

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.

T is of essential importance to use only the best I 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

cup shortening 1 teaspoon vanilla cups sugar or grated rind of

4 cup milk 1 lemon 2 eggs 4 cups flour 4 teaspoon grated 3 teaspoons Royal Baking Powder

Cream shortening and sugar together; add milk to beaten eggs and beat again; 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 cooky cutter; sprinkle with granulated sugar or put a raisin or nut in the center of each. Bake about 12 minutes in moderate oven

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

BISCUITS for SANDWICHES

2 cups flour 2 tablespoons 4 teaspoons Royal Baking Powder shortening 3 cup milk teaspoon salt

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 11/2 tablespoons 3 teaspoons Royal Baking melted butter Powder

cup sugar teaspoon salt cup molasses 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

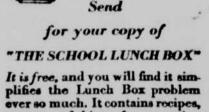
2 cups flour or 3 teaspoons Royal Baking Powder 1 cup flour

1 cup graham flour 1 tablespoon sugar teaspoon salt 2 eggs 11 cup flour

11 cup corn meal 2 tablespoons 1 cup milk 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.



menus and hints for preparing the lunch attractively.

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