



The
NEW
BANANA

GULF OF MEXICO



FLORIDA

HAVANA

MEXICO

GUATEMALA

TELA
HONDURAS

NICARAGUA

COSTA

RICA

PORT LIMON

ALMIRANTE

PACIFIC

PANAMA

Quick facts—easy to digest like the Banana

NATIONAL AFFAIRS

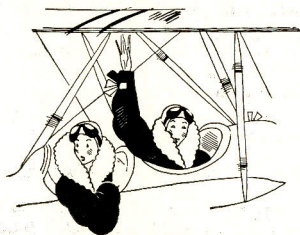
Fit for the President!

Newspapers recently reported how an eleven-year-old Cleveland boy celebrated a visit to the President of the United States by baking him a big *banana* cake.

The lad became interested in cake baking when an electric mixer was installed in his home. His big moment arrived when the President was entertained at tea by his family. The cake was so delicious the President offered on the spot to make the youthful baker Chef of the White House!

Food for Fliers

Each season seems to add more illustrious names to the list of banana-eating fliers.



Outstanding among these are the members of two recent expeditions which made successful transatlantic flights. In both cases bananas constituted the

chief food item of the larders. Quoting one of the leaders, bananas were carried because "the fruit was highly nutritious and would not take much space."

FOREIGN NEWS



From Tropics to Arctic

Literally, bananas now travel from sunny tropics to sunless Arctic—making all stops between! Comes news from Norway that far within the Arctic circle a "ripening" plant has been established. A whole building is heated with temperatures regulated to mature the fruit in sufficient quantities to meet local demand!

250 Miles on Bananas and Milk

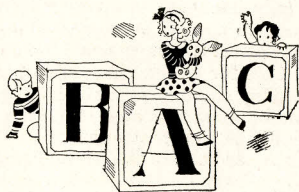
A young Norwegian recently aroused much interest among dietitians by walking from Oslo to Christianssand on a diet of bananas and milk. He averaged 50 miles a day during the four-day journey.

That the combination of bananas and milk constitutes a practically complete food has long been known, but this very fine performance demonstrates how they satisfy the severest claims made upon the body under the greatest physical strain. Said a food authority of Denmark . . . "I do not think he would have been able to accomplish the tramp on any other fare . . . So far from becoming weaker . . . we both noticed how strength increased from day to day."

SCIENTIFIC NEWS

Three Vitamins—A, B and C

Nowadays children scarcely are started on the three R's before they've learned that the A, B, C's are vitamins found in bananas! It's this trio, remember, that is so largely responsible for normal growth, healthy bodies, and the development of good, sound teeth. They also help prevent colds and other infectious diseases, and are important in the regulation of the digestive system. Much of the general vigor and vitality of bodily functions depends on a sufficiency of vitamins in the diet.



MINERALS, TOO

Within recent years, articles and reports almost without number have been pub-

lished on the health properties of bananas. Concerning their mineral content we quote from the eminent food scientist, Dr. W. H. Eddy of Teachers College, Columbia University: "Here, the proportions are of more significance than the actual amounts. The preponderance of calcium and magnesium over phosphorus enables the fruit to combat tendency toward acidosis." This analysis shows the banana's value not only as a regulatory food, but as an agent for offsetting the acid reaction of many other common foods . . . Continuing Dr. Eddy says: "The banana is also a fair source of iron as a red blood manufacturer."



Valuable Food for Children— Digests So Easily

The ripe banana has at least two other food properties that make it valuable for children. It is an important fuel or energy-producing food and is, among all foods, one of the most easily digested. This digestibility, assuring safety to small stomachs, makes the thoroughly ripe banana a standing order of leading physicians in the feeding of infants.

Why We Say "Non-Fattening"

The newer theory of nutrition is concerned not so much with *what* food we eat as the *amounts* and *combinations* in *which we eat it*. The average adult, having the average amount of exercise, requires a daily diet containing 2000 to

3000 calories. An average-size banana contains 100 calories. In the light of this knowledge it is easy to enjoy bananas in the diet without increasing total calories. Avoiding excess fat largely depends upon, first, combining foods with an eye to fulfilling the day's caloric needs, and second, being careful not to overeat. (See standard works on nutrition for detailed information on this point.)

"The Food Value of the Banana," an interesting booklet which quotes from authoritative sources, will be mailed upon request. Write for it.

MARKETING NEWS

Today retailers are offering bananas both by the pound and by the hand, or natural cluster. When a "hand" is cut from the stalk the banana skins are not torn nor the pulp exposed. Thus the fruit's germproof package remains intact . . . In the home bananas should be kept at room temperature, not in the icebox. Excessive cold prevents ripening and checks the development of the fine, natural flavor. A wise plan is to order bananas regularly to insure having some fully ripe ones in the house at all times. A most convenient food to have at hand—always in season, always available, and always economically priced!

TOUCHSTONES

Bananas have helped today's kitchen go modern-minded! Certainly no menu-planning is behind the times that includes such delectables as Banana Frozen Salad (page 13), or Banana Mousse (page 17). Frying or sautéing bananas is another sign of up-to-dateness (page



11), along with serving them spiced (page 11), in sandwiches (page 21), baking them in the skin (page 9), and slicing them in orange juice as a breakfast or any-other-meal cocktail. Remember, bananas are quick and easy to prepare, either as a fruit or a "vegetable."

What Others Say

"The possibilities of the banana as a food resource for the temperate zone have only begun to be developed."—*The World's Food Resources*, Prof. J. Russell Smith.

"Few of the dietary contributions of nature offer us more values with less danger to health."—*Modern Priscilla*, Dr. W. H. Eddy.

"In the routine feeding of the normal baby the banana is of value in supplementing the diet, aiding constipation and often stimulating the appetite."—*Experiences with Banana Feeding in Infants*, Dr. L. von Meysenbug.

"In a well-studied diet for underweight children, bananas and milk should have an important place."—Dr. Hilbert F. Day, President Cambridge Anti-Tuberculosis Association.

"Its portability, palatability, digestibility are immense advantages."—Sir James Crichton-Browne, Fellow of Royal Society.

• YOUR THREE MEALS A DAY ARE

SUNDAY

Breakfast

*Sliced Bananas in Orange Juice
 Baked Sausage Hot Rolls
 Coffee

•
Dinner

Tomato Juice Cocktail
 Celery Olives
 Roast Duck
 Grilled Sweet Potatoes
 Cauliflower with Brown Butter
 Lettuce with Chili Sauce Dressing
 Caramel Ice Cream Macaroons
 Coffee

•
Supper

Poached Eggs with Mushroom Sauce
 Hot Biscuits
 Cabbage and Pepper Salad
 Chocolate Cake or (*Banana Cake)
 Tea

•
MONDAY

Breakfast

Stewed Apricots
 Ready-to-eat Cereal
 Omelet Toast
 Coffee

•
Luncheon

*Bananas with Bacon
 Toasted Biscuits Currant Jelly
 Romaine Salad
 Tea Cake

Dinner

Roast Veal
 Browned Potatoes
 Buttered String Beans
 Celery and Apple Salad
 Pumpkin Pie or (*Banana Cream Pie)

•
TUESDAY

Breakfast

Grapefruit
 Cooked Cereal Bacon
 WholeWheat Rolls or (*Banana Muffins)
 Coffee

•
Luncheon

Tomato Soup
 Toasted Cheese
 Celery
 Tea Hot Ginger Cake

•
Dinner

Curried Veal with Rice
 *Banana Fritters
 Buttered Peas
 Lettuce with French Dressing
 Bavarian Cream

•
WEDNESDAY

Breakfast

Baked Prunes
 Ready-to-eat Cereal
 Boiled Eggs Bran Muffins
 Coffee

*A BANANA delicacy listed in the index, page 24.

SO WELL PLANNED THIS WAY

Luncheon

Vegetable Chowder
 *Banana Jellied Fruit Salad
 Raisin Muffins
 Tea

Dinner

Broiled Steak
 Baked Potatoes or *Fried Bananas
 Baked Stuffed Onions
 Tomato Salad
 Burnt Almond Ice Cream Sponge Cake

THURSDAY

Breakfast

Orange Juice
 Cooked Cereal with Dates
 Omelet Toasted Muffins
 Coffee

Luncheon

Italian Spaghetti
 Sliced Raw Carrots
 Baked Apples Tea

Dinner

Baked Ham
 Creamed Potatoes Spinach
 Cabbage and Pineapple Salad
 *Banana Custard Pudding

FRIDAY

Breakfast

Stewed Figs or *Sliced Bananas

Ready-to-eat Cereal
 Poached Eggs Toast
 Coffee

Luncheon

Crab and Celery Salad
 Tea
 *Banana Waffles

Dinner

Baked Stuffed Fish
 Mashed Potatoes
 Turnips with Sour Sauce
 Cranberry Tapioca

SATURDAY

Breakfast

Baked Pears
 Cooked Cereal
 Bacon Hot Rolls
 Coffee

Luncheon

Ham Souffle
 Lettuce with French Dressing
 Crackers Cheese
 Marmalade

Dinner

Broiled Chops
 Oven Fried Potatoes Beets with Greens
 *Banana Mousse or (Shortcake)

*A BANANA delicacy listed in the index, page 24.



Cereal and fruit for breakfast—certainly. But remember, there are fruits and fruits, while the banana is a full-bodied, satisfying FOOD. It boasts one of the most delectable tastes in the world—and no hunger pains gnaw an hour or so after a hearty bowl of cereal and bananas.

• THE BANANA FOR BREAKFAST •

As the First Course

Something new and quite delicious is bananas sliced in orange juice. A particularly happy suggestion in these days of light breakfasts, when little else besides fruit and coffee is considered essential by the business man making a dash for the office; or the woman making a valiant attempt at reducing . . . Another satisfactory all-fruit combination is that of grapefruit sections and juice, fresh or canned, with sliced bananas.

Banana and Orange Juice Cocktail

4 bananas
1½ cups orange juice

Slice or dice bananas into sherbet glasses or sauce dishes and cover with orange juice. Serve with spoon.

Banana in the Skin

Slit the skin and roll a section back toward stem end. Slice the banana, allowing all the slices to remain in place in the skin. Serve with a fork—on a fresh green leaf for color.

As the Main Dish

Baked bananas are a favored breakfast dish in some households. Baked in the skin or out, they are as certain of a hearty welcome at breakfast as at luncheon. Then for a leisurely and heavier breakfast—perhaps on Sunday morning—try that savory combination of bananas broiled with bacon, which is one of the most popular of luncheon dishes. For directions turn to page 9.

For those who go in for breakfast as a real meal there is nothing more delicious than waffles or griddle cakes or muffins, all made with bananas sliced and put right into the batter. Recipes for waffles

and muffins are found in other sections of this book.

Banana Griddle Cakes

3 cups flour
4½ teaspoons baking powder
¼ cup sugar
1 teaspoon salt
1 egg
2 cups milk
¼ cup melted fat
1½ cups sliced bananas

Mix and sift dry ingredients. Beat the egg, add the milk, and stir gradually into the dry ingredients. Add the melted fat, then the bananas, and drop by spoonfuls on a hot griddle. Cook on one side until full of bubbles, turn, and cook on the other side.

Bananas on French Toast

1 egg
¾ cup milk
1 teaspoon sugar
¼ teaspoon salt
6 slices bread
4-6 bananas
Currant jelly

Beat egg slightly, add milk, sugar and salt. Dip slices of bread in this mixture and fry until golden brown in butter or in deep fat. Slice bananas and pile on each piece of fried bread. Dot with currant jelly and serve at once.

Banana Toast

6 slices bread
Butter
3 bananas
Sugar

Cut slices of bread ¼ inch thick. Spread lightly with butter, then cover each slice with a layer of sliced bananas. Sprinkle lightly with sugar and brown delicately under the broiler.

UNLESS OTHERWISE STATED ALL RECIPES SERVE SIX.

Seven



Luncheon—that meal which demands special planning—has brought banana dishes squarely into the spotlight. Bananas and bacon, for instance! Fried in deep fat or sautéed, bananas add a touch of genius to creamed chicken, veal bordered with rice or frizzled beef.

• FOR LUNCHEON AND DINNER •

Banana Waffles

$2\frac{3}{4}$ cups pastry flour, or
 $2\frac{1}{2}$ cups bread flour
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
3 eggs
 $\frac{1}{2}$ cup oil or melted shortening
 $\frac{1}{2}$ cups milk
 $1\frac{1}{2}$ cups sliced bananas

Mix and sift the dry ingredients. Beat the eggs and stir in the oil or melted shortening. Add the milk, then the dry ingredients all at once. Beat until thoroughly mixed, stir in the bananas, and bake in hot waffle iron about five minutes.

Bananas with Bacon

6 bananas
 $\frac{1}{4}$ pound bacon

Roll half lengths of peeled bananas in strips of bacon. Secure with toothpick, if necessary. Broil under flame; or bake in oven-proof dish in a hot oven, 450° F., about fifteen minutes, or until bananas are tender and bacon is crisp. Baste at least once during the baking . . . Whole bananas may be wrapped in bacon and cooked in the same way.

Banana Fruit Cup

2 large bananas
3 tablespoons lemon juice
1 No. 2 can mixed fruits (or
2 cups sliced fresh fruit)

Peel and dice bananas. Drain off juice (if canned fruit is used), and cut fruit in small pieces and chill. Mix bananas, fruits and lemon juice and add the drained fruit juice. Serve in fruit cups and garnish with red cherry . . . Use either as fruit cup or dessert.

Banana Fritters

6 bananas
Powdered sugar
2 tablespoons lemon juice
Fritter batter

Peel bananas and cut in halves, first lengthwise, then crosswise. Sprinkle with powdered sugar. Dip in the fritter batter, and fry in deep hot fat, 395° F., until brown. Turn fritters frequently while cooking.

Fritter Batter

$1\frac{1}{2}$ cups flour
2 teaspoons baking powder
2 tablespoons powdered sugar
 $\frac{1}{4}$ teaspoon salt
 $\frac{2}{3}$ cup milk
1 egg

Mix and sift dry ingredients. Combine milk and well beaten egg and add to dry ingredients, while beating constantly. The batter should be thick enough to entirely coat the fruit. If too thick, add more liquid; if too thin, add more flour.

Baked Bananas

Method I. Bake bananas in the skins on the rack of a moderate oven, 375° F., ten to fifteen minutes, or until dark in color and soft to the touch. Serve with the meat course in the skins; or peel carefully, sprinkle with powdered sugar and a few drops of lemon juice, and serve hot as a dessert.

Method II. Peel bananas. Arrange in shallow, oven-proof baking dish and sprinkle with lemon juice. Bake in moderate oven, 375° F., ten to twelve minutes, or until tender. Sprinkle with powdered sugar and serve hot.

UNLESS OTHERWISE STATED ALL RECIPES SERVE SIX.



A real meat accessory! Baked, fried or spiced (as pictured), bananas make new dishes of broiled steak, chops, ham or cold cuts . . . For a quick oven meal, try baked sausage, sweet potatoes, and bananas baked in the skin. A come-back-for-more trio if there ever was one!

THE BANANA WITH MEATS

Glazed Bananas with Pineapple

3 bananas
3 slices canned pineapple
Granulated sugar

Cut bananas and pineapple slices in halves. Arrange in a shallow baking dish and sprinkle with sugar. Bake in a moderate oven, 375° F., about ten minutes or until sugar is melted. Serve with meat.

Fried Bananas

Peel bananas, cut in halves crosswise or in quarters, and roll in sifted dry bread crumbs or in rolled cornflake crumbs. Fry in very hot deep fat, 395° F., until light brown. Drain on soft paper and serve with broiled chops, steaks or ham. . . . A simpler method is to split bananas, roll in flour and sauté on both sides, using a small amount of butter in a hot frying pan. . . . Bananas may also be broiled in three or four minutes. Peel and place under broiler during the last few minutes that meat is broiling.

Stuffed Baked Apples

1½ cups sugar
¼ cup water
6 apples
1 or 2 bananas
1 tablespoon butter
6 marshmallows

Make a syrup by boiling sugar and water together three minutes. Core apples and pare tops. Fill cavities with thinly sliced bananas and arrange in a baking pan. Pour the syrup over them and bake about half an hour, until tender, in a moderate oven, 385° F. When done, dot each apple with a little butter and

baste well with remaining syrup; then place marshmallow on each and put them back into the oven to brown.

Banana-Applesauce

A variation from the usual applesauce that accompanies duck or pork may be found by utilizing bananas with apples.

2 apples
4 bananas
½ cup water
1 small stick cinnamon
⅓ cup sugar

Pare apples and bananas and cut in small pieces. Add water and cinnamon, and cook until soft. Take out cinnamon, rub through a sieve and add sugar.

Spiced Bananas

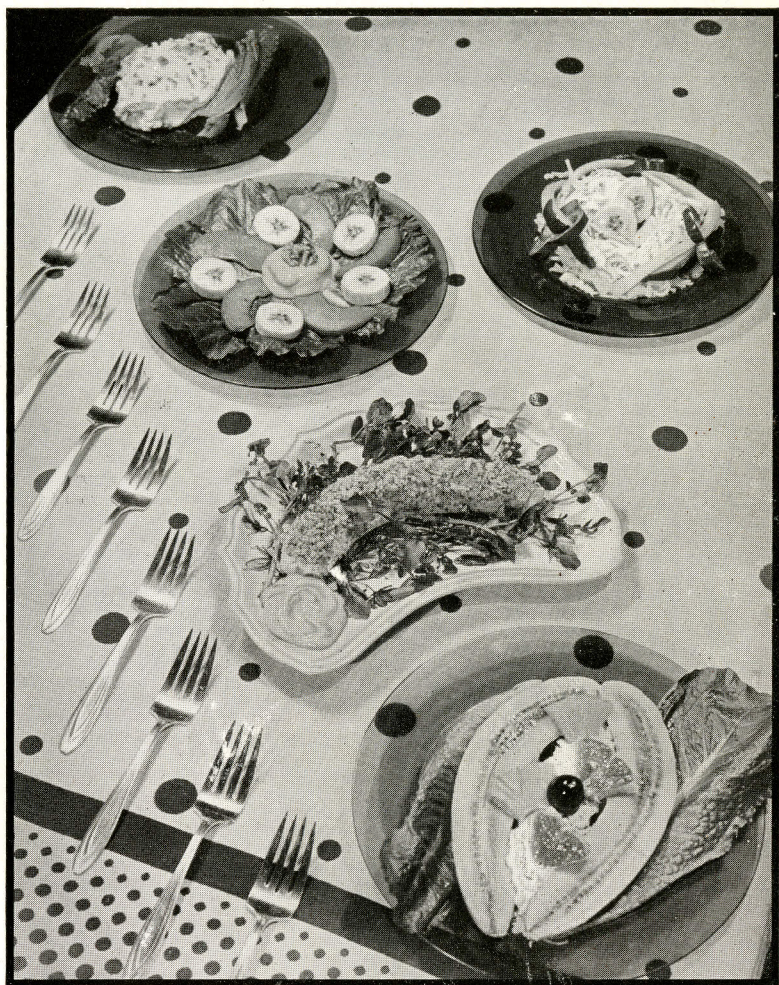
¾ cup vinegar
⅔ cup sugar
24 whole cloves
1 small stick cinnamon
3 bananas

Boil vinegar, sugar, cloves and cinnamon until sugar is dissolved and the bubbles begin to look thick. Peel bananas, drop into the hot syrup and boil hard for two minutes. Remove from fire and cool. Bananas may be cut in smaller pieces if desired. See photograph.

Banana — Jelly Garnish

To prepare an attractive and appetizing garnish for roast chicken or other fowl, arrange cubes of brightly colored jelly on short sections of banana, sliced lengthwise. Place around the edge of the platter when chicken is ready to serve.

UNLESS OTHERWISE STATED ALL RECIPES SERVE SIX.



A banana rolled in nuts, garnished with mayonnaise and served on lettuce or watercress is satisfying enough for a main luncheon dish. The same thing is true of the "banana split" salad, also illustrated. Here, the cream cheese is studded with pineapple and orange sections.

• THE BANANA FOR SALADS •

Banana Frozen Salad

- 1 *tablespoon lemon juice*
- 1 *teaspoon salt*
- 2 *tablespoons mayonnaise*
- $\frac{1}{2}$ *pound cream cheese*
- 2 *tablespoons crushed pineapple*
- $\frac{1}{2}$ *cup cut cherries*
- $\frac{1}{2}$ *cup cut walnut meats*
- 1 *cup cream, whipped*
- 3 *well ripened bananas, cut in cubes*
- Lettuce*

Add lemon juice and salt to mayonnaise and stir into cheese. Mix with pineapple, cherries, nuts and fold in cream. Last, add the bananas cut in cubes. Turn into trays in automatic refrigerator, or place in mold and pack in salt and ice, and freeze about three hours. Serve with lettuce, as shown in top photograph.

Banana and Cabbage Salad

- 2 *cups cabbage*
- $\frac{1}{2}$ *cup mayonnaise*
- 1 *pimiento*
- 2 *sliced bananas*

Shred cabbage, mix lightly with mayonnaise, and arrange in ring as in photograph. Fill with bananas, garnish with strips of celery and pimiento.

Banana and Tomato Salad

- 6 *lettuce leaves*
- 2 *tomatoes*
- 2-3 *ripe bananas*
- $\frac{1}{4}$ *cup French dressing*
- Mayonnaise*

Arrange the lettuce on a platter. Place on each leaf a thick slice of peeled tomato and on this arrange sliced bananas. Cover with French dressing and garnish with mayonnaise.

Jellied Fruit Salad

- 1 *package flavored lemon gelatine*
- 1 *cup boiling water*
- 1 *cup canned pineapple juice*
- 1 *tablespoon vinegar*
- $\frac{1}{2}$ *teaspoon salt*
- 1 *cup canned pineapple, diced and*
- 2 *sliced bananas* [*drained*]

Dissolve lemon or lime flavored gelatine in boiling water. Add pineapple juice, vinegar, and salt. Chill. When slightly thickened, add pineapple and bananas. Turn into individual molds. Chill in refrigerator until set. Unmold on crisp lettuce. Garnish with mayonnaise.

Banana-Pineapple Rounds

- 6 *slices canned pineapple*
- Lettuce*
- 2 *bananas*
- $\frac{1}{3}$ *cup lemon juice*
- 2 *cups grapes*
- $\frac{1}{2}$ *cup mayonnaise*

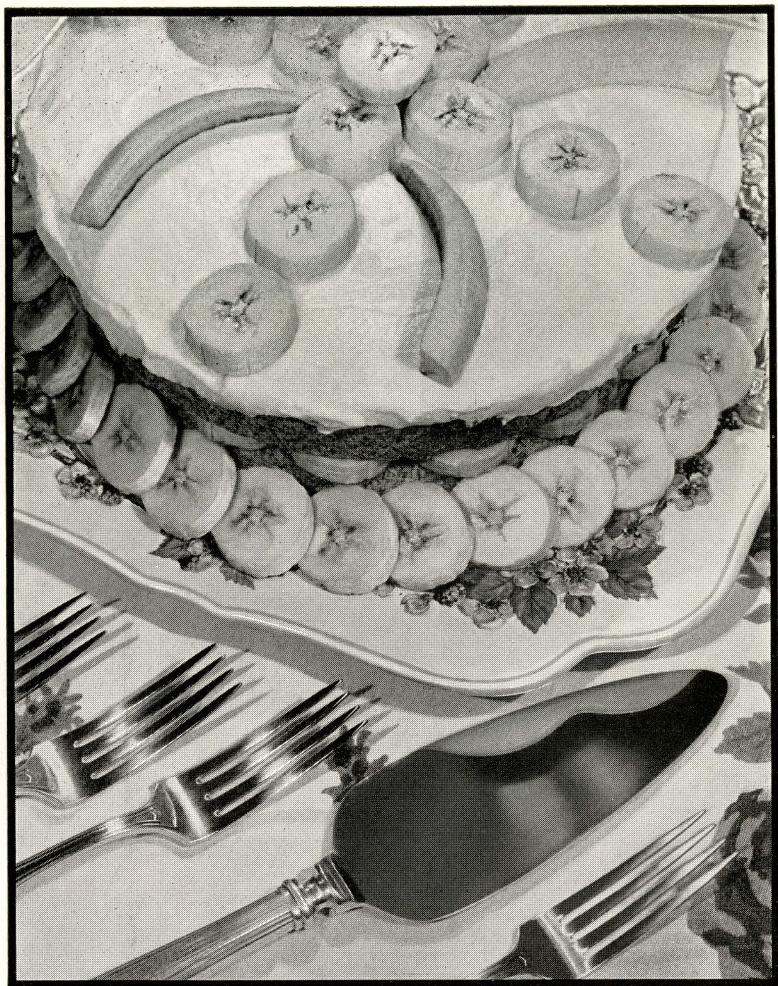
Arrange slices of pineapple on lettuce leaves. Slice the bananas, and cover with lemon juice. Let stand five minutes and drain. Arrange a circle of banana slices around outside edge of each piece of pineapple. Heap some of the grapes (halved and seeded) in center of each pineapple slice. Garnish with remainder of grapes and mayonnaise.

Banana Pinwheel

In combination with other fruits, such as sliced canned peaches in the "pinwheel" salad (illustrated), bananas furnish a dish suitable as either salad or dessert for luncheon or dinner . . . French or mayonnaise dressing may be used with all banana salads.

UNLESS OTHERWISE STATED ALL RECIPES SERVE SIX.

Thirteen



Banana shortcake, see page 18, is a quick dessert that more than pleases! But bananas crushed and put right into a batter—perhaps this idea is new to you. If so, do try it. You'll have a cake so moist and tender it melts into delicious bits with every bite.

• FOR HOT BREADS AND CAKE •

Banana Tea Cake

- $\frac{1}{4}$ cup butter
- $\frac{1}{4}$ cup sugar
- 1 egg
- 4 teaspoons baking powder
- 2 cups flour
- $\frac{1}{2}$ teaspoon salt
- 1 cup milk
- $1\frac{1}{2}$ thinly sliced bananas
- $\frac{1}{2}$ cup sugar
- 2 teaspoons cinnamon

Cream the butter and add the sugar and well beaten egg. Sift the baking powder with the flour and salt. Add to the first mixture, alternating with the milk, then fold in bananas. Pour mixture into two greased pie pans, sprinkle with mixed sugar and cinnamon, and bake thirty minutes in moderately hot oven, 400° F.

Banana Muffins

For muffins, use the tea cake batter; but bake in muffin pans about twenty-five minutes. Sugar and cinnamon may be omitted.

Banana Bran Muffins

- 1 cup bran
- 1 cup sour milk
- 2 tablespoons butter or shortening
- 4 tablespoons sugar
- 1 egg
- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon soda
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon cinnamon
- $\frac{3}{4}$ cup banana cut very fine

Soak bran in sour milk. Cream together the butter or shortening and the sugar. Add egg and beat well. Mix and sift flour, soda, baking powder, salt and cinnamon, and beat into creamed mixture alternately with soaked bran. Now fold in bananas and pour into greased

muffin tins. Bake in moderately hot oven, 400° F., about twenty-five to thirty minutes.

Banana Cake

- $\frac{1}{2}$ cup shortening
- $1\frac{1}{2}$ cups sugar
- 2 eggs
- 2 cups flour
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{3}{4}$ teaspoon soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup sour milk
- 1 cup mashed bananas
(2 or 3 bananas)
- 1 teaspoon vanilla
- 1 cup cream, whipped and sweetened
- 2 bananas sliced

Cream shortening and add sugar gradually. Stir in the well-beaten eggs. Sift flour, baking powder, soda and salt together, and add alternately with the sour milk and bananas, which have been mashed through a sieve. Flavor, pour into greased and floured layer cake pans, and bake thirty minutes in a moderate oven, 375° F. When layers are cold, put together with whipped cream and sliced bananas, and spread whipped cream over top of cake. Garnish with slices of banana. Banana frosting may be used instead of the whipped cream.

Banana Frosting

- $\frac{1}{2}$ cup banana pulp (1 banana)
- $2-2\frac{1}{2}$ cups confectioner's sugar
- Salt
- 1 teaspoon lemon juice
- $\frac{1}{2}$ teaspoon vanilla

Mash banana with a silver fork and beat in sifted confectioner's sugar until the mixture is thick enough to spread. Add salt and flavoring . . . To make a "hard" sauce for pudding, use a little more sugar and pile in a dish.

UNLESS OTHERWISE STATED ALL RECIPES SERVE SIX.



Bananas are something to rave about in pies and tarts For icebox desserts, too, so newly popular with the universal use of automatic refrigerators, they are delectable. They give the mixture a creamy, melt-in-the-mouth smoothness. A frozen mousse is illustrated.

THE BANANA FOR DESSERTS

Banana Mousse

- 1 egg
- 3 tablespoons sugar
- 1 tablespoon flour
- 1 cup milk
- Salt
- 1 teaspoon vanilla
- 1 cup banana pulp
- 1 cup cream whipped, or
- 1 cup evaporated milk, whipped

Beat egg well. Add sugar, stir in flour and milk, and stir over hot water until thick. When cool, add salt, vanilla, crushed banana, whipped cream (or whipped evaporated milk), and blend well. Freeze in automatic refrigerator (or pack in salt and ice) about three hours, or until set. (To whip evaporated milk, scald, chill well, beat until stiff.)

Banana-Apricot Mousse

- 1 cup banana pulp (2 bananas)
- $\frac{3}{4}$ cup apricot pulp
- 3 tablespoons lemon juice
($\frac{1}{2}$ lemon)
- $\frac{1}{8}$ cup apricot juice
- $\frac{1}{3}$ cup powdered sugar
- Salt
- 1 cup cream or evaporated milk

Mash bananas with a silver fork. Press canned apricots through a sieve and stir in banana pulp. Add lemon juice, apricot juice, sugar and salt, and beat well. Whip cream or milk and fold into the first mixture. Freeze in automatic refrigerator (or pack in salt and ice) until set.

Banana Ice Cream

- $\frac{1}{2}$ cup banana pulp
- $\frac{1}{2}$ cup sugar
- Salt
- 2 tablespoons lemon juice
- 1 $\frac{1}{2}$ cups light cream

Crush bananas. Add sugar, salt and lemon juice. Stir cream into mixture. Freeze with 8-1 ice and salt mixture. This makes $\frac{3}{4}$ quart of banana ice cream, or four to six portions.

Golden Loaf

- 12 marshmallows
- 2 tablespoons pineapple juice
- $\frac{1}{2}$ cup whipped cream
- 6 lady fingers
- 3 tablespoons crushed pineapple
- 2 bananas

Heat the pineapple juice and marshmallows until dissolved. Remove from fire and beat until cool. Add whipped cream and beat again. Line automatic refrigerator tray with the lady fingers, then the crushed pineapple, then the beaten mixture. Freeze from 2 to 3 hours, until set. When frozen, remove to a plate, cover with whipped cream, and garnish with slices of ripe banana.

Banana Charlotte

Line sherbet glasses with lengthwise quarters of bananas arranged to represent lady fingers. Fill center with diced bananas. Top with a spoonful of whipped cream, and add a red or green cherry, mint leaves, or other colorful decoration. Banana Charlotte is a hurry-up dessert that has all the effectiveness of a "company" dish.

Banana Cream Cake

- Sponge cake
- Cream custard filling
- Bananas
- Powdered sugar
- Whipped cream

Split a sponge cake and cut into squares. Spread the lower layer with custard cream filling (see recipe for banana pie),

UNLESS OTHERWISE STATED ALL RECIPES SERVE SIX.

• THE BANANA FOR DESSERTS •

and sliced bananas. Sprinkle top with powdered sugar and sliced bananas. Garnish with whipped cream. Use orange, caramel or vanilla-flavored custard.

Fruit Cups or Cocktails

The flavor and texture of the banana in chilled fruit cups or compotes is most acceptable—either as appetizer, or as dessert at the end of the meal.

Ginger Ale Fruit Cup

Cut peeled bananas into dice or into balls with a cutter. Fill cocktail glasses three-quarters full. Add a tablespoon of crushed ice. Fill glasses with ginger ale. Sprinkle with finely cut mint leaves or green garnishing cherries.

Banana and Oxheart Cup

Arrange a few pitted black oxheart cherries on cubes of banana in cocktail glasses. Fill glasses with well chilled pineapple juice.

Banana-Apple Snow

$\frac{1}{2}$ cup apple pulp
 $\frac{1}{3}$ cup banana pulp
3 egg whites
3 tablespoons sugar
2 teaspoons lemon juice
Sliced bananas

Pare and scrape or grate one medium-size apple and peel and crush one banana. Beat whites of eggs stiff, adding sugar gradually as for meringue. Add pulp, beating constantly, then lemon juice. Pile into sherbet glasses, chill and serve. Serve over sliced bananas.

Banana Shortcake

2 cups flour
3 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
4 tablespoons sugar
 $\frac{1}{3}$ cup shortening
 $\frac{1}{2}$ to $\frac{3}{4}$ cup milk
4-5 sliced bananas
1 cup cream, whipped

Mix and sift dry ingredients and rub in the fat with the fingers or cut in with a knife. Add liquid enough to make a soft dough. Divide the dough in half and roll or pat each half the same shape and size. Place one layer on a greased pan, butter slightly and top with the other layer. Bake fifteen to twenty minutes in hot oven, 450° F. Split, and cover one layer with sliced bananas. Place the other crust on top, cover with whipped cream, and garnish with sliced bananas.

Banana Cream Tarts

6 tart shells
3 bananas
1 cup cream, whipped
1 tablespoon candied orange peel

Slice the bananas and arrange in tart shells. Cover with whipped cream and garnish with candied orange peel cut in small pieces. Two tablespoons powdered sugar may be added to the cream if desired. If the orange peel is not used, flavor cream with one teaspoon vanilla.

Banana Tarts with Apricot Glaze

Bake individual pastry shells, fill with sliced bananas and cover with apricot glaze.

$\frac{1}{4}$ pound dried apricots
 $1\frac{1}{2}$ cups water
 $\frac{1}{4}$ cup sugar

UNLESS OTHERWISE STATED ALL RECIPES SERVE SIX.

• THE BANANA FOR DESSERTS •

Soak apricots in water several hours. Drain, remove skins, return to water in which they were soaked, cook slowly fifteen minutes. Press through a sieve, add sugar, mix thoroughly and pour over tarts filled with bananas. Cool and serve.

• *Banana Pie*

1 *baked pastry shell* (or
6 *tart shells*)
 $\frac{3}{4}$ *cup sugar*
 $\frac{1}{3}$ *cup flour*
 $\frac{1}{8}$ *teaspoon salt*
2 *eggs*
2 *cups scalded milk*
1 *teaspoon vanilla*
3 *sliced bananas*
 $\frac{3}{4}$ *cup cream, whipped*

Mix sugar, flour and salt. Add eggs, slightly beaten, and pour on gradually scalded milk. Add flavoring and cook fifteen minutes in double boiler, stirring constantly until thickened, then occasionally. Put in shell, cool, add bananas and cover with whipped cream.

• *Banana Cream Pie*

Slice 6 bananas. Mix thoroughly with 1 cup stiffly beaten cream to which has been added 1 tablespoon powdered sugar and $\frac{1}{2}$ teaspoon vanilla. Fill baked tart or pie shells with this mixture. Sprinkle with grated bitter chocolate if desired.

• *Gingerbread Shortcake*

3 *tablespoons shortening*
 $\frac{1}{2}$ *cup sugar*
1 *egg*
 $\frac{1}{2}$ *cup molasses*
 $1\frac{3}{4}$ *cups flour*
1 *teaspoon baking powder*
 $\frac{1}{2}$ *teaspoon soda*
 $\frac{1}{2}$ *teaspoon salt*
1 *teaspoon ginger*

$\frac{1}{2}$ *teaspoon cinnamon*
 $\frac{1}{2}$ *cup boiling water*
2 *bananas*
1 *cup heavy cream*

Cream the shortening with the sugar. Add egg and molasses. Sift and add dry ingredients. When thoroughly mixed add boiling water. Bake in a moderate oven, 375° F., in two greased layer cake pans. When cool, place sliced bananas between and on top of cake layers. Cover with whipped cream and banana slices.

• *Baked Bananas with Marshmallows*

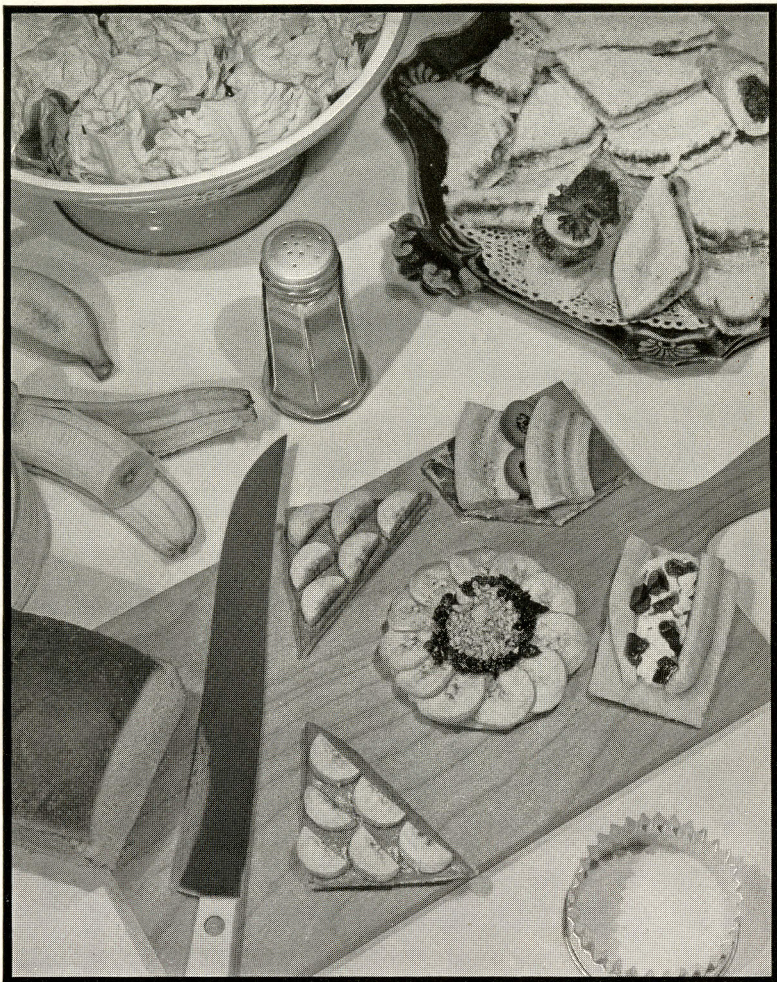
Peel and split bananas, and place flat side up in a baking pan. Cut marshmallows in halves, using two whole or four halves to each half of banana. Place on the split bananas, and bake in a moderate oven, 375° F., about ten minutes, or until marshmallows are brown.

• *Banana-Caramel Custard*

$\frac{1}{2}$ *cup sugar*
2 *cups scalded milk*
2 *tablespoons flour*
2 *egg yolks*
 $\frac{1}{2}$ *teaspoon vanilla*
3 to 4 *sliced bananas*
12 to 20 *marshmallows*

Put sugar in frying pan, and stir constantly over a low fire until melted. Add this (caramel) to scalded milk, stir until dissolved, then add to flour mixed with beaten egg yolks, and place in double boiler. Cook about ten minutes, stirring constantly until mixture thickens. Add vanilla and pour over sliced bananas in baking dish. Cover with whipped cream, marshmallows or meringue, and brown in moderate oven, 375° F. For vanilla custard, use the sugar plain instead of caramelized, and add one teaspoon vanilla.

UNLESS OTHERWISE STATED ALL RECIPES SERVE SIX.



Bananas in sandwiches—have you tried them? Crushed, bananas are a “natural mayonnaise.” Attractive sandwiches of the open or canape type are made by arranging sliced bananas on rounds of bread whose centers are filled with nuts, and chopped dates or raisins. See photograph.

• THE BANANA IN SANDWICHES •

Banana and Peanut Butter

Spread creamed butter on half the slices of bread and peanut butter on the others. On each of the latter slices place a leaf of crisp lettuce, or shredded lettuce, and cover with sliced bananas. Spread with mayonnaise, add a dash of salt, and put sandwiches together.

Banana, Creamed Cheese and Jelly

Butter the bread and slice. Spread half the slices thickly with cream cheese, then a thin layer of jelly. Cover with rounds of banana, and put sandwiches together with or without lettuce.

Banana and Sliced Ham

Butter the bread and slice. On half the slices arrange sliced ham and cover with rounds of banana. Add sweet pickle cut in lengthwise slices and enough mayonnaise to moisten. The mayonnaise may be omitted and the bananas sprinkled with a little salt before the sandwiches are put together.

Banana, Bacon and Apple

Crisp 4 slices bacon and chop into bits. Mix with $1\frac{1}{2}$ crushed bananas and 1 apple. Add salt if necessary, and put with lettuce leaves between buttered slices of bread. Makes six to eight sandwiches.

Banana and Apricot

Soak $\frac{1}{4}$ pound dried apricots in cold water. When soft, skin and chop or run through grinder. Crush $1\frac{1}{2}$ bananas and add to apricots. Butter half the slices of bread, spread mixture on the others, and put together. Makes six to eight sandwiches.

Banana and Deviled Ham

Mix $2\frac{1}{2}$ ounce can deviled ham and $2\frac{1}{2}$ crushed bananas thoroughly. Spread mixture between buttered slices of bread, with or without lettuce leaves. Makes six to eight sandwiches.

Banana, Raisin and Nut

Mix $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup chopped nuts and $1\frac{1}{2}$ crushed bananas. Salt to taste. Spread between buttered slices of bread. Mayonnaise may be added to the mixture. Prunes or dates may be used instead of raisins. Makes six to eight sandwiches.

Banana and Liverwurst

Mash $\frac{1}{4}$ pound liverwurst sausage and mix with 1 large banana and 3 or 4 tablespoons tomato ketchup or chili sauce. Salt to taste. Butter half the slices of bread, spread mixture on the others and put together. Makes six to eight sandwiches.

Banana and Cottage Cheese

Crush 1 large banana and mix with $\frac{1}{2}$ cup cottage cheese and 6 stuffed olives, chopped fine. Salt to taste. Place with lettuce leaves between buttered slices of bread. Makes six to eight sandwiches.

Banana and Chopped Peanut

Mix $\frac{1}{2}$ cup chopped salted peanuts and $1\frac{1}{2}$ crushed bananas. Spread mixture between buttered slices of whole wheat or white bread. A little mayonnaise may be added. Makes six to eight sandwiches.



Today's children have joined the "banana brigade." How lucky for mothers. Children don't always unerringly choose what is good for them! Bananas satisfy that craving for "something good" in a simple, economical, and beneficial form. A HEALTH custard is illustrated.

BANANAS FOR CHILDREN

A Treat in Natural State

What could be more delightful at any hour than a fine ripe banana in the skin! Fortunately, few foods have more to offer children from the standpoint of energy-building food value and ease of digestion.

Occasionally ripe bananas may serve as dessert. Again, they may be utilized in simple combinations with custard, whipped cream and marshmallows—to make something entirely different! On still another day, they put in an appearance at breakfast—with cream, with cereal, or in a dish with foaming, luscious orange juice.

Make a Practice of Baking Them

Children delight in baked bananas at mealtime. The fruit may be baked and served in the skin, or peeled before baking. In this case a sprinkling of lemon juice should be used to prevent darkening. See recipe on page 9.

Junior Custard

4 tablespoons sugar
1 tablespoon cornstarch
 $\frac{1}{4}$ teaspoon salt
1 egg or 2 yolks
2 cups scalded milk
 $\frac{1}{2}$ teaspoon vanilla

Mix sugar, cornstarch and salt; add egg slightly beaten. Pour in scalded milk, stirring constantly. Cook in double boiler until thick enough to coat the spoon. Cool, flavor and top with whipped cream and diced banana. See photograph.

Banana and Apple Brown Betty

3 cups bread
3 tablespoons butter
2 apples
3 bananas
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ teaspoon cinnamon

Cut bread into dice and sauté with butter until brown. Peel apples and bananas, cut very thin. Dredge with sugar mixed with cinnamon. Cover bottom of baking dish with the bread, then add fruit and remaining bread in alternate layers, saving a few of the crumbs to put on top. Bake one-half hour, covered, and the last fifteen minutes uncovered, in a moderate oven, 375° F.

Campfire Bananas Broiled in the Open

Let the children broil bananas over an open fire. Few foods are more delicious out in the open. Just spear the bananas with pointed sticks and hold over the flame.

Roasted bananas are another campfire treat. Prick the skins with a fork three times, and place in very slow campfire coals. Cover with ashes, and roast five to ten minutes.

For Party Desserts

Delectable party desserts may be prepared by using lady fingers or sponge cake to line the dish, then adding sliced bananas covered with custard. Top the whole with whipped cream, meringue or toasted marshmallow, and funny little animal crackers.

UNLESS OTHERWISE STATED ALL RECIPES SERVE SIX.

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• FOR YOUR CONVENIENCE •

Banana Notes

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The digestibility of any fruit is largely a matter of ripeness. Bananas certainly are no exception. When ripe, or when cooked, no fruit is more digestible.

Like so many fruits, the banana has both a "cooking" stage and an "eating" stage.

COOKING STAGE—When the tips are green, cook bananas as a delicious vegetable, or keep a few days for ripening. Always ripen the bananas at room temperature; never place them in the icebox.

EATING STAGE—When all yellow, the banana is ready for immediate eating. The familiar brown flecks are additional signs of perfection—both in flavor and in the food value of the banana.

The distinctive flavor of bananas is pleasantly varied by their degree of ripeness—and by cooking.

To keep sliced or cubed bananas from turning dark until serving time, cover them with any canned or fresh fruit juice or sprinkle with lemon juice.

Ripe bananas may be whipped in a few minutes into the consistency of heavy cream, providing a basis for cake frosting, for milk drinks, pudding sauces and desserts.

Adding the beaten pulp of one ripe banana to each cup of mayonnaise makes a delicious dressing for fruit salad.

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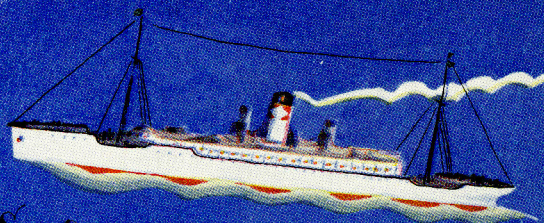
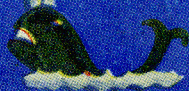
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