little biscuits with a tin cutter; bake ten minutes in a fairly hot oven. The same paste will serve for cheese straws; it must be rolled thin and cut in very narrow strips, then twisted and baked on a greasy paper. If the straws are cut about four inches long and about half a dozen put through a little ring of paste stamped with two cutters one smaller than the other, and baked separately from the straws, it forms a pretty way of serving. The straws should stand up as little sheaves.



### SPINACH RISsoles

**W**ELL wash the spinach; boil in salted water until about half cooked; drain it; then chop finely; toss it on the fire for a few minutes with some butter and season with salt and pepper. Then mix in two tablespoonfuls of grated cheese, three well beaten eggs; have two ounces of butter melted in a baking dish; put a tablespoonful of the mixture into the butter, bake until brown on one side, then turn over and brown on the other side. Serve in a hot vegetable or entree dish.



### STEWED CARROTS

Scrape and lay the carrots in cold water for half an hour or more; boil for three-quarters of an hour; drain and cut into slices about a quarter of an inch thick; put in a sauce pan with a teacupful of broth, veal, beef or mutton, pepper and salt to taste. When done add four tablespoonfuls of cream or milk, a lump of butter and flour to thicken; boil up and serve. If you have not the meat broth use water or milk and more butter.

### POTATOES—KENTUCKY STYLE

Slice raw potatoes as for frying and let them stand in cold water half an hour; then put in a nappy with pepper and salt; and put half a pint of sweet milk to ordinary sized dish; put in the oven and bake an hour. When taken out cut a tablespoonful of butter into small pieces and scatter over the top.

### SWEET POTATO PIE

Take large sweet potatoes and steam until they are soft; slice thin; pastry is made in usual way. Lay potatoes in a deep pie pan; sprinkle some flour over them; add two tablespoonfuls vinegar, one teaspoonful butter, half a teacupful water, sugar and nutmeg or allspice to suit taste. Sweet potato pies should be eaten warm.

### FRIED PARSNIPS

Boil in salted water until tender; scrape off the skin and cut in lengthwise slices; dredge with flour and fry in hot dripping or lard, turning when one side is browned; drain off every drop of fat; pepper and serve hot.

### BAKED ONIONS

Wash clean and boil one hour with the skins on. The water should be boiling when they are put in, and slightly salt, and should be changed twice after draining; bake in a slow oven nearly one hour; peel when done; serve with sauce. For baking Spanish or Bermuda onions should be used.

### FRIED ONIONS

Peel and slice them into cold water, after putting some pieces of salt pork or fat meat in the pan; lay in the onions with a little pepper and salt; cover closely, and when nearly done remove the cover and dredge in a little flour. Add a piece of butter and brown them.

### ASPARAGUS WITH EGGS

Cut the tender part of a bunch of asparagus into inch lengths and boil until tender; drain; pour over a cupful of drawn butter; stir until hot, then turn into a baking dish; break half a dozen eggs on the top; season with pepper, salt and bits of butter, and bake until the eggs are set.

### DICED TURNIPS

Turnips are delicious diced and dressed with butter, pepper, salt and vinegar; serve hot. Radishes are beautiful served in chopped ice; use the round radishes, having the skin cut a little and turned down like a rose. These served on lettuce leaves or garnished with parsley make a most delightful and artistic adjunct to the table.

### **POTATO LOAVES**

At the season when potatoes are getting old and discolored, and not appetizing when plain boiled, try potato loaves and see how they will be appreciated. Mash some potatoes perfectly smooth; season it with pepper and salt, and add a little chopped parsley; bind with a raw egg or a little milk; flour the hands and make up the potatoes into the form of tiny cottage loaves. Brush over with egg and bake in a quick oven.

### **CANADIAN BAKED BEANS**

Boil the beans until they begin to crack, with a pound or two of fat salt pork; put the beans in the baking pan; score the pork across the top, and settle in the middle; add two tablespoonfuls of sugar or molasses and bake in a moderate oven two hours. They should be very moist when first put into the oven or they will grow too dry in baking. Do not forget the sweetening if you want Yankee Baked Beans.

### **GENUINE BOSTON BAKED BEANS**

One cup of dry beans; soda size of a bean; one tablespoonful of molasses or brown sugar, piece of pickled pork; pick over the beans at night (the small white beans); add the soda and cover with cold water. In the morning pour off the water, cover with fresh and boil until tender. Then stir in the molasses or sugar; put in a bean pot; score the rind of the pork and bury it in them; bake two or three hours. Be sure and have plenty of water while they are baking else they will be dry.

### **BEEETS SERVED WITH CREAM**

We are all familiar with pickled beet root; but try them diced and served with cream dressing. Young beets will cook in about half an hour after they begin to boil, and should always be put into boiling water. When done remove and plunge into cold water; remove the skin, dice and put into a skillet with a rich cream sauce; add a little bit of sugar.

### **CELERY FRIED**

Thoroughly cleanse the celery, remove the leaves and cut it into four inch lengths, then put into a stew pan with ham or bacon stock and simmer for about a quarter of an hour. Let the celery cool, then take it out; dip it in egg and bread crumbs and fry in butter. Arrange it neatly on a dish and serve with tomato sauce.

### **CAULIFLOWER**

Cauliflower au gratin is a dish not to be despised. To prepare it; first, boil the cauliflower; then break it into small flowerets; place them in a pudding dish in alternate layers with white sauce and grated cheese; cover the top with crumbs moistened with butter and bake until the sauce bubbles through the crumbs.

### **ARTICHOKES (FRIED)**

Trim and boil the artichokes and rub over with lemon juice to keep them white, when quite tender, take them and divide the bottoms; dip each piece into batter, fry in hot lard or dripping and garnish with crisp parsley; serve with plain melted butter. Boil twenty minutes; fry seven minutes.

### CREAMED GREEN CORN

Cut from the cob and cook in a little water for five minutes after boiling takes place; season with salt and white pepper, and add a cupful of sweet cream when done. Serve hot. Green corn pudding is good made from the corn, either cut or grated from the cob. Allow a cupful of milk to two cupfuls of corn and one egg for each cupful of milk used. Put in a buttered pudding dish and bake till the custard is just set, and no more. Serve hot with sweet butter.

### GREEN PEAS

It is not every one that knows that green peas should be picked and served the same day; it is not economy to buy them and make ready overnight, for they lose their sweetness and delicious flavor in a very short period of time. Green peas, after shelling and freeing from foreign substance, should be put into boiling water, as little as they can be cooked in; it will take about half an hour to cook well. Remove the cover and let the water boil away rapidly till there is little left; add a little salt, then dress with rich sweet cream or milk and butter. If pepper is used it should be white, which has a more delicate flavor than the black; serve hot.

### BRUSSELS SPROUTS BOILED

Clean the sprouts from insects; nicely wash them and pick off any dead or discolored leaves; put them into a sauce pan of boiling water, with salt and soda. Keep the pan uncovered and let them boil quickly over a brisk fire until tender; drain, dish and serve. Another mode of serving is when they are dished, to stir in half an ounce of butter and a seasoning of pepper and salt. They must be sent to the table very quickly.

### ENDIVE

This beautiful vegetable makes an excellent addition to winter salad. When other salad herbs are not obtainable it is usually placed in the centre of the dish, with slices of beet root, hard boiled eggs, and curled celery placed around it; carefully wash and cleanse it free from insects which are generally found near the heart; remove any decayed or dead leaves, and dry it thoroughly by shaking in a cloth. This vegetable may also be served hot, stewed in cream, brown gravy or butter, not very highly seasoned as that would destroy and overpower the flavor of the vegetable.

### MUSHROOM AU GRATIN

Peel and trim the mushrooms and place them stalk-side upmost in a well buttered fireproof dish, and pile each up with the following mixture. Chop very finely an onion, half a handful parsley, the stalks of the mushrooms minced very fine, and two washed and minced anchovies. Strew some fine baked bread crumbs on top with some small pieces of butter. Bake for about fifteen minutes. Serve very hot with some good brown gravy.

### MUSHROOMS (TO DRY)

Wipe them clean; take away the brown part and peel off the skin; lay them on sheets of paper to dry in a cool oven. Keep them in paper bags in a dry place till wanted for use. Put them into cold gravy; bring them gradually to simmer, and it will be found they will regain their natural size.

### BROILED MUSHROOMS

Take the finest and freshest you can get; peel them; score the under side and cut the stems close; place in a deep dish, and anoint well with melted butter, salt and pepper; leave in the butter one and one-half hours. Boil over a clear hot fire, using an oyster gridiron, and turning it over as one side browns. Serve hot, well buttered, pepper and salt; squeeze a few drops of lemon juice in each.

### LENTILS BOILED

Put the lentils to soak in water over night; strain them in the morning and boil them in fresh water till tender, but not broken, drain them and put them back in the pan with a little butter, pepper and salt, and a spoonful of lemon juice or vinegar and serve when hot.



### PRAIRIE CHICKEN STEAMED AND BAKED

**S**TUFF them after cleaning with a dressing of bread crumbs and seasoning of pepper and salt, and mix with melted butter; sage, onion or summer savory may be added if liked. Secure the fowl firmly with a needle and twine; steam in a steamer until tender, then remove to a dripping pan; dredge with flour, pepper and salt and brown delicately in the oven; baste with melted butter; garnish with parsley and lumps of currant jelly.

### ROAST DUCK WITH APPLES

Pluck and singe a duck; draw it without breaking the intestines; wipe it with a wet towel and lay it in a baking pan. Wipe a dozen small sour apples with a wet cloth; cut out the cores without breaking the apples and arrange them round the duck; then moderate the heat of the oven and continue the cooking for about twenty minutes or until the apples are tender or not broken; baste both duck and apples every five minutes until they are done, and then serve them on the same dish.

### TURKEY BAKED (Italian Recipe)

Ingredients: A turkey, quarter of a pound of sausage meat, eight prunes, four pears, a glass of white wine, half a pint of peeled and boiled chestnuts, a few slices of bacon. Blanch and stone the prunes, peel and quarter the pears, then fry with the chestnuts in a little butter, mince the liver of the turkey fine; mix with it the sausage; add to the other ingredients to make a force meat for the turkey with which stuff it, first slightly salting it inside; bake in a slow oven with the butter and a little salt, basting occasionally. Serve with the gravy.

### FOWL FRIED

Ingredients: The remains of cold roast fowls, vinegar, salt and cayenne to taste, three or four minced shallots, half a pound of flour, half a pint of hot water, two ounces butter, and the whites of two eggs. Cut the fowl into nice joints; steep them for an hour in a little vinegar, with salt, cayenne and minced shallots. Make the batter by mixing the flour and water, smoothly together; melt in it the butter and add the whites of eggs beaten to a froth; take out the pieces of fowl, dip them in the batter and fry in boiling lard a nice brown; pile them in the dish and garnish with fried parsley or rolled bacon. A sauce or gravy may be served with them.

### FOWL SAUTE WITH PEAS (An Entree)

Ingredients: The remains of cold roast fowl, two ounces of butter, pepper, salt and pounded mace to taste. One dessertspoonful flour, half pint weak stock, one pint green peas, one teaspoonful pounded sugar; cut the fowl into nice pieces; put the butter into a stew pan saute, or fry the fowl a nice brown previously sprinkling it with pepper, salt and pounded mace; dredge in the flour, shake the ingredients well round, then add the stock and peas, and stew till the latter are tender, about twenty minutes, put in the pounded sugar and serve, placing the chicken round and the peas in the middle of the dish. Mushrooms may be substituted for peas.

### FOWLS BROILED WITH OYSTERS

Ingredients: One young fowl, one dozen oysters, the yolks of two eggs, quarter of a pint of cream, bread crumbs. Truss as for boiling; fill the inside with oysters washed in their own liquor and dipped in bread crumbs and seasoning, secure the ends of the fowl, put it into a jar and plunge the jar into a sauce pan of boiling water. Boil for one and one-half hours or rather longer, then take the gravy which has flowed from the oysters and fowl, stir in the cream and yolks of eggs; add a few oysters scalded in their liquor. Let the sauce get quite hot, but do not allow it to boil; pour some of it over the fowl, and the remainder send to the table in a tureen. A blade of pounded mace added to the sauce will be found an improvement.

### POOLOOT (Indian Recipe)

Ingredients: A fowl, one pound of rice, one quart of stock, eight onions, one tablespoonful of ground ginger, six hard boiled eggs, a few thin rashers of bacon, butter for frying, peppercorns, cardamoms, salt. Truss the fowl as for boiling, and boil the rice for five minutes and drain. Put both with the stock into the stew pan over a slow fire, bruise four of the onions and squeeze out the juice, and add with the ginger tied in a piece of muslin, and the lemon juice when the fowl is sufficiently done; take it out and keep hot while the rice is drying; slice and fry the rest of the onions, then cut up the fowl and fry it in the same butter; pile the rice in the centre of a dish with the joints of fowl on the top, and over this the onions; stew the peppercorns over the rice and garnish with bacon fried and eggs cut in slices.

### SWEETBREADS BAKED

Ingredients: Three sweetbreads, egg, bread crumbs, oiled butter, three slices toast, brown gravy. Put the sweetbreads into warm water; let them remain rather more than one hour, then put them into boiling water and simmer for about

## PURE FOOD PRODUCTS

ten minutes which renders them firm; take them up; drain; brush over with the egg; sprinkle with bread crumbs; dip them in egg again; and then into more bread crumbs; drop on them a little oiled butter, and put the sweetbread into a moderate oven and bake for three-quarters of an hour; place the sweetbreads on toast and pour round but not over them a good brown gravy; garnish with parsley.

### VEAL CAKE (A Convenient Dish for a Picnic)

Ingredients: A few slices of cold roast veal; a few slices cold ham; two hard boiled eggs; two tablespoonfuls minced parsley, pepper, good gravy. Cut off all the brown from the veal; cut the eggs into slices; lay veal, ham, eggs and parsley in layers, with a little pepper and salt between each, in a mould, and when the mould is full get some strong stock and fill up the shape; bake for half an hour and when cold turn it out; slice and serve with parsley and sliced lemon.

### CURRIED RABBIT

Ingredients: One can of rabbit, two ounces of butter, one pint of stock, one sour apple, a tablespoonful each of curry powder and flour, the juice of half a lemon. Slice and fry the onions and apple in the butter. Boil the stock and put it boiling into the stew pan; mix the flour and curry powder with a little of the stock; simmer for half an hour. Add the rabbit cut up and warmed thoroughly, then squeeze the lemon and serve with a dish of boiled rice.

### MUTTON CUTLETS WITH MASHED POTATOES

Ingredients: About three pounds of the best end of a neck of mutton, salt and pepper to taste, mashed potatoes. Procure a well hung neck of mutton; saw off about three inches of the top of the bones, and cut the cutlets of a moderate thickness; shape them by chopping off the thick part of the chine bone; beat them flat with a cutlet chopper, and scrape quite clean a portion of the top of the bone; broil them for about seven or eight minutes and turn frequently. When the cutlets are done season with pepper and salt; arrange them with the thick end of the cutlets downwards, around mashed potatoes, and serve very hot and quickly.

### KIDNEY TOAST

Ingredients: Three sheeps' kidneys, one ounce butter, a little lemon, cayenne and salt, three slices of hot buttered toast. Gently stew the kidneys in a very little water till perfectly tender; remove all skin and gristle and pound them in a mortar with the butter till they form a smooth paste; squeeze a little lemon into them and season highly with cayenne and salt; spread the paste upon the toast and put the slices in the oven for a few minutes that they may be perfectly hot when served.

### KEBOBBS

Ingredients: Remains of cold roast mutton, about half a pound after mincing mixture for seasoning, a small teacupful of curried paste, a grate of nutmeg, salt and finely chopped parsley, two eggs, fat for frying bread crumbs. Mince the mutton free from fat in a mincer, there should be about half a pound, add the seasoning, which may be varied according to taste, and make into little flat cakes with beaten egg; dip these into egg and bread crumbs, and fry a bright golden brown. Serve with cut lemon and briskly.

### BEEF FRIED

Ingredients: A few slices cold salt beef, pepper to taste, dripping, mashed potatoes. Cut any part of cold salt beef into thin slices; fry them gently in dripping and season with a little pepper, having ready some very hot mashed potatoes; lay the slices of beef on them and garnish with pickled gherkins

### MEAT AND MACARONI

Ingredients: Two pound tin of meat, quarter pound of macaroni, half a pint of stock, a pinch of powdered cinnamon, seasoning of pepper and salt. Put the macaroni into sufficient boiling water to cover it, and let it stew till tender; chop and mince the meat finely, adding the seasoning, and put it in the stew pan with the stock and let it get hot. Serve on a round of toast with the macaroni as a border.

### BEEF COLLOPS

Ingredients: One pound of tinned beef, four ounces of butter or dripping, one-half pint of stock, one onion, one lemon, one tablespoonful of mushroom ketchup, or any other sauce, pepper and salt, mashed potatoes. Mince the beef very fine, put the butter or dripping in the stew pan with the onion chopped fine, till nicely browned, add the lemon, stock, sauce, and seasoning, and simmer five minutes; then add the meat and simmer for another five minutes. Make a border or wall of mashed potatoes and pour the collops in the centre. If there is much fat in the meat it will serve instead of butter or dripping.



### EGGS AND TOMATOES

**I**NGREDIENTS: Two good sized tomatoes, four eggs, a little ham or tongue, butter, seasoning (mode). Cut the tomatoes in half and cook them in a tin with a little butter in the oven till nearly done; take a little out of the middle of each; sprinkle in some finely chopped ham and dash of cayenne; break an egg into each; cook till the eggs are set; then sprinkle over some finely chopped parsley. Serve in some croutons or small rounds of buttered toast.

### EGGS IN AMBUSH

Ingredients: Six eggs, one pound of sausages, a little vermicelli, pepper and cayenne, dripping for frying. Boil the eggs hard and when cold shell them; take the sausage meat out of the skins, and add a little more seasoning to it if necessary, roll each egg in the meat, covering it smoothly, then dip in beaten egg, and afterwards crushed vermicelli, and fry a bright brown. When cold cut the eggs in halves, and lay each on a fried crouton or round of toast. Arrange neatly on a dish and garnish with parsley or cress.

## PURE FOOD PRODUCTS

### EGGS A L'ESPAGNOLE

Ingredients: Two Spanish onions, dripping bread, pepper and salt; fry some rounds of bread a light brown in dripping; then fry the onions sliced, adding as they cook a sprinkling of pepper and salt. Pile the onion on the croutons, and on each place a nicely poached egg. Serve while hot.

### EGGS ANCHOVY

Ingredients: Four eggs, two or three slices of bread, a little anchovy paste, cayenne, two ounces of butter. Boil the eggs hard; shell them when cold; cut them in halves; put the yolks in a mortar or basin with the butter, anchovy paste and cayenne and pound smooth. Stamp out small rounds of bread and fry them a bright brown, then set aside till cold. Fill the halves of the eggs with the yolk mixture. Stand each one on a crouton and garnish with parsley.



### HALIBUT STEAK

**W**ASH and dry the steaks; roll out the crackers into powder and beat the eggs; dredge the steak with flour; shake over a little salt; dip them first in the egg and then in the powdered crackers. Fry in plenty of hot lard; they can also be broiled upon a greased gridiron; season and garnish with parsley.

### FISH AND OYSTER PIE

Clean the fish from the bones, and put a layer of it in a pie dish; sprinkle with pepper and salt, then a layer of bread crumbs, oysters, nutmeg and chopped parsley. Repeat this till the dish is full; cover either with browned bread crumbs or puffed paste. The latter should be cut into strips and laid in cross bars over the fish with a line of paste first laid around the edge. Before putting on the top pour in some melted butter or a little thin white sauce and the oyster liquor and bake.


### COD FISH BALLS

Take four cups of mashed potatoes, three cups boiled cod fish, mince fine; add butter mixed well together; then add two well beaten eggs; beat it up again thoroughly; drop by spoonfuls into hot lard and fry the same as dough nuts; are nice fried in croquette baskets.

### TO BAKE MACKEREL

Clean the fish, cut off the heads; take out and wash the roes, then put them again into the fish; powder the fish lightly within and without with a mixture of salt, pepper and finely chopped parsley, arranging them neatly in a baking dish; pour over them a quarter of a pint of vinegar and half a pint of clarified butter. Then put into the oven and bake for half an hour. Remove them in a hot dish and serve with parsley butter.





## Soups

### GAME SOUP

**T**WO grouse or partridges or, if you have neither, use a pair of rabbits, half a pound of lean ham, two medium sized onions, one pound of lean beef, fried bread, butter for frying, pepper, salt, and two stalks of white celery cut into inch lengths; three quarts of water. Joint your game neatly; cut the ham and onions into small pieces, fry all in butter to a light brown; put into a soup pot with the beef; cut into strips, add a little pepper, pour on the water; heat slowly and stew gently two hours. Take out the pieces of bird and cover in a bowl; cook the soup an hour longer; strain; cool; drop in the celery and simmer ten minutes. Pour upon fried bread in the tureen.

### CELERY SOUP

Celery soup may be made with white stock; cut down the white of half a dozen heads of celery into little pieces and boil it in four pints of white stock, with a quarter of a pound of lean ham and two ounces of butter. Simmer gently for a full hour, then drain through a sieve, return the liquor to pan and stir in a few spoonfuls of cream with great care; serve with toasted bread, and, if liked, thicken with a little flour; season to taste.

### OYSTER SOUP

Two quarts of oysters, one quart of milk, two teaspoonfuls of butter, one teacupful hot water, pepper, salt, strain all the liquor from the oysters; add the water and heat; when near the boil add the seasoning, then the oysters; cook about five minutes from the time they begin to simmer until they ruffle; stir in the butter; cook one minute and pour into the tureen. Stir in the boiling milk and send to table.

### OX-TAIL SOUP

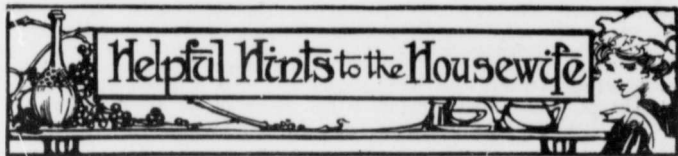
Take two ox-tails and two whole onions, two carrots, a small turnip, two tablespoonfuls flour and a little white pepper. Add a gallon of water. Let all boil for two hours; then take out the tails and cut the meat into small pieces; return the bones to the pot; boil for another hour, then strain the soup; two spoonfuls of arrowroot to add to it with the meat cut from the bones, and let all boil for a quarter of an hour and serve.

### VEAL SOUP

To about three pounds of a joint of veal, which must be well broken up, put four quarts of water and set it over to boil. Prepare one-fourth pound of macaroni by boiling it by itself, with sufficient water to cover it; add a little butter to the macaroni when it is tender. Strain the soup and season to taste with salt and pepper, then add macaroni in the water in which it is boiled. The addition of a pint of rich milk or cream and celery flavor is relished by many.

### CHICKEN CREAM SOUP

Boil an old fowl with an onion in four quarts of cold water until there remains but two quarts; take it out and let it get cold; cut off the whole of the breast and chop very fine; mix with the pounded yolks of two hard boiled eggs, and rub through a colander; cool, skim and strain the soup into a soup pot; season; add the chicken and egg mixture; simmer ten minutes and pour into the tureen; then add a small cup of boiling milk.



**To Scald Milk**—Put in top of double boiler, having water boiling in under part. Cover and let stand on top of range until milk around edge of double boiler has a bead-like appearance.

**For Buttered Cracker Crumbs**.—Allow from one-fourth to one-third cup melted butter to each cup of crumbs. Stir lightly with fork in mixing, that crumbs may be evenly coated and light rather than compact.

**To Cream Butter**.—Put in bowl and work with a wooden spoon until soft and of a creamy consistency. Should butter-milk exude from butter, it should be poured off.

**To Remove Iron Rust**.—Saturate spot with lemon juice; then cover with salt. Let stand in the sun for several hours; or a solution of hydrochloric acid may be used.

**To Remove Grease Spots**.—Cold water and Ivory soap will remove grease spots from cotton and woollen fabrics. Castilian Cream is useful for black woollen goods, but leaves a light ring on delicately colored goods. Either is always sure and safe to use.

**To Make Caramel**.—Continue caramelization of sugar until syrup is quite brown and a whitish smoke arises from it. Add an equal quantity of boiling water and simmer until of the consistency of a thick syrup. Of use in coloring soups, sauces, etc.

**To Caramelize Sugar**.—Put in a smooth granite saucepan or omelet pan, place over hot part of range and stir constantly until melted and of the color of maple syrup. Care must be taken to prevent sugar from adhering to sides of pan or spoon.

**To Extract Juice from Onion.**—Cut a slice from root end of onion, draw back the skin and press onion on a coarse grater, working in a rotary motion.

**To Remove Stains** from cotton goods, wash in alcohol.

**Iron Rust** may be removed from delicate fabrics by covering spot thickly with cream of tartar, then twisting cloth to keep cream of tartar over spot; put in a sauce pan of cold water and heat water gradually to boiling point.

**To Chop Parsley.**—Remove leaves from parsley. If parsley is wet, first dry with a towel. Gather parsley between thumb and finger and press compactly. With a sharp knife cut through and through. Again gather in fingers and recut, so continuing until parsley is finely cut.

**Flavoring Extracts and Wine** should be added, if possible, to a mixture when cold. If added while mixture is hot, much of the goodness passes off in steam.

**Mixed Mustard.**—Mix two tablespoonfuls Gold Standard Mustard and one teaspoon sugar. Add hot water gradually until of the consistency of thick paste. Vinegar may be used in place of water.

**To Wash Carafes.**—Half fill with hot soapsuds, to which is added one teaspoon washing soda. Put in newspaper torn in small pieces. Let stand one-half-hour, occasionally shaking. Empty, rinse with hot water, drain and wipe outside and let stand to dry inside.

**After Boiling or Frying.**—If any fat has spattered on range, wipe surface at once with newspaper.

**To Remove Fruit Stains.**—Pour boiling water over stained surface, having it fall from a distance of three feet. This is a much better way than dipping stain in and out of hot water; or wring articles out of cold water and hang out of doors on frosty night.

**To Clean Granite Ware** when mixture has been cooked or burned on. Half fill with cold water, adding washing soda. Heat water gradually to boiling point, then empty, when dish may be easily cleaned. Pearlina or any soap powder may be used in place of washing soda.

**To Wash Mirrors and Windows.**—Rub over with chamois skin wrung out of warm water, then wipe with piece of dry chamois skin. This method saves much strength.

**To Remove Stains of Claret Wine.**—As soon as claret is spilled, cover spot with salt. Let stand a few minutes, then rinse in cold water.

**To Remove White Spots from Furniture.**—Dip a cloth in hot water nearly to boiling point. Place over spot, remove quickly and rub over spot with dry cloth. Repeat if spot is not removed. Alcohol or camphor quickly applied may be used.

**Tumblers** which have contained milk should be first rinsed in cold water before washing in hot water.

**To Keep a Sink Drain** free from grease, pour down once a week at night a few tablespoons Gold Standard Household Ammonia. Should sink drain chance to get checked, pour into sink one-fourth pound copperas dissolved in two quarts boiling water. If this is not sufficient, repeat before sending for plumber.

**Never Put Knives** with ivory handles in water. Hot water causes them to crack and discolor.

**To Prevent Glassware from Being Easily Broken.**—Put in a kettle of cold water; heat gradually until water has reached boiling point. Set aside; when water is cold take out glass. This is a most desirable way to toughen lamp chimneys.

**To Remove Ink Stains.**—Wash in a solution of hydrochloric acid and rinse in ammonia water. Wet the spot with warm water, put on Sapolio, rub gently between the hands and generally the spot will disappear.

**Cut Glass** should be washed and rinsed in water that is not very hot and of same temperature.

**Never Wash** the inside of tea or coffee pots with soap suds. If granite or agate ware is used and becomes badly discolored, nearly fill with cold water, add one teaspoon Gold Standard Ground Borax and heat gradually until water reaches boiling point. Rinse with hot water, wipe and keep on back of range until perfectly dry.

**Polish for Hardwood Floor.**—Use one pint beeswax and two parts turpentine. Put in sauce pan on range and when wax is dissolved a paste will be formed.

**To Clean Piano Keys.**—Rub over with alcohol.

**To Remove Tea and Coffee Stains.**—Wet spot with cold water, cover with glycerine and let stand two or three hours. Then wash with cold water and hard soap. Repeat if needed.

**For a Burn** apply equal parts of white of egg and olive oil mixed together, then cover with a piece of old linen. If applied at once no blister will form. Or apply at once baking soda, then cover with cloth and keep the same wet with cold water. This takes out the pain and prevents blistering.

**Listerine** is an excellent disinfectant to use for the mouth and throat.

**Chloride of Lime** is a valuable disinfectant.

**Smoked Ceiling** may be cleaned by washing with cloths wrung out of hot water in which a small piece of washing soda has been dissolved.

## Letters of Appreciation

**W**E receive hundreds of letters every year from people who use our Gold Standard Food Products, expressing their appreciation of the purity and quality of these goods. The fact that these letters are not asked for, but are all sent voluntarily, makes them all the more valued by us. We cannot publish all of these letters, but we have embodied a few to show you what the users of our Gold Standard Products think of them.

The Gold Standard Manfg. Co.,  
Gentlemen:—

Do you or will you sell direct to a private party? There is no grocer here in our town who handles your goods and I do not consider that I have a cup of coffee if it is not "GOLD STANDARD." Kindly let me know if you will sell direct to me and give your price per dozen.

Trusting to hear from you at once, I am,

Respectfully,

Mrs. J. B. REUTER,  
Blairmore, Alta.

We wrote Mrs. Reuter upon receipt of the above letter, explaining that we would place our products with her grocer, and that she could obtain them from him. We also asked if we might publish her letter in this book and this is the reply:

Gentlemen:—

Your letter of recent date has been received, and will say relative to using my letter in your new Cook Book that you are at liberty to do so, as I am always pleased to recommend what I know to be first-class to my friends, also tell others about it who do not know. Yes, you are perfectly welcome to use both my letter and name.

Very truly yours,

Mrs. J. B. REUTER,  
Blairmore, Alta.

**PURE FOOD PRODUCTS**

The Gold Standard Manfg. Co.,  
Gentlemen:—

Will you please send me one of your Cook Books. I use your Gold Standard Baking Powder, and find it so satisfactory I would use no other.

Yours truly,  
Mrs. R. TOPHAM, Togo, Sask.

Upon receipt of the above letter we sent Mrs. Topham one of our Cook Books asking if we might publish her letter and name in this new book. She replied as follows:

Gentlemen:—

Yours to hand about using my letter and name; you can use them both if it will help the Gold Standard Baking Powder along. It can't be beat. I am buying it in five pound tins and always recommend it to my friends.

Yours truly,  
Mrs. R. TOPHAM, Togo, Sask.

The Gold Standard Manfg. Co.,  
Gentlemen:—

Kindly send me one of your 80 page Cook Books, we always use Gold Standard Tea, Baking Powder and everything in the Gold Standard Line for we know they are the best that can be bought. Hoping to receive your Cook Book, I am,

Sincerely,  
Mrs. I. BOSNELL, Brookdale, Man.

The Gold Standard Manfg. Co.,  
Gentlemen:—

I would like very much to receive one of your Cook Books. I need not send you the name of my grocer as he always handles Gold Standard Baking Powder and since I have been in the west, over two years, I have used none other. I find it equal, if not better, than the high priced Baking Powders.

Yours respectfully,  
Mrs. JAMES N. ROGERS, Haddington, Sask.

The Gold Standard Manfg. Co.,  
Gentlemen:—

I have used your Gold Standard Baking Powder and find it the best I have ever tried.

Yours truly,  
Mrs. W. DARNBROUGH, Creekfield, Sask.

FROM ALMOST EVERY COUNTRY OF THE WORLD WE GATHER THE MATERIALS WHICH CONTRIBUTE TO THE GOODNESS OF OUR PRODUCTS.



GOLD STANDARD

# *Gold Standard*

## Pure Food Products

### A COMPLETE LIST

**AMMONIA (LIQUID HOUSEHOLD.)**

**AMMONIA POWDERED**—In 1½ lb. packages.

**THE CHAFFLESS COFFEE**—In 1 lb. and 2 lb. sealed tins.

**OLD HOLLAND COFFEE**—In 1 lb. cartons and 3 lb. tins.

**COFFEES IN BULK**—All Grades.

**TEAS**

Black

India and Ceylon

**TEAS**

Green Japan

{ White Label—1 lb. lead packages and 3 lb. tins.

{ Red Label—½ lb. and 1 lb. lead packages; 5 lb. tins.

{ Green Label—½ lb. and 1 lb. lead packages.

{ Pink Label—½ lb. and 1 lb. lead packages.

{ Chocolate Label—1 lb. lead packages and 3 lb. tins.

**BULK TEAS**—All grades.

**BAKING POWDER**—In 6 oz., 8 oz., 12 oz., 16 oz., 2½ lb. and 5 lb. sealed tins

**BAKING SODA**—In ½ lb. and 1 lb. packages.

**CREAM OF TARTAR**—In 3 oz. and 4 oz. packages, ½ lb. tins.

**JELLY POWDER**—All flavors.

**PREPARED PUDDINGS**—Several varieties. See page 51.

**SALAD DRESSING POWDER**—In small cartons.

**GOLD STANDARD LIQUID SALAD DRESSING**—In 4 oz. picnic size, ½ pint bottles and 1 pint bottles.

**ICING SUGAR**—In 12 oz. packages, 2 lb. packages and bulk.

**PREPARED CAKE ICINGS**—Nine varieties.

**ICE CREAM POWDER**—Vanilla, Chocolate, Strawberry and unflavored.

**FLAVORING EXTRACTS**—All flavors, 2 oz., 2½ oz., 4 oz., 8 oz., 16 oz. and 32 oz. bottles.

**CLEANED CURRANTS**—In 1 lb. and 2 lb. packages.

**MOLASSES**—In 2 lb., 3 lb., 5 lb. and 10 lb. tins.

**MUSTARD**—In ½ lb. and ½ lb. tins.

**PREPARED MUSTARDS, DUSSELDORF STYLE, GOLD STANDARD AND PREPARED MUSTARD, WITH HORSE RADISH.**

**CELERY SALT**—In 4 oz. shaker bottles.

**SPICES**—All kinds, in 4 oz. packages and 4 oz. shaker tins.

**HERBS**—All kinds, in 4 oz. packages and 4 oz. tins.

All the above articles are prepared in the Gold Standard way, which means that they are as good as expert knowledge, long experience and scientific methods can produce.

So sure are we of the purity and goodness of Gold Standard Food Products that we authorize all merchants to refund full purchase price upon anything not to your liking. All you need to do is to say that you don't like it.

THE GOLD STANDARD MANUFACTURING CO.





YOU CAN PURCHASE  
GOLD STANDARD FOOD PRODUCTS  
AT ALMOST  
EVERY FIRST-CLASS GROCERY

---

**D**EARLY all the best Grocers sell Gold Standard Food Products, because many of their customers will not buy any other brand. There are, however, a few merchants who have not as yet placed our products in stock, and who will try to substitute some other brand upon which they make a larger profit, or in other words, try to sell you something NOT AS GOOD as you ask for—Gold Standard.

If your grocer should happen to be one of this kind, do not allow him to substitute something else which he claims is "just as good," but firmly insist that he supply you with Gold Standard.

Every merchant can obtain our products very easily and if you will insist upon it he will get them for you.

THE GOLD STANDARD MANUFACTURING CO.  
WINNIPEG

---

We will send your friends a copy  
of this Book

The recipes in this book have proved so useful and popular that many of the ladies who received a copy of the first edition requested that we send copies to their friends.

We were very glad to comply with this request, and if you should have several friends whom you think would appreciate one of these books we will gladly send it to them.

All you need do is to send us their name and address and we will mail each one a copy of this book, with a letter advising that it is by your request.

THE GOLD STANDARD MANUFACTURING CO.  
WINNIPEG, MAN.

7839 X1c

80

98

## OUR GUARANTEE

All Merchants are authorized  
to refund full purchase money  
when any package bearing our  
Gold Standard Label fails to  
give entire satisfaction.

The GOLD STANDARD Mfg. Co.  
WINNIPEG, MAN.





Specially adapted for the use with Western Canada Wheat Flour  
and the most reliable popular-priced Baking Powder

