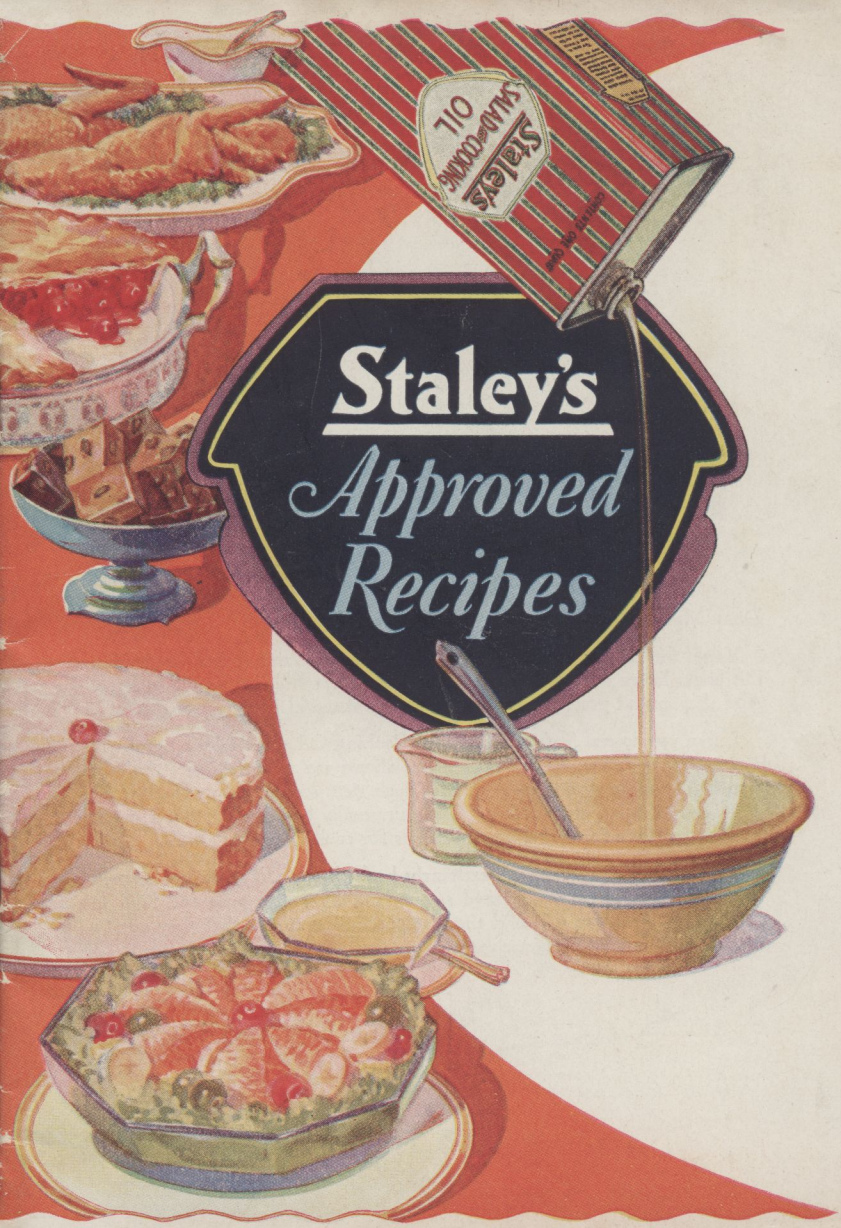

Staley's Approved Recipes

RLH-13978
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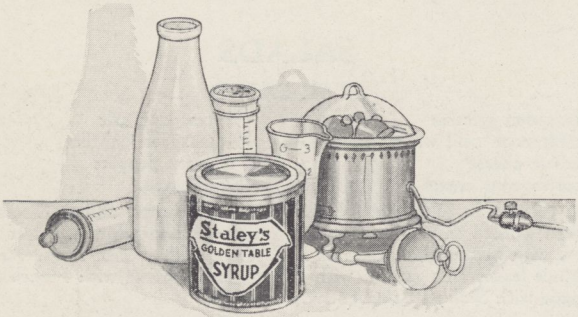
DEAR MADAM:

You'll find it easy to treat your family to the appetizing dishes described in this book. Every one of these recipes is easy to prepare and simple to serve. And they are all practical, for I have used and tested them personally.

I urge you to use *Staley's* Salad and Cooking Oil and *Staley's* Syrups in making these dishes. For experience has shown me that they give the best results. No other syrups seem to have such rich, smooth flavor as *Staley's;* and *Staley's* Salad and Cooking Oil is unusually bland and mild. I use it in my own home for shortening as well as for cooking and in salads.

These *Staley's* products are extremely healthful, too. The syrups contain a high percentage of pre-digested sugars; the oil is also pure and high in food value. And you will find them so economical to use that they can be made a part of your everyday menus.

Grace Viall Gray.



FOR INFANT FEEDING

LEADING children specialists now recommend pure corn syrup for the preparation of feedings for babies. A larger amount of corn syrup can be added to milk formulas for babies than either granulated sugar or sugar of milk, without leading to indigestion.

In all cases in which corn syrup is prescribed, Staley's Golden Table and Staley's Crystal White Syrups may be used. They are pure solutions of easily digestible carbohydrates. The proportion of the constituents is that recommended to be least likely to lead to intestinal disorders.

Staley's Golden Table Syrup and Staley's Crystal White Syrup are pure, wholesome products and contain nothing which might possibly harm the infant, such as molasses or other substances.

Directions for feeding the baby should be given by a physician, but whenever corn syrup is prescribed, Staley's Syrups may be used with the confidence that they are pure and safe.

COMPOSITION: The composition of Staley's Syrups is as follows:

	Staley's Golden Table Syrup Blue Label	Staley's Crystal White Syrup Red Label
Moisture	24.8	25.0
Sucrose	2.1	8.4
Invert Sugar (From Refiners Syrup)	3.5	
Reducing Sugar as Dextrose	28.7	29.9
Dextrin	37.0	39.7
Minerals	.32	.25

Calories per fluid ounce—120.

One ounce by volume of Staley's Golden Table Syrup or Staley's Crystal White Syrup, or two level tablespoons, is the equivalent of one ounce of sugar.

For Older Children

Corn Syrup is a valuable food for older children. It is excellent in overcoming malnutrition and is better tolerated than ordinary sugar or sugar syrups.

Staley's Golden Table Syrup, Staley's Crystal White Syrup, Staley's Honey Flavored Syrup, as well as Staley's Maple Flavored and Sorghum Flavored Syrups, are the most palatable forms of corn syrup. By using these different flavored syrups, variety may be added to the diet.

SALADS

STAR SALAD

1 teaspoon gelatine
1 tablespoon cold water
1 cream cheese
5 tablespoons cream
⅛ teaspoon salt
½ teaspoon paprika
6 green peppers
2 tomatoes

Soften gelatine in cold water. Dissolve over hot water, add to cheese that has been worked smooth with cream. Add salt and paprika. Stuff green peppers with mixture and place on ice. When cold, slice in rings. Arrange on lettuce leaves and garnish with tomato slices. Serve with French dressing made with Staley's Salad and Cooking Oil.

APPLE SALAD

1½ cups sugar
2 cups water
2 teaspoons Red Fruit Coloring
Chopped nuts
Chopped celery
Apples
Lettuce
Mayonnaise dressing

Core and peel whole firm apples; place in a pan and let simmer until tender in a syrup made of the sugar, water and coloring. When cool, fill with chopped nuts and celery. Place on lettuce leaves and add mayonnaise dressing.

SHRIMP SALAD

1 can or pint shrimps
½ cup French dressing
1 cup mayonnaise dressing
Lettuce.

Remove shrimp from can. Cover with cold or ice water and let stand 20 minutes. Drain, dry between towels, remove intestinal veins and break shrimps into pieces, reserving six for garnishing. Marinate 2 hours in French dressing, drain; mix with Mayonnaise dressing. Arrange on nests of lettuce leaves. Garnish with whole shrimps, capers and olives.

LIMA BEAN SALAD

1 No. 2 can lima beans or
2 cups cooked limas
¼ cup chopped sweet pickles
1 cup chopped hard boiled eggs
¼ cup Staley's Sorghum Flavored Syrup
1 teaspoon onion juice

Drain the lima beans. Add other ingredients, mix thoroughly. Add enough Staley Salad Dressing to moisten and flavor. Serve on lettuce leaf or endive. This salad will keep if kept in a cold place.

To make cut glass sparkle, dip a small brush in lemon juice and scrub the glass with it.

FRUIT SALAD

1 can fruit salad
1 head lettuce
Celery
Green pepper
Cream cheese
Salted almonds

Remove fruit salad from can, drain and chill. Arrange nests of lettuce leaves on individual plates; add celery and green pepper, cut in fine strips 1½ inches long. Arrange fruit in each salad nest and garnish with cream cheese and shredded almonds. Serve with French fruit dressing.

FROZEN FRUIT SALAD (DELICIOUS)

1 orange
1 slice grapefruit
1 cup pineapple
1 cup white cherries
1 cup canned peas
1 cup canned peaches

Cut all in sizes of half a cherry. Drain well and mix with ½ cup mayonnaise, juice of 1 lemon, and 1 cup whipped cream. Pour into mold and pack 4 hours in ice. Serve on lettuce with mayonnaise and whipped cream.

Keep bone handles out of water to prevent discoloring.

MACARONI SALAD

1 small package cut macaroni
½ small onion, chopped fine
1 small can pimentos, chopped fine
¼ teaspoon celery seeds
1 teaspoon minced parsley

Cook macaroni in salted water until tender, drain. When cold add chopped pimentos, parsley and onion, and cover all with the following French dressing:

½ cup Staley's Salad Oil
1 tablespoon sugar
⅛ teaspoon salt
2 tablespoons lemon juice
Dash of paprika

Pour over and let stand all night. Serve on lettuce with mayonnaise dressing the following day.

STUFFED TOMATO SALAD

1 lb. cottage cheese
½ cup cream
1 tablespoon onion, or chives
4 tablespoons chopped parsley
½ teaspoon salt
6 tomatoes
2 tablespoons French dressing
1 lb. spinach
Thousand Island dressing
36 blanched and toasted almonds

Mix cheese, cream, onion or finely chopped chives and parsley thoroughly; add salt. Scoop centers from peeled tomatoes and fill with cheese mixture. Add French dressing to spinach and arrange on plates. Set stuffed tomato on spinach and garnish with 6 almonds and Thousand Island dressing.

UNIQUE FROZEN SALAD

½ pint cream (double whipping cream)
1 Neufchatel cheese
1 teaspoon gelatine
3 pimentos, chopped fine
¼ cup English walnut meats
¾ cup mayonnaise
½ teaspoon salt
⅛ teaspoon paprika.

Soften gelatine in 2 tablespoons cold water. Dissolve by placing over hot water. Whip cream, add cheese and all other ingredients, pack in ice and salt for three hours. Unmold, slice and serve on lettuce leaves with mayonnaise dressing. Pound baking powder tins make excellent molds.

RICE AND PIMENTO SALAD

1 cup cooked rice
3 tablespoons chopped green pepper
3 tablespoons chopped pimento

Mix ingredients and season. Serve on lettuce and garnish with strips of pimento. Serve with Roquefort cheese dressing.

Boil silverware in salt water in an aluminum kettle to brighten it.

HONEY GINGER ALE SALAD

1 package lemon jelly powder
1 cup ginger ale
1 cup boiling fruit juice
½ cup Staley's Honey Flavored Syrup
1 cup grated pineapple
¼ cup chopped nuts (almonds are best)

Pour boiling fruit juice over the jelly powder and stir until dissolved. When cold, add the ginger ale. When mixture begins to set, stir in the drained pineapple, nuts, and honey flavored syrup. Pour into molds and let stand in cool place until set. Serve on shredded lettuce with Golden mayonnaise.

PEAR AND CHEESE SALAD

6 pears
1 pkg. cream cheese
¼ teaspoon salt
⅛ teaspoon pepper
6 lettuce leaves
1 cup French dressing
6 slices pimento

Use either fresh or canned pears. Wash pears and scoop out core without peeling. Fill cavity with cheese, which has been mashed and seasoned with salt and pepper. Place on lettuce leaf, cover with salad dressing and garnish with pimento.

PINEAPPLE AND CUCUMBER SALAD

2 tablespoons gelatine
½ cup cold water
1 cup boiling water
⅛ teaspoon salt
¼ cup sugar
1 can pineapple (slices and juice)
1 cucumber

Soften gelatine in cold water. Dissolve in boiling water. Add sugar and salt. Add cucumber and pineapple which have been cut in small pieces. Turn into a mold and chill. Serve on crisp lettuce with either French or Mayonnaise Dressing made with Staley's Salad and Cooking Oil.

VITAMIN SALAD

(Using left-overs)

½ cup chopped radishes
¼ cup chopped tomatoes or beets
1 cup shredded cabbage
French Dressing

This salad is made from small amounts of left-over raw vegetables which are chopped and mixed slightly and served with French Dressing. Other raw vegetables whose flavors combine well may be substituted. Experiment with various combinations and you will find new delicious dishes from left-overs of small amounts.

Pour boiling water through fruit stain when it is still fresh.

SALAD DRESSINGS

MAYONNAISE DRESSING

1 egg yolk
1 teaspoon salt
⅛ teaspoon paprika
½ teaspoon mustard
3 tablespoons lemon juice
1 cup Staley's Salad and Cooking Oil

To the egg yolk add dry ingredients and lemon juice. Beat with egg beater, adding oil in small quantities, beating mixture until creamy. Will keep for several days in a cool place and if necessary, thin by adding lemon juice just before using.

SAUCE TARTARE

1 cup mayonnaise
2 tablespoons chopped olives
2 tablespoons chopped gherkins
2 tablespoons chopped capers
2 tablespoons chopped parsley
1 teaspoon powdered sugar

Add all ingredients to mayonnaise just before serving.

Wash white paint, when only slightly soiled, with a little milk.

HOLLANDAISE SAUCE

2 egg yolks
1 tablespoon lemon juice
⅛ teaspoon paprika
½ teaspoon salt
5 tablespoons Staley's Salad and Cooking Oil
⅓ cup boiling water

Add Staley's Salad and Cooking Oil in small quantities, to egg yolks, beating thoroughly. Stir in other ingredients, cooking in double boiler until thick. Serve hot or cold.
Delicious with fish, asparagus or cauliflower.

FRENCH FRUIT DRESSING

¼ teaspoon salt
2 teaspoons sugar
2 tablespoons lemon juice
2 tablespoons orange juice
2 tablespoons pineapple juice
4 tablespoons Staley's Salad and Cooking Oil

Add seasonings to fruit juices and beat in oil.

THOUSAND ISLAND DRESSING

1 cup mayonnaise
1 teaspoon onion juice
2 tablespoons chopped green peppers
2 tablespoons chopped pimentos
1 tablespoon chopped olives
1 tablespoon tomato catsup
2 tablespoons Chili sauce
1 chopped hard boiled egg

Mix all ingredients thoroughly just before using.

NO EGG MAYONNAISE DRESSING

2 tablespoons evaporated milk
½ teaspoon salt
⅛ teaspoon paprika
½ cup Staley's Salad and Cooking Oil
1 tablespoon lemon juice or vinegar

Put salt and paprika in a bowl; add evaporated milk and mix thoroughly; add oil slowly, stirring constantly. Add lemon juice or vinegar. This recipe makes 2/3 cup salad dressing.

FRENCH DRESSING

¾ cup Staley's Salad and Cooking Oil
¼ cup vinegar or lemon juice
1 teaspoon salt
1 teaspoon sugar
¼ teaspoon paprika

Mix all ingredients, beating until creamy. The proportions of oil and vinegar may be varied to suit the individual taste.

Scald a dish which has been used for fish, with hot water and vinegar.

FRENCH PEPPER DRESSING

5 tablespoons Staley's Salad and Cooking Oil
2 tablespoons vinegar
¾ teaspoon salt
Dash paprika
¼ teaspoon Worcestershire sauce
¼ teaspoon curry powder
¼ teaspoon onion juice
2 tablespoons minced green pepper

Mix the ingredients in the order given. Delicious salad with stringbeans, peas, cauliflower, beets, or tomatoes.

ITALIAN SALAD DRESSING

Yolks 3 eggs
½ cup strained honey
3 tablespoons lemon juice
½ teaspoon salt
¼ teaspoon paprika
¼ cup Staley's Salad and Cooking Oil
1 cup whipping cream

Beat yolks of eggs slightly; add honey and cook in double boiler until thickened, stirring constantly. Remove from fire and beat until cold and thick. Add the salt, paprika and oil. At serving time, add the whipped cream and lemon juice.

This is delicious on pineapple salad. The flavors of the honey and pineapple blend remarkably well. Equally delicious on any fruit salad.

CHEESE DRESSING

¾ cup Staley's Salad and Cooking Oil
¼ cup vinegar
1 teaspoon salt
½ teaspoon paprika
1 teaspoon onion juice

Mix dry ingredients add vinegar and onion juice. Add oil and mix thoroughly. Add enough cream cheese (2 packages) to make the consistency of soft mayonnaise. This dressing is delicious served on quarters of crisp lettuce.

STALEY'S GOLDEN MAYONNAISE

¼ cup cream corn starch
⅛ teaspoon cayenne pepper
1½ tablespoon sugar
1½ teaspoon salt
1 cup milk
4 tablespoons vinegar or lemon juice
1 tablespoon prepared mustard
¾ cup Staley's Oil
2 egg yolks

Cook starch and milk in double boiler until thick. The other ingredients are placed in a bowl and the hot starch and milk are beaten into them. When the ingredients are well mixed, the mayonnaise will be stiff.

If sausages are rolled in flour before cooking, they will not break.

THIN WHITE SAUCE

(Used as sauce for vegetables)

2 tablespoons Staley's Salad and Cooking Oil
1 tablespoon Cream Corn Starch
¾ teaspoon salt
A few grains of pepper
1 cup sweet milk

Put oil in sauce pan; add corn starch; add milk gradually, stirring constantly. Allow to boil 3 minutes. Add seasoning.

THICK WHITE SAUCE

(Used for escalloped dishes)

3 tablespoons Staley's Salad and Cooking Oil
1½ tablespoons Cream Corn Starch
¼ teaspoon salt
1 cup sweet milk

Prepare same as Thin White Sauce.

RUSSIAN DRESSING

1 tablespoon Worcestershire Sauce or
1 tablespoon Brands A1 Sauce
Juice ¼ lemon
2 tablespoons chili sauce
½ cup mayonnaise dressing

Squeeze lemon on cold plate. Add chili sauce and Worcestershire or Brand's sauce. Mix thoroughly and add mayonnaise. Chopped pickles, peppers, olives or chives may be added.

COOKED OIL DRESSING

Yolks 4 eggs
½ cup Staley's Salad and Cooking Oil
4 tablespoons vinegar
1 tablespoon lemon juice
1 teaspoon salt
3 teaspoons powdered sugar
½ teaspoon paprika
½ cup cream, whipped

Beat yellow of eggs slightly, add dry ingredients, gradually add the oil, lemon juice and vinegar. Cook in double boiler until mixture thickens, stirring constantly. Chill. Just before serving, add the whipped cream. Variations as in mayonnaise.

RIPE OLIVE DRESSING

To ½ cup French dressing, add 1 onion, finely cut or grated, and 10 ripe olives, finely cut.

Add a tablespoon of vinegar to beets to make them red.

CAKES AND COOKIES

CUP CAKES

½ cup Staley's Salad and Cooking Oil
1 cup sweet milk
1 cup sugar
2 eggs
¼ teaspoon salt
2 teaspoons baking powder
2 cups pastry flour (after sifting twice)
1 teaspoon flavoring

Beat egg yolks and whites separately. Stir oil and milk together until perfectly blended. Add the yolks of the eggs and beat, then the sugar, still using the egg beater. After sifting together the flour, baking powder and salt, beat into the mixture little by little. Finally fold in the stiffly beaten egg whites and add the flavoring. Bake in small gem pans in a medium oven for twenty to twenty-five minutes

Enameled pans will last longer if, before using, they are filled with cold water and brought to a boil.

OATMEAL COOKIES

1 cup granulated sugar
½ cup Staley's Salad and Cooking Oil
2 eggs
1 cup seeded raisins
1 cup of flour after sifting
1 teaspoon baking soda
2 tablespoons ground cinnamon
2 cups oatmeal

Mix sugar and oil, add beaten eggs, raisins, and cinnamon, then the oatmeal and lastly flour with soda. Drop on oiled pans with a teaspoon then bake. Let cool on pan.

POUND CAKE

¾ cup Staley's Oil
1 teaspoon baking powder
¼ teaspoon salt
½ teaspoon vanilla
1½ cup sifted pastry flour
1 teaspoon mace
5 eggs (separated)
1 1/3 cup confectioner's sugar

Add to yolks the sifted confectioner's sugar and sifted dry ingredients oil and vanilla. Fold whites in last. Bake 1 hour at 350 deg. F. in pan oiled with Staley's Oil.

CREAM VELVET CAKE

1¼ cups sifted pastry flour
¾ cup sugar
2½ teaspoons baking powder
¾ teaspoon salt
5 tablespoons Staley's Salad and Cooking Oil
⅔ cup water
1 teaspoon vanilla extract
½ teaspoon lemon extract
2 eggs

Add sugar to Staley's Salad and Cooking Oil and mix thoroughly. Add unbeaten eggs one at a time, beating thoroughly after each addition. Add water with extracts; fold in sifted dry ingredients. Bake in 2 small layers in a hot oven (400 degrees) 20 to 25 minutes; in a loaf in a moderate oven (350 degrees) 50 to 60 minutes.

PRINCE OF WALES' CAKE

½ cup Staley's Salad and Cooking Oil
1½ cups brown sugar
2 eggs
¾ cup sour milk
¼ cup Staley's Golden Table Syrup
2 cups flour
½ teaspoon salt
½ teaspoon soda
½ teaspoon baking powder
1 teaspoon mace
2 teaspoons cinnamon
2 teaspoons ginger
1 teaspoon nutmeg
½ teaspoon cloves
½ teaspoon allspice

Mix brown sugar and Staley's Salad and Cooking Oil thoroughly. Add unbeaten eggs one at a time, beating thoroughly after each addition. Stir in sour milk and Staley's Syrup. Sift together dry ingredients; then cut and fold into first mixture. Bake in layers in moderately hot oven (375 degrees) 25 minutes. When cool put together with raisin filling.

STALEY SPONGE CAKE

3 eggs
½ cup Staley's Crystal White Syrup
½ cup granulated sugar
1¼ cups sifted pastry flour
1 teaspoon baking powder
7 teaspoons hot milk
⅓ teaspoon salt
½ teaspoon lemon extract

Beat whites of eggs until stiff, add sugar gradually, continue beating, then add Staley's Syrup. Beat yolks until thick and add, also extract. Sift flour, baking powder and salt together and fold into egg mixture, add hot milk gradually, mix lightly and turn into ungreased pan and bake in moderate oven (350 degrees) about 50 minutes.

When preparing cake tins, use Staley Oil, not butter—the latter will stick because of the salt and water.

HONEY DROP COOKIES

¾ cup honey
¼ cup Staley's Salad and Cooking Oil
1 egg
1 cup raisins, cut in small pieces
2 cups flour
½ teaspoon soda
2 tablespoons water
¼ teaspoon salt

Combine the honey and oil. Sift together the flour, soda and salt. To the cooled honey mixture, add egg, well beaten, water and raisins. Add gradually to the dry ingredients. Drop by spoonfuls on a greased sheet. Bake in a slow oven (180°C. to 185°C.) for about 12 to 15 minutes. ½ teaspoon cinnamon and ⅛ teaspoon cloves may be added to the honey mixture. This recipe makes about 42 cookies.

LIGHTNING CAKE

1½ cups flour
1 cup sugar
2 teaspoons baking powder
½ teaspoon salt
¼ cup Staley's Salad and Cooking Oil
2 eggs
Water
1 teaspoon vanilla
¼ cup cocoanut

Sift together dry ingredients three times. Put oil into measuring cup; add unbeaten eggs and fill remainder of cup with cold water. Add to sifted dry ingredients and beat well. Add vanilla and cocoanut. Bake in layers in a moderately hot oven (375 degrees) 25 minutes; in a loaf in a moderate oven (350 degrees) 45 to 50 minutes.

DELICIOUS CAKE

(Made with brown sugar and Staley's Golden Table Syrup)

1 cup shortening
1 cup brown sugar
2 cups Staley's Golden Table Syrup
½ cup sweet milk
3 eggs
1 cup each chopped raisins and currants
¼ cup citron
1 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon nutmeg
½ cup cornstarch
4 cups flour

Cream shortening and brown sugar; add well beaten eggs. Mix milk and syrup and add to the mixture. Mix and sift dry ingredients and add to mixture. Flour the fruit and add last. Bake one hour in a slow oven.

One-fourth teaspoon of soda added to green vegetables will preserve the color.

STALEY'S APPROVED RECIPES

BREADS

MUFFINS

2 cups sifted pastry flour
3 teaspoons baking powder
1 teaspoon salt
1 tablespoon sugar
1 tablespoon Staley's Golden Table Syrup
1 tablespoon Staley's Salad and Cooking Oil
2 eggs
1 cup milk

Sift together all dry ingredients. Add Staley's Salad and Cooking Oil, Staley's Syrup, unbeaten egg, and milk. Stir until well mixed. Bake in muffin tins in a hot oven (450 degrees) about twenty to thirty minutes. This makes twelve medium-sized muffins.

DATE MUFFINS

Sift twice with a pint of white flour, four teaspoons baking powder and one-half teaspoon salt. Mix in two teaspoons sugar. Beat an egg with one cup milk and add also two tablespoons Staley's Salad and Cooking Oil. Stir until well mixed, then stir in one cup stoned and chopped dates. Have ready hot iron muffin pans in which a little oil has been heating. The pans and shortening should be so hot that the batter begins to cook as soon as it is put in. Fill within half inch of tops of cups, and bake for 20 minutes in a moderate oven. Do not open the door once while baking. See that your oven heat is right before putting them in, then leave them strictly alone until done.

NUT BREAD

2 cups whole wheat or graham flour
2 cups white flour
1 tablespoon Staley's Salad and Cooking Oil
1 teaspoon salt
1 teaspoon baking powder
½ package dates, cut fine
1 teaspoon soda
1 cup Staley's Crystal White Syrup
2 cups sour milk or buttermilk
1 egg
1 cup chopped walnut meats

Mix dry ingredients, add nuts and dates, combine syrup, sour milk, oil and slightly beaten eggs. Add liquid to dry ingredients, stir thoroughly, pour in oiled bread pans and let stand fifteen minutes. Bake one hour in moderate oven.

To cut butter smoothly, cover the knife with a piece of oiled paper.

CORN BREAD

1 cup flour
1 cup corn meal
4 teaspoons baking powder
1½ teaspoons salt
3 tablespoons Staley's Golden Table Syrup
1 egg
1 cup milk
2 tablespoons Staley's Salad and Cooking Oil

Mix dry ingredients. Add egg, Staley's Salad and Cooking Oil, milk and table syrup. Beat thoroughly and bake in shallow pan in hot oven about twenty-five minutes.

BOSTON BROWN BREAD

1 cup graham flour
1 cup corn meal
1 cup rye meal
1½ teaspoons salt
1½ teaspoons baking powder
1 teaspoon soda
1 cup seeded raisins
½ cup chopped nut meats
½ cup Staley's Golden Table Syrup
2 tablespoons Staley's Salad and Cooking Oil
2 cups sour milk

Mix dry ingredients together. Add liquids and mix thoroughly to remove all lumpiness. Fill molds and steam three hours. Makes four one-pound loaves.

BRAN AND RAISIN MUFFINS

2 cups bran
1 cup whole wheat flour
1 teaspoon soda
1 teaspoon salt
½ cup raisins
1 egg
¼ cup Staley's Golden Table Syrup
1½ cups sour milk

Mix dry ingredients, add raisins, egg well beaten, syrup and milk. Bake in oiled muffin tins. Nuts or currants may be used instead of raisins.

QUICK CHOCOLATE BREAD

3 tablespoons Staley's Salad and Cooking Oil
1 egg
1 cup sweet milk
1 teaspoon salt
¼ cup sugar
3 tablespoons cocoa
3 cups flour
5 teaspoons baking powder
⅓ cup nut meats

Put all ingredients into mixing bowl and beat until well mixed. Bake in oiled bread pan (oiled with Staley's Oil). Makes delicious sandwiches if spread lightly with butter and a tart apple jelly.

One tablespoon cornstarch equals two tablespoons flour for thickening.

DEEP FRYING

Staley's Salad and Cooking Oil has many advantages which are readily appreciated when used for deep frying as it heats rapidly, fries quickly, and will not smoke at proper cooking temperatures. It can be used over and over as it does not carry the flavor of one food to another nor does it in any way change or detract from the flavor of foods cooked in it. In order to secure the full value of Staley's Salad and Cooking Oil, it should be strained through muslin or folded cheese cloth each time after using to remove all particles of the food just cooked. Staley's Salad and Cooking Oil should never be heated beyond 420° Fahrenheit (which is far in excess of any necessary cooking temperature) as it may cause smoking and discoloration of the oil. If these instructions are followed, Staley's Salad and Cooking Oil can be used almost indefinitely.

FRENCH FRIED POTATOES

Pare and cut potatoes lengthwise in eighths if small or sixteenths if large. Cover with cold water for a few minutes, drain and dry between towels. Fry in deep hot Staley's Salad and Cooking Oil (about 385° F.) until light brown. Remove and sprinkle lightly with salt.

SHOE STRING POTATOES

Pare and cut potatoes lengthwise in strips about twice the size of a match, cover with cold water for a few minutes. Fry in deep hot Staley's Salad and Cooking Oil (about 385° F.) removing when light brown and sprinkle with salt.

DOUGHNUTS

2 eggs
1 teaspoon salt
3 tablespoons Staley's Salad and Cooking Oil
1 cup milk
4 tablespoons Staley's Crystal White Syrup
½ cup sugar
6 cups flour
4 teaspoons baking powder
½ teaspoon nutmeg.

Mix eggs, salt, Staley's Salad and Cooking Oil, milk, syrup, and sugar thoroughly. Add flour, baking powder, and nutmeg sifted together. Stir thoroughly but do not beat. Roll out on slightly floured board, cutting with doughnut cutter. Fry in deep hot Staley's Salad and Cooking Oil (about 375° F.). When done drain and sprinkle with powdered sugar.

FRIED CHICKEN

Have 2½ or 3 lbs. chicken cut for frying, roll in flour, season heavily with salt. Cover bottom of skillet with Staley's Salad and Cooking Oil. Add 1 thinly sliced good sized onion. Add chicken and fry to golden brown or until tender. Cover skillet during frying. Turn pieces of chicken occasionally during frying. Thicken fat in pan by adding flour and then add milk or water until of gravy consistency. Season with salt and pepper.

APPLE FRITTERS

4 large apples
2 tablespoons confectioner's sugar
1 tablespoon lemon juice

Peel, core apples and cut into slices; add sugar and lemon juice. Dip each into batter made as follows:

1 cup flour
2 teaspoons baking powder
1 egg
½ cup milk
¼ teaspoon salt
2 tablespoons sugar

Sift dry ingredients together. Add beaten egg and milk, and beat until smooth. Fry apple slices light brown in deep Staley's Salad and Cooking Oil at 365° F. Drain on brown paper and sprinkle with confectioner's sugar.

To freshen lettuce and fresh greens place in cold water with lemon juice.

BANANA FRITTERS

Remove skins from bananas. Scrape bananas, cut in halves lengthwise, and cut halves in two pieces crosswise. Sprinkle with powdered sugar and lemon juice; cover, and let stand thirty minutes; drain, dip in batter made as follows:

1 ¾ cups pastry flour
1 ½ teaspoons baking powder
2 tablespoons sugar
½ cup milk
2 eggs
¼ teaspoon salt

Measure flour after sifting once. Add baking powder, salt and sugar and sift three times. Add milk and well beaten eggs. Fry in hot deep Staley's Salad and Cooking Oil. Temperature 360° - 370° F. Drain on brown paper. Sprinkle with confectioner's sugar and serve on a folded napkin.

MACARONI CROQUETTES

2 cups cold cooked macaroni
2 tablespoons Staley's Salad and Cooking Oil
2 tablespoons flour
1 cup milk
2 teaspoons salt
Beaten yolk 1 egg
2 tablespoons grated cheese
½ teaspoon paprika
1 tablespoon chopped parsley

Put oil in a sauce pan; add flour and cold milk slowly, stirring until smooth and creamy; add salt, paprika and parsley. Boil 2 minutes. Add cooked macaroni, the beaten yolk of egg, and cheese. Mix well and pour out on a platter to cool. When cool enough to handle take a large spoon of the mixture in floured hands; shape into balls, cones or oval cakes and put into a cold place until firm. Roll in bread crumbs, then in 2 eggs beaten with two tablespoons cold milk, and then in bread crumbs again. Put in wire basket and fry in deep hot Staley's Salad and Cooking Oil at 390° F. Drain on brown paper.

FEATHER PUFFS

When bread dough is ready for the oven, roll it out to about one-half inch in thickness and cut inch squares. Allow to rise until very light and then drop into hot Staley's Salad and Cooking Oil. Temperature for frying should be 360° - 370° F. When brown on one side, turn and brown the other side. They are delicious to serve with a salad or with a soup.

POTATO CHIPS

Pare potatoes and slice very thin, using vegetable slicer if possible. Cover with cold water for a few minutes. Remove and dry between towels. Fry a few at a time in deep hot Staley's Salad and Cooking Oil (about 385° F.). Remove when light brown and sprinkle with salt.

Quickly place a pan of scorched food in cold water to remove burnt taste.

CHICKEN CROQUETTES

Make white sauce foundation, add to it teaspoon salt, one-half teaspoon pepper, 1 teaspoon minced parsley, 1 cup of fine bread crumbs, and two cups of finely chopped cooked chicken, free from skin and gristle. Beat two eggs lightly, just enough to mix the yolks and whites, and stir in. Form into oblong rolls, and set in the refrigerator for two hours, or over night. Beat an egg with a tablespoon water. Have cracker dust on a flat platter. Roll croquettes first in egg then in cracker dust, and repeat until perfectly coated. Set aside for an hour, then fry golden brown in deep oil, using Staley's Salad and Cooking Oil. A frying basket should be used if available.

STANDARD CROQUETTES

2 tablespoons Staley's Salad and Cooking Oil
4 tablespoons flour
½ teaspoon salt seasoning desired
1 cup milk
1 to 2 cups cooked food

Put oil in sauce pan, add flour and salt, and blend in milk. Cook until thick, stirring constantly. This is the white sauce foundation used for croquettes. Mix remaining ingredients with white sauce and spread on plate to cool. Shape into croquettes, dip in fine crumbs, egg and crumbs again. Fry in deep oil, using Staley's Salad and Cooking Oil, at 370°. Place on absorbent paper to drain.

SALMON CROQUETTES

1½ cups flaked salmon
½ cup finely chopped celery
1 tablespoon finely chopped parsley

Add to white sauce and proceed as in Standard Croquettes.

HAM AND MACARONI CROQUETTES

1 cup diced cooked ham
1 cup cooked macaroni
½ cup grated cheese
1 teaspoon lemon juice
Few grains mace
Few grains cayenne

Add to white sauce and proceed as in Standard Croquettes.

CORN FRITTERS

2 cups canned corn, drained, or
2 cups fresh corn cut from cob
2 teaspoons baking powder
½ cup flour
2 beaten eggs
½ teaspoon salt
⅛ teaspoon paprika
½ cup milk
1 tablespoon Staley's Salad and Cooking Oil

Sift dry ingredients together, add liquids, beat well and drop by spoonfuls in a kettle of deep hot Staley's Salad and Cooking Oil. Fry at a temperature of 360° - 370° F.

Bake egg plant stuffed with mashed peas and rice and covered with crumbs.

WHEAT CAKES

2 cups flour
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons Staley's Crystal White Syrup
2 eggs
1 tablespoon Staley's Salad and Cooking Oil
1½ cups milk

Sift dry ingredients together in a bowl. Add milk, syrup, Staley's Salad and Cooking Oil, and beaten eggs, stirring until thoroughly mixed. Bake on hot griddle, turning only once. Serve hot with butter and Staley's Golden or Maple Flavored Syrup.

WAFFLES

2 cups pastry flour
4 teaspoons baking powder
1 teaspoon salt
2 eggs
3 tablespoons Staley's Salad and Cooking Oil
1½ cups milk

Sift dry ingredients together in a bowl. Add egg yolks, Staley's Salad and Cooking Oil, and milk, mixing thoroughly. Fold in stiffly beaten egg whites. Bake in hot waffle iron oiled with Staley's Salad and Cooking Oil. Serve with butter and Staley's Golden Table or Maple Flavored Syrup.

A sprig of mint cooked with peas gives an unusually delicate flavor.

BISCUITS

2 cups pastry flour
4 teaspoons baking powder
1 teaspoon salt
3 tablespoons Staley's Salad and Cooking Oil
1 cup milk

Sift dry ingredients together; mix in Staley's Salad and Cooking Oil with spatula; add milk slowly until well mixed. Pat out on floured board until about one-half inch in thickness. Cut with biscuit cutter, place on oiled pan and bake in hot oven from twelve to fifteen minutes. Sufficient for fourteen biscuits.

CHEESE BISCUITS

2 cups sifted flour
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons Staley's Salad and Cooking Oil
⅞ cup milk or water
½ cup grated cheese

Sift together dry ingredients. Add grated cheese and mix well. Add oil to milk or water; add liquids to dry ingredients, and with knife or spatula make into a soft dough. Toss on slightly floured board, cut with biscuit cutter and bake 15 minutes in a hot oven. These are delicious with salads.

MISCELLANEOUS RECIPES

SPANISH RICE

1 cup rice
3 quarts boiling water
2 teaspoons salt
¼ cup Staley's Salad and Cooking Oil
1 large white onion
1 cup tomato pulp
2 green peppers
⅛ teaspoon paprika
¼ teaspoon salt
3 tablespoons grated cheese

Cook rice in boiling salted water until grains are soft but not broken. Drain. Put Staley's Salad and Cooking Oil in frying pan, brown onion in it, add cooked rice and stir with fork until light brown. Heat tomato pulp, add chopped peppers. Stir into browned rice. Season. Turn into casserole or ramekins, sprinkle with grated cheese, and brown in oven. Serves 6 to 8.

FRENCH POT ROAST

Place a 3½ to 4 pound chuck pot roast in a large crock after rubbing well with salt and pepper, enough to season. On top place slices of a large Bermuda onion, dried red peppers, black pepper berries and bay leaf. Cover with a hot mixture of equal parts of vinegar and water to which 3 tablespoons Staley's Sorghum Flavored Syrup and 2 teaspoons salt have been added. Put on cover and let stand from 5 days to a week in a cold place or refrigerator. Then sear in roasting pan in a hot oven (500 deg. F.) until brown on both sides. Turn down heat to a slow oven (325 deg. F.) and roast for 3-3½ hours. Make a gravy in the roaster after taking meat out, by adding ⅓ cup Staley's Sorghum Flavored Syrup, ½ cup seedless raisins and part of the spiced liquid in the crock which has been strained and mixed with 3 tablespoons flour. Cook until thick. Before serving a little Worcestershire sauce or Kitchen Bouquet may be added.

BAKED BEANS

1 quart dried beans
1 medium sized onion
4 tablespoons Staley's Sorghum Flavored Syrup
1½ teaspoons salt
½ lb. salt pork

Wash beans thoroughly and soak over night. In the morning use the same water to cook beans. Boil 1 hour, counting from time the water starts to boil. Put in bean pot; add onion, syrup and salt. Place one piece pork in center of beans and put remainder, cut in slices, on top. Bake in a slow oven (250 degrees) 7 hours.

Open a can of asparagus from the bottom and not the top to prevent the breaking of the tops.

MEAT AND SPAGHETTI

1¼ cup spaghetti, broken in small pieces
1 cup milk
3 tablespoons Staley's Salad and Cooking Oil
3 tablespoons flour
½ teaspoon salt
½ teaspoon paprika
1 teaspoon onion juice
1 cup milk
1 egg, beaten until light
1 cup chopped cooked meat (Pork, chicken, veal or beef)

Cook spaghetti in rapidly boiling salted water 15 to 20 minutes. Drain; add 1 cup milk and cook until milk is absorbed. Make white sauce of oil, flour, seasonings and cup of milk. Add ½ cup white sauce and ½ egg beaten until light to cooked spaghetti. To chopped meat add the other ½ cup white sauce and the ½ egg. Arrange in layers in a buttered mold; place in a pan of hot water and bake until firm. Turn from mold and serve with tomato sauce. Temperature 375°. Serves 6.

CHOP SUEY

1½ to 2 lbs. lean pork shoulder (cut into pieces)
2 large onions
2 cups mushrooms
6 stalks celery
2 tablespoons cream cornstarch
4 teaspoons Staley's Crystal White Syrup
¼ cup Staley's Salad and Cooking Oil
1 tablespoon Worcestershire Sauce
1 cup warm water

Cut meat, mushrooms, celery and onions in small pieces. Chop onions if preferred. Blend cornstarch in a little warm water; add syrup. Saute meat in oil until well browned, then add vegetables. Last add water. Cook 30 minutes over low fire, then add Worcestershire Sauce. Serve with steamed rice. This is a suitable one-piece meal.

GLAZED SWEET POTATOES

Slice potatoes in half-inch slices lengthwise, or cut them into quarters and put into baking dish. For each pint of potatoes make the following sauce:

1 cup hot water
1 tablespoon flour
1 tablespoon Staley's Salad and Cooking Oil
½ teaspoon salt
½ cup Staley's Crystal White Syrup

Put oil into a saucepan; add flour, add a little of the hot water and blend. Add remainder of water and syrup and cook until thickened. Add salt, pour over vegetables and bake until tender. Carrots or parsnips may be prepared in similar manner.

Soak a too large cork in boiling water and then it will fit.

CONFECTIONS

VANILLA ICE CREAM

2½ cups milk
1 cup cream
1½ teaspoons Cream Cornstarch
2 egg yolks
1¼ cups Staley's Crystal White Syrup
1 tablespoon vanilla extract
½ teaspoon salt

Mix Staley's Cornstarch with two tablespoons of the milk. Cook one cup milk, cornstarch and Staley's Syrup over hot water fifteen minutes from the time the mixture thickens. Remove from fire and pour mixture slowly onto slightly beaten egg yolks, stirring constantly. Add balance of milk, cream and extract, put mixture into freezer, turn crank slowly first five minutes, then rapidly until mixture is frozen, which operation takes about fifteen minutes. Remove dasher and pack. Cover with a heavy cloth or piece of carpet. Use one part salt to three parts ice by weight.

One square bitter chocolate equals one ounce.

STALEY TAFFY

1 cup brown sugar
½ cup Staley's Crystal White Syrup
1½ tablespoons butter
1 tablespoon lemon juice
½ teaspoon lemon extract

Cook sugar, Staley's Syrup, butter and lemon juice until it forms a hard ball in cold water. Add flavoring. Pour into buttered pan and pull when cold.

DIVINITY FUDGE

2 cups granulated sugar
⅔ cup Staley's Crystal White Syrup
⅓ cup water
2 eggs (whites only)
½ cup chopped nuts
½ cup chopped raisins
1 teaspoon vanilla extract
¼ teaspoon salt

Boil sugar, syrup, salt and water together until it forms a hard mass in cold water. Beat whites of eggs stiff, gradually pour hot syrup, beating constantly. When mixture begins to stiffen, add nuts, raisins and vanilla extract and drop from teaspoon on oiled plate.

STALEY'S CARAMELS

2 cups brown sugar
1¾ cups Staley's Golden Table Syrup
½ cup milk
¼ cup butter
1 teaspoon vanilla extract
1 cup chopped nuts

Cook sugar, Staley's Syrup, milk and butter until it forms a firm ball in cold water. Remove from fire, add vanilla and nuts and pour into buttered pan and mark in small squares.

PEANUT BRITTLE

1½ cups granulated sugar
1¾ cups Staley's Golden Table Syrup
⅔ cup cold water
½ lb. blanched salted peanuts
1 tablespoon butter
¾ teaspoon baking soda

Boil sugar, syrup and cold water until a drop hardens in cold water. Add peanuts and butter and stir hard until a brown color. Add the soda dissolved in a teaspoon of water, mix well and pour into a well-buttered shallow pan. It will come out in a cake, ready to be broken up.

PEPPERMINT CANDY

2 cups brown sugar
½ cup Staley's Crystal White Syrup
1 teaspoon butter
4 drops peppermint

Boil sugar and Staley's Syrup until a hard ball is formed when dropped in cold water. Add butter and peppermint. Turn into a buttered pan and mark in squares.

One-half teaspoon soda sweetens one cup sour milk.

STALEY'S SYRUPS FOR JELLY MAKING

The use of Staley's Syrup produces better jelly and does it more quickly. Follow these directions:

Wash and pick over fruit carefully, remove stems and imperfections. Cook fruit in a granite kettle.

After Dripping

First boil the juice alone. Meanwhile heat the sugar separately. After the juice has boiled the required length of time, as shown in the following table, add the hot sugar and Staley's Syrup. Then boil rapidly but not hard, following this table (counting from the time boiling actually begins):

Fruit	Fruit Juice	Proportions (Cup Measure) Sugar	Staley's Crystal White Syrup	Boiling time (Minutes) Before Adding Sugar and Staley's	After Adding Sugar and Staley's	Total Boiling Time
Apple	2	¾	¾	5 to 8	10 to 15	15 to 23
Crabapple	2	¾	¾	5 to 8	8	13 to 16
Quince	2	1	¾	5 to 8	8	13 to 16
Currant	2	1	1	8	5	13
Plum	2	1	1	5	5	10
Grape	2	1	1	5	5	10

When done two drips will break simultaneously from the side of a spoon dipped into the juice.

APPLE JAM

4 lbs. apples
2 lbs. Staley's Crystal White Syrup
2 lbs. sugar
Rind and juice of two lemons
¾ ounce ground ginger
6 cloves

Peel, core and cut apples into slices. Place in a preserving kettle with the sugar and syrup, the rind and juice of the lemons, the ginger and cloves. Boil from 1½ to 2 hours. Put in a stone jar and cover tightly.

PINEAPPLE RHUBARB PRESERVE

1½ cups water
5 cups sugar
¼ cup Staley's Crystal White Syrup
1 quart pineapple
1 quart rhubarb

Combine water, sugar and syrup. Boil to a thread. Add pineapple and cook rapidly 30 minutes. Add rhubarb and simmer gently until thick. Put into sterilized glasses and when cool cover with paraffin.

Put lemon juice in applesauce to remove flatness.

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