



Wonderful New Recipes

Prunes—Stewed

WASH (dried) prunes; cover with warm water and soak for several hours or over night if possible. Heat slowly to the simmering point in the same water in which they were soaked. Cook slowly under the boiling point until prunes are tender but not broken. Rapid cooking destroys the fine flavor and appearance of the fruit; at least half of the juice should be absorbed during the cooking process; what is left should be a rich thin syrup. Slow cooking develops the natural fruit sugars and very little sugar will be required. If, however, sugar is used, add it after the prunes are cooked while still hot enough to dissolve it.

Prunes—Baked

Wash prunes, cover with warm water and soak over night. Bake in a casserole in a slow oven, using same water fruit was soaked in. Cook until tender, sweeten to taste and serve with custard sauce or whipped cream.

Here is a new way to serve prunes as a delightful breakfast fruit or for a family dessert. Baked prunes are now being served on many dining cars and at exclusive hotels.

Apricot Cobbler

1 egg
 1/2 cup sugar
 1 cup flour
 1 teaspoon baking powder
 1/4 teaspoon salt
 1/4 cup milk or water
 2 tablespoons melted butter or substitute
 1/2 teaspoon vanilla
 1 cup cooked (dried) apricots, drained of juice.

Beat egg until very light; add sugar gradually, beating until creamy. Sift flour, baking powder and salt and add to mixture alternately with milk. Beat until batter is smooth, then add melted butter and vanilla. Put apricots in a buttered baking dish; pour batter over fruit and bake in a moderate oven about half an hour. Serve with apricot pudding sauce No. 2, or with a hard sauce made of butter and powdered sugar. Will serve six persons.

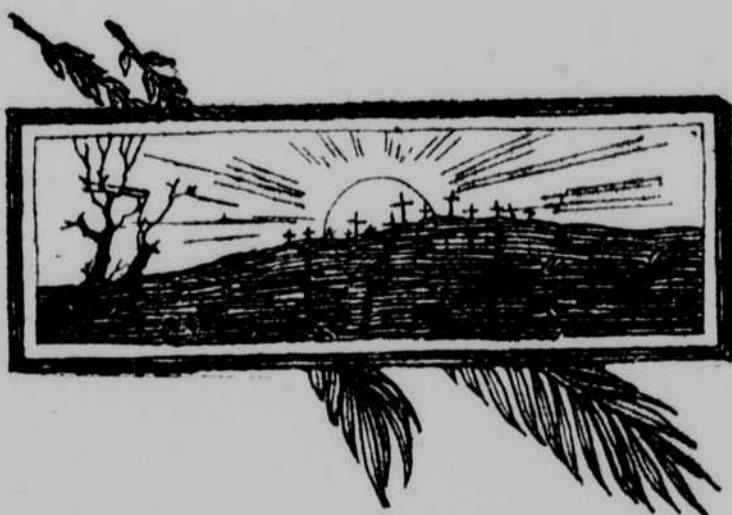
Apricot Pudding

2 eggs
 1 cup sugar
 2 cups flour
 2 teaspoons baking powder
 1/4 cup melted shortening
 1/2 cup milk
 1 teaspoon vanilla
 Apricots (dried, well washed and cooked)

Beat eggs until light, add sugar gradually, beating with egg beater. When creamy add dry sifted ingredients alternately with liquid, mixing well. Add flavoring and melted shortening. Pour into greased pan. Arrange well washed, soaked (dried) apricots in even rows over entire surface of cake and sprinkle with sugar. Bake in a medium hot oven about 20 minutes; cut in squares; serve hot with whipped cream. Will serve eight persons.

Spinach Loaf

Here is a tempting way to serve spinach and ham together. The spinach must be washed, drained and cooked until tender in an enameled ware saucepan, so that it will not be discolored. Drain it thoroughly and chop it very fine. For each pint of cooked spinach use two tablespoonfuls of butter, the yolk of one egg, a teaspoonful of salt, and a sprinkling of pepper and paprika. Next arrange the spinach in an enameled ware baking pan with alternate layers of finely chopped ham, the top layer being of spinach. Scatter grated cheese and fine bread crumbs over the top, and brown in a hot oven. It may be served in the same dish in which it is cooked and garnished with slices of pimento.



The Food of the Gods—Plus

By DAN S. DUGAN

A BOON TO INFANT AND ADULT

THE greatest forward stride in the milk business in recent years has been the perfection of a chocolate milk drink that could be delivered ready for consumption to the dealer or consumer. A scientific blending of milk and chocolate, two of nature's most perfect foods, has been the object of study and experiments for the past decade. There is no other food product which is so rich in both food and flavor as chocolate. It is a complete food containing fat, protein and carbohydrates in large quantities. "The food of the gods" is the name given to the chocolate or cocoa bean by the great botanist, Limacus. It is one of nature's greatest gifts to man and adds nutriment and deliciousness to everything with which it is mixed.

For more than a generation, chocolate milk drinks have been sold at the soda drink fountains under various names; but, through a recent discovery, we learned that milk and chocolate, when viscolized under enormous pressure, imparts a flavor and smoothness that is unobtainable any other way. The blending of these two perfect products produces a food that is perhaps without an equal in concentrated food value.

Among the places where this drink first found favor was among the soldiers' camps in the south, where it was started in a small way. It has grown rapidly in favor until now every first class dairy is distributing a chocolate milk drink under various trade names—viz., "400," "Drinkmor," etc.

One-half pint of chocolate milk is equal in food value to one and one-fourth pound of fried chicken, fish or beefsteak, or one-half dozen of eggs. But the chief food value of the chocolate milk lies in the elements supplied. It contains the mineral for lack of which children suffer most; also, the vitamins necessary to health. It is a wonderful help to parents who have trouble in getting their children to drink a plentiful supply of milk and many schools are using chocolate milk in nutrition classes. There is no equal to it in combating malnutrition, as it supplies the milk elements in an enticing form, which tempts children to eat more and oftener and to eat balanced foods rather than pastries and sweetmeats.

Perhaps you are wondering about the origin of the cocoa bean from whence all this deliciousness of the new chocolate drink emanates. Let us therefore in fancy wander to the tropical country where grows the cocoa tree and the sugar cane and enlighten ourselves in connection with the little story told as to the growth of the lovely cocoa bean.

In tropical countries near the equator grows the cocoa tree. Pods, seven to ten inches long, hang in clusters from the trunk and branches of

this tree, and in each pod are found 30 or 40 cocoa beans. They are light green and imbedded in a sweetish pulp.

Skilled workers, with pruning knives on ends of poles, cut down the pods when ripe and gather them in baskets. Much care must be used to pick only the ripe pods; also to avoid injuring the flowers which blossom when the pods are ripe. After the pods have been cut from the trees, they are gathered in heaps and left on the ground for a day or two. They are then cut open and the beans and pulp removed. The pods and pulp are burned, but the beans are subjected to a fermentation process which results in deepening their color and greatly enriches their flavor. Expert attention to the fermentation is necessary for development of the best flavor.

After fermentation the beans are dried either by artificial heat, or in the sun. During the drying process they must be turned frequently so that they will be dried thoroughly on all sides. After they are dry, the beans are carefully sorted for size and packed in sacks for transportation to the seacoast for shipment. While thousands of tons of cocoa beans are shipped from South American ports, choice cocoa beans are also produced in Ceylon and Africa.

When the sacks of cocoa beans reach the warehouse of the American chocolate manufacturer, they are piled by automatic stackers or conveyors in the large, clean, dry storerooms.

Before the cocoa beans are sent to the roasters, they are put through mechanical cleaners and then inspected by hand to make certain foreign matter is removed. Then on to the roasting room, where expert roasters exercise great care in this important operation. After being roasted, the beans pass through cracking and blowing machines to separate the shells from the "nibs." The shells are fibrous and indigestible and none are allowed to be ground into the cocoa.

The beans, after being cracked into "nibs" and freed from all shells, are run through triple mills, where they are ground into chocolate liquor. Cocoa butter is then added to make a thick paste of extreme smoothness.

Sugar, which is one of the most important ingredients in the manufacture of chocolate, comes from sugar cane, from which the best sugar is made and is grown in the West Indies. Natives in Cuba bring the cut cane to the crushers in huge carts, which truly is a picturesque sight. In mammoth mills the cane is crushed and the sugar extracted to be refined later to snow-white purity. It is usually purchased in shipload quantities by the big chocolate manufacturers.

Milk from emerald dairy farms of this great dairy country is added with the sugar to the chocolate to produce the smooth, melt-in-the-mouth goodness and flavor to be found in the new chocolated dairy drink.



TROCO

NUT MARGARINE



T
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With 25
Empty
Troco
Cartons!

8-Quart
Aluminum
Preserving
Kettle



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TRIMBLE BROS.

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The Casserole and Its Use

CASSEROLE cookery, although a method which has long been in use, may be used by those of even the most aristocratic tastes and ideas. It is not only an adequate and practical method, but may be made an attractive element of the meal. The casserole itself may be the means of giving the table its color scheme, as they may now be obtained in greens, blues, browns, etc., in the earthenware and the transparent dish in the pyrex.

Aside from attractiveness, the casserole lends itself to convenience. Food may be placed on the table directly from the stove with the assurance that the meal will not be spoiled from foods being cold. By placing the food in the casserole, all nutritive value is retained, since the juices are not poured off. This also retains much of the flavor, which would otherwise be lost. When several different foodstuffs are combined to form one dish, there is a blending of flavors which cannot be obtained in any other way so well.

Those of us who need to practice economy or find difficulty in interesting the members of our family in the use of vegetables, should be especially interested in casserole cooking. A few suggestions follow:

Veal Hearts

6 Servings—4,000 Calories

2 veal hearts
 2 cups tomatoes
 4 medium potatoes
 1/2 teaspoon salt
 1/2 teaspoon pepper
 1 tablespoon parsley
 1 teaspoon sugar
 3 tablespoons flour

Trim and wash the veal hearts and sear in hot fat. Place in casserole.

Wash and pare the potatoes and arrange in the casserole about the hearts.

Heat the tomatoes, add the sugar and seasonings. Thicken with flour which has been mixed to smooth paste with water.

Pour the tomato mixture over the hearts and potatoes. Bake in moderate oven two hours.

LUNCHEON

Veal Hearts Head Lettuce Salad
 Graham Bread Butter
 Baked Apple

Escalloped Onions With Eggs

4 Servings—1,015 Calories

4 small onions, boiled
 4 hard cooked eggs
 1 1/2 cups milk
 3/4 teaspoon salt
 3 tablespoons flour
 2 tablespoons butter
 Pepper
 Bread crumbs

Make a white sauce of milk, flour, butter and seasonings.

Butter a casserole and alternate layers of sliced onion, sliced egg and white sauce. Cover the top with buttered crumbs. Put in the oven until crumbs are brown.

LUNCHEON

Escalloped Onions with Eggs
 Graham Bread Butter
 Orange Ice

Carrots in Casserole

4 Servings—550 Calories

8 medium sized carrots
 4 tablespoons butter
 3 thin slices of onion
 1/2 teaspoon salt
 1/4 cup water
 Pepper

Wash, scrap and cut carrots into pieces lengthwise. Brown butter and onions, add carrots, water, salt and pepper. Cook in casserole until tender.

Roast Sirloin of Beef
 Escalloped Potatoes
 Carrots in Casserole
 Head Lettuce French Dressing
 Graham Bread
 Soft Custard