

EDWARDSBURG RECIPE BOOK



THE CANADA STARCH CO. LIMITED.



“SPECIALLY SELECTED RECIPES”

THIS is a new and larger edition of our famous “EDWARDSBURG COOK BOOK.”

Many novel recipes have been added to the old favorites, which have grown more popular with each succeeding season.

Here you will find the most satisfactory recipes for using BENSON'S CORN STARCH for thickening Gravies and Sauces—for getting the fine texture of Cake—for making flaky Pie Crust—as well as for Puddings; Blanc Mange, Ice Cream, Custards and Creams.

In using “CROWN BRAND” CORN SYRUP, it is well to remember that this delicious Table Syrup is made under the most hygienic conditions, and is pure, wholesome, and nutritious.

It is packed in convenient sizes—in 2, 5, 10 and 20-pound tins, and in 3-pound “Perfect Seal” Glass Jars.

Every grocer in Canada, from the Atlantic to the Pacific, carries BENSON'S CORN STARCH and “CROWN BRAND” CORN SYRUP.

PREPARED AND GUARANTEED BY

THE CANADA STARCH COMPANY Limited

Head Office: MONTREAL

Works: Brantford, Cardinal and Fort William, Ont.

1920's ?

CANDY MAKING



All recipes for Candy making should be strictly followed in order to get the best results. For testing candy, always use fresh cold water for each trial.

In pulling boiled Candies, the hands should be buttered, to prevent sticking.

When a fine thread is formed when dropping Syrup from a spoon, it is called "Hairing." After this stage, never Stir Candy, as it will granulate.

When boiled Syrup is beaten, it should look like thick cream. If it has not the appearance of Cream, it has not been allowed to cool sufficiently before being beaten.

When cooking Candy over a hot fire, place three or four stone marbles in the saucepan, as the heat will keep them moving constantly and prevent burning.

To make chocolate coatings, melt the chocolate in the inner portion of a double boiler, and keep the chocolate hot without allowing it to boil. Drop centres in one at a time, and lift out with a silver fork, allowing any surplus chocolate to drip off. Put on wax paper to cool and harden.

Thousands of pounds of **Crown Brand Corn Syrup** are bought every year, just for Candy-making. This delicious Syrup, with its exquisite flavour, gives the best results, whether it be a simple Taffy for the Children, or Creams and Fudge for a home party.

Colouring for Candies

Saffron will give a nice yellow tint, spinach and beet leaves boiled together will give green, and juice of strawberries or raspberries will give pink shades. Cranberries also give a very pleasing Colour.

Crown Brand Divinity

2 cups white sugar
1 cup water

$\frac{1}{2}$ cup Crown Brand Syrup
Whites of two eggs

$\frac{1}{2}$ cup chopped walnuts

Boil Sugar, water and Corn Syrup until it will form a hair when dropped from spoon. Have whites of eggs beaten stiff. Pour Syrup, into which the Walnuts have been added, into the egg mixture, and beat until quite thick. Pour on buttered platter, and, when cool, cut in squares.

Crown Fudge

$\frac{1}{2}$ cup Crown Brand Syrup
2 cups granulated sugar

$\frac{3}{4}$ cup milk
2 tablespoons cocoa or
grated chocolate

Mix cocoa and sugar thoroughly, then add syrup and milk. Put over slow fire until the mixture is well melted. Then boil briskly until it will form a soft ball when tested in cold water. Remove from the fire and let stand for about five minutes. Then beat until creamy, and turn on to a buttered pan. Vanilla may be added if desired.

Crown Brand Taffy for Pulling

1 cup brown sugar
1 teaspoon vinegar

1 cup Crown Brand Syrup

Cook all together without stirring until brittle when tested in cold water. Pour into buttered pans till cool enough to pull.

Plain Caramels

1 cup granulated sugar
1 cup Crown Brand Syrup
 $\frac{1}{4}$ cup water

$\frac{1}{4}$ cup vinegar
1 tablespoon butter
Vanilla

Boil the sugar, syrup and vinegar six minutes, then add the butter. Cook till it forms a soft ball in cold water. Remove from fire, and stir in the vanilla. After beating thoroughly, turn into buttered tins. When cool, mark in squares.

Chocolate Caramels

4 squares chocolate
1 cup milk
1 cup Crown Brand Syrup

1 cup brown sugar
1 tablespoon butter
1 teaspoon vanilla

Grate the chocolate and add the milk. When dissolved add the Crown Brand Syrup and sugar, and cool till it forms a hard ball in cold water. Add the butter when nearly done. Remove from the fire and pour into buttered pan. Chopped nuts may be added, if desired. Mark in squares when cool.

Puffed Rice Balls

1 cup Crown Brand Syrup
2 cups puffed rice

1 tablespoon vinegar
1 cup light brown sugar

Boil all but the puffed rice until it will harden when dropped into cold water. Stir in the puffed rice until thoroughly mixed, then mould into balls with the hands. No flavour is needed.

Brown Sugar Candy

2 cups brown sugar
 $\frac{1}{3}$ cup Crown Brand Syrup
Chopped nuts

1 cup milk
Small piece butter
Vanilla

Boil sugar, syrup, milk and butter till mixture will form a soft ball when tested in cold water. Take from the fire and add vanilla and nuts. Then beat until creamy, and turn into a buttered tin.

Sea Foam Candy

$1\frac{1}{2}$ cups brown sugar
 $\frac{1}{2}$ cup Crown Brand Syrup
1 tablespoon vinegar

$\frac{1}{2}$ cup hot water
White of one egg
Chopped nuts

Vanilla

Boil sugar, syrup, vinegar and water to a firm ball, then pour slowly on the beaten white of egg. Continue to beat until nearly stiff enough to hold it's form, add the nuts and flavouring, and turn into bread tins. When cold turn out on to waxed paper, and cut in squares.

Glace Nuts and Fruits

1 cup sugar. 1 cup Crown Brand Syrup $\frac{1}{3}$ cup water

Boil till the syrup brittles instantly in ice water. Keep hot in double boiler. Dip in nuts and fruits one at a time, taking out on the points of a fork and laying on buttered plate. They harden immediately.

Crown Fondant

$\frac{1}{2}$ cup Crown Brand Syrup
 $1\frac{1}{4}$ cups sugar

$\frac{1}{4}$ teaspoon cream of tartar
 $\frac{1}{3}$ cup hot water

Boil without stirring until it threads. When partially cool, beat till creamy. Keep cool and dry till needed.

Cocoanut Candy

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

1 cup Crown Brand Syrup
 $\frac{1}{2}$ tablespoon butter

1 teaspoon vinegar

Grate the cocoanut fine and spread on tin dish in a warm place to make it soft and pliable. Boil the other ingredients without stirring till brittle in cold water. Stir in the cocoanut lightly, and pour into buttered tins.

Everton Toffee

1 lb. Crown Brand Syrup 1 tablespoon butter
1 cup granulated sugar $\frac{1}{4}$ teaspoon vanilla
 $\frac{1}{4}$ cup vinegar

Boil all but vanilla over slow fire until it will harden when dropped into cold water. Add the vanilla and turn into buttered pans. When partly cold, mark into squares.

Butter Scotch

1 cup sugar 1 teaspoon vinegar
1 cup Crown Brand Syrup $\frac{1}{4}$ cup butter

Boil all together until brittle when dropped in cold water. Pour on to buttered pans. Mark in squares at once.

Peppermint Candy

2 cups brown sugar Few drops oil of peppermint
1 cup Crown Brand Syrup

Boil sugar and syrup together till it will harden in cold water. Take from the fire and stir in the oil of peppermint. Pour into buttered pans till cool enough to pull.

Nougat Candy

$1\frac{1}{2}$ cups Crown Brand Syrup Small piece butter
1 cup granulated sugar 1 teaspoon vinegar
 $\frac{1}{2}$ teaspoon cream of tartar Mixed nuts (chopped)

Melt the butter in a granite saucepan, and add the syrup, sugar and vinegar. Boil this about ten minutes, then add the cream of tartar and boil again until brittle when tested in cold water. Spread nuts in thin layers on buttered pans, and then pour the hot candy over them about one inch thick. When nearly cold, cut in bars.

Never use peanuts in making this candy.

Taffy

2 cups sugar Pinch of soda
2-lb. tin Crown Brand Syrup 1 teaspoon vanilla
1 tablespoon vinegar

Boil sugar and syrup till it gets a little thick and add vinegar. When nearly finished add soda. Remove from fire and add vanilla. The test for taffy is that it must be crisp in cold water.

Note.—When making candy, butter inside of kettle two or three inches downwards from top. This prevents rising higher than where the kettle is buttered.

Peanut Candy

1 lb. brown sugar 1 cup water
1 cup Crown Brand Syrup $\frac{3}{4}$ lb. shelled peanuts
Small piece butter

Boil syrup, sugar and water till crisp when tried in cold water. Just before removing from the fire add the butter and nuts. Pour into a buttered tin.

Crisp Candy

1 pint Crown Brand Syrup $\frac{1}{4}$ teaspoon bicarbonate soda.

Boil syrup for 20 minutes and add soda which has been rubbed smooth. Allow to boil, stirring constantly, until brittle when tested in cold water. Take from fire and add $\frac{1}{2}$ tablespoon lemon juice. Pull until a light yellow.

Cream Peppermints

2 cups white sugar 1 tablespoon Lily White or Crown Brand
 $\frac{1}{2}$ cup water Syrup
Oil of peppermint

Boil sugar, water and corn syrup until it forms a soft substance when dropped in cold water, take from the fire, and, when lukewarm, flavour with peppermint, then beat until thick. Drop on marble slab, or on buttered paper.

Cream Caramels

2 cups granulated sugar
 $\frac{1}{4}$ teaspoon cream of tartar
 $\frac{1}{4}$ cup milk
 $\frac{1}{2}$ cup Crown Brand Syrup
Vanilla

Put over a slow fire and stir continually until it reaches the soft ball stage when tried in cold water. Put out to cool for about five minutes, then beat until it is a dough-like mass. Turn out on a board, sprinkled with powdered sugar, and knead as you would bread. Roll and cut into squares. Do not add the vanilla until you have taken the candy off the fire.



Popcorn Balls

To two cups Crown Brand add one tablespoon vinegar, and boil together till it hardens when tested in cold water, When this is ready, pour over the popcorn while hot. As soon as it is cool enough to handle, butter the hands and form into balls.

CAKE RECIPES

THAT "TURN OUT RIGHT"

and remember this, in all your Baking—When eggs are very expensive and the recipe calls for three or four, use an extra teaspoonful of **Benson's Corn Starch** instead of one egg. It works just as well.

WAR CAKE

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|----------------------------|------------------------------|
| 6 ozs. shortening | 1 cup sugar |
| 4 cups flour | $\frac{1}{4}$ lb. mixed peel |
| 1 lb. raisins | 1 teaspoon mixed spice |
| $\frac{1}{2}$ lb. currants | $\frac{1}{4}$ teaspoon salt |
| 1 scant pint sweet milk | |

Boil half the milk, and add two teaspoons soda while boiling, then cool with the other half pint of milk. Rub shortening into flour, add sugar, fruit and spice, putting the milk in last. Mix well, but no beating is necessary. Bake about two hours.

CRULLERS

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|------------------------------------|-----------------|
| 3 tablespoons melted lard | 1 cup sour milk |
| 1 cup sugar | 1 teaspoon soda |
| $\frac{1}{2}$ cup Lily White Syrup | Flour to roll |

Melt the lard and butter, stir into the syrup, add the sugar and sour milk, in which the soda has been dissolved. Mix with enough flour to roll out.

Ginger Snaps

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|-------------------------|--|
| 1 cup lard | 2 tablespoons ginger |
| 1 cup Crown Brand Syrup | $2\frac{1}{2}$ cups flour |
| 1 cup brown sugar | $\frac{1}{4}$ cup Benson's Corn Starch |
| 3 teaspoons soda | 1 tablespoon vinegar |
| 1 egg | |

Boil lard, sugar and syrup together. While hot, add two cups flour, Dissolve soda in vinegar and add when cool. Stir in the egg and ginger. Add the Corn Starch and sufficient flour to make a stiff dough.

Layer Cake

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| $\frac{1}{2}$ scant cup butter | $1\frac{1}{4}$ cups flour |
| 1 cup sugar | $\frac{1}{4}$ cup Benson's Corn Starch |
| 2 eggs | $1\frac{1}{2}$ teaspoons baking powder |
| $\frac{1}{2}$ cup milk | 1 teaspoon vanilla |

Sift the flour, corn starch and baking powder together. Cream the butter and sugar. Add beaten eggs, vanilla and milk and flour alternately. Beat well, and bake in layers in moderate oven.

Macaroons

Whites three eggs
1 cup pulverized sugar

1 tablespoon corn starch
1 cup shredded cocoanut

Almond flavouring

Beat eggs stiff, add sugar and corn starch sifted together, cook in double boiler 15 minutes, stirring all the time. Take from fire, add flavouring to taste and cocoanut. Drop in spoonful on buttered pan, and bake for 15 minutes in slow oven.

Dandy Cake

1 egg
1 cup milk
1½ cups sugar
Butter size of two eggs

1½ cups flour
½ cup Benson's Corn Starch
3 teaspoons baking powder

Turn butter, sugar and unbeaten eggs into a bowl and beat well. Sift dry ingredients together and add to first mixture. Stir in slowly one cup milk. Add any flavouring desired, and bake in moderate oven three-quarters of an hour.

Cocoanut Cakes

½ lb. fresh grated cocoanut
Whites two eggs

6 ounces sugar
1 mixing spoon Lily White Syrup

Cook cocoanut, sugar and Lily White Syrup in double boiler until mixture clings to spoon, add whites of eggs, stir vigorously and cook till mixture feels sticky when tried between the fingers. Spread in a wet pan, cover with wet paper, and chill on ice. Shape in small balls, first dipping hands in cold water. Bake twenty minutes in slow oven on a tin sheet greased with white wax.

Cream Layer Cake

1 cup sugar
1 cup milk
2 cups flour
2 tablespoons butter

1 egg
4 teaspoons Royal Baking Powder
1 teaspoon flavoring

Cream the sugar and butter together, then mix in the egg. After sifting the flour and baking powder together two or three times, add it all to the mixture. Gradually add the milk and beat with spoon until you have a smooth pour batter. Add the flavouring. Pour into two buttered layer cake tins, and bake in a moderately hot oven for 20 minutes. Put together with Cream Filling and cover top and sides with White Icing.

Cream Filling

¼ cup sugar
1 cup milk

2 tablespoons cornstarch
1 teaspoon butter
1 teaspoon flavouring

Mix cornstarch with a little of the cold milk and stir into boiling milk. Add butter and sugar; boil 5 minutes. When nearly cold, add flavouring and spread between layers.

Delicious Strawberry Shortcake

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|--------------------------|--|
| $\frac{1}{2}$ cup sugar | $\frac{2}{3}$ cup milk |
| $\frac{1}{2}$ cup butter | $1\frac{1}{2}$ cups flour |
| 2 tablespoons lard | $\frac{1}{2}$ cup Benson's Corn Starch |
| 1 egg (well beaten) | $\frac{1}{2}$ teaspoon salt |
| | 4 teaspoons baking powder |

Cream, butter and lard, add sugar, milk and beaten egg, then the flour and corn starch, which has been sifted with baking powder. Beat thoroughly to give it good grain. Bake in two round cake pans in moderate oven. Put crushed strawberries between the layers, and a layer of whole strawberries on top. Serve with whipped cream.

Oatmeal Cookies

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|--|-------------------------------------|
| 3 cups oatmeal | $\frac{1}{2}$ cup hot water |
| 2 cups flour | $\frac{1}{2}$ cup Crown Brand Syrup |
| 1 cup brown sugar | 1 teaspoon baking powder |
| 1 cup shortening (good dripping will do) | |

Roll thin and bake in moderate oven.

Corn Starch Cookies

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|---------------------------|----------------------------|
| 2 oz. butter | 4 oz. sugar |
| 2 eggs | 2 teaspoons baking powder |
| $1\frac{1}{2}$ cups flour | 2 oz. Benson's Corn Starch |
- Flavouring

Cream butter and sugar, add yolks of eggs, then the flour, corn starch, flavouring and baking powder, lastly, whites of eggs stiffly beaten. Put in buttered tins and bake 15 minutes in a moderate oven.

Chocolate Cake

(This makes an excellent cake if directions are carefully followed)

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|---------------------------|---------------------------|
| $1\frac{1}{2}$ cups sugar | $1\frac{1}{2}$ cups flour |
| 4 tablespoons butter | 3 tablespoons cocoa |
| 2 eggs | $\frac{1}{2}$ cup milk |
| 2 teaspoons baking powder | 1 teaspoon vanilla |

Cream butter and sugar, then add yolks of eggs. Next add the cocoa, which has been previously dissolved, then milk and flour alternately. Add beaten whites of eggs last, and do not stir the mixture after folding in the whites of eggs. Ice with fudge icing or a white frosting.

Nut Bread



- 3½ cups flour
- ½ cup Benson's Corn Starch
- 1 teaspoon salt
- 1 egg
- 2 teaspoons baking powder
- 1 cup sugar
- 1 cup milk
- ½ cup chopped walnuts

Mix and bake in a loaf, not too thick.

Scotch Shortbread

(Strong Flour should not be used for Shortbread). Use the following proportions:—

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|----------------------------|---|
| 14 oz. flour | 8 oz. butter |
| 2 oz. Benson's Corn Starch | 4 oz. castor sugar or soft yellow sugar |

Work together the sugar and butter with the thumbs, then draw in the Corn Starch and flour quickly and lightly. When a nice dough is formed and your board clean, dust on a pinch of Corn Starch and form your cakes. Form into cakes, pinch the edges, pierce the dough through with a fork and let it stand all night before baking in a very moderate oven. The cakes are all the better for lying uncooked for a while, so if a supply is made a few can be baked crisp and fresh from time to time as needed.

Gingerbread

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|-------------------------|----------------------------|
| 1 cup brown sugar | ½ cup Benson's Corn Starch |
| 1 cup Crown Brand Syrup | 1 tablespoon ground ginger |
| ½ cup butter | 1 teaspoon ground cloves |
| ½ cup lard | 1 teaspoon soda |
| 2½ cups flour | 1 cup sour milk |

Mix the sugar and Crown Brand on stove. As it warms add the butter and lard. Add the dry ingredients sifted together, and last the sour milk. Beat well and bake in moderate oven.

Marguerites

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|----------------------------|--------------------------|
| 2 eggs | ¼ teaspoon baking powder |
| 1 cup brown sugar | ½ teaspoon salt |
| ¼ cup flour | 1 cup nut meats |
| ¼ cup Benson's Corn Starch | |

Beat eggs slightly, and add remaining ingredients in the order given. Fill small buttered tins two-thirds full of mixture, and place nut meat on each. Bake in moderate oven fifteen minutes.

FROSTINGS

Frosting for Cream Cake

$1\frac{3}{4}$ cups sugar
 $\frac{1}{4}$ cup Lily White Syrup
6 tablespoons water

White of one egg
 $\frac{1}{2}$ teaspoon vanilla

Put sugar, Lily White Syrup and water in a saucepan, and stir to prevent it from adhering to saucepan. Beat gradually to boiling point, and boil without stirring until syrup will thread when dropped from tip of spoon. Pour syrup gradually on beaten white of egg, beating mixture constantly, and continue beating until of right consistency to spread. Then add flavouring and pour over cake, spreading evenly with back of spoon.

Chocolate Frosting

$\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup Crown Brand Syrup
8 tablespoons milk

$\frac{1}{4}$ bar chocolate
Pinch of salt
 $\frac{1}{4}$ teaspoon vanilla

Boil sugar, syrup and milk. Add the grated chocolate and salt, and cook till it forms a soft ball in cold water. Take from fire, flavour, and stir until right consistency to spread.

Brown Icing

$\frac{1}{4}$ cup Lily White Syrup
1 cup confectioners' sugar

2 tablespoons cocoa
Strong coffee

Stir the syrup, sugar and cocoa together and moisten with the coffee until proper thickness to spread.

Fudge Icing

$\frac{1}{4}$ cup Crown Brand Syrup
1 cup granulated sugar

$\frac{1}{4}$ cup milk
1 tablespoon cocoa

Mix sugar and cocoa, then add milk and syrup. Put over slow fire until sugar is melted, then boil briskly until it will form soft ball when tested in cold water. Beat until creamy, and spread over cake.

Lemon Filling

1 cup Crown Brand Syrup
 $\frac{2}{3}$ cup water
1 lemon, juice and rind

$1\frac{1}{2}$ tablespoons Benson's Corn
Starch

Put water and syrup in double boiler. Grate outer part of rind of lemon, and squeeze out the juice. Add this to syrup and water, and boil five minutes. Stir Corn Starch smooth in a little cold water, and add slowly to boiling syrup. Cook till it thickens. When almost cold, spread between layers of cake.

DELICIOUS DESSERTS



Corn Starch Pudding

- 4 tablespoons Benson's Prepared Corn
- 1 quart sweet milk
- $\frac{1}{4}$ teaspoon salt

Reserve half a cup of milk from the quart, put the remainder on the stove in a double boiler. Mix the Corn Starch and salt in the half cup of milk. Stir the mixture into the milk when it has reached boiling point. Cover the boiler and cook for fifteen minutes. Pour into mould and put to cool. Sweetening and flavouring may be added before turning into the mould, if desired. Serve with jelly or sugar and milk.

Baked Corn Meal Pudding

(Without Eggs)

- 1 cup Crown Brand Syrup
- 1 large cup corn meal
- 3 pints milk
- 1 large tablespoon ground ginger
- 1 cup finely chopped suet
- 2 pinches salt

Beat corn meal and syrup well together. Then add a quart of the milk boiling hot, salt and ginger next, then suet. Beat well until it is thoroughly mixed. Butter an earthen pudding dish, and turn the pudding in. Let stand until it thickens, and just as you are putting it into the oven, take the remaining pint of milk (cold), pour it over the pudding gently, but do not stir as this makes a jelly. Bake three hours. Serve warm with hard sauce. Butter, size of an egg, can replace the suet.

Baked Corn Starch Pudding

- 1 quart sweet milk
- 3 tablespoons Benson's Prepared Corn Flavouring
- 2 eggs
- $\frac{1}{4}$ teaspoon salt
- 3 tablespoons sugar

Put milk on in double boiler, reserving sufficient to mix the corn starch. When the milk boils, add salt and corn starch. Stir until smooth. Cover and cook 10 minutes. Remove from fire and cool 10 minutes. Then add the eggs well beaten with the sugar. Flavour to taste, turn into a pudding dish, and bake thirty minutes.

Caramel Pudding

- 2 cups brown sugar 4 tablespoons Benson's Corn Starch
1 quart hot milk 1 pinch salt

Melt and brown the sugar in frying pan, add hot milk, stirring until the sugar (which hardens when milk is added) melts. Add Corn Starch dissolved in milk, also salt. Pour into mould, let cool and serve with cream.

Pan-Dandy

- 1 cup Crown Brand Syrup Nutmeg or any preferred
10 tart apples (sliced and peeled) spice
2 teaspoons butter Pie Paste

Line a biscuit pan four inches deep and 9 inches square with pie paste. Fill it up with the apples. Spice to taste. Drop pieces of butter over the apples, and pour the syrup over them. Cover with puff paste, first making an incision in the centre. Bake for two hours in a moderate oven. To be eaten hot with cream.

Dandy Pudding

- 1 quart milk $\frac{1}{2}$ cup sugar
4 tablespoons Benson's Corn Starch 3 eggs

Make a custard of the milk, corn starch, sugar and yolks of eggs. Flavour with lemon and pour into individual glasses. Make a meringue out of the whites of the eggs and cover top of each glass.

Chocolate Cream Pudding

- 1 cup milk 1 oz. chocolate
Teaspoon vanilla 4 tablespoons sugar
2 tablespoons Benson's Corn
Starch
1 white of egg

Melt the chocolate in double boiler, add milk and let it scald. Mix corn starch with sugar in half cup milk, which has been set aside, and add to scalded milk. Cook until smooth. Remove from fire and fold in the white of egg which has been stiffly beaten. Flavour with vanilla. Place in wet mould and allow to get firm. Serve with whipped cream.



Fruit Pudding

1 cup butter and suet mixed	Nutmeg
1 cup Crown Brand Syrup	1 egg
1 cup raisins	2 $\frac{3}{4}$ cups flour
1 cup currants	$\frac{1}{4}$ cup Benson's Corn Starch
2 teaspoons cinnamon	2 teaspoons baking powder

Sift the last three ingredients together and mix in the order given. Steam three hours.

Apple Dumpling

Peel and core the required number of tart apples and cover each with a good crust. Put in a baking pan and pour over each a little Crown Brand Syrup. Turn into the pan one cup brown sugar and two cups hot water. Baste dumplings from time to time, till apples are soft and crust a rich brown.

Custard

Yolks two eggs	1 dessertspoon Benson's
2 tablespoons Lily White Syrup	Corn Starch
1 pint milk (scalded)	

Mix corn starch, Lily White Syrup and eggs, and pour on the hot milk. Cook over water till it thickens. Flavour with vanilla.

Boiled Custard or Mock Cream

1 quart milk	$\frac{1}{2}$ teaspoon salt
3 eggs	Butter, size of walnut
2 Tablespoons Benson's Corn Starch	$\frac{3}{4}$ cup powdered sugar

Heat milk to nearly boiling. Add corn starch previously dissolved in a little cold milk. Beat eggs and salt lightly, and add sugar while beating. Let it boil up once or twice, stirring briskly, and it is done. Flavour to taste. It is always safer to boil custard in double boiler, in which case it should cook 15 minutes. This is a good substitute for ice cream if served very cold.

Blanc Mange

2 $\frac{1}{4}$ cups milk, scalded	Pinch salt
6 tablespoons Benson's Corn Starch	1 teaspoon vanilla

Mix corn starch with one-quarter cup cold milk, add the salt and stir the scalded milk slowly on to the corn starch. Cook over water for 12 minutes, stirring till it thickens. Add vanilla. Stir well. Turn in a mould wet with cold water to set.

Prune Whip

- 1 lb. prunes
1 tablespoon powdered sugar
- 2 eggs (whites only)

Soak the prunes over night in water to cover. Cook in the water in which they were soaked. Remove stones, chop fine, and sweeten to taste. Add whites of eggs beaten with the sugar. Beat thoroughly and stand on ice. Serve with custard.

Orange Shower

- 1 pint milk, scalded
Yolks two eggs
- 1 tablespoon Benson's Corn
Starch

Mix eggs and corn starch. Pour hot milk on slowly. Sweeten to taste. Cook over water, stirring till it thickens. Put away to cool. Slice four oranges and place in serving dish. Pour custard over oranges and serve.

English Plum Pudding

- 6 eggs
1 lb. sugar
1 lb. chopped suet
1 lb. seeded raisins
1 lb. cleaned currants
- $\frac{1}{4}$ lb. citron peel
 $\frac{3}{4}$ lb. flour
 $\frac{1}{4}$ lb. Benson's Corn Starch
1 tablespoon mixed spices
 $\frac{1}{4}$ lb. shelled walnuts

Mix together dry ingredients, first adding just enough sweet milk to mix stiff. Have ready a strong cloth well floured, and, in tying, leave room for the pudding to swell. Put in boiling water and boil for 9 hours, keeping it well covered. Serve with a sauce to suit taste.

SWEET SAUCES

Chocolate Sauce

- 2 cups milk
 $1\frac{1}{2}$ tablespoons Benson's
Prepared Corn Starch
2 squares Baker's Chocolate
4 tablespoons powdered sugar
- 2 tablespoons hot water
2 eggs
 $\frac{2}{3}$ cup powdered sugar
1 teaspoon vanilla

Scald one and three-fourths cups milk, add corn starch diluted with remaining milk, and cook eight minutes in double boiler; melt chocolate over hot water, add four tablespoons sugar and hot water, stir until smooth, then add to cooked mixture, beat whites eggs until stiff, add gradually powdered sugar and continue beating. Then add unbeaten yolks, and stir into cooked mixture; cook one minute, add vanilla, and cool before serving.

Vanilla Sauce

$\frac{1}{2}$ cup sugar	2 tablespoons butter
1 cup boiling water	$1\frac{1}{2}$ tablespoons vanilla
1 tablespoon Benson's Prepared Corn Starch	Few grains salt

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

Golden Sauce

1 cup Crown Brand Syrup	2 tablespoons lemon juice
$1\frac{1}{2}$ tablespoons butter	

Boil Crown Brand Syrup and butter five minutes; remove from fire and add lemon juice.

PIE RECIPES

Perfect Pie Crust

You know the first secret—COLD WATER. The second is equally as important—Use part Benson's Corn Starch instead of all flour. Then the top crust will be flaky, and the under crust dry and tender.

TRY THIS RECIPE FOR PIE CRUST

$1\frac{1}{4}$ cups flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup Benson's Corn Starch	$\frac{1}{2}$ cup lard
$\frac{1}{2}$ teaspoon baking powder	$\frac{1}{4}$ cup ice water

Sift dry ingredients together. Cut in the lard, until of the consistency of meal. Cut in the ice water quickly. Handle as little as possible, or the crust will be tough.

Delicious Apple Pies

1 dozen tart apples	3 ounces butter
$\frac{1}{2}$ cup Crown Brand Syrup	3 tablespoons sifted flour

Peel, core and slice the apples. Line three deep pie plates with good pie paste. Fill them up with apples. Pour syrup over apples, then the butter in small pieces. Sprinkle with cinnamon and flour, and cover over with a top crust. Bake 40 minutes.

Pumpkin Pie

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|----------------------------------|---------------------------------|
| 1 $\frac{1}{4}$ cups dry pumpkin | 2 tablespoons Crown Brand Syrup |
| 1 teaspoon Benson's Corn Starch | 2 tablespoons melted butter |
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{2}$ teaspoon ginger |
| 1 cup rich milk | 1 teaspoon cinnamon |
| | $\frac{1}{2}$ teaspoon salt |

Beat the eggs slightly. Add to the milk. Mix the other ingredients thoroughly, and bake with one crust.

To prepare pumpkin.—Cut pumpkin in half, remove the seeds and bake, open side down. When soft, scrape from the skin and mash.

Tennessee Cream Pie

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|---|--|
| 1 $\frac{1}{2}$ cups of Crown Brand Syrup | 2 ounces of butter |
| 1 cup of water | 1 lemon |
| 2 tablespoons of Benson's Prepared Corn | Whites of 2 eggs, or half a cup of whipped cream |

Boil syrup and water 5 minutes. Then add corn starch mixed with a little cold water first. Also the grated rind of half a lemon, and the juice of a whole one. Boil 10 minutes more, after which put in the butter and beat a few minutes. Cool 5 minutes. Pour the mixture into a deep pie tin lined with good puff paste, and bake. Cool 5 minutes, and cover with a meringue or whipped cream.

Meringue:—Whites of 2 eggs (chilled) beaten very stiff, and 2 scant tablespoons of powdered sugar.

Spread over the top of the pie, and set back in oven and brown lightly, (Cook pie filling in a double boiler.)

Mince Pies

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|---------------------------------------|--|
| 1 lb. lean boiled beef | $\frac{1}{2}$ lb. brown sugar |
| 1 cup Crown Brand Syrup | 1 pint cider |
| 1 lb. tart apples | 1 teaspoon each salt, pepper, mace, allspice, cloves and nutmeg. |
| $\frac{1}{2}$ lb. chopped suet | |
| $\frac{1}{2}$ lb. cleaned currants | 1 tablespoon cinnamon |
| 1 lb. seeded raisins | |
| $\frac{1}{4}$ lb. citron, cut up fine | |

Mix all thoroughly, and warm on stove until heated through. Remove from fire. Put in a crock, cover tightly. Keep perfectly cool, but do not let it freeze. This will keep good all winter.

Lemon Pie

- | | |
|------------------------------------|---------------------------|
| 1 cup Lily White Corn Syrup | 2 eggs (yolks) |
| $\frac{3}{4}$ cup boiling water | 3 tablespoons lemon juice |
| 2 tablespoons Benson's Corn Starch | Grated rind 1 lemon |

Cook Corn Syrup, water and starch in double boiler for fifteen minutes. Beat yolks of eggs and stir into first mixture. Add lemon juice and rind with pinch of salt, and cook one minute. Fill pie paste while hot and bake in quick oven. When cool cover with Meringue made with whites of eggs, and brown in oven.

ICE CREAMS AND DESSERTS

In freezing, crush the ice fine. Fine ice means quick freezing.

Pour cream into freezer, surround with alternate layers of ice, cracked almost as fine as snow, and rock salt. Fill to the top and pour over all two quarts of strongest brine. Throw piece of carpet over all, and do not touch for an hour. Then open and beat and churn, when you have scraped the frozen cream from the sides down the middle. Now close the freezer, pack down again in rock salt and finely pounded ice, burying it as before, put a weight on the top, unless the freezer be fast to the bottom of the outer vessel, and let all alone for two hours, or longer if desired. Your cream should now be quite smooth. Dip the freezer in hot water and turn out, or wrap a towel wet in hot water about it to loosen the cream.

All ices are better for being packed down in ice for some time after they are frozen. If you wish to add fruit or nuts to the plain custard or cream, beat them in when you open the freezer to churn the contents.

Lemon Ice

- | | |
|---------------------------|------------------------------------|
| 4 cups water | $\frac{1}{2}$ cup Lily White Syrup |
| $1\frac{1}{2}$ cups sugar | $\frac{3}{4}$ cup lemon juice |

Make a syrup by boiling water, sugar and Lily White Syrup together for 20 minutes, add lemon juice, cool, strain and freeze.

Coffee Frappe

- | | |
|------------------------------------|-----------------------------------|
| $\frac{3}{4}$ cup Lily White Syrup | 1 tablespoon Benson's Corn Starch |
| 1 quart strong coffee | |
| 1 quart cream | |

Cook the corn starch in the coffee till thickened. Add the syrup, and, when cold, add the cream. Serve in glasses.

Cardinal Punch

4 cups water	$\frac{1}{2}$ cup lemon juice
2 cups sugar	$\frac{1}{4}$ cup curacoa
1 tablespoon Lily White Syrup	$\frac{1}{4}$ cup tea infusion
$\frac{2}{3}$ cup orange juice	

Boil water, sugar, and syrup 20 minutes. Add fruit juice and tea, freeze to mush.

Maple Mousse

3 eggs	$\frac{1}{4}$ cup Lily White Syrup
$\frac{3}{4}$ cup maple syrup	2 cups cream

Heat the syrup and pour over the beaten yolks of the eggs, stirring briskly. Whip the cream and the whites of eggs and fold into the first mixture. Pack in ice and stand several hours without stirring.

Ice Cream

2 tablespoons Benson's Corn Starch	1 pint cream
1 pint milk	2 eggs
	4 tablespoons powdered sugar

Heat the milk to boiling point, and add corn starch previously dissolved in part of the milk. Then add the eggs, well beaten, with sugar and flavour to taste. Boil for ten minutes, stirring briskly. When cold add the cream and freeze.

S O U P S

Tomato Soup

1 can tomatoes	1 tablespoon butter
1 pint water	Seasoning
3 tablespoons Benson's Prepared Corn Starch	1 qt. scalding milk
	1 pinch soda

Stew tomatoes in water, rub through a strainer, and thicken with corn starch rubbed to a paste with the butter. Season with salt, pepper and sugar, and pour scalding milk, to which a pinch of soda has been added, upon the mixture.

Oyster Soup

- | | |
|--|---------------|
| 3 doz. oysters | Cayenne |
| 1 quart liquor from oysters | Salt |
| 1 quart milk | Pinch of soda |
| 2 tablespoons butter | |
| 1 tablespoon Benson's Prepared Corn Starch | |

Scald the liquor in one saucepan and the milk in another. Make a paste of butter and corn starch, and add the scalding milk to which a pinch of soda has been added, gradually stirring to a smooth mixture. Now put this with the hot oyster juice; add the oysters and cook until they "ruffle," not an instant afterward.

Serve with crackers and sliced lemon.

Cream of Corn Soup

- | | |
|---------------------|--|
| 1 can corn | 1 tablespoon Benson's Prepared Corn Starch |
| 1 pint milk | 1 teaspoon salt |
| 1 tablespoon butter | 1 saltspoon pepper |

Put the milk over the fire in a double boiler, add butter and corn starch rubbed together, and stir until the milk is smooth and hot. Then add the corn, salt and pepper, and cook for ten minutes.

Oxtail Soup

- | | |
|------------------------|---------------|
| 2 oxtails | 2 carrots |
| 1 cup water | 1 turnip |
| 2 tablespoons butter | 2 onions |
| 3 quarts boiling water | 1 head celery |
| 1 teaspoon salt | 4 peppercorns |

Benson's Corn Starch

Cut the tails into joints, wash, and stew with the cup of water and butter, stirring constantly. Cool till juice is drawn from the meat. Fill up with the hot water, add salt, boil up, and skim. Add the rest of the ingredients and let simmer for four hours. Take out the tails, strain, season with Worcestershire sauce, and thicken with **Benson's Corn Starch** made smooth with cold water. Put back the tails and cook five minutes.

Celery Soup

- | | |
|--------------------------|---|
| 6 stalks celery | 1 pint water |
| 1 pint milk | 2 teaspoons Benson's Prepared Corn Starch |
| 1 tablespoon butter | |
| Salt and pepper to taste | $\frac{1}{2}$ can tomatoes |

Cook the celery in the water till soft, and strain. Make a sauce of the corn starch, butter and milk. Add the celery and tomatoes, heated, with a pinch of soda, and strained. Season, and serve in bouillon cups.

GRAVIES AND SAUCES

Drawn Butter (White Sauce)

Heat two tablespoons of butter in a saucepan. When it bubbles, add 1 tablespoon BENSON'S PREPARED CORN STARCH, and stir from the sides into the centre of the pan until all the ingredients are well mixed. Have ready heated a cupful of milk, which add to the mixture gradually, and beat to a smooth cream. Season with white pepper and salt.

Thick White Sauce for Cutlets, etc.

2½ tablespoons butter	¼ teaspoon salt
¼ cup Benson's Corn Starch	Few grains pepper
1 cup milk	

Put butter in a saucepan, stir until melted and bubbling, add corn starch mixed with seasonings, and stir until thoroughly blended. Pour on gradually the milk, adding about one-third at a time, stirring until well mixed, then beating until smooth and glossy.

Tomato Sauce

½ can tomatoes	2 tablespoons Benson's Prepared Corn Starch
1 slice onion	
3 tablespoons butter	¼ teaspoon salt
⅛ teaspoon pepper	

Cook onion, with tomatoes, fifteen minutes, rub through a strainer, and add to butter and corn starch (to which seasonings have been added) cooked together. If tomatoes are very acid, add a few grains of soda. If tomatoes are to retain their red colour, it is necessary to brown butter and corn starch together before adding the tomatoes.

Oyster Sauce

1 pint oysters	1 cup milk
¼ cup butter	Salt
¼ cup Benson's Prepared Corn Starch	Pepper
	Oyster liquor

Wash oysters, reserve liquor, heat, strain, add oysters, and cook until plump. Remove oysters, and make a sauce of butter, corn starch, oyster liquor and milk. Add oysters, and season with salt and pepper.

VEGETABLES

Creamed Spinach

After thoroughly washing and picking over spinach, cutting off roots, throw into boiling water and allow to cook for 20 minutes after it has begun to boil. If boiled too long it will become dull in colour. When tender, drain, squeeze and chop fine. Season to taste with butter, pepper and salt, and let simmer for five minutes. Dress with white sauce.

Sugared Beets

4 hot boiled beets
3 tablespoons butter
1½ tablespoons sugar

1 teaspoon Lily White Syrup
½ teaspoon salt

Cut beets in quarters, add butter, sugar, syrup and salt; re-heat for serving.

Sweet Potatoes

Season mashed, boiled sweet potatoes with butter, salt, pepper, and sherry wine. Moisten with cream, and beat five minutes. Put in a buttered baking-dish, leaving a rough surface. Pour over a syrup made by boiling two tablespoons Crown Brand Syrup and one teaspoon butter five minutes. Bake in an oven until delicately browned.

Creamed Tomatoes

Wipe, peel and slice three tomatoes. Sprinkle with salt and pepper, dredge with Benson's Prepared Corn Starch, and saute in butter. Place on a hot platter and serve with White Sauce.

Stewed Corn

Cut corn from the cobs with a sharp knife, put over the fire in enough boiling salted water to cover. Stew gently ten minutes; turn off the water and add a cupful of hot milk into which a pinch of soda has been added. Cook ten minutes more, stir in a tablespoon of butter rubbed with half a teaspoon flour and half a teaspoon Benson's Prepared Corn Starch. Boil one minute and turn into a hot, deep dish.

Boston Baked Beans

Soak a quart of beans in cold water all night. In the morning soak them for two hours in warm water. Drain, put in a pot with enough water to cover them, and bring them slowly to a boil. When tender, turn them into a deep baking dish, pouring off the surplus water. Cut gashes in one-half pound of salt pork, and place this in the centre of the dish. To a pint of the water in which the beans were boiled, add a saltspoonful of mustard. Mix this well and place in dish. Then pour over all two tablespoons **Crown Brand Corn Syrup**, and bake in a steady oven for six hours.

SOUFFLES

Cheese Souffle

- | | |
|---------------------------------|-----------------------------------|
| 1 cup milk | $\frac{1}{2}$ cup grated crackers |
| 1 teaspoon Benson's Corn Starch | $\frac{1}{2}$ cup grated cheese |
| | 2 eggs. |

Cook the corn starch in the milk, and when it comes to the boil, add the cracker crumbs. Beat the yolks of the eggs, and add the cheese. Stir this into the first mixture and season to taste. Add the whites of the eggs, beaten stiff, and bake at once.

Chicken Souffle

- | | |
|---|---|
| 2 cups scalded milk | 2 cups cold cooked chicken,
finely chopped |
| $\frac{1}{8}$ cup butter | Yolks 3 eggs, well beaten |
| $\frac{1}{8}$ cup Benson's Prepared Corn Starch | 1 tablespoon finely chopped
parsley |
| 1 teaspoon salt | Whites 3 eggs, beaten stiff |
| $\frac{1}{8}$ teaspoon pepper | |
| $\frac{1}{2}$ cup stale bread crumbs | |

Make a sauce of first five ingredients, add bread crumbs, and cook two minutes, remove from fire, add chicken, yolks of eggs, and parsley, then fold in whites of eggs. Turn in a buttered pudding-dish, and bake thirty-five minutes in a slow oven. Serve with white sauce.

ENTREES

Halibut Timbales

- | | |
|------------------------------|---|
| 1 lb. halibut | $\frac{1}{4}$ teaspoon pepper |
| 1 cup milk | Few grains cayenne |
| Yolk 1 egg | $\frac{2}{3}$ teaspoon Benson's Prepared Corn |
| $1\frac{1}{4}$ teaspoon salt | $\frac{1}{8}$ cup thick cream |

Force fish through a meat chopper, then rub through a sieve, or chop finely. Add yolk of egg, seasonings, corn starch, and cream beaten until stiff. Remove from moulds, arrange on a serving dish, and serve with white sauce. Garnish with parsley.

Welsh Rarebit

- | | |
|---|--------------------------------|
| 1 tablespoon butter | $\frac{1}{4}$ teaspoon salt |
| 1 teaspoon Benson's Prepared Corn Starch | $\frac{1}{4}$ teaspoon mustard |
| $\frac{1}{2}$ cup thin cream | Few grains cayenne |
| $\frac{1}{2}$ lb. soft mild cheese, cut in small pieces | Toast |

Melt butter, add corn starch, and stir until well mixed, then add cream gradually, while stirring constantly, and cook two minutes. Add cheese and stir until cheese is melted. Season, and serve on bread toasted on one side, rarebit being poured over on toasted side. Much of the success of a rarebit depends upon the quality of the cheese. A rarebit should be smooth and of a creamy consistency.

Curried Eggs

- | | |
|--|-------------------------------------|
| 3 hard-boiled eggs | $\frac{1}{4}$ teaspoon salt |
| 2 tablespoons butter | $\frac{1}{2}$ teaspoon curry powder |
| $1\frac{1}{2}$ tablespoons Benson's Prepared Corn Starch | $\frac{1}{8}$ teaspoon pepper |
| $\frac{1}{2}$ tablespoon flour | 1 cup hot milk |

Melt butter, add flour, corn starch, and seasonings, and gradually hot milk. Cut eggs in eighths lengthwise, and re-heat in sauce.

Italian Macaroni

- | | |
|--|----------------------------------|
| 1 cup macaroni | $1\frac{1}{2}$ cups scalded milk |
| 2 tablespoons butter | $\frac{2}{3}$ cup grated cheese |
| $1\frac{1}{2}$ tablespoons flour | Salt and pepper |
| $\frac{1}{2}$ tablespoon Benson's Prepared Corn Starch | |

Break macaroni in one-inch pieces, and cook in boiling salted water, drain and reheat in sauce made of butter, flour, corn starch, and milk, to which is added cheese. As soon as cheese is melted, season with salt and pepper, and turn on to a serving dish. Garnish with parsley.

Creamed Codfish

- | | |
|------------------------------------|-------------------------|
| 2 tablespoons butter | $\frac{1}{2}$ cup cream |
| 2 teaspoons Benson's Prepared Corn | Pepper to taste |
| 1 cup dessicated codfish | |

Soak the codfish for one hour in warm water. Cook the butter and corn starch together, add the codfish and stir constantly. Stir in the cream and add a little pepper. Simmer ten minutes, stirring constantly.

Cheese Fritters

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup flour	2 cups scalded milk
$\frac{1}{4}$ cup Benson's Corn Starch	Yolks 2 eggs
$\frac{3}{4}$ cup grated cheese	

Melt butter, and when bubbling, add flour, corn starch, salt and milk, gradually. Cook three minutes, stirring constantly. Add yolks of eggs, slightly beaten, and one-half cup cheese. Pour into a buttered shallow pan, and cool. Turn on a board, cut in squares, diamonds, or strips. Place on a platter, sprinkle with remaining cheese, and brown in oven.

GRIDDLE CAKES AND WAFFLES

A tablespoonful of "Crown Brand" Syrup—(not enough to sweeten), stirred into the cake batter, will help to brown the cakes. Try it.

Sweet Milk Griddle Cakes

$2\frac{1}{2}$ cups flour	1 cup sugar
$\frac{1}{2}$ cup Benson's Prepared Corn Starch	2 cups milk
1 teaspoon salt	1 egg
	2 tablespoons melted butter

Mix and sift dry ingredients, beat egg, add milk, and pour slowly on first mixture. Beat thoroughly, and add butter. Grease hot griddle, and drop mixture by spoonfuls thereon, cook on one side. When puffed, full of bubbles, and cooked on edges, turn, and cook other side. Serve with Crown Brand Corn Syrup.

Rice Pancakes

1 cup boiled rice	1 heaping teaspoon baking powder
1 cup flour	
$\frac{1}{4}$ cup Benson's Corn Starch	1 egg
$\frac{1}{2}$ teaspoon salt	1 cup milk

Sift the dry ingredients together. Soak the rice in the milk, add egg well beaten. Stir all together and add enough more milk to make a thin batter. Bake on a hot griddle and serve with Crown Brand Syrup.

Waffles

1 tablespoon Crown Brand Syrup	1½ cups Benson's Corn Starch
1 heaping tablespoon butter	1½ cups flour
2 teaspoons baking powder	½ cup milk
½ teaspoon salt	2 eggs

Beat the eggs and add milk, and stir gradually into the dry ingredients which have been sifted together. Add the butter (melted) last. Cook in a waffle iron, and serve hot with **Crown Brand Syrup**.

RECIPES WITH POTATO FLOUR

Perhaps you have never used "**Casco**" Potato Flour for Cakes, Biscuits, Waffles, Puddings, Gravies, and Soups. If not, try some of these Recipes with "**Casco**," which is unequalled for purity and flavour.

Cream Almond Cake

Cream half cup butter, one cup fine granulated sugar and half teaspoonful extract of almond; sift together half cup **CASCO POTATO FLOUR**, one cup flour and one teaspoonful baking powder; add this alternately to the creamed sugar and butter, with half cup sweet milk. Beat whites of three eggs to stiff froth and fold in carefully. Bake in moderate oven.

Plain Angel Cake

Beat to stiff froth whites of six eggs. Add one cup sugar, one teaspoonful lemon extract, one tablespoon cold water, and a scant cup **CASCO POTATO FLOUR**, sifted with half tablespoon baking powder and pinch of salt. Bake in angel cake tin, in a moderate oven.

Biscuit

Sift together half cup wheat flour, half cup **CASCO POTATO FLOUR**, one teaspoon baking powder, and a pinch of salt. Work into this half cup butter, moisten to their proper consistency with milk, roll out lightly, and cut with a biscuit cutter.

Waffles

Mix in following order: Two eggs, two teaspoons sugar, pinch of salt and cup **CASCO POTATO FLOUR**, sifted with one cup sour milk, into which you have already dissolved half teaspoon soda. Eat while hot.

pudding

To 1 Quart Milk—When the milk begins to boil, stir in five table-
spoons CASCO POTATO FLOUR, one teaspoon sugar, salt to taste; boil two
minutes; add a half cup of boiled raisins and two well-beaten eggs, mix
thoroughly. Turn the mixture into an oiled pan, dust with cinnamon and
bake in moderate oven till light brown.

Sponge Cake

Separate four eggs, beat yolks of eggs thick. Add one cup sugar, and
continue beating; beat whites stiff and beat into first mixture. Add one
teaspoon baking powder to one-half cup CASCO POTATO FLOUR, and sift
into first mixture. Bake in a moderate oven about 30 minutes.

Plain Cake

Cream together one-half cup butter and one cup sugar; add, one at a
time, two eggs and one teaspoon lemon extract. Sift together one cup
CASCO POTATO FLOUR, one cup flour, one teaspoon baking powder and a
pinch of salt. Add this alternately with three tablespoons cold water to
creamed mixture and bake in a moderately quick oven.

Angel Cake

Mix and sift together three times one-half teaspoon each cream of
tartar and salt, one-half cup sugar and one-third cup CASCO POTATO FLOUR.
Beat until stiff the whites of five eggs; cut and fold in the dry ingredients,
add half teaspoon vanilla, and bake 15 or 20 minutes in one dozen small
tins, or about 30 minutes in a bread tin.



For Preserving, the best method is to use one part **Lily White Corn Syrup** to **Three Parts of Sugar**. Corn Syrup in Preserves prevents Crystallization, and also prevents Mould from gathering on the top.

PRESERVING

Directions for Cooking Fruit in Syrup

Wash and pick over the fruit, and pare and stone as necessary. Make a syrup with boiling water, Lily White Syrup and Sugar. Add the fruit and cook slowly, until the fruit is soft enough to pierce with a needle. Place fruit in sterilized cans, and strain the boiling syrup over the fruit. Place handle of a spoon between fruit and jar, to let the air escape. Fill jar, wipe off rubber ring, fit cap on to the jar and seal. Turn over jars to be sure that they do not leak.

To Cook Fruit in Jars

Pack prepared fruit in sterilized jars, and cover with boiling syrup made with water, sugar and Lily White Syrup. Place the jars on a rack in the boiler, and fill boiler with tepid water to the neck of the jars. Cook until fruit is soft. Refill the jars, using the contents of one jar. Seal and cool without placing in a draught. To insure keeping, the jars should be re-heated for one-half hour on the third day.

To Sterilize Jars

Cover the jars with tepid water and bring to boil. Do not take the jars from the water until ready to use. Covers should also be sterilized, and rubber rings dipped in boiling water just before being used. Fruit should be sealed as near to boiling point as possible.

Thick Jam

1 lb. fruit
 $\frac{1}{2}$ lb. sugar

$\frac{1}{4}$ lb. Lily White Syrup

Wash and pick over the fruit. Mash berries, currants, etc., and slice other fruits. Put sugar over the fruit, and let stand until some of the fruit juice has been extracted. Stir frequently to prevent burning. Turn into sterilized glasses and seal. Time required for cooking—one to two hours, or until thick, when tested on a cold plate.

Canned Raspberries

MATERIALS:

Fresh Raspberries

Sugar

Lily White Syrup

Use $\frac{3}{4}$ cup sugar, and $\frac{1}{4}$ cup Lily White Syrup to two cups of berries. Fill cans alternately with berries, sugar and syrup. Place in a boiler on the stove (if using glass fruit jars, put stick under them to keep from breaking), fill the boiler with cold water nearly to the top of the cans. As berries settle, fill again with berries, sugar and syrup, until the juice fills the cans and is red. Then put covers on and tighten down, let cook for five minutes. Remove from water and place on a board out of the draught.

Orange Marmalade

6 bitter oranges

3 lemons

10 cups water

10 cups sugar

1 cup Lily White Syrup

Slice oranges and lemons fine, remove seeds and soak twenty-four hours in the water. Boil for one hour, add sugar and syrup and boil another hour, or until it jellies. Put in tumblers and cover.

Preserved Peaches

Pare peaches and place in steamer over boiling water, covered tightly; an earthen plate placed in steamer will preserve the juices, which may be added to the syrup. Let steam until they can be pierced with a fork. Make a syrup of one-half pound of sugar and $\frac{1}{4}$ cup Lily White Syrup to a pint of water, put fruit in cans, and, when full, pour over it the hot syrup. This rule is excellent for all large fruits.

Jelly Making

Strain juice through a flannel bag. Do not squeeze the bag at first. After the juice has dripped over night, the bag may be squeezed, but this juice should be kept separate, as the jelly from it will not be clear.

Weigh juice and add three-quarters as much sugar and Lily White Syrup as fruit juice. The sugar should be melted, and added very slowly to the boiling juice, then add the Lily White Syrup.

To test jelly, drop a little on a cold plate, and if it is cooked sufficiently, it will thicken slightly. Jelly should be poured into sterilized jars, and should be covered with heavy paper.

SUGGESTIONS

Fresh Berry Pies should be thickened with Benson's Corn Starch.

To Prevent Salt from Lumping—Mix with BENSON'S CORN STARCH, allowing one teaspoon Corn Starch to six teaspoons salt.

For Preserving.—Use one-third "LILY WHITE" CORN SYRUP and two-thirds Sugar.

"Lily White" improves the quality and flavour of all Preserves.

For Thickening Soups and Gravies—Benson's Corn Starch is unequalled.

Benson's Corn Starch, boiled with milk and sweetened, makes an excellent Infants' Food.

To Prevent Icing from Running Off Cake while being spread, dust lightly with Benson's Prepared Corn Starch.

A small dish or cup of water, in bottom of the oven, will prevent Cakes from Burning.

If the recipe calls for Corn Starch, be sure to use Benson's.

When silver is stored away it will keep bright if kept in tin boxes filled with powdered starch. It will keep bright for any length of time stored this way.

Starch is a very useful commodity in many ways. Powdered starch is an excellent silver polish, and it removes stains from wall paper as nothing else will. Simply rub the stain with the dry starch, and finish with a clean soft rag. When washing windows add a lump of starch to the water, and the dirt will give way more easily, and will not stick to the glass, as when water is used alone. Boiled starch rubbed over newly-washed linoleum will put a "skin" on it if allowed an hour or two to dry. The linoleum can then be polished in the ordinary way with beeswax and turpentine. This effects a considerable saving in polish, because the starch fills up the pores most effectively.

Dozens of dainty, inexpensive Desserts are made with
BENSON'S PREPARED CORN STARCH.



THE CANADA STARCH CO. LIMITED.