

RELIABLE RECIPES

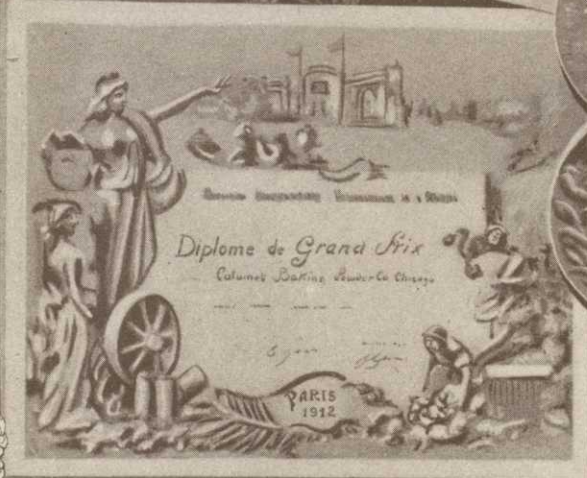
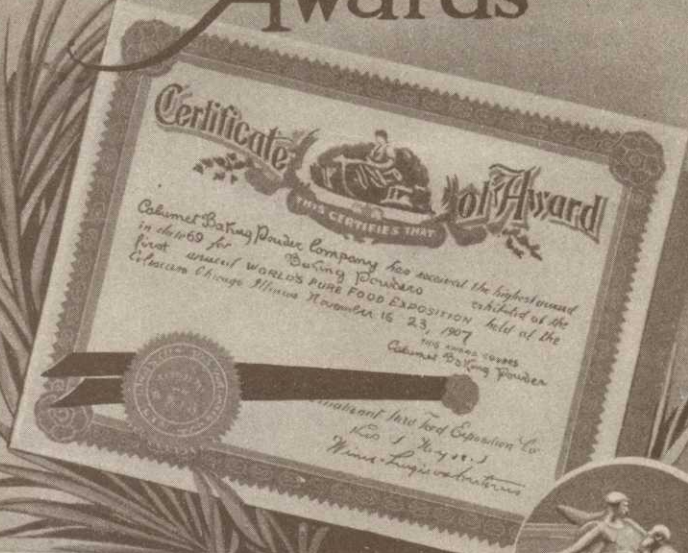


"ALWAYS WELCOME"

**CALUMET
BAKING POWDER
CO.**

CHICAGO, ILL., U.S.A.

Awards



Highest Award World's Pure Food Exposition
Chicago
Grand Prize and Gold Medal, Paris Exposition 1912

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Reliable Recipes

and

Helpful Hints

A **CONCISE** compend of tested recipes, which make most delicious dishes, together with a compilation of helps and hints of value to every housekeeper. Every baking recipe given herein has been repeatedly tested by and is regularly used in the Calumet Baking Schools.

This is a Calumet Cook Book and the recipes contained in it are proportioned for the use of Calumet Baking Powder. For the best results use Calumet exactly according to directions.

Published
by
CALUMET
BAKING POWDER
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CHICAGO



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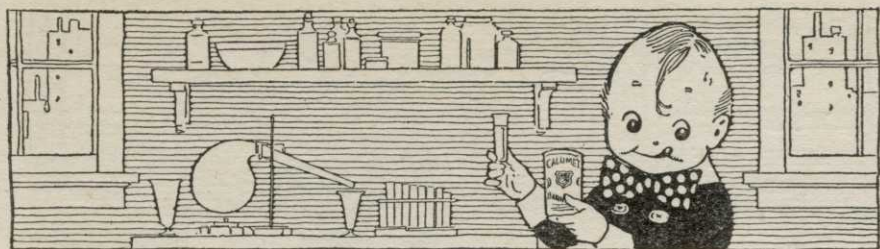
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What Baking Powder Is

BAKING POWDER is not a food, but it is a preparer of food. A great many people, through misleading advertisements, have been led to believe that they eat Baking Powder, but this is not the case.

Baking Powder is put in the food, not to be part of it, like flour, but simply as a convenient means of making the breads, cakes and biscuits light and sweet; in fact, it is used only for the leavening gas it produces. When you mix certain substances, under the proper conditions, they combine, and through what chemists call a reaction, change their nature entirely. This is especially true of all mixtures giving off leavening gas in which it is found the substance left is in no way like the substance put into the mixture. In baking powders this is always the case. And the part left in the food—the part you eat—is entirely different from any of the original ingredients.

Cream of Tartar Baking Powders, or the powders "made from grapes," which are so widely advertised as pure, are pure in the can, but through the reaction which takes place, they give off their gas, and leave in the food a residue of Rochelle Salts. Rochelle Salts is the active principle of Seidlitz Powders.

As you can readily see, these Baking Powders can be advertised and guaranteed as pure, for the powder itself is pure, but the residue left in the food is far from healthful. These manufacturers, advertising in this way, say or guarantee nothing in regard to the purity of the bakings made with their powders. One should always think of this fact when selecting a Baking Powder.

You should remember, and profit by your remembering, that a Cream of Tartar Baking Powder, or one "made from grapes," leaves in the food seventy per cent of its weight in the form of Rochelle Salts, and you should therefore avoid all Baking Powders advertised as made from Cream of Tartar or Grapes. This is important if you value the health of your family. CALUMET BAKING POWDER is chemically correct, as it is made by the most modern methods. Through the reaction which takes place in the baking, CALUMET leaves in the food no Rochelle Salts, Tartaric Acid, Alum, Lime or Ammonia. The small amount of residue that remains in the food is a perfectly harmless substance, pure and wholesome in every respect.

Be sure you get a Baking Powder that is not only pure in the can, but one that is absolutely pure in the baking and will not place in the stomachs of the users a harmful drug. CALUMET is guaranteed to be absolutely pure, not only in the can, but also in the baking.



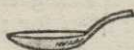


A few Facts

IT IS now generally accepted in all good recipes tested and given by competent baking teachers, that sifted flour is always meant and should always be used in following the recipes. It is important to follow this rule. Always use sifted flour when measuring, because sifted flour usually makes about one-fifth more bulk than unsifted flour.

The three terms used in measuring baking powder are level, rounding and heaping teaspoons.

A level teaspoon is the bowl of the teaspoon filled to the level of the edges of the spoon. (To be used with 1 cup flour.) A rounding teaspoon is equal to two level teaspoons (with two cups of flour). A heaping teaspoon



is equal to two rounding teaspoons, or four level teaspoons (with 4 cups flour).

Whenever the term cup is used a half pint is meant. Two cups therefore equal one pint and four cups one quart. Every housewife ought to have a cup measuring exactly half a pint for cooking purposes.

Milk, sour milk, butter-milk, water or any fluid when added to any combination containing baking powder should always be cool or cold, never warm or hot, as heat expands and releases the gases in the baking powder too rapidly.

Keep baking powder in a dry place; never put a wet spoon in it. Always be sure that your baking powder and flour is perfectly dry when you mix it and always sift flour and meal before measuring.

In following the recipes in this book the cook will learn that some flours absorb more water than others, and the amount of flour will have to be varied to suit the case. Different bakings will vary as to time and heat required, and should therefore be examined occasionally. To ascertain whether the bread is sufficiently done in the center of the loaf or cake, thrust a clean straw or splinter into it. If done, there will be no dough on it when drawn out. When about to cut new bread or cake heat the knife very hot; this will prevent crumbling.

In baking cakes, be careful not to have the oven too hot, or they will scorch, especially if the ingredients are rich. Rich cakes take far longer to bake than plain ones. In baking loaf cake, remember to place a piece of greased paper over the top for protection.

Calumet Baking Powder will always give best results. Use no other under any circumstances. Received Highest Awards World's Pure Food Expositions at Chicago, and Paris, France.

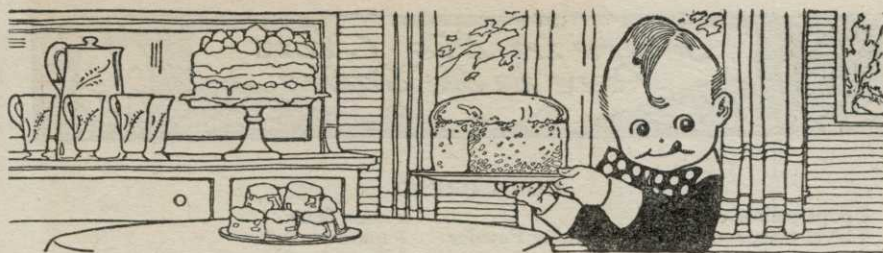
YOUR friends would appreciate receiving a copy of this Calumet Recipe Book containing tried and tested recipes, household hints and helps, selected menus, etc. Send us the names and addresses with three 2-cent stamps for each Recipe Book wanted and the books will be mailed to your friends immediately.

CALUMET BAKING POWDER CO.

4100-4128 Fillmore Street

CHICAGO, ILLINOIS





Bread, Biscuits & Shortcakes

BAKED BROWN BREAD

- | | |
|---|----------------------------------|
| 4 cups sifted Graham flour | $\frac{1}{2}$ cup of brown sugar |
| 1 cup bread flour | $\frac{1}{2}$ cup of molasses |
| 2 level teaspoons Calumet Baking Powder | 2 cups sour milk |
| $\frac{1}{2}$ teaspoon of soda | 2 tablespoons sour cream |
| 1 egg | |

Sift flour once then measure, add baking powder and soda, and sift three times. Rub sugar and molasses until smooth, then add milk, cream, and well beaten egg, then add flour and pour into a well greased pan, let stand for two hours, then bake in moderate oven 1 hour. This makes one large or two small loaves.

BOSTON BROWN BREAD

- | | |
|-------------------------------|---|
| 1 cup of Graham flour | $1\frac{1}{2}$ cups of sifted flour |
| 1 teaspoon of salt | 4 level teaspoons Calumet Baking Powder |
| $\frac{3}{4}$ cup of molasses | 1 cup of Indian meal |
| $1\frac{3}{4}$ cups of milk | |

Measure the meal and flour after sifting. Add salt and baking powder and sift three times. Add molasses and milk. Turn into a well buttered steamer and steam $3\frac{1}{4}$ hours. The water must boil constantly during the cooking.

CALUMET BROWN BREAD

- | | |
|---|---|
| 1 cup of milk | 3 tablespoons melted butter |
| $3\frac{1}{2}$ teaspoons Calumet Baking Powder | $\frac{3}{4}$ cup of water |
| $\frac{1}{2}$ cup raisins, cut and dredged in flour | 1 egg |
| 4 cups entire wheat flour | $\frac{1}{4}$ cup chopped nuts (if desired) |

Melt the butter, add sugar, beaten egg and mix well, add liquids gradually. Mix the dry ingredients and add gradually to first mixture. Add raisins and nuts, and bake in buttered tins 40 to 45 minutes in a moderate oven.

CALUMET BREAD

- | | |
|-------------------------------------|---|
| 4 cups flour | 6 level teaspoons Calumet Baking Powder |
| $1\frac{1}{2}$ teaspoons salt | 2 cups of milk |
| $1\frac{1}{2}$ level teaspoons lard | |

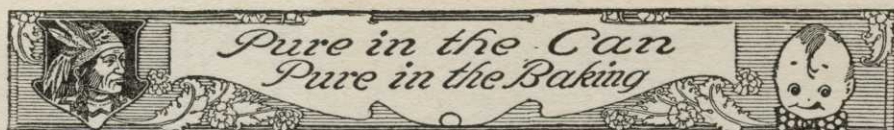
Sift baking powder, flour and salt together. Add milk and melted fat and mix. Work into loaves, pan and bake in hot oven 30 minutes. Graham flour may be used instead of white flour.

COLONIAL BREAD

- | | |
|---|--------------------------------|
| 3 cups sifted flour | 1 mixing spoon sugar |
| 3 level teaspoons Calumet Baking Powder | $1\frac{1}{2}$ cups sweet milk |
| 1 level teaspoon salt | $\frac{1}{2}$ cup chopped nuts |
| $\frac{1}{2}$ cup chopped raisins | |

Sift flour, baking powder and salt together three times, add other ingredients and mix thoroughly with a spatula or the rounding side of mixing spoon. Put in ungreased pan and bake one hour in slow oven. It makes much better bread if baked in round corrugated pans.





CORN BREAD

- | | |
|---|---------------------------------|
| 2 cups yellow cornmeal | 2 cups flour |
| 4 level teaspoons Calumet Baking Powder | 1 teaspoon salt |
| 3 eggs | 1 pint of milk |
| 2 tablespoons melted butter | $\frac{1}{2}$ cup boiling water |

Pour boiling water over cornmeal, and let it cool; sift flour together with baking powder and salt. Beat yolks of eggs until they are light, then add them to cornmeal and then add milk, flour, and melted butter; beat to a smooth batter and beat whites of eggs to a stiff froth. Add the latter to your mixture, stirring it in quickly. Pour all into a shallow, well greased pan and bake in a hot oven 25 minutes.

NUT BREAD

- | | |
|--|--------------------------------|
| $1\frac{1}{2}$ cups sifted white flour | 1 level teaspoon salt |
| $1\frac{1}{2}$ cups sifted whole wheat flour | 2 teaspoons sugar |
| $\frac{1}{2}$ cup chopped nut meats | $1\frac{3}{4}$ cups sweet milk |
| 3 level teaspoons Calumet Baking Powder | |

Mix and bake the same as Colonial Bread.

RAISIN BREAD

Same as for Baking Powder Bread, but add:

- | | |
|-------------------------|---------------|
| $\frac{1}{3}$ cup sugar | 1 cup raisins |
|-------------------------|---------------|

Add sugar with flour and add raisins when partly mixed.

STEAMED GRAHAM BREAD

- | | |
|---|-----------------------------|
| 3 cups Graham flour | 2 teaspoons salt |
| 1 cup bread flour | 1 cup molasses |
| 4 level teaspoons Calumet Baking Powder | $2\frac{1}{2}$ cups of milk |

Mix as Boston Brown Bread and steam 4 hours.

BAKING POWDER BISCUIT DOUGH

The secret of making light biscuits is found in four facts:

1. Use Calumet Baking Powder.
2. To "cut in" the shortening. Less air is squeezed or pressed out of sifted mixture as when fingers are used. Also when shortening is melted from heat of fingers, more flour is worked into dough, thus toughening it.
3. To add just enough liquid to make a soft dough, and mix it lightly and just enough to combine the flour and liquid. Handling after that toughens.
4. To have the oven hot enough. If cooked in too slow an oven the gas will escape before it has done its work.

Anyone can make good biscuit dough by following the principles that govern its production: 1st. A very soft dough. 2nd. Very light handling. 3rd. A hot oven. 4th. Calumet Baking Powder. Furthermore, the dough should be kept cool and cold water or cold milk should be used. The hand should come in contact with the dough as little as possible. While kneading is good for yeast bread, it is death to baking powder dough. A stiff baking powder dough worked hard will make poor, soggy biscuits, and conversely, a soft dough handled lightly will make light, palatable ones.





STANDARD BAKING POWDER BISCUIT

4 cups flour
4 level teaspoons Calumet Baking Powder
1 level teaspoon salt

1 or 2 tablespoons butter or lard
About 2 cups of milk or water,
more or less, enough to mix a
very soft dough

Sift flour, salt and baking powder together thoroughly. Rub in shortening with fingers, flexible knife, known as spatula, or rounding edge of a large spoon. With a little practice the spatula or spoon can be made to do better work than the fingers. Add milk or water, as cold as possible, mixing to a very soft dough. Mix with a spoon or flexible knife, in preference to using the warm hand. Turn dough on a well floured board, and roll out lightly till half an inch thick. Cut into biscuits and lay in baking pan, not too closely. Bake in hot oven from 12 to 15 minutes.

APPLE CAKES

Make dough as for Standard Biscuit, only use more shortening. Roll out flat, about $\frac{3}{8}$ inch thick, and cover the bottom of the pan. Spread with good butter and sprinkle with sugar, nutmeg and cinnamon, or whatever spice desired. Slice apples thin and lay on dough. Bake in pans, same as biscuit.

CALUMET BISCUITS

4 cups of sifted pastry flour
4 level teaspoons Calumet Baking Powder
1 level teaspoon of salt

2 rounding tablespoons of butter
or lard
 $\frac{1}{2}$ cup of milk

$\frac{3}{4}$ cup of water

Sift flour once, then measure, add salt and baking powder and sift three times, rub shortening in with fork or spoon, add milk and water, turn out on a well floured board and roll one inch thick, cut and bake in a quick oven about 12 to 15 minutes.

CALUMET SURPRISES

Use dough same as for standard baking powder biscuit, roll thin and cut with biscuit cutter.

$\frac{1}{2}$ pound pork sausage

$\frac{1}{2}$ pound sliced bacon

Place small lump of sausage and one strip of bacon on half biscuit; fold over and press edges together. Bake same as biscuits.

CHEESE STRAWS

2 cups sifted pastry flour
2 level teaspoons Calumet Baking Powder
1 level teaspoon of salt
 $\frac{1}{2}$ cup butter

$\frac{1}{4}$ teaspoon of red pepper or
paprika
1 egg
 $\frac{1}{2}$ cup milk
 $\frac{3}{4}$ cup dry grated cheese

Sift flour once, then measure, add salt, baking powder and red pepper and sift three times, put in mixing bowl, chop in butter, make a hole in center of flour and put in egg without beating, cheese and milk, and mix together, turn out on molding board, roll out $\frac{1}{8}$ inch thick and cut four inches long and $\frac{1}{4}$ inch wide. Bake in moderate oven until a light brown.

CINNAMON OR FRUIT ROLLS

Make dough as for Standard Biscuit, only using more shortening. Roll out flat into circle or square, spread with good butter and sprinkle with spice and sugar to suit taste. Roll into cylinder form and slice vertically. Bake in pans, same as biscuit. Seeded raisins, or currants, can be added if desired.





DIXIE BISCUITS

4 cups sifted flour
3 level teaspoons Calumet Baking Powder
1 level teaspoon salt

2 rounding tablespoons shortening
1 cup sweet milk
Whites of 2 eggs

Prepare flour, baking powder, salt and shortening as for Standard Biscuit; beat the egg whites very stiff, add to the milk and mix dough. Roll thin, brush well with melted butter, fold over and press dough together before cutting. Prick the biscuit with a fork before placing in the oven, and bake quickly. This makes splendid shortcake.

GRAHAM BISCUITS

Make a dough the same as for Standard Biscuit, using half Graham and half white flour. Many persons prefer all Graham flour. All or part entire wheat flour can be used in the same way.

PARKER HOUSE ROLLS

Make dough as for Standard Biscuit. Roll to $\frac{1}{8}$ inch in thickness. Cut with a round or oval cutter and crease in center with the handle of a caseknife, first dipped in flour. Brush half of the round with melted butter and fold over. Put in a pan $\frac{1}{2}$ inch apart and bake in a quick oven 15 minutes.

SHORTCAKE BISCUIT

Make Standard Biscuit, using shortening to taste, and biscuits rather larger than ordinary. Split and butter biscuits while hot. Take any fresh fruit, crush it, and add enough sugar to make plenty of juice. Pour crushed fruit over and between biscuits, just before serving. Strawberries, raspberries, blue berries, peaches or any ripe or canned fruit can be used. In using canned fruits, drain from the syrup and cut into pieces. Dilute cream with some of the syrup instead of milk. Whipped cream, sweetened or flavored, can be added. This form of shortcake has become very popular, on account of its convenience.

CALUMET STRAWBERRY SHORTCAKE

Make dough as for Apple Cake, adding a heaping tablespoon of sugar to the baking powder and flour, if sweet shortcake is wanted. Divide into two parts, butter the dough and bake 15 to 20 minutes. Crush the strawberries and add sugar enough to make juicy before spreading between the layers, and on top of shortcake. Whipped cream sweetened and flavored to taste can be added. (See illustration, page 21.)

TWIN BISCUITS

Make dough as for Standard Biscuit. Roll a little less than half an inch in thickness. Brush over with melted butter, and put together in pairs. Bake in quick oven 12 to 15 minutes.

VIRGINIA WAFERS

4 cups sifted flour
4 level teaspoons Calumet Baking Powder

$1\frac{1}{2}$ cups sweet milk
1 teaspoon salt
1 tablespoon butter or lard

Mix same as Standard Biscuit, and divide dough in pieces large as walnuts. Roll to $\frac{1}{16}$ inch thick and bake in quick oven to a light brown. Serve with salads instead of crackers.





CALUMET BREAD



CALUMET BISCUITS



CALUMET MUFFINS



CALUMET DOUGHNUTS



CALUMET GRIDDLE CAKES



CALUMET CRULLERS



Muffins, Waffles & Ginger Bread

BACON MUFFINS

- | | |
|---|-------------------------------------|
| 4 cups of sifted pastry flour | 6 tablespoons of melted lard |
| 4 level teaspoons Calumet Baking Powder | 2 eggs, beaten separately |
| 1 level teaspoon of salt | 2 tablespoons of crisp bacon, diced |
| 1 tablespoon of sugar | 1½ cups of cold water |

Sift flour once, then measure, add salt, baking powder and sugar, and sift three times. Put flour in mixing bowl, add well beaten eggs, then melted lard, then water, and beat hard; lastly add crisp bacon. Bake in muffin pans 25 to 30 minutes.

NOTE—If Calumet Baking Powder is always used it will be found that the muffins will not only be fuller and lighter, but that they will stand longer without getting heavy. Cooks who want their baking to be always the same never fail to use Calumet.

CALUMET MUFFINS

- | | |
|---|-------------------|
| 4 cups sifted flour | 1 teaspoon salt |
| 4 level teaspoons Calumet Baking Powder | 2 eggs |
| 1 tablespoon sugar | 2 cups sweet milk |

Sift together thoroughly flour, baking powder, salt and sugar. Add gradually milk and eggs. Bake in hot buttered gem pans 25 minutes.

If richer muffins are desired, add one or two tablespoons of melted butter, and more sugar, if they are desired sweeter. This recipe will make muffins for a family of 8 or 10. Use proportionately less ingredients for smaller family. (See Illustration, Page 11.)

CORN MUFFINS

- | | |
|---|----------------------------|
| 1 cup cornmeal | ¼ cup molasses |
| 1 cup flour | 1 cup milk |
| 3 level teaspoons Calumet Baking Powder | 1 egg, well beaten |
| 1 teaspoon salt | 1 tablespoon melted butter |

Sift together thoroughly cornmeal, flour, baking powder and salt. Add gradually milk and molasses and beat thoroughly, then add egg and butter. Bake in hot buttered gem pans 25 minutes.

GRAHAM MUFFINS

- | | |
|---|----------------------------|
| 1 cup white flour | 1 teaspoon salt |
| 1 cup Graham flour | 1 cup of milk |
| 1 tablespoon sugar | 1 egg, well beaten |
| 3 level teaspoons Calumet Baking Powder | 1 tablespoon melted butter |

Sift together flour, sugar, baking powder and salt. Add gradually milk, egg and butter. Bake in hot buttered gem pans 25 minutes.

OATMEAL MUFFINS

- | | |
|---|----------------------------|
| 1 cup of warmed cooked oatmeal | ¼ cup sugar |
| 3 cups of flour | 1 teaspoon salt |
| 1½ cups milk | 1 egg, well beaten |
| 4 level teaspoons Calumet Baking Powder | 1 tablespoon melted butter |

Add milk to warm oatmeal. Sift together flour, sugar, baking powder and salt and add to oatmeal. Then add egg and butter.





ONE-EGG MUFFINS

2 cups sifted flour
2 level teaspoons Calumet Baking Powder
 $\frac{1}{2}$ teaspoon salt $\frac{3}{4}$ cup milk
1 tablespoon sugar
1 egg, well beaten
 $\frac{1}{3}$ cup melted lard

Sift flour, baking powder, salt and sugar together three times, put in bowl, add the milk and well beaten egg, beat well and then add the lard. Bake in well greased muffin tins 20 or 25 minutes in moderate oven.

RICE MUFFINS

$2\frac{1}{2}$ cups flour
1 cup boiled rice
 $2\frac{1}{2}$ level teaspoons Calumet Baking Powder
 $\frac{1}{2}$ teaspoon salt
1 cup of milk
1 egg, well beaten
 $\frac{1}{4}$ cup of melted butter

Sift together thoroughly flour, baking powder and salt. Add rice, working it with tips of the fingers, and gradually milk, egg and butter. Bake in gem pans.

WAFFLES

$2\frac{1}{4}$ cups sifted pastry flour
3 level teaspoons Calumet Baking Powder
 $\frac{1}{2}$ teaspoon salt $1\frac{1}{2}$ cups milk
1 tablespoon of sugar
2 tablespoons of melted butter
2 eggs, beaten separately

Sift flour, then measure, add baking powder, salt and sugar, sift three times, add well beaten eggs and milk, melted butter and beat hard. Fry on a hot, well greased waffle iron, serve with maple syrup.

RICE WAFFLES

$1\frac{3}{4}$ cups flour
 $\frac{2}{3}$ cup cold cooked rice
 $\frac{1}{4}$ cups milk
3 level teaspoons Calumet Baking Powder
2 tablespoons sugar
 $\frac{1}{4}$ teaspoon salt
1 egg
1 tablespoon melted butter

Sift together flour, sugar, baking powder and salt. Work in rice with tips of the fingers; add milk, yolk of egg, well beaten; then butter and white of egg after beating stiff. Cook as waffles.

VIRGINIA WAFFLES

$1\frac{1}{2}$ cups boiling water
 $\frac{1}{2}$ cup white cornmeal
 $1\frac{1}{2}$ cups milk
3 level teaspoons Calumet Baking Powder
2 tablespoons melted butter
2 cups flour
3 tablespoons sugar
 $1\frac{1}{2}$ teaspoons salt
2 eggs, yolks and whites beaten separately

Cook meal in boiling water 20 minutes. Add milk, then flour, sugar, baking powder and salt sifted together, yolks of eggs beaten until thick; butter and whites of eggs beaten together until stiff. Cook as waffles.

GINGER BREAD

$\frac{1}{2}$ cup sugar
 $\frac{1}{3}$ cup molasses
 $\frac{1}{2}$ cup lard
2 eggs
 $\frac{3}{4}$ cup milk
2 cups flour
2 level teaspoons Calumet Baking Powder
1 scant teaspoon salt
 $\frac{1}{2}$ teaspoon soda
 $\frac{1}{2}$ teaspoon each of ginger, cloves and allspice

Mix together eggs, lard, sugar and molasses. Sift together three times baking powder, flour, salt, soda and spices. Add milk. Put together and beat thoroughly. Bake in moderate oven.

SUGAR GINGER BREAD

2 eggs
1 cup sugar
 $1\frac{3}{8}$ cups flour
 $\frac{1}{2}$ teaspoon salt
3 level teaspoons Calumet Baking Powder
 $1\frac{1}{2}$ teaspoons ginger
 $\frac{3}{8}$ cup thin cream

Beat eggs until light, add gradually sugar. Sift together thoroughly flour, salt, baking powder and ginger and add to the first mixture with cream. Bake in flat buttered cake pan about 30 minutes.





Griddle Cakes

BREAD GRIDDLE CAKES

- 1½ cups flour
- 1 cup stale bread crumbs
- 4 level teaspoons Calumet Baking Powder
- 1 teaspoon salt

- 2 teaspoons sugar
- ½ cup boiling water
- 1 cup milk
- 1 egg, well beaten
- 2 tablespoons melted butter

Add boiling water to stale bread crumbs, let stand 5 minutes, then add milk. Sift together flour, baking powder, salt and sugar, and add to bread mixture. Then add egg and butter. Bake immediately on hot griddle well greased. When full of bubbles, turn and cook other side. Add two or three tablespoons of melted butter, if richer and shorter cakes are desired.

BUCKWHEAT GRIDDLE CAKES

- 2 cups buckwheat (pure)
- 1 cup white flour
- ½ teaspoon salt
- Enough milk to make thin batter
- 4 level teaspoons Calumet Baking Powder

Sift buckwheat flour, salt and baking powder thoroughly. Add milk enough to make thin batter. Bake as for Bread Griddle Cakes.

CALUMET GRIDDLE CAKES

- 4 cups flour
 - 4 level teaspoons Calumet Baking Powder
 - 1 teaspoon salt
 - 3 cups milk
- Sift flour, baking powder and salt well together. Add milk, making soft batter. Bake as for Bread Griddle Cakes. Add two or three tablespoons of melted butter, if richer and shorter cakes are desired. (See illustration, page 12.)

CORN GRIDDLE CAKES

- 2 cups cornmeal
 - 1 cup flour
 - 1 teaspoon salt
 - 4 level teaspoons Calumet Baking Powder
 - 1 tablespoon sugar
 - 1 egg
 - 2 cups milk
 - 1 tablespoon melted butter
- Sift together thoroughly cornmeal, flour, baking powder, salt and sugar. Beat the egg. Add to milk, and pour slowly on other ingredients. Mix thoroughly and add butter. Bake as for Bread Griddle Cakes.

CANNED CORN GRIDDLE CAKES

- 1 cup flour
- 1 cup canned corn
- ½ cup milk
- 1 egg
- 1 level teaspoon Calumet Baking Powder
- ½ teaspoon salt

Prepare and serve the same as Bread Griddle Cakes.

CORN FLAKE GRIDDLE CAKES

- 1 cup flour
 - 1 cup corn flakes
 - 2 level teaspoons Calumet Baking Powder
 - 1 cup milk
 - 2 teaspoons sugar
 - 2 teaspoons butter
 - 1 egg
 - ½ teaspoon salt
- Prepare and bake the same as Plain Griddle Cakes. Use any kind of package corn flakes, but dry them out if they have absorbed moisture. Any cooked cereal may be used in place of corn flakes.





EGG GRIDDLE CAKES

- | | |
|---|-----------------------------|
| 3 cups flour | 1 tablespoon sugar |
| 3 level teaspoons Calumet Baking Powder | 2 eggs |
| 1/2 teaspoon salt | 2 cups milk |
| | 2 tablespoons melted butter |

Sift flour, baking powder, salt and sugar thoroughly. Beat eggs, add milk, pour slowly on other ingredients. Mix thoroughly and add butter. Bake as for Bread Griddle Cakes.

ENTIRE WHEAT GRIDDLE CAKES

- | | |
|---|----------------------------|
| 1 cup entire wheat flour | 2 tablespoons sugar |
| 1 cup bread flour | 1 egg |
| 3 level teaspoons Calumet Baking Powder | 2 cups milk |
| 1/4 teaspoon salt | 1 tablespoon melted butter |

Sift together flour, baking powder, salt and sugar. Beat egg; add milk, and pour slowly upon first mixture. Beat thoroughly and add butter.

NOTE—Graham Flour Cakes can be made as above, substituting Graham for Entire Wheat Flour.

RICE CAKES

- | | |
|---------------------|----------------------------|
| 2 eggs, well beaten | A pinch of salt |
| 1 cup sweet milk | Add 1 cup well cooked rice |

Use flour enough to make a batter and 2 level teaspoons Calumet Baking Powder. Mix well in small cakes. Bake as for Bread Griddle Cakes.

RYE CAKES

- | | |
|---------------------|--------------------|
| 2 eggs, well beaten | 2 cups sweet milk |
| 2 teaspoons salt | 1 tablespoon sugar |
| 2 teacups rye meal | |

When these are all mixed add 1/2 cup molasses and 4 level teaspoons Calumet Baking Powder, stir well and fry in hot lard.

Valuable Information

The Royal Baking Powder Trust have run a series of articles that directly or indirectly attack Calumet Baking Powder in numerous ways. Their underhanded methods are accounted for in the following manner:

The Calumet Baking Powder Co. in their house to house canvass are testing all the different brands of baking powder they meet in competition. This house to house canvass is made in the interest of the consumers to introduce Calumet Baking Powder and give them a baking powder of rare merit at a moderate price, and save them considerable money compared with what they have been accustomed to paying. Of course, in doing this testing, wherever Royal or Dr. Price's Baking Powders are found their goods are tested, and without the use of chemicals the test shows the enormous quantity of Rochelle Salts left in food prepared with their goods.

Some of the articles that the Trust are running are headed as follows:

Baking Powders Again

Dangerous Fakes

A Denial from High Authority

Worth Remembering

A Serious Food Matter

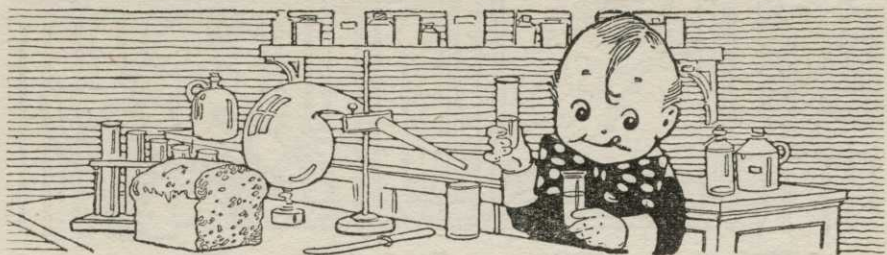
These articles are run as pure reading matter, but in reality are nothing more than advertisements and are paid for by the Royal Baking Powder Trust and do not emanate from the papers, as the Trust would have you believe.

To convince you more thoroughly that these articles that are going the rounds are intended to deceive you and the public, and to also lay bare their underhanded methods, we publish one of their instructions to the newspaper:

"To be run as pure straight reading matter in the same size and style of type with the same style of heading as the pure reading adjoining; leaded or solid to correspond with such pure reading; to be surrounded by pure reading and without date, mark or anything designating it as paid matter."

After exposing and explaining these methods and their reason for this unscrupulous way of meeting competition we believe that every lady will dispel any idea she had that Calumet was not pure and wholesome and a powder of rare merit.





Cream of Tartar Drugs Foods

Cream of Tartar, when used in baking, always forms Rochelle Salts, the chief ingredient of a Seidlitz Powder.

That fact cannot be truthfully denied. Every physician and chemist knows it to be indisputable. Here is what Dr. E. H. Bartley, Chief Chemist of the Brooklyn, N. Y., Board of Health, and one of the leading physicians of that city, says about Cream of Tartar baking powder:

"Whenever Cream of Tartar is used in the kitchen it is changed chemically and becomes Rochelle Salts. The Cream of Tartar which forms the chief ingredient of so many baking powders* is, in the opinion of all who have given the subject proper attention, always injurious to health. Bread made with Cream of Tartar baking powder or with the old fashioned mixture of Cream of Tartar and Saleratus, is far inferior to that made with other preparations.

"Rochelle Salts are a cathartic, a medicine which so irritates the stomach and intestines that nature sets up an inflammation and a sickness to expel it from the system. This expulsion takes the form of cramps, diarrhoea and dysentery. Probably this is the reason many cannot eat hot biscuits without distress.

"Besides this, the salt produces indigestion, dyspepsia and constipation. Whenever there is a tendency to kidney disorders, it aggravates them and in many instances aids in starting the latent disease."

Calumet Baking Powder leaves nothing injurious in the food.

*The Cream of Tartar Baking Powders are Price's, Royal and Cleveland's.

In Bulletin No. 13 on Food and Adulterants, published by the United States Department of Agriculture, and giving the results of investigations, the writer shows that it is the belief that few persons understand that when they use the Cream of Tartar powders they introduce into the bread-stuffs very nearly an equal weight of the active ingredients of a Seidlitz Powder, and in a loaf made from it they consume more than the equivalent of one such powder.

Following are the New York physicians who have testified to the dangerous effects of taking Rochelle Salts, through the medium of straight Cream of Tartar baking powders in everyday food:

Dr. E. H. Bartley, of the Brooklyn Board of Health.

Dr. David A. Gordon.

Dr. Frank A. West, Professor Materia Medica in Long Island College Hospital.

Dr. William H. Dustman.

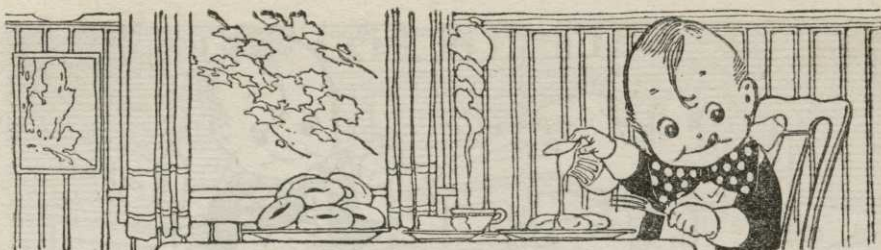
Dr. W. J. Purcell, of New York Board of Health.

Dr. Moreau Morris, of New York Board of Health.

Dr. J. T. Nagle, Chief of New York Bureau of Vital Statistics.

Dr. Robert K. Dickinson.





Fritters, Doughnuts & Crullers

PLAIN FRITTER BATTER

1 cup flour
2 level teaspoons Calumet Baking Powder

1 egg
 $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ teaspoon salt

Add 2 tablespoons sugar if sweet batter is desired. Sift dry ingredients together. Add beaten eggs and milk, and beat until smooth.

APPLE FRITTERS

Make plain fritter batter as above. Take four large, sound apples; peel, core and quarter. Dip each quarter in batter, and fry to light brown in smoking hot lard. Each fritter will at first sink to the bottom of the kettle; then as the heat starts baking powder into action and dough begins to swell, it will rise to surface, and should be gently turned, the turning to be repeated until fritter is finely colored. Most fritters are done within 5 minutes, time needed to cook them being determined by one which should be cooked as a tester.

BANANA FRITTERS

$1\frac{3}{4}$ cups pastry flour
 $1\frac{1}{2}$ level teaspoons Calumet Baking Powder

2 tablespoons sugar
 $\frac{1}{2}$ cup milk
2 eggs, beaten separately

$\frac{1}{4}$ teaspoon salt

Sift flour, then measure, add baking powder, salt and sugar, sift three times, then add milk and well beaten eggs. Dip fruit into batter and drop in boiling hot fat like doughnuts.

BANANAS FOR FRITTERS

Slice bananas lengthwise, cut into fourths, squeeze over them the juice of two lemons and sprinkle with powdered sugar. Let stand half an hour before dipping in batter.

CORN FRITTERS

2 cups scraped corn
2 level teaspoons Calumet Baking Powder
 $\frac{1}{2}$ cup flour
2 beaten eggs

$\frac{1}{2}$ teaspoon salt
Pinch pepper
 $\frac{1}{2}$ cup milk
1 tablespoon melted butter

Sift dry ingredients thoroughly, rub in butter and add liquids, beat well and fry.

RICE FRITTERS

1 cup rice
2 eggs
1 tablespoon sugar

1 pint milk
2 tablespoons butter
 $\frac{1}{4}$ teaspoon salt

Boil rice in milk until soft and all milk is absorbed, then remove. Add yolks of eggs, sugar and butter. When cold, add whites whipped to dry froth. Drop by spoonfuls in hot fat and fry light brown.

NOTE—Oatmeal, wheat, farina or any cereal can be frittered as rice is, in above recipe.





CALUMET CRULLERS

- 1 cup sugar
- 2 egg yolks; well beaten
- 2 egg whites; beaten stiff
- 4 cups flour

- $\frac{1}{4}$ teaspoon grated nutmeg
- $\frac{2}{2}$ level teaspoons Calumet Baking Powder
- 1 cup milk

Cream sugar and egg yolks and add egg whites. Sift together thoroughly flour, nutmeg and baking powder, and add alternately with milk to first mixture. Place on floured board, roll thin, and cut in pieces 3 inches long by 2 inches wide; make four 1-inch gashes at equal intervals. Take up by running finger in and out of gashes and lower into deep fat. Take up on a skewer, drain on brown paper, and roll in powdered sugar, if desired. (Illustration, page 12.)

CALUMET DOUGHNUTS—No. 1

- 4 cups of pastry flour
- 3 level teaspoons Calumet Baking Powder
- $\frac{1}{2}$ teaspoon of salt

- 1 cup of sugar
- 2 eggs, beaten together
- 2 tablespoons of melted butter
- 1 cup of milk

Sift flour, then measure, add baking powder and salt and sift three times, rub sugar and butter together, add well-beaten eggs, then flour and milk alternately. Turn out on a well-floured board and roll out $\frac{1}{2}$ inch thick. Cut with doughnut cutter and fry in boiling hot fat. Vanilla or cinnamon may be added. (See illustration, page 12.)

CALUMET DOUGHNUTS—No. 2

- 3 cups flour
- 1 cup sugar
- 2 level teaspoons Calumet Baking Powder
- $\frac{1}{2}$ teaspoon salt

- 2 well beaten eggs
- 1 tablespoon melted butter
- Enough milk to make medium stiff dough

Sift baking powder, flour and salt together thoroughly. Rub butter, sugar and eggs together until smooth, and add them to flour and baking powder, with enough sweet milk to make dough stiff enough to be easily handled without sticking. Roll out $\frac{1}{2}$ inch thick, cut in rings or small balls and fry brown in a deep kettle of smoking hot fat, as directed for fritter batter. Quantities of sugar, shortening and eggs can be varied to suit the taste, and if required, nutmeg, vanilla or other flavors can be added, or they can be rolled in powdered sugar when cold. (See illustration, page 12.)

FRYING

Frying is cooking in hot fat. Frying fat can become very much hotter than boiling water. Care must be taken that the fat is not too hot.

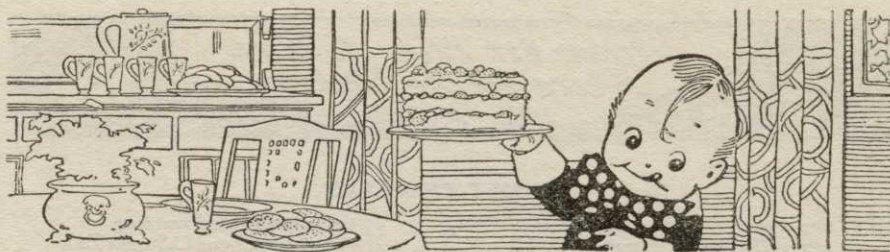
TESTS: 1. When fat is "near smoking" drop in an inch cube of bread into fat; if it turns golden brown in 60 seconds, fat is hot enough for uncooked mixtures as doughnuts. 2. Drop cube in fat and if it turns golden brown in 40 seconds it is hot enough for cooked mixtures as croquettes.

Do not put too much into the fat at one time, not only because it lowers the temperature of the fat, but because it causes it to bubble over the sides of the kettle.

Many kinds of food may be cooked in same fat; new fat should be used for batter and dough mixtures, potatoes; after these, fish, meat and croquettes. Fat should be clarified frequently.

TO CLARIFY: Melt fat, add raw potato cut in quarter inch slices and allow fat to heat gradually; when fat ceases to bubble and potatoes are brown, strain carefully. The potatoes absorb any odors or gases and collect some of the sediment, remainder settling to bottom of kettle.





Cakes & Cookies

CAKE

The measuring, mixing and baking of cake require care and good judgment.

1. The best ingredients are essential—Calumet Baking Powder for instance.
2. Great care must be taken in measuring and mixing ingredients.
3. Pans must be properly prepared.
4. Oven heat must be regulated and cake watched during baking.

One of the qualities of a good cook is her knowledge of her oven. Heat an oven at least 3 minutes before testing or using. Test of Oven: Lay piece of white writing paper in oven. The paper turns golden brown in 5 minutes in "moderate" oven and a dark brown in 5 minutes for "hot" oven.

Cakes require "moderate" oven. Cakes without butter require a cooler oven than those with butter. The larger the cake the "slower" the oven. A cake must not be moved in oven until it has risen to its full height. Directly after baking cake, remove it from the pan and cool.

Tests when Cake is Done: 1. Cake leaves side of pan. 2. Cake feels firm to touch of finger and will spring back into place. 3. Cake is golden brown. 4. Press a straw into cake, it will come out clean if cake is done.

If cake is put in "too slow" an oven it rises over sides of pan and is coarse. If put in "too hot" an oven, the cake browns on top before sufficiently risen, and in its attempt to rise breaks the crust. If too much flour has been added, the cake will crack. Coarse granulated sugar or too much sugar will make cake coarse and is apt to make it fall. Too much flour makes cake heavy. Pastry flour contains more starch and less gluten and therefore makes a lighter and more tender cake. Long beating aids in making cake fine grained. Never stir cake after final beating; or after egg whites have been "folded" into mixture.

AMERICAN COFFEE CAKE

4½ cups pastry flour
4 level teaspoons Calumet Baking Powder
1 level teaspoon salt
4 tablespoons sugar

2 rounding tablespoons butter
or lard
2 eggs
1½ cups milk

Sift flour, then measure; add baking powder, salt and sugar; sift three times; chop butter in with spoon, beat egg whites with half egg-shell of water added to each until stiff, then add yolks and beat in; add milk and beat all together; turn into two square pans and spread even; brush top with milk. Spread with the following:

½ cup flour
½ cup sugar

1 teaspoon cinnamon
1 tablespoon butter

Mix flour, sugar and cinnamon; rub butter in until it is crumbly; spread thick on top of cakes; bake in moderate oven 30 to 35 minutes.

**Qualifies Where Quality
Standards are Strictest**

Calumet Baking Powder is now used in the Army and Navy. Government experts selected Calumet because it meant purity in baking powder, purity in baking and surety of results.





CALUMET LADY BALTIMORE CAKE



CALUMET ASSORTED SQUARE CAKES



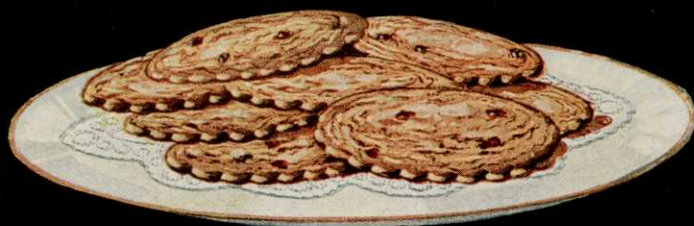
CALUMET STRAWBERRY SHORT CAKE



CALUMET SUGAR COOKIES



CALUMET GINGER COOKIES



CALUMET NUT COOKIES



APPLE CAKE

- | | |
|---|----------------------------------|
| 2 cups pastry flour | $\frac{1}{4}$ cup butter or lard |
| 2 level teaspoons Calumet Baking Powder | Yolk or whole of 1 egg |
| $\frac{1}{4}$ teaspoon salt | 2 tablespoons sugar |
| | $\frac{3}{8}$ cup milk |

Sift flour, then measure; add baking powder, salt and sugar, and sift three times; chop shortening in with spoon; preferably with knives or knife and fork; beat yolk, add milk and mix together; spread in square tin about $\frac{3}{8}$ -inch thick; cover with melted butter.

Core, quarter and slice in eighths 5 tart apples, lay in rows, lapping each other, cover with melted butter, 1 teaspoon of cinnamon and 3 tablespoons of sugar.

BANANA CREAM CAKE

- | | |
|--|--------------------------|
| $3\frac{1}{2}$ cups pastry flour | $\frac{1}{2}$ cup butter |
| $1\frac{1}{4}$ cups sifted granulated sugar | $\frac{3}{4}$ cup milk |
| $3\frac{1}{2}$ level teaspoons Calumet Baking Powder | Yolks of 3 eggs |
| White of 1 egg, beat with $\frac{1}{2}$ egg-shell of water added | |

Sift flour once, then measure; add baking powder, and sift three times. Cream butter and sugar thoroughly; add eggs, well beaten, then flour and milk alternately; bake in two layers about 30 to 35 minutes.

Filling

White of 1 egg, beaten well, and add 2 cups powdered sugar and 1 sour apple, grated. Slice two bananas lengthwise and cover with filling. Put this between and on top of each layer.

CALUMET ASSORTED CAKE SQUARES

- | | |
|---|--------------------------|
| 2 cups pastry flour | $\frac{1}{4}$ cup butter |
| 2 level teaspoons Calumet Baking Powder | $\frac{1}{2}$ cup milk |
| 1 cup granulated sugar | Whites of 3 eggs |
| $\frac{1}{2}$ teaspoon vanilla | |

Sift flour once, then measure; add baking powder; sift three times and set to one side. Cream butter and sugar, add milk and flour alternately and beat very hard. Fold in beaten whites. Bake in 2-inch square cake pan 30 to 35 minutes. When cool cut in squares and set away until icing is ready. Put icing (page 32) in bowl over teakettle and dip in squares. (See illustration, page 21.)

CALUMET CHECKER-BOARD CAKE

Light Part

- | | |
|---|--------------------------|
| 2 cups pastry flour | $\frac{1}{2}$ cup butter |
| 2 level teaspoons Calumet Baking Powder | $\frac{1}{2}$ cup water |
| $1\frac{1}{4}$ cups granulated sugar | 1 teaspoon vanilla |
| | Whites of 4 eggs |

Cream butter and sugar, add water and dry ingredients alternately, then whites of eggs and beat hard. (See illustration, page 52.)

Dark Part

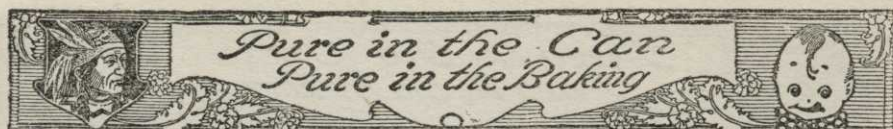
- | | |
|---|--|
| 2 cups pastry flour | $\frac{1}{2}$ cup water |
| 2 level teaspoons Calumet Baking Powder | $\frac{1}{2}$ teaspoon each of cloves, cinnamon and nutmeg |
| 1 cup brown sugar | Yolks of 4 eggs, well beaten |
| $\frac{1}{2}$ cup butter | Lastly, 1 ounce of melted chocolate |

Sift flour once, then measure; add baking powder, and sift three times; cream butter and sugar; add yolks and beat hard, then flour and water alternately; put in square layer pans in strips, light and dark alternately, and place together dark to light.

Icing

One and one-half cups of confectioner's sugar, with just enough cream to spread; flavor with vanilla.





CALUMET CHOCOLATE CAKE

$\frac{1}{2}$ cup butter
 $\frac{3}{4}$ cup sugar
 3 teaspoons Calumet Baking Powder

$\frac{1}{8}$ teaspoon salt
 2 cups sifted flour
 1 cup milk
 2 eggs

Cream butter, add sugar, then well beaten eggs yolks. Mix and sift dry ingredients and add alternately with milk to first mixture. "Fold in" beaten egg whites. One half teaspoon of vanilla may be added. Pour into greased tins and bake in a moderate oven 30 minutes. (See illustration, page 62.)

Chocolate Filling

$2\frac{1}{2}$ cups powdered sugar, $\frac{1}{2}$ teaspoon melted butter in one tablespoon hot water. 3 tablespoons cocoa. Cream to make a mixture that will spread. Mix sugar and cocoa. Add hot water and butter, then sufficient cream to make of a consistency that will spread.

CALUMET CREAM CAKE

3 cups pastry flour
 3 level teaspoons Calumet Baking Powder
 $\frac{1}{2}$ cup butter
 $1\frac{1}{4}$ cups granulated sugar

Yolks of 3 eggs
 $\frac{3}{4}$ cup cold water
 Whites of 3 eggs
 1 teaspoon orange extract

Sift flour once, then measure; add baking powder and sift three times; cream butter and sugar, add well beaten yolks, then flour and water alternately, then extract, beat long and hard and fold in lightly the well beaten whites. Bake in moderately slow oven for 30 to 35 minutes. (See illustration, page 62.)

Filling

1 egg white
 2 cups confectioner's sugar

$1\frac{1}{2}$ tablespoons cream
 $\frac{1}{4}$ teaspoon lemon extract

Put egg, milk and extract into bowl. Gradually add sugar, beating long, and hard.

CALUMET CREAM PUFFS

$\frac{1}{2}$ cup butter
 1 cup boiling water

1 cup flour
 4 eggs

Place butter and water in saucepan on range, as soon as it boils add flour all at once until well mixed; stir until it forms a ball and leaves the sides of pan. Set off to cool (not cold), add 1 egg, beat 5 minutes, another egg and beat 5 minutes and so on until eggs are all used up in batter. Drop mixture on oiled, shallow pan, bake in moderate oven 40 or 50 minutes. When cool make incision and fill with whipped cream or cream filling. (This should make 15 puffs.) (See illustration, page 61.)

Cream Filling

$1\frac{1}{2}$ cups milk
 3 tablespoons sugar
 2 tablespoons cornstarch
 2 tablespoons flour

1 tablespoon butter
 $\frac{1}{4}$ teaspoon salt
 1 teaspoon vanilla
 1 whole egg

Mix flour, cornstarch and sugar, add to well beaten egg. Pour on the milk, heated to a scald. Return to double boiler and cook until thick, add extract, let cool and fill cream puffs.

CALUMET DEVIL'S FOOD CAKE

2 cups flour
 2 level teaspoons Calumet Baking Powder
 2 level teaspoons cinnamon
 $\frac{1}{2}$ of a nutmeg
 $1\frac{3}{4}$ cups granulated sugar
 $\frac{1}{2}$ cup sweet milk

$\frac{3}{4}$ cup butter (scant)
 2 whole eggs
 1 cup warm mashed potatoes
 2 squares Baker's chocolate (grated)
 1 cup nut meats

Cream butter and sugar, add yolks (well beaten), then add mashed potatoes, chocolate and nut meats, stir well; then add alternately milk and dry ingredients, which have been sifted together. Fold in beaten whites of eggs. This cake will keep indefinitely. (See illustration, page 52.)





DEVIL'S FOOD

First Part

- | | |
|--|--------------------------|
| Sift 2 cups flour | 1 cup dark brown sugar |
| 1 level teaspoon Calumet Baking Powder | $\frac{1}{2}$ cup butter |
| $\frac{1}{2}$ level teaspoon soda | $\frac{1}{2}$ cup milk |
| $\frac{1}{4}$ teaspoon salt | Yolks of 3 eggs |

Mix similar to Calumet Devil's Food.

Second Part

- | | |
|------------------------------------|---|
| Boil 1 cup dark brown sugar | $\frac{1}{2}$ cup sweet milk and add to |
| $\frac{2}{3}$ cup grated chocolate | first part while cold |

NOTE—Makes thin batter, but do not add more flour.

CALUMET FIG ECLAIRS

Put 1 cup of boiling water in a saucepan, add $\frac{1}{2}$ cup of butter, bring to a boil, add 1 cup of sifted pastry flour all at once and a pinch of salt. Set away until cold, then add 3 eggs one at a time, beating 4 minutes between the addition of each egg. Drop on a well-oiled pan about 2 inches apart. Bake 30 minutes in a moderate oven. With a thin knife make an incision in side of each large enough to permit of filling with a fig filling. (See illustration, page 61.)

CALUMET GOLD CAKE

- | | |
|---|---|
| Yolks of 8 eggs | $2\frac{1}{2}$ cups pastry flour |
| $1\frac{1}{4}$ cups of granulated sugar | 3 level teaspoons Calumet Baking Powder |
| $\frac{2}{3}$ cup of water | 1 tablespoon of vanilla |
| $\frac{1}{2}$ cup of butter | |

Sift flour once, then measure, add baking powder and sift three times. Sift sugar, then measure. Cream butter, add sugar gradually and cream thoroughly. Beat yolks until thick and lemon color, add these to butter and sugar and stir thoroughly. Add water and flour alternately, then flavor and stir very hard. Put in slow oven until raised to the top of the pan and increase the heat and brown. Bake 40 to 60 minutes in an ungreased mold. (See illustration, page 52.)

CALUMET JELLY ROLL

- | | |
|----------------------------------|---|
| 3 eggs beaten separately | 2 level teaspoons Calumet Baking Powder |
| 1 cup sugar | $\frac{1}{2}$ cup warm water—flavor |
| $1\frac{1}{2}$ cups pastry flour | |

Sift flour once, then measure; add baking powder and sift three times; beat whites stiff; fold in sugar, fold in beaten yolks, then flour lightly. Bake in long tin in hot oven. When done spread quickly with jelly, and roll carefully in napkin.

CALUMET LADY BALTIMORE CAKE

- | | |
|------------------------------------|--|
| $\frac{3}{4}$ cup butter | $3\frac{1}{2}$ cups flour |
| 2 cups sugar | $3\frac{1}{2}$ level teaspoons Calumet Baking Powder |
| 1 cup milk | Whites of 6 eggs, beaten well |
| 1 teaspoon lemon or rose flavoring | |

Cream butter and beat in sugar gradually. Sift together baking powder and flour three times, and add to butter and sugar alternately with milk and flavoring. Add egg whites last. Bake in three layers, and use following icing:

- | | |
|-------------------------|---|
| 3 cups granulated sugar | 1 cup chopped nut meats |
| 1 cup boiling water | $\frac{1}{2}$ cup chopped citron |
| Whites of 3 eggs | $\frac{1}{2}$ cup candied cherries cut fine |
| 1 cup chopped raisins | 2 tablespoons lemon juice |

Stir the sugar and water until the sugar is dissolved, then let boil without stirring until the syrup will thread from a spoon, pour upon whites of eggs, beaten well, beating constantly all the time. Continue beating until icing is cold; add fruit and spread on cake. (See illustration, page 21.)





CARAMEL CREAM CAKE

- | | |
|---|--------------------------|
| 2 cups pastry flour | $\frac{1}{2}$ cup butter |
| 2 level teaspoons Calumet Baking Powder | $\frac{1}{2}$ cup milk |
| 1 cup sugar | Whites of 4 eggs |
| | 1 teaspoon of vanilla |

Sift flour, then measure; add baking powder, and sift three times. Cream sugar and butter thoroughly, add flavor, then flour and milk alternately; lastly add the stiffly beaten whites. Bake in two layers 25 to 30 minutes.

Caramel Filling

- | | | |
|------------------|-------------|--------------------------|
| 1 cup sour cream | 1 cup sugar | 1 cup nut meats; chopped |
|------------------|-------------|--------------------------|

Cook together until it forms a soft ball when tried in cold water; take from fire and stir until cool.

COCOANUT LAYER CAKE

- | | |
|----------------------------------|-----------------------------------|
| $1\frac{1}{4}$ cups sugar | 2 teaspoons Calumet Baking Powder |
| $1\frac{3}{4}$ cups sifted flour | 5 egg whites |
| $\frac{1}{2}$ cup butter | $\frac{2}{3}$ cup milk |

Same method as Caramel Cream Cake.

Filling

- | | | |
|------------------|-------------------------|-------------------------------|
| 1 scant cup milk | $\frac{1}{2}$ cup sugar | 1 large tablespoon cornstarch |
|------------------|-------------------------|-------------------------------|

Heat milk in double boiler, add enough grated cocoanut to make it stiff, then add beaten white of one egg. Frost with white frosting and put cocoanut all over cake.

COLD WATER CAKE

- | | |
|---------------------------|--|
| $\frac{1}{4}$ cup butter | 3 eggs |
| 1 cup sugar | $\frac{1}{2}$ teaspoon salt |
| $2\frac{1}{2}$ cups flour | $2\frac{1}{2}$ level teaspoons Calumet Baking Powder |
| 1 cup cold water | |

Stir butter and sugar to a cream. Add to this yolks of eggs well beaten. Add water, a little at a time, alternating with flour, which should be well sifted with salt and baking powder. Put whites of egg, well beaten, in last, and stir batter lightly until well mixed.

CREAM SPONGE CAKE

- | | |
|---------------------------|---|
| 3 eggs, beaten separately | 2 level teaspoons Calumet Baking Powder |
| $1\frac{1}{2}$ cups sugar | $\frac{1}{2}$ cup boiling water |
| $1\frac{1}{2}$ cups flour | 1 teaspoon vanilla |
| Pinch of salt | |

Mix in order given, sifting flour, salt, and baking powder together. Beat well. Bake in layers and fill with following:

- | | |
|-------------------------|---------------------|
| 1 cup milk | 2 tablespoons sugar |
| 1 tablespoon butter | 2 tablespoons flour |
| 1 egg-yolk, well beaten | 1 teaspoon vanilla |

Pinch of salt

Mix flour and sugar with two tablespoons of milk, add yolk and beat well. Boil rest of milk and butter, and add to this first mixture, stirring constantly.

FAIRY LOAF CAKE

- | | |
|---|-----------------------------------|
| $1\frac{1}{2}$ cups pastry flour | $\frac{1}{2}$ cup water |
| 2 level teaspoons Calumet Baking Powder | $\frac{1}{2}$ cup butter |
| 1 cup granulated sugar | Whites of 4 eggs |
| $\frac{1}{2}$ cup of cornstarch | $\frac{1}{4}$ teaspoon almond |
| | $\frac{1}{2}$ teaspoon of vanilla |

Sift flour once, then measure; add baking powder and sift three times; cream butter and sugar; add well beaten whites, then flavor, then flour and water alternately and beat hard. Bake in 2-inch pan in moderate oven about 40 minutes.





FRENCH NOUGAT CAKE

- | | |
|---|------------------|
| 3 cups sifted flour | Pinch of salt |
| 3 level teaspoons Calumet Baking Powder | 1 3/4 cups sugar |
| 2 squares melted chocolate, added last | 1/2 cup butter |
| 1 cup water | 4 eggs |

FRUIT CAKE

- | | |
|---|-----------------------|
| 2 lbs. raisins | 3 eggs |
| 2 lbs. currants | 1/2 cup molasses |
| 1 lb. brown sugar | 1 cup milk |
| 3/8 lb. citron | 4 cups flour |
| 4 level teaspoons Calumet Baking Powder | 1/2 nutmeg, grated |
| 1/4 lb. butter | 1/2 teaspoon allspice |

Cream butter, sugar and eggs, add molasses and milk, and 2 cups of flour. Mix fruit with 1 cup of flour, and add spices and flavorings, lastly add cup of flour well sifted with baking powder. Bake in a slow oven.

FRUIT CAKE (LIGHT)

- | | |
|--|---|
| 1/2 cup butter | 3 level teaspoons Calumet Baking Powder |
| 1 cup sugar | 1/2 cup milk |
| 1/2 cup raisins, seeded and chopped fine | 2 ounces citron, cut fine |
| 4 egg whites | 1/3 cup walnuts, cut in pieces |
| 2 cups flour | |

Mix as snow cake (see page 28), adding the fruits and nuts after the butter and sugar. Use any frosting.

GERTRUDE'S FAVORITE CAKE

- | | |
|---|-----------------------------|
| 3 cups flour | 3/4 cup butter |
| 2 1/2 level teaspoons Calumet Baking Powder | 3/4 cup water |
| 1/2 level teaspoon salt | 4 eggs |
| | Flavoring |
| | 1 1/2 cups granulated sugar |

Sift flour, baking powder and salt three times. Cream sugar and butter, break in one egg, add a little of flour and water, beat well, continue this process until you have used all eggs, add flavoring last.

HOT WATER SPONGE CAKE

- | | |
|---|----------------------------------|
| 1 3/4 cups pastry flour | 1/2 cup boiling water |
| 1 1/2 level teaspoons Calumet Baking Powder | 2 teaspoons lemon extract |
| 3 eggs | 1 cup of sifted granulated sugar |

Sift flour once, then measure; add baking powder and sift three times; beat yolks until thick and lemon colored; beat whites until stiff; put whites in mixing bowl; add yolks to whites, then beat in sugar; then fold the flour in lightly, then flavor, then hot water, and bake in slow oven in an ungreased pan about 40 minutes.

JELLY CAKE

- | | |
|--|----------------------|
| 3 eggs | 1 cup powdered sugar |
| 1 cup flour | 1 tablespoon milk |
| 1 level teaspoon Calumet Baking Powder | Pinch of salt |

Sift flour, salt and baking powder together thoroughly. Beat whites and yolks of eggs separately. Mix sugar with beaten yolks, and add sifted flour, stirring gently; then add whites of eggs and milk. Mix thoroughly and pour into three jelly-cake plates and bake from 5 to 10 minutes in a well-heated oven; when cold spread with currant jelly, place each layer on top of the other, and sift powdered sugar on top. (See illustration, page 62.)





LEMON CREAM CAKE

- | | |
|---|-----------------------|
| 3½ cups pastry flour | Juice of ½ lemon |
| 3 level teaspoons Calumet Baking Powder | Rind of 1 whole lemon |
| ½ cup butter | 1 cup cold water |
| 1½ cups sifted granulated sugar | Whites of 4 eggs |

Sift flour once, then measure, add baking powder and sift three times; cream butter and sifted sugar thoroughly, add grated rind then put lemon juice in cup, add water to make a full cup, now add flour and water alternately, beating thoroughly, last fold in well-beaten whites of the 4 eggs. Bake in moderate oven, 30 to 35 minutes.

Lemon Cream Filling

Yolks of 4 eggs; juice of ½ lemon; about 2 cups confectioner's sugar. Put yolks and lemon juice into a deep bowl, add gradually sugar, beating all the time, keep adding sugar until just right to spread, beat long and hard and spread on cake when cool. The lemon cream and orange cream cakes are very fine and economical, and failure is impossible with these two recipes and Calumet Baking Powder.

MAPLE SUGAR ROLL

- | | |
|---|----------------------------|
| 4 cups pastry flour | 2 large tablespoons butter |
| 4 level teaspoons Calumet Baking Powder | 1½ cups milk |
| 1 level teaspoon salt | ¼ lb. shaved maple sugar |

Sift flour, then measure; add baking powder, and sift three times; chop butter into flour, mix with milk, turn out on board, roll out ¼-inch thick, spread with shaved maple sugar, press with rolling-pin, then roll up like jelly roll, and cut from end 1-inch pieces. Bake in quick oven. Serve hot with butter.

MARBLE CAKE

White Part—1½ cups sugar, ½ cup butter, ½ cup sweet milk, whites of 4 eggs, 3 cups of flour, 3 level teaspoons Calumet Baking Powder.

Dark Part—1 cup brown sugar, ½ cup molasses, ½ cup butter, ½ cup sweet milk, yolks of 4 eggs, 2½ cups flour, 3 level teaspoons Calumet Baking Powder, ½ teaspoon each of cloves, allspice, nutmeg and cinnamon.

Mix the white part and the dark part separately. Then mold them together easily so as to get the marbled appearance and bake in a moderately hot oven.

ORANGE CREAM CAKE

- | | |
|---|-----------------------------------|
| 3 cups pastry flour | Juice of 1 orange in cup—fill cup |
| 3 level teaspoons Calumet Baking Powder | with water (making 1 full |
| ½ cup butter | cup moisture) |
| 1¼ cups granulated sugar | Rind of whole orange |
| Yolks of 3 eggs, well beaten | Whites of 2 eggs |

Sift flour once, then measure, add baking powder, sift three times; cream butter and sugar, add grated rind, then yolks (well beaten), now add flour and water alternately, beating long and hard, lastly add the well beaten whites of eggs.

Orange Cream Filling

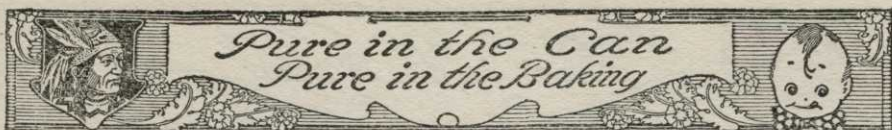
White of 1 large egg; juice of 1 large orange; 2 cups confectioner's sugar. Put egg and orange juice in deep bowl, add sugar gradually, beating long and hard until creamy and of consistency to spread. Spread on cake when cool.

SNOW CAKE

- | | |
|-------------------|--------------------------------|
| ¼ cup butter | 1½ cups flour |
| ½ cup white sugar | 2 level teaspoons Calumet Bak- |
| 2 egg whites | ing Powder |
| ½ cup milk | ½ teaspoon vanilla |

Cream butter, add gradually sugar and vanilla. Beat egg whites to a stiff froth and add. Sift flour and baking powder together thoroughly and add to the first mixture alternately with the milk. Add egg after flour. Bake in a moderate oven 45 minutes. Cover with boiled frosting. (See page 32.)





SPANISH BUNS

Two and one-half cups brown sugar, $\frac{1}{2}$ cup butter, 1 cup sour milk, 4 eggs (saving the whites for frosting), $2\frac{1}{2}$ cups flour, 1 teaspoon soda, 1 teaspoon nutmeg, 1 teaspoon cloves, 1 teaspoon vanilla; bake in a dripping pan; cut in squares and pour frosting over. Mix as for cake.

SPICE CAKE—Exceptionally Good

- | | |
|---|----------------------------------|
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ teaspoon cinnamon |
| 1 cup sugar | $\frac{1}{2}$ teaspoon salt |
| 2 cups pastry flour | $\frac{3}{4}$ cup water |
| 2 level teaspoons Calumet Baking Powder | Yolks of 4 eggs; or 2 whole ones |
| $\frac{1}{2}$ teaspoon nutmeg | |

Cream butter and sugar thoroughly, and add eggs. Sift together three times flour, baking powder, spices and salt, and add alternately with water.

SUNSHINE CAKE

- | | |
|--------------------------------------|---|
| $\frac{1}{2}$ cup of butter | 2 level teaspoons Calumet Baking Powder |
| $1\frac{1}{2}$ cups granulated sugar | 1 teaspoon lemon |
| $2\frac{1}{2}$ cups flour | Yolks of 9 eggs |
| 1 cup water | |

Cream butter and sugar thoroughly, beat eggs and add to butter and sugar. Sift flour before measuring, then sift flour and baking powder together three times, and add alternately with milk to other ingredients. Bake in a slow oven 50 to 60 minutes.

WHITE CAKE

- | | |
|--------------------------|---|
| $\frac{3}{4}$ cup butter | $1\frac{1}{4}$ cups sugar |
| 1 cup milk | 3 level teaspoons Calumet Baking Powder |
| 4 egg whites | 1 level teaspoon salt |
| 3 cups flour | |

Cream butter and sugar. Add milk alternately to flour, baking powder and salt, sifted thoroughly. Add whites of eggs or fold in, last, stirring gently. Use any flavoring to suit taste.

WHITE LOAF CAKE

- | | |
|--------------------------------------|--|
| Whites of 8 eggs | $2\frac{1}{2}$ cups pastry flour |
| $1\frac{1}{4}$ cups granulated sugar | $2\frac{1}{2}$ level teaspoons Calumet Baking Powder |
| $\frac{3}{4}$ cup butter | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup water | |

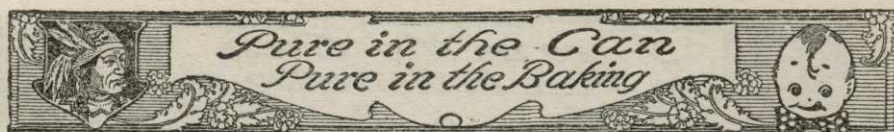
Sift flour once and measure, add baking powder and sift three times. Sift sugar, then measure. Cream butter and sugar thoroughly. Beat whites of eggs until very stiff. Add to creamed butter and sugar, then flour and water alternately, then flavor and stir very hard. Bake in ungreased mold in slow oven until raised to top of pan, then increase heat and brown. Bake 40 to 60 minutes.

ALMOND DROP CAKES

- | | |
|---|--|
| 3 cups pastry flour | $\frac{3}{4}$ cup blanched and chopped almonds |
| 3 level teaspoons Calumet Baking Powder | Yolks of 3 eggs |
| 1 teaspoon cinnamon | $\frac{2}{3}$ cup melted butter |
| Pinch of salt | $\frac{2}{3}$ cup milk (scant) |
| $\frac{3}{4}$ cup sugar | 2 eggs |

Sift flour once, then measure, add baking powder, cinnamon and salt and sift three times, then put in a mixing bowl. Add sugar, nuts, then eggs, butter, then milk and flour, beat all together thoroughly, drop in small spoonfuls on well oiled pan and bake in a medium oven until light brown.





CALUMET GINGER SNAPS

- | | |
|---|---------------------------------------|
| 1 cup molasses | 2 teaspoons ginger |
| 2 level teaspoons Calumet Baking Powder | $\frac{1}{2}$ cup butter or drippings |
| $3\frac{1}{3}$ cups flour | $1\frac{1}{2}$ teaspoons salt |

Boil molasses two minutes and pour on butter; cool. Sift together thoroughly flour baking powder, ginger and salt and add. Chill, roll on a floured board as thin as possible using a small part of the dough at a time. Cut into a shape and bake in a moderate oven. (See illustration, page 22.)

CALUMET NUT COOKIES

- | | |
|--------------------------|--|
| $\frac{1}{3}$ cup butter | 1 level teaspoon Calumet Baking Powder |
| $\frac{1}{2}$ cup sugar | |
| 2 eggs | $\frac{3}{4}$ cup chopped nuts |
| $\frac{1}{2}$ cup flour | 1 teaspoon lemon juice |

Cream butter and add sugar and eggs well beaten. Sift flour and baking powder together. Add first mixture; then add nuts and lemon juice and enough milk to make a soft dough. Drop from a spoon on an unbuttered baking sheet, leaving an inch space between them. Sprinkle with chopped nuts and bake in a very slow oven. This will make two dozen cookies. (See illustration, page 22.)

CALUMET SUGAR COOKIES

- | | |
|---------------------|----------------------------------|
| 2 cups sugar | 1 teaspoon Calumet Baking Powder |
| 1 cup butter | 1 teaspoon nutmeg |
| 3 eggs | $\frac{1}{2}$ teaspoon cloves |
| 3 tablespoons water | 3 cups flour |

Cream butter and sugar, beat in whipped eggs, add baking powder and 1 cup flour, then water and spices, add remaining flour gradually, working in more flour until dough is stiff enough to roll. Sprinkle flour over pastry board. Make a ball of dough, and lay it on the board. Rub rolling pin with flour and roll out dough into a sheet $\frac{1}{4}$ -inch thick. Cut in round cakes, sift granulated sugar over each, and bake quickly. (See illustration, page 22.)

MARBLE COOKIES

- | | |
|---|---------------------------|
| $3\frac{1}{2}$ cups sifted pastry flour | $\frac{3}{4}$ cup butter |
| 3 level teaspoons Calumet Baking Powder | 2 eggs, beaten separately |
| 1 cup sugar | Pinch of salt |
| | $\frac{1}{4}$ cup milk |

Mix as for cake then separate dough, putting half in another bowl, and to one-half add rind of 1 orange and juice of half an orange; to other half add 2 ounces of melted chocolate. Save $\frac{1}{4}$ cup of flour in sifter to add to white dough after orange juice has been added. Place dark dough on top of light dough and roll together very thin, and cut and bake in a quick oven.

VANILLA WAFERS

- | | |
|---|---|
| $\frac{1}{3}$ cup butter and lard mixed | 2 level teaspoons Calumet Baking Powder |
| 1 cup sugar | |
| 1 egg, well beaten | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup milk | 2 teaspoons vanilla |
| $2\frac{1}{4}$ cups flour | |

Cream butter, add sugar, milk and vanilla. Sift together thoroughly the flour, baking powder, salt and add. Roll as thin as possible, cut with round cutter, and bake in a moderate oven.





Cake Fillings & Frostings

CARAMEL FILLING

1 lb. brown sugar
1/2 cup milk

2 eggs
Vanilla

Boil sugar and milk until it will harden when dropped into cold water. Beat yolks of eggs and whites separately and then combine them. Gradually pour the hot syrup over them, beating all the time. Add flavoring and beat until cool and quite thick.

CHOCOLATE FILLING

1 1/2 squares chocolate
1 cup powdered sugar

3 tablespoons milk
1/2 teaspoon vanilla

Melt the chocolate, add one-half of the sugar, and the milk. Stir until smooth. Add the remainder of the sugar and cook over hot water 20 minutes, then add the vanilla.

COCOANUT FILLING

2 eggs

Powdered sugar

Grated cocoanut

Beat egg whites until stiff, add enough powdered sugar to spread. Spread on cake and sprinkle with grated cocoanut. Use for a layer cake, having filling between and on top.

CREAM FILLING

1 cup sugar
1/3 cup flour

2 1/2 cups milk
1 teaspoon vanilla

2 eggs, well beaten

Mix sugar, flour and eggs, and stir into hot milk. Cook in top of a double boiler 10 minutes. Add vanilla.

FIG FILLING

One-half pound of figs chopped fine, 6 tablespoons of sugar, 1/3 cup of orange juice, rind of half an orange; cook in double boiler until the thickness of cream.

LEMON FILLING

3/4 cup water
1/4 cup sugar

Juice 1/2 lemon
Rind 1/2 lemon

Bring these to a boil and then stir in 1/4 cup of sugar and 2 tablespoons of flour mixed together. Take from fire, add 1 egg well beaten, 1 teaspoon of butter; set back on fire until egg is set.

ORANGE FILLING

Juice of 1 orange, juice of 1/2 lemon; fill cup with water, put in small pan, add 1/3 cup of sugar, bring to a boil and stir in 1/3 cup of sugar and 2 tablespoons of flour stirred together; take from fire and add 1 egg well beaten and 1 teaspoon of butter; set back on fire until egg is set.

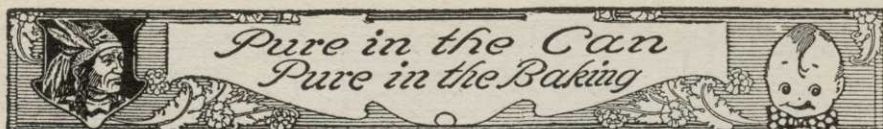
PARISIAN CREAM

2 cups confectioner's sugar
1/2 cup butter

White of 1 egg
2 tablespoons burnt sugar

Cream until light.





BOILED FROSTING

2 cups sugar
 $\frac{3}{4}$ cup water

Stiffly beaten whites of 2 eggs
 Lemon or vanilla

Boil sugar and water until it threads without stirring. Then gradually pour it into beaten eggs, beating mixture rapidly all the time. When all in, and mixture has thickened and is cool, it is ready for use in icing cakes.

CHOCOLATE FROSTING

$\frac{3}{4}$ cup sugar
 2 squares chocolate

3 tablespoons milk
 1 egg yolk

Melt chocolate, add sugar and milk. Cook in a double boiler until smooth; add egg yolk and cook one minute. Spread on cake.

EGG FROSTING

Whites of 2 eggs

Confectioners' or pulverized sugar

Lemon juice

Put whites of 2 eggs in a bowl, add 1 tablespoon sifted confectioner's sugar, beat three minutes. Add another tablespoon sugar, beat again; continue until icing is very stiff and glossy, adding 1 teaspoon lemon juice. Spread on cake; let it stand till dry.

ORANGE FROSTING

1 grated orange rind
 $\frac{1}{2}$ teaspoon lemon juice

A tablespoon orange juice
 2 egg yolks

Confectioners' sugar

To grated rind add fruit juice. Let stand 15 minutes; strain, and add slowly to beaten egg yolk. Stir in confectioners' sugar to spread.

PLAIN FROSTING

$\frac{1}{2}$ lb. pulverized sugar

Milk

Lemon or vanilla

Moisten sugar with enough sweet milk to make required consistency to spread easily. Care must be taken not to get it too thin.

PLAIN ICING

One cup sugar, $\frac{1}{3}$ cup water. Boil until it hairs, pour on platters and cool 8 minutes, then beat until creamy. Set in bowl over teakettle to soften for use.

Chocolate icing can be made by the same recipe, adding 1 ounce chocolate.

Cherry icing is made by same recipe, adding 5 drops of cherry fruit coloring.

MAPLE ICING

$\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup sugar

1 tablespoon butter
 1 teaspoon vanilla

$\frac{1}{4}$ cup maple syrup

Cook milk and sugar two minutes, add syrup and cook to soft ball stage. Remove from heat, add butter and vanilla. Cool and beat until creamy and thick enough to spread.

LEMON ICING

Juice of $\frac{1}{2}$ lemon, 1 cup confectioners' sugar and milk to mix to the consistency to spread.

MOCHA ICING

1 cup powdered sugar
 1 teaspoon cocoa
 2 tablespoons butter

$\frac{1}{4}$ teaspoon vanilla
 About two tablespoons
 cold coffee

Cream butter, add sugar and cocoa gradually. Add vanilla then coffee gradually until the mixture is smooth, creamy and thick enough to spread.

ORANGE ICING

One tablespoon of orange juice, 1 teaspoon of lemon juice, yolk of 1 egg; a little orange rind, $\frac{1}{2}$ cups of confectioners' sugar. Beat until smooth.



Main Entrance, Lobby
and a glimpse of the
General Offices, con-
sidered one of the most
beautiful, modern and
finely equipped in
America.





Top—

Geo. C. Rew, B. S.,
Ph. G.

Vice-President

Center—

Dr. T. J. Bryan, A.
B., A. M., Ph. D.,
Sc. D.

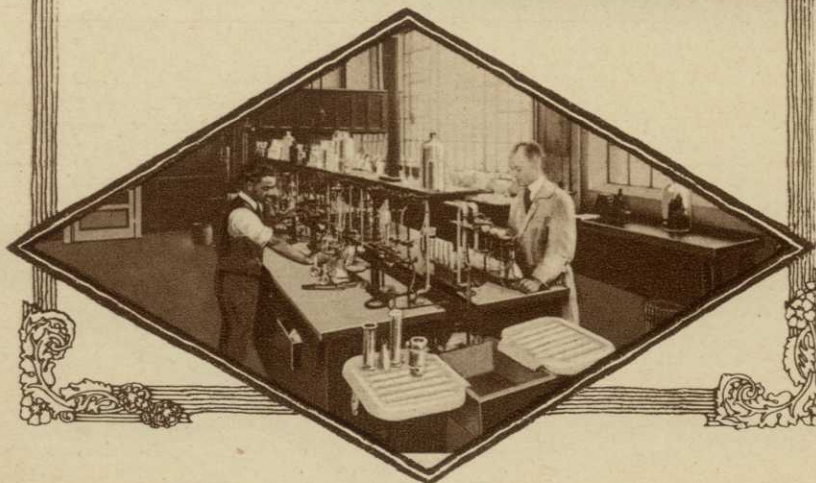
Chief Chemist

Bottom—

John R. Davies,
B. S., M. S.
G. W. Jennings,
B. S., Chicago Uni-
versity

Assistant

These men, as four
of the leading ana-
lytical chemists of
America, demand
and enforce the high-
est standard of excel-
lence in making Calu-
met the purest and
most economical
baking powder in the
world.





MRS. W. E. FARLEY

Kentucky's most famous cake and pastry maker. The winner of twenty blue ribbon first prizes for cakes and pastries at the great Kentucky State Fair during the past seven years. Mrs. Farley is known throughout the South as an authority on cake making. She says:

"For 26 years I used the high-priced Trust Brand Baking Powder, and thought I was getting good results until I tried Calumet, the moderate priced quality brand. I have used Calumet for years, and every baking is a big delightful surprise.

"Since I have been using Calumet Baking Powder I have won over ten prizes in Cake Baking contests, all in competition with many expert contestants.

"I won four prizes last year at the Kentucky State Fair. Recently I took first prize with my Calumet Cake in competition with Royal at the cake baking contest held in connection with the Cooking School conducted by Betty Lyle Wilson for the Louisville Post.

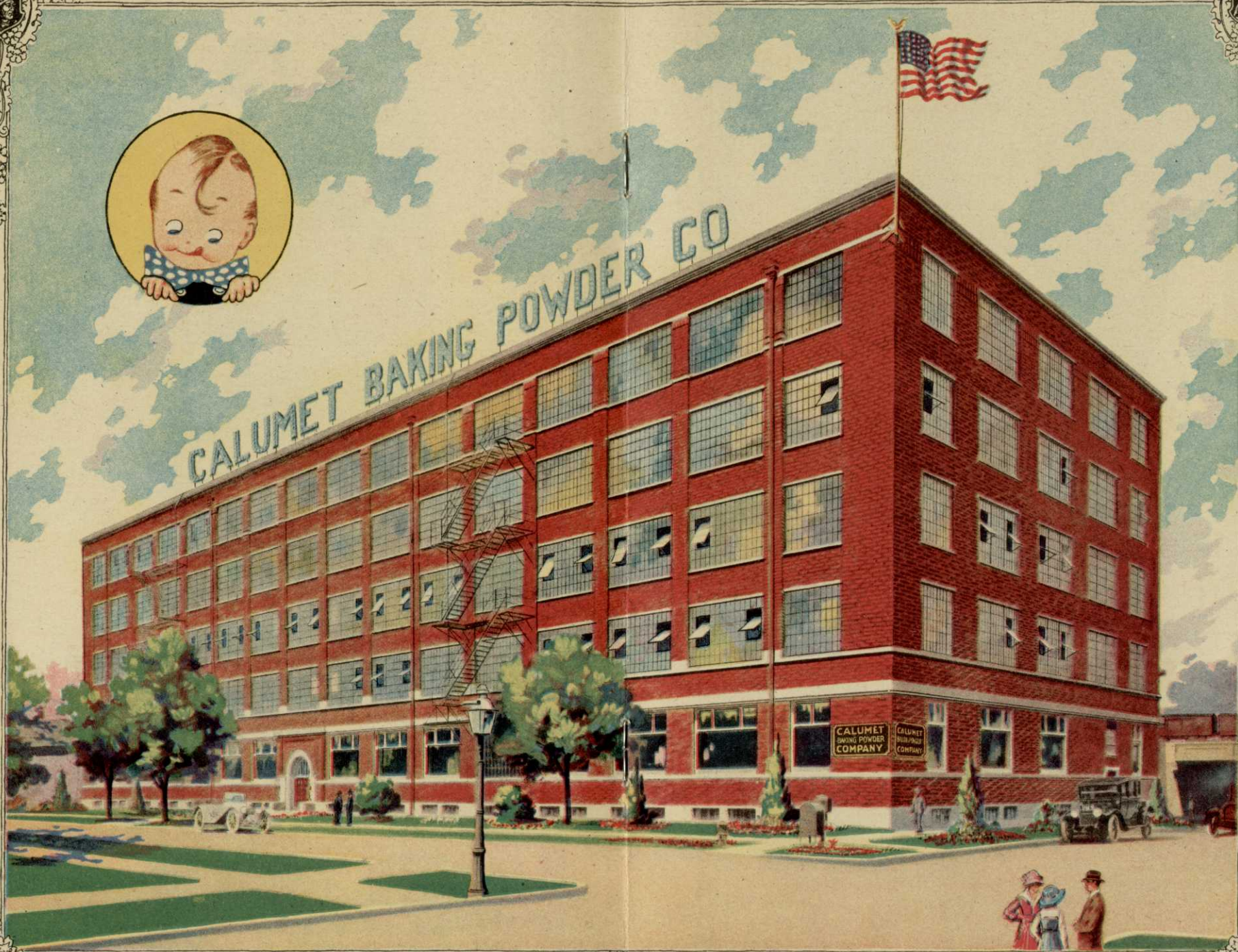
"I gladly recommend Calumet to every housewife for its purity, genuine wholesomeness, full economy and never-failing results.

Louisville, Ky.

MRS. W. E. FARLEY.



CALUMET BAKING POWDER CO



"The House That Calumet Built" - The Largest, Finest and Most Sanitary Baking Powder Plant in the World



MAUDE MARIE COSTELLO

One of America's Foremost Authorities on Scientific Cooking and Pure Foods

THOUSANDS of women are daily guided in their cooking by the advice and suggestions of this most eminent authority. Maude Marie Costello has shown these housewives how to materially reduce their table costs and secure better results in every branch of cooking—she has given them the benefit of her scientific methods, and has shown them how to avoid impure foods.

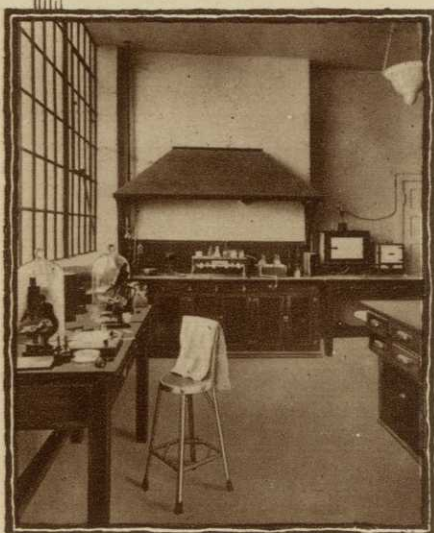
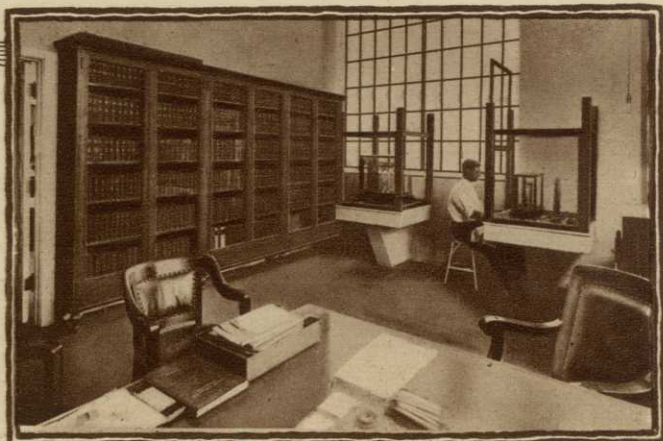
After courses of study in the Lewis Institute, University of Chicago, Simmons College and Boston Cooking School, Maude Marie Costello became a Domestic Science teacher of national fame—she knows which is best through her own experiments and the constant study of scientific cooking and pure foods.

One of the subjects nearest her heart—one which she has given endless study—one which she considers of vital importance—is the use of baking powder. In a recent interview, Maude Marie Costello said:

"I use Calumet Baking Powder because I find it absolutely dependable and uniform, and because it has more leavening strength than most baking powder. Like everyone who is interested in domestic science, I am interested in reducing the high cost of living and am interested in Calumet because it is sold at a moderate price.

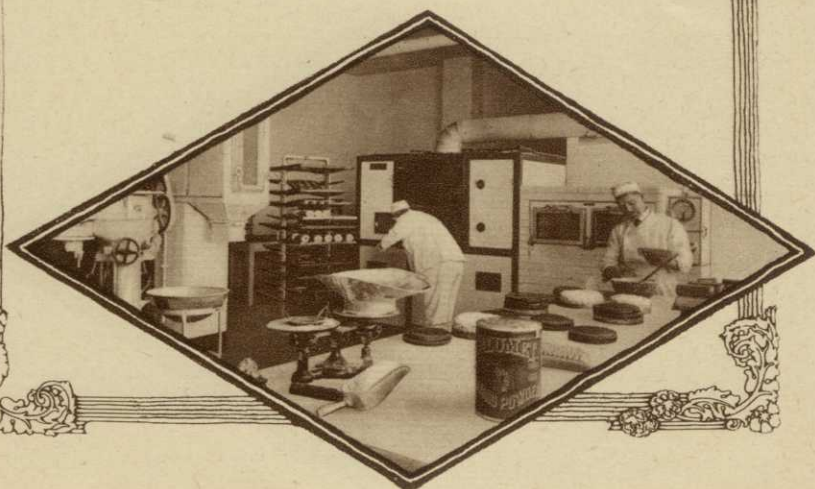
"In my work I must use a baking powder which is wholesome beyond question and which is absolutely dependable, and Calumet meets all my requirements."

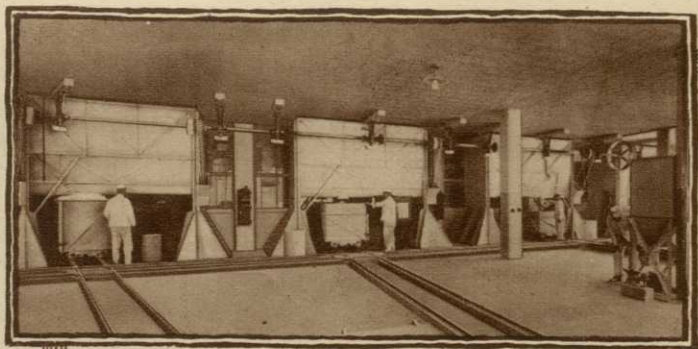
An endorsement by Miss Costello of any particular product is without dispute absolute proof that that brand is superior.



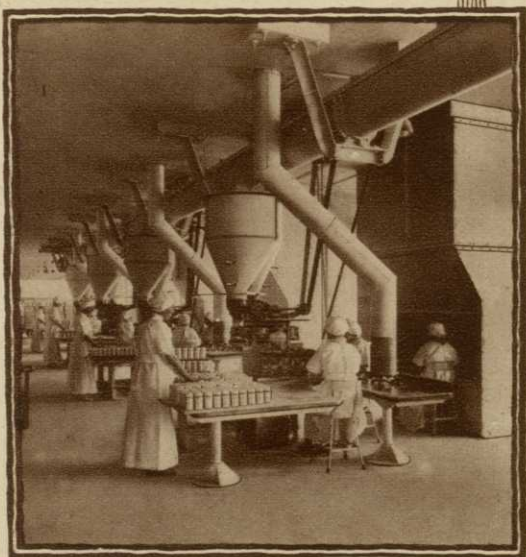
Other views of one of the most modern and completely equipped laboratories and bakeries in America.

It is here that Calumet Baking Powder is tested by a baking in addition to being analyzed in the laboratory before it leaves the factory.





Partial views of the weighing and mixing rooms, weighing and filling machines and labelling departments. You will find the uniforms of spotless white, matched with sunlight and sanitation throughout the Calumet Factory.





Pies

GENERAL RULES

1. Use pastry flour.
2. Use cold ingredients, cold board, and the room should be cool.
3. Employ little mixing, kneading toughens.
 - (a) Flour plus air equals "light" mixture
 - (b) Flour plus lard equals "flaky" mixture
 - (c) Flour plus water equals "tough" mixture
4. Flour toughens: Use as little as possible.
5. Part of shortening may be enclosed during rolling process to make crust flaky.
6. Roll pastry one way.
7. Cook pastry in a hot oven and have the greatest heat at the bottom so that it may rise before it browns.
8. Pastry is difficult to digest because the starch grains must absorb water and swell before they can be digested. The small amount of water used in making pastry does not furnish enough liquid to accomplish this. Moreover, the particles of starch are enclosed in fat and digestive fluids can not reach starch readily.
9. To prevent bottom crust from absorbing the juice, brush crust with flour or white of egg.
10. Never grease a pie tin.
11. To a juicy pie add one-sixth as much flour as sugar.
12. Fats: (1) Lard makes white flaky crust; (2) Lard and butter give good flavor. Pie crust is often made without baking powder, but it requires much skill and practice as well as more shortening to make it tender and flaky. And when a plainer, easier made, and more economical crust is desired, the use of a little baking powder will produce the results required. If pastry flour is used the results will be found more satisfactory.

PIE PASTE—No. 1

3 cups flour
 $\frac{1}{2}$ level teaspoon Calumet Baking Powder

1 teaspoon salt
 $\frac{3}{4}$ cup lard
 Cold water

Sift together dry ingredients thoroughly. Work in lard with knife or rounding edge of a tablespoon or spatula. Moisten to a dough with cold water. Put lightly on floured board, and roll thin ready for use.

PIE PASTE—No. 2

3 cups flour
 $\frac{1}{2}$ level teaspoon Calumet Baking Powder
 $\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ cup lard
 $\frac{1}{2}$ cup butter
 Cold water

Sift dry ingredients together thoroughly. Work in lard. Mix into smooth paste; flour the board, roll thin. Spread butter on it evenly, fold in three; roll out thin again; fold in three, repeat twice more and use.

NOTE—A cup of sweet cream can be used in place of lard and water, when obtainable





APPLE PIE

About 4 tart apples
 $\frac{1}{2}$ cup sugar

1 teaspoon extract lemon
 Pie paste No. 1

Peel, core and slice apples thin. Line pie plate with paste. Put in apples, sugar and a little water. Wet edges, cover with paste rolled out very thin. Bake in moderate steady oven until apples are cooked.

NOTE—Any green fruit pies can be made in similar manner to above.

NOTE—To prevent juice of pies boiling out into oven, wet the edges when upper and lower crusts are joined, with thin paste, made of one teaspoon flour and three of water, instead of clear water.

APPLE PIE—ENGLISH

About 14 apples
 1 cup sugar
 2 level teaspoons Calumet Baking Powder

$\frac{1}{2}$ cup butter
 1 cup milk
 $\frac{1}{4}$ teaspoon salt
 3 cups flour

Sift flour, salt and baking powder thoroughly. Work in butter cold. Add milk, making dough as for Standard Biscuit (see recipe, page 9). Peel, core and quarter apples. Line stewpan with dough to within two inches of bottom; pour in $1\frac{1}{2}$ cups water, apples and sugar. Wet edges and cover with rest of dough. Place in moderate oven until apples are cooked. By placing stewpan on bottom of oven, the apples cook better. This can be flavored with lemon extract or spices, if desired.

APPLE CUSTARD PIE

Three cups milk, 4 eggs, 1 cup sugar, 2 cups thick stewed apples; strain through colander; beat eggs lightly, mix with the apples, flavor with nutmeg; bake with one crust.

CALUMET FRUIT POCKETS

2 cups pastry flour
 2 level teaspoons Calumet Baking Powder

$\frac{1}{4}$ teaspoon salt
 1 heaping tablespoon of butter
 $\frac{2}{3}$ cup milk (scant)

Sift flour, then measure, add baking powder and sift three times, chop in butter and mix with milk to a soft dough, turn out on a well floured board, roll out $\frac{1}{2}$ inch thick, cut the dough in ovals. On each put a spoonful of filling, brush edges of dough with white of egg, fold over to make a pointed oval cake, turn plain side up, press lightly to flatten. With sharp scissors make three short cuts across top. Sift over a little powdered sugar, place well apart on greased pans and bake in a quick oven till pale brown.

Filling

$\frac{1}{4}$ cup chopped raisins
 $\frac{1}{4}$ cup chopped citron
 $\frac{1}{4}$ cup chopped nut meats
 $\frac{1}{4}$ cup currants
 2 tablespoons granulated sugar

$\frac{1}{4}$ teaspoon allspice
 $\frac{1}{4}$ teaspoon cinnamon
 Pinch of cloves
 2 tablespoons orange juice
 1 tablespoon lemon juice

Stir all ingredients together thoroughly.

CUSTARD PIE

3 tablespoons sugar
 $\frac{1}{8}$ teaspoon salt
 2 eggs

$1\frac{1}{2}$ cups milk
 Few gratings nutmeg

Beat eggs slightly, add sugar, salt and milk. Line plate with paste No. 1 and build up a fluted rim. Strain in mixture, and sprinkle with few gratings of nutmeg. Bake in quick oven at first to set rim, decrease the heat afterwards, as egg and milk in combination need to be cooked at low temperature.





LEMON PIE

- | | |
|----------------------------------|---------------------------|
| $\frac{3}{4}$ cup sugar | 2 egg yolks |
| $\frac{3}{4}$ cup boiling water | 3 tablespoons lemon juice |
| 1 tablespoon cornstarch or flour | Grated rind of 1 lemon |
| 1 teaspoon butter | |

Mix cornstarch and sugar, add boiling water, stirring constantly. Cook 2 minutes, add butter, egg yolks and rind and juice of 1 lemon. Line a plate with Pie Paste No. 2. Put a rim $\frac{1}{2}$ inch wide around rim; flute with the fingers first dipped in flour. Turn in edge, or cut pastry larger than plate and build up a mixture which has been cooled and bake until pastry is done. Cook slightly and cover with a meringue, then return to oven and bake meringue.

Meringue

Beat whites of 2 eggs until stiff, add gradually 2 tablespoons powdered sugar and continue beating; then add $\frac{1}{2}$ tablespoon lemon juice or $\frac{1}{4}$ teaspoon vanilla.

LEMON CREAM PIE

- | | |
|---------------------------------------|-----------------------------------|
| 4 eggs | 1 cup sugar |
| 2 heaping tablespoons flour | $1\frac{1}{2}$ cups boiling water |
| The grated rind and juice of 2 lemons | Pie Paste No. 2 |

Beat yolks and whites of eggs separately. To beaten yolks add sugar, flour, lemon juice and rind, and lastly boiling water. Cook in a double boiler and when it begins to thicken, add to it one-half of beaten whites. Stir this in thoroughly and let it cook until it is as thick as desired.

Use the remainder of the egg whites for the meringue on top of pie. After your custard has cooled, fill a baked shell of pie paste No. 2, pile meringue on top, and bake in a very slow oven until the meringue is brown. (See illustration, page 51.)

PUMPKIN PIE

- | | |
|-------------------------------|---------------------------------|
| 2 eggs | $\frac{1}{4}$ teaspoon allspice |
| $\frac{1}{2}$ cup sugar | $\frac{1}{4}$ teaspoon cloves |
| 1 cup stewed pumpkin | $1\frac{1}{2}$ cups milk |
| $\frac{1}{4}$ teaspoon ginger | |

Beat eggs, add to them sugar, pumpkin and spices. Beat it thoroughly and then add milk and mix thoroughly; then bake in a crust of pie paste.

RAISIN PIE

One cup seeded raisins, 1 tablespoon sugar, 1 teaspoon vinegar. Cook raisins in enough cold water for one pie; add tablespoon butter; mix all together. Bake in two crusts.

RHUBARB PIE

One cup stewed pie plant, 1 cup sugar, yolk of 1 egg with 1 tablespoon flour stirred into it, little salt. Bake without top crust and frost.

SOUR CREAM PIE

- | | |
|--|-----------------|
| 1 cup sour cream | Pinch of nutmeg |
| $\frac{1}{2}$ cup seeded raisins, chopped fine | 1 cup sugar |
| $\frac{1}{2}$ teaspoon cinnamon | Yolks of 3 eggs |
| $\frac{1}{4}$ teaspoon cloves | White of 1 egg |

Bake like lemon custard, using whites of 2 eggs for top. Bake in an unbaked shell in a slow oven until custard is set, then beat whites of 2 eggs until stiff, and 2 tablespoons of sugar and spread on top after pie is baked and brown in oven.





Puddings and Sauces

APPLE PUDDING (STEAMED)

- | | |
|---|-----------------------------|
| 2 cups flour | 1 tablespoon butter |
| 3 level teaspoons Calumet Baking Powder | $\frac{2}{3}$ cup milk |
| $\frac{1}{2}$ teaspoon salt | 3 or 4 apples cut in slices |

Mix flour, baking powder and salt together and sift twice. Work in butter with tips of fingers and add milk. Line bottom and sides of a well buttered mold with sugar, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon nutmeg.

Steam 1 hour and 20 minutes. Serve with cream sauce.

NOTE—Any other fruit desired may be used.

APPLE TAPIOCA PUDDING

- | | |
|-------------------------|-----------------------------|
| 1 quart peeled apples | $\frac{1}{2}$ teaspoon salt |
| 1 cup tapioca | Teaspoon lemon extract |
| $\frac{1}{2}$ cup sugar | |

Quarter apples and fill bake dish. Sprinkle half sugar over apples. Soak tapioca in quart of hot water 1 hour. Add salt, lemon extract, and rest of sugar. Pour over apples. Bake until apples are tender. Serve with hard sauce.

NOTE—Peaches, pears, plums, etc., can be cooked in same way.

BREAD PUDDING (CHOCOLATE)

- | | |
|----------------------------------|-------------------------------|
| 2 cups stale bread crumbs | 2 eggs |
| 4 cups milk | $\frac{1}{2}$ teaspoon salt |
| 3 tablespoons sugar | $\frac{1}{2}$ teaspoon nutmeg |
| 2 ounces grated bitter chocolate | |

Put bread, milk, nutmeg and chocolate in a bowl, and soak for 2 or 3 hours. Beat together eggs, sugar and salt. Mash soaked bread with a spoon, and add egg mixture to bread and milk. Pour into a pudding dish, and bake in a slow oven for about 40 minutes. Serve with cream sauce.

BREAD PUDDING (PLAIN)

- | | |
|----------------------------------|-----------------------------|
| 1 small loaf stale bread | 2 eggs, well beaten |
| 1 quart milk | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{3}$ cup sugar | 1 teaspoon vanilla |
| $\frac{1}{4}$ cup butter, melted | |

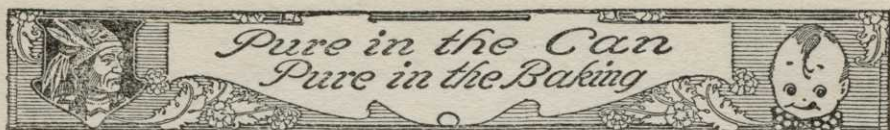
Remove soft part from loaf, and put through a colander (there should be 2 cups full). Scald milk, pour over crumbs, let stand until cool. Add eggs, sugar, butter, salt and vanilla. Bake in a buttered pudding dish, in a slow oven, one hour. Serve with vanilla sauce. Raisins or currants can be added to above if desired.

CHARLOTTE RUSSE

- | | |
|------------------------------|----------------------------------|
| $\frac{1}{4}$ box gelatine | $\frac{1}{3}$ cup powdered sugar |
| $\frac{1}{4}$ cup cold water | 3 cups cream |
| $\frac{1}{8}$ cup cream | 1 teaspoon vanilla |
| 6 lady fingers | |

Soak gelatine in cold water, dissolve in the cream scalded. Add powdered sugar and vanilla. When it begins to thicken fold in the whip from 3 cups of cream. Line molds with lady fingers, turn in the mixture and chill.





COTTAGE PUDDING

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup sugar
 1 egg, well beaten
 1 cup milk

2 cups flour
 3 level teaspoons Calumet Baking Powder
 $\frac{1}{2}$ teaspoon salt

Cream the butter, add gradually the sugar and egg. Sift together thoroughly the flour, baking powder and salt and add alternately with the milk to the first mixture. Bake in a moderate oven 35 minutes. Serve with vanilla or hard sauce. Crushed strawberries, raspberries, blueberries, cranberries, and juicy crushed sweetened fruits or jellies and preserves can be served with this pudding.

COTTAGE PUDDING (PEACH)

Make batter as for Cottage Pudding. Stir in 2 cups sliced peaches, bake in square pan and serve with hard sauce. Apples, raisins, currants, pears or any chopped or sliced fruits can be used in a similar way with this batter.

CUSTARD

One pint good rich milk, 2 eggs (beaten lightly), sweeten to taste, flavor with nutmeg; bake.

DATE PUDDING

1 cup molasses
 1 cup milk
 $\frac{1}{3}$ cup butter
 3 cups flour
 4 level teaspoons Calumet Baking Powder

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon allspice
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{3}{4}$ pound of dates, cut in pieces

Melt butter and add to the molasses and milk. Sift together flour, baking powder, salt and spices, and add with dates. Put into a buttered mold and steam $2\frac{1}{4}$ hours. Serve with wine sauce. (See illustration, page 51.)

PLUM PUDDING

1 cup suet chopped fine
 1 cup molasses
 3 level teaspoons Calumet Baking Powder

3 cups flour
 $1\frac{1}{2}$ teaspoons salt
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ teaspoon cinnamon

Mix suet, molasses and milk. Sift together flour, baking powder, salt, cloves, nutmeg and cinnamon, and add. Turn into a buttered mold and steam 3 hours. Serve with hard sauce.

NOTE—One and a half cups of chopped raisins can be added to above if desired, and the whole or part spices omitted.

PORRIDGE PUDDING

3 cups cold oatmeal porridge
 2 eggs

3 cups milk
 $\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup chopped raisins or currants

Mix ingredients and bake about 30 minutes. Any cold porridges, or boiled rice, can be used in this way, and will give a variety of delicious dishes easily prepared. Vanilla or lemon extract or nutmeg can be used for flavoring, and raisins and currants omitted.

RHUBARB PUDDING

Butter thin slices of dry bread, lay in bottom of deep pudding pan, then a layer of rhubarb cut in small pieces; sprinkle with sugar, then another layer of buttered bread and so on until as deep as you wish, with a layer of bread on top. Cover closely and bake $\frac{1}{2}$ hour. Serve cold with syrup of sugar, butter and a little water.





RICE PUDDING

4 cups milk
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ cup rice
 $\frac{1}{3}$ cup sugar
 Grated rind half lemon

Wash rice, mix ingredients, and pour into buttered pudding dish. Bake 3 hours in a very slow oven, stirring three times during first hour of baking to prevent rice from setting.

Raisins or currants added to above will give variety.

SNOW BALLS

$\frac{1}{2}$ cup butter
 1 cup sugar
 2 level teaspoons Calumet Baking Powder
 $2\frac{1}{4}$ cups flour
 $\frac{1}{2}$ cup milk
 4 egg whites

Cream butter and sugar, add milk, and flour and baking powder, sifted together. Then egg whites, beaten until stiff. Steam in buttered cups 35 minutes. Serve with fruit preserves.

TAPIOCA PUDDING

Soak 4 tablespoons tapioca in a little water; boil 1 quart milk and pour over it while hot; when cool add $\frac{1}{2}$ cup sugar, 1 egg and yolks of 2 eggs (well beaten), bake; when done beat the 2 whites with 2 tablespoons sugar and spread on top.

APPLE DUMPLINGS

$1\frac{1}{2}$ cups flour
 2 level teaspoons Calumet Baking Powder
 1 teaspoon butter
 $\frac{1}{2}$ cup milk
 6 apples

Sift together thoroughly flour and baking powder. Work in butter with tips of fingers and add milk. Place on a floured board, pat and roll out to a little less than $\frac{1}{2}$ inch in thickness. Peel apples, cut in halves. Cut dough into rounds large enough to enclose the apple halves. Place in a buttered steamer and cook over boiling water for 20 minutes. Sections of peaches may be used instead of apples.

BAKED APPLE DUMPLINGS

4 cups pastry flour
 4 level teaspoons Calumet Baking Powder
 1 level teaspoon salt
 2 heaping tablespoons lard or butter
 1 cup milk

Sift flour once, then measure, add baking powder and salt, sift three times, rub in lard with fork, and lastly add milk, toss on a well floured board and roll out a little less than a $\frac{1}{2}$ inch thick, cut dough in rounds large enough to enclose a small apple. Peel apples and core, place apple on dough, filling cavity of core with sugar, a dash of cinnamon and a small piece of butter, press dough over apple and bake in a moderate oven.

DROP DUMPLINGS

2 cups flour
 2 level teaspoons Calumet Baking Powder
 $\frac{1}{2}$ teaspoon salt
 Milk or water

Sift baking powder, salt and flour thoroughly together, and add milk enough to make soft dough. Roll out an inch thick and cut in small circles. Roll each in flour and drop on top of simmering stew. Do not crowd them. Give them room to expand. Cover and boil for 20 minutes without opening pot.

APRICOT-PINEAPPLE SAUCE

$\frac{1}{2}$ cup butter
 $1\frac{1}{2}$ cups powdered sugar
 1 egg white
 $\frac{1}{4}$ cup apricot pulp
 $\frac{1}{4}$ pineapple (grated)

Cream butter, gradually add sugar, then the beaten egg white. Add fruit gradually so that no separation will occur.

CREAM SAUCE

$\frac{1}{2}$ pint cream
 $\frac{1}{3}$ cup sugar
 1 egg
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{3}$ cup milk

Beat egg until stiff and add milk, sugar and vanilla, and lastly add cream.





GRAPE JUICE SAUCE

2 Egg whites
 $\frac{7}{8}$ cup powdered sugar

$\frac{1}{4}$ cup grape juice
 1 tablespoon lemon juice

Beat egg white, add sugar, then the grape juice and lemon juice. Beat well and serve at once.

HARD SAUCE

$\frac{1}{3}$ cup butter
 1 cup powdered sugar

$\frac{1}{2}$ teaspoon lemon extract or
 1 teaspoon vanilla

Cream butter and sugar, and add flavoring.

ORANGE SAUCE

3 egg whites
 1 cup powdered sugar

2 oranges, juice and rind
 Juice of 1 lemon

Beat whites of eggs until stiff, add sugar and fruit juice, and beat well.

PLAIN SAUCE

1 cup water
 $\frac{1}{2}$ cup sugar

2 tablespoons butter
 1 teaspoon vanilla or lemon

2 tablespoons cornstarch

Mix sugar and cornstarch, add water and boil 5 minutes. Remove from fire and add butter and flavoring.

A Comparison

Below we compare Calumet Baking Powder and the Trust Cream of Tartar Baking Powders, point by point, set side by side:

CALUMET BAKING POWDER

CREAM OF TARTAR BAKING POWDERS

COMPOSITION

Calumet is a phosphate Baking Powder in which enough phosphate has been replaced by Basic Sodium Alum to insure perfect keeping qualities. It is chemically pure, and the materials are accurately combined.

Made from the refuse and dregs settling in the vats used in the manufacture of wine.

RESIDUE LEFT IN FOOD

About 35 per cent of the weight of Calumet is left in food in the form of harmless salts, largely phosphatic and entirely wholesome.

More than 70 per cent of its weight is Rochelle Salts. Rochelle Salts is the active ingredient of Seidlitz Powders; is a medicine and has no place in food.

EFFICIENCY

Calumet Baking Powder is of the very highest efficiency. It produces light, sweet, digestible, healthful food. Calumet Baking Powder will keep perfectly. The last spoonful is as excellent as the first.

The efficiency of the Trust brand baking powders is in no way superior to Calumet. The keeping qualities of the Trust brands of baking powder are fair.

Don't be deceived any longer by false and misleading advertisements. Get a can of Calumet Baking Powder today—you can buy it at your grocer's—and try it in your baking.

It will make lightest, fluffiest, most appetizing, wholesome, digestible and nutritious bread, cake, biscuits or muffins you ever tasted. You will be very glad if you try Calumet today.





Testimonials

The following are testimonials from three of the most noted and well-known lecturers and teachers of home science and cooking. We have many others, but give only the following as examples:

Omaha, Neb.

"I have been using Calumet Baking Powder for the past three or four years, almost to the exclusion of any other. I have the chemical test of the powder and with the practical test of constant use added can thoroughly recommend it."

(Signed) Harriet S. MacMurphy.

Teacher and Demonstrator of Home Science.

Secretary of the National Household Economic Association.

Leader, Household Economic Department, Omaha Women's Club.

Vice-President, Omaha Women's Club.

Chairman, Household Economic Committee, Nebraska.

State Federation Women's Club.

Member Nebraska Commission to Pan-American Exposition.

Mrs. MacMurphy has held above offices and been connected with the associations mentioned at different times.

Des Moines, Iowa.

"I wish to state for the benefit of the public that after several years' experience with Calumet Baking Powder in fine pastry, cake and biscuit making, both as a professional demonstrator and teacher and in the cuisine of my own home, I believe that Calumet Baking Powder is the best yet manufactured. It has never failed me, and I cannot say this of Royal, Price's or other brands now so extensively advertised."

(Signed) Sarah Wharton Moore.

Chicago, Ill.

"In all my years of experience with food products I have never found anything that has given such excellent results and satisfaction as the use of Calumet Baking Powder, and I have used a number of brands worth considering. I have had Calumet Baking Powder tested chemically and find that perfect neutralization occurs in the process of baking and it gives one a pure wholesome baking. I have also tested it for a number of years practically and it has never failed me, and I heartily recommend Calumet Baking Powder to anyone wishing a pure, wholesome baking powder and one that has efficiency."

(Signed) Anna B. MacLouth.

Calumet Baking Powder has been tested both chemically and practically by leading physicians, chemists and chefs, and is recommended by all who have investigated as being a high-grade baking powder of rare merit at a reasonable price.





Ice Cream & Ices

There are two general forms of ice cream. One in which the materials are frozen uncooked, the other in which the materials are cooked before freezing. We will give several recipes of each kind.

CARAMEL ICE CREAM

Melt $\frac{1}{2}$ cup of granulated sugar in frying pan, and when brown add $\frac{1}{2}$ cup of boiling water, and let simmer 10 minutes.

Strain, add quart cream, add another $\frac{1}{2}$ cup sugar, flavor with vanilla and freeze.

CHOCOLATE ICE CREAM

Dissolve 2 squares of chocolate in 2 tablespoons boiling water, add this, with 3 cups sugar to 1 pint hot milk. Boil until it foams, stirring, for it burns quickly. Add 4 pints sweet milk, 1 pint heavy cream. When just lukewarm remove from fire and stir in quickly 1 tablespoon of gelatine dissolved in warm water. Let stand in a cool room until set firm, and cool, then freeze.

MEDIUM ICE CREAM

One quart cream, $1\frac{1}{2}$ quarts sweet milk, 3 cups sugar, 4 eggs, 1 tablespoon of vanilla or lemon. Stir together; freeze.

NEW YORK ICE CREAM

Two cups milk, 3 cups cream, 1 cup sugar, 1 pinch salt, yolks of 4 eggs, 1 tablespoon gelatine, 1 tablespoon vanilla or lemon extract. Make a custard of milk, sugar, eggs and salt. Bring it to a boil. Remove from fire and add gelatine, melted in a little warm water, cool, strain and flavor. Whip the cream, add it to custard and freeze after it has become cold.

PLAIN ICE CREAM

One gallon milk, $\frac{1}{2}$ pint sweet cream, 7 eggs, 4 cups sugar, flavor to taste. Stir together; freeze.

STRAIGHT ICE CREAM

Two quarts pure cream, 3 cups sugar, 1 tablespoon vanilla or lemon extract. Stir together and freeze, allowing plenty of room in freezer for expansion.

VANILLA ICE CREAM

Two cups cream, 2 cups milk, $1\frac{1}{2}$ cups sugar, 1 tablespoon vanilla or lemon extract, 4 eggs. Prepare and cook the ingredients in the same general way as given in the recipe for New York Ice Cream.

FRUIT SHERBET

Juice of 3 lemons and 1 orange, $\frac{1}{2}$ cup of shredded pineapple, $2\frac{1}{4}$ cups of sugar and 1 quart water. Boil water and several splices of lemon and orange peel 10 minutes; cool, add juice of lemons and orange and the shredded pineapple; freeze. When almost frozen add beaten white of 1 egg.

LEMON SHERBET

One pint lemon juice, $\frac{1}{2}$ glass orange juice, 3 quarts water, 2 ounces gelatine. Soak gelatine over night in $\frac{1}{2}$ pint water; in the morning add the rest of the water and let come to a boiling point. Strain fruit juice and add with 2 cups sugar, or sugar to taste, and freeze.

LEMON MILK SHERBET

One quart milk, 2 cups sugar, juice of 3 lemons. Dissolve sugar with milk; add juice of lemons slowly and freeze.

ORANGE ICE

Seven oranges, 2 lemons, whites of 4 eggs. Boil $2\frac{1}{2}$ pints of sugar in $2\frac{1}{2}$ quarts of water about 15 or 20 minutes. Cool. Add strained juice and let cool; when almost frozen add beaten egg whites, then add the well beaten eggs and freeze. This will make about 5 quarts of ice. Serve in sherbet glasses or orange cups.





Soups, Meats & Eggs

BEAN SOUP

Two quarts water, and use a smoked ham bone or bacon, 1 pint beans; when cooked add 2 spoons flour and 1 egg stirred together and stir into the soup.

CELERY SOUP

One cup chopped celery; boil in 1 quart beef broth till tender, salt and pepper; serve with crackers.

NOODLE SOUP

Break 2 eggs in bowl, beat, adding a pinch of salt; then work in flour with your hands until a very stiff dough; turn on board and work until smooth as glass; pinch off a piece size of a walnut, roll thin as paper, then with sharp knife cut off very narrow strips; proceed in same way until all the dough is cut. Having prepared some good veal, chicken, or any kind of broth, well seasoned, drop in the noodles, being sure soup is boiling; add a little parsley. If made according to directions, will be superior to macaroni.

ONION SOUP

Two large onions, slice and stew with 1 quart water, season with salt, pepper and butter; serve with crackers same as oysters.

POTATO SOUP

Six large potatoes sliced and boiled in enough water to cover, season with salt, and pepper, a little butter, and 1 cup of sweet cream or milk.

RICE SOUP

Soak rice, boil beef, take stock and cook rice in it and thicken with egg same as bean soup.

TOMATO SOUP

One pint of canned tomatoes, or 4 large raw ones, cut fine; add 1 quart of boiling water and let boil; add 1 small teaspoon of soda, while foaming add 1 pint of sweet milk, salt, pepper and plenty of butter; when this begins to simmer add 8 small crackers rolled fine.

VEGETABLE SOUP

Scrape 2 carrots, an onion, $\frac{1}{4}$ head cabbage and 2 turnips chopped fine; boil 1 hour with water enough to cover and 1 tablespoon butter; prepare 2 large potatoes the same way. Take some meat stock (with all the grease taken off); boil all together $\frac{1}{2}$ hour, season to taste.

MEATS

There are two general principles governing the cooking of meats, which are:

1st. All roasts should be placed in a very hot oven, and some cooks prefer to sear them in a hot griddle before placing them in the oven. The outside surfaces become slightly solidified, thus retaining all the rich juices. Similarly the outside surfaces of steaks should be seared for same reason.

2nd. All meats for soups or stews in which all or part of the juices are required separated, should be placed in cold water, and allowed to come to a boil. This permits of the extraction of the juices, as the outside surfaces are kept soft.

BROILED BEEF STEAK

Wipe and trim a sirloin or porterhouse steak cut $1\frac{1}{2}$ inches thick, cut both ways, lay in a piping hot skillet, sear on one side, turn the steak and sear on the other; broil 10 or 15 minutes, turning often. Have ready a heated platter with 1 tablespoon melted butter, $\frac{1}{4}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper; take steak from fire, turn it from one side to the other in the butter and seasoning; place on a heated serving platter and serve at once.





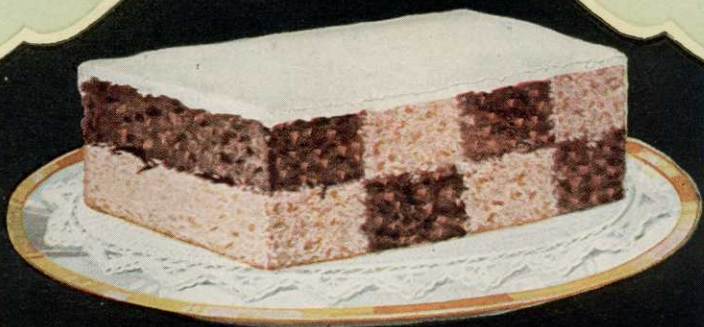
CHARLOTTE RUSSE



CALUMET DATE PUDDING



LEMON CREAM PIE



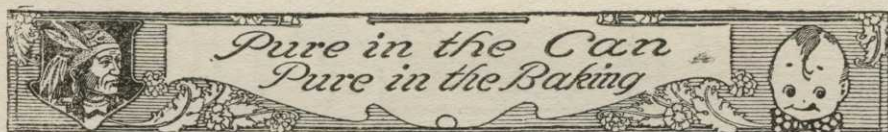
CALUMET CHECKER-BOARD CAKE



CALUMET GOLD CAKE



CALUMET DEVIL'S FOOD CAKE



LEG OF LAMB

Wash and remove all stringy substances from a leg of lamb; put butter in your roaster and place on top of range, sear the lamb on both sides; then place roaster in the oven with bottom barely covered with water, and roast slowly for about 3 hours, basting every 15 minutes. A few slices of onion over top gives good flavor.

MEAT OR CHICKEN PIE

Make dough as for Standard Baking Powder Biscuit. (See recipe, page 9.) Have meat or chicken boiled tender. (See Fireless Cooker.) Line bake pan with dough to within an inch from the bottom, lay meats or chicken in, put in some gravy, butter, salt and pepper. Cover with crust of dough, bake about 30 minutes. Any form of meat, game or rabbits can be cooked in this way.

ROAST BEEF

After the roast has been well basted with butter or suet, put it in a well heated oven to brown it over, thus keeping the juice inside; after this it may cook more slowly. When about half done season with salt and pepper and dredge with flour; baste frequently. A roast of from 4 to 6 pounds will require $1\frac{1}{2}$ hours to be properly done and leave it a little rare inside.

VEAL LOAF

Three pounds uncooked veal, $\frac{3}{4}$ pound salt pork chopped fine, 1 cup rolled crackers, 2 eggs well beaten, 2 teaspoons salt, 1 teaspoon pepper. Make into a loaf and bake 2 hours in a moderate oven.

OMELET

Four eggs, whites and yolks beaten separately, 2 tablespoons milk, 1 teaspoon corn-starch or flour dissolved in milk, season with salt and pepper; turn into buttered frying pan. When browned on the underside, place a plate over the pan; turn the omelet out and fold.

BAKED EGGS

Carefully break eggs in buttered granite pie pan, add salt, pepper and bits of butter; bake until white is set.

EGGS A LA SUISSE

Take a shallow baking dish and put 2 large tablespoons of butter in a little bit of milk, then layer of grated cheese, break a number of eggs carefully and put them in the dish, being careful to keep them separate, season with salt and pepper, sprinkle cheese on top, put in oven and as soon as cheese is brown, serve.

EGGS IN TOMATOES

Select tomatoes that are ripe but firm. Plunge them in boiling water for a moment and remove skins. Cut out hard stem ends making in each a hollow large enough to hold a broken egg. Into each of the hollows drop a fresh egg without breaking the yolk, season with butter, pepper and salt and bake in a moderate oven, until tomatoes are tender and eggs are set. Serve on rounds of buttered toast with a cream sauce.

POACHED EGGS

Carefully break 1 egg at a time into a frying pan partly filled with salted water nearly boiling hot; baste with the water until white is firm; serve boiling hot. Milk may be used instead of water.

SCALLOPED EGGS

Slice 6 hard boiled eggs thin, place a layer of cracker crumbs in a basin, then a layer of eggs, put salt, pepper and butter on each layer, put these in alternately and moisten with milk, place in oven and when it is well browned serve warm.

SCRAMBLED EGGS

Beat eggs with 1 tablespoon milk for each egg; season with salt and pepper; melt 1 tablespoon butter in frying pan, turn eggs in and stir constantly until a light yellow mass.





Salads

APPLE SALAD

Use equal parts of tart apples, peeled, cored and sliced, cut celery and chopped nut meats. English walnuts preferred. Use any good salad dressing and mix just before serving.

BEAN SALAD

Mix following salad dressing with cold cooked beans: 1 cup of sour cream, 1 cup of vinegar, $\frac{2}{3}$ cup sugar, 1 tablespoon butter or olive oil, 1 teaspoon flour. Boil vinegar, sugar and butter; beat egg, cream and flour together, and add to the mixture while on the stove, and boil 5 minutes. Before removing from stove, add 1 teaspoon each of salt, pepper and mustard. This dressing will keep indefinitely.

CHICKEN SALAD

Boil chicken until it is tender and cut in small pieces; cut also whites of a dozen hard boiled eggs; add chopped cabbage and celery in equal quantities; pound yolks of eggs fine and add 2 tablespoons of sugar and butter, 1 teaspoon of mustard with pepper and salt to taste. Finally, add half a teacup of good vinegar. Mix thoroughly.

NOTE—Veal, boiled tender, may be used instead of all chicken meat.

FRUIT JELLY SALAD

Make a clean lemon jelly with gelatin as wrappers on boxes of gelatin instruct, allow to partially cool and pour over any combination of fruits, as grated pineapple, sliced bananas, oranges, grapes or peaches. Pour into moulds and set in a cool place to harden. English walnuts, chopped, may be added if desired. Serve plain or with whipped cream.

NUT SALAD

Take equal portions of English walnut, hickory nut and pecan meats, add twice as much chopped celery as nut meats, pour over all a good salad dressing and serve at once on lettuce leaves.

OYSTER SALAD

One quart of oysters, 1 pint of celery, $\frac{1}{2}$ teacup of mayonnaise dressing, 3 tablespoons vinegar, 1 of oil, salt, pepper, 1 tablespoon of lemon juice. Let the oysters come to a boil in their own liquor. Skim well and drain; season with oil, pepper, vinegar and lemon juice. When cold, put in ice-chest for 2 hours. Scrape and wash whitest, tenderest parts of celery, and cut in very thin slices; put in a bowl with a large lump of ice, and set in ice-chest until serving time. When ready to serve, drain celery and mix with oysters, and half of dressing. Arrange in dish, pour remainder of dressing over, and garnish with white celery leaves.

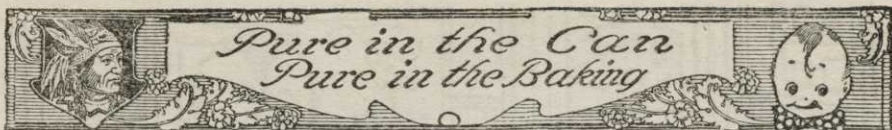
POTATO SALAD

Slice and cut in pieces 1 quart of cold boiled potatoes, 1 small onion and 3 hard boiled eggs. Season to taste. Mix together. Use for dressing $\frac{1}{2}$ pint of vinegar sweetened to taste, 1 teaspoon of mustard, a lump of butter the size of an egg, 1 tablespoon of cream. Let this come to the boiling point, and pour over the ingredients; after stirring well garnish with slices of hard boiled eggs.

SALMON SALAD

One can of salmon, 4 boiled potatoes, 2 dill pickles, chopped fine, a few nice olives chipped from pits, a small quantity of celery, an onion if desired, 6 hard boiled eggs, season to taste. Use any good mayonnaise dressing. Put eggs in last and let stand for a few hours before serving.





SHRIMP SALAD

To 1 can of shrimps add 1 teacup chopped celery, 3 hard boiled eggs, a few English walnut meats and pour mayonnaise dressing over all just before serving. Rinse shrimps in ice water before using and be sure to keep all thoroughly chilled; serve on lettuce leaf.

CREAM SALAD DRESSING

One cup of butter and $\frac{1}{2}$ cup of sugar creamed; add 1 tablespoon of salt, 1 of mustard, a pinch of cayenne pepper. Then add 4 eggs, one at a time, beating thoroughly. Next one cup of cream and last $1\frac{1}{2}$ pints of boiling vinegar. Stand over the fire until it approaches boiling point; remove and bottle. It is nice with potato salad.

FRENCH MUSTARD DRESSING

Take 3 tablespoons of mustard, 1 tablespoon sugar, and 1 egg. Mix to a smooth paste and gradually pour in a cup of vinegar. Let it come to a boil, stirring meanwhile.

SALAD DRESSING

3 eggs
1 teaspoon flour
 $\frac{1}{2}$ teaspoon mustard
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon celery seed
 $\frac{1}{4}$ cup sugar
1 tablespoon butter, melted
 $\frac{1}{2}$ cup very mild white vinegar

Beat eggs very light, add sugar and other dry ingredients, then melted butter—pour this mixture into vinegar—which must be at the boiling point. Stir until thick. Put into sealed jars and thin by adding cream.

Use Standard Foods

Often housewives, who are splendid cooks, and who use the utmost care and precision in the assembling of their recipes, rob themselves of the good results that should follow, by the use of some unknown product, which they are induced to buy through the aid of lotteries, gifts, premium coupons, soap clubs, tea and coffee peddlers or other schemes. One of the most common tricks of unscrupulous firms is to pretend to give "something for nothing" by presenting premiums with goods purchased. These methods are very rarely practiced by regular grocers. They are carried on by peddling wagons of the so-called Tea Companies, whose agents (usually irresponsible men), selling inferior grades of teas, coffees, spices and baking powders, charge an exorbitant price, and give premiums or tickets with them.

Every intelligent housewife knows that these goods are not uniform or of merit. Also these goods cannot be guaranteed. If anything goes wrong with them, your peddler is miles away.

In order to feel strictly safe about your bakings, and to insure the best results, it is necessary to use only Standard goods of uniform strength and purity.

These brands of established merit you can buy from your local grocer under his strict guarantee. They are in every way very much superior to the unknown brands that are offered at your door by the "Something for Nothing" faker.

Money spent with your grocer comes back to you in full value in high grade goods that will bring satisfaction in your bakings, while the saving in price will represent double the value of the so-called gifts.

The young housekeeper need not fear any baking failures if she uses Calumet Baking Powder. Her cakes and biscuits will be better "than mother made."





Candies

CHOCOLATE FUDGE

Two cups white granulated sugar, 1 tablespoon butter, 1 cup cream, $\frac{1}{4}$ cake unsweetened chocolate. Put in the sugar and cream, and when this becomes hot put in the chocolate, broken up into fine pieces. Stir vigorously and constantly. Put in butter when it begins to boil. Stir until it creams when beaten on a saucer or forms soft ball in cold water. Then remove and beat until quite cool and pour into buttered tins. Chopped walnuts, almonds or pecans can be added before stirring.

DIVINITY

Two and one-half cups of sugar, $\frac{1}{2}$ cup corn syrup, $\frac{1}{2}$ cup water. Cook until it will spin a thread and then pour one-half of it into the whites of 2 eggs beaten stiff. Cook the other half until it will harden in water, then pour it into the other half. Beat until creamy, then pour into a buttered dish or drop from spoon.

NUT CARAMEL FUDGE

Three cups light brown sugar, 1 tablespoon butter, 1 cup milk, 1 or $1\frac{1}{2}$ cups nuts; flavor with vanilla. Cook sugar, butter and milk until it will thread. Take from fire, add flavoring, nuts, and beat as you would fudge. Pour into buttered pan, cool and cut.

CHOCOLATE CREAMS

Beat the whites of 2 eggs to a stiff froth. Gradually beat into this 2 cups of confectioners' sugar. If the eggs be large, it may take a little more sugar. Flavor with $\frac{1}{2}$ teaspoon vanilla, and work well. Now roll into little balls, and drop on a slightly buttered platter. Let the balls stand for an hour or more. Shave five ounces of unsweetened chocolate and put into a small bowl, which place on the fire in a saucepan containing boiling water. When the chocolate is melted, take the saucepan to the table, and drop the creams into the chocolate one at a time, taking them out with a fork and dropping them gently on the buttered dish. It will take half an hour or more to harden the chocolate.

CHOCOLATE CARAMELS

Two cups of molasses, 1 cup brown sugar, 1 cup cream or milk, 2 squares of chocolate, piece of butter size of an egg. Beat all together; boil with or without stirring until it hardens in water; turn into large, flat tins, well buttered. When nearly cold cut into small squares.

COCOANUT CARAMELS

One and one-half pounds white sugar, $\frac{1}{2}$ cup sweet milk, boil together 10 minutes; add about 1 pint grated cocoanut, boil 10 minutes more; pour out on buttered dish; when cool cut into bars.

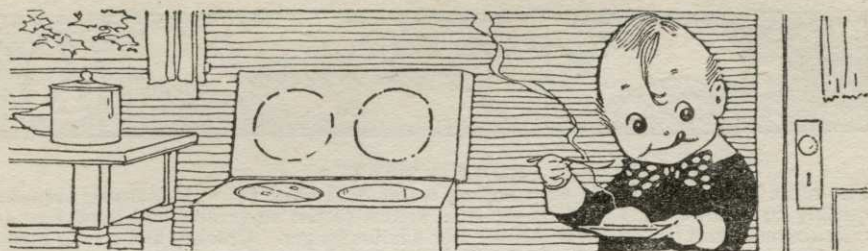
PLAIN CARAMELS

Two cups white sugar, $\frac{3}{4}$ cup sweet milk and fill up with melted butter; 1 teaspoon of vanilla or lemon. Stir until it begins to boil, but not again. Cook until it turns a light brown (20 to 25 minutes). Pour out on buttered tins, and when partly cooled mark off in squares.

PEANUT BRITTLE

Mix 3 cups of granulated sugar with 1 scant cup boiling water, and $\frac{1}{4}$ teaspoon soda. Let it melt over slow fire. Cook gently without stirring until a little drop in cold water hardens quickly. Add 1 cup roasted, shelled and skinned peanuts, with as little use of a spoon as possible. Turn the mixture into buttered pans and cut while hot. The brittleness of the candy depends much upon the scant use of the spoon. To stir sugar or candy is to invite granulation. Simply melt sugar, then add nuts.





Fireless Cookers

The use of the fireless cooker is spreading rapidly on account of its saving in fuel, time, work and worry. It consists of a box or chest packed with a good non-conductor of heat, into which a kettle containing food heated to a boiling point is placed. The lid, consisting of the same non-conducting material, is closed, and heat cannot escape, consequently the water in the kettle remains at the boiling point for several hours, and food in the water is bound to cook the same as if it were on the stove.

These cookers are now being manufactured by many firms. Some of them, however, are not as good as home-made ones. A fireless cooker can easily be made by packing excelsior in a square box or bushel basket tightly around the kettle to be used, and on removing the kettle, cotton cloth can be placed over the excelsior and tacked to remain, and a cushion of excelsior made to fit over the top. About 3 inches of excelsior should be left solid at the bottom, and the sides of the box lined with newspapers before putting the excelsior therein. About 4 inches of excelsior should be left between the kettle and the sides of the box, and the same kettle should always be used so as to fit snugly in its own nest.

In the fireless cooker, there is no evaporation. All the goodness and flavor of the food is retained by this slow and thorough mode of cooking. Onions and cabbage may be cooked without the odor permeating the house. While doing the dinner dishes, you can cook what you want for supper, put the kettles in the fireless cooker, and attend to other things, or go out, without the slightest anxiety, and at supper time find it hot and deliciously cooked.

You can cook the oatmeal, or any cereal for 5 minutes after supper, put it in the fireless cooker, and find it thoroughly cooked and hot at any time in the morning needed. You can cook a boiled dinner, on a hot summer day, without any odor or heat in your kitchen. All this can be done on a fireless cooker. We give below a few directions for cooking with this new cooker, which will enable the beginner to avoid loss and worry by mistakes.

BAKED BEANS

Soak over night in cold water. In the morning drain and add 2 quarts of fresh water for each quart of beans, and a piece of salt pork; boil hard on coal or gas stove 10 or 15 minutes; remove quickly to cabinet for 3 or 4 hours, then take from cabinet and boil hard 10 minutes more and return to cabinet for 3 or 4 hours longer; pour into bake dish and brown in oven.

CEREALS

Measure into your granite kettle, water required, salt to taste, stir in your cereal slowly and boil 5 minutes. Remove to cabinet for 3 or 4 hours or over night.

Oat Flakes—1 cup oats to 3 cups water. Leave 4 hours or more.

Oatmeal—1 cup oats to 4 of water, 4 hours or more.

Cream of Wheat—1 cup wheat, 6 of water, 4 hours or more.

Cornmeal Mush—1 cup meal, 4 cups water, 4 hours or more.

Boiled Rice—1 cup rice, 5 water or milk, 2 hours or more.

BOILED FISH

Roll fish in cheesecloth and tie the ends; lower into kettle of boiling water; boil on stove 5 or 10 minutes. Remove to cabinet for 3 or 4 hours.





BOILED MEATS

Put meat into kettle, cover with boiling water, boil hard 10 or 15 minutes; remove quickly to cabinet for 3 or 4 hours; then return to the stove and boil hard 5 or 10 minutes more and return to cabinet for 3 or 4 hours longer. Chicken and tender meats will not require a second heating. There is no danger from over-cooking. It is advisable to start cooking meats for mid-day meal the night before; leave in cabinet over night, and give it a second boiling in the morning; for supper start in the morning, re-heat at noon. For boiling dinner, put the vegetables in the kettle with the meat at the second boiling. Always be sure that water is boiling hard when kettle is placed in the cabinet. Do not allow meat to cool slowly.

BOSTON BROWN BREAD

Mix one cup of wheat flour, 1 cup cornmeal, 1 cup of rye or graham flour, 1 teaspoon salt, 2 teaspoons soda; then add 1 cup sour milk, $\frac{3}{4}$ cup molasses. Pour into a small pail about $\frac{3}{4}$ full. Place on rack in large kettle surrounded with boiling water. Boil on flame stove 20 minutes. Remove to cabinet for 5 hours or more. By adding $\frac{1}{4}$ cup of raisins, you have fruit bread.

STEAMED GRAHAM BREAD

Mix 3 cups Graham flour, 1 cup flour, 1 teaspoon salt, 3 teaspoons soda, 1 cup molasses, $2\frac{1}{2}$ cups sour milk. Cook same as Boston brown bread.

NOTE—For steaming vegetables a cheesecloth bag can easily be made with shirr string. An ordinary steamer can be used to steam meats or bread, or a special kettle for use in Fireless Cookers, is now carried by some of the large hardware firms. Whenever it is necessary to prepare food in less time than is required in the directions, take the kettle out of the cooker after it has been in one-half the time in which you have to cook in, and boil hard on a stove for 5 minutes; then put back into the cooker until time to serve. By so doing the cooking can be done in the cooker about as quickly as on the stove. Ordinarily, food should be left in the cooker at least twice as long as it takes to cook it on a stove. This is not an objectionable feature, as there is no fuel consumed and the secret of good cooking is slow and thorough cooking. For complete Time Table, see pages 68-69.

ROAST MEATS

Sear meat in hot skillet or spider; put it in small granite pail with 2 cups of hot water for gravy; roast in hot oven 15 or 20 minutes. While meat is roasting, put 2 or 3 quarts of water in one of the large kettles and bring to a boil. Remove pail containing roast from oven and place on rack in large kettle, surrounded by boiling water; boil hard 5 or 10 minutes, remove quickly to cabinet for 3 or 4 hours. Cover should be on small pail; this is not necessary if roast is large. A small roast will not require as much cooking as a large one. The liquid in small pail may be thickened with flour if desired for gravy. If the meat is tough, start cooking in the evening, leave in the cabinet over night; in the morning reheat kettle for 10 minutes and return to cabinet until noon; or if wanted for supper, start cooking in the morning and reheat at noon.

SOUPS

Prepare in usual way; boil 5 or 10 minutes; remove to cabinet for 3 or 4 hours. Water in which meats have been boiled, with proper seasoning and chopped up vegetables make excellent soups.

VEGETABLES (Boiled)

Prepare in usual way; put into large kettle, cover with water; bring to a boil on coal or gas stove and boil hard 5 minutes; remove quickly to cabinet for 2 or 3 hours or more. Beets, turnips, carrots, hubbard squash or vegetables requiring a long time to cook, will be greatly improved if taken from cabinet after 2 or 3 hours, reheated for 5 or 10 minutes and returned to cabinet for 2 or 3 hours longer. Potatoes if cut in two will cook nicely in $1\frac{1}{4}$ hours. Potatoes with jackets on require 3 hours.

VEGETABLES (Steamed)

Place vegetables in cheesecloth bag; insert cover of large kettle into mouth of bag; draw up shirr string and the bow-knot; fill bottle $\frac{1}{2}$ full of water; put cover in position. The vegetables will then hang beneath the cover and above the water. Bring to a boil and boil hard 10 minutes; remove quickly to cabinet for time required for boiling vegetables.





Hints & Helps

Mud Stains (Colored Goods)—Let the mud dry thoroughly, and then remove as much as possible by brushing. When fully dry cover with a mixture of salt and flour and keep in a dry place.

If the stains are extensive place the garment in a large paper flour sack with a quantity of salt and flour well mixed, shake vigorously, tie up the sack, and allow it to hang behind the stove for a few days. Afterwards shake out the dust and press.

Mud Stains (White Goods)—Dip the mud stains in kerosene before putting them in the boiler. Add kerosene to the boiling water.

To take Iron Rust out of any white goods, dissolve 5 cents' worth of oxalic acid in about 3 teacups of warm rain water, let stand 24 hours. If there is still acid crystals in bottom of bottle, pour off clear water and acid and use that. Pour liquid through the strainer and be sure and put in sun; if stains do not disappear repeat until they do. Be sure and thoroughly rinse the acid out immediately after the stain disappears. May be used on the finest fabric, but be sure and have in the open air and in the sunlight. Ink spots may be removed in the same way.

Salt and vinegar will remove tea stains from china.

To take berry stains out of table linen, pour boiling water through the stain before being wet with soapy water.

Salt rubbed on the black spots on dishes will remove them, and salt placed over a fresh claret stain on the table linen will assist it to disappear when washed.

It is said that salt placed under baking tins in the oven will prevent their contents from scorching on the bottom.

To clean ink stains from the fingers, rub spots with a sulphur match, then wash in soap.

If soot falls upon the carpet or rug, do not attempt to sweep until it has been covered thickly with dry salt. It can then be swept up properly and not a stain or smear will be left.

To Remove White Marks on Furniture—To remove white marks on furniture caused by heat or water, hold a hot iron near them, but not near enough to burn or scorch.

Or, if the stain is obstinate, cover with baking soda and hold a hot iron close to the spot, taking care not to scorch or burn the wood. Repeat if necessary.

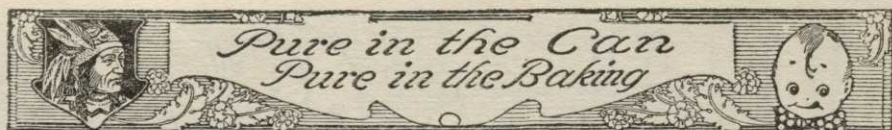
After using any of the above, wipe the spot dry, apply furniture oil, and polish with damp chamois or silk or linen cloth. Do not allow alcohol, turpentine, camphor or similar detergents to remain on a polished surface.

To Remove Spots on Oilcloth—Anything hot placed on oilcloth turns it white. To remove these spots rub with alcohol and polish with a dry cloth.

To Remove Grease—To prevent hot grease from sinking into the floor, sop cold water on it with a cloth to harden it. Scrape off what is on the surface with a dull knife. Remove the stain with a wet cloth sprinkled with baking soda.

It will pay you to read all the articles on Calumet Baking Powder which appear in this book. You may have been misguided for years by the misleading advertisements of the trust brand baking powders. The article on page 3 is of special value to you.





To Remove Stains and Discolorations—Methods recommended for cleaning discolored silver are boiling in suds or in water containing soda, sal soda, alum, cream of tartar, borax or lye, or rubbing with dry salt, whiting, grated potatoes, or solutions of sulphuric acid, chloride of lime, alum, or cream of tartar.

A clean, easy way to wash the table silver is to put it in a wire draining basket, having a handle. Then immerse it in a pan of scalding hot suds and scrub the silver with a hand mop. When washed, lift the basket from the pan and place it in the sink. Pour a kettle of boiling water over it and let drain. Very little labor is required to dry it with a soft cloth.

A little milk added to the water in which silver is washed will help to keep it bright.

To clean drain pipes, dissolve copperas and lye often in your drain pipes to clean them out and disinfect them.

You will find that a half-worn whisk broom makes a good scrubbing brush for enameled ware. When your whisk brooms become worn take them and trim them to a stub. Then scald with soapy water, then with clear water and finally rinse with cold water. When washing Enamel Ware, if the food sticks, you will find that a few strokes with one of these brooms removes it without injury to the cooking utensils.

To Freshen Carpets—Before sweeping, scatter dry salt over the carpet. It brightens the colors and checks the ravages of moths.

To Clean Ivory—Ivory ornaments, brooches, card cases, bracelets, carvings, piano keys and the like may be cleaned by painting them over with spirits of turpentine and when possible exposing them for 2 or 3 days to sunshine. Or articles that can be taken out of doors may be bleached by simply moistening them with water and exposing them to direct sunshine.

To Clean Marble—Mix 2 ounces of common soda, 1 ounce of pumice stone, and 1 ounce of fine common salt, and dilute with water to the consistency of cream. Pour the mixture over the marble and let stand until all stains are removed. Afterwards wash the marble with salt and water, rinse, and wipe dry.

To clean Mica in stoves, wash with vinegar and water.

To Dry-clean Shirtwaists—Put 4 quarts of cornmeal into a 24-pound flour sack or a pillow slip. Put the waist into this, and rub or knead gently so that the meal will come in contact with all parts of the fabric. Leave it there for a day or two, then shake and dust thoroughly, and press with a hot iron.

To Clean Windows—Do not use soap suds on windows. The easiest way to clean windows is with a chamois or clean cloth and clear water. Wring out the chamois or cloth so as to be wet but not dripping, and wash the windows clean. Afterwards wring dry and go over them again. Finally polish with a dry cloth or chamois.

Tumblers that have been used for milk should not be put into hot water until they have first been rinsed in cold water. The heat dries the milk in and gives a cloudy appearance to the glass, which cannot be removed.

To Protect Carpets from Moths—Apply gasoline freely to the carpet by means of a sponge, brush, atomizer or sprinkler.

To make clothes wash easily, soak them over night in cold, soft water into which 1 tablespoon of ammonia to each bucket of water has been added.

Do not wash oilcloths or linoleum in hot soap suds. Wash them with tepid water and wipe with a cloth dampened in equal parts of cold milk and water.

To keep starch from sticking add a drop or two of kerosene or a little lard to a small basin of starch, let come to a boil.

To avoid Stomach Disorders, never use a Cream of Tartar baking powder, for it leaves Rochelle Salts in the food, and a constant repetition of this drug will produce dyspepsia. Calumet Baking Powder does not leave any harmful residue in the food.





CAUMET JELLY ROLL



CALUMET ECLAIRS



CALUMET WHIPPED CREAM PUFFS



CALUMET CREAM CAKE



CALUMET CHOCOLATE CAKE



CALUMET JELLY LAYER CAKE



A pinch of soda stirred into milk that is to be boiled will keep it from curdling.

Salt—To keep salt so it can be easily shaken from the cruet, mix 1 teaspoon of corn-starch with each cup of salt. This will prove effectual.

"Calumet" is used to advantage in drop and stiff batters, also sauces, especially for deep fat frying.

Ovens—In all houses the oven should be well scrubbed out after cooking with hot soda water and soap. Any hard substance which is caked on to the baking sheets should be scraped off with an old knife. It is really very simple to have the oven scrubbed out while it is still hot, after baking a joint, etc., and many disagreeable smells are avoided by this practice. For the purpose a long brush such as is used to clean carriage wheels, is useful. With it the back wall of an oven can easily be reached and the danger of burnt hands avoided.

You will always have successful baking if you use Calumet Baking Powder. It is always uniform and always to be depended upon.

In Making Bread or Rolls put a saucepan of boiling water into the oven. The steam will keep the crust smooth and tender.

Much Heavy Cake would be avoided if Calumet Baking Powder were used, because cake baked with Calumet will not fall if the oven door happens to be banged in closing. After Baking a Cake stand the tin directly you take it from the oven on a cloth which has been wrung out of hot water. Leave a few minutes and turn out. The cake will come out without any trouble.

Removing Cake from Pan—If your cake sticks to the pan and threatens to break to pieces when you take it out, turn the pan upside down and lay on the bottom of it, a cloth wrung out of water. After about 5 minutes the cake can be removed without its crumbling to pieces.

If you set a dish of water in the oven when the cake is baking, you will find that there will be no scorching.

When you suspect that your cooking has been scorched because you have neglected it for just one moment too long, lift the vessel holding the food quickly from the fire and stand it in a pan of water for a few minutes. In almost every case the scorched taste will entirely disappear.

To have Custard Pie of an even, nice brown when baked, sprinkle a little sugar over the top just before putting into the oven.

If one has difficulty in making pie crust light and flaky, add one-half teaspoon of "Calumet" to three cups of flour.

By adding a small amount of "Calumet" to omelets, one is assured of a successful dish. Icings are made more fluffy by the addition of "Calumet."

PRICE

The price of Calumet Baking Powder is very reasonable, only about One-Half that of the Trust brands, and but very little more than the cheap or big can kinds.

The price of Trust brands of baking powder is exorbitant. Calumet is not made by a trust and not sold at trust prices.

These are all important points to be considered in selecting a baking powder. Whether viewed physiologically as to wholesomeness, chemically as to composition, practically as to efficiency and keeping qualities or economically as to price, Calumet Baking Powder demonstrates its superiority over Trust "Cream of Tartar" brands.

Have you not been deceived by the misleading advertisements of the Trust into using its baking powders and paying them an exorbitant price?

Can you think of one solitary reason why you should use the Trust powders any longer?

Can you find one reason why you should not use Calumet Baking Powder in preference to the Trust powders? Get a can of Calumet at once and try it in your baking today; you will get the best results you ever had. Do not be misled or deceived any longer.





To Get Rid of Ants—Place lumps of gum camphor in their runways and near sweets infested by them.

Or scrub shelves and drawers with strong carbolic soap.

Or inject gasoline.

Or place preserves, cake and other sweets attractive to ants in refrigerators, or small closets, boxes, or tables raised on legs set in pans of water. Add a tablespoon of kerosene oil to the water to form a scum of oil over the top.

Teapots that are made of metal, if unused for some time, will often give a musty flavor to the tea when next used. This may be prevented by placing a lump of sugar in the teapot before putting it away.

To mend a crack on the inside of a range, use a filling made of equal parts of wood ashes and common salt moistened with water. This will prove hard and lasting.

When Cooking Green Vegetables a small particle of soda added to the boiling water just before putting in the vegetables will keep them in fresh color.

When Boiling Green Vegetables add a lump of sugar to the water; it is as effectual as soda and perfectly harmless.

Boiled Cabbage is much sweeter when the water is changed in boiling.

The water in which cabbage has been cooked should not be poured down the sink or if this must be done the sink should be rinsed with water containing powdered charcoal or a little chloride of lime.

No Disagreeable Odor will come during the cooking of cabbage or cauliflower if put on in cold water to which has been added a good pinch of baking soda. They must be cooked about 20 minutes after the water reaches a boil and the saucepan should be left uncovered during the entire process.

To Prevent the Smell of cooking from getting into the house, sprinkle a little cedar sawdust on the top of the stove. When milk boils over on the stove or in the oven, sprinkle a thick layer of salt on the burning milk; let it remain a few minutes, then brush off.

All Kitchen Supplies should be kept in glass jars, the different sizes each to themselves. Have covered crockery dishes for use in the ice box and see that they are scalded when washed.

Use these jars whenever practical in the ice box, especially to keep fish, oysters, lettuce or parsley, and, in fact, any food with a strong odor or any food which may become impregnated with the odor of other foods.

To remove odors from ice box, cupboard or pantry, etc.—Fill a dish with boiling water and drop in a piece of charcoal. A lump of charcoal left in a closed bottle or jar will keep it from becoming musty.

Boiling Liquids, Jellies or Fruits may be turned into glass without breaking the vessel if you press the bowl of a spoon on the bottom while filling.

Cereals—Cereals should be emptied in their proper receptacles of tin or glass and closely covered to prevent insects getting in. Coffee should go immediately into an air-tight canister in order to keep its aroma. Olive oil should be put into a cool, dark place, and salt, baking powder, soap and cheese in dry places.

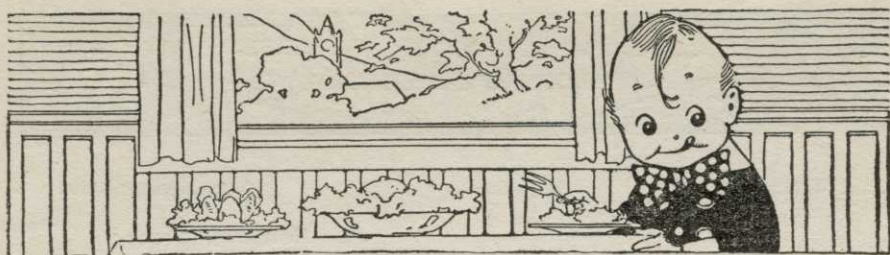
Flour—Flour belongs in a bin or barrel raised a few inches from the floor. While wheat flour may be obtained in quantity, cornmeal or Graham flour should only be purchased in small quantities and kept in tin or glass.

Mashed potatoes, or any vegetable, are made light and fluffy by adding one-half teaspoon of "Calumet" to three cups of mashed vegetables.

Meat—Tough meat may be made tender by pounding, slow cooking or laying it a few minutes in vinegar water.

Milk—Before heating milk rinse out the saucepan with a little hot water (never boil milk, it toughens food materials); it will prevent the milk sticking to the bottom of the pan.





Ideal Combinations

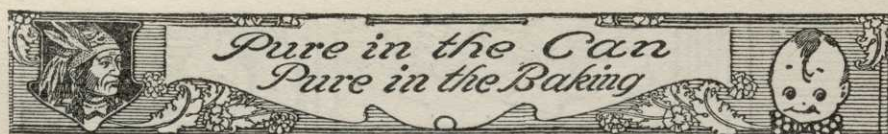
Meat

Vegetables

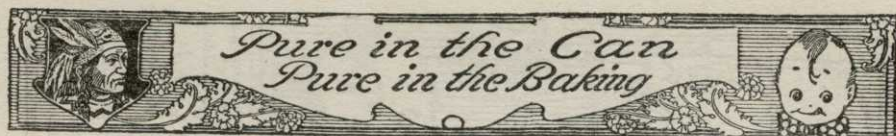
Accompaniments

| | | |
|-------------------|---|--|
| 1. Chicken, Fowl | <ul style="list-style-type: none"> 1. Glazed Sweet Potatoes 2. White Potatoes Croquettes Corn Fritters Mushrooms Fresh Lima Beans Fresh Shell Beans Squash Onions Any Green or Fresh Vegetable | <ul style="list-style-type: none"> Cranberry Sauce or Jelly Celery Sauce Chestnut Dressing Mushroom Dressing Oyster Dressing Sage Dressing Pineapple, Apple, or Tomato (Acid) Salad |
| 2. Turkey..... | <ul style="list-style-type: none"> White Potatoes Sweet Potatoes Onion Turnip Squash Cauliflower Brussels Sprouts | <ul style="list-style-type: none"> Cranberry Jelly Cranberry Sauce Oyster Dressing Chestnut Dressing Sausage Dressing Sage Dressing Acid Salads as for Chicken |
| 3. Goose..... | <ul style="list-style-type: none"> White Potatoes Turnips Onion Squash Cauliflower Brussels Sprouts | <ul style="list-style-type: none"> Apple Sauce Celery Sauce Giblet Gravy Fresh Vegetable or Fruit Salad |
| 4. Domestic Duck | <ul style="list-style-type: none"> Same as Chicken Addition: Onion, Hominy | |
| 5. Wild Duck.... | <ul style="list-style-type: none"> Same as Chicken | <ul style="list-style-type: none"> Jellies Fruit Sauces Fresh Vegetable Salads |
| 6. Beef Roast.... | <ul style="list-style-type: none"> White Potatoes Sweet Potatoes Macaroni Cauliflower Brussels Sprouts Onions Spinach String Beans Lima Beans Egg Plant Tomatoes Squash Stuffed Peppers, and other Summer Vegetables | <ul style="list-style-type: none"> Yorkshire Pudding Horseradish Sauce Mushroom Sauce Fresh Vegetable Salads |





| Meat | Vegetables | Accompaniments |
|---------------------------------|--|---|
| 7. Beef Steaks ... | { Same as Roast Beef | { Mushroom Sauce Bearnaise Sauce Maitre d'hotel Butter Addition of Red and Green Peppers |
| 8. Beef, Boiled... | { White Potatoes Carrots Turnips Parsnips Onions Vegetables a la jardiniere | { Dumplings |
| 9. Beef, Corned... | { Potatoes (Plain) Cabbage Carrots Beets Turnips Parsnips Spinach or any Greens | |
| 10. Lamb Roast... | { White Potatoes Sweet Potatoes Artichokes Carrot Timbales Green Peas Spinach Asparagus Beets Egg Plant (Baked, Fried, Stuffed) String Beans Cauliflower (Creamed, au Gratin) | { Mint Sauce Mint Jelly Mint Sherbet Currant Jelly Bananas/Baked Croquettes Fresh Vegetable Salad |
| 11. Lamb Chops, Broiled..... | { White Potatoes { Scalloped Delmonico Chantilly Stuffed Baked Sweet Potatoes Squash Beets, with Sauce String Beans, au Gratin Lima Beans, Fresh Cauliflower, Creamed Fried Scalloped Tomatoes { Stewed Stuffed Baked | { Fresh Vegetable Salads |
| 12. Lamb, Boiled... | { White Potatoes Carrots Turnips Parsnips | { Dumplings |



Meat

Vegetables

Accompaniments

| | | |
|---|---|---|
| 13. Mutton, Boiled | <ul style="list-style-type: none"> White Potatoes Carrots Turnips | <ul style="list-style-type: none"> Caper Sauce |
| 14. Mutton, Saddle | <ul style="list-style-type: none"> Rice White Potatoes Carrots Turnips Asparagus Spinach Peas String Beans | <ul style="list-style-type: none"> Currant Jelly Mint Jelly Mint Sauce Light Vegetable Salads |
| 15. Quail, Squab, Broiled Roasted | <ul style="list-style-type: none"> White Potatoes Spinach Peas String Beans | <ul style="list-style-type: none"> Currant Jelly Cranberry Jelly Chestnut Puree Green Vegetable Salads Fruit Salads |
| 16. Ham, Boiled .. | <ul style="list-style-type: none"> White Potatoes Spinach Greens Cauliflower Brussels Sprouts | <ul style="list-style-type: none"> Creamed Baked Scalloped Cider Sauce |
| 17. Pork..... | <ul style="list-style-type: none"> White Potatoes Spinach Cabbage Cauliflower Squash Turnips Parsnips | <ul style="list-style-type: none"> Boiled Riced Mashed Fried Apples Apple Sauce Baked Apples Apple Croquettes Cider Sauce Light, Acid Vegetable or Fruit Salad Gravy |
| 18. Veal..... | <ul style="list-style-type: none"> White Potatoes Rice Spaghetti Tomatoes String Beans Onions Asparagus Turnips | <ul style="list-style-type: none"> Light Vegetable Salads |
| 19. Venison..... | <ul style="list-style-type: none"> Fried Potatoes Saratoga Potatoes Brussels Sprouts Mushrooms with Sauce Peas String Beans | <ul style="list-style-type: none"> Plum Jelly Currant Jelly |

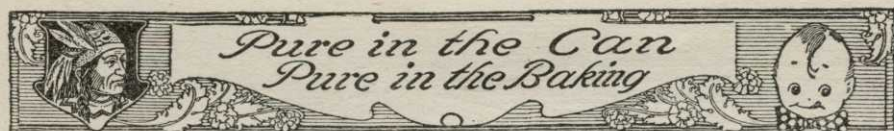




Time Table For Cooking

| ARTICLES | TIME | |
|--|----------|----------|
| | Hours | Minutes |
| BOILING | | |
| Mutton, leg..... | 2 to 3 | |
| Ham (12 to 14 lbs.) | 4 to 5 | |
| Corned beef or tongue..... | 3 to 4 | |
| Turkey (9 lbs.)..... | 2 to 3 | |
| Chicken (3 lbs.)..... | 1 to 1½ | |
| Cod and Haddock (3 to 5 lbs.) | | 20 to 30 |
| Halibut (2 to 3 lbs.) | | 30 |
| Small fish..... | | 6 to 10 |
| Asparagus..... | | 20 to 30 |
| Peas..... | | 20 to 60 |
| String beans..... | 1 to 2½ | |
| Lima and other shell beans..... | 1 to 1½ | |
| Beets (young)..... | | 45 |
| Beets (old)..... | 3 to 4 | |
| Cabbage..... | | 35 to 60 |
| Onions..... | | 45 to 60 |
| Parsnips..... | | 30 to 45 |
| Spinach..... | | 25 to 30 |
| Green corn..... | | 12 to 20 |
| Macaroni..... | | 20 to 30 |
| BAKING | | |
| Bread (white loaf)..... | | 45 to 60 |
| Bread (graham loaf)..... | | 35 to 45 |
| Biscuits or rolls (baking powder) | | 12 to 15 |
| Gems..... | | 25 to 30 |
| Muffins (baking powder)..... | | 20 to 25 |
| Gingerbread..... | | 20 to 30 |
| Cookies..... | | 6 to 10 |
| Baked batter puddings..... | | 35 to 45 |
| Plum pudding..... | 2 to 3 | |
| Pies..... | | 30 to 50 |
| Scalloped Oysters..... | | 25 to 30 |
| Scalloped dishes of cooked mixtures..... | | 12 to 15 |
| Baked beans..... | 6 to 8 | |
| Braised Beef..... | 3½ to 4½ | |
| Mutton (saddle)..... | 1½ to 1¾ | |
| Lamb (leg)..... | 1½ to 1¾ | |
| Veal (leg)..... | 3½ to 4 | |
| Pork..... | 3 to 3½ | |
| Chicken (3 to 4 lbs.)..... | 1 to 1½ | |
| Turkey (9 lbs.)..... | 2½ to 3 | |
| Goose (9 lbs.)..... | 2 | |
| Duck (domestic)..... | 1 to 1½ | |
| Duck (wild)..... | | 20 to 30 |
| Fish (small, 3 to 5 lbs.)..... | | 20 to 30 |
| FRYING | | |
| Muffins, fritters and doughnuts..... | | 3 to 5 |
| Breaded chops..... | | 5 to 8 |
| Fillets of fish..... | | 4 to 6 |
| Smelts, trout and other small fish..... | | 3 to 5 |





| Articles | Boil on Stove Minutes | Leave in Fireless Stove Hours | Articles | Boil on Stove Minutes | Leave in Fireless Stove Hours |
|-------------------|--------------------------|--|----------------------|--------------------------|--|
| Vegetables | | | Puddings | | |
| Potatoes..... | 5 | 2 | Drop Dumplings..... | 5 | 2 |
| Peas, green..... | 5 | 2 | Cottage..... | 10 | 3 |
| Tomatoes..... | 5 | 2 | Fruit Dumplings..... | 10 | 3 |
| Corn, green..... | 5 | 3 | Suet..... | 30 | 4 |
| Onions..... | 10 | 3 | Meats | | |
| Cabbage..... | 10 | 3 | Veal, 2 lbs..... | 15 | 3 |
| String beans..... | 10 | 3 | Fish, 2 lbs..... | 15 | 2 |
| Turnips..... | 15 | 4 | Beef, 2 lbs..... | 15 | 3 |
| Beets, green..... | 15 | 2 | Chicken, spring..... | 15 | 3 |
| Cereals | | | Beef, 3 lbs..... | 30 | 4 |
| Oatmeal..... | 2 | All Night | Ham, 3 lbs..... | 30 | All Day |
| Tapioca..... | 5 | 2 | Pork, 2 lbs..... | 30 | 4 |
| Sago..... | 5 | 2 | Chicken, 1 yr..... | 30 | 4 |
| Rice..... | 5 | 2 | Corned beef..... | 30 | 4 |
| | | | Pork, 3 lbs..... | 35 | 4 |

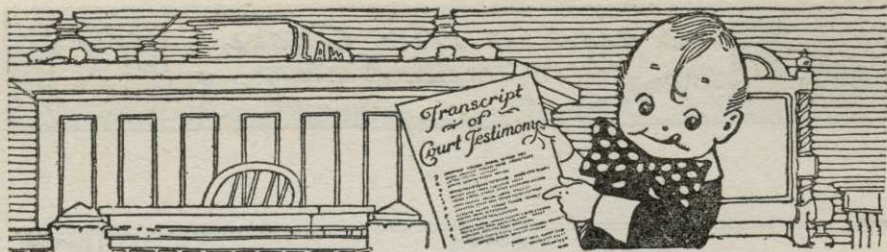
A Table of Measures

| | |
|--|----------------|
| 2 cups butter (packed solidly)..... | = 1 pound |
| 4 cups flour (pastry)..... | = 1 " |
| 2 cups granulated sugar..... | = 1 " |
| 2 cups powdered sugar..... | = 1 " |
| 2 cups brown sugar..... | = 1 " |
| 2 cups oatmeal..... | = 1 " |
| 4¾ cups rolled oats..... | = 1 " |
| 2 cups granulated cornmeal..... | = 1 " |
| 4¾ cups rye meal..... | = 1 " |
| 1 ⅞ cups rice..... | = 1 " |
| 4½ cups graham flour..... | = 1 " |
| 4¾ cups coffee..... | = 1 " |
| 2 cups finely chopped meat..... | = 1 " |
| 9 large eggs..... | = 1 " |
| 1 square Bakers' chocolate..... | = 1 ounce |
| ⅓ cup almonds, blanched and chopped..... | = 1 " |
| 3 teaspoons (dry)..... | = 1 tablespoon |
| 16 tablespoons..... | = 1 cup |
| 2 tablespoons butter..... | = 1 ounce |
| 4 tablespoons flour..... | = 1 " |
| 4 teaspoons (liquid)..... | = 1 tablespoon |
| 4 tablespoons (liquid)..... | = 1 wine glass |
| 2 wine glasses..... | = 1 gill |
| 2 gills (½ pint)..... | = 1 cup |
| 2 cups..... | = 1 pint |
| 4 cups..... | = 1 quart |
| 1 cup (liquid)..... | = ½ pint |

A grain is less than 1-8 teaspoon.

1 level teaspoon Calumet Baking Powder is to be used with 1 cup of flour.





Court Testimony

Proving the wholesomeness of alum baking powders, given under oath and based upon physiological experiments performed on human beings and animals.

Ernest Ellsworth Smith, Ph. D., M. D., physiological chemist, New York:

Q. What is your conclusion (based on actual chemical and physiological experiments) as to the wholesomeness, as a daily diet consumed by man, of a bread cooked with alum baking powder properly prepared?

A. It is perfectly wholesome.

Austin Flint, M. D., LL.D., professor of physiology, Cornell University:

Q. (Referring to experiments conducted by Dr. Smith.) State whether or not in your opinion these experiments have been properly carried out and with scientific precaution.

A. In my opinion the experiments as I followed them in their progress were carried out properly, accurately and in every way are entitled to confidence.

Q. Please state what is your opinion as to the wholesomeness of the bread made with alum baking powder as a diet for man.

A. Looking at the question from what I believe to be a purely disinterested, scientific point of view, I should regard the bread designated as the alum baking powder bread, unquestionably as a wholesome bread used as an article of food for man.

The prejudice against alum in baking powders had its origin in the practice of dishonest bakers and millers using it to bleach poor flour. In this case alum is an adulteration, and so would cream of tartar or phosphate be, or any acid used for bleaching purposes, but when used in a baking powder, as other acids are used to neutralize the soda and produce carbonic acid gas for the purpose of raising bread, it is not only not an adulteration but it is to be preferred to cream of tartar, as its residue does not contain the large quantities of that irritant drug, Rochelle Salts, such as are left from the cream of tartar powders amounting to 70 per cent and upwards. A baking powder in which the acid is a combination of phosphate and soda alum, when properly compounded by a practical chemist, is the most healthful one.





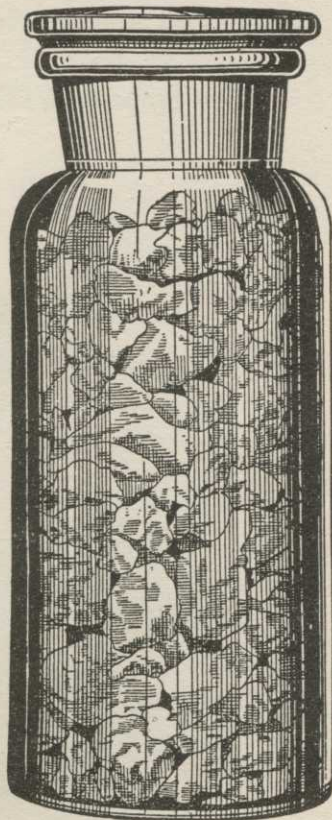
This so-called alum is really not alum at all as it is found in the drug stores, but is a basic sulphate of aluminum and sodium and when used in a baking powder such as described will not leave in the food one particle of alum of any kind or description. It is also a guarantee against the presence of Rochelle Salts, the harmful residue left in food made with the high-price trust cream of tartar powders.

Dr. A. Warner Shepard, formerly Health Officer in Brooklyn, said:

"I have not the slightest doubt that the mental and physical health of thousands is permanently injured by the excessive use of Rochelle Salts in impure beer, bread and other forms of food and drink. It is certainly a factor in the alarming increase of Bright's disease of the kidneys, and similar complaints. It irritates the stomach, bowels and kidneys, and may therefore produce the most unfortunate results."

Dr. Moreau Morris, of the New York Board of Health, says:

"It may be that I am a little prejudiced, but I think I express the consensus of the medical profession when I say that Rochelle Salts should never be used by a person except by a physician's advice. Its continued use induces a very unhealthy condition of the stomach and especially of the bowels, and finally produces constipation of an aggravated type."



This bottle represents 10 ounces and 241 grains of Rochelle Salts the residue left in bread baked with one pound of "ROYAL BAKING POWDER."

CHAS. G. MERRELL, Analytical Chemist
Cincinnati, O.



Calumet Baking Powder

Saves THREE Ways

You save when you buy it.

You save when you use it.

You save materials it is used with.

True Economy in COST—in TIME—in USE



CALUMET BAKING POWDER

*is guaranteed
in every respect*

WE the undersigned do hereby guarantee Calumet Baking Powder to comply in every respect with all State Laws as well as the United States Pure Food Law approved June 30, 1906. Serial No. 5161

We also guarantee that Calumet Baking Powder is prepared from the finest materials possible to select, that the goods are pure and wholesome in every particular, and further, nothing injurious is left in the food

CALUMET BAKING POWDER CO.

Ramona Wright
Aug. 9, 1911

