



My Hundred
Favorite Recipes



Mary Blake

TABLE SETTING AND SERVICE

WHEN setting the table for luncheon or dinner, lay a plate for each person served. At the right of each plate place an oyster fork, soup spoon and knives in the order they are to be used, the one first used farthest from the plate. At the left of the plate lay the forks in the order used, the one farthest from the plate to be used first. Always have the tines of the forks and the bowls of the spoons turned upward and the cutting edges of the knives turned toward the plate.

Place a napkin, folded, at the left of the fork; or when soup is served, the napkin may be folded and placed on the plate with a roll or small piece of bread partly folded within it. Set the glass for water above the knife.

15 1/2

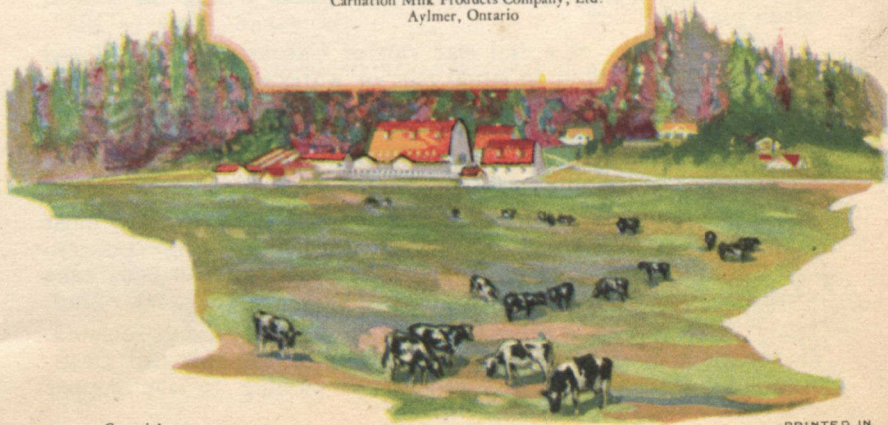


*The turnpike road to people's hearts I find
Lies through their mouths, or I mistake mankind.*
—Dr. Wolcott

This little book is sent to you in the hope that among its recipes you will find many new and tasty dishes. My own favorite recipes are contained herein, one hundred of them, and I can promise that you will find them all thoroughly practical.

Mary Blake

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Aylmer, Ontario



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MILK is Nature's most nearly perfect food. It contains in well balanced proportions, virtually all the elements essential to the sustaining of human life and the promotion of growth from infancy to old age.

In milk there is protein for muscle-building, carbohydrates and fat for the production of energy and heat, the mineral salts that play such an important part in the digestive and other functions of the body, and about eighty-five per cent. of water.

Milk—besides serving as a most necessary item in our daily diet—plays a very important part in modern cookery. A large number of recipes nowadays call for milk as an important ingredient. Every experienced cook knows, however, that there is a big difference in milks. Quality and richness vary greatly.

If you have experienced the disappointment of having one of your favorite recipes go wrong for no apparent reason whatever, you may be reasonably sure, assuming you followed directions carefully, that the milk used was not up to standard.

Thousands of expert cooks use nothing but Carnation Milk in their kitchens because they have found that Carnation is always uniform. It never varies in quality and richness and therefore is always dependable.

Carnation is just pure, fresh milk brought to double richness by the evaporation of approximately sixty per cent. of its natural water content and kept safe by sterilization in hermetically sealed containers. It contains no sugar or other preservatives. It stays fresh and sweet in the can indefinitely until opened—and for several days after the can is opened if kept in a cool, clean place.

The contents of a tall size can of Carnation when diluted with a little more than an equal part of water gives milk of about the proper consistency for use in all recipes that call for milk. For "creaming" coffee and desserts, use Carnation just as it comes from the container. For cereals, fruits, etc., use Carnation in its full richness or dilute it if you prefer.

Carnation Condenseries are located in the richest and most productive dairying centers. From the surrounding countryside, the farmers bring the milk, delivering it in sterilized cans which are kept cool to the proper temperature the year round.

When received at the plant, the milk is tested and retested. If the quality is up to standard it is then poured into clean, glass-lined receiving tanks, afterwards passing to the copper

pre-heating kettles. After heating to a certain temperature, the milk goes to large vacuum pans where approximately sixty per cent. of the natural water content is evaporated.

The milk then passes on to the homogenizing machines, where the butter-fat globules are broken up into minute particles to keep the rich butter-fat from separating and rising to the top of the can as it does in milk in its ordinary form.

Cooling is the next step, after which the milk is again placed in sterilized, glass-lined storage tanks, and laboratory tests are made to make sure that the product meets the exacting standards of quality. The cans are then filled, the milk being forced into the cans by an automatic machine through a tiny hole about one-tenth of an inch in diameter. Then an automatic machine hermetically seals and tests the cans at the rate of one hundred a minute.

After testing, the filled cans are placed in the sterilizer, where the sterilizing heat is applied. Finally the cans are again tested, this time individually by hand. They are then passed on to the labeling department and packed—forty-eight tall (sixteen-ounce) cans, or ninety-six baby (six ounce) cans to the case.

Throughout the entire process extreme sanitary precautions are taken. The shining equipment of every Carnation Condensery gives evidence of constant care and cleanliness.

Your grocer is the modern milk man. He sells Carnation Milk. Get in the habit of using Carnation in all your cooking. You will find it economical, convenient, dependable, and a real aid to the culinary art.

NOTE: In all the recipes in this book all measurements are level.



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Soups

CREAM OF PEA SOUP

1 can of peas	2 cups Carnation
1 slice bacon	1 slice onion

Add onion and bacon to peas—simmer in own liquid about twenty minutes. Remove bacon and onion and mash peas through sieve. Add two cups of Carnation diluted with half cup of water, season to taste. This serves four people.

CREAM OF MUSHROOM SOUP

1 pt. can mushrooms	2 cups Carnation	1 tbsp. flour
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Grind mushrooms. Simmer in liquid for fifteen minutes. Add two cups of Carnation, then flour made into thickening, and season just before serving with salt and pepper. Place a spoonful of whipped cream with a dash of paprika on top. This serves four people.

CREAM OF TOMATO SOUP

1 No. 2 can tomatoes (2 $\frac{1}{3}$ cups)	4 cloves	1 cup Carnation Milk diluted
2 sprigs parsley	1 tbsp. butter	with
$\frac{1}{8}$ tsp. thyme	1 slice onion	1 cup water
$\frac{1}{4}$ bay leaf	1 $\frac{1}{2}$ tsp. sugar	1 tbsp. flour
12 peppercorns	1 $\frac{1}{2}$ tsp. salt	Few grains pepper

Prepare a white sauce from the diluted milk, flour, butter, salt, and pepper. Boil the tomatoes with all the seasonings for five minutes; then rub through a sieve. Combine the tomato pulp (two cups) and the white sauce (one and three-fourths cups). Serve immediately without reheating. This serves six.

CREAM OF CELERY SOUP

2 $\frac{1}{2}$ cups celery	1 cup white sauce No. 2
3 cups water	1 cup Carnation
1 tsp. salt	$\frac{1}{8}$ tsp. pepper

Cook the celery and salt in the three cups of water until celery is tender. Add white sauce (see recipe Page 11), Carnation, pepper and more salt if necessary. This serves six people.



CARNATION MILK FOR CREAMING SOUPS

CREAM OF POTATO SOUP

4 cups diced potatoes	1 cup white sauce No. 2
3 cups water	1 cup Carnation
1 small onion	$\frac{1}{8}$ tsp. pepper
2 tsp. salt	

Boil the potatoes, diced onion, salt and water until vegetables are tender. Add white sauce (see recipe Page 11), Carnation and pepper. This serves six people.

CREAM OF SPINACH SOUP

2 tbsp. flour	pepper
2 tbsp. butter	2 tsp. salt
3 cups boiling water	3 cups water
2 qts. spinach or $\frac{1}{2}$ lb.	1 cup Carnation

Wash spinach thoroly and cook thirty minutes in boiling water. Drain and rub through sieve. Melt butter, add flour, then milk diluted with water and cook five minutes; add the spinach and season with salt and pepper. This serves six people.

CLAM CHOWDER

3 tbsp. diced salt pork	2 cups clams
1 sliced onion	2 cups white sauce No. 2
4 cups diced potatoes	1 cup Carnation
2 tsp. salt	$\frac{1}{8}$ tsp. pepper
3 cups water	

Fry out the fat salt pork, fry in it the onion, add potatoes, salt and water and boil until potatoes are tender. Add clams cut up in small pieces. Add white sauce (see recipe Page 11), Carnation, pepper, and heat to boiling point. One can of minced clams may be used in place of the fresh. This serves eight people.

CLAM SOUP

1 cup Carnation	1 tsp. salt
2 cups water	$\frac{1}{8}$ tsp. pepper
1 can minced clams	

Heat Carnation and water. Add clams and nectar. Heat to boiling point, add salt and pepper. Serve with crackers. This serves four people.

OYSTER STEW

1 pt. oysters	pepper
3 cups water	$\frac{1}{2}$ tbsp. salt
1 cup Carnation	2 tbsp. butter

Clean oysters and cook until edges curl; drain; add butter and seasonings to scalded milk, diluted with water, add oysters and serve. This serves six people.





GRIDDLE CAKES

1 egg	2 cups flour
1 cup water	2 tsp. baking powder
½ cup Carnation	1 tsp. salt

Beat egg, add Carnation and water and sifted flour, baking powder and salt. Beat well and drop by spoonfuls on greased, hot griddle. Brown on one side, turn and brown on other side. This serves six people.

FRENCH TOAST

2 eggs	½ cup Carnation
½ tsp. salt	½ cup water
8 slices stale bread	

Beat eggs slightly, add salt, water and Carnation. Dip slices of bread in this mixture, brown in frying pan with plenty of hot grease in it. Turn and brown on other side. Serve with jelly or syrup. This serves four people.

MILK TOAST

½ cup Carnation	½ tsp. salt
½ cup water	1 tbsp. butter
4 slices toast	

Butter the toast and pour over it the hot Carnation diluted with water and salt.

STUFFED EGGS

4 eggs	½ tsp. salt
3 tbsp. No Egg Mayonnaise	1 tsp. finely chopped parsley

Boil eggs until hard. Remove shell, cut lengthwise, remove yolks and mix with parsley, mayonnaise (see recipe Page 15) and salt. Refill whites and fasten with toothpick.

SANDWICH FILLING No. 1

4 ozs. cream cheese	¼ tsp. salt
2 tbsp. Carnation	1 tbsp. pimentos

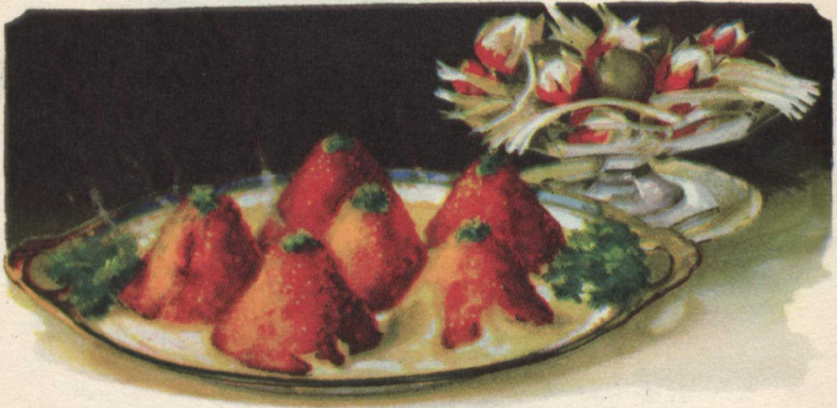
Soften cheese with Carnation, add salt and pimentos and a dash of cayenne, if desired. Spread this mixture between thin slices of bread.

SANDWICH FILLING No. 2

4 ozs. cream cheese	3 tbsp. chopped nuts
2 tbsp. Carnation	1 tbsp. chopped pickle
½ tsp. salt	

Mix all ingredients together and spread between thin slices of bread.





Fish

FISH CROQUETTES

2 cups cold cooked fish salt
1 cup white sauce No. 2 pepper

Pull fish apart in small pieces, using fork. Season with salt and pepper and add to white sauce No. 2 (recipe Page 11), then put on plate and cool. Shape, roll in crumbs, then in slightly beaten egg and again in bread crumbs and fry in deep fat. Drain and garnish with parsley. This serves six people.

FISH SOUFFLE

2 cups cooked fish 1½ cups white sauce No. 1 2 eggs

Cut the fish in small pieces, mix with white sauce No. 1 (see recipe Page 11) and yolks of eggs. Fold in stiffly beaten whites of eggs and bake in moderate oven about thirty minutes. This serves six people.

CREAMED SALMON

2 cups salmon 2 cups white sauce No. 1

Cut the salmon into fine pieces, add to hot white sauce (see recipe Page 11) and serve on toast. This serves six people.

CREAMED LOBSTER

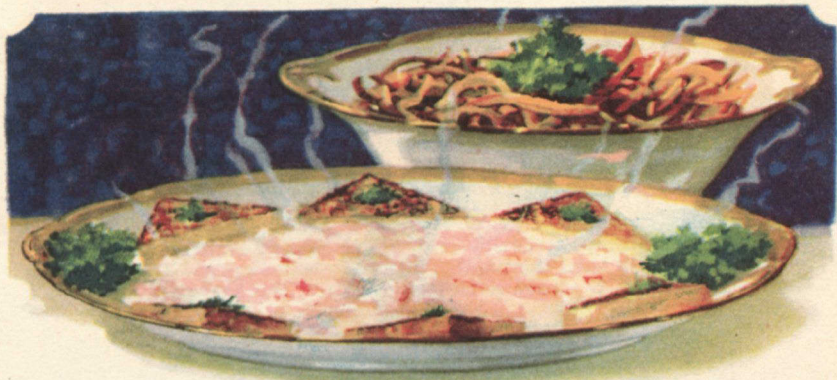
2 cups lobster 2 cups white sauce No. 1

Cut the lobster into fine pieces, add to hot white sauce (see recipe Page 11) and serve on toast. This serves six people.

SALMON MOLD

1 can salmon	2 tbsps. cold water	6 tbsps. Carnation Milk
½ tbsps. salt	Yolks of 2 eggs	diluted with
1½ tbsps. sugar	1 tbsps. melted butter	6 tbsps. water
½ tsp. mustard	½ tbsps. flour	¼ cup vinegar
Few grains cayenne		¾ tbsps. granulated gelatin

Remove all skin, bones, and fat from salmon, then separate in flakes. Mix dry ingredients, add to the well-beaten egg yolks; then add butter, diluted milk, and vinegar. Cook over boiling water, stirring constantly until the mixture thickens. Add the gelatin which has been soaked in the cold water. Strain and add to the salmon. Fill individual molds.



Meats

CREAMED CHIPPED BEEF

$\frac{1}{4}$ lb. chipped beef $1\frac{1}{2}$ cups white sauce No. 1
 $\frac{1}{4}$ tsp. pepper

Freshen chipped beef in boiling water if it seems too salty. Add to hot white sauce (see recipe Page 11); season with pepper and serve with toast points. This serves four people.

SCALLOPED MEAT

2 cups meat parsley $1\frac{1}{2}$ cups white sauce No. 1

Chop meat fine and season with salt and pepper if desired. Mix meat and white sauce (see recipe Page 11); put in buttered baking dish, cover the top with buttered bread crumbs and brown in oven ten to fifteen minutes. Cold fish may be shredded and used in the same way. This serves six people.

BEEF LOAF

$\frac{1}{2}$ lb. pork $\frac{1}{2}$ onion finely minced 1 egg, slightly beaten
 $\frac{1}{2}$ lb. veal $\frac{1}{3}$ cup Carnation Milk diluted $1\frac{1}{2}$ tsp. salt
 1 lb. beef with Few grains pepper
 $\frac{1}{2}$ cup breadcrumbs $\frac{1}{3}$ cup water

Put meat through a food chopper, mix and add ingredients in order given. Shape in a loaf; put in a pan and lay across four thin slices of salt fat pork. Cook in an oven preheated to 425° F. for fifteen minutes, then reduce the heat to 300° F. Baste every ten or fifteen minutes. Serve with tomato sauce, and garnish with parsley. This serves six.

HAM SOUFFLE

2 cups cooked ham $1\frac{1}{2}$ cups white sauce No. 1
 2 eggs

Cut the ham into small pieces, mix with white sauce No. 1 (see recipe Page 11), and yolks of eggs. Fold in stiffly beaten whites of eggs and bake in a moderate oven about thirty minutes. This serves six people.



CHICKEN CROQUETTES

Seasoning	1 tsp. parsley
2 cups cold cooked chicken	1 1/2 cups white sauce No. 1

Grind or chop chicken fine. Lemon juice, onion juice and celery salt may be used for seasoning if desired. Add chicken to white sauce (see recipe on Page 11); cool and shape. Roll in bread crumbs, then in slightly beaten egg and again in crumbs and fry in deep fat. Drain and garnish with parsley. This serves six people.

MEAT PIE

1 1/4 lbs. beef	1/2 cup carrots	pepper
1 cup potatoes	salt	sliced onion

Cut meat which has been left from pot roast or cold broiled steak in one-half inch cubes, cook vegetables, make sauce by browning onion in fat, thicken with flour, add seasoning and hot stock or water. Mix meat, vegetables and sauce. Add parsley and pour mixture into buttered baking dish. Cover with crust rolled one-eighth inch thick and bake fifteen to twenty minutes. This serves six people.

COVER FOR MEAT PIE

1 cup flour	1 tbsp. shortening	4 tbsp. water
2 tsp. baking powder	1/4 tsp. salt	2 tbsp. Carnation

Method for Cover: Sift dry ingredients together, work in the shortening and add water and milk mixed together.

BAKED HASH

1/4 cup fat	3 cups mashed potatoes	salt and pepper
1 1/2 cups meat	onion juice	chopped parsley

Grind the cooked meat and season. Melt one tablespoon fat in baking dish. Mix the ingredients well, moisten with Carnation diluted with water, put in the oiled baking dish and bake in a moderate oven until brown on top. This serves six people.

CHICKEN A LA KING

1 1/2 cups cold chicken	1/4 green pepper, shredded	1 cup chicken broth
2 tbsp. butter or chicken fat	1/4 pimento, shredded	1 cup Carnation Milk
1 tbsp. flour	3/4 cup mushrooms	Salt and pepper to taste

Cut chicken in half-inch dice. Saute slowly green pepper and chopped mushrooms in butter until tender (10 to 15 minutes), keeping covered while cooking. Remove mushrooms and pepper, and add flour, blending smoothly with fat left in pan; then add broth and Carnation Milk and cook until thickened, stirring constantly to prevent lumping. Place chicken, pimento and mushrooms in upper part of double boiler, pour sauce over and continue cooking over hot water for 10 minutes. This mixture is sufficient for four large patties.





CARNATION WHITE SAUCE No. 1

2 tbsp. butter
 ½ tsp. salt
 2 tbsp. flour
 ⅓ cup water
 ⅓ cup Carnation

Melt butter until it stops bubbling, stir in flour and mix thoroly. Add milk and water, stirring until thick and smooth. Add seasoning.

CARNATION WHITE SAUCE No. 2

4 tbsp. butter
 4 tbsp. flour
 ½ tsp. salt
 ⅓ cup water
 ⅓ cup Carnation

Melt butter until it stops bubbling, stir in flour and mix thoroly. Add milk and water, stirring until thick and smooth. Add seasoning.

SCALLOPED POTATOES

6 medium-sized potatoes
 1½ tsp. salt
 Few grains pepper
 ¾ cup Carnation Milk diluted with
 1¼ cups water
 2 tbsp. flour
 3 tbsp. butter

Place diluted milk in a double boiler to scald. Pare, soak and slice potatoes in one-fourth-inch slices. Place a layer in buttered baking dish, sprinkle with salt and pepper, dredge with flour, and dot over with bits of butter. Repeat and add the milk until it can be seen through the top layer. Bake in a 350° F. oven until the potatoes are soft. This serves six.

SCALLOPED CABBAGE

1 small head cabbage
 2 cups white sauce No. 1
 1 tsp. salt

Have ready a kettle of boiling water, put in it the salt and drop the cabbage in one leaf at a time, keeping the water boiling hard all the time. After twenty minutes of cooking, the cabbage should be tender. Lift out the leaves, putting a layer in a baking dish and covering with white sauce (recipe above). Continue until all cabbage is used. Sprinkle bread crumbs over top and dot with butter. Bake in hot oven thirty minutes. This serves six people.

DUMPLINGS

2 cups flour
 4 tsp. baking powder
 ½ tsp. salt
 2 eggs
 ¼ cup Carnation
 ⅓ cup water

Sift together flour, baking powder and salt. Beat eggs and mix with water and Carnation. Combine two mixtures. Drop by spoonfuls on top of boiling stew. Cover tightly and cook twenty to thirty minutes. It is a good plan to remove meat from stew before boiling dumplings. This serves six people.





Vegetables

CREAMED CARROTS AND PEAS

4 medium sized carrots
1 cup peas
 $\frac{1}{2}$ tsp. salt

1 cup white sauce No. 1
 $\frac{3}{8}$ tsp. pepper
1 tbsp. butter

Clean and cut carrots in thin slices, strips or cubes. Boil with peas, salt, butter and barely enough water to keep from burning until carrots are tender. Allow water to cook out at the last. Add white sauce (see recipe Page 11) and pepper. This serves six people.

CREAMED ASPARAGUS

2 bunches of asparagus

2 cups white sauce No. 1

Cook asparagus in salted water until tender. Add white sauce (see recipe Page 11) after draining off surplus water. This serves six people.

CREAMED CAULIFLOWER

1 head cauliflower

2 cups white sauce No. 1

Clean and cut cauliflower in pieces. Soak in cold water if not real crisp. Cook in boiling salted water until tender. Drain, add white sauce (see recipe Page 11) and heat. This serves six people.

CREAMED SQUASH

$\frac{1}{4}$ cup Carnation Milk

1 large summer squash

1 tbsp. butter

If tender, cook the whole squash, including the seeds and skin. If old, discard seeds and skin. Cut into halves; then cut into pieces about an inch wide. Cook in a minimum amount of water in a covered vessel. Concentrate and evaporate the water by keeping pan over a low flame, watching carefully to prevent burning. When tender add to the squash, milk, butter and salt and pepper. This serves four.



Biscuit

CARNATION BISCUIT

2 cups flour	4 tsp. baking powder	$\frac{1}{2}$ cup water
1 tsp. salt	2 tbsp. shortening	$\frac{1}{4}$ cup Carnation

Sift together the flour, baking powder and salt. Mix in shortening, add liquids, mixing to a soft dough. Roll lightly to half inch thickness, cut and bake in hot oven about fifteen minutes. This makes about eight biscuits.

MUFFINS

1 $\frac{3}{4}$ cups flour	1 tbsp. sugar	1 egg	$\frac{1}{2}$ cup Carnation
4 tsp. baking powder	$\frac{1}{2}$ tsp. salt	$\frac{3}{8}$ cup water	2 tbsp. fat

Mix and sift dry ingredients. Add milk and water to well beaten egg and add to first mixture, then add melted shortening. Bake in greased muffin tins fifteen to twenty-five minutes. This makes ten muffins.

NUT BREAD

4 cups flour	1 tsp. salt	$\frac{1}{2}$ cup Carnation	1 cup walnuts
1 cup sugar	4 tsp. baking powder	1 cup water	

Sift together the flour, sugar, salt and baking powder. Add ground nuts and milk. Mix, let stand thirty minutes in bread pans to rise, bake forty minutes in moderate oven. This makes two loaves.

SALVATION ARMY DOUGHNUTS

4 cups flour	4 tsp. baking powder	1 tsp. salt	$\frac{1}{2}$ cup water
1 cup sugar	2 tsp. ground mace	$\frac{1}{2}$ cup Carnation	2 tbsp. melted lard

Sift together the dry ingredients, mix well with the others. Roll or pat on board, cut and fry in deep fat. This makes about four dozen doughnuts.



CARNATION MILK FOR BETTER BAKING

CINNAMON BUNS

$\frac{3}{4}$ cup water	1 tsp. salt	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup Carnation	1 cake compressed yeast	$\frac{1}{2}$ cup raisins
3 tbsp. sugar	$4\frac{1}{2}$ cups flour	2 tbsp. shortening
1 egg	$\frac{1}{2}$ tbsp. cinnamon	

Soak yeast in a little warm water. Mix lukewarm water, Carnation, sugar, salt, beaten egg and melted shortening. Add two cups flour and beat well. Allow to rise in a warm place until spongy. Now knead in the other two and one-half cups flour, making a smooth, elastic dough. Let rise in warm place until double its size, turn on lightly floured board and roll about half inch thick. Spread with soft butter, sprinkle with the cinnamon and sugar and scatter over all the raisins. Fold or roll this and cut in little buns or rolls. Allow to rise to double its size and bake in a hot oven fifteen or twenty minutes. This makes thirty-two rather small cinnamon rolls.

CARNATION BREAD

$1\frac{1}{2}$ cups water	2 tsp. salt	7 cups flour
$\frac{3}{8}$ cup Carnation	2 tbsp. shortening	1 cake compressed yeast
	2 tsp. sugar	

Soak yeast in a small amount of lukewarm water. Measure the salt, sugar and shortening into a mixing bowl. Add the scalded milk and water. When lukewarm add the yeast and mix thoroly. Then add the flour gradually. When stiff enough to handle, turn the dough on a floured board and knead until smooth and elastic. Put into a bowl, cover and let rise in a warm place about one and one-half hours or until double its bulk, then make into loaves and put in baking pans. Cover, and again let stand in a warm place about one hour or until it has doubled its bulk, then bake about forty-five minutes. This makes two loaves of bread.

SPICE CAKE

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup water	2 tsp. cinnamon
1 cup brown sugar	2 cups flour	1 tsp. allspice
1 egg	4 tsp. baking powder	1 cup raisins
$\frac{1}{2}$ cup Carnation	1 tsp. cloves	

Cream butter and sugar, add beaten egg, water and Carnation alternately with sifted flour and baking powder. Add spice and raisins. Bake rather slowly about one hour. This makes a good sized loaf cake.

CARNATION GINGERBREAD

$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ cup water	1 tsp. cinnamon
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup Carnation	$\frac{1}{2}$ tsp. cloves
$\frac{1}{4}$ cup molasses	2 cups flour	$\frac{1}{2}$ tsp. ginger
1 egg	$\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ tsp. salt
	2 tsp. baking powder	

Cream shortening and sugar, add molasses and well-beaten egg. Add milk and water and flour, soda and baking powder sifted together. Add spices and beat well. Bake in greased pan in moderate oven about twenty minutes. This serves eight people.





NO EGG MAYONNAISE

½ tsp. salt	½ cup salad oil
2 tbsp. Carnation	1 tbsp. lemon juice or vinegar
⅓ tsp. paprika	

Put salt and paprika in a bowl with Carnation and mix well. Add oil, a teaspoonful at a time, and beat all the time. Add lemon juice or vinegar. This makes two-thirds cup salad dressing.

CARNATION FRUIT SALAD DRESSING

½ tsp. salt	1 tsp. sugar
2 tbsp. lemon juice	¼ tsp. mustard
1 cup whipped Carnation	

Mix the first four ingredients, then add slowly the whipped Carnation. (Recipe on Page 25.) Serve on fruit salad.

NO EGG COOKED CARNATION SALAD DRESSING

1 tsp. salt	2 tbsp. butter
2 tbsp. flour	¼ cup water
¾ tsp. mustard	¼ cup Carnation
1 tbsp. sugar	3 tbsp. vinegar

Mix dry ingredients and add to melted butter. Add Carnation and water and cook in double boiler until thick. Add vinegar slowly and cool. This makes three-fourths cup salad dressing.

BOILED SALAD DRESSING

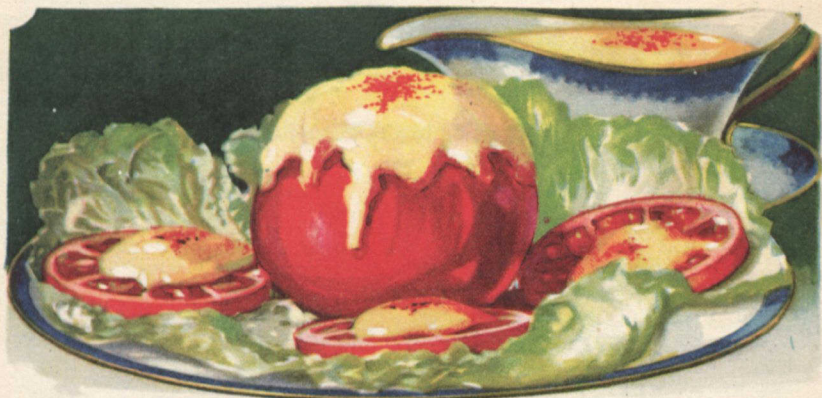
1 cup Carnation Milk	1 tsp. sugar	¼ tsp. mustard
2 eggs	3 tbsp. vinegar	Few grains cayenne
2 tbsp. melted butter	¼ tsp. salt	

Combine salt, pepper, mustard and sugar and add to the well-beaten eggs. Add the milk and butter and cook in a double boiler until it begins to thicken, then gradually add the vinegar and cayenne. Remove from fire and chill thoroughly before using. For eight salads.

SPRING SALAD

Use almost any combination of fresh green vegetables and mix with them mayonnaise salad dressing or cooked salad dressing (recipes above) and serve on lettuce leaves on individual plates. Radishes, green onions, crisp cabbage, celery, chopped lettuce, are all nice for this salad.





Salads

TOMATO SALAD

6 tomatoes
1 head lettuce

1 cup salad dressing
red pepper

Select tomatoes of good shape and color. Cut three thin slices off top of each tomato and arrange on lettuce on salad plate. Cover slices and top of tomato with mayonnaise, sprinkled with red pepper. If desired fill center of tomato with equal parts of pineapple and celery mixed with mayonnaise (see recipe Page 15). This serves six people.

FRUIT SALAD

2 apples
3 oranges

$\frac{1}{2}$ cup marshmallows
1 head lettuce

$\frac{1}{2}$ cup white cherries
or Malaga grapes

Cut oranges and apples in dice. Cut cherries or grapes in halves. Arrange lettuce on salad plates and place fruit in center. Over the fruit put marshmallows which have been cut in quarters. Serve with whipped Carnation (see recipe Page 25) which has been sweetened to taste, or with Carnation fruit salad dressing (see recipe Page 15). This serves six people.

PERFECTION SALAD

2 tbs. gelatine
 $\frac{1}{4}$ cup cold water
3 tbs. sugar

3 tbs. vinegar
 $\frac{3}{4}$ cup boiling water
 $\frac{1}{2}$ tsp. salt
lettuce

$\frac{3}{4}$ cup celery
 $\frac{1}{4}$ cup cabbage
3 tbs. pimientos

Soak gelatine in cold water. Mix sugar, vinegar, salt and boiling water and pour on soaked gelatine as soon as removed from fire. Stir until gelatine is dissolved. When mixture begins to thicken, add celery, cabbage and pimientos cut into fine pieces as desired. Turn into mould, chill, cut in any shape desired and serve on lettuce with mayonnaise dressing (see recipe Page 15). This serves six people.

DATE AND NUT SALAD

1 cup dates
1 cup celery

$\frac{1}{4}$ cup nuts
1 head lettuce

Remove stones from dates, fill cavity with piece of walnut. Place on lettuce, put chopped celery in center and add salad dressing (see recipe Page 15). This serves six people.



Puddings

CHOCOLATE PUDDING

2 cups Carnation	$\frac{1}{4}$ cup sugar	2 squares chocolate
2 cups water	$\frac{1}{4}$ tsp. salt	1 tsp. vanilla
$\frac{1}{2}$ cup cornstarch	$\frac{1}{2}$ cup water	

Heat Carnation and water in double boiler, mix cornstarch, sugar, salt and half cup of water. Add to hot milk, add melted chocolate, cook until thick. Add vanilla, mold, chill and serve with whipped Carnation (see recipe Page 25).

RICE PUDDING

2 cups Carnation Milk diluted with	$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ lemon rind grated
2 cups water	$\frac{1}{3}$ cup sugar	$\frac{1}{3}$ cup rice

Wash rice and combine with all the other ingredients. Pour into buttered baking dish, set in a pan of hot water, and bake in an oven of 300° F. for three hours. Stir the rice several times during the first hour to prevent its settling. This serves eight.

CHOCOLATE BREAD PUDDING

2 cups bread crumbs	2 squares chocolate
2 cups Carnation	$\frac{3}{8}$ cup sugar
2 cups water	$\frac{1}{4}$ tsp. salt
2 eggs	1 tsp. vanilla

Soak bread in Carnation and water. Add beaten eggs, sugar, salt, melted chocolate and vanilla. Bake in buttered baking dish or individual dishes, in moderate oven. Serve with hard sauce. Serves six people.

BLANC MANGE

1 cup Carnation	$\frac{1}{2}$ cup sugar
1 cup water	$\frac{1}{4}$ tsp. salt
3 tbsps. cornstarch	$\frac{1}{2}$ tsp. vanilla

Dissolve cornstarch, sugar and salt in small amount of water, heat remaining water and Carnation in double boiler. Add first mixture, cook until thick, turn into damp molds. Serve with any pudding sauce or cream. This serves six people.



CARNATION IS JUST PURE MILK

BAKED CUSTARD

2 eggs	$\frac{1}{4}$ tsp. salt
1 $\frac{1}{2}$ cups Carnation	$\frac{1}{2}$ cup sugar
1 $\frac{1}{2}$ cups water	$\frac{1}{2}$ tsp. vanilla

Beat eggs, add other ingredients, put in buttered pan which is set in pan of hot water. Bake until stiff. This serves six people.

BOILED CUSTARD

2 eggs	$\frac{1}{4}$ tsp. salt
1 cup Carnation	2 tbsp. sugar
1 cup water	$\frac{1}{2}$ tsp. vanilla

Beat eggs slightly, add sugar and salt and Carnation and water. Cook in double boiler until mixture thickens. Cool, add vanilla, serve in glasses with whipped Carnation (see recipe Page 25).

TAPIOCA PUDDING

1 cup water	2 eggs
1 cup Carnation	3 tbsp. sugar
$\frac{1}{4}$ cup Minute tapioca	$\frac{1}{8}$ tsp. salt
	$\frac{1}{2}$ tsp. vanilla

Heat Carnation and water in double boiler. Soak tapioca in a little water, add beaten eggs, sugar, salt and pour over this the hot milk. Cook in double boiler until tapioca is clear. Add flavoring and chill. This serves six people.

RICE CREAM

1 cup Carnation	1 $\frac{1}{2}$ cups cooked rice
1 cup water	2 eggs
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup sugar
	1 tsp. vanilla

Scald Carnation and water, add rice, egg yolks and sugar and salt. Cook until thick in double boiler. Remove from fire, add stiffly beaten whites of eggs. Add vanilla, cool and serve with cream. This serves six people.

CHOCOLATE PIE

$\frac{1}{2}$ cup Carnation	$\frac{1}{4}$ tsp. salt
1 $\frac{1}{2}$ cups water	1 cup sugar
2 eggs	2 squares chocolate
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ tsp. vanilla

Heat Carnation and water. Mix egg yolks, sugar, flour, salt together, add hot liquid, stirring all the time. Add melted chocolate, cook until thick. Add vanilla, pour into baked crust, cover with meringue made of egg whites. Brown in oven.





PIE CRUST

- | | |
|------------------------------|-------------------------|
| $\frac{3}{4}$ cup flour | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{4}$ cup shortening | 3 tbsp. water |

Sift flour and salt into bowl, make a hole in center of flour, put shortening and water in this and work all together well. Roll on floured board. If this is cooled thoroly before rolling, it is easier to handle. This recipe makes one crust.

WASHINGTON CREAM PIE

- | | |
|--------------------------|---------------------------|
| $\frac{1}{2}$ cup butter | 6 tbsp. water |
| 1 cup sugar | $1\frac{1}{4}$ cups flour |
| 2 egg yolks | 2 tsp. baking powder |
| 2 tbsp. Carnation | 2 egg whites |

Cream butter and sugar, add yolks of eggs, well beaten. Add Carnation and water alternately with the sifted flour and baking powder. Fold in beaten whites of eggs. Bake in two layers and put together with cream filling (recipe below), sprinkling powdered sugar on top.

CREAM FILLING

- | | |
|-----------------------------|-------------------------|
| $\frac{1}{4}$ cup flour | 2 eggs |
| $1\frac{1}{2}$ cups water | $\frac{1}{8}$ tsp. salt |
| $\frac{2}{3}$ cup Carnation | $\frac{3}{4}$ cup sugar |
| 1 tsp. vanilla | |

Moisten flour with a little cold water, pour over it the hot Carnation and water. Cook until clear in double boiler. Beat eggs, add sugar and salt, and add to hot liquid. Cook in double boiler until thick, stirring constantly. Cool, add flavoring.

CARNATION CREAM PIE

- | | |
|-----------------|----------------------------|
| 1 cup Carnation | $\frac{1}{2}$ cup sugar |
| 1 cup water | $\frac{1}{2}$ tsp. salt |
| 3 eggs | $\frac{1}{2}$ tsp. vanilla |
| 2 tbsp. flour | |

Heat Carnation and water. Mix together yolks of eggs, sugar, flour, salt, pour hot liquid over this and cook until stiff. Pour on to stiffly beaten whites of eggs, fold together, add vanilla, pile lightly in baked crust and brown in moderate oven

COCOANUT PIE

- | | |
|-----------------------------|----------------------------|
| $\frac{1}{2}$ cup Carnation | $\frac{1}{4}$ cup sugar |
| $1\frac{1}{2}$ cups water | 2 eggs |
| $\frac{1}{8}$ tsp. salt | $\frac{1}{2}$ tsp. vanilla |
| $\frac{1}{4}$ cup flour | $\frac{1}{2}$ cup cocoanut |

Heat Carnation and water. Mix together salt, flour, sugar, egg yolks, pour over it the hot liquid, stirring constantly. Cook until mixture thickens, add vanilla and cocoanut. Pour into baked pie crust, cover with meringue made from beaten whites of eggs. Brown in oven.





Pies

LEMON CREAM PIE

$\frac{3}{4}$ cup flour	2 tbsp. butter	4 tbsp. lemon juice
1 cup sugar	3 egg yolks	$\frac{1}{2}$ cup Carnation
1 $\frac{1}{4}$ cups boiling water		$\frac{1}{2}$ tsp. grated lemon rind

Mix flour and sugar, add boiling water while stirring. Cook five minutes, add butter, beaten egg yolks, Carnation, lemon rind and juice. Pour into baked pie crust, cover with meringue made of three egg whites beaten stiff with four tablespoons powdered sugar beaten into them. Brown in slow oven.

MERINGUE

3 egg whites	$\frac{1}{2}$ cup powdered sugar	$\frac{1}{2}$ tsp. lemon extract
--------------	----------------------------------	----------------------------------

Beat eggs until stiff, add sugar slowly, beating all the time. Flavor.

PUMPKIN PIE

1 $\frac{1}{4}$ cups steamed pumpkin	1 tsp. ginger	2 tbsp. orange juice
$\frac{1}{8}$ cup brown sugar	$\frac{1}{4}$ cup water	1 cup Carnation Milk
1 tsp. cinnamon	2 eggs	$\frac{1}{2}$ tsp. salt

Mix materials in order given and pour into unbaked pastry shell. Place in 450° F. oven to set crust; after 10 minutes reduce temperature to 250° F. This low temperature is necessary to produce proper consistency in a filling composed principally of milk and eggs. High temperatures curdle or whey such fillings and give them a "livery" appearance. Bake about one hour.

CUSTARD PIE

2 eggs	$\frac{1}{4}$ cup sugar	1 $\frac{1}{2}$ cups water	sprinkle
$\frac{1}{8}$ tsp. salt	1 cup Carnation	$\frac{1}{2}$ tsp. vanilla	nutmeg

Beat eggs slightly, add other ingredients, mix and pour into lined pie tin. Sprinkle nutmeg over top. Bake in moderate oven until firm.



Cake

DEVILS FOOD CAKE

¼ cup butter	2 eggs	½ cup Carnation	3 tsp. baking powder
1 cup sugar	½ cup water	1½ cups flour	2 squares chocolate

Cream butter and sugar, add yolks of eggs, water and Carnation alternately with sifted flour and baking powder. Add melted chocolate, beat well, fold in beaten whites of eggs. This makes two layers.

CHOCOLATE LAYER CAKE

⅛ tsp. salt	⅓ cup Carnation	½ cup water	3 tsp. baking powder
2 cups flour	¼ cup butter	1½ cups sugar	2 oz. unsweetened
1 tsp. vanilla	4 eggs	5 tbsps. boiling water	chocolate

Dissolve chocolate in boiling water. Cool. Cream butter, add sugar gradually, creaming constantly. Add the chocolate. Beat yolks until thick and lemon colored. Add them to the creamed sugar and butter; then add the liquid and the sifted dry ingredients, alternately. Add vanilla. Beat the whites of the eggs until stiff and cut carefully and lightly into the mixture. Turn into two greased layer cake pans and bake in a moderate oven thirty to thirty-five minutes.

SUNSHINE CAKE

5 egg yolks	7 egg whites	¾ cup flour	1 tsp. orange or
1 cup sugar	⅛ tsp. salt	¼ tsp. cream of tartar	lemon extract

Beat the yolks of eggs thoroly. Sift flour twice, sift sugar once. Beat whites until foamy, add cream of tartar and beat until stiff. Fold sugar in lightly, add beaten yolks, then add flavoring and cut and fold in flour. Bake about fifty minutes in a moderately hot oven. This serves twelve to fifteen people.



ONE EGG CARNATION CAKE

3 tbsp. butter	1 tsp. vanilla	1 cup flour
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ cup water	2 tsp. baking powder
1 egg	$\frac{1}{4}$ cup Carnation	

Cream butter and sugar, add yolk of egg, vanilla. Add water and Carnation alternately with the sifted flour and baking powder. Beat well, fold in the beaten white of egg. Bake in quick oven.

FRUIT DROP CAKES

1 egg	2 tsp. baking powder	$\frac{1}{4}$ tsp. cinnamon
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ cup Carnation	$\frac{1}{4}$ cup chopped figs
$\frac{3}{4}$ cup water	$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup chopped nuts
$1\frac{1}{4}$ cups flour	$\frac{1}{4}$ tsp. vanilla	$\frac{1}{4}$ cup chopped dates
	$2\frac{1}{2}$ tbsps. butter	

Cream the butter, add the sugar, then the well beaten egg. Mix and sift flour, baking powder, cinnamon and salt and add alternately with the milk, diluted with water to first mixture. Add vanilla, nuts, dates and figs. Mix well and drop from a spoon onto a baking sheet and bake in a moderately hot oven. This recipe makes twenty-eight cakes.

COCOANUT LAYER CAKE

4 eggs	$\frac{1}{2}$ cup butter	$2\frac{1}{4}$ cups flour
2 cups sugar	1 tsp. vanilla	4 tsp. baking powder
$\frac{1}{2}$ cup Carnation	$\frac{3}{8}$ cup water	

Cream the butter, add sugar and well beaten yolks of eggs. Mix and sift the flour and baking powder and add alternately with the milk, diluted with water. Add the vanilla and fold in the stiffly beaten whites of eggs. Bake in three layers in a hot oven.

COCOANUT FILLING

1 cup sugar	1 egg white	1 cup cocoanut
$\frac{1}{2}$ cup water	$\frac{1}{2}$ tsp. vanilla	

Boil sugar and water until it threads, pour onto stiffly beaten egg white, beating constantly. Add vanilla and one-half cup cocoanut. Beat until thick enough to spread. Sprinkle the remaining cocoanut over the cake when frosted.

COOKED CHOCOLATE ICING

1 cup sugar	6 tbsps. water	$\frac{1}{4}$ tsp. vanilla
2 tbsps. Carnation	1 square chocolate	

Melt chocolate in pan, add sugar, Carnation and water. Boil until it forms a soft ball in cold water. Cool without stirring, add vanilla, beat until stiff enough to spread.



UNCOOKED CHOCOLATE ICING

2 tbsp. chocolate
2 tbsp. Carnation
 $\frac{1}{2}$ tsp. vanilla
1 cup powdered sugar

Melt chocolate in pan, add Carnation, vanilla and sugar and mix thoroly; spread on cake.

OPERA ICING

2 cups powdered sugar
 $\frac{1}{2}$ cup Carnation Milk
2 tbsp. butter

Put into saucepan. Heat slowly to dissolve sugar and boil two minutes. When a little of the mixture is dropped into cold water, it should just hold together. Remove from fire and heat to the right consistency for spreading.

PLAIN ICING

$1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup water
1 tsp. butter
 $\frac{1}{2}$ tsp. vanilla
 $\frac{1}{2}$ cup Carnation

Boil the sugar, Carnation and water until it makes a soft ball in water. Cool, add vanilla, without stirring, beat until stiff enough to spread.

HARD SAUCE

1 tbsp. butter
2 tbsp. Carnation
 $\frac{1}{2}$ tsp. vanilla
2 cups powdered sugar

Warm butter until soft, add sugar, Carnation and vanilla, mix thoroly. This serves six people.

CUSTARD SAUCE

$1\frac{1}{4}$ cups water
 $\frac{3}{4}$ cup Carnation
3 egg yolks
 $\frac{1}{2}$ tsp. salt
2 tbsp. sugar
 $\frac{1}{2}$ tsp. vanilla

Heat Carnation and water. Beat egg yolks, add sugar and salt, add hot liquid stirring constantly. Cook until mixture thickens. Cool, add vanilla. Serves six people.

BUTTERSCOTCH SAUCE

1 cup light brown sugar
 $\frac{3}{4}$ cup Carnation Milk
 $\frac{2}{3}$ cup light corn syrup
Chopped nuts
4 tbsp. butter

Put sugar and butter in saucepan and let cook until sugar is melted and well blended with butter. Add corn syrup and cook until a temperature of 231 degrees F. is reached. Add cream, and lastly nuts. Keep warm over water. To be served on plain cake or ice cream.

CHOCOLATE SAUCE

Make custard sauce (recipe above) and add to it after cooking, one square melted chocolate.





Ice Cream

CHOCOLATE ICE CREAM

4 cups Carnation
1 cup sugar
1 tsp. vanilla

3 eggs
2 squares Baker's Bitter
Chocolate

Put milk and sugar into double boiler, let come to boil, have eggs well beaten, and stir briskly while pouring into milk. Dissolve chocolate by putting in bowl and stand in hot water. When thoroly dissolved, *pour custard slowly into chocolate, stirring all the time.* Freeze in regular manner. This serves ten people.

PINEAPPLE ICE CREAM

4 cups Carnation
 $\frac{1}{2}$ tbsp. gelatine

1 cup sugar
*1 cup grated pineapple.

Heat one cup Carnation, dissolve gelatine in a tablespoon of cold milk, and add to hot milk. Stir until thoroly melted. Add other ingredients and stir until sugar is dissolved. Freeze quickly and pack until hard. This serves ten people.

*Strain the pineapple and use only the dry, grated fruit.

BANANA ICE CREAM

4 cups Carnation
1 cup sugar

2 tbsp. lemon juice
5 good sized bananas

Crush bananas until they are a soft pulp. Add Carnation, sugar and lemon juice and stir until sugar is dissolved thoroly. Freeze quickly, and pack until hard. This serves ten people.

ORANGE SHERBET

2 cups Carnation
1 orange

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

1 lemon

Grate rinds of lemon and orange, squeeze out juice. Add sugar to Carnation, add lemon and orange rinds. Add lemon and orange juice slowly, stirring. The milk may have a slightly curdled appearance after this, but it disappears in the freezing. Freeze quickly and pack until hard. This serves five people.



Desserts

STRAWBERRY SHORTCAKE

2 cups flour	$\frac{1}{2}$ cup fat
$\frac{1}{4}$ cup sugar	1 egg
4 tsp. baking powder	2 tbsp. Carnation
$\frac{1}{4}$ tsp. salt	4 tbsp. water

Sift dry ingredients together, chop in fat, add beaten egg and milk. Bake in sheet or buttered pan. Split, butter, and cover with crushed fruit, sweetened to taste. Save a few large berries to put on top. Garnish with whipped Carnation. (Recipe below.) Serves six people.

FROZEN CUSTARD

$\frac{3}{4}$ cup sugar	1 $\frac{1}{4}$ cups Carnation	$\frac{1}{8}$ tsp. salt
1 $\frac{1}{4}$ cups water	2 eggs	1 tsp. vanilla

Scald the milk, diluted with water. Beat the eggs slightly; add sugar and salt. Add the scalded liquid and stir constantly. Put in double boiler and stir until the mixture thickens and a coating is formed on spoon. Cool, add flavoring and freeze. This makes one quart, enough to serve six people.

PRUNE WHIP

$\frac{1}{2}$ lb. prunes	1 tsp. lemon juice
$\frac{1}{2}$ cup sugar	5 egg whites

Wash prunes and soak in cold water over night. Cook in same water until soft. Remove stones and rub through strainer, add sugar and cook five minutes. Beat egg whites stiff, fold in cold prune mixture and lemon juice. Pour on buttered dish and bake twenty minutes in slow oven, or until brown. Serve with Custard Sauce (see recipe Page 23). This serves six people.

WHIPPED CARNATION MILK

1 cup Carnation	$\frac{1}{4}$ tsp. gelatine
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Dissolve the gelatine in tablespoon of cold Carnation; melt this in the remaining milk which should be at the boiling point. Cool by placing in bowl surrounded by cracked ice. When cold whip until stiff. It may be sweetened and flavored to taste. This recipe makes one pint of whipped Carnation which will stand up for many hours.



DELICIOUS DESSERTS WITH CARNATION

CARNATION CHARLOTTE RUSSE

$\frac{1}{2}$ cup Carnation	3 egg whites
$\frac{1}{2}$ cup water	$\frac{1}{4}$ tsp. vanilla
3 egg yolks	1 doz. lady fingers
$\frac{1}{2}$ cup sugar	Maraschino cherries
$\frac{1}{2}$ cup chopped, blanched almonds	whipped Carnation

Heat Carnation and water, add egg yolks well beaten, sugar and almonds. Fold in stiffly beaten egg whites and vanilla. Pour in custard cups which have been lined with pieces of lady fingers. Bake in moderate oven till brown and serve with a spoonful of almond flavored whipped Carnation (see recipe Page 25), and a Maraschino cherry on each.

PINEAPPLE CHARLOTTE

1 tbsp. gelatine	$\frac{1}{4}$ cup sugar
1 cup pineapple	1 tsp. lemon juice
$\frac{1}{4}$ cup cold water	1 cup whipped Carnation

Soak gelatine in cold water. Heat chopped or grated pineapple and lemon juice. Add sugar and gelatine. When gelatine is dissolved, cool and add whipped Carnation (see recipe Page 25). Turn into a mould which may be lined with lady fingers and chill. This recipe serves six people.

CAFE MOUSSE

1 cup sugar	1 tsp. gelatine
$\frac{1}{2}$ cup water	3 beaten egg yolks
1 cup whipped Carnation	1 cup strong coffee
$\frac{1}{2}$ tsp. vanilla	

Boil sugar and water five minutes. Pour onto egg yolks and cook in a double boiler until mixture coats the spoon like cream. Soften one teaspoon gelatine in two table-spoons cold water and dissolve with boiling coffee. Cool, add egg mixture, whipped Carnation (see recipe Page 25) and vanilla. Pour into a mould and pack in equal parts of ice and salt at least three hours. This recipe serves twelve people.

GRAPE SHERBET

1 cup sugar	1 pt. grape juice
2 cups water	juice of 2 lemons
	whipped Carnation

Boil sugar and water for ten minutes. Add grape juice and lemon juice. Strain and freeze in three parts ice and one part salt. On each serving put a spoonful of whipped Carnation (see recipe Page 25) to which lemon flavoring has been added. This serves twelve people.



CARNATION FONDANT

$\frac{1}{2}$ cup Carnation $\frac{1}{2}$ cup water
3 cups sugar

Boil to soft ball stage without stirring, cool without stirring, beat until creamy. Pack in bowl covered with damp cloth until ready to use.

CARNATION BON BONS

Color and flavor portions of fondant as desired, drop on waxed paper by using two silver knives and molding candy as dropped. Allow to harden in cool place. Cinnamon flavor with red color is good, as also pistachio with green color, peppermint with white, rose with pink, violet with lavender, wintergreen with pink, lemon or orange with yellow.

CHOCOLATE BON BONS

Take any of the bon bons in desired colors and flavors and dip in melted confectioner's chocolate. Lay on waxed paper and allow to harden in cool place. If desired, place a nut on each before it hardens.

NUT LOAF

To one cup of fondant, add one-half teaspoonful vanilla, one-half cup chopped nuts, one-half cup chopped cherries, or any fruits desired, mold on waxed paper in long loaf. When hardened in cool place, this loaf may be sliced to serve.

STUFFED DATES

Flavor fondant with vanilla. Remove stones from dates, fill with fondant, and nut meats. Close dates and roll in powdered sugar.

OLD FASHIONED MOLASSES TAFFY

$\frac{1}{2}$ cup molasses $\frac{1}{8}$ tsp. soda
 $1\frac{1}{4}$ tbsp. vinegar $\frac{1}{4}$ cup water
 $\frac{1}{4}$ cup Carnation 3 tbsp. butter
 $\frac{1}{4}$ tsp. cream of tartar $1\frac{1}{2}$ cups sugar

Put molasses, sugar, Carnation, diluted with water, and vinegar in a sauce pan; stir until it begins to boil; then add cream of tartar. When nearly done add butter and soda. Continue cooking until it becomes brittle when tried in cold water. Pour on a buttered plate; when cool pull until it is light colored. Cut into small pieces with scissors. Caution:—Use a good grade of light colored molasses.





Candies

COCOANUT FUDGE

3 cups sugar
 $\frac{1}{4}$ cup Carnation
 $\frac{1}{2}$ cup water

$\frac{1}{4}$ tsp. cream of tartar
 1 tsp. vanilla
 $\frac{1}{2}$ cup shredded cocoanut

Boil together the sugar, Carnation, water and cream of tartar until a soft ball is formed when a little of the mixture is dropped in cold water. *Cool without stirring*, and beat until creamy. When the candy begins to stiffen add vanilla and cocoanut. Spread on buttered plate or waxed paper and cut in squares.

CARNATION FUDGE

2 squares chocolate
 $\frac{1}{2}$ cup Carnation

2 tbsp. butter

$\frac{1}{2}$ cup water
 3 cups sugar

Melt butter and chocolate in sauce pan, add sugar, Carnation and water. Cook until mixture forms soft ball in cold water. *Cool without stirring*, beat until creamy, mold on buttered plate or waxed paper.

CARNATION CARAMELS

1 cup brown sugar
 1 cup white sugar

$\frac{1}{2}$ cup corn syrup
 $\frac{3}{8}$ cup Carnation

Mix well and boil, stirring often until the mixture makes a firm though not brittle ball when dropped in cold water. Pour into a pan that has been rinsed with cold water and allow to cool without stirring or disturbing. When nearly cold mark into squares and cut when cold. If liked, nut meats or cocoanut may be laid in the pan before pouring in the candy. If chocolate flavor is liked, add one square of melted chocolate before the candy is finished cooking.

CARNATION MAPLE FUDGE

1 lb. brown sugar

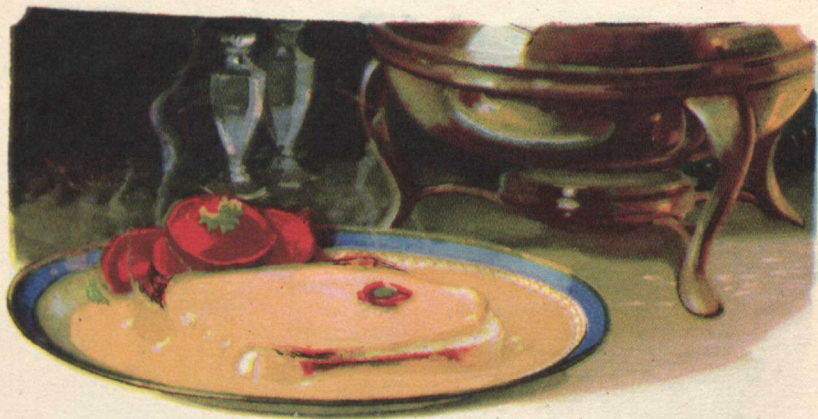
$\frac{3}{4}$ cup Carnation Milk

2 tbsp. butter

1 cup chopped nuts

1 pinch of salt

Put sugar, salt and Carnation Milk in saucepan and stir constantly. When boiling hard and beginning to thicken, add butter. Try in cold water, when soft ball is formed remove from fire, add nut meats, and beat until creamy.



Specialties

WELSH RAREBIT

2 tbsp. butter
 2 tbsp. flour
 $\frac{1}{2}$ cup Carnation
 $\frac{1}{4}$ cup water

1 egg
 $\frac{1}{2}$ lb. cheese
 salt
 mustard

cayenne

Melt butter, add flour, blend well, add Carnation and water, cooking until thick. Add cheese and allow to melt. Add slightly beaten egg and cook slowly until thick. Add salt, mustard and cayenne to taste. This serves four people.

MACARONI AND CHEESE

$\frac{3}{4}$ cup macaroni
 $\frac{1}{2}$ cup grated cheese

1 $\frac{1}{2}$ qts. boiling water
 1 $\frac{1}{2}$ cups white sauce No. 1

1 tbsp. salt

Drop macaroni in boiling salted water, cook until soft, drain, put in buttered baking dish, cover with white sauce (see recipe Page 11), in which the cheese has been melted. Sprinkle with bread crumbs, bake until brown. This serves six people.

CHEESE SOUFFLE

2 eggs
 $\frac{1}{4}$ tsp. salt
 2 tbsp. flour
 2 tbsp. butter

cayenne
 $\frac{3}{4}$ cup water
 1 cup grated cheese
 $\frac{1}{8}$ cup Carnation

Melt butter, add flour and stir until thoroly mixed, then add the liquids and cook until it thickens. Add the seasonings. Remove to the back of the stove, and add the well beaten yolks and cheese. When cool add the egg whites which have been beaten stiff. Turn into a buttered baking dish, and bake twenty-five to thirty minutes. Serve when taken from the oven. This serves six people.



THE chart on the next page was prepared by a leading authority on infant feeding. It outlines the correct diet for the average infant. It is recommended, however, that you consult your own physician who will advise you if your child requires any deviation from this schedule.

Orange or Tomato Juice

Authorities agree that by the end of the first month the baby, whether fed mother's milk, raw, pasteurized, sterilized, evaporated or condensed cow's milk must be given orange or tomato juice.

Use a good brand of tomatoes or fresh, home-canned.

Strain the orange or tomato juice and dilute (see following table) with water which has been boiled. Feed one hour before one of the morning feedings daily in the following amounts:

	Juice	Water
5th to 8th Week	$\frac{1}{2}$ teaspoonful	1 tablespoonful
9th to 12th Week	1 teaspoonful	1 tablespoonful
13th to 16th Week	2 teaspoonfuls	2 tablespoonfuls
17th to 20th Week	3 teaspoonfuls	3 tablespoonfuls
18th to 24th Week	4 teaspoonfuls	4 tablespoonfuls

Should the above prove too rich the baby will vomit in which case the amount of water should be increased.

Cereal Water

By the twelfth week, as you will see by the formula, cereal water is used to dilute the Carnation Milk mixture. The baby at this age can digest the starch of cereals and through its use the milk is made more digestible and nutritious.

To make cereal water, use two teaspoonfuls of wheat, barley or oat flour; rub into a smooth paste in a little cold water; boil quickly for a few minutes, then cook thirty minutes in a double boiler. Salt to taste. Strain through a fine strainer and mix with Carnation Milk according to formula.

Cereal Jelly

By the seventh month reduce the sugar and use cereal jelly, one-half teaspoonful each to one morning feeding and one afternoon feeding. If this agrees with the baby, in a week begin adding a teaspoonful of the cereal jelly in each of two morning feedings and a teaspoonful in each of two feedings in the afternoon and continue for the balance of the year.

To make cereal jelly, use three rounded teaspoonfuls of barley, oatmeal or wheat flour (do not make from cereals), season with a pinch of salt and cook thoroly in one pint of water. Cook oatmeal at least three hours, barley two hours. Add a little water for amount boiled away and serve in nursing bottle or after eighth month in cup if preferred.

Vegetables and Vegetable Juices

By the seventh or eighth month the baby must have food other than milk, and vegetable juices must be added to the diet.

Begin with one teaspoonful of spinach in the morning in addition to the milk feeding. Increase gradually to about two ounces at the end of the seventh month. At about the eighth month feed carrot juice in small amounts, increasing gradually until the baby is taking from two to four ounces of juice and pulp per day.

If a dislike is shown for a vegetable change to another and continue to feed the one for which the baby shows a preference.

At the age of one year the average baby will take about eight ounces of vegetable juice and pulp per day.

To prepare vegetables, carrots, spinach, green peas, asparagus, etc., boil until tender, force through a sieve. Feed the pulp and juice which goes through the sieve.



CARNATION INFANT FEEDING FORMULAS



Age and Average Weight	Food Mixture for 24-Hour Feeding					
	Carnation Milk, ounces	Water (Boiled), ounces	Sugar—(Milk or Malt), teaspoonfuls	Total Car. Milk and Water, ozs.	Amt of each Feeding, ozs.	No. of Feedings
1st-3rd days—8 lbs.	0	16	1	16*	1	7**
4th-6th days (slight loss in weight)	3	13	2	16	1½	7
7th-9th days—8 lbs.	4	11	2	16	1½	7
10th-14th days—8¼-8½ lbs.	5	12	3	17	2	7

Note: *Make up the 24-hour mixture in the proportions given and discard that left over **6 feedings every 3 hours from 7 A. M. to 10 P. M. and 1 night feeding.

3rd wk.—8¾ lbs.	5½	12½	4	18	2½	7
4th wk.—9 lbs.	6	15	4	21	3	7
5th-6th wks.—9¼-9½ lbs.	6½	14½	5	21	3	7
7th-8th wks.—9¾-10 lbs.	7	21	5	28	4	7
9th-10th wks.—10¼-10½ lbs.	7½	20½	5	28	4	7
11th-12th wks.—10¾-11 lbs.	8	27	6	35	5	7
†13th-14th wks.—11¼-11½ lbs.	8½	26½	6	35	5	7
15th-16th wks.—11¾-12 lbs.	9	24	6	33	5½	6
17th-18th wks.—12¼-12½ lbs.	9½	23½	6	33	5½	6
19th-20th wks.—12¾-13 lbs.	10	26	7	36	6	6
21st-22d wks.—13¼-13½ lbs.	10½	25½	7	36	6	6
23d-24th wks.—13¾-14¼ lbs.	11	21½	7	32½	6½	5
25th-26th wks.—14¼-15½ lbs.	12	23	7	35	7	5
††7th month—15-16 lbs.	12 to 13	23 to 22	6	35	7	5
8th month—16-17 lbs.	13 14	24½ 23½	5	37	7½	5
9th month—17-18 lbs.	14 to 15	23 to 25	4	37½ to 40	7½ to 8	5
†††10th month to 1 year—18-21 lbs.	15 to 17	25 to 29	4	40 to 36	8 to 9	5 to 4

Note: †Beginning with the 13th week, oatmeal or barley water can be used instead of plain boiled water. (See preceding page.)

††Use less sugar and begin adding cereal jelly. If you do not use cereal jelly, use 6 teaspoonfuls of sugar in the 24-hour mixture to the end of the year. Also feed vegetable juice as specified on preceding page.

†††By this time you have increased the cereal jelly so that you can make a further decrease of sugar. If you do not use the jelly use 6 teaspoonfuls of sugar.





CARNATION FOR COFFEE AND COCOA

CARNATION FOR COFFEE

To give your coffee an appetizing flavor with a golden brown color, use Carnation as it comes from the container. A teaspoonful is enough—use more if desired.

CARNATION FOR TEA

To retain the full, fine flavor of the tea, dilute Carnation with three parts water.

CARNATION COCOA

3 tbsp. cocoa	1½ cups Carnation Milk diluted	Few grains salt
2 tbsp. sugar	with	¼ tsp. vanilla
½ cup hot water	1½ cups water	

Scald diluted milk in double boiler. Mix cocoa, sugar and salt and add the ½ cup hot water. Cook over low flame 10 to 15 minutes, stirring occasionally to prevent burning. Add to cocoa the scalded milk; return to double boiler and continue cooking for 10 minutes. Whisk with dover egg beater just before serving. Place a marshmallow into cup and pour hot cocoa over. This serves four. Chilled, then iced, this makes a delightful, nutritious hot-weather drink.

CARNATION CHOCOLATE

3 tbsp. chocolate	2 cups boiling water
3 tbsp. sugar	2 cups Carnation
	¼ tsp. salt

Melt chocolate, add sugar, add water slowly, stirring all the time. Cook until thick. Add Carnation and salt. Beat as desired. Serve with whipped Carnation (see recipe Page 25), or a marshmallow on each cup. This serves six cups of chocolate.

EGG CHOCOLATE

2 tsp. cocoa	½ cup water
2 tsp. sugar	½ cup Carnation
	1 egg

Cook together the cocoa, sugar and water. Cool, add Carnation and well beaten egg. This makes one cup.

CARNATION FOR CEREALS AND FRUITS

For Cereals, Fruits, etc. use Carnation in its full richness, just as it comes from the container, or dilute to suit taste.

CARNATION AS A DRINK

For drinking use one part Carnation with one part cold water, or more Carnation or water as desired. Ice well and use as any whole milk.



Time Table for Cooking

Loaf Bread	40 to 60 m.	Fruit Cake	2 to 3 hrs.
Rolls and Biscuits	10 to 20 m.	Cookies	10 to 15 m.
Graham Gems	30 m.	Bread Pudding	1 hr.
Gingerbread	20 to 30 m.	Rice and Tapioca (baked)	1 hr.
Sponge Cake	25 to 45 m.	Steamed Pudding	1 to 3 hrs.
Plain Cake	20 to 30 m.	Steamed Brown Bread	3 to 4 hrs.
Pie Crust	about 20 m.	Plum Pudding	3 to 4 hrs.
Custards	25 to 30 m.		

MEAT

Beef, per lb. (roasted)	15 to 20 m.	Pork, per lb. (roasted)	30 m.
Mutton, per lb. (roasted)	25 m.	Goose, per lb. (roasted)	20 m.
Lamb, per lb. (roasted)	20 to 25 m.	Chicken Fricassee	1 hr.
Veal, per lb. (roasted)	20 to 25 m.		

VEGETABLES

Spinach	15 to 20 m.	Turnips	30 m.
Potatoes	20 to 30 m.	Cauliflower	20 to 30 m.
Asparagus	20 to 25 m.	Brussels Sprouts	30 to 40 m.
Peas	20 to 25 m.	Onions	30 to 40 m.
String Beans	25 to 35 m.	Parsnips	30 to 40 m.
Lima Beans	30 to 40 m.	Green Corn	15 to 20 m.
Macaroni	20 m.	Rice (boiled)	20 m.

CEREALS

Macaroni	20 min. or until soft	Hominy	1 hr. in double boiler
Rice	20 m.	Oatmeal	3 hrs. in double boiler
Corn Meal	3 hrs. in double boiler	Steam Cooked or Rolled Oats	30 m.
Spaghetti	20 m.		

STANDARDIZED OVEN TEMPERATURES

Temperatures used in class work in Columbia University

Slow
250°-350°
Custards
Meringues

Moderate
350°-400°
Bread
Cakes

Hot or Quick
400°-425°
Biscuits
Cookies
Pastry
Rolls

Very Hot
425°-500°
Roast Meat
Roast Poultry
Pastry, Tarts
Puff Paste

WEIGHTS AND MEASURES

3 teaspoons	equal one tablespoon	5 cups of flour	equal about one lb.
16 tablespoons	equal one cup	1 cup of butter	equal ½ lb.
½ pint	equal one cup	1 cup granulated sugar	equal ½ lb.
2 cups	equal one pint	2 tablespoons of butter	equal one oz.
4 cups	equal one quart	4 tablespoons of flour	equal one oz.