

A FEW  
**SELECTED**  
**RECIPES**

FROM THE  
**BLUE RIBBON COOK BOOK**

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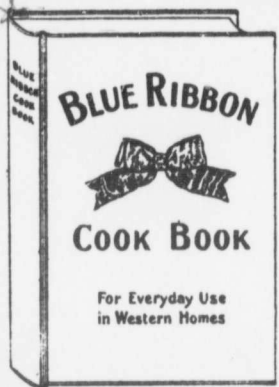


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19002 **You Need this Book**

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Bound in Oilcloth: 5 x 7 1/2 inches

After you use it a while, you'll wonder how you ever got along without it. Everything is so simple and clear and practical, it's just like having some wise old cook at your elbow. And with so many dishes to choose from, both old and new, there's no need of cooking the same old things time after time.

Even if you have a fairly good one already, you need the Blue Ribbon Cook Book.

It is specially prepared for everyday use in Western homes, and is practical and up-to-date. For instance, all ingredients are given by measure instead of weight, so you do not need scales.

It is a clearly printed book of handy size, telling briefly and simply just what to do, and what to avoid to obtain best results; how to get most nourishment from foods; how to combine and serve them attractively. Everything is so conveniently arranged and indexed that any information desired may be easily found. The parts telling about Cooking for Invalids and Chafing-dish Cookery would alone make this book a necessity in every home, and all other parts are equally good.

Mailed post-paid on receipt of 35c. cash or stamps. Address Blue Ribbon Limited, Dept. S.R., Winnipeg.

## BISCUITS, BUNS AND RUSKS

**Tea Biscuits**—1 pint flour, 2 level tablespoons butter, 4 level teaspoons Blue Ribbon baking powder,  $\frac{1}{2}$  teaspoon salt, 2 level tablespoons lard. Milk to make soft dough, from  $\frac{3}{4}$  to 1 cup, according to the flour used.

Sift flour, Blue Ribbon baking powder and salt in a mixing bowl. Add butter and lard, and cut it into flour with two knives. Add milk by degrees. Turn out on lightly-floured board; roll quickly in the flour. Flour your rolling pin and roll out dough about an inch thick and cut with a floured cutter. Bake in a hot oven 15 or 20 minutes.

**Cream Biscuit**—To 1 quart of sifted flour use 8 level teaspoons Blue Ribbon baking powder, 1 teaspoon salt, and rich sweet cream to make a soft dough. Bake in a quick oven.

**Graham Biscuit**—Use 2 cups graham flour, 2 cups wheat flour, 4 tablespoons butter, 2 tablespoons molasses, 8 level teaspoons Blue Ribbon baking powder, a little salt.

Sift the last 3 ingredients into the wheat flour, add the graham flour, cut in the butter thoroughly, moisten with milk or water to make a dough just stiff enough to roll out; roll thin, cut in small cakes, and bake in a quick oven.

**Tutti Frutti Biscuit**—Mix bits of fruit liberally into the dough of tea biscuits before baking it, as fruit is put into cake. Tea rolls are nice with fruit put in in the same way.

**Cinnamon Buns**—Cut  $\frac{1}{2}$  cup butter into 1 pint of flour, add  $\frac{1}{2}$  teaspoon salt and 4 level teaspoons Blue Ribbon baking powder; then add 1 cup sweet milk, and roll out into a large thin sheet.

Spread with soft butter, sprinkle with sugar and Blue Ribbon ground cinnamon, roll up and cut into buns. Bake about 20 minutes.

**Baking Powder Rusks**—Sift 2 tablespoons sugar,  $\frac{1}{2}$  teaspoon salt and 5 level teaspoons Blue Ribbon baking powder into 3 cups flour, then rub in 2 tablespoons cold lard; add 2 well-beaten eggs, 2 cups sweet milk, 1 teaspoon each Blue Ribbon Cinnamon and Nutmeg Extract.

Mix into a dough soft enough to handle, and turn out on the moulding-board; turn quickly once or twice to smooth it, break off pieces about the size of an egg, roll into small balls with the hand and lay close together in a well-greased baking tin. Wash over the top, to glaze it, with a little milk and melted butter mixed. Bake  $\frac{1}{2}$  hour in moderate oven. Sift fine white sugar on top when cold.

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*Many other recipes for Bread, Buns, Rolls, etc., will be found in the Blue Ribbon Cook Book, pages 48 to 55.*

## MUFFINS

2 level cups of flour,  $\frac{1}{2}$  teaspoon salt, 2 eggs,  $3\frac{1}{2}$  level teaspoons of Blue Ribbon baking powder, 2 tablespoons melted butter, 1 cup milk.

Mix dry ingredients. Mix all wet materials in another bowl. Add wet to dry. Add melted butter last. Bake in hot oven 15 to 20 minutes.

**Sweet Muffins**— $\frac{1}{2}$  cup sugar,  $2\frac{3}{4}$  cups sifted flour, 2 eggs, 5 level teaspoons Blue Ribbon baking powder,  $1\frac{1}{2}$  cups milk, 3 tablespoons melted butter, and a little salt.

Bake in cups or hot gem pans.

**Graham Muffins**—3 cups graham flour, 1 cup white flour, 2 tablespoons sugar, 8 level teaspoons Blue Ribbon baking powder, 1 teaspoon salt.

Mix all together. Then take 4 level tablespoons butter and put into 1 pint of sweet milk; set it on the stove until the butter is melted; when cool, mix all together with 2 eggs, and bake.

**Rice Muffins**—4 cups sifted flour, 1 cup milk, 4 eggs, 7 level teaspoons Blue Ribbon baking powder, 1 teaspoon salt, 4 tablespoons melted butter, 2 cups cold boiled rice or any other cereal left over from breakfast.

Mix dry materials, mix wet materials in another bowl, add wet to dry and melted butter last. Bake in muffin pans 15 to 20 minutes.

**Note**—**Cornmeal Muffins** can be made from this recipe by omitting the rice, and instead of using 4 cups flour, use 2 cups flour and 1 cup cornmeal.

**Whole Wheat, Graham or Meota Gems**— $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sugar, 2 eggs, 1 cup milk, 2 cups flour, 4 level teaspoons Blue Ribbon baking powder.

Cream butter, add sugar, beat, add egg, and beat until smooth, add flour with baking powder in it and milk alternately. Bake in greased gem pans.

**Sally Lunn**— $2\frac{1}{2}$  cups flour, 1 egg well beaten, 1 cup sweet milk,  $\frac{1}{4}$  cup sugar, 3 tablespoons butter (melted), 5 level teaspoons Blue Ribbon baking powder.

Bake 20 minutes in muffin rings, or in square pie-pans.

**Scotch Scones**—Into 2 cups flour sift 4 level teaspoons Blue Ribbon baking powder; rub in with the hand 4 tablespoons butter, adding a little milk to bind the paste; flour the bread-board and pin, roll out  $\frac{3}{4}$  inch thick, cut into small three-cornered pieces with a sharp knife.

Bake in a quick oven on a baking sheet, taking out as soon as they are lightly and evenly colored.

## GRIDDLE CAKES

**To Keep Buckwheat Batter Sweet**—Cover with cold water the batter left after you are done baking cakes; drain it off carefully at night before stirring up fresh batter. The batter settles at the bottom while the water absorbs the acid, thus keeping the batter fresh and sweet.

**A Substitute for Maple Syrup**—Take 2 cups light brown sugar and 1 cup water, and boil until a nice thick syrup, then flavor with a teaspoon of Blue Ribbon vanilla when cold. Nice with griddle cakes and hot biscuits. Use other flavoring if desired.

**Imitation Maple Syrup**—Boil clean corn cobs in water; then remove the cobs, add light brown sugar, then boil to a nice thick syrup. One can hardly tell it from genuine maple syrup. The cobs give the maple flavor.

**Griddle Cakes**—1 cup flour, 1 cup milk, 1½ teaspoons Blue Ribbon baking powder, 2 eggs, ½ teaspoon salt.

Sift flour and Blue Ribbon baking powder into mixing bowl. Beat eggs well. Stir milk into flour. Add beaten egg and beat all together until well mixed. Bake by spoonfuls on a hot greased griddle. (Beat batter well before pouring a fresh batch of cakes on to the griddle). Cook until nice golden brown, then turn. Never turn twice, it makes griddle cakes tough. Serve with syrup.

**Quick Buckwheat Cakes**—To 2 cups of buckwheat flour, add 4 level teaspoons Blue Ribbon baking powder, 1 teaspoon salt, and 1 tablespoon brown sugar (or New Orleans molasses instead).

When ready to bake, add 2 cups cold water, or enough to make a batter, stirring as little as possible, after it is stirred smooth. Wheat flour, cornmeal, or graham flour, may be added if desired.

**Cornmeal Griddle Cakes**—Use 1 cup sweet milk, or cold water, 1 egg, 2 cups yellow cornmeal, ½ cup flour, 1 tablespoon salt, 5 level teaspoons Blue Ribbon baking powder.

**Pop Overs**—Use 1 cup milk, 1 cup flour, 2 eggs, 1 teaspoon butter, and a pinch of salt.

Beat the white and yolk of the egg separately until very light, then beat all well together with a Dover egg beater for 3 minutes, and bake in a quick oven.

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*Several other good Griddle Cake recipes will be found in the Blue Ribbon Cook Book, page 58.*

**PURE and  
WHOLESOME**



Good Baking is easy when you use Blue Ribbon Baking Powder.

It contains only the highest grade of pure materials, refined till the last little trace of impurity disappears.

And every stage of the process of manufacture is under the scrutiny of experts harder to satisfy than you yourself would be.

The result is a steady, even action in the "rising" process, which makes the biscuit or cake light and flaky and of a nice even texture throughout.

Perfect digestion is the natural result, as the even texture makes it easy for the digestive juices to mix all through and act on every particle. The food is Wholesome, as well as Light.

## Better Value than American Powders

Because in buying Blue Ribbon Baking Powder you pay only for Quality, not customs duties and trust prices.

All American powders have to pay a heavy customs duty before coming into Canada, and this duty is figured in the price you pay. Also the manufacturers belong to what is called the American Baking Powder Trust, and by various methods, the price to the public is kept up.

Does this add to the value of the baking powder? Of course not.

For the worth of your money buy Blue Ribbon Baking Powder. 25c. a pound.

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## Better than Sour Milk and Soda

Because the sourness of different lots of sour milk is hardly ever the same, so the cook never knows just how much soda is needed to neutralize it. She can only guess, and guessing always means a chance of mistake. If too much soda is used the biscuits will be yellow; if not enough they will be sour or bitter.

There is no guessing with Blue Ribbon Baking Powder, for the ingredients are proportioned with chemical exactness. You know exactly how much to use. Never any bitter taste when Blue Ribbon is used. 25c. a pound.

## WAFFLES

Grease the waffle iron thoroughly, as, if the waffles stick it is hard to clean. Use salt pork fat, or butter wrapped in a thin clean cloth. Heat the iron well, both sides, grease it and only fill about  $\frac{2}{3}$  full, leaving room for them to rise; cook one side a minute, then turn and cook the other. They will take longer to bake than griddle cakes. Butter as soon as done, and sprinkle on powdered sugar, or serve with lemon syrup, maple syrup or caramel sauce.

**Waffles**—Into 4 cups sifted flour sift 7 level teaspoons Blue Ribbon baking powder, and 1 teaspoon each of sugar and salt; add 2 eggs, 1 tablespoon butter, and 1 cup either sweet or sour milk; if the latter, use 1 teaspoon Blue Ribbon soda.

**Cornmeal Waffles**—Take the beaten yolks of 3 eggs, 2 pints sour milk or buttermilk, and enough cornmeal to make a batter a trifle thicker than for griddle cakes; dissolve one teaspoon Blue Ribbon soda in warm water, stir it in the milk, and add a little salt. Use  $\frac{1}{2}$  wheat flour if they break in pieces while cooking.

**Rice Waffles**—Use 2 eggs,  $\frac{1}{2}$  cup boiled rice,  $1\frac{1}{2}$  cups flour, 3 level teaspoons Blue Ribbon baking powder, butter the size of a walnut, a little salt,  $1\frac{1}{2}$  cups milk.

Mix well and bake immediately.

**Quick Waffles**—Two pints sweet milk, 1 cup butter (melted) sifted flour to make a soft batter; add the well-beaten yolks of 6 eggs, then the beaten whites, and lastly (just before baking) 8 level teaspoons Blue Ribbon baking powder, beating very hard and fast for a few minutes.

These are very good with 4 or 5 eggs, but much better with more.

**Corn Gems**—One cup of yellow cornmeal, 1 cup of flour, 4 level tablespoons butter, 2 eggs, 1 cup of cold milk, 4 level teaspoons of Blue Ribbon baking powder, 1 cup of boiling milk. Put the meal into a bowl, put the butter into the centre and pour over it the boiling milk; stir, then add the cold milk, the eggs well beaten and salt.

Beat well, add the baking powder and flour, and mix thoroughly. Pour into greased gem pans, and bake in a hot oven thirty minutes.

**Graham Gems with Dates**—One pint of milk, 1 teaspoonful of salt, half cup of chopped dates, 1 tablespoonful of melted butter, 3 cups of graham meal, 1 cup of boiled rice, 3 eggs, 6 level teaspoons Blue Ribbon baking powder.

Beat the yolks of the eggs and add them to the milk, then the rice, salt, meal and butter; give the whole a vigorous beating. Now add the dates, the baking powder and meal, and the whites of the eggs, beaten to a stiff froth; mix carefully. Bake in gem pans in a quick oven 30 minutes.



## DOUGHNUTS

**Ohio Doughnuts**—Use 3 eggs, 1 cup sugar, 2 cups new milk, 1 teaspoon salt,  $\frac{1}{2}$  level teaspoon Blue Ribbon nutmeg, and flour enough to permit the spoon to stand upright in the mixture, and 8 level teaspoons Blue Ribbon baking powder and two level table-spoons sugar.

Beat until very light. Drop by the dessertspoonful into hot fat. They will not absorb the fat, and are as digestible as any doughnuts.

**Cream Doughnuts**—Beat 1 cup sour cream, 1 cup sugar and two eggs together; add 1 level teaspoon Blue Ribbon soda, a little salt and flour enough to roll.

**Crullers**— $\frac{1}{4}$  cup butter, 1 cup sugar, 2 eggs, 3 cups sifted flour  $\frac{1}{8}$  teaspoon salt, 6 level teaspoons Blue Ribbon baking powder, 1 teaspoon Blue Ribbon vanilla extract, or 12 drops Blue Ribbon concentrated vanilla essence, 1 teaspoon Blue Ribbon pastry spice,  $1\frac{1}{4}$  cups milk.

Cream butter, add sugar and yolks beaten thick. Mix the spice and baking powder with flour and put vanilla in the milk, add flour and milk alternately to creamed butter, etc., last of all fold in the well-beaten whites, add enough flour to roll out thin, cut in oblongs, cut four gashes through centre, lengthwise, run fingers in and out of gashes to separate, fry in deep hot fat, drain, and roll in powdered sugar. If you want a change, grate rind of one lemon and add to the dough, then cut in rings, fry and cover while warm with the orange juice mixed with powdered sugar.

**Fried Cakes**—1 tablespoon melted butter, 2 cups sugar (scant), 1 cup milk, 4 eggs (medium sized), 6 level teaspoons Blue Ribbon baking powder, 1 level teaspoon Blue Ribbon cinnamon, 1 teaspoon salt, flour to roll.

**Jolly Boys**— $\frac{1}{2}$  cup sugar, 1 egg,  $\frac{1}{2}$  teaspoon of salt, 1 cup flour, 2 cups cornmeal (scalded), 6 level teaspoons Blue Ribbon baking powder.

Drop by tablespoons into smoking hot fat, and fry like doughnuts.

**Puff Ball Doughnuts**—1 cup of sugar, 2 eggs, 2 tablespoons of melted butter,  $\frac{3}{4}$  cup of milk, flour enough to roll, salt and nutmeg; add 4 level teaspoons of Blue Ribbon baking powder to the flour.

Beat all until very light. Drop by the dessertspoonful into boiling lard. These will not absorb the fat, and are not rich, consequently are not injurious. Will keep several days.

**Snow Balls**—1 cup sugar,  $\frac{1}{4}$  cup sweet milk, 2 eggs, spice, 2 level teaspoons Blue Ribbon baking powder; flour to roll in balls.

Fry in hot lard. Dip in the partly beaten white of an egg, and roll in powdered sugar until perfectly white.

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*Many other good recipes for Doughnuts, Fritters and Pies will be found in the Blue Ribbon Cook Book, pages 60 to 69*

## LOAF CAKES

**Time to Bake.**—Thin cakes will bake well in 15 to 20 minutes; thicker cakes require 30 to 40 minutes; and very thick ones will require about 1 hour. Fruit cakes will require from 2 to 3 hours.

Use a warm knife if you cut cake while it is warm.

**Almond Cake**— $\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup milk, 3 eggs, 2 cups flour sifted,  $3\frac{1}{2}$  level teaspoons Blue Ribbon baking powder, 1 cup blanched almonds,  $\frac{1}{2}$  teaspoon Blue Ribbon almond extract, or 3 drops Blue Ribbon concentrated almond essence,

Blanch the almonds, split them lengthwise, dry them, and mix with the cake last.

**Buttermilk Cake**—1 tablespoon butter, 1 cup sugar, 1 cup buttermilk or sour milk, 1 egg, 2 cups flour sifted, 1 teaspoon Blue Ribbon soda, 1 teaspoon Blue Ribbon pastry spice.

**Chocolate Marble Cake**—1 cup butter, 2 cups sugar, 1 cup sweet milk, 4 eggs, 2 cups sifted flour,  $\frac{1}{2}$  cup cornstarch, 1 teaspoon Blue Ribbon vanilla, or 12 drops Blue Ribbon concentrated vanilla essence, 4 level teaspoons Blue Ribbon baking powder.

After mixing all, take out 1 cupful of the batter and stir into it a heaping tablespoon of grated chocolate; drop this into the greased pan alternately with the other part.

**Coffee Cake**—1 cup butter, 2 cups brown sugar, 1 cup strong Blue Ribbon coffee (cold), 1 cup molasses, 3 eggs,  $4\frac{1}{2}$  cups flour sifted, 8 level teaspoons Blue Ribbon baking powder, 1 cup raisins (chopped), 2 teaspoons Blue Ribbon ground cinnamon, 1 teaspoon Blue Ribbon ground cloves.

**Gingerbread**— $\frac{1}{2}$  cup butter, 2 cups sugar, 1 cup sweet milk, 2 eggs, 3 cups flour, sifted,  $5\frac{1}{2}$  level teaspoons Blue Ribbon baking powder, 1 teaspoon Blue Ribbon ginger.

Bake in a thin sheet, and while hot sprinkle granulated sugar on top. Cut in squares.

**Plain Cake** (1 large loaf)— $\frac{1}{2}$  cup butter, 2 cups granulated sugar (sifted), 4 eggs, 1 tablespoon Blue Ribbon vanilla, or  $\frac{1}{2}$  teaspoon Blue Ribbon concentrated vanilla essence, 3 cups sifted flour, 6 level teaspoons Blue Ribbon baking powder,  $1\frac{1}{2}$  cups milk.

Cream butter, add sugar, add well-beaten yolks and vanilla, beat thoroughly, add flour with baking powder well sifted through it and milk alternately, beat again, add, if you like, 1 cup chopped nuts, currants or raisins (slightly flouring before being mixed keeps them from sinking) then fold in well-beaten whites and bake 30 or 40 minutes in moderate oven.

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*Other good recipes for Loaf Cakes, and many valuable Hints will be found in the Blue Ribbon Cook Book, pages 81 to 87.*

# Are You Getting Pure Spices?

Few housekeepers have any idea how shamelessly bulk spices are adulterated. So cleverly are they doctor-ed that often only an expert could detect the fraud. But of course such spices do not have the flavor or strength of the Genuine.



When you buy spice in bulk, just done up in a paper parcel, what assurance have you that it is not adulterated? None whatever.

Your only safety lies in getting a package put up under the brand of some manufacturer known to turn out only Pure goods.



The Purity of Blue Ribbon Spices  
is proven by Government Reports.

Not a single package has ever  
been adulterated.

Ask your grocer for this handy, sifting-top tin of Blue Ribbon Spice. Any kind, 10c.

## LAYER CAKES

**Apple Jelly Cake**—2 tablespoons butter, 1 cup sugar, 1 cup sweet milk, 1 egg, 2 cups sifted flour, 4 level teaspoons Blue Ribbon baking powder.

Bake in layers, and use the apple filling given among the fillings in Blue Ribbon Cook Book, page 90.

**Beaten Cream Cake**— $\frac{1}{2}$  cup butter, 1 cup sugar, 1 cup milk, 3 whites of eggs, 2 cups flour sifted,  $3\frac{1}{2}$  level teaspoons Blue Ribbon baking powder.

Bake in 2 layers and put together with thick sweet cream beaten with a little pulverized sugar, or use the "mock whipped cream" given among the fillings in Blue Ribbon Cook Book, page 92.

**Cheap Layer Cake**— $\frac{1}{2}$  cup butter, 1 cup sifted granulated sugar, 2 eggs,  $1\frac{1}{2}$  cups sifted flour, 3 level teaspoons Blue Ribbon baking powder,  $\frac{3}{4}$  cup milk,  $\frac{1}{4}$  teaspoon Blue Ribbon almond extract, Blue Ribbon lemon icing.

Cream butter, add sugar, cream again, add egg yolks beaten thick, add flour with baking powder sifted through it, and milk alternately. Fold in the whites beaten stiff, and bake in buttered pans 15 minutes.

**Chocolate Cake**—One cup of butter, 2 of sugar, 5 eggs, leaving out two of the whites, 1 scant cup of milk, 5 level teaspoons of Blue Ribbon baking powder; mix well in 3 cups sifted flour, bake in two long, shallow tins.

*Filling*: Beat the whites of two eggs to a stiff froth, add scant  $1\frac{1}{2}$  cup sugar; flavor with Blue Ribbon vanilla, add 6 tablespoons grated chocolate; add the filling when the cake is cold, and cut in diamond slices.

**Chocolate Cake No. 2**— $\frac{1}{2}$  cup butter, 1 cup sugar, 1 cup sweet milk, 2 eggs, 2 cups sifted flour, 3 level teaspoons Blue Ribbon baking powder. Bake in layers.

*Chocolate Cream for Filling*—Take  $\frac{1}{2}$  cup milk, yolk of 1 egg,  $\frac{1}{2}$  cup Blue Ribbon chocolate icing, 1 teaspoon Blue Ribbon vanilla, boil until thick as jelly. Spread between layers when cold.

**Economical Layer Cake**— $\frac{1}{2}$  cup butter, 1 cup sugar, 1 tablespoon corn-starch made smooth in 1 cup sweet milk, 2 cups sifted flour, 4 level teaspoons Blue Ribbon baking powder, 1 teaspoon Blue Ribbon vanilla extract, or 12 drops Blue Ribbon concentrated vanilla essence.

Bake in thin sheets. Use cream, cocoanut, jelly or any filling desired.

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*From Blue Ribbon Cook Book, page 88.*

## CAKES AND FILLINGS

**Rolled Jelly Cake**—1 cup sugar, 3 eggs, 2 tablespoons milk, 1 cup flour sifted,  $1\frac{1}{2}$  level teaspoons Blue Ribbon baking powder,  $\frac{1}{2}$  teaspoon Blue Ribbon lemon extract, or 6 drops Blue Ribbon concentrated lemon essence.

Bake in a long tin, and while warm spread with jelly or jam (raspberry is best) and roll thus: spread a damp towel on the table, lay on the cake and roll, keeping towel over it to prevent its cracking. Do not take off towel until the cake is cold.

**Romeo and Juliet Cake (Light Part)**—1 cup of white sugar, whites of six eggs well beaten, 1 tablespoonful of butter,  $1\frac{1}{2}$  cups of flour, 3 level teaspoonfuls of Blue Ribbon baking powder, 4 tablespoonfuls of sweet milk.

(Dark Part)—1 cup of sugar, one tablespoonful of butter, yolks of 6 eggs, 1 cup of flour, 4 tablespoonfuls of sweet milk, 2 level teaspoonfuls of Blue Ribbon baking powder.

Bake in separate tins, the layers being light and dark; then spread a custard between them which is made with 2 eggs, 1 pint milk,  $\frac{1}{2}$  cup sugar, 1 tablespoonful flour or cornstarch; when cool, flavor with 2 teaspoonfuls Blue Ribbon vanilla, or  $\frac{1}{2}$  teaspoon Blue Ribbon concentrated vanilla essence.

**Standard Cake**— $\frac{1}{2}$  cup or 4 level tablespoons butter, 2 eggs,  $\frac{3}{4}$  cup of bar sugar,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  cup milk,  $2\frac{1}{2}$  level teaspoons Blue Ribbon baking powder,  $\frac{1}{2}$  teaspoon Blue Ribbon vanilla or lemon extract, or 6 drops Blue Ribbon concentrated essence of lemon or vanilla.

Cream butter, add sugar and beat. Add beaten yolks of eggs to creamed butter, etc. Sift flour before measuring. To flour add the Blue Ribbon baking powder. Add flour and milk alternately to butter, etc. Last of all, add the well-beaten whites of eggs.

Can be used for layer or loaf cake. For Layer Cake, bake in two well-buttered pans for 20 minutes in moderate oven. For Loaf Cake, bake 40 to 50 minutes in slow oven.

This recipe can be used for several kinds of cake, namely: Spice, Light Fruit, etc.

**Chocolate Filling (Eggless)**—Use Blue Ribbon Chocolate Icing, following directions on package.

**Easily Made Frosting (Without Eggs)**—Mix the required quantity of Blue Ribbon icing to a paste with very little cold water (except in making chocolate icing, when boiling water must be used).

When you have icing the required consistency, spread it over the cake with a broad-bladed knife. The cake should be thoroughly cold before the icing is put on. Set in a cool place and the icing will harden in a few minutes.

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*Recipes for other good Layer Cakes, Fillings and Frostings are given in Blue Ribbon Cook Book, pages 89 to 94*

## SMALL CAKES

**Almond Drops**—1 cup butter,  $1\frac{1}{2}$  cups sugar, 3 eggs, 1 cup almonds (blanched and chopped), flour to drop,  $\frac{1}{2}$  teaspoon Blue Ribbon almond extract, or 6 drops Blue Ribbon concentrated almond essence.

Beat the sugar and eggs well for  $\frac{1}{2}$  hour, then add the other ingredients; drop on buttered pans and bake in a moderate oven. The secret lies in beating rapidly and thoroughly. Each teaspoon is dropped separately so as to make separate cakes.

**Cocoanut Jumbles**—2 cups sugar, 2 cups butter, 1 cup milk, 4 well-beaten eggs, and the white meat of a cocoanut grated. Use as much sifted flour as will make a rather stiff batter.

Beat it well, butter square tin pans, line with white paper, and put in the mixture 1 inch deep; bake in a moderate oven. When cold cut in small squares or diamonds; this is a rich cake and is much improved by a thin icing.

**Cocoanut Thumbs or Squares**— $\frac{1}{2}$  cup butter, 1 cup sifted granulated sugar, 1 cup milk, 2 cups sifted flour, 1 tablespoon cornstarch, 4 level teaspoons Blue Ribbon baking powder, 3 whites of eggs beaten stiff, 1 teaspoon Blue Ribbon vanilla extract, or 12 drops Blue Ribbon concentrated vanilla essence, Blue Ribbon lemon icing, 1 cup grated cocoanut.

Cream butter, add sugar, add flour with baking powder in it and milk alternately. Mix well, fold in egg whites with flavoring in them. Bake in small, round, deep tins, about size of your thumb, or bake in shallow tins, cut in squares, ice and sprinkle with cocoanut.

**Cookies**—2 cups sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup lard, 4 eggs, 3 cups sifted flour, 5 level teaspoons Blue Ribbon baking powder.

Cream butter and lard, add sugar and beaten eggs, then add flour with baking powder in it. Chill dough, flour molding board and pin, roll thin, cut, sprinkle with sugar, bake in quick oven.

**Cream Cakes**—1 tablespoon butter, 1 cup sugar,  $\frac{1}{2}$  cup milk, 3 yolks of eggs, 3 level teaspoons Blue Ribbon baking powder, sifted flour to make stiff batter.

Bake in patty pans in a quick oven. Cut a cone shaped hole in the centre of each and fill with whipped cream, sweetened and flavored with vanilla; sprinkle a little dessicated cocoanut on top. This makes about 1 dozen cakes.

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*Also see Blue Ribbon Cook Book, pages 96 to 100.*

# True Fruit Flavoring Extracts

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Blue Ribbon Extract of Vanilla is prepared from the finest quality of vanilla beans procurable, properly cured and aged, the flavor and natural color extracted, and the Extract fully matured.

It carries in a marked degree the fine flavor and delicate aroma so characteristic of choice vanilla.

No substitutes of any kind whatever are used.

Blue Ribbon Extract of Lemon is prepared from the fresh pure, essential oil extracted from the peel, and is not adulterated in any way.

The result is a fine, delicate, fruity flavor and odor, and an unusual strength which makes it very economical. Another advantage is that it will dissolve readily in water when used in cooking, so the food will be evenly flavored throughout.

Blue Ribbon Extract of Orange is prepared in a similar way, and is fully as fine as the Extract of Lemon.

Other True Fruit Flavors are the Blue Ribbon Extracts of Almond, Peppermint, Pistachio, Wintergreen and Rose.

## PUDDINGS

**Berry Pudding**—1 cup milk, 3 cups flour, 1 egg, 1 tablespoon melted butter, 6 level teaspoons Blue Ribbon baking powder, 1½ cups berries or fruit of any kind.

Steam 2 hours.

**Cottage Pudding**—1½ cups sifted flour, 3 level teaspoons Blue Ribbon baking powder, 2 level tablespoons butter, ½ cup sugar, 1 egg, ¼ teaspoon salt, 1 cup milk.

Cream butter, add to it the sugar, beat yolk of egg and add to sugar, stir in milk and the flour sifted with the salt, and baking powder last; fold in whites beaten stiff and put in buttered dish. Bake 20 minutes in moderate oven, serve with lemon sauce.

Note—A nice deep Fruit Pudding can be made by half filling a deep dish with either dried fruit stewed, or fresh fruit, and covered with a crust made of batter—same as recipe for cottage pudding—only using half the recipe. With dried fruit add 1 teaspoon of Blue Ribbon lemon extract. Bake for 20 minutes.

**Feather Pudding**—Use 1 egg, 1 cup sugar, 1 cup milk, 2 cups sifted flour, 3½ teaspoons Blue Ribbon baking powder, 2 tablespoons melted butter; steam one hour. For sauce, cream ½ cup butter with 1 cup sugar, add 1 cup raspberries and stir well together. Any jam or other fresh berries may be used instead of the raspberries.

**Gold Pudding**—To the well-beaten yolks of three eggs add ½ cup sugar, 1 tablespoon butter, 1 cup milk; add 3 level teaspoons Blue Ribbon baking powder in 2 cups sifted flour, ½ level teaspoon salt, and 1 cup seeded raisins.

Beat all well together and steam 2 hours. Serve with white pudding sauce.

**Hanover Pudding**—Sift 4 level teaspoons Blue Ribbon baking powder into 2½ cups sifted flour, add ¼ level teaspoon salt and 1 level teaspoon Blue Ribbon pastry spice, 1 cup suet or ½ cup butter, ⅔ cup molasses, 1 cup milk, 1 egg, 1 cup stoned raisins.

Boil 2½ to 3 hours. Eat with hard sauce or any liquid sauce preferred.

**Raisin Pudding**—One cup sweet milk, 1 cup butter or chopped suet, 1 cup raisins, 1 cup molasses, 3 cups sifted flour, 3 teaspoons Blue Ribbon pastry spice, 6 level teaspoons Blue Ribbon baking powder.

**Suet Pudding**—½ cup beef suet, chopped fine and free from skin, ¼ cup sugar, 1 cup raisins, seeded and chopped, ½ cup currants, ½ teaspoon Blue Ribbon pastry spice, 2 cups sifted flour, 4 level teaspoons Blue Ribbon baking powder, ¾ cup milk.

Mix all dry ingredients together and then add milk. Butter, and ¾ fill mould to allow for rising, cover top of mould with buttered paper so as to prevent water from falling on pudding; steam 3 hours. Serve with hard sauce or lemon sauce.

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*Recipes for many other Puddings, also Pudding Sauces, will be found in the Blue Ribbon Cook Book, pages 69 to 81.*



**Lemon Sauce**— $\frac{1}{2}$  cup sugar, 1 cup boiling water, 1 level tablespoon cornstarch, 2 level tablespoons butter, 1 teaspoon Blue Ribbon lemon or orange extract, or 12 drops Blue Ribbon concentrated essence of lemon or orange.

Mix the sugar and cornstarch, stir into them the boiling water, and boil 5 minutes. Take from the fire and add butter and lemon extract.

**Lemon Snaps**— $\frac{2}{3}$  cups butter, 1 cup sugar, 4 tablespoons hot water, 2 eggs, flour to roll soft,  $\frac{1}{2}$  teaspoon soda, 2 teaspoons Blue Ribbon lemon extract or  $\frac{1}{4}$  teaspoon Blue Ribbon concentrated essence of lemon. Bake in a quick oven.

**Lemon Custard**—3 eggs, 1 tablespoon butter, 2 level tablespoons cornstarch,  $\frac{1}{2}$  cup of sugar, 2 cups of water, 1 teaspoon Blue Ribbon lemon extract or 12 drops Blue Ribbon concentrated essence of lemon.

Beat the yolks of the eggs, the butter and sugar together. Mix the cornstarch with a little of the water. Stir all together and cook as for boiled custard. Remove from the stove and stir the beaten whites in lightly. The eggs may be beaten together if there is any haste.

**Cream Candies**—2 cups granulated sugar,  $\frac{1}{2}$  cup water,  $\frac{1}{4}$  teaspoon Blue Ribbon cream tartar, 1 tablespoon Blue Ribbon extract, or  $\frac{1}{4}$  teaspoon Blue Ribbon concentrated essence of lemon, orange, almond or vanilla.

Boil sugar, water and acid until a soft ball can be formed in cold water, cool slightly, beat until thick, turn out on a buttered platter and knead until creamy. Form into shapes, press nuts on top or roll nuts in, or dip next day in Blue Ribbon chocolate icing and set aside to dry.

**Fudge**— $1\frac{1}{2}$  cups white sugar,  $\frac{1}{2}$  cup milk, 2 teaspoons butter,  $\frac{1}{2}$  cup Blue Ribbon chocolate icing,  $\frac{1}{4}$  teaspoon Blue Ribbon vanilla extract, or 6 drops Blue Ribbon concentrated essence of vanilla.

Boil everything together until it forms a soft ball in cold water. Remove and beat until thick, put on a greased plate.

## Blue Ribbon Concentrated Essences.



Illustration two-third size

This is a new and very superior line of Flavoring Essences in a highly concentrated form. A few drops of it are more than equal to a whole spoonful of the old kind.

Being produced from the fruit by an entirely new process, the flavors are infinitely finer and truer than anything you have ever yet used.

They will give splendid results in the most particular cakes, sauces, custards, etc.

Any recipe calling for extracts will be decidedly improved by using 12 drops of Blue Ribbon Concentrated Essence in place of each spoonful of extract.

Flavors—Lemon, Orange, Vanilla, Almond, Peppermint.

Put up in 25c. and \$1.00 sizes.

If you cannot get Blue Ribbon Concentrated Essence from your grocer, send us 25 cents for each flavor desired and we will mail it postpaid and registered.

Address, Blue Ribbon Limited, Extract Department, Winnipeg.

## COLD DESSERTS

**Cake in Jelly**—Bake a sponge cake of pretty shape. Make sufficient Blue Ribbon Jelly (any flavor) and into dish pour part of jelly; when almost firm place cake upon it and cover with remaining jelly; when firm turn on a platter. Serve with whipped cream.

**Apricot Jelly**—1 package Blue Ribbon orange jelly powder, 1 cup boiling water, 1 tin of apricots.

Pour boiling water on jelly powder and stir till dissolved. Heat the apricot juice, and when hot, strain in with the jelly powder. Peel apricots, and put in mould; then pour over the jelly. Let it set in a cold place. Serve with whipped cream seasoned to taste.

**Orange Cream**—Dissolve 1 package of Blue Ribbon orange jelly powder in  $1\frac{1}{2}$  cups boiling water; allow to cool, add 1 cup sugar, the juice of 1 lemon, the juice of two oranges, with the grated rind of 1 orange, and the well-beaten yolks of 2 eggs. Put it over a gentle fire, stir until it just boils (no more), pour it into a mould, and set it in a cool place.

**Rainbow Jelly (Sufficient for Two Quarts)**—1 package lemon Blue Ribbon jelly powder, 1 package cherry Blue Ribbon jelly powder, 2 packages pistachio Blue Ribbon jelly powder.

Dissolve each package of jelly with  $1\frac{1}{2}$  cups boiling water. First dissolve lemon jelly powder and put half of it into each mould, when thick as honey put in slices of fruit and allow jelly to stand until it is quite set. Then put on next flavor of jelly. Be sure jelly is only lukewarm when you put it on the jelly that is set. Allow to stand until thick as honey and add fruit. Continue adding jelly and fruit until mould is filled.

**Russian Jelly**—1 package Blue Ribbon jelly powder (any flavor)  $1\frac{1}{2}$  cups boiling water, 2 whites of eggs beaten very stiff.

Dissolve jelly powder with boiling water, set aside to cool. When thick as honey whip until it is frothy, add well-beaten whites of eggs. Set away in earthen moulds to stiffen. Serve with custard.

**Tea or Coffee Jelly**—One packet of Blue Ribbon calf's-foot jelly powder dissolved in 1 pint of hot Blue Ribbon tea or coffee, and add  $\frac{1}{2}$  cup of sugar, will produce a delicious tea or coffee jelly. Serve with whipped cream or cream and powdered sugar.

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*For many other Cold Desserts, including Custards, Jellies, Ice Creams, Frappes, etc., see Blue Ribbon Cook Book, pages 100 to 113.*

# An Easily Made Dessert



Simply dissolve the contents of a package of Blue Ribbon Jelly Powder in a pint of hot water, and set to cool.

The result is a clear, sparkling jelly, so pure and easily digested that it is much used in the sick room for invalids and convalescents.

It makes an ideal dessert for dinner or tea, being light, wholesome, delicious and easily prepared. As a 10c. packet makes sufficient for about six

persons, it is very inexpensive.

Your choice of Lemon, Orange, Cherry, Raspberry and many other delightful fruit flavors. It is perfectly flavored with Blue Ribbon Extracts—the finest made.

The rich colors lend themselves especially well to Table Decoration. A simple plan is to use contrasting shades, as lemon, orange, cherry and pistachio (natural green). By using fancy moulds the effect is extremely pleasing, but even plain moulds will answer very well.

The crystal Clearness of Blue Ribbon Jelly is a sign and proof of its high quality.

In many jelly powders a cheap, inferior quality of gelatine is used, making the jelly more or less cloudy, not brilliantly clear and transparent as when made from Blue Ribbon Jelly Powder.

Only the finest grade of materials is allowed in Blue Ribbon. A fairly good quality could be had for less money, and many people might not notice the difference. The cheaper grades, however, are apt to contain impurities of various kinds, so only the very best is used in Blue Ribbon.

It will pay you to insist on getting Blue Ribbon Jelly Powder—not some cheap, gluey, artificially flavored substitute.

10c. a packet. Usually sold 3 packets for 25c. Just try the Lemon, Orange and Cherry. Tell your Grocer you want Blue Ribbon.

# Why Blue Ribbon Tea is so GOOD

It is Carefully Selected from the most delicate top leaves and flowery shoots of the best hill plantations, so it has none of the woodiness or bitterness that spoils ordinary teas.

The Expert Blending skilfully combines the Richness and Strength of the best Indian leaf with the Delicacy and Fragrance of the finest Ceylons. The resulting flavor is simply Perfect—nothing less.

It is blended to suit conditions right here in the West—not in England or Eastern Canada, where the water, etc., is so different.

The Flavor Never Varies, as Blue Ribbon Tea is always selected from the same plantations. It is not picked up here, there and everywhere, as so many teas are.

The full Strength and Flavor are preserved by the lead wrappers, which also keep out the mixed odors of the grocery shop, so readily absorbed by bulk teas in open chests.

Every package is Full Weight. The tea is weighed by accurate machines before being wrapped. The weight of the wrapper is not included. The total weight of tea and wrapper is about 1½ lbs. So you get full weight, as well as the richest flavored tea when you buy Blue Ribbon.

## Advantage of Packet Tea

You may be living in a small town, or on a remote farm or ranch, but by using Blue Ribbon you get as good tea as you could at the largest city grocery. If you move from place to place you can always get exactly the flavor you have been accustomed to, by simply asking for Blue Ribbon Tea.

The user of bulk tea, on the contrary, is at the mercy of every change of grocers, and even of a change in the stock of the same grocer.

Blue Ribbon Tea is packed in 1 lb. and ½ lb. lead packets, and also in 3 lb. cartons.

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*"We like your tea very much, and in fact find it better than any other we have tasted since leaving England four years ago. My husband was in the business for 20 years in the Old Country, and when he says it is the best he knows what he is talking about."—Mrs. J. S. Phillpott.*

*Lloydminster, Sept. 12, 1907.*

# BEVERAGES

## TEA

The quantity of dry tea to be used per cup depends on the taste of the drinker and the quality of the tea. As Blue Ribbon tea is richer and stronger than any other, less of it is required.

Scald out the pot with boiling water, put in the tea, pour on the water boiling hot, cover closely, and set for 6 or 7 minutes where it will keep hot without boiling.

The water should be Freshly boiled; long boiling expels the air, and makes the water flat and tasteless. It should be boiling Furiously when poured on the tea, so that the valuable properties of the latter may be extracted without stewing out the injurious tannin.

**Iced Tea (Russian)**—Is served a great deal with dinner during the summer months. It should be made rather stronger than when intended drinking hot, as when cold it will not seem so strong. Sweeten to taste, and when convenient leave in refrigerator for several hours. Serve it in a bowl with lumps of ice and slices of lemon floating in it. Have a pitcher of ice-water at hand to weaken it for those who think it too strong. In serving it, each person should receive a lump of ice and a slice of lemon.

## COFFEE

**Essentials of Making Coffee**—(1) Have good coffee, and be sure it is fresh roasted, the fresher the better; coffee roasted even a month has lost the best of its fragrance and aroma; Blue Ribbon is the best and freshest coffee in tins. (2) See that the coffee-pot is absolutely clean—not even milk-pans require more scrupulous cleanliness. (3) Do not cook long enough to extract the injurious tannic acid; if you boil it at all, never boil it over 3 minutes. (4) Serve hot at once, and with hot milk or cream.

**Amount of Coffee to Use**—This varies according to the taste and the quality of the coffee used, but the general rule is to allow a heaping tablespoon of ground coffee for each cup.

**The Best Coffee to Use**—No one variety of coffee is so good as a judicious blend. Blue Ribbon Coffee is so perfectly blended as to produce a rich flavor and tempting aroma that lingers in the memory.

The quality is the same year after year. It never varies. All samples are tested hot, warm and cold by expert coffee men, so they are known under all conditions. Once the desired characteristics are found, a full supply of that coffee is provided for, so the flavor is always kept uniform. Sold only in sealed tins, never in bulk.

## BEVERAGES (*Contd.*)

**The Coffee Pot**—A tin or iron pot should not be used, as it taints the coffee; a worn enameled pot has the same objection. The French pots are a great convenience, but with any earthenware pot good coffee can be made.

Every time the coffee pot is used it should be thoroughly cleaned, spout and all. If neglected, or if the coffee is allowed to stand long in the pot, a sort of black, greasy deposit will form on the inside, and it will spoil all coffee made in the pot while it is there. So wash, scald and dry the pot each time after being used. Dry each piece of a French coffee pot separately. Scald it out with hot water—cold water sets the greasy film, and is worse than useless. Do not use any soap or soapy water, but fresh, hot water merely.

If the pot has been neglected, and is coated, put in a tablespoon of washing soda, fill it with water, and boil it for a long time; then scrub it out well, rinse it with hot water, and dry it. Boil the strainers and all parts in the soda water, and scrub them also. Do not heat the coffee-pot too hot in drying it, or the next coffee made in it will taste burnt.

### The Healthfulness of Coffee

Mrs. S. T. Rorer, the eminent authority on cooking, in writing on Beverages in the "Ladies' Home Journal," says:—

"Of all the so-called beverages, coffee occupies the most important place. An infusion made moderately strong, **with fresh boiling water**, is a slight stimulant and prevents the waste of tissue. Coffee of **good strength** is a deodorizer, disinfectant, and antidote to many poisons. **Good Coffee is harmless.** Good coffee is more easily made than bad, for this reason I cannot understand why one finds so much bad coffee."

Other prominent authorities have also clearly shown that good coffee, properly made, is perfectly healthful, and is valuable as a tissue saver, gently stimulating the muscular energy without any injurious after-effects.

But it should on no account be boiled, or it will be ruined. It should be made quite strong, as it is then much more beneficial than when weak.

### An Easy Way to Make Good Coffee

Use water fresh from the tap or well, bring to boiling point, and use at the first brisk boil.

Scald out the coffee pot, and while hot put in a tablespoonful of Blue Ribbon Coffee to each pint of water. Pour on the fresh boiling water, and set the pot where it will keep hot, **but not boil**, for from 2 to 6 minutes; then serve immediately. The coarser the coffee is ground, the longer it needs to stand.

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*Many other recipes for Beverages will be found in the Blue Ribbon Cook Book, pages 117 to 121.*

# It Pays to Ask for what you Want

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So long as you buy food in the old, careless way, taking whatever kind is handed out, you are liable to be disappointed.

The only satisfactory way is to find a brand which is always pure and reliable—then insist on having that brand and no other.

Don't be put off with "something just as good."

The much-praised "just-as-good" article is usually some inferior brand pushed for the sake of a big profit. Or it may be stock which the seller wishes to get rid of because it is stale, or for other reasons.

In any case the Buyer is the one who suffers.

Just remember that the food is for your family, not the dealer's.

Any honest grocer who values your trade will give you what you ask for.

If you accept something else, it is your own fault.

# Blue Ribbon PURE FOODS



FRESH  
& FRAGRANT  
40c. A POUND.

LOOK FOR  
THE  
BOW



PURE  
& WHOLESOME  
25c. A POUND.



RICH-STRONG-FRAGRANT.

FOR SALE BY

**Pioneer Store**

JAMES HORNE

GENERAL GROCERIES, Etc.

LEMBERG, SASK.



A DELICIOUS DESSERT.



HANDY DREDGE TIN 10c.