

A CENTURY OF PROGRESS IN COOKING



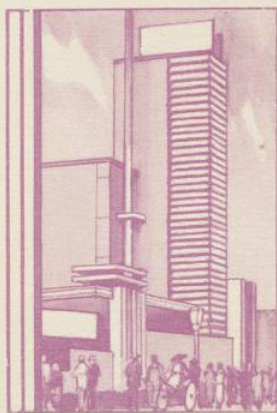
BY GRACE VIALL GRAY

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A

CENTURY OF

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A Century of Progress in Cooking

By GRACE VIALL GRAY



Grace Viall Gray

TODAY'S KITCHEN COMPARED TO THE KITCHEN OF YESTERDAY

The charm of the Colonial spinning wheel and the fireplace of the olden kitchens has been preserved in many of our homes today, though their purposes in spinning and cooking have long since been unnecessary to us. The Washingtons' quaint old kitchen in Mount Vernon, with its huge fireplace and copper kettles, makes us wonder at the efficiency of meal preparation and the character of it.

A Century of Progress in Cooking truly reflects the whole development of civilization of man—in the last century all of the marvelous changes have taken place, the use of steam power, refrigeration, food preservation; electricity, with the countless appliances and labor-saving devices made possible through it. Then think of the ages and ages back when these things were unheard of and man had not even a knowledge of fire or utensils with which to cook.

The modern homemaker has much to be appreciative of, working in her convenient well-equipped kitchen. The heritage from the past is her benefactor not only in the way of mechanical improvement, the construction of her home, efficient fuels, design and beauty in her home, but also the independence and spiritual emancipation which is hers. For, up to a comparatively short time ago, women were given no thought in education, no freedom of their own. The place which woman has achieved for herself in all vocations is a mark of this century.

The romantic story of the development of cooking is tied up with many other factors just as it is now—fuels, equipment, transportation, food production and preservation, the advancement of science, and the social trends.

THE FIRST FIRE

Prehistoric man knew nothing of fire nor had he any tools, so that most food was eaten raw. His knowledge of fire came from lightning

setting fire to vegetation and sparks flying from splinters as he was working. He came to preserve this fire and later make his own by the friction of two pieces of wood or flint. Fireplaces began with the open fire. They were then made by piling stones together, lining dug-out pits with stones and later made artificial containers as braziers used in the Orient today—an open pan to hold live coals. Finally, they were set together with stones and had chimneys. Benjamin Franklin was the first to devise one to be built in the middle of the room, which is the beginning of stoves—iron ranges, heaters of all kinds, then the gas and electric stoves.

EARLY KITCHEN TOOLS

Contrast the beautiful enamel, china, glassware, aluminum and pyrex used today with the equipment in which the first pottage was made. The tools were imitations of forms in nature such as a bowl of a hollow stone, a knife inspired by a flint splint, a spoon by a shell, forked instrument by forked sticks or the human hand or claw of a bird, and a hammer by the human fist.

EARLY COOKING

The staple foods of ancient peoples seem to have been very healthful ones—eggs, milk, rice, honey, onions, succory and carrots. Meat was used in case of entertainment and special occasions. The method of preparation has changed from throwing the whole carcass into the fire to our present day careful regulation of temperature throughout. The ancients roasted meat on a stick over a flame of fire; from this the spit was developed. Sometimes it was buried in leaves in the embers; later boiled in the skin of the animal. The method of heating stones redhot and dropping them into the water was used for cereals as well as meat. Later the pots were placed directly on the fire.

TWO INTERESTING RECIPES OF LONG AGO

The first dish of which any record is made is red pottage of lentils for which Esau sold his birthright. This is yet very common in Germany and France. The earliest appearance of cook books is recorded in 1375. The type of food used and the way in which directions were stated calls up a smile and makes us not a little grateful for the directness and exactness of the tested recipes available today. Here is a pagan recipe for—we cannot say what: Wash and scrape some lettuces, put wine into a mortar and pound or pulp the lettuces thin. Now squeeze out the juice, mix up some flour from spring wheat, and allow it to settle, after which pound again, adding a little pigs feet and pepper. Finally pound again, draw out into a cake, smooth and cut it into shape, and boil in hot oil.

And this from an outstanding English recipe book published in 1747: Get the liver of the sheep, when you kill one, and cut it as thin as you can, and chop it; mix it with as much suet shredded fine, as many crumbs of bread or biscuit grated; season it with some sweet herbs shredded fine, a little nutmeg, grated; a little pepper, and an anchovy shredded fine; mix all together with a little salt, or the

anchovy liquor, with a piece of butter fill the crust and close it; boil 3 hours.

MEAL PLANNING IN EARLY DAYS

Meal planning in the early stages of civilization was an unknown essential. However, man's diet must have been well balanced for the foods he needed were in nature and he used them—vegetables, cereals, eggs, milk, and meat. With the elaboration and lavishness in living came more luxury in food preparation and we suppose gastronomical irregularities began. The Persians were the first to set an example in luxurious cooking—the favorable climate, the fertility of the soil and their natural love of ease all were stimulants to this development. A breakfast menu consisting of the following was served to an earl and countess in England during the reign of Queen Elizabeth: two loaves of bread, 1 quart of beer, another of wine, ten herrings, two cuts of salt fish, and a dish of sprats. We find our friend Pepys writing in his "Diary", January 26th, 1659, indicating no decline in the English appetite: "Coming home from his office to my lord's lodging, where his wife had got ready a very fine dinner—a dish of marrow bones, a leg of mutton, a loin of veal, a dish of fowl, three pullets and a dozen larks, all in one dish; a great tart, a neat's tongue, a dish of anchovies, a dish of prawns and cheese." The balance leans to one side, we would say.

EARLY ETIQUETTE

We find some amusing notes on etiquette recorded, such as: Each time you drink you should wipe your mouth well, that no grease may go into the wine, which is very unpleasant to the person who drinks after you. This to the children—Disclose not, by any ravenous gesture your angry appetite, nor feast your eyes too greedily on the meat before you, as if you would devour more than your throat can swallow.

Times and customs change, evolution goes on continuously, we trust toward the best. Tomorrow we will be antique—let us give to the present our best and though being old to posterity, we will be remembered to have contributed a worthwhile something.

COOKING LIKE MATRIMONY

"Cooking", said Yuan Nui, a Savarin of China and author of a scholarly cook book during the 18th century, "is like matrimony—two things served together should match. Clear should go with clear, hard with hard and soft with soft . . . Into no department of life should indifference be allowed to creep—into none less than into the domain of cookery." The philosophy, yes—but would he really approve of potatoes, turnips and parsnips served together?

Modern science has analyzed foods in relation to body needs making up a romantic and wonderful story which no history in the past can excel. The intelligent homemaker can avail herself of information from a hundred different sources to assure herself how to make the food she serves prove adequate in maintaining the health and happiness of her family.



*The
White House,
Washington, D. C.*

Famous Recipes from Famous People

From the White House comes these two recipes—both favorites of our President, Franklin Delano Roosevelt.

ITALIAN RICE

2 tablespoons of butter
4 medium sized onions
1 cup rice
 $\frac{1}{2}$ teaspoon salt
Dash of red pepper
3 cups of chicken broth

Melt butter in a shallow pan, cut up onions and put in melted butter. At the same time put in the cup of dry rice (the rice should not be washed. It can be picked over on a clean towel as it will not brown if there is any moisture). Allow the onions and rice to become thoroughly browned in the butter over a low flame. After the rice and onions are uniformly brown, add the chicken broth and simmer for about three-quarters of an hour. If chicken broth is not available, one can use a bouillon cube, dissolved in three cups of boiling water. Care should be taken to have the heat very slow as too quick cooking makes the rice soggy.

KEDGEREE

1 cup boiled whitefish (flaked)
1 cup boiled rice
2 hard boiled eggs
Seasoning to taste

Mix all ingredients together and put in oven to brown. Serve hot. (The hard boiled eggs are, of course, chopped and added. If one likes the mixture a little moist, milk may be added).

Vice-President John N. Garner has no favorite recipes, but Mrs. Garner (also his secretary) says he is quite partial to both these breads:

ICE BOX ROLLS

1 cake yeast
1 cup scalded milk
 $\frac{3}{4}$ cup shortening
1 rounded tablespoon sugar
1 cup mashed potatoes
2 eggs well beaten
1 teaspoon salt
Enough flour to make a stiff dough

Dissolve yeast and sugar in lukewarm milk. Add other ingredients. Put in ice-box. About one hour before baking, make into rolls. This dough will stay nice two or three days.

SPOON CORN BREAD

3 cups milk
3 eggs
1 scant cup corn meal
Butter size of a walnut
3 level teaspoons baking powder
1 teaspoon salt

Stir meal into two cups of milk and let come to a boil, making a mush. Then add balance of milk, well beaten eggs, salt, baking powder, and melted butter. Bake in medium oven about 30 minutes, or until done. Serve in pan in which it is baked. We always use an earthenware baking pan for this bread.

The Herbert Hoovers have no "favorite" recipe but gave us this dish of which they are especially fond:

BAKED COD WITH SAUCE

1 cod weighing about
3 pounds
1 dozen oysters
8 ounces shrimps
1 lemon sliced
1 onion sliced
1 pound tomatoes
Salt and pepper

Put all ingredients together in a baking pan. Bake in medium oven for 45 minutes.

Governor Gifford Pinchot of Pennsylvania says that one of his favorite recipes is for

GRAHAM CRACKER PIE

Roll ten graham crackers fine; add one-fourth cup granulated sugar, one teaspoonful cinnamon, one-fourth cup melted butter; mix well and line pie tin.

For filling, mix one pint milk, one-half cup sugar, two tablespoonfuls cornstarch, yolks of two eggs (save the whites for the meringue), one teaspoonful vanilla; cook about three minutes; put in pan while hot. Make meringue with $\frac{1}{2}$ cup granulated sugar and whites of eggs; add meringue and put in oven for seven minutes to brown.

When cool put in refrigerator for about ten hours before serving.

The Consul for France in Chicago, Rene Weiller, has the following favorite dish:

BEEF "A LA MODE"

Take about 2 pounds of rump and garnish lengthwise with slices of bacon; put the meat in the pan either with a piece of butter or with good roast or chicken fat and heat it until it browns. When the meat is browned, add three glasses of water, one glass of white wine and a spoonful of spirits; salt and pepper. Add a piece of bacon rind, a small piece of veal's foot, some parsley, thyme, bay leaf, a whole clove, a few sliced carrots and about 10 medium onions.

Cook on a slow fire for 5 hours, remove the fat, pass the stock through a sieve and serve.

While the beef is cooking, do not cover the pan; your Beef "A La Mode" will be so much better.

From Amos 'n' Andy comes this appropriate recipe, with the notation that Mrs. Gosden makes this often and that both Mr. Correll and Mr. Gosden like it for dessert:

CHOCOLATE ROLL

5 eggs
1 cup powdered sugar
3 tablespoons cocoa
1 tablespoon flour
Salt
1 cup whipping cream
Vanilla

Mix dry ingredients; fold into stiffly beaten egg whites; add yolks well beaten. Spread into 2 shallow well-greased baking pans, and bake in hot oven 10 minutes. Turn out on floured towel, roll while hot, and cover with dampened towel. When ready to serve, unroll and spread with cream, whipped very stiff, sweetened and flavored. Form into roll again, and serve in thick slices. Whipped cream may be served with this, or a hot chocolate sauce.

From Fannie Hurst, famous author and writer, comes her favorite recipe, which is

HOT CHEESE ROLLS

Remove the crust from a sandwich loaf of bread and cut into one-half inch thick slices. Butter lightly. Cut pieces of American cheese the same length as the slices of bread and about one-fourth of an inch in thickness. Place cheese across one corner of bread and roll bread around it, thus forming a cylinder.

Toast in oven until cheese begins to ooze from ends and bread is lightly brown. Serve hot as an appetizer or with the salad course.

Mary Carr, famous movie actress, gives a favorite recipe for

PHILADELPHIA FRIED TOMATOES

Select large firm tomatoes, do not skin. Cut in thick slices, dust with salt, pepper, sugar and flour. Melt a generous amount of butter in frying pan. Have medium heat. Place slices of tomatoes in pan, *flour side down*. Dust tops with more flour and fry until one side is brown. It is well at this stage to reduce heat. Place lid over pan and allow tomatoes to cook until soft. The liquid left in pan may be thickened and served over tomatoes.

VANILLA WAFER ROLL

2 boxes vanilla wafers (or 1 lb.)
1 pound chopped dates
6 teaspoonfuls cream

2 teaspoonfuls vanilla
1 cup chopped pecans

Method: Mix together the crushed vanilla wafers, dates, cream, vanilla and nut meats. Make into a roll and leave in refrigerator overnight (covered) slice and serve with whipped cream.

PEAR COCKTAIL

2 cups canned pears
2 cups of pear juice
Worcestershire sauce

2 teaspoonfuls finely chipped onions
1 cup diced celery

Cut the pears in small pieces. Add to the pear juice. Then add the finely chipped onion, celery and Worcestershire sauce to taste. Chill thoroughly and serve.

GRAPE JUICE ICE

1½ cups water
1 cup sugar
1 tablespoon gelatin
½ cup cold water

4 tablespoons lemon juice
2 cups grape juice
½ cup orange juice
Salt

Soak Gelatin in the one-half cup of cold water for five minutes. After removing syrup from range, dissolve Gelatin in hot syrup. Cool, add fruit juices and pour into tray of refrigerator. When mixture has frozen to the "Mushy" stage (about 45 minutes) pull tray forward and stir mixture up from the bottom and down from the sides. Replace and continue freezing. Stir once again during freezing process. Makes one quart.

BACON AND LIVER LOAF

4 cups bread crumbs
½ cup tomato ketchup
1 cup fresh beef (chopped)
½ lb. beef liver, sliced, salt and pepper

12 strips bacon
2 tablespoons onion juice
2 eggs well beaten
Juice of 1 lemon

Method: Cut beef in slices and cook in salted boiling water for 5 minutes, drain, mix ingredients together and turn into loaf pan lined with slices of bacon. Press mixture firmly into pan and lay strips bacon on top. Bake in moderate oven 350°F. for one hour.

SUN GOLD CAKE

½ cup butter
2 tablespoons chopped orange peel
4 tablespoons orange marmalade
1 tablespoon grated orange rind
2 teaspoons baking powder
2 cups flour
½ cup water
½ cup chopped walnuts
¾ cup sugar
2 eggs
1 teaspoon salt

Cream butter and sugar. Add egg yolks, orange marmalade grated and chopped peel, and nuts. Sift flour, baking powder salt together and add alternately with liquid. Fold in stiffly beaten whites and bake in loaf pan in a moderate oven 350°F. for 55 mins. or until cake is well browned on top and shrinks slightly from sides of pan.





PEACH COMPOTE

2 cups milk
 $\frac{1}{2}$ cup farina
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
 Whites 2 eggs
 6 peaches canned
 3 tablespoons water
 6 tablespoons sugar

Scald milk and add farina gradually, while stirring constantly. When mixture thickens, add sugar and salt and cook in double boiler 20 mins. Add whites of eggs stiffly beaten. Turn in a shallow, slightly buttered pan and keep in warm place until serving time. Put peaches in saucepan; add water and sugar. Cover and sim-

mer slowly. Cut farina in squares, put a peach on each square and pour over all peach sauce. (See peach sauce recipe.)

PEACH SAUCE

Dilute $\frac{1}{2}$ tbspn cornstarch in 1 tbspn cold water. Add to syrup remaining in saucepan. Bring to boiling point and let boil 2 minutes, then pour slowly, while stirring constantly, over the yolks of 2 eggs, beaten until thick and lemon colored. Add $1\frac{1}{2}$ tsps lemon juice and few grains salt.

PEANUT BUTTER ICE CREAM

$\frac{2}{3}$ cup sweetened condensed milk
 $\frac{1}{2}$ cup peanut butter
 cup water

1 cup whipping cream
 1 teaspoon vanilla
 $\frac{1}{2}$ teaspoon salt

Blend condensed milk, peanut butter and salt. Add water gradually. Whip cream until stiff but not solid. Mix milk, vanilla and cream. Pour into tray of electric refrigerator and freeze.

NABISCO CRUSH

$\frac{1}{2}$ lb. Nabisco wafers, crushed with rolling pin, divide in two parts. Mix and beat together well
 $\frac{1}{2}$ cup XXXX sugar
 $\frac{1}{2}$ cup butter, soft
 1 unbeaten egg
 $\frac{1}{2}$ cup nut meats
 1 cup crushed pineapple
 $\frac{1}{2}$ pt. whipping cream, beaten stiff

Place half the Nabisco crumbs on bottom of pan and spread in layers in order given, the other two mixtures, with the remaining half of the Nabisco crumbs on top. Let stand in electric box at least 6 hrs. cut in squares and serve, topping with whipped cream.

JELLIED TUNA FISH SALAD

1 cup Tuna fish
 $\frac{1}{2}$ cup chopped celery
 $\frac{1}{2}$ Green Pepper, finely chopped
 2 tablespoons chopped olives

1 cup mayonnaise salad dressing
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon paprika
 2 teaspoons vinegar

1 level tablespoon gelatine

Soak Gelatine in cold water about five minutes and add to hot salad dressing. Cool. Add fish, separated into flakes, celery, pepper, olives and seasoning. Fill tomatoes with the salad and allow to congeal. Garnish with strips of green pepper and radish roses. Serve potato chips with the salad for a luncheon dish.

Romance in Home Canning

The French Government in 1806 paid Nicholas Appert five thousand dollars as a reward for discovering that food heated in bottles and corked air tight would keep indefinitely.

Prior to this discovery, the only way in which food could be preserved was by brining, salting, pickling, smoking, or preserving in heavy syrup. The need of the French Navy for food which would keep on long voyages gave to the whole world the art of home canning or preserving foods in glass.

While the secret was supposed to be a complete monopoly the art was soon known in England and early in the Nineteenth Century had crossed the Atlantic and food was being packed by commercial packers in New York and Maine.

The next big step in canning came during the Civil War when our government bought stores of canned food for its army.

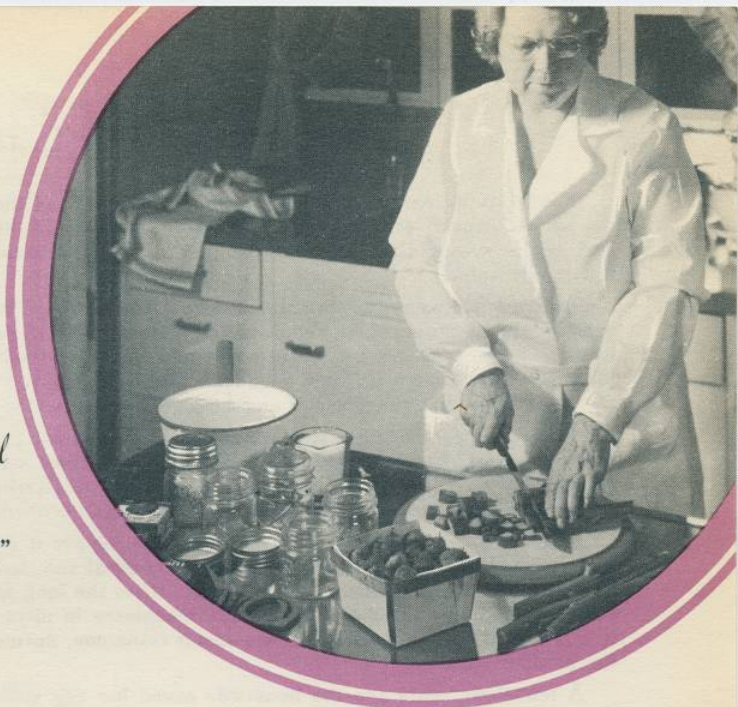
Home canning became an important industry after the Civil War, though, strangely enough, the method used was not that discovered by Appert (Cold Packed), but was what is now called the Open Kettle Method; that is—where the food is cooked in open kettles and packed boiling hot in sterile jars and sealed with sterile lids and rubbers.

It was not until 1917, when we were again urged to conserve all possible food for our Army in France that the art of home canning by the Appert Method was revived. The method then called Cold Pack has become tremendously popular, and through it and modern home canning equipment, the practice is now so simple and so easy that nine and ten year old girls are winning canning prizes in open competition.

*Ball Brothers
Company is the
World's Largest
Manufacturer
of Glass Fruit
Jars*



*More than
Three-fourths
of All Glass
Fruit Jars Used
Today are
Branded "Ball"*



proved methods and machinery have made them leaders in the industry for many years. It is no mere accident that a majority of all jars used for home canning are Ball Jars. When women ask for Ball Jars instead of asking for fruit jars they are confirming the experience of three generations who have found they can always depend on Ball Jars.

While good canning equipment is the first thing needed for success in canning, it is equally necessary to have the right methods. Ball Brothers Company has provided the users of its jars with tested recipes ever since it began the manufacture of jars in 1883. The result of fifty years experience is combined in the Ball Blue Book which contains complete directions for the canning of all products by all methods and by the use of all processing vessels in addition to the two hundred eighty-four individual recipes for canning, preserving, pickling, jelly making, conserves, fruit butters, marmalades, etc.

The Company maintains an Educational Department with a corps of graduate Home Economists who are constantly giving canning demonstrations and personal instructions all over the country before groups of women and girls in country, village and city. Other members of this staff answer in detail the many questions about home canning which come to the office at Muncie, Indiana.

The exhibit of Ball Jars in the Food Building at A Century of Progress constitutes a food map of the world as it shows prize winning jars packed by women from every state in the Union and twenty-four foreign countries. The women in charge of the exhibit are all graduate Home Economists with years of experience in home canning and are there to give personal attention to the women who bring their canning problems with them.

The Foods We Eat

The foods we eat are taken for granted, the same as the water we drink and the air we breathe. It is seldom anyone stops to think of the painstaking thought and experimenting that precedes the perfecting of the various dishes that grace the family table.

Take, for instance, the shredded cocoanut that looks so beautiful and tastes so good, on the cocoanut cake. Years ago the housewife had to buy the whole cocoanut, break it open, take out the white meat, and shred it herself. Then the Dunham Manufacturing Company, now a unit of Durkee Famous Foods, Inc., originated the idea of shredding the cocoanut and selling it in the shredded form, all ready to use.

Then take, for instance, nut margarine: This popular product is the result of many years of experimentation and progress in seeking and reaching perfection. Now from the oil that comes from the white meat of the cocoanut, we make nut margarine—delightfully flavored, rich and nutritious, and economical in cost.

When the housewife picks up her spice can, to her it is only so much spice. She does not see the spice maturing in the tropical sun, fed by equatorial rains; gathered by dark skinned natives in scant attire; the long journey from the spice fields to the family kitchen; the modern machinery in ultra-modern plants where it is prepared for the market. All she sees is cinnamon, nutmeg, mace, or whatever the product may be.

A few short years ago the housewife saved her egg yolks and made her own mayonnaise dressing. Now she can buy a better product at the store than she can make herself, and at lower cost.

DURKEE FAMOUS FOODS, INC., operating seven food factories strategically located over the United States, have contributed liberally to progress in food development—their moist and shred cocoanut, ground and whole spices, salad dressings, bakers' shortenings, tapioca, nut margarine and oleomargarine, as well as their many other products, are found in the better homes throughout the length and breadth of the United States.

BRAN MUFFINS

1 cup flour
3 teaspoons baking powder

$\frac{1}{2}$ teaspoon salt
2 tablespoons sugar

1 cup bran
1 egg
 $\frac{3}{4}$ cup milk
2 tablespoons melted
Durkee Margarine



Sift together flour, salt and baking powder. Add bran, unsifted, and mix well. Beat egg, add milk and combine with first mixture, adding also melted Margarine. Turn into well-greased muffin pans. Bake 15 to 20 minutes in moderately hot oven — 375° F. Makes 6 to 8 muffins. Serve with Durkee's Oleomargarine.

VEAL a la DURKEE

2½ lbs. round of veal,
¾ inch thickness
6 tablespoons Durkee's
Famous Dressing and
Meat Sauce
1 teaspoon salt
½ teaspoon Durkee's
White Pepper
4 oz. bacon, cut in ½
inch pieces
4 tablespoons fat
Flour

Cut veal into ¾ inch to 1½ inch square pieces, add meat sauce and seasonings and mix thoroughly. Place meat on skewers alternately with bacon, placing first the large pieces, then the smaller ones, so that the serving of meat resembles a chicken drumstick. Roll in flour. Heat fat and brown evenly on all sides. Add more fat if necessary. Add 3 or 4 tablespoons water, cover and continue to cook one hour in a moderate oven (350°F.) or until meat is tender. Turn the meat occasionally while cooking. Serves 8.



GRAVY FOR VEAL a la DURKEE

Remove meat and stock from pan and pour off excess fat. Replace 3 tablespoons in roasting pan, add 2 tablespoons flour and stir until flour is browned. Add enough cold water to meat stock to make 1½ cups liquid. Add gradually to browned flour, continuing to stir until all is added. Bring to a boil. Add 2 tablespoons Durkee's Famous Dressing and Meat Sauce. Season with salt if desired. Makes 1½ cups gravy.

SPICE CUP CAKES

1½ cups sifted cake flour
1½ teaspoon baking powder
¼ teaspoon salt
1½ teaspoon Durkee's Cinnamon
½ teaspoon Durkee's Nutmeg
1 teaspoon Durkee's Mace
¼ teaspoon each of Durkee's Cloves
and Durkee's Ginger

2 eggs
1 cup brown sugar, sifted and
firmly packed
½ cup milk
½ cup seedless raisins, soaked 15
minutes in hot water
½ cup melted Durkee Margarine

Sift flour, baking powder, salt and spices together three times. Beat eggs with rotary egg beater until light, add sugar gradually, beating constantly. Beat until light. Add flour alternately with milk. Add raisins with last amount of flour. Add margarine and blend. Bake in greased muffin tins in a moderate oven (400°F.) 15 to 20 minutes. Cool and frost with Fluffy Boiled Frosting, butter cream or chocolate frosting. Makes 16 small or 8 large cup cakes.

ECONOMY SOUP

1 cup dried lima beans
½ cup split peas
2 pounds shin of beef
2 quarts water

3 medium sized Durkee's Bay Leaves
15 medium sized Durkee's Peppercorns
12 Durkee's whole cloves
1 tablespoon salt

Soak beans and peas overnight. Place with meat in stock pot. Add water and seasonings. Cook slowly two hours. Rub through colander and serve with croutons and finely cut parsley. Makes 2 quarts. Serves 8 to 10.

Note: The meat can be utilized in a casserole dish or will make good hash.



TAPIOCA COCOA-NUT CREAM

- $\frac{1}{4}$ cup sugar
- 2 cups milk
- $\frac{1}{4}$ cup Durkee's Pearl Tapioca
- $\frac{1}{4}$ teaspoon grated orange rind
- $\frac{1}{4}$ teaspoon salt

Put above ingredients into top of double boiler and cook until tapioca is clear, stirring frequently. Remove from heat. Add 1 well beaten egg yolk. Return to heat and cook 2 minutes longer. Cool. Fold in 1 stiffly beaten

egg white and 1 tablespoon sugar. Chill. Serve in individual dishes with a sprinkling of cocoanut over each serving. Serves 6.

CREAM PUFFS

- $\frac{1}{2}$ cup Durkee Margarine
- 1 cup boiling water

- 1 cup sifted flour
- 3 eggs, unbeaten

Melt margarine in water. Stir flour into steadily boiling water and cook, stirring constantly, until mixture leaves sides of the pan in a smooth compact mass. Turn into mixing bowl, add eggs, one at a time, beating after each addition until blended. When all the eggs have been added, beat well to incorporate air. Shape into rounds with teaspoon on slightly greased baking sheets. Bake in hot oven (450°F.) for 20 to 25 minutes, then reduce heat to moderate (350°F.) and continue 20 to 25 minutes longer to bake cream puffs thoroughly without over-browning. Makes ten.

RICH CUSTARD CREAM FILLING

- $\frac{3}{4}$ cup sugar
- 2 $\frac{1}{2}$ tablespoons cornstarch
- $\frac{1}{2}$ teaspoon salt

- 3 eggs, slightly beaten
- 1 pint hot milk
- 1 teaspoon vanilla

Combine sugar, cornstarch and salt. Add eggs and blend. Pour hot milk slowly over egg mixture, stirring vigorously. Cook over hot water until thickened, stirring constantly. Remove from heat and add vanilla. Cool.

SPICED GRAPE JELLY

- 3 cups grape juice
- 1 teaspoon Durkee's Cinnamon
- $\frac{1}{4}$ teaspoon Durkee's Mace
- $\frac{1}{8}$ teaspoon Durkee's Cloves

- $\frac{1}{8}$ teaspoon Durkee's Ginger
- 1 package powdered pectin
- 4 cups sugar

Measure the fruit juice into a 6-quart kettle. Add spices, then powdered pectin gradually. Stir until entirely dissolved. Put on a hot fire and bring quickly to a vigorous boil. Take from fire. Add sugar gradually. *Stir until sugar is completely dissolved.* Return to fire and boil hard for a few minutes. When jelly sheets from a spoon, take at once from fire. Skim. Pour hot into clean glasses. Paraffin. Cool, cover and store in a cool dry place.

Make Your Table Settings Glamorous

... with the Sparkling Charm of

Fostoria Glassware

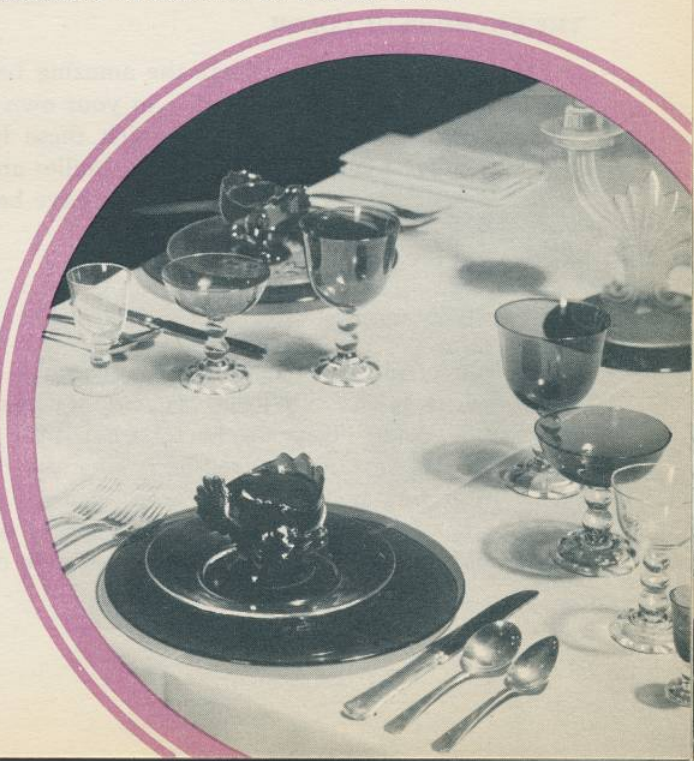
There was a time when the problem of making one's table beautiful was a very difficult one. In those days, the solution of that problem usually involved more money than most housewives were able to devote to it. Ordinary dinnerware was either drab, colorless and uninteresting, or far beyond the reach of the average household.

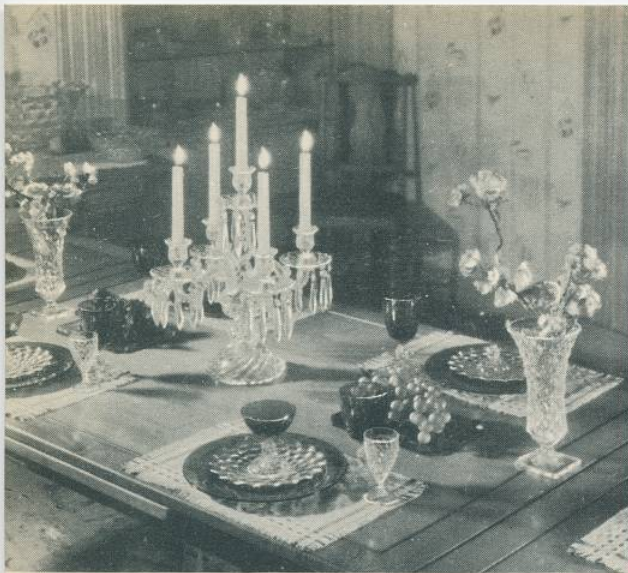
FOSTORIA TABLEWARE

In 1925, Fostoria gave to American women the magic loveliness of glass in complete table services. Test after test had proved that Fostoria glass was entirely satisfactory—as durable as china for serving all kinds of hot foods and beverages as well as cold ones.

Furthermore, Fostoria glass-blowing genius proved that every shape necessary for complete dinnerware could be made in magnificently colored glass. Many interesting accessories—never available in china—were devised by Fostoria. This resulted in entirely new arrangements in artistic table decoration, because dinnerware and stemware could be matched in material as well as color.

The illustration shows one corner of a table charmingly arranged for a formal dinner in Fostoria stemware and glass dinnerware. The glasses shown:—water goblet, champagne, Rhine wine and sherry, are of the "Victorian" series, in color and crystal. The places are set with Fostoria's original fish pattern sea-food cocktail cup on small plate of color to match the glasses. The two-branched candelabra is in Fostoria's "Silver Mist" finish.





Here is a lovely setting in Fostoria table ware for an informal supper or luncheon.

Sherbet cups and water goblets are of the "American" pattern in colored glass and crystal. The place plates are in color to match the Sherbet glasses. Saucers, wine glasses and flower vases, are also in the brilliant and popular "American" design.

This made possible a veritable revolution in table decoration. Tables once dull, uninteresting, were transformed by Fostoria complete table services into really sparkling additions to the beauty of the home.

THE GLAMOUR OF COLOR

You cannot truly appreciate the amazing beauty of this modern dinnerware until you have used it in your own home. When you see the gorgeous color combinations which these Fostoria pieces make with themselves and your table cloths, doilies and furniture, you will be delighted. You will wonder how you have been able to get along with dull, old-fashioned table ware.

TRIUMPHS IN DESIGN

Of course, the main reason for the beauty of Fostoria complete table services is the excellence of its design and Fostoria's mastery of the use of color. For years, Fostoria has led in these fields. Fostoria glassware has constantly served as a model for other glass makers to follow. And this leadership has been achieved by Fostoria because Fostoria has invariably retained the services of the nation's finest designers, both at its factory and in the style centers of the world.

FOSTORIA STEMWARE

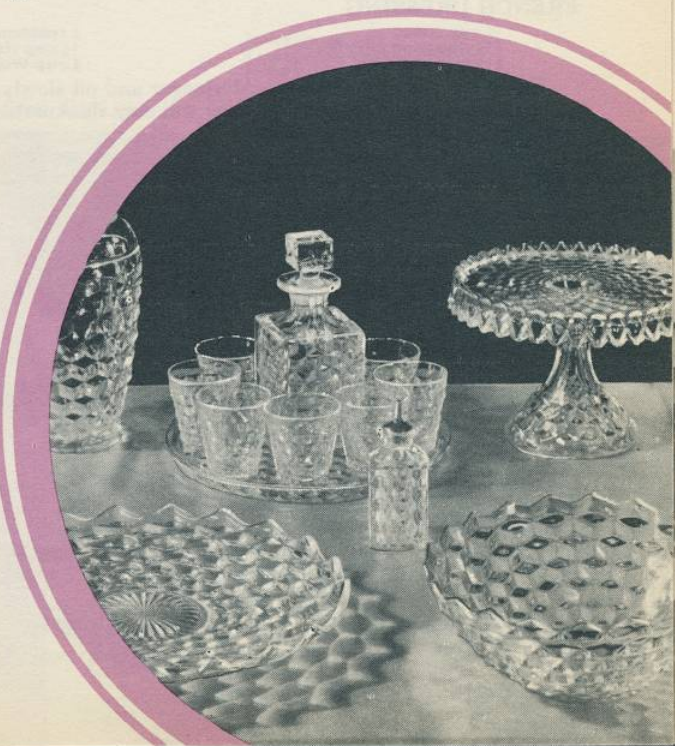
Discriminating housewives have always found Fostoria stemware a powerful aid to the planning of their household equipment. And now, more than ever, with wines and liquors again legal, the task of having just the right assortment of glassware in the home requires very careful planning. Fostoria has come to the aid of housewives with complete sets of correct glasses in a bewildering variety of beautiful design. Fostoria glasses are now grouped in complete "services" for your convenience. There is the "Penthouse" assortment, which includes the customary essentials for the correct service of wines and liqueurs.

Then comes the "Hostess" service with a satisfying adequate stock of glassware for those whose entertainment requirements assume more than ordinary proportions. For the occasional function of exceptional formality, Fostoria provides the "Embassy" service. This contains every necessary glass for the very grandest occasion!

FOSTORIA GLASSWARE FOR EVERY NEED

Provided you want your glassware beautiful, there is Fostoria glassware for every need. Be sure to see it! You will find it on display in all the better stores.

Fostoria's "American" pieces, some of which are shown in this illustration, bring back the glamour of Colonial days with a burst of crystal radiance. The pieces illustrated are:—flower vase, Old Fashioned Cocktail set with decanter, tray and bitters bottle, cake salver, buffet plate and salad bowl. A wide variety of other charming pieces are available in the "American" pattern.



Make these Delicious Salad Dressings

. . . to Suit the Salads You Serve

Salads are full of delightful flavors. But they are shy, bashful, elusive flavors . . . hidden in crisp green stalks, tender leaves and luscious fruits.

Salads bring a sparkle of newness and variety to our meals. Let's really enjoy them! Let's bring out all their goodness by serving them with a delightful dressing.

MAYONNAISE

1 egg
1 pint Wesson Oil
3 tablespoons vinegar or
lemon juice

1 teaspoon mustard
1 teaspoon salt
1 teaspoon sugar
 $\frac{1}{4}$ teaspoon cayenne

Break the egg into a bowl, add about one tablespoonful of Wesson Oil, and beat vigorously with a rotary beater until the oil and egg are thoroughly mixed. Continue adding oil, one tablespoonful at a time, beating after each addition, until the mayonnaise begins to stiffen. Then add vinegar mixed with seasonings. Add remaining oil, two tablespoonsful at a time, beat well after each addition. Keep in a covered dish in a cool place.

THOUSAND ISLAND DRESSING

$\frac{1}{4}$ cup chili sauce
1 tablespoon minced pepper or pimiento
1 tablespoon minced onion
1 cup mayonnaise

2 tablespoons chopped green olives or
sweet pickles
1 hard cooked egg, diced fine

Add all the other ingredients to the mayonnaise. If desired, $\frac{1}{2}$ cup whipped cream may be added to the mayonnaise. The ingredients in Thousand Island Dressing can be varied to suit the taste or to use materials on hand.

FRENCH DRESSING

$\frac{1}{4}$ cup sugar
 $1\frac{1}{2}$ teaspoon paprika
 $1\frac{1}{2}$ teaspoon salt

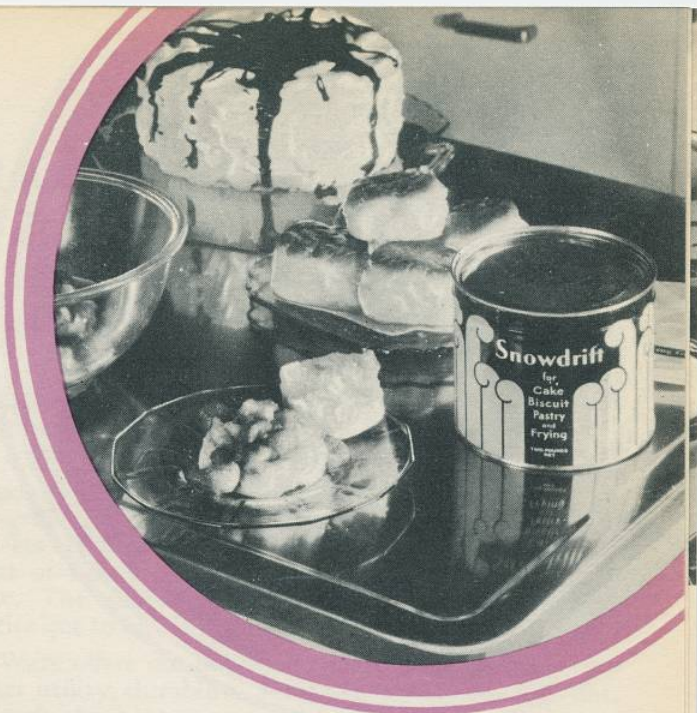
1 teaspoon dry mustard
 $\frac{1}{2}$ cup vinegar
1 cup Wesson Oil

Blend the dry ingredients, add vinegar and oil slowly and beat 3 minutes with a rotary beater. This French Dressing will stay thick until used; it will not separate.



*We Eat to Live,
But it's Happiness that
Makes Life
Worth Living*

Snowdrift
Improves the
Flavor of
Everything
Cooked with it..



Make your favorite cake with Snowdrift and see how rich and delicate and good it is. Snowdrift is pure rich creamy vegetable fat—a perfect fat for every use in cooking.

Snowdrift never gets too hard nor too soft. It is always just the right creamy consistency that a good cook finds easiest and quickest to use.

WHITE CAKE

$\frac{1}{2}$ cup Snowdrift
 $1\frac{1}{2}$ cup sugar
 $1\frac{1}{4}$ teaspoon vanilla
3 cups flour

$\frac{1}{4}$ teaspoon salt
4 teaspoons baking powder
1 cup milk
4 egg whites

Crèam sugar and Snowdrift well and add vanilla. Sift flour, baking powder and salt together and add alternately with milk. When smooth fold in stiffly beaten egg whites. Transfer to three medium sized (or two large) layer cake pans, which have been rubbed lightly with Snowdrift and bake in hot oven (375°F.) Put together, when cool, with chocolate, orange or any desired frosting.

SOUTHERN BISCUITS

6 tablespoons Snowdrift
3 cups flour
 $\frac{3}{4}$ teaspoon salt

6 teaspoons baking powder
1 cup liquid (milk or water)

Sift dry ingredients and cut Snowdrift into the flour with a knife. Add liquid to make a soft dough. Roll out on a slightly floured board to $\frac{1}{2}$ inch thickness. Cut with a biscuit cutter. Put on a greased pan or baking sheet and bake in a very hot oven (450°F.) ten to twelve minutes.

If sour milk is desired, add one teaspoon soda and leave out three teaspoons baking powder.

SHORTCAKE

To make shortcake, use Southern Biscuit recipe, adding 1 tablespoon sugar to the dry ingredients and 2 additional tablespoons of Snowdrift. When biscuits are baked, split and spread with butter. Sweeten strawberries or other fruit to taste. Crush fruit slightly and put between layers of shortcake, spread on top with fruit, and serve with whipped cream.



The Secret of Wholesome Frying

It is easy to have your fried foods just the way you like them best—crisp, crusty, golden brown on the outside and thoroughly done on the inside.

There is just one secret, and that is this:

Good frying is quick frying. That sounds easy, doesn't it? But it's so important and means so much to the goodness and wholesomeness of your fried foods—we say please, please watch it carefully. And here's how you can do it.

Quick frying means to have the Wesson Oil hot when the food is placed in the pan. So hot that it immediately sears the food. Then the crust quickly forms, sealing in all the juices and flavors of the food itself, keeping out any excess fat or "sogginess".

There is a proper temperature for the frying of each kind of food. Pre-cooked foods, for instance, do not have to be "done" on the inside, therefore, they are fried at a higher temperature—more quickly than uncooked foods that have to be cooked all through. Certainly this is easy.

CHICKEN OR VEAL CROQUETTES

2 cups cooked chicken or veal,
finely minced
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon celery salt

Few grains cayenne
Few grains nutmeg
1 teaspoon onion juice
1 cup White Sauce

Combine meat, seasonings and White Sauce and chill the mixture. Shape into small cylindrical croquettes, using a rounding tablespoonful of the mixture for each. Slightly beat an egg and dilute it with two tablespoons of water. Roll the croquettes in flour, then in the egg, and then in fine, dry bread crumbs. Fry in deep Wesson Oil heated to 395°F. Drain on absorbent paper.

DOUGHNUTS

1 egg
 $\frac{1}{2}$ cup sugar
1 tablespoon Wesson Oil
 $\frac{1}{4}$ teaspoon lemon extract
2 cups flour

2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{3}$ cup milk (approximate)

Beat egg well. Add sugar, Wesson Oil and lemon extract. Sift baking powder, salt and nutmeg with flour, and add alternately with milk. Add just enough milk to make dough stiff enough to handle easily. The proportion of liquid will vary according to the particular type of flour used. Turn on to a well-floured board, knead slightly, roll to $\frac{1}{4}$ inch thickness and shape with a cutter. Fry in deep Wesson Oil at 375°F. Brown first on one side and then on the other. Drain. Place on absorbent paper and roll in sugar.

VOLLRATH "KOOK-KING"

*The Sensational New Streamlined
Enameled Ware Used by the Century
of Progress Cooking School . . .*

The Century of Progress Exposition is a pageant of all that's new in American life. It reflects the progress of a century past, and forecasts the trend of a century to come.

Vollrath's "Kook-King" Enameled Ware typifies the spirit of the Century of Progress. Nothing like it has ever before been produced in Kitchen Ware. Its striking, modern, practical, streamline beauty is the achievement of Count Alexis de Sakhnoffsky, a designer of international fame. The same graceful, modern motif is carried throughout the entire line to form a delightful ensemble of kitchenware.

"Kook-King" Ware offers not only new, modern beauty, but new convenience, greater utility, durability and economy. The broad, flat, black bottoms absorb the heat more readily. The Flavor-seal rims retain the valuable food vitamins. All handles, grips and lifters are designed to fit the hand, and made of non-burning material. There's a handy measure permanently stamped on the inside of all utensils excepting tea kettles and coffee pots.

Here, indeed, is enameled ware of a high order, to grace the modern kitchen. For sixty years, Vollrath has held the reputation as the standard of quality in enameled ware—yet even Vollrath, has never before produced anything as fine as "Kook-King". Look for the Vollrath "Kook-King" label on each piece—your assurance, that it is the genuine, made and guaranteed by THE VOLLRATH COMPANY, SHEBOYGAN, WISCONSIN.

The "KOOK-KING" LINE includes sauce pots, sauce kettles, sauce pans, double boilers, tea kettles, percolators and drip coffee pots, in a variety of standard sizes . . . in a choice of white, cream, green, and red bodies, all with black trim. The black is carried up the sides, terminating in a pleasing, unique stripe effect. Sold by better stores everywhere.



CHOCOLATE SOUFFLE

2 tablespoons butter
2 tablespoons flour
 $\frac{3}{4}$ cup milk
 $1\frac{1}{2}$ squares chocolate (unsweetened)

$\frac{1}{2}$ cup sugar
2 tablespoons hot water
3 eggs, separated
 $\frac{1}{2}$ teaspoon vanilla extract

Melt butter, add flour, add milk, stirring constantly. Cook until boiling point is reached. Melt chocolate in top part of Vollrath Kook-King Double Boiler, add sugar and water, stirring until smooth. Combine mixtures and add well beaten yolks of eggs. Cool. Fold in stiffly beaten egg whites, and add vanilla. Turn into a Vollrath Kook-King buttered casserole and bake in a moderate oven 25 minutes. Serve with Cream Sauce made as follows:

$\frac{3}{4}$ cup thick cream
 $\frac{1}{8}$ cup powdered sugar

$\frac{1}{2}$ teaspoon vanilla
A few grains of salt

Beat cream slightly and add sugar gradually while beating constantly with egg beater or electric mixer; add vanilla and salt when stiff enough to hold its shape.

CHICKEN EN CASSEROLE

Cut in pieces for serving 1 four-pound chicken. Dredge in 2 tablespoons flour, sprinkle with $\frac{1}{2}$ teaspoon salt and few grains pepper. Brown in 4 tablespoons hot fat and place in Vollrath Kook-King Casserole. Add 1 cup hot water, cover and bake in moderate oven (350°F.) 1 hour or until tender.

Brown in same fat in which chicken was browned $\frac{1}{4}$ cup chopped onion, $\frac{1}{2}$ cup chopped green pepper, $\frac{1}{2}$ teaspoon salt, and put in with chicken. Add $\frac{1}{2}$ cup diced celery, 2 cups diced carrots, 2 cups small potato balls. Add more hot water, if necessary. Re-cover and cook until vegetables are tender. Then remove chicken.

Mix to a thin paste 2 tablespoons flour, 4 tablespoons evaporated milk, add to $\frac{1}{2}$ cup evaporated milk diluted with $\frac{1}{2}$ cup water. Stir into vegetables and cook until thickened, stirring constantly. Season with $\frac{1}{4}$ teaspoon salt and few grains pepper, and serve over the chicken.

SEVEN MINUTE FROSTING

2 egg whites, unbeaten
 $1\frac{1}{2}$ cups sugar
5 tablespoons water

$1\frac{1}{2}$ teaspoon corn syrup (light)
1 teaspoon vanilla extract or $\frac{1}{2}$ teaspoon
each vanilla and almond extract



Put egg whites, sugar and corn syrup in upper part of Vollrath Kook-King Double Boiler. Use rotary egg beater or electric beater and beat until thoroughly mixed. Place over rapidly boiling water, using beater constantly. Cook 7 minutes or until frosting will stand in peaks. Remove from fire, add extract and beat until thick enough to spread. This recipe makes enough frosting to cover tops and sides of two 9-inch layers.

For cocoanut cake, sprinkle cocoanut over cake before frosting becomes firm.

BAKED BEANS

1 quart of dried beans
(navy or pea bean,
northern bean or red
kidney or lima bean)
 $\frac{1}{2}$ to $\frac{3}{4}$ pound of salt pork
1 tablespoon salt
 $\frac{1}{2}$ cup molasses
(more may be used)
1 teaspoon mustard
 $\frac{1}{4}$ cup tomato catsup
(may be omitted)
Water



Wash the beans, cover with cold water and let soak overnight. Drain, cover again with cold water and simmer tender in a covered pot. Do not overcook. To determine when beans are sufficiently tender, lift a few on a fork or spoon and blow upon them. When tender the skin bursts and blows apart. Drain the beans, reserving the liquor for soup. Scald the salt pork and scrape the rind. Cut through the rind at equal intervals.

Mix the beans with the salt, molasses, mustard and catsup. Pour into a Vorrath Kook-King Casserole, bury the pork skin side up, add water or liquid from the beans to nearly cover the mixture, cover casserole, and bake in a slow oven of 250°F. from 3 to 8 hours. Add more boiling water if the beans seem too dry. Uncover the casserole the last hour of the cooking to brown and crisp the pork.

RICE PUDDING

$\frac{1}{2}$ cup rice
 $\frac{1}{2}$ cup sugar
 $2\frac{1}{2}$ cups evaporated milk diluted
with $2\frac{1}{2}$ cups water

$\frac{1}{2}$ cup raisins
Few grains nutmeg
 $\frac{1}{4}$ teaspoon salt

Bake in Vorrath Kook-King Casserole in slow oven (300°F.) stirring occasionally, about $1\frac{1}{4}$ hours or until milk is absorbed. Serve with Custard Sauce made, as follows:

Mix well in top of double boiler:

$\frac{1}{2}$ cup sugar
1 tablespoon cornstarch

$\frac{1}{4}$ teaspoon salt

Stir in $1\frac{1}{2}$ cups evaporated milk diluted with $\frac{1}{2}$ cup water. Cook 20 minutes, stirring frequently. Stir into 2 slightly beaten egg yolks. Return to double boiler and cook 2 minutes. Add 2 teaspoons vanilla, rum or sherry flavoring.

CREAMY RAREBIT

Mix well in top of a Vorrath Kook-King Double Boiler $1\frac{1}{2}$ cups grated cheese, 1 cup evaporated milk, 1 tablespoon Worcestershire Sauce, $\frac{1}{2}$ teaspoon dry mustard, $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper. Heat thoroughly over hot water, stirring constantly. Beat 1 minute with rotary beater to blend. Serve hot on toast. Makes $1\frac{1}{2}$ cups sauce, sufficient for 6. May be served cold as a sandwich spread.

International Recipes

ARGENTINE

ARGENTINE RAREBIT

1 pound snappy American cheese
1 onion
1 green pepper
4 tablespoons butter
4 tablespoons Worcestershire sauce
4 tablespoons prepared mustard
1 can tomato soup

Melt 2 tablespoons butter in frying pan, add onion and green pepper, chopped fine, and saute. Melt remaining butter in saucepan or chafing dish. Add cheese, stirring constantly, and cook over moderate flame until it is thoroughly melted, without lumps. Add Worcestershire sauce and stir thoroughly. Add mustard and stir. Add tomato soup. Bring to good boil. Add sauted onion and pepper and serve immediately on toast.

BERMUDA

Bermuda Fish Recipes: (1) Spread fillet of fish with anchovy paste and butter. Broil. Cover with tomato sauce, minced onion, grated cheese. Brown under hot broiler. (2) Serve broiled fish with cream sauce. Season with lemon juice; sprinkle with salted almonds. Simply delicious.

English Savory—served as a final dinner course. Season mushroom caps with butter, salt, pepper, onion juice. Broil slowly. Serve on hot toast fingers spread with deviled ham. Garnish with pickled walnut. This makes an unusual hot hors d'oeuvre if desired.

ENGLAND

ENGLISH CABBAGE

1 onion
1 tablespoon butter
2 tablespoons flour
2 cups water
Pepper, salt and paprika
1 small cabbage
2 tablespoons cracker crumbs
1 teaspoon Worcestershire sauce

Slice the onion and fry it to a light brown in the butter. Add the flour, water and seasoning. Cut up the cabbage. Pour the mixture over it, and cook slowly for

about an hour. Put into a baking-dish. Pour over it the Worcestershire sauce and sprinkle the top with the bread crumbs and small lumps of butter. Put into a hot oven long enough for the bread crumbs to brown.

YORKSHIRE PUDDING

1 cup milk
 $\frac{1}{2}$ cup flour
2 eggs
 $\frac{1}{4}$ teaspoon salt

Mix salt and flour, and add milk gradually to form a smooth paste; then add eggs beaten two minutes using an egg beater. Cover bottom of two hot bread pans with some of beef fat tried out from roast, pour mixture in pan one-half inch deep. Put in hot oven and bake 20 minutes, decreasing the heat as the baking is accomplished. Cut in squares for serving. Bake, if preferred, in greased, hissing-hot iron gem pans.

CHINA

EGG FOO YONG (Chinese Omelet)

6 eggs, well beaten
1 can bean sprouts, well drained
 $\frac{1}{2}$ cup cold chicken or other meat shredded
 $\frac{1}{2}$ cup onion, shredded

Mix all ingredients and put by half-cupfuls into skillet in which a little cooking oil has been heated. Cook in cake form. Fry until brown on one side, then turn and brown on other. Serve with sauce made by thickening soybean sauce with cornstarch.

ALMOND CAKES (GUM LOO)

1 cup sugar
 $\frac{3}{4}$ cup vegetable shortening
1 egg
 $\frac{1}{4}$ cup honey
 $\frac{1}{4}$ teaspoon soda
3 cups cake or rice flour

Combine the dry ingredients, work in the egg, honey, and softened shortening. The dough will be stiff, but is manageable. Now pinch off a piece the size of a walnut, flatten it out and press an almond in the center. Brush with beaten egg and bake in a hot oven until done.

These dishes are a compilation of recipes from various sources and persons. Our friends have been kind in helping us collect these reliable and interesting recipes appropriate to their respective countries. Many of the recipes were mailed to us direct from the various countries. To these many friends, to the various magazines, newspapers and other sources, we wish to express our appreciation of their cooperation

ARMENIA

PILAU (TURKISH OR ARMENIAN)

- 1 cup rice
- $\frac{1}{2}$ cup shortening or butter
- 2 $\frac{1}{2}$ cups boiling water
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- 1 tablespoon minced parsley
- 2 minced chicken livers
- $\frac{1}{2}$ cup blanched almonds
- $\frac{1}{2}$ cup dry currants or seedless raisins

Pilau is typical of Turkey and East India.

Wash and dry rice, then cook it for ten minutes with butter which has been melted and heated but not browned. Add water, salt and pepper, also parsley, livers, almonds and currants or raisins. Let all cook very slowly until liquid is entirely absorbed by the rice. Serve with chicken or lamb. Serves four.

AUSTRIA

CUCUMBERS WITH SOUR CREAM

- 1 cup sour cream
- 1 $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon paprika
- 1 tablespoon vinegar
- 2 cups sliced pared cucumbers
- 1 canned pimiento

Whip the cream until stiff with a hand beater or an electric beater at high speed and add the salt, paprika, and vinegar. When ready to serve, fold in the cucumbers and garnish with the pimiento, cut into thin strips. Sweet cream may be used if an additional tablespoonful of vinegar is added. Shredded cabbage may replace the cucumbers. Serves 6.

SPICY SAUERKRAUT WITH FRANKFURTERS

- 2 tablespoons fat
- 1 peeled medium onion, diced
- 1 quart sauerkraut
- $\frac{1}{2}$ cup grated raw potato
- 1 teaspoon caraway seeds
- About 6 cups boiling water or soup stock
- 1 pound frankfurters

Melt the fat in a deep covered skillet, add the onion, and saute for 1 minute. Add the sauerkraut, saute for 5 minutes. then add the potato and caraway seeds.

Add the boiling water or soup stock, using enough to cover, and cook slowly uncovered for $\frac{1}{2}$ hour. Cover, replenishing the water first if necessary, and cook slowly for $\frac{1}{2}$ hour longer. Add the frankfurters, and cook 10 minutes or until they are tender. Serves 6.

CUBA

ARROZ CON POLLO (Cuban Chicken with Rice)

Put a little lard and salt in an earthenware pot, then one tender chicken cut in four parts. Add one-half can tomatoes, one small portion of garlic, crushed, two sliced onions and one sliced green pepper. Boil until chicken is tender. Add one cup rice and one quart water and boil for twenty minutes. Serve in casserole dish with red pepper on top.

CZECHO-SLOVAKIA

LIVER DUMPLINGS

- $\frac{1}{4}$ cup butter
- 3 eggs
- 1 clove garlic
- $\frac{1}{8}$ teaspoon grated lemon rind
- $\frac{1}{8}$ teaspoon ground allspice
- $\frac{1}{4}$ teaspoon white pepper
- 1 teaspoon salt
- 1 pound liver
- Soft bread crumbs
- Browned butter

Cream butter until light, gradually adding the eggs, peeled, finely crushed garlic, also lemon rind, allspice, pepper and salt. Remove any skin and veins from liver and chop it finely or pass through food chopper, then add to first mixture with enough bread crumbs to make a light paste—about two and one-half cups. Mix all very thoroughly and set aside for half an hour, then form into balls the size of walnuts, drop into boiling salted water and cook half an hour, then sprinkle generously with additional bread crumbs browned in a little hot butter, serving butter as well as the crumbs. Onion may be substituted in the recipe for garlic. Serves 6.

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- 1 teaspoon salt
- 1 pound liver
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Cream butter until light, gradually adding the eggs, peeled, finely crushed garlic, also lemon rind, allspice, pepper and salt. Remove any skin and veins from liver and chop it finely or pass through food chopper, then add to first mixture with enough bread crumbs to make a light paste—about two and one-half cups. Mix all very thoroughly and set aside for half an hour, then form into balls the size of walnuts, drop into boiling salted water and cook half an hour, then sprinkle generously with additional bread crumbs browned in a little hot butter, serving butter as well as the crumbs. Onion may be substituted in the recipe for garlic. Serves 6.

Electrical Ice Creams

By MARCIA CAMP

Any woman will find her automatic refrigerator a real treasure chest when she assures success by making frozen desserts such as Campfire Marlows with genuine Campfire Marshmallows. Thoroughly melted marshmallows is the most important secret for success. Only *fresh* marshmallows will melt evenly and smoothly. Campfire's exclusive four-unit air-tight packing assures freshness . . . and thus successful frozen desserts.

LEMON MARLOW

27 Campfire Marshmallows
3 tablespoons lemon juice

$\frac{1}{2}$ pint whipping cream
 $\frac{2}{3}$ cup water

Steam the marshmallows and water until the marshmallows are melted. Add lemon juice; cool. When cold and slightly stiffened, carefully combine with the stiffly-beaten cream. Pour into tray of mechanical refrigerator and freeze.

PINEAPPLE MARLOW

16 Campfire Marshmallows
1 cup crushed canned pineapple

$\frac{1}{2}$ pint whipping cream

Steam the marshmallows and pineapple until the marshmallows are melted. When cold and slightly stiffened, carefully combine with the stiffly-beaten cream. Pour into tray of mechanical refrigerator and freeze without stirring.

Always melt Campfire Marshmallows in the top of a double boiler over boiling water. Dice, cut or cube Campfire Marshmallows with a scissors or knife dipped in water.



There are four individually wrapped airtight Pack-ettes in each Campfire pound package. Use as many or as few as needed, the balance remains *fresh* until the next occasion. Angelus-Campfire Company, Chicago, Ill.



STRAWBERRY MARLOW

1 cup crushed strawberries
1 tablespoon orange juice
1 tablespoon sugar
20 Campfire Marshmallows
 $\frac{1}{4}$ cup water
 $\frac{1}{2}$ pint cream, whipped

Wash, stem and crush enough fresh strawberries to make 1 cupful. Mix orange juice and sugar with berries and let stand 30 minutes. Steam marshmallows in top of double boiler with $\frac{1}{4}$ cup water. Add to berry mixture and cool. When quite cold and beginning to stiffen, combine with cream, stiffly-beaten. Pour into trays of mechanical refrigerator and freeze without stirring.

SALAD SUPREME

1 package lemon gelatine
1 cup hot water
1 cup ginger ale
1 medium-size tin Pineapple Tidbits

2 small bottles Maraschino cherries
16 Campfire Marshmallows, cut into eighths

Dissolve gelatine in hot water. Add ginger ale; drained pineapple; marshmallows, cut into eighths; and one bottle of cherries, diced. Allow to set and then chill. Serve in squares on lettuce leaf with mayonnaise, slightly flavored with pineapple juice. Garnish with remaining whole red cherries. Serves 8 to 10. (Or serve piled high in sherbet glasses, garnished with whole red cherries and whipped cream.)

"SEVEN MINUTE" MARSHMALLOW FROSTING

1 egg white
 $\frac{3}{8}$ cup sugar
3 tablespoons water

12 Campfire Marshmallows, cut into eighths
1 teaspoon vanilla

Put egg white, sugar and water in top of double boiler and set it over rapidly boiling water. Beat constantly for seven minutes. Remove from fire, add marshmallows cut into eighths and beat until marshmallows are melted and consistency to spread. Add vanilla.

CAMPFIRE SWEET POTATOES (Southern)

6 medium sweet potatoes
 $\frac{1}{4}$ cup cream
2 tablespoons butter

$\frac{1}{4}$ teaspoon salt
15 Campfire Marshmallows
 $\frac{1}{2}$ cup brown sugar

Wash potatoes thoroughly and boil in salted water until soft. Peel and put through ricer. Add butter, sugar, salt and cream. Beat until light with a fork. Bake in a buttered dish surrounded by water in oven 350°F. for 20 minutes. Cover the top with Campfire Marshmallows and return to oven until well browned. Serve immediately.

MARSHMALLOW ICE BOX LOAF

$\frac{1}{2}$ pound Campfire Marshmallows,
cut into fourths
 $\frac{1}{4}$ cup water
 $\frac{1}{2}$ cup condensed milk

$\frac{1}{2}$ cup nut meats, chopped
 $\frac{1}{2}$ cup dates, chopped
 $2\frac{1}{2}$ cups graham cracker crumbs

Cut marshmallows into bowl and pour water over them. Mix. Add condensed milk, chopped nut meats and dates. Then blend. Add graham cracker crumbs, kneading well. Form into roll or loaf about six inches long and three inches deep and place in deep mold. Let ripen twelve hours before serving. Serve in slices with or without whipped cream. Loaf will keep moist several days.

CABBAGE AND PINEAPPLE SALAD

2 cups cabbage, chopped fine
1 cup celery, cut fine
1 cup Campfire Marshmallows,
cut into eighths

1 cup crushed pineapple
 $\frac{1}{2}$ cup boiled salad dressing
1 cup whipped cream

Mix cabbage, celery and Campfire Marshmallows. Combine pineapple and salad dressing and mix with first three ingredients. Just before serving fold in the whipped cream. Serves 8.

MINT MALLOBET

22 Campfire Marshmallows
 $\frac{3}{4}$ cup hot water
 $\frac{1}{2}$ cup cold water
4 tablespoons lemon juice

3 tablespoons sugar
 $\frac{3}{4}$ teaspoon extract spearmint
 $\frac{1}{4}$ cup egg whites
Green coloring, if desired

Melt the marshmallows in the hot water. Add cold water, lemon juice, spearmint extract, green coloring, and 2 tablespoons of the sugar. Add remaining sugar to egg whites and whip stiff. Combine with foundation, mixing thoroughly, and freeze without stirring.

CAMPFIRE CHOCOLATE CAKE

1 cup sugar
1 teaspoon salt
1 cup sour cream
2 eggs
 $1\frac{1}{2}$ cups pastry flour

1 teaspoon soda
2 squares melted chocolate
 $\frac{1}{2}$ cup hot water
16 Campfire Marshmallows, cut
into fourths

Mix sugar, salt and cream. Add eggs, well beaten. Mix and sift flour with soda and combine with egg mixture. Add chocolate and hot water. Cut marshmallows into eighths and stir into cake mixture, distributing them as evenly as possible. Bake in two thin layers and frost with chocolate icing.



SUPER Sanitex
WARE



Get This Century of Progress Set

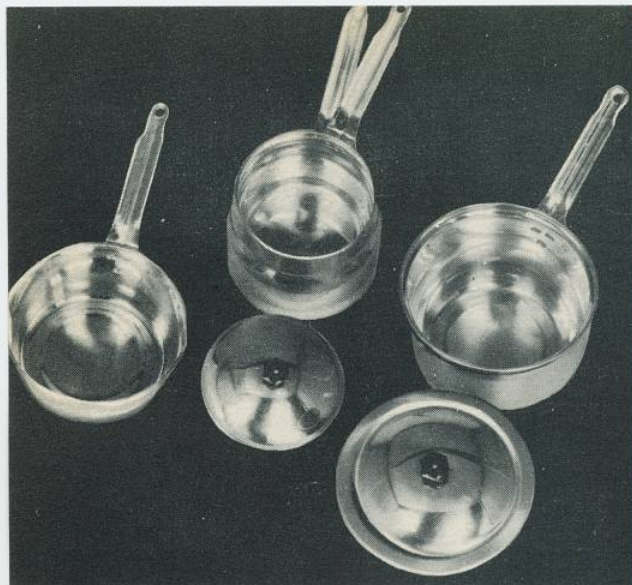
A very special Century of Progress offer to acquaint you with the new improved Super Sanitex LIFETIME Aluminum Ware. Set, as shown above, consists of 2 qt. Double Boiler; 1½ qt. Sauce Pan; 4 qt. Covered Sauce Pan . . . all with the exclusive Super Sanitex inside finish . . . smooth, glossy, easy-to-clean. LIFE-TIME ware is well and widely known for its sturdiness and long life. Keeps shapely under hardest use. ACT NOW. Offer expires Sept. 1st, 1934. Mail your order and remittance today. Address Dept. F. A \$3.85 value, postpaid for only **\$2.85**

A FULL LINE OF LIFETIME ALUMINUM WARE

Ask your dealer to show you the many attractive items in the complete line of Super Sanitex LIFETIME Ware. Made by one of the largest and oldest manufacturers of aluminum ware in America. Look for the LIFETIME trade mark on the aluminum ware you buy. It is your assurance of big value . . . real cooking satisfaction . . . and many years of service in your home.

ALUMINUM PRODUCTS CO.
La Grange . . . Illinois

Lifetime **ALUMINUM WARE**



Illustrating the smooth, glossy, easy-to-clean inside finish of Super-Sanitex LIFE-TIME Aluminum Ware.

ALL-PURPOSE SAUCE

To be served on any vegetables, fish and meats.
Cook in a Lifetime Saucepan for 3 minutes.

2 tablespoons fat

1½ teaspoons chopped onion

Then add:

4 tablespoons flour
½ teaspoon salt

½ teaspoon white pepper
½ teaspoon paprika

Stir in slowly:

1 cup milk

1 cup meat stock or bouillon

Boiling slowly for 2 minutes. Then add ¼ teaspoon grated lemon rind. This makes 1¾ cups of sauce and may be kept in a covered jar in the refrigerator until needed. A ¾ bouillon cube dissolved in 1 cup boiling water may be substituted for meat stock.

CUSTARD

2 cups milk
2 eggs
½ teaspoon salt

½ cup sugar
½ teaspoon vanilla

Put milk in top of Lifetime Double Boiler. Cook until scalded. Beat eggs, sugar and salt and pour milk over them. Return to double boiler and cook until thick enough to coat back of spoon. Cool slightly, add flavoring. Put cold water in bottom part of Lifetime Double Boiler and beat vigorously with rotary egg beater. Serves 6.

JELLIED APPLES

1 quart apples
1½ cups sugar
2 cups water

Juice of 1 lemon
Pink vegetable coloring
Gelatine

Peel, core and quarter apples. Boil sugar, water and lemon juice together for 5 minutes in a Lifetime Saucepan. Cook apples, a few at a time, in this syrup and when tender and clear, remove with skimmer. Drain, returning any juice to pan, color delicate pink with vegetable coloring. Add gelatine softened in cold water to cover, using one tablespoon to two cups syrup. Cool and when almost at setting point add cooked apples, turn carefully into wet mold. Chill, unmold and serve with whipped cream. Serves 6.

CHOCOLATE CORNSTARCH PUDDING

1 cup milk
1 square chocolate
2 tablespoons corn starch
2 tablespoons sugar

2 tablespoons cold water
 $\frac{1}{2}$ teaspoon vanilla flavoring
 $\frac{1}{8}$ teaspoon salt

Put milk in top of Lifetime Double Boiler. Add chocolate. Heat until milk is scalded and chocolate melted. Combine cornstarch, salt and water. Add milk slowly, stirring constantly. Return to Lifetime Double Boiler and cook until thick and smooth, stirring frequently. Add flavoring. Pour into wet molds. Chill and serve with cream or any desired sauce. Makes 4 servings.

VEGETABLE CHOWDER

2 slices bacon or salt pork
2 onions, diced
2 carrots, diced
2 potatoes, diced
2 stalks celery, diced
2 fresh tomatoes, or $1\frac{1}{2}$ cups canned tomatoes

2 teaspoons salt
 $\frac{1}{2}$ teaspoon paprika
6 cups boiling water
4 crackers, crushed
2 sprigs parsley, minced

Dice bacon or pork. Cook in a Lifetime Saucepan until fat flows freely. Remove meat and cook diced onions in same fat until browned, add remaining vegetables, seasonings, water and meat. Simmer slowly until vegetables are tender, adding more water during cooking to keep quantity up to about original six cups. Add crushed crackers, cook 10 minutes and sprinkle in parsley just before serving. Serves 6.

CREAMED POTATOES WITH EGGS

Peel four medium sized potatoes and cut into dice. Put into a Lifetime Saucepan and add 3 cups boiling water and 1 teaspoon salt. Cook until tender. Then drain and save liquid.

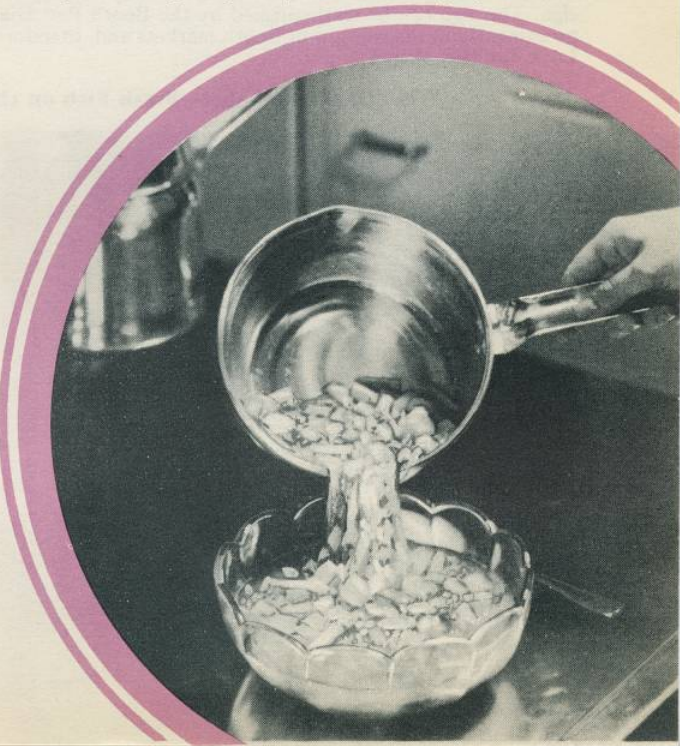
Melt in top of a Lifetime Double Boiler 1 tablespoon butter and then add:

1 tablespoon flour
 $\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon paprika

When blended stir in slowly $\frac{1}{2}$ cup milk and $\frac{1}{2}$ cup liquid off potatoes. Cook for 10 minutes, stirring occasionally. Then add diced potatoes, 2 hard cooked eggs, coarsely chopped, and 2 teaspoons chopped parsley. Heat thoroughly. Serves 6.

After cooking fruits and vegetables in attractive, sturdy LIFETIME Aluminum Ware, you will find its Super-Sanitex Inside Finish much easier to clean. This highly polished inside finish is an exclusive feature that only LIFETIME Ware gives.



Modernization

The trend in everything today is toward modernization and modernization in the food world means sanitation in packaging, convenience in handling, and efficiency in food preparation.

The Booth Fisheries Corporation, as leaders in the fishing industry, have again contributed an outstanding service to the homemakers of America, in the form of a new, different, and modern method of preparing and packaging Booth fish. This method eliminates the difficult and disagreeable task of scaling, dressing, and even of boning fish. Isn't that an achievement?

Picture yourself stepping into a Booth Certified Dealer's market—ready to give to him your day's order for fish. Immediately, you see in the refrigerated counter a series of beautiful sanitary display boxes labeled "Booth Perch Tastyloins," "Booth Haddock Tastyloins," or, perhaps, "Booth Pike Tastyloins."

Amazing and new—these packages contain a cut of fish known as Booth Tastyloins—exclusive with the Booth Fisheries Corporation. The fish which go into the making of Booth Tastyloins are first of all cleaned with the utmost care and sanitation. Then they are boned and cut into pieces convenient in size for cooking or serving and they come to you carefully wrapped in parchment or cellophane.

Hasty but tasty—Booth Tastyloins need no home preparation for cooking and they can be fried, boiled, or baked with the greatest ease and efficiency immediately upon delivery.

However, the Booth Fisheries Corporation have gone even a step further in this modernization. No longer is it necessary to plan one's fish dinner on Friday of each week—in order to be assured of getting fish which are absolutely fresh. The Booth Fisheries Corporation now deliver to each of their Booth Certified Dealers a daily supply of guaranteed fresh fish and sea foods.

So it is that we introduce to you now the Booth Certified Dealer. Only dealers who are selling Booth fish and sea foods may display this Booth Certified Dealer sign. The sign can be distinguished by the Booth Red Diamond. It is always posted prominently in the window of Booth markets and, therefore, can be easily recognized. Look for this slogan:

Booth on the Label—Fresh Fish on the Table.



FISH TASTYLOINS

Modern fish markets are now equipped to prepare fish so that it will be delivered to you ready for cooking—scaled—all waste removed and even boned, if so ordered. Booth Tenderloins and Tastyloins are prepared in this manner for you.

SEA FOODS

The Booth Fisheries Corporation has prepared a Handbook of Fish Cookery, which can be secured through their Home Economics Department by simply sending 10c in stamps to cover cost of mailing. To complete your file of interesting fish and sea-food recipes, address the Booth Fisheries Corporation, 300 W. Adams Street, Chicago, Ill.



General Information on Fish

HOW TO SELECT FRESH FISH

Fresh fish will always have the following characteristics: eyes are bright and clear—flesh is elastic and firm—gills are bright.

The Booth Certified Dealer sign prominently displayed by all Booth Certified Dealers is your assurance that these merchants are Booth authorized dealers and the fish and sea foods which you secure there are guaranteed to be—fresh from the sea.

HOW TO JUDGE THE QUANTITY OF FISH TO ORDER

One pound of solid fish can usually be estimated to serve three persons. When skin, bones, head, and tail are included, however, one pound should then be estimated to serve only two persons.

HOW TO TREAT FROZEN FISH

The marvelous improvements in freezing methods recently developed now permit the preserving of fish by freezing without affecting in any way the original fine palatability of the fish.

Frozen fish may be thawed out satisfactorily in any one of several different ways:

- (a) Place in refrigerator over night and allow to thaw gradually in cold temperature.
- (b) Allow fish to thaw naturally at room temperature. Then cook at once.
- (c) Cook in frozen state—with no preliminary thawing. Note: A longer cooking period is necessary if frozen fish is prepared in this manner.
- (d) To handle quickly, place in cold water until thawed.



PLACE OF FISH IN THE MENU

Fish and sea foods contain an adequate supply of vitamins, minerals, calorie value for energy, and protein for body building. Include them frequently in the family menu for their health value.

Methods of Fish Cookery

SAUTÉED OR PAN FRIED FISH

Chief among all methods of fish cookery, perhaps, comes sautéed or pan fried fish. This is a quick, simple, and economical way of preparing and cooking small fish, sliced fish, or any form of fish tenderloins.

Cover the bottom of the frying pan with a mixture of two parts of olive oil to one part of butter and allow enough to cover the frying pan to about $\frac{1}{4}$ inch in thickness. Dip the fish to be fried in egg and dry bread crumbs and then place the fish in the hot fat in the frying pan. Brown on each side and cook until fish is tender and well done.

Remove with a spatula or pancake turner and serve on a hot platter. Garnish with lemon slices, cucumber slices, or fresh vegetable greens.

HOT OVEN BAKED FISH

While perhaps not as common a method of cooking fish as is the pan fried method, hot oven baked fish are becoming increasingly popular. This method has been proven to be perhaps the most satisfactory general method for preparing many varieties of small fish, fish tenderloins, or of sliced fish. Fish cooked in this way has a crisp crust, a delicious flavor, and a golden brown color which makes it very palatable. At the same time, the fish requires much less attention during the cooking period and no cooking or frying odors penetrate the house.

When cooking fish by the hot oven method, simply dip the fish into salted milk, allowing one tablespoon of salt per cup of milk. Drain thoroughly and then roll in hard bread crumbs, making sure that a perfect blanket of bread crumbs has been formed in order to retain the natural juices of the fish during the baking period. Place fish in a well oiled baking pan and brush carefully with a small amount of melted butter or oil. Note that no water is added to the pan, nor is any water poured over the fish when using the hot oven method of preparing.

Place the pan of fish in a preheated very hot oven (550°F.) and bake for approximately 10 minutes. The fish will then be browned on both sides and turning is not necessary. Remove carefully to a hot platter, garnish and serve at once.

Paint is Up-to-Date . . .

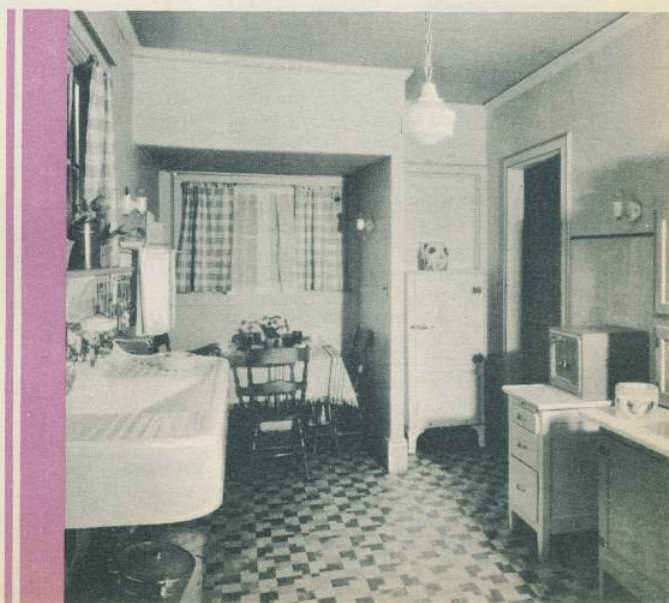
As convenient as labor-saving devices, as refreshing as green garden vegetables, as modern as youth—are the new and colorful enamel finishes for decorating today's kitchens. Of course they are washable—permanent in color—economical to buy—and easy to apply.

Even a few years ago, if one had suggested that the kitchen could and should be made one of the most attractive rooms in the home, the statement would have been greeted with laughter. "The Kitchen! Why, the kitchen is only a place in which to cook!" True, but the long hours spent in a kitchen might just as well be spent in surroundings that are pleasing, colorful, restful and convenient. The modern woman, realizing this, demands a share of beauty for the room in which she spends so many hours.

The old-time kitchen may have been picturesque, but it certainly was not sanitary. A painted kitchen can easily be kept spotlessly clean. Ceiling, walls, cupboards—trim, floors, and furniture, should be painted with a colorful, washable finish. Thus will your kitchen keep step with modern labor-saving equipment and new delicacies of the culinary art.

**There is a Dependable MOORE PRODUCT for Every Decorating Need!
For Best Painting Results CONSULT YOUR BENJAMIN MOORE
DEALER . . . EMPLOY A RELIABLE PAINTER . . . USE MOORE PAINT**

*Modern, cheerful
kitchens reflect the char-
acter and personality of
the home and its owners.
Benjamin Moore & Co.'s
products make such
kitchens possible.*



Paint Works Gaily

Color in your kitchen expressed in terms of newly painted surfaces will dominate the entire room. Color brings cheer, gaiety, pride. It makes working hours seem shorter. Light tints for ceiling and walls, contrasting colors for trim and furniture, medium dark colors for floor surfaces, will lend balance and interest to your kitchen. Even the handles of kitchen utensils may be painted in color to suit the general color scheme.

Cupboards offer tempting possibilities for color combinations. They should be painted the same color as the walls to make them least prominent. But they may have panels stencilled with flower or fruit designs, or the door moldings may be trimmed with bright color accent. Always unique, are cupboard interiors painted in an unusual color to offer a fascinatingly different sort of background for the display of glass and chinaware.

Waterproof, washable paints and enamels should be used for all kitchen decorating. Products that will not be injured by cooking odors; that are easily cleaned, are essential. Such products are available at reasonable cost. They are *Utilac Enamel*, *Moore's Interior Gloss*, *Dulamel*—made by Benjamin Moore & Co.

OUR DECORATIVE SERVICE

Our Department of Home Decoration offers free and personal assistance for your problems of interior or exterior decorating. Interior Decorators of wide experience are at your service without any obligation on your part. If you wish advice concerning the right product and appropriate colors for best decorating results, please write to Betty Moore, 511 Canal Street, New York City, outlining the details of your problems and the questions you wish to have answered.



Gay colors in pleasant contrast make your kitchen the envy of all who enter. Consult your Benjamin Moore dealer—Employ a reliable painter—Use Moore Paint.

Paint has Style and Beauty



Five Tested Color Recipes by BETTY MOORE

Ceiling	Walls	Trim	Floor	Furniture	Curtains
Peach (A)	Peach (A)	Light Blue (A)	Royal Blue (B)	Ivory (B) trimmed with Black (B)	Cream Voile
Green Tint (C)	Green Tint (C)	White (C)	Brown (B)	Pink (B) trimmed with White (B)	Pink Voile
Light Ivory (B)	Light Ivory (B)	Light Green (B)	Black (B) spattered with White (B)	Soft Yellow (B)	Yellow Plaid
Light Buff (A)	Light Buff (A)	White (C)	Brown (B) spattered with White (B)	Ivory (B) trimmed with Brown (B)	White Percalé
Ivory (C)	Blue Tint (C)	Ivory (C)	Blue (B) spattered with Ivory (B)	Peach (A) trimmed with Black (B)	Peach Voile

(A) Dulamel, the economical egg-shell finish. Dries hard overnight.

(B) Utilac, the smooth flowing, quick-drying enamel. Easy to apply.

(C) Moore's Interior Gloss for kitchen walls, ceilings, woodwork.

Dulamel, Utilac, Moore's Interior Gloss are Durable, Washable and Waterproof.

The Story of Paper . . .

This history of paper making has been specially prepared for "A Century of Progress in Cooking" by the Kalamazoo Vegetable Parchment Company of Parchment, Michigan, known as "The World's Model Paper Mill." The special papers described are manufactured by them under the well known "KVP" brand, and are on sale at leading department stores, fancy grocers, and hardware dealers the country over. If your better dealers cannot serve you, full information and unusual samples may be secured direct from Kalamazoo Vegetable Parchment Co., Parchment, Mich.

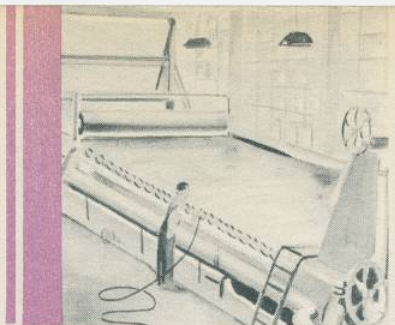
Almost the entire history of paper has been written in the past hundred years, and it is therefore extremely fitting that paper be represented in A Century of Progress. Not that paper is new. To the contrary, it is known to have been made by the Chinese as early as 105 A. D. But that without the developments of the past hundred years, paper would be very costly. Daily newspapers and magazines such as we now have would be impossible. The many aids that paper gives the housewife would be unknown.

Like so many other articles that were once luxuries, paper owes its abundance to the invention of high speed machines. The first "paper maker", however, was not a machine or a man, but an insect—the hornet. The quality of the paper these busy insects make for their nests is still equal to the finest quality man has ever made.

The Chinese eventually learned part of the secret and the Arabs apparently got it from Chinese captives. It spread to Europe through the Moors. These hand made papers were usually made from the inner bark of the mulberry tree, or from linen rags. The Egyptians, probably even before the time of Moses, made something very like paper from the water-loving papyrus plant, and it is from this name that we get the word "paper".

The invention of movable type and printing in the 16th Century greatly increased the demand for paper. Hand





manufacture was not fast enough, and particularly, was very costly. The need for more and cheaper paper finally led to the invention of a machine that would allow paper to be made in a continuous roll rather than a sheet at a time. In 1798, a Frenchman, Louis Robert by name, invented a paper machine, and two Englishmen, Henry and Sealy Fourdrinier went bankrupt developing it for commercial use. The original principle has not been changed in all the intervening years, but mechanical progress has been so great that some machines actually can make a continuous roll of paper 25 feet wide at the express speed of 1500 feet a minute!



The first "Fourdrinier" machine was brought to America in 1820, although paper was first made by hand in the New World by William Rittenhouse, of Philadelphia, in 1690. Rags still remained the basic material for paper, and the cost of paper remained too high for the common uses it finds today. Between 1840 and 1870, however, many new machines were invented and ways were found to make paper out of wood pulp. From that day forward, trees have been the chief source of paper, although rags are still used for some grades.

Paper is therefore no longer rare and costly, something to be carefully saved, smoothed out, and used over again, but is available at low cost in countless varieties and forms. Indeed, it has become a necessity in the modern home, and the housewife has profited immeasurably in terms of greater ease and efficiency in housekeeping. The many varieties of paper which make housework easier and better have been one of the boons of the present century.

Shelf and Lining Paper, for example, in clean rolls of many color choices, has replaced old newspapers. It is also a splendid paper for use in preparing foods. Refuse is left on it, then destroyed. The modern woman finds it much easier to burn up than to clean up. Such a roll is a genuine utility paper, with dozens of uses in the home, ranging from use of the mixing board to wrapping parcels.



Another paper common to many homes is known as Cookery Parchment, which finds its use not only as an excellent way to prepare foods, keeping odors in the kettle, where they belong and preserving natural vitamins, flavor and aroma, but also as the ideal refrigerator paper for the safe keeping of greasy, moist and wet foods. Genuine Vegetable Parchment does not go to pieces in water, even in boiling water. Your butter wrapper illustrates a typical use for

parchment in daily commerce.

Waxed paper is another household necessity. Your bread always comes wrapped in such a paper to retain its freshness. Foods do not dry out quickly when protected by heavily waxed paper, and it is hence invaluable as a sandwich wrapper, or for lining bread or cookie boxes, or wrapping cakes, pies, and candy. It may also be had in many fancy, colorful designs, just the thing to brighten up parties and luncheons.

One of the most interesting of all papers for the modern home is known as Dusting Paper. The bugbear of dusting has always been the dirty, insanitary dust rag. This remarkable paper is as soft as old rags. It grabs the dirt and holds it, so that it can not scatter. It does much more than dust, for it is impregnated with fine furniture polish, so that you actually *polish* as you dust. When through dusting, you throw the paper away, tearing off a fresh piece from the generous roll for a clean start each time you dust.

Other modern papers include a clever little strip of parchment to go around the edge of a juicy pie to keep the juices in the pie and out of the oven. These are known as Pie Tapes. Then there is a special kind of parchment paper called Scouring Parchment. It is used with your favorite scouring powder or compound for cleaning enamel and metal surfaces, and may be re-used many times.

The modern home is the *paper* home.

"The Crown Jewels of the Kitchen"

What pleasure these utensils will give you, and how economical they are! The extra heavy steel base is an assurance of extreme durability. The wide bottoms are especially designed for quick heating—the black bottoms, for fuel saving. The ever glistening Chrome Covers are flavor sealing. The Covers fit into non-boil-over Tops, thereby preventing the escape of the essential nourishing food elements. The Coronet Porcelain Enameled Utensils, only part of which are illustrated, are decorated in a simple appealing design on Ivory or White. The inside linings are pure White. All utensils are seamless, permitting perfect and easy cleaning. In the Coronet, we not only have all the decided advantages of Porcelain Enamel, but also the novelty color treatment that makes them so outstanding in their appeal and beauty. And they are perfect for all foods. With the Coronet Porcelain Enameled Utensils in your kitchen, you will not only be using sanitary and appealing cooking utensils, but also make your kitchen the bright and happy work shop it should be.

There are six color combinations to choose from. See your dealer, and if he cannot furnish these utensils, write the manufacturers, who will be happy to give you full details and furnish what you may need. The manufacturers are The Bellaire Enamel Company, Bellaire, Ohio—Mention the "Coronet."

THE CORONET

These Porcelain Enameled Utensils are immaculate in their simplicity of beauty and design. They're equipped with flavor sealing Chrome Covers, Bakelite Knobs, Non-Boil-Over Tops, Wide Black Bottoms, and each piece is White-lined. They come in various enchanting quiet color combinations—one motif—stripes, bead and knobs, all in Green or Red or Black on either Ivory or White background.



The Beco Porcelain Enameled Bread and Pastry Boxes are now in thousands of homes. Women are delighted with this permanent, easily cleaned Bread and Cake preserver. These containers are entirely seamless. There are no crevices, corners or seams to catch crumbs and dirt, that are so hard to remove from the ordinary Bread Box.

And the Beco Bread and Pastry Boxes are beautiful too. They come in various finishes such as Red, Green, Blue, Ivory and White . . . and each one is White-lined. They are also fitted with highly polished, non-rusting Chromium handles, hinges and hasps . . . a very appealing advantage for permanence and easy handling.

The Porcelain Enameled Beco Bread and Pastry Box is so easily kept new . . . just plain soap and water . . . that's all. The Porcelain Enamel is always lustrous, shiny and never fading.

You cannot appreciate how much longer the Beco Bread and Pastry Box keeps bread and cake fresh unless you have one. They come in colors to match the decorative scheme in your kitchen.

If you cannot obtain the Porcelain Enamel Bread and Cake Box from your dealer or department store, send \$5.95 to the manufacturers . . . The Bellaire Enamel Company, Bellaire, Ohio. It will be money wisely spent for a permanent, always new, sanitary and easily cleaned Bread and Pastry Container. And don't forget to mention to the manufacturers the colors wanted . . . either Green, Red, Ivory or Blue.



BECO BREAD AND PASTRY BOX

18 $\frac{3}{4}$ inches long x 9 $\frac{1}{4}$ inches wide x 6 $\frac{3}{4}$ inches deep. Chrome handles and fittings. Protected inside edges. A Lifetime Bread and Pastry Container. Porcelain Enameled in White, Pastel Green, Mandarin Red, Sky Blue and Ivory—all Boxes are White-lined.

Porcelain Enameled Kitchen Utensils



Manufactured by the Bellaire Enamel Company, Bellaire, Ohio



Makers of the quality "BECO" and "DURO" brands of Porcelain Enameled Wares.

Manufacturers of the Glass-Covered Porcelain Enameled Refrigerator Dishes . . . Baskette Sets . . . Conserversets . . . and a full and complete line of Refrigerator Accessories for every purpose.

Also makers of the famous Never-Break line of Steel Skillets and Griddles—guaranteed not to break or warp. The Never-Break Skillets come in Chrome, Porcelain Enamel and Plain Steel.

The inherent qualities of Porcelain Enameled Wares are exemplified to a superlative degree in all of the Bellaire Enamel Company's kitchen utensils and products. They are durable, do not absorb odors, are beautiful, easily cleaned and smooth and lustrous. The Bellaire Enamel Company make a complete line of Porcelain Enameled Sauce Pots, Sauce Pans, Dish Pans, Tea Kettles, Rice Boilers; in fact, everything for the home, hotel, restaurant, hospital and butcher trade.

For the assurance of quality and complete satisfaction, insist on Bellaire products. Look for the "Beco" bird or the Duro Brand on enameled ware and "Never-Break" stamped on the handles of the Skillets. Can be purchased at all leading dealers and department stores, or write the manufacturers, and they will arrange to have your needs furnished to you. The name and address is The Bellaire Enamel Company, Bellaire, Ohio.



Enhance Your PERSONAL CHARM through Correct Dress

By JANE ALDEN

Jane Alden—Stylist Chicago Mail Order Co.

Ever notice how buoyantly happy and attractively gay you feel when you have on an outfit that is "just right"? Just the right shade to accent your eyes; just the right lines to give you added grace; everything just right to dramatize *you!* Though you've had a busy day in the home or at the office, you'll have an individual magnetic charm at the party that night . . . if you are dressed correctly.

Let's suppose, then, that you've decided to enhance your personal charm through correct dress. First of all, however, let's discuss a few fundamental beauty secrets . . . beautify you . . . and then, we'll get back to the fascinating subject of clothes, on which your final charm depends. Let's suppose further, that you are going with me on a personally conducted tour of those various departments of the Chicago Mail Order Company's Catalog devoted to beautifying you and enhancing your charm. We'll use as our colorful guide-book a current issue of our Style Book and Family Outfitter.



So we turn to the Cosmetic department. Delicately scented, pure toilet soap and an array of Lady Conceta lotions and creams remind us that plenty of soap and water for the whole body plus a soothing lotion or cream for the face is necessary, in the charm routine. Lady Conceta skin and tissue cream, smoothed on with upward motions, helps lighten lines and lifts sagging muscles. Before applying face powder of the shade for your type, smooth on a little Lady Conceta smooth vanishing cream which gives your skin a velvety fresh finish, causes the powder to cling, and protects your pores from effects of wind and dust. Now, choose a rouge to match your natural coloring and apply it to detract from or add to the width of your face, as



the case may be. A harmonizing lipstick, sparingly but artfully applied, can do much to accent the whole effect of your make-up. Speaking of the lips . . . do they reveal strong white teeth when you smile? Right over here are those "securely bristled" tooth brushes for which you've been looking. Just spread on some of this tangy Alden toothpaste and use diligently twice a day and see your dentist every six months. This routine should keep your teeth in good condition.

Is your hair mouse-brown, carrot-red, graying-black or straw blonde? Never mind! Thorough shampooing, consistent brushing, and a complimentary coiffure will solve your problem. Here we have all the aids to hair beauty, from a delightful oil shampoo, to a pro-phy-lactic hair brush for stroking the sheen of health back into locks gone dull; or to "highlight" already healthy hair. In dressing the hair, a little experimenting in front of the mirror, with attention to your facial contours, will give you wisdom. If your face is broad, don't yank your hair back severely nor yet frizz it all over in small ringlets. Compromise on a simple, slightly waved hairdress which softens the width of your face without adding size. Again, if yours is a small face with sharp features, soft curls fluffed provocatively, will give you an elfin attractiveness. Of course, if you are blessed with features of classic beauty, wear the hair swept away from the face in streamline fashion, flowing into soft, flat curls.



For soft, well-kept hands, you will find a simple solution in these little compact manicure sets which contain all the necessary materials; except a velvety hand cream, which is packed in a separate jar.

Now for "foundationing!" In Hollywood, where the figure must necessarily play a leading role, Madame La Marque is a specialist who designs those foundation garments which coax grace into every line. Madame La Marque approves the garments chosen by us for your figure. If you do not need a heavily boned corset, here we have girdles and foundation garments with light boning or elastic, or of that magical new Lastex material. Madame LaMarque has found they are gratifyingly expert at "nipping in" at the waist, and flattening out the bulges.

At last! We are back to the intriguing subject of clothes chosen to insure a finished impression of true charm. Since styles shift so rapidly, it behooves us to learn well the foundation rules of smart dress . . . and to apply them to whatever may be the fashion of the hour.

Plan your wardrobe carefully each season. Stick to harmonizing colors. Build around a central costume. It is so easy, then, to match and interchange accessories . . . to trade jackets and skirts around . . . thus giving the appearance of possessing more outfits than you might actually have. Then indulge your fancy for a bizarre color-note in a gay party frock.





As for style, study your figure and features and choose accordingly. Simplicity of line is a good rule. Only if you are a slim creature, will you revel in the frilly, frothy feminine styles. Perpendicular lines . . . in fact anything to give long flowing lines in dress design, helps the stout figure. Our "Slim-fashion'd" line seems to magically disguise figure defects and lend grace and distinction to the stout woman's wardrobe. In the matter of fashion, it is important to keep your wardrobe up-to-date. See that your clothes look as though they belonged to this season! The Chicago Mail Order Company makes it possible for you to do so through skillful choice of Hollywood-approved Style Queen fashions, to reflect the best and most lasting of today's styles. Three of Hollywood's most famous designers choose many of these interesting fashions for dramatizing various types.

The smartest and most comfortable shoes are also approved for your wear by these famous designers. You find all styles here . . . from the sturdy walking heel in oxford or "strap" for daytime . . . to the daintiest of giddy sandals for dancing.

You'll find, in the Chicago Mail Order Company's Style Book and Family Outfitter, pages of Hollywood-approved "Style Queen" frocks, shoes and hats, in fact, everything-to-wear for every member of the family. Are you interested in enhancing your personal charm through correct dress, and necessary beauty rules . . . and at as little cost as possible? As Fashion Stylist, I cannot offer better advice than planning that wardrobe which will bring you personal charm, with budget figures spread out near you, and opened for your delighted consideration, a copy of the famous Style Book and Family Outfitter from the Chicago Mail Order Company.



After years of studying women's problems in connection with personal grooming and correct dress, I am thoroughly convinced that this matter of planning one's wardrobe carefully is of vital importance. If you haven't a copy of the Chicago Mail Order Company's catalog drop me a card and I'll send it free and postpaid. If you choose wisely from the fine array of clever new styles you can outfit yourself and your family smartly as to style, and at the same time practice real economy.



For assistance in solving any style problem, just write: Miss Jane Alden, Fashion Stylist, Chicago Mail Order Co., Chicago.

*Yours most sincerely,
Jane Alden.*

International Recipes

DENMARK

ALMOND-RICE DESSERT

- ½ cup rice
- 1 pint milk
- ½ cup sugar
- 1 tablespoon gelatine
- 1 cup whipped cream
- ½ cup chopped blanched almonds
- 1 teaspoon vanilla
- Stewed fruit, optional

Wash rice and cook ten minutes in slightly salted boiling water. Drain, turn into double boiler, add milk and cook over hot water, until milk is absorbed. Next add sugar, gelatine softened in a very little cold milk, and almonds. Cool, flavor and fold in cream, beaten until stiff. Chill very thoroughly and serve plain or with fruit—apples, pears or peaches—cooked until tender in a sugar and water sirup. Lift the portions of fruit out before they break. Cook the sirup down until thick, flavoring with lemon, ginger or vanilla, and pour over the fruit. Serves four large portions.

HOLLAND

DUTCH LOAF BREAD

To a small loaf of raised bread dough, add:

- ½ package currants
- ½ package seedless raisins
- 2 cups brown sugar
- 3 eggs, beaten
- 2 tablespoons cooking sherry
- 2 tablespoons butter

Mix well and put in greased pans. Let rise for two hours. Bake in slow oven.

DUTCH STUFFED CABBAGE

Boil cabbage whole 10 or 15 minutes in salt water. Cool. Cook rice with chopped green peppers, onions, celery, salt; mix with sausage meat. Roll 1 large tablespoonful in each cabbage leaf. Lay rolls in dish, bake slowly 1½ hours. Serve with tomato sauce.

FRANCE

To the French, the preparation of food is as much an art as painting or the production of a great symphony. Loving care goes into the preparation of food in France.

CREPES SUZETTES

(French Pancakes)

The French love these pancakes. You can eat magnificent ones at any of their restaurants. Larue's serve them flaming in a gorgeous orange liqueur. They are eaten as a dessert. Here is the recipe for them:

- 1 cup flour
- 1 tablespoon sugar
- 2 tablespoons melted butter
- 1 cup milk
- Few grains salt
- Flavoring
- 1 egg
- 2 egg yolks

Sift the flour into a bowl, break the egg into the middle of it, and add the two egg yolks. Add the salt, sugar, and milk all at once. Stir together, and beat until the mixture is a thin (runny) batter. If it is lumpy, rub the batter through the sieve. Add the melted butter. If possible make the batter two or three hours before using. Keep it covered in a cool place.

(Cognac or rum is used in Paris to flavor these pancakes, but I guess American housewives will have to use vanilla.)

Bake on a hot, buttered griddle. Spread the batter paper-thin on the griddle in cakes about eight inches in diameter. Cook to a golden brown on each side. Sprinkle each pancake with powdered sugar.

Cream together one-half cup butter and one-half cup sugar. Add the juice of one orange and the grated rind of one-half orange. Spread this paste on each pancake. Roll loosely. Sprinkle generously with powdered sugar. Serve three to a person.

The pancakes may also be spread with jam (the French call it *Confiture*) and rolled in the same way.

ONION SOUP PARISIENNE

Chop one onion fine. Brown well in butter in saucepan. Add cup of clear soup stock. Season to taste with salt, red pepper and bayleaf. Add about a cup and a half of water and simmer. Then add yolk of egg beaten in cup of milk. Allow to come to boiling point, then strain into soup dish over a piece of toast.

International Recipes

GERMANY

KARTOFFEL PFANNKUCHEN

(Potato Pancakes)

- 2 cups grated pared raw potatoes
- 1 teaspoon salt
- Sprinkling pepper
- 2 tablespoons flour
- 2 eggs, beaten

Combine all the ingredients, and drop from the tip of a tablespoon on to a hot griddle which has been greased or not, according to manufacturer's directions. Brown on both sides, cooking about 2½-3 minutes in all. Serve with any meat gravy. Makes 15 pancakes.

SAUERBRATEN (Sour Beef)

- 4 pounds bottom round of beef
- 2 cups vinegar
- Water
- 4 bay leaves
- 12 peppercorns
- 16 cloves
- 2 tablespoons flour
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon allspice
- 1 bunch carrots, pared and sliced
- 5 cups sliced peeled onions
- 12 ginger snaps
- 1 tablespoon granulated sugar

Select meat with a layer of fat. Cut off some of this fat and reserve it. Place the meat in a bowl with the vinegar, and add enough water to cover the meat completely. Add the bay leaves, peppercorns, and cloves; cover and place in the refrigerator for 3 days. Then drain the meat, reserving 2 cups of the vinegar liquor. Sprinkle meat with the flour, salt, pepper, and allspice, and brown on all sides in drippings from the fat cut from the meat. Add the carrots, onions, and the 2 cups of vinegar liquor in which the meat has stood. Cover and cook over very low heat for about 2 hours, or until the meat is tender. Then crumble the ginger snaps and add with the sugar to the liquid around the meat. Cook 10 minutes longer and serve. Serves 6 to 8.

GREECE

LENTIL STEW

- 3 cups lentils
- 5 cups cold water
- 1 medium-sized diced onion
- 1 tablespoon tomato paste or
- 2 fresh tomatoes
- 2 tablespoons olive oil
- 1½ teaspoons salt
- 1 bay leaf
- ½ teaspoon powdered sage
- Juice of 1 lemon

Soak lentils overnight in water to cover. Drain and place them in saucepan with water and onion. Bring to boiling point and add tomato paste, oil and seasonings. Keep covered and cook very slowly until lentils are tender and the liquid largely absorbed by them. Remove bay leaf and add lemon juice just before serving. Serves four.

COURAMBIES (LITTLE GREEK CAKES)

- 4 cups sifted flour
- 1 cup butter
- ½ cup sugar

Melt and warm butter but do not allow it to boil. Discard the white precipitated sediment and add butter to flour, working and kneading it in with the utmost thoroughness—the real Greek formula calls for working it one and one-half hours. Then gradually add sugar, roll very thinly and cut into tiny rounds or crescents. Bake on lightly floured sheets in very cool oven—325°F.—until of a delicate cream color. They must be watched very carefully while baking. Sprinkle generously with sugar while still warm and do not pack away until thoroughly cold.

IRELAND

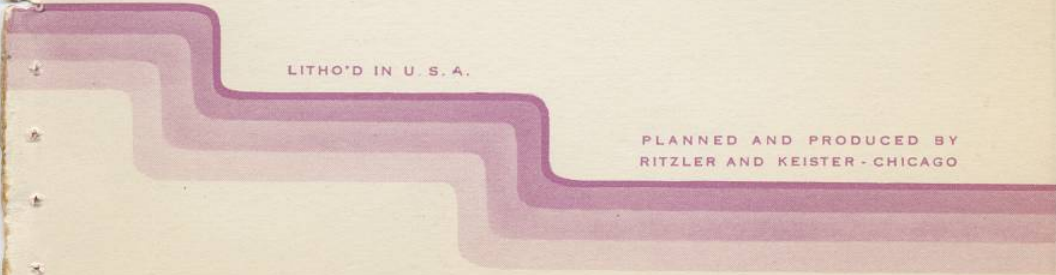
IRISH COLCANNON

- 6 large potatoes
- 2 medium onions
- ¾ cup milk
- Salt and pepper
- Butter

Peel and boil potatoes. Peel and cut onions in small pieces, place with milk in separate saucepan and bring to boil, reduce heat and let simmer until onions are parboiled—crisp, not soft. Add pepper and salt to potatoes and one tablespoon of butter. Mash. Add onions and milk and beat until light. Serve in cone shaped mounds with small pat of butter on top.

BACON WITH VEGETABLES

Boil bacon cut in 1-pound pieces well covered with water in large deep kettle for 3 hours. Add potatoes, carrots, turnips, cabbage, onions, the last hour. A pound of bacon serves 8. Place bacon in center of a large platter and serve vegetables around it. Good for feeding a big crowd.



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