

COWAN'S



"Who
Said
Supper"

"Dainty Recipes"

1500
S. 1000



Dainty & Delicious Dishes

PREPARED FROM

COWAN'S COCOA AND CHOCOLATE

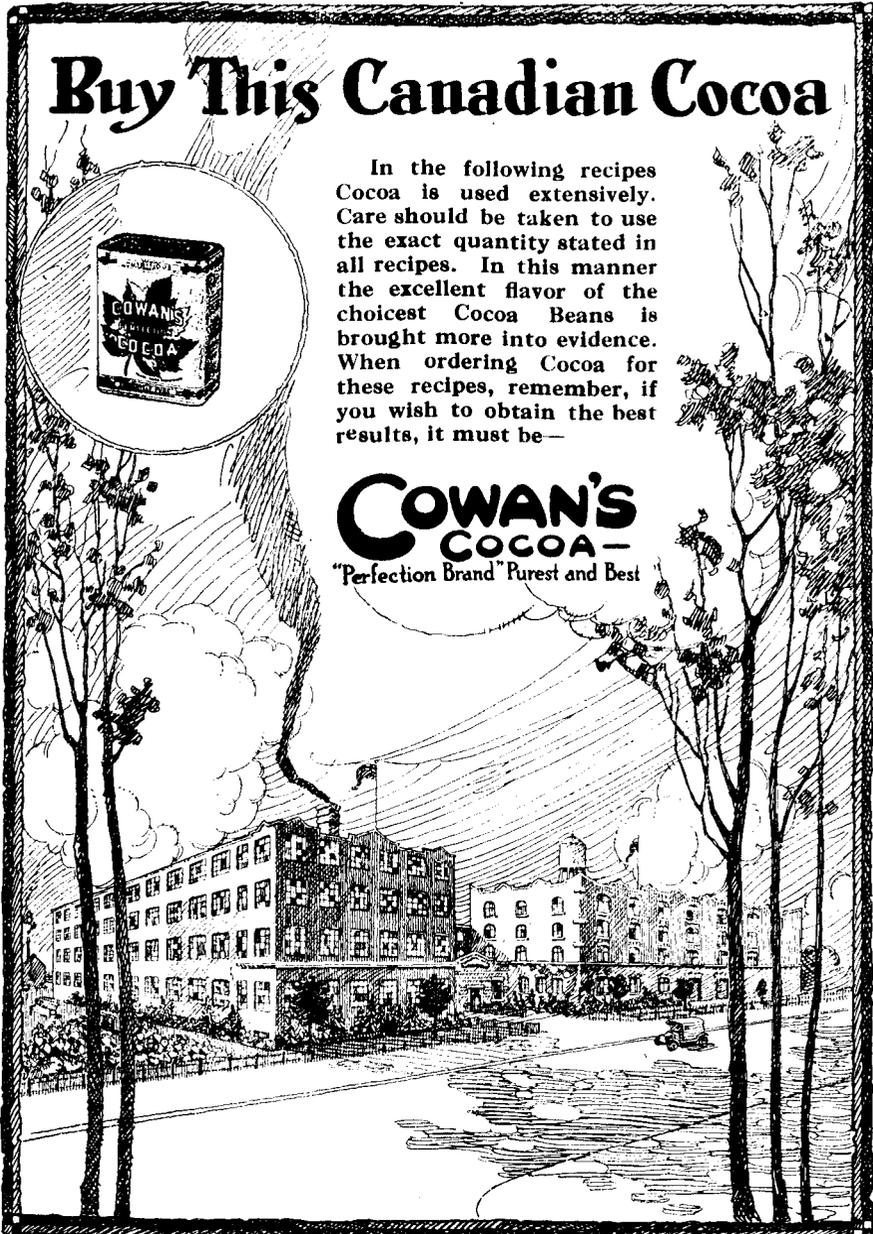
THE COWAN COMPANY, LIMITED
STIRLING ROAD - TORONTO

Buy This Canadian Cocoa



In the following recipes Cocoa is used extensively. Care should be taken to use the exact quantity stated in all recipes. In this manner the excellent flavor of the choicest Cocoa Beans is brought more into evidence. When ordering Cocoa for these recipes, remember, if you wish to obtain the best results, it must be—

COWAN'S
COCOA—
"Perfection Brand" Purest and Best



Pen drawing of General Offices and Works at Stirling Road, Toronto.

THE COWAN COMPANY, LIMITED

STIRLING ROAD - TORONTO

HOW often it is that one hears the words "It pays to advertise"—and how often those who use them forget that "It does not pay to advertise unless there is quality back of the trade-mark."

As far back as 1886 this house adopted a policy "quality—first and last—and let the people know it by judicious advertising."

By these methods this firm has grown to be the largest of its kind in the Dominion of Canada. Its phenomenal career started in the year 1886, when the late J. W. Cowan organized a Company under the name of J. W. Cowan & Company.

At that time a small and unpretentious factory was obtained at the corner of Front and Wellington Streets for the sole purpose of manufacturing cocoa. This situation was retained until 1888, when the company moved to Mincing Lane and established their offices and warehouse on a larger scale.

It was about this time that the business commenced to grow at a rate out of all proportion to the size of the new premises; consequently, another change was made and the firm purchased a large factory near the corner of King Street and Spadina Avenue adding considerably to the size of both offices and warehouse.

It was after four years' stay in this vicinity that the company bought extensive property on Stirling Road. A large four-storey factory was erected, comprising the latest methods of the time for the production of high-grade cocoa and chocolate.

It was at this factory that the celebrated Maple Buds were first manufactured and introduced to the market. The success of this product in particular is apparent to every one, and while very many infringements of the patent rights have occurred, and have been immediately quelled, it is simply one more excellent instance of the fact that "Imitation is the sincerest form of flattery."

Not many years later the death of Mr. J. W. Cowan occurred. At that time his son, Mr. H. N. Cowan, was Western representative of the company.

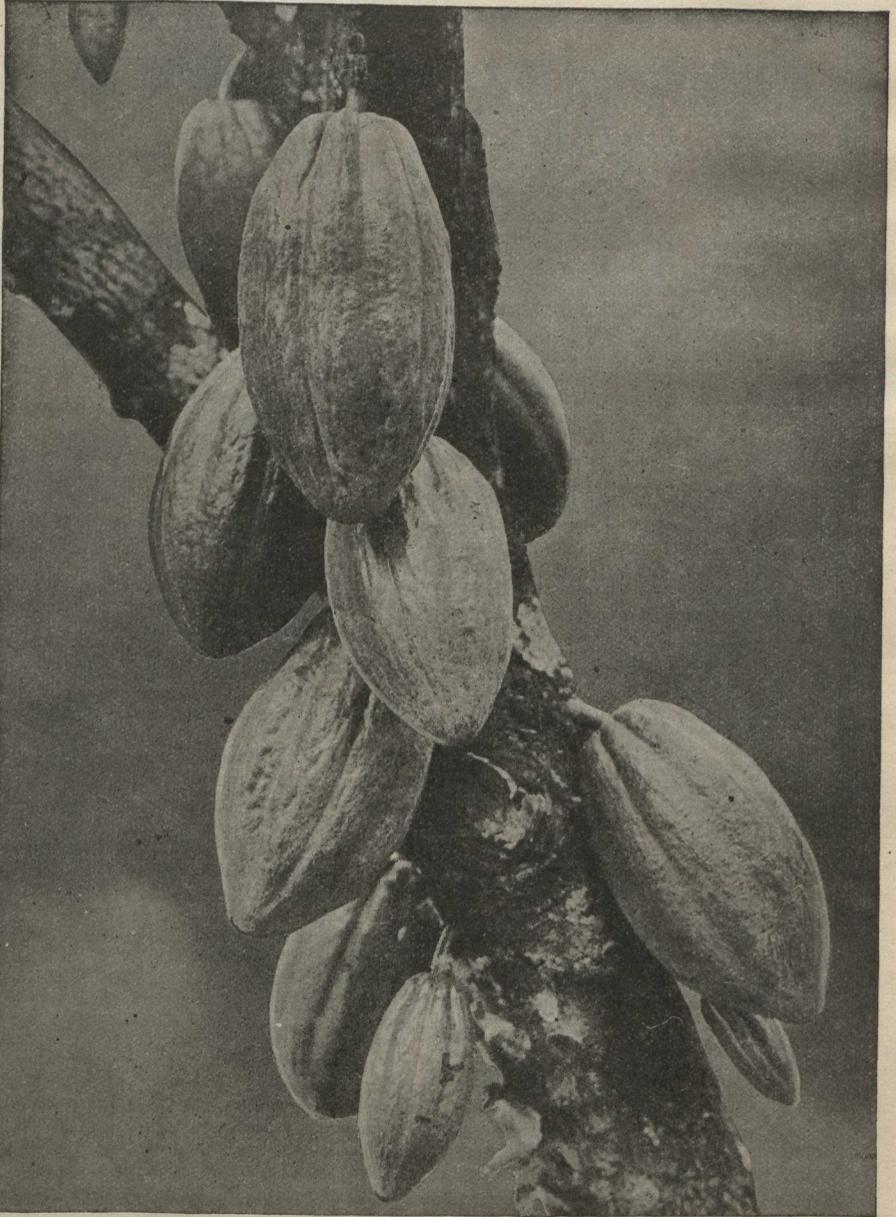
In 1908 Mr. H. N. Cowan became President and General Manager of the Cowan Company, Limited.

It was under the guiding hand of Mr. H. N. Cowan that the company commenced to expand enormously. Very many new lines of chocolate confections were introduced, among the more important being Milk Chocolate, Medallions, Almond and Filbert Nut Bars and Queen's Dessert Chocolate.

The success of these new lines was instant, and to take care of this end and the ever-increasing demand for cocoa and Maple Buds, a large plant was added. This new four-storey building was erected along lines of the most modern construction. Machinery was purchased embodying "last-word and up-to-the-minute" methods of cocoa and chocolate production. With these added facilities, superiority in production became the dominant feature of the factory. Chocolate was produced at a marketable and competitive price, and yet retaining the best and purest ingredients, a velvety smoothness of superlative quality which is so desirable in all eating chocolate.

To obtain this velvety smoothness the process is expensive, but the modern methods of the company enable them to accomplish this end where many others fail.

The success of the Cowan Company, Limited is simply due to quality and purity of goods. Along this path there are greater trade victories to be won, and we ask our present and prospective customers to be with us in our campaign for pure food, and to watch us win, and, above all, to order our goods, knowing them to be the purest products possible.



Illustrating a group of pods containing cocoa beans

See opposite page

Description of Manufacture

COCOA and chocolate originate from the fruit of the Cacao *Theobroma* tree. The tree flourishes in warm, moist climates such as the West Indies, Ceylon, Java, Africa, Mexico, Venezuela and Brazil. It blossoms throughout the entire year in the sheltered valleys of these countries, where the soft soil is kept constantly moist by heavy rains and large rivers.

A knowledge of the Cacao tree was first brought to Europe in 1519 by Fernando Cortez and his troops. At this period the Cacao Bean was regarded by the natives as a symbol of great value, and in some cases as a substitute for money. Later the wealthier class of natives used the bean in preparing a beverage which had a decidedly acquired taste. They added cayenne pepper or ground chillies to the mixture, and when first tasted by the Spaniards was looked upon as having small commercial value. However, the Spaniards soon learned to mix sugar, spices and cinnamon with it, and introduced the product into Spain, which gradually established itself as the celebrated chocolate beverage.

During cultivation the tree requires great care. The young trees are placed under the shelter of banana trees, and at a later period of their growth under the shade of coral trees, to protect them from the intense heat of the tropical sun.

Eventually the tree, when thus cared for, will attain a height of from twenty-seven to thirty feet, and yields abundant red flowers and golden yellow pods which contain the Cocoa Beans. These pods have the form of an angular cucumber, and vary in size and shape. Each pod contains from twenty-five to forty almond-shaped seeds arranged in five longitudinal rows, which are the Cocoa Beans from which cocoa and chocolate are manufactured (see opposite page).

When ripe the pods are gathered and split in two. The beans are then spread out on screens to dry gradually upon bamboo floors, exposed to the rays of the tropical sun. After this treatment the beans are subjected to a process of fermentation, packed and shipped to the different markets of the world.

In producing cocoa and chocolate the Cocoa Beans undergo very many changes in the process of manufacture. The beans are first inspected, sorted and cleaned. They are then emptied into large roasting machines, and the roasting process brings out the delicious flavor singular to cocoa and chocolate. The beans are then placed in a machine which cleans and removes the outer shell and dispels all small particles of dust, at the same time cracking them into what are known as "cocoa nibs." These cocoa nibs are then ground between stone grinders, and they contain so much natural oil, or cocoa butter, that they grind to a liquid condition—this liquid is called "chocolate liquor."

In the manufacture of cocoa powder the chocolate liquor is placed in immense hydraulic presses which separate the liquid from the solid. The liquid runs off into receptacles as pure cocoa butter, leaving the solid, which is pure cocoa in the raw state. This solid is then ground by special processes into the finished article, such as Perfection Cocoa.

In the manufacture of chocolate the cocoa butter is retained. To produce a delicious and palatable chocolate, sugar and flavoring are added to the chocolate liquor, and then many processes of grinding and rolling are introduced. Eventually the chocolate emerges a rich, velvety, hot mass. In this form it is then taken to the molding room and molded suitably into the different lines that are manufactured, such as Maple Buds, Milk Chocolate, Medallions, Queen's Dessert Chocolate, etc.

In the production of both cocoa and chocolate the Cowan Company, Limited, have introduced the most modern methods in the world, and the greatest possible care has been taken to preserve the strictest sanitary conditions everywhere throughout the factory.

Primary Points

One of the first points to be considered in the making of a cup of cocoa is the fact that cocoa is not properly cooked by simply pouring boiling water over it. In order to bring out the full, fine flavor of the cocoa, and to secure a drink that is completely digestible the cocoa should be subjected to the boiling point for a few minutes.

HOW TO MELT COWAN'S SUPREME CHOCOLATE

Break the chocolate into small pieces and place in the empty top saucepan of a double boiler. Boil the water over a high flame until the chocolate is melted. Do not add water to the chocolate.

HOW TO MAKE A COCOA PASTE

Take the quantity of cocoa desired, place in a cup and add a sufficient amount of cold water to produce, when stirred, a rough and ball-like appearance. Then add sufficient hot water to bring to an even paste when stirred. By following this method the cocoa will never have lumps throughout it. This suggestion is made when sugar is not desired.

HOW TO CREAM BUTTER

Select the amount of butter that is necessary and place in a bowl, mashing it against the sides with a spoon until a creamy consistency is reached.

HOW TO CUT AND FOLD

The mixture should be placed in a bowl and then cut through and through with a spoon. The next thing to do is to take up a portion of the mixture in the spoon and turn the spoon upside down and fold under the mixture. This process should be continued until the substance is thoroughly blended.

TO MARK OR CREASE FROSTING

Take an ordinary silver knife and when the frosting is almost cold cut evenly taking care to wipe the knife after each crease is made.

MEASUREMENTS

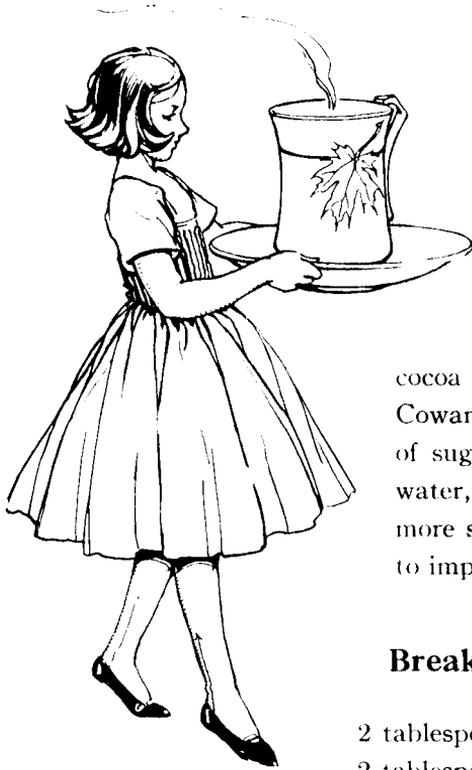
1 ordinary cup.	2 gills	4 gills.	1 pint
2 ordinary cups.	1 pint	2 pints.	1 quart
4 ordinary cups.	1 quart	4 quarts.	1 gallon

All measurements should be spoon or cup level, which may be levelled off by the aid of a knife. Measure a half-spoonful by cutting the spoonful in half lengthwise.

TABLE OF MEASURES

1 tablespoonful.	3 teaspoonsful
4 cups of flour.	1 pound
2 cups of butter.	1 pound
4 teaspoonsful butter.	2 ounces
8 teaspoonsful butter.	½ cup

NOTE.—For valuable assistance in preparing many of the following recipes we are indebted to George Coles, Ltd., Toronto.



Beverages

Cup of Cocoa

The way to make a perfect cup of cocoa is to take a small teaspoonful of Cowan's Perfection Cocoa, a teaspoonful of sugar; almost fill the cup with boiling water, then stir thoroughly, add milk and more sugar to taste. Boil 2 or 3 minutes to improve flavor.

Breakfast Cocoa for Six Persons

- 2 tablespoonsful Cowan's Perfection Cocoa
- 2 tablespoonsful sugar
- $\frac{1}{2}$ pint boiling water
- $1\frac{1}{2}$ pints milk
- Pinch of salt

Scald milk, mix cocoa, sugar and salt, then dilute with half cup boiling water to produce a smooth even paste. After adding the remaining water boil from 2 to 3 minutes. To prevent the forming of scum a good plan is to beat with an egg beater until frothy.

Beverages

Cowan's Cocoa Syrup

1 cup Cowan's Perfection Cocoa
2 cups sugar
2 cups water
Pinch of salt

The water and the sugar are first mixed in a saucepan, stirred until dissolved and then boiled for 5 minutes. Make a paste with cold water and the cocoa and add to the water and sugar solution. Boil for 10 minutes and then add the salt. Bottle the mixture and place in the refrigerator. This syrup must be put into air-tight sealed jars.

Perfection Punch

1 cup Cowan's Cocoa Syrup
1 cup finely cut orange
6 cups cold water

Mix syrup and water and just before serving add the orange, and more sugar if desired. The punch bowl may be decorated with orange rind and slices of orange placed on the top. Other flavors may be used, such as raspberry, strawberry or vanilla, as a substitute for the orange.

Perfection Cocoa Egg Shake

2 tablespoonsful Cowan's Cocoa Syrup
 $\frac{1}{2}$ glass crushed ice
1 egg
 $\frac{1}{2}$ glass milk

Place all the ingredients in a glass and shake thoroughly and then strain. Garnish with a little cinnamon.

Condensed Milk Cocoa

- 4 tablespoonsful Cowan's Perfection Cocoa
- 2½ cups boiling water
- ½ cup condensed milk
- Small pinch of salt

Mix the cocoa with 1 cup boiling water and boil for 2 minutes. Mix the rest of the boiling water with the condensed milk and the salt and add this to the cocoa. Bring the whole to the boiling point and serve with whipped cream.

Iced Perfection Cocoa

Two tablespoonsful Cowan's Cocoa Syrup. Place this in a glass in which is a tall piece of ice. Fill the glass with cold milk and serve. This drink may be made stronger or weaker to suit the taste.

Cowan's Cocoa Milk Shake

- 2 tablespoonsful Cowan's Cocoa Syrup
- ¼ cup finely crushed ice
- ½ cup milk
- ¼ cup soda water

The ice is first put in a tall glass, and then the cocoa syrup, milk and soda water are added and shaken until well mixed. Whipped cream, sweetened, may be added.

Cowan's Cocoa Syrup Ice Cream Soda

Place the desired amount of ice cream in a tall glass and add 2 tablespoonsful of Cowan's Cocoa Syrup, and then fill the glass with cold soda water. Garnish with 2 or 3 preserved cherries.



Desserts

Baked Chocolate Custard

- ¼ cup Cowan's Perfection Cocoa or 2 squares Cowan's Supreme Chocolate
- 1 cup sugar
- 4 cups milk
- 2 eggs
- 1 teaspoonful butter
- ½ teaspoonful salt

The cocoa, sugar and milk are first to be mixed and poured into a double boiler, boiling the same for 3 minutes and setting aside then to cool. Beat the eggs well and add the salt, then add this to the cocoa mixture. Butter a baking dish and pour the mixture into it, place in a pan of boiling water and bake until firm. If desired this can be baked in individual molds.

Tapioca Chocolate

- 3 tablespoonsful Cowan's Perfection Cocoa
- 4 cups water
- 3 tablespoonsful granulated tapioca
- ½ cup sugar
- Pinch of salt

The tapioca is placed in 3 cups of water and then boiled for 10 minutes. To this add the salt, cocoa and sugar, which have been previously mixed with 1 cup of the water. The whole is then boiled for 5 minutes. Serve with whipped cream, or plain if desired.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.



Chocolate Mousse

- ¼ cup Cowan's Perfection Cocoa or 2 squares
Cowan's Supreme Chocolate
- 1 cup milk
- 1 tablespoonful gelatine
- 3 tablespoonsful boiling water
- 1½ cups sugar
- 1 cup whipping cream
- ½ cup chopped almonds, blanched
- 1 oz. citron, cut in slices
- Pinch of salt

Melt the cocoa and sugar with the milk and stir over the fire until boiling. Then the gelatine, which has been dissolved in boiling water, is added, and the salt. The mixture is then strained into a bowl and set in a pan of ice water. Care should be taken to stir the mixture constantly until it thickens; then the whipped cream is folded in. Wash out a mold with cold water, and sprinkle with the nuts and citron. Then pour in the mixture and cover with wax paper or cheese cloth. Place on the lid, pack in ice and salt and let stand for 4 hours.

Chocolate Junket

- 1 square Cowan's Supreme Chocolate
- 1 junket tablet
- ¼ cup powdered sugar
- 3 tablespoonsful boiling water
- 1 quart milk

After melting the chocolate add boiling water. In one tablespoonful cold water dissolve a crushed junket tablet. Scald the quart of milk, add flavoring and sugar. Add the junket solution when cool and the melted chocolate and pour the ingredients into suitable molds or other receptacles. Stand in a warm place until the substance jells, then chill and serve with sugar and cream.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Desserts

Perfection Sherbet

- $\frac{1}{4}$ cup Cowan's Perfection Cocoa or 2 squares
Cowan's Supreme Chocolate
- 4 cups water
- $1\frac{1}{2}$ cups sugar
- Whites of 2 eggs
- $\frac{1}{4}$ teaspoonful salt

The cocoa, sugar and salt should be mixed with 1 cup of water and then boiled for 5 minutes; then add 3 cups of water. Churn the whole in a freezer for 5 minutes until it begins to harden, then add the whites of the eggs, which have been beaten stiff, and close the freezer, churning for 10 minutes longer. A good plan in most of these recipes that require Cowan's Cocoa Syrup is to have a stock of it on hand, kept in a cool place.

Chocolate Russian Cream

- 2 squares Cowan's Supreme Chocolate or $\frac{1}{4}$ cup
Cowan's Perfection Cocoa
- $\frac{1}{4}$ egg yolks
- $\frac{1}{4}$ teaspoonful salt
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup cold water
- 2 cups milk
- 2 tablespoonsful granulated gelatine
- 1 cup cream

The chocolate or cocoa should first be melted in the usual way and then sugar, eggs and milk poured into the mixture. The whole is then cooked in a double boiler until the mixture thickens. The gelatine should be soaked in cold water. Dissolve the egg mixture, strain and then cook, and when this begins to harden fold in the cup of cream, whipped.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Chocolate Charlotte

- 3 tablespoonsful Cowan's Perfection Cocoa
- Whites of 2 eggs
- 1 pint water
- $\frac{1}{2}$ cup sugar
- 2 teaspoonsful corn starch
- $\frac{1}{2}$ teaspoonful cinnamon
- $\frac{1}{2}$ teaspoonful vanilla

The corn starch should first be dissolved in a quarter cup of cold water. Then to thicken the corn starch add 1 pint of boiling water and stir well. Mix the sugar and cocoa thoroughly and add them to this mixture. Now remove these ingredients from the fire, add the cinnamon and flavoring, and pour slowly over the whites of the eggs, which have been beaten stiff. Place the whole in a buttered mold and set aside in a cool place. This dish may be served with cream or sauce.

Baked Chocolate Soufflé

- 2 squares Cowan's Supreme Chocolate or
- $\frac{1}{4}$ cup Cowan's Perfection Cocoa
- Whites of 3 eggs
- Yolks of 3 eggs
- 2 tablespoonsful hot water
- 1 teaspoonful vanilla
- $\frac{1}{2}$ cup sugar
- 2 tablespoonsful butter
- 2 tablespoonsful flour
- $\frac{1}{4}$ teaspoonful salt
- $\frac{3}{4}$ cup milk

First melt butter and then add flour, and later milk. After cooking for 5 minutes add sugar and salt. Having melted the chocolate, hot water and flour mixture is then added and cooked for 5 minutes. This quantity is then cooled. Beat well the yolks of eggs and add to flour and chocolate mixture and then cut and fold in the well beaten whites. Add flavoring and bake in a buttered dish in an oven of moderate temperature for 20 or 30 minutes. Serve either with cream or butter and sugar sauce.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Desserts

Chocolate Charlotte Russe

- $\frac{1}{4}$ cup Cowan's Perfection Cocoa or 1 square
Cowan's Supreme Chocolate
- $\frac{1}{4}$ teaspoonful salt
- Whites of 3 eggs
- 1 teaspoonful vanilla
- $\frac{3}{4}$ cup powdered sugar
- 1 pint of cream, whipped

The chocolate is first melted over hot water; or if cocoa is used with a quarter of a cup of hot water. Sugar and cream are then added and the whites of eggs beaten stiff. Then add salt and flavoring. Take an ordinary jelly mold and place sponge cake or macaroons or lady's fingers against the side of the mold and fill with the cream mixture and chill same 1 hour. If this mixture is molded in individual molds half an hour is sufficient for chilling purposes.

Chocolate Blanc Mange

- 3 oz. Cowan's Supreme Chocolate or $\frac{1}{4}$ cup
Cowan's Perfection Cocoa
- 2 tablespoonsful gelatine
- 2 eggs
- 2 cups scalded milk
- $\frac{1}{4}$ cup cold water
- 1 cup sugar
- 1 teaspoonful vanilla
- $\frac{1}{4}$ teaspoonful salt

Mix the sugar, chocolate and eggs and add the scalded milk, and then cook the whole in a double boiler until a coating is formed on an ordinary spoon. Soak the gelatine in cold water and when dissolved add vanilla and salt and empty same into an ordinary mold, and chill.

Decorate as shown on pages 36 and 37.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Chocolate Raspberry Meringue

- 2 squares Cowan's Supreme Chocolate or
 $\frac{1}{4}$ cup Cowan's Perfection Cocoa
- 3 egg whites
- 1 tablespoonful fruit juice, preferably lemon
- 1 cup powdered sugar
- 4 tablespoonsful raspberry preserve

First beat the whites of eggs until stiff and then add the remaining ingredients slowly, beating all the time. Any flavoring of wine, etc., may be used and the whole should be served with whipped cream.

Chocolate Mold

- 2 squares Cowan's Supreme Chocolate or a little less
 than $\frac{1}{4}$ cup Cowan's Perfection Cocoa
- $\frac{1}{2}$ teaspoonful vanilla
- 3 egg whites
- $\frac{1}{2}$ cup blanched almonds
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ teaspoonful salt
- 4 tablespoonsful corn starch
- 2 cups scalded milk
- $\frac{1}{4}$ cup cold milk

Take the corn starch and mix with the cold milk. Melt the chocolate or cocoa and add sugar, salt and scalded milk together with 2 tablespoonsful of sugar and mix the whole ingredients together. Cook the whole in a double boiler for about 20 minutes, constantly stirring. After cooling slightly cut and fold in the egg whites, which should be well beaten. Care should be taken to keep the mixture fluffy. Add flavoring and then place in the bottom and sides of the mold almonds cut in half and arranged in dainty shapes. Now pour in corn starch mixture, and when this has been chilled, remove from the mold and decorate with whipped cream, cherries or preserves.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Desserts

Perfection Parfait

- ¼ cup Cowan's Perfection Cocoa
- 1 pint whipping cream
- 1 cup sugar
- ½ cup milk

The cocoa, milk and sugar should first be mixed and then boiled for 5 minutes in a saucepan and set aside to cool. Whip the cream and add to the cocoa mixture slowly. Rinse a mold with cold water and cover with wax paper. Place in the whole mixture, covering with the lid and put in the freezer and let stand for 2 hours. To remove, put a hot towel around the mold long enough to turn out the parfait onto a platter.

Perfection Whip

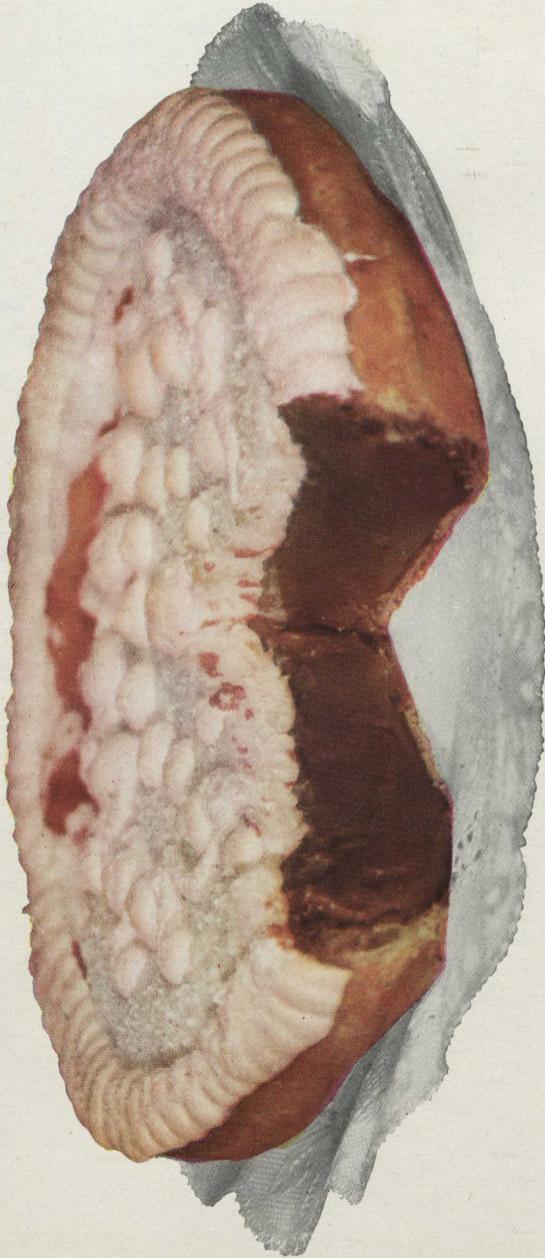
- 3 tablespoonsful Cowan's Perfection Cocoa
- 1 tablespoonful gelatine
- 2 cups boiling water
- ½ cup sugar
- ¼ teaspoonful salt

First soak the gelatine in two tablespoonsful cold water for 10 minutes, later dissolving in 1 cup boiling water. The cocoa, sugar and salt should be well mixed in a cup of boiling water and then set aside. When this is cold place in a pan of ice water and whip until firm. Pour the mixture into a mold which has previously been rinsed with cold water. Turn onto a platter and garnish with whipped cream.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.



Fac-simile of our Cocoa Tin and Package containing Supreme Chocolate



Chocolate Cream Pie
(See page 20 for Recipe)

Chocolate Frappé

- ¼ cup Cowan's Perfection Cocoa or 2 squares
Cowan's Supreme Chocolate
- ¾ teaspoonful cinnamon
- ½ tablespoonful arrowroot
- 4 cups milk
- ½ cup sugar
- 1 teaspoonful vanilla
- 1 tablespoonful wine

First mix together thoroughly the sugar, chocolate, salt, arrowroot and cinnamon. To these ingredients add milk and then cook for 10 minutes. To the whole then add vanilla and wine and then chill. Serve in glasses and garnish with fruit and whipped cream.

Chocolate Custard

- 2 oz. Cowan's Supreme Chocolate or ¼ cup
Cowan's Perfection Cocoa
- 2 pints milk
- 4 tablespoonsful sugar
- 2 tablespoonsful brown sugar
- Yolks of 3 eggs
- White of 1 egg
- Vanilla

Prepare a custard which is soft from milk and the yolks of 3 eggs, adding the white of one. Chocolate should be dissolved in a cup of warm milk and heated to boiling point. When this is cool sweeten it with brown sugar and flavor with extract of vanilla. Pour the whole into a dish and cover with the whites of the eggs beaten stiff. Sprinkle a little sugar, brown slightly and serve cold.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Desserts

Chocolate Cream

- 1 oz. Cowan's Supreme Chocolate
- 1 cup sugar
- 1 quart milk
- 7 eggs
- $\frac{1}{2}$ teaspoonful salt

Take one third cup of the sugar and caramelize this quantity. This should then be turned into a mold, taking care to revolve the mold so that the sides become coated with caramel. Mix the chocolate and the milk and scald same. The eggs are then beaten slightly, and the remainder of the sugar and the salt added to them. The milk and chocolate mixture is then poured gradually over the egg mixture and strained. The whole is then poured into a mold, which is placed in a pan of hot water and baked in an oven of slow temperature until firm. Now remove from the oven and place the mold in the refrigerator and chill thoroughly. When chilled, remove from the mold and serve with sweetened whipped cream suitably flavored.

Chocolate Cream Pie

- $1\frac{1}{2}$ squares Cowan's Supreme Chocolate
- 1 cup milk
- Yolks of 2 eggs
- 1 tablespoonful corn starch
- 5 tablespoonsful sugar
- 1 teaspoonful vanilla
- Pinch of salt

Line a pie plate with ordinary pie crust, placing an extra edge of crust around the same. Melt the chocolate in the usual manner and mix in with it the milk and salt and boil in a double boiler. When this mixture is smooth stir in the corn starch, which has been mixed with enough cold milk to be thin enough to pour into the hot milk. Cook the whole, stirring continuously until it thickens and then cook for 8 or 10 minutes. The eggs and the sugar are now mixed together and the hot mixture poured over them, taking care to stir constantly. Place the whole back in the double boiler and cook for about 1 minute, stirring constantly. Now remove, and add flavoring when cool. Cover the top with a layer of whipped cream. (See page 18 for illustration.)

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Chocolat à la Suprême

- 3 oz. Cowan's Supreme Chocolate
- $\frac{1}{4}$ cup cold water
- 3 cups cream, whipped
- 1 tablespoonful granulated gelatine
- $1\frac{1}{2}$ cups sugar
- 1 cup thin cream
- 1 teaspoonful vanilla
- $\frac{1}{4}$ teaspoonful salt

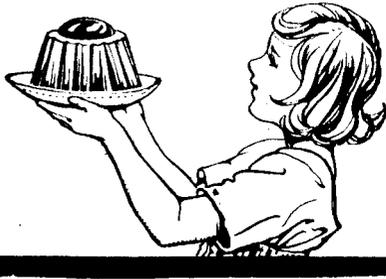
After the chocolate is melted, add to it the sugar and 1 cup of cream. This mixture should be boiled for 1 minute. Take the gelatine and place it in cold water and mix thoroughly. Add this then to the boiling mixture, and when sufficiently cool add the vanilla, salt and whipped cream. Pour the whole into a suitable mold and pack same in a solution of ice and salt and put by to stand for 4 hours.

Frozen Chocolate Soufflé

- 2 oz. Cowan's Supreme Chocolate or an equivalent quantity of Cowan's Perfection Cocoa
- $\frac{1}{2}$ cup cream
- $\frac{1}{2}$ cup sugar
- 4 tablespoonsful wine
- 2 egg yolks
- Juice and rind of 1 lemon
- 2 egg whites
- Pinch of salt

Cook these ingredients in this order until the mixture thickens—eggs, lemon, wine, sugar and salt. Then add the chocolate and the beaten whites of the eggs and the cream whipped thick. Pour into a serving dish and pack same in a solution of equal parts of ice and salt and let this remain for 3 hours.

NOTE.— One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.



Puddings

Chocolate Surprise Pudding (Frozen)

- 1½ squares Cowan's Supreme Chocolate
- ½ cup sugar
- ⅛ teaspoonful cinnamon
- 1 cup milk
- 1 cup rich cream
- Vanilla
- 1 cup candied fruits, figs and seeded raisins, mixed
- Yolks of 3 eggs

The yolks of the 3 eggs should first be beaten, in which ½ cup sugar and the cinnamon have been mixed. Beat thoroughly until very light, and then add a cup of milk, which has been heated to boiling, beating well all the time. Pour the whole gradually over the chocolate, which has been previously melted in the usual manner over hot water. Now place the whole mixture in a double boiler, stirring constantly until it thickens and the spoon begins to coat noticeably. When cold the cream is added and the flavoring and then set aside to freeze. The next attention is given to the candied fruits, raisins and figs, which should be suitably prepared and cut. Prepare a syrup of ¼ cup each of sugar and water and add this to the candied fruit, boiling until it is thoroughly tender, then drain the fluid away. The fruit is now added to the partially frozen mixture, which is in such a state as to enable the fruit to be mixed. The whole is now properly frozen. When done place in a quart mold and let it stand for about an hour, packed, in ice and salt. A cup of cream should be whipped and sweetened with 2 tablespoonsful of sugar and flavored with wine. This cream is used for surrounding the frozen mixture when served.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Chocolate Raisin Pudding

- 2 squares Cowan's Supreme Chocolate, melted,
 or $\frac{1}{4}$ cup Cowan's Perfection Cocoa
 $2\frac{1}{2}$ cups milk
 1 cup seeded raisins
 1 egg
 $\frac{1}{3}$ cup molasses
 $\frac{1}{4}$ teaspoonful salt
 $1\frac{1}{2}$ cups fine cracker crumbs or stale bread

Soak cracker crumbs in milk, add remaining ingredients and butter a pudding dish. Place the whole quantity in it, steaming the same for 4 hours.

Chocolate Bread Pudding (No. 1)

- $\frac{1}{4}$ cup Cowan's Perfection Cocoa or 2 squares
 Cowan's Supreme Chocolate
 4 cups milk
 $1\frac{1}{2}$ cups brown sugar
 $\frac{1}{2}$ teaspoonful cinnamon
 2 eggs
 1 teaspoonful butter
 1 tablespoonful granulated sugar
 8 thin slices of bread, with crusts removed
 $\frac{1}{2}$ teaspoonful salt

The cocoa is first mixed with the milk until smooth, and then half the brown sugar and well beaten yolks of eggs are added. Butter a baking dish and cut the bread in squares and place in the dish. Pour the cocoa mixture over same and then cover with the remainder of the brown sugar. Butter and dust with the cinnamon and bake 1 hour in an oven of moderate temperature. Beat thoroughly the whites of eggs and add 1 tablespoonful granulated sugar and the salt. Spread this over the top of the pudding and dust with powdered sugar. Place in a cool oven for 5 minutes or until slightly browned.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Puddings

Perfection Pudding

$\frac{1}{4}$ cup Cowan's Perfection Cocoa $\frac{1}{2}$ cup flour
1 cup sugar 1 teaspoonful baking powder
 $\frac{1}{2}$ cup cold water 3 eggs
Pinch of salt

Mix the cocoa and the sugar in a bowl, add water and mix until dissolved. The eggs should now be separated and the yolks beaten until light. Add this mixture then to the cocoa mixture, and then sift the flour, baking powder and salt into the whole mixture. The whites of the eggs are beaten until dry and then added lightly. Pour the whole mixture into a suitable cooking bowl which has been lined with paper and bake for 40 minutes in an oven of moderate temperature.

Special Filling for Perfection Pudding

1 cup whipped cream
 $\frac{1}{2}$ cup marshmallows, cut very small
1 teaspoonful granulated gelatine
1 cup milk
2 tablespoonsful sugar
2 tablespoonsful chopped candied pineapple
2 tablespoonsful chopped candied cherries
2 tablespoonsful chopped almonds, blanched and browned

The marshmallows should first be soaked in 2 tablespoonsful of cold milk for 1 hour. The milk is then boiled and poured over the gelatine which has been previously soaked in 2 tablespoonsful of cold milk. The whole is then poured over the marshmallows while the milk is still hot. The sugar, pineapple and cherries are then added and the ingredients are mixed well together and set in a bowl in a pan of cold water. Now beat until it begins to thicken and add the whipped cream and mix lightly.

The cream should not be whipped until ready to use. Care should be taken to bake the pudding the day before using. Take a sharp knife and cut half an inch off the pudding and remove the centre, leaving one half to one inch all around. Put in part of the marshmallow filling and return the top and then cover the tops and sides. Garnish with almonds and 2 or 3 cherries and a few thin slices of pineapple.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Imperial Chocolate Pudding

- 2 squares Cowan's Supreme Chocolate
- 4 tablespoonsful corn starch
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ teaspoonful vanilla
- $\frac{1}{4}$ teaspoonful salt
- 2 cups milk
- 2 tablespoonsful hot water
- Whites of 2 eggs

Mix thoroughly the milk, sugar, salt and corn starch. Melt the chocolate and then add water and the corn starch mixture. For 10 minutes cook these ingredients in a double boiler, then allow to cool and add the whites of the 2 eggs, well-beaten. Flavor to taste and then mold. Set aside to cool, chill and serve with sugar and cream.

Chocolate Bread Pudding (No. 2)

- 2 squares Cowan's Supreme Chocolate, melted
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ teaspoonful vanilla
- 2 eggs
- 2 cups scalded milk
- $\frac{3}{4}$ cup bread crumbs
- $\frac{1}{4}$ cup cold milk
- $\frac{1}{4}$ teaspoonful salt

Care should be taken to mix these ingredients in the following order: bread crumbs, scalded milk, chocolate, eggs, salt, vanilla, cold milk, sugar. Butter a baking dish and pour in the whole substance and then set the dish in a pan of hot water and bake 1 hour in an oven of moderate temperature. Care should be taken to stir once or twice during this period to keep the chocolate from rising to the top.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Puddings

Chocolate Nut Pudding

- ¼ cup Cowan's Perfection Cocoa
- Beaten whites of 2 eggs
- 2 egg yolks
- ¾ cup sugar
- Juice of 1 lemon with grated rind
- 1 cup chopped nuts
- 1 cup bread crumbs
- 2 cups milk, scalded
- ½ teaspoonful salt

Mix all together thoroughly and then cut and fold in the whites of the eggs. Individual molds of different shapes may be used. Bake 20 minutes and serve with sauce, hot or cold.

Steamed Chocolate Pudding

- ¼ cup Cowan's Perfection Cocoa or 2 squares
 Cowan's Supreme Chocolate
- 3 tablespoonsful butter
- 1 cup sugar
- 1 egg
- 1 cup milk
- 2 cups flour
- 2 teaspoonsful baking powder.
- ½ teaspoonful salt

The butter and sugar should first be creamed. Add the well beaten egg. The cocoa and the milk are now beaten until smooth, and then the butter, sugar and egg are added. To this add the flour, salt and baking powder, which have been well sifted, and mix the whole thoroughly. Butter a melon mold and pour the mixture in about two-thirds full, leaving sufficient room to rise. Cover and steam for 2½ hours, then remove from the mold and serve with sauce.

Note.—A splendid sauce to use for this is a vanilla sauce to be found under the heading of Sauces.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Chocolate Rice Pudding

- 2 squares Cowan's Supreme Chocolate or
 $\frac{1}{4}$ cup Cowan's Perfection Cocoa
- Whites of 2 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup seeded raisins
- 1 teaspoonful vanilla
- $\frac{1}{3}$ cup whipped cream
- 4 tablespoonsful rice
- 1 teaspoonful salt
- 2 cups milk
- 2 tablespoonsful butter

For one half hour soak rice in milk, then add the salt and cook in a double boiler. When the rice is soft mix butter, sugar, chocolate, raisins and vanilla together with cream and beaten whites of eggs. Pour into a buttered baking dish and spread with meringue. Cook in a moderately heated oven.

Chocolate and Almond Pudding

- $\frac{1}{2}$ cup Cowan's Perfection Cocoa or 2 squares
 Cowan's Supreme Chocolate
- 1 tablespoonful butter
- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ cup milk
- 4 egg yolks
- $\frac{3}{4}$ cup sugar
- 1 cup finely cut almonds
- 4 egg whites, beaten

Mix thoroughly the following ingredients: butter, flour, milk and chocolate or cocoa. Cook until boiling and turn out to cool. Then add the 5 egg yolks, which have been beaten with the sugar, a spoonful at a time, beating constantly, then fold in the whites of eggs and add the almonds and fill a buttered mold. Steam 1 hour and serve with hard sauce.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.



Sauces

Hard Sauce

4 tablespoonsful butter
1 cup powdered sugar
White of 1 egg
 $\frac{1}{2}$ teaspoonful lemon extract

Cream butter and sugar, add beaten egg, add flavoring, turn into a dish, sprinkle with nutmeg and set to cool.

Chocolate Sauce

2 oz. Cowan's Supreme Chocolate or $\frac{1}{4}$ cup
Cowan's Perfection Cocoa
2 egg yolks
1 cup milk
 $\frac{1}{4}$ cup sugar
1 teaspoonful butter
Pinch of salt

These ingredients should be cooked in a double boiler and care should be taken to stir constantly. Remove when the spoon is coated. This sauce may be served either hot or cold.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Plain Vanilla Sauce

- 1 cup milk
- 1 egg
- 1 teaspoonful corn starch
- 1 teaspoonful vanilla
- 4 tablespoonsful sugar
- Pinch of salt

Mix the corn starch with a little cold milk, add the sugar, vanilla, salt and the egg, which has been well beaten. Boil the cup of milk and then add corn starch mixture and boil for 2 minutes. Strain the whole and set aside to cool. It is best to serve this sauce cold.

Vanilla Cream Sauce

- $\frac{3}{4}$ cup powdered sugar
- $\frac{1}{4}$ cup butter
- 1 teaspoonful vanilla
- $1\frac{1}{2}$ cups cream (heavy)

Cream the butter, adding the sugar gently. After beating thoroughly, add the vanilla and then the cream, which has been previously whipped until stiff. Pour the ingredients into a bowl and place in a saucepan of boiling water. Stir the whole for 3 minutes, after which the sauce should be served immediately.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.



Cakes

Chocolate Layer Cake

- | | |
|-------------------------------------|------------------------------|
| 3 squares Cowan's Supreme Chocolate | 2 teaspoonsful baking powder |
| or ½ cup Cowan's Perfection Cocoa | ½ cup butter |
| 1¾ cups flour (accurately measured) | ½ cup milk |
| 2 eggs | 1½ cups sugar |
| 3 tablespoonsful boiling water | ¼ teaspoonful salt |

The chocolate should first be melted and then the boiling water added. Then cook same over hot water until perfectly even and smooth. Now cream the butter and add the sugar little by little and when sufficiently creamy add the chocolate mixture; beat the yolks of the eggs thoroughly and sift the flour, salt and baking powder and add milk. Beat the whole ingredients thoroughly, and then cut and fold in the whites of the eggs, which have been well beaten, and add flavoring to suit. Pour the whole ingredients into buttered layer cake pans and bake same in an oven of moderate temperature for 30 or 40 minutes. This cake may be iced with either colored or chocolate icing. Decorated as illustrated on page 56.

White Layer Cake

- | | |
|-------------------------|------------------------------|
| 2 eggs | 2 cups flour |
| 2 tablespoonsful butter | ¾ cup milk |
| 1 cup sugar | 2 teaspoonsful baking powder |

Mix eggs, butter, sugar and beat well; then add flour, baking powder and milk. Beat to a batter and cook in a moderate oven. Decorate with almonds, crystallized cherries and scented candy. (See page 43 for Filling.) (See pages 44 and 45 for Chocolate Icings.) Decorate as illustrated on page 55.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Plain Chocolate Cake

- 4 oz. Cowan's Supreme Chocolate or $\frac{1}{2}$ cup
Cowan's Perfection Cocoa
- $\frac{1}{2}$ cup milk
- 5 tablespoonsful boiling water
- 3 teaspoonsful baking powder
- $\frac{1}{2}$ cup butter
- $1\frac{1}{2}$ cups sugar
- 2 eggs
- 2 cups flour
- $\frac{1}{4}$ teaspoonful salt
- 1 teaspoonful vanilla

Add the sugar gradually to the butter, which has been creamed. Beat the yolks of the eggs thoroughly and mix the flour in with the baking powder, add salt, and sift; mix the chocolate and the milk with water. Beat the whole ingredients thoroughly and then add the whites of the eggs, which have been whipped, and the vanilla. Pour the whole into a buttered pan and bake same from 40 to 50 minutes in an oven of moderate temperature.

Chocolate Pound Cake

- 2 squares Cowan's Supreme Chocolate
- 2 cups flour
- 5 egg yolks
- 5 egg whites
- 1 cup butter
- 1 cup sugar
- 1 cup citron or lemon peel cut in small pieces
- $\frac{1}{2}$ teaspoonful salt

Melt the chocolate in the usual manner. The butter should first be creamed, then gradually add the sugar. Yolks of the eggs are now beaten until thick and then add flour, lemon peel, and salt. Beat the whole ingredients thoroughly and add chocolate. Cut and fold in whites of eggs, which have been thoroughly beaten. Pour into buttered pans and bake 1 hour in an oven of moderate temperature.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Cakes

Perfection Éclairs

2¼ teaspoonsful butter
1 cup boiling water
1 cup pastry flour
4 eggs

Add butter to water, and when boiling quickly add the dry flour. This should be stirred continuously until you have a smooth soft dough. Remove from the fire and when cold add one egg. This mixture should be beaten until the egg is thoroughly mixed and then add the next egg, and so on until the fourth is added. Now beat for 10 minutes and let stand for 1½ hours, or if possible let stand over night. Place this then in a pastry bag, with a medium-sized pastry tube, and squeeze out into long finger-shaped cakes. Bake in an oven of moderate temperature for 45 minutes. When cooked and cold make an opening at the sides and fill with a filling and ice the bottoms with chocolate icing.

(See pages 44 and 45 for Icings and page 38 for illustration.)

Recipe for Filling

¼ cup Cowan's Perfection Cocoa or 1 square
Cowan's Supreme Chocolate
1 cup milk
½ cup sugar
1 egg
2 teaspoonsful corn starch
Pinch of salt

The cocoa and the milk should first be mixed and placed in a double boiler. Now mix the corn starch with a small amount of cold milk, and add, with the well-beaten egg and the sugar and salt, to the boiling cocoa mixture. This is boiled for 2 or 3 minutes and is then set aside to cool.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Chocolate Fudge Cake

- 2 oz. Cowan's Supreme Chocolate
- 2½ teaspoonsful baking powder
- Whites of 3 eggs
- 2 cups flour
- Yolks of 2 eggs
- ½ cup milk
- 1 cup butter
- 1 cup sugar

The butter should first be creamed, and then the sugar added little by little and the yolks of the eggs, which have been well beaten. Sift the baking powder and the flour and add alternately with the milk to the first mixture. Beat the whites of the eggs until stiff and add same, also the chocolate, which has been melted in the usual manner, and the flavoring. Turn into two buttered and floured layer pans and bake in an oven of moderate temperature.

(See page 43 for Fudge Filling.)

Chocolate Nut Cakes

- 3 squares Cowan's Supreme Chocolate or
- ¼ cup of Cowan's Perfection Cocoa
- ¾ cup butter
- 1½ cups sugar
- 3 teaspoonsful baking powder
- 1 cup assorted nuts, broken in pieces
- ½ cup milk
- 2¼ cups flour
- 4 egg whites
- 1 teaspoonful vanilla
- Pinch of salt

The butter should first be creamed and then sugar added. Sift the baking powder and the flour and salt and add the milk and beat the whole ingredients thoroughly. Beat the whites of the eggs until stiff and add nuts. To the whole add the chocolate and vanilla. Pour into buttered small and fancy pans and bake in a hot oven for 25 minutes.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Cakes

Chocolate Loaf

- 2 squares Cowan's Supreme Chocolate
- 3 eggs, beaten separately
- 1½ cups granulated sugar
- ½ cup butter
- 1 cup milk
- 2½ cups flour
- 2 teaspoonsful baking powder

To the chocolate add one half the milk and stir over a slow fire until thoroughly dissolved. Add half a cup of sugar and stir well, then set aside to cool. Sift the flour once, add baking powder and sift three times. Cream the butter and sugar thoroughly, beat the yolks to a stiff froth and stir in. Whip whites until stiff and pour on top. Then add the remainder of the milk to the chocolate and stir until thoroughly mixed. Add this mixture, then the flour mixture and stir vigorously. Place in a slow oven immediately and bake 30 to 40 minutes.

Cocoa Cup Cakes

Beat the yolks of 3 eggs thoroughly, then cream half cup butter with 1 cup sugar. Add to this solution the yolks of the eggs and half cup water. Take two teaspoonsful baking powder and 1½ cups flour and quarter cup Cowan's Perfection Cocoa and sift. Mix the whole ingredients thoroughly and bake in small patty pans. These cakes may be iced with icing of any color or flavoring.

(See page 44 or page 69 for Icings.)

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.



Chocolate Parfait
(See page 46 for Recipe)



Chocolate Cream Caramels
(See page 51 for Recipe)

*a table full
of sugar
and ferretaires*



Chocolate Blanc Mange
(See page 14 for Recipe)



Chocolate Kisses
(See page 52 for Recipe)



Perfection Éclairs
(See page 32 for Recipe)

Chocolate Wafers

- 4 tablespoonsful Cowan's Supreme
Chocolate, melted
- $\frac{1}{2}$ cup butter
- 1 cup sugar
- $1\frac{1}{4}$ cups flour
- 1 teaspoonful vanilla
- 2 eggs
- Pinch of salt

Mix these ingredients in the following order: butter, sugar, eggs and vanilla, then the flour, salt and chocolate last. Mix thoroughly. Pour the whole ingredients into buttered pans in thin layers and bake the whole in a quick oven from 6 to 8 minutes. Cut into wafers while hot and serve cold.

Chocolate Cookies

- 3 squares Cowan's Supreme Chocolate
- $\frac{1}{2}$ cup butter
- 1 egg
- 1 cup sugar
- 4 tablespoonsful milk
- 2 teaspoonsful baking powder
- 2 cups flour
- $\frac{1}{2}$ teaspoonful salt

The butter should first be creamed and then the remaining ingredients may be added. First chill and then roll and mold. Bake the whole in an oven of moderate temperature.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Chocolate Macaroons

2 squares Cowan's Supreme Chocolate or
¼ cup Cowan's Perfection Cocoa
½ lb. almond paste
3 egg whites
¾ lb. powdered sugar
1 teaspoonful vanilla
Pinch of salt

The almond paste and the sugar should first be mixed until the ingredients have a mealy appearance. To this add the whites of the eggs, one at a time, and beat thoroughly until free from lumps. The chocolate should then be added and salt and vanilla. From a small spoon drop the mixture onto buttered paper and bake 20 to 30 minutes in a slow oven. Care should be taken to remove the macaroons from the paper as soon as cooked; also care should be taken not to bake in a quick oven.

Chocolate Doughnuts

Beat 2 eggs, add 1½ cups sugar, a small piece butter, 2 squares Cowan's Supreme Chocolate, melted, 1 cup milk, 1 teaspoonful baking powder and flour enough to make a soft dough. Fry as usual.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Cocoa Coconut Cookies

- ¼ cup Cowan's Perfection Cocoa or 2 squares
Cowan's Supreme Chocolate
- 2½ cups flour
- 3 eggs
- 1 cup sugar
- ½ cup milk
- ½ cup shredded cocoanut
- 2 teaspoonsful baking powder
- 1 teaspoonful salt

Mix the ingredients in the following order: eggs, sugar, milk, cocoanut, chocolate, flour, baking powder and salt. Then roll quarter inch thick and shape into cookies. The whole is then baked in an oven of moderate temperature.

Chocolate Cake with Sour Milk

- 2 squares Cowan's Supreme Chocolate
- 1 cup sugar
- 1 cup sour milk
- 4 tablespoonsful butter
- 1⅔ cups flour
- 1 teaspoonful baking soda
- 1 egg

Heat chocolate, butter, half cup sugar and milk until the chocolate is melted. Add egg, well beaten, flour and soda and the remaining half cup sugar.

This is a very economical way of using up sour milk.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Cakes

Chocolate Sandwiches

Take a quarter pound of flour, quarter pound of sugar, 1 oz. Cowan's Supreme Chocolate, 1 egg, half ounce of butter and 1 teaspoonful baking powder. Warm the butter and sugar, beat well together. Add the other ingredients separately and beat well after each one. Lastly, add the eggs, well beaten. When baked allow to get cold and then split with a sharp knife and spread on whipped cream. Ice on top with white or chocolate icing.

(See page 44 or page 69 for Icings.)

Chocolate Puffs

1 oz. Cowan's Supreme Chocolate
1 cup flour
1 cup water
 $\frac{1}{2}$ cup butter
3 eggs
Desired amount of strawberry preserve

The flour, water and butter are first mixed, stirring the flour into water first and then boiling together. This mixture is then removed from the fire and the chocolate is beaten into it and then the eggs added, one at a time. The shaping should be done with a forcing bag and rose tube. This is then baked, and when finished the tops are cut off and into each cake is put a teaspoonful of strawberry preserve. Flavor whipped cream and sweeten it, then garnish.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.



Fillings

Chocolate Filling

- 3 squares Cowan's Supreme Chocolate or $\frac{1}{4}$ cup Cowan's Perfection Cocoa
- $\frac{3}{4}$ cup sugar
- 3 tablespoonsful milk
- 1 egg
- 2 teaspoonsful butter
- 1 teaspoonful vanilla
- Pinch of salt

After the chocolate is melted add remaining ingredients, except flavoring. The whole should be cooked in a double boiler till the substance thickens. Care should be taken to stir constantly. Now cool the mixture and add the flavoring. About 1 cup of nuts or cocoanut in the same proportion, or even mixed fruits, make a splendid addition to this filling.

Chocolate Fudge Filling for Cakes

- 2 squares Cowan's Supreme Chocolate or
 $\frac{1}{4}$ cup Cowan's Perfection Cocoa
- 2 cups sugar
- 2 cups milk
- 4 tablespoonsful butter
- 1 teaspoonful vanilla

Melt the chocolate in the usual way and mix all the ingredients thoroughly and let them stand in a warm place until the mixture becomes even and liquefies. The whole is then boiled until a soft ball is formed in cold water, at which time the mixture is beaten until creamy. Spread between cakes.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.



Icings

Directions for Icing an Ordinary Sized Layer Cake

One square Cowan's Supreme Chocolate dissolved in one tablespoonful of boiling water. Stir until a paste is obtained that is perfectly smooth, then add 2 more tablespoonsful of boiling water and 2 cups of icing sugar. Beat this quantity for a few minutes and then spread on the cake.

Cocoa Icing

- 4 teaspoonsful Cowan's Perfection Cocoa
- 2 cups icing sugar
- 2 tablespoonsful cold water
- 3 tablespoonsful hot water
- $\frac{1}{2}$ teaspoonful vanilla

Place the cocoa in a saucepan and mix with cold water until of a perfectly smooth appearance. The hot water is then added and the whole is then cooked from 1 to 2 minutes. Add the flavoring and a pinch of salt. Enough sugar should then be added to make the whole mixture sufficiently stiff to spread evenly. To ensure against lumps beat these ingredients until smooth and glossy. Should the mixture be too thick a little cold water may be added, and, on the other hand, add a little sugar if not sufficiently thick. Care should be taken not to make the icing so stiff or thick that a wet knife has to be used to spread it with. Let the icing run to the sides of the cake, but if the sides of the cake are iced the mixture may be made a little thicker.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Ordinary Chocolate Icing

Place 1 square Cowan's Supreme Chocolate in a double saucepan and melt, add 1 or 2 cups of icing sugar when the chocolate has thoroughly melted, and then mix thoroughly. Add 1 or 2 tablespoonsful of boiling water in order to produce a smooth paste by beating the ingredients vigorously. Spread the whole paste over the cake and set to harden in a cool place.

Chocolate Frosting (No. 1)

2 oz. Cowan's Supreme Chocolate
 2 teaspoonsful butter
 $\frac{1}{4}$ cup milk
 $\frac{1}{2}$ teaspoonful vanilla
 $\frac{1}{2}$ cup sugar

After mixing the chocolate thoroughly, add the other ingredients and cook till a quantity which is dropped into cold water will ball.

Chocolate Frosting (No. 2)

2 oz. Cowan's Supreme Chocolate
 1 teaspoonful melted butter
 2 cups sugar
 $\frac{1}{2}$ teaspoonful vanilla
 $\frac{1}{2}$ cup cream
 1 egg yolk

After the chocolate is melted, add the other ingredients and spread the whole on the top of the cake. Walnuts may be added around the edge, or if desired chopped walnuts may be mixed with the icing to make a chocolate walnut icing. Confectioner's sugar is best to use in this recipe.

N.B.—A very convenient form of icing may be had in our specially prepared and delicately flavored icing powders. These special icings are packed in half-pound and one-pound packages and are represented in the following flavors: Chocolate, Pearl Pink, Orange, Lemon, Maple and Coconut Cream. (See page 69.)

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.



Ice Creams

Chocolate Ice Cream (No. 1)

- 4 squares Cowan's Supreme Chocolate
- 4 cups cream
- 6 egg yolks
- 1½ cups sugar
- 1 teaspoonful vanilla
- ¼ teaspoonful salt

Melt the chocolate and add to it 1 cup of scalded cream. This mixture should be cooked for 3 minutes or until it is in such a state that it is smooth and glossy. When this appearance has been obtained, add the sugar, vanilla and salt. Beat the remaining cups of cream until stiff and then add same to the first mixture. When these mixtures have been thoroughly blended add the yolks of the 6 eggs, well beaten. Freeze.

Chocolate Parfait

- 2 squares Cowan's Supreme Chocolate
- 2 eggs
- ½ cup flour
- 1 cup sugar
- 2 tablespoonsful hot water
- 2 tablespoonsful sugar
- 1 pint cream
- 2 cups milk

The eggs should first be beaten thoroughly, and then flour and 1 cup of sugar and the milk should be added. The mixture is then cooked in a double boiler for 20 minutes. The 2 oz. of chocolate are melted and sugar and boiling water are added to this and cooked until glossy. The chocolate mixture is then added to the egg mixture and the whole is cooled, at which time cream and salt are added; then set aside to freeze.

Garnish as illustrated on page 35.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Ice Creams

Chocolate Junket Ice Cream

- 3 squares Cowan's Supreme Chocolate
- 1 junket tablet
- 2 cups cream
- 3 cups milk
- 1 tablespoonful cold water
- 1 tablespoonful vanilla
- 1 $\frac{1}{4}$ cups sugar

The milk is first scalded and then mix melted chocolate and sugar together and add the scalded milk. Cook for 3 minutes and then cool. When this mixture is about lukewarm the junket tablet, which has first been dissolved in cold water, should be added. To the whole add cream and vanilla and set aside to freeze. To obtain a more delicate flavor of chocolate 1 instead of 3 squares may be used.

Canadian Ice Cream

- 2 squares Cowan's Supreme Chocolate
- 1 cup sugar
- 4 cups cream
- 1 teaspoonful vanilla
- $\frac{1}{4}$ cup hot water
- $\frac{1}{4}$ teaspoonful salt

The chocolate should first be melted in the ordinary way, and then to this add the remaining ingredients, which have been mixed, and the whole set aside to freeze.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Ice Creams

Cocoa Cocoanut Ice Cream

- ¼ cup Cowan's Perfection Cocoa
- 1 cup walnuts
- ½ cup flour
- 2 cups milk
- 2 eggs
- 1¼ cups sugar
- 2 cups cream
- ½ teaspoonful salt

Take the cocoa, flour, sugar and salt and mix these ingredients thoroughly. Slightly beat the eggs and add them to the previous mixture. When thoroughly mixed add the milk, which has been scalded. Cook the whole in a double boiler. Care should be taken to stir constantly, cooking same for 20 minutes. Add the nuts, which have been finely chopped, flavoring to suit, and cream, and sprinkle when serving with shredded cocoanut. Freeze.

Cocoa Ice Cream

- ¼ cup Cowan's Perfection Cocoa
- 2 tablespoonsful butter
- 2 cups milk
- 1 tablespoonful corn starch
- 4 egg yolks
- 1 cup sugar
- 2 cups cream
- 1 teaspoonful vanilla
- Pinch of salt

The first ingredients to be mixed are the cocoa, sugar and corn starch. The milk, which has been scalded, is then added and the whole is cooked for 20 minutes in a double boiler. When the eggs have been thoroughly beaten, add cream and butter, and into this mixture pour the corn starch mixture. Add the flavoring, and freeze.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Chocolate Freeze

3 squares Cowan's Supreme Chocolate
3 cups scalded milk
1 cup boiling water
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoonful vanilla
Pinch of salt

The chocolate should first be melted, and then to the solution add sugar, salt and boiling water, cooking the whole for 5 minutes. To this mixture add the scalded milk and the vanilla. Set aside to cool and then freeze. This may be served with sweetened cream suitably flavored to taste.

Hot Chocolate Sauce (for Ice Cream purposes)

2 tablespoonsful Cowan's Perfection Cocoa
 $1\frac{1}{2}$ cups water
1 cup sugar
1 tablespoonful arrowroot
Pinch of salt
1 teaspoonful vanilla

Boil the water and the sugar for 2 minutes. Dissolve the arrowroot in a little cold water, stirring for a few minutes and then boil until clear. Dissolve the cocoa in a little hot water, together with the salt, and add this solution to the arrowroot solution and boil for 3 minutes longer. Remove from the fire and add the flavoring.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.



Candies

Chocolate Toffee

- 3 cups Cowan's Supreme Chocolate, scraped fine
- 2 cups granulated sugar
- $\frac{1}{2}$ cup boiling water
- 2 teaspoonsful vanilla
- 1 dessertspoonful butter

Mix the sugar and chocolate with half cup boiling water and boil together; then add the dessertspoonful butter and boil until the candy brittles in cold water. Remove from the fire, flavor with vanilla, cool and pull or cut in any shape desired.

Chocolate Fudge

Boil together $1\frac{1}{2}$ lbs. water and 1 lb. sugar for 2 minutes. Add 2 tablespoonsful arrowroot dissolved in a little cold water. Stir for a while, then boil until clear. Moisten 4 oz. Cowan's Supreme Chocolate with cold water enough to cook it in, and bring to the boil. Add to this a small pinch of salt and boil for 3 minutes longer. Remove from the fire and add $1\frac{1}{4}$ teaspoonsful vanilla.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Cocoa Fudge

- 9 teaspoonsful Cowan's Perfection Cocoa
- $\frac{1}{4}$ cup milk
- $1\frac{1}{2}$ teaspoonsful butter
- $1\frac{1}{4}$ cups sugar
- $\frac{1}{2}$ teaspoonful vanilla
- Pinch of salt

Melt the butter with the milk in a saucepan, then add the sugar, cocoa and salt, stirring same until dissolved. Cook, stirring occasionally, for about 8 minutes, until it strings. Now set in a pan of cold water, add flavoring and beat gently. Directly it begins to thicken it should be poured into a buttered pan, and when sufficiently hard cut into squares. Do not beat too much, or it will not pour into the pan.

Chocolate Cream Caramels

- 4 squares Cowan's Supreme Chocolate
- $\frac{1}{2}$ pint sugar
- $\frac{1}{2}$ pint molasses
- $\frac{1}{2}$ pint thick cream
- $1\frac{1}{4}$ tablespoonsful butter

Mix the whole ingredients, place on fire and stir until the mixture boils. Cook same until a few drops will harden in cold water. Select suitable well-buttered pans and then pour the mixture into same about quarter inch deep. Mark into squares when nearly cold. Care must be taken not to burn the mixture, and it must be stirred frequently while boiling. For the caramels to harden they must be placed in a very cold place.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Candies

Chocolate Almonds

Melt 1 square of Cowan's Supreme Chocolate. Select a sufficient quantity, such as required, of plump almonds and blanch them. When the chocolate has cooled slightly drop the nuts into it with the fingers until they are sufficiently covered, then roll them in icing sugar and drop on oiled or waxed paper. Care must be taken not to let any water get into the melted chocolate. This dainty is very easily prepared and very tasty.

Chocolate Molasses Kisses

4 oz. Cowan's Supreme Chocolate
2 cups sugar
 $\frac{3}{4}$ cup water
1 cup molasses
 $\frac{1}{3}$ cup corn syrup
2 tablespoonsful butter
1 tablespoonful vanilla
 $\frac{1}{4}$ teaspoonful salt

Mix the sugar, syrup, water, molasses, butter and chocolate and boil them rapidly until brittle when dropped into cold water. It is well to take the precaution to stir occasionally towards the end of the boiling. Now pour onto a buttered dish or slight slab. When the candy starts to cool around the edges turn it towards the centre, and continue doing this until the candy is sufficiently cold to pull. Continue pulling the candy until nearly cold, adding the flavoring a little at a time. The candy may now be cut into required lengths and wrapped. (See page 37 for illustration.)

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Chocolate Cream Fudge

4 tablespoonsful Cowan's Perfection Cocoa
 2 cups sugar
 $\frac{2}{3}$ cup milk
 1 tablespoonful melted butter
 $\frac{1}{4}$ teaspoonful cinnamon

The milk and the sugar should first be mixed, and then the butter added and the mixture placed over the fire. Care should be taken to see that the sugar is dissolved. Add the cocoa and cinnamon and stir thoroughly until mixed. Boil for 13 minutes and then remove from the fire and beat until it thickens and begins to sugar around the edge. Butter a pan, pour in the mixture, and when cool cut into squares.

Chocolate Cream Snow Balls

5 oz. Cowan's Supreme Chocolate
 Whites of 2 eggs, beaten
 2 cups confectioner's sugar
 $\frac{1}{2}$ teaspoonful vanilla

Beat the sugar into whites of eggs, add the flavoring and work these ingredients well together. When sufficiently worked, roll into small balls and drop on a slightly buttered receptacle or platter. These balls should stand for over an hour. The chocolate is now melted in the usual way over hot water. The creams are next dropped into the chocolate one at a time and then taken out with the aid of a fork or with the fingers and rolled in icing sugar and set aside to cool. It will take about 1 hour for them to harden.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.

Candies

Chocolate Nut Fudge

4 tablespoonsful Cowan's Perfection Cocoa
 $\frac{1}{2}$ cup chopped walnuts or pecans
1 tablespoonful butter
 $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups sugar

First melt the butter, then add milk and sugar. After stirring until the sugar is dissolved add the cocoa, boil for 8 minutes, taking care to stir occasionally, and then add a pinch of salt. Remove and beat until creamy, then add the nuts and pour into a buttered pan, cool and cut into squares.

Cocoa Fudge

$2\frac{1}{4}$ teaspoonsful Cowan's Perfection Cocoa
2 cups sugar
2 tablespoonsful butter
 $\frac{1}{4}$ cup milk or cream

Place in a saucepan and boil until it will ball in cold water. Remove from the fire and add a pinch of salt and stir until smooth and cream. Pour into a buttered pan, and when cold cut into squares.

NOTE.—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.



White Layer Cake, Chocolate Iced
(See page 30 for Recipes)



Chocolate Layer Cake
(See page 30 for Recipe)

Chocolate Confections

Prepared by **The Cowan Company, Limited**

The enormous sale and popularity of our different chocolate lines have been won through undinted perseverance in obtaining the best, and nothing but the best.

A great business can never be developed through a policy that embodies inferior quality or impure raw material. The Cocoa Beans, Cocoa Butter, Sugar, Milk and Flavoring contained in our chocolate products are the best obtainable. No adulterant or substitute for these articles is used in our goods.

Chocolate is exceptionally wholesome when in a pure and unadulterated form. Our chocolate products reach you fresh and pure from a factory that is second to none in modern methods, sanitation and hygiene. Both young and old may indulge extensively without the slightest ill effects—in fact, our chocolate products are so wholesome that nothing but healthful results must occur.

The people of the Dominion of Canada have decided that they will manifest a prejudice in favor of Canadian-made goods, and the merchant will endeavor to sell Canadian goods in preference to foreign; but above all this lies the fact that the Cowan Company's goods are not only "Made in Canada," but are better because made in Canada by Canadian workmen, whose skill and craftsmanship are pre-eminently first among the chocolate workers of the world.



Maple Buds

A Solid Chocolate of Distinguished Flavor

Almost every one is familiar with this celebrated and dainty chocolate confection. For years it has been recognized by young and old alike as the most wholesome and nutritious sweetmeat on the market. Maple Buds are produced and perfected by a special patent process,—a blending of the choicest cocoa beans adds that distinguished and palatable flavor which is so rare in solid chocolate.

Maple Buds are distinctly a departure from the ordinary run of chocolate, and are well worth trying if you have not already become acquainted with them.

Beware of all imitations and see that the word "**Cowan**" appears on every bud—it is your safeguard for purity.

Sold in bulk or packed in handsome 10-cent, half-pound or one-pound boxes.

"They're a Treat to Eat"



“Not a Milk Chocolate”

Queen's Dessert

A Pure, Rich Vanilla Chocolate

This is something entirely new! If you are fond of a delicious and velvety eating chocolate, Queen's Dessert will delight you as no other eating chocolate ever has.

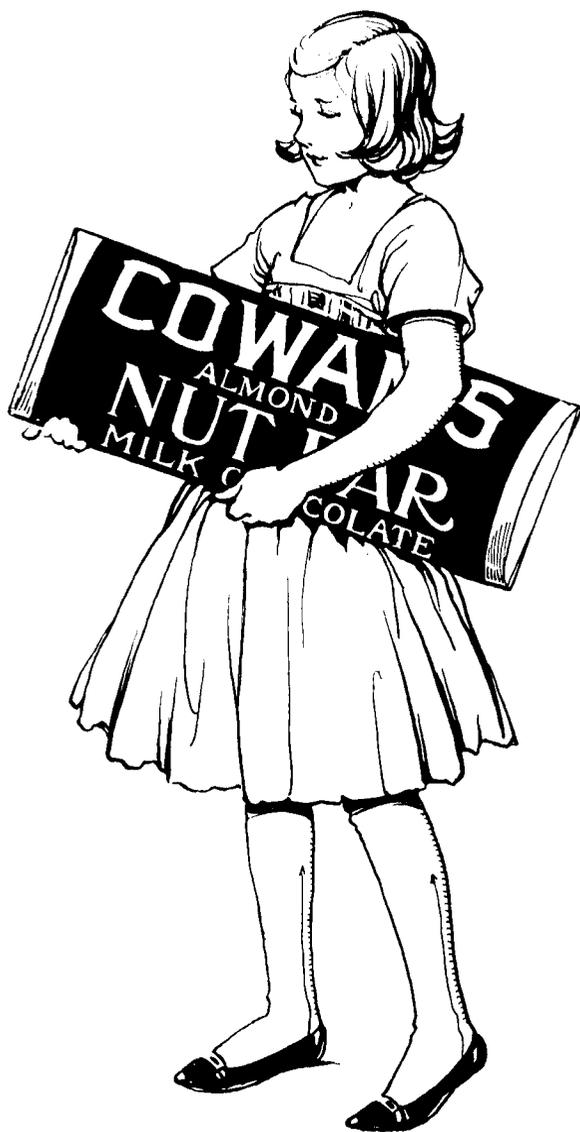
The process by which this chocolate is manufactured is most expensive. We have spared neither time nor money to produce this wonderful chocolate, and we faithfully believe it to be the most perfect product that can be manufactured from the cocoa bean.

"Once" is not sufficient in this case, for once tried you will become a constant buyer. Don't let the opportunity pass you by—you may obtain the most perfect chocolate at small cost.

None other is genuine without the words "Cowan's Queen's Dessert."

Sold in 5-cent and 10-cent sizes.

"Simply Makes the Mouth Water"



Nut Bars

Cowan's Almond Nut Bars and Cowan's Filbert Nut Bars

One of the best instances of "Quality First" is illustrated in these Nut Bars.

It is an easy matter to place inferior chocolate goods on the market with the off chance that they will sell and quickly reap a large profit. However, it is a policy that invariably ruins the manufacturer's trade, and one that is entirely adverse to the pure food principles of the Cowan Company. Both the Filbert and the Almond Nut Bars are such enormous sellers throughout the entire Dominion of Canada that their popularity voices their quality a thousand times better than words.

A plentiful supply of plump nuts scattered throughout a pure milk chocolate characterizes these nut bars in a way that has helped to build up a great business.

Let your children buy them, or, better, buy them for yourself and your children.

Sold for 5 cents each in Brown and Silver wrappers.

"Fine at all Times"



Royal Milk

Known from Coast to Coast

Royal Milk Chocolate has always been a great favorite with the children. There is hardly a child in Canada who is not familiar with the white and green label of this pure and nourishing confection. This Milk Chocolate is very smooth and creamy, and its velvety consistency leaves in the mouth a pleasing taste of good chocolate and fresh milk well prepared.

To give the children an extra treat buy this Milk Chocolate, for it is as harmless and wholesome as it is pure.

Sold everywhere for 5 cents.

“The Best Yet”



Medallions

Something Out of the Run of Ordinary Milk Chocolate

Those who are fond of the delicate flavor of Milk Chocolate will appreciate this elegant confection.

There is just that "Something" about these Medallions that appeals to the palate and makes you ask for more.

Possibly it is their purity and the crafty handling of skilled workers that makes them rank as a chocolate confection *par excellence*. Whether you are a connoisseur on just how Milk Chocolate should taste or not, we are certain you will be delighted with these Medallions and place them on the list of your regular chocolate purchases.

Sold in bulk and in handsome half-pound and one-pound boxes.

"Melt in the Mouth"



Icing Powders

These specially prepared Icing Powders are great labor savers. Perfect icings may be made for cakes without painstaking effort or large expense.

All that is necessary to be done is to take the required quantity, according to the size of the cake, mix to a paste with a very little cold water, spread over the cake with a knife and set in a cool place. The icing will harden in a few minutes.

This process is so simple that a child can get the best results first try.

Care must be taken to use warm water in the case of Chocolate Icing, to bring the rich chocolate color into evidence.

These icings are packed in half-pound cartons and in the following flavors: Chocolate, Pearl Pink, Orange, Lemon, Maple and Cocoanut Cream.

Sold in 10-cent packages everywhere.

“Labor Savers”

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3rd Edition, 1918

Date.....

THE COWAN COMPANY, LIMITED

STIRLING ROAD, TORONTO

Gentlemen :

{ PERFECTION COCOA or
SUPREME CHOCOLATE } as I am interested
(State which)

Please send me a sample of your

in obtaining better results in my cooking.

Name.....

Address.....

Name of your Dealer

Province.....

OTHER LINES

COWAN'S PINEAPPLE BAR. A smooth Milk Chocolate. Contains plenty of fresh pineapple.

COWAN'S GINGER BAR. Contains the same smooth Milk Chocolate. Generously supplied with ginger throughout.

CHOCOLATE EMBLEMS. Dainty Milk Chocolate of different pretty designs.

CHOCOLATE WAFERS. Vanilla and milk—pure drops of chocolate that simply melt in the mouth.

CHOCOLATE NONPAREIL. Dainty chocolate covered with small white candies.

LUNCH MILK CHOCOLATE BARS. A pure Milk Chocolate that is appreciated by all.

CHOCOLATE GINGER. Dark or light coated—the most perfect chocolate coated ginger. The Cowan Company was the first to introduce chocolate covered ginger on the market, and the standard of this confection is without doubt supreme.

CRYSTALLIZED GINGER. Preserved ginger that has been properly crystallized in generous and plump pieces, surrounded with crystal sugar of the finest quality

CHOCOLATE VANILLA CROQUETTES. Assorted shapes of Vanilla Chocolate that retain all the delightful aroma of the finest cocoa beans.

COWAN'S DIAMOND CHOCOLATE. In quarter-pound 10-cent cakes. This chocolate is sold by grocers everywhere. It is a particularly useful chocolate because it can be used for both cooking and eating.

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COWAN'S ACTIVE SERVICE CHOCOLATE. A strong, concentrated chocolate. Specially prepared for overseas purposes. 5c. and 25c. sizes. The 25c. square is specially packed ready for mailing.