

Season  
1914-15



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A Few  
**Cooking  
Suggestions**

by  
Mrs. Kate B. Vaughn

## "The things I like about crisco"

I have seen it manufactured in the bright clean building, devoted exclusively to crisco. I have seen the uniformed, cleanly workers make and pack crisco, and know that no hand touches the crisco itself until the can is opened by myself or you.

I know that crisco is a purely *vegetable* fat. I know that it is the cream of delightful food oils. No animal fat is added.

I know that The Procter & Gamble Company would not manufacture anything *but* a high class product possessing all the merits they claim for it in their advertisements.

I like crisco's non-smoking feature. What woman today wants a smoky kitchen? I further appreciate crisco in frying, in that it is capable of taking such a high temperature without smoking, forming a tasty crust *instantly*, and then *baking* instead of *soaking* the interior of the food. Crisco makes economical fried foods.

I am delighted to find a cooking fat which does not absorb food odors or flavors. I have fried fish, then onions, then potatoes in the same crisco, by straining the crisco after each frying.

Crisco has no odor, save that delicate aroma which identifies the genuine crisco and suggests its pleasing purity. I have never before found a cooking fat of this sort.

I am enthusiastic over the fact that I can use crisco in the place of butter, as well as in the place of lard. In cake making, crisco gives butter richness without butter expense. Crisco makes lighter, tenderer cakes than butter and I like the uniformity of crisco cakes. Butter varies. Crisco costs about one-third as much as good butter, and is even more economical than pail lard. I have found that salt should always be added when using crisco in the place of butter.

I confess I never thought that such a product as crisco was possible. Crisco readily digests at the temperature of the body, 98 degrees.

Everyone joins with me in being glad that that objectionable "lardy" taste is a thing of the past.

Kate B. Vaughan

1.

**Omelet**

6 eggs  
1 teaspoonful salt  
¼ teaspoonful pepper  
Pinch paprika

6 tablespoonfuls hot water  
or milk  
1½ tablespoonfuls crisco  
¼ teaspoonful cream tartar

Separate eggs and beat; to yolks add salt, pepper, paprika and gradually water or milk (water makes tender omelet). Beat whites until dry and stiff. Add cream of tartar, and cut into the yolk mixture. Heat and brush with crisco the omelet pan and pour in the mixture. Place on range where it will cook slowly and evenly. When well puffed and delicately browned underneath, place omelet in center grate of oven to cook on top. When firm to touch, omelet is cooked. Fold and turn on hot platter. Garnish with sprigs of parsley.

2.

**Veal Cutlets**

Trim cutlets and dip in slightly beaten egg, then roll in bread crumbs, seasoned with pepper and salt. Fry in deep crisco hot enough to turn a crumb of bread a golden brown in 60 seconds. Drain on paper.

3.

**Veal Loaf**

2 lbs. veal ground in meat chopper	½ teaspoonful ground cloves Pinch sage
1 teaspoonful minced onion	¼ cupful crisco
1 teaspoonful salt	2 eggs
1 cupful bread crumbs	

Add crisco to chopped meat; season with spices; add bread crumbs and put together with well beaten eggs. Place into well criscoed pan and steam for two hours. If open oven is used, place the pan containing the veal loaf in larger vessel containing 1 cupful of water, to prevent crust being formed. Bake one hour. Serve on platter garnished with water cress and tomato sauce.

4.

**Corn Oysters**

- |   |  |
|---|--|
| 1 can corn (or its equivalent<br>of green corn) | $\frac{3}{4}$ cup cracker crumbs       |
| 2 teaspoonfuls salt                             | 1 egg, whole                           |
|   | 2 tablespoonfuls cream                 |
|   | $\frac{1}{4}$ teaspoonful black pepper |

Bring corn to boil and allow to simmer 10 minutes, season, remove from fire and add cracker crumbs and egg. Have frying pan half filled with heated crisco—hot enough to brown a cube of bread golden brown in 40 seconds. Drop by tablespoonfuls. Turn frequently until all the oysters are an even golden brown. Drain on absorbent paper. Serve with chicken.

5.

**Chicken Croquettes**

- |   |   |
|---|---|
| Cut the meat of one medium<br>sized chicken in small pieces | 1 teaspoonful finely chop-<br>ped parsley |
| $\frac{1}{2}$ teaspoonful celery seed                       | Paprika to taste                          |
| 1 teaspoonful salt  | $\frac{1}{2}$ cupful of bread crumbs,     |
| 1 teaspoonful lemon juice                                   | put together with 1                       |
| $\frac{1}{4}$ teaspoonful onion juice                       | cupful white sauce                        |
|   | 1 egg                                     |

Cool and shape in ordinary method. Fry in deep crisco hot enough to brown a crumb of bread in 40 seconds. The white meat of the fowl absorbs more sauce than the dark meat, and this must be remembered when the dark meat is used alone. Croquette mixtures should be as soft as can be conveniently handled so that the croquettes will be soft and creamy. Can be arranged about a mound of green peas.

6.

**Salmon Croquettes**

- |  |                           |
|--|---------------------------|
| $1\frac{3}{4}$ cupfuls cold flaked sal-<br>mon | Few grains cayenne        |
| 1 cupful thick white sauce                     | 1 teaspoonful lemon juice |
|  | Salt                      |

Add sauce to salmon, then add seasonings. Spread on a plate to cool. Shape, dip in crumbs, egg, and crumbs again, fry in deep crisco hot enough to brown a crumb of bread in 40 seconds.

## 7. **Salmon Cutlets**

Mix equal parts of cold flaked salmon and hot mashed potatoes. Season with salt and pepper. Shape in form of cutlets, dip in crumbs, egg, and crumbs again, fry in deep crisco hot enough to brown a crumb of bread in 40 seconds. Arrange in a circle, having cutlets overlap one another, on a folded napkin. Garnish with parsley.

## 8. **Salmon Loaf**

Line a criscoed bread pan with steamed rice. Fill the center with cold boiled salmon, flaked and seasoned with salt, pepper and few drops of Kitchen Bouquet. Cover with rice and steam 45 minutes. Turn out on platter and pour over it sauce with hard boiled eggs.

## 9. **Fried Oysters**

Choose selected oysters and dry between towels. Roll in cracker crumbs, seasoned with salt and pepper, then in beaten egg and then in cracker crumbs again. Fry in deep crisco until a golden brown. For frying oysters the crisco should be hot enough to turn a crumb of bread a golden brown in 20 seconds. Drain on paper.

## 10. **Fried Chicken**

Select young, tender chickens and disjoint. Wash carefully and let stand over night in refrigerator. Then cook by one of the following methods:

### A

Drain the chicken but do not wipe dry. Season with salt and white pepper and dredge well with flour.

Fry in deep crisco hot enough to brown a crumb of bread in 60 seconds. It will require from 10 to 12 minutes to fry chicken.

Drain on paper and place in oven or warmer until ready to serve. Place on platter garnished with parsley and rice croquettes.

## B

Make a batter of 1 cupful bread flour  
1 teaspoonful salt  
Few grains of pepper  
 $\frac{2}{3}$  cupful water  
2 eggs  
1 tablespoonful crisco

Mix dry ingredients, add water and well beaten eggs and then the crisco. Have kettle of crisco hot enough to turn a crumb of bread a golden brown in 60 seconds. Drain chicken but do not dry.

Dip each joint separately in batter and fry in the deep crisco until a golden brown. It should take from 10 to 12 minutes. Serve on a folded napkin, garnish with parsley.

## C

Drain chicken but do not wipe dry. Season with salt and pepper and dredge well with flour. Put 3 tablespoonfuls of crisco in frying pan and when hot place chicken in pan, cover, and allow chicken to steam for 10 minutes. Remove the cover from the pan and allow the chicken to brown, taking care to turn frequently. Serve on platter, garnished with parsley, and serve with cream gravy.

## 11. Tomato Sauce

1 cupful of strained tomato juice  
 $\frac{1}{2}$  teaspoonful onion juice  
 $\frac{1}{4}$  teaspoonful salt  
 $\frac{1}{8}$  teaspoonful pepper

Rub together 2 tablespoonfuls of crisco and 2 tablespoonfuls flour, add to tomato juice, season and let simmer in double boiler for 5 minutes.

## 12. White Sauce

1 tablespoonful crisco, rubbed  
into 1 tablespoonful flour  
 $\frac{1}{4}$  teaspoonful salt  
 $\frac{1}{8}$  teaspoonful white  
pepper

Have 1 cupful milk in double boiler, and blend in the flour and crisco. This should cook 10 minutes before adding the peas.

13.

**Creole Sauce**

2 tablespoonfuls chopped onion	2 tomatoes
4 tablespoonfuls chopped green pepper	6 olives
2 tablespoonfuls melted crisco	1 teaspoonful salt
	Pepper to taste
	1 cupful tomato sauce
	(Recipe No. 11)

Cook onion and pepper with the crisco for five minutes. Add the tomatoes and olives and cook two minutes. Then add the cupful of Tomato Sauce. Stir well and allow to stand a few minutes on the range before serving.

14.

**Sweet Potato Croquettes**

2 cupfuls mashed boiled sweet potatoes	1 tablespoonful crisco
2 tablespoonfuls sugar	1 teaspoonful salt
	Pinch of black pepper
	1 egg well beaten

Add sugar, salt, pepper and crisco to hot potatoes and fold in the well beaten egg. Add  $\frac{1}{4}$  cupful of raisins plumped in hot water; shape into small croquettes, dip in flour, then in egg, and crumb and fry in deep crisco heated until a crumb of bread turns a golden brown in 40 seconds. Drain on absorbent paper.

15.

**Potato Puffs**

1 cupful mashed Irish potatoes	$\frac{1}{4}$ teaspoonful white pepper
$\frac{1}{2}$ cupful flour	
1 teaspoonful baking powder	1 tablespoonful crisco
1 teaspoonful salt	1 whole egg

Beat potatoes until light, add crisco and well beaten egg. Then dry ingredients. Drop by spoonfuls into crisco heated until it will turn a cube of bread a golden brown in forty counts. Serve immediately, as they fall if allowed to stand long.

## 16. Marshmallow Gingerbread

$\frac{1}{2}$ cupful crisco	$1\frac{3}{4}$ teaspoonfuls soda
1 cupful buttermilk (or sour milk)	1 teaspoonful salt
	1 teaspoonful ginger
$2\frac{1}{4}$ cupfuls flour	1 cupful molasses
2 eggs	$\frac{1}{2}$ teaspoonful cinnamon

Cream crisco and egg, add molasses. Sift all dry ingredients and alternate with sour milk. Beat well and pour into criscoed and floured pan and bake in moderate oven about 25 or 30 minutes. Remove from pan on wire trivet, cut crosswise. Pour over bottom layer,  $\frac{1}{2}$  pound of marshmallow melted over steam. Cut in squares and serve with whipped cream.

## 17. Baking Powder Biscuits

2 cupfuls flour	1 teaspoonful salt
4 teaspoonfuls baking powder	2 tablespoonfuls crisco
$\frac{3}{4}$ cupful milk	

Mix and sift twice the dry ingredients. Work in crisco with tips of fingers; add gradually the liquid, mixing with a knife to a soft dough. Toss on a floured board, pat and roll to one-half inch in thickness. Shape with a biscuit cutter. Place on a tin greased with crisco and bake in a hot oven 12 or 15 minutes.

## 18. Sour Milk Biscuit

2 cupfuls flour	3 tablespoonfuls crisco
1 teaspoonful salt	Rubbed into it lightly $\frac{3}{4}$
$\frac{1}{2}$ teaspoonful soda	cupful sour milk

Sift the dry ingredients. Knead lightly until smooth and roll to  $\frac{1}{2}$  inch in thickness. Bake in a hot oven.

## 19. Dixie Biscuit

2 cupfuls flour	1 teaspoonful sugar
4 teaspoonfuls baking powder	1 egg
1 teaspoonful salt	$\frac{1}{2}$ cupful milk
3 tablespoonfuls crisco	

Sift together the dry ingredients. Rub in the crisco lightly; beat egg and add with the milk. Roll out  $\frac{1}{8}$  inch in thickness and cut with biscuit cutter. Brush over with crisco and bake in a hot oven.

20.

**Beaten Biscuit**

2 cupfuls flour	$\frac{1}{2}$ teaspoonful baking powder
1 teaspoonful salt	3 tablespoonfuls crisco
1 teaspoonful sugar	$\frac{1}{3}$ cupful milk
$\frac{1}{3}$ cupful water	

Sift together the dry ingredients. Cut the crisco in with a knife or work in lightly with tips of fingers. Mix the milk and water together, chill thoroughly and add gradually to the dry ingredients. Everything should be as cold as possible. Mix into a smooth, elastic dough, and put on a floured board. Beat into a thin sheet with triangular biscuit beater. Sprinkle over with pastry flour. Roll up like jelly roll and continue the beating in the same way until the dough is smooth and velvety and blisters when rolled out. Roll to  $\frac{1}{8}$  inch in thickness and cut into small biscuits, prick in center and set in refrigerator for an hour before baking. These should be baked in a moderate oven and the gas turned off when the biscuits are golden brown. Allow the biscuits to remain for 10 minutes in the cooling oven to dry out. These biscuits are similar to a cracker.

21

**Flour Muffins**

2 cupfuls flour	$1\frac{1}{2}$ cupfuls buttermilk
$\frac{3}{4}$ teaspoonful soda	2 eggs
1 teaspoonful salt	2 tablespoonfuls crisco

Beat the egg, add the salt and milk. Stir in the flour and the melted crisco. When ready to cook, stir in the soda mixed in a tablespoonful of water. Bake in a hissing hot criscoed pan in a hot oven.

22.

**Corn Bread**

Sift together 2 cupfuls of meal,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  teaspoonful soda and add 1 tablespoonful crisco. Mix with buttermilk to make a soft dough. Make into small ponies or dodgers, put on a hot criscoed baker or griddle, and bake in a hot oven.

*Use level measurements  
for all ingredients*

## 23. Parker House Rolls

- |                         |                               |
|-------------------------|-------------------------------|
| 1 cupful hot water      | 2 teaspoonfuls salt           |
| 1 cupful scalded milk   | 1 yeast cake dissolved in     |
| 3 tablespoonfuls crisco | $\frac{1}{4}$ cupful lukewarm |
| 2 tablespoonfuls sugar  | water                         |

Add crisco, sugar and salt to milk and water; when lukewarm add dissolved yeast cake and 3 cupfuls of flour. Beat thoroughly, cover, and let rise until light; cut down and add flour enough to knead. Let rise again, toss on slightly floured board, knead, pat and roll out to  $\frac{1}{3}$  inch thickness. Shape with biscuit cutter. Dip the handle of a case knife in flour, and with it make a crease through the middle of each piece, brush over one-half of each piece with melted crisco, fold and press edges together. Place in a pan greased with crisco, one inch apart, cover, let rise and bake in a hot oven twelve to fifteen minutes.

## 24. Boiled Dressing

- |  |  |
|--|--|
| 5 egg yolks, or 2 egg yolks                | $\frac{1}{2}$ teaspoonful salt         |
| may be used, in which                      | $\frac{1}{2}$ teaspoonful celery seed  |
| case, add $\frac{1}{2}$ tablespoon-        | $\frac{1}{4}$ teaspoonful white pepper |
| ful of flour to the dry in-                | Dash cayenne                           |
| gredients                                  | $\frac{1}{4}$ cupful sugar             |
| $\frac{1}{2}$ teaspoonful prepared mustard | $\frac{1}{4}$ cupful melted crisco     |
- Beat yolks very light. Add sugar and other dry ingredients. Pour melted crisco in last, beating well. Have boiling in double boiler  $\frac{1}{2}$  cupful mild white vinegar. Pour egg mixture into boiling vinegar and stir until thick. This keeps indefinitely if sealed in a glass jar. When ready to use, add 1 cupful of whipped cream or  $\frac{1}{2}$  cupful of sweet cream to 1 cupful of the dressing.

## 25. Thousand Island Salad Dressing

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1 cupful boiled dressing          | 1 tablespoonful sweet green |
| 1 tablespoonful chili             | pepper chopped fine         |
| sauce                             | 1 tablespoonful pimento     |
| 1 teaspoonful Worcestershire      | chopped fine                |
| sauce                             | 2 cucumbers chopped fine    |
| $\frac{1}{4}$ teaspoonful paprika | 1 teaspoonful beets (if de- |
| $\frac{1}{4}$ teaspoonful mustard | sired) chopped fine         |

Add the chili sauce and Worcestershire sauce to boiled dressing with seasoning. Add green and red peppers and vegetables just before serving.

## 26. Frozen Fruit Salad

One can California white cherries, one can pineapple, two oranges, one large bell pepper. Seed the cherries and put a blanched almond into each. Cut the pineapple and oranges into small blocks. Mix all together with a pint of Boiled Dressing. Put in freezer and pack with ice. When ready to serve, place on nest of headed lettuce on large platter and garnish with green pepper cut into very thin rings.

## 27. Macaroni Salad

½ package macaroni, cooked and blanched	1 cupful celery
1 cupful cabbage, shredded	2 sweet green peppers
	2 pimentos

Marinate macaroni with Boiled Dressing. Just before serving, combine the vegetables and garnish with boiled dressing.

## 28. Cheese Dreams

2 teaspoonfuls baking powder	1 tablespoonful crisco
½ teaspoonful salt	⅓ cupful milk or water
	½ cupful cheese
1 cupful flour	

Mix and sift the dry ingredients. Work in crisco lightly with the tips of fingers. Add liquid gradually and then sprinkle in the cheese which has been grated. Toss on a floured board, and roll out ¼ inch in thickness and cut with small cutter. Bake in hot oven ten minutes and serve hot with salad course.

## 29. Plain Pastry

1 ½ cupfuls flour	Just enough cold water to
½ cupful crisco	hold dough together (this
1 teaspoonful salt	makes two crusts)

Sift the flour and salt together three times. Cut the crisco into the flour with two knives until the mixture looks like coarse meal. Add water slowly, mixing thoroughly with a knife. Roll dough on a floured board to ¼ inch in thickness. Use a light motion in handling the rolling pin, and roll from the center outward. The crisco should be of a consistency such that when scooped out with a spoon it rounds up egg-shaped.

30.

**Flake Pastry**

1 cupful flour  
4 tablespoonfuls crisco  
 $\frac{1}{2}$  teaspoonful salt

Just enough cold water to hold  
dough together (two table-  
spoonfuls should be suffi-  
cient)

Sift the flour and salt and cut half the crisco into the flour with a knife until it is finely divided. The finger tips may be used to finish blending the materials. Then add the water sparingly, mixing it with a knife through the dry materials. Form with the hand into a dough and roll out on a floured board to  $\frac{1}{4}$  inch in thickness.

Spread one-third of the remaining crisco on the two-thirds of the dough nearest you; fold twice, so as to make three layers, folding in first that part on which the crisco has not been spread. Turn dough, putting folded edges to the sides; roll out, spread and fold as before. Repeat once more. Use a light motion in handling the rolling pin, and roll from the center outward.

Should the crisco be too hard, it will not mix readily with the flour, in which case the result will be a tough crust.

**31. Filling for Lemon Meringue Pie**

6 eggs  
2 cupfuls sugar  
2 tablespoonfuls flour  
3 lemons

2 cupfuls rich milk  
2 tablespoonfuls crisco  
1 teaspoonful salt  
2 whites of egg

Cream sugar and yolks, add crisco and sift in flour and salt, then gradually milk. Beat and cut in whites of 2 eggs. Add lemon just before baking.

**Meringue**

Whites 4 eggs

4 tablespoonfuls sugar  
 $\frac{1}{4}$  teaspoonful cream tartar

Beat eggs stiff and dry, gradually heat in sugar and cream tartar. Spread on pie and brown in *slow* oven. Should require 12 minutes to bake meringue. Cool gradually, never in draught.

32.

**Chocolate Doughnuts**

3 tablespoonfuls crisco	4½ cupfuls flour
1¼ cupfuls sugar	1 teaspoonful soda
2 eggs	1 teaspoonful baking powder
1½ squares melted chocolate	1 teaspoonful cinnamon
1 cupful sour milk	¼ teaspoonful salt
1¼ teaspoonfuls vanilla	

Cream crisco and add sugar gradually, while beating constantly; then add eggs, well beaten, melted chocolate, sour milk, and flour, mix and sift with soda, cinnamon and salt. Add vanilla, and enough more flour to handle the mixture. Toss on a slightly floured cloth, knead slightly, pat and roll to one-fourth inch in thickness, shape with a doughnut cutter, first dipped in flour, fry in deep crisco heated until a cube of bread will turn golden brown in 60 counts, and drain on brown paper.

33.

**Chocolate Marshmallow Roll**

3 eggs well beaten	2 tablespoonfuls melted crisco
Sift into them 1 cupful granulated sugar	1¼ cupful flour
¼ cupful lukewarm water	½ teaspoonful salt
2 squares chocolate	½ teaspoonful soda
	1 teaspoonful cream tartar

Sift together the dry ingredients several times. Beat eggs together until light. Add salt gradually, then the melted chocolate, and the lukewarm water, and two tablespoonfuls melted crisco; lastly fold in the dry ingredients. Bake in a moderate oven in thin sheets. Remove from pan on a damp cloth, spread with marshmallow filling (No. 41) and roll up as a jelly roll.

34.

**Bride's Cake—Loaf**

¾ cupful crisco	3 cupfuls flour
2 cupfuls sugar	3 teaspoonfuls baking powder
8 egg whites	1 teaspoonful salt
1 cupful water	¼ teaspoonful cream tartar
1 teaspoonful orange extract	

Sift flour, measure, return to sifter, add salt and baking powder and sift five or six times. Cream crisco, add sifted sugar and continue to cream until fluffy

and light, add water, (about one-fourth first,) alternate balance with dry ingredients, beating vigorously. Add extract. Beat whites of eggs until light, add cream of tartar, cut into batter and pour into floured stack pan. Place in cold oven, which is allowed to heat gradually. Bake in slow oven 60 minutes. Turn off gas and allow cake to remain in oven five minutes. Invert pan and allow cake to fall out like angel food.

### 35. Butterless-Milkless-Eggless Cake

- |                               |   |
|-------------------------------|---|
| $\frac{2}{3}$ cupful crisco   | $\frac{1}{2}$ teaspoonful nutmeg        |
| 2 cupfuls brown sugar         | $\frac{1}{2}$ teaspoonful powdered mace |
| 2 cupfuls water               | 2 teaspoonfuls baking soda              |
| 2 cupfuls seeded raisins      | 4 cupfuls flour                         |
| 1 teaspoonful salt            | 1 teaspoonful baking powder             |
| 2 teaspoonfuls powdered cin-  | $\frac{3}{4}$ cupful chopped nut meats  |
| namon                         | 3 tablespoonfuls warm water             |
| 1 teaspoonful powdered cloves |   |

Put the crisco into a saucepan, add sugar, water, raisins, salt and spices, and boil for three minutes. Cool and when cold add the flour, baking powder, soda dissolved in the warm water and the nut meats. Mix and turn into a criscoed and floured cake tin and bake in a slow oven for one and a half hours.

### 36. Devil's Food Cake

- |   |                                  |
|---|----------------------------------|
| 2 cupfuls granulated sugar              | $\frac{1}{2}$ cupful milk        |
| $\frac{3}{4}$ cupful crisco creamed to- | 1 cupful nut meats               |
| gether                                  | 2 cupfuls flour                  |
| 4 eggs, yolks creamed with              | 3 teaspoonfuls baking            |
| sugar and crisco                        | powder                           |
| 1 cupful hot mashed                     | 2 teaspoonfuls cinnamon          |
| potatoes                                | $\frac{1}{2}$ teaspoonful nutmeg |
| 2 squares chocolate, grated             | 1 teaspoonful salt               |

Cream together the sugar and crisco, then cream with the yolks of the eggs. Stir in the mashed potatoes, grated chocolate and nut meats. Sift together the flour, nutmeg, and cinnamon and stir in alternately with the milk. Beat thoroughly, and lastly fold in the beaten whites of eggs.

### 37. **Emily's White Cake**

1½ cupfuls sugar	3 cupfuls flour
½ cupful crisco	3 teaspoonfuls baking powder
1 cupful milk or water	1 teaspoonful salt
Whites three eggs	1 teaspoonful orange

Cream crisco, add sugar and cream together. Sift dry ingredients and add alternately with milk. Add orange, beat mixture thoroughly and last fold in stiffly beaten whites of eggs. Flour layer cake tins, pour in cake mixture and bake in moderate oven for 20 minutes.

### 38. **Hermits**

⅓ cupful crisco	½ teaspoonful cinnamon
1 cupful sugar	½ teaspoonful cloves
2 eggs	½ teaspoonful mace
¼ cupful milk	½ teaspoonful nutmeg
2 cupfuls flour	½ teaspoonful salt
2 teaspoonfuls baking powder	1 tablespoonful cocoa
	½ cupful raisins chopped fine

Cream the crisco and sugar; add the eggs beaten together. Alternate with milk and dry ingredients sifted together. Roll ¼ inch thick, cut in squares or circles and bake in moderate oven until well set.

### 39. **Turkish Delight**

2 cupfuls sugar	3 cupfuls flour
¾ cupful crisco	1 teaspoonful cinnamon
3 eggs	¼ teaspoonful nutmeg
1 cupful jam	1 dozen dates cut fine
½ cupful buttermilk	½ cupful nut meats
1 teaspoonful soda	½ teaspoonful salt

Cream crisco and 1 cup sugar together. Cream yolks of eggs and 1 cupful of sugar together, and combine mixtures; to which add the jam. Sift the dry ingredients together and alternate with buttermilk, adding beaten whites of eggs last. Bake in layers and use Mocha Filling.

40.

**Mocha Filling**

$\frac{1}{3}$ cupful crisco	1 tablespoonful strong coffee
$\frac{1}{2}$ teaspoonful salt	infusion
1 cup confectioners' sugar	

Cream crisco and add sugar gradually until all oily appearance has disappeared (it may require more sugar). As the mixture thickens, add the coffee one drop at a time, beating all the while. Flavor with one teaspoonful vanilla and spread between layers and on top of the cake.

41.

**Marshmallow Icing**

2 whites of eggs	1 cupful of water
2 cupfuls of sugar	$1\frac{1}{2}$ dozen marshmallows
1 teaspoonful of vanilla	

Stir the sugar into the water and when dissolved let boil until the syrup drops heavy from spoon, pour into the stiffly beaten whites, three tablespoonfuls of this syrup and beat hard; when syrup will thread when dropped from spoon, pour another three spoonfuls into the eggs and continue beating; remove syrup from fire and let cool a few minutes while beating the icing, then add the icing and as soon as it is well blended drop in marshmallows and continue to beat. Use a motion of lifting. If not ready to use, cover with paraffine paper and stand in cool, dry place.

42.

**Pineapple Mousse**

1 can sliced pineapple	1 tablespoonful granulated
2 tablespoonfuls lemon juice	gelatine
$\frac{1}{2}$ cupful sugar	1 pint whipped cream

Soften gelatine in  $\frac{1}{4}$  cupful cold water; bring 1 cupful pineapple juice and sugar to boil, add gelatine and when cool, add lemon juice and 3 slices pineapple shredded. When ready to set, fold in pint of cream, whipped. Arrange whole slices of pineapple about a well criscoed mold and pack in ice and salt for four hours. Dip mold in warm water to unmold.

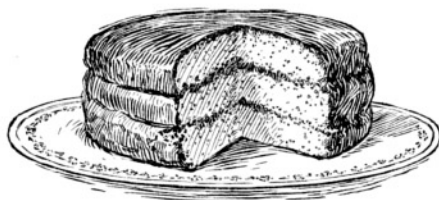
43.

## Apricot Surprise

$\frac{1}{2}$ cupful boiling water	2 tablespoonfuls granulated
$\frac{1}{2}$ cupful sugar	gelatine
$\frac{1}{4}$ cupful orange juice	$\frac{1}{4}$ cupful cold water
$\frac{1}{4}$ cupful apricot syrup	$\frac{1}{3}$ cupful seedless raisins
1 tablespoonful lemon juice	$\frac{2}{3}$ cupful canned apricots cut
$\frac{1}{4}$ teaspoonful salt	in pieces

Bring water and sugar to boiling point and let boil 1 minute. Add apricot syrup, lemon juice, salt and gelatine soaked in cold water. To raisins, add orange juice and cook in double boiler until raisins are plump. Add to jelly mixture with apricots cut in small pieces. Turn into a mold, chill thoroughly, remove from mold and serve with whipped cream.

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*Use level measurements  
for all ingredients*

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## IMPORTANT POINTS

Crisco does not require refrigeration. It will always be in excellent condition for use if kept at a moderate temperature.

If crisco has become chilled, use the same method in creaming you would use in creaming butter, viz: warm the bowl with hot water or by placing on the stove for a moment, but never melt the crisco for cake or pastry.

In using crisco instead of butter, add salt in the proportion of one level teaspoonful to each cupful of crisco, to compensate for the salt used in butter to preserve it.

In making sauces, thoroughly blend the flour and crisco before adding the milk.

In using melted crisco in Boiled Dressing, Croquettes, Rolls, Fritters, etc., be sure that the melted crisco is cooled sufficiently so that the hot fat will not injure the texture of the foods.

Deep fat frying, which means submerging the food in the fat, is far superior to shallow or saute frying and can be done most economically with crisco, because so little is absorbed by the food, and the crisco does not take up the odor or flavor of the food which is fried in it. This characteristic makes it possible to use crisco for frying one article of food after another.

In frying with crisco, it is economy to use three pounds in the kettle, clarifying the fat when it is put away. To clarify crisco, take that which has been used for deep frying and when it has cooled, but not solidified, strain through a double thickness of cheese cloth, replace kettle on stove, drop several slices of Irish potato into the crisco and reheat. When the potatoes are golden brown, take out and pour the crisco back into the tin. With this little care, fish, oysters, onions, chops, fritters, doughnuts, etc., may be fried over and over again in the same crisco, and this feature means a big saving.

For deep frying, heat crisco until a crumb of bread becomes a golden brown in

60 seconds for raw dough mixtures, as crullers, fritters, etc.

40 seconds for cooked mixtures, as croquettes, codfish balls, etc.

20 seconds for French fried potatoes.

Seconds may be counted thus: one hundred and one, one hundred and two, etc.

The fat may be also tested by dropping into it a little piece of the article to be cooked. When it rises to the top, bubbles vigorously and browns quickly, the fat is hot enough.

Never have crisco smoking hot, for it is then too hot.

Do not put cold fat into a hot vessel.

## NOTES