

A decorative border surrounds the text, featuring cocoa pods, leaves, and small white flowers. The border is made of a dark, textured material, possibly wood or bark, with the cocoa pods and leaves arranged along it.

Choice Recipes

By and
Miss Parloa
and other
Noted
Teachers

Walter Baker & Co. Ltd.
Manufacturers of
Cocoa & Chocolate
Preparations.
Dorchester Mass.

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CANADIAN EDITION

CHOICE
RECIPES

BY

MISS MARIA PARLOA

AND OTHER NOTED

TEACHERS

Walter Baker & Co.

Limited

DORCHESTER, MASS.

BRANCH HOUSE

86 ST. PETER ST., MONTREAL

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BIRD'S-EYE VIEW OF WALTER BAKER & CO.'S MILLS, DORCHESTER AND MILTON, MASS.
FLOOR SPACE, 350,000 SQUARE FEET.

THE HOUSE OF
WALTER BAKER & Co., LTD.

ESTABLISHED 1780

HAS GROWN to be the largest of its kind in the world, and it has achieved that result by always maintaining the highest standard in the quality of its cocoa and chocolate preparations and selling them at the lowest price for which unadulterated articles of high grade can be put upon the market. Under cover of a similarity in name, trade-mark, label or wrapper, a number of unscrupulous concerns have, within recent years, made attempts to get possession of the great market won by this House, by trading on its good name—selling to unsuspecting consumers goods of distinctly inferior quality by representing them to be the products of the genuine “Baker’s.” The quantity of goods sold in this way is not so much of an injury to us as the discredit cast upon our manufactures by leading some consumers to believe that these fraudulent articles are of our manufacture and that we have lowered the high standard maintained for so many years. It is difficult to bring the fraud home to all consumers, as those who are making use of it seek out-of-the-way places where deception will the more easily pass.

We have letters from housekeepers who have used the genuine Baker goods for years, expressing their indignation at the attempts of unscrupulous dealers to foist upon them inferior and adulterated articles by fraudulently representing them to be of our manufacture.

Statements in the press and in the reports of the Pure Food Commissioners show that there are on the market at this time many cocoas and chocolates which have been treated with adulterants, more or less injurious to health, for the purpose of cheapening the cost and giving

a fictitious appearance of richness and strength. The safest course for consumers, therefore, is to buy goods bearing the name and trade-mark of a well-known and reputable manufacturer, and to make sure by a careful examination that they are getting what they order.

We have behind us one hundred and twenty-six years of successful manufacture, and forty-six highest awards from the great industrial exhibitions in Europe and America.

We ask the cooperation of all consumers who want to get what they order and what they pay for to help us—as much in their own interest as ours—in checking these frauds.

WALTER BAKER & CO., Ltd.

*Our Cocoa and Chocolate preparations are **ABSOLUTELY PURE**—free from coloring matter, chemical solvents, or adulterants of any kind, and are therefore in full conformity to the requirements of all National and State Pure Food Laws.*

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GROUP OF DEMONSTRATORS FOR WALTER BAKER & CO., LTD.

CHOICE
RECIPES
BY
MISS MARIA PARLOA
SPECIALLY PREPARED FOR
WALTER BAKER & CO. LTD.

Plain Chocolate.

FOR six people, use one quart of milk, two ounces of Walter Baker & Co.'s Premium No. 1 chocolate, one tablespoonful of corn-starch, three tablespoonfuls of sugar, and two tablespoonfuls of hot water.

Mix the corn-starch with one gill of the milk. Put the remainder of the milk on to heat in the double-boiler. When the milk comes to the boiling point, stir in the corn-starch, and cook for ten minutes. Have the chocolate cut in fine bits, and put it in a small iron or granite-ware pan; add the sugar and water, and place the pan over a hot fire. Stir constantly until the mixture is smooth and glossy. Add this to the hot milk, and beat the mixture with a whisk until it is frothy. Or, the chocolate may be poured back and forth from the boiler to a pitcher, holding high the vessel from which you pour. This will give a thick froth. Serve at once.

If you prefer not to have the chocolate thick, omit the corn-starch. If condensed milk is used, substitute water for the milk named above, and add three tablespoonfuls of condensed milk when the chocolate is added.

Chocolate, Vienna Style.

Use four ounces of Walter Baker & Co.'s vanilla chocolate, one quart of milk, three tablespoonfuls of hot water, and one tablespoonful of sugar.

Cut the chocolate in fine bits. Put the milk on the stove in the double-boiler, and when it has been heated to the boiling point, put the chocolate, sugar and water in a small iron or granite-ware pan, and stir over a hot fire until smooth and glossy. Stir this mixture into the hot milk, and beat well with a whisk. Serve at once, putting a tablespoonful of whipped cream in each cup and then filling up with the chocolate.

The plain chocolate may be used instead of the vanilla, but in that case use a teaspoonful of vanilla extract and three generous tablespoonfuls of sugar instead of one.

Breakfast Cocoa.

Walter Baker & Co.'s Breakfast Cocoa is powdered so fine that it can be dissolved by pouring boiling water on it. For this reason it is often prepared at the table. A small teaspoonful of the powder is put in the cup with a teaspoonful of sugar; on this is poured two-thirds of a cupful of boiling water, and milk or cream is added to suit the individual taste. This is very convenient; but cocoa is not nearly so good when prepared in this manner as when it is boiled.

For six cupfuls of cocoa use two tablespoonfuls of the powder, two tablespoonfuls of sugar, half a pint of boiling water, and a pint and a half of milk. Put the milk on the stove in the double-boiler. Put the cocoa and sugar in a saucepan, and gradually pour the hot water upon them, stirring all the time. Place the saucepan on the fire and stir until the contents boil. Let this mixture boil for five minutes; then add the boiling milk, and serve.

A gill of cream is a great addition to this cocoa.

Scalded milk may be used in place of boiled milk, if preferred. For flavoring, a few grains of salt and half a teaspoonful of vanilla extract may be added.

Chocolate Layer Cake.

Beat half a cupful of butter to a cream, and gradually beat into it one cupful of sugar. When this is light, beat in half a cupful of milk, a little at a time, and one teaspoonful of vanilla. Beat the whites of six eggs to a stiff froth. Mix half a teaspoonful of baking powder with two scant cupfuls of sifted flour. Stir the flour and whites of eggs alternately into the mixture. Have three deep tin plates well buttered, and spread two-thirds of the batter in two of them.

Into the remaining batter stir one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, melted, and spread this batter in the third plate. Bake the cakes in a moderate oven for about twenty minutes. Put a layer of white cake on a large plate, and spread with white icing. Put the dark cake on this, and also spread with white icing. On this put the third cake. Spread with chocolate icing.

TO MAKE THE ICING.—Put into a granite-ware saucepan two gills of sugar and one of water, and boil gently until bubbles begin to come from the bottom—say, about five minutes. Take from the fire instantly. Do not stir or shake the sugar while it is cooking. Pour the hot syrup in a thin stream into the whites of two eggs that have been beaten to a stiff froth, beating the mixture all the time. Continue to beat until the icing is thick. Flavor with one teaspoonful of vanilla. Use two-thirds of this as a white icing, and to the remaining third add one ounce of melted chocolate. To melt the chocolate, shave it fine and put in a cup, which is then to be placed in a pan of boiling water.

Chocolate Cake.

For two sheets of cake, use three ounces of Walter Baker & Co.'s Premium No. 1 chocolate, three eggs, one cupful and three-fourths of sifted pastry flour, one cupful and three-fourths of sugar, half a cupful of butter, half a cupful of milk, half a teaspoonful of vanilla extract, one teaspoonful and a half of baking powder.

Grate the chocolate. Beat the butter to a cream, and gradually beat in the sugar. Beat in the milk and vanilla, then the eggs (already well beaten), next the chocolate, and finally the flour, in which the baking powder should be mixed. Pour into two well-buttered, shallow cake-pans. Bake for twenty-five minutes in a moderate oven. Frost or not, as you like.

Chocolate Marble Cake.

Put one ounce of Walter Baker & Co.'s chocolate and one tablespoonful of butter in a cup, and set this in a pan of boiling water. Beat to a cream half a cupful of butter and one cupful of sugar. Gradually beat in half a cupful of milk. Now add the whites of six eggs beaten to a stiff froth, one teaspoonful of vanilla, and a cupful and a half of sifted flour, in which is mixed one teaspoonful of baking powder. Put about one-third of this mixture into another bowl, and stir the melted butter and chocolate into it. Drop the white-and-brown mixture in spoon-

fuls into a well-buttered, deep cake-pan, and bake in a moderate oven for about forty-five minutes; or, the cake can be baked in a sheet, and iced with a chocolate or white icing.

Chocolate Glacé Cake.

Beat to a cream a generous half cupful of butter, and gradually beat into this one cupful of sugar. Add one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, melted; also two unbeaten eggs. Beat vigorously for five minutes; then stir in half a cupful of milk, and, lastly, one cupful and a half of flour, with which has been mixed one generous teaspoonful of baking powder. Flavor with one teaspoonful of vanilla. Pour into a buttered, shallow cake-pan, and bake for half an hour in a moderate oven. When cool, spread with glacé frosting.

GLACÉ FROSTING.—Put half a cupful of sugar and three tablespoonfuls of water in a small saucepan. Stir over the fire until the sugar is nearly melted. Take the spoon from the pan before the sugar really begins to boil, because it would spoil the icing if the syrup were stirred after it begins to boil. After boiling gently for four minutes, add half a teaspoonful of vanilla extract, but do not stir; then set away to cool. When the syrup is about blood warm, beat it with a wooden spoon until thick and white. Now put the saucepan in another with boiling water, and stir until the icing is thin enough to pour. Spread quickly on the cake.

Chocolate Glacé.

After making a glacé frosting, dissolve one ounce of Walter Baker & Co.'s Premium No. 1 chocolate in a cup, and put it with the frosting, adding also a tablespoonful of boiling water.

Chocolate Biscuit.

Cover three large baking-pans with paper that has been well oiled with washed butter. Over these dredge powdered sugar. Melt in a cup one ounce of Walter Baker & Co.'s Premium No. 1 chocolate. Separate the whites and yolks of four eggs. Add to the yolks a generous half-cupful of powdered sugar, and beat until light and firm. Add the melted chocolate, and beat a few minutes longer. Beat the whites of the eggs to a stiff, dry froth. Measure out three-fourths of a cupful of sifted flour, and stir it and the whites into the yolks. The whites and flour must be cut in as lightly as possible, and with very little stirring. Drop the mixture in teaspoon-

fuls on the buttered paper. Sprinkle powdered sugar over the cakes, and bake in a slow oven for about fourteen or fifteen minutes. The mixture can be shaped like lady fingers, if preferred.

Chocolate Wafers.

Grate four ounces of Walter Baker & Co.'s Premium No. 1 chocolate, and mix with it two tablespoonfuls of flour and one-fourth of a teaspoonful each of cinnamon, cloves and baking powder. Separate six eggs. Add one cupful of powdered sugar to the yolks, and beat until very light; then add the grated yellow rind and the juice of half a lemon, and beat five minutes longer. Now add the dry mixture, and with a spoon lightly cut in the whites, which are first to be beaten to a stiff froth. Pour the mixture into buttered shallow pans, having it about half an inch thick. Bake in a moderate oven for half an hour. When the cake is cool, spread a thin layer of currant jelly over one sheet, and place the other sheet on this. Ice with vanilla icing; and when this hardens, cut in squares. It is particularly nice to serve with ice-cream.

Cinderella Cakes.

Use two eggs, one cupful of sugar, one cupful and a quarter of flour, one gill of cold water, one tablespoonful of lemon juice, one teaspoonful of baking powder, one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, half a tumbler of any kind of jelly, and chocolate icing the same as for éclairs.

Separate the eggs, and beat the yolks and sugar together until light. Beat the whites until light, and then beat them with yolks and sugar and grated chocolate. Next beat in the lemon juice and water, and finally the flour, in which the baking powder should be mixed. Beat for three minutes, and then pour the batter into two pans, and bake in a moderate oven for about eighteen minutes. When done, spread one sheet of cake with the jelly, and press the other sheet over it; and when cold, cut into little squares and triangular pieces. Stick a wooden toothpick into each of these pieces and dip each one into the hot icing, afterwards removing the toothpick, of course.

Chocolate Éclairs.

Into a granite-ware saucepan put half a pint of milk, two well-rounded tablespoonfuls of butter, and one tablespoonful of sugar, and place on the stove. When this boils up, add half a pint of sifted flour, and cook for two

minutes, beating well with a wooden spoon. It will be smooth and velvety at the end of that time. Set away to cool; and when cool, beat in four eggs, one at a time. Beat vigorously for about fifteen minutes. Try a small bit of the paste in the oven; and if it rises in the form of a hollow ball, the paste is beaten enough; whereas, if it does not, beat a little longer. Have tin sheets or shallow pans slightly buttered. Have ready, also, a tapering tin tube, with the smaller opening about three-quarters of an inch in diameter. Place this in the small end of a conical cotton pastry bag. Put the mixture in the bag, and press out on buttered pans, having each *éclair* nearly three inches long. There should be eighteen, and they must be at least two inches apart, as they swell in cooking. Bake in a moderately hot oven for about twenty-five minutes. Take from the oven, and while they are still warm coat them with chocolate. When cold, cut open on the side, and fill with either of the following described preparations:—

FILLING NO. 1.—Mix in a bowl half a pint of rich cream, one teaspoonful of vanilla, and four tablespoonfuls of sugar. Place the bowl in a pan of ice-water, and beat the cream until light and firm, using either an egg-beater or a whisk.

FILLING NO. 2.—Put half a pint of milk in the double-boiler, and place on the fire. Beat together until very light one level tablespoonful of flour, half a cupful of sugar, and one egg. When the milk boils, stir in this mixture. Add one-eighth of a teaspoonful of salt, and cook for fifteen minutes, stirring often. When cold, flavor with one teaspoonful of vanilla.

ICING FOR ÉCLAIRS.—Put in a small granite-ware pan half a pint of sugar and five tablespoonfuls of cold water. Stir until the sugar is partially melted, and then place on the stove, stirring for half a minute. Take out the spoon, and watch the sugar closely. As soon as it boils, take instantly from the fire and pour upon a meat-platter. Let this stand for eight minutes. Meantime, shave into a cup one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, and put it on the fire in a pan of boiling water. At the end of eight minutes stir the sugar with a wooden spoon until it begins to grow white and to thicken. Add the melted chocolate quickly, and continue stirring until the mixture is thick. Put it in a small saucepan, and place on the fire in another pan of hot water. Stir until so soft that it will pour freely. Stick a skewer into the side of an *éclair*, and dip the top in the

hot chocolate. Place on a plate, and continue until all the éclairs are "glacé." They will dry quickly. Do not stir the sugar after the first half minute, and do not scrape the sugar from the saucepan into the platter. All the directions must be strictly followed.

Chocolate Cookies.

Beat to a cream half a cupful of butter and one tablespoonful of lard. Gradually beat into this one cupful of sugar; then add one-fourth of a teaspoonful of salt, one teaspoonful of cinnamon, and two ounces of Walter Baker & Co.'s Premium No. 1 chocolate, melted. Now add one well-beaten egg, and half a teaspoonful of soda dissolved in two tablespoonfuls of milk. Stir in about two cupfuls and a half of flour. Roll thin, and, cutting in round cakes, bake in a rather quick oven. The secret of making good cookies is the use of as little flour as will suffice.

Chocolate Gingerbread.

Mix in a large bowl one cupful of molasses, half a cupful of sour milk or cream, one teaspoonful of ginger, one of cinnamon, half a teaspoonful of salt. Dissolve one teaspoonful of soda in a teaspoonful of cold water; add this and two tablespoonfuls of melted butter to the mixture. Now stir in two cupfuls of sifted flour, and finally add two ounces of Walter Baker & Co.'s chocolate and one tablespoonful of butter, melted together. Pour the mixture into three well-buttered, deep tin plates, and bake in a moderately hot oven for about twenty minutes.

Vanilla Icing.

Break the white of one large egg into a bowl, and gradually beat into it one cupful of confectioners' sugar. Beat for three minutes, add half a teaspoonful of vanilla extract, and spread thinly on the cakes.

Chocolate Icing.

Make a vanilla icing, and add one tablespoonful of cold water to it. Scrape fine one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, and put it in a small iron or granite-ware saucepan, with two tablespoonfuls of confectioners' sugar and one tablespoonful of hot water. Stir over a hot fire until smooth and glossy, then add another tablespoonful of hot water. Stir the dissolved chocolate into the vanilla icing.

Chocolate Profiteroles.

Shave into a cup one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, and put the cup into a pan of boiling water. Make a paste the same as for éclairs, save that instead of one tablespoonful of sugar three must be used.

As soon as the paste is cooked, beat in the melted chocolate. When cold, add the eggs, and beat until light. Drop this batter on lightly buttered pans in round cakes, having about a dessertspoonful in each cake. Bake for about twenty minutes in a moderately hot oven. Serve either hot or cold, with whipped cream prepared the same as for Filling No. 1 for éclairs. Heap the cream in the centre of a flat dish, and arrange the profiteroles around it.

Chocolate Ice-cream.

For about two quarts and a half of cream use a pint and a half of milk, a quart of thin cream, two cupfuls of sugar, two ounces of Walter Baker & Co.'s Premium No. 1 chocolate, two eggs, and two heaping tablespoonfuls of flour.

Put the milk on to boil in the double-boiler. Put the flour and one cupful of the sugar in a bowl; add the eggs, and beat the mixture until light. Stir this into the boiling milk, and cook for twenty minutes, stirring often.

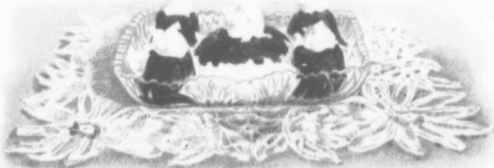
Scrape the chocolate, and put it in a small saucepan. Add four tablespoonfuls of sugar (which should be taken from the second cupful) and two tablespoonfuls of hot water. Stir over a hot fire until smooth and glossy. Add this to the cooking mixture.

When the preparation has cooked for twenty minutes, take it from the fire and add the remainder of the sugar and the cream, which should be gradually beaten into the hot mixture. Set away to cool, and when cold, freeze.

Chocolate Cream Pies.

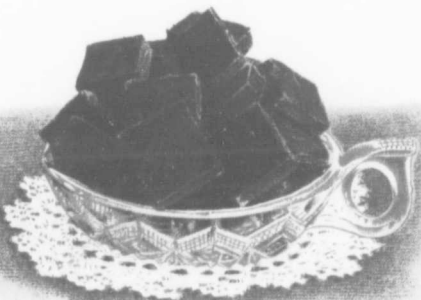
Beat to a cream half a cupful of butter and a cupful and a quarter of powdered sugar. Add two well-beaten eggs, two tablespoonfuls of wine, half a cupful of milk, and a cupful and a half of sifted flour, with which has been mixed a teaspoonful and a half of baking powder. Bake this in four well-buttered, deep, tin plates for about fifteen minutes in a moderate oven.

Put half a pint of milk in the double-boiler, and on the fire. Beat together the yolks of two eggs, three tablespoonfuls of powdered sugar, and a level tablespoonful of flour. Stir this mixture into the boiling milk, beating



CHOCOLATE CHARLOTTE.

(See pages 17 and 40.)



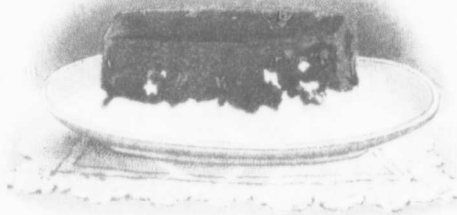
COCOA FUDGE.

(See page 31.)

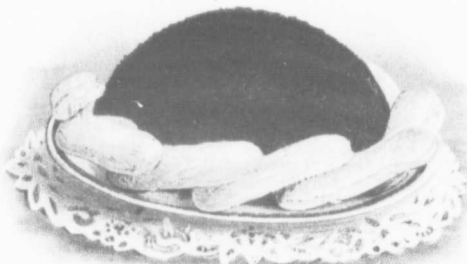


CHOCOLATE LAYER CAKE.

(See page 10.)



CHOCOLATE ICE-CREAM.
(See pages 16 and 30.)



CHOCOLATE MOUSSE.
(See page 17.)



COCOA STICKS AND COOKIES.
(See pages 15 and 27.)

well. Add one-sixth of a teaspoonful of salt, and cook for fifteen minutes, stirring often. When cooked, flavor with half a teaspoonful of vanilla extract. Put two of the cakes on two large plates, spread the cream over them, and lay the other two cakes on top. Beat the whites of the two eggs to a stiff froth, and then beat into them one cupful of powdered sugar and one teaspoonful of vanilla. Shave one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, and put it in a small pan with two tablespoonfuls of sugar and one tablespoonful of boiling water. Stir over a hot fire until smooth and glossy. Now add three tablespoonfuls of cream or milk, and stir into the beaten egg and sugar. Spread on the pies and set away for a few hours.

Chocolate Mousse.

Put a three-quart mould in a wooden pail, first lining the bottom with fine ice and a thin layer of coarse salt. Pack the space between the mould and the pail solidly with fine ice and coarse salt, using two quarts of salt and ice enough to fill the space. Whip one quart of cream, and drain it in a sieve. Whip again all the cream that drains through. Put in a small pan one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, three tablespoonfuls of sugar and one of boiling water, and stir over a hot fire until smooth and glossy. Add three tablespoonfuls of cream. Sprinkle a cupful of powdered sugar over the whipped cream. Pour the chocolate in a thin stream into the cream, and stir gently until well mixed. Wipe out the chilled mould, and turn the cream into it. Cover, and then place a little ice lightly on top. Wet a piece of carpet in water, and cover the top of the pail. Set away for three or four hours; then take the mould from the ice, dip it in cold water, wipe, and then turn the mousse out on a flat dish.

Chocolate Charlotte.

Soak a quarter of a package of gelatine in one-third of a cupful of cold water for two hours. Whip one pint of cream to a froth, and put it in a bowl, which should be placed in a pan of ice-water. Put half an ounce of shaved chocolate in a small pan with two tablespoonfuls of sugar and one of boiling water, and stir over the hot fire until smooth and glossy. Add to this a gill of hot milk and the soaked gelatine, and stir until the gelatine is dissolved. Sprinkle a generous half cupful of powdered sugar over the cream. Now add the chocolate and gelatine mixture, and stir gently until it begins to thicken. Line a quart charlotte-mould with lady fingers, and when

the cream is so thick that it will just pour, turn it gently into the mould. Place the charlotte in a cold place for an hour or more, and, at serving time, turn out on a flat dish.

Chocolate Bavarian Cream.

For one large mould of cream, use half a package of gelatine, one gill of milk, two quarts of whipped cream, one gill of sugar, and two and a half ounces of Walter Baker & Co.'s chocolate.

Soak the gelatine in cold water for two hours. Whip and drain the cream, scrape the chocolate, and put the milk on to boil. Put the chocolate, two tablespoonfuls of sugar, and one of hot water in a small saucepan, and stir on a hot fire until smooth and glossy. Stir this into the hot milk. Now add the soaked gelatine and the remainder of the sugar. Strain this mixture into a basin that will hold two quarts or more. Place the basin in a pan of ice-water, and stir until cold, when it will begin to thicken. Instantly begin to stir in the whipped cream, adding half the amount at first. When all the cream has been added, dip the mould in cold water and turn the cream into it. Place in the ice-chest for an hour or more.

At serving-time dip the mould in tepid water. See that the cream will come from the sides of the mould, and turn out on a flat dish. Serve with whipped cream.

Chocolate Cream.

Soak a box of gelatine in half a pint of cold water for two hours. Put one quart of milk in the double-boiler, and place on the fire. Shave two ounces of Walter Baker & Co.'s Premium No. 1 chocolate, and put it in a small pan with four tablespoonfuls of sugar and two of boiling water. Stir over a hot fire until smooth and glossy, and then stir into the hot milk. Beat the yolks of five eggs with half a cupful of sugar. Add to the gelatine, and stir the mixture into the hot milk. Cook three minutes longer, stirring all the while. On taking from the fire, add two teaspoonfuls of vanilla and half a saltspoonful of salt. Strain, and pour into moulds that have been rinsed in cold water. Set away to harden, and serve with sugar and cream.

Chocolate Blanc-mange.

Put one quart of milk in the double-boiler, and place on the fire. Sprinkle into it one level tablespoonful of sea-moss farina. Cover, and cook until the mixture looks white, stirring frequently. It will take about

twenty minutes. While the milk and farina are cooking, shave two ounces of Walter Baker & Co.'s Premium No. 1 chocolate, and put it into a small pan with four tablespoonfuls of sugar and two of boiling water. Stir over a hot fire until smooth and glossy, then stir into the cooked mixture. Add a saltspoonful of salt and a teaspoonful of vanilla. Strain, and turn into a mould that has been rinsed in cold water. Set the mould in a cold place, and do not disturb it until the blanc-mange is cold and firm. Serve with sugar and cream.

Chocolate Cream Renversee.

Use one quart of milk, seven eggs, half a pint of sugar, one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, half a teaspoonful of salt. Put the milk on the fire in the double-boiler. Shave the chocolate, and put it in a small pan with three tablespoonfuls of the sugar and one of boiling water. Stir over a hot fire until smooth and glossy; then stir into the hot milk, and take the milk from the fire to cool.

Put three tablespoonfuls of sugar into a charlotte-mould that will hold a little more than a quart, and place on the stove. When the sugar melts and begins to smoke, move the mould round and round, to coat it with the burnt sugar, then place on the table. Beat together the remainder of the sugar, the eggs, and the salt. Add the cold milk and chocolate to the mixture, and after straining into the charlotte-mould, place in a deep pan, with enough tepid water to come nearly to the top of the mould. Bake in a moderate oven until firm in the centre. Test the cream by running a knife through the centre. If firm and smooth, it is done. It will take forty or forty-five minutes to cook. When icy-cold, turn on a flat dish. Serve with whipped cream that has been flavored with sugar and vanilla.

Baked Chocolate Custard.

For five small custards use one pint of milk, two eggs, one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, one-fourth of a teaspoonful of salt, and a piece of stick cinnamon about an inch long.

Put the cinnamon and milk in the double-boiler, place on the fire, and cook for ten minutes. Shave the chocolate, and put it in a small pan with three tablespoonfuls of sugar and one of boiling water. Stir this over a hot fire until smooth and glossy, and then stir it into the hot milk, after which take the liquid mixture from the fire, and cool.

Beat together with a spoon the eggs, salt and two tablespoonfuls of the sugar. Add the cooled milk, and strain. Pour the mixture into the cups, which place in a deep pan. Pour into the pan enough tepid water to come nearly to the top of the cups. Bake in a moderate oven until firm in the centre. It will take about half an hour. Test by running a knife through the centre. If the custard is milky, it is not done. Serve very cold.

Chocolate Soufflé.

Half a pint of milk, two ounces of Walter Baker & Co.'s chocolate, three tablespoonfuls of sugar, one rounding tablespoonful of butter, two tablespoonfuls of flour, four eggs.

Put the milk in the double-boiler, and place on the fire. Beat the butter to a soft cream, and beat the flour into it. Gradually pour the hot milk on this, stirring all the time. Return to the fire, and cook for six minutes. Put the shaved chocolate, sugar, and two tablespoonfuls of water in a small pan over a hot fire, and stir until smooth and glossy. Stir this into the mixture in the double-boiler. Take from the fire and add the yolks of the eggs, well beaten; then set away to cool. When cool, add the whites of the eggs, beaten to a stiff froth. Pour the batter into a well-buttered earthen dish that will hold about a quart, and cook in a moderate oven for twenty-two minutes. Serve immediately with vanilla cream sauce.

Chocolate Pudding.

Reserve one gill of milk from a quart, and put the remainder on the fire in a double-boiler. Mix three tablespoonfuls of corn-starch with the cold milk. Beat two eggs with half a cupful of powdered sugar and half a teaspoonful of salt. Add this to the corn-starch and milk, and stir into the boiling milk, beating well for a minute. Shave fine two ounces of Walter Baker & Co.'s Premium No. 1 chocolate, and put it into a small pan with four tablespoonfuls of sugar and two of boiling water. Stir over a hot fire until smooth and glossy; then beat into the hot pudding. Cook the pudding in all ten minutes, counting from the time the eggs and corn-starch are added. Serve cold with powdered sugar and cream. This pudding can be poured while hot into little cups which have been rinsed in cold water. At serving-time turn out on a flat dish, making a circle, and fill the centre of the dish with whipped cream flavored with sugar and vanilla.

The eggs may be omitted, in which case use one more tablespoonful of corn-starch.

Chocolate Meringue Pudding.

For a small pudding use one pint of milk, two tablespoonfuls and a half of corn-starch, one ounce of Walter Baker & Co.'s chocolate, two eggs, five tablespoonfuls of powdered sugar, one-fourth of a teaspoonful of salt, and half a teaspoonful of vanilla extract.

Mix the corn-starch with one gill of the milk. Put the remainder of the milk on to boil in the double-boiler. Scrape the chocolate. When the milk boils, add the corn-starch, salt, and chocolate, and cook for ten minutes. Beat the yolks of the eggs with three tablespoonfuls of sugar. Pour the hot mixture on this, and beat well. Turn into a pudding-dish that will hold about a quart, and bake for twenty minutes in a moderate oven.

Beat the whites of the eggs to a stiff, dry froth, and gradually beat in the remaining two tablespoonfuls of sugar and the vanilla. Spread this on the pudding, and return to the oven. Cook for fifteen minutes longer, but with the oven-door open. Serve either cold or hot.

Milton Pudding.

Use one pint of stale bread broken in crumbs, one quart of milk, two eggs, half a teaspoonful of salt, half a teaspoonful of ground cinnamon, three tablespoonfuls of sugar and two ounces of Walter Baker & Co.'s chocolate, grated. Put the bread, milk, cinnamon, and chocolate in a bowl, and soak for two or three hours. Beat together the eggs, sugar, and salt. Mash the soaked bread with a spoon, and add the egg mixture to the bread and milk. Pour into a pudding-dish, and bake in a slow oven for about forty minutes. Serve with an egg sauce or a vanilla cream sauce.

EGG SAUCE.—Beat the whites of two eggs to a stiff, dry froth; and beat into this, a little at a time, one cupful of powdered sugar. When smooth and light, add one teaspoonful of vanilla and the yolks of two eggs. Beat the mixture a little longer; then stir in one cupful of whipped cream or three tablespoonfuls of milk. Serve at once.

VANILLA CREAM SAUCE.—Beat to a cream three tablespoonfuls of butter, and gradually beat into this two-thirds of a cupful of powdered sugar. When this is light and creamy, add a teaspoonful of vanilla; then gradually beat in two cupfuls of whipped cream. Place the bowl in a pan of boiling water, and stir constantly for three minutes. Pour the sauce into a warm bowl, and serve.

Snow Pudding.

Put a pint of milk in the double-boiler and on the fire. Mix three tablespoonfuls of corn-starch with a gill of milk and one-third of a teaspoonful of salt. Stir this into the milk when it boils. Beat the whites of four eggs to a stiff froth, and then gradually beat into them half a cupful of powdered sugar and one teaspoonful of vanilla. Add this to the cooking mixture, and beat vigorously for one minute. Rinse a mould in cold water, and pouring the pudding into it, set away to cool. At serving-time turn out on a flat dish, and serve with chocolate sauce.

Chocolate Sauce.

Put one pint of milk in the double-boiler, and on the fire. Shave two ounces of Walter Baker & Co.'s chocolate, and put it in a small pan with four tablespoonfuls of sugar and two of boiling water. Stir over the fire until smooth and glossy, and add to the hot milk. Beat together for eight minutes the yolks of four eggs, three tablespoonfuls of sugar, and a saltspoonful of salt, and then add one gill of cold milk.

Pour the boiling milk on this, stirring well. Return to the double-boiler, and cook for five minutes, stirring all the time. Pour into a cold bowl, and set the bowl in cold water. Stir for a few minutes, and then occasionally until the sauce is cold.

This sauce is nice for cold or hot corn-starch pudding, bread pudding, cold cabinet pudding, snow pudding, etc. It will also answer for a dessert. Fill custard glasses with it, and serve the same as soft custard; or have the glasses two-thirds full, and heap up with whipped cream.

Chocolate Candy.

One cupful of molasses, two cupfuls of sugar, one cupful of milk, one-half pound of chocolate, a piece of butter half the size of an egg. Boil the milk and molasses together, scrape the chocolate fine, and mix with just enough of the boiling milk and molasses to moisten; rub it perfectly smooth, then, with the sugar, stir into the boiling liquid; add the butter, and boil twenty minutes. Try as molasses candy, and if it hardens, pour into a buttered dish. Cut the same as nut candy.

Cream Chocolate Caramels.

Mix together in a granite-ware saucepan half a pint of sugar, half a pint of molasses, half a pint of thick cream, one generous tablespoonful of butter, and four ounces of Walter Baker & Co.'s Premium No. 1 chocolate. Place

on the fire, and stir until the mixture boils. Cook until a few drops of it will harden if dropped into ice-water; then pour into well-buttered pans, having the mixture about three-fourths of an inch deep. When nearly cold, mark into squares. It will take almost an hour to boil this in a granite-ware pan, but not half so long if cooked in an iron frying-pan. Stir frequently while boiling. The caramels must be put in a very cold place to harden.

Sugar Chocolate Caramels.

Mix two cupfuls of sugar, three-fourths of a cupful of milk or cream, one generous tablespoonful of butter, and three ounces of Walter Baker & Co.'s Premium No. 1 chocolate. Place on the fire and cook, stirring often, until a little of the mixture, when dropped in ice-water will harden; then stir in one-fourth of a cupful of sugar and one tablespoonful of vanilla, and pour into a well-buttered pan, having the mixture about three-fourths of an inch deep. When nearly cold, mark it off in squares, and put in a cold place to harden. These caramels are sugary and brittle, and can be made in the hottest weather without trouble. If a deep granite-ware saucepan be used for the boiling, it will take nearly an hour to cook the mixture; but if with an iron frying-pan, twenty or thirty minutes will suffice.

Chocolate Creams, No. 1.

Beat the whites of two eggs to a stiff froth. Gradually beat into this two cupfuls of confectioners' sugar. If the eggs be large, it may take a little more sugar. Flavor with half a teaspoonful of vanilla, and work well. Now roll into little balls, and drop on a slightly buttered platter. Let the balls stand for an hour or more. Shave five ounces of Walter Baker & Co.'s Premium No. 1 chocolate and put into a small bowl, which place on the fire in a saucepan containing boiling water. When the chocolate is melted, take the saucepan to the table, and drop the creams into the chocolate one at a time, taking them out with a fork and dropping them gently on the buttered dish. It will take half an hour or more to harden the chocolate.

Chocolate Creams, No. 2.

For these creams you should make a fondant in this way: Put into a granite-ware saucepan one cupful of water and two of granulated sugar—or a pound of loaf sugar. Stir until the sugar is nearly melted; then place on the fire and heat slowly, but do not stir the mixture.

Watch carefully, and note when it begins to boil. When the sugar has been boiling for ten minutes, take up a little of it and drop in ice-water. If it hardens enough to form a soft ball when rolled between the thumb and finger, it is cooked enough. Take the saucepan from the fire instantly, and set in a cool, dry place. When the syrup is so cool that the finger can be held in it comfortably, pour it into a bowl, and stir with a wooden spoon until it becomes thick and white. When it begins to look dry, and a little hard, take out the spoon, and work with the hand until the cream is soft and smooth. Flavor with a few drops of vanilla, and, after shaping, cover with chocolate, as directed in the preceding recipe.

Caution.—Do not stir the syrup while it is cooking, and be careful not to jar or shake the saucepan.

Chocolate Cones.

Boil the sugar as directed for fondant in the recipe for Chocolate Creams, No. 2, but not quite so long—say, about eleven minutes. The syrup, when tested, should be too soft to ball. When cold, pour into a bowl, and beat until thick and creamy. If properly boiled, it will not become thick enough to work with the hands.

Have six ounces of Walter Baker & Co.'s Premium No. 1 chocolate melted in a bowl. Pour half of the creamed sugar into another bowl, and, after flavoring with a few drops of vanilla, add to it about one-third of the dissolved chocolate. Stir until thick and rather dry; then make into small cones, and drop on a slightly buttered platter. Put half of the remaining creamed sugar in a cup, and set in a saucepan containing boiling water. Flavor with vanilla, and stir over the fire until melted so much that it will pour from the spoon. Take the saucepan to the table and dip one-half the cones in, one at a time, just as the Chocolate Creams, No. 1, were dipped in the melted chocolate. If liked, a second coating may be given the cones. Now put the remainder of the creamed sugar on to melt, and add two tablespoonfuls of hot water to it. Stir the remainder of the melted chocolate into this, and if too thick to dip the candy in, add hot water, a few drops at a time, until the mixture is of the right consistency; then dip the rest of the cones in this.

Genesee Bonbons.

Make the cream chocolate caramels, and get them quite firm by placing the pan on ice. Make the chocolate coating as directed for chocolate cones. Dip the caramels in this, and put on a buttered dish.

Chocolate Syrup.

Into a granite-ware saucepan put one ounce—three tablespoonfuls—of Walter Baker & Co.'s soluble chocolate, and gradually pour on it half a pint of boiling water, stirring all the time. Place on the fire, and stir until all the chocolate is dissolved. Now add one pint of granulated sugar, and stir until it begins to boil. Cook for three minutes longer, then strain and cool. When cool, add one tablespoonful of vanilla extract. Bottle, and keep in a cold place.

Refreshing Drinks for Summer.

Put into a tumbler about two tablespoonfuls of broken ice, two tablespoonfuls of chocolate syrup, three tablespoonfuls of whipped cream, one gill of milk, and half a gill of soda-water from a siphon bottle, or Apollinaris water. Stir well before drinking. A tablespoonful of vanilla ice-cream is a desirable addition. It is a delicious drink, even if the soda or Apollinaris water and ice-cream be omitted. A plainer drink is made by combining the syrup, a gill and a half of milk, and the ice, and shaking well.

A Few Suggestions in Regard to Chocolate.

The best flavor to add to chocolate is vanilla; next to that, cinnamon. Beyond these two things one should use great caution, as it is very easy to spoil the fine natural flavor of the bean. Chocolate absorbs odors readily; therefore it should be kept in a pure, sweet atmosphere. As about eleven per cent. of the chocolate bean is starch, chocolate and cocoa are of a much finer flavor if boiled for a few minutes. Long boiling, however, ruins their flavor and texture.

Cracked Cocoa.

BY MISS BURR.

To one-third of a cup of Baker's Cracked Cocoa (sometimes called "Cocoa Nibs") use three cups of cold water; cook slowly at least one hour—the longer the better. Then strain the liquid and add one cup (or more if desired) of milk, and serve very hot. Do not allow the mixture to boil after milk has been added.

RECIPES

SPECIALLY
PREPARED BY
Miss Elizabeth Kevill Burr

(All measurements should be level.)

Formula for Making Three Gallons of Breakfast Cocoa.

$\frac{1}{2}$ lb. Walter Baker's cocoa,
 $1\frac{1}{2}$ gallons water, hot, $1\frac{1}{2}$ gallons milk, hot.

This should not be allowed to boil. Either make it in a large double-boiler, or a large saucepan or kettle over water. Mix the cocoa with enough cold water to make a paste, and be sure it is free from lumps. Heat together the milk and water, and pour in the cocoa; then cook at least one hour, stirring occasionally.

Vanilla Chocolate with Whipped Cream.

One cake ($\frac{1}{2}$ lb.) Walter Baker & Co.'s Vanilla Sweet chocolate,
4 cups boiling water, pinch of salt, 4 cups hot milk.

This must be made in a double-boiler. Put the chocolate, boiling water and salt in the upper part of the double-boiler. Stir and beat with a wooden spoon until the chocolate is dissolved

and smooth. Add the milk, and when thoroughly hot, strain, and serve with unsweetened whipped cream. More cooking will improve it.

Chocolate Cream Pie.

Line a pie plate with rich pie crust, putting on an extra edge of crust the same as for Custard Pie. Fill with the chocolate filling made after the following recipe. Bake in a hot oven until crust is done; remove, and when cool, cover with a meringue and brown very slowly in moderate oven.

Chocolate Filling.

1 cup milk,	2 level tablespoonfuls flour,
pinch salt,	2 eggs (yolks),
1½ squares Premium chocolate,	5 tablespoonfuls sugar (level),
	1 teaspoonful vanilla.

Put milk, salt and chocolate in upper part of the double-boiler, and when hot and smooth, stir in the flour, which has been mixed with enough cold milk to be thin enough to pour into the hot milk. Cook, stirring constantly, until it thickens; then let it cook eight or ten minutes. Mix the eggs and sugar together and pour the hot mixture over them, stirring well; put back in double-boiler and cook, stirring constantly one minute. Remove, and when cool add one teaspoonful of vanilla.

Meringue.

2 eggs (whites),	4 level tablespoonfuls sugar,
pinch salt,	1 teaspoonful vanilla.

Add salt to eggs and beat in a large shallow dish with a fork or egg-whip until stiff and flaky and dish can be turned upside down. Beat in the sugar slowly, then the vanilla, and beat until the dish can be turned upside down.

Cocoa Sticks.

6 tablespoonfuls butter,	1 teaspoonful vanilla or pinch cinnamon,
¾ cup sugar (scant),	5 teaspoonfuls cocoa,
1 egg,	½ teaspoonful baking powder,
1 tablespoonful milk,	1¼ to 1½ cups sifted pastry flour.

Cream the butter until soft; add the sugar gradually and beat well; add the beaten egg, milk and vanilla; mix thoroughly. Sift cocoa, baking powder, and a pinch of salt with about one-half cup of the flour; stir this into the mixture first, then use the remainder of the flour, and more if necessary, to make a firm dough that will not stick to the fingers. Set on the ice to harden. Sprinkle the board with cocoa and a very little sugar. Use small pieces of the dough at a time, toss it over the board to

prevent sticking, roll out thin, cut in strips about one-half inch wide and three inches long. Place closely in pan and bake in moderately hot oven three or four minutes. Great care should be taken in the baking to prevent burning.

It is advisable to gather the scraps after each rolling, if soft, and set away to harden, for fear of getting in too much cocoa, thus making them bitter.

The colder and harder the dough is, the better it can be handled ; therefore it can be made the day before using.

Cocoa Frosting.

4 teaspoonfuls cocoa,	3 tablespoonfuls hot water,
2 tablespoonfuls cold water,	$\frac{1}{2}$ teaspoonful vanilla,
about $1\frac{3}{4}$ cups confectioners' sugar.	

Put the cocoa in a small saucepan ; add the cold water and stir until perfectly smooth, then the hot water, and cook for one or two minutes ; add vanilla and a speck of salt, then stir in enough sugar to make it stiff enough to spread nicely. Beat until smooth and glossy and free from lumps.

If too thick, add a little cold water. If not thick enough, add a little sugar. Never make a frosting so stiff that it will have to be made smooth with a wet knife. It is better to let it run to the sides of the cake. For frosting sides of the cake, make a little stiffer.

This frosting never cracks as an egg frosting, but is hard enough to cut nicely.

Cocoa Sauce.

2 tablespoonfuls butter,	1 cup boiling water,
2 tablespoonfuls flour,	4 tablespoonfuls sugar,
4 teaspoonfuls cocoa,	1 teaspoonful vanilla.

Melt the butter in the saucepan ; mix the flour and cocoa together and stir into the butter ; add gradually the hot water, stirring and beating each time ; cook until it thickens. Just before serving, add the sugar, vanilla, and a pinch of salt if necessary.

Use more cocoa if liked stronger. This sauce will be found excellent for cottage puddings, Dutch apple cakes, steamed apple puddings, etc.

Cocoa Cake.

$\frac{1}{2}$ cup butter,	$\frac{3}{4}$ cup milk,
1 cup sugar,	6 level tablespoonfuls cocoa,
3 eggs,	2 level teaspoonfuls baking powder,
1 teaspoonful vanilla,	$1\frac{1}{2}$ or 2 cups sifted pastry flour.

Cream the butter, stir in the sugar gradually, add the unbeaten eggs, and beat all together until very creamy. Sift together one-half cup of the flour, the cocoa and bak-

ing powder; use this flour first, then alternate the milk and remaining flour, using enough to make mixture stiff enough to drop from the spoon; add vanilla and beat until very smooth; then bake in loaf in moderately hot oven thirty-five or forty minutes.

Tests for baking cake. It is baked enough when :

1. It shrinks from the pan.
2. Touching it on the top, springs back.
3. No singing sound.

Cocoa Meringue Pudding.

1 cup milk,
2 tablespoonfuls flour,
4 teaspoonfuls cocoa,

2 eggs (yolks),
pinch salt,
3 tablespoonfuls sugar,

$\frac{1}{2}$ teaspoonful vanilla.

Put the milk in the upper part of the double-boiler, and heat. Mix flour and cocoa together and soften in a little cold milk; mix until free from lumps. When the milk is hot, add the flour, and cook, stirring often, eight or ten minutes. Beat yolks of eggs lightly; add sugar and salt, and mix well. When mixture in double-boiler has cooked sufficiently, strain it over the mixture in the bowl. Put back in double-boiler and allow it to cook one or two minutes (stirring constantly), just enough to slightly thicken the eggs. Remove from the stove, and when cool add vanilla and put in the serving-dish. Cover with a meringue. Place dish on a board, put in the oven with the door open, and allow it to remain there for ten or fifteen minutes, and when the meringue will not stick to the fingers, close the door and let it brown slightly. This pudding can be eaten warm or cold, but is much better cold. This will serve four persons generously.

Chocolate Almonds.

Blanch the almonds by pouring boiling water on them, and let them stand two or three minutes. Roast them in oven. Dip them in the following recipe for chocolate coating, and drop on paraffine paper.

Chocolate Coatings.

$\frac{1}{2}$ lb. cake Walter Baker's Vanilla Sweet chocolate,
2 level tablespoonfuls butter, 2 tablespoonfuls boiling water.

Put chocolate in small saucepan over boiling water, and when melted stir in butter and water. Mix well. If found to be too thick, add more water; if too thin, more chocolate.

Hot Chocolate Sauce.

1 cup boiling water,
pinch salt,

1 square chocolate,
 $\frac{1}{2}$ cup sugar.

Cook all together slowly until it is the consistency of maple syrup, or thicker if desired. Just before serving, add one teaspoonful of vanilla. This will keep indefinitely, and can be reheated.

Cocoa Sponge Cake.

4 eggs,
 $\frac{1}{4}$ cup sugar,
pinch salt,

4 level tablespoonfuls cocoa,
 $\frac{1}{2}$ cup sifted pastry flour,
1 teaspoonful vanilla.

Separate yolks from whites of eggs; beat yolks in a small bowl with the Dover egg-beater until very thick; add sugar, salt and vanilla, and beat again until very thick. Sift cocoa and flour together and stir very lightly into the mixture; fold in the stiffly beaten whites of the eggs, and bake in a loaf in a moderate oven until done.

Do not butter the pan, but when cake is baked, invert the pan; and when cool, remove the cake.

Chocolate Frosting.

1 square chocolate,
pinch salt,

5 tablespoonfuls boiling water,
1 teaspoonful vanilla,
about 3 cups sifted confectioners' sugar.

Melt chocolate in bowl over tea-kettle, add water, salt and vanilla, and when smooth add the sugar, and beat until very glossy. Make the frosting stiff enough to spread without using a wet knife. It will keep indefinitely.

Chocolate Cake; or, Devil's Food.

5 level tablespoonfuls butter,
 $1\frac{1}{4}$ cups sugar,
 $3\frac{1}{2}$ squares chocolate (melted),
3 eggs,

1 teaspoonful vanilla,
 $\frac{3}{4}$ cup milk,
 $3\frac{1}{2}$ level teaspoonfuls baking powder,
 $1\frac{1}{2}$ cups sifted pastry flour.

Cream the butter, add sugar and chocolate, then the unbeaten eggs and vanilla, and beat together until very smooth. Sift the baking powder with one-half cup of the flour, and use first; then alternate the milk and the remaining flour, and make the mixture stiff enough to drop from the spoon. Beat until very smooth, and bake in loaf in moderate oven. For tests see Cocoa Cake recipe on page 29.

Chocolate Ice-cream.

1 quart milk,
pinch salt,
3 squares chocolate,
3 level tablespoonfuls flour,

1 can sweetened condensed milk
3 eggs,
6 level tablespoonfuls sugar
3 teaspoonfuls vanilla.

Put milk, salt and chocolate in double-boiler, and when milk is hot and chocolate has melted, stir in the

flour, previously mixed in a little cold milk. Cook ten minutes, then pour this over the condensed milk, eggs and sugar mixed together; cook again for four minutes, stirring. Strain, and when cool add vanilla, and freeze.

Chocolate Whip.

1 cup milk,
1½ squares chocolate,
pinch salt,
2 level tablespoonfuls corn-starch,

2 eggs (yolks),
6 level tablespoonfuls sugar,
2 teaspoonfuls vanilla,
5 eggs (whites).

Put milk, chocolate and salt in double-boiler; mix corn-starch in a small quantity of cold milk, and stir into the hot milk when the chocolate has been melted; stir until smooth, then cook twelve minutes. Mix together the yolks of the eggs and sugar, then pour the hot mixture over it; cook again one or two minutes, stirring. When very cold, just before serving, add the vanilla, and fold in the stiffly beaten whites of the eggs. Pile lightly in a glass dish and serve with lady fingers. A meringue can be made of the whites of the eggs and sugar, then folded in the chocolate mixture, but it does not stand as long.

RECIPES FOR MAKING FUDGE.

Cocoa Fudge.

½ cup milk,
3 level tablespoonfuls butter,
2½ cups powdered sugar,

6 level tablespoonfuls cocoa,
pinch salt,
1 teaspoonful vanilla.

Mix all ingredients together but vanilla; cook, stirring constantly, until it begins to boil, then cook slowly, stirring occasionally, eight or ten minutes, or until it makes a firm ball when dropped in cold water. When cooked enough, add the vanilla and beat until it seems like very cold molasses in winter. Pour into a buttered pan; when firm, cut in squares.

Great care must be taken not to beat too much, because it cannot be poured into the pan, and will not have a gloss on top.—*Miss E. K. Burr.*

Vassar Fudge.

2 cups white granulated sugar,
1 tablespoonful butter,

1 cup cream,
¼ cake Baker's Premium No. 1
chocolate.

Put in the sugar and cream, and when this becomes hot put in the chocolate, broken up into fine pieces. Stir vigorously and constantly. Put in butter when it begins

to boil. Stir until it creams when beaten on a saucer. Then remove and beat until quite cool and pour into buttered tins.

Smith College Fudge.

Melt one-quarter cup of butter. Mix together in a separate dish one cup of white sugar, one cup of brown sugar, one-quarter cup of molasses and one-half cup of cream. Add this to the butter, and after it has been brought to a boil continue boiling for two and one-half minutes, stirring rapidly. Then add two squares of Baker's Premium No. 1 chocolate scraped fine. Boil this five minutes, stirring it first rapidly, and then more slowly towards the end. After it has been taken from the fire, add one and one-half teaspoonfuls of vanilla. Then stir constantly until the mass thickens. Pour into buttered pan and set in a cool place.

Wellesley Marshmallow Fudge.

Heat two cups of granulated sugar and one cup of rich milk (cream is better). Add two squares of Baker's chocolate, and boil until it hardens in cold water. Just before it is done add a small piece of butter, then begin to stir in marshmallows, crushing and beating them with a spoon. Continue to stir in marshmallows, after the fudge has been taken from the fire, until half a pound has been stirred into the fudge. Cool in sheets three-quarters of an inch thick, and cut in cubes.

Chocolate Fudge with Fruit.

Two cups of sugar, one-half cup of milk, one-half cup of molasses, one-half cup of butter; mix all together and boil seven minutes; add one-half cup of Baker's chocolate and boil seven minutes longer. Then add two tablespoonfuls of figs, two tablespoonfuls of raisins, one-half cup of English walnuts and one teaspoonful of vanilla.

Fudgettes.

Melt together one square Baker's chocolate and a piece of butter the size of a small egg. Add two cups granulated sugar and one cup milk. Boil until it forms little balls in water. Then stir until nearly hard. Put on plates to cool.

For Double Fudge Recipe, see page 41

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CHOCOLATE, NUTRITIVE, SALUBRITY AND DELICIOUS BEVERAGE, FOR MORE THAN A CENTURY.

It is manufactured from the finest ingredients and is superior to any other Chocolate made. In order to prepare it for the table, place your chocolate in a bowl of water, and when it is soft, add a little sugar and a dash of milk. It is then ready for the table.

DIRECTIONS.—Scrape fine about one square of a cake, which is as much as you require, into a bowl of water, and when it is soft, add a little sugar and a dash of milk. It is then ready for the table.

Some think that this is a measure of the quality of the chocolate, and that the more it is melted, the better it is. But this is not the case. The quality of the chocolate is determined by the ingredients used, and not by the amount of sugar and milk added.

**Made by Walter Baker & Co., Limited,
Dorchester, Mass.**

WALTER BAKER & CO. LTD.

BAKER'S

FAC-SIMILE OF 1/2 LB. PACKAGE.

Walter Baker & Co's.

BREAKFAST

COCOA



FAC-SIMILE OF 1/2 LB. CAN.

WALTER BAKER & CO'S.

GERMAN
SWEET CHOCOLATE



FAC-SIMILE 1/4 LB. PACKAGE.

RECIPES

from

Other Noted Teachers.

Mrs. Rorer's Chocolate Cake.

2 ounces chocolate,	$\frac{1}{2}$ cup butter,
4 eggs,	$1\frac{1}{2}$ cups sugar,
$\frac{1}{2}$ cup milk,	1 heaping teaspoonful baking
1 teaspoonful vanilla,	powder,
$1\frac{3}{4}$ cups flour.	

Dissolve the chocolate in five tablespoonfuls of boiling water. Beat the butter to a cream, add the yolks, beat again, then the milk, then the melted chocolate and flour. Give the whole a vigorous beating. Now beat the whites of the eggs to a stiff froth, and stir them carefully into the mixture; add the vanilla and baking powder. Mix quickly and lightly, turn into well-greased cake pan and bake in a moderate oven forty-five minutes.—*From Mrs. Rorer's Cook Book.*

Mrs. Lincoln's Chocolate Caramels.

One cup of molasses, half a cup of sugar, one-quarter of a pound of chocolate cut fine, half a cup of milk, and one heaping tablespoonful of butter. Boil all together, stirring all the time. When it hardens in cold water, pour it into shallow pans, and as it cools cut in small squares.—*By permission from Mrs. Lincoln, Boston Cook Book.*

Mrs. Lemcke's Chocolate Almond Strudel.

(1) PASTE.—Put half a teaspoonful of butter with half a cup of warm milk, a little salt and the yolk of one egg into a bowl and mix it with sufficient sifted flour to make a soft dough; put the dough onto a floured board and work it with the hands for ten minutes; it should be soft, but not stick to the hands; brush the paste over with a little warm water; rinse out a bowl with boiling water

and put it over the paste; let it lie one-half hour; after that time has elapsed cover a kitchen table with a white cloth, dust with flour, put the dough in centre of table and pull it out as thin as possible, like paper; when one side is pulled out, lay a rolling pin on it while you pull out the other side.

(2) Stir the yolks of three eggs with two tablespoonfuls of sugar to a cream, and add the whites beaten to a stiff froth; brush the pulled-out strudel paste over with melted butter, and then spread over the egg mixture; next, sprinkle over three ounces of finely grated chocolate and two ounces of finely cut almonds; roll it up and lay into a buttered pan, brush over with beaten egg and bake in a medium-hot oven to a light brown; when done, sprinkle over some grated chocolate and sugar; serve cold with cream sweetened with sugar—*Desserts and Salads*, by Mrs. Gesine Lemcke.

Miss Farmer's Chocolate Nougat Cake.

$\frac{3}{4}$ cup butter,
 $1\frac{1}{2}$ cups powdered sugar,
1 egg.
1 cup milk
2 cups bread flour,

$\frac{3}{4}$ teaspoonfuls baking powder,
 $\frac{1}{2}$ teaspoonful vanilla,
2 squares chocolate, melted,
 $\frac{1}{2}$ cup powdered sugar,
 $\frac{2}{3}$ cup almonds blanched and
shredded.

Cream the butter, add gradually one and one-half cups sugar, and egg unbeaten; when well mixed, add two-thirds milk, flour mixed and sifted with baking powder, and vanilla. To melted chocolate add one-third cup powdered sugar, place on range, add gradually remaining milk, and cook until smooth. Cool slightly, and add to cake mixture. Bake fifteen to twenty minutes in round layer-cake pans. Put between layers and on top of cake White Mountain Cream sprinkled with almonds.—*From Boston Cooking School Cook Book—Fannie Merritt Farmer.*

Miss Farmer's Chocolate Cream Candy.

2 cups sugar,
 $\frac{2}{3}$ cup milk,

1 teaspoonful vanilla.

1 tablespoonful butter,
2 squares chocolate,

Put butter into granite saucepan; when melted, add sugar and milk. Heat to boiling point; then add chocolate, and stir constantly until chocolate is melted. Boil thirteen minutes, remove from fire, add vanilla, and beat

until creamy and mixture begins to sugar slightly around edge of saucepan. Pour at once into a buttered pan, cool slightly, and mark in squares. Omit vanilla, and add, while cooking, one-fourth of a teaspoonful of cinnamon.—*Boston Cooking School Cook Book—Fannie Merritt Farmer.*

Mrs. Bedford's Choca.

This is a mixture of chocolate and coffee which is often served for luncheons or afternoon receptions. To prepare it mix together one cupful of grated chocolate and one cupful of sugar. Add two tablespoonfuls of boiling water and stir at the side of the fire until the chocolate and sugar have entirely dissolved. Gradually blend with this one cupful of boiling water and three cupfuls of scalding hot milk. Turn into a double-boiler, cover and cook for ten minutes, then add one pint of clear strong drip coffee. Cook for five minutes longer, or it may now, if necessary, be kept at the side of the fire until needed. At the proper time take off, and add and blend a little of it with the well-beaten yolks of two eggs, stir in one-half of a teaspoonful of vanilla and serve at once, dropping a teaspoonful of whipped cream into each cup. This quantity will serve from twelve to eighteen cupfuls, according to the size of the cup.—*Mrs. Cornelia C. Bedford, Household Editor "Table Talk."*

Mrs. Salzbacher's Chocolate Hearts.

Melt, by standing over hot water, three ounces of unsweetened chocolate; add a pound of sifted powdered sugar and mix thoroughly; work to a stiff yet pliable paste with the unbeaten whites of three eggs (or less), adding vanilla to flavor. If the paste seems too soft, add more sugar. Break off in small pieces and roll out about one-fourth of an inch thick, sprinkling the board and paste with granulated sugar instead of flour. Cut with a tiny heart-shaped cake cutter (any other small cake cutter will do), and place on pans oiled just enough to prevent sticking. Bake in a very moderate oven. When done, they will feel firm to the touch, a solid crust having formed over the top. They should be very light, and

will loosen easily from the pan after being allowed to stand a moment to cool. The success of these cakes depends upon the oven, which should not be as cool as for meringues, nor quite so hot as for sponge cake. If properly made, they are very excellent and but little labor. Use the yolks for chocolate whips.—*From "Good Housekeeping."*

Mrs. Salzbacher's Chocolate Pudding.

(Frozen.)

Beat the yolks of three eggs, half a cup of sugar and a level saltspoon of cinnamon together until very light; add slowly a cup of milk heated to boiling, beating well; then pour gradually over an ounce and a half of unsweetened chocolate melted by standing over hot water. Place this mixture in a double-boiler, and stir constantly until it thickens and coats the spoon. When cold, add a cup of rich cream, vanilla to flavor, and freeze. Prepare and have ready a cup of candied fruits, figs and seeded raisins. Cut the candied fruit and fig in thin slices, the raisins in halves. Make a syrup of a quarter of a cup each of sugar and water, add the fruit, boil until it is tender and plump, then drain. Add the drained fruit to the frozen mixture when it is almost done, and finish freezing. When done, put in a quart melon mould, and let stand an hour or more packed in ice and salt. Whip a cup of cream, sweeten with two tablespoons of sugar, and flavor with either a tablespoon of brandy or of maraschino. Turn out the frozen mixture, and surround with the whipped cream. This pudding is as beautiful as it is choice.—*From "Good Housekeeping."*

Miss Robinson's Plain Chocolate.

(1 Quart.)

1 ounce or square of Baker's Premium chocolate,
3 tablespoonfuls sugar,
1/8 teaspoonful salt,

1 pint boiling water,
1 pint milk.

Place the chocolate, sugar and salt in the agate chocolate-pot or saucepan, add the boiling water and boil three minutes, stirring once or twice, as the chocolate is not grated. Add the milk and allow it time to heat, being careful not to boil the milk, and keep it closely covered, as this prevents the scum from forming. When ready to serve, turn in chocolate-pitcher and beat with Dover egg-beater until light and foamy.—*Myrtie Ethelyn Robinson.*

Miss Robinson's Cocoa Sponge Cake.

3 eggs,
1½ cups sugar,
½ cup cold water,
1 teaspoonful vanilla,

1¾ cups flour,
¼ cup Baker's cocoa,
2 teaspoonfuls baking powder,
1 teaspoonful cinnamon.

Beat yolks of eggs light, add water, vanilla and sugar; beat again thoroughly; then add the flour, with which the baking powder, cocoa and cinnamon have been sifted. Fold in the stiffly beaten whites of the eggs. Bake in a rather quick oven twenty-five or thirty minutes. —*Myrtie Ethelyn Robinson.*

Miss Robinson's Cocoa Marble Cake.

½ cup butter,
1 cup sugar,
1 egg,
½ cup milk,

1 teaspoonful vanilla,
2 cups flour,
2 teaspoonfuls baking powder,
3 tablespoonfuls Baker's cocoa.

Cream the butter, add sugar, vanilla and egg; beat thoroughly, then add flour (in which is mixed the baking powder) and milk, alternately, until all added. To one-third of the mixture add the cocoa, and drop the white and brown mixture in spoonfuls into small, deep pans, and bake about forty minutes in moderate oven. —*Myrtie Ethelyn Robinson.*

Miss Robinson's Cocoa Buns.

2 tablespoonfuls butter,
½ cup sugar,
1 egg,
¼ teaspoonful salt,
1 cup scalded milk,

2 compressed yeast cakes softened
in ½ cup warm water,
¼ teaspoonful extract cinnamon,
½ cup Baker's Breakfast cocoa,
3½ to 4 cups flour.

Mix in order given, having dough as soft as can be handled, turn onto moulding board, roll into a square about an inch in thickness, sprinkle on one-half cup of currants, fold the sides to meet the centre, then each end to centre, and fold again. Roll as at first, using another one-half cup currants, fold, roll and fold again. Place in a bowl which is set in pan of warm water, let raise forty minutes. Shape, place in pan, let raise until doubled in size. Bake fifteen to twenty minutes. As you take from oven, brush the top with white of one egg beaten with one-half cup confectioners' sugar. Let stand five minutes. Then they are ready to serve. —*Myrtie Ethelyn Robinson.*

Mrs. Ewing's Creamy Cocoa.

Stir together in a saucepan half a cup of Walter Baker & Co.'s Breakfast cocoa, half a cup of flour, half a cup of granulated sugar and half a teaspoon of salt. Add

gradually one quart of boiling water and let the mixture boil five minutes, stirring it constantly. Remove from the fire, add a quart of boiling milk, and serve. If desired, a spoonful of whipped cream may be put in each cup before filling with the cocoa.

The proportions given will make delicious, creamy cocoa, sufficient to serve twelve persons. The flour should be sifted before it is measured.—*By Mrs Emma P. Ewing, author of "The Art of Cookery."*

Mrs. Ewing's Creamy Chocolate.

Mix together half a cup of sifted flour, half a cup of granulated sugar and half a teaspoon of salt. Put into a saucepan half a cup of Walter Baker & Co.'s Premium No. 1 chocolate, finely shaved. Add one quart of boiling water, stir until dissolved, add the flour, sugar and salt, and boil gently, stirring constantly, five minutes. Then stir in a quart of boiling milk, and serve with or without whipped cream.—*By Mrs. Emma P. Ewing, author of "The Art of Cookery."*

Mrs. Hill's Cocoa Frappé.

Mix half a pound of cocoa and three cupfuls of sugar; cook with two cupfuls of boiling water until smooth; add to three quarts and a half of milk scalded with cinnamon bark; cook for ten minutes. Beat in the beaten whites of two eggs mixed with a cupful of sugar and a pint of whipped cream. Cool, flavor with vanilla extract, and freeze. Serve in cups. Garnish with whipped cream.—*Janet McKenzie Hill—Ladies' Home Journal*

Mrs. Hill's Chocolate Puffs.

Stir a cupful of flour into a cupful of water and half a cupful of butter, boiling together; remove from fire, beat in an ounce of melted chocolate, and, one at a time, three large eggs. Shape with forcing bag and rose tube. Bake, cut off the tops and put into each cake a tablespoonful of strawberry preserves. Cover with whipped cream sweetened and flavored.—*Janet McKenzie Hill—Ladies' Home Journal.*

Mrs. Bedford's Chocolate Crullers.

Cream two tablespoonfuls of butter and one-half of a cupful of sugar; gradually add the beaten yolks of three eggs and one and one-half cupfuls more of sugar, one

cupful of sour milk, one teaspoonful of vanilla, two ounces of chocolate grated and melted over hot water, one-third of a teaspoonful of soda dissolved in one-half of a teaspoonful of boiling water, the whites of the eggs whipped to a stiff froth, and sufficient sifted flour to make a soft dough. Roll out, cut into oblongs; divide each into three strips, leaving the dough united at one end. Braid loosely, pinch the ends together and cook until golden-brown in smoking-hot fat.—*Mrs. Cornelia C. Bedford, Household Editor of Table Talk.*

Mrs. Bedford's Hot Cocoa Sauce for Ice-cream.

Boil together one and one-half cupfuls of water and one cupful of sugar for two minutes; add one tablespoonful of arrowroot dissolved in a little cold water, stir for a moment, then boil until clear. Add two tablespoonfuls of cocoa which has been dissolved in a little hot water and a tiny pinch of salt and boil three minutes longer. Take from the fire and add one teaspoonful of vanilla.—*Mrs. Cornelia C. Bedford, Household Editor of Table Talk.*

Mrs. Bedford's Chocolate Macaroons.

Grate one-quarter of a pound of chocolate and mix one-quarter of a pound of sifted powdered sugar and one-quarter of a pound of blanched and ground almonds. Add a pinch of cinnamon and mix to a soft paste with eggs beaten until thick. Drop in half-teaspoonfuls on slightly buttered paper and bake in a moderate oven. Do not take from the paper until cold; then brush the under side with cold water, and the paper can be readily stripped off.—*Mrs. C. C. Bedford, Household Editor of Table Talk.*

Mrs. Armstrong's Chocolate Pudding.

Soften three cups of stale bread in an equal quantity of milk. Melt two squares of Walter Baker's chocolate over hot water and mix with half a cup of sugar, a little salt, three beaten eggs and half a teaspoon of vanilla. Mix this thoroughly with the bread and place in well-buttered custard cups. Steam about half an hour (according to size) and serve in the cups or turned out on warm plate.—*Mrs. Helen Armstrong.*

Mrs. Armstrong's Chocolate Charlotte.

Soak a quarter of a package of gelatine in one-fourth of a cupful of cold water. Whip one pint of cream to a froth and put it in a bowl, which should be placed in a pan of ice water. Put an ounce of Walter Baker's chocolate in a small pan with two tablespoons of sugar and one of boiling water, and stir over the hot fire until smooth and glossy. Add to this a gill of hot milk and the soaked gelatine, and stir until the gelatine is dissolved. Sprinkle a generous half cupful of powdered sugar over the cream. Now add the chocolate and gelatine mixture and stir gently until it begins to thicken. Line a quart charlotte mould with lady fingers, and when the cream is so thick that it will just pour, turn it gently into the mould. Place the charlotte in a cold place for an hour or more, and at serving time turn out on a flat dish. — *Mrs. Helen Armstrong.*

Chocolate Soup.

(A Nourishing Food for Children.)

INGREDIENTS.—One-quarter pound chocolate, two and one-half quarts milk and water, sugar to taste, one egg yolk, a little vanilla or cinnamon. Cook the chocolate soft in a little water and add the rest; when boiling, put in the other ingredients, and cook the beaten white of an egg in spoonfuls on top. — *Mrs. Abel's Recipe in "Practical Sanitary and Economic Cooking."*

Chocolate Jelly with Crystallized Green Gages.

Dissolve in a quart of water three tablespoonfuls of grated chocolate; let come to a boil; simmer ten minutes; add a cup of sugar and a box of gelatine (that has been softened in a cup of water), and strain through a jelly bag or two thicknesses of cheese-cloth. When almost cold, add a dessertspoonful of vanilla and a tablespoonful of brandy. Then whisk well; add half a pound of crystallized green gages cut into small pieces; pour into a pretty mould, and when cold serve with whipped cream.

Chocolate Canapes.

yolks of 2 eggs,
4 ounces chocolate,

1 cup powdered sugar,
3 tablespoonfuls milk,
 $\frac{1}{2}$ teaspoonful vanilla.

Beat the yolks of the eggs, add the chocolate, grated, the milk, and the sugar. Beat well. Put this in a sauce-

pan, and place over the fire, stirring continuously until the mixture thickens. When cold add the vanilla, spread on thin, unsweetened wafers, and dust thickly with almonds which have been blanched, slightly browned in a hot oven and then finely chopped.—*Mabel Richards Dulon*.

Cocoa Charlotte.

(Without Cream.)

1 pint water,	$\frac{1}{4}$ cup sugar,
whites of 2 eggs,	2 level tablespoonfuls corn-starch,
$\frac{1}{2}$ teaspoonful vanilla,	$\frac{1}{2}$ teaspoonful cinnamon,
	3 tablespoonfuls cocoa.

Dissolve the corn-starch in a quarter of a cup of cold water, add it to the pint of boiling water, stir until it thickens, add the sugar and the cocoa, which have been thoroughly mixed together. Remove from the fire, add the cinnamon and vanilla, and pour slowly over the stiffly beaten whites of eggs. Pour at once into a pudding mould, and put away in a cold place to harden. Serve with plain cream.—*Mabel Richards Dulon*.

Double Fudge.

2 cups granulated sugar,	2 squares Baker's chocolate,
$\frac{1}{2}$ cup cream,	1 tablespoonful butter.

Boil seven minutes ; then beat and spread in buttered tin to cool.

2 cups brown sugar,	1 teaspoonful vanilla extract,
$\frac{1}{2}$ cup cream,	1 cup walnut meats chopped fine,
	Butter size of a walnut.

Boil ten minutes ; then beat and pour on top of fudge already in pan. When cool, cut in squares.

STATE RECIPES.

Alabama Marble Cake.

One cup of butter, two cups of pulverized sugar, three cups of flour, four eggs, one cup of sweet milk, two teaspoonfuls of baking powder. When the cake is mixed take out one soup-plateful of the batter and stir into it about two heaping spoonfuls of grated chocolate, which should be grated before you begin to make the cake; fill your cake mould about two inches deep with first batter, and drop in three or four places a spoonful at a time of the chocolate, and so on until all is used.

Arkansas Chocolate Raisin Cake.

Cream together one-half cup butter, one cup sugar, one-half cup sweet milk and yolks of four eggs, one cup of raisins, one-fourth cup Baker's chocolate, one and a half cups flour into which a heaping teaspoon of baking powder has been sifted.

California Chocolate World's Fair Cake.

One-half cup of butter, one and one-half cups of sugar three eggs beaten separately, one-half cup of milk, six tablespoons of chocolate dissolved in three tablespoons of scalding milk, two cups of flour, one heaping teaspoon of baking powder; flavor with vanilla. Can be baked in layers if preferred.

ICING.—Three-fourths cup of milk, two cups of brown sugar, butter size of a walnut; boil fifteen minutes.

Connecticut Chocolate Macaroons.

Stir to a paste whites of seven eggs, three-fourths pound sifted sugar, one-half pound almonds pounded very fine, and two ounces grated Baker's chocolate. Have ready wafer paper cut round, on which lay pieces of the mixture rolled to fit the wafer. Press one-half a blanched almond on each macaroon and bake in a moderate oven.

Florida Dolly Varden Cake.

One-half cup sugar, one-half cup butter, one-half cup corn-starch, one-half cup milk, one and one-half cups flour, four eggs (whites), one teaspoon baking powder. Color one-third red, one-third with Baker's chocolate. Put one layer white, next red, then chocolate. Frost with icing made with yolks of eggs.

Georgia Chocolate Roll.

Two pounds sugar, one cup rich milk, two tablespoons butter, boiled together. Quarter pound chocolate, melted over hot water. Test the boiling sugar, and as soon as it creams pour in melted chocolate. Remove from the fire, add teaspoon vanilla, and beat till somewhat cooled. Have the whites of two eggs beaten very stiff, and into this pour the syrup, slowly, and continue to beat. As it begins to cream and harden, change beating to kneading motion, rolling the cream up from the edges toward the centre, and forming it gradually into loaf shape. When sufficiently set to perfectly retain the loaf form, roll in cinnamon and pulverized sugar. Set aside for several hours, and then cut into slices, or cubes, or form into balls, and roll in sugar and cinnamon. It should remain elastic, and capable of being worked into shapes, but not in the least sticky.

Illinois Maud S. Cake.

(Custard.)

Eight tablespoons of grated chocolate, five tablespoons of granulated sugar, half cup milk; boil until it thickens and let cool. One and one-half cups light-brown sugar, half cup butter, three eggs, half cup flour, two teaspoons baking powder; pour in custard and add one and one-half cups of flour, half cup milk; flavor with vanilla. Bake in layers.

FILLING.—Two cups sugar, two-thirds cup milk, piece of butter size of an egg. Boil until thick and then put on cake.

Indiana Chocolate Hungate.

Take one and one-half cups sugar, and one-half cup of butter; cream sugar and butter together, then add one and three-fourths cups of flour, one-half cup of milk, three eggs, beaten well, one-fourth of a cake of Baker's chocolate, grated, and two teaspoonfuls of baking powder in flour. Add five tablespoonfuls of sugar to the grated chocolate, three of boiling water, and stir over the fire until smooth. Add this to the butter and sugar, then add

the eggs, then the flour and milk alternately. Mix thoroughly, and bake in three or four layers. Put together with icing for cake.

ICING FOR CAKE.—Take one ounce of Baker's chocolate, one cup of sugar, one-half cup of milk, and boil till thick. Remove from the fire and beat till cool enough to use.

Iowa Chocolate Bread Pudding.

One pint of stale bread crushed fine, one quart of milk, two eggs, one saltspoon of salt, one saltspoon of ground cinnamon, three tablespoons of sugar, two ounces of chocolate, grated. Put the bread, milk, cinnamon and chocolate in a bowl, and soak for two hours. Beat together the eggs, sugar and salt; mash the soaked bread with a spoon and to it add the egg mixture. Pour into a pudding dish, and bake in a slow oven for about forty minutes. Serve with egg sauce.

EGG SAUCE.—Beat the whites of two eggs to a stiff, dry paste, and beat into this, a little at a time, one cup of powdered sugar. When smooth and light, add one teaspoon of vanilla and the yolks of two eggs. Beat a little, then stir in three tablespoons of milk. Serve at once.

Kansas Prune Chocolates.

Seed some nice prunes, run through a meat grinder, then mix about one-third as much sugar in as you have prunes by weight. If the prunes are very dry, a little glucose or water may be used to make them mix with the sugar. When you have it worked in well, roll out and cut in pieces of uniform size, roll them into small round balls and dip into sweet chocolate. Figs and dates may be prepared in the same way.

Kentucky Rich Chocolate Sauce.

Shave or grate one cupful of Baker's chocolate; cover with as little hot water as will dissolve it; mash to a smooth paste, and add three tablespoonfuls of cream, a walnut of butter, three-quarters of a cup of granulated sugar; season with as much vanilla as you like, and if the sauce is desired to be quite thick, add one-half teaspoonful of corn-starch to the cream. Put in a double-boiler at least one hour before using, and cook until it is wanted to be served, as this sauce cannot be cooked too long when in a double-boiler. If there are any lumps in it, strain the same, and serve hot. To be used with vanilla in cream.—*Mrs. Charlton Alexander, Paris, Ky.*

Maine Chocolate Cake.

Two cups sugar, one cup butter, one cup chocolate, two cups flour, one cup milk, four eggs, one teaspoonful cream tartar, one-half teaspoonful soda, one teaspoonful vanilla. Melt the butter and chocolate together in the dish you are going to mix your cake in; use plain cooking chocolate. One-half of this amount makes a nice sheet of cake.

FROSTING.—Take white of one egg; stir in confectioners' sugar until stiff enough to spread. Flavor, if you like.

Maryland Chocolate Drops.

THE CREAM.—Boil two cups of sugar and one and a half cups of milk for five minutes; add two teaspoonfuls of vanilla; beat it for half an hour until stiff enough to hold; then make it into balls.

Now take a half pound of Walter Baker's Unsweetened chocolate, grate it and steam it over a tea-kettle. Drop the balls of cream when hard, one at a time, into the hot chocolate, using two forks at a time to take them out. Scrape off the cream that drips from them and place the balls on a buttered dish. Keep in a cool place.—*Mrs. Charles H. Gibson's Maryland and Virginia Cook Book.*

Massachusetts Chocolate Pudding.

One pint of bread crumbs, one quart of milk (hot), one tablespoonful of butter, one tablespoonful of sugar, one egg and two squares of Baker's chocolate, grated.

SAUCE.—One tablespoonful of butter and one cupful of powdered sugar beaten together, yolk and white of one egg beaten separately, one teaspoonful of vanilla.

Michigan Chocolate Cocoanut Cake.

One cup of butter, two cups of sugar, three cups of flour; five eggs, beat whites and yolks separately; one small cup of ice water, two spoonfuls of baking powder sifted in the flour, vanilla flavoring. Cream butter and sugar together until very light; add yolks of eggs, then whites, then flour, and finally the ice water. Bake in biscuit pans. When cold cut in squares. Have chocolate frosting ready in a bowl. Dip each square into the frosting and put on a platter to dry. For cocoanut cakes, have white frosting in a bowl and a dish of grated fresh cocoanut. Dip the squares into the frosting and then roll them in the grated cocoanut.

Mississippi Chocolate Pecan Candy.

INGREDIENTS.—Two cups pulverized sugar, one-half cup cream, butter size of walnut, tablespoon cocoa, small teaspoon vanilla extract, one cup pecan meats. Mix in your kettle two cups sugar, one-half cup cream, butter and cocoa. Put over a quick fire and stir constantly to keep from burning. When it has boiled two or three minutes, try it by dropping a little in cold water until it forms a soft ball in the water, then remove at once from fire. Flavor with vanilla and beat the candy steadily in the kettle until it begins to thicken. Have ready a cupful of pecans, or any other nuts except peanuts, stir in well and pour on buttered tins; cut into squares when cold.

Missouri Chocolate Cake.

One cup of butter, two of sugar, two and one-half cups of flour, one of sour milk, five eggs, one tablespoonful of soda in a little boiling water. Grate one cake of chocolate; put one-half in the cake before putting in the flour.

FILLING FOR THE CAKE.—Take one pound of white sugar, put in just enough cold water to wet it, beat the whites of three eggs a little and add to the sugar, stir in the other half of the chocolate, cook slowly in a pan of water, stirring all the time; when it thickens, remove from the fire and flavor with vanilla; spread it between the layers and on top of the cake.

Nebraska Chocolate Cookies.

One cup butter, one and one-fourth cups sugar, one-fourth pound sweet chocolate, two eggs, one ounce chopped almonds, two teaspoonfuls baking powder, a little cinnamon and cloves, and two and one-half cups flour. (Perhaps a little more may be needed.) Do not roll. Take a piece of dough about the size of a small walnut, roll in the shape of a marble and flatten by pressing down lightly with the fingers.

New Hampshire Chocolate Nut Cake.

LIGHT PART.—Beat together until very light, one cup of sugar and one-fourth cup of butter; add six tablespoonfuls of milk, one-half teaspoon vanilla, one heaping teaspoonful baking powder sifted with one and one-fourth cups flour; add the well-beaten whites of four eggs. Bake in two layers.

DARK PART.—One-half cup sugar, three ounces butter and the yolks of four eggs beaten together; add one ounce of grated chocolate, one-fourth cup of milk, one teaspoonful baking powder, and one cup of flour. Mix well and bake in one layer.

FILLING.—Three ounces of chocolate, melted; add one-half cup cream, two tablespoonfuls butter and one cup sugar. Boil until it forms a soft ball when tried in water, then add one cup finely chopped nuts. Spread between the layers, ice with plain or chocolate icing, and decorate with unbroken halves of English walnuts.

New Jersey Fudge Cake.

Cream one-half cup butter, add gradually one and one-half cups sugar, yolks of four eggs, one-quarter cake chocolate melted in five tablespoons of hot water, one-half cup milk, one and three-quarter cups flour, one and one-half teaspoons of baking powder; whites of eggs last.

FILLING.—Two cups sugar, one-half cup milk, melt one-quarter cake chocolate and lump butter size of an egg, add sugar and milk and two teaspoons of vanilla; boil, and add vanilla last.

New York Steamed Chocolate Pudding.

Beat the yolks of three eggs light, add gradually one cup sugar and beat light; add three tablespoonfuls sweet milk and one square of chocolate, melted; add one cup flour, beat smooth; add beaten whites of eggs and two teaspoonfuls of baking powder. Fill greased cups half full and steam twenty minutes.

SAUCE.—One cup powdered sugar (granulated may be used) and one-half cup butter beaten to a cream; add one-half cup milk and one teaspoonful vanilla. Cook over hot water.

North Carolina Chocolate Cake.

One-half cup of butter, three eggs, one-half cup of sugar, six tablespoons chocolate, one cup of cream, two teaspoons baking powder, two cups of flour, vanilla. Mix butter and sugar together, the yolks of the eggs well beaten add next, then add chocolate and a little salt, baking powder to flour, then add flour and cream alternately. Last add whites of eggs that are beaten to a stiff froth. Bake in three layers as for jelly cake.

FILLING.—One cup of sugar, one egg, six tablespoons of chocolate, one-half teacup of cream, vanilla. Mix

sugar and chocolate, break into it the egg and moisten with the cream; put onto stove to cook five minutes; spread quickly on cakes.

Pennsylvania Walnut Fudge.

Two cups sugar, one cup milk, one-half cup cocoa; butter, one-half size of an egg. Boil until it strings, without stirring; then add one teaspoonful vanilla. Beat until almost hard. Have ready a greased tin; cover the bottom thick with black walnut meats, and pour mixture over this. Mark off in squares.

Ohio Delicious Chocolate Pudding.

Boil one-half a cake of Baker's chocolate in a quart of milk. When quite dissolved, pour over one pint of bread crumbs and let it stand for one hour. Now mash through a colander or sieve until a perfectly smooth mass is obtained. Add four well-beaten eggs, a cup of butter, two cups of sugar, a little grated nutmeg, one cup of seeded raisins, and one cup of blanched almonds. Steam one hour. Serve with cream.

South Carolina Cocoa Cakes.

Cream one-half cup of butter and one cup of sugar, add a quarter of a cup of cocoa, the yolks of three eggs, one-half cup of water, and one teaspoonful of cinnamon, then the beaten whites of the eggs and one cup and a quarter of flour with three teaspoonfuls of baking powder. Bake in small tins and cover with boiled icing.

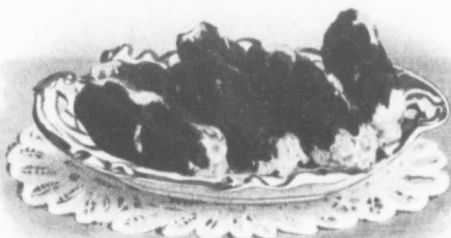
South Dakota Chocolate Comfits.

Whites of six eggs, one and one-half cups each of sugar and grated chocolate, one and three-fourths cups flour (full measure); beat eggs, add sugar and chocolate, then flour slowly; drop from spoon on buttered paper and bake in moderate oven.

Tennessee Chocolate Caramel Cake.

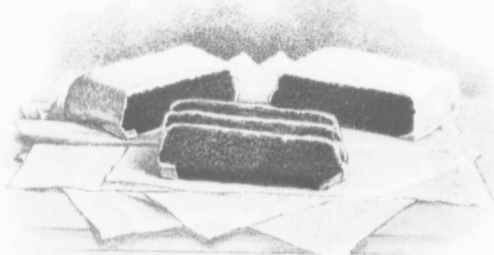
One cup butter, two cups sugar, four cups flour (sifted before measuring), whites of seven eggs, two level teaspoonfuls baking powder. Bake in two layers.

CARAMEL.—One pint sugar (granulated), one-half cake Baker's chocolate, one cup milk, butter the size of a walnut. Cook until it will stand in cold water. Remove from the fire; add one tablespoon of vanilla; beat until cool enough to spread.



CHOCOLATE ÉCLAIRS.

(See page 13.)



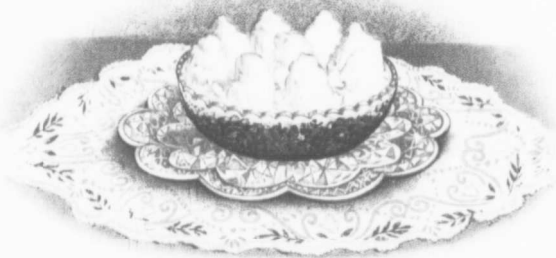
COCOA CAKE.

(See page 28.)

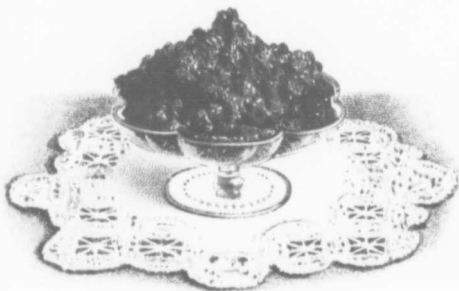


COCOA FRAPPÉ.

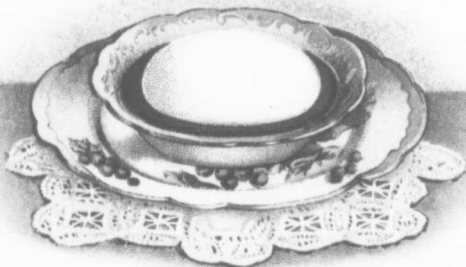
(See page 38.)



CHOCOLATE MERINGUE PUDDING.
(See page 21.)



CHOCOLATE WHIP.
(See page 31.)



ICE-CREAM WITH HOT COCOA SAUCE.
(See page 39.)

Texas Chocolate Pie.

1 cup milk,
 $\frac{1}{2}$ cup sugar,

2 tablespoons grated Baker's chocolate,
3 eggs, $\frac{1}{2}$ teaspoon salt.

Beat the yolks, add two spoons of the milk. Heat the chocolate and the rest of the milk together, put in the salt and sugar, and, when hot, add the yolks of eggs. Add the flavor, line a pie-plate with crust, turn in the filling, and bake in a quick oven. Beat the white of the eggs very light, sweeten with sugar and spread over the top; then brown the egg slightly and serve cold.

Vermont Chocolate Cocoanut Cake.

One-half cup of butter, one and three-quarter cups of sugar, one cup of sweet milk, whites of four eggs, three even cups of flour, one and one-half teaspoonfuls baking powder. Cream butter and sugar together, add milk and then the flour, with baking powder in it, and lastly whites of eggs beaten to a stiff froth. Bake in layers.

FILLING.—Melt two squares Baker's chocolate, add one cup sugar, one tablespoonful flour, one cup sweet milk, yolks of two eggs, and cook in double dish until it thickens. Stir in one-half cup of freshly grated cocoanut. Spread on top and between layers; also sprinkle cocoanut on top of cake.

Virginia Chocolate Pie.

One cup milk, three-quarters cup sugar, three tablespoons chocolate, three egg yolks. Grate the chocolate and heat with the milk, add sugar and yolks beaten to a cream, flavor with vanilla. Bake with under crust; when done, spread the well-beaten whites (to which has been added a half cup of granulated sugar and a little vanilla) over the top and slip it in the oven to brown. This makes two pies.

Washington Devil's Cake.

Piece of butter size of an egg, yolks of three eggs, one cup brown sugar, four tablespoons chocolate, one-half cup milk; mix well; then mix two teaspoons of baking powder with one and one-half cups flour, and add the whites of three eggs. Bake in three layers.

FILLING.—Beat one egg, one cup milk, one cup granulated sugar, one teaspoon vanilla, one tablespoon cornstarch; mix well and boil until it thickens; when cold stir in one-quarter pound chopped almonds, blanched.

Wisconsin Spiced Chocolate Cake.

Four eggs, save out the whites of two for frosting, two cups of sugar, two cups of flour, one cup of sour milk, one teaspoonful soda, one-half cup of butter, one-quarter cake of Baker's chocolate, grated, one teaspoonful of cinnamon, a little cloves, allspice and nutmeg. Bake in layers put together with boiled icing flavored with vanilla.

Wyoming Mahogany Cake.

One and one-half cups sugar, one-half cup butter, three eggs, one-half cup sweet milk, level teaspoon soda dissolved in milk, one-half cup grated Baker's chocolate in one-half cup milk. Boil, set off and cool, then stir into cake. Stir into cake two cups flour; flavor with vanilla extract.

Chocolate Sandwiches.

Slightly butter thin slices of white bread, trim off the crusts and cut into the desired shape. Grate the bitter chocolate and sweeten it to taste with granulated sugar. Melt in a small piece of butter and add the chocolate to it. Take from the fire and cool. Moisten with a little cream if the filling is too thick to spread between the slices of bread. This is one of the sweet sandwiches appreciated with a cup of tea.

Cocoa Doughnuts.

One egg, one-half cup sugar, one-half cup milk, one-quarter teaspoonful salt, one-quarter teaspoonful cinnamon extract (Burnett's), two cups flour, one-quarter cup Baker's breakfast cocoa, two teaspoonfuls baking powder. Mix in the order given, sifting the baking powder and cocoa with the flour. Roll to one-third inch in thickness, cut and fry.—*Myrtie Ethelyn Robinson.*

Potato Cake.

Two cups white sugar, one cup butter, one cup hot mashed potatoes, one cup chopped walnuts, half cup sweet milk, two cups flour, four eggs well beaten, five teaspoonfuls melted chocolate, one tablespoonful each of cloves, cinnamon and nutmeg, two teaspoonfuls baking powder. Bake in layers and use marshmallow filling.

New Recipes by Miss Burr.

Cocoa Marble Cake.

6 level tablespoonfuls butter,
1 cup granulated sugar,

3 eggs,
1 teaspoonful vanilla,

$\frac{3}{4}$ cup milk.

Three level teaspoonfuls baking powder, about one and three-quarter cups sifted flour, or flour enough to make mixture stiff enough to drop from the spoon. Mix in the order given. Reserve one-third of this mixture and add to it four level tablespoonfuls Baker's cocoa and to the other one cup shredded cocoanut. Bake thirty-five or forty minutes according to size and shape of pan.

Chocolate Marble Cake.

This is the same as the Cocoa Marble Cake. Add to one-third of the mixture one and one-half squares of Baker's chocolate in place of the cocoa, and one cup chopped walnuts to the other part in place of the shredded cocoanut.

Chocolate Jelly.

1 pint boiling water,
2 pinches salt.
1 $\frac{1}{2}$ squares Baker's chocolate,

$\frac{1}{2}$ package gelatine.
2 level tablespoonfuls sugar,
1 teaspoonful vanilla.

Put the water, salt and chocolate in a saucepan. Cook, stirring until the chocolate melts, then let it boil for three or five minutes. Soften the gelatine in a little cold water and pour the boiling mixture over it. Stir until dissolved, then add sugar and vanilla. Pour into a mould and set aside to harden, serve with cream and powdered sugar or sweetened whipped cream.

Cottage Pudding.

4 level tablespoonfuls butter,
1 cup sugar,

2 eggs,
 $\frac{3}{4}$ cup milk.

Two level teaspoonfuls baking powder, one and three-quarter cups of sifted flour or enough to make mixture stiff enough to drop from the spoon. Bake in buttered gem pans in moderately hot oven twenty-three or twenty-five minutes. If the cake springs back after pressing a finger on the top, it shows that it is baked enough. To make a cocoa cottage pudding add to the above rule six level tablespoonfuls cocoa. Serve with a vanilla sauce.

Vanilla Sauce.

2 level tablespoonfuls butter,
2 level tablespoonfuls flour,
pinch salt,

1 cup boiling water,
4 level tablespoonfuls sugar,
1 teaspoonful vanilla.

Melt butter in saucepan, add flour and salt and mix until smooth; add slowly the boiling water, stirring and beating well. Add sugar and milk.

Cocoanut Souffle.

1 cup milk,
1 pinch salt,
3 level tablespoonfuls flour,
softened in a little cold milk,
2 level tablespoonfuls butter,

4 level tablespoonfuls sugar,
yolks, 4 eggs,
1 teaspoonful vanilla,
1 cup shredded cocoanut,
whites, 4 eggs.

Heat milk, add salt and flour and cook ten minutes after it has thickened. Mix together, butter, sugar and yolks of eggs. Pour hot mixture over, stirring well and set aside to cool. Add vanilla and cocoanut. Lastly fold in the stiffly beaten whites of the eggs. Bake in buttered pan, in moderate oven until firm. Serve hot, with Chocolate Sauce.

Chocolate Sauce.

2 level tablespoonfuls butter,
1 level tablespoonful flour,
pinch salt,

1 cup boiling water,
1 square Baker's chocolate,
4 level tablespoonfuls sugar.

1 teaspoonful vanilla.

Melt butter in saucepan, add dry flour and salt and mix until smooth, then add slowly the hot water, beating well. Add the square of chocolate and sugar and stir until melted. Add vanilla, just before serving.

Cocoa Biscuit.

2 cups or 1 pint of sifted flour,
3 level teaspoonfuls baking powder
 $\frac{1}{2}$ teaspoonful salt,
2 level tablespoonfuls sugar,
4 level tablespoonfuls cocoa,

2 level tablespoonfuls butter
or lard.
 $\frac{2}{3}$ cup milk or enough to
make a firm but not a stiff
dough.

Sift all the dry ingredients together, rub in the butter with the tips of the fingers. Stir in the required amount of milk. Turn out on slightly floured board, roll or pat out the desired thickness, place close together in pan and bake in very hot oven ten or fifteen minutes.

SOME NOTES ON THE FOOD VALUE OF COCOA AND CHOCOLATE.

No better evidence could be offered of the great advance which has been made in recent years in the knowledge of dietetics than the remarkable increase in the consumption of cocoa and chocolate in this country. The amount retained for home consumption in 1860 was only 1,181,054 pounds—about $\frac{3}{4}$ of an ounce for each inhabitant. The amount retained for home consumption for the year ending June 30, 1905, was 71,213,704 lbs.—over 14 ounces for each inhabitant.

Although there was a marked increase in the consumption of tea and coffee during the same period, the ratio of increase fell far below that of cocoa. It is evident that the coming American is going to be less of a tea and coffee drinker, and more of a cocoa and chocolate drinker. This is the natural result of a better knowledge of the laws of health, and of the food value of a beverage which nourishes the body while it also stimulates the brain.

The term "Cocoa," a corruption of "Cacao," is almost universally used in English-speaking countries to designate the seeds of the small tropical tree known to botanists as *THEOBROMA CACAO*, from which a great variety of preparations under the name of cocoa and chocolate for eating and drinking are made. The name "Chocolate" is nearly the same in most European languages, and is taken from the Mexican name of the drink, "Chocolatl" or "Cacahuatl." The Spaniards found chocolate in common use among the Mexicans at the time of the invasion under Cortez, in 1519, and it was introduced into Spain immediately after. The Mexicans not only used chocolate as a staple article of food, but they used the seeds of the cacao tree as a medium of exchange.

M. Brillat-Savarin, in his entertaining and valuable work, *Physiologie du Goût*, says: "Chocolate came over the mountains [from Spain to France] with Anne of Austria, daughter of Philip III and queen of Louis XIII. The Spanish monks also spread the knowledge of it by

the presents they made to their brothers in France. It is well known that Linnæus called the fruit of the cocoa-tree *theobroma*, 'food for the gods.' The cause of this emphatic qualification has been sought, and attributed by some to the fact that he was extravagantly fond of chocolate; by others to his desire to please his confessor; and by others to his gallantry, a queen having first introduced it into France.

"The Spanish ladies of the New World, it is said, carried their love for chocolate to such a degree that, not content with partaking of it several times a day, they had it sometimes carried after them to church. This favoring of the senses often drew upon them the censures of the bishop; but the Reverend Father Escobar, whose metaphysics were as subtle as his morality was accommodating, declared, formally, that a fast was not broken by chocolate prepared with water; thus wire-drawing, in favor of his penitents, the ancient adage, '*Liquidum non frangit jejunium.*'

"Time and experience," he says, further, "have shown that chocolate, carefully prepared, is an article of food as wholesome as it is agreeable; that it is nourishing, easy of digestion, and does not possess those qualities injurious to beauty with which coffee has been reproached; that it is excellently adapted to persons who are obliged to a great concentration of intellect in the toils of the pulpit or the bar, and especially to travellers; that it suits the most feeble stomach; that excellent effects have been produced by it in chronic complaints, and that it is a last resource in affections of the pylorus.

"Some persons complain of being unable to digest chocolate; others, on the contrary, pretend that it has not sufficient nourishment, and that the effect disappears too soon. It is probable that the former have only themselves to blame, and that the chocolate which they use is of bad quality or badly made; for good and well-made chocolate must suit every stomach which retains the slightest digestive power.

"In regard to the others, the remedy is an easy one: they should reinforce their breakfast with a *pâté*, a cutlet, or a kidney, moisten the whole with a good draught of soconusco chocolate, and thank God for a stomach of such superior activity.

"This gives me an opportunity to make an observation whose accuracy may be depended upon.

"After a good, complete, and copious breakfast, if we take, in addition, a cup of well-made chocolate, digestion will be perfectly accomplished in three hours, and we may dine whenever we like. Out of zeal for science, and by dint of eloquence, I have induced many ladies to try this experiment. They all declared, in the beginning, that it would kill them; but they have all thriven on it, and have not failed to glorify their teacher.

"The people who make constant use of chocolate are the ones who enjoy the most steady health, and are the least subject to a multitude of little ailments which destroy the comfort of life; their plumpness is also more equal. These are two advantages which every one may verify among his own friends, and wherever the practice is in use."

In corroboration of M. Brillat-Savarin's statement as to the value of chocolate as an aid to digestion, we may quote from one of Mme. de Sévigné's letters to her daughter:

"I took chocolate night before last to digest my dinner, in order to have a good supper. I took some yesterday for nourishment, so as to be able to fast until night. What I consider amusing about chocolate is that it acts according to the wishes of the one who takes it."

Chocolate appears to have been highly valued as a remedial agent by the leading physicians of that day. Christoph Ludwig Hoffman wrote a treatise entitled, "Potus Chocolate," in which he recommended it in many diseases, and instanced the case of Cardinal Richelieu, who, he stated, was cured of general atrophy by its use.

A French officer who served in the West Indies for a period of fifteen years, during the early part of the last century, wrote, as the result of his personal observations, a treatise on "The Natural History of Chocolate, Being a Distinct and Particular Account of the Cacao Tree, its Growth and Culture, and the Preparation, Excellent Properties, and Medicinal Virtues of its Fruit," which received the approbation of the Regent of the Faculty of Medicine at Paris, and which was translated and published in London, in 1730. After describing the different methods of raising and curing the fruit and preparing it for food (which it is not worth while to reproduce here, as the methods have essentially changed since that time), he goes on to demonstrate, as the result of actual

experiment, that chocolate is a substance "very temperate, very nourishing, and of easy digestion; very proper to repair the exhausted spirits and decayed strength; and very suitable to preserve the health and prolong the lives of old men. . . .

"I could produce several instances," he says, "in favor of this excellent nourishment; but I shall content myself with two only, equally certain and decisive, in proof of its goodness. The first is an experiment of chocolate's being taken for the only nourishment—made by a surgeon's wife of Martinico. She had lost, by a very deplorable accident, her lower jaw, which reduced her to such a condition that she did not know how to subsist. She was not capable of taking anything solid, and not rich enough to live upon jellies and nourishing broths. In this strait she determined to take three dishes of chocolate, prepared after the manner of the country, one in the morning, one at noon, and one at night. There chocolate is nothing else but cocoa kernels dissolved in hot water, with sugar, and seasoned with a bit of cinnamon. This new way of life succeeded so well that she has lived a long while since, more lively and robust than before this accident.

"I had the second relation from a gentleman of Martinico, and one of my friends not capable of a falsity. He assured me that in his neighborhood an infant of four months old unfortunately lost his nurse, and its parents, not being able to put it to another, resolved, through necessity, to feed it with chocolate. The success was very happy, for the infant came on to a miracle, and was neither less healthy nor less vigorous than those who are brought up by the best nurses.

"Before chocolate was known in Europe, good old wine was called the milk of old men; but this title is now applied with greater reason to chocolate, since its use has become so common that it has been perceived that chocolate is, with respect to them, what milk is to infants. In reality, it one examines the nature of chocolate a little, with respect to the constitution of aged persons, it seems as though the one was made on purpose to remedy the defects of the other, and that it is truly the panacea of old age.

' There lately died at Martinico a counsellor, about a hundred years old, who for thirty years past lived on nothing but chocolate and biscuit. He sometimes, indeed, had a little soup at dinner, but never any fish,

flesh, or other victuals. He was, nevertheless, so vigorous and nimble that at fourscore and five he could get on horseback without stirrups."

Baron von Liebig, one of the best-known writers on dietetics, says:

"It is a perfect food, as wholesome as delicious, a beneficent restorer of exhausted power; but its quality must be good, and it must be carefully prepared. It is highly nourishing and easily digested, and is fitted to repair wasted strength, preserve health, and prolong life. It agrees with dry temperaments and convalescents; with mothers who nurse their children; with those whose occupations oblige them to undergo severe mental strains; with public speakers, and with all those who give to work a portion of the time needed for sleep. It soothes both stomach and brain, and for this reason, as well as for others, it is the best friend of those engaged in literary pursuits."

The three associated beverages, cocoa, tea, and coffee, are known to the French as *aromatic* drinks. Each of these has its characteristic aroma. The fragrance and flavor are so marked that they cannot be imitated by any artificial products, although numerous attempts have been made in regard to all three. Hence the detection of adulteration is not a difficult matter. Designing persons, aware of the extreme difficulty of imitating these substances, have undertaken to employ lower grades, and, by manipulation, copy, as far as may be, the higher sorts. Every one knows how readily tea, and coffee, for that matter, will take up odors and flavors from substances placed near them. This is abundantly exemplified in the country grocery or general store, where the teas and coffees share in the pervasive fragrance of the cheese and kerosene. But perhaps it is not so widely understood that some of these very teas and coffees had been artificially flavored or corrected before they reached their destination in this country.

Cacao lends itself very readily to such preliminary treatment. In a first-class article, the beans should be of the highest excellence; they should be carefully grown on the plantation and there prepared with great skill, arriving in the factory in good condition. In the factory they should simply receive the mechanical treatment requisite to develop their high and attractive natural

flavor and fragrance. They should be most carefully shelled after roasting and finely ground without concealed additions. This is the process in all honest manufactories of the cacao products.

Now, as a matter of fact, in the preparation of many of the cacao products on the market, a wholly different course has been pursued. Beans of poor quality are used, because of their cheapness, and in some instances they are only imperfectly, if at all, shelled before grinding. Chemical treatment is relied on to correct in part the odor and taste of such inferior goods, and artificial flavors, other than the time-honored natural vanilla and the like, are added freely. The detection of such imposition is easy enough to the expert, but is difficult to the novice; therefore the public is largely unable to discriminate between the good and the inferior, and it is perforce compelled to depend almost entirely on the character and reputation of the manufacturer.

A distinguished London physician, in giving some hints concerning the proper preparation of cocoa, says:

"Start with a pure cocoa of undoubted quality and excellence of manufacture, and which bears the name of a respectable firm. This point is important, for there are many cocoas on the market which have been doctored by the addition of alkali, starch, malt, kola, hops, etc."

Baker's Breakfast Cocoa is absolutely pure, and, being ground to an extraordinary degree of fineness, is highly soluble. The analyst of the Massachusetts State Board of Health states, in his recent valuable work on "Food Inspection and Analysis," that the treatment of cocoa with alkali for the purpose of producing a more perfect emulsion is objectionable, even if not considered as a form of adulteration.

Cocoa thus treated is generally darker in color than the pure article. The legitimate means, he says, for making it as soluble as possible is to pulverize it very fine, so that particles remain in even suspension and form a smooth paste. That is the way the Baker Cocoa is treated. It has received the Grand Prize—the highest award ever given in this country.

Walter Baker & Co.'s Cocoa and Chocolate Preparations.

Baker's Breakfast Cocoa.

In 1-4 lb., 1-2 lb., 1 lb. and 5 lb. tins.

This admirable preparation is made from selected cocoa, from which the excess of oil has been removed. It is *absolutely pure*, and it is *soluble*. It has *more than three times the strength* of cocoa mixed with starch, arrowroot or sugar, and is, therefore, far more economical, *costing less than one cent a cup*. It is delicious, nourishing, strengthening, *easily digested*, and admirably adapted for invalids as well as for persons in health.

No alkalis or other chemicals or dyes are used in its preparation.

Trade-mark on every package.

Baker's Chocolate.

In 1-2 lb. cakes, 1 lb. packages, blue wrapper, yellow label.

It is the pure product of carefully selected cocoa beans, to which nothing has been added and from which nothing has been taken away. Unequalled for smoothness, delicacy and natural flavor. Celebrated for more than a century as a nutritious, delicious and flesh-forming beverage. The high reputation and constantly increasing sales of this article have led to imitations on a very extensive scale. To distinguish their product from these imitations Walter Baker & Co., Ltd., have enclosed their pound packages in a new envelope or case of stiff paper, different from any other package. The color of the case is the same shade of deep blue heretofore used on the

Baker packages, and no change has been made in the color (yellow) and design of the label. On the outside of the case, the name of the manufacturer is prominently printed in white letters. On the back of every package a colored lithograph of the trade-mark, "La Belle Chocolatière," sometimes called the Chocolate Girl, is printed. Vigorous proceedings will be taken against anyone imitating the package.

Trade-mark on every package.

Baker's Vanilla Chocolate,
In 1-2 lb. and 1-6 lb. cakes, and 5c. and 10c.
packages,

is guaranteed to consist solely of choice cocoa and sugar, flavored with pure vanilla beans. Particular care is taken in its preparation, and a trial will convince one that it is really a delicious article for eating or drinking. It is the best sweet chocolate in the market. Used at receptions and evening parties in place of tea or coffee. The small cakes form the most convenient, palatable and healthful article of food that can be carried by bicyclists, tourists and students.

Trade-mark on every package.

Caracas Chocolate

In 1-4 lb. packages.

A delicious article. Good to eat and good to drink. It is one of the finest and most popular sweet chocolates on the market, and has a constantly increasing sale in all parts of the country. If you do not find it at your grocer's, we will send a quarter-pound cake by mail, prepaid, on receipt of 10 cents in stamps or money.

Trade-mark on every package.

Century Chocolate.

In 1-4 lb. packages.

A fine vanilla chocolate for eating or drinking. Put up in very artistic wrappers.

Trade-mark on every package.

Auto-Sweet Chocolate.

In 1-6 lb. packages.

A fine eating chocolate, enclosed in an attractive wrapper with an embossed representation of an automobile in colors.

Trade-mark on every package.

German Sweet Chocolate,

In 1-4 lb. and 1-8 lb. packages,

is one of the most popular sweet chocolates sold anywhere. It is palatable, nutritious and healthful, and is a great favorite with children.

Beware of imitations. The genuine is stamped: "S. German, Dorchester, Mass."

**Trade-mark (La Belle Chocolatière)
on every package.**

**Cracked Cocoa; or, Cocoa Nibs.
In 1-2 lb. and 1 lb. packages, and in 6 lb.
and 10 lb. bags.**

This is the freshly roasted bean cracked into small pieces. It contains no admixture, and presents the full flavor of the cocoa-bean in all its natural fragrance and purity. When properly prepared, it is one of the most economical drinks. Dr. Lankester says cocoa contains as much flesh-forming matter as beef.

Trade-mark on every package.

Soluble Chocolate.

This is a preparation for the special use of druggists and others in making hot or cold soda. It forms the basis for a delicious, refreshing, nourishing and strengthening drink.

It is perfectly soluble. It is absolutely pure. It is easily made. It possesses the full strength and natural flavor of the cocoa-bean. No chemicals are used in its preparation.

The directions for making one gallon of syrup are as follows:—

8 ounces soluble chocolate,
8½ pounds white sugar,
2½ quarts water.

Thoroughly dissolve the chocolate in hot water, then add the sugar, and heat until the mixture boils. Strain while hot. After it has become cool, vanilla may be added if desired.

**The trade is supplied with 1, 4 or 10 lb.
decorated canisters.**

Trade-mark on every package.

Chocolate for Confectioners' Use.

These chocolates have long been the synonym for *purity and excellence*. To meet the requirements of the trade, both light and dark chocolate coverings have been prepared from *selected cocoas*, which, on account of their *uniformity, purity and flavor*, are favorite brands with all the *leading confectioners*. Absolutely no coloring matter.

Vanilla Tablets.

These are small pieces of chocolate, made from the finest beans, and done up in fancy foil. The packages are tied with colored ribbons, and are very attractive in form and delicious in substance. They are much used for desserts and collations, and at picnics and entertainments for young people. They are strongly recommended by physicians as a healthy and nutritious confection for children.

Trade-mark on every package.

Cocoa-butter.

In 1-2 lb. and 1-5 lb. cakes.

One-half the weight of the cocoa-bean consists of a fat called "cocoa-butter," from its resemblance to ordinary butter. It is considered of great value as a nutritious, strengthening tonic, being preferred to cod-liver oil and other nauseous fats so often used in pulmonary complaints. As a soothing application to chapped hands and lips, and all irritated surfaces, cocoa-butter has no equal, making the skin remarkably soft and smooth. Many who have used it say they would not for any consideration be without it. It is almost a necessary article for every household.

Trade-mark on every package.

Cocoa-shells.

In 1 lb. and 1-2 lb. packages.

Cocoa-shells are the thin outer covering of the beans. They have a flavor similar to but milder than cocoa.

Their very low price places them within the reach of all; and as furnishing a pleasant and healthy drink, they are considered superior to tea and coffee.

Packed *only* in 1 lb. and $\frac{1}{2}$ lb. papers, with our label and name on them.

Trade-mark on every package.

Cacao des Aztèques.

In boxes, 6 lbs. each; 1-2 lb. bottles.

A compound formerly known as *Racahout des Arabes*; a most nutritious preparation; indispensable as an article of diet for children, convalescents, ladies, and delicate or aged persons. It is composed of the best nutritive and restoring substances, suitable for the most delicate system. It is now a *favorite breakfast beverage for ladies and young persons*, to whom it gives freshness and *embonpoint*. It has solved the problem of medicine by imparting something which is easily digestible and at the same time *free from the exciting qualities* of coffee and tea, thus making it especially desirable for nervous persons or those afflicted with weak stomachs.

It has a very agreeable flavor, is easily prepared, and has received the *commendation of eminent physicians* as being the best article known for convalescents and all persons desiring a *light, digestible, nourishing and strengthening food*.

Trade-mark on every package.

THE MOST WHOLESOME AND DELICIOUS
EATING CHOCOLATE IN THE WORLD

BAKER'S
Caracas Sweet
Vanilla Sweet
Auto Sweet

If you do not find it at your grocer's, send
10 cents in stamps or money and we will
send you a sample of one of the above by mail.
Only one package will be sent to one address.

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WORLD'S FAIR, ST. LOUIS.**



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