

# The <br> KELVINATOR BOOK 08 <br> Kitchen Zested RECIPES 

Price Twenty-Five Cents

KBLVINATOR

## APPETIZERS

Cocktails, appetizers and beverages, like salads and desserts, should be prepared with some regard for eye appeal as well as appetite appeal. Each in its own right has an individual role, but as part of the meal each contributes to the ensemble.

Cocktails are dainty combinations of fruit and garnish, or shell fish, crisp greens and nippy sauces. They should be kept in the Kelvinator until needed and served very cold.

Appetizers are of great variety. Almost anything that serves to stimulate a keen reception for the main course is an appetizer. They should be colorful, fresh, piquant and very cold.

## FROZEN FRUIT COCKTAIL SAUCE

| 2 cups mixed fruit juice | Juice of 1 lemon |
| :--- | :--- |
| $1 / 4$ cup sugar | Juice of 1 orange |
| $1 / 2$ cup hot water | Grated rind of 1 orange |

Dissolve sugar in hot water, add grated rind, cool, add fruit juices. Pour in Kelvinator tray and freeze. Stir several times while freezing. Place over chopped fruit. Serves 6 to 8 .

## $\dot{\psi}$ <br> FRUIT COCKTAIL

To prepare fruit, remove all skin and membrane, cut in pieces of serving size. Thoroughly chill in Kelvinator food compartment. Serve in cocktail or sherbet glasses, carefully arranged. Garnish with mint, a colored cherry, bright jelly or whole berries. Serve plain, with fruit cocktail sauce, fruit ice or sherbet.
Suggested combination:
Orange and seedless grapes.
Grapefruit and Royal Ann cherries.
Equal parts diced banana and fresh strawberries cut in half.
Equal parts diced fresh pineapple and strawberries.


Equal parts white cherries, canned apricots, grapefruit and diced orange
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TOMATO JUICE FREEZE

2 cups tomato juice
2 tablespoons sugar
$1 / 4$ teaspoon salt

2 teaspoons lemon juice
1 cup crushed pineapple $1 / 2$ cup tiny seedless grapes

Dissolve sugar and salt in tomato juice. Add remaining ingredients and pour into Kelvinator tray and freeze. Stir twice during freezing. Serves 6.

## APPETIZERS

## SEAFOOD COCKTAIL

Oyster or Clam Cocktail:
Allow 6 or 8 chilled oysters or clams to a serving.
Mix with or pour cocktail sauce over them. Arrange in cocktail glasses, place in cracked ice, garnish with lemon or watercress.
Oysters or Clams on Half-Shell:
Serve chilled oysters or clams, freshly opened, on halves of shell. Arrange on deep plates of crushed ice, allowing six to a serving. Serve with a wedge of lemon and a small glass of Cocktail Sauce.

## Shrimp, Crab or Lobster Cocktail:

Use freshly cooked or canned fish. Cut out black vein through center back of shrimp. Chill in food compartment or Kelvinator. Flake crab meat or lobster with fork. Serve on bit of lettuce or watercress in cocktail glasses, with Cocktail Sauce mixed with or poured over fish. Garnish with lemon.


## COCKTAIL SAUCE



Few drops tabasco
1 teaspoon celery salt
$1 / 2$ cup lemon juice
Place all ingredients together in wide mouthed jar, shake well until blended and chill in Kelvinator food compartment before using. Serves 10. For variety in flavor, add grated horseradish, minced pimento, green pepper, celery or chopped pickle to taste.

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## TOMATO JUICE COCKTAIL

4 quarts tomato juice
2 tablespoons Worcestershire sauce
$11 / 2$ teaspoons salt

4 tablespoons lemon juice
2 tablespoons grated onion
2 tablespoons sugar

Mix the above ingredients, let stand 30 minutes, then strain. Chill well in Kelvinator food compartment before serving. This may be kept in screw-top jar in the Kelvinator for several days.
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## MANHATTAN SPREAD

2 packages cream cheese
2 tablespoons anchovy paste
1/4 teaspoon Worcestershire sauce
Mix ingredients thoroughly and use as spread for canape crackers or rolled or open sandwich spread. Makes 1 cup spread.

## APPETIZERS

## CANAPE COMBINATION SUGGESTIONS

Cream cheese with onion, served on crackers.
Caviar and cream cheese combined and served on crackers.
American cheese, creamed with broken nut meats, spread on bread and toasted.
Pork sausages broiled with salted almonds at each end, served as garnish to canape platter.
Roquefort cheese, creamed with butter, spread on bread, rolled and toasted.
Potato chips, spread with anchovy paste.
Sardines creamed with mayonnaise, grated onion and lemon juice served on melba toast.
Ground chicken and almonds, season with new onions and moisten with mayonnaise. Spread on melba toast strips.
Small circles of white bread with chopped watercress and slice of cucumber.

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## STUFFED CELERY

Celery
1 cake cream cheese
$1 / 4$ teaspoon salt
$1 / 8$ teaspoon pepper

2 or 3 drops Worcestershire sauce
Mayonnaise
$1 / 8$ teaspoon paprika

Wash celery, separate and use tender inner stalks. Mash cheese with fork, add salt, pepper, paprika, Worcestershire sauce and enough mayonnaise to make a smooth spreading consistency. Fill celery stalks with this mixture. Sprinkle with paprika. Chill in Kelvinator food compartment before serving. Roquefort or pimiento cheese may be used in place of cream cheese.

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## DEVILED DAINTIES

6 tablespoons butter
3 tablespoons stuffed olives
3 tablespoons chives or
$1 / 2$ teaspoon grated onion
3 tablespoons pickles
$11 / 2$ teaspoons prepared mustard
11/2 teaspoons paprika Mayonnaise
Finely chopped parsley 1 tablespoon lemon juice

Mix ingredients together and use on open or rolled sandwiches. If used on open sandwiches, roll edge of sandwich in finely chopped parsley. Makes $11 / 2$ cups spread. Store in Kelvinator food compartment until ready for use. For canapes spread on small rounds of toast or wafers.

Beverages, with meals, or as refreshment between meals, can be greatly improved by adding a dash of color. This may be accomplished by using brilliant hued fruits, such as cherries, or ice cubes colored by mixing a few drops of pure food coloring in the water before filling the trays.

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## BASIC SYRUP FOR BEVERAGES

Equal parts of granulated sugar and water boiled together for five minutes.. Pour into hot jars. Cool, seal and place in Kelvinator food compartment to be used as needed.
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## CHOCOLATE SYRUP

| 1 cup sugar | 2 tablespoons strong coffee |
| :--- | :--- |
| $1 / 2$ cup cocoa | 1 teaspoon vanilla |
| $3 / 4$ cup hot water | $1 / 8$ teaspoon salt |

1 inch of stick cinnamon
Blend the sugar and cocoa together. Add the hot water and cinnamon and simmer for 10 minutes. Cool, remove the stick cinnamon, then add the coffee, vanilla and salt. Cover and store in Kelvinator food compartment until needed.

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## ICED COFFEE, TEA, COCOA AND CHOCOLATE

It is preferable to have beverages freshly made, pouring them over ice cubes in tall glasses for service. Quick chilling results in a clearer product and a finer flavor. Iced coffee, cocoa or chocolate may be topped with slightly sweetened whipped cream. Iced tea is served clear usually with sliced lemon.

## ICED CHOCOLATE MINT

2 squares chocolate
1 cup boiling water 6 marshmallows
$3 / 4$ cup sugar
1 quart milk
2 drops oil of peppermint

Fresh mint leaves
Melt chocolate, add boiling water and cook for three minutes. Add sugar and cook two minutes longer. Remove from heat, add marshmallows, cut in small pieces, and beat until smooth. Add the peppermint and milk. Combine thoroughly. Chill in Kelvinator food compartment and serve with a sprig of mint leaves in iced glasses. Makes 6 glasses.

## FRUIT PUNCH

## Ingredients

Tea Infusion
Sugar
Lemon juice
Orange Juice
Grape Juice
Grated Pineapple
Iced Water

Serves 8
Pour 1 cup boiling water over 2 tea-
spoons tea
1 cup
$1 / 2$ cup
$1 / 2$ cup
$1 / 2$ cup
1/2 cup
5 cups

Serves 60
Pour 8 cups boiling water over 5 table-
spoons tea
2 quarts
1 quart
1 quart
1 quart
1 quart
21/2 gallons.

Dissolve sugar in hot tea. Cool. Combine all ingredients. Serve over large block of ice in punch bowl or over ice cubes in individual servings.
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## PERFECTION COFFEE

## 2 cups strong iced coffee <br> 4 tablespoons whipped cream

2 cups milk
1 teaspoon cinnamon

Have cold coffee and milk mixed thoroughly. Pour over cubes of ice. Put whipped cream on each glass and dust with cinnamon. Serves 4.

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SPICED TEA

| $1 / 2$ cup granulated sugar | 2 cups hot water |
| :--- | :--- |
| $1 / 4$ teaspoon nutmeg | 2 tablespoons tea |
| $1 / 4$ teaspoon allspice |  |
| $1 / 4$ teaspoon cinnamon |  |
|  | 2 cups cold water |

Mix sugar, spices, (tied in a cheesecloth bag) and hot water and boil one minute. Pour over tea leaves and steep three minutes. Strain. Add fruit juices and cold water. Chill in Kelvinator. Serve very cold. Serves 4.
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## CARDINAL PUNCH

1 quart cranberries
4 cups water
1 cup orange juice
$11 / 2$ tablespoons lemon juice
2 cups sugar
1 quart ginger ale

Cook the cranberries until they are soft. Then crush and strain them through a cheesecloth. Add fruit juices. Chill in Kelvinator, add ginger ale and ice cubes. Serves 10 to 12 .


## BAKING

The versatility of your Kelvinator refrigerator enables it to serve you in many tasks that are ordinarily considered out of the refrigerator's part of the kitchen. It works, for example, hand-in-hand with your baking. In this role it wins the housewife's commendation on three points-time-saving, convenience and economy. Your Kelvinator refrigerator will keep cake, biscuit and pastry doughs-mixed ahead of time in large quantitiesuntil you need them. When visitors call unexpectedly it is a simple matter to serve them hot rolls, hot biscuits or fresh cookies, if the dough is already mixed in the Kelvinator. This sort of kitchen magic never fails to impress company, but even more interesting from the housewife's point of view are the many delightful, new recrpes which she can prepare only with the aid of her Kelvinator refrigerator. This book includes several recipes that require chilling or storing of ingredients in your Kelvinator. They are new table treats that were virtually impossible before modern refrigeration revolutionized the kitchen.


## REFRIGERATOR ROLLS

| 2 cups boiling water | 2 eggs, beaten |
| :--- | :--- |
| $1 / 2$ cup sugar | 2 tablespoons shortening |
| 1 teaspoon sugar | 2 cakes compressed yeast |
| 1 tablespoon salt | $1 / 4$ cup lukewarm water |
| 8 cups bread flour (sifted before measuring) |  | 8 cups bread flour (sifted before measuring)

Mix boiling water, $1 / 2$ cup sugar, salt and shortening together and cool to lukewarm. Soften yeast in lukewarm water, add 1 teaspoon sugar and stir into first mixture. Add beaten eggs and stir in 4 cups of flour, then beat thoroughly. Stir in 4 more cups of flour and mix thoroughly but do not knead. Cover and put in Kelvinator food compartment to have on hand. Shape into clover-leaf rolls or any style desired and put into pans to double in bulk about three hours before ready to bake. Bake in hot oven, $425^{\circ} \mathrm{F} .15$ to 20 minutes. Take out each time the amount required and cover the balance and set away until more is wanted. If desired add just enough flour for easy handling when forming into rolls. Makes 3 dozen rolls.

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## SWEET MILK WAFFLES

| 3 cups sifted flour | 3 eggs |
| :--- | :--- |
| 3 cups sweet milk | 4 teaspoons baking powder |
| 1 teaspoon salt | 6 tablespoons melted butter |

Beat egg yolks well. Add part of the sifted, dry ingredients, then three cups of the milk and the remaining dry ingredients. Mix smooth then fold in the stiffly beaten egg whites, add the melted butter and bake on a hot waffle iron. May be stored in Kelvinator food compartment overnight in covered dish.

| WHOLE WHEAT | CLOVERLEAF ROLLS |
| :--- | :--- |
| 2 cakes compressed yeast | $1 / 2$ cup shortening |
| $1 / 2$ cup lukewarm water | 2 cups scalded milk |
| 1 egg | $3 / 4$ cup brown sugar |
| 2 teaspoons salt | 3 cups white flour |

Dissolve the yeast in the lukewarm water. Scald milk, add sugar, shortening and salt. Let cool to room temperature. Combine liquids and egg, then stir in sifted flour, adding enough white flour to make mixture stiff enough to knead. Mix well, cover and keep in warm place until the dough doubles in size ( 3 to 5 hours). Turn out on a floured board and knead for ten minutes. Return to bowl, cover with a damp cloth and waxed paper and place in Kelvinator. When ready to use cut off desired amount, knead, shape and allow to rise until double in bulk, then bake in hot oven, $425^{\circ}$ F. 15 to 20 minutes. To make Cloverleaf Rolls make very small balls of the dough and place three together in well greased muffin pans. Makes 3 dozen rolls.

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## ORANGE ROLLS

| 2 cakes compressed yeast | 1 cup milk |
| :--- | :--- |
| $1 / 2$ cup sugar | $1 / 2$ teaspoon salt |
| 4 cups all-purpose flour | $1 / 4$ cup melted butter |
| 2 whole eggs, well beaten |  |

Scald the milk, add sugar and cool until lukewarm. Add yeast broken into small pieces. Let stand about 15 minutes. Add one cup flour and beat well. Add salt, butter and eggs, beating thoroughly. Gradually beat in remainder of flour. Let stand until doubled in bulk and dough holds imprint of finger when pressed down. Keep covered during the rising and in a warm place. When light, punch down and pat with hand to $1 / 4$-inch thickness. Spread orange filling over surface, roll up as for cinnamon rolls, pinch edges together to seal dough and retain juice. With a pair of scissors cut dough in one-inch slices and place in well oiled muffin pans, with cut side down. Let rise until doubled in size and bake in moderate oven, $375^{\circ} \mathrm{F}$. 15 minutes. Yields 3 dozen rolls. If dough is to be stored, place in Kelvinator immediately after mixing. Will keep for several days.

## ORANGE FILLING



> 2 tablespoons orange juice Grated rind of 3 oranges

Mix together and cook until thick enough to spread. Cool before spreading.

## BAKING

## PLAIN PASTRY

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\begin{array}{ll}
21 / 2 \text { cups sifted pastry flour } & 1 / 2 \text { teaspoon salt } \\
2 / 3 \text { cup cold shortening } & 1 / 3 \text { cup cold water }
\end{array}
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Sift flour once. Measure, add salt, and sift again. Cut in shortening until pieces are about the size of small peas. Add water, sprinkling small amount over flour mixture and mixing with fork only enough to make flour hold together. Wrap in waxed paper or place in covered dish. Chill thoroughly in Kelvinator. Bake in hot oven, $475^{\circ} \mathrm{F} .12$ to 15 minutes.
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BAKING POWDER BISCUITS AND VARIATIONS

## STANDARD

2 cups flour
2 teaspoons baking powder
1 teaspoon salt
4 level tablespoons solid shortening
$3 / 4$ cup milk

TEA BISCUITS
2 cups flour
2 teaspoons baking powder
1 teaspoon salt
4 tablespoons shortening
2 tablespoons sugar
1 egg
2/3 cup milk

Sift the flour, measure it and add the salt and baking powder. Cut in the shortening with a dough blender or with the fingers. Add the liquid. Knead slightly, pat into about $1 / 2$-inch thickness, cut and bake in a hot oven, $450^{\circ} \mathrm{F}$. from 12 to 15 minutes depending on size. Recipe makes 1 dozen biscuits.

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## TEA BISCUITS

Proceed as above. Add slightly beaten egg to the milk and the sugar to the flour. These biscuits may be wrapped in waxed paper or placed in covered dish and stored in Kelvinator food compartment.

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## MUFFINS

| $1 / 4$ cup shortening | $1 / 2$ teaspoon salt |
| :--- | :--- |
| $1 / 4$ cup granulated sugar | 2 cups sifted pastry |
| 1 egg | or cake flour |
| 5 teaspoons baking powder | 1 cup milk |

Cream the shortening and add the sugar gradually, beating until the mixture is creamy. Add the whole egg, and beat well. Sift the baking powder and salt with the flour, and add alternately with the milk. Bake in greased muffin pans in hot oven $425^{\circ} \mathrm{F} .20$ minutes. Makes 16 muffins. Muffins may be stored in Kelvinator food compartment overnight. If stored let stand at room temperature 20 to 30 minutes before baking.

| THREE DAY | GINGERBREAD |
| :---: | :---: |
| 1 cup shortening | 1 teaspoon cinnamon |
| $11 / 2$ cups brown sugar | 1/4 teaspoon cloves |
| 2 large eggs, unbeaten | (optional) |
| 1 cup sorghum (molasses) | 1 teaspoon soda |
| $31 / 3$ cups flour | 1 teaspoon nutmeg |
| 1 tablespoon ginger | 1 teaspoon salt |

Cream shortening and brown sugar, add eggs, unbeaten, and mix thoroughly. Add the sorghum (molasses). Sift dry ingredients together and add alternately with the hot water. Store in covered dish in Kelvinator food compartment three days before using. Bake in greased pan in moderate oven $350^{\circ} \mathrm{F} .45$ minutes.

## EMERGENCY CAKE BATTER


$41 / 3$ cups sifted flour
41/4 teaspoons baking powder $11 / 2$ cups milk $1 / 4$ teaspoon salt
Measure dry ingredients and sift together three times. Cream butter, add sugar gradually and beat until light and fluffy. Beat eggs until light and foamy. Add to creamed butter and sugar and beat briskly. Add dry ingredients alternately with milk, a little at a time, and beat until smooth after each addition. Add vanilla. Store batter in large covered container in Kelvinator food compartment until needed. Bake in moderate oven $375^{\circ} \mathrm{F} .20$ to 30 minutes for layer cakes. Makes approximately three 9 -inch cakes.
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## FOUNDATION DOUGH FOR REFRIGERATOR COOKIES

1 cup shortening
1 cup sugar
2 egg yolks
6 tablespoons milk
1 teaspoon vanilla

3 cups all-purpose flour 3 teaspoons baking powder $3 / 4$ teaspoon salt 2 squares chocolate or coloring may be added to $1 / 2$ the dough

Cream the shortening and sugar together. Add the yolks and beat well. Add a portion of the dry ingredients sifted together, then the liquid and the remainder of the dry ingredients and flavoring.
VARIATIONS-Add the chocolate to one half the dough. Divide the dark and light doughs in half and make four rolls, $1 / 2$ to 1 inch in width, depending on size desired. Lay a dark and a light roll side by side and press them together.
 Lay two more rolls on top of these alternating the colors so as to form a checkerboard. Press together firmly, wrap in waxed paper and chill in Kelvinator food compartment until firm enough to slice. Slice very thin and bake in hot oven $400^{\circ}$ F. 8 to 10 minutes. Yield 7 dozen cookies. NOTE: For Halloween cookies use orange coloring for the white part.

## CASSEROLE DISHES

Casserole dishes and dishes made up from leftovers, besides being economical, usually give the meal great variety in a simple manner. The casserole recipe for one dish may contain all the food elements that would be found in the usual meal of many dishes.

There are so many different ways to prepare leftovers for a second meal that the family should never have cause to complain of monotony. Glad appetites will greet a casserole of meat and vegetables topped with a bit of flaky crust, a jellied meat and vegetable loaf, macaroni and spaghetti dishes, a variety plate of
 meat and vegetables garnished with a spray of parsley. Casserole dishes can be made up ahead of time and stored in your Kelvinator refrigerator until you need them. If dishes are made up and stored in this way, they can be served at a meal so far removed from the meal at which they were leftovers that they become practically new dishes.

## MEAT BALLS WITH VEGETABLE SAUCE

| $1 / 2$ pound veal | 1 tablespoon salt |
| :--- | :--- |
| $1 / 2$ pound pork | 1 small onion |
| 1 pound beef | 1 green pepper |
| $3 / 4$ cup applesauce | 1 carrot |
| $3 / 4$ cup moist bread crumbs | 1 stalk celery |
| 2 eggs | 2 cups tomato pulp |
| $1 / 4$ teaspoon pepper | 3 potatoes, diced |

Grind the meat, then mix with the applesauce, bread crumbs, eggs, salt, pepper and $1 / 2$ chopped onion. Form into egg-size balls, roll in flour and brown in hot fat. Chop parboiled or leftover vegetables, add $1 / 2$ chopped onion and chopped green pepper. Place meat balls in casserole and pour vegetables over them. Bake in moderate oven $350^{\circ}$ F. 45 minutes. Serves 8 . This may be prepared in advance and stored in Kelvinator food compartment ready to bake.
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## TUNA NOODLES

18 oz. can tuna fish
1 No. $11 / 2$ size can of mushroom soup
$1 / 2$ pound noodles (wide)
Breadcrumbs

Cook noodles for 8 minutes in boiling salted water. Pour boiling water over tuna fish. Place noodles and tuna fish in alternate layers in an open greased casserole. Pour mushroom soup over all. Sprinkle with bread crumbs. Dot with butter. Bake in a moderate oven $350^{\circ} \mathrm{F} .30$ minutes. This may be prepared in advance and stored in Kelvinator food compartment ready to bake.

## CASSEROLE DISHES

## ONE DISH DINNER

1 package spaghetti ( 8 oz .)
1 pound beef, ground
1 can tomato soup
$1 / 4$ cup chopped onion
$1 / 4$ cup chopped green pepper
2 tablespoons fat

Brown onion, peppers and meat in hot fat. Add tomato soup. Pour over cooked spaghetti and pour entire mixture into a buttered casserole. This dish may be prepared and stored in Kelvinator food compartment before baking. Bake in a moderate oven $350^{\circ}$ F. 30 to 45 minutes.

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## POTATOES AU GRATIN

| 8 medium sized potatoes | $2 / 3$ cup grated cheese |
| :--- | ---: |
| 2 cups white sauce | $1 / 4$ cup bread crumbs |

Pare potatoes and cut in $1 / 2$ inch cubes. Cook in boiling water until tender. Place layer of potatoes in buttered baking dish, cover with cheese and cream sauce. Place the second layer of potatoes, cheese and cream sauce, then crumbs on top and dot with butter. This may be made in advance and stored in Kelvinator food compartment until ready to bake. Bake in moderate oven $350^{\circ} \mathrm{F} .30$ to 40 minutes. NOTE: Cabbage or cauliflower may be used in place of potatoes.

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## VEGETABLES CASSEROLE

6 medium sized potatoes
1 small turnip
1 cup tomatoes
1 onion
1 cup peas
2 tablespoons flour
$1 / 4$ cup rice
1 teaspoon salt
$1 / 8$ teaspoon pepper
$1 / 8$ teaspoon allspice
$1 / 2$ cup meat stock
$1 / 4$ cup minced green pepper

Butter casserole dish and arrange vegetables in layers. Combine flour and seasonings and sprinkle lightly over each layer of vegetables. Pour meat stock over vegetables, cover and bake in moderate oven, $350^{\circ} \mathrm{F}$. one hour. Serves 8 . This may be made in advance and stored in Kelvinator food compartment until ready to bake.

Substitutes: Other vegetables which have been cooked may be used in place of those suggested. Cheese may be sprinkled over the top for variation.

## CASSEROLE DISHES

## SOUTHERN DINNER

| 1 cup corn | 2 eggs |
| :--- | :--- |
| 1 cup cracker crumbs | 1 green pepper |
| $11 / 2$ cups milk | 4 slices bacon |

Salt and pepper
Cut corn from cob, or use whole canned kernel corn, mix with cracker crumbs, milk and egg yolks. Cut green pepper in small pieces, brown in a small amount of butter, add to mixture. Add stiffly beaten egg whites, season, pour into well greased baking dish. Lay slices of bacon over the top. Bake in a moderate oven $350^{\circ}$ F. 40 minutes. May be made in advance and stored in Kelvinator food compartment until needed.

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## BAKED LIMA BEANS WITH TOMATOES

1 green pepper, finely cut
1 medium onion, finely cut
4 strips bacon, finely cut
2 cups drained tomatoes
2 cups cooked lima beans, drained

1 teaspoon Worcestershire sauce
$1 / 2$ teaspoon salt
Dash of pepper
Dash of cayenne
$1 / 4$ cup mayonnaise

Buttered breadcrumbs
Cook pepper, onion and bacon together slowly for 5 minutes. Drain off excess fat. Add tomatoes and simmer a few minutes. Add lima beans and cook a few minutes longer. Add seasonings and mayonnaise. Blend gently but thoroughly. Place in greased casserole with buttered breadcrumbs on top. Store in Kelvinator food compartment until time for baking. Bake in a moderate oven $350^{\circ}$ F. 30 minutes. Serves 6 to 8 .
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## NOODLE RING

1 package egg noodles ( 5 oz .)
1 tablespoon butter

3 eggs
$11 / 3$ cups rich milk

## $11 / 2$ teaspoons salt

Drop the noodles into boiling, salted water and boil until tender. Drain and blanch with cold water. Beat the eggs slightly, add the milk, salt and melted butter. Butter a ring mold ( 5 cup) and pour the mixture into it. The mold should be placed in a pan of hot water in the oven. Bake $350^{\circ} \mathrm{F}$. about one hour or until the mixture is set like a custard. A knife should come out clean when inserted in the center. Yield 6 large or 8 small servings.

Dessert is the happy ending of the meal. Like the happy ending of a story, its nature is determined by what went before it. A heavy meal should be followed by some simple sweet-a small tart, an ice, a light pudding. A light meal may be followed by a richer dessert-pie, pudding, ice cream and cake, or rich mousse. It should be borne in mind that dessert is an important part of the meal in respect to food value. When it is a rich dessert containing milk, cream, butter and eggs, it often has greater food value than any other dish on the table. This is an important consideration in balancing the diet.
With your Kelvinator you may have dessert at every dinner for weeks without repeating. In frozen desserts there is great possible variation.

The recipes given here are tested and approved for preparation with Kelvinator.

| VAL'S | BASIC | ICE | CREAM | RECIPE |
| :--- | :--- | :--- | :--- | :--- |
| 1 quart milk |  |  | $1 / 3$ cup flour |  |
| 2 cups sugar |  |  | $1 / 8$ teaspoon salt |  |

Mix sugar, salt and flour together thoroughly. Scald milk, add dry mixture. Cook until thickened over hot water, stirring occasionally. Chill in Kelvinator food compartment. Makes 5 cups of custard base. This base may be stored and used as needed.

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\begin{gathered}
\text { VANILLA ICE CREAM } \\
\left.\qquad \begin{array}{l}
\text { I cup cream, whipped } \\
11 / 2 \text { teaspoons vanilla }
\end{array}\right)
\end{gathered}
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Whip cream just stiff enough to slightly hold the shape and still pour from the bowl. Fold into other ingredients. Pour into Kelvinator tray and freeze. Stir several times during freezing. Makes 1 pint. NOTE: For less rich ice cream use 2 cups custard base to 1 cup cream, whipped.

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## CHOCOLATE ICE CREAM



## EGG CUSTARD ICE CREAM

| $11 / 4$ cups milk | I cup whipping cream |
| :--- | :--- |
| 2 tablespoons flour | 2 egg whites |
| $1 / 2$ cup sugar | $11 / 2$ teaspoons vanilla |
| 2 egg yolks | $1 / 8$ teaspoon salt |

Mix flour and sugar thoroughly. Add cold milk and stir until a smooth paste. Cook until thick. When thickened cook over hot water for 10 minutes. Remove from range and pour over slightly beaten egg yolks. Return to range and cook 2 minutes. Cool. Fold in stiffly beaten egg whites to which salt has been added. Fold in whipped cream and vanilla and pour into Kelvinator tray and freeze. Stir two or three times while freezing. Makes $11 / 2$ quarts.


1 pint strawberries
1 egg
1 cup whipping cream

2/3 cup sugar 1 cup thin cream $1 / 2$ cup sugar

Wash strawberries and drain well, mash and add $2 / 3$ cup sugar and let stand until sugar is dissolved. Beat egg until lemon colored, add $1 / 2$ cup sugar and one cup of thin cream; add to mashed berries. Freeze. Whip cream to thin custard consistency and fold into frozen mixture which has been beaten. Complete freezing. Serves 6 to 8.

## CANTALOUPE ICE CREAM

2 cups cantaloupe pulp
$1 / 2$ cup sugar
Juice of $1 / 2$ lemon

1 cup coffee cream
1 egg beaten lemon color
$1 / 2$ cup sugar

## 1 cup whipping cream

Put cantaloupe through food chopper, add $1 / 2$ cup sugar and lemon juice. Beat egg until lemon colored, and add $1 / 2$ cup sugar. Fold into cantaloupe and add coffee cream. Freeze to a mush consistency in Kelvinator tray and fold in cream whipped to a soft custard consistency. Complete freezing. Serves 8.
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## MACAROON ICE CREAM

1 cup crushed macaroons
$1 / 2$ cup granulated sugar

2 cups coffee cream or top milk 1 teaspoon vanilla

Combine macaroon crumbs, which have been crushed very fine, sugar and cream, add vanilla and pour into Kelvinator tray and freeze. Remove to a chilled bowl and beat until light and smooth. Return to tray and finish freezing. Serves 4 to 6 .

## CRANBERRY ICE

| 4 cups cranberries | Juice of 1 orange |
| :--- | :--- |
| 1 cup sugar | Juice of 1 lemon |
| 2 cups water | 2 tablespoons orange rind |

Wash cranberries, add sugar and water, and cook until the berries pop. Strain. Add fruit juices and rind. Pour into Kelvinator tray and freeze. Remove to a chilled bowl and beat until light. Return to tray and finish freezing. Makes 1 quart.
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## GRAPEJUICE ICE

| $11 / 2$ cups water | 4 tablespoons lemon juice |
| :--- | :--- |
| 1 cup sugar | 1 pint grape juice |
| 2 teaspoons gelatin | $1 / 3$ cup orange juice |
| $1 / 2$ cup cold water | $1 / 8$ teaspoon salt |

Soak the gelatin in $1 / 2$ cup cold water until softened. Add to the boiling hot syrup made of the sugar and water, boiled about five minutes. Cool and add fruit juices. Pour into a Kelvinator tray and freeze, stirring two or three times before the mixture is frozen. Serves 8.
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## LEMON ICE

| 2 cups water | $1 / 2$ cup lemon juice |
| :--- | :--- |
| 1 cup sugar | 3 drops yellow vegetable coloring |

Boil sugar and water for five minutes. Cool. Add lemon juice and pour into Kelvinator tray. When mixture freezes, stir down from the sides and, up from the bottom, then continue freezing. Makes 1 quart. Serves 6 to 8 . NOTE: Coloring optional. To be added before freezing.

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## RULES FOR USING EVAPORATED MILK

Evaporated milk may be substituted for whipping cream. Scald evaporated milk by placing can in boiling water 5 minutes. Chill thoroughly and whip. One six ounce can equals one cup whipping cream. Equal parts water and evaporated milk may be substituted for whole milk.

## SHERBETS

## LEMON MILK SHERBET

| 2 cups whipping cream | 2 cups sugar |
| :--- | :--- |
| 2 cups milk | Juice of 4 lemons |

Mix lemon juice and sugar together and heat until dissolved. Add milk and pour into Kelvinator tray to freeze. Whip frozen base and fold into whipped cream. Return to tray and stir gently once or twice during freezing. Makes 2 quarts.

## PINEAPPLE SHERBET

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\begin{array}{ll}
2 \text { cups water } & 1 \text { cup canned pineapple juice } \\
1 \text { cup sugar } & 2 \text { egg whites }
\end{array}
$$



Boil sugar and water for ten minutes, cool, then add pineapple and lemon juice and place in Kelvinator tray and freeze. Place in chilled bowl and beat. Fold in beaten egg whites and finish freezing. Makes $11 / 2$ quarts.

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## ORANGE MILK SHERBET

$11 / 2$ cups orange juice
Juice of 2 lemons
2 cups milk
Grated rind of 1 orange

1 tablespoon gelatin
$1 / 4$ cup cold water
$11 / 4$ cups sugar
$1 / 4$ teaspoon salt

Soak gelatin in cold water. Add sugar and salt to milk, heat until dissolved, then add the gelatin and orange rind. Pour milk very, very slowly into the fruit juice mixture. Pour into Kelvinator tray and freeze, stirring at half hour intervals until frozen. Makes 1 quart.
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## FRUIT SHERBET

| 1 orange | 1 cup sugar |
| :--- | :--- |
| 1 banana | 1 cup water |
| $11 / 2$ lemons | 10 green or red cherries |
| 2 eggs | Green or red coloring |

Crush banana through potato ricer. Add fruit juices, cut cherries, a little vegetable coloring, and all but 1 tablespoon sugar. Beat egg yolks and stir all mixtures together. Place in Kelvinator tray and freeze to mush. Remove to chilled bowl and beat. Add egg whites beaten with the tablespoon of sugar, fold into mixture. Pour back into Kelvinator tray and finish freezing. Makes $11 / 2$ quarts.

## FOUNDATION RECIPE FOR MOUSSES

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1 cup whipping cream
    1 teaspoon vanilla
4 tablespoons confectioners' sugar
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Whip cream just until it will hold its shape. Fold in sugar and vanilla and place in Kelvinator tray and freeze. Makes one pint.

This plain mousse may be served instead of hard sauce or plain whipped cream on such hot dishes as Plum Pudding, Brown Betty and Mince Pie. It may be colored and used as a garnish on other frozen dishes.

## $*$

GOLDEN DATE MOUSSE

| 1 cup chopped dates | 4 egg yolks |
| :--- | :--- |
| 1 cup orange juice | $1 / 4$ teaspoon salt |

1 cup whipping cream
Add orange juice to dates, which have been cut very fine. Then add egg yolks which have been beaten to a lemon yellow, also the salt. Cook slowly until mixture is thickened. Cool thoroughly. Fold in cream whipped to a thin custard consistency and freeze in Kelvinator tray. Makes $11 / 2$ quarts. Serves 6 to 8.

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## PEPPERMINT MOUSSE

Add $1 / 2$ cup crushed peppermint stick candy to foundation recipe.

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## BANANA MOUSSE

| 2 cups heavy cream | $11 / 2$ teaspoons vanilla |
| :--- | :--- |
| $1 / 4$ cup confectioners' sugar | $1 / 4$ teaspoon salt |
| 2 tablespoons lemon juice | 2 bananas, put through |
| 2 egg whites, beaten | sieve |

Whip cream, add sugar, vanilla, lemon juice and salt. Fold in bananas, and then stiffly beaten egg whites. Pour into Kelvinator tray and freeze. Makes 1 quart.

## PARFAITS

## VANILLA PARFAIT

| $3 / 4$ cup sugar | 1 pint whipping cream |
| :--- | :--- |
| $1 / 2$ cup water | 3 egg whites |

Boil sugar and water until the syrup forms a thread. Beat egg whites until stiff. Pour syrup slowly over egg whites, beating constantly until mixture cools. Chill in Kelvinator. Add whipped cream and vanilla, pile lightly in Kelvinator tray and freeze. Makes $11 / 2$ quarts.

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## LEMON PARFAIT

| $11 / 2$ cups sugar | 3 egg whites |
| :--- | :--- |
| 1 cup water | $1 / 4$ cup strained lemon juice |
| Thin rind of 1 lemon | 1 cup cream, whipped |



Dissolve sugar in water, add lemon rind and boil to the thread stage, then remove the lemon rind. Whip egg whites until stiff, pour the syrup over them, whipping until cool. Add lemon juice, whip a few minutes longer. Chill and fold in whipped cream. Freeze in Kelvinator tray. Makes $11 / 2$ quarts.

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## CHOCOLATE PARFAIT

| $3 / 4$ cup sugar | 2 cups whipping cream |  |
| :--- | :--- | :--- |
| $1 / 3$ cup water | 1 teaspoon vanilla |  |
| 3 egg yolks |  | $1 / 2$ cup grated chocolate |

Cook sugar, water and chocolate to thin syrup $-220^{\circ} \mathrm{F}$. Add salt and vanilla. Pour slowly over slightly beaten egg yolks, beating vigorously. Cool. Fold in whipped cream and pour into Kelvinator tray to freeze. Makes $11 / 2$ quarts.

## 3

## PECAN PARFAIT

1 cup granulated sugar
$1 / 4$ cup water
3 egg whites
3 tablespoons ginger syrup
$1 / 2$ cup crystallized or preserved ginger, cut fine

2 tablespoons vanilla extract
2 cups whipping cream
$1 / 2$ cup pecan meats, chopped fine

Mix sugar and water and cook until it threads. Pour slowly over stiffly beaten egg whites and beat until cold. Add ginger syrup and vanilla, and fold in whipped cream. Add chopped pecan meats and ginger. Place in Kelvinator tray and freeze. Serve in parfait or sherbet glasses, topping with whipped cream, nut meats or cube of raspberry jelly. Makes $11 / 2$ quarts.

## HOT CHOCOLATE SAUCE

| 1 cup sugar | $11 / 2$ squares chocolate |
| :--- | :--- |
| $1 / 2$ cup boiling water | 1 tablespoon butter |
| $1 / 2$ teaspoon vanilla | 2 tablespoons corn syrup |

$1 / 2$ teaspoon vanilla
squares chocolate

2 tablespoons corn syrup

Melt chocolate over hot water, add butter, corn syrup, boiling water and sugar, stirring constantly. Finish cooking over direct heat, boil for three minutes. Cool and add vanilla. Serve hot poured over ice cream. This sauce may be stored in the Kelvinator and will keep indefinitely. May be served cold or reheated before serving.
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## PINEAPPLE SAUCE

$11 / 2$ cups canned pineapple juice
1 tablespoon cornstarch
$1 / 4$ cup sugar
1 cup finely diced pineapple

Heat pineapple juice to boiling point. Mix cornstarch with enough cold water to form a paste. Add slowly to hot juice. Add sugar and pineapple and cook, stirring constantly until thickened. Chill in Kelvinator food compartment and serve on ice cream or puddings.
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## RUM BUTTER SAUCE

36 pieces rum and butter toffee ( $1 / 2$ pound) 4 tablespoons cream
Melt the toffee in double boiler and add cream gradually and stir until well blended. Serve hot or store in Kelvinator and serve cold on ice cream. Topping for 6 servings.
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## CARAMEL SAUCE

| 1 cup corn syrup | $1 / 4$ cup butter |
| :--- | :--- |
| $11 / 4$ cups brown sugar | 1 cup cream |

Put the first three ingredients into a saucepan, bring to the boiling point and boil for five minutes. Then add the cream, bring to the boiling point again and remove from the range. This makes about 3 cups of sauce. It may be kept
 for several days in a covered jar in the Kelvinator. Although it may be used hot, it is better if allowed to cool, as the sauce becomes thicker and seems to improve in flavor.

## MISCELLANEOUS

## KRAUT RELISH

| 1 No. 2 can sauerkraut | Juice of 1 lemon |
| :--- | :---: |
| $1 / 2$ cup chili sauce | 1 green pepper, chopped |
| $1 / 2$ cup tomato catsup | 1 medium sized onion, |
| $1 / 4$ cup sugar | chopped |
| 1 teaspoon paprika | 2 stalks celery, chopped |

Blend the kraut as it comes from the can with other ingredients given. Stir well, place in glass dish, cover and let stand in Kelvinator. Serve as a relish or on lettuce leaf as a salad. Makes $11 / 2$ quarts.

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## CRANBERRY RELISH



| 1 cup raw cranberries | Pulp of $1 / 2$ lemon |
| :--- | :--- |
| Pulp of one orange | 2 apples |

## 1 cup sugar

Grind cranberries. Cut unpeeled apples in small cubes. Mix fruit with sugar and store in Kelvinator overnight. Will keep several days. Makes three cups of relish.

## us <br> SPICED PINEAPPLE

| 1 No. 2 can sliced pineapple | $1 / 2$ cup sugar |
| :--- | :--- |
| 2 sticks of cinnamon | 2 tablespoons whole |
| $1 / 4$ cup vinegar | cloves |

Cut slices of pineapple in large pieces. Cook until juice is boiled down to a medium thick syrup. Make syrup of juice drained from the pineapple, sugar, vinegar, water and spices. Put in covered refrigerator dish or jar and store in Kelvinator. May be used as a garnish.

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## UNBAKED FUDGE SQUARES


$11 / 3$ cup condensed milk

1 cup pecans
Melt chocolate in double boiler, add milk, stir until thick. Add crumbs and pecans. Spread mixture into buttered pan. Chill 6 to 8 hours in Kelyinator. Cut in squares. Makes 1 dozen.

## PIES•••CAKES•••PUDDINGS

No part of the meal gets more critical appraisal than dessert. From earliest childhood we have been taught that dessert is a special treat to be anticipated. With hunger satisfied by the dishes that precede it, dessert must be particularly appetizing to deserve its name.

Housewives who appreciate the relation of dessert to the rest of the meal usually give much time and effort to its preparation. Yet there are many excellent desserts that can be prepared quickly and easily.
One of the great advantages of refrigerator pies, cakes and puddings is the short time required to prepare them as compared to most range and oven desserts. This fact and their characteristic daintiness make them very useful as refreshments at bridge teas and receptions. Because they will remain fresh and attractive for many days, they can be prepared well in advance of the time when they will be needed. Cooking with cold is a new art, made possible by Kelvination.

## PEPPERMINT REFRIGERATOR CAKE

$1 / 2$ pound peppermint stick candy (mint straws)
$11 / 2$ cups whipping cream
$1 / 2$ cup coffee cream
$11 / 2$ teaspoons gelatin 1 tablespoon cold water 12 ladyfingers or a sponge cake

The mint straws used in this recipe have a satin finish, creamy center and are pink and white in color. They are easily crushed with a rolling pin. Crush the candy and place in a double boiler with the coffee cream. Heat until dissolved and add the gelatin which has been softened in cold water. Chill in Kelvinator, but do not allow to set firm. Fold in the whipped cream. Arrange the split ladyfingers in a loaf pan lined with waxed paper, using three layers. Pour the cream mixture over each layer and chill until firm. When firm, loosen the waxed paper from the sides and slice crosswise the width of ladyfingers for each serving. Serves 6 to 8 .
For chocolate peppermint cake sprinkle each layer with chocolate shot or substitute chocolate wafers for ladyfingers.

## そ <br> APPLE PUDDING

18 graham crackers Whipped cream
Fold crumbled graham crackers into applesauce. Pour into pudding dish and chill in Kelvinator 2 or 3 hours. Serve with whipped cream. Serves 6 to 8 .

## PIES•••CAKES•••PUDDINGS

## FRUIT CAKE

3 pounds raisins, seeded 2 pounds dates, stoned $1 / 2$ pound candied pineapple $1 / 2$ pound candied cherries $1 / 4$ pound candied citron $1 / 4$ pound candied orange peel
2 pounds figs
1 cup sugar
$1 / 4$ pound candied lemon peel
2 pounds pecan meats
2 tablespoons cinnamon
1 tablespoon nutmeg
$1 / 2$ teaspoon cloves
1 teaspoon salt
1 orange, juice and grated rind
$1 / 2$ cup fruit juice

After cutting fruit and nuts, mix spices, salt and sugar with fruit juice. Mix all ingredients together thoroughly and press tightly into loaf pan lined with waxed paper and let stand in Kelvinator one week or ten days before cutting. This cake keeps indefinitely. Serves 25.


## CHEESE CAKE

> $21 / 2 \mathrm{lbs}$. cottage cheese $1 / 2$ teaspoon vanilla 2 cans condensed milk 2 cups whipping cream

Soak gelatin in lemon juice. Heat milk well, add grated rind and cheese and mix well. (Cheese should first be run through a sieve.) Add lemon juice and gelatin and fold in cream which has been beaten. Make a graham cracker crust and arrange in spring mold, reserving a few crumbs to sprinkle over top. Pour cheese mixture over crust, sprinkle with remaining crumbs and store in Kelvinator food compartment for about three hours before serving. Serves 12.

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## CHIFFON PIE



Juice of 3 lemons
Grated rind of 1 lemon
3 tablespoons plain gelatin
( )

4 egg whites beaten stiff and dry
$1 / 2$ cup sugar
$3 / 4$ teaspoon ground nutmeg
2 tablespoons rum flavoring or 2 tablespoons orange or lemon juice

Soak gelatin in cold water. Make custard of $1 / 2$ cup sugar, salt, eggs, flavoring and hot water. Add softened gelatin and allow to cool. When mixture starts to congeal fold in egg white beaten with $1 / 2$ cup sugar. Pour into baked pie shell and chill in Kelvinator. Spread with thin layer of whipped cream and sprinkle with nutmeg.

## KELVINATOR FRUIT PIE



4 tablespoons powdered sugar
1 quart strawberries

Beat egg whites until almost dry, add sugar gradually and continue beating until consistency of marshmallow. Spread in refrigerator pie shell. Cut berries in half, reserving enough to decorate top of pie. Press berries into meringue mixture. Whip cream, add powdered sugar and spread over berries. Decorate with the whole berries. NOTE: This pie can be made with many kinds of fresh fruit.

## 3 <br> PINEAPPLE CHIFFON PIE

1 cup sugar
3 tablespoons corn starch
$1 / 8$ teaspoon salt
1 cup crushed pineapple
$1 / 2$ cup water
1 tablespoon lemon juice
2 egg whites
$1 / 4$ cup chopped nut meats

## Whipped cream

Stir together the sugar, cornstarch, salt, pineapple and water. Cook over hot water at least 15 minutes. Cool. Add lemon juice and fold in beaten egg whites. Turn into baked pie shell or graham cracker crust. Place in Kelvinator. When ready to serve, spread with a thin layer of whipped cream and sprinkle with nut meats.

## FROZEN PUMPKIN PIE

16 marshmallows
2 cups canned pumpkin
$2 / 3$ cup brown sugar
1 teaspoon salt
$11 / 2$ teaspoon ginger
4 egg yolks
$11 / 2$ teaspoons cinnamon
2 tablespoons boiling water
4 tablespoons orange juice
$11 / 2$ cups whipping cream
Melt marshmallows over hot water. Add pumpkin, brown sugar and salt. Mix ginger and cinnamon with boiling water and add to melting mixture, with orange juice. When marshmallows are completely melted, remove from fire and add egg yolks beaten. Beat well to make a smooth blend and place in Kelvinator tray to chill. Whip cream and fold pumpkin mixture into it. Return to Kelvinator tray and freeze without further stirring.

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## BAKED PIE SHELL

4 egg whites
4 tablespoons sugar
Just before serving spread frozen mixture in pie shell and cover thickly with meringue made by beating egg whites until stiff and folding in sugar. Place pie under broiler for a minute to brown. Watch carefully.

After the overture of appetizers and cocktails, soup is the curtain raiser for the meal proper. It is an important part of the meal, giving much nourishment in easily digested form.

To get the most out of soup stock, the soup should be made slowly, at a low temperature. Too much heat, particularly when the soup is first put on the range, hardens the albumen in the outer cells and seals in the juices which give the soup its substance.

## ONION SOUP

| 1 lb. onions | 2 tablespoons flour |
| :--- | :---: |
| 6 cups chicken stock | 4 tablespoons butter |
| Spice bag containing | 4 tablespoons grated |
| 6 peppers and 1 clove | gruyere and par- |
|  | mesan cheese |

Quarter the onions; then slice them crosswise. Cook them in two tablespoons butter very slowly for fifteen minutes; then quickly for a few minutes, to a golden brown color. Stir in the chicken stock which has been skimmed of its fat. Drop in the spice bag and salt. Cook till the onions become very soft. Remove the spice bag. Add a very little salt and black pepper to taste. Heat together the flour and two tablespoons butter till the mixture turns a light brown. Add this to the soup to thicken it. Sprinkle the cheese over the top before serving. This soup is often served with croutons (small dice of buttered toast). Makes $11 / 2$ quarts.

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## CONSOMME

| 2 pounds beef shank | 1 quart chicken stock |
| :--- | :---: |
| 2 pounds veal shank | 2 tablespoons butter |
| 1 bay leaf | 3 quarts cold water |
| 1 tablespoon chopped parsley | $1 / 4$ cup diced carrots |
| $1 / 4$ cup diced celery | 2 tablespoons minced |
| Salt and pepper | onion |

Cut meat from beef shank. Crush bone. Combine veal, beef and crushed bone. Add water, bay leaf, two tablespoons salt and cloves. Cover, simmer $21 / 2$ to 3 hours. Skim frequently. Add chicken stock. Add vegetables which have been browned in butter. Season to taste. Cover and simmer 2 hours. Strain and clarify. This may be stored in Kelvinator until needed. Serve hot or cold.

## TASTY SOUP

| $1 / 2$ tablespoon sugar | 1 red pepper or pimiento |
| :--- | :--- |
| $3 / 4$ tablespoon butter | 1 pint consomme |
| $1 / 8$ pound mushrooms | $1 / 2$ cup strained tomato |
| $1 / 2$ green pepper | juice |
| Worcestershire sauce, salt, pepper, | sugar, soda to taste |

Caramelize sugar, add butter, then mushrooms and peppers, all finely minced and simmer 5 minutes. Add consomme, tomato juice and simmer $1 / 2$ hour. Season to taste. This may be stored in Kelvinator.

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## VEGETABLE SOUP

| 1 cup celery cut fine | 1 teaspoon peppercorns |
| :--- | :--- |
| 2 cups rutabagas, cut in | 2 tablespoons salt |
| $\quad$ cubes. | 2 quarts water |
| $3 / 4$ cup onions | 3 pounds beef pot roast |
| 2 cups carrots, cut fine | (shoulder cut) or about |
| 1 No. 2 can tomatoes | 2 pounds marrow bone and |

3 pounds beef
Cut meat into $1 / 2$ inch cubes and place in kettle. Add the cold water and salt. Let this come to the boiling point and simmer slowly for several hours. Soup stock always improves on standing. Skim well so that the soup will be clear when finished. Add the other ingredients about $11 / 2$ hours before ready to serve. Do not cook until extremely soft. Makes 31/4 quarts. NOTE: Potatoes, spaghetti and macaroni may be added if preferred. Store in covered jars in Kelvinator food compartment, reheat as needed.
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## ESSENCE OF TOMATO

Put 2 quarts of tomatoes into saucepan with the following:

2 cups celery cut small
$3 / 4$ cup carrots
$1 / 3$ cup onion
2 green peppers
Sprig parsley

6 cloves
2 teaspoons pepper corns
Blade mace
2 teaspoons salt
Cayenne

Cook 30 minutes, strain, cool and clear with egg white. Reheat and flavor with sherry. This soup may be used hot or jellied cold. Store in Kelvinator.

## SPINACH SOUP

| $11 / 2$ cups cooked spinach | 2 tablespoons flour |
| :--- | :--- |
| 2 cups milk, scalded | 1 teaspoon salt |
| 2 cups boiling water | 2 tablespoons butter |
| 3 bouillon cubes | Dash of pepper |
| $\quad$ (chicken flavor) | $11 / 2$ teaspoons scraped onion |

Chop spinach and force through sieve. Add to milk, water, and bouillon cubes in double boiler. Melt butter, add flour and seasonings, and stir well. Add a small amount of hot liquid and stir until smooth. Return to double boiler and cook until slightly thickened, stirring constantly. This soup may be made from left-over spinach. Serves 4.

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## BEEF CHOWDER

$3 / 4$ cup sliced onion
$3 / 4$ cup minced green pepper
6 tablespoons butter
$11 / 2$ pounds chopped beef
$41 / 2$ cups sliced potatoes

7 cups boiling water 3 cups canned tomatoes $41 / 2$ teaspoons salt
Dash pepper
5 tablespoons flour $3 / 4$ teaspoon chili powder

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1 / 2 \text { cup cold water }
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Saute onion and green pepper in butter until tender. Add beef, and cook 10 minutes, stirring occasionally. Meanwhile cook potatoes in boiling water in a large saucepan until tender. Add beef mixture, tomatoes, salt, and pepper and bring to a boil. Combine flour and chili powder and stir to a smooth paste with cold water. Add gradually to chowder, stirring constantly. Heat well and serve. This may be made in advance and stored in Kelvinator for future use. Serves 6 to 8 .
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## CROUTONS

Small cubes of day old bread fried brown and crisp in a very small amount of butter or other shortening, or toasted under the broiler. Serve with cream soups by sprinkling a few over the top of each bowl of soup.

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## CHEESE STICKS

Roll pie pastry into oblong shape, very thin. Spread with a thin layer of cream cheese, place other half over the top and pat gently. Cut in oblong strips one by three inches. Bake in hot oven $475^{\circ}$ F. 10 to 15 minutes. Serve with soup. NOTE: Pastry which has been stored in Kelvinator may be used.

The preparation of an impromptu luncheon is never a problem if your Kelvinator is well stocked with cleaned, crisp, Kelvinatorfresh greens and an assortment of salad dressings.
Salad greens fresh from market should be washed, stripped of outside leaves and stored in the crisper or in a covered container in your Kelvinator.
Salads, healthful and refreshing, may, in simple form, contribute zest to a heavy meal or, in more elaborate form, serve as the principal part of a luncheon.

## MOLDED SHRIMP WITH CUCUMBER SAUCE

| 2 cups broken shrimp | $1 / 2$ cup peas |
| :--- | :--- |
| (or lobster) | 2 egg yolks |
| $1 / 2$ teaspoon salt | $11 / 2$ tablespoons melted butter |
| $11 / 2$ tablespoons sugar | $3 / 4$ cup milk |
| $1 / 2$ tablespoon flour | $1 / 4$ cup vinegar |
| 1 teaspoon mustard | 1 tablespoon gelatin |
| 1 cup celery | 2 tablespoons cold water |

Few grains of cayenne
Mix together dry ingredients, add egg yolks, butter, milk and vinegar. Cook slowly, stirring constantly, until mixture thickens. Soften the gelatin in cold water and add to hot dressing. Stir mixture in order to blẹnd gelatin thoroughly. Cool dressing, fold in shrimp, peas and finely chopped celery. Pour into fish mold or individual molds. Chill in Kelvinator until firm. Serve on bed of watercress and garnish with cucumber sauce.
FROZEN FRUIT DESSERT

| (Salad) |  |
| :--- | :--- |
| 1 cup pears, chopped fine | 2 teaspoons sugar |
| 1 cup fruit salad, chopped fine | 2 tablespoons vinegar |
| 1 cup whipping cream | $1 / 2$ doz. marshmallows |
|  | 2 egg yolks |

Cook egg yolks, sugar and vinegar in double boiler until smooth, add marshmallows. Cook until well blended, stirring constantly. Cool. Add fruits and fold in the whipped cream. Pour into tray and freeze. Serves 8 . If for salad, add one cup toasted almonds.


## CUCUMBER SAUCE

| $1 / 2$ cup cream |  | 2 tablespoons vinegar |
| :--- | :--- | :--- |
| $1 / 4$ teaspoon salt | Pepper | $11 / 2$ cups chopped cucumber |

Beat cream until stiff, fold in seasoning and add vinegar gradually. Then fold in cucumber which has been peeled, chopped and drained. Chill thoroughly in Kelvinator before serving on molded shrimp. Serves 6 to 8 .

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## TOMATO ASPIC JELLY

1 package lemon jello
$12 / 3$ cups tomato juice strained
$1 / 4$ cup lemon juice or vinegar
$1 / 8$ teaspoon pepper
$1 / 8$ teaspoon cloves
$3 / 4$ teaspoon onion juice
$1 / 4$ teaspoon paprika
1 teaspoon salt

Heat tomato juice to boiling and pour over gelatin. When dissolved add vinegar and seasoning. Pour into individual or 1 large ring mold and chill. Serve with one of these combinations: 1. Cabbage and green pepper. 2. Cucumber and tomato cubed. 3. Crabmeat or other sea-food.
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## JELLIED CHICKEN AND VEGETABLE SALAD

| 1 tablespoon gelatin | $1 / 2$ cup cream |
| :--- | :--- |
| $1 / 4$ cup cold water | 1 cup cooked chicken, cubed |
| 1 teaspoon mustard | $3 / 4$ teaspoon salt |
| 3 tablespoons vinegar | 1 cup celery, chopped |
| 1 cup peas | $11 / 4$ cups chicken stock |

Soak gelatin in cold water and dissolve in hot chicken stock. Add seasonings and when cool add cream and chill until partially jellied. Add other ingredients and pour into mold. When set unmold onto platter and garnish. Serves 8.

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## PRINCESSE SALAD

Tomato
Orange

Pineapple Lettuce

Peel a medium size ripe tomato; hollow out the inside working from the bottom. Dice the slices of orange and season with a few drops of lime or lemon juice and sugar. Fill the tomato. Place the filled tomato on a pineapple ring and place on a lettuce bed. Serve cream dressing on side.

## MOLDED CHEESE RING

1 package cream cheese
2 cups cottage cheese
2 tablespoons chopped
green pepper
$1 / 2$ teaspoon salt
$1 / 2$ teaspoon onion
$1 / 2$ teaspoon Worcestershire sauce
1 tablespoon gelatin
2 tablespoons cold water

Soak gelatin in cold water for ten minutes and dissolve over hot water. Mash the cheese and blend with seasonings, onion and green pepper. Add dissolved gelatin and pour in ring mold which has been rinsed with cold water. Set in Kelvinator to congeal. Unmold on platter and fill center with mixed vegetables or chicken or tuna fish salad. Garnish as desired and serve with mayonnaise. Serves 6 to 8 .

## 3

## TWELVE HOUR SALAD

2 eggs, beaten
5 tablespoons lemon juice
5 tablespoons sugar
2 tablespoons butter

2 cups sliced diced pineapple
$1 / 2$ pound cut marshmallows $1 / 4$ pound blanched almonds

2 cups white cherries, cut in halves
Put eggs in double boiler, add sugar and lemon juice, beating constantly until thick and smooth. Remove from fire, add butter and marshmallows and cool. When cold, fold in whipped cream and fruit mixtures. Salad should be made 12 hours in advance and stored in Kelvinator. Unmold and serve on lettuce leaf. Serves 8.
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## CUBAN SALAD (Main Dish Salad)

1 cup stuffed olives
2 medium green peppers
1 teaspoon onion juice
$1 / 4$ teaspoon salt (if pre-
ferred but olives add
some salt.)
$1 / 3$ cup mayonnaise
l cup cream, whipped
2 packages cream cheese (cottage cheese may be used also)

Chop the olives and peppers. Grate the onions to obtain the juice only. Cream cheese and mayonnaise together and add olives, peppers and onion juice. Whip cream until stiff and fold two mixtures together. Pour into Kelvinator tray and chill until firm. Slice or cut into squares and serve on lettuce leaf. Serves 8 .

## SALAD DRESSINGS

## TAVERN DRESSING

| 1 teaspoon dry mustard | 1 teaspoon sugar |
| :--- | :---: |
| 1 tablespoon water | $1 / 2$ teaspoon paprika |
| 1 cup salad oil | 1 teaspoon Worcester- |
| $1 / 2$ teaspoon salt | shire sauce |

2 tablespoons vinegar
Mix water and mustard. Add one tablespoon oil at a time and beat well with a rotary beater after each addition, until one-half cup of the oil has been used. Then add vinegar and seasonings. Add remaining oil, two tablespoons, at a
 time, beating well after each addition. Use this dressing both to mix with and to garnish meat and fish salads. This may be put in covered jar and stored in Kelvinator for future use.

## 3

## MAYONNAISE

| 1 tablespoon sugar | 1 egg |
| :--- | :--- |
| 1 teaspoon salt | 2 cups oil |
| 1 teaspoon ground mustard | 4 tablespoons vinegar |
|  | or lemon juice |

Mix sugar, salt, mustard and egg together, add oil about a tablespoon at a time, beating constantly, with rotary type beater until mixture starts to thicken, then add oil about $1 / 2$ cup at a time. When thick, add lemon juice or vinegar and mix well. Store in covered jar in Kelvinator until ready for use.

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## BOILED DRESSING

| 4 tablespoons sugar | 6 tablespoons vinegar |
| :--- | :---: |
| 1 teaspoon salt | or lemon |
| 2 tablespoons cornstarch | $11 / 2$ cups boiling water |
| 1 teaspoon mustard | 2 tablespoons salad oil |
| 2 egg yolks | or butter |

Mix dry ingredients. Add vinegar, water and salad oil. Cook until thick in double boiler. Add egg yolks beaten and cook one minute longer. Store in covered jar in Kelvinator.

## EQUIVALENT MEASURES

## COMMON MEASURES

| 3 teaspoons $=1$ tablespoonful | 1 cup $=1 / 2$ pint |
| :--- | :--- |
| 16 tablespoons $=1$ cupful | 4 cups $=1$ quart |

## STAPLES

2 tablespoons of butter $=1$ ounce
2 cups of butter = 1 pound
4 tablespoons of flour $=1$ ounce
4 cups of flour (unsifted) $=1$ pound
$41 / 2$ cups of whole-wheat or graham flour $=1$ pound
2 cups of granulated sugar $=1$ pound
3 to $31 / 2$ cups of powdered sugar $=1$ pound
$22 / 3$ cups of brown sugar $=1$ pound
$51 / 2$ cups of ground coffee $=1$ pound
4 cups of cocoa $=1$ pound
2 cups of lard = 1 pound

2 to $21 / 8$ cups of cooking oils $=1$ pound
2 cups of oleomargarine $=1$ pound
2 to $23 / 8$ cups of salt $=1$ pound
$23 / 4$ cups of tapioca $=1$ pound
$61 / 2$ cups of tea $=1$ pound
$51 / 3$ to $61 / 2$ cups of rolled oats $=1$ pound
$22 / 3$ cups of corn meal $=1$ pound
3 to $31 / 2$ cups of corn starch $=1$ pound
$41 / 4$ cups of English walnuts (nut meats) $=1$ pound
3 cups of almonds (nutmeats) $=1$ pound
2 to $21 / 2$ cups of dry beans $=1$ pound

2 cups of rice $=1$ pound

## OTHER EQUIVALENTS

$22 / 3$ to $41 / 2$ cups of apples $=1$ pound 3 cups of apricots, dried $=1$ pound 3 medium-size bananas $=1$ pound $51 / 2$ cups of shredded cabbage $=1$ pound $22 / 3$ cups of cottage cheese $=1$ pound 4 cups of grated cheese $=1$ pound 3 cups of chicken, cooked and diced $=1$ pound

4 cups of cranberries $=1$ pound
2 cups of hamburger steak $=1$ pound
3 cups of chopped onion $=1$ pound
3 cups of peaches, dried $=1$ pound
2 cups of pineapple, broken $=1$ pound
3 to 4 potatoes $($ unpeeled $)=1$ pound
3 cups of raisins $=1$ pound

## SIZES OF CANS

No. 1 can $=11 / 2$ cups
No. 2 can $=21 / 2$ cups
No. $21 / 2$ can $=31 / 2$ cups
No. 3 can $=4$ cups
No. 10 can $=1$ gallon

No. 1 can is used for baked beans, meats, soups, some fruits and vegetables
No. 2 can is used for beans, peas and corn
No. $21 / 2$ can is used for tomatoes, spinach, beets and pumpkin

No. 10 can is used for both fruits and vegetables

