

MANUFACTORY

OF

Rumford Baking Powder

"The WHOLESOME Powder"

Main Offices, Providence, R. I.

U. S. A.

RUMFORD

The "Wholesome"

Baking Powder

BEST of the HIGH GRADE Powders.

Perfect Baking Quality

The action of Rumford Baking Powder in the dough is thorough, making cake, biscuit, muffins, etc. of finer texture and flavor and which will retain their fresh condition longer than if made with ordinary baking powder or cream of tartar.

Pure and Wholesome

Made of the genuine Professor Horsford's phosphate, it supplies the food with an element, the strength-giving phosphates, absolutely necessary to health. Prof. Horsford's phosphate is made by us solely for our own use, and none is sold for use in any other baking powder.

Superior to All Others

It is different from and superior to all other powders; contains no alum; does not give a bitter or disagreeable "baking powder" taste to the food, and will retain its strength indefinitely in any climate.

—Every Can Guaranteed.—

15 cents Half Pound Can.

25 cents One Pound Can.

Rumford Recipes

Compiled by

LILY HAXWORTH WALLACE

Gold-Medalist

Graduate of National Training School of Cookery,
LONDON, ENGLAND.

Sultana Cake

2 cups flour	$\frac{1}{2}$ cup sugar
$\frac{1}{3}$ teaspoon salt	$\frac{1}{2}$ cup sultana raisins
2 teaspoons Rumford Baking Powder	$\frac{1}{3}$ cup chopped citron or lemon peel
$\frac{1}{3}$ cup butter	1 egg

About $\frac{2}{3}$ cup milk.

Sift together the flour, salt and baking powder; rub in the butter and then add the sugar, raisins and citron. Beat the egg well, and add it with the milk. Turn into a well-greased pan, and bake about forty-five minutes.

Butter Cakes

$2\frac{1}{2}$ cups flour	Pinch of salt
3 teaspoons Rumford Baking Powder	2 tablespoons butter
	1 cup milk.

Sift the flour, salt and baking powder together; rub the butter in lightly and mix to a rather soft dough with the milk. Roll about three-quarters inch thick and cut into rounds. Bake in a hot, lightly greased griddle.

Plain Sponge Cake

3 eggs	1 cup sifted flour
1 cup sugar	$\frac{1}{3}$ teaspoon salt
$\frac{1}{2}$ cup hot water	1 teaspoon Rumford Baking Powder.
Grated rind of half a lemon	

Beat the eggs, with half the sugar, till they thicken; add the water and remainder of the sugar, and beat again. Put in the grated lemon rind, then the flour sifted with the salt and baking powder, folding these in as gently as possible. Bake about thirty minutes in a shallow pan that has been greased and floured.

Chocolate Loaf Cake

1 $\frac{1}{2}$ cups sugar	1 teaspoon vanilla extract
$\frac{1}{2}$ cup butter	2 cups flour
2 eggs	2 teaspoons Rumford Baking Powder
1 cup milk	

2 squares chocolate.

Beat to a cream one cup of the sugar with the butter; add the eggs well beaten, then half a cup of the milk and the vanilla. Sift together the flour and baking powder, and beat them into the other ingredients. Put the remainder of the sugar and milk, with the chocolate, into a saucepan and cook till the chocolate is dissolved; add to the cake batter, beat well, and bake in a moderate oven about three-quarters of an hour.

Coffee Layer Cake

$\frac{1}{2}$ cup butter	2 cups flour
1 cup brown sugar	$\frac{1}{2}$ teaspoon salt
2 eggs	$\frac{1}{2}$ teaspoon mixed spices
$\frac{1}{2}$ cup molasses	2 teaspoons Rumford Baking Powder.
$\frac{1}{2}$ cup made coffee	

Beat the butter and sugar till creamy; add the eggs, then the molasses and coffee and, lastly, the flour, salt, spices and baking powder sifted together. Bake in layers about twenty minutes, and put together with frosting.

Nut Jumbles

$\frac{1}{2}$ cup butter
1 cup sugar
1 egg
2 cups flour
A pinch of salt

1 teaspoon Rumford Baking Powder
About $\frac{1}{3}$ cup milk
 $\frac{3}{4}$ cup walnut or pecan meats, coarsely chopped.

Beat together the butter and sugar; add the egg well beaten, then the flour, salt and baking powder sifted together, adding the milk gradually so as to prevent the mixture becoming too dry. Mix the nuts well in and drop in spoonfuls on a greased pan, some distance apart. Bake in a quick oven about ten minutes.

German Crullers

2 eggs
1 cup milk
1 tablespoon melted butter
2 cups flour
 $\frac{1}{3}$ teaspoon salt

$\frac{1}{2}$ teaspoon cinnamon or nutmeg
2 teaspoons Rumford Baking Powder
1 cup sugar.

Beat the eggs till light and mix them with the milk and butter. Sift together the flour, salt, spice and baking powder; add the sugar and blend the two mixtures. Roll out, cut into rings and fry in hot fat till golden brown. Drain well and dust with sugar.

Puritan Gingerbread

$\frac{2}{3}$ cup lard or butter
 $1\frac{1}{2}$ cups molasses
 $\frac{1}{3}$ cup milk or water
2 teaspoons ginger

2 teaspoons Rumford Baking Powder
Flour to make a stiff dough (about $2\frac{1}{2}$ cups).

Melt the fat without heating more than necessary and add it to the molasses with the milk or water. Sift the baking powder and ginger with two cups of flour and work into the liquid ingredients, adding more flour if the mixture is too thin. Roll out half an inch thick, cut into squares and bake in a slow oven.

Steamed Fruit Puffs

2 cups flour	Pinch of salt
2 teaspoons Rumford Baking Powder	$\frac{3}{4}$ cup milk
	Preserved fruit.

Sift together flour, salt and baking powder and mix with the milk to make a heavy batter. Grease small cups, put a tablespoonful of batter in each, then a spoonful of fruit—peach, pineapple, raspberry, or any preferred. Cover with more batter; steam half an hour and serve with cream or sauce.

Canary Pudding

$\frac{1}{2}$ cup butter	1 teaspoon Rumford Baking Powder
$\frac{3}{4}$ cup sugar	3 eggs
$\frac{3}{4}$ cup flour	Grated rind of 1 lemon.
$\frac{1}{4}$ teaspoon salt	

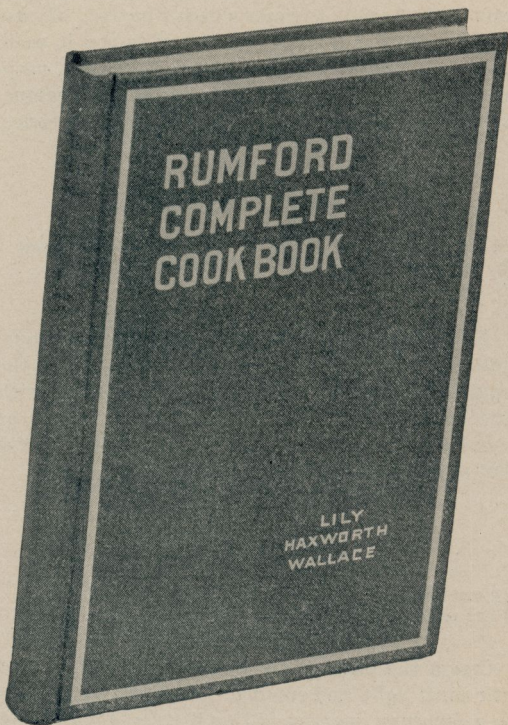
Melt the butter; add the sugar, then the flour, salt and baking powder sifted together. Beat the eggs well and add them to the first mixture with the lemon rind. Half fill small greased cups or moulds and steam three-quarters of an hour. Serve hot with sauce.

Vanilla Sauce

$\frac{1}{2}$ cup butter	1 tablespoon (rounding)
1 cup sugar	cornstarch
	1 teaspoon vanilla.

Cream the butter; add gradually the sugar and stir until light and creamy. Place the cornstarch in a saucepan, moisten with a little cold water and pour over it one pint of boiling water; place over the fire and cook until clear. At serving time stir this hot mixture thoroughly into the butter and sugar; add the vanilla, and serve.

Mailed free for 10 cards from
Rumford Baking Powder
ONE pound cans.



Rumford Chemical Works,
Providence, R. I.

RUMFORD

Complete Cook Book

BY

LILY HAXWORTH WALLACE,
GOLD-MEDALIST
Graduate of National Training School
of Cookery,
LONDON, ENGLAND.

256 pages bound in full Vellum de
Luxe cloth and heavy board covers.

Contains 500 practical and easily understood recipes for preparing and cooking of meats, fish, poultry, vegetables and food for the sick; instructions for preserving, pickling, the making of ices, beverages, confections, etc.

**GOOD THINGS WILL BE FOUND ON
EVERY PAGE.**

Mailed free for 10 Cards from Rumford
Baking Powder **ONE** pound cans.

Quick Graham Rolls

2 cups Graham flour
1 cup white flour
 $\frac{1}{2}$ teaspoon salt

2 rounding teaspoons Rumford
Baking Powder
2 tablespoons butter or lard

About $1\frac{1}{2}$ cups milk.

Sift together the flour, salt and baking powder; rub in the fat and mix to a smooth dough with the milk. Flour a board well, turn out the dough, divide it into small portions and form into rolls the size and thickness of two fingers. Bake on a flat, greased pan, brushing the rolls over with softened butter before baking.

Breakfast Puffs

2 eggs
1 cup milk

1 tablespoon melted butter

$1\frac{1}{2}$ cups flour

2 teaspoons Rumford Baking
Powder

$\frac{1}{2}$ teaspoon salt.

Beat the eggs very thoroughly and add the milk and butter. Sift the flour, salt and baking powder twice; add the liquid ingredients, and beat two minutes. Pour into hot, well-greased muffin pans and bake twenty minutes in a hot oven.

Delicious Muffins

$1\frac{1}{2}$ cups flour
Pinch of salt

2 teaspoons Rumford Baking
Powder

1 tablespoon butter
1 tablespoon sugar

2 eggs

1 cup milk.

Sift the flour, salt and baking powder together; rub in the butter, add sugar and mix to a batter with the yolks of eggs and milk. Last of all add the whites of eggs beaten to a stiff froth. Bake at once in a quick oven.

Rumford Biscuit

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| 1 quart flour | 2 tablespoons butter or lard |
| 1 level teaspoon salt | Milk, or milk and water to mix |
| 2 teaspoons Rumford Baking Powder | (about 1 ½ to 2 cups). |

Sift well together the flour, salt and baking powder. Rub in the fat as lightly as possible with the fingers, just working it until the fat is well blended with the flour. Then mix to a very soft dough with the milk, or milk and water, having this always as cold as possible. Mix with a flexible knife in preference to either a spoon or the hand, as the steel blade of the knife is colder than the spoon, and also because it cuts and mixes the dough more thoroughly. Turn the dough on to a well-floured board, and roll or pat it with the hand until about three-quarters of an inch thick. Cut into biscuit and lay them, not touching each other, on a baking-pan. Bake in a quick oven twelve or fourteen minutes.

The chief requirements for good biscuit are: 1—a very soft dough, so soft as to be almost sticky. 2—very little handling, because much manipulation destroys their lightness. 3—a very quick oven. If biscuit are not allowed to touch each other in the pan they will be found to be lighter and more delicate than when they are placed close together.

Soft Corn Bread

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| 2 cups yellow corn meal | 2 cups milk |
| A pinch of salt | 2 tablespoons butter |
| 2 teaspoons Rumford Baking Powder | 2 eggs. |

Sift together the corn meal, salt and baking powder. Scald the milk, and add the butter to it. When the butter is melted add the milk to the meal together with the yolks of the eggs. Beat the whites of the eggs to a stiff froth, and fold lightly in just before putting into the oven. Bake in a deep pan, in a hot oven about half an hour.

Boston Sandwiches

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| 2 rolls Neufchatel cheese | 1 teaspoon lemon juice |
| 6 stoned olives | 2 tablespoons cream |
| $\frac{1}{2}$ cup peanuts | Salt and pepper |

Slices of thinly cut Boston brown bread.

Mash the cheese smoothly, add the olives chopped small, the peanuts passed through a meat chopper (peanut butter may be substituted), the lemon juice, cream and seasoning. Spread thickly on the brown bread and press two slices together.

Cheese Butter Sandwiches

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| $\frac{1}{2}$ cup butter | 1 teaspoon anchovy paste |
| 6 tablespoons dry, sharp-flavored cheese | or sauce |
| 1 teaspoon made mustard | 2 teaspoons Worcestershire sauce |

Slices of buttered bread.

Beat the butter to a cream, add the cheese (grated), the mustard, anchovy and Worcestershire sauces. Beat till well blended, and spread between slices of buttered bread.

Cheese Toast Sandwiches

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| $\frac{3}{4}$ cup grated cheese | A little cayenne |
| 1 tablespoon cream | Rounds of bread |
| $\frac{1}{2}$ teaspoon dry mustard | $\frac{1}{3}$ cup butter. |

Put the cheese in a bowl with the cream and seasonings, adding more cream if necessary to form a paste. Spread this between the slices of bread, and press closely together. Sauté on both sides in the butter melted in the blazer of the chafing-dish.

Vanilla Ice Cream

1 pint milk
3 eggs
1 cup sugar

2 teaspoons vanilla extract
 $\frac{1}{3}$ teaspoon salt
2 cups thin cream.

Scald the milk, add the well-beaten eggs to it and cook in a double boiler till as thick as boiled custard. Remove from the fire, add the sugar and, when cold, the vanilla, salt and cream. Freeze, and set aside to ripen before serving.

Various additions and flavorings may be added to this which may be called a "stock cream"; for example, two squares of chocolate melted over hot water may be added to the scalded milk before the eggs are put in, to give chocolate cream; or one-half cup of coffee may be scalded with the milk and the grounds afterwards removed by straining, the eggs added and the cream frozen as usual, for coffee ice cream. Crystallized cherries or ginger may be cut in small pieces and added to the cream when it is half frozen, when it will be known by the name of the fruit added.

Frozen Custard

1 quart milk
6 egg yolks

1 cup sugar
1 cup cream
1 teaspoon vanilla extract.

Scald the milk and pour it over the yolks of eggs previously beaten with the sugar. Turn into the inner vessel of a double boiler and cook over hot water till the custard coats the back of a spoon. Strain, and when cold add cream and flavoring. Freeze and stand aside to ripen before serving.

Milk Sherbet

$1\frac{1}{2}$ cups sugar
1 quart milk

Grated rind of 1 lemon and
juice of 2.

Add the sugar to the milk and stir till dissolved; turn into the freezer and freeze till just beginning to set; then add the juice and rind of the lemons, and finish freezing.

Rumford Chemical Works

PROVIDENCE, R. I., U. S. A.

L. HORSFORD FARLOW, Pres't. N. D. ARNOLD, Treas.

Incorporated 1859.

Cable Address "Rumford"

Organized especially for manufacture of the culinary phosphate preparations invented by the late Prof. E. N. Horsford, one of the founders of the company, who, at the time, occupied the chair in Harvard University endowed by the famous domestic economist, Count Rumford, and known as "the Rumford Professorship." From this relationship the title of the corporation was derived, this in turn giving the name Rumford to the thriving post-office village which has grown up about its principal manufacturing establishment, four miles from Providence on the New York, New Haven & Hartford Railroad.

Here is located the chemical factories with their interdependencies of repair shop, carpenter shop, machine shops, cooper shop, harness shop, one of the laboratories, etc., in fact all the necessary adjuncts that go to make up a great manufacturing enterprise of this kind. Here also has been established a library for the free use of the employees.

The main offices, packing department, printing and binding departments (producing labels, circulars, pamphlets, etc., used in the business), the principal and research laboratories, with other departments, occupy buildings owned by the company covering more than an entire square in the City of Providence, R. I.

Read The Label

Every baking powder should show on the label, in plain language, all of its ingredients, that the public may know whether it contains *alum* or other unhealthful material. The Pure Food laws generally require this.

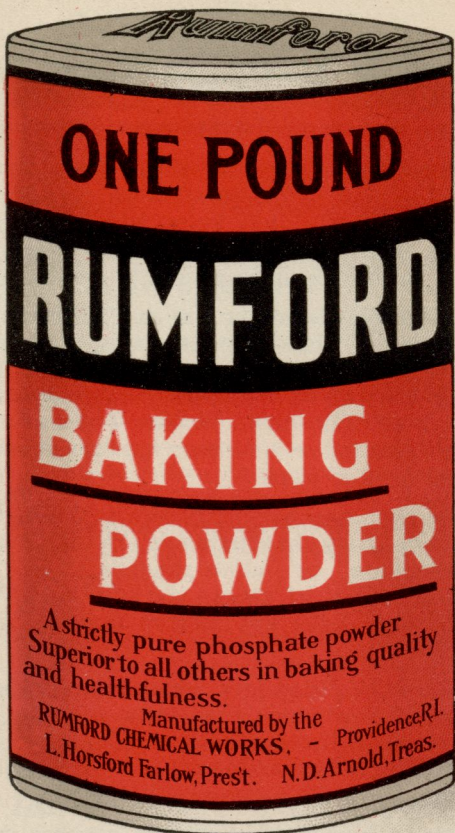
Scientific terms, such as "sulphate of alumina," "aluminum sulphate," "sodium aluminum sulphate," etc., instead of the plain word *alum*, are sometimes used on the labels of alum powders, *but whenever the word alumina or aluminum appears it means some form of alum.*

Some alum baking powders contain a little ordinary phosphate and are then called "phosphate" or "alum-phosphate" baking powders; but of course the addition of the phosphate does not remove the objection to the alum.

All baking powders which contain alum, by whatever name they may be called, or whatever other ingredients they may contain, should be avoided.

Rumford Baking Powder contains no alum in any form, but is a strictly pure phosphate powder in which is used the latest improvement of the genuine Professor Horsford's phosphate made by us solely for our own preparations, and none of which is ever sold for use in other baking powders.

THE WHOLESOME POWDER



GUARANTEED by Rumford Chemical Works, under the food and drugs act, June 30, 1906. No. 221.

15 cts. half pound can.
25 " one pound can.