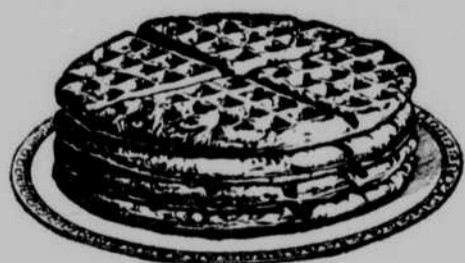


Royal Menus for Spring Days



WAFFLES

2 cups flour 1 3/4 cups milk
 4 teaspoons Royal 2 eggs
 Baking Powder 4 tablespoons melted
 1/2 teaspoon salt shortening

Put waffle iron on to heat before starting preparations. Sift flour, baking powder and salt together; add milk to egg yolks and add to dry ingredients, beating well; add shortening which has been cooled; mix in beaten egg whites. Bake in well greased very hot waffle iron until brown on one side; turn and brown other side. Serve immediately with butter and maple syrup.

SPANISH WHIPPED CREAM DESSERT

1/2 cup shortening 3 teaspoons Royal
 1 cup sugar Baking Powder
 2 eggs 1 tablespoon cocoa
 1 1/4 cups flour 1 teaspoon cinnamon
 3/4 cup milk

Cream shortening; add sugar and yolks of eggs; beat well; sift together flour, baking powder, cocoa and cinnamon and add alternately with milk; fold in beaten whites of eggs. Bake in two square greased and floured layer tins in moderate oven (380°) 35 to 40 minutes. Cut in pieces for serving and put two layers together and cover top with following cocoa whipped cream:

4 tablespoons cocoa 1/2 teaspoon vanilla
 1/8 teaspoon salt extract
 1/3 cup powdered sugar 1 cup cream

Mix the cocoa, salt and sugar with a little hot water until well blended. Add vanilla and cream and whip until stiff enough to spread.



PARKER HOUSE ROLLS

4 cups flour 4 tablespoons short-
 1 teaspoon salt ening
 6 teaspoons Royal 1 1/2 cups milk
 Baking Powder

Sift flour, salt and baking powder together. Add melted shortening to milk and add slowly to dry ingredients, stirring until smooth. Knead until smooth on floured board and roll one-half inch thick. Cut with biscuit cutter first dipped in flour. Crease each circle with back of knife one side of center. Butter small section and fold larger part well over small. Place far apart on greased pan. Allow to stand 15 minutes in warm place. Brush with melted butter and bake in hot oven (425°) 15 to 20 minutes.

GRAHAM BREAD

1 1/2 cups flour 2 tablespoons sugar
 4 teaspoons Royal 1 1/2 cups graham flour
 Baking Powder 2 cups milk
 1 1/4 teaspoons salt 1 tablespoon melted
 shortening

Sift flour, baking powder, salt and sugar together into bowl; add graham flour, milk and melted shortening, and beat thoroughly until smooth; put into greased loaf pan; smooth top with melted shortening and bake in moderate oven (375°) about one hour. If this bread is allowed to cool in pan, it will be much easier to cut into thin slices for sandwiches.
 Makes 1 large or 2 small loaves.

NUT BARS

1/2 cup shortening 3 teaspoons Royal
 1 1/2 cups sugar Baking Powder
 2 eggs 1/2 teaspoon salt
 4 tablespoons milk 1/2 cup chopped
 4 cups flour blanch almonds
 1 teaspoon lemon or almond extract

Cream shortening and sugar together; add beaten yolk of one egg, three tablespoons milk and flavoring; add beaten whites of two eggs and mix well. Sift together flour, baking powder and salt and add, mixing well. Roll half of dough at a time, less than 1/4 inch thick, on floured board; cut into bars 1 by 3 inches. Brush with remaining yolk of egg mixed with one tablespoon milk and sprinkle with chopped nuts. Bake in moderate oven (400°) about 10 minutes.

(All measurements are to be made level)

Breakfast

Pineapple Juice — Corn Flakes
 Scrambled Eggs with Bacon
 Hot Biscuits with Marmalade
 Milk, Coffee or Cocoa

Luncheon or Dinner

Cream of Pea Soup
 Broiled or Baked Fish
 New Potato Balls with Parsley
 String Beans
 Parker House Rolls
 Cocoa, Milk or Tea
 Spanish Whipped Cream Dessert

Supper

Moulded Vegetable Salad
 Cheese Soufflé
 Graham Bread Sandwiches
 Strawberries and Cream — Nut Bars



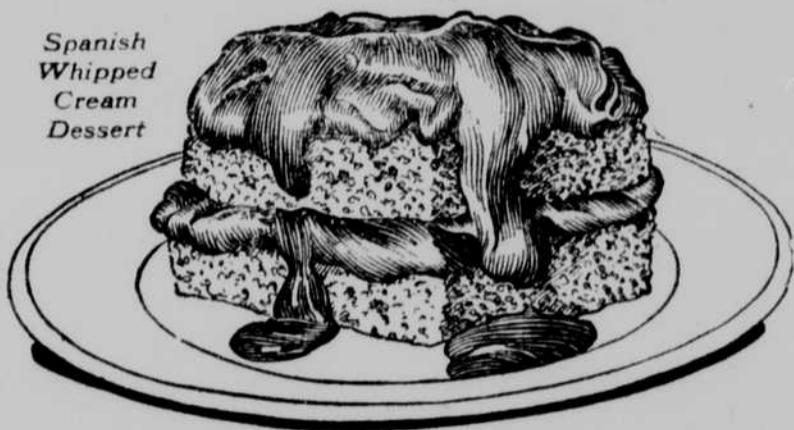
When you bake at home you are entitled to the best possible results. You always obtain such results day after day, week in and week out, by using

ROYAL BAKING POWDER

Made from Cream of Tartar, derived from grapes. Royal makes the good wholesome home-made foods with which every woman likes to supply her family.

The "ROYAL COOK BOOK" containing 400 excellent tested recipes, and the Royal Booklet "MAKING BISCUITS" with Sunday supper menus and many delightful new biscuit and muffin recipes, will be sent to you free on request.

Spanish Whipped Cream Dessert



Write today to

ROYAL BAKING POWDER CO.
 124 East 42nd Street
 New York City

Royal Contains No Alum—Leaves No Bitter Taste