

TX 715
.R44
Copy 1

GOLDEN RULE COOK BOOK



By
Mrs. Ida Cogswell Bailey Allen
ENDORSED LECTURER
U. S. Food Administration
WRITTEN ESPECIALLY FOR
THE CITIZENS' WHOLESALE SUPPLY CO.,
Columbus, Ohio.

MEASURED BY THE GOLDEN RULE



NOT FOUND WANTING

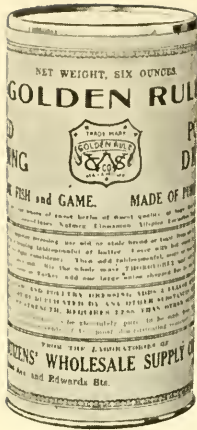
AT THE PANAMA-PACIFIC
INTERNATIONAL
EXPOSITION,
San Francisco, 1915

**Golden Rule
Products**

were given

37 Awards 37
comprising

31 Gold, Silver and Bronze Medals
and 6 Honorable Mentions—
A World's Record, in Competition with the World



A · Group · of
GOLDEN RULE
MEDAL WINNERS
 · At · The ·
Panama-Pacific
International Exposition

THE GOLDEN RULE COOK BOOK

(Third Edition)

*Menus for Every Day
Suggestions for Entertaining
Over Two Hundred Tested Recipes*

BY

MRS. IDA COGSWELL BAILEY ALLEN

EDITOR

"Housewives' Forum," Pictorial Review

ENDORSED LECTURER

U. S. Food Administration

WRITER FOR

Leading Magazines and Newspapers

LECTURER FOR

The Westfield Standards of Pure Foods

WRITTEN EXPRESSLY FOR

THE GOLDEN RULE HOUSE

The Citizens' Wholesale Supply Co.

COLUMBUS, OHIO, U. S. A.



COPYRIGHT 1918, BY
THE CITIZENS' WHOLESALE SUPPLY CO.

GOLDEN RULE



I CONSIDER myself very fortunate to have found at last the Golden Rule foods—a line of absolutely pure, high-grade products which I can safely use in my own household. I take great pleasure in recommending the goods sold by **The Citizens' Wholesale Supply Company**. I find them of unfailing high quality, correct weight, scrupulously clean, and that they can be purchased at a saving of from ten to forty per cent.



Isa C Bailey Allen

JUL 22 1918

©CL.A500688

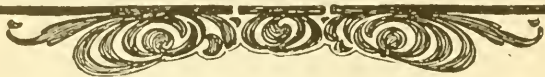
Table of Contents

	PAGE
Preface	5
A Visit to the Home of Golden Rule Products	9
Planning the Every-Day Menu.....	15
War Menus.....	20
General Rules for Measuring.....	23
Beginnings of Various Meals.....	25
Soups of Various Kinds.....	30
Cereal Foods	36
Quick Breads	41
Vegetables	48
Meats and Fish.....	57
Salads	68
Desserts	77
Cakes	90
Sandwiches for Various Occasions	99
Pastry	103
Cookies and Little Cakes.....	108
Candies	114
Beverages, Hot and Cold.....	120
War Recipes.....	123
Ideas for Entertaining.....	125



GOLDEN RULE

THE HOME OF THE GOLDEN RULE PRODUCTS



The ———
Citizens'
Wholesale
Supply
Company



PREFACE

THE GOLDEN RULE, "All things whatsoever ye would that men should do to you, do ye even so to them," was adopted by 'The Citizens' Wholesale Supply Company upon its organization in 1894, **not merely as a mark** to distinguish its goods from other goods, but **as a motto** which every individual, high or low, connected with the Company, must follow.

To practice the Golden Rule, in supplying Food Products, it is obvious that certain principles must be followed:

- 1st. **Absolute Purity is an essential.**
- 2nd. To attain this, absolute **cleanliness** is a necessity.
- 3rd. To realize this, not only must the raw materials be clean and free from blemish, but the conditions surrounding their manufacture, packing and handling must be scrupulously **clean** and **sanitary**.

To insure these prime requisites, therefore, all materials are **tested** in our **thoroughly equipped, up-to-date testing laboratory, under the personal supervision of our chief chemist**, and every item not up to the Golden Rule Standard is promptly discarded.

The manufacturing, packing and handling is done under the supervision of experts in magnificent buildings constructed especially for the work, so well lighted that the sun has access to almost every nook and corner; and the sanitary conditions are so excellent, and cleanliness is esteemed as so near to godliness,—as should be the case with a House following the Golden Rule,—that our plant, from the splendidly equipped Display Rooms to the darkest nook in the manufacturing department; from the modern, cold storage section to the very roof, is open at all times for the inspection of our friend and supporter, the **public**.

GOLDEN RULE

Considering these facts, it is not surprising that Mrs. Allen, undoubtedly the most famous cooking expert in America, most heartily endorses Golden Rule Products.

It is not surprising that Prof. Lewis B. Allyn (no relation to Mrs. Allen), one of the most noted Pure Food Experts in the entire world, the originator of the famous Westfield Standard, (adopted from Coast to Coast as the most exacting standard in this country), then Pure Food Editor of the Ladies' World and other McClure publications, sent us the following letter:

LEWIS B. ALLYN
DEPARTMENT OF CHEMISTRY AND PHYSICS
STATE NORMAL SCHOOL
WESTFIELD MASS.

November
Twenty
1911.

The Citizens' Wholesale Supply Company,

Columbus, Ohio.

Gentlemen:-

Agreeable to your request of October 9th., we have completed the tests of your products as per enclosed sheets within sixty days.

We have given the matter our personal attention and have made over a hundred tests and determinations. The tests were made to define the purity, the determinations, in most cases, to determine the grade or quality.

After going rather deeply into the matter, we can state with pleasure that we have never examined a line of goods which rate as a whole better than your Golden Rule Products. Those that we have examined were not only legally pure, but were what is of almost equal importance, -- of distinctly high grade. They rank sufficiently high to be given a place in our Pure Food Display.

The term "Golden Rule" is a good term to apply to these products.

With assurances of esteem,

L. B. Allyn
Chemist for the Board of Health.

LBA - FN.

RECEIVED
NOV 21 1911

GOLDEN RULE

And lastly, **it is not surprising that**, at the great International Exposition, the Panama-Pacific, held at San Francisco during 1915, where Golden Rule Pure Food Products were exhibited in the **Westfield Pavilion**, they were given

37 AWARDS, Comprising 31 GOLD, SILVER, AND BRONZE MEDALS And 6 Honorable Mentions

a **World's Record**—in competition with the greatest Food Manufacturing concerns on the entire globe.

A fac-simile of the medals is shown on another page.

For more than twenty years have the Golden Rule Products **forced their way through their intrinsic merit**, to the recognition and endorsement of the greatest living authorities.

Beginning at a time when there were **no** Food Laws, National nor State (with the exception of inadequate and poorly enforced statutes in three or four of the States), and with the opposition of the almost entire Grocery Trade entrenched behind their swollen profits from unclean, adulterated, unwholesome, and sometimes even diseased foods, which for decades they had been foisting upon the unsuspecting public; and against which opposition, it has had to **fight its way even to the Supreme Court of the United States**, the Golden Rule House has gone on, ever advancing in its intensely practical propaganda of "Pure Food for the Home," and in its advocacy of the Golden Rule in Business, until its great organization extends from **Coast to Coast** of this great country of ours, and commands the recognition of the greatest exponents of these principles.

Golden Rule Products are sold direct to the consumer,—from the Factory to the Home,—eliminating the profits of Broker, Wholesaler and Retailer and rendering it possible to **deliver at the Home**, the very finest of Pure Food Products, Pure Drugs, Toilet Preparations, Perfumery, etc., at a considerably less price than goods of such high quality can possibly be sold at retail.

To any of our friends not within reach of our sales organization, we extend the facilities of our mail order department. A postal will bring a prompt reply.

WHY MRS. ALLEN WROTE THE BOOK

Especial attention is directed to the significant fact that Mrs. Allen has not heretofore consented to write a cook book for any other manufacturing concern, although many times urged to do so. Her great satisfaction with Golden Rule Products used in her lecture work and in her own home, induced her to take this step.

Mrs. Allen has no theoretical, impractical, visionary ideas. She recommends only after actual, thorough, **personal** tests, so that she **knows**.

The wide range of subjects covered, the menus, the practical suggestions for entertaining, the sound advice in Home Economics and Dietetics, etc., make this book an

IDEAL EVERY-DAY HELP,

appreciated by every woman.

WAR MENUS AND RECIPES

On page 20 of this edition of the Cook Book will be found a complete set of menus by Mrs. Ida C. Bailey Allen, gotten up **especially for war time needs**. We call special attention to these menus, for the reason that they will be a distinct help in the conservation movement. These menus were written expressly for us by Mrs. Allen, and have each, individually, been tested and found to make palatable, nutritious and digestible dishes.

Mrs. Allen, as is well known, does not cater to theory. She is a **Practical Expert** in her line, and the menus may be used in their entirety with the knowledge that they will produce **specific, definite results**.

We have been extremely fortunate in being able to secure these menus at this time when every woman is interested in using substitutes for certain needs, and we are pleased indeed that we can participate in this way in the nation wide patriotic movement.

We see more clearly every day the evidence that food will win the war, and there is no better nor easier way of helping than in following the Government's suggestions, and as these are all incorporated in the menus it will be a great help to the housewife, and we feel that they will be thoroughly appreciated.

The Citizens' Wholesale Supply Co.
Columbus, Ohio, June 25th, 1918.

The Golden Rule Cook Book

By

MRS. IDA COGSWELL BAILEY ALLEN
Specialist, Lecturer, and Writer on Home Economics

A Visit to the Home of Golden Rule Products

MY acquaintance with Golden Rule Food Products began in 1912, when I was giving a series of demonstration cooking lectures in Columbus. At that time I used Golden Rule products and other groceries from The Citizens' Wholesale Supply Co., with the most satisfying results and if there is a test for the excellence and reliability of food stuffs, it certainly is that of using them successfully for the first time before the public, where everyone can see what is done, and can view the results. I must say that it took faith, to use an untried baking powder, extracts with which I was not acquainted and a new olive oil for making mayonnaise, etc., but I followed directions closely, and used a smaller amount of baking powder, extracts, spices, etc., as I had been told that the Golden Rule products were so pure and efficacious, that less could be used than usual.

I found that these products were indorsed by the eminent chemist, Prof. Lewis B. Allyn, of Westfield, and there is no greater guarantee of high standing, so I decided to investigate them thoroughly. To begin with, I spent a most profitable morning at the plant of The Citizens' Wholesale Supply Co.

The show room is a beautiful sight, with its display cases of all sorts of Golden Rule products, pyramids of canned goods, displays of toilet accessories, soaps, perfumes, etc., and original cartons of spices, just as they came from the Orient. Bringing together, as it does, food stuffs of the finest quality from all over the world, I could only wish that every woman who is interested in her household, and every child who is studying geography could see this room.

I was much interested to note that the only dried fruits which they carry consist of raisins, currants and black prunes, and inquiry brought forth the answer, that The Citizens' Wholesale Supply Co. were discarding most other dried fruits because they contain sulphurous acid. This was a great surprise, for I did not know that there was a firm of grocers in the whole country who really catered to public welfare. I further found out that this firm had discarded all ordinary molasses which contains sulphurous acid, replacing it with Barbados Molasses which is acid free, and can be given to the smallest child without injury.

As to the effect of sulphurous acid on the body, the best statement that I can make will be a direct quotation from Dr. Harvey W. Wiley: "It adds an immense burden to the kidneys which cannot result in any-

GOLDEN RULE

thing but injury. It impoverishes the blood . . . and is in every sense highly prejudicial to health."

Just as the kitchen is the heart of the home, the laboratory of The Citizens' Wholesale Supply Company is the backbone of Golden Rule Products. Here all the formulae are worked out. Here are made all the tests for the purity of the many articles used in the business. Anything which contains injurious preservatives, coal tar dyes or adulterants, or which is not of strictly high grade, is discarded.

I have never seen so many fine extracts of unusual flavors as those sold by this firm. Perhaps no line of food products is open to as much suspicion as Flavoring Extracts. The Pure Food and Drugs Act has improved the general run and quality of Flavoring Extracts greatly, but that it has not by any means eliminated all the fraud is being demonstrated daily.

Extracts of various kinds, especially Vanilla, Orange and Lemon, are found on the market not only deficient in strength and flavor, but containing materials of such a character as to make them absolutely unusable. For instance, Extract of Lemon is found labeled "Lemon Compound" with just a trace of Lemon, and products added embracing everything in the line of chemistry from ether to coal tar dyes. The same condition is true of Orange. In Vanilla the condition is even more pronounced.

The consumer is almost always unable to judge of the quality of the materials used; whether they are poisonous or in any way prejudicial to health cannot be known to her. It is, therefore, of the utmost importance that the housewife rely upon a reliable and known manufacturer of High-Class Flavorings.

The Citizens' Wholesale Supply Company do not use anything in Golden Rule Flavoring Extracts which could not be used by itself. This is the supreme test of the flavoring extracts, as many, many of them contain chemicals which, if used by themselves, one would use but once!

Golden Rule Flavoring Extracts are made from high grade selected materials in the well-lighted, sanitary and splendidly equipped laboratories and are scientifically and pharmaceutically correct. Each preparation must pass the exacting requirements of both a Registered Pharmacist and the Pharmaceutical and Analytical Chemist.

The price and quality of Golden Rule Extracts is made possible only by immense manufacturing operations and sale **DIRECT TO YOU**. They would have to be sold at almost double the price if sold through the regular Broker-Jobber-Wholesaler-Retailer-Consumer channel.

Each flavoring represents infinite pains, extreme care and select materials, most up-to-date and scientific process, applied knowledge of and experience with the materials used and the determination to produce an extract that may be measured by the Golden Rule and "Found Not Wanting."

If every user of extracts could see the crude materials and the manner of handling, extracting, ageing and finishing Golden Rule Flavoring products, there would be few flavoring extracts sold other than Golden Rule. Their prestige in the field of flavoring extracts was not obtained through accident. It has taken twenty years to develop these products to their present high standard.

GOLDEN RULE ALMOND AND PISTACHIO

This flavor is not as generally used in this country as its intrinsic worth would seem to indicate. Almond and Pistachio is one of the largest selling flavorings in France, Spain and Italy, it being used by the representative class of people of these countries very largely.

It has the soft Almond flavor combined with the nuttiness of the Pistachio. Many people do not care for an Almond flavor alone on account of the fact that it is a little bit too sharp. In combination with Pistachio, which is extremely mild, yet nutty, it makes a splendid flavor for people not caring for the extreme in flavoring. It is a decided change from the average flavor and **extremely popular** with people who try it.

GOLDEN RULE ORANGE FLAVORING

Among a great many people, Orange Flavoring is not a popular one, due largely to the fact that there are exceptionally few Orange Flavors that really represent the Orange.

Realizing this, The Citizens' Wholesale Supply Co. has made strong efforts to place an exceptional product on the market, and claim that Golden Rule Orange Flavoring is **far superior** to anything being sold. It represents the finest fruit grown,—the sweet Orange of Italy. This Orange is raised particularly for use in the highest class extracts. The supply of the finer qualities particularly, is limited and, of course, the price is in keeping.

If you are fond of the true Orange flavor, try the Golden Rule Orange Flavoring in cakes, ices, in fact in anything, and you will pronounce it superior to the flavor you are able to obtain from the use of the natural fruit.

You will never know the satisfaction and possibilities of the Orange Flavor until you use **Golden Rule Orange Extract**.

GOLDEN RULE VANILLA FLAVORING

This preparation represents all of the best features of twenty years' experience and knowledge in extract making. Various brands of Vanilla have become popular and then vanished. In fact, it is hard to find **any brand** of Vanilla on the market today that was extremely popular fifteen years ago.

Exactly the reverse of this condition is true of Golden Rule Vanilla which is a larger seller today than it has ever been, and is constantly increasing in sales and prestige. The reason for this is that The Citizens' Wholesale Supply Co. have thoroughly learned the manufacturing of a Vanilla Extract, and having obtained the knowledge, placed **THE RESULT OF THAT KNOWLEDGE IN THE EXTRACT**. There are some people who perhaps know as much of Vanilla, its treatment, care, ageing, etc., as we do, but who do not feel that it is worth the time, trouble and expense to apply the knowledge.

GOLDEN RULE LEMON FLAVORING

This preparation represents the fullest amount of the finest Oil of Lemon, containing all its natural elements, which is produced. For

GOLDEN RULE

years they have used only the finest Oils that come direct from the Lemon groves of Italy.

Many oils come to the market of second and third grades which are pure but are lacking in the quality of the bouquet. The difference between lemon oils is one of bouquet, just as the difference in Olive Oils is one of flavor. An Oil of Lemon may be legally pure and have only half the flavoring strength another oil may have. The Citizens' Wholesale Supply Co. have never considered it economical to buy anything but the very finest oil and it must not only be chemically pure and without adulteration of any kind, but it must be of the flowery character so necessary to produce an extract of unsurpassed quality.

Compared with the many flavorings labeled "Compound Lemon" or "Imitation Lemon," Golden Rule Lemon Flavoring will go anywhere from two to ten times as far. An excellent way of demonstrating this is to place a drop of Golden Rule Lemon Extract in an 8 ounce bottle of water, shake thoroughly a minute, and note the odor. Compare it with the many so-called Lemon Flavorings and note the difference. It is a simple, easy, but decidedly convincing test.

GOLDEN RULE BAKING POWDER

Golden Rule Baking Powder is one of the finest products of the laboratory, and during its manufacture the entire time of the chemist is devoted to it. There is an especially constructed drying apparatus for the various ingredients which require the entire absence of moisture. This drying apparatus is steam heated. The entire operation of making the baking powder is **electrically** operated and controlled. Human hands do not touch the **material in any way, shape or manner**. The heat is furnished by steam, mixing apparatus driven by electric power; the filling and weighing is also electrically controlled. **Cans are immediately sealed the moment the weighing is finished.** It is therefore, impossible for any contamination whatever to enter.

This is a decidedly valuable point, as there is not one house in ten that handles their products in such a scientific and sanitary manner.

Another important point of which few people are able to take advantage is this fact: Weather conditions play a very important part in the making of baking powder. The humidity, atmospheric conditions, are very important points, **especially** during the **day** the **mixing** of the various ingredients takes place. This matter is very carefully looked after and on days unfavorable to the production of a high-class baking powder, they never attempt to make it. This is considerable trouble and entails added expense, but experience has proven that it is well worth it. This is simply another point to show the extreme care and absolutely accurate treatment Golden Rule Baking Powder receives.

The materials used in the baking powder are of the greatest importance, but it is a well known fact that the very best materials may be made into very mediocre baking powder by a careless operator, or by not observing the necessary conditions.

The very purest bicarbonate of soda is purchased that the market affords. It is powdered to just the right degree of fineness. This buying is a matter of extreme importance which is never overlooked. There are, as you know, many grades of starch. Nothing but the finest pow-

GOLDEN RULE

dered starch ever enters into this item. The Cream of Tartar is always tested and **must absolutely conform** to the **standards** set by the United States Dispensatory, which means that it must be free from impurities. The Calcium Phosphate is of equal importance to the Cream of Tartar. Perhaps, no item in the baking powder field is so variable in quality as Calcium Phosphate. It is, perhaps, needless to say that the Calcium Phosphate for baking powder to be of the value required, **must be not only a very pure article, but a very active and efficient one as well.** If paid \$1.00 a pound to produce a better powder it could not be done because, as stated, The Citizens' Wholesale Supply Co. have the space, the light, the equipment, the power, the **experience**, the buying facilities, in fact, everything required for the production of **the very finest baking powder** it is possible to make.

The tea and coffee room is an interesting place where various coffees and teas are being prepared for sale. I may add that I have thoroughly tried out in my own home five of the coffee blends perfected in this room, and that they are all delicious, although the most stringent test was used.

The spice room was pungent with the odor of ground cinnamon which had been prepared that morning. The Golden Rule Spices are "different," representing only the very highest grade grown in localities where the best possible spices are obtained. Each particular spice is **SELECTED** and ground in mills under the supervision of an expert grinder. It, therefore, follows that Golden Rule Spices are not only pure but are the very finest quality. Spices are being recognized more and more as being important to the diet and it is needless to say that no one knowingly cares to take into the system a lot of exhausted, fibrous or woody matter so often present in ordinary spices. I was shown the siftings from ginger which had been ground the previous day. Many firms mix their ginger with this fibrous matter, but The Citizens' Wholesale Supply Co. discard it, which is one of the reasons for strength. However, the Golden Rule people do not stop at producing pure goods, they think ahead to make the housewife's work easier. One proof of this lies in the cans of various colors which are used for the spices, a glance sufficing to show the housekeeper just what spice she needs.

The store rooms are light, airy and as thoroughly clean as the whole clean building. The goods were all carefully protected, many goods being put up in cartons, and were openly arranged on shelves so that the closest inspection could be invited. To list the innumerable products in this huge room would be a lengthy task, but it contained everything that the most exacting housekeeper could desire to set a perfect table, among them some "real" vinegar. Good vinegar is one of the most difficult articles to obtain, but Golden Rule Vinegar is the actual article, made from the first pressing only, of the finest apples, from the world's famous apple region of New York. Mere sourness in vinegar does not mean anything—acetic acid (made by destructive distillation of wood) would give that. Its aromatic properties, its pungency, make vinegar of value to the diet by giving zest. Golden Rule Vinegar represents not only the natural acid properties of the finest apples, but also the pungency, aromatics and iron oxide (natural iron) all of the highest value as digestive aids.

Strong body building is possible only through pure foods properly

GOLDEN RULE

prepared. What mother would knowingly poison her family or thwart proper growth? Yet this is exactly what is done when foods containing sulphurous acid, alum, and benzoate of soda are given to them, or when products which are half spoiled and often colored with coal tar dyes enter into the family diet. One of the slogans of the age is "**READ THE LABEL.**" This is the housewife's protection; but in purchasing the Golden Rule products, reading the label can only prove to her that The Citizens' Wholesale Supply Company stands for all that is best in pure foods,

Planning the Every-Day Menu

ONE evening when living in the country, my husband and I stopped at the store and found a group of farmers sitting around the stove, arguing about the merits of the balanced ration for animals. Finally one old man who had been quiet up to a certain point in the heated discussion, said, "My experience has been, if you want to git yu've got to feed."

This crude axiom applies to human beings just as much as to animals, although the majority of women are not yet educated in regard to the balanced ration, probably because it sounds so very difficult. All food materials may be grouped under certain heads.

1. **Proteids.** Including meats, fish, cheese, eggs, nuts, milk, dried vegetables and undenatured cereals.

2. **Starches.** Including cereals, breads of all kinds, macaroni, spaghetti, white and sweet potatoes, beets and carrots, cornstarch, tapioca and cereal pudding, etc.

3. **Sweets.** All desserts, which may be starchy as well, gelatines, confections, crystallized ginger, candied pineapple, jellies, sugar, maple syrup, honey, etc.

4. **Fats.** Butter, cream, oleomargarine, olive oil, fat bacon, etc.

5. **Minerals.** All fruits, green vegetables and tomatoes. Fruit drinks, fruit gelatines, and stewed and canned fruits.

6. **Liquids.** Soups, gelatines, watery fruits, coffee, tea, milk and cocoa.

A balanced meal consists of the correct combinations of these various food constituents. To be balanced, a meal should contain one article from each list, with two from the starch list. If a meal, for instance, has too many starches, it does not satisfy the craving of the body and an abnormal appetite results. The starch habit is one of the pitfalls for most housewives. The quantity to be apportioned for each meal depends upon the individual needs. Very often, when an approximately balanced ration is introduced, the amount of food which is usually consumed by the family is considerably reduced because every portion of the body is receiving the nutriment that it demands.

However, the balanced ration cannot be planned without thought. The best and easiest method consists in scheduling the meals ahead for a week at a time—planning them out on paper. If this is done faults in combining show at once; for instance, it might seem that escalloped potatoes, white bread, rice pudding and cake could be used together for supper. But when written out any woman can see that the meal would neither be satisfying nor palatable because all the dishes are starchy and therefore of similar taste. Any meal to be successful must contain enough dishes to produce variety, otherwise the family will leave the table with a feeling of dissatisfaction. Sometimes a meal that would otherwise be flat can be made successful by the addition of some food

of distinctly different flavor, such as a glass of tart jelly, some chow chow, or a salad. Again, color enters into the making of a good meal, any woman who cooks instinctively putting together foods of contrasting shades. For example, a light sauce with a dark meat, a dark sauce with a light pudding, etc.

In planning menus for a week it is a wise plan to leave one meal vacant, either luncheon or supper, as the case may be, so that all leftovers may be utilized at that time. The best way to do is to divide a large piece of paper into squares, allowing three for each day in the week; for breakfast, luncheon and dinner, and writing the menus in their respective places. One column can be devoted to breakfasts, another to luncheons, and a third to dinners. A glance will show exactly what has to be prepared for each meal, and often times, foods can be cooked one day for the next without loss of time or extra labor, making one preparation accomplish the work of two.

Besides producing a better diet and saving time, strength and worry, this system is very economical, making possible considerable saving. It is a simple matter when the meals are written out to balance expensive foods with inexpensive ones, and often when odds and ends would lie around for some time, they can be used up. This is what the manufacturer would call "keeping stock moving." At the same time plans can be made so that supplies by the week, two weeks, month, or even six months can be ordered at once, making possible considerable saving in money over the prices paid when the grocer around the corner is hurriedly patronized. Besides this, it is actually possible to save considerable time by this method, as the woman who is constantly running to the store or interviewing the grocer, or answering the door for deliveries once or twice a day, is wasting many minutes which soon amount into hours. Again, it is very easy to spend more than one anticipates, by this ragged method of expenditures.

The system of ordering which is conducted by The Citizens' Wholesale Supply Co., is well adapted to help the housewife meet this problem, and she will find that by planning ahead, and ordering at stated intervals, she will not only save money and confusion, but will find that she can actually have a few moments a day to devote to herself.

MEALS FOR A WEEK

MONDAY

Breakfast

Golden Rule Prunes
Golden Rule Breakfast Cereal. Cream
Poached Eggs on Toast
Golden Rule Buckwheat Cakes
Golden Rule Coffee

Luncheon

Kernelled Corn Soup Crackers
Escalloped Spaghetti with Tomatoes
Coffee Sponge Cream
Golden Rule Tea

GOLDEN RULE

Dinner

Lamb Pie
Canned Spinach Mashed Potatoes
Dressed Lettuce
Apricot Shortcake Golden Rule Marshmallow Whipped Cream
Golden Rule Coffee

TUESDAY

Breakfast

Canned Peaches
Sausages Creamed Potatoes
Corn Muffins
Golden Rule Coffee

Luncheon

Cream of Pea Soup Crackers
Tunafish Salad Rolls
Fruit Tarts Tea

Dinner

Roast Beef Browned Pimento Potato
Stewed Onions Canned String Beans
Romaine and Asparagus Salad
Chocolate Pudding Chocolate Sauce
Golden Rule Coffee

WEDNESDAY

Breakfast

Apples
Golden Rule Rolled Oats Cream
Tomato Omelet Whole Wheat Muffins
Golden Rule Coffee

Luncheon

Tomato Bouillon Crackers
Lima Beans in Border of Curried Rice
Fruit Jelly Salad
Golden Rule Tea

Dinner

Panned Roast Beef with Golden Rule Worcestershire Sauce
Browned Potatoes Stewed Tomatoes Canned Peas
Lettuce and Celery Salad
Spanish Cream
Golden Rule Coffee

THURSDAY

Breakfast

Sliced Oranges
Scrambled Eggs Fried Potatoes
Corn Cakes Golden Rule Coffee

Luncheon

Welsh Rarebit on Crackers
Tomato Jelly Salad, with Chopped Walnuts—French Dressing,
made with Golden Rule Olive Oil
Sponge Cake Golden Rule Tea

Dinner

Cream of Corn Soup
Sliced Ham, Baked with Grape Juice
Boiled Golden Rule Rice Canned Spinach
Celery
Golden Rule Coconut Pudding
Golden Rule Coffee

FRIDAY

Breakfast

Golden Rule Stewed Prunes
Golden Rule Rolled Oats, — Light Cream
Codfish Cakes, with Bacon Toast
Golden Rule Coffee

Luncheon

Escalloped Eggs Baking Powder Biscuits
Lettuce with Golden Rule French Dressing
Peach Pie, with Canned Peaches
Golden Rule Tea

Dinner

Asparagus Soup
Tuna Fish, with Caper Sauce
Boiled Potatoes Succotash
Celery
Hot Ginger Bread, with Golden Rule Marshmallow Whipped Cream
Golden Rule Coffee

GOLDEN RULE

SATURDAY

Breakfast

Grape Fruit
Broiled Chops Creamed Potatoes
Golden Rule Pancakes Golden Rule Syrup
Golden Rule Coffee

Luncheon

Baked Beans, Sweetened with Barbados Molasses
Steamed Brown Bread Pickles
Sliced Oranges, combined with Stewed Golden Rule Prunes Cookies
Golden Rule Tea

Dinner

Beef Loaf — Tomato Sauce
French Fried Potatoes Creamed Cabbage
Pickled Peaches
Chocolate Blanc Mange — Light Cream
Golden Rule Coffee

SUNDAY

Breakfast

Grapes
Golden Rule Breakfast Cereal — Light Cream
Kernelled Corn Fritters, — Bacon
Golden Rule Coffee

Dinner

Clear Canned Soup
Fricassee Chicken, seasoned with Golden Rule Celery Salt
Mashed Potatoes Canned String Beans
Cold Slaw with Pimentos, and Golden Rule Salad Dressing
on Water Cress
Caramel Ice Cream Little Cakes
Golden Rule Coffee

Supper

Salmon Salad Little Rolls
Lemon Tarts Golden Rule Cream and Chocolate

WAR MENUS

MONDAY

Breakfast

Canned Golden Rule Peaches or Fresh Peaches
Corn Flakes Top Milk
Boiled Eggs
Toasted War Bread Butter or Oleomargarine
Golden Rule Coffee

Luncheon

Cottage Cheese Salad Mayonnaise
Barley Bread Butter or Oleomargarine
Spice Cake made with Corn Flour
Golden Rule Tea, Hot or Iced

Dinner

Spanish Beans
Steamed Corn Bread with Golden Rule Raisins
Butter or Oleomargarine
Sliced Tomatoes on Lettuce French Dressing
Floating Island Golden Rule Tea or Coffee

TUESDAY

Breakfast

Steamed Golden Rule Prunes
Golden Rule Rolled Oats cooked in Milk Top Milk
Barley Muffins Butter or Oleomargarine
Golden Rule Coffee

Luncheon

Welsh Rarebit on Boiled Somp
Oatmeal Bread Butter or Oleomargarine
Corn Flour Shortcake with fresh or canned Golden Rule Berries
Golden Rule Tea, Hot or Iced

Dinner

Chicken Fricassee
Golden Rule Rice
Browned Carrots Radishes
Coffee Sponge Golden Rule Tea

WEDNESDAY

Breakfast

Halves of Oranges
Corn Flakes Top Milk
Plain Omelet
Golden Rule Coffee

Luncheon

Potato and Nut Croquettes (Baked)
Nut or Tomato Sauce
Dressed Lettuce

GOLDEN RULES

Oatmeal Bread Butter or Oleomargarine
Baked Custards
Golden Rule Tea, Hot or Iced

Dinner

Beef Fricandelles-Spaghetti
Escalloped Tomatoes and Onions
Cold Slaw
Caramel Tapioca
Golden Rule Tea or Coffee

THURSDAY

Breakfast

Bananas with Lemon Juice
Left-Over Meat Loaf
Browned Corn Meal Mush
Golden Rule Coffee

Luncheon

Lima Beans with Eggs
Curried Rice
Oatmeal Bread Butter or Oleomargarine
Jellied Pears Golden Rule Marshmallow Whipped Cream
Golden Rule Tea, Hot or Iced

Dinner

Tomato Bouillon
Casserole of Tripe
Ten Minute Cabbage Peas
White Cornstarch Pudding with Fruit
Golden Rule Tea or Coffee

FRIDAY

Breakfast

Apples
Golden Rule Rice Top Milk
Corn Fritters
Toasted War Bread Butter or Oleomargarine
Golden Rule Coffee

Luncheon

Tuna Fish Cakes Milk Sauce
Buckwheat Biscuit
Butter or Oleomargarine
Berries or Sliced Oranges
Golden Rule Tea, Hot or Iced

GOLDEN RULE

Dinner

Spiced Haddock
Fresh or Canned Spinach
Green Tomato Pickle or Fresh Tomatoes
Cottage Pudding made with Corn Flour
Chocolate Sauce
Golden Rule Tea or Coffee

SATURDAY

Breakfast

Grape Fruit or Grapes
Shirred Eggs
Corn Meal Griddle Cakes Melted Jelly
Golden Rule Coffee

Luncheon

Peanut Puree Toasted War Bread
Celery
Warm Gingerbread (Made with Corn Flour)
Golden Rule Tea, Hot or Iced

Dinner

Oven Fried Liver
Creamed Onions Baked Potatoes
Dressed Cabbage and Apples
Lemon Gelatine with Soft Custard
Golden Rule Tea or Coffee

SUNDAY

Breakfast

Stewed Golden Rule Prunes
Golden Rule Rolled Oats Top Milk
Codfish Cakes Milk Sauce
Dry Muffins Butter or Oleomargarine
Golden Rule Coffee

Dinner

Casserole of Mutton
Mashed Potatoes Diced Turnips
Tomato Jelly Salad Boiled Salad Dressing
Apricot Ice
Golden Rule Tea or Coffee

Supper

Egg Salad Sandwiches (With War Bread)
Plain Layer Cake (Made with equal part Barley and Corn Flour)
Baked Apples Golden Rule Cream and Chocolate

General Rules for Measuring

TO insure uniformity in cooking, it is necessary to adopt a scale of accurate measurements. Some people, through good judgment and long experience, are able to measure "by guess" and attain good results; but these are not always the same, and days occur when they say they have "bad luck." This usually can be traced to inaccuracy in measuring, for, given pure materials of high standard, such as the Golden Rule products, a good recipe and exact measuring, any woman should be able to cook consistently well.

Two half pint cups should be secured, one of glass, the other of tin. These are marked in divisions of thirds and quarters. Teaspoons and tablespoons are also needed, or a group of triple spoons holding each a



Utensils for Measuring

teaspoon, a half teaspoon, and quarter teaspoon may be purchased. A quart cup for measuring large quantities will complete the equipment. To measure a cupful of any dry ingredient, fill it full and level off the top with a knife, taking care not to pack it in. A spoonful is measured in the same way—it should never be "rounded" unless specified. To measure half an ordinary teaspoonful, fill the spoon level, scraping it off, and then divide it into halves lengthwise. Flour, confectioner's sugar, baking soda and any other ingredient which is liable to lump, should be sifted before measuring, while mustard, baking powder, etc., which settles from standing in the can, should be stirred to lighten.

A cupful or spoonful of any liquid is as much as the utensil will hold without running over. All fats, as butter, lard, drippings, etc., are packed down and leveled before measuring. When they are to be melted, it is specified in the recipe. Sixteen tablespoons, level, of anything, will fill a half pint cup. In preparing a portion of a recipe, this will be found of great assistance.

MEMORANDA

Beginnings of Various Meals

FIRST impressions are lasting, and the appearance of a table, when the guests come into the dining-room, and the first course is in position, has much to do with the success of the luncheon or dinner, as the case may be.

Various foods may be used as the first course of a meal. Soup is always good form, but the up-to-date hostess, who likes to be a little unusual, commences a meal with a tid-bit, continental style. These may be served in different forms. For luncheons, the year round, and for warm weather dinners, fruit cups may always be used, and may be made of fresh or canned fruits in various combinations with surprising seasonings of Golden Rule Candied Ginger, Cocktail Cherries, etc. If fish is not to figure later in the menu, it is always permissible to open a meal with a fish cocktail. These are most commonly made of raw oysters or little neck clams, and may be served either with or in a sauce containing tomato ketchup, Golden Rule Worcestershire Sauce, kitchen bouquet, currie powder, etc. However, flakes of canned tuna fish, salmon or lobster are often substituted for the raw fish.

If a meal is to be very formal, and the hostess wishes to be unusual, canapes offer a distinct chance for individuality, and are, at the same time, easy to make. Fundamentally, they consist of small, prettily shaped slices of bread, browned in deep fat, spread with various mixtures which are highly seasoned, such as canned salmon minced fine, and mixed with Golden Rule Salad Dressing, and attractively garnished with bits of parsley, hard cooked egg, cream cheese balls, or Golden Rule Olives, or strips of Golden Rule Pimento.

Hors d'oeuvres, or relishes, are served throughout the meal, up to the dessert course, and may include Golden Rule Olives, pickles, chow chow, pickled fruits, radishes and celery, as well as more elaborate morsels made at home. A few recipes for these hors d'oeuvres are included in the following list:

OYSTER COCKTAIL

Allow six small oysters to each cocktail and pour over a sauce made of $\frac{1}{2}$ tablespoon tomato ketchup, $\frac{1}{2}$ tablespoon lemon juice, dash salt, dash each Golden Rule Cayenne Pepper and Celery Salt.

CRAB FLAKE COCKTAIL

For six cocktails allow 1 pint canned crabflakes. For the sauce, mix together 1 teaspoon salt, $\frac{1}{4}$ teaspoon Golden Rule Pepper, 1 teaspoon minced parsley, 4 drops Golden Rule Onion Extract, 1 teaspoon Golden Rule Olive Oil, 1 teaspoon Golden Rule Worcestershire Sauce, $\frac{1}{2}$ teaspoon Golden Rule Mustard, $2\frac{1}{2}$ tablespoons Golden Rule Vinegar, $\frac{1}{2}$ cup tomato ketchup. Combine with the flakes and chill. If desired,

GOLDEN RULE

green peppers may be hollowed to form individual cups in which the sauce may be served, the crab flakes being disposed around it on heart leaves of lettuce.

GRAPE FRUIT AND PEACH CUP

Six halves canned peaches (diced) 2 large grape fruit
Granulated sugar 1 tablespoon lemon juice
4 tablespoons minced cocktail cherries

Prepare grape fruit and cut in small pieces. Sweeten to taste, add other ingredients and let stand in a cold place to chill. Serve in glass cups set on doily-covered plates, and garnish each portion with an extra cherry.

GOLDEN RULE FRUIT CUP

Prepare a cup each of diced canned pears, apricots and pineapple. Add two tablespoons lemon juice, and a dash of Golden Rule Nutmeg, and let stand an hour to chill. Serve with a thin sprinkling of Golden Rule Coconut, and a garnish of bits of Golden Rule Glace Cherries.

TOMATO CANAPES

Six round slices bread 6 thin slices raw tomato
2 tablespoons Parmesan cheese Golden Rule Salad Dressing
Salt Golden Rule Pepper
Golden Rule Paprika Parsley sprigs
1 hard cooked egg

Fry the bread, spread lightly with the cheese mixed with Golden Rule Salad Dressing, set over the slices of tomato rounds, which should fit, and sprinkle them with salt, pepper and paprika. Chop the egg whites fine, sprinkle over these, and put the yolks through a sieve. Set a spoonful of this iced yolk in the center of each round, together with a sprig of parsley.

PEANUT BUTTER CANAPES

Brown rounds of bread in deep fat, and spread with equal parts of Golden Rule Peanut Butter and Golden Rule Salad Dressing, creamed together. Set on strips of Golden Rule Pimento to form the petals of a daisy, and put a bit of hard cooked egg yolk in to form a center. Put tiny cream cheese balls, dusted with Golden Rule Paprika, around the edge, and lay on a doily-covered plate with a garnish of parsley sprays.

TUNA FISH CANAPES

Pound a cup of tuna fish till a paste is formed. Add a teaspoon of Golden Rule Olive Oil, a half teaspoon of lemon juice (or substitute a tablespoon of Golden Rule Salad Dressing), a fourth teaspoon of Golden Rule Currie Powder, and a drop of Golden Rule Onion Extract; spread smoothly on the rounds of browned bread, put a border around the edge of capers, and set a radish rose in the center of each.

HORS D'OEUVRES

Savory Cheese Balls

Mix together $\frac{3}{4}$ cup of cream or cottage cheese, $\frac{1}{3}$ cup minced Golden Rule Stuffed Olives, $\frac{1}{2}$ cup chopped Golden Rule Walnuts, and a dash each of Golden Rule Celery Salt and Golden Rule Paprika. Salt may be added to taste. Form into balls with butter paddles, chill and serve as a relish, in a dish garnished with parsley, or as a salad, using three balls in a nest of heart leaves of lettuce, for each service, and passing Golden Rule Salad Dressing.

Sardine Balls

Remove bones, skin and tails from a can of sardines and pound the fish fine. Moisten with a little Golden Rule Salad Dressing, and add a dozen chopped stuffed olives. Let stand to become very cold and form into balls. If too wet, add a little cream cheese. Roll in finely minced parsley and place each ball on a saltine cracker which has been dusted with Parmesan cheese and toasted in the oven.

Savory Prunes

Remove the pits from as many Golden Rule Prunes as are desired. Fill the cavities with a mixture of equal parts of cream cheese, chopped Golden Rule Walnuts, and Golden Rule Preserved Ginger. Serve on a relish dish with a garnish of celery curls and water cress. Pass with the salad course.



Crab Flake Cocktail

GOLDEN RULE

MEMORANDA

MEMORANDA

Soups of Various Kinds

MANY do not appreciate the value of soups; in fact, it has taken our foreign neighbors to show us the definite place that soups occupy in the daily menu. They are of many kinds, each having a specific place. Clear soups, like consommé, bouillons of either fish or meat, or vegetable soups with a clear meat stock foundation, are all suitable to serve at the beginning of a substantial luncheon or dinner. Unless a particularly fine soup is desired, it is usually possible to obtain all the broth that is needed from the stock pot.

Beef ranks first in economy for stock making. The general proportions are equal parts of lean meat and cracked bone, with a high seasoning of vegetables, spices and herbs. A stock of this sort is suitable for all soups which are dark in color, but for light soups a chicken or veal stock is preferable. The following recipes show how both these stocks may be made. However, it is not always convenient to make stock, when Golden Rule Beef Extract may be substituted. The proportions are,—a teaspoon of extract to each cup of boiling water.

BROWN SOUP STOCK

Five pounds shin or shank of beef, 3 to 4 quarts cold water, 12 Golden Rule Peppercorns, 6 Golden Rule Cloves, 1 small Golden Rule Bay Leaf, 1 teaspoon dried Golden Rule Summer Savory, $\frac{1}{2}$ teaspoon Golden Rule Marjoram, 1 teaspoon Golden Rule Celery Seed, 1 tablespoon salt, $\frac{1}{2}$ cup each diced carrot, turnip and onion. Cut the meat from the bone and brown slightly in hot drippings. Add the bone, pour in the water and bring slowly to boiling-point, removing the scum as fast as it rises. Simmer for six hours, adding the vegetables and seasonings at the end of four and a half hours. Strain, cool, and clear if transparent stock is desired.

WHITE SOUP STOCK

Four pounds knuckle of veal, $\frac{1}{2}$ pound lean beef, 3 quarts cold water, 1 diced onion, $\frac{1}{4}$ cup diced carrot, 1 teaspoon Golden Rule Celery Seed, $\frac{1}{2}$ teaspoon Golden Rule Peppercorns, a bit of Golden Rule Bay Leaf, $\frac{1}{2}$ teaspoon Golden Rule Summer Savory, 2 Golden Rule Cloves, $1\frac{1}{2}$ teaspoons salt. Cut meat in small pieces, add to bone with vegetables, seasonings and water, and simmer for three hours. Strain, cool, and clear.

To clear soup stocks, allow the white and shell of an egg to each quart of stock. Break the shell in bits, add to the egg which has been slightly beaten, and turn into the stock, which should be cold. Bring rapidly to boiling point and boil five minutes. Strain through a double thickness of cheese cloth.

GOLDEN RULE

Cream soups are made in three ways, either of a stock and milk combination suitably seasoned; of a cooked vegetable and milk; or of stock, cooked vegetable and milk. In any case, the general method is the same, the stewed vegetable being combined with a thickened sauce made of the milk, or milk and stock, after which it is strained or not, according to its place in the meal. In case the soup is to act as the main portion of a meal, it is not necessary to strain it as the vegetables add bulk; but if it is to serve as the first course, it should be strained. Cream soups are correctly used at luncheon or supper, though if the meat for dinner is scant, a cream soup may be used as a supplement.

Chowders of all kinds are really cream soups, plus vegetables, etc. Because they are so substantial, they should always serve as the main portion of a meal.

Dried vegetable soups are really meat substitutes because the dried vegetables or legumes, which form the base, have food value equal to meat. Besides this, they are often reinforced by milk, which adds to their nutritive value, and at other times, they are cooked with a little fat meat, or in a meat stock, which almost doubles their nutriment. However, they should always be soaked over night before using, drained and washed, then cooked with a little Golden Rule Soda to overcome their tendencies towards causing indigestion.

TOMATO BOUILLON

Two cups boiling water	1 pint can tomatoes
$\frac{1}{2}$ teaspoon Golden Rule Onion Extract	$\frac{1}{4}$ Golden Rule Bay Leaf
3 tablespoons minced carrot	4 cups boiling water
1 teaspoon salt	4 teaspoons Golden Rule Beef Extract, or 1 quart beef stock
$\frac{1}{8}$ teaspoon Golden Rule Pepper	
$\frac{1}{4}$ teaspoon Golden Rule Worcestershire Sauce	

Combine the pint of boiling water with the bay leaf, carrot and tomato, and simmer uncovered twenty-five minutes. Add the extract to a quart of boiling water, turn into the tomato, add seasonings, and strain through cheese cloth. Add onion extract and serve. To get the best results Golden Rule Onion Extract should never be boiled.

JULIENNE SOUP

One quart clear brown soup stock, or 4 cups boiling water and 4 teaspoons Golden Rule Meat Extract	4 tablespoons turnip strips
4 tablespoons carrots cut in $1\frac{1}{2}$ in. strips	3 tablespoons peas
	3 tablespoons string beans
	$\frac{1}{2}$ teaspoon Golden Rule Onion Extract

Cook carrots and turnips in a small amount of salted water till tender; add peas and string beans and simmer for ten minutes longer, then turn into the stock, season as needed with salt and Golden Rule Pepper, and add the onion extract.

TOMATO BISQUE

- | | |
|-----------------------------|-----------------------------------|
| 1 pint can tomatoes | 4 drops Golden Rule Onion Extract |
| 2 teaspoons sugar | 4 tablespoons flour |
| ¼ teaspoon Golden Rule Soda | 1 teaspoon salt |
| 1 quart milk | ⅛ teaspoon Golden Rule Pepper |
| 2 tablespoons butter | |

Scald milk, cook tomatoes with sugar fifteen minutes. Thicken milk with the flour and butter rubbed together, letting it boil up once, add soda to tomatoes, rub through a sieve, combine mixtures, add salt, pepper and onion extract, and serve without reheating.

CREAM OF PEA SOUP

- | | |
|---------------------|--------------------------------------|
| 1 teaspoon sugar | ⅓ teaspoon Golden Rule Onion Extract |
| 1 can peas | 1 teaspoon salt |
| 1 pint water | ⅛ teaspoon Golden Rule Pepper |
| 1 pint milk | 2 tablespoons butter |
| 2 tablespoons flour | |

Drain peas from liquor, add sugar and water, and simmer twenty minutes. Rub through a sieve, add milk, reheat, and thicken with flour and butter creamed together. Season and add onion extract.

CREAM OF POTATO SOUP

- | | |
|--------------------------------------|-----------------------------------|
| 3 large potatoes | 2 teaspoons salt |
| 1 quart milk | ⅛ teaspoon Golden Rule Pepper |
| 1 teaspoon Golden Rule Onion Extract | 2 tablespoons flour |
| | 2 tablespoons butter or drippings |
| Few grains Golden Rule Mace | |

Boil potatoes, then drain and mash them. Add to the milk which should be scalded, together with the salt, pepper and mace. Cream the butter and flour and add to the soup, letting it boil up, and season with the onion extract.

CREAM OF VEAL SOUP

- | | |
|--|--------------------------------------|
| 3 cups veal or chicken stock | Salt and Golden Rule Pepper to taste |
| 1½ cups rich milk or Golden Rule Evaporated Milk | Few drops Golden Rule Onion Extract |
| 4 tablespoons Golden Rule Tapioca | 2 tablespoons flour |
| 1 egg yolk | 2 tablespoons butter |

Soak tapioca ten minutes in water to cover, add to veal stock, and cook gently half an hour. Make a sauce of the butter, flour and milk, add to soup, season, and then pour onto a slightly beaten egg yolk; reheat, but do not boil, and add onion extract.

CREAM OF CORN SOUP

- | | |
|-------------------------------|-------------------------------------|
| 1 can kernelled corn | 1 pint boiling water |
| 1 pint milk | Few drops Golden Rule Onion Extract |
| Few grains Golden Rule Pepper | 2 tablespoons butter |
| 3 tablespoons flour | 1½ teaspoons salt |
| Few grains Golden Rule Mace | ½ teaspoon sugar |

GOLDEN RULE

Make a sauce of the milk thickened with the butter and flour rubbed together; add corn to water, and simmer twenty minutes, seasoning with the sugar, salt, pepper and mace. Add to the sauce, rub through a sieve, add the onion extract and serve with buttered toast.

PEANUT PUREE

- | | |
|---|--|
| 1 quart milk | 1/3 teaspoon Golden Rule Onion Ex-tract |
| 1 cup Golden Rule Peanut Butter
or pounded roasted peanuts | 1/4 teaspoon Golden Rule Paprika |
| Bit of Golden Rule Bay Leaf | 2 tablespoons Golden Rule Corn-
starch |
| 1/2 teaspoon salt | 1 cup extra milk or Golden Rule
Evaporated Milk |
| 1/2 teaspoon Golden Rule Celery
Salt | 1/2 teaspoon kitchen bouquet |

Cook peanut butter, milk, bay leaf, celery salt, salt and pepper for thirty minutes, preferably in a double boiler. Mix together cornstarch and add extra milk; add to soup and cook for fifteen minutes over hot water. Add onion extract, and kitchen bouquet, and serve with hot toast.

SALMON CHOWDER

- | | |
|---------------------------------|---|
| 1 can salmon | 1/4 teaspoon Golden Rule Onion Ex-tract |
| 2 tablespoons butter | 1 quart milk |
| 3 tablespoons flour | 1 1/2 cups sliced potatoes |
| 1/2 teaspoon salt | Butter crackers |
| 1/8 teaspoon Golden Rule Pepper | |

Turn salmon into a colander and scald, then remove bones and chop fish fine. Add two cups boiling water and the potatoes, and simmer about fifteen minutes; turn in the milk, add salt and pepper, thicken with flour and butter worked together, add onion extract, and serve garnished with minced parsley and the crackers.

WHITE KIDNEY BEAN CHOWDER

- | | |
|---|---------------------------------|
| 1 cup Golden Rule White Kidney
Beans | 1 1/4 teaspoons salt |
| 1/4 teaspoon Golden Rule Soda | 1/4 teaspoon Golden Rule Pepper |
| 1 can kernelled corn | 2 tablespoons bacon drippings |
| 1 cup canned tomato juice | Cracker crums |
| | 2 quarts boiling water |

Soak beans over night. Drain, rinse and bring to boiling point with soda and cold water to cover. Drain and rinse again; then add to boiling water and simmer slowly till beans are nearly done. Season, add tomatoes and corn, and when the beans are tender stir in cracker crums, or Golden Rule Breakfast Cereal, to thicken; a half teaspoon of Golden Rule Onion Extract is a good addition. Water should be added from time to time to keep the amount of liquid constantly two quarts.

MEMORANDA

MEMORANDA

Cereal Foods

THE general tendency of the times is to overlook the simpler foods, which, besides being very nutritious, are inexpensive. Prominent among these are cereals, which when properly prepared, may be ranked among our foremost food stuffs. The chief constituent of grains is starch, although they contain various other food elements. One of the reasons why cereals are not always well digested is because they are not usually thoroughly cooked. As they are so largely composed of starch, the cookery should be treated from a starch standpoint. No matter what the cereal, if it is to be cooked and served plain for breakfast, or prepared and combined with other foods, it must always be cooked for at least fifteen minutes over direct heat. This bursts the starch grains and the balance of the cookery may be done over hot water if desired. The easiest way to do this is to put the right amount of boiling water in a double-boiler top, add a teaspoonful of salt to each cup of cereal to be used, and when it is bubbling hard, stir in the cereal a little at a time, so slowly that it does not stop bubbling. The heat should then be reduced, and the cereal can be finished over hot water as stated. The time needed for the cookery of various cereals differs. The following table gives general proportions:

TABLE FOR COOKING CEREALS

Cereal.	Quantity	Water	Time
Golden Rule Rolled Oats	2 cups	3½ cups	1 hour
Golden Rule Oatmeal	1 cup	4 cups	3 hours
Golden Rule Hominy.....	1 cup	4 cups	1 hour
Golden Rule Rice.....	1 cup	3 cups	1 hour
Golden Rule Breakfast Food.....	¾ cup	4 cups	½ hour
Corn Meal	1 cup	4 cups	1 hour

Although not served for breakfast, macaroni and spaghetti may be classified under the heading of cereals, and are invaluable adjuncts to the midday and evening meals. However, it must be kept in mind that when they are used, potatoes should be omitted, for at no time should two starchy vegetables be used in one meal.

GOLDEN RULE BREAKFAST FOOD WITH FRUIT

1 cup Golden Rule Breakfast Food ¾ cup Golden Rule Raisins
 1 teaspoon salt ¾ cups boiling water

Prepare the breakfast food as given in the introduction, adding the raisins when the cereal is set to cook over hot water. This is an especially nourishing dish, and when it is served should form the major part of the breakfast; or it may be moulded individually, and served cold as a dessert with cream and sugar; or sliced, dipped in flour, dried, fried, and served with Golden Rule Imitation Maple Syrup.

GOLDEN RULE OATMEAL WITH APPLES

Select large apples and core them, leaving large cavities. Cook apples until tender in a syrup made of equal parts of sugar and water,

GOLDEN RULE

fill the cavities with oatmeal mush, and serve for breakfast or luncheon with cream and sugar. This is an especially good dish for convalescents and little children.

GOLDEN RULE OATMEAL GRUEL

$\frac{1}{4}$ cup Golden Rule Oatmeal 4 cups boiling water
 $\frac{1}{2}$ teaspoon salt

Add oatmeal and salt to boiling water and cook fifteen minutes over direct heat; then two and three-quarters hours in a double-boiler. Enough water should be added during this time to keep the quantity about three cups. Strain through a fine sieve.

For modifying babies' milk, this may be used in the quantities ordered. For grown-ups a little hot milk may be added, or in case a stimulant is desired, a little sugar and port wine may be used instead of milk.

GOLDEN RULE BOILED RICE

Although rice may be steamed, it is more thoroughly cooked when boiled over direct heat. To do this, set a quart of water to boil with a teaspoon of salt and turn in a cup of Golden Rule Rice which has been well washed. Let cook gently for about thirty minutes, when most of the water will have been evaporated, and the grains will look as though they had turned inside out. Set over a very slow fire for the water to completely evaporate, and pour over two tablespoons of melted butter, when it is to be used as a vegetable. Plain boiled rice may be varied in many simple ways. The following are a few suggestions:

Curried Rice. Add to the plain boiled rice one-half teaspoon of Golden Rule Curry Powder, creamed with two tablespoons of butter. Stir lightly with a fork and serve very hot.

Savory Rice. To plain boiled Golden Rule Rice add two minced Golden Rule Pimientos, $\frac{1}{4}$ teaspoon Golden Rule Onion Extract, and Golden Rule Celery Salt to taste. Stir in two tablespoons melted butter and serve very hot.

Italian Rice. To three cups of plain boiled rice, add two teaspoons Golden Rule Beef Extract, $\frac{1}{4}$ teaspoon Golden Rule Onion Extract, 3 tablespoons tomato ketchup, and $\frac{1}{2}$ cup Parmesan cheese, grated. Serve at once.

Moulded Rice. Mould plain boiled rice individually, and serve with sliced canned peaches, and a heaping teaspoon of Golden Rule Marshmallow Creme. This is for a dessert.

GOLDEN RULE HOMINY OMELET

1 cup warm boiled Golden Rule $\frac{1}{8}$ teaspoon Golden Rule Pepper
Hominy 1 teaspoon salt
4 eggs

Separate eggs, beat whites stiff, and the yolks till lemon colored; add the salt and hominy to the egg yolks, fold into the beaten whites, turn into an omelet pan containing two tablespoons of melted butter or bacon fat and cook as usual. Before folding spread over a thick sauce made by stewing down a pint of canned tomatoes with two Golden Rule Cloves till reduced one-half, thickening with a tablespoon of Golden Rule Cornstarch wet with a little cold water, and seasoning with a half teaspoon Golden Rule Onion Salt.

SAVORY MUSH

Prepare cornmeal mush as directed, seasoning it while cooking with a half teaspoon of Golden Rule Sage. Remove the rind from the desired amount of bacon, scald the slices and fry them till crisp. Drain from the fat and drop in the mush by spoonfuls, browning it on either side.

ESCALLOPED MACARONI AND CHEESE

All kinds of macaroni and spaghetti should be put to cook in plenty of rapidly boiling, salted water, being cooked as quickly as possible. When done it should be drained, but not rinsed, with cold water lest part of the food value be lost. Care must be taken not to overcook it, as this tends to toughen it.

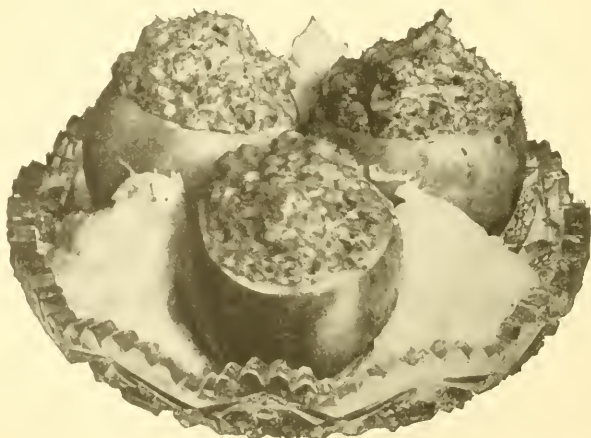
- | | |
|------------------------------------|-------------------------------|
| 3 cups cooked Golden Rule Macaroni | ¾ cup Parmesan cheese, grated |
| ⅛ teaspoon Golden Rule Pepper | 1 tablespoon flour |
| | 1 teaspoon salt |
| | 1 quart milk |

Mix the flour and seasonings with the macaroni. Put a layer of macaroni in a baking-dish, sprinkle with the cheese, and continue till the dish is full. Pour over the milk which should barely cover the macaroni, strew the top with dry bread crumbs mixed with a little melted butter, and bake forty-five minutes in a moderate oven.

SPAGHETTI ITALIAN

- | | |
|---------------------------------------|-------------------------------------|
| 3 cups Golden Rule Spaghetti (cooked) | Few grains Golden Rule Cayenne |
| ⅛ teaspoon Golden Rule Onion Extract | 3 tablespoons Golden Rule Olive Oil |
| 2 tablespoons flour | ½ can mushrooms |
| ½ teaspoon kitchen bouquet | 1½ cups strained canned tomato |
| | 1 teaspoon salt |
| | 1 cup Parmesan cheese, grated |

Add mushrooms to the oil and fry for three minutes. Turn in the flour and gradually the tomato; let boil, season, stir in the spaghetti, sprinkle over cheese and let stand to become very hot.



Golden Rule Oatmeal with Apples and Marshmallow Whipped Cream

GOLDEN RULE

MEMORANDA

MEMORANDA

Quick Breads

AS hot breads usually appear at breakfast, and are eaten when the digestive organs are greatly relaxed by rest, it is necessary that they be light and easily assimilated, or indigestion may cloud an otherwise successful day. Next to a good recipe, success depends upon the baking powder. There are many kinds on the market, those which are very cheap are alum powders, which after the baking process has been completed, leave a deposit of aluminum sulphate which is very injurious to the digestive system. A bit of alum puckers the tongue. It is an astringent. What thinking woman will serve an astringent, in the form of baking powder? Ammonia baking powders are equally injurious, in fact, in some states, they are prohibited from sale. In any case, no matter what the constituents, the ingredients of which the baking powder is composed are printed on the can, and before making any purchase, the housewife should **read the label.**

On a can of Golden Rule Baking Powder you will find these words:

"CONTAINS NO ALUM NOR AMMONIA"

"This Powder Contains Only the Most Wholesome and Purest Ingredients and None Other, as Follows: Pure Sodium Bicarbonate, Pure Starch, Pure Monocalcic Phosphate and Pure Cream of Tartar, Scientifically Prepared by Our Own Special Processes."

Sodium bicarbonate is ordinary baking soda, which is so harmless that it is often used in a baby's milk. Monocalcic phosphate is one of the ingredients that helps to make bone, and cream of tartar is one of the constituents of grapes—a list that can only contribute to finer and better health.

Besides this, the baking powder gives the most satisfactory results, all articles, in which it figures, being of good texture and "just light enough," provided the right amount is used. All the recipes in this book which call for baking powder, have been especially worked out with Golden Rule Baking Powder. As it "goes farther" than most powders, great care should be taken to observe level measurements. All articles in which it is used are free from that bitter taste, so often left by inferior grades of powder.

Muffins, with one or two exceptions, are mixed, so that the batter drops in spoonfuls. It is what is called a drop batter, and is considerably heavier than a cake mixture. The general proportions are a cup of liquid to two cups of flour and three teaspoons of baking powder.

Baking powder biscuits usually demand half as much liquid as flour and from one and a half to two teaspoons of baking powder for each cup of flour, if a high biscuit is desired.

Griddle cakes require about two-thirds as much liquid as flour, and a teaspoon of baking powder for each cup of flour.

BAKING POWDER BISCUIT

2 cups flour	2 tablespoons butter or lard
From $\frac{3}{4}$ to a cup of milk, or milk and water mixed	4 teaspoons Golden Rule Baking Powder
	$\frac{1}{2}$ teaspoon salt

Mix dry ingredients, work in shortening with finger tips and moisten with milk. Keep as dry as possible. Toss onto slightly floured board, pat to one-half inch thickness, shape with biscuit cutter, place on floured pan with edges scarcely touching and bake about fifteen minutes in a quick oven.

LUNCHEON ROLLS

2½ cups flour	4 tablespoons butter or half lard and half butter
2 teaspoons sugar	
3½ teaspoons Golden Rule Baking Powder	1 egg $\frac{3}{4}$ cup milk
	$\frac{1}{2}$ teaspoon salt

Sift together dry ingredients, work in butter with finger tips, then add the egg, and milk, and pat to $\frac{1}{4}$ inch in thickness on a floured board. Cut in rounds, brush each one with melted butter, and crease each round with a case knife. Fold over and bake fifteen minutes in a quick oven.

OLD-FASHIONED SHORT CAKE

2 cups flour	4 tablespoon butter
$\frac{1}{2}$ teaspoon salt	4 teaspoons Golden Rule Baking Powder
3 teaspoon sugar	$\frac{3}{4}$ to a cup of milk

Mix together dry ingredients, work in the butter and add milk gradually, stirring well. Keep as soft as can be handled. Toss on a floured board, pat, roll out and bake twelve minutes in a hot oven. When done, split and spread with butter and fill as desired.

Strawberries should be cut in halves and allowed to stand with sugar to taste, in a warm place, for half an hour. Oranges and peaches should be sliced and sugared, and allowed to stand in a cold place, and bananas should be sugared and slightly sprinkled with lemon juice. Serve with whipped cream made as follows:

Golden Marshmallow Whipped Cream

1 cup heavy cream	2 tablespoons Golden Rule Marsh- mallow Creme
Golden Rule Flavoring as desired	

Beat until stiff enough to hold its shape.

QUICK NUT BREAD

3 cups entire wheat flour	3½ teaspoons Golden Rule Baking Powder
$\frac{1}{2}$ cup bread flour	
1 teaspoon salt	1 cup chopped Golden Rule Walnut Meats
2 teaspoons sugar	$2\frac{1}{2}$ cups milk

Mix together the flour, salt, baking powder, sugar and nut meats. Beat in the milk, turn into two well oiled small bread tins, and bake about forty-five minutes in a moderate oven.

GRAHAM BREAD

2 cups sour milk	3 cups graham meal
$\frac{2}{3}$ cup Barbados Molasses	1 egg
$\frac{1}{2}$ teaspoon salt	2 teaspoons Golden Rule Baking Soda
1 cup entire wheat flour	

Mix together the milk, molasses, salt, and the soda dissolved in a tablespoon of boiling water. Add egg and beat in the flour and meal. Bake in two small bread tins forty-five minutes in a moderate oven.

CORN CAKE

1½ cups bread flour	1 egg
1½ teaspoons salt	1½ cups milk
1 tablespoon sugar	5 teaspoons Golden Rule Baking Powder
1¼ cups corn meal	
1 tablespoon melted lard	

Mix dry ingredients, add egg, milk and lard; then pour into two shallow pans and bake thirty minutes in a moderate oven.

PLAIN FLOUR MUFFINS

¾ cup milk	2 tablespoons butter
$\frac{1}{4}$ teaspoon salt	2 tablespoons sugar
2 cups flour	1 egg
3 teaspoons Golden Rule Baking Powder	

Melt butter, add sugar and egg, then the flour mixed with baking powder and salt, alternately with the milk. Transfer to oiled muffin pans and bake twenty-five minutes in a moderate oven.

NUT AND RAISIN MUFFINS

To above recipe add a fourth cup of Golden Rule Raisins cut in halves, and a third cup of broken Golden Rule Walnut Meats.

APPLE MUFFINS

3 tablespoons butter	¾ cup milk
$\frac{1}{3}$ cup sugar	2 cups flour
$\frac{1}{4}$ teaspoon salt	3 teaspoons Golden Rule Baking Powder
1 egg	
2 cups chopped apple	

Cream butter, add sugar gradually, then the egg well-beaten. Sift together dry ingredients and add apple. Add alternately with milk to muffin mixture, and bake twenty-five minutes in well-oiled gem pans in a moderate oven.

QUICK OATMEAL MUFFINS

2 cups bread flour	1 egg
1 cup cold, cooked Golden Rule Oatmeal	2 tablespoons melted lard or drippings
3 teaspoons Golden Rule Baking Powder	$\frac{1}{2}$ teaspoon salt
	2 tablespoons sugar
1 cup milk	

Mix dry ingredients, work in oatmeal with finger tips, and gradually add the egg well-beaten, and the milk. Stir in the shortening and bake in well-oiled hot gem pans, for about thirty minutes in a quick oven.

RYE DROP FRITTERS

- | | |
|---|--|
| <p>$\frac{2}{3}$ cup rye meal
 $\frac{2}{3}$ cup bread flour
 $\frac{1}{2}$ teaspoon salt
 1 egg</p> | <p>$2\frac{1}{2}$ teaspoons Golden Rule Baking Powder
 2 tablespoons Barbados Molasses
 $\frac{1}{2}$ cup milk</p> |
|---|--|

Put together milk, molasses, and the egg well-beaten; add dry ingredients, beat thoroughly, and drop by small tablespoons into fat hot enough to brown a bit of bread in a minute and a half.

SWEET MILK DOUGHNUTS

- | | |
|--|--|
| <p>$\frac{3}{4}$ cup sugar
 2 eggs and 1 egg yolk
 1 cup milk
 $2\frac{1}{2}$ tablespoons butter</p> | <p>4 teaspoons Golden Rule Baking Powder
 $\frac{1}{4}$ teaspoon Golden Rule Cinnamon
 Flour to roll
 1 teaspoon salt</p> |
|--|--|

Beat eggs, cream in sugar, and add milk. Mix cinnamon and baking powder with one cup of flour and beat into the first mixture. Turn in the butter, which should be melted, and add flour to roll—about four cups additional. Cover and let stand twenty minutes, then take out a little at a time, toss on floured board, knead slightly, roll to one-fourth inch thickness and cut into rings. Fry in fat hot enough to brown a bit of bread in a minute and a half.

DATE MUFFINS

- | | |
|--|---|
| <p>$1\frac{3}{4}$ cups entire wheat flour
 2 eggs
 1 cup milk
 $\frac{3}{4}$ cup dates quartered</p> | <p>3 tablespoons melted butter
 $\frac{1}{4}$ teaspoon salt
 4 teaspoons Golden Rule Baking Powder</p> |
|--|---|

Mix flour, salt, baking powder and dates. Put the milk and egg yolks in a bowl, beat in the flour mixture and the melted butter, then fold in the egg whites, beaten stiff and dry. Bake in oiled muffin tins for thirty minutes. Nice enough to serve with maple syrup for a luncheon dessert.

BOSTON BROWN BREAD

- | | |
|---|---|
| <p>$1\frac{1}{2}$ cups graham meal
 1 cup rye meal
 $2\frac{1}{2}$ cups corn meal</p> | <p>1 teaspoon Golden Rule Soda
 2 cups sour milk
 $\frac{1}{2}$ cup Barbados Molasses
 1 teaspoon salt</p> |
|---|---|

Mix together sour milk and molasses, add soda dissolved in a little warm water, then beat in meal and salt. Pour into a well-oiled mould and steam for three hours.

PLAIN WAFFLES

- | | |
|--|--|
| <p>$1\frac{1}{2}$ cups flour
 2 teaspoons Golden Rule Baking Powder</p> | <p>$\frac{1}{4}$ teaspoon salt
 2 eggs
 1 cup light cream</p> |
|--|--|

Mix together dry ingredients, add egg yolks well-beaten and mixed with the milk, and then fold in the egg whites beaten dry. Bake on a waffle iron as usual.

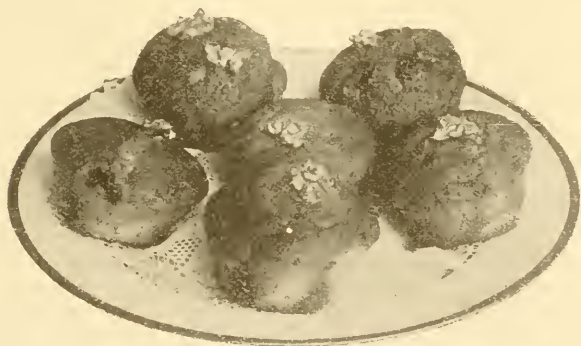
CORN GRIDDLE CAKES

1 cup kernelled corn	1/3 cup milk
1 egg, beaten light	1 tablespoon melted butter
1/2 teaspoon salt	1/2 cup flour
1 teaspoon Golden Rule Baking Powder	

Mix in order given and fry on a hot griddle.

GOLDEN RULE SELF-RISING PANCAKE FLOURS

No recipes for plain griddle cakes are given because it seems to me to be a waste of time and money to bother with home-mixed griddle cakes when reliable, prepared flours can be purchased at no extra cost, such as Golden Rule Pancake Flour and Golden Rule Buckwheat Compound, both of which are self-rising. They are each made of special combinations that make them more digestible than most pancake mixtures, and as it is only necessary to add a cup and a fourth of cold milk or water to each heaping cup of Golden Rule Flour, they can be made ready in a few minutes. I am also particularly pleased with the sanitary bag in which the flour is put up.



Nut and Raisin Muffins

MEMORANDA

MEMORANDA

Vegetables

THERE is probably no department of cookery with which the average housewife is less acquainted than that dealing with the preparation of vegetables, and because of this, there is no class of foods less appreciated by most people.

Vegetables should always be put to cook in boiling water—never in cold, as the latter draws out the constituents which are most valuable, leaving the cooked product an almost flavorless mass of cellulose. Salt should always be added in the proportion of a teaspoonful to a quart of water. A little Golden Rule Baking Soda may be added in case the vegetable is old and tough, as this tends to soften the fibre. It may be stated as a general rule that all vegetables should be cooked in the smallest possible amount of water and that whenever it is feasible, this liquor should act as the basis of a sauce to be served with them. If possible, it is better to steam vegetables than to boil them, as by this means all the flavoring and food elements are retained. Vegetables like potatoes, carrots, parsnips, etc., should be thoroughly scrubbed and cooked with the skins on. In case it is more convenient to pare vegetables before cooking, they should not be allowed to soak in cold water. This is only permissible if the vegetables are withered, and then the soaking should be done before they are peeled.

Many women are afraid to use canned goods, but when it is realized that they have as great food value as fresh articles, and that standard goods, such as those sold by The Citizens' Wholesale Supply Co., are prepared and packed under more sanitary conditions than those of the average home, no woman need hesitate to use them whenever convenient. Every woman owes it to her family to save her strength as much as possible, and the judicious use of canned goods certainly saves hours of labor.

All canned goods should be emptied immediately from the can into enameled ware or earthenware dishes—never tin, in order to forestall any injurious chemical action. They should then be left exposed to the air for an hour or more to take up the oxygen which has been driven off during the canning process. Whole vegetables, like peas, string beans, asparagus, etc., should be drained from the liquor and set to cook in a little fresh boiling water.

Probably one of the greatest solutions of the meat problem is the substituting of vegetables for main dishes at luncheon and supper. To be sure, they are not completely satisfying alone, but in combination with cheese, nuts, a few eggs, milk, and other meat substitutes, they are not only delicious but far more healthful than meat three times a day. The following twenty recipes are particularly adapted for use in this way.

CORN PUDDING

1 can kernelled corn
1½ cups milk

Few grains Golden Rule Cayenne
1 teaspoon salt

GOLDEN RULE

- 3 tablespoons minced canned Golden Rule Pimentos
- 2 eggs
- 6 sausages
- 1½ cups buttered bread crumbs

Mix together corn, milk, pimentos, salt, cayenne and the eggs slightly beaten. Butter a baking-dish and put in a layer of the crumbs. Half fill the dish with the mixture, add a layer of crumbs and repeat, putting crumbs on top. Bake in a moderate oven till firm in the center and garnish with the sausages.

CORN OYSTERS

- 1 can kernelled corn
- 2 eggs
- ¼ teaspoon Golden Rule Soda
- ½ teaspoon salt
- ⅛ teaspoon Golden Rule Pepper
- Fine dried bread or cracker crumbs

Mix ingredients in order given, adding crumbs to make a dough soft enough to drop from the top of a spoon onto a hot griddle. They should be fried like any griddle cake, turning only once. Serve with bacon.

CORN CROQUETTES

- 1 can kernelled corn
- ¼ teaspoon Golden Rule Onion Extract
- 1 teaspoon salt
- 6 tablespoons pastry flour
- 1 tablespoon minced Golden Rule Pimentos
- ⅛ teaspoon Golden Rule Pepper
- 4 tablespoons butter

Combine the corn, pimentos, salt and pepper, heat to boiling-point and thicken with the flour and butter creamed together. Then add the onion extract, let chill and form into balls. Roll in crumbs, eggs slightly diluted with a little water, then in crumbs again, and fry to a golden color in fat hot enough to brown a bit of bread in forty seconds. Serve with tomato sauce.

ESCALLOPED TOMATOES AND ONIONS

Season a can of solid-packed tomatoes with two teaspoons sugar, a teaspoon salt, one-half teaspoon Golden Rule Currie Powder, and an eighth teaspoon Golden Rule Pepper. Butter a baking-dish, put in a layer of the seasoned tomatoes, then one of onions which have been stewed and chopped, continuing until the dish is filled. Cover with a layer of cracker crumbs mixed with a little melted bacon fat, and bake an hour in a moderate oven.

THICKENED TOMATOES

- 1 can tomatoes
- 2 teaspoons sugar
- 2 tablespoons bacon fat
- 1 teaspoon salt
- ¼ teaspoon Golden Rule Pepper
- ½ cup dried bread crumbs
- 1 small can deviled ham

Put together all ingredients except the ham, and stew for twenty-five minutes. Prepare some toast, spread with the ham and pour over the thickened tomatoes. A little Golden Rule Onion Extract is a good addition.

SPANISH OMELET

- | | |
|--------------------------------------|---|
| 2 tablespoons butter | 2 tablespoons minced Golden Rule Pimentos |
| ¼ teaspoon Golden Rule Onion Extract | 2 tablespoons flour |
| 1 cup stewed tomatoes | 1 teaspoon salt |
| ½ teaspoon Golden Rule Pepper | 1 tablespoon chopped canned mushrooms |
| 1 tablespoon capers | 5 eggs |
| 8 Golden Rule Olives | |

Melt butter, add flour, and gradually the tomatoes. Let boil up once, add seasoning, the mushrooms, capers and olives, chopped, turn in the onion extract, and stir gradually onto the egg yolks beaten very light. Cut and fold in the egg whites whipped stiff, and turn into a frying-pan in which two tablespoons of butter have been melted. When the omelet is well raised, loosen edges with knife, and reduce the heat. When brown on the bottom, place in the oven for a minute, cut at right angles to the handle, and turn onto a platter. Garnish with parsley and extra olives.

MEXICAN TOMATOES

- | | |
|--------------------------------------|--|
| 1 pint can tomatoes | 1 pint can kernelled corn |
| 2 tablespoons butter | 3 tablespoons chopped Golden Rule Pimentos |
| 1 teaspoon sugar | Few grains Golden Rule Cayenne Pepper |
| ½ teaspoon Golden Rule Onion Extract | ¾ teaspoon salt |

Melt butter, add pimentos and cook slowly five minutes. Turn in tomatoes and corn, add seasonings, and serve with bacon or salt pork fried crisp.

CREAMED SPINACH WITH EGGS

- | | |
|-------------------------------|-------------------------------|
| 3 cups canned spinach | 2 tablespoons butter |
| 2 tablespoons flour | 1½ cups milk |
| Few grains Golden Rule Nutmeg | ⅛ teaspoon Golden Rule Pepper |
| ½ teaspoon salt | 6 eggs |

Make a white sauce of the butter, flour, milk and seasonings, add spinach, pour into a buttered baking-dish and slip on carefully six eggs. Place in oven and cook until eggs are set—about twelve minutes.

RAVIOLI (From Italy)

- | | |
|-------------------------------|--|
| 1 cup canned spinach | ¼ teaspoon Golden Rule Onion Extract |
| ½ cup canned chicken | 1 teaspoon Golden Rule Poultry Seasoning |
| 2 tablespoons Parmesan cheese | ½ teaspoon salt |
| 2 egg yolks | Pastry |
| Dash Golden Rule Nutmeg | |

Mix together the spinach, chicken, egg yolks and seasonings. Roll pastry thin, cut into rounds, spread on spinach mixture thin, place a second round on each, turnover style, drop into boiling water or soup stock for a few moments, serve on a bed of creamed canned asparagus, or spinach, or with a tomato sauce.

BROWNE D MUSHROOMS ON TOAST

- | | |
|---------------------------|---------------------------------|
| 2 cans mushrooms | 3 drops any desired Golden Rule |
| 6 tablespoons butter | Extract |
| Dash Golden Rule Cayenne | $\frac{1}{2}$ teaspoon salt |
| 4 tablespoons thick cream | Dash Golden Rule Nutmeg |
| Buttered toast | |

Separate stems from mushroom caps, chop former fine, add to the butter and brown slightly. Then add the other ingredients. Brown the caps separately. Spread the minced mushrooms on toast and garnish with the caps.

HUNGARIAN BEETS

- | | |
|---------------------------------|-----------------------------------|
| 1 can beets | 1 tablespoon Golden Rule Pickling |
| $\frac{3}{4}$ cup sliced onions | Spice |
| 1 tablespoon sugar | 1 pint Golden Rule Vinegar |

Heat spice, sugar and vinegar to boiling point, pour over the beets and onions, arrange alternately in a deep dish, cover, and let stand twenty-four hours to season. To be used as a relish.

LIMA BEANS WITH EGGS

- | | |
|---------------------------------|---|
| 1 can green lima beans | $\frac{1}{4}$ teaspoon Golden Rule Currie |
| 2 tablespoons Golden Rule Corn- | Powder |
| starch | $\frac{1}{8}$ teaspoon Golden Rule Pepper |
| $\frac{1}{2}$ teaspoon salt | $1\frac{1}{2}$ cups milk |
| 4 hard-cooked eggs | |

Make a sauce of the butter, cornstarch, seasonings, and milk, add the beans, let become very hot, and pour on a deep platter bordered with curried rice. Strew the beans with eggs which should be chopped.

STRING BEANS WITH BACON

- | | |
|--------------------------|---|
| 6 slices bacon | 3 cups cooked string beans |
| $1\frac{1}{2}$ cups milk | 2 tablespoons flour |
| Salt to taste | $\frac{1}{8}$ teaspoon Golden Rule Pepper |
| Buttered toast | |

Fry bacon, reserve two tablespoons of the fat in the pan, add the flour, and gradually the milk. Let boil up once, add the beans, cut in inch pieces, and the cooked bacon, also cut in bits. Season to taste, and serve on toast or with croquettes made of Golden Rule Rice.

CURRIED POTATOES

- | | |
|--------------------------|-------------------------------|
| 1 small onion sliced | 1 teaspoon Golden Rule Currie |
| 6 cold boiled potatoes | Powder |
| 4 tablespoons butter | $1\frac{1}{2}$ teaspoons salt |
| 1 tablespoon lemon juice | |

Melt butter in frying pan, add onion and cook till yellow and soft. Cut potatoes in slices, sprinkle with salt and currie powder, and add to the onions. Shake until well mixed, cover, and cook slowly for ten minutes, then add the lemon juice, mix well, and serve with creamed chicken, creamed eggs, creamed veal, or creamed dried beef or with small sausages.

BROWNE PIMENTO POTATO

- | | |
|------------------------|--------------------------------------|
| 3 cups mashed potatoes | 2 Golden Rule Pimentos, chopped fine |
|------------------------|--------------------------------------|

While still hot form into balls, brush over with slightly beaten egg and brown in a hot oven. Serve with creamed eggs, or bits of left-over roast beef, heated in a brown sauce, and seasoned with Golden Rule ingredients.

POTATO AND NUT CROQUETTES

- | | |
|---------------------------|-----------------------------------|
| 3 cups mashed potatoes | 3 drops Golden Rule Onion Extract |
| 1 egg | |
| Dash Golden Rule Mace | ¾ cup chopped Golden Rule Walnuts |
| 1 teaspoon minced parsley | |

Mix ingredients in order given, cool, shape into balls, roll in crumbs, eggs and crumbs again, and fry in deep fat, hot enough to brown a bit of bread in forty counts. Serve with nut, or tomato sauce, made of Golden Rule products.

ASPARAGUS VINIGRETTE

- | | |
|-----------------------------------|-------------------------------------|
| 1 can asparagus | ½ teaspoon salt |
| 1 teaspoon minced parsley | ⅛ teaspoon Golden Rule Cayenne |
| 6 drops Golden Rule Onion Extract | 3 tablespoons Golden Rule Vinegar |
| | 6 tablespoons Golden Rule Olive Oil |
| Dash Golden Rule Pepper | |

Rinse asparagus thoroughly with cold water and drain well. Mix the other ingredients together till well blended, pour over the asparagus, and let stand thirty minutes in a cold place before serving.

ASPARAGUS OMELET

- | | |
|--------------------------------|-------------------------------|
| 6 eggs | 1 cup milk |
| 2 tablespoons flour | 2 tablespoons butter |
| 1 teaspoon salt | ¼ teaspoon Golden Rule Pepper |
| ¾ cup asparagus in inch pieces | Asparagus tips for garnishing |

Make a white sauce of the milk, flour, butter and seasonings. Add the cut asparagus. Separate the eggs, beat whites stiff, and the yolks till lemon colored; stir the sauce into the yolks and fold the whole into the whites. Turn in a warm omelet pan containing two tablespoons melted butter, and cook gently till browned on the bottom. Finish in the oven, turn onto a heated platter, and garnish with the tips.

ASPARAGUS LOAF

- | | |
|-----------------------------|-------------------------------|
| 2 tablespoons butter | 4 tablespoons flour |
| 1 teaspoon salt | ¼ teaspoon Golden Rule Pepper |
| 1 cup milk | 2 cups asparagus cut in bits |
| ½ cup minced canned chicken | 4 eggs |

Make a sauce of the butter, flour and milk, allowing it to boil up once, then add chicken, seasonings, and asparagus, and pour onto the egg which should be well beaten. Pour into a buttered pan, surround with boiling water and cook till firm in the center, like a custard. Serve with extra creamed asparagus.

CANNED PEA CROUSTADES

- | | |
|-----------------------------|--------------------------------------|
| 1 tablespoon butter | 1 sprig dried mint |
| 1 can peas | 1 cup milk |
| $\frac{1}{4}$ teaspoon salt | Dash Golden Rule Pepper |
| 2 egg yolks | $\frac{1}{2}$ cup minced lamb or ham |
- Bread croustades or boxes

Shape boxes of stale bread for individual service, and brown in deep fat. Drain the peas, scald the milk with the mint. Remove mint, add butter, peas, seasonings and milk, and pour over the egg yolks which should be slightly beaten. Stir over hot water till thickened, pour into the croustades, and serve as an entree to the dinner as as an accompaniment to a small amount of cold meat. If desired, the peas may be prepared in the chafing dish, and served in the croustades which should be already browned.

FIVE RECIPES FOR THE USE OF DRIED VEGETABLES

BOSTON BAKED BEANS

- | | |
|--|---|
| <p>$\frac{1}{2}$ pounds Golden Rule Navy Beans</p> <p>$\frac{1}{2}$ pounds fat salt pork, or $\frac{1}{2}$ cup Golden Rule Olive Oil</p> <p>1 teaspoon Golden Rule Mustard</p> <p style="text-align: center;">1 cup canned tomatoes</p> | <p>$\frac{1}{2}$ teaspoon Golden Rule Soda</p> <p>1 tablespoon salt</p> <p>2 tablespoons minced onion</p> <p>$\frac{1}{2}$ teaspoon Golden Rule Pepper</p> <p>4 tablespoons Barbados Molasses</p> |
|--|---|

Soak beans over night, then rinse, and parboil with the soda till barely tender; rinse again, put in bean pot with the seasonings, and bury pork at the bottom, if it is used. Cover with boiling water, put on lid of bean pot and bake slowly for eight hours, renewing water as needed. During the last hour, draw pork to surface to brown.

LIMA BEANS AND TOMATO SAUCE

- | | |
|--|---|
| <p>1 pound dried lima beans</p> <p>2 tablespoons flour</p> <p>$\frac{1}{2}$ teaspoons salt</p> <p>1 cup canned tomatoes, strained</p> <p style="text-align: center;">$\frac{1}{8}$ teaspoon Golden Rule Pepper</p> | <p>$\frac{1}{8}$ teaspoon Golden Rule Soda</p> <p>2 tablespoons bacon fat</p> <p>$\frac{1}{2}$ teaspoon Golden Rule Onion Extract</p> |
|--|---|

Soak beans over night, then drain and parboil with the soda. Drain again, add fresh boiling water, and simmer about an hour and a quarter till tender but not broken. Then melt the bacon fat, add flour, and gradually the tomato; let boil up once, season and pour over the beans. If there is any left-over ham or beef in the house, it can be minced and added to this with good results.

SPANISH BEANS

- | | |
|---|---|
| <p>1 pound Golden Rule Kidney Beans</p> <p>1 cup canned tomatoes</p> <p>$\frac{1}{4}$ cup chopped salt pork, or 3 tablespoons Golden Rule Olive Oil</p> <p>1 minced Golden Rule Pimentos</p> | <p>$\frac{1}{4}$ teaspoon Golden Rule Soda</p> <p>2 teaspoons salt</p> <p>$\frac{1}{4}$ teaspoon Golden Rule Pepper</p> <p>$\frac{1}{4}$ cup chopped celery, or 1 teaspoon Golden Rule Celery Salt</p> |
|---|---|

GOLDEN RULE

Soak beans over night. Drain, rinse, add soda and parboil. Drain again, rinse, cover with boiling water, add other ingredients and simmer for five hours. If necessary, add more water. When done, season with Golden Rule Onion Extract.

OLD-FASHIONED SUCCOTASH

$\frac{1}{2}$ pound red kidney beans $\frac{1}{4}$ teaspoon Golden Rule Onion
1 can kernelled corn Extract
2 teaspoons salt $\frac{1}{8}$ teaspoon Golden Rule Pepper
 $\frac{1}{4}$ pound salt pork

Soak beans over night, drain, add a fourth teaspoon Golden Rule Baking Soda and water to cover, and cook until tender—about four hours—together with salt pork. Then add the corn and seasonings and serve with hoe-cake or corn bread.

BAKED WHITE BEAN PUREE

$\frac{1}{2}$ pound Golden Rule Navy Beans $1\frac{1}{2}$ cups any meat chopped fine
 $\frac{1}{2}$ cup canned tomatoes 2 Golden Rule Cloves
1 teaspoon minced parsley 2 slices bacon cut in pieces
Few drops Golden Rule Onion Ex- 2 teaspoons Golden Rule Beef Ex-
tract tract
1 pint boiling water

Boil beans as usual, then sift through a coarse colander. Add salt and Golden Rule Pepper to taste, and the meat. Fry the bacon, add the tomatoes, cloves and parsley and stir into the bean mixture. Add the extract dissolved in the water, pour into a buttered dish and bake till brown.



Lima Beans with Eggs in Border
of Curried Rice

MEMORANDA

MEMORANDA

Meats and Fish

ALTHOUGH vastly different in flavor, the chemical constituents of meat and fish are very similar, and the same general principles of cookery may be applied to both. Delicious flavor depends on conserving all the natural juices. In boiling either, the water should be bubbling rapidly, when it is plunged in, so that the outside may be seared, or sealed at once to prevent the escape of food constituents. Fish should be wrapped in a cheese cloth as otherwise it is liable to fall to pieces. A half teaspoon of Golden Rule Pickling Spice and a dash of Golden Rule Onion Salt to the water in which the fish is cooking greatly improves the flavor. Golden Rule Spice, Golden Rule Celery Salt, a little Golden Rule Vinegar, or Golden Rule Onion Salt may be used with meat as desired. The water should never boil rapidly after the first minute, the kettle being set over a low heat so that it will merely simmer.

In broiling, the wire rack should be slightly rubbed with beef suet or Golden Rule Olive Oil, and the fire be hot enough so that the meat or fish will be seared at once. Turning should be done every half minute for the first three or four minutes, in order to prevent the escape of juices. When nearly done, it should be sprinkled sparingly with salt and Golden Rule Pepper, or if an unusual flavor is desired, a little Golden Rule Chili Powder may be sprinkled over steak, or a little Golden Rule Worcestershire Sauce be dropped over the top when it is done; a dash of Golden Rule Onion Salt adds a good flavor. Fish may be sharpened by a little Golden Rule Chili Powder, or Golden Rule Celery Salt.

The best method to use in frying meat or fish is that of deep fat. The articles should be rolled in fine dry bread crumbs or cracker dust, dipped in egg, slightly diluted with cold water, or in a tablespoon of Golden Rule Crystal Gelatine dissolved in a fourth cup of hot water and then cooled, and then in crumbs again. The egg or gelatine forms a coating which is cooked instantly when the article touches the fat, thus effectually preventing the escape of juices. When plunged in, the fat should be hot enough to brown a bit of bread in forty counts for cooked meat or fish, and a minute for raw. It is customary to serve various fried articles with a suitable sauce, such as creole, tomato, Bechemal, mushroom, etc.

In roasting, the oven should be hot enough to sear the meat or fish in the first ten minutes, after which the temperature may be reduced. In roasting meats, they may be dredged with flour, enough being strewn over the bottom of the pan to thicken the gravy. When this browns, a little hot water may be added to the pan and used to baste the roast. Fish, on the other hand, should not have the flour, but a few strips of salt pork or bacon should be laid over the top, and hot water containing a little bacon, fat, butter, or Golden Rule Olive Oil be used for basting.

In substituting canned meats or fish for fresh, they should be turned out of the can and allowed to air for an hour and a half in order to

GOLDEN RULE

take up the oxygen, lost in canning, and to lose the canned taste. Canned fish should always be turned into a colander and scalded so that the flakes will be separated and the excess oil be removed.

As most housewives understand plain meat cookery, the majority of the following recipes are somewhat out of the usual run, many of them being suitable for luncheon and supper.

MEATS

CHILI CON CARNE

2½ pounds round steak	2 teaspoons salt
4 slices salt pork	1 minced clove garlic
3 tablespoons flour	½ teaspoon Golden Rule Onion Salt
3 tablespoons Golden Rule Chili Powder	

Cut steak in small pieces and brown in the salt pork fat; add the flour and garlic, water to cover, and simmer for an hour; then sprinkle on the Chili powder and salt, add more water if necessary and cook until perfectly tender, about an hour and a half longer. Then stir in the onion salt and serve with boiled Golden Rule Rice.

BEEF FRICANDELLES

1½ pounds chopped beef	2 teaspoons Golden Rule Beef Ex-tract
½ cup soft bread crumbs	
1 teaspoon salt	¼ teaspoon Golden Rule Pepper
2 tablespoons flour	½ teaspoon Golden Rule Poultry Seasoning
2 cups boiling water	Grating lemon rind

Dissolve extract in boiling water, add crumbs to one-half cup of the meat stock thus prepared, and let stand ten minutes. Then add to meat with all other ingredients, form into egg-shaped balls, roll in flour, and fry till slightly browned in beef drippings; with the drippings remaining in the frying pan, the meat stock and additional flour if necessary, make a thick gravy. Pour around the balls, which should be placed in an earthenware dish and baked thirty minutes. Serve with boiled Golden Rule Rice, or Golden Rule Spaghetti mixed with a little melted butter and Parmesan cheese. Suitable for luncheon, dinner or supper.

PLANKED STEAK

Half broil a thick porterhouse steak, then transfer to a plank well greased with Golden Rule Olive Oil. Arrange balls of hot mashed potato brushed over with slightly beaten egg, at intervals around the steak; bread croustades filled with peas, some sauteed mushrooms, and halved tomatoes, stuffed with seasoned kernelled corn. Other vegetables may be used if desired. Place in a moderate oven and cook ten minutes longer until the potatoes are browned, and the steak is red throughout. Garnish with radish roses and sprigs of parsley, slip into the plank holder, or into a napkin covered platter and serve with Golden Rule Worcestershire Sauce. Suitable for luncheon or dinner.

MEAT LOAF

- | | |
|---------------------------------|---|
| 1 pound ground veal | 1 $\frac{1}{3}$ teaspoon Golden Rule Onion Salt |
| $\frac{1}{2}$ pound ground pork | Dash Golden Rule Sage |
| 2 eggs | $\frac{1}{8}$ teaspoon Golden Rule Pepper |
| $\frac{1}{2}$ cup bread crumbs | Few grains Golden Rule Mace |
| 1 $\frac{1}{2}$ teaspoons salt | |

Mix ingredients together, add a tablespoon of minced parsley if convenient, and pack into an oiled baking-pan. Bake or steam for an hour and a quarter and serve with brown sauce (seasoned with a little Golden Rule Worcestershire), or with tomato, mushroom, or creole sauce. If a sour flavor is liked, caper sauce may be used.

BAKED VEAL CHOPS

- | | |
|---|----------------------|
| 2 pounds veal chops | Golden Rule Bay Leaf |
| $\frac{1}{4}$ pound bacon | Crums |
| $\frac{1}{2}$ teaspoon Golden Rule Worcestershire Sauce | |

Boil chops gently for five minutes in water containing the bay leaf and a little sugar, drain thoroughly, brush with Golden Rule Olive Oil, sprinkle with the Worcestershire, and salt, then with crums. Place small piece of bacon on each chop, bake in a hot oven until the bacon begins to crisp, then add a little water to the pan, and cook more slowly until chops are tender, about thirty minutes. Serve with fried Golden Rule Hominy, and tomato or creole sauce.

LIVER TERRAPIN

- | | |
|--|--------------------------------------|
| 1 $\frac{1}{2}$ cups fried liver cut in cubes | 1 cup boiling water |
| $\frac{1}{4}$ teaspoon Golden Rule Poultry Seasoning | 1 teaspoon lemon juice |
| $\frac{1}{2}$ cup Golden Rule Chopped Olives | 1 hard cooked egg |
| $\frac{1}{4}$ teaspoon Golden Rule Paprika | 1 teaspoon parsley, minced |
| $\frac{1}{4}$ teaspoon Golden Rule Mustard | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{4}$ teaspoon Golden Rule Beef Extract | 2 tablespoons butter |
| | 1 tablespoon Golden Rule Corn-starch |

Dissolve extract in the boiling water; then make a sauce of butter, cornstarch, stock and seasonings; add olives, the egg chopped fine, and the liver, pour into ramekins, cover with buttered crums, and bake until brown. Suitable for luncheon or supper.

CHICKEN LOAF

- | | |
|---|---|
| 3 cups minced chicken | 1 teaspoon minced parsley |
| 1 cup soft bread crumbs | 2 eggs |
| $\frac{1}{2}$ cup milk | 2 tablespoons melted butter |
| 1 tablespoon salt | $\frac{1}{4}$ teaspoon Golden Rule Onion Salt |
| $\frac{1}{8}$ teaspoon Golden Rule Pepper | |

Let crums stand ten minutes in milk, add to chicken with egg yolks, seasonings, butter and parsley. Beat egg whites stiff, fold into chicken, turn into a well buttered baking-pan, and bake forty-five minutes in a moderate oven. Serve with creamed peas, mushrooms or asparagus.

CHICKEN A LA MERANGO

- | | |
|-----------------------------|--------------------------------------|
| 1 large chicken | 2 teaspoons Golden Rule Beef Extract |
| 3 tablespoons chicken fat | ¼ teaspoon Golden Rule Onion Extract |
| 1 tablespoon minced parsley | ⅛ teaspoon Golden Rule Pepper |
| 1 tablespoon chopped carrot | Few grains Golden Rule Cayenne |
| 1 tablespoon chopped turnip | 1 teaspoon salt |
| 1 cup quartered mushrooms | 1½ cups canned tomato juice |
| 2 cups boiling water | |
| 4 tablespoons flour | |

Other fowl may be used if desired. Boil till tender, take out bones, dip chicken in flour, and brown slightly. Arrange on buttered toast and surround with a sauce made of the remaining ingredients. To do this, add the carrot and turnip to the chicken fat, and cook slowly ten minutes. Turn in the flour and then gradually add the tomato extract and dissolve in boiling water. Let boil, season, add parsley and mushrooms and let stand ten minutes in a warm place to thicken.

STUFFING FOR ROAST CHICKEN

- | | |
|-----------------------------|--------------------------------------|
| 4 cups bread crumbs | 1 teaspoon Golden Rule Summer Savory |
| ½ cup minced ham | 1 teaspoon Golden Rule Marjoram |
| 1 tablespoon minced parsley | ½ teaspoon Golden Rule Onion Salt |
| 1½ teaspoons salt | ¼ teaspoon Golden Rule Pepper |
| 1 egg | Grating Golden Rule Mace |
| 4 tablespoons melted butter | |

Put together in order given and moisten with hot milk.

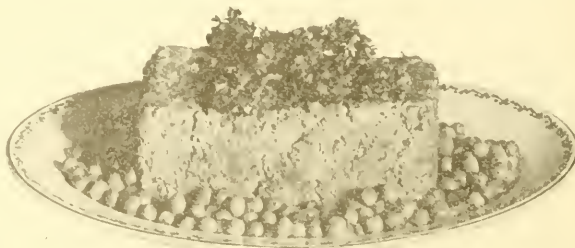
INEXPENSIVE CHICKEN DRESSING

- | | |
|--|---|
| 4 cups bread crumbs | 2 teaspoons Golden Rule Poultry Seasoning |
| ½ teaspoon salt | ½ teaspoon Golden Rule Onion Salt |
| 2 tablespoons melted butter or drippings | ⅛ teaspoon Golden Rule Pepper |

Put ingredients together in order given and moisten with hot water or milk.

OYSTER DRESSING

Add a half pint of washed and chopped oysters to above dressing.



Chicken Loaf with Canned Peas

CURRIED MUTTON

Secure a fore quarter of mutton, and cut the meat from the bones in cubes. There should be from three to four cups. Place in a kettle, add water to cover, together with teaspoon of Golden Rule Onion Salt, one-fourth teaspoon Golden Rule Summer Savory, one-half teaspoon Golden Rule Peppercorns, a sprig of parsley, and a half teaspoon of salt. When meat is tender, strain off liquor, remove fat from the top and thicken the broth with two tablespoons of flour and two tablespoons of butter rubbed together, one-half to one teaspoon of Golden Rule Currie Powder being added to the flour.

Pour gravy over meat, reheat, and serve in a border of Golden Rule Boiled Rice, or with plain rice croquettes. This amount of currie is ample to season the meat, as Golden Rule Currie Powder "goes further" than any other I have ever used. The bones from the fore quarter may be used to make soup. This is suitable for luncheon, dinner or supper.

FISH

SPICED HADDOCK

- | | |
|------------------------------|--------------------------------|
| 2 pounds haddock or cod | 1½ teaspoons Golden Rule Beef |
| 6 tablespoons beef drippings | Extract |
| 6 small onions | ¼ cup Golden Rule Vinegar and |
| ¼ cup flour | ¼ cup water mixed |
| 1 teaspoon salt | ½ teaspoon sugar |
| 1 tablespoon lemon juice | 1½ teaspoons Golden Rule Pick- |
| 1¼ cups boiling water | ling Spice |
| | ⅛ teaspoon Golden Rule Pepper |

Slice fish and onions and fry together in drippings till fish is browned. Dissolve extract in boiling water and add sugar to vinegar and water. Sprinkle flour, seasonings, and spice over the fish, add stock and vinegar, and simmer thirty minutes. Add more seasoning if necessary and serve with escaloped Golden Rule Spaghetti or Macaroni.

TUNA FISH CAKES

- | | |
|---------------------------|-------------------------------|
| 2 cups hot mashed potato | ⅓ teaspoon Golden Rule Onion |
| 1 teaspoon minced parsley | Extract |
| ½ teaspoon salt | ⅛ teaspoon Golden Rule Pepper |
| 1 cup flaked tuna fish | Hot milk as needed |
| | Sliced bacon |

Mix together potato, seasonings and fish, and moisten with hot milk if necessary. Cool, form into balls, roll in flour, then in beaten egg diluted with a little cold water, or in a little Golden Rule Gelatine dissolved in hot water and cooled. Then roll in fine dry crumbs. Cook in deep fat hot enough to brown a bit of bread in forty counts, garnish with the bacon which should be cooked crisp, and serve with tomato sauce. Canned salmon may be substituted for the tuna fish.

JAPANESE SHRIMPS

- | | |
|-----------------------------------|---------------------------------|
| 2 cans shrimp | 1½ cups milk |
| 2 tablespoons butter | 1 tablespoon Golden Rule Pimen- |
| ½ tablespoons flour | tos, chopped |
| ¼ teaspoon Golden Rule Onion Salt | Buttered crumbs |

GOLDEN RULE

Rinse shrimps and break in quarters; add pimentos to butter, cook three minutes, turn in flour, and add milk gradually to make a white sauce. Season to taste, add shrimps, pour into a low baking-dish and cover with buttered crumbs. Bake, and serve with dressed lettuce.

DEVILED SCALLOPS

- | | |
|--------------------------|---|
| • 1 pint scallops | 1½ teaspoons Golden Rule Beef Extract |
| 1 tablespoon lemon juice | ½ teaspoon Golden Rule Worcestershire Sauce |
| 4 tablespoons flour | ½ teaspoon Golden Rule Onion Salt |
| 2 tablespoons bacon fat | ⅛ teaspoon Golden Rule Pepper |
| ½ cup canned tomato soup | 3 tablespoons Parmesan cheese |
| ½ teaspoon salt | |
| 1 cup boiling water | |

Scald and drain scallops, roll in flour, and brown lightly. Melt bacon fat, add the flour, seasonings, tomato soup (sifted canned tomato may be substituted), and stock made of the meat extract and water. Add scallops and bake in an earthenware dish for twenty minutes.

MOULDED SALMON

- | | |
|----------------------------|-------------------------------------|
| 2 cups cooked salmon | 1 tablespoon Golden Rule Gelatine |
| ½ teaspoon salt | ¼ teaspoon Golden Rule Mustard |
| 1 tablespoon sugar | Few grains Golden Rule Chili Powder |
| 1 tablespoon melted butter | 3 tablespoons Golden Rule Vinegar |
| ¾ cup milk | 1 teaspoon minced parsley |
| 1 egg yolk | 1 tablespoon flour |

Make a boiled salad dressing of the egg yolk; butter, flour, sugar, seasonings, vinegar and milk. In the meantime flake the salmon fine, soak the gelatine in cold water to cover, then add to hot mixture to dissolve, stir in the salmon, and let stand to chill. Serve with a green salad. This is particularly good for a hot day luncheon or supper or for Sunday night supper.

SALMON KLOPPS

- | | |
|---------------------------|------------------------------------|
| 1 pint minced salmon | 2 eggs |
| 1 teaspoon minced parsley | ½ teaspoon Golden Rule Celery Salt |
| 1 teaspoon lemon juice | 3 drops Golden Rule Onion Extract |

Mix ingredients in the order given, adding the eggs unbeaten. Form into balls the size of a walnut and poach in water just at simmering point. When firm, remove to toast and serve with caper sauce. Suitable for luncheon or supper, or for the chafing-dish.

BROWN OYSTERS

- | | |
|---------------------------|-----------------------------------|
| 1 pint oysters | ½ teaspoon salt |
| 1 teaspoon minced parsley | 2 tablespoons minced carrot |
| 4 tablespoons butter | 1 cup oyster liquor |
| ½ cup flour | Few grains Golden Rule Cayenne |
| 1 cup rich milk | 3 drops Golden Rule Onion Extract |
| Buttered toast | |
| | Few drops kitchen bouquet |

GOLDEN RULE

To obtain the oyster liquor, steam the oysters over hot water and reserve the liquor. Fry the carrot and parsley till softened in the butter, add flour, gradually the oyster liquor, and strain the mixture if carrots are not liked. Add seasonings and oysters, and when very hot, turn in the cream which should be scalded; serve on buttered toast. Use for luncheon, supper, or in the chafing-dish.

OYSTER CHOPS

1 cup steamed oysters	Few grains Golden Rule Mace
1 cup boiling water	$\frac{3}{4}$ teaspoon salt
1 teaspoon Golden Rule Beef Extract	1 teaspoon minced parsley
1 cup minced chicken	1 tablespoon lemon juice
Few grains Golden Rule Cayenne	4 tablespoons butter
	6 tablespoons flour

Cut oysters in small pieces and mix with chicken. Make a sauce of the other ingredients, add oyster mixture, chill and form into chops. Dip in egg diluted with a little water, or in a tablespoon of Golden Rule Gelatine dissolved in a little boiling water, cover thickly with well-buttered crumbs, and bake in a dripping pan till brown. If desired, these can be fried in deep fat. Suitable for luncheon or supper; serve with cream or caper sauce.

BUTTERED LOBSTER

2 cups lobster meat, canned or fresh	$\frac{1}{2}$ teaspoon Golden Rule Paprika
1 teaspoon Golden Rule Worcestershire Sauce	1 teaspoon Golden Rule Vinegar
$\frac{1}{2}$ teaspoon Golden Rule Mustard	1 teaspoon minced parsley
	$\frac{1}{2}$ teaspoon salt
	Pointed rolls

Put seasonings together in a sauce-pan, add butter and lobster, and cook gently till very hot. Serve in pointed rolls which have been hollowed out, in pattie cases, bread croustades, or on toast. Suitable for luncheon, supper, or the chafing-dish.

CREAMED CRAB MEAT

2 cups crab meat freed from shell	$\frac{1}{8}$ teaspoon Golden Rule White Pepper
2 tablespoons butter	Few drops Golden Rule Worcestershire Sauce
2 tablespoons flour	2 tablespoons Golden Rule Pimentos, minced
2 cups milk	
$\frac{1}{2}$ teaspoon salt	1 hard-cooked egg
1 teaspoon minced parsley	

Make a sauce of the butter, flour, milk and seasonings. Add parsley, crab meat, pimentos, and the egg chopped fine. Let stand to become very hot, and serve on buttered toast. Suitable for luncheon, supper, or the chafing-dish.

SAVORY SAUCES

It is a difficult matter to give definite recipes for the making of savory sauces which are suitable to serve with meats or fish because so much depends on the seasoning. Any woman, who is blest with a

good imagination and is provident enough to supply herself with a generous selection of good seasonings can learn, with a little practice, to make excellent sauces. At first it may seem extravagant to buy special seasonings, but when one realizes that they will last many months and that dishes otherwise "flat" and unpalatable can be made delicious through their use, one can see that the cost is really not great.

A bottle of Golden Rule Worcestershire Sauce, some Kitchen Bouquet, a bottle of Golden Rule Mint Sauce, some Golden Rule Chili Powder Golden Rule Mace, Golden Rule Bay Leaves, some Golden Rule Pickling Spice, Golden Rule Herbs, a bottle of Golden Rule Currie Powder, some Golden Rule Celery and Onion Salt, and a bottle of Golden Rule Onion Extract, will work wonders when properly used. Oftentimes some dish needs a sauce which calls for a meat stock foundation and there is no broth in the house. In this case, Golden Rule Beef Extract is indispensable, as well as for reinforcing stock that is lacking in flavor. A few drops of Kitchen Bouquet also add flavor and a warm brown color.

BROWN SAUCE

2 cups stock or 2 cups boiling water 2 tablespoons butter or drippings
and 2 teaspoons Golden Rule $\frac{1}{8}$ teaspoon Golden Rule Pepper
Beef Extract 2 tablespoons flour
 $\frac{1}{2}$ teaspoon salt

Melt butter, stir in flour, let brown but not burn; add stock slowly, and boil five minutes. A few drops of Kitchen Bouquet are an addition.

OLIVE SAUCE

Add one-half cup sliced Golden Rule Olives to above recipe.

CURRIE SAUCE

Add one-half teaspoon currie powder to above recipe.

MUSHROOM SAUCE

Fry one-half cup quartered mushrooms with butter and follow the above recipe.

CURRANT SAUCE FOR COLD OR HOT HAM

$\frac{1}{2}$ cup tart jelly $\frac{1}{2}$ tablespoon Golden Rule Corn-
 $\frac{1}{2}$ cups boiling water starch
 $\frac{1}{4}$ cup Golden Rule Currants

Melt jelly in the water, add currants and cook five minutes. Then mix cornstarch with a little cold water. Add to mixture and boil up thoroughly. Serve hot.

CAPER SAUCE

4 tablespoons butter $\frac{1}{4}$ teaspoon salt
2 tablespoons flour $\frac{1}{8}$ teaspoon Golden Rule Pepper
 $1\frac{1}{4}$ cups boiling water $\frac{1}{3}$ cup capers

Make a sauce of the butter, flour, seasoning and hot water, and add the capers.

TOMATO SAUCE

1 cup canned tomatoes	1 cup boiling water
1 teaspoon sugar	4 Golden Rule Peppercorns
½ teaspoon salt	1 teaspoon Golden Rule Beef Extract
4 tablespoons flour	Bit Golden Rule Bay Leaf
4 tablespoons butter or bacon fat	

Cook tomatoes with seasonings ten minutes, strain and add extract dissolved in boiling water. Melt butter, add flour, and gradually the hot liquid.

CREOLE SAUCE

To above recipe add two tablespoons minced Golden Rule Pimentos, one-fourth teaspoon Golden Rule Onion Extract, and six sliced Golden Rule Olives. If convenient a few Golden Rule Mushrooms may be added.

MINT SAUCE

A recipe for mint sauce is superfluous, when it is possible to buy ready-prepared such an excellent article as Golden Rule Mint Sauce. When ordinary mint sauce is made, it is necessary to purchase a bunch of mint at five or ten cents, and besides this expense there is the bother of making it; moreover, fresh mint cannot always be obtained; but Golden Rule Mint Sauce is ready for immediate serving and is also adapted to many other uses, besides that with meat. A dash in French dressing, a little in lemonade, in fact, even ices can be made with it. If one desires to add a little green when using it as a sauce, a few minced parsley leaves may replace the usual fresh mint.



Tuna Fish Cakes with Bacon

MEMORANDA

MEMORANDA

Salads

THERE are three classes of salads: Those which are substantial enough to serve either as a main dish at luncheon or supper or to supplement an otherwise scanty meal; dinner salads, which should always be made of vegetables and mixed with plain French dressing; and sweet salads, made of fruits, and mixed with a special dressing which can be used for luncheon or supper, or for dessert with coffee, crackers and cheese. The usual dressing for a substantial salad, is boiled, or mayonnaise, and here it will not be amiss to speak of the Golden Rule Salad Dressing which comes ready made in bottles, and is admirably adapted to this use. It is deliciously seasoned and made of the purest ingredients, so no housewife need hesitate to use it, especially when it will save her time and strength.

Dinner salads, which are lighter in character, should be made with French dressing; that is, a combination of Golden Rule Olive Oil and Golden Rule Vinegar in correct proportions. This may be varied with different seasonings, such as Golden Rule Currie Powder, Golden Rule Celery and Onion Salts, Golden Rule Worcestershire Sauce, etc.

Fruit or sweet salads are always mixed with French dressing, made with Golden Rule Olive Oil and lemon juice instead of vinegar. Mayonnaise dressing may be passed, or served as a garnish.

Salad making is really an art, but one that is not difficult to master provided the best materials are used, and a few general principles are followed unflinchingly. The ingredients, including the salad green, must be crisp and well dried. All articles, such as meat, fish, vegetables, etc., must be cut in bits and not put through a food chopper. Care should be taken to have every ingredient very cold and to select the right dressing for each salad; or perhaps most important of all, a good oil must be used, for poor oil will spoil the best of salads. Many say they "do not like" olive oil, and yet they have never tasted the perfect product. Golden Rule Olive Oil is the best that can be obtained, and because it is good, is heavy, clear and of very delicate flavor. It is always fresh and so digestible that it can be given to the smallest child. In fact, my sturdy year-old son "licks the spoon" when he has his daily ration of one teaspoon of Golden Rule Olive Oil, and his firm flesh and perfect digestion pay a tribute to this wonderful food. A salad is not an accessory, but has a definite place in the dietary, and any woman who is interested in the making of pretty things will enjoy putting together a salad. The garnishes are legion—Golden Rule Olives, stuffed, plain, or ripe; pickles cut in fanciful shapes, hard-cooked eggs, capers, and all kinds of fresh herbs; Golden Rule Coconut, Golden Rule Preserved Ginger, Golden Rule Glace Cherries, Golden Rule Crystallized Pineapple and Golden Rule Nuts offer a wide variety.

A GROUP OF VEGETABLE SALADS

Golden Rule Salad Dressing may be used with any of these salads.

DRESSED LETTUCE

Arrange the lettuce, which should be crisp and dried, in a salad bowl; have at hand the vinegar and oil cruets, filled respectively with Golden Rule Vinegar and Golden Rule Olive Oil, also salt, Golden Rule Pepper and Golden Rule Cayenne. For six people, pour over three tablespoons of oil, sprinkle on seasonings to taste, and mix well, or "fatigue" with a salad fork and spoon, then sprinkle on a tablespoon of vinegar, mix thoroughly and serve at once. If desired, a few drops of Golden Rule Worcestershire Sauce, a few grains of Golden Rule Mustard, or a dash of Golden Rule Onion Salt or Celery Salt may be added with the seasonings.

ASPARAGUS SALAD

1 can asparagus tips	¼ teaspoon Golden Rule Onion Salt
French dressing	Mayonnaise dressing
2 Golden Rule Pimentos	Lettuce

Drain the asparagus tips, and pour over French dressing seasoned with the onion salt. Let stand twenty minutes to season in a cold place, arrange individual services on lettuce leaves, and garnish each with strips of pimento. Pass mayonnaise dressing.

DRESSED CABBAGE AND APPLES

2 cups finely shaved cabbage	Few grains Golden Rule Paprika
1 cup chopped tart apple	3 tablespoons Golden Rule Olive Oil
few grains salt	2 teaspoons Golden Rule Mint Sauce
½ tablespoon Golden Rule Vinegar	

Let cabbage stand to crisp in cold water, drain and dry on a towel; add apple and other ingredients. Toss together till thoroughly mixed and serve sprinkled with finely minced parsley.

LIMA BEAN SALAD

2 cups canned lima beans	⅓ teaspoon Golden Rule Onion Salt
Boiled oil salad dressing	2 tablespoons Golden Rule Pimentos, minced
Lettuce	

Mix vegetables together thoroughly, and add dressing to moisten. Arrange on lettuce, and garnish with additional strips of pimento. To make the dish more "hearty" add three-fourths cup Golden Rule Walnut leaves broken into bits.

GREEN PEA AND STRING BEAN SALAD

1 can peas	Golden Rule Salad Dressing
½ can string beans	Dash Golden Rule Celery Salt
Water cress	French dressing

Add French dressing to the peas and beans separately and let stand twenty minutes to chill. Dust with celery salt, arrange on a bed of cress, the peas in the center, the beans at the end, and pass Golden Rule Salad dressing.

VEGETABLE MACEDOINE SALAD

<p> $\frac{1}{2}$ cup diced beets 1 cup diced string beans $\frac{1}{4}$ cup diced cooked carrots $\frac{1}{2}$ cup diced celery 1 cup peas $\frac{1}{2}$ cup diced asparagus $\frac{1}{8}$ teaspoon Golden Rule Currie Powder </p>	<p> $\frac{1}{2}$ teaspoon Golden Rule Worcestershire Sauce $\frac{1}{4}$ teaspoon Golden Rule Onion Salt 5 tablespoons Golden Rule Olive Oil 2 tablespoons Golden Rule Vinegar $\frac{1}{2}$ teaspoon salt $\frac{1}{8}$ teaspoon Golden Rule Pepper Lettuce or cress </p>
--	---

Mix diced vegetables together in salad bowl. Dissolve salt, pepper, Worcestershire Sauce, onion salt and currie powder in oil and pour over vegetables. Toss till glistening, then dress with vinegar. Let stand twenty minutes to season and serve on a bed of green.

CUCUMBER JELLY SALAD

<p> 2 cucumbers, peeled and sliced $\frac{3}{4}$ teaspoon salt 1 teaspoon sugar Mayonnaise dressing 2 cups cold water 1 cucumber cut in cubes </p>	<p> $\frac{1}{4}$ tablespoons Golden Rule Gelatine $\frac{1}{4}$ teaspoon Golden Rule Onion Salt Dash Golden Rule White Pepper Golden Rule Green Vegetable Coloring 2 tablespoons Golden Rule Vinegar </p>
--	--

Dissolve gelatine in two tablespoons cold water; simmer the first two cucumbers mentioned in the two cups of cold water for twenty minutes, then add seasonings, gelatine and strain. Color to desired shade of green and let partly set, till consistent like an egg white, then stir in the diced cucumbers and pour into cold individual moulds wet with cold water. Let stiffen and serve upon lettuce with a garnish of mayonnaise.

TOMATO JELLY SALAD

<p> 1 pint canned tomato juice $\frac{1}{2}$ teaspoon salt $\frac{1}{4}$ teaspoon Golden Rule Onion Salt Bit Golden Rule Bay Leaf 1 Golden Rule Clove </p>	<p> 1 tablespoon Golden Rule Vinegar $\frac{1}{4}$ tablespoons Golden Rule Gelatine $\frac{1}{4}$ teaspoon Golden Rule Celery Salt Few grains Golden Rule Paprika Any salad green </p>
--	--

Soak gelatine in two tablespoons cold water, put together all other ingredients and simmer ten minutes, then add gelatine, stirring till dissolved and strain through cheese cloth into wet moulds. Serve plain on lettuce with mayonnaise or Golden Rule Salad Dressing or in combination with shredded cabbage, diced celery, and Golden Rule Nuts, or with cubes of fresh cucumbers.

FISH AND MEAT SALADS

LOBSTER SALAD

<p> 3 cups diced lobster 1 cup diced celery $\frac{1}{4}$ teaspoon salt Lettuce and mayonnaise </p>	<p> Few grains Golden Rule White Pepper Few grains Golden Rule Paprika 2 tablespoons Golden Rule Olive Oil 1 tablespoon Golden Rule Vinegar </p>
---	---

GOLDEN RULE

Mix together lobster, celery, oil and vinegar and then add mayonnaise to moisten; chill, arrange on lettuce leaves, and garnish with Golden Rule Olives, or strips of Golden Rule Pimentos. If desired, a few capers may be used. This same formula can be used for salmon, tuna fish, crab flake, or plain chicken salad.

SARDINE SALAD

30 sardines	2 tablespoons lemon juice
1 cup shredded lettuce hearts	1 teaspoon Golden Rule Worcester- shire Sauce
Water cress	Italian dressing

Scald sardines and remove tails. Mix together lemon and Worcester-
shire sauce and pour over sardines. Let stand to chill, then arrange
individually in star shape, place a spoonful of the lettuce mixed with the
salad dressing in the center of each service, pour Italian dressing over
the sardines, and garnish with cress or sprigs of parsley.

SHRIMP RING SALAD

2 cans pickled shrimps	Boiled oil dressing
1 cup shredded cabbage	½ cup chopped stuffed Golden Rule Olives
Lettuce	French dressing

Freshen the cabbage in cold water, dry thoroughly and add olives
and dressing to moisten. Shred the lettuce and arrange nests of it on
individual plates. Form a ring of the shrimps on each plate, pour over
a little French dressing and set a spoonful of the cabbage mixture in
the center of each. Decorate with halved stuffed olives.

LAMB SALAD WITH ASPARAGUS

2 cups cold diced lamb	⅛ teaspoon Golden Rule Currie Powder
1 cup diced celery	2 tablespoons Golden Rule Olive Oil
¾ cup diced asparagus	1 tablespoon Golden Rule Vinegar
2 hard-cooked eggs	½ teaspoon salt
Celery tips	Mayonnaise or Golden Rule Salad Dressing to moisten
⅛ teaspoon Golden Rule Pepper	

Mix together lamb, celery, and asparagus; add pepper, currie and
salt to the olive oil and vinegar, beat well and turn onto salad. Moisten
with dressing, let stand to chill, arrange on a platter, garnish with sliced
hard-cooked eggs and celery leaves.

COLD VEAL AND GREEN PEAS SALAD

2 cups cold diced veal	2 tablespoons Golden Rule Olive Oil
1 cup canned peas	1 tablespoon Golden Rule Vinegar
⅓ teaspoon salt	Currie dressing
1 hard-cooked egg	Lettuce

Mix together veal, peas, salt, oil and vinegar, moisten with the cur-
rie dressing and let chill. Serve on a bed of lettuce leaves and garnish
with additional dressing and the hard-cooked egg chopped fine.

A GROUP OF FRUIT SALADS

CURRANT AND BANANA SALAD

- | | |
|---|--------------------------|
| 4 bananas | Few grains salt |
| $\frac{1}{2}$ cup stewed Golden Rule Currants | 1 tablespoon lemon juice |
| 2 tablespoons Golden Rule Olive Oil | Lettuce |
| 4 tablespoons Golden Rule Cocoanut | |

Cut bananas in thin crosswise slices, beat together the oil, salt and lemon juice and add to currants. Arrange bananas on lettuce, pour over the currant mixture, sprinkle with cocoanut, and serve at once.

PEAR FRUIT SALAD

- | | |
|-----------------------|----------------------------------|
| 6 halves canned pears | Few drops Golden Rule Mint Sauce |
| 2 large oranges | Lettuce |
| Cream cheese | French fruit dressing |

Let the pears stand in French dressing to chill, and at the same time the oranges cut in chips should stand in a little French dressing. Arrange the pear halves on plates containing a few lettuce leaves, set a spoonful of the orange chips beside each, and place three tiny cream cheese balls flavored with mint sauce in the hollow of each pear. Garnish with a bit of currant jelly.

FRUIT JELLY SALAD

- | | |
|--|---|
| 1 cup diced oranges | 2 tablespoons lemon juice |
| $\frac{1}{2}$ cup diced celery | 2 tablespoons Golden Rule Candied |
| $\frac{3}{4}$ cup diced tart apple | Ginger, chopped |
| $\frac{3}{4}$ cup halved malaga grapes | $\frac{3}{4}$ tablespoon sugar |
| 1 cup boiling water | $\frac{3}{4}$ tablespoon Golden Rule Gelatine |

Make a gelatine mixture of the gelatine dissolved in two tablespoons cold water, the sugar, lemon juice, and boiling water. Add fruit and pour into chilled moulds to stiffen. Serve on heart leaves of lettuce, and garnish with mayonnaise dressing and shredded Golden Rule Glace Cherries.

CANNED PEACH AND NUT SALAD

Allow half a peach for each person; let stand thirty minutes to chill in a little French dressing, drain and fill centers with Golden Rule Chopped Figs, Dates, or Prunes, mixed with a little Golden Rule Marsh-mallow Creme and a few drops of lemon juice. Sprinkle with chopped Golden Rule Filberts, place in lettuce nests and serve.

PINEAPPLE SALAD

- | | |
|-----------------------------|----------------------|
| 6 slices Hawaiian pineapple | Cocktail cherries |
| French fruit dressing | Golden Rule Cocoanut |
| Lettuce and cress | Cream cheese |

Make six cream cheese balls, about the size of a hickory nut, and roll them in cocoanut. Let the pineapple stand to chill in a French fruit dressing, cut the cherries in halves, arrange in a border on pineapple, place a cream cheese ball in the center of each slice, arrange individually on a platter, and garnish with lettuce and cress.

PECAN NUT SALAD

- | | |
|---------------------------------------|--|
| 1 large grape fruit | 3 tablespoons Golden Rule Glace |
| 2 slices Hawaiian pineapple | Cherries |
| 1 orange | $\frac{1}{3}$ cup Golden Rule Pecan Nuts |
| $\frac{1}{4}$ cup shredded tart apple | French fruit dressing |
| Lettuce | |

Cut sections from orange and grape fruit; add apple and pineapple nuts in bits, the cherries minced, and the French dressing. Let stand thirty minutes, then arrange on lettuce leaves, and sprinkle with the pecan nut meats broken in bits. Pass mayonnaise if desired.

CHERRY AND NUT SALAD

- | | |
|------------------------------|------------|
| 1 pint large canned cherries | Mayonnaise |
| Blanched filberts | Lettuce |

Stone cherries and replace pits with nut meats. Arrange in nests of lettuce leaves, and serve with mayonnaise.

SALAD DRESSINGS

FRENCH DRESSING

The proper proportions of olive oil and vinegar for plain French dressing are three parts of Golden Rule Oil to one part of Golden Rule Vinegar, with salt and Golden Rule White Pepper to taste. This can be mixed in quantity, kept in a preserve jar, and stored in a cold place. Before using each time, it should be shaken until emulsified.

ITALIAN DRESSING

Add a tablespoonful of tomato ketchup and an eighth teaspoon of Golden Rule Onion Salt to three tablespoons Golden Rule Olive Oil, and one tablespoon Golden Rule Vinegar.

FRENCH FRUIT DRESSING

- | | |
|-------------------------------------|--------------------------------------|
| 3 tablespoons Golden Rule Olive Oil | 1 tablespoon grape fruit juice |
| 1 tablespoon lemon juice | 1 drop Golden Rule Pistachio Extract |
| 1 tablespoon orange juice | $\frac{1}{4}$ teaspoon salt |
| | $\frac{1}{2}$ teaspoon sugar |

Mix together and beat till emulsified.

MAYONNAISE DRESSING

- | | |
|--|--|
| 2 egg yolks | $\frac{1}{8}$ teaspoon Golden Rule Cayenne |
| 1 teaspoon powdered sugar | $\frac{1}{4}$ teaspoon Golden Rule Mustard |
| $\frac{3}{4}$ teaspoon salt | $1\frac{1}{2}$ tablespoons Golden Rule Vinegar |
| $1\frac{1}{2}$ tablespoons lemon juice | $1\frac{1}{2}$ cups Golden Rule Olive Oil |

Mix dry ingredients, add egg yolks, beat until slightly thickened, and gradually turn in vinegar and lemon juice. Use a Ladd or Dover egg beater, and with it beat in the oil a teaspoon at a time. When thick the oil may be added a tablespoon at once, taking care to beat the mixture thoroughly after each addition of oil. When done, stir in a tablespoonful of boiling water.

BOILED OIL DRESSING

- | | |
|--|--|
| <p> $\frac{1}{2}$ teaspoon salt
 1 tablespoon granulated sugar
 2 eggs
 $\frac{1}{4}$ cup water </p> | <p> $\frac{3}{4}$ teaspoon Golden Rule Mustard
 $\frac{1}{4}$ teaspoon Golden Rule Pepper
 $\frac{1}{4}$ cup Golden Rule Olive Oil
 $\frac{1}{2}$ cup Golden Rule Vinegar </p> |
|--|--|

Mix dry ingredients thoroughly in double boiler top, then beat in egg and oil alternately, stirring till well mixed. Add vinegar diluted with the cold water, and cook over hot water till thick, like custard.

BOILED SALAD DRESSING

- | | |
|--|---|
| <p> 3 tablespoons pastry flour
 $\frac{1}{2}$ tablespoon salt
 1 egg or 2 egg yolks
 $1\frac{1}{4}$ cups milk
 1 tablespoon sugar </p> | <p> $\frac{3}{4}$ teaspoon Golden Rule Mustard
 $\frac{1}{8}$ teaspoon Golden Rule Onion Salt
 $1\frac{1}{2}$ tablespoons Golden Rule Olive Oil
 $\frac{1}{2}$ cup Golden Rule Vinegar </p> |
|--|---|

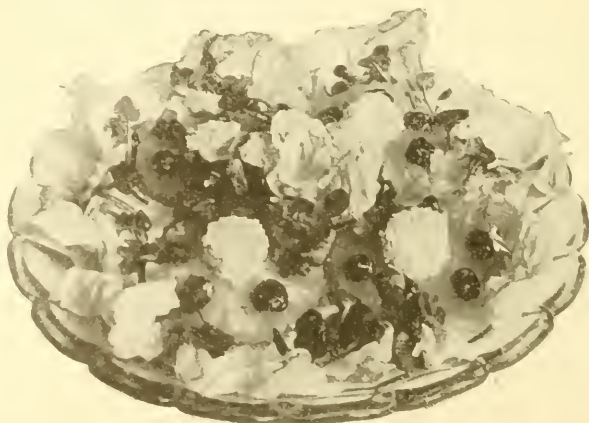
Mix together dry ingredients, oil and egg, in double boiler top, add milk slowly so that it will not be lumpy, and cook over hot water until thick, stirring constantly. Then add the vinegar which should be heated, very slowly, and stir until thickened again. This will keep in a cool place for two weeks if closely covered.

—○—

Golden Rule Salad Blend may be used in any recipe calling for Olive Oil without changing the amount. This product is high class, and exceptional, contains no cottonseed oil, and insofar as food value, palatability, digestibility, etc., are concerned, is in every way equal to the highest quality Olive Oil. It has a delicious flavor, and is a thoroughly clean, worthy product. As proof of that assertion we quote Mrs. Allen:

"I am absolutely delighted with the new blended olive oil. It is the best that I have ever used, and I can truly say that for the first time since I stopped using the pure olive oil I enjoyed my salad last night when it was dressed with the new blend."

We believe this covers the case fully.



Pineapple Salad

MEMORANDA

GOLDEN RULE

MEMORANDA

Desserts

THE choice of a dessert depends upon the character of the meal—if heavy, the dessert should be light; and if light, the dessert should be heavy. For instance, mince pie would be out of place at the end of a hearty dinner, but is most acceptable at luncheon when the balance of the meal is not so heavy as dinner. Then, too, the season makes a difference in the selection; in winter hot desserts are often more acceptable, while during the spring and summer months, cold dishes, such as chilled custards, fruit cups, cornstarch and tapioca pudding, and dishes made with gelatine, will be enjoyed.

To this end, Golden Rule Crystal Gelatine may be used. There are many kinds of gelatine on the market, which are sold at a low price, but I know of none other, no matter what the price, that is so odorless, tasteless, absolutely pure, and as inexpensive as Golden Rule. Gelatine desserts are very easy to make; in fact, if it is kept in mind that one envelope of Golden Rule Gelatine is sufficient to stiffen a quart of liquid, it is an easy matter to work out many recipes from various odds and ends. For instance, there might be an orange, or lemon, and a little grape juice, in the pantry. These could be combined into a quart of well-seasoned fruit drink and the gelatine soaked in water to cover for ten minutes, and then melted over the teakettle, could be added. If desirable to add a little fresh or canned fruit or a few nuts, they may be stirred in when the gelatine has begun to stiffen slightly. A drop or two of Golden Rule Lemon Extract is a good addition to fruit jellies, while coffee jelly, or chocolate jelly should be flavored with a little Golden Rule Vanilla.

As tapioca and cornstarch both belong to the same class of foods as cereals, they must be thoroughly cooked in order to be digestible, and at the same time to develop their flavor. If this is done, there is no reason why simple pudding made of these materials should not be given to invalids and little children, if they are made with Golden Rule ingredients, which are absolutely pure.

COLD DESSERTS

SPANISH CREAM

2½ tablespoons Golden Rule Gelatine	3 eggs
3 cups milk	¾ cup sugar
	Dash salt
½ teaspoon Golden Rule Vanilla	

Scald milk with gelatine; beat egg yolks with the sugar and salt, pour into the milk and cook till thickened like a custard, stirring constantly. Add vanilla, and the egg whites beaten stiff, turn into a mould wet with cold water, and chill. Serve with cream.

PLAIN BAVARIAN CREAM

- | | |
|------------------------------------|---|
| 2 tablespoons Golden Rule Gelatine | 1 pint whipping cream |
| ¼ cup cold water | 4 tablespoons Golden Rule Marshmallow Creme |
| Few grains salt | 2 teaspoons Golden Rule Flavoring |

Soak the gelatine ten minutes and dissolve over hot water. Beat cream, marshmallow and flavoring together till stiff, add gelatine which should be slightly cooled, and pour into a mould wet with cold water.

Raspberry Bavarian. To above recipe, add 1½ teaspoons Golden Rule Raspberry Flavoring, and ¼ teaspoon Golden Rule Lemon Extract. Serve with canned raspberries.

Chocolate Bavarian. Add 1½ squares of melted Golden Rule Chocolate to the hot gelatine in above recipe, flavor with a teaspoon of Golden Rule Vanilla Extract, and add a half cup of chopped Golden Rule Almonds, if convenient.

Orange Bavarian. To above recipe add a teaspoon and a half of Golden Rule Orange Extract and a few drops of Golden Rule Lemon Extract. Color with Golden Rule Pure Vegetable Coloring and serve with a garnish of broken walnut meats.

Note. If a fancy dessert is desired, the mould can be decorated with angelica, or Golden Rule Citron, Golden Rule Nuts, or Golden Rule Glace Cherries. These may be fastened in place by dipping in a little melted gelatine, and the cream should be put in gently so that the decoration will not be disturbed.

COFFEE SPONGE

- | | |
|------------------------------------|--------------|
| 2 tablespoons Golden Rule Gelatine | ½ cup sugar |
| 2 cups strong Golden Rule Coffee | Dash salt |
| ¼ teaspoon Golden Rule Vanilla | 2 egg whites |

Prepare a gelatine mixture of the gelatine, coffee, salt and sugar. When this is beginning to set, fold in the egg whites which should be beaten stiff, with the vanilla. Beat until cream-colored and let stiffen. Serve with soft custard or cream.

WHITE CORNSTARCH PUDDING

- | | |
|----------------------------------|------------------|
| 1 quart scalded milk | ½ cup sugar |
| ½ cup Golden Rule Cornstarch | ¼ teaspoon salt |
| 1 teaspoon Golden Rule Flavoring | ½ cup cold water |
| 2 egg whites | |

Mix together cornstarch, sugar and salt and dilute with the cold water. Add to scalded milk, and cook thirty minutes in a double-boiler. Then pour slowly onto the egg whites beaten stiff, turn into a mould wet with cold water and chill. Serve with soft custard, or caramel, or chocolate sauce, or with any fresh or canned fruit.

If desired, this may be colored pale pink with Golden Rule Pure Vegetable Red.

Coffee Pudding. Scald 2½ tablespoons Golden Rule Coffee with milk in above recipe. Strain through a cheese cloth and proceed as directed. Add ½ teaspoon Golden Rule Vanilla Flavoring and serve with cream.

CHOCOLATE COCOANUT PUDDING

- | | |
|--|------------------------------------|
| 3 tablespoons Golden Rule Cream
and Chocolate | Dash salt
3½ cups boiling water |
| ½ cup Golden Rule Cornstarch | ½ cup cold water |
| ½ cup Golden Rule Cocoanut | 1 teaspoon Golden Rule Vanilla |

Pour boiling water onto the cream and chocolate, and place in a double-boiler. Add cornstarch and salt, mix with the cold water, and cook thirty minutes. If a very sweet dessert is desired, a third cup of sugar should also be added. Turn in the cocoanut and vanilla, and pour into a cold wet mould to chill.

BANANA FLOATING ISLAND

- | | |
|--|---|
| 1 quart scalded milk | 3 tablespoons Golden Rule
Cornstarch |
| 2 eggs | |
| 1 teaspoon Golden Rule Orange
Extract | ⅛ teaspoon salt
2 bananas |
| | ½ cup sugar |

Mix together cornstarch, sugar and egg yolks, add scalded milk slowly and cook, stirring constantly over hot water, until it coats the spoon. When cold add the orange, pour custard into a glass bowl, and beat the egg whites with a tablespoon of sugar, a bit of salt, and a few drops of Golden Rule Lemon Extract. Place by spoonfuls on the custard, and strew over the bananas which should be sliced very thin. If desired, the bananas may be omitted, and thinly sliced peaches, or Golden Rule Cocoanut, substituted.

TAPIOCA CREAM

- | | |
|-----------------------------------|--------------------------------|
| 6 tablespoons Golden Rule Tapioca | 6 tablespoons sugar |
| 3 cups scalded milk | ¼ teaspoon salt |
| 2 eggs | 1 teaspoon Golden Rule Vanilla |

Soak tapioca one hour in water to cover, drain, add to milk, and cook till transparent in a double-boiler. Beat together sugar and egg yolks, add to tapioca, and cook till thickened. Then add the egg whites beaten stiff, and the salt. When cold, add the flavoring.

HOT DESSERTS

CARMEL TAPIOCA

- | | |
|--------------------------------|-------------------------|
| ¾ cup Golden Rule Tapioca | 1 quart boiling water |
| ¼ teaspoon salt | 1 tablespoon butter |
| 1 teaspoon Golden Rule Vanilla | 1 cup light brown sugar |

Soak the tapioca an hour in water to cover; drain, add to water and cook half an hour. Then turn into a buttered pudding dish, add other ingredients and bake an hour and a half in a moderate oven. Serve with cream.

COTTAGE PUDDING

- | | |
|----------------------|--|
| 2 tablespoons butter | 2½ cups flour |
| 1 cup sugar | 1 teaspoon Golden Rule Flavoring |
| 1 egg | 3 teaspoons Golden Rule Baking
Powder |
| 1 cup milk | |

¼ teaspoon salt

GOLDEN RULE

Cream butter and beat in sugar and flavoring. Mix together flour and baking powder and add alternately with milk. Bake about forty-five minutes in a moderate oven. If to be served with a lemon or fruit sauce, Golden Rule Orange Extract should be used; if with a chocolate sauce, Golden Rule Vanilla will harmonize to better advantage.

MOCHA PUDDING

6 tablespoons butter	2½ teaspoons Golden Rule Baking Powder
1 cup sugar	¾ cup Golden Rule Walnut Meats
1¾ cups flour	2 egg whites
½ cup strong Golden Rule Coffee	

Cream butter, sugar and vanilla; mix together with flour, baking powder and nut meats, and add alternately with coffee to first mixture. Then fold in egg whites beaten stiff. Bake in two layers, put together with Golden Rule Marshmallow Creme, or coffee whipped cream, or serve with canned raspberries or peaches.

CHOCOLATE ROLL PUDDING

½ cup granulated sugar	1¼ teaspoons Golden Rule Baking Powder
1 egg and 1 egg yolk	1½ tablespoons boiling water
½ cup flour	½ teaspoon Golden Rule Vanilla
⅛ teaspoon salt	

Beat the egg yolks and sugar till creamed, then add water and vanilla. Mix flour, salt and baking powder, and add alternately with egg white beaten stiff. Bake in a thin sheet in a moderate oven, and when done turn onto a cloth wrung out of hot water, spread thickly with chocolate frosting or jam, roll up and serve with chocolate sauce.

APPLE DUMPLINGS

2 cups flour	3 teaspoons Golden Rule Baking Powder
2 tablespoons lard	¾ to 1 cup milk
½ teaspoon salt	1½ cups sliced apple
3 teaspoons sugar	¼ teaspoon Golden Rule Nutmeg

Make a baking powder biscuit mixture of the first six ingredients. Sprinkle the apple with the nutmeg, and sugar to sweeten. Roll the dough to one-fourth inch thickness, cut into five-inch squares, put two tablespoons of apple on each square, fold over the corners and shape into balls. Bake about thirty-five minutes in a moderate oven, and serve with lemon or orange sauce.

PLAIN BREAD PUDDING

2 cups stale bread crumbs	1 teaspoon Golden Rule Vanilla
1 quart scalded milk	2 eggs
⅔ cup sugar	¼ teaspoon salt

Soak bread in milk half an hour, beat together salt, sugar, vanilla and eggs, add this to the milk mixture and pour into a buttered dish.

GOLDEN RULE

Bake an hour in a moderate oven, and serve with lemon, hard, or vanilla sauce, or with canned fruit.

Chocolate Bread Pudding. To above mixture, add two squares of melted Golden Rule Chocolate.

Fruit Bread Pudding. To above mixture add three-fourths cup Golden Rule Raisins, or three-fourths cup figs cut into bits, and substitute Golden Rule Lemon or Orange Flavoring for the vanilla.

RICE MERINGUE

3 cups scalded milk	1 egg and 1 egg yolk
$\frac{3}{4}$ cups cooked Golden Rule Rice	$\frac{1}{2}$ teaspoon Golden Rule Flavoring
$\frac{1}{3}$ cup sugar	2 tablespoons powdered sugar
	$\frac{1}{8}$ teaspoon salt

Blend rice and milk and scald. Beat egg yolk, sugar and salt together, and add to milk mixture. Cook till thick like custard, flavor. Pour into custard cups, cover with meringue, made of the powdered sugar and egg white, and brown in a moderate oven.

CEREAL PUDDING

1 cup cold Golden Rule Cereal	1 egg
$\frac{1}{2}$ teaspoon Golden Rule Vanilla	$\frac{1}{2}$ cup sugar
3 cups scalded milk	$\frac{1}{4}$ teaspoon salt

Scald milk, mix together egg, sugar, salt and cereal. Pour into a buttered baking dish, set in a pan of hot water and cook until set, or run in the middle, in a moderate oven. Serve with chocolate, fruit, or hard sauce.

STEAMED PUDDING

1 cup Golden Rule Currants	1 teaspoon Golden Rule Lemon
1 cup Golden Rule Raisins	Extract
$\frac{1}{2}$ teaspoon Golden Rule Soda	$\frac{1}{2}$ pound suet
2 tablespoons Golden Rule Crystal-	2 eggs
ized Ginger	$3\frac{1}{2}$ cups flour
1 cup milk	1 teaspoon salt
	1 cup brown sugar

Chop suet fine. Add to flour, soda, salt and fruit. Rub in the sugar and work this into the milk and the eggs well beaten. Put in a buttered pudding mould, cover and steam three hours. Serve with hard sauce containing Golden Rule Crystallized Ginger.

Rich Pudding. To make a rich pudding, omit the ginger and add two tablespoons each of Golden Rule Candied Orange and Lemon Peel, and a half cup of dates or figs cut in bits; a few Golden Rule Walnut Meats may also be added. If this is done, two teaspoons of Golden Rule Cinnamon, a teaspoon of Golden Rule Cloves, and a fourth teaspoon of Golden Rule Nutmeg should also be used. Serve with Golden Rule Marshmallow Creme Sauce.

PUDDING SAUCES

GOLDEN RULE MARSHMALLOW CREME SAUCE

- | | |
|--------------------------------|--|
| 1 cup brown sugar | ½ cup Golden Rule Marshmallow
Creme |
| ¼ cup boiling water | |
| ¼ teaspoon Golden Rule Vanilla | |

Simmer sugar and water till reduced one-half, then pour onto the Marshmallow Creme, add vanilla and serve at once.

LEMON SAUCE

- | | |
|----------------------------|--|
| ½ cup sugar | 1 tablespoon Golden Rule Corn-
starch |
| 1 cup boiling water | |
| 1 tablespoon butter | ½ teaspoon Golden Rule Lemon
Extract |
| Grating Golden Rule Nutmeg | |

Mix sugar and cornstarch, add butter and water, and boil for five minutes, stirring constantly. Remove from heat and flavor.

HARD SAUCE

- | | |
|----------------------|--|
| ⅓ cup butter | ¾ teaspoon Golden Rule Tropical
Fruit Extract |
| 1 cup powdered sugar | |
- Cream butter, and gradually add sugar and flavoring.

CHOCOLATE SAUCE

- | | |
|--------------------------------|---|
| 1½ cups boiling water | 1½ tablespoons Golden Rule Corn-
starch |
| ½ cup sugar | |
| ½ cup cold water | 1½ squares Golden Rule Chocolate,
grated |
| Dash salt | |
| ½ teaspoon Golden Rule Vanilla | |

Boil water and sugar five minutes. Mix chocolate with the cornstarch and cold water. Combine mixtures, add salt and boil three minutes, then add flavoring.

COFFEE WHIPPED CREAM

- | | |
|---|--|
| 1 cup heavy cream | 2 tablespoons Golden Rule Marsh-
mallow Creme |
| 1 teaspoon Golden Rule Mocha
Extract | Few grains salt |

Mix ingredients and beat until stiff. For other flavors substitute extracts as desired. All flavors are found in the Golden Rule line with the exception of Banana, which cannot be made from the fruit. A very good Banana flavoring may be made by using 30 drops of Golden Rule Pineapple Extract, and 3 to 5 drops of Vanilla Flavoring. This makes almost a duplicate of the Banana Flavor.

CANNED FRUIT DESSERTS

FRUIT WHIPS

To two egg whites add one cup of drained canned raspberries and one-third cup powdered sugar. Add a drop or two of Golden Rule Lemon Extract and whip until stiff. Serve at once with raspberry juice, soft custard or cream.

Peach Whip. Sift canned peaches and use in the same way. Apricots may also be used if desired.

Strawberry Whip. Make in the same way, adding two drops each Golden Rule Lemon and Orange Extracts.

JELLIED PEARS

1 can pears	10 drops Golden Rule Lemon
Boiling water	Extract
1 orange	2½ tablespoons Golden Rule
½ cup sugar	Gelatine

Add enough cold water to the juice drained from the pears and the orange juice, to make a quart of liquid. Warm this slightly, add the sugar and the gelatine which should be soaked in cold water to cover, and then melted over hot water. Arrange the pears in the bottom of a granite ware baking-pan, pour over the liquid which should barely cover, and when cold cut in squares for serving. Accompany with marshmallow whipped cream.

HAWAIIAN PINEAPPLE COMPOTE

Form cold boiled Golden Rule Rice into thin rounds the size of a pineapple slice. Serve with a sauce made of a cup of the pineapple juice drained from the slices, one tablespoon Golden Rule Cornstarch, one tablespoon butter, two tablespoons sugar, and one-third teaspoon Golden Rule Orange Extract.

Peach Compote. Substitute canned peaches for the Hawaiian Pineapple.

FRUIT TAPIOCA

½ cup Golden Rule Tapioca	1 cup sugar
½ cups boiling water	1 teaspoon Golden Rule Lemon Ex-
½ teaspoon salt	tract
½ cup canned peaches, apricots or	Few drops Golden Rule Orange Ex-
pineapple	tract
	2 egg whites

Soak the tapioca an hour in water to cover, then add to boiling water with salt and cook till clear. Turn in sugar and extract, and fold in the egg whites which should be beaten stiff. Add the canned fruit which should be cut in slices, chill, and serve with or without marshmallow whipped cream.

FRENCH PEACH PIE

Butter muffin tins thoroughly, and half fill with sliced canned peaches, adding a teaspoon of juice to each compartment. Make a cake batter of one tablespoon butter, one-half cup sugar, one-fourth cup milk, one cup bread flour, one egg yolk, one teaspoon Golden Rule Baking powder, and a few grains Golden Rule Nutmeg. Drop a spoonful on each pan, set in the oven and bake slowly for thirty minutes. Then invert, and serve with lemon sauce, or Golden Rule Marshmallow Whipped Cream.

SWEET SHORTCAKE

(For any fruit)

1 quart flour	3 teaspoons Golden Rule Baking Powder
$\frac{1}{3}$ cup butter	2 eggs
1 cup sugar	$\frac{3}{4}$ to 1 cup milk
1 teaspoon salt	Canned fruit of any kind

Mix dry ingredients together, rub in butter with the finger tips and add eggs beaten light and mixed with the milk. Spread in two layer cake-pans and bake in a moderate oven. Split, brush with melted butter, and spread on the fruit, making a cake with four thicknesses. Serve with Golden Rule Marshmallow Whipped Cream.

PINEAPPLE OMELET

1 cup chopped Hawaiian pineapple	¼ teaspoon Golden Rule Lemon Extract
1 tablespoon Golden Rule Cornstarch	6 eggs
Dash salt	Powdered sugar

Dissolve cornstarch and salt in the pineapple, and bring to boiling point. Separate eggs, heat yolks till lemon colored, and add to the pineapple. Whip the whites stiff, fold gently into the pineapple, add lemon extract, and turn into a warm omelet pan containing one and one-half tablespoons of melted butter. Cook gently till browned on the bottom, and finish in the oven. Turn as usual, sift powdered sugar thickly over it, and serve with or without extra shredded pineapple. This can be used as the main dish at a chafing-dish supper, or as a substantial dessert, to supplement a scanty lunch.

RASPBERRY CHARLOTTE RUSSE

Line sherbet glasses with lady fingers or strips of sponge cake. Half fill with canned raspberries, or logan berries, and finish with marshmallow whipped cream, flavored with Golden Rule Raspberry or Loganberry Extract, and colored pink with Golden Rule Pure Vegetable Red.

Cherry Charlotte. Make in the same way, substituting pitted canned cherries, and finish with marshmallow whipped cream flavored with Golden Rule Pistachio Extract. Garnish with Golden Rule Glace Cherries or cocktail cherries.

Blackberry Charlotte. Substitute canned blackberries for the raspberries, and finish with marshmallow whipped cream flavored with Golden Rule Blackberry Extract, and a drop or two of Golden Rule Lemon Extract. Garnish with a few Golden Rule Nut Meats.

Strawberry Charlotte. Substitute canned strawberries for raspberries, and finish with marshmallow whipped cream flavored with Golden Rule Strawberry Extract and a drop or two of Golden Rule Orange Extract.

SPONGE FRUIT PUDDING

Four cups soft bread crumbs mixed with four tablespoons melted butter. Pour over this as much cooked fruit and juice of any kind as it will take up, add one-half teaspoon Golden Rule Lemon, Orange, Raspberry, or Pineapple Extract, and let stand to swell and become very cold, unmould and serve with cream.

FROZEN DESSERTS

No matter how perfect a recipe may be for a frozen dessert, a failure is liable to result if the freezing is not properly done. All recipes mentioned in this book are proportioned with the idea that the freezing is to be done in three parts of ice to one part of salt, **by measure**. The crank should be turned slowly at first, then more rapidly until the dessert is finished; if possible, the dasher should then be removed, the water emptied from the tub and the cream packed in one-fifth as much salt as ice.

For making very inexpensive cream, Golden Rule Ice Cream Powder may be used. This is perfectly pure and is especially manufactured to give body and smoothness to ice cream. Recipes for its use will be found on the can of powder.

PLAIN ICE CREAM

- | | |
|-------------------|--|
| 1 quart rich milk | 2 teaspoons Golden Rule Vanilla |
| 1 cup sugar | 1 cup cream or Golden Rule Evaporated Milk |
| 2 eggs | |
| Few grains salt | 1 tablespoon Golden Rule Cornstarch |

Make custard of the milk, egg yolks, sugar, cornstarch and salt. Cool, pour in cream, and add flavoring. Freeze as directed above. Serve with cold chocolate sauce, containing Golden Rule Nuts, or Golden Rule Cocoanut, with canned peaches, raspberries, or with a garnish of marshmallow whipped cream and cocktail cherries.

MARSHMALLOW ICE CREAM

Add one cup of Golden Rule Marshmallow Creme to the above recipe and freeze as directed. This produces a fine texture and also increases the bulk.

CHOCOLATE ICE CREAM

- | | |
|--|----------------------------------|
| 2 cups of rich milk | 2½ squares Golden Rule Chocolate |
| 1 cup cream or Golden Rule Evaporated Milk | 1¾ cups sugar |
| eggs | ⅛ teaspoon salt |
| | 2 teaspoons Golden Rule Vanilla |

Grate the chocolate, add it to the milk to scald, and after the chocolate is melted, add the eggs, sugar and salt beaten together; chill, add cream and vanilla and freeze. Serve with a garnish of marshmallow whipped cream, shredded Golden Rule Glace Cherries, and Golden Rule Nut Meats.

APRICOT ICE CREAM

- | | |
|---|--------------------------------|
| 1 quart thin cream | Few grains salt |
| 1 cup sugar | 1 pint sifted, canned apricots |
| ½ teaspoon each Golden Rule Orange and Lemon Extracts | |

Scald cream and sugar together. When cool, add salt and flavoring, and freeze to a mush; then open freezer, add sifted apricot pulp, and finish freezing.

STUFFED PEACH ICE CREAM

Fill the hollows of canned peaches with equal parts of raspberry jam and chopped Golden Rule Almonds. Put plain ice cream, flavored with Golden Rule Orange Extract in the bottom of sherbet cups, following to admit the peach halves. Add a little more ice cream, and finish with Golden Rule Marshmallow Whipped Cream flavored with Golden Rule Raspberry Extract, and garnish with Golden Rule Almonds shredded, and bits of citron and Golden Rule Glace Cherries.

MINT ICE

3 cups water	Juice 3 lemons
1 tablespoon Golden Rule Gelatine	½ cup sugar
3 tablespoons Golden Rule Mint Sauce	Golden Rule Green Vegetable Coloring

Boil sugar and water together for ten minutes; add gelatine which should soak for ten minutes in water to cover, then the lemon juice and mint sauce. Cool, color green, tinting it a little darker than is desired, because the coloring fades during the freezing process. Freeze as directed. Serve as the punch course at a dinner.

APRICOT ICE

1 quart can apricots	2 teaspoons Golden Rule Lemon Extract
1 quart boiling water	2 cups sugar

Boil sugar and water together for ten minutes, chop apricots very fine, and add them with the juice to the water; flavor when cool, and freeze.

RASPBERRY SHERBET

1 can raspberries	1 tablespoon Golden Rule Gelatine
1 cup sugar	1 teaspoon Golden Rule Lemon Extract
2 egg whites	1 pint water

Boil sugar and water together for ten minutes; add gelatine which should be soaked in cold water to cover for ten minutes. Cool, flavor, and add raspberries and egg whites beaten stiff. Freeze as directed.

Pineapple Sherbet. Substitute a can of grated Hawaiian Pineapple for the raspberries in the preceding recipe.

Note. The following recipes deal with the making of a parfait and a mousse, both of which are creams to be frozen without stirring. That is, the mixtures are poured into cold wet moulds, the lid sealed with lard which is spread over the crack and bound around with a piece of cloth. This is then buried in equal parts of cracked ice and salt and allowed to stand for three to four hours.

RASPBERRY MOUSSE

½ cup Golden Rule Marshmallow Creme	3 teaspoons Golden Rule Raspberry Extract
4 drops Golden Rule Lemon Extract	1 pint heavy cream

Whip together till stiff, and bury in equal parts ice and salt, as directed. Serve with canned raspberries.

COFFEE PARFAIT

½ cup sugar	¼ cup Golden Rule Marshmallow Creme
3 egg yolks	
¼ cup strong Golden Rule Coffee	½ teaspoon Golden Rule Vanilla Extract
1 pint heavy cream	

Boil sugar and coffee five minutes, then pour slowly onto egg yolks beaten very light; return to double-boiler, and cook till the mixture coats the spoon; beat till cold, then add the vanilla, and whip into the cream and Marshmallow Creme, which should be beaten until nearly solid. Turn into a cold wet mould, seal and bury as directed in note. Serve with a garnish of cocktail cherries.

ROSE CUP

(For afternoon teas or wedding receptions, etc.)

Half fill sherbet glasses with canned strawberries, flavored with a drop or two of Golden Rule Lemon Extract. Finish with a small table-spoon each of raspberry mousse and pineapple sherbet, and dust with Golden Rule Cocoanut.



**Orange Bavarian Cream Garnished with Golden Rule
Citron, Golden Rule Cherries and Marsh-
mallow Whipped Cream**

MEMORANDA

MEMORANDA

Cakes

IN starting a cake, the first thing to be done is to read through the recipe thoroughly—something few women stop to do—otherwise some ingredient is often omitted, and the result is a failure. After this, the pans should be prepared. For all cakes which are made with shortening, the pans should be lightly greased with lard, and if a loaf cake is to be made the bottom should be lined with thin brown paper, cut to fit. In case a large chocolate cake or fruit cake is being made, the sides of the pans should be lined as well; for layer, or cup cakes, it is usually sufficient to dredge the pans with flour after greasing. In preparing the pans for cakes which do not contain shortening, like sponge, angel, etc., the pans do not need greasing, a dredging of flour being sufficient.

Pastry flour should always be used when possible, but if it cannot be obtained, bread flour or spring wheat flour may be substituted, by using two tablespoons less to every cup designated. Granulated sugar is always used, unless another kind is specified; powdered sugar gives a very dry fine texture, and brown sugar makes a cake moist. No matter how good the recipe, the cake will not be a success unless a good baking powder is used. For this reason, I especially recommend Golden Rule Baking Powder, which I have found gives uniform results. It is always the same and always to be depended upon. All recipes calling for sweet milk, coffee or water, demand baking powder; the old-fashioned custom of mixing the soda and cream of tartar making a very porous cake. When sour milk is used, it is a more satisfactory plan to add a little soda to the milk, to neutralize the acid, and then proceed with the usual amount of Golden Rule Baking Powder.

Butterine or butter can be used interchangeably, but when lard, beef fat, or chicken fat is used, a half quantity is sufficient, as these fats contain no water.

Many housewives fail to make cakes of distinct flavor, because they do not use extracts which withstand the oven heat. That is, many cheap extracts not only evaporate during the cooking process, but also change flavor. For this reason, I always recommend Golden Rule Extracts, not only because they are absolutely pure, but because they always retain their flavor, if the proper amount is used.

After all the ingredients are measured, the mixing may be done. Butter should never be melted, as this makes a coarse cake, but rather beaten to a cream with a wooden spoon or with the hand. When this is done, the sugar may be gradually beaten in, then the flavoring; the eggs should be added as specified in the recipe. The Golden Rule Baking Powder and the flour should be sifted together to mix them thoroughly, then added alternately with the liquid to the butter mixture. Nuts, or fruit of any kind, should be mixed with the flour to prevent falling to the bottom of the cake.

The cake mixture should be spread evenly in the pan, then made a little higher at the edges and in the corners so that it will rise evenly. If the cake bursts open, there has either been too much flour used, or the oven is too hot. All cakes bake better in a moderate oven. During the first quarter of the baking period they rise, during the second they become slightly set, during the third they brown slightly, and during the fourth all the steam is driven off and the cake is completed. A cake is done when it shrinks from the sides of the pan, springs back when touched with the finger, and has ceased to hiss or steam.

RIBBON CAKE

1/2 cup butter	1/2 cup milk
2 eggs	2 1/2 teaspoons Golden Rule Baking Powder
1 1/2 cups flour	
1 cup sugar	1/2 teaspoon Golden Rule Vanilla

Cream butter, beat in sugar gradually, add the flavoring, and the eggs one at a time. Mix baking powder with flour and add alternately with the milk. Put one-third of the mixture into a bowl and add to it one-fourth teaspoon Golden Rule Cinnamon, one-half teaspoon Golden Rule Cloves, grating Golden Rule Nutmeg, two tablespoons Golden Rule Raisins, cut in bits, two tablespoons Golden Rule Currants, one tablespoon Golden Rule Citron, minced, and one tablespoon Barbados Molasses. Color half of the remaining mixture green with Golden Rule Pure Vegetable Coloring. Bake each mixture separately in an oblong pan, and when cold put together with raspberry jam and ice with Golden Rule Raspberry Frosting, colored pale pink with Golden Rule Pure Vegetable Red.

MAPLE CAKE

1/4 cup butter	2 teaspoons Golden Rule Baking Powder
1 cup sugar	
1/2 cup milk	1/2 teaspoon Golden Rule Vanilla
2 egg whites	1 1/2 cups flour

Cream butter, add sugar gradually, then the vanilla. Mix flour with baking powder, and add alternately with milk. Then fold in the egg whites which should be beaten stiff, and bake in two rounds layers or a loaf. Frost with maple nut icing.

CHOCOLATE CAKE

1 cup sugar	2 squares Golden Rule Chocolate
1/4 cup lard	2 1/2 teaspoons Golden Rule Baking Powder
2 eggs	
1/2 cup milk	1/2 teaspoon Golden Rule Vanilla
1 1/2 cups flour	1/3 teaspoon Golden Rule Cinnamon

Cream lard, and add sugar gradually. Separate the eggs, and add yolks unbeaten, with the flavoring and the chocolate, melted. Mix baking powder and flour, add alternately with milk, and fold in egg whites beaten stiff. Make in loaf form and bake forty minutes in a moderate oven. When cold, spread the top with a thin layer of Golden Rule Marshmallow Creme, and over this pour a thin layer of Golden Rule Sweet Chocolate which has been melted.

SPICE CAKE

1 cup sugar	2½ teaspoons Golden Rule Baking Powder
⅓ cup butter	¾ teaspoon Golden Rule Ground Cloves
2 eggs	¾ teaspoon Golden Rule Ground Cinnamon
½ cup milk	½ teaspoon Golden Rule Mace
1⅔ cups flour	
½ teaspoon Golden Rule Tropical Fruit Extract	

Cream butter and beat in flavoring, sugar, and eggs well whipped. Mix together flour, spices and baking powder, and add alternately to the mixture with milk. Bake in layers in a moderate oven and put together with marshmallow icing, or marshmallow whipped cream.

ALMOND LOAF CAKE

½ cup butter	4 egg whites
1 cup sugar	1 teaspoon Golden Rule Baking Powder
¼ cup milk	½ cup Golden Rule Shredded Almonds
½ teaspoon Golden Rule Almond and Pistachio Extract	1½ cups flour

Cream butter, beat in sugar and flavoring, mix flour with baking powder and almonds, and add alternately with milk to mixture. Beat egg whites stiff and dry, and fold in. Turn into a tube pan, sprinkle shredded almonds over the top, and bake in a moderate oven. This is a very rich cake and should be cut in thin slices for serving.

PLAIN LAYER CAKE

¼ cup butter	½ cup milk
1 cup sugar	1½ cups flour
2 eggs	2½ teaspoons Golden Rule Baking Powder
1 teaspoon Golden Rule Flavoring	

Cream butter, add sugar and flavoring and eggs well beaten. Mix flour with baking powder and add alternately to mixture with milk. Bake in two layer cake-pans in a moderate oven. If desired, this can be made with one egg. This is a good foundation cake, and can be varied by the filling, icing and flavoring. To make a chocolate layer cake, use Golden Rule Cream and Chocolate Icing. To make a raspberry cake, flavor with Golden Rule Orange and put together with raspberry jam and frost with Golden Rule Raspberry Icing. To make a cream cake, put together with cooked cream filling.

MARSHMALLOW FUDGE CAKE

1 cup sugar	½ teaspoon each Golden Rule Vanilla and Lemon Extracts
½ cup butter	2 teaspoons Golden Rule Baking Powder
3 egg whites	
⅔ cup milk	
2 cups flour	

Cream butter, add sugar and flavorings; mix the baking powder with the flour and add alternately to mixture with the milk. Fold in the egg whites beaten stiff and dry, and bake in two layers or else in cup cakes. Frost with marshmallow fudge icing.

NUT AND RAISIN CAKE

1 cup sugar	2 egg whites
½ cup butter	2½ teaspoons Golden Rule Baking Powder
3 egg yolks	¾ cup chopped Golden Rule Walnuts
½ cup milk	¾ cup Golden Rule Raisins
½ teaspoon Golden Rule Orange Extract	Few grains Golden Rule Mace
1½ cups flour	

Cream butter, add sugar and flavoring and egg yolks unbeaten. Mix flour, baking powder, mace, raisins and nuts, and add alternately with milk to mixture. Then fold in egg whites beaten stiff, and bake in a moderate oven. Cover with uncooked marshmallow icing, and decorate with cluster raisins stuffed with bits of Golden Rule Glace Cherries, and leaves cut from Golden Rule Citron, and about the edge, with halves of Golden Rule Glace Cherries and Golden Rule Walnut Meats. This is a very beautiful Thanksgiving or Christmas cake.

CHOCOLATE CREAM CAKE

Make a plain layer cake, flavoring it with Golden Rule Vanilla; put together with jam, and pile chocolate whipped cream on top. To make the latter, whip together two tablespoons Golden Rule Marshmallow Creme, three-fourths cup heavy cream, and two teaspoons Golden Rule Cream and Chocolate dissolved in two tablespoons boiling water, and then cooled. Add a few drops of Golden Rule Vanilla and use at once.

SOFT GINGER BREAD

½ cup Barbados Molasses	1½ cups bread flour
6 tablespoons sugar	½ teaspoon salt
½ cup boiling water	½ teaspoon Golden Rule Soda
1½ tablespoons melted lard	¾ teaspoon Golden Rule Ginger

Mix together molasses, sugar and water, add lard and then the soda, flour, salt and ginger mixed. Bake about thirty minutes in a moderate oven. If it is desirable to vary the recipe somewhat, add to the flour a third cup of Golden Rule Coconut or a half cup of Golden Rule Raisins. This is delicious with lemon sauce or marshmallow whipped cream as a dessert, or may be frosted with plain marshmallow icing.

CAKE ICINGS AND FILLINGS

There is probably no other department of cookery about which I have had more inquiries than the making of icings for cakes, and yet, given common sense and good materials, there is no other kind of cookery that is more simple. In making any uncooked icing, it is necessary to use confectioner's sugar, which has the finest grain of any made; in making a cooked icing, plain granulated sugar is used unless a caramel

flavor is desired, when brown sugar is substituted. The greatest trouble with most icings is that they harden and break, and, in fact, any icing, however soft when made, will become brittle on standing.

The Citizens' Wholesale Supply Company has recently produced a preparation known as Marshmallow Creme, that will overcome all hardening and breaking of icings and frostings, whether boiled or uncooked. It is made of the finest and purest materials that can be obtained, and greatly enhances the flavor of the frosting. It is needless to say that this has found a permanent place in my household, for I consider anything that will make possible consistently good results, is an economy.

UNCOOKED MARSHMALLOW ICING

1 tablespoon boiling water	1 tablespoon Golden Rule Marsh-
About $1\frac{1}{4}$ cups confectioner's sugar	mallow Creme
	$\frac{1}{2}$ teaspoon any Golden Rule Extract

Put water, extract, and marshmallow creme in a small bowl. Then stir in gradually the confectioner's sugar which should be sifted, until stiff enough so that it will not run from a cake. Do not make it too stiff, but set it in a draft of air to harden.

COOKED MARSHMALLOW ICING

1 cup granulated sugar	1 tablespoon Golden Rule Marsh-
$\frac{1}{4}$ cup milk	mallow Creme
	$\frac{1}{2}$ teaspoon any Golden Rule Extract

Boil together sugar and milk without stirring until it threads or forms a soft ball in cold water. Then pour onto the marshmallow creme, add extract, and beat until stiff enough to put on the cake.

FUDGE ICING

1 cup granulated sugar	1 tablespoon Golden Rule Marsh-
$\frac{1}{4}$ cup milk	mallow Creme
$\frac{1}{2}$ tablespoon butter	$\frac{1}{2}$ teaspoon Golden Rule Vanilla
1 square Golden Rule Chocolate	Extract

Boil together milk, chocolate, butter and sugar, until a soft ball will form in cold water; add the marshmallow creme and the extract, and beat till stiff enough to spread.

CREAM AND CHOCOLATE ICING

3 teaspoons Golden Rule Cream	1 tablespoon Golden Rule Marsh-
and Chocolate	mallow Creme
$\frac{1}{4}$ teaspoon Golden Rule Vanilla	2 tablespoons boiling water
	About $1\frac{1}{2}$ cups confectioner's sugar

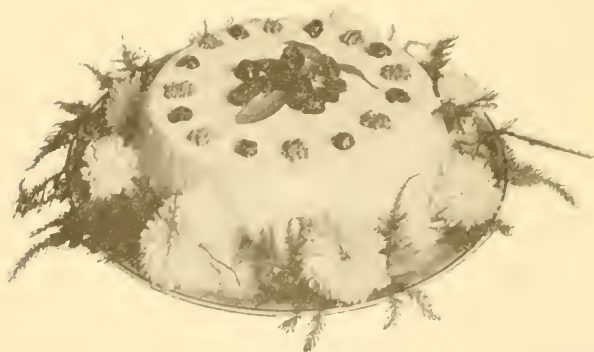
Dissolve the chocolate in boiling water and let stand about three minutes; then add the marshmallow creme, vanilla and sifted confectioner's sugar, to stiffen.

COOKED CREAMED FILLING

1½ cups milk (scalded)
¼ teaspoon salt
1 teaspoon butter
2 egg yolks

½ teaspoon Golden Rule Vanilla
or Lemon Extract
2 tablespoons Golden Rule Corn-
starch

Mix together cornstarch, sugar, salt, egg and butter; add to hot milk and stir for twenty minutes constantly over hot water; cool and flavor.



**Nut and Raisin Cake frosted with Uncooked Golden Rule Marshmallow Icing
and decorated with Golden Rule Raisins, Walnut Meats
and Glace Cherries**

PANAMA-PACIFIC EXPOSITION
FOOD PRODUCTS BUILDING

GOLDEN RULE



Butterless
Milkless
Eggless

Cake



Served at the "GOLDEN RULE BOOTH"

RECIPE

- 2 Cupfuls Brown Sugar
- $\frac{2}{3}$ Cupful Lard 2 Cupfuls Water
- 3 Cupfuls Raisins 1 Teaspoonful Salt
- 2 Teaspoonfuls Golden Rule Powdered Cinnamon
- 1 Teaspoonful Golden Rule Powdered Cloves
- $\frac{1}{2}$ Teaspoonful Golden Rule Powdered Mace
- $\frac{1}{2}$ Teaspoonful Golden Rule Grated Nutmeg
- 2 Teaspoonfuls Golden Rule Baking Soda
- 4 Cupfuls Flour
- 1 Teaspoonful Golden Rule Baking Powder
- $1\frac{1}{2}$ Cupfuls Chopped Nut Meats
- 3 Tablespoonfuls Warm Water
- 1 Teaspoon Golden Rule Extract of Vanilla or Lemon

Put lard into sauce pan, add sugar, water, raisins, salt and spices, and boil **THREE** minutes; cool and when cold add flour, baking powder, soda dissolved in warm water and nut meats. Mix well and turn into a larded and floured cake tin and bake in a slow oven one and one-half hours.

Finer goods than **GOLDEN RULE Flavoring Extracts and Ground Spices** are not produced. Very, very few have the quality that is represented in ours, no matter what price is paid.

Goods direct from the manufacturer to consumer.

Write us for prices and particulars.

Everything in Pure Food Products.

The Citizens' Wholesale Supply Co.

GRANT AND MT. VERNON AVES.

COLUMBUS, OHIO

SEE OUR EXHIBIT IN THE FOOD PRODUCTS BUILDING
BLOCK 20—AVENUE 4—WESTFIELD SECTION

The above is a reproduction of a circular distributed at the Panama-Pacific Exposition, San Francisco, 1915. Very many of our friends have been greatly pleased with this recipe, therefore we are including it in the book.

MEMORANDA

MEMORANDA

Sandwiches for Various Occasions

SANDWICHES for party affairs should be as dainty and unusual as one can concoct. Bread for successful sandwich making, no matter what the kind, should be at least twenty-four hours old, when it can be sliced thin, the crusts removed and the bread shaped before the butter is applied. The latter should be creamed as for making cake, so that it will spread easily and the bread will not be broken. The fillings may then be spread on, the sandwiches pressed firmly together and either wrapped in paraffine paper and set aside in a tin box until used, or else be wrapped in a napkin wrung dry from hot water.

There are two kinds of sandwiches—savory, and sweet; under the first heading may be classified those which are made with meat, fish, Golden Rule Peanut Butter, cheese, Golden Rule Olives and Pimentos, lettuce, celery, etc.; under the second, all kinds of sandwiches which are wholly or partially sweet, such as those made from jam, honey, fruit, frosting, and nuts in combination with a sweet, such as Golden Rule Marshmallow Creme. Fillings for savory sandwiches are usually mixed with salad dressing; Golden Rule Ready-Made Salad Dressing, or mayonnaise made with Golden Rule Olive Oil being suitable. The dressing should be well seasoned. Savory sandwiches are used in the main course of a repast, as demonstrated in the menus for entertaining. Sweet sandwiches may also act as part of the main portion, but are more generally used to pass with coffee, tea, Golden Rule Cream and Chocolate, or punch, when only the two articles are to be served. The following suggestions show how a few types of sandwiches can be made, but any housewife with imagination will find that she can make sandwiches that are delicious from many ingredients already at hand.

FILLINGS FOR SAVORY SANDWICHES

Finely minced chicken, hard-cooked eggs, tuna fish, or canned salmon mixed with Golden Rule Salad Dressing.

Finely minced lamb, moistened with a little thick cream and a dash of Golden Rule Mint Sauce.

Thinly sliced roast or corned beef, sprinkled with a few drops of Golden Rule Worcestershire Sauce, and a little Golden Rule Celery Salt.

Golden Rule Peanut Butter and grated Parmesan cheese.

Equal parts of Golden Rule Olives, chopped, and cream cheese, and a few finely minced walnut meats.

Finely chopped hard-cooked eggs, with a little minced celery and currie salad dressing.

Sardines, pounded to a paste, and mixed with a dash of Golden Rule Onion Salt and mayonnaise dressing, or a little tomato ketchup.

Lettuce leaves, dipped in French dressing.

Finely minced ham, moistened with mayonnaise dressing, or a little cold currant sauce.

FILLINGS FOR SWEET SANDWICHES

Uncooked marshmallow icing with Golden Rule Candied Orange Peel, and Golden Rule Glace Cherries, mixed throughout.

Chocolate fudge frosting mixed with finely chopped Golden Rule Walnuts.

Cream cheese mixed with a little Golden Rule Marshmallow Creme, a few drops of lemon juice, and a little finely minced Golden Rule Crystallized Ginger.

Equal parts of Golden Rule Raisins and Currants, stewed, rubbed to a paste, and seasoned with a few drops each of Golden Rule Orange and Lemon Extracts.

Golden Rule Peanut Butter and raspberry jam.



Chicken Sandwiches garnished with Golden Rule Olives. Brown Bread and Cream Cheese Sandwiches garnished with Golden Rule Walnut Meats, embellished with Parsley and Radish Roses

MEMORANDA

GOLDEN RULE

MEMORANDA

Pastry

THE word pastry, as used in this country, applies to pies, tarts and sometimes cream puffs, all of which are used as desserts. Meat and fish pies, though properly classified under the name of pastry, are considered under the headings of meat or fish, while pate cases and Swedish timbale shells belong under entrees because they are used only for formal meals.

Pie crusts may be made in many ways, but the essential for a light flaky result is quick work, enough shortenings, and a cool place in which to conduct the making. The shortening may be chopped into the flour by means of a knife or rubbed in by the finger tips, the latter being a more rapid method, which is personally used by the writer. If a short pie-crust is desired, all of the shortening may be worked in by this method at once, but if a flaky result is wished, it is better to roll in part of the shortening.

The most satisfactory flour is that known as pastry, or cake flour. The shortening may be chosen according to one's idea, lard giving a soft, tender crust, vegetable oils giving a crust slightly darker in color, while beef suet or butter, singly or in combination, may be used. The smallest amount possible of water should be put in, as too much toughens the crust. The general proportion for plain pastry is about a quarter of a cup of water to a cup of flour, and a fourth cup of lard to a cup of pastry flour is generally the right amount. In case many pies are made, a week's supply of crust may be made at a time, and if lightly dredged with flour, put in a covered bowl and set in a cold place it will keep a week. In case there is any difficulty in making a light crust, a small amount of Golden Rule Baking Powder will insure success, as in the following recipe:

PLAIN PASTRY

½ teaspoon Golden Rule Baking Powder	¾ teaspoon salt
	¾ cup shortening
3 cups pastry flour	About ¾ cup water

Sift together flour, salt and baking powder, and add the shortening, working it in by the preferred method until it looks coarse and crumbly, like meal. Then add gradually, meanwhile stirring the mixture with a knife, enough cold water to form it into a ball; turn onto a board lightly dredged with flour and roll into the shape desired.

FLAKY PASTRY

3 cups flour	¾ cup lard
¼ cup butter	¾ teaspoon salt
About ¾ cup water	

Add salt to flour and work in one-half the shortening, as directed. Moisten the dough with water, turn onto a slightly floured board, pack and roll out in rectangular shape. Cream the balance of the shortening so that it can be easily manipulated and spread over half the crust

GOLDEN RULE

to within an inch of the edge; fold over the paste, pinching the edges together firmly to incase as much air as possible, press all over gently with a rolling pin to work in the shortening and then roll it out. Repeat the folding and rolling three times.

GOLDEN RULE CREAM AND CHOCOLATE PIE

2 cups boiling water	2½ tablespoons Golden Rule Cream and Chocolate
2 tablespoons sugar	
1½ tablespoons Golden Rule Corn-starch	3 eggs
	¼ teaspoon salt
	½ teaspoon Golden Rule Vanilla

Pour boiling water on the chocolate and stir till dissolved. Beat together the cornstarch, salt, vanilla, egg yolks and sugar, add chocolate, cool, and pour into a deep pie-plate lined with pastry. Bake in a moderate oven till nearly done, then cover with a meringue made of the three egg whites, beaten stiff with three tablespoons of confectioner's sugar, and finish with ten minutes in a slow oven.

PINEAPPLE SPONGE PIE

2 cups grated canned pineapple	1 cup sugar
2 tablespoons melted butter	2 eggs
1 tablespoon Golden Rule Corn-starch	⅓ teaspoon Golden Rule Lemon Extract
	Pastry

Beat egg yolks and sugar together, with the cornstarch, add to pineapple with the lemon extract, cut and fold egg whites beaten until stiff, pour into a plate lined with pastry and bake until set.

COCOANUT CUSTARD PIE

2 cups milk	3 eggs
6 tablespoons sugar	1 teaspoon melted butter
½ teaspoon Golden Rule Vanilla	¼ cup Golden Rule Cocoanut
3 tablespoons powdered sugar	Pastry

Beat egg yolks with sugar, butter and vanilla; add milk and cocoanut; line a deep pie-plate with pastry, pour in the mixture and bake in a moderate oven. When nearly done spread over a meringue made of the egg whites and three tablespoons of powdered sugar, and bake ten minutes longer in a very slow oven.

LITTLE PUMPKIN PIES

1½ cups sifted canned pumpkin	3 eggs
3 tablespoons Golden Rule Barbados Molasses	½ cup sugar
½ teaspoon Golden Rule Ginger	¼ teaspoon salt
½ teaspoon Golden Rule Cinnamon	2 tablespoons melted butter
	1½ cups milk
	Pastry

Mix in order given, line shallow cup cake pans with the pastry, pour in the mixture, and bake in a moderate oven till the centers are firm—about thirty minutes.

FRUIT TARTS

Cover the bottoms of inverted cup cake pans with pastry, prick in several places and then bake. Fill with sliced canned apricots, canned

strawberries drained from the juice, or canned raspberries, or stewed Golden Rule Prunes. Serve garnished with a spoonful of Golden Rule Marshmallow Creme. If desired, the pastry may be baked on an inverted pie-plate and the canned fruit be combined with a little of the juice and thickened with Golden Rule Cornstarch in the proportion of a table-spoon to a cup of fruit and liquid. This should be done long enough ahead so that the mixture may become cold. A few drops of Golden Rule Lemon Extract will greatly improve the flavor.

CHEESE STICKS

Roll any remaining pie crust thin, sprinkle plentifully with grated cheese, and dust with Golden Rule Paprika. Fold, press edges slightly together, roll out and add cheese as before. Do this three times, cut in long narrow strips, and bake in pans lined with brown paper. The oven should be moderate. These may be used to accompany any salad course or with coffee at the end of luncheon or dinner.

CREAM PUFFS

4 eggs	1 cup pastry flour
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ cup butter

Melt butter in boiling water, turn in flour and cook over heat until it adheres to the spoon and does not stick to the sides of the pan. Cool, then add eggs, unbeaten, one at a time; form into smooth rounds the size of an egg, set two inches apart, and bake until browned in a moderate oven. Split the sides and drop in generous spoonfuls of marshmallow whipped cream, press together, frost and strew with Golden Rule Glace Cherries, shredded, or little candies. Serve within a few hours.

MARSHMALLOW WHIPPED CREAM

1 cup heavy whipping cream	
2 tablespoons Golden Rule Marshmallow Creme	$\frac{3}{4}$ teaspoon any Golden Rule Extract desired

Beat together until stiff enough to hold its shape. This is a delicious filling for a sponge or cream cake or for eclairs, or can be used for metropolitans or other small cakes, or as sauce with puddings, short-cakes, etc. The marshmallow creme increases the bulk fully one-half more than when cream alone is used, besides acting as a stiffening agent to keep the cream from falling. It will stand for hours.



**Cream Puffs decorated with Golden Rule
Marshmallow Frosting and Candies**

MEMORANDA

MEMORANDA

Cookies and Little Cakes

THE charm of cookies and little cakes lies in the exquisite daintiness. Of course, there are always those which are made for the children to eat between meals and which should be of suitable size to appease a hungry child's appetite. But with the exception of these, cookies and cakes should be small enough so that they can be eaten without being broken into bits, and if to serve as the accompaniment to afternoon tea or some other affair where extra plates and forks are not to be used, they should be dry enough so that they will not stick to the fingers, nor soil the gloves.

As a general rule all cooky mixtures that are to be rolled out should be mixed a few hours before baking, the smallest amount of flour possible being used to make them of the right consistency. On standing, the flour swells and the cooky is more tender because less is used.

Drop cooky mixtures, on the other hand, should be baked at once, at least two inches separating each cooky when dropped on the baking sheet.

Decorating cakes and cookies is an art in itself, that yields big results for a small amount of work. Given some of the Golden Rule Pure Vegetable Colorings, enough icing made with Golden Rule Marshmallow Creme so that it will not stiffen while being manipulated, some little candies, some Golden Rule Nuts, Golden Rule Glace Cherries, Golden Rule Crystallized Pineapple, Golden Rule Cocoanut, Golden Rule Candied Ginger, Golden Rule Citron, any woman can create more beautiful effects than those of the caterer, by spending a little time and thought.

MARGUERITES

2 egg whites	2 tablespoons Golden Rule Marsh-
2 tablespoons Golden Rule Cocoanut	mallow Creme
$\frac{1}{4}$ teaspoon Golden Rule Vanilla	$\frac{1}{2}$ cup Golden Rule English Wal-
$\frac{1}{3}$ cup powdered sugar	nuts
	Butter thin crackers

Beat egg whites till nearly stiff and gradually whip in sugar, marshmallow creme and vanilla. Add nuts chopped fine and the cocoanut; spread upon crackers and bake in a moderate oven till slightly browned.

CRESCENTS

1 cup butter	3 teaspoons Golden Rule Baking
2 cups sugar	Powder
2 eggs	$1\frac{1}{2}$ teaspoons Golden Rule Orange
Flour to roll, about 5 cups	Extract
	$\frac{1}{4}$ cup milk

Cream butter, add sugar and egg yolks well beaten, then the other ingredients. Let stand covered for several hours, then roll to one-eighth inch thickness, shape into crescents, brush over with slightly beaten

GOLDEN RULE

egg, and sprinkle with Golden Rule Candied Ginger chopped very fine. Bake in a moderate oven.

CHOCOLATE DROP COOKIES

½ cup butter	½ teaspoon Golden Rule Vanilla
1 cup sugar	1½ squares Golden Rule Chocolate
2 eggs	2 teaspoons Golden Rule Baking Powder
Golden Rule Cream and Chocolate Icing	2 cups flour
	1 tablespoon milk

Cream butter, beat in sugar, eggs, and vanilla; then stir in the chocolate which should be melted. Mix the flour and baking powder, add alternately to the mixture with the milk, and drop by teaspoon onto an oiled baking sheet. When done, cover with Cream and Chocolate Icing, and sprinkle, if desired, with cocoanut or chopped nuts.

METROPOLITANS

¼ cup butter	1½ teaspoons Golden Rule Baking Powder
1 cup sugar	½ teaspoon Golden Rule Lemon Extract
2 eggs	Golden Rule Cocoanut
½ cup milk	Golden Rule Raspberry Icing
Currant jelly	
1½ cups flour	Marshmallow whipped cream

Prepare a plain cake mixture of the butter, sugar, egg, lemon extract, milk, flour and baking powder. Bake in cup cake pans, ice with raspberry frosting, roll in cocoanut, and garnish the tops with marshmallow whipped cream and jelly.

LITTLE CAKES

¾ cup sugar	3 teaspoons Golden Rule Baking Powder
⅓ cup butter	Golden Rule Marshmallow Icing
2 eggs	Golden Rule Cake Colorings
½ cup milk	Golden Rule Candied Cherries, Nuts, Citron, etc.
½ teaspoon Golden Rule Tropical Fruit Flavoring	1½ cups flour

Make a plain cake mixture of the first seven ingredients, and bake in thin layers, then shape with fancy cutters into small cakes; brush off the crums, and ice all over with a thin sugar and water frosting. When this has dried put on marshmallow icing, delicately colored in different shades, and garnish as desired with nuts, cherries, cocoanut, etc.

SEED CAKES

⅓ cup butter	3 tablespoons Golden Rule Caraway Seed
1 egg	½ teaspoon Golden Rule Tropical Fruit Extract
1 cup confectioner's sugar	
¾ cup flour	

Cream together the butter, sugar and egg, add flavoring and caraway seed, and beat into flour. Drop by teaspoonfuls onto an oiled cooky sheet, and bake in a moderate oven till the edges are brown.

HERMITS

- | | |
|--------------|---------------------------------|
| 1 cup sugar | ¾ cup Golden Rule Raisins |
| ¼ cup butter | ¼ teaspoon Golden Rule Soda |
| ¼ cup lard | ¼ teaspoon Golden Rule Nutmeg |
| 2 eggs | ½ teaspoon Golden Rule Cinnamon |
| 3 cups flour | ½ teaspoon Golden Rule Cloves |

Cream butter and sugar together, add eggs well beaten and the raisins. Dissolve the soda in two tablespoons milk, add to mixture with the spices and flour, roll to one-fourth inch thickness, and shape with a round cutter. Bake about twelve minutes in a rather quick oven.

LITTLE FRUIT CAKES

- | | |
|-------------------------------|--|
| ½ cup butter | 4 tablespoons chopped Golden Rule
Candied Orange Peel |
| ¾ cup brown sugar | ¼ cup minced Golden Rule Citron |
| ½ cup Barbados Molasses | ¾ cup Golden Rule Currants |
| 2 eggs | ½ teaspoon Golden Rule Cinnamon |
| ½ cup milk | ½ teaspoon Golden Rule Allspice |
| 2 cups flour | ½ teaspoon each Golden Rule Lem-
on and Blackberry Extracts |
| ½ teaspoon Golden Rule Cloves | ¾ cup Golden Rule Raisins |
| ½ teaspoon Golden Rule Soda | |

Mix together soda, spices and flour and stir in the prepared fruit. Cream the butter, beat in sugar and eggs, add flavoring and molasses; add flour alternately with milk to the mixture till all is in. Oil cup cake tins thoroughly, line them with paper, pour in the mixture, cover with paraffine paper and steam forty-five minutes, then set in a slow oven for twenty to thirty minutes more.

NUT WAFERS

- | | |
|---|---|
| ¼ cup butter | 1½ teaspoons Golden Rule Orange
Extract |
| ¾ cup sugar | ½ cup chopped Golden Rule Wal-
nut Meats |
| 2 tablespoons milk | About 1½ cups flour |
| 1 well-beaten egg | ¼ teaspoon salt |
| 1½ teaspoons Golden Rule
Baking Powder | |

Cream butter, beat in sugar and egg, milk and flavoring. Then mix together nuts, baking powder, salt and flour, add gradually to mixture, cover and let stand one hour. Roll thin, brush over with slightly beaten egg, if convenient, sprinkle each cooky with some coarsely chopped nut meats and bake.

GOLDEN RULE OLIVE OIL COOKIES

$\frac{2}{3}$ cup Barbados Molasses	$\frac{1}{2}$ cup Golden Rule Olive Oil
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ teaspoons Golden Rule Soda
$\frac{1}{2}$ cup sweet milk	$\frac{3}{4}$ cup Golden Rule Raisins
1 egg	1 teaspoon Golden Rule Cloves
$3\frac{1}{2}$ cups pastry flour	1 teaspoon Golden Rule Nutmeg
1 teaspoon salt	

Put molasses, sugar, olive oil, milk and the egg, well beaten, into a bowl. Mix together soda, flour, salt, spices and raisins. Combine mixtures, drop on an oiled cooky sheet by large teaspoonfuls three inches apart; put a raisin in the center of each and bake in a moderate oven.



A Wicker Tray of Cakes arranged for Service at a Tea or Reception, Little Fancy Cakes, Dropped Chocolate Cookies, Crescents and Metropolitans

MEMORANDA

MEMORANDA

Candies

THE making of candies at home is not at all difficult in fact, if done on a day when there is an hour or two of leisure, it ceases to be a task and becomes a great pleasure. Too much cannot be said in favor of the mother who allows her children to make candy at home of pure ingredients, instead of allowing them to buy promiscuously from the nearest store, where, in reality, the candies are often "penny poison." Then there is the woman who wishes to make a little gift that does not seem elaborate, and is not expensive. She has little time to sew, but an hour or two for home made candies can be snatched from her busy life. Such a gift, either of candies of one kind or mixed with other candies, and stuffed figs, prunes and raisins, is always acceptable.

There are delightful ways of packing these candies, all kinds of pretty boxes and baskets which can be purchased from five cents upwards; they should be lined with fringed waxed paper and tied with gilt cord, strands of linen floss, or dainty ribbon. However, home made candies, to be really good, must be made of the best materials. The Citizens' Wholesale Supply Co. have a wide range on which to draw. Barbados molasses, which is free from sulphurous acid, for taffy, butter scotch and caramels; all kinds of sugar of superior grade; nuts which are large and perfect; cocoanut so delicious and digestible that one could eat it plain; glace cherries; crystallized pineapple and ginger; prunes for stuffing of unexcelled flavor; a multitude of extracts for flavorings; sweet chocolate for dipping chocolate creams; pure vegetable colorings—the list is almost endless.

The foundation of chocolate creams and many other candies is fondant. There are two kinds, quick fondant, and cooked fondant. The first, as the name suggests, may be made in a few minutes, and if put together, the Golden Rule way, is much more satisfactory than that which is cooked. Candies made with it will keep without drying because they contain Golden Rule Marshmallow Creme.

QUICK FONDANT

<p>¼ cup Golden Rule Marshmallow Creme</p> <p>2½ tablespoons boiling water</p>	<p>2 to 3 cups confectioner's sugar</p> <p>From 1 to 2 teaspoons Golden Rule Flavoring</p>
--	--

Add water and flavoring to marshmallow creme, beat in the sugar a little at a time till the mixture is stiff enough to knead on a board, dredged with the sugar.

COCOANUT BALLS

Use half the recipe above, and work in one-half cup Golden Rule Cocoanut. Form into balls, and roll in cocoanut.

CHOCOLATE ALMONDS

To one-half the recipe for quick fondant add a square of melted Golden Rule Chocolate and shape around blanched almond meats. Roll in granulated sugar.

FRUIT PASTE

To one-half the recipe for quick fondant add a cup of mixed Golden Rule Glace Cherries, Golden Rule Raisins, Golden Rule Crystallized Pineapple and Golden Rule Candied Orange Peel, all of which should be put through the food chopper together. Flavor with Golden Rule Orange Extract, toss on a board dredged with confectioner's sugar, and roll out to one-fourth inch thickness. Let stand a few moments, then stamp into rounds with a tiny cutter, or shape into squares with a sharp knife. Roll in confectioner's sugar.

CHOCOLATE CREAMS

Use the recipe for quick fondant and divide into four portions. Color one pink with Golden Rule Vegetable Red and flavor with Golden Rule Raspberry Extract. Color a second portion yellow with Golden Rule Coloring and flavor with Golden Rule Orange Extract; add a fourth cup of chopped Golden Rule Walnut Meats to a third portion and flavor with vanilla. Color a fourth quantity with Golden Rule Pure Vegetable Green and flavor with Golden Rule Pistachio and Almond Extracts. Form into small cones and let stand a few hours to stiffen. Then melt some Golden Rule Sweet Chocolate in a double-boiler, and when partly cooled, put each cone on a sharp hat pin, dip quickly in the chocolate and let stand to drain on paraffine paper. Bits of fruit cake, Golden Rule Nut Meats, Golden Rule Crystallized Pineapple and Golden Rule Crystallized Ginger may be dipped in the same way.

FENWAY COCKTAILS

Drain cocktail cherries and form a thin coating of quick fondant around them. Let dry as directed, and dip in chocolate.

PEPPERMINT DROPS

2 cups granulated sugar	½ cup boiling water
2 tablespoons Golden Rule Marsh- mallow Creme	Golden Rule Peppermint Extract to taste

Boil together sugar and water without stirring until it will form a soft ball in cold water. Add marshmallow creme and peppermint and beat till thickened and creamy. Drop by small teaspoonfuls on paraffine paper.

WINTERGREEN DROPS

Use above recipe, tinting the mixture, when creamy, with Golden Rule Pure Vegetable Red and flavoring with Golden Rule Wintergreen Extract.

MAPLE NUT CARAMELS

- | | |
|--------------------------|-------------------------------|
| ¼ cup butter | ¾ teaspoon Golden Rule Maple |
| 2 cups Barbados Molasses | Extract |
| 1 cup brown sugar | 1 cup broken Golden Rule Wal- |
| ½ cup milk | nut Meats |

Melt butter, and add molasses, sugar and milk. Stir till sugar is dissolved, bring to boiling point and boil until a firm ball may be formed, when a little is dropped in cold water. Then add flavoring and nuts and turn into a buttered pan, to one inch in depth. Cool, and cut in small squares.

PLAIN FUDGE

- | | |
|--------------------------------|----------------------------------|
| ½ cup milk | 3 tablespoons butter |
| ½ teaspoon Golden Rule Vanilla | 3 tablespoons Golden Rule Marsh- |
| Extract | mallow Creme |
| 2 cups sugar | |

Stir mixture till sugar is dissolved, then add butter and boil till a soft ball can be formed in cold water. Turn in the marshmallow creme and flavoring and beat till creamy. To make chocolate fudge, add two squares of shaved Golden Rule Chocolate to above mixture.

TURKISH PASTE

- | | |
|-----------------------------------|--------------------------------|
| ¾ cup orange juice | ½ teaspoon Golden Rule Lemon |
| 3 envelopes Golden Rule Gelatine | Extract |
| ¼ cup Golden Rule Glace Cherries, | 2 cups granulated sugar |
| minced | ½ cup cold water |
| ¼ cup Golden Rule Almond Meats, | 2 tablespoons Golden Rule Can- |
| chopped | died Orange Peel |

Add gelatine to orange juice and let stand till the liquid is absorbed. Put sugar and water together and stir over a slow fire till the sugar is dissolved; add gelatine and let boil twenty minutes. Cool slightly, add lemon extract, the fruit chopped fine and the nuts, and turn into a bread pan rinsed with cold water. Let stand over night in a cool place, then sift confectioner's sugar over top of paste, loosen at the edge with a knife, and gently pull onto a board dredged with confectioner's sugar. Cut in cubes, roll in confectioner's sugar and store in air-tight tin cans.

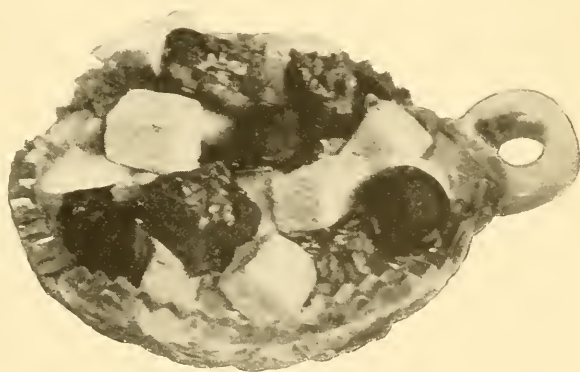
SUGARED PRUNES

Remove pits from Golden Rule Prunes with a sharp knife, and refill centers with a little quick fondant mixed with Golden Rule Candied Orange Peel or chopped Walnut Meats. Roll in granulated sugar.

SALTED ALMONDS

Pour boiling water over meats from Golden Rule Almonds and let stand two minutes. Drain, slip off skins and dry the nut meats thoroughly on cheese cloth. Pour about an inch of Golden Rule Olive Oil

into a frying-pan and when this is hot enough to brown a bit of bread, turn in the almonds, and stir constantly till pale brown. Drain off the oil, turn nuts onto brown paper so that the grease may be absorbed, and dust with salt. Peanuts can be done in the same way. The oil can be used over and over for the same purpose, or can be used up in olive oil cookies, or boiled oil salad dressing.



**Chocolate Cream Turkish Paste, Coconut Balls and Maple Nut
Caramels made with Golden Rule Products**

MEMORANDA

MEMORANDA

Beverages, Hot and Cold

VERY few women make a good cup of tea. There are several reasons for this, among which are the following: The tea itself is only too often second grade and full of dust and powder; the water is not boiling when poured on for the infusion, or worse still, the tea is actually boiled. This, by the way, kills the natural flavor and draws out those properties which are commonly found injurious. Again a metal teapot is often used, when an earthenware pot would give better results. The Citizens' Wholesale Supply Co. pack a natural leaf tea which is without exception the cleanest and most delicious tea that I have ever tasted. To make it, allow a half teaspoon of tea for each full cup of fresh, vigorously boiling water. Scald an earthenware pot, measure in the tea, pour over the boiling water, and set aside for six minutes to infuse; then pour liquid off the leaves so that it will not become too strong; the leaves themselves will have unrolled and show plainly that they are real tea leaves, of the first picking.

Iced tea should be made stronger than when to be served hot, as the cracked ice dilutes it. For six servings use four teaspoons of Golden Rule Tea and a quart of boiling water. Let stand covered for eight minutes, and then strain onto a half teaspoon of Golden Rule Cloves and a thinly sliced lemon. Sweeten to taste, and chill. Serve with a thin slice of fresh lemon in every glass.

In serving afternoon tea, thinly sliced lemon or orange may be served in the tea with sugar. In this case no cream should be used; or two Golden Rule Cloves may be used to each cup of tea with sugar; or a thin slice of lemon and a Golden Rule Glace Cherry, or a cocktail cherry may be allowed to each cup.

A good cup of coffee can seldom be obtained in the ordinary household, in the first place because the coffee itself is often adulterated with chicory and other ingredients, and also because most women seem to think that coffee will make itself! It is absolutely impossible to make a good cup of coffee with a utensil that is not spotlessly clean, for coffee has the power of taking up foreign substances. If you do not believe this, try putting some cooked coffee grounds and water in your cut glass vinegar cruet and see how they will remove the dirt. All utensils used for coffee-making should be thoroughly washed, scalded and allowed to air. The coffee should never be allowed to stand in the pot from meal to meal, but should be poured off and utilized for some dessert or served cold. As Golden Rule Coffee is entirely free from adulterants it will "go farther" than most coffees on the market. At the same time several brands of exceptional quality are supplied at varying prices, all of which I consider far above similar grades. To get the best results, coffee should be purchased in the bean and ground just before using. To this end, The Citizens' Wholesale Supply Co. put out an exceptional coffee mill than can be obtained at a very reasonable price. If bought and ground in this way, all the coffee aroma is conserved.

GOLDEN RULE

There are three ways of making coffee. Probably the most familiar is the old-fashioned boiled coffee. Although this method can be used with fair success, more of the caffeine, which in excess is a nerve irritant, is drawn out, than when the coffee is percolated or put through the Golden Rule Coffee Maker. The coffee maker will more than pay for itself in a few months as it calls for a third less coffee than ordinarily used. Coffee may also be made according to the cold water method, but this likewise produces more caffeine than when the Coffee Maker is used.

BOILED COFFEE (For Six)

Three ounces or six tablespoons Golden Rule Coffee mixed with three crushed egg shells. Pour over six cups of fresh, boiling water, let boil from three to five minutes, place where it will keep hot, add a tablespoon of cold water to settle. Pour off the grounds into a scalded coffee pot.

COFFEE (By Cold Water Method)

Three ounces or six tablespoons Golden Rule Coffee mixed with one cup cold water. Add five cups cold water, gradually bring to boiling point, and boil two minutes. Stand where it will keep warm and settle with a tablespoon of cold water.

It must be borne in mind that coffee should be served with either cream or scalded milk; or, if desired Golden Rule Evaporated Milk may be used. After dinner coffee should be made a little stronger as it is usually served without cream or sugar.

In making iced coffee, add the sugar to the coffee while hot, making the coffee stronger than usual. Dilute with hot milk, chill and serve with whipped cream into which a little Golden Rule Marshmallow Creme has been beaten.

One would often serve a cup of chocolate if there was time to make it. Golden Rule Cream and Chocolate is especially prepared for this purpose. It contains all that is necessary, including the sugar, to make delicious chocolate, and costs less than two cents a cup. To make it, put four level teaspoons of cream and chocolate into an ordinary sized tea cup, fill with boiling water, and let stand a minute or two, if convenient. A spoonful of Golden Rule Marshmallow Creme adds a delicious flavor. If desired, it may be iced, a drop of Golden Rule Vanilla be added to each serving, and a tablespoon of Golden Rule Marshmallow Whipped Creme with a few shredded Golden Rule Glace Cherries be served floating on each cup. This is particularly nice for summer entertaining.

Delicious fruit punches can be made of canned fruits. However, to make a smooth drink, the water and sugar should be boiled together for five minutes, and then cooled, and the drink should always be made so strong that it will stand diluting with cracked ice or ice water. If the fruit flavor is weak, a few drops of a suitable Golden Rule Fruit Extract will correct the defect.

APRICOT PUNCH (To Serve Twenty)

1½ quarts boiling water	1½ cups sugar
1 can apricots	Juice two lemons
A few drops Golden Rule Orange Extract	

GOLDEN RULE

Boil together sugar and water; sift apricots, add the juice and turn into the sugar syrup. Cool, add lemon juice and orange extract and dilute as desired.

MINT ADE (For One)

One tablespoon sugar, dissolved in three-fourths cup boiling water. Cool, and add a tablespoon of Golden Rule Mint Sauce. A little orange juice will add body to this drink.

RASPBERRY ADE (To Serve Ten)

1 can raspberries	1 pint boiling water
$\frac{1}{4}$ cup lemon juice	1 cup sugar
Ice water	

Boil together the sugar and water for ten minutes. Add the raspberries which should be quite liquid, and chill; turn in the lemon juice and dilute to desired strength. If impossible to obtain the raspberries, Golden Rule Raspberry or Loganberry Flavoring may be substituted. In this case, make the syrup as usual and flavor strongly with the extract. Finish as directed.

SPICED GRAPE JUICE

For each pint of grape juice allow two Golden Rule Cloves and a half-inch stick of Golden Rule Cinnamon. Heat to scalding point, strain and serve either hot or cold. When hot, it is an excellent restorative in case of extreme fatigue.



After Dinner Coffee Tray, arranged for serving
Golden Rule Coffee

Conservation Suggestions

As no butter should be used in cookery, Oleomargarine may be substituted for it, or cottonseed or corn oil may be used in two-thirds the quantity as for butter.

To conserve wheat in cake and cookie making, use two-thirds Corn Flour and one-third Corn Starch, or Potato Flour, well sifted together, in making up the cake and cookies, etc., given in the Golden Rule Cook Book.

In making pie crust use equal parts of barley flour and finely ground sifted rolled oats in place of wheat flour.

In making muffins use those only containing a cereal substitute using in place of the wheat flour specified in the Golden Rule recipes, an equal quantity of corn flour.

In making sauces, gravies, and the like, substitute corn starch, barley flour or potato flour in place of wheat flour.

In the making of cookies, desserts, cakes and the like reduce the amount of sugar one-third, or substitute brown sugar.

WHEATLESS RECIPES

FROM MRS. ALLEN'S BOOK ON WHEAT SUBSTITUTES

By IDA C. BAILEY ALLEN

(Small, Maynard & Co., Boston, Mass.)

BARLEY, CORN AND OAT BREAD

Sponge

- | | |
|-------------------------|------------------------------------|
| 1 compressed yeast cake | 3 tablespoonfuls corn syrup |
| 1 cupful tepid water | 2 tablespoonfuls butter substitute |
| 3 cupfuls milk | 2 cupfuls barley flour |
| 4 teaspoonfuls salt | 2 cupfuls corn flour |

Dissolve the yeast in the tepid water, then add to the milk, which has been scalded and cooled, together with the other ingredients in the order given. Beat well and let stand in a warm place until very light.

Completing the Bread

Beat into the sponge three cupfuls of barley flour, one and one-half cupfuls of corn flour and one and a half cupfuls of finely ground rolled oats. Knead with one-half cupful of corn flour, shape into four loaves, place in well-oiled pans, let rise until doubled in bulk, and bake an hour in an oven at 350 degrees F.

BUCKWHEAT-CORNMEAL MUFFINS

- | | |
|--------------------------|-----------------------------------|
| 1 cupful Buckwheat flour | 1¼ cupfuls milk |
| 1 cupful cornmeal | ¼ cupful molasses |
| 1¼ teaspoonfuls salt | ½ tablespoonful butter substitute |
| 1 egg, well beaten | |

Sift together the dry ingredients, then mix thoroughly the egg well

beaten, the milk, molasses and the butter substitute. Beat into the dry ingredients. Transfer to well-oiled muffin pans and bake thirty minutes in an oven at 250 degrees F.

WHEATLESS BARLEY ROLLS (With Potatoes)

- | | |
|--|-----------------------------------|
| 2 cupfuls hot mashed potatoes | 1½ teaspoonfuls salt |
| 1 egg | 1 tablespoonful butter substitute |
| 1 tablespoonful sugar, honey or corn syrup | 1 cupful tepid milk |
| | 1 compressed yeast cake |
| 7 cupfuls barley flour | |

Combine the potato, butter substitute, sweetening and salt. Dissolve the yeast in the milk, stir it into the potato mixture, and beat in the flour. Knead well. Let rise until doubled in bulk cut down, roll into a sheet one-third inch in thickness, without kneading and cut into medium sized rounds. Brush over with butter, or a good margarine, melted, crease with a knife, and fold over into pocket shape. Let rise till doubled in bulk, and bake thirty-five minutes in an oven at 350 degrees F.

NUT AND RAISIN BREAD

- | | |
|------------------------------------|------------------------------|
| ¼ cupful sugar or corn syrup | ½ teaspoonful salt |
| 2 tablespoonfuls butter substitute | 2 teaspoonfuls baking powder |
| 1 egg | 1½ cupfuls corn flour |
| ½ cupful milk | ⅓ cupful chopped walnuts |
| ⅓ cupful chopped raisins | |

Beat the ingredients together in the order given. Transfer to a well oiled bread pan, and bake forty-five minutes in an oven at 375 degrees F.

ONE EGG BARLEY CAKE

- | | |
|-------------------------------|-------------------------------|
| ¾ cupful sugar | ¼ teaspoonful grated nutmeg |
| ¼ cupful butter substitute | ½ teaspoonful salt |
| 1 egg | 1 cup barley flour |
| 1 teaspoonful vanilla extract | ½ cupful corn starch |
| 1 teaspoonful lemon extract | 1½ teaspoonfuls baking powder |
| ½ cupful milk | |

Cream together the sugar and butter substitute, and beat in the flavoring and egg yolk. Sift together the dry ingredients and add them alternately with the milk. Then fold in the egg whites whipped stiff. Strew a few nut meats or shredded cocoanut over the top. Transfer to a well-oiled pan, and bake forty-five minutes in an oven at 350 degrees F.

CONSERVATION COTTAGE PUDDING

- | | |
|------------------------------------|------------------------------|
| 3 tablespoonfuls butter substitute | 3 teaspoonfuls baking powder |
| ¾ cupful sugar | ½ teaspoonful salt |
| 1 egg | ¼ cupful milk |
| 1½ teaspoonfuls orange extract | 2 tablespoonfuls water |

Cream together the sugar and shortening. Add the eggs well beaten and the extract. Sift together the dry ingredients, and add them alternately with the milk and water mixed, to the first mixture. Transfer to a well-oiled medium sized dripping pan, and bake thirty-five minutes in an oven at 350 degrees F. Serve with a lemon or other fruit sauce.

Ideas for Entertaining

UNDoubtedly the reason why more women do not entertain is because they do not realize that true hospitality lies in simplicity, as well as because they find "getting ready for company" a great task. The most perplexing problem is usually that which deals with the preparation of the meals or refreshments, as the case may be, what to have and how to serve it being an ever-present worry. However, if a few points are kept in mind, any small affair need not overtax.

Be yourself, do not attempt things too elaborate.

Have all housecleaning done the day beforehand.

Make the refreshments simple and, if there is no maid in attendance, choose foods that can be prepared before hand and that will not deteriorate on standing.

Do not have any last-minute cookery.

If there is no waitress, do not apologize for waiting on table yourself, but do it gracefully, serving as many things from the table as possible. A friend can assist you, or in case it is an affair with the children at the table, let the boys and girls act as waiters.

The following menus are adapted for service with or without a maid, and all unusual recipes can be found in this book.

TWO MENUS FOR AFTERNOON TEAS

Chicken Sandwiches	Ginger and Cream Cheese Sandwiches
Tiny Cream Puffs	Afternoon Tea
	Salted Nuts

II.

Olive and Cream Cheese Sandwiches	Celery and Mayonnaise Sandwiches
Apricot Ice Cream	Marguerites
Afternoon Tea	Home-Made Candies

TWO MENUS FOR LITTLE EVENING PARTIES

Pineapple Sherbet	Spice Cake with Marshmallow Whipped Cream
Hot Golden Rule Coffee	Salted Almonds

II.

Canned Peach and Nut Salad	Cream Cheese and Nut Sandwiches
Hot Coffee	Salted Nuts
Home Made Candies	

GOLDEN RULE

MENU FOR CHAFING DISH SUPPER

Golden Rule Fruit Cup
Creamed Crab Meat in Croustades
Olives
Chocolate Bavarian Cream Nut Wafers
Golden Rule Coffee

MENU FOR CHRISTMAS DINNER

Crab Flake Cocktail
Tomato Bouillon Crackers
Celery Olives
Roast Turkey or Goose Gravy Stuffing
Mashed Potatoes Canned String Beans Kernelled Corn
Vegetable Macedoine Salad
Marshmallow Ice Cream and Little Fruit Cakes or Steamed Pudding
with Hard Sauce
Home Made Candies Golden Rule Nuts
Coffee Cheese Sticks

MENU FOR THANKSGIVING

Julienne Soup Crackers
Roast Chicken or Chicken Pie
Mashed Potatoes Canned Spinach (Creamed) Corn Pudding
Asparagus Vinigrette
Pumpkin Pie Plain Ice Cream
Golden Rule Coffee Cheese Sticks
Home Made Candies Golden Rule Nuts

Although it is a comparatively easy matter to "get ready for company," when it is expected, an embarrassing situation often results when guests arrive for "pot luck," as there is often just enough for the family and, in spite of the fact that it is charming and correct to invite friends to share the meal just as it is, there are times when a few additions are really necessary.

The thinking housewife will be prepared for such contingencies by a well-stocked emergency shelf. This need not necessarily be a shelf, but any place in the house where a few extra supplies can be kept that will be easily converted into attractive dishes. A list suitable for such general purposes includes a can of tomato soup, a bottle of Golden Rule

GOLDEN RULE

Beef Extract, a bottle of clam bouillon, a can of asparagus, and one each kernelled corn, peas and spinach, as well as tuna fish, chicken and sardines; a bottle of Golden Rule Salad Dressing, some Golden Rule Olive Oil and Golden Rule Nut Meats which the housewife has prepared, some canned fruits, Golden Rule Evaporated Milk, a can of Golden Rule Cream and Chocolate, a jar of Golden Rule Marshmallow Creme and some Golden Rule Olives.

With materials of this kind at hand, the simplest meal can be dressed up for the most fastidious guest.

Isa Bailey Allen

MEMORANDA



Display Room—Local Department

TO our friends within the city of Columbus, we wish to say that the handsome Display Rooms of our Local Department are for *your use*. Courteous attendants are willing and anxious to show you the finest of products gathered from the four quarters of the globe; or, at a time to suit your convenience, a demonstrator will call at your home.

If you need any article at any time, *even one small single item*, Telephone

Ohio State 8101 or 8102
Bell, Main 316 or 317

and it will be delivered *at once*. We want you to feel that we are *at your service*, and are glad to be able to serve you.

Very respectfully,

THE CITIZENS' WHOLESALE SUPPLY CO.



GOLDEN RULE FLAVORINGS

were given

The Gold Medal

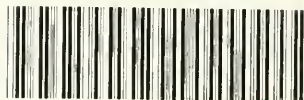
at the

Panama-Pacific
International Exposition
San Francisco, 1915

By an International
Jury of Experts



LIBRARY OF CONGRESS



0 014 486 292 2 ●