



EDWARDSBURG RECIPE BOOK



THE CANADA STARCH CO. LIMITED.
MONTREAL

15th

TU B⁹
107922

POPULAR AND ECONOMICAL
RECIPES



Published by

THE CANADA STARCH CO. LIMITED

MONTREAL

TORONTO

CARDINAL

FORT WILLIAM

FORM A-1

21987

THE CANADA STARCH CO. LIMITED.

THE RECIPES CONTAINED IN THIS BOOK HAVE
THE HEARTY ENDORSEMENT OF THOUSANDS
OF HOUSEWIVES THROUGHOUT CANADA.

SEND ONE OF THESE BOOKS TO
YOUR FRIENDS, SEE PAGE 63.

* * *

START WITH THE RIGHT PRODUCTS

THE importance of good wholesome food economically prepared cannot be over-estimated—especially in these times. Nor should the appetite-value of variety be neglected. And variety in the daily menu is more difficult of achievement than ever under the necessary food restrictions.

These two things—wholesomeness and variety—have been our chief concern in compiling these recipes and we feel that the busy housewife will find in this little book a very real help in the problem of the family table.

Probably no cook book has been given more thought, nor have its recipes been more scrupulously tested, than this edition of The Edwardsburg Recipe Book. All ingredients used are pure, wholesome, economical, and have the highest food values.

THE CANADA STARCH CO. LIMITED.

MAZOLA is used for deep frying, sauteing, shortening and salad dressing. In frying it is much more economical than butter, lard, olive oil or suet—Mazola never carries the flavor from one food to another, and can be used over and over again to the very last drop. In shortening use one-quarter to one-third less Mazola than of the ordinary shortening fats. Mazola is packed in 1-lb., 2-lb., 4 lb. and 8-lb. tins

BENSON'S and ARGO CORNSTARCH is especially good for making desserts, and is used by good cooks for thickening gravies and sauces. It gives a rich, creamy consistency. These corn starches also give a fine texture to bread, biscuits, cakes and cookies—and make pie crusts light and flaky.

CROWN BRAND, LILY, WHITE, and KARO CORN SYRUPS are used daily in millions of homes for the table as well as for general cooking, preserving and candy making. They are put up in 2-pound, 5-pound, 10-pound friction top tins.

CROWN BRAND or KARO CORN SYRUP is used as a spread for bread, hot biscuits, griddle cakes and waffles, and for general cooking and candy making.

LILY WHITE CORN SYRUP is used for preserving, cooking and candy making.

You will find CROWN, KARO, LILY WHITE, BENSON'S and ARGO pure and uniform—this book tells you how to use them to the very best advantage.

**IN ALL BAKING, BEAT "MAZOLA" AND EGGS
TOGETHER TO GET BEST RESULTS.**

THE CANADA STARCH CO. LIMITED.

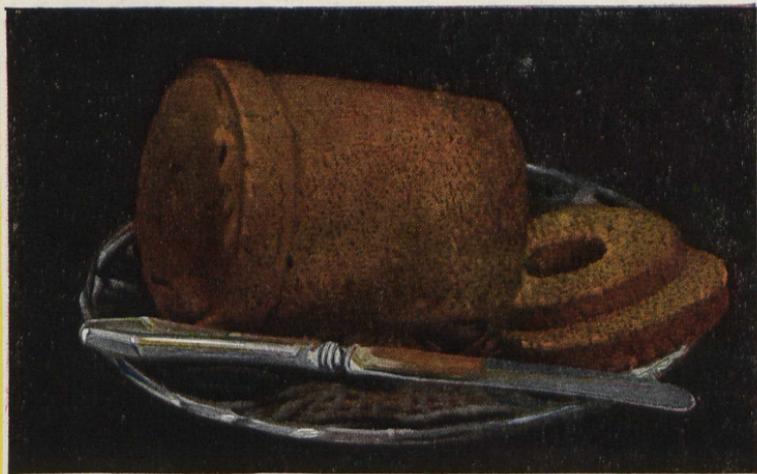


WHITE BREAD

6 cups Flour	2 tablespoons Mazola
2 cups Benson's or Argo Cornstarch	$\frac{1}{2}$ Yeast Cake
2 teaspoons Salt	$\frac{1}{4}$ cup Lukewarm Water
	1 pint Milk

SCALD the milk and cool till lukewarm. Sift the flour, cornstarch and salt together; rub in the Mazola. Dissolve the yeast in the lukewarm water; add it to the milk and stir in the dry ingredients. Knead on a floured board for twenty-five minutes. Place in an oiled bowl, rub the top very lightly with Mazola, cover loosely with a soft cloth, and rise over night. In the morning mould quickly into loaves and put into oiled pans. Rise till double in bulk and bake in a medium oven. Lukewarm water may be substituted for all, or part, of the milk, and one teaspoon of (Lily White) may be added to the milk when mixing.

THE CANADA STARCH CO. LIMITED.



BROWN BREAD

2½ cups Yellow Cornmeal	2 teaspoons Baking Powder
½ cup Benson's or Argo Cornstarch	1 teaspoon Salt
½ cup Flour	1 cup Lily White
½ cup Rye Meal	3½ cups Sour Milk

SIFT the dry ingredients together till thoroughly mixed. Add the Lily White and stir in the sour milk. Mix well and steam four hours.

CORN BREAD

1 cup Cornmeal	3 teaspoons Baking Powder
½ cup Boiling Water	1 Egg
2 cups Wholewheat Flour	2 tablespoons Mazola
1 teaspoon Salt	½ cup Crown or Karo
¾ teaspoon Soda	1¼ cups Sour Milk

SIFT cornmeal, moisten with boiling water, cover and let cool (over night if desired). Sift dry ingredients together. Beat egg light, add Mazola, Crown or Karo and milk. Stir liquids into cornmeal, then stir into dry ingredients. Put in pan oiled with Mazola and bake in moderate oven.

THE CANADA STARCH CO. LIMITED.

GRAHAM BREAD

4 cups Graham Flour	2 tablespoons Mazola
3 cups Wheat Flour	1 Yeast Cake
1 cup Benson's or Argo Cornstarch	$\frac{1}{4}$ cup Lukewarm Water
2 teaspoons Salt	1 quart Milk
4 tablespoons Crown or Karo	

SCALD the milk and cool till lukewarm. Sift the dry ingredients together and rub in the flour. Dissolve the yeast in the lukewarm water, and add it and the Crown or Karo to the milk. Beat in the dry ingredients and beat twenty minutes. Cover and rise over night. Make into loaves with as little handling as possible. Put in pans oiled with Mazola, let rise till more than double in bulk and bake in a moderately hot oven.

OATMEAL BREAD

1 cup Flour	1 teaspoon Salt
1 cup Cornmeal	$1\frac{1}{4}$ cups Milk
2 level tablespoons Baking Powder	2 tablespoons Crown or Karo
1 cup Cooked Oatmeal or Rolled Oats	3 tablespoons Mazola
	1 Egg

SIFT dry ingredients, stir milk into cooked oats, add Crown or Karo, Mazola and egg, beaten light. Stir liquid into dry ingredients. Bake in a shallow pan in a moderate oven forty to forty-five minutes.

THE CANADA STARCH CO. LIMITED.

PARKER HOUSE ROLLS

2 cups Milk	2 Yeast Cakes
$\frac{1}{4}$ cup Lily White	$\frac{1}{2}$ cup Lukewarm Water
1 tablespoon Mazola	3 cups Flour, including 3 table-
$1\frac{1}{2}$ teaspoons Salt	spoons of Benson's or Argo Corn-
2 Egg Whites	starch

SCALD the milk. Pour into the mixing bowl, and add the Lily White, salt and Mazola. When lukewarm add the beaten whites of the eggs, the yeast dissolved in the warm water, and enough flour to make a thin batter. Beat thoroughly, cover, and rise till about double in bulk. Add enough flour to make a dough just as soft as can be handled. Turn onto floured board and knead until it is spongy and elastic. Let it rise till triple in bulk. Turn onto a well-floured board and roll out lightly about half an inch thick. Cut with a biscuit cutter previously dipped in flour. Dip the handle of a case knife in flour, and with it make a crease through the middle of each piece. Brush over half of the top of each piece with Mazola and press the edges together lightly. Place in a pan one inch apart. Cover, and let rise till light. Bake in a hot oven twelve to fifteen minutes.

BAKING POWDER BISCUIT

2 cups Sifted Pastry Flour	$\frac{1}{2}$ teaspoon Salt
4 level teaspoons Baking Powder	2 tablespoons Mazola
	$\frac{1}{2}$ cup Milk

PUT the sifted flour into a fine sieve, add the salt and baking powder and sift into a mixing bowl. Put the Mazola into one-half cup of milk and stir it into the flour. Cut it through and through with a knife, toss out on a floured board and knead it gently but effectually until it is soft and will not stick to the board.

THE CANADA STARCH CO. LIMITED.

Use flour to prevent sticking, but do not knead flour in the dough. Pat it gently with the rolling pin until half an inch thick, less rather than more, for there should not be much except the two crusts. Cut economically that there may be but few trimmings. Work these together for the last and simply pat into shape. Bake in a hot oven about ten minutes.

LIBERTY BISCUIT

2 cups Flour	$\frac{1}{4}$ cup Mazola
$\frac{3}{4}$ teaspoon Soda	1 cup Sour Milk
2 teaspoons Baking Powder	

SIFT dry ingredients three times. Add most of milk to Mazola. Into this stir liquids with fork. Add remainder of milk, or even a little more, to make a soft dough. Turn on floured board and knead lightly into shape. Roll three-eighths inch thick and cut in two-inch circles. Bake fifteen minutes.

BRAN BISCUIT

2 cups Flour	2 tablespoons Crown or Karo
6 teaspoons Baking Powder	$\frac{1}{4}$ cup Mazola
$1\frac{1}{2}$ teaspoons Salt	1 cup Bran 1 cup Milk

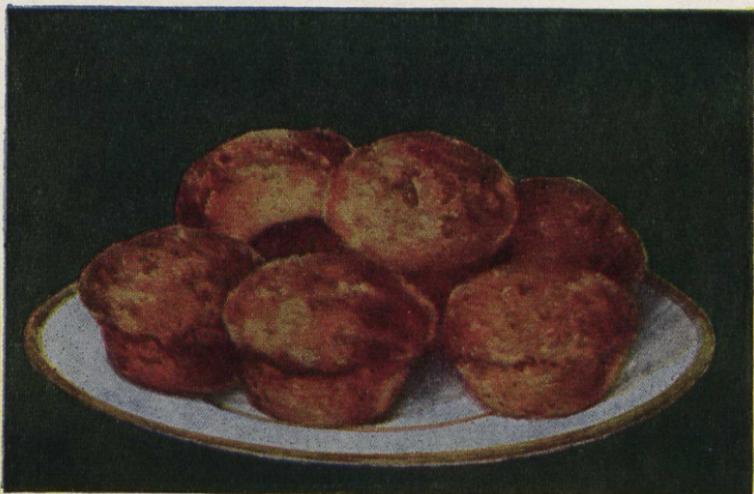
SIFT first three dry ingredients, stir in bran. Put liquids together and stir into dry ingredients, adding milk to make a soft dough. Knead and roll out as in Liberty Biscuits.

CORN GEMS

1 pint Cornmeal	2 Eggs
$1\frac{1}{2}$ cups Flour	1 teaspoon Salt
$\frac{1}{2}$ cup Benson's or Argo	1 pint Buttermilk
Cornstarch	$1\frac{1}{2}$ tablespoons Crown or Karo
2 teaspoons Baking Powder	$\frac{1}{4}$ cup Mazola
1 teaspoon Soda	

SIFT dry ingredients together. Add Crown or Karo and beaten egg to buttermilk and mix quickly with dry ingredients. Cut in the Mazola last. Bake in gem pans oiled with Mazola.

THE CANADA STARCH CO. LIMITED.



GRAHAM MUFFINS

½ cup Flour	3 teaspoons Baking Powder
½ cup Benson's or Argo Cornstarch	1 teaspoon Salt
1 cup Graham Flour	1 cup Milk
1 tablespoon Crown or Karo	1 Egg
	1 tablespoon Mazola

SIFT all the dry ingredients together till thoroughly mixed. Beat the egg till light and add it to the milk and Crown or Karo. Stir quickly into the dry ingredients and cut in the Mazola last. Bake in muffin pans in a moderate oven.

THE CANADA STARCH CO. LIMITED.

WAFFLES

- | | |
|--------------------------------------|----------------------|
| 1½ cups Flour | 2 Egg Yolks |
| ½ cup Benson's or Argo
Cornstarch | 1½ cups Milk |
| 4 teaspoons Baking Powder | 2 tablespoons Mazola |
| 1 teaspoon Salt | 2 Egg Whites |

SIFT dry ingredients together. Beat egg yolks, gradually add milk, then Mazola. Stir liquids into dry ingredients and beat well. Fold in whites of eggs, beaten stiff. Have waffle iron hot and well greased with Mazola.

FLANNEL CAKES

- | | |
|--------------------------------------|----------------------------|
| 1½ cups Flour | 1 tablespoon Mazola |
| ½ cup Benson's or Argo
Cornstarch | 1 tablespoon Crown or Karo |
| 3 teaspoons Baking Powder | 1½ cups Milk |
| 1 teaspoon Salt | 1 Egg |

SIFT the dry ingredients. Beat the egg light, add Mazola, Crown or Karo and milk. Stir liquids into dry ingredients. If sour milk is used, substitute ½ teaspoon soda for 1 teaspoon of baking powder. Bake on hot griddle.

CORNMEAL CAKES

- | | |
|---------------------------|----------------------------|
| ½ cup Cornmeal | 1 Egg |
| 1 cup Flour | 1 tablespoon Crown or Karo |
| 3 teaspoons Baking Powder | 1 tablespoon Mazola |
| ¾ teaspoon Salt | 1 cup Milk |

SIFT dry ingredients. Beat egg light, add Crown or Karo, Mazola and milk. Stir into dry ingredients, and bake on hot griddle.

THE CANADA STARCH CO. LIMITED.

BUCKWHEAT CAKES

1 quart Buckwheat Flour	$\frac{1}{2}$ Yeast Cake
$\frac{1}{2}$ cup Benson's or Argo Cornstarch	$\frac{1}{2}$ cup Warm Water
3 teaspoons Salt	1 tablespoon Crown or Karo
	$\frac{1}{2}$ quart Warm Water

SIFT the dry ingredients together. Soften the yeast in the warm water, and add it and the Crown or Karo to the rest of the water. Mix with the buckwheat flour, beat eight minutes and rise over night. In the morning add warm water to make thin enough to pour onto the griddle.



THE CANADA STARCH CO. LIMITED.

BOILED MILK SPONGE CAKE

2 Eggs 1 cup Flour 1 tablespoon Mazola
1 teaspoon Baking Powder $\frac{1}{4}$ teaspoon Salt
2 tablespoons Crown or Karo 1 teaspoon Lemon Extract
1 tablespoon Sugar $\frac{1}{2}$ cup Milk

BEAT egg whites very stiff, add yolks separately, beating well, then add sugar, continuing beating, and add Crown or Karo, sifted flour, salt, and baking powder. When well beaten, add flavoring and one-half cup boiling milk with Mazola boiled in same. Bake in loaf or layers and ice with thin icing. Do not stir after adding milk. Bake in moderate oven. This makes a fine jelly roll by spreading with jelly and rolling while warm.

CUP CAKE

$\frac{1}{2}$ cup Sugar 3 Eggs $2\frac{1}{4}$ cups Flour
 $\frac{1}{2}$ cup Mazola $\frac{1}{4}$ cup Benson's or Argo Cornstarch
1 tablespoon Cinnamon 3 rounding teaspoons
1 tablespoon Ginger Baking Powder
 $1\frac{1}{2}$ cups Crown or Karo

BEAT sugar and Mazola together. Add eggs, beaten separately. Add spice and Crown. Beat in dry ingredients sifted together. Pour into gem pans and bake in very moderate oven.

LAYER CAKE

$\frac{1}{4}$ cup Mazola 2 tablespoons Sugar
2 Eggs $\frac{1}{4}$ cup Benson's or Argo Corn-
 $\frac{1}{2}$ cup Milk starch
 $1\frac{1}{4}$ cups Flour $1\frac{1}{2}$ teaspoons Baking Powder
1 tablespoon Crown or Karo 1 teaspoon Vanilla

SIFT the flour, cornstarch and baking powder together. Cream the Mazola and sugar together. Add the beaten eggs, the vanilla and the milk and flour alternately. Beat well and bake in layers in a moderately hot oven.

THE CANADA STARCH CO. LIMITED.

FRENCH TOAST

BEAT one egg until light, stir in one-half teaspoon of salt and one cup of milk. Have ready about six slices of stale white bread cut one-half inch thick. Dip them in the egg batter, turning until well moistened with the milk. Let them drain and dip again if any batter is left, for they will soak up quite a little without breaking.

Put into a shallow frying pan enough Mazola to cover the bottom, and when hot, stir in one-fourth teaspoon of salt; lay the bread slices in and cook carefully until well browned; then turn them over, and when the other side is browned, remove to a hot dish and serve at once as plain egg toast, or spread the slices with orange marmalade, jelly, or any hot, stewed fruit.

POUND CAKE

$\frac{1}{2}$ cup Mazola	1 teaspoon Baking Powder
1 $\frac{1}{2}$ cups Flour	$\frac{1}{4}$ cup Milk
$\frac{1}{2}$ teaspoon Salt	4 Eggs
2 tablespoons Crown or Karo	Flavoring to taste
2 tablespoons Sugar	

Mix in the usual way and bake in small tins in a moderate oven.

CINNAMON COFFEE CAKE

SIFT together 1 $\frac{1}{2}$ cups Flour, $\frac{1}{4}$ teaspoon Salt, 2 tablespoons Crown or Karo, 2 teaspoons Baking Powder, rub in 2 tablespoons Mazola, beat 1 egg with $\frac{1}{2}$ cup milk; stir into the above mixture; put in a shallow pan. With a spoon mix 2 tablespoons Mazola, 1 of flour, 3 of sugar, $\frac{3}{4}$ of cinnamon and a pinch of salt. When well mixed spread on top of dough and bake about 20 minutes.

THE CANADA STARCH CO. LIMITED.

GINGER BREAD

1 cup Brown Sugar	1 tablespoon Ground Ginger
1 cup Crown or Karo	1 teaspoon Ground Cloves
$\frac{1}{2}$ cup Mazola	1 teaspoon Soda
$\frac{1}{2}$ cup Benson's or Argo Cornstarch	1 cup Sour Milk
$2\frac{1}{2}$ cups Flour	

MIX the sugar and Crown or Karo and place on stove. As it warms add the Mazola. Add the dry ingredients sifted together, and last the sour milk. Beat well and bake in a moderate oven.

GINGER BREAD SAUCE

$\frac{1}{2}$ cup Lily White	1 teaspoon Cinnamon
$\frac{1}{4}$ cup Water	$\frac{1}{3}$ cup Whole Seeded Raisins
1 tablespoon Sugar	$\frac{1}{2}$ Lemon, Juice and Grated Rind

Allow to come to a boil; then add the ingredients.
Stir well and serve while hot.

CREAM FILLING

2 tablespoons Benson's or Argo Cornstarch	1 Egg—Yolk only
1 pinch of Salt	1 teaspoon Vanilla
1 cup Milk	1 tablespoon Crown or Karo

MIX the cornstarch and the salt and mix to a smooth paste with one-fourth of a cup of the milk. Scald the rest of the milk, and add to the cornstarch. Cook in a double boiler twenty minutes. Add the beaten yolk of the egg and cook long enough to set. Remove from the fire and add the vanilla and Crown or Karo. If the mixture has been carefully stirred while thickening it will be smooth. If lumpy, strain, cool and fill the cold puffs.

THE CANADA STARCH CO. LIMITED.

CREAM PUFFS AND ECLAIRS

$\frac{1}{2}$ cup Boiling Water
2 Eggs
4 tablespoons Mazola

1 cup Flour, which includes
 $1\frac{1}{2}$ tablespoons Benson's or Argo
Cornstarch

PUT Mazola and boiling water in a saucepan, add the flour and cornstarch well mixed, all at once, and cook till it leaves the side of the pan. Remove from the fire, cool by beating, and, when cold, beat in, one at a time, the unbeaten eggs. Line a baking sheet with oiled paper. Drop the batter in rounds on it and bake in a hot oven for thirty minutes. When cold, split and fill with whipped cream or the cream filling.

CAKE FILLING

$\frac{1}{2}$ cup Rich Milk
1 Egg, Yolk only
1 tablespoon Benson's or Argo
Cornstarch

$\frac{1}{4}$ cup Sugar or Lily
White
1 square Baker's Chocolate
1 teaspoon Vanilla

SCALD the milk. Melt the chocolate over water. Beat the egg, add the sugar and the cornstarch well mixed together. Pour on the hot milk gradually. Add the chocolate and cook, stirring constantly till it comes to the boiling point. Remove from fire and add vanilla.

BOILED ICING

2 tablespoons Lily
White

1 cup Granulated Sugar
 $\frac{1}{4}$ cup Cold Water

STIR well, and then boil slowly without stirring until it spins a thread. Pour on the stiffly beaten whites of two eggs and continue beating until very stiff. Add two tablespoons of confectioner's sugar and beat until cold. Add chocolate, nuts or fruit.

THE CANADA STARCH CO. LIMITED.

SIMPLE ICING

2 tablespoons Lily White
2 tablespoons Milk

1 teaspoon Mazola
Add Flavoring

Mix well and thicken with 1 $\frac{1}{4}$ cups confectioner's sugar.

MARGUERITES

$\frac{1}{3}$ cup Crown or Karo
 $\frac{1}{3}$ cup Water
 $\frac{1}{2}$ cup Walnut Meats

1 cup Sugar
2 Egg Whites

Sufficient Shredded Cocomanut to form right consistency for dropping.

BOIL Crown or Karo, sugar and water until it threads. Pour slowly over the well beaten white of eggs, beat two minutes, or until thickened a little, then add nuts and shredded cocomanut. When nearly cool drop a spoonful on top of small cracker or Five o'Clock Tea, and brown in a moderate oven.

SPICED COOKIES

1 cup Flour
 $\frac{1}{4}$ cup Benson's or Argo
Cornstarch
2 tablespoons Crown or Karo
2 tablespoons Mazola
 $\frac{1}{4}$ teaspoon Baking Powder
1 Egg

$\frac{1}{2}$ teaspoon Ground
Cinnamon
 $\frac{1}{4}$ teaspoon Ground
Cloves
 $\frac{1}{2}$ teaspoon Salt
 $\frac{1}{2}$ cup Cold Coffee

SIFT flour, cornstarch, salt and baking powder in a bowl, add Crown or Karo, Mazola, spices, egg and coffee, mix lightly, then knead on board a few minutes, roll out thin, cut in rounds, brush over each with egg, and sprinkle over top with granulated sugar; bake in medium hot oven till done.

THE CANADA STARCH CO. LIMITED.

FINE CARDINAL COOKIES

½ cup Flour	2 Yolks of Eggs
2 tablespoons Benson's or Argo Cornstarch	¼ Lemon Rind (grated)
1 tablespoon Sugar	¼ teaspoon Baking Powder
1 tablespoon Crown or Karo	½ teaspoon Salt
1 tablespoon Mazola	

SIFT flour, cornstarch, salt, and baking powder in a bowl, add Crown or Karo, sugar, Mazola, and yolks with the lemon, mix all with hand to a round ball and smooth. Roll out very thin, cut in shapes, brush over with the white of egg, and sprinkle chopped nuts and granulated sugar over top; bake in medium hot oven till done.

GINGER COOKIES

1½ cups Mazola	2 tablespoons Ginger
1 cup Brown Sugar	2 teaspoons Baking Powder
½ cup Crown or Karo	2 cups Flour
4 Eggs	

WARM the Crown or Karo and sugar and add the Mazola. Beat up the eggs and add to the first mixture; then add the ginger and the flour and the baking powder. Beat hard and add enough flour to roll out. Bake in a quick oven.

THE CANADA STARCH CO. LIMITED.



CROWN COOKIES

- | | |
|--------------------------------------|----------------------|
| 1 cup Crown or Karo | 1 teaspoon Ginger |
| 1 cup Brown Sugar | 2 teaspoons Soda |
| $\frac{3}{4}$ cup Mazola | 2 teaspoons Cinnamon |
| $\frac{1}{2}$ cup Sweet or Sour Milk | 1 teaspoon Salt |

FLOUR to make a soft dough, roll thin, cut with cookie cutter, and bake in a slow oven. Sugar can be sprinkled over top for variety. Chopped nuts or raisins can be added.

THE CANADA STARCH CO. LIMITED.



FROZEN CUSTARD

- | | |
|---------------------------------|--------------------------------------|
| 1 quart Rich Milk | 3 Eggs |
| 1 handful Raisins | 2 teaspoons Benson's Cornstarch |
| $\frac{1}{2}$ cup Sugar | $\frac{1}{2}$ cup Nut Meats, chopped |
| $\frac{1}{2}$ cup Crown or Karo | 2 teaspoons Vanilla |

HHEAT the raisins in the milk in a double boiler for twenty minutes. Make a custard of the other ingredients, adding the nut meats when cold. Freeze as ice cream. This may be varied by adding chopped figs, dates, etc.

THE CANADA STARCH CO. LIMITED.

FROZEN COMPOTE

- | | |
|------------------------------|---------------------------|
| 1 pint Boiling Water | 1 cup Shredded Pineapple |
| 1 cup Sugar | 1 cup Mashed Strawberries |
| $\frac{1}{4}$ cup Lily White | 1 large Banana, mashed |
| 1 Shredded Orange | Juice of 1 Lemon |

DISSOLVE the sugar in the water and add the Lily White. Pour over the fruit and freeze as ice cream.

CAFE FRAPPE

- | | |
|------------------------------|-------------------------------|
| $\frac{3}{4}$ cup Lily White | 1 tablespoon Benson's or Argo |
| 1 quart Strong Coffee | Cornstarch |
| 1 quart Cream | |

COOK the cornstarch in the coffee till thickened. Add the Lily White and, when cold, add the cream. A little sherry may be stirred in before freezing. Serve in sherbet or champagne glasses.

VANILLA ICE CREAM

- | | | |
|--------------------------|-------------|-----------------------------|
| 2 Eggs | 1 pint Milk | 2 tablespoons Crown or Karo |
| 1 pint Cream | | $\frac{1}{2}$ teaspoon Salt |
| 1 tablespoon Benson's or | | 1 tablespoon Sugar |
| Argo Cornstarch | | 1 tablespoon Vanilla |

MIX the cornstarch with the sugar and add to the slightly beaten eggs. Pour on the milk slowly, add the Crown and the salt, and cook over water till thoroughly done. Add the vanilla. When cold add the cream and freeze.

THE CANADA STARCH CO. LIMITED.

COFFEE CUSTARD

1 pint Milk
 $\frac{3}{4}$ cup Lily White
2 Eggs

1 cup Strong, Hot Coffee
1 tablespoon Benson's or Argo
Cornstarch

HEAT milk and Lily White to boiling point. Add the eggs, well beaten, the coffee and the cornstarch mixed till smooth with a little cold milk. Stir till it thickens. Pour into glasses. When very cold serve with whipped cream.

CUP CUSTARD

3 cups Milk 2 Eggs
2 tablespoons Sugar
2 tablespoons Crown or Karo

$\frac{1}{2}$ teaspoon Benson's or Argo
Cornstarch
Pinch of Salt

MIX the cornstarch with the sugar and add to the slightly beaten eggs. Pour on the milk slowly, add the Crown or Karo and the salt. Flavor to taste and set in cups of water in the oven to cook till thick.

CORNSTARCH PUDDING

3 cups Scalded Milk
6 level tablespoons Benson's
or Argo Cornstarch

$\frac{1}{3}$ cup Sugar 2 Eggs
 $\frac{1}{4}$ teaspoon Salt
1 teaspoon Vanilla

MIX the cornstarch with a little cold milk. Stir the hot milk slowly onto the cornstarch and stir over water till it thickens. Cook eight minutes. Beat the eggs slightly, add the sugar and salt. Add the cornstarch mixture to the eggs, and cook, stirring constantly, one minute longer. Remove from fire, add the vanilla. Serve cold with cream and sugar. (Serves six persons.)

THE CANADA STARCH CO. LIMITED.

CHRISTMAS PUDDING

¼ pound Shelled Almonds	1½ pounds Bread Crumbs
½ pound Candied Orange Peel	2¾ cups Flour
3 pounds Raisins	¼ cup Benson's or Argo Cornstarch
3 pounds Currants	1 ounce Mixed Spices
¾ cup Mazola	8 Eggs
1 pound Brown Sugar	Milk to bind all together
1 cup Crown or Karo	

CHOP the almonds, orange peel, raisins and currants. Add the rest of the ingredients. Tie in a floured bag and boil for eight hours.

GRAHAM PUDDING

½ cup Crown or Karo	½ cup Sour Milk
½ cup Brown Sugar	½ teaspoon Soda
¼ cup Mazola	1 cup Raisins 1 Egg
1½ cups Graham Flour	Spices to taste

STIR sugar and Crown or Karo together, add the Mazola and egg, well beaten. Stir in flour and sour milk, in which soda has been dissolved. Add spices and raisins, well floured, last. Steam four hours. Serve with plain Crown or Karo sauce, made as follows:

Mix 4 tablespoons Mazola, 1 pinch of salt, and 1 cup dark brown sugar together. Add the beaten yolk of 1 egg, 1 cup Crown or Karo, 1 cup cream, and 1 tablespoon Benson's or Argo Cornstarch. Boil till thick.

THE CANADA STARCH CO. LIMITED.

CRULLERS

3 cups Flour	½ teaspoon Nutmeg or Cinnamon
1 cup Sugar	2 tablespoons Crown or Karo
¼ cup Benson's or Argo Cornstarch	3 tablespoons Mazola
4 teaspoons Baking Powder	2 teaspoons Vanilla
¼ teaspoon Soda	1 cup Thick Sour Milk
1½ teaspoons Salt	3 Eggs

SIFT dry ingredients. Beat eggs light. Add Crown or Karo, Mazola, vanilla and sour milk. Stir liquids into dry ingredients and add flour to make a soft dough. Roll one-quarter inch thick, cut and fry in hot Mazola. If desired, substitute 1 cup rye flour and add one-half square melted chocolate for chocolate doughnuts.

DOUGHNUTS

1½ cups Flour	2 tablespoons Sugar
¼ cup Benson's or Argo Cornstarch	1 Egg Yolk
1 teaspoon Salt	2 Egg Whites
4 teaspoons Baking Powder	3 tablespoons Mazola
1 tablespoon Crown or Karo	2 teaspoons Vanilla
	½ cup Milk



THE CANADA STARCH CO. LIMITED.

SIFT dry ingredients. Beat eggs, add Mazola, flavoring and milk. Stir liquids into dry ingredients. Flour to make soft dough. Roll one-quarter inch thick, cut and fry in deep Mazola.

SHREDDED POTATOES

POATATOES are cut in long, thin shreds less than quarter the size of French fried and cooked in the same way.

SARATOGA POTATOES

THE potatoes are cut in very thin slices, soaked as below and fried in deep Mazola.

FRENCH FRIED POTATOES

WASH and pare potatoes. Cut lengthwise in slices, then in strips one-fourth inch through. Soak in cold water not less than one hour, longer is better. Wipe dry between towels. Fry in deep Mazola, drain on brown paper and sprinkle with salt. Serve hot.



THE CANADA STARCH CO. LIMITED.

LATTICED POTATOES

POTATOES are cut with a vegetable slicer which comes for this purpose, and are cooked the same as French fried.

PINEAPPLE FRITTERS

1 cup Flour	2 Eggs
2 tablespoons Benson's or Argo Cornstarch	½ cup Milk
2½ teaspoons Baking Powder	2 tablespoons Crown or Karo
½ teaspoon Salt	1 tablespoon Mazola
	8 slices of Pineapple

SIFT the dry ingredients. Beat the eggs thoroughly, add the milk, Crown or Karo and Mazola. Stir the liquids into the dry ingredients.

If fresh pineapple is used, wash, pare, and slice thin and with apple corer remove the center. Dip in batter, remove with fork and fry in deep, hot Mazola. Drain on paper and dust with sugar. If canned pineapple is used it is well to cut the large slices in half and then split with sharp knife, making four fritters from one slice of pineapple. The syrup or fruit juice is heated and thickened with a little Benson's or Argo Cornstarch and served around the fritter. Or put a spoonful of Lily White over the fritter and sprinkle with shredded coconut.

APPLE FRITTERS

PREPARE as for fresh pineapple fritters. Place a teaspoon of Crown or Karo on each and sprinkle with brown sugar. Serve with cream.

THE CANADA STARCH CO. LIMITED.

BANANA FRITTERS

MAKE batter same as for pineapple fritters. Cut banana in two lengthwise and in thirds crosswise. Dip in batter and fry in deep, [hot Mazola. Serve with orange or lemon sauce, or dust with sugar and serve with cream.

CORN FRITTERS

1 cup Flour	2 Eggs
2 tablespoons Benson's or Argo Cornstarch	$\frac{1}{2}$ cup Milk
4 teaspoons Baking Powder	1 tablespoon Mazola
1 teaspoon Salt	1 cup Grated or Chopped Corn
$\frac{1}{2}$ teaspoon Pepper	

SIFT the dry ingredients. Beat the eggs, add milk, Mazola and corn, and stir into dry ingredients. Saute in hot Mazola. Have Mazola about one-quarter inch deep in frying pan. Drop spoonful of batter in hot fat, spread out, let brown and turn.

PLAIN FRITTERS

1 $\frac{1}{4}$ cups Flour	$\frac{1}{2}$ teaspoon Salt
$\frac{1}{4}$ cup Benson's or Argo Cornstarch	1 Egg
1 heaping teaspoon Baking Powder	1 cup Milk
	1 tablespoon Mazola

SIFT the dry ingredients together. Add the egg, unbeaten, and the milk. Beat well and add the Mazola. Fry in deep, hot Mazola, but do not cook too quickly, else they will be raw inside.

THE CANADA STARCH CO. LIMITED.

CLAM FRITTERS

15 Clams 1 Egg
3 tablespoons Clam Liquor
1/2 cup Flour
1 tablespoon Benson's or Argo
Cornstarch
1/2 teaspoon Baking Powder

CHOP clams fine. Add the egg and clam liquor, flour and cornstarch, mixed with the baking powder, to make a good batter. Fry in deep, hot Mazola.

FRUIT FRITTERS

ADD two tablespoons of Crown or Karo to rule for plain fritters. Dip pieces of fruit in the batter and fry in deep, hot Mazola.

CHICKEN CROQUETTES

1 pint Finely Chopped Cold
Chicken
1 teaspoon Salt
1/2 teaspoon Pepper
1 cup Cream
4 Eggs
2 tablespoons Benson's or Argo
Cornstarch
1 teaspoon Onion Juice
1 tablespoon Lemon Juice
1 pint Bread Crumbs
3 tablespoons Mazola

MIX the Mazola and cornstarch, add the cream and cook over moderate fire till it thickens. Add meat and seasonings and boil for two minutes. Pour over two eggs, well beaten; when thoroughly mixed, cool. Shape into croquettes, dip in crumbs, then in egg, and in crumbs again, and fry in deep, hot Mazola.

THE CANADA STARCH CO. LIMITED.

MEAT CROQUETTES

2 cups Chopped Meat,
Fish, or Chicken
1 cup Thick White Sauce

Salt, Pepper and Onion
Juice to taste
Nutmeg, a few grains

MIX meat with the hot, white sauce and season to taste. Spread on platter to cool. When cold shape into cylinders, roll in bread crumbs, then in egg and again in bread crumbs. Fry in Mazola and drain on brown paper.

Serve with a thin, white sauce or tomato sauce. Chicken croquettes may be seasoned with a little celery salt, and fish may have a dash of lemon.

PIE CRUST

2 cups Flour
 $\frac{1}{2}$ cup Mazola

Pinch of Salt
Ice Water

WORK Mazola well into the flour and salt, add enough ice water to hold together, about one-fourth of a cup; roll crust out at once.



THE CANADA STARCH CO. LIMITED.

STRAWBERRY SHORT CAKE

MAKE a dough as for baking powder biscuit. When well kneaded, roll out one-fourth inch thick and cut with a cutter four inches in diameter.

Brush half of the cake with Mazola, cover with the remaining half and put close together on a floured baking pan. Bake about ten minutes. Cream together one tablespoonful butter, 2 tablespoonfuls Mazola, $\frac{3}{4}$ cup powdered sugar, and one quart or three pints of strawberries, rinsed and hulled. Lay aside the largest berries, about half in all, slice them and sweeten slightly with powdered sugar. Keep them warm on back of stove. Mash the remaining berries and heat in a saucepan over hot water, not enough to cook them, merely hot enough to soften.

BAKED APPLE DUMPLING

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

THE CANADA STARCH CO. LIMITED.



MAYONNAISE

- | | |
|---|---|
| 2 Eggs, Yolks only | 1 teaspoon of Salt |
| 1 pint of Mazola | 2 tablespoons each of Lemon
Juice and Vinegar, or |
| 1 teaspoon of Mustard | 3 tablespoons of Vinegar (any
flavored vinegar may be
used) |
| 1 dash of Cayenne or White
Pepper or | |
| $\frac{1}{2}$ teaspoon Paprika | |

HAVE all ingredients and mixing utensils cold. Mix dry ingredients. Add egg yolks and when well mixed, add $\frac{1}{2}$ teaspoon of vinegar. Add Mazola drop by drop until the mixture begins to thicken, beating slowly. As soon as the mixture thickens, add the remainder of the vinegar a little at a time. Now beat in the remainder of the Mazola gradually until all is

THE CANADA STARCH CO. LIMITED.



used. The mayonnaise should be thick enough to hold its shape. Put in a glass jar and cover close. Place in the ice box to be used when needed. It will keep for weeks. Do not stir it when you open it; take out as much as you need with a tablespoon and close the jar.

HOLLANDAISE SAUCE

BEAT the yolks of 4 eggs and beat in gradually $\frac{1}{2}$ cup Mazola. Add $\frac{1}{4}$ teaspoon salt, a dash of paprika and $\frac{1}{2}$ cup boiling water. Cook over boiling water, stirring slightly until thick, adding gradually the juice of $\frac{1}{2}$ lemon.

Serve hot or cold with hot or cold asparagus, artichoke, boiled fish or salads.

THE CANADA STARCH CO. LIMITED.

VINAIGRETTE SAUCE

Yolk of Hard Boiled Egg	1 even teaspoon of White
5 tablespoons of Mazola	Pepper
2 tablespoons of finely	3 tablespoons of Tarragon
chopped White Onion	Vinegar
1 teaspoon of Salt	

TO the smoothly mashed egg yolk, add gradually the Mazola. When thoroughly mixed, add the vinegar, salt, and onion juice. Serve with boiled or baked veal, or calves' head.

FISH SALADS

ANY cold fish or shell fish may be combined, 1 cup of meat to $\frac{1}{2}$ cup of mayonnaise, with seasoning to taste and served on lettuce.

DELMONICO SALAD DRESSING

TO $\frac{1}{2}$ cup of plain French Dressing, add 1 teaspoon Tomato Catsup; 1 teaspoon Worcestershire Sauce; $\frac{1}{4}$ teaspoon finely chopped Green Peppers, and 1 Hard Boiled Egg chopped fine or rubbed through a sieve. Mix and serve on fresh green salad leaves.

THE CANADA STARCH CO. LIMITED.

CHICKEN SALAD

- 1 cup Cold Chicken cut in even, medium sized pieces
- ½ to 1 cup Crisp Celery cut in thin one-inch pieces
- 2 tablespoons French Dressing
- ½ cup Mayonnaise
- 2 Hard Boiled Eggs, Olives or Pimentos
- 1 head of Crisp Lettuce or Romain
- 2 tablespoons Whipped Cream

PUT the chicken and celery in a cold bowl. Toss over them French dressing, made 5 to 1 of Mazola and vinegar. Allow to stand for a little while.

Serve on crisp lettuce or romain; add the mayonnaise, and garnish with hard boiled eggs, olives or pimentos, cut in thin strips.

Whipped cream added to the mayonnaise gives a delicate dressing.

RUSSIAN DRESSING

- | | |
|-------------------------|-----------------------------|
| 1 cupful of Mayonnaise | 1 tablespoon Chopped |
| 1 well cooked or canned | Chives |
| Sweet Pepper, chopped | 2 tablespoons Chili Sauce |
| not too fine | 1 teaspoon Tarragon Vinegar |

SEASON well with pepper and salt, add the vinegar and mix all together.

THE CANADA STARCH CO. LIMITED.

POTATO SALAD

TO 2 cups of cold boiled potatoes, cut in cubes, add 1 cup of crisp celery cut lengthwise of stalk, then in one inch pieces; pour over it 2 tablespoons of French dressing. Let stand a little. Serve on crisp lettuce or romain. Use $\frac{1}{2}$ cup of mayonnaise or French dressing to cover; garnish with cold hard boiled eggs cut lengthwise in eighths. Thinly sliced onions may also be served with this salad.

SWEETBREAD SALAD

1 cup Sweetbreads cut in cubes
 $\frac{1}{2}$ cup English Walnuts cut in
medium thin, even slices

MIX with $\frac{1}{2}$ cup of mayonnaise and serve on a bed of lettuce leaves in cucumber shells made of fresh cucumbers out of which the seeds have been scooped with a spoon. Put an extra teaspoon of mayonnaise on each portion.

MACEDOINE SALAD

This is a good way to use up small portions
of left-over vegetables.

EQUAL portions of cold beets, string beans, and potatoes cut in cubes, or carrots, string beans, and potatoes, etc., or cauliflower, asparagus tips, or green peas may be combined. Serve on lettuce with a French dressing.

THE CANADA STARCH CO. LIMITED.

SPANISH SALAD

CUT six Hard Boiled Eggs in halves lengthwise, take out yolks and rub through a sieve. Rub to a paste with 2 tablespoons Chopped Chives and 2 of Cold Chicken, Ham, or Tongue, and a tablespoon French Dressing made with Tarragon Vinegar, 1 to 5. Form paste into balls, return to whites of eggs, and serve on lettuce. Pour over French dressing. Serve at once.

WALDORF SALAD

USE equal portions of Diced Apples and Celery, served on Lettuce with French or Mayonnaise Dressing, garnished with English Walnuts cut in quarters or thin slices.

NIPPON SALAD

Lettuce

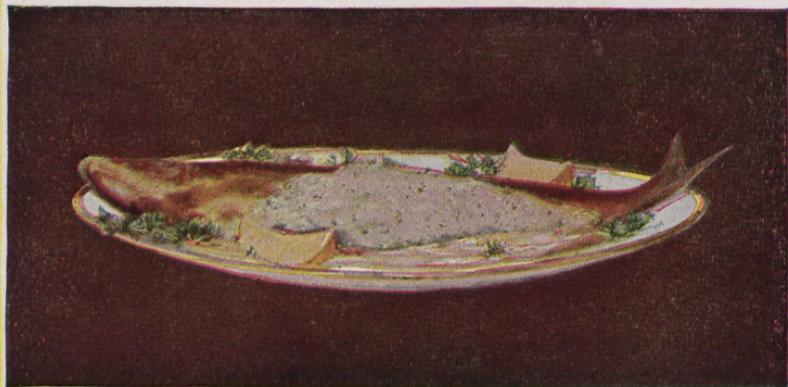
1 cup Hot Cooked Rice
1 Small Raw Onion, grated
Sardines, Anchovies or
Herring, halved

The Dressing

6 tablespoons Mazola
 $\frac{1}{2}$ teaspoon Salt
2 tablespoons Tarragon
Vinegar
 $\frac{1}{2}$ teaspoon Soya Sauce

BESPRINKLE the rice with the onion. Over this pour half of the dressing. Cool, but do not chill. Arrange a bed of crisp lettuce in a salad bowl; turn rice into it. Garnish with the fish. Pour over this the remainder of the dressing. Nippon Salad is nutritious and will serve as the main dish for luncheon or supper.

THE CANADA STARCH CO. LIMITED.



TARTAR SAUCE

(For fried fish, oysters, crabs, scallops, or entrées.)

1 cup of Mayonnaise	1 tablespoon of Parsley
2 tablespoons of Capers	$\frac{1}{4}$ tablespoon of Onion Juice
2 tablespoons of Olives	or finely chopped Shallots
2 tablespoons of Gherkins	or White Onions

CHOP capers, olives, gherkins and parsley very fine. Fold into the mayonnaise and serve cold.

THE CANADA STARCH CO. LIMITED.

FRENCH DRESSING

3 tablespoons Mazola to 1 tablespoon Flavored Vinegar
or Tart Fruit Juice, or
5 tablespoons Mazola to 1 tablespoon Flavored Vinegar
or Tart Fruit Juice
 $\frac{1}{2}$ teaspoon of Salt or Mixed Seasoning

PUT oil and salt in a cold bowl, mix thoroughly, add vinegar or fruit juice, beat up until it thickens; pour over salad and serve.

Try orange, lemon, grape fruit, or pineapple juice in mixing a French dressing to use with plain lettuce, romain, or endive.



THE CANADA STARCH CO. LIMITED.

LILY WHITE CORN SYRUP FOR PRESERVING

FRUIT IN THE DIET

FRUITS furnish necessary organic salts, pleasing flavor and an attractive form of food. They contain water, much body-building and body-regulating materials.

MEANS OF PRESERVING FRUITS

*T*HE *drying process* is that by which the water contents is evaporated out of the fruit so that there is not enough moisture to support the life of bacteria. The finished product is shrunken, the color faded, the bright acid changed, and the delicious flavor of the volatile oil may be wasted. The fruit so treated must be protected from the molds by storing in a cool, dry place. Other forms of life may attack it, and it must finally be cooked before it can be eaten.

Cold storage is an excellent way to keep fruits which ripen slowly. Apples, a few varieties of grapes and pears, and the citrus fruits may be kept this way.

Heat or sterilization processes are the most effective way used for keeping fruit. Ever since it became known that bacterial decay can be prevented by heating to the boiling point of water (212° F.) long enough to kill the bacteria, this method has been successfully used.

THE CANADA STARCH CO. LIMITED.

Sometimes the bacteria are in a "resting" state called spores. These may not be killed by boiling, but would find good food in a fruit put up without syrup or in very thin syrup. Because of this, fruits put up without syrup are sterilized again for three days, to be sure they will keep. Fruits put up in medium or heavy syrup do not need this treatment because the syrup boils at a higher temperature than water, and the bacteria are either killed or cannot live in the thick syrup.

CHOICE OF FRUITS FOR CANNING, PRESERVING AND JELLIES

CANNING

Use perfectly ripened, unbruised fruits when possible, in order to get the best form, color and flavor.

Fruit may be canned without syrup, with light, medium or heavy syrup. See table for best results.

JAMS, MARMALADES, FRUIT BUTTER

Broken, bruised or over-ripe fruits which will not look well canned may be used for this purpose.

SPICED FRUITS

Fruits which are hard or lacking in flavor may be spiced or pickled.

THE CANADA STARCH CO. LIMITED.

JELLIES

In order to make a good jelly, a fruit must contain acid and a substance called pectin.

Pectin is the essential jelly-making substance. Juices extracted from the raw fruit have not so much pectin as those extracted from cooked fruits. The amount of pectin in fruits varies greatly. There is apt to be less pectin in a rainy season. There is more pectin in the fruit just before it is ripe. The ripening process weakens the pectin so that you cannot make good jelly from over-ripe fruit.

Currants, sour apples, sour plums, crab apples, blackberries, partly ripened grapes and quinces make good jelly. Peaches, pears, strawberries and cherries are lacking in pectin and acid to make good jelly. The juices of these fruits may be blended with some juice of any of those containing plenty of acid and pectin and a delicious jelly be made.

METHODS OF CANNING FRUITS

METHOD

The Open Kettle Method. The fruit is put in the kettle and cooked in the syrup, then canned.

The Cold Pack Process. The fruit is prepared and put in the jars, either with or without the syrup, and cooked under cover so as to retain form and color, and greatly quicken the process. By this process the fruit can be prepared for any need, and is ready for use at a moment's notice.

THE CANADA STARCH CO. LIMITED.

ORDER

1. Sterilize jars and rubbers.
2. Prepare fruit carefully.
3. Sterilize fruit—
 - (a) Cooked in syrup, then canned:
 - (b) In cans, then add syrup.
4. Dry top of can.
5. Fit rubbers.
6. Put on top and fit tight.
7. Invert on table to cool.
8. Store in dark closet, as the light fades out the color.

STERILIZING JARS

While preparing your fruit, sterilize the jars to put it in. Put a wire or wooden rack, or even a folded cloth, in the bottom of a pan. Stand your jars in this and cover them with water. Cover and boil for a few minutes; keep them hot until they are needed. Fruit should be sealed as near the boiling point as possible.

SYRUP FOR CANNING

The tables will suggest the proportions of sugar and Lily White to use for the syrup. You may vary the proportion to suit the taste. The best canned fruit is that which preserves the natural flavor of the fruit with as little extra sweetness as is palatable. Fruit preserved with Lily White keeps this flavor.

THE CANADA STARCH CO. LIMITED.



SMALL FRUITS

Open Kettle Method.—Make a syrup according to proportions in the table. Measure sugar, then Lily White, then boiling water in same cup. Cook to a syrup. Put fruit carefully into syrup; cook slowly until soft enough to pierce with a straw.

Drop the fruit into sterilized cans, pour the boiling syrup over it to overflowing. Insert a silver fork between the fruit and the jar in order to break up any air bubbles. Wipe top off carefully, slip on the dry rubber ring, fit the cover and seal quickly. Invert jar, to be sure that it does not leak.

The Cold Pack Method. Put berries in sterilized jars and set the jars on a wire or wooden rack in the bottom of a steamer

THE CANADA STARCH CO. LIMITED.

containing enough warm water to reach to the neck of the jars. Cover the steamer and boil until the berries are cooked. Pour off the juice that has collected in the jar, measure, and add an equal measure of syrup made of one-half Lily White and one-half sugar. Boil up together, pour over the fruit in the jars. Place the cover on the jars loosely, steam again until thoroughly heated. Put the rubber on and clamp the cover. If the fruit shrinks up much use the contents of one jar to fill up the others. This method gives the best fruity flavor.

LARGE FRUITS

In canning larger fruits which are less juicy than the small fruits, the tables suggest the amount of water to be used. If you use the cold pack method, a little water can be put into the jars while you are cooking the fruit, then added to the syrup as in canning small fruits.



THE CANADA STARCH CO. LIMITED.

CANNING

5 Lbs.	Lb. Sugar	Lb. *Lily White	Water	Time of Boiling (Min.)
Apples—sour.....	1	1	3 pts.	15 to 20
Apricots.....	$\frac{3}{4}$	$\frac{3}{4}$	1 pt.	10 to 15
Berries.....	1	1	1 cup	15 slow
Cherries.....	sour $1\frac{3}{4}$ sweet 1	$1\frac{3}{4}$ 1	$1\frac{1}{2}$ pts.	15
Currants.....	2	2	1 pt.	15
Green Gooseberries.	2	2	1 pt.	15
Peaches.....	$\frac{3}{4}$	$\frac{3}{4}$	1 pt.	10 to 15
Pears.....	$\frac{3}{4}$	$\frac{3}{4}$	$1\frac{1}{2}$ pts.	15
Pineapples.....	$\frac{3}{4}$	$\frac{3}{4}$	$1\frac{1}{2}$ pts.	20
Plums.....	2	$\frac{3}{4}$	1 pt.	20
Prunes.....	1	1	1 pt.	20
Quinces.....	1	1	3 pts.	20 to 30

* *Lily White Corn Syrup.*

THE CANADA STARCH CO. LIMITED.

JELLY MAKING

DEFINITION

The product should be clear, of a fine color, tender, quivery, firm, with full, bright, fruity flavor.

PREPARING THE FRUIT

If fruit is so dusty it needs washing before it can be used, be careful in handling it. Currants, strawberries, raspberries, blackberries, etc., should be placed gently in a sieve or colander, and then dripped in a pan of water and allowed to drain before picking over.

JELLY BAG

Take a piece of light weight flannel, canton flannel or double cheesecloth sixteen inches square, and sew it in a French seam to form a triangular bag. Hem the top; at uniform distance sew on to the hem three pieces of heavy tape to hang it by. Use the rough side inside. Flannel makes the best bag.

COOKING THE FRUIT

Pick over fruit carefully. Put it into a stewpan or jar, mash it a little so some juice will run out, and cook over a very moderate fire until the fruit is thoroughly cooked. The pulp should look faded. Pour into a double cheesecloth or flannel jelly bag, wrung out of hot water, and allow it to drain. This will make your first quality jelly.

THE CANADA STARCH CO. LIMITED.

When the juice has about dripped out, the bag may be squeezed and this juice made into jelly to be used in cooking. It will not be clear as the first lot.

A second class jelly may be made by cooking the pulp a second time. Put in a kettle, barely cover with water. Cook thoroughly. Strain and test for pectin. Compare with the amount of pectin in the first lot, and be sure there is enough to make good jelly. If not, use this juice with enough fresh fruit to get the required amount.

TEST FOR PECTIN

Test your fruit juice to see if there is pectin enough. Mix thoroughly one to two tablespoonfuls of 90-95 per cent. grain alcohol with equal volume of your hot juice. Cool the liquid. If there is pectin present, a gelatinous mass can be gathered on a spoon. If not you cannot make good jelly of the juice.

COOKING THE JELLY

Measure juice and put on to cook in an open kettle for about fifteen minutes. Measure syrup and sugar and heat it to boiling point, add it to the juice. Cook until it will form a jelly or until the thermometer reads 216° F. Pour into sterilized jelly glasses. Cool and seal with hot paraffin as soon as it is firm enough.

TESTING JELLY

Jelly may be tested by dropping a little on a cold plate. It is sufficiently cooked if it thickens slightly.

STORING JELLY

Store in a cool dark closet.

THE CANADA STARCH CO. LIMITED.

JELLY MAKING

	Proportions of Juice and Sugar			Time of Boiling (Min.)		
	Fruit Juice	Sugar	*Lily White	Before Adding Sugar	After Adding Sugar	
	Before Dripping		After Dripping			
Remove imperfections and cut in quarters. Add water to cover. Cook slowly till soft.	Apple.....	2	$\frac{3}{4}$	$\frac{3}{4}$	15	15
	Crab Apple.....	2	$\frac{3}{4}$	$\frac{3}{4}$	15	5
	Quince.....	2	$\frac{3}{4}$	$\frac{3}{4}$	15	6
Pick over. Wash. Mash a few in bottom of kettle, adding more and continuing to heat and mash till juice flows freely from all the fruit. Add to water.	Blackberry.....	2	$\frac{3}{4}$	$\frac{3}{4}$	15	12
	Raspberry.....	2	$\frac{3}{4}$	$\frac{3}{4}$	15	20
	Currant.....	2	$\frac{3}{4}$	$\frac{3}{4}$	10	2
	Plum.....	2	$\frac{3}{4}$	$\frac{3}{4}$	10	10
	Raspberry and Strawberry...	2	$\frac{3}{4}$	$\frac{3}{4}$	15	15
	Grape.....	2	$\frac{3}{4}$	$\frac{3}{4}$	15	5

* *Lily White Corn Syrup.*

THE CANADA STARCH CO. LIMITED.

JAMS AND MARMALADES

1 pound Fruit
 $\frac{3}{4}$ pound Sugar
 $\frac{3}{4}$ pound Lily White

Time: 1 to 2 hours, or until fruit
drops heavily from spoon.

WASH fruit, pare and core if necessary. Mash berries, currants and gooseberries; slice other fruits. Place fruit in layers with sugar and stand long enough to extract some of the fruit juice. If dry, a cup of water may be added. Heat slowly and cook till thick. Jam may be tested on a cold plate in the same way that jellies are tested. Stir frequently to prevent burning. Turn into sterilized glass and seal like jelly.

TRIPLE MARMALADE

3 Grapefruit
6 Oranges
4 quarts Water

10½ pounds syrup ($\frac{1}{2}$ Lily White
 $\frac{1}{2}$ Sugar)
3 Lemons

WASH fruit, cut in eighths and slice very thin with a sharp knife. Pour on the water and let stand 24 hours. Boil until clear, add sugar and Lily White, and simmer until fruit is clear and the syrup will jelly. Nine oranges may be used, omitting the grapefruit.

THE CANADA STARCH CO. LIMITED.

FRUIT BUTTER

1 pound Fruit
 $\frac{1}{2}$ pound Sugar

$\frac{3}{8}$ pound Crown or Karo
Water to cover

Time: $\frac{3}{4}$ to 1 hour

COVER fruit with water and cook till soft. Rub through a coarse strainer. Add sugar and Crown and cook till thick, adding spices to taste.

SPICED FRUITS

7 pounds Fruit
1 cup Vinegar
2 pounds Sugar

2 pounds Lily White
3 ounces Cinnamon and
Cloves (tied in bag)

WASH fruit and remove skins. Cook pulp till seeds may be removed by pressing through strainer. Put all together, including skins, and cook till thick.

FRUIT JUICE DRINKS

To juice prepared as for jelly making, add syrup made as above to taste, sterilize and seal in sterilized bottles to be used as a fruit juice drink. Grapes and raspberries make particularly nice fruit juices.

THE CANADA STARCH CO. LIMITED.

CROWN OR KARO FOR CANDY MAKING

DIVINITY

$\frac{3}{4}$ cup Crown or Karo	2 ounces Chopped Nuts
$\frac{3}{4}$ cup Hot Water	2 ounces Chopped Raisins
2 Eggs (Whites only)	1 teaspoon Vanilla
2 cups Sugar	

BOIL sugar, Crown or Karo and water together till it forms a hard mass in cold water. Beat whites of eggs very stiff, and beat in the nuts and raisins. Pour on the hot syrup, beating all the time. When mixture will stand alone, drop from teaspoon onto plates, well oiled to prevent sticking.

DIVINITY FUDGE

2 cups Sugar	1 teaspoon Vanilla
$\frac{3}{4}$ cup Crown or Karo	$\frac{1}{2}$ cup Chopped nut Meats
$\frac{1}{4}$ cup Water	$\frac{1}{2}$ pound Dates, stoned and cut fine
2 Eggs (Whites only)	

COOK sugar, Crown or Karo and water till crisp when tried in cold water. Beat the whites of the eggs in a large bowl, and pour the syrup slowly onto them, beating the whole till it begins to harden. Add the vanilla, nuts and dates. Spread quite thick on a shallow oiled tin. When cool, cut in large squares.

THE CANADA STARCH CO. LIMITED.

DIVINITY CANDY

5½ cups Granulated Sugar
3 cups Cream

2 cups Crown or Karo
A few drops Maple Flavoring

BOIL until the mixture forms a ball when tried in cold water. Put the pan into a pan of cold water. If you wish, add one pound nut meats. When cool beat with a cake spoon, until the candy is creamy. Pour into a loaf pan lined with oiled paper.

Note.—The candy is hard to beat, at first, on account of the syrup, but, after a little beating, the mixture becomes thin and is easy to beat. When it begins to get hard again, pour into the pan.

If desired, fruit may be added as follows:—

1 small box of Candied Cherries 1 slice of Candied Pineapple
¼ pound Almonds

CROWN COCOANUT CANDY

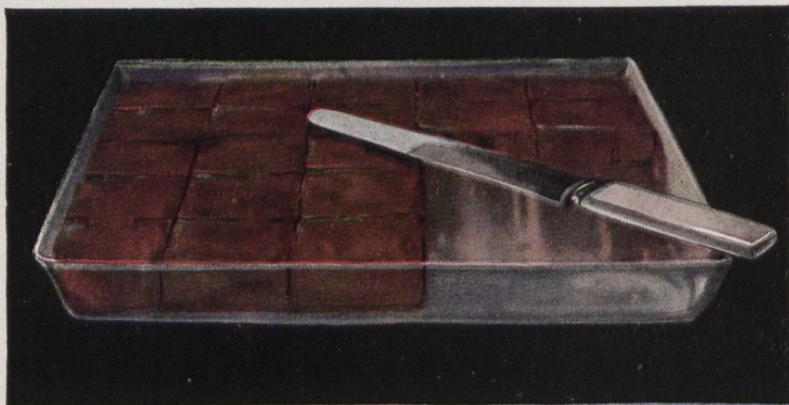
½ Cup Coconut
1 cup Brown Sugar

1 cup Crown or Karo
1 tablespoon Mazola

1 teaspoon Vinegar

SHAVE the cocoanut fine and spread on tin dishes in a warm place to make soft and pliable. Boil the other ingredients without stirring till brittle in cold water. Stir in the cocoanut lightly and pour onto tins well oiled with Mazola.

THE CANADA STARCH CO. LIMITED.



CROWN FUDGE

2 squares (or ounces)	$\frac{1}{2}$ cup Crown or Karo
Chocolate	2 tablespoons Mazola
$\frac{1}{2}$ cup Cold Milk	1 teaspoon Vanilla
	2 cups Granulated Sugar

GRATE the chocolate, and add all the ingredients except the vanilla. Cook slowly, stirring once in a while. Cook till it makes a soft ball in cold water (requires about five minutes after actually boiling). Remove from fire, add the vanilla, and beat until it begins to granulate. Pour at once into pan well oiled with Mazola. Mark deeply in cakes when nearly cold.

THE CANADA STARCH CO. LIMITED.

LILY FONDANT

$\frac{1}{2}$ cup Lily White
 $1\frac{1}{2}$ cups Sugar

$\frac{1}{2}$ cup Hot Water

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

CROWN CANDY FOR PULLING

1 cup Brown Sugar

2 tablespoons Mazola

1 cup Crown or Karo

1 tablespoon Lemon Juice

COOK all together without stirring till brittle when tested in cold water. Pour into oiled pans till cool enough to pull.



THE CANADA STARCH CO. LIMITED.

CROWN CARAMELS

1 cup Granulated Sugar	$\frac{1}{4}$ cup Vinegar
1 cup Crown or Karo	2 tablespoons Mazola
$\frac{1}{4}$ cup Water	1 teaspoon Vanilla

BOIL the sugar, Crown or Karo, water and vinegar six minutes, and add the Mazola. Cook till it forms a soft ball in cold water. Remove from fire, and stir in the vanilla. If preferred, one-half cup of candied cherries, cut in halves, may be added. After heating thoroughly, turn into tins well oiled with Mazola. Mark in squares when cool, and cut when cold. Wrap each cube in waxed paper.

CROWN CREAM CARAMELS

1 cup Cream	4 tablespoons Mazola
$\frac{1}{3}$ cup Crown or Karo	2 tablespoons Flour
$\frac{3}{4}$ cup Sugar	2 tablespoons Benson's or Argo Cornstarch
1 teaspoon Vanilla	

PUT sugar, Crown or Karo and half the cream into saucepan and stir constantly till it boils; add the rest of the cream slowly. Do not let boiling cease. Cook till a soft ball forms in cold water. Add the flour, cornstarch and butter creamed together, and continue to cook till a firm soft ball forms in cold water. Turn into tins, well oiled with Mazola, and mark in squares when cool. Nuts may be added if desired.

THE CANADA STARCH CO. LIMITED.

CHOCOLATE CARAMELS

4 squares Chocolate	1 cup Brown Sugar
1 cup Milk	1 tablespoon Mazola
1 cup Crown or Karo	1 teaspoon Vanilla

CUT up the chocolate and add to the milk. When dissolved and the Crown or Karo and sugar and cook till it forms a hard ball in cold water. Add the Mazola when nearly done. Remove from fire and pour into pan well oiled with Mazola. Chopped nuts may be added. Mark in squares when cool.

CROWN SEA FOAM

3 cups Sugar	$\frac{1}{2}$ teaspoon Salt
$\frac{1}{2}$ cup Crown or Karo	1 cup Chopped Nuts
$\frac{3}{4}$ cup Water	1 teaspoon Vanilla
2 Eggs, Whites only	

BOIL sugar, water and Crown or Karo until it forms a soft ball in cold water. Pour slowly onto the whites of the eggs beaten with the salt. Continue to beat till nearly stiff enough to hold its form, add the nuts and flavoring and turn into brick-shaped bread tins. When cold, turn onto waxed paper and cut in squares.

THE CANADA STARCH CO. LIMITED.

PEANUT CANDY

1 pound Brown Sugar
1 cup Crown or Karo
1 cup Water

4 tablespoons Mazola
 $\frac{3}{4}$ pound Shelled Peanuts

BOIL sugar, Crown or Karo and water till it is crisp when dropped in cold water. Just before taking from the fire add the Mazola and the nuts. Pour into pan well oiled with Mazola.

TAFFY

2 cups Sugar
2 pound can Crown or Karo
 $\frac{1}{4}$ cup Vinegar

1 tablespoon Mazola
1 pinch Soda
2 teaspoons Vanilla

BOIL sugar and Crown or Karo till it gets a little thick and add vinegar. When nearly done add Mazola and soda. Remove from fire and add vanilla. The test for all taffy is that it must be crisp in cold water.

PEPPERMINT CANDY

2 cups Brown Sugar
2 tablespoons Mazola

1 cup Crown or Karo
Few drops Oil of Peppermint

BOIL sugar and Crown or Karo together till it will harden in cold water. Add Mazola and peppermint. Turn into tin well oiled with Mazola and mark in squares when cold.

THE CANADA STARCH CO. LIMITED.

GLACÉ NUTS AND FRUITS

1 cup Sugar

1 cup Crown or Karo

$\frac{1}{2}$ cup Water

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

Nuts and fruits may also be covered in a way which, while it is not exactly a glacé, is delicious. Melt a portion of Lily fondant in a double boiler and dip in the nuts and fruits as above. As they harden dip again.

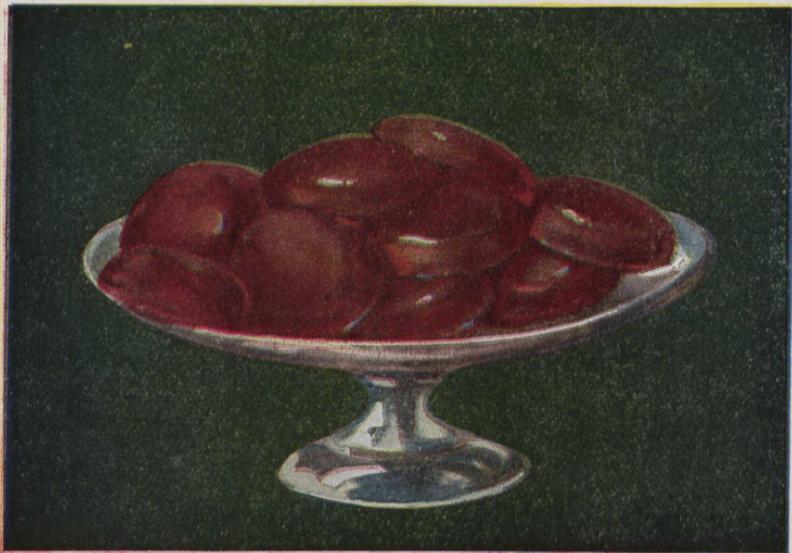
POPCORN BALLS AND FRITTERS

AFTER the corn has been popped, take from the quantity any uncooked or partially cooked grains, being sure to have only fine, large, puffy ones. To one cup Crown or Karo allow one tablespoon vinegar. Boil together until it hardens when dropped in cold water. When ready pour over the popcorn while hot. As soon as cool enough to handle, oil the hands well and form the mass into balls. To make Popcorn Fritters, form the mass into flat, round cakes instead of balls.

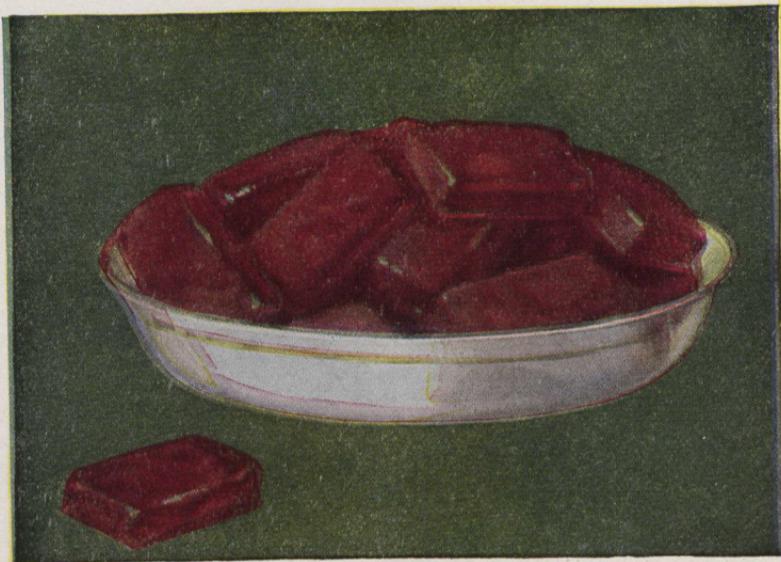
THE CANADA STARCH CO. LIMITED.

CROWN CHOCOLATE PEPPERMINT CANDY

PUT two cups sugar with one cup Crown or Karo over fire in a large saucepan (owing to it rising very high in cooking). Let it cook till when tested by dropping small portion in a cup of ice water it is brittle. Then add two tablespoonfuls Mazola, boil a few minutes, add one teaspoonful essence of peppermint and one teaspoonful baking soda. Boil upward, and pour into well oiled four-inch square pans. Let cool, and cut into bars—then coat with chocolate coating on following page.



THE CANADA STARCH CO. LIMITED.



CHOCOLATE COATING

PUT one-half pound of chocolate in a double boiler, and melt with as little heat as possible; stir until well melted. (Do not allow water to get in while melting as it makes the chocolate dull.) Pour onto a marble slab, and work with the hands until it begins to cool.

THE CANADA STARCH CO. LIMITED.

INDEX

Apple Fritters.....	25	Crown Caramels.....	54
Baked Apple Dumpling.....	29	Crown Chocolate Peppermint Candy.....	58
Baking Powder Biscuit.....	7	Crown Coconut Candy.....	51
Banana Fritters.....	26	Crown Coolies.....	18
Boiled Icing.....	15	Crown Cream Caramels.....	54
Boiled Milk Sponge Cake.....	12	Crown Fudge.....	52
Bran Biscuit.....	8	Crown Sea Foam.....	55
Brown Bread.....	5	Crullers.....	23
Buckwheat Cakes.....	11	Cup Custard.....	21
Café Frappé.....	20	Cup Cake.....	12
Cake Filling.....	15	Delmonico Salad Dressing.....	32
Canning.....	44	Divinity.....	50
Chicken Croquettes.....	27	Divinity Candy.....	51
Chicken Salad.....	33	Divinity Fudge.....	50
Chocolate Caramels.....	55	Doughnuts.....	23
Chocolate Coating.....	59	Eclairs.....	15
Choice of Fruits for Canning, Pre- serving and Jellies.....	39	Fine Cardinal Cookies.....	17
Christmas Pudding.....	22	Fish Salads.....	32
Cinnamon Coffee Cake.....	13	Flannel Cakes.....	10
Clam Fritters.....	27	French Dressing.....	37
Coffee Custard.....	21	French Fried Potatoes.....	24
Corn Bread.....	5	French Toast.....	13
Corn Fritters.....	26	Frozen Compote.....	20
Corn Gems.....	8	Frozen Custard.....	19
Cornmeal Cakes.....	10	Fruit Butter.....	49
Cornstarch Pudding.....	21	Fruit Fritters.....	27
Cream Filling.....	14	Fruit in the Diet.....	38
Cream Puffs and Eclairs.....	15	Fruit Juice Drinks.....	49
Crown Candy for Pulling.....	53	Ginger Bread.....	14

THE CANADA STARCH CO. LIMITED.

Ginger Bread Sauce.....	14	Pie Crust.....	28
Ginger Cookies.....	17	Pineapple Fritters.....	25
Glacé Nuts and Fruits.....	57	Plain Fritters.....	26
Graham Bread.....	6	Popcorn Balls and Fritters.....	57
Graham Muffins.....	9	Potato Salad.....	34
Graham Pudding.....	22	Pound Cake.....	13
Hollandaise Sauce.....	31	Russian Dressing.....	33
Jams.....	48	Saratoga Potatoes.....	24
Jellies.....	40	Shredded Potatoes.....	24
Jelly Making.....	45	Simple Icing.....	16
Large Fruits.....	43	Small Fruits.....	42
Latticed Potatoes.....	25	Spanish Salad.....	35
Layer Cake.....	12	Spiced Cookies.....	16
Liberty Biscuit.....	8	Spiced Fruits.....	49
Lily Fondant.....	53	Sterilizing Jars.....	41
Macedoine Salad.....	34	Storing Jelly.....	46
Marguerites.....	16	Strawberry Short Cake.....	29
Marmalades.....	48	Sweetbread Salad.....	34
Mayonnaise.....	30	Syrup for Canning.....	41
Means of Preserving Fruit.....	38	Taffy.....	56
Meat Croquettes.....	28	Tartar Sauce.....	36
Methods of Canning Fruits.....	40	Test for Pectin.....	46
Nippon Salad.....	35	Testing Jelly.....	46
Oatmeal Bread.....	6	Triple Marmalade.....	48
Parker House Rolls.....	7	Vanilla Ice Cream.....	20
Peanut Candy.....	56	Vinaigrette Sauce.....	32
Peppermint Candy.....	56	Waffles.....	10
		Waldorf Salad.....	35
		White Bread.....	4

THE CANADA STARCH CO. LIMITED.

ENERGY VALUES OF FOODS - CALORIES PER LB.				
NAME	1,000	2,000	3,000	4,000
MAZOLA				4080
BUTTER				3410
BACON				2836
PEANUT BUTTER				2741
CREAM CHEESE				1883
SMOKED HAM				1830
SUGAR				1813
CROWN SYRUP				
KARO				1750
STICK CANDY				1743
MAPLE SUGAR				1683
BENSONS				
CORN STARCH				
& ARGO				1635
MACARONI				1626
BEANS				1564
RAISINS				1562
PORK CHOP				1530
HONEY				1480
LAMB CHOP				1423
FRUIT JELLY				1421
WHEAT BREAD				1182
CORN BREAD				1175
SALT FISH				1076
FOWL				1016
CREAM				865
EGG				672
CANNED FRUIT				578
FRESH FISH				552
GREEN CORN				459
BANANA				447
GRAPE				437
POTATO				378
GRAPE JUICE				370
MILK				314
APPLE				285
ORANGE				233
OYSTER				228
ONION				220
SQUASH				209
TURNIP				178
STRAWBERRY				177
CABBAGE				143
TOMATO				104

Our recipe books will be sent free to your friends upon request. Write names and addresses in spaces below, tear out sheet and mail to nearest office.

THE CANADA STARCH CO., LIMITED

MONTREAL, QUE.

TORONTO, ONT.

Name.....

Street.....

City..... Province.....

Name.....

Street.....

City..... Province.....

Name.....

Street.....

City..... Province.....

Name.....

Street.....

City..... Province.....

Use other side for additional names and addresses



THE CANADA STARCH CO. LIMITED.

MONTREAL

C. R. CORNEIL LIMITED
MONTREAL