



## The Lunch Box Problem is here again!

*Once more we must find things for the children to eat which are not only good for them, but which will taste good, too.*

IT is of essential importance to use only the best ingredients when cooking for children, and to take care that their biscuits, muffins and cookies are mostly "crust". Remember, it takes no more time to make foods *both* beneficial and delicious.

Royal Baking Powder is absolutely essential in children's foods. First, it is made from cream of tartar, a natural product of ripe grapes, so it is *healthful*. And furthermore, Royal-leavened foods are lighter, more digestible, and keep fresh longer.

# ROYAL BAKING POWDER

ABSOLUTELY PURE

*Quickly-made dainties which please and nourish the youngsters.*

### SUGAR COOKIES

- 1/4 cup shortening
- 2 cups sugar
- 1/4 cup milk
- 2 eggs
- 1/4 teaspoon grated nutmeg
- 1 teaspoon vanilla or grated rind of 1 lemon
- 4 cups flour
- 3 teaspoons Royal Baking Powder

Cream shortening and sugar together; add milk to beaten eggs and beat again; add slowly to creamed shortening and sugar; add flavoring; add 2 cups of flour sifted with baking powder and nutmeg; add just enough more flour to roll easily. Roll out on floured board; cut with any fancy shaped cookie cutter; sprinkle with granulated sugar or put a raisin or nut in the center of each. Bake about 12 minutes in moderate oven (380° F).

For Chocolate Cookies put aside portion of the dough before adding all the flour and add 2 tablespoons cocoa to each cup of cookie dough.

### BISCUITS for SANDWICHES

- 2 cups flour
- 4 teaspoons Royal Baking Powder
- 1/2 teaspoon salt
- 2 tablespoons shortening
- 1/4 cup milk

Sift together flour, baking powder and salt; mix in shortening with steel fork; add milk slowly to make soft dough. Roll out 1/4 inch thick on floured board. Cut out with small cutter (No. 0.) Bake on greased pan in hot oven (475° F) about 12 minutes. When cold split and use for sandwiches.

### SCOTCH FINGERS

- 2 cups rolled oats
- 3 teaspoons Royal Baking Powder
- 1/2 teaspoon salt
- 1 1/2 tablespoons melted butter
- 1/4 cup sugar
- 1/4 cup molasses
- 1/4 cup milk

Grind rolled oats in food chopper; mix with salt, baking powder and sugar. Stir in milk, molasses and butter. Mix well. Roll out very thin on board floured with ground rolled oats. Cut into narrow oblongs. Bake 20 minutes in moderate oven (375° F).

### SURPRISE MUFFINS

- 2 cups flour or 1 cup flour
- 1 cup graham flour or 1/2 cup flour
- 1 cup corn meal
- 1 cup milk
- 3 teaspoons Royal Baking Powder
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 2 eggs
- 2 tablespoons shortening

Sift together flour, baking powder, sugar and salt; add milk, well-beaten eggs and melted shortening; mix well. Put tablespoon of batter into each greased muffin tin. Drop into the center of each one teaspoon currant, apple or other jelly; or one stewed and sweetened apricot; or one stoned date; or a piece of candied pineapple or other fruit. Add another tablespoon of batter and bake in hot oven (425° F) 20 to 25 minutes.

If graham or corn meal muffins are made, sift flour, baking powder, salt and sugar together and mix in the graham flour or corn meal.

Send

for your copy of

### "THE SCHOOL LUNCH BOX"

It is free, and you will find it simplifies the Lunch Box problem ever so much. It contains recipes, menus and hints for preparing the lunch attractively.

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