



MARION COOK BOOK

*"Let me cook the dinners of a nation,
and I shall not care who makes its laws."*

FIFTH EDITION
1921

MARION, VIRGINIA

DEMAND



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MARION, VIRGINIA

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TO PATRONS OF THE MARION COOK BOOK



E, the Ladies of Royal Oak Presbyterian Missionary Society, wish to thank our friends who have so kindly contributed their tried and proved recipes, which enables us to put before the public a choice collection of the best that can be obtained.

Owing to the increased cost of materials, labor, etc., we have been compelled to raise the price of the Marion Cook Book to 75 cents per copy.

We hope that all of our friends will purchase a copy of our book and recommend it to others, so that all may have the benefit of its valuable recipes.

We also tender our thanks to the business men of Marion and other cities who have so kindly favored us with their advertisements. They are reliable firms, and we advise our readers when in need of any articles handled by these firms to patronize them.

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"MARION COOK BOOK,"

Marion, Virginia.

Soups

"A health to the girl that can dance like a dream,
And the girl that can pound the piano;
A health to the girl that writes verse by the ream,
Or toys with high C in soprano;
To the girl that can talk, and the girl that does not;
To the saint and the sweet little sinner—
But here's to the cleverest girl of the lot,
The girl that can cook a good dinner."

Velvet Soup.—Stock of chicken, one quart. Cook with two cloves, parsley, celery, onion, salt and pepper to taste, then strain. When ready to serve add one cupful of chopped chicken breast, one cupful of bread crumbs, one cupful of chopped almonds, and last one quart of cream (or cream and milk mixed). Do not boil but serve hot.

Mrs. Geo. W. Miles.

Tomato Bisque.—One quart of tomatoes, one quart of water, stew until soft, then strain. Add one teaspoonful of soda, allow to effervesce, add one quart of boiling milk, salt, butter, and pepper to taste with a little rolled cracker dust. Boil a few minutes and serve. This is a delightful soup.

Mrs. J. M. Brisco.

Chicken Soup.—One-half gallon of chicken stock, one cupful of cooked rice, one-half stalk of celery chopped fine, one small onion, one-half cupful of cream. Boil all twenty or thirty minutes, season to taste. Thicken with yolk of an egg and a little flour.

Mrs. E. H. Henderson.

Cream of Asparagus Soup.—For making two quarts of soup use two bundles of fresh asparagus. Cut the tops from one of the bunches and cook them twenty minutes in salted water enough to cover them. Cook the remainder of the asparagus about twenty minutes in a quart of stock or water. Cut an onion in thin slices and fry in three tablespoonfuls of butter ten minutes, being careful not to scorch it; then add the asparagus that has been boiled in the stock; cook this five minutes, stirring constantly; then add three tablespoonfuls of dissolved flour, and cook five minutes longer. Turn this mixture into the boiling stock and boil for twenty minutes. Rub through a sieve; add the milk and cream (about one quart) and the asparagus heads. If water is used in place of stock use all cream. You can use one can of asparagus in place of the fresh.

Miss Lillian Thomas.

Celery Soup.—Chop sufficient stalks of celery to make one quart; cover with one quart of water; cook twenty minutes and then press through a colander. Rub together two tablespoons of flour and two tablespoons of butter, add to a quart of milk in a double boiler, stirring until smooth and thick. One teaspoonful of salt and pepper. Strain through a sieve and serve hot.

Mrs. W. W. Hurt.

SNOWFLAKE won the Medal at the Jamestown Exposition.

Cream of Tomato Soup.—To one pint of tomatoes, add a slice of onion, one-fourth teaspoonful of pepper (or a pinch of cayenne), one teaspoon salt. Heat to the boiling point, strain through a sieve and return to the fire. Bring one quart of milk to the scalding point, rub two rounding tablespoonfuls of flour, and two rounding tablespoonfuls of butter together until smooth, stir into the hot milk and cook, stirring constantly until as thick as cream. When ready to serve, turn tomatoes into tureen, add one-fourth teaspoonful of soda and gradually add the thickened, milk, stirring constantly. *Mrs. Margaret Rhea Staley.*

Tomato Soup.—Cook one quart of tomatoes ten minutes, add one quart of boiling water. Put in a frying pan three level tablespoonfuls of butter and three of flour rubbed together, then add the tomato and water gradually, stirring well; let come to a boil, add two teaspoonfuls of salt, three level tablespoonfuls of sugar and a little pepper; mix well, then strain. Reheat and serve with croutons. *Mrs. W. B. Jackson.*

Tomato Soup.—Turn one can of tomatoes into a quart of beef stock, add a slice of onion and three cloves and simmer one-half hour. Press through a sieve and return to the fire with a scant half cup of rice that has been soaked ten minutes. Cook until rice is tender. Add about one and one-half teaspoons of salt, a dash of pepper and one heaping teaspoon of sugar. The rice may be strained out and the soup served clear with croutons. *Miss Haller Fell.*

Celery Bouillon.—Take the leaves and scraps from one bunch of celery, boil twenty minutes in one quart of water. Strain, and add to the liquor, one quart of hot milk, to which lump of butter the size of an egg has been added. Let come to a boil, and season with salt and pepper. Serve in bouillon cups, with whipped cream over top. *Mrs. Jno. Preston Buchanan.*

Vegetable Soup without Meat.—Two quarts of cold water, three good size potatoes diced, two small onions sliced, one-half cup chopped cabbage, one cup canned tomatoes, one small bunch celery, one cup cooked navy beans, two tablespoons of butter, one teaspoon sugar, salt and pepper to taste. Caramelize the sugar in soup kettle, add water and all vegetables except beans. Simmer slowly for an hour. Season with salt and pepper, then cook gently for another hour. Then add beans and butter. *Mrs. W. M. Sclater.*

Vegetable Soup.—Boil a soup bone until done and set the stock away until cold after salting lightly. Remove most of the grease from the top, and to one quart of strained stock add one onion chopped fine, one quart of tomatoes strained through a colander, one-fourth cup of uncooked rice, two small potatoes cut in small dice. Boil half an hour, then add one teaspoon of sugar, one teaspoon of salt, a pinch of

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pepper or a small piece of red pepper pod, three cloves and one-half cup of canned peas or corn, and simmer ten minutes.

Croutons.—Cut stale bread in pieces one-third inch in thickness and remove crusts. Spread thinly with butter, cut in one-third inch cubes, put in a pan and bake until delicately browned. Serve as an accompaniment to cream soups.

Cream of Mushroom Soup.—One pint of chicken stock, one pint cream, one can mushrooms cut in small pieces. Bring stock to boiling point, add cream, mushrooms and salt and pepper to taste. Boil all together for an instant. Serve (very hot) in cups with a teaspoon of whipped cream on top of each cup. Sprinkle chopped parsley on top of cream.
Miss Jennie Walde.

Oysters and Fish

"He was a bold man that first ate an oyster."

Creamed Oysters.—Put a piece of butter size of a walnut into double boiler, when this is soft stir in one-half cup of thick cream, let come to boil and thicken with flour enough for a thick sauce (about two rounding tablespoons); season with one level teaspoon of salt and a little pepper. Wash and drain in colander one quart of oysters, heat and add to the cream. Serve hot. Very nice served in hot patty shells or on crackers.
Mrs. Geo. W. Miles.

Minced Oysters.—Drain one quart of oysters and mince (cut each in two pieces). Put over fire and add one cup of crumbled crackers, two eggs, butter size of an egg, salt and pepper to taste and a dash of red pepper. Stir constantly until oysters curl. Put in shells, cover with cracker dust, dot with butter, and brown. Serve very hot.
Mrs. W. L. Lincoln.

Stewed Oysters.—One quart of oysters, three pints of new milk, one heaping tablespoon of butter, two teaspoons of salt. Heat milk until scum is formed on top, then turn the oysters into it, which have been cooked in their own liquor with salt and butter until the gills curl. Season and serve at once. * * *

Oyster Cocktail.—Clean and chill sixty small oysters. Mix with three teaspoons of grated horseradish, one-half reaspoon of tabasco sauce, five tablespoons of lemon juice, three tablespoons of Worcester sauce, one and one-fourth teaspoons of salt, three tablespoons of catsup. Serve in sherry glasses for twelve. *Miss Virginia Buchanan.*

SNOWFLAKE is the Flour that made Marion Famous.

on each piece, divide the liquor, one spoonful at a time, among the slices of toast, and serve steaming hot on warm plates.

Mrs. E. A. Rhodes.

Baked Shad.—Clean fish and salt several hours before cooking, then wash and drain well and open; place in a drip pan with back down. Cover with pieces of butter, season with pepper and dredge with flour. Pour on it less than a cup of water, put in a hot oven and bake thirty minutes, basting often until the fish has taken up all the liquid and is a delicate brown. Serve on platter garnished with slices of lemon.

Mrs. O. C. Sprinkle.

Fish Balls.—Press through a colander a cup of cold flaked flesh and a cup of cold mashed potatoes. Mix well and season with one-half teaspoon of salt and a little pepper. Shape into balls, dip in egg and bread crumbs and fry golden brown in hot cottolene. Serve on cress or parsley, garnish with hard boiled eggs cut in quarters. Serve with or without—**Egg Sauce:** one tablespoon of butter, one tablespoon of flour, rubbed smooth together and thinned with a teacup or more of hot water. When sauce has cooked smooth add a little pepper and salt, three chopped hard boiled eggs and a little chopped parsley. Serve very hot.

Miss Haller Fell.

Entrees

"Through my stomach was sharp, I could scarce help regretting
To spoil such a delicate picture by eating."

Oyster and Celery Patties.—One pint of solid oysters, one bunch of celery, one heaping tablespoon of butter, two level teaspoons of salt, one-half cup of cream, one rounding tablespoon of flour, yolk of one egg. Cut celery into small cubes and boil in enough water to cover until very tender (about one hour), adding salt when nearly done. Add flour, creamed with butter and milk and egg mixed together. Five minutes before serving add the oysters, allowing them to cook until the gills curl. Serve in hot patty shells. This makes one dozen.

Miss Virginia Buchanan.

Chicken Pie.—Joint a spring chicken as you would for frying, let it stand for about an hour in a little salted water, then season to taste with salt, pepper and a good-size lump of butter. Let it cook until tender. Make a rich dough as you would for biscuits; line a baking dish around the sides and bottom with pastry, having rolled it till about one-fourth inch thick. Now pour in the pieces of chicken and pour over them the gravy left from cooking, adding milk or cream if convenient, cover with top crust and bake a golden brown.

Mrs. J. M. Brisco.

SNOWFLAKE, the richest pure white Flour on the market.

Stuffed Peppers.—Use peppers of medium size, cut off the tops and remove the seeds and white membrane. Put them into boiling water for five minutes, then drain and make a filling as follows: Pour two tablespoons of melted butter over a cup of fine bread crumbs; add a beaten egg, one-half teaspoon of salt, one cup of finely chopped cold meat, and moisten with stock or water. Fill the peppers, rounding the filling on top, not packing it, but putting it in loosely. Cover with buttered bread crumbs and put in a pan with about one-half inch of water in bottom of pan. Bake in moderate oven about one-half hour, basting the peppers (not the filling) several times. Remove carefully to platter for serving. This dressing will fill six medium-size peppers. * * *

Chicken Patties.—Line deep patty pans with pastry, or cut it in circular pieces, fit on deep inverted gem pans, press lightly, prick well and bake in hot oven until delicately browned. Remove from the pans, fill with creamed chicken and garnish with parsley. The cases may be made in advance and reheated for serving.

Creamed Chicken.—Melt three level tablespoons of butter, add four and a half level tablespoons of flour, and when blended, pour on gradually, stirring well three-fourths cup each chicken stock and cream or milk. Season with one-half teaspoon salt, one-fourth teaspoon of celery salt and a few grains of cayenne; then add two cups of cold chicken cut in one-third inch cubes. For a change, before filling, roll the edges of the cases in the slightly beaten white of an egg, then in finely chopped parsley, making an attractive moss-like edge. For variety, dip some in egg and then in finely chopped nuts, a mixture of almonds and English walnuts being good. The dipping may have to be repeated several times, until a thick edge is formed, and should be done after the cases have been reheated. *Miss Haller Fell.*

Ham Croquettes.—One and one-half cups of grated ham, one cup of bread crumbs, two cups of hot mashed potatoes, one large spoonful of melted butter, three hard-boiled eggs, a little red pepper and salt. Mix ham, eggs and all together and add two spoonfuls of tomato catsup. Form croquettes by filling a small cornucopia full of the mixture and turn out on dish. Roll in egg and bread crumbs and fry a nice brown. *Mrs. Margaret Rhea Staley.*

Brain Croquettes.—Take one pound of brains, hog or beef, wash in several waters, or soak in water several hours, cleanse thoroughly of blood and bone, take off thin skin (beat four eggs, have these ready), place brains in iron frying-pan with lard, not too much, mash with big iron spoon as they cook, mash fine. When the brains are half cooked, add salt, pepper and eggs, stirring and turning as you would scrambled eggs, mixing thoroughly. This makes a good dish. Then if you want croquettes, cook the same way, take off the fire, roll and

SNOWFLAKE, the Pride of Southwest Virginia.

Rice and Cheese.—Boil one cup of rice and put a layer of it in a buttered baking dish, over this place a layer of grated cheese with pepper, salt and bits of butter; alternate layers of rice and cheese, having cheese on top. Pour over a little milk and bake as you would macaroni.

Mrs. T. C. Skuler.

Ham Toast.—Grind or chop cold ham until you have a good cup of the meat, using a little fat. Melt a tablespoon of butter in a saucepan or skillet and add one tablespoon of flour. As soon as blended add one and one-third cups of sweet milk. Let this thicken slightly, then add ham and the whites of two hard boiled eggs chopped fine with a fork. Season with pepper and a little salt. Pour over rounds of hot toast placed on platter. Sprinkle over the top the yolks of the eggs chopped fine. Garnish with parsley. Eggs may be omitted.

Mrs. Mamie M. Painter.

Ham Mousse.—One cup of double cream, two cups of finely chopped boiled ham, two teaspoons prepared mustard, one teaspoon horse-radish, four tablespoons mayonnaise, two tablespoons of Knox granulated gelatine, one-half cup cold water. Grind ham fine and smooth; mix thoroughly with mustard and horse-radish. Whip the cream stiff and combine with the mayonnaise. Soften the gelatine in the cold water; melt it over hot water, cool a few minutes and strain into the cream. Let this stand in a cool place for ten or fifteen minutes, then fold in the ham; when thoroughly mixed, pour into a cold wet mould and set on ice several hours. Turn out on a serving dish, surround with lettuce hearts and garnish with radish roses.

Mrs. Eldridge Coppenhaver.

Chicken Souffle.—One pint of finely chopped cold chicken, one tablespoon butter, one tablespoon flour, two cups cream or milk or one-half of each, two eggs, one-half cup bread crumbs, one teaspoon chopped parsley, one teaspoon salt, dash of pepper. Melt butter, add flour and stir until smooth, add cream and stir until it thickens, add crumbs and cook three minutes, add yolks of eggs just before taking from the fire and stir well, then add meat and seasoning. Beat whites stiff and fold into mixture, turn into a well greased dish and bake twenty minutes in a quick oven.

Miss Ella Richardson.

Salmon Loaf.—One can of salmon, drain off the liquid, remove bones and skin, and mince fine. Add one-half cup of fine bread crumbs, season with a little onion and pepper. Add one beaten egg. Mix well, shape into a loaf and turn into a shallow buttered baking pan. Melt one heaping teaspoon of butter in one-half cup of hot water and pour around the loaf, lay several thin strips of bacon over the top and bake until brown, basting often. Garnish with lettuce or parsley. If any of the loaf is left over it is very nice served cold.

Mrs. T. C. Skuler.

SNOWFLAKE makes the best bread, biscuit and rolls.

Banana Fritters.—One pint buttermilk, one and one-fourth pints of flour, one teaspoon of soda, one teaspoon of salt, one or two eggs, eight bananas. Beat eggs without separating, add three-fourths of the milk, then the flour, soda and salt which have been sifted together. Mix smooth and add the rest of the milk. Drop in a dozen slices of bananas and fry in grease a quarter of an inch deep in a very hot skillet. Sprinkle with powdered sugar and serve hot with lemon sauce or wine. Slice bananas lengthways into thick slices, cutting each into three pieces.
Miss Virginia Buchanan.

Cheese and Egg Dishes

"Digestive cheese and fruit there sure will be."

"Like woman, when an egg is good, there is nothing better; when it is bad there is nothing worse."

Baked Eggs and Cheese.—Line a buttered casserole, shallow baking dish, or pie pan, with a thick layer of grated cheese. Break six eggs on the cheese, dot with small pieces of butter, season with pepper and salt, and add about half a cup of rich sweet milk. Bake until the eggs are done and serve immediately.
Mrs. B. F. Buchanan.

Cream Cheese.—Melt three-fourths of a pound of cheese on back of stove. Make a cream of two eggs, two tablespoons of flour, two cups of sweet milk, lump of butter the size of an egg, and when thick stir in the melted cheese, and add a pinch of cayenne pepper. Serve with crackers.
Mrs. M. G. Painter.

Cheese Souffle.—One tablespoon of butter, one cup of water, one teaspoon of salt, one-fourth cup of flour, one teaspoon of Worcester sauce, or other relish, three eggs, one-half pound of cheese, pinch of red pepper. Mix flour to a smooth paste with a little of the water, and stir into the rest of the water, which should be boiling hot; add the cheese sliced thin, and stir until thick; add the rest of the ingredients, the yolks of the eggs having been beaten very light. Fold in the whites, beaten stiff, and turn into well-buttered dish. Bake to a golden brown and serve at once.
Miss Virginia Buchanan.

Cheese Balls.—One cup grated cheese, one-third teaspoon salt, dash of red pepper, a pinch of celery salt. Beat the whites of two eggs stiff, mix together, mould with the hands into balls the size of a walnut, drop two at a time into a kettle of boiling cottolene; with a wire spoon keep the balls in constant motion—if allowed to rest on the bottom of the kettle they will pull apart and stick. A moment is sufficient time to brown them. Place on wrapping paper for an instant to drain.
Mrs. Elizabeth Williams.

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Knox Acidulated Gelatine—no bother—no trouble—no lemon squeezing.

Eggs a la Cream.—Four hard boiled eggs, one dozen small spring onions minced, one cup of bread crumbs, lump of butter the size of an egg, salt and pepper to taste. Put layers of each in a baking pan until the pan is filled, cover with new milk or cream and bake in hot oven for about one-half hour.

Miss Elizabeth Painter.

Rice Omelet.—One cup of cold boiled rice; pour over it one cup of warm milk, add one tablespoon of melted butter, salt and pepper to taste. Mix well, then add three well-beaten eggs. Put a lump of butter in frying pan and when it begins to boil pour in the omelet and bake in a hot oven. When cooked through fold it double, turn out on a hot dish and serve at once. Beat eggs separately.

Mrs. D. D. Staley.

Goldenrod Eggs.—Put a few slices of toast in a baking dish or on a meat platter. Hard boil six eggs. Make a cream sauce and chop into it fine the whites of the eggs. Pour over the toast and grate the yolks on top. Put in the oven to heat before serving, but do not brown. It should puff up very light. Garnish with parsley. For the cream sauce, use one tablespoon of butter, one tablespoon of flour and one cup of cream, for a thin sauce. If you wish it thicker, use two tablespoons of flour. Season with salt and pepper. *Miss Mary Apperson.*

Plain Omelet.—Break six eggs into a bowl; beat them until well mixed but not very light; add six tablespoons of warm water or milk, a very little pepper, one tablespoon of chopped parsley, one teaspoon of melted butter. Put one level tablespoon of butter in a perfectly smooth, shallow frying-pan; when it has melted, not browned, turn in the egg mixture and sprinkle over it a level teaspoon of salt. Stand the pan over the fire and as soon as the eggs congeal in the bottom of the pan lift the omelet with a spatula or limber knife and let the soft portion run underneath; shake the pan to keep the omelet loose, lifting it until the omelet is set. Then fold over the side next to the handle of the pan and turn out on a heated platter. Garnish with parsley or water cress. * * *

Omelet with Tomato Sauce.—Put a teaspoon of salt in the omelet pan or skillet and with a piece of brown paper rub the pan until it is perfectly smooth, then dust out the salt. Put a tablespoon of butter in the pan and set it on the back of the range to heat gradually. Beat five eggs separately, add to the yolks five tablespoons of cold water, one teaspoon of salt and a dash of pepper, then fold in the whites beaten to a stiff froth. Draw the pan over the fire and as soon as the butter is hot pour in the eggs. Let stand long enough to brown on the bottom and sides, then put in the oven on the rack and let it brown. Fold over, turn out on a hot platter, and pour tomato sauce around it.

Tomato Sauce: One cup of tomato juice, one tablespoon of flour, one tablespoon of butter, one-half teaspoon of salt, one-fourth teaspoon

SNOWFLAKE makes a light loaf. Try it.

of pepper. Melt butter in saucepan, add flour and when smooth add tomato juice and seasoning. Let it boil up once and serve. The omelet may be varied by sprinkling over the top before folding a thin layer of green peas, asparagus tips, grated cheese, grated ham, or chopped parsley.
Miss Haller Fell.

Bread Crumb Omelet.—Take three-fourths of a cup of bread crumbs and fill the cup with milk. Let this soak while you beat three eggs, the yolks and whites separately; the whites quite stiff. With a fork hold back the crumbs while you drain off the surplus milk, then beat the bread crumbs and yolks together, with salt to taste; then fold in the whites. Have some butter in a hot pan on the stove, pour in the mixture, cover with a pie plate, and let stand over the fire for one minute, then set on back of stove, still covered, and let stand for twenty minutes, when it should puff up very light. Remove with a cake turner to a hot dish and fold over. This will not fall or get tough by standing and will serve four people. *Mrs. W. B. Jackson.*

Souffle.—Four eggs beaten separately, one cup of milk, warmed, one tablespoon of butter melted in the milk, thicken with one tablespoon of flour dissolved in a little of the cold milk, pour the hot milk over it and stir in the eggs. Pour at once into a hot greased skillet and bake in a quick oven until set. Turn out on a hot platter and serve at once.
Mrs. R. G. Baylor.

Vegetables

"We are yours in the garden."

Baked Cucumbers.—Peel and cut in thick slices nice firm cucumbers, with few seeds. Boil for twenty minutes. Drain and mash thoroughly. Add to each pint of mashed cucumbers one cupful of bread crumbs, one egg, one-half teaspoonful of salt, a bit of pepper and butter the size of an egg. Mix well and bake fifteen or twenty minutes in a buttered pan. An excellent substitute for scalloped egg plant. * * *

Salsify Cakes (or Imitation Fried Oysters).—Scrape and boil tender, the salsify. Mash well and mix with bread crumbs, or crackers, butter, salt, pepper and an egg. Make out in little cakes the size of an oyster, roll in cracker dust and fry like oysters. One can scarcely tell the imitation from the real. *Miss Nell Preston.*

Fried Green Tomatoes.—Remove a layer of skin from top of tomatoes, and cut in one-half inch slices. Roll in cracker dust or sifted corn meal, heavily seasoned with salt and pepper, and fry in bacon fat or lard until brown, turning several times. When done, serve

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To Cook Cabbage in 25 Minutes.—Select tender cabbage; cut in small strips and soak in cold water an hour or so. Cook small piece of salt pork until done in enough water to cook cabbage. Then put in cabbage; boil hard twenty-five minutes. Season with salt and pepper and serve at once. *Mrs. J. M. Sedgwick.*

Duchess Potatoes.—Two cups cold mashed potatoes, one egg, two tablespoons cream. Beat yolk of egg till very thick, add cream and work into potatoes. Shape in small pyramids. Rest each one on the broad end in a buttered tin. Beat white of egg slightly; add to it a teaspoon of milk, and brush each one with the mixture. Bake till golden brown. Serve on hot platter garnished with parsley, or use as a border for meat. *Mrs. Jno. Preston Buchanan.*

Baked Potatoes and Cheese.—Mash potatoes, put a layer in baking dish, sprinkle thick with grated cheese, add a little salt and dot it over with lumps of butter. Put second layer of potatoes in, and have grated cheese on top with salt and butter. Set in oven and bake a nice brown. *Mrs. Margaret Rhea Staley.*

Sweet Potato Croquettes.—Boil six large sweet potatoes until they are just tender, then remove the skins and mash the potatoes through a colander, add tablespoon of butter, a teaspoon of salt, a dash of pepper and a tablespoon of sugar. Mix thoroughly, form into croquettes, dip first in egg, then in bread crumbs and fry in smoking hot fat. A nice breakfast dish. *Mrs. M. E. Davidson.*

Potato Cakes.—Fix as for ordinary potato cakes, with the addition of well browned buttered bread crumbs mixed in before frying. Amount is about one-third crumbs to two-thirds potatoes. *Mrs. Jno. Preston Sheffey.*

Stuffed Sweet Potatoes.—Use shapely potatoes of even size. Scrub well and grease them with lard. Bake and cut in halves lengthwise. Scoop out center, leaving shells whole. Beat pulp smooth, add salt, butter, cream and brown sugar to taste. Beat until smooth, then refill skins. Sprinkle tops with brown sugar and brown in a hot oven. * * *

Hashed Brown Potatoes.—Place a heaping tablespoon of drippings in an iron frying pan, and when hot, add cold boiled very finely chopped potatoes to the depth of an inch. Usually four good sized potatoes will be sufficient. When chopping them add a teaspoon of salt and a dash of pepper and stir while they become hot, then press them down in the pan, packing firmly with a knife. Cover and cook slowly until brown underneath. Do not stir, but begin at one side of the pan and fold over like an omelet, packing closely together. Turn onto a hot platter and garnish with parsley. *Miss Haller Fell.*

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French Fried Potatoes.—Cut potatoes in lengths about one-half inch thick. Wash and drain and put in cloth in a cool place, on ice if possible, for half an hour or more. Fry in deep boiling fat, salt while frying and drain in wire basket before serving. *Mrs. O. C. Sprinkle.*

Stuffed Potatoes.—Bake large potatoes, take out inside and mash, seasoning with butter, pepper and salt, and cream, then put half as much ground beef, chicken or ham, and stuff skins lightly, grating cheese on top, then bake. Meat or cheese may be omitted.

Mrs. Geo. W. Richardson.

Macaroni with Cheese.—Three-fourths cup of macaroni, two tablespoons butter, two tablespoons flour, one-half teaspoon salt, pepper, one and one-third cups milk, three-fourths cup grated cheese, one cup buttered crumbs. Cook the macaroni in boiling salted water until tender, then pour into a colander and run cold water through it. Make a white sauce by melting the butter, and when it bubbles add the flour, seasoning and hot milk. To this sauce, when taken from the fire, add the cheese and macaroni. Put in buttered dish and spread on top the buttered crumbs made by melting the butter (one tablespoon) and stirring in the crumbs. Bake until the crumbs are brown.

Miss Alford.

Creamed Corn.—Boil the corn on the cob or use left-over boiled sweet corn. Cut it carefully from the cob (but do not scrape) and season highly with salt and pepper. There should be a good pint of corn when cut. Melt one rounding tablespoonful of butter, stir in one tablespoonful of flour, then pour over it one cupful of milk, stir until boiling, then add one-half teaspoonful of salt and a dash of pepper and mix it while hot with the corn. Turn into a shallow buttered baking dish, cover the top thickly with fine buttered bread crumbs and bake until brown.

Mrs. Virginia H. Fell.

Corn Fritters (Nice).—Three ears of corn grated, big iron spoon of flour, one or two eggs. Mix with water, fry on griddle like batter cakes. Salt and pepper to taste. *Mrs. E. J. Lee, Lynchburg, Va.*

Foam Slaw.—Finely shredded cabbage; do not bruise or chop. Two-thirds teacup of sweet cream, one-half teacup of vinegar. Put all in bowl, stir with fork and it will immediately become a perfect foam. Bits of bright jelly on top make it more attractive. The best of vinegar and heaviest cream are required. This slaw is never a perfect success in warm weather.

Mrs. A. T. Lincoln.

Fried Ripe Tomatoes.—Slice, not too ripe, tomatoes about one-fourth of an inch thick. Season with salt, pepper and sugar to taste. Dip in meal and fry in hot butter. *Miss Elizabeth Painter.*

We will ship SNOWFLAKE to any one wanting it.

Cabbage with Cream Gravy.—Cut in small strips one medium-size head young, tender cabbage. Boil, until done, in salt water. Pour off water. Take two full teaspoons of flour, two tablespoons of butter, one quart of milk, a little salt, mix well and pour over the cabbage. Cook slowly until gravy is flavored with cabbage.

Mrs. E. M. Harris.

Meats

"There's no want of meat, sir. Fortly and curious vlands are prepared to please all kinds of appetite."

Roast Lamb.—Boil a ham of lamb until almost done, then put about three slashes across the top, cutting nearly to the bone, and fill with a dressing made as if for chicken, put in stove and bake until well done. This is best when cut cold. *Mrs. Jno. S. Apperson.*

Smothered Steak.—Use a round steak about two inches thick, and, with the edge of a thick saucer, pound into both sides of the steak as much flour as it will hold, then put into a hot skillet and fry in lard and butter until it browns. Remove to a pan and make a thin gravy of milk, flour and water, season with salt and pepper, and pour over the steak. Cover and bake about thirty minutes.

Mrs. P. R. Francis.

Spiced Round.—To twelve pounds of beef take one-half pound brown sugar, one-fourth pound saltpetre, one tablespoon mace, two tablespoons allspice, and two tablespoons black pepper. Beat all fine and rub over the round; then rub well with one-half pound of salt. Put in a vessel with all the spices and salt in and around the beef. Every few days turn the round in the brine that will be formed by the salt. It will be ready for use in four weeks. This quantity may be divided into two roasts. Cook just as a fresh roast, except from one-half to one hour more time is required. This is a very old recipe. It was handed down to Mrs. Margaret C. Greenway, who was born in 1800, by her mother, and has been tested by several generations of her descendants. Contributed by *Mrs. John J. Stuart, Abingdon, Va.*

To Fry Delicious Steak.—Have a very hot pan, with just enough lard to keep from sticking to pan. When steak is nice and brown turn over and fry on other side; when almost done salt and pepper (do not salt at first as it makes the meat tough). When cooked sufficiently place on a hot platter with a teaspoonful of melted butter on top. Serve at once. * * *

Brunswick Stew.—A tender rabbit, squirrel or chicken, cut in small pieces and put in stewpan with one and one-half quarts of water,

H. B. Staley Co., Marion, Va., make SNOWFLAKE Flour.

KNOX GELATINE is the one dessert for all appetites.

a teaspoon of pepper and one of salt, add one-half pint of stewed tomatoes, corn from two roasting ears, one-half pint of lima beans or two Irish potatoes, sliced fine. Let simmer three hours.

Mrs. W. W. Hurt.

Broiled Chicken.—Select chickens weighing from one pound to a pound and a quarter. In dressing them, split them down the back. Heat a griddle very hot and put in it first a tablespoon of lard, when this is melted add a generous tablespoon of butter. Pepper, salt and flour the chickens and put them in the hot grease breast down. Put a small plate or pie pan over each chicken and weight down. Watch carefully and when thoroughly brown on that side turn the chicken and brown the other side. Then pour about a teacup of hot water on the griddle, cover the chickens carefully and move them to the back of the stove to steam for about fifteen minutes. Serve hot on toast with cream gravy.

Mrs. B. F. Buchanan.

A Nice Way to Cook Partridges.—Put a skillet on the stove and let it get very hot. Put in a lump of butter the size of an egg and let it brown well but do not let it burn. Rub a little salt and pepper over the birds and put them into the hot skillet, breast down; cover closely, and when nicely browned turn until the entire outer surface is well browned, then pour a little boiling water in the skillet, push it to the back of the stove and just let it steam until the partridges are perfectly tender. Have ready, on a hot platter, slices of hot buttered toast and place birds on toast. Dissolve a good teaspoon of flour in a little cold water and stir into the broth in the skillet; stir until browned and smooth, season with salt and pepper, add a little more butter and pour over the birds.

Miss Miriam Sheffey.

Jellied Tongue.—Three gallons of spring or cistern water, six pounds of salt, three ounces of powdered saltpetre, two pounds of sugar (granulated or brown). Boil above until clear. When perfectly cold put in your beef tongues, as many as can be submerged in the brine by weights. After ten days boil two of the tongues until well done, so that the skins can be readily removed, and the meat will be soft and easily compressed. Pack smoothly in a stone vessel, so the tongues can twist about each other, the tip of the one to the root of the other (removing small bones). Over this pour clear liquid (removing grease) in which the tongues were boiled. This should jelly in all the spaces. Now put on weights heavy enough to press down tightly, and when cold and jellied, the tongues will be ready to turn out moulded, and make a lovely, delicious dish for lunch or tea.

An old South Carolina recipe of Mrs. Mary Towles, contributed by
Mrs. Virginia Sheffey Haller.

SNOWFLAKE leads for its baking qualities.

Little Turkeys.—Have butcher cut pork chops double thick and in each chop cut a pocket. Stuff with dressing made as you would for turkey and bake for two hours, basting frequently.

Mrs. M. J. Matson.

Swiss Steak.—Take a round steak about one inch and a half thick, put in a very hot skillet with a little butter, and brown nicely on both sides. After browned cover with slices of butter, tomatoes, green sweet peppers, potatoes, onions, a cup of peas. Salt and pepper to taste, and add one cup of water. Cover closely, place in oven and bake for two hours.

Mrs. Chas. C. Lincoln, Jr.

Ducks.—Ducks to be good must be young and fat, the lower part of the legs and webbing of the feet soft; the under bill, if the duck is young, will break easily.

Roast Duck.—Prepare the same as roast chicken and make a stuffing from one cup bread crumbs, one teaspoon sage, one small onion cut fine, one large tablespoon butter, one teaspoon salt, one teaspoon pepper; serve with green peas and apple sauce. Ducks may also be stuffed with potato stuffing.

Roast Wild Duck.—Place on a rack in dripping pan; sprinkle with salt and pepper and cover breast with two very thin slices of fat salt pork; bake twenty to thirty minutes in pan. Wild duck should be stuffed with apples pared and cut in pieces, and three small onions to improve the flavor of duck; neither the apples nor onions to be served. If a stuffing is desired, cover pieces of dry bread with boiling water; as soon as bread has absorbed water, press out water, season bread with salt and pepper, melted butter and finely chopped onion.

Mrs. George F. Cook.

Steak.—Take round steak about three inches thick, sprinkle with flour, pepper and salt, and bits of butter, almost cover with water, put a few spoonfuls of tomato chutney over the top and bake slowly for about three hours.

Mrs. E. H. Henderson.

Spiced Corn Beef.—To ten pounds of beef take two cups of salt, two cups of molasses, two tablespoons of saltpetre, one tablespoon of ground pepper and one tablespoon of cloves. Rub well into the beef, turn every day and rub the mixture in. It will be ready for use in ten days. Boil until tender.

Mrs. B. F. Buchanan.

Good Fried Chicken (in Stove).—One tablespoon of lard, one tablespoon of butter, put into skillet and let get hot. Roll chicken that has been salted in flour, put in skillet, cover with a tight lid and set inside of hot stove. Let alone ten or fifteen minutes, until chicken is nicely browned on bottom. Turn over and shut up in stove again. When brown this time it will be found quite tender and juicy if vessel

Pot Roast.—Use roast with some fat. Fry out some of the fat in a hot iron frying pan. Wipe roast well, sprinkle with salt and pepper and dredge with flour. Brown the entire surface in the fat, avoid piercing the meat with fork when turning. Place on a trivet in the pot, add one cup of boiling water. Set it on the back of range where it will simmer well for about four hours. If liked, about an hour before taking up add two or three slices of onion and one or two small tomatoes. Never have more than one cup of water in the pot. Add one tablespoon each of butter and flour to the gravy. If onion and tomatoes are omitted make gravy as follows: Melt one tablespoon of butter and two level tablespoon of flour, when well mixed pour in gradually, stirring well the one cup of liquid left in the pot and one half cup of boiling water. Let come to the boiling point, season with pepper and salt and serve.
Mrs. Ino. Preston Sheffey.

Roast Turkey.—Draw and singe as you would a chicken for roasting. Stuff with three cups of stale bread crumbs, two tablespoons of butter, two teaspoons of salt, one-half teaspoon of pepper, one teaspoon of chopped onion. When the breast is stuffed draw the skin over the neck and tie. Make an incision in the skin near the vent and insert the drumsticks. After stuffing sew up the vent. Turn the tips of the wings under the back and fasten them in that position. Moisten the skin with a little water, sprinkle with salt and pepper and dredge with flour. The moisture helps to retain the seasoning on meat. Place in pan in oven and add a little water, and roast, allowing twenty minutes to the pound. After roasting half an hour baste with the liquid in the pan. Baste every ten or fifteen minutes until done. Frequent basting is the secret of success. Serve with giblet gravy. Cook until tender the liver, heart and gizzard. Chop them fine and put in the gravy after it is thickened. Season to taste. The turkey is delicious stuffed with the following: Oyster Stuffing—Two cups of bread crumbs, one tablespoon of butter, two teaspoons of salt, one-half teaspoon of pepper, twenty-five oysters. Put the oysters into the mixture last, leaving them whole.
Mrs. Alice O. Atkins.

To Cure Tongue.—Take one tongue and rub over it a small tablespoon of saltpetre and one of pepper and sugar. Put a little salt in bottom of flat bowl and a handful of salt on tongue. Place tongue in bowl and turn every day in the brine for ten days. Boil about five hours in water with tablespoon of salt. When cold, skin and slice for table.
Mrs. J. S. Apperson.

Creamed Turkey.—Use two cups of cold turkey cut in dice. Make sauce from a quarter of a cup each butter, flour, milk and stock, and a half teaspoon of salt. Butter a small baking dish and fill with layers of meat and sauce. Cover with buttered crumbs and brown. Garnish with parsley and serve. * * *

SNOWFLAKE Flour, favorite in a thousand homes.

Brown Fricassee Chicken.—Singe, draw and disjoint chicken as you would for stewing; put into a good sized saucepan two rounding tablespoons of butter; when hot drop in pieces of chicken; let them brown gradually, without letting the butter burn. As soon as the pieces are browned draw them to one side of the pan and add two rounding tablespoons of flour, mix and add one pint of water or stock. Stir constantly until it begins to boil, moving the chicken around in the sauce. Add a teaspoon of salt and a quarter teaspoon of pepper, cover saucepan, push to back of range and simmer gently for one hour. When done, arrange the chicken on a platter. Take the sauce from the fire, add to it the yolk of one egg, beaten with two tablespoons of cream. Strain this over the chicken and dust over a little finely chopped parsley.
Miss Holler Fell.

Chilli Beef.—One pint of chopped cooked beef, one onion, two tomatoes, one potato, one-fourth pound of butter, one cup of sweet milk, one tablespoon of flour. Let butter melt, stir in flour, and let brown, pour in milk, then put in the mixture all chopped well together, let cook thoroughly and nearly dry, season with salt and red pepper. * * *

Ham Pie.—One pint of chopped cooked ham, one onion, one cooked potato, two eggs, hard boiled, one-fourth cup butter. Chop all well together. Make a light pastry, put in a pan about two inches deep; when you have put in the mixture sprinkle a little flour over it and drop the butter all through it, then pour a cup of boiling water in before putting on the top crust.
Mrs. P. W. Atkins.

Beef Loaf.—Two pounds of ground veal or steak, eight medium size crackers, two eggs, one cup water and milk in equal proportions, or one cup water may be used, one good tablespoon of butter or suet and two rounding teaspoons of salt. Mix well and form in a loaf. Then one tablespoon of melted butter thickened with flour and spread over top of loaf. Put in pan, and pour hot water around loaf, basting often while baking. Will bake in two hours and a half in a moderate oven.
Mrs. Fred Poston.

Fried Chicken.—Kill, dress and disjoint the chicken the day before you are going to cook it, and put it on ice. When ready to fry, wash off the pieces and dip them in flour seasoned with salt and pepper to taste. Have a skillet on the front of the stove, very hot, with plenty lard in it. Place the chicken in the skillet and draw to the back of the stove where it will cook slowly. Cover closely and let cook for about an hour, turning when a delicate brown, and put pieces of butter over it.
Mrs. Jas. White Sheffey.

Baked Steak.—Take a nice round steak about one inch thick and put in a cold skillet. Cover with pieces of butter, slices of tomatoes, green sweet peppers (without seed), onion if desired, and salt and pepper

SNOWFLAKE makes light biscuit, rolls and bread.

to taste. Place in a hot oven and cook until tender—about forty minutes. Add no water, the juices being sufficient to baste the steak and make rich brown gravy.
Mrs. Max Weiler.

Beef Hash.—Cut beef in small pieces, and to a pint use two small tomatoes and two green peppers chopped fine. Put in a saucepan, add butter size of a walnut, a dash each of red and black pepper and salt if necessary. Cover with water and when thoroughly done thicken with a little flour and sweet milk. Onion and potato may be used if desired.
Mrs. O. C. Sprinkle.

Curried Chicken.—Cut up a young chicken, stew it, closely covered, till tender, add a teaspoon of salt and cook a few minutes longer, remove from fire, take out chicken, pour the liquor into a bowl and set it aside. Cut up in the stewpan two onions, fry them with a piece of butter the size of an egg, when brown skim them out and put in the chicken; fry for three or four minutes, next sprinkle over two level teaspoons of curry powder. Now pour the liquor back over the chicken, stir all together, and stew for five minutes longer; stir into this a tablespoon of sifted flour made thin with a little water; then stir in a beaten yolk of egg, and it is done. Serve with hot boiled rice around the edge of platter and the chicken curry in the center.
Mrs. Jno. Preston Buchanan.

To Boil a Ham.—If the ham is supposed to be heavily salted, soak over night in cold water. Wash in cold water, using a small scrubbing brush. Put into a boiler nearly filled with cold water, add a blade of mace, six cloves, and a bay leaf. Place over slow fire, and do not let come to boil for two hours. Boil gently for fifteen minutes to each pound from the time it begins to boil. Allow it to cool in the liquor in which it was boiled. After removing the skin carefully you may brush the ham with beaten egg, sprinkle with dried bread crumbs, and place in a quick oven to brown.
Mrs. Alice O. Atkins.

Cranberry Frappe.—Boil four cups of cranberries in three cups of water until soft, rub them through a sieve, boil two cups of sugar with one cup of water until it spins a thread, then pour slowly over the stiffly beaten whites of two eggs. Beat for a few minutes and add cranberry pulp, one-half cup of orange juice and juice of one lemon. Freeze as cream and serve in sherbet cups with turkey or as a separate course.
Miss Ella Richardson.

Cranberry Sauce.—In cooking cranberries use a granite or porcelain saucepan and to each quart of berries measure a pint of sugar and one and one-half cups of water. Put berries in the pan and on top of them the sugar and over all the cold water. Cover closely and cook for ten minutes without stirring. Watch that they do not boil over, shaking and turning the pan from time to time. Then take off the lid, skim with a silver spoon, push back and let simmer a few minutes

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KNOX GELATINE measured ready for use; each package in two envelopes

longer, then turn out to cool. The skins, cooked in this way, will be soft and tender, the berries nearly whole and the juice clear and almost a jelly. * * *

Mint Jelly for Roast.—Wash a cup of mint leaves, pour over them a cup of boiling water and let stand for one hour or more; strain through a cheese cloth bag, pressing out all the juice. Prepare apple juice as for jelly. To each cup of strained juice add a large tablespoon of mint juice; then add sugar and make the jelly. If stronger flavor is desired, add more mint juice.
Mrs. Phipps Miller.

Mint Sauce for Lamb.—One-half cup vinegar, one-half cup cold water, one-half teaspoon of salt, one-half teaspoon sugar. Put in vinegar. Take three good sprigs of mint, chop leaves fine and add to vinegar. If served with hot lamb, heat sauce; if not, serve cold.
Mrs. H. B. Jeffrey.

Bread

"She needeth least who kneadeth best,
These rules which we shall tell;
Who kneadeth ill shall need them more
Than she who kneadeth well."

Rolls.—One quart of Snowflake flour, two level tablespoons of sugar, one teaspoon of salt, lard (or lard and butter) size of good size egg. Mix all well with the flour, add two-thirds of Fleischmann's yeast cake in one cup of tepid water, and finish out with warm water enough for a soft dough. Work thoroughly until nice and smooth. Grease over the top and set to rise where it will be moderately warm. Let rise five or six hours. Turn out on a floured board and handle very lightly. Make out in small balls of the same size and when all are made roll them out about one-half inch thick, grease one-half lightly with butter or lard, fold over the other half and press the edges together; grease over the top and arrange in shallow greased pan some distance apart; or if preferred, roll out in a sheet about half an inch thick, cut with a biscuit cutter and fold over. Let rise slowly about three hours and bake quickly in hot oven like you would biscuit.

Mrs. M. M. Seamer.

Rolls.—Three pints of Snowflake flour, two eggs, one heaping teaspoon of salt, one heaping tablespoon of lard, two heaping tablespoons of sugar, one cake of Fleischmann's yeast, wet with either whey or water. Scald enough clabber or buttermilk (about one pint), then strain well, using none of the curd. Mix lard and salt in flour, then add eggs and sugar, then yeast, and lastly enough whey or warm water to make a soft dough. Knead until smooth and let rise. Make out into

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FOUR PINTS of jelly in each package of KNOX GELATINE.

rolls and let rise slowly until very light, then bake quickly in hot oven. If a sponge is preferred, use all the ingredients above except flour; add just flour enough to make a stiff batter. *Mrs. R. G. Baylor.*

Loaf Bread.—To one quart of Snowflake flour, add one-half teaspoon of salt and one teaspoon of sugar, and sift. Then work in one light tablespoon of lard, add scant half cake of Fleischmann's yeast and enough milkwarm water to make a dough. Make the night before; next morning work down, put in pan and let rise three hours. Put in moderate oven and bake three-quarters of an hour.

Mrs. H. B. Jeffrey.

Graham Bread.—Make a sponge of one pint of lukewarm new milk, one quart of flour and two-thirds of cake Fleischmann's yeast dissolved in two-thirds cup of water. Allow two hours to rise; at bed time make into dough, adding a pinch of soda, one-half cup of black molasses, two tablespoons of sugar, two eggs, salt as for other bread, two-thirds cup of lard and enough warm water to make up three-quarters of graham flour. In the morning form into loaves, let rise and bake three-quarters of an hour.

Mrs. M. G. Painter.

Boston Brown Bread.—One cup of sour milk, one cup of molasses, one egg, one level teaspoon each salt and Eagle Thistle soda, one cup of sifted corn meal, two cups of white flour. Put into a buttered round can, set in larger vessel of boiling water one-third way of can and steam two and one-half or three hours. Add one cup of raisins or nuts well floured, if preferred, though it is good without them. This is especially nice for sandwiches or for Sunday night tea. Coffee cans or one pound baking powder cans make nice moulds for steaming the bread.

Mrs. T. C. Shaler.

Boston Brown Bread.—One-half cup of brown sugar, one-half cup of molasses, one-half cup of chopped seeded raisins, two tablespoons of melted butter, two cups of buttermilk or sour milk, two and one-half cups of graham flour, one and one-half cups of wheat flour, two well-beaten eggs, one teaspoon of salt, two teaspoons of Eagle Thistle soda. Put this in four one-pound baking powder cans without lids. Steam two hours.

Mrs. Thos. Maxwell.

Spoon Bread.—One-half cup of sifted corn meal, one cup of boiling water, one dessertspoon of butter, one-half teaspoon of salt, one-half cup of sweet milk, one egg. Upon the meal pour the boiling water, stirring as the water is poured, that it may be smooth. Let cook rather briskly for five minutes, add the butter and salt, stirring as it cooks. Take from the fire, add the milk and egg well beaten; pour into a well-buttered shallow baking dish and let bake twenty minutes in a moderate oven, letting brown carefully before removing. Serve from the dish in which it was baked. This has been well tested and is delicious.

Mrs. J. C. King.

SNOWFLAKE is made out of the best wheat.

White Bread.—Two cakes Fleischmann's yeast, one quart lukewarm water, two tablespoons sugar, two tablespoons lard or butter melted, three quarts sifted flour, one tablespoon salt. Dissolve yeast and sugar in lukewarm water, add lard or butter, and half the flour. Beat until smooth, then add salt and balance of flour. Knead until smooth and elastic. Let rise about one and one-half hours. Mould into loaves, place in greased bread pans filling them half full; let rise one hour and bake forty-five minutes.

Salt Rising Bread.—Scald two cooking spoons of fresh milk, thicken with corn meal, and keep in warm place until morning. Take two pints of hot water, or one pint of fresh milk and one pint of hot water, and a teaspoon of salt, thicken to stiff batter with Snowflake flour, put in your yeast meal and beat well. Set to rise in warm water. When it rises to top of crock, take flour, a tablespoon of sugar, teaspoon of salt, lump of lard size of a turkey egg, mix quickly, put in pans to rise and bake when light. * * *

Waffles.—Two eggs beaten separately, two cups of buttermilk, one teaspoon of salt, one teaspoon of Eagle Thistle soda, two teacups of Snowflake flour. Break yolks of eggs in bowl, add one cup of buttermilk and salt, add flour and beat well. Thin with other cup of milk, then add soda dissolved in boiling water, and the beaten whites. Grease waffle irons with lard and have them hot.

Mrs. Jas. White Sheffey.

Salt Rising Bread.—Slice thin two medium-sized potatoes, add two tablespoons of meal, one tablespoon of sugar, and one-half teaspoon of salt. Mix well and pour over this two pints of boiling water. Do this at noon and keep in a warm place until morning, when it should have a foam on it. In the morning, if light, strain off the potatoes and add to the liquid one scant teaspoon of soda, one teaspoon of salt and one teaspoon of sugar; thicken with Snowflake flour until you have a tolerable thick batter. Set crock in warm water until it gets light, then take one-half pint of milk and one-half pint of warm water, mix well and make up a dough with the yeast and flour, not quite as stiff as yeast bread. Add a good teaspoon of salt and a scant tablespoon of lard to the flour. Knead and let rise, then bake forty or fifty minutes.

Mrs. J. Ellis Dickenson.

Biscuits.—One quart of Snowflake flour, one teaspoon of salt, rounding teaspoon of Eagle Thistle soda, two rounding teaspoons of cream of tartar, rounding tablespoon of lard, sweet milk to make a soft dough.

Miss Lucy Lee Sheffey.

Soda Biscuit.—One quart of Snowflake flour, one teaspoon barely full of Eagle Thistle soda, one heaping teaspoon of baking powder, one teaspoon of salt, lard the size of a goose egg, sufficient buttermilk

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forty-five minutes. When light, add two eggs, one tablespoon each butter and sugar, one scant teaspoon salt. Beat again and add flour to make stiff dough. Let rise again for half hour in warm place. Make into rolls, put in greased pan, let rise again twenty to twenty-five minutes. Bake in hot oven fifteen minutes. * * *

Rice Bread.—One pint of cooked rice, one pint of sweet cream, two eggs, two and one-half tablespoons of flour. Cook in square pan and serve in pieces from the pan. *Miss M. V. Preston, Abingdon, Va.*

Brown Betty.—Take roll dough, roll about one-half inch thick, set to rise in biscuit pan. Thicken a heaping tablespoon of butter with brown sugar and color with cinnamon. When bread has raised about one hour, take pinches of the mixture in the fingers and punch down in the dough, thick over the top. Bake and serve as a flat cake. * * *

Ginger Muffins.—Mix half a cup of molasses, half a teaspoon of Eagle Thistle soda, half a teaspoon of salt, one teaspoon of ground ginger and one teaspoon of cinnamon, add half a cup of sugar, one tablespoon of softened butter, one cup of sour milk, and two and a half cups of flour with one and one-half teaspoons of soda. Beat well, fill muffin rings nearly full and bake twenty minutes.

Mrs. Jas. White Shefey.

Rice Muffins.—One cup of cold boiled rice, one cup sweet milk, two eggs well beaten, five tablespoons melted butter (or lard), one-half teaspoon salt, one tablespoon sugar (rounding), three level teaspoons baking powder and one and one-half cups of flour, mixed into a soft batter which will drop from the spoon. Stir after all the ingredients are in, lightly but thoroughly, and drop the batter into hot well-buttered muffin rings. Use a little more flour if necessary. Bake in hot oven twenty minutes.

Miss May Greiner.

Batter Bread.—One cup sifted meal, two cups boiling water, three cups buttermilk, one teaspoon Eagle Thistle soda, one-half teaspoon of salt, two eggs. Bake three-quarters of an hour in hot oven.

Miss Elizabeth Painter.

Delicate Wheat Muffins.—Two cups of Snowflake flour, two cups of milk, two eggs, beaten separately, one tablespoon of butter, two teaspoons baking powder, one-half teaspoon of salt. Bake in hot oven thirty minutes or longer.

Mrs. C. C. Whitworth.

Cream Puffs.—One pint sweet milk, two-thirds pint of Snowflake flour, two eggs, pinch of salt. Have muffin rings hot and well buttered.

Miss Bessie Hall.

Cream Ginger Gems.—One cup thick sour cream, one-half cup sugar, one-half cup molasses, two well beaten eggs, one-half teaspoon ginger, one-half teaspoon cinnamon, one teaspoon Eagle Thistle soda sifted in two cups of flour, and a pinch of salt. Bake in gem pans and serve hot.

Mrs. Hoover.

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Wheat Muffins.—Three eggs, one cup new milk, one cup water, one teaspoon salt, butter or lard the size of an egg, one-half cake Fleischmann's yeast, one-half cup sugar (scant), flour enough to make a rather stiff batter. Let rise over night. In the morning, stir in about one-half cup of sour milk or cream, in which one-half teaspoon of soda has been dissolved. Bake in hot well-greased muffin rings.

Mrs. R. G. Baylor.

Batter Bread.—Four tablespoons meal, two cups buttermilk, one cup sweet milk, two eggs, one teaspoon melted lard, one small teaspoon Eagle Thistle soda, one small teaspoon of salt.

Mrs. G. T. Hull.

Muffins.—One pint of flour, sifted with two teaspoons of Rumford baking powder, piece of butter half as large as an egg, two tablespoons of sugar, one egg and one cup of sweet milk. Bake quickly in hot oven.

Mrs. Ellen Sheffey.

Batter Bread.—One quart of buttermilk, one pint corn meal, one tablespoon lard (melted), three eggs, one teaspoon Eagle Thistle soda, one-half teaspoon salt.

Mrs. Marcellus Copenhagen.

Eggless Waffles.—To three-fourths of a pint of very thick clabber add one pint of sifted flour, and beat hard until very light and creamy; add one teaspoon of salt and one tablespoon of melted cottolene, and mix well. Dissolve one level teaspoon of Eagle Thistle soda in a tablespoon of water and add the very last thing, just before you are ready to bake the waffles. Have waffle irons hot and well greased. These waffles should be very light and crisp and do not get flabby by standing.

Mrs. W. B. Jackson.

Dutch Bread.—One cup of bread sponge, three tablespoons sugar, one egg, one-fourth cup milk, one tablespoon lard. Add enough flour to make it stiff. Let rise until light. Put in pans, wash over with cream and sprinkle with sugar and cinnamon, putting little butter over all. Let stand until light and bake one-half hour.

Mrs. J. C. Campbell.

Beaten Biscuit.—One pint of flour, one-half teaspoon of salt, one heaping tablespoon of lard, cold water enough to make very stiff dough. Beat until soft and full of blisters. Roll out not too thin, cut out with a small round cutter and stick three times with a fork. Bake in a rather hot oven.

Miss Mary Apperson.

Batter Bread.—Five eggs, one quart of buttermilk, two light tea-cups of sifted meal, one teaspoon of Eagle Thistle soda, one-half teaspoon of baking powder, lump of butter size of a walnut. Beat eggs separately and stir whites in last. Bake in a well-buttered pan.

Mrs. Levi Fisher.

SNOWFLAKE, the Good Luck Flour.

Potato Splits.—Cook two medium sized potatoes. Save the water in which they were cooked to make one pint. Run potatoes through a colander and add three tablespoons to the water and to this add one cake of Fleischmann's yeast after soaking in a little tepid sweetened water for a few minutes. One egg, two tablespoons sugar, one teaspoon (heaping) of salt. Beat egg, sugar and salt until light. Add this to the water and stir in enough flour to make like roll dough. Add heaping tablespoon of lard and work a great deal. After first rising, roll very thin and cut with small biscuit cutter. Place two together with melted butter between and on top; let rise three hours. Bake like rolls. * * *

Raisin Bread.—One egg, one scant cup sugar, one-half tablespoon each lard and butter, one pint sweet milk, one-half Fleischmann's yeast cake and one-half teaspoon salt, flour enough for a stiff batter, one box seeded raisins. Beat and add enough flour for a dough. Work and bake as other light bread. Use either whole wheat or white flour.
Miss Ella Richardson.

Butter Bread.—Mix together one-half pint of buttermilk, one-half cup of sweet milk, and one-half teaspoon of Eagle Thistle soda, and when the soda is dissolved pour the mixture over two well beaten eggs. Add nine even tablespoons of corn meal and one teaspoon of salt, beating well. Put the pan in which it is to be baked on the stove with a heaping tablespoon of lard in it, and when it is melted evenly and shaken up on the sides pour in the batter, place it in a quick oven and bake to a delicate brown. * * *

French Toast.—Beat one egg, add one-half teaspoon of salt and one cup of milk. Soak in it from four to six slices of bread, then brown in hot butter on each side, turning with a cake turner. Baker's bread is very nice for this toast. * * *

Breakfast Muffins.—Scald one pint of new milk, add one heaping tablespoon of butter. When lukewarm, add one egg beaten light, three tablespoons of yeast, one teaspoon of salt, one heaping teaspoon of sugar and about one quart of sifted flour or enough for a stiff batter. Beat and let rise over night. Dip this sponge out lightly into greased muffin rings, having them two-thirds full; let rise while stove is heating, then bake in hot oven. Left over muffins may be split and toasted.
Mrs. M. E. Davidson.

Buckwheat Cakes.—Two cups of buckwheat flour, one cup of corn meal, one teaspoonful of salt, one cake of Fleischmann's yeast and about two cups of tepid water. Sift flour, meal and salt, put in the yeast, then add gradually the water, using enough for a stiff batter and beating well. Put in a warm place to rise over night. One hour before frying, add four tablespoons of milk and two tablespoons of molasses.

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Salads

"Bestrewed with lettuce and cool salad herbs."

Poinsettia Salad.—Use Hawaiian pineapple, spread on each slice a thin layer of mayonnaise, on this spread grated cheese, then cut petals from the red sweet peppers or pimentos, and lay around on each slice to form the flower. Fill center with mayonnaise and in center of this put a stuffed olive. Serve on lettuce.

Miss Ella Richardson.

California Cherry Salad.—Carefully remove seeds from a can (one quart or pint owing to quantity desired) of large white California cherries. Stuff them with whole blanched hazelnuts or chopped pecans. Serve on lettuce with mayonnaise on top.

Mrs. Geo. W. Miles.

Cupid's Salad.—Cut out a heart-shaped pieces of tomato jelly (that was hardened in a large, flat vessel) and place on crisp leaves of lettuce. Prepare a cup of stoned olives, sliced, and chopped cucumber pickle; mix with mayonnaise and place a little heap upon each red heart. Very attractive looking salad.

Miss Alice Lincoln.

How to Whip Jell-O.—If you have never whipped Jell-O and know nothing about the process, you will be glad to know that it is as simple a matter as whipping thick cream. Begin to whip the jelly while it is still liquid—cold but not yet congealing—and whip till it is of the consistency of thick whipped cream. Use a Dover egg-beater and keep the Jell-O cold while whipping by setting the dish in cracked ice, ice water or very cold water. A tin or aluminum quart measure is an ideal utensil for the purpose. Its depth prevents spattering, and tin and aluminum admit quickly the chill of the ice or cold water. Add cream or whatever else goes into the dessert after—not before—whipping the Jell-O. The whipping process more than doubles the quantity of plain Jell-O, so that when whipped one package of Jell-O serves twelve persons instead of six.

Fruit Jell-O.—Two boxes of Jell-O (orange, strawberry or raspberry are the prettiest), one-half cup of sugar, two pints of boiling water, stir until dissolved. When it begins to congeal add one box of chunk pineapple cut in cubes, one bottle of Maraschino cherries, one-fourth pound each of English walnuts and blanched almonds. Any fruit desired may be used. Malaga grapes cut in half and seeded may be used instead of cherries. If twice this quantity is desired, double the proportion of all ingredients with the exception of the pineapple which will be sufficient. Nice to serve with the salad course, or as a dessert with whipped cream. Dip mold in cold water before putting in the Jell-O; when ready to serve dip in warm water and turn out on a pretty round platter.

Miss Haller Fell.

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cooling chop one cup of tart apples, one cup of English walnuts, one cup of celery, and season with salt. Mix these ingredients and pour over them the Jell-O. Cool in individual moulds, and serve with mayonnaise or French dressing on crisp lettuce leaves, garnished with pimentos or radishes. * * *

Banana and Nut Salad.—Boil half a cup each of sugar and water five or six minutes, then add the juice of half a lemon, and boil a few minutes longer. Select small, ripe bananas. Peel them, remove the coarse threads, and, if too large for a single service, cut them in halves crosswise. Roll the bananas in the cold syrup, then in chopped nuts, covering them completely with the syrup and nuts. Any kinds of nuts or a mixture of nuts may be used. English walnuts or pecans are good, or if mixed use a few blanched almonds. Lay the bananas on lettuce, put a little cream mayonnaise on the center of each, and sprinkle the dressing with bits of candied cherries. * * *

Tomato and Asparagus Salad.—Have firm ripe tomatoes of uniform size thoroughly chilled. Peel, and if of medium size cut in half, or if larger, cut in slices about two inches thick and place on lettuce. Place four stalks of asparagus arranged in log-cabin style or as a cross on top of each piece of tomato, having the heads of asparagus turned the same way. Place a teaspoonful of stiff mayonnaise in the center. A little salt should be sprinkled over the tomatoes before putting on the asparagus. *Miss Haller Fell.*

Picture Salad.—One and one-half cups of cabbage (shaved), one cup of beets (cooked tender, diced), four hard boiled eggs (chopped coarsely), one small onion chopped fine, and enough French dressing to moisten well, together with salt and pepper to taste. * * *

Stuffed Tomato Salad.—Six ripe tomatoes, one-half pint of cream dressing, two cucumbers, lettuce, salt, pepper and parsley. Scald tomatoes and remove skins. Cut a slice from the top of each and with a spoon remove the seeds. Peel cucumbers and cut them into dice, season highly and mix with at least half of the dressing. Fill the cups with this and put a spoonful of dressing on top. Sprinkle a little finely chopped parsley over and serve on a bed of lettuce. *Mrs. Porter Ellis.*

Asparagus Salad.—Chill asparagus tips for several hours. When ready to serve, place in lettuce leaf or garnish with delicate sprigs of parsley. Use following dressing: The proportions are one tablespoon of vinegar to three of oil, one-half teaspoon of salt, one-fourth teaspoon of pepper. Mix pepper and salt with the oil, stir in slowly the vinegar, then add one-half teaspoon of onion juice and teaspoon of finely chopped parsley or use mayonnaise. *Mrs. B. H. Early.*

Neapolitan Salad.—Dissolve a package of lemon Jell-O in a pint of boiling water. Pour two thirds of it into an oblong mould and when

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it has set or congealed whip the remaining third and pour it on and let it harden. Dissolve a package of strawberry or raspberry Jell-O in a pint of boiling water and when cold put two-thirds of it, a spoonful at a time, on the lemon Jell-O. For the fourth layer whip the remaining third and put it on the hardened plain layer. This salad may be varied by adding any fruit—cherries, pineapple, peaches or apricots—well drained, just as the Jell-O begins to congeal, also chopped nuts. To serve, cut in slices (after it has ample time to get ice cold) and arrange on lettuce with mayonnaise. *Mrs. C. C. Lincoln, Jr.*

Fruit Salad.—Three oranges, cut up and drained, one pint pineapple canned or fresh, one half dozen peaches, two bananas, one pound of Malaga grapes cut in halves and seeds removed, one-half cup of English walnuts, one-half cup of blanched almonds and a few Maraschino cherries cut in small pieces. Serve on lettuce with dressing on top.

Dressing: Slightly beat the yolks of four eggs in a bowl, add a little salt, cayenne pepper, dry mustard, one teaspoon of sugar and one-half teaspoon of cornstarch, mix until very smooth; heat four tablespoons of mild vinegar, when hot drop little by little into the mixture in the bowl, beating all the time; return to the stove and stir until thick, remove from stove, add one large tablespoon of butter and beat until very light. When ready for use add one-half pint of cream whipped very stiff. *Mrs. J. C. Campbell.*

Jellied Chicken Salad.—To one cup of highly seasoned stock add two and one-third tablespoons of Knox granulated gelatine, cover and let stand fifteen minutes. Heat gradually to boiling point, set pan containing mixture in pan of cold water, and stir until it begins to thicken, then add one-third cup mayonnaise, two tablespoons of finely chopped green peppers, two cups of coarsely chopped cold boiled chicken (using preferably white meat). Turn into pan, first dipped in cold water, and chill. At serving cut in squares, arrange on crisp lettuce and garnish with diced celery and blanched almonds marinated with mayonnaise; add spoonful of cream dressing and top with cherry. Chopped celery may be used instead of green peppers. *Mrs. D. H. Mitchell.*

Combination Salad.—One quart of tomatoes chopped rather coarse, and thoroughly drained, one pint of chopped green peppers, one pint of finely chopped crisp cabbage. Mix together and just before serving season with salt and pepper and mix with oil mayonnaise. Serve on lettuce with a few bits of tomato and green pepper over the top. *Mrs. W. V. Birchfield.*

Tuna Salad.—Mix with mayonnaise two hard boiled eggs, one cup celery, one-half cup nuts and a little pickle, all chopped, and just before serving lightly flake in a half pound of tuna fish. Serve on head lettuce. Put a little oil mayonnaise on top and dust with paprika. *Mrs. T. E. King.*

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Potato Salad.—Cut cold boiled potatoes in half-inch slices, then cut slices in half-inch cubes; there should be one and one-half cups. Add three hard boiled eggs, finely chopped, one-fourth tablespoon onion finely chopped, and one pimento cut in thin strips. Moisten with salad dressing and serve on lettuce or garnish with nasturtium leaves and blossoms. Dressing: Mix two level teaspoons of salt and sugar, one teaspoon of mustard and one-eighth teaspoon of pepper. When well blended, add one egg, slightly beaten, one-fourth cup of vinegar, and a cup of sour cream. Cook in double-boiler, stirring constantly until thickened.
Miss Haller Fell.

Perfection Salad.—One envelope Knox gelatine, one-half cup cold water, one-half cup vinegar (mild), one pint boiling water, one teaspoon salt, juice of one lemon, one-half cup sugar, two cups celery cut in small pieces, one-fourth can pimentos finely cut, (shredded cabbage may be used if liked). To mix: Soak gelatine in cold water five minutes; add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when beginning to set, add remaining ingredients. Turn into a mould and chill. Serve on lettuce with mayonnaise.

Mrs. Margaret Rhea Soley.

Christmas Salad.—Cut large grape fruit in half and remove sections. Prepare one-half the measure of celery hearts cut in small pieces, one cup chopped nuts, one-half cup candied cherries cut in quarters. Mix all ingredients except grape fruit together and arrange in alternate layers with grape fruit in nests of lettuce. Mask with cream mayonnaise and sprinkle with bits of candied cherries.

Mrs. P. R. Francis.

Jellied Celery Salad.—Soak two tablespoons of Knox granulated gelatine in one cup cold water ten minutes and then add one cup boiling water, one-third cup sugar, four and one-half tablespoons of lemon juice, one-half tablespoon of grated fresh horseradish, one teaspoon salt, one-eighth teaspoon pepper, a little red pepper and celery salt. Color green with coloring liquid and strain through a wet cheese cloth. When jelly begins to thicken add one cup of celery cut in small dice and one-third cup blanched chopped almonds. Turn into a flat pan first dipped in cold water. Serve in oblong or fancy pieces on lettuce with French dressing.

Miss Ella Richardson.

Fruit Salad with Pineapple Dressing.—Six halved pears, fresh cooked or canned, one cup halved and seeded Malaga grapes, arrange pears on lettuce with grapes on top or at side and pour pineapple dressing over them.

Pineapple Dressing: Juice from one can pineapple, three-fourths cup sugar, two tablespoons butter, two eggs, one teaspoon of flour one-half cup whipped cream. Heat pineapple juice until just warm, blend together, flour and butter, add yolks well beaten and the sugar,

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then whites of eggs whipped stiff. Pour warm juice into this and stir in a double boiler until thick. When cold add whipped cream.

Mrs. A. T. Lincoln.

Frozen Fruit Salad.—To make one quart of salad cut up five slices of canned pineapple, three oranges, three apricots or two fresh peaches, add one cup of canned wax cherries and twelve Maraschino cherries, four marshmallows and one-fourth pound almonds cut into small pieces. Mix with a generous cup of seasoned mayonnaise and freeze very slowly in ice-cream freezer for five minutes. Remove dasher, pack and allow to stand for two hours. *Mrs. Frank Copenhaver.*

Frozen Salad.—One can grated pineapple, one can white cherries, three bananas, one-half can of syrup from cherries, one-half can of syrup from pineapple, fifteen almonds chopped fine, one cup oil mayonnaise. Freeze. This makes two quarts of salad.

Mrs. J. D. Tate.

Stuffed Pepper Salad.—To one pound of grated cheese add about one-half cup salad dressing and two tablespoons of thick cream, mix thoroughly. Stuff the peppers which have been scraped of pulp and seed. As you fill the peppers press stuffed olives in center so that each slice of pepper will have a slice of olive. Put on ice for several hours, slice thin and arrange on lettuce with dressing as salad or as garnish for meat.

Mrs. C. C. Lincoln.

Celery Relish.—Take perfect white celery and fill grooves of stalks with following mixture: Take a ten cent block of cream cheese, work to a paste and season to taste with salt and paprika or cayenne. Delicious with a heavy salad. Nice stuffed with cheese and pimento sandwich filling found in this book. *Mrs. Bernard Heath Early.*

Grape Fruit and Celery Salad.—Dice grape fruit from which all skin and pith has been removed, and mix with an equal quantity of diced white celery. Serve on lettuce with a light mayonnaise and green and ripe olives, stoned and halved. *Miss Ruth Campbell.*

Salad Suggestions.—Mayonnaise or cooked dressings may be used with the following combinations: One cup apples, one cup celery, one-half cup walnuts. One cup pineapple and cup bananas, one-half cup cherries. Bananas rolled in chopped nuts. One cup celery, one cup apples, green peppers. One cup grape fruit, one cup marshmallows, one cup white grapes, one-fourth cup nuts. One cup lobster, one cup celery. One chicken, an equal amount celery (about one and one-half cups), one-fourth cup olives, one-half cup nuts. Two cups salmon, one cup celery cut fine, one-half dozen sour pickles. Cooked asparagus, rings of green peppers, slices of pimento. Two cups cold string beans, one teaspoon of chives cut fine, one-half dozen radishes sliced thin. One can pineapple, two cups pecan nuts, one-half pound

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continue to beat until the mixture is stiff and glossy. Spread this over the partially cooled pie or pudding and place in a very cool oven to rise and dry out before coloring a delicate brown. If baked quickly the meringue will be tough. Flavor if liked.

Butter Scotch Pie.—One cup of sugar (brown sugar preferred), lump of butter size of an egg, yolks of two eggs, one-half cup of sweet cream, two tablespoons of flour; flavor with vanilla. Cook to stiff paste, bake in one crust. When done spread with meringue made of whites of two eggs and three tablespoons of sugar.

Miss Alice Lincoln.

Jelly Custard Pie.—Three eggs, one cup of jelly, tart preferred, one tablespoon of melted butter, one-half cup of sugar, one teaspoon of vanilla, and one tablespoon of cream. Bake in pastry. This makes one large or two small pies.

Miss Miriam Shefey.

Cream Pie.—One small cup of sugar, one rounding tablespoon of butter, lay on sugar and pour on one tablespoon of boiling water, add the yolk of one egg and beat to a cream, add one-half cup of milk and one and three-fourths cups sifted flour, two level teaspoons of baking powder. Beat well and put in a well-greased and floured round layer-cake pan. Bake in a quick oven.

Filling: One cup of milk, one tablespoon of sugar, let come to a boil in a double boiler. Rub one heaping teaspoon of flour in a little cold milk, beat in the yolk of one egg and stir into the boiling milk until creamy and thick, then add a pinch of salt and remove from the fire. Add one-half teaspoon of vanilla and let cool. Split the cake with a warm knife, spread cream on lower part and replace the top. Beat the two whites of eggs with two heaping tablespoons of sugar, spread on top, and return to oven to brown slightly or use whipped cream instead of meringue.

Miss Haller Fell.

Rhubarb Pie.—Cut one pint of rhubarb in thin slices without removing the peeling. Beat one egg and into it beat one and one-fourth cups of sugar, two level tablespoons of flour and a scant half-teaspoon salt mixed together. Add rhubarb and turn into pan lined with pastry. Wet edges, cover with pastry and press edges well together. Bake in moderate oven.

Miss Haller Fell.

Lemon Pie.—Three eggs, one and one-half tablespoons of melted butter, two tablespoons unsifted flour, one-half pint cup of sugar, juice from one-half of lemon. Make a meringue of one white beaten with flour tablespoons of sugar; flavor with vanilla.

Miss Emma Sprinkle.

Lemon Pie.—One cup of sugar, one cup of water, two rounding tablespoons of corn starch or flour, three eggs, one lemon, one small lump of butter. Mix the sugar, flour and yolks together, and grate

the yellow part of lemon rind. Then add juice and water and boil until the custard is thick. Bake the pastry before putting in the filling.

Meringue: One heaping tablespoon of sugar to each white of egg, put in before beating. Whip until as stiff as icing, and bake a delicate brown.
Mrs. B. F. Buchanan.

Orange Pie.—Two oranges, stir together one large cup of sugar and a heaping tablespoon of flour, add to this the well-beaten yolks of three eggs, reserve whites for meringue, two tablespoons of melted butter, the grated rind of one orange, the juice of both and the juice of half a lemon. Bake in pastry in a quick oven. Cover with meringue and brown lightly.
Miss Miriam Sheffey.

Caramel Pie.—Beat the yolks of five eggs with one level cup of brown sugar. Mix some butter the size of an egg with another cup of brown sugar. Add the eggs and one tablespoon of corn starch dissolved in some sweet milk (one cup), beat well and flavor with vanilla. This makes filling for two pies. To each white of an egg put one tablespoon of white sugar, beat and put on top of pie.
Miss Hazel Francis.

Kentucky Pudding.—Butter the size of a large egg, one cup of cream, one and one-half cups of sugar, yolks of three eggs, three tablespoons of flour, flavor with vanilla and bake in paste. Use the whites for meringues. Very nice baked in patty pans.
Mrs. Mary S. Morgan.

Damson Caramel Pie.—Three eggs, three-fourths cup sugar, one-fourth cup of butter, one cup of damson preserves, flavor with vanilla. Separate the eggs: to the beaten yolks add sugar, melted butter, damsons and flavoring. Line pie plate with rich paste and bake in one crust, using the whites of eggs for meringue.
Mrs. J. G. Stephenson.

Buttermilk Pie.—Yolks of four eggs, one cup sugar, one-half cup flour, butter the size of a walnut, one pint of buttermilk in which has been dissolved one-half teaspoon soda, one teaspoon vanilla. Melt butter and add to the well-beaten yolks and sugar, then add buttermilk. Use whites of eggs for the meringue. This will make three pies.
Miss Maude Harris.

Vinegar Pie.—Two cups sugar, into which has been stirred two teaspoons corn starch or four of flour. Break in four whole eggs, and beat until well mixed, add one-fourth cup of melted butter. Add vinegar to taste. Juice of one lemon with this makes it nice, but vinegar must then be left out. Bake in pastry. This makes two pies.
Mrs. E. H. Buchanan.

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Lemon Pie.—One lemon, two-thirds cup of sugar, three eggs, two tablespoons of water, one teaspoon of butter. Cream the yolks of the eggs and sugar together, add the lemon juice and water and the butter melted. Bake in pastry in a slow oven. Use the whites of the eggs for meringue. This makes one pie. *Mrs. H. L. Kent.*

Lemon Pie.—Two lemons, one-half pint sugar, mixed with lemon, four eggs beaten separately. Mix the beaten yolks with lemon and sugar, add nearly a pint of boiling water, and let it boil until it begins to thicken. Dissolve two tablespoons of corn starch in a little cold water, add this to the mixture, and cook until thick. After taking from the fire, add a piece of butter the size of an egg. Beat the whites of the eggs and add four tablespoons of sugar; put over the top of pies, and brown. *Mrs. H. B. Jeffrey.*

Cream Pie.—Yolks of two eggs, two teaspoons corn starch, one-half cup sugar, one tablespoon fresh butter, one cup sweet cream; put on and let come to a boil. Stir in other mixture after it has been well beaten. Bake a crust and fill mixture in. Beat the whites of two eggs, cover pie, and set in stove to brown. Flavor with lemon or vanilla. *Mrs. John Lindsey.*

Molasses Pie.—One cup of molasses, one-half cup of sugar, two eggs, lump of butter size of a walnut, one tablespoon of flour. Flavor with nutmeg or vanilla. Beat well, spread on thin, rich crust and bake. *Mrs. Elza Robinson.*

Custard Pie.—Three well-beaten eggs, one-third cup of sugar, one pint sweet milk; flavor to taste. A fresh lemon is good. Bake in the crust. One large pie. *Mrs. Thomas Rider.*

Cits Pudding.—The yolks of seven eggs, two cups of sugar, two-thirds cup of butter, one cup of cream. Bake in pastry until well set. Cover with meringue made of the seven whites. Lemon flavor. This makes two pies. *Mrs. M. G. Painter.*

Sweet Potato Pie.—Three well beaten eggs, one pint of finely mashed sweet potatoes, two cups sugar, one cup cream, one-half cup butter. Flavor with lemon and a little nutmeg. This amount makes two pies. Bake in crust as custard pies. *Mrs. J. Ellis Dickenson.*

Chess Pie.—Three eggs, one cup of sugar, one-fourth cup of butter, three tablespoons of cream. Flavor with nutmeg. Separate the eggs. To the beaten yolks add the sugar, melted butter, cream and nutmeg. Mix well and bake in one crust, using the whites of the eggs for the meringue. *Mrs. W. W. Scott.*

Raisin Pie.—Six eggs, one-half cup flour, one pound of raisins, one-fourth pound of butter, one pint of sweet milk, one tablespoon of vanilla, three cups sugar. Separate the eggs, beat sugar and the yolks

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well together, add milk and flour, cream butter, add butter and vanilla. Chop raisins fine, flour lightly, and add last. Bake in any good crust, and when done beat whites to a stiff froth, add one-half cup of sugar and spread on pies, and bake a light brown. This will make three pies.

Mrs. E. K. Coyner.

Chess Pie.—For two pies take five eggs, three-fourths cup of butter, one cup of sugar and flavoring to taste. Beat the yolks of the eggs until very light, then gradually beat in the sugar. Beat the butter to a cream, and then gradually beat into it the yolks and sugar. Flavor with vanilla. Bake it in a crust; it will rise very light. Make a meringue of the whites of the eggs beaten very stiff, add five heaping tablespoons of sugar and a few drops of vanilla. Spread over the tops and brown very lightly.

Mrs. E. H. Higginbotham.

Green Tomato Mince Meat.—Eight quarts green tomatoes chopped fine, drain off water. Add four pounds brown sugar, two pounds raisins chopped fine, one cup vinegar, one cup chopped saet, two tablespoons salt. Cook until tomatoes are color of raisins. When cool add two tablespoons each cinnamon, cloves, ground nutmeg.

Miss Sims.

Chocolate Pie.—One cup of sugar, one small lump of butter, three tablespoons of melted chocolate, two tablespoons of corn starch, yolks of two eggs, one cup of water. Boil all together until thick, add flavoring, and pour into previously baked crust. Make meringue of the two whites for the top.

Mrs. W. M. Scholer.

Raisin Pie Filling.—One lemon, one cup of seeded raisins, one and one-half cups of sugar, two cups of water, butter the size of a walnut. Boil five minutes, add five tablespoons of flour, one-half teaspoon of salt. Bake with upper and under crust. Serve with good sauce or whipped cream.

Mrs. Brittain Peery.

Old Fashioned Apple Pie.—Make a good pastry and bake a thin layer in three or four pie pans. Stew some green apples, sliced before peeling. When well done rub through a colander, sweeten to taste; thin with rich cream, making them sufficiently soft to spread. Season with nutmeg. When cold spread on previously baked pastries and stack. Serve at once.

Mrs. Mary Morgan.

Chess Cakes.—This full recipe makes about thirty cakes, but can be halved. Yolks of nine eggs, one-half pound sugar, one-half pound butter, one-half tablespoon flour, one-half teaspoon vanilla or lemon. Bake in rich pastry in small tins.

Miss Hazel Francis.

Pumpkin Pie.—Scald two cups of rich milk and melt in it a heaping teaspoon of butter. Mix one and one-half cups of pumpkin stewed dry and put through a sieve, one beaten egg, two-thirds of a cup of brown sugar and two teaspoons of molasses, one teaspoon of cinnamon, one-half teaspoon each of salt, grated nutmeg and ginger and a heaping

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teaspoon of corn starch. Stir all into the milk and bake in crusts until center is firm and top of pies nicely browned. This makes two pies. *Miss Haller Fell.*

Mock Cherry Pie.—One and one-half cups cut cranberries, one cup raisins, one cup sugar, one tablespoon flour, one cup boiling water, one teaspoon of butter, one teaspoon vanilla. Cook until thick. Cool and bake between two crusts. *Miss Eleanor Sims.*

Cocoanut Pie.—One scant cup shredded cocoanut, scant half cup butter, one cup sugar, whites of six eggs well beaten. Flavor with vanilla or rose water. Put in pie pans lined with pastry and bake until filling is firm and only slightly browned. * * *

Caramel Pie.—One cup brown sugar, one-third cup butter, one cup milk, one rounding tablespoon flour, yolks of two eggs, vanilla to taste. Mix sugar, flour and butter; add beaten yolks; heat milk; pour mixture into hot milk and cook until thick. Pour into baked pastry shells. Cover with meringue made of whites of two eggs with two heaping tablespoons of sugar. Spread over filling and brown.

Boston Cream Pie.—Crust part: Three eggs beaten separately, one cup sugar, one and one-half cups sifted flour, one large teaspoon baking powder and two tablespoons of milk or water. Divide the batter in half and bake in two [medium-size pie tins to a straw color. When done and cool split each one in half with a sharp broad-bladed knife, and spread half of the cream between each. The cake part should be flavored the same as the cream. Cream part: Put on a pint of milk to boil. Break two eggs in a dish, and add one cup of sugar and one-half cup of flour, previously mixed; after beating well, stir it into the milk just as the milk begins to boil, add an ounce of butter and keep on stirring one way until it thickens; flavor with vanilla. I often add one-half cake of chocolate and it makes a very nice filling *Mrs. S. W. Browning, Wytheville, Va.*

Lemon Pie.—Boil together one cup sugar and one cup water. Then add two tablespoons corn starch moistened with a little water. Cook until clear. Take from fire and add juice of two lemons and yolks of two eggs well beaten. Do not cook again after adding lemon juice and eggs. Use whites beaten stiff and add two tablespoons sugar for meringue. This makes filling for one pie. *Miss Jennie Welde.*

Brown Sugar Pie.—One cup brown sugar, one cup sweet milk, one level teaspoon corn starch dissolved in milk, one egg. Flavor with vanilla. Bake in one crust. * * *

Cream Pie.—One cup sweet milk, one large cup sugar, yolks of three eggs, butter size of egg, one tablespoon flour. Boil until it is thick, stirring constantly. Have ready two rich shells into which pour the mixture. Beat the whites with a spoon of sugar, spread over the pies and slip in the oven to brown. *Mrs. K. C. Starritt.*

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A KNOX GELATINE Dessert or Salad is attractive and appetizing.

Mince Meat.—Take five or six pounds scraggy beef, a neck piece will do. Put on to boil in enough water to cover. Take off scum when it reaches boiling point, add boiling water from time to time until it is tender, then remove lid from pot, salt, let boil till almost dry, turning the meat over occasionally in the liquor. Let stand over night in the liquor to get cold. Remove bones, gristle and stringy bits from meat, chop very fine, mincing at the same time three pounds nice beef suet, and add four pounds seeded raisins, four pounds currants cleaned and dried, one pound citron sliced and chopped, four or more pounds good tart apples, chopped, preserved lemon and orange peel. Mix thoroughly and pour over the following boiled liquid and mix again: One quart grape juice (or boiled cider) one quart molasses and some sweet pickle juice, good lump butter, and remaining liquor from meat, two pounds sugar, two ounces cinnamon, one ounce each cloves, ginger, nutmeg, juice and grated rind of three lemons, one tablespoon salt, one teaspoon pepper. Add more liquid if desired. Cook until apples are tender. Seal in glass jars.

Mrs. J. M. Sedgwick.

Puddings and Sauces

"The proof of the pudding is in the eating."

Brown Pudding.—Yolk of four eggs, four cups of new milk, four level tablespoons of sifted flour, one cup of brown sugar browned slightly in a moderate oven. Put milk and sugar in porcelain vessel over fire. Moisten flour with four spoons of the milk reserved for the purpose, beat yolks of eggs into the flour and milk, then stir all into hot milk and cook until the consistency of cream. Pour into pudding mold, make meringue of the four whites and three-fourths cup of white sugar. Put on pudding and brown slowly in the oven. Serve cold with whipped cream.

Mrs. C. C. Lincoln.

Chocolate Pudding.—Put on stove in double boiler one quart of sweet milk. Shave into this one-half cake chocolate; add to this the yolks of five eggs well beaten, two cups of sugar, three-fourths of a cup of corn starch and enough milk to keep it from being lumpy; cook until thick, flavor with vanilla. Make a meringue of whites beaten with sugar and serve with good cream.

Mrs. D. D. Staley.

Angel Pudding.—The whites of ten eggs, one-half pound of nut meats, one pound of dates, one and one-half cups of pulverized sugar, one lemon. Beat eggs very light, then fold in the sugar, nuts, dates chopped fine, and the juice and grated rind of the lemon. Turn into

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a well-greased baking dish and bake to a golden brown. Serve immediately with whipped cream or sauce.

Miss Virginia Buchanan.

Jelly Roll.—Four eggs, one cup of sugar, one cup of flour, one and one-half teaspoons of baking powder, pinch of salt. Beat eggs as light as possible, add sugar, and having mixed the salt and powder with the flour, dust that in and beat up light. Bake in shallow square pan; when done turn out, spread jelly on and roll immediately.

Mrs. L. A. Amsler.

Favorite Pudding.—One quart fresh milk, four eggs, three-fourths cup sugar, three tablespoons corn starch stirred in a little water, with sugar and eggs. Let milk come to boiling heat, then stir in the mixture, cook a few minutes, have ready two or three cups of cake crumbs, stir in as soon as you take from the fire, turn into a baking pan, spread on top of it the beaten whites of the eggs, which must be sweetened with two tablespoons of sugar, return to the oven and brown slightly. Serve cold with whipped cream. Any kind of cake is good, but I like chocolate best.

Mrs. P. W. Atkins.

Blackberry Pudding.—Three eggs beaten separately, one quart of mashed blackberries, one-half scant cup of butter, one teaspoon of baking powder, one cup of flour, one-half cup of sweet milk, sweeten to taste (about one cup of sugar). Beat the batter thoroughly, adding the mashed berries and the well-beaten whites of the eggs last. Bake in a well-greased baking dish or pan in a moderate oven for about three-quarters of an hour. Serve hot with hard sauce. If canned berries are used drain thoroughly from juice. * * *

Almond Pudding.—Cut stale sponge cake into two inch blocks. Stick with blanched and split almonds. Pour a thick boiled custard over and around it and heap whipped cream on top. Garnish with almonds and candied cherries. Keep the cake and custard separate until just before serving. Make the custard with two cups of milk, one-half cup of sugar, two eggs, two level tablespoons of corn starch or flour dissolved in one-half cup of the milk. Flavor to taste.

Mrs. E. H. Higginbotham.

Plum Pudding.—One pound each of raisins, currants, bread crumbs, beef suet and sugar, one heaping tablespoon of cinnamon, one teaspoon of cloves, two grated nutmegs, one-half pound of candied orange peel, one-half dozen tart apples, four eggs. Wash the currants thoroughly, chop fruit fine. Put suet and bread through a meat chopper and mix all thoroughly together, adding the sugar, then the eggs well beaten without separating. Pack in two tin buckets in which paper has been placed. Set in pan of boiling water and boil for four hours. These may be kept six months and should be boiled half an

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hour before serving to insure thorough heating. Serve with foamy sauce.

Miss Virginia Buchanan.

Gingerbread Pudding.—Two eggs, one cup of butter and lard mixed, one cup of molasses, one cup of brown sugar, one cup of butter-milk, five cups of flour, two tablespoons of ginger, two teaspoons of Eagle Thistle soda. * * *

Sponge Cake Roll.—Beat separately four eggs, one cup of flour, one cup of sugar, one teaspoon of cream of tartar in flour, one-half teaspoon of soda in a very little water. Bake in a biscuit pan, turn out on damp towel, spread a lemon filling the same as that for lemon pies on it and roll very quickly while hot.

Sauce for Sponge Cake Roll: Beat together one-third cup of butter and one cup of sugar until very light. Beat one egg light and stir into butter, then flavor with lemon. Put on stove and cook until it thickens.

Mrs. Margaret Rice Staley.

Christmas Pudding.—One and one-half cups of flour, one and one-half cups of bread crumbs, one-third pound of suet minced fine (or scant half teacup of butter), three eggs beaten separately, three-fourths cup of sugar, ten cents worth of figs, one teacup of seeded raisins, juice and grated rind of one orange and any desired flavor; enough milk for stiff batter, one teaspoon of cinnamon, one teaspoon of nutmeg, one heaping teaspoon of baking powder. Pour in greased vessel. Cook in double boiler from three to five hours.

Sauce for Pudding: Yolk of one egg, three-fourths cup of sugar, teaspoon of flour. Beat thoroughly while pouring in one teacup of boiling water. Add lemon or vanilla flavoring. Cook until thick.

Mrs. Harvey Aude.

Suet Pudding.—One teacup of beef suet chopped fine, one cup of molasses, one cup of sweet milk, three cups of flour, one teaspoon of Eagle Thistle soda, one teaspoon of baking powder, one pound of currants, one pound of raisins; all kinds of fruit can be used. Steam three hours.

Sauce for same (good): One-half cup sugar, one-third cup of butter, one egg, one tablespoon of vinegar, one-third cup of water, boil ten minutes. You can use any sauce you prefer. Omit sugar and eggs from pudding.

Mrs. E. J. Lee, Lynchburg, Va.

Woodford Pudding.—Three eggs, one cup of sugar, one-half cup of butter, two cups of flour, one cup of jam or preserves (blackberry jam preferred), one level teaspoon of Eagle Thistle soda dissolved in three teaspoons of sour milk. Mix well together and bake slowly. Serve with sauce.

Sauce: One and one-half cups of brown sugar, one cup of cream, one tablespoon of flour, one egg. Flavor to taste. Milk can be substituted for cream, but in case it is, add a little butter.

Mrs. Brittain Peery.

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soda. Mix well and put in flour. Beat thoroughly. Bake in shallow pan. If desired, serve hot with sauce same as for Christmas pudding.

Mrs. Harvey Andes.

Plum Pudding.—Two pounds of raisins, one pound of currants, one pound of beef suet, three-fourths pound light brown sugar, one fourth pound of bread crumbs, one-eighth pound of citron, one ounce of candied lemon peel, one ounce candied orange peel, six ounces of flour, one-half nutmeg, grated, one teaspoon of cloves, one teaspoon cinnamon, one teaspoon allspice, eight eggs, one cup of sweet milk; boil six hours. This quantity makes two nice puddings. Serve with sauce.

Mrs. H. L. Morgan.

Plum Pudding.—One and one-half cups of sugar, one and one-half cups of butter, one and one-half cups of sour milk, one quart of sifted flour, one pound of currants, one and one-half pounds of raisins, six eggs well beaten, one teaspoon of cream of tartar, one teaspoon of Eagle Thistle soda. Mix well and boil in a double boiler three hours.

Mrs. Margaret Rhoe Staley.

Prune Souffle.—Whites of four eggs beaten stiff with a pinch of salt. Into this beat four level teaspoons of sugar. Take one-fourth pound of prunes (well cooked), mash and beat well into them one-fourth teaspoon of cream of tartar. Beat this into sugar and eggs and pour into buttered baking dish, baking in moderate oven twenty or twenty-five minutes. Serve hot with whipped cream.

Mrs. G. T. Hall.

Blackberry Pudding.—Heat a pint of canned or fresh blackberries, and when very hot put into a buttered baking dish and pour over them the following batter: Beat three eggs well, add one cup of sugar, two tablespoons of milk, one tablespoon butter, a pinch of salt and one cup of flour sifted with one teaspoon of baking powder. Bake in a rather hot oven from twenty minutes to half an hour. Try with a straw to be sure it is done. Serve with hard or liquid sauce. Any fruit may be used the same way and must be heated before the batter is put on.

Mrs. W. B. Jackson.

Cottage Pudding.—One cup of sugar, one-fourth cup butter, one cup milk, two eggs, three cups flour, three even teaspoons of Rumford baking powder. Cream the butter, add the sugar, then the eggs, well beaten, the milk and flour alternately; beat hard. Bake in a loaf about three-quarters of an hour, or bake in a sheet if preferred. Serve with sauce. * * *

Peach Shortcake.—Make a rich pastry, roll thin and bake in pie pans, let them get cold. Peel and mash good flavored peaches, sweeten to taste. Spread between the crusts. Serve with sweetened whipped cream.

Mrs. Phipps Miller.

Chocolate Souffle.—One cup stale bread crumbs, two cups scalded milk, one square Baker's chocolate, one-half cup sugar, one egg, dash

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KNOX GELATINE makes a transparent, tender, quivering jelly.

of salt, one-half teaspoon of vanilla. Pour milk over crumbs, allow them to swell half an hour. Melt chocolate in bowl on top of boiling kettle, add to sugar and scrape it into the soaked bread, beating well. Add the salt, vanilla and egg slightly beaten. Turn into a buttered dish and bake three-quarters of an hour. Serve hot with marshmallow sauce.

Mrs. Jno. Preston Buchanan.

Delmonico Pudding.—Half gallon of sweet milk, four eggs (leave whites of two for meringue), a teacup of corn starch, one of sugar, one teaspoon of lemon. Cook in double boiler till thickened, then pour in pan, cover with meringue and bake light brown.

Miss Olive Painter.

Apple Dumplings.—Pare and core five tart apples. Sift into a bowl two cups of flour, two level teaspoons of Rumford baking powder, one-half teaspoon of salt; rub in lightly four tablespoons of shortening, and add enough milk to hold together. Roll out one-fourth inch thick and cut into squares. Lay an apple on each piece and put in the center a teaspoon of sugar and a quarter of a teaspoon of butter; roll up and press edges lightly together. Place in an agate pan; put a little sugar and a bit of butter on each, cover and bake for thirty minutes, uncover and bake twenty minutes. Serve hot with hard sauce or cream. * * *

Fruit Pudding.—Separate two eggs, add to the yolks one cup and a half of milk, one rounding tablespoon of butter, melted, mix and add two cups of flour sifted with three level teaspoons of Rumford baking powder and one-half teaspoon salt, beat well, fold in the well-beaten whites of the eggs, and turn into greased shallow pan. Cover the top thickly with apples that have been pared, cored and quartered, putting rounding sides up and dust over all half a cup of sugar. Bake in moderate oven half an hour or until apples are tender. Serve with cream. Peaches, blackberries or huckleberries may be substituted for apples. * * *

Apple Pudding.—Peel and core six tart apples. Slice crosswise, put the slices in layers in a buttered baking dish with plenty of sugar, bits of butter, a little cinnamon and one-fourth cup of water. Pour over a batter made thus: One egg beaten light with half a cup of sugar, butter the size of a walnut, half a cup of milk, a pinch of salt, and flour to make batter as thick as for layer cake, with a teaspoon of Rumford baking powder sifted through it. Spread batter smooth, dot with bits of butter on top, cover and bake in a brisk oven half an hour or until apples are thoroughly cooked. Serve hot with hard sauce or cream. * * *

Cocoanut Pudding.—Butter thick slices of stale bread and cut in one-half inch cubes. For a quart of bread allow one heaping cup of grated cocoanut, one-half cup of sugar, one pint of milk, yolks of four eggs and whites of two, the juice of one orange, saltspoon of salt.

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Use KNOX GELATINE—the two quart package.

Butter baking dish and put in alternate layers of bread and coconut. Beat the eggs well, add milk, sugar, salt and orange juice, mix and pour over the other. Bake in moderate oven until set in center. Make meringue of two egg whites, two tablespoons of sugar. Brown and serve warm with the following: Cream Sauce: Cream one tablespoon butter with four tablespoons powdered sugar; dissolve one round ing tablespoon flour in a little cold water, add to one cup boiling water and cook until thick, then pour gradually over butter and sugar, beating until well mixed. Flavor with vanilla or lemon, and serve.

Miss Haller Fell.

Plum Pudding.—Three and one-half cups flour, one teaspoon Eagle Thistle soda sifted in flour, one cup fresh suet picked fine in flour, one-half teaspoon each of ground cloves, cinnamon and nutmeg, one cup raisins, one of currants, one-half cup citron, one cup dark baking molasses, one cup buttermilk. Steam three hours and serve with sauce. * * *

Cinnamon Loaf.—Two and one-half cups flour, one and one-fourth cups sugar, one and one-fourth cups sweet milk, one tablespoon butter one egg, one teaspoon baking powder. Bake in square pan. When taken from the oven rub with butter and dust over with pulverized sugar and ground cinnamon. Without the cinnamon and sugar this makes nice cake to serve hot with sauce. *Miss Mollie Collins.*

Soft Ginger Bread.—One-half cup sugar, one cup molasses, one-half cup butter, one teaspoon each of ginger, cinnamon and cloves, two teaspoons of Eagle Thistle soda dissolved in one cup boiling water, two and one-half cups flour, two well beaten eggs added the last thing before baking. Fine served hot with spice sauce.

Mrs. K. C. Starritt.

Ginger Pudding.—One cup black molasses, one cup sour cream or buttermilk, one small cup butter, three eggs, three cups flour, one teaspoon cloves, one teaspoon cinnamon, one teaspoon ginger, one teaspoon Eagle Thistle soda dissolved in a little hot water. Bake in a moderate oven.

Mrs. E. L. Greener, Tazewell, Va.

Virginia Pudding.—One cup suet, one cup sugar, one cup milk, three cups flour, two cups raisins, one cup currants, two eggs, one-half teaspoon salt, one teaspoon cinnamon, one teaspoon baking powder. Chop suet fine, wash and dry currants. Beat suet, sugar and yolks of eggs until light; add milk and flour, beat until smooth, then add spice, salt, and whites of eggs well beaten, then the baking powder; mix well and add fruit, well floared; turn into a mould and boil continuously in a double boiler for three hours. Serve with any preferred sauce. Figs and dates may be used in place of other fruits.

Mrs. Alice O. Athins.

Nut Pudding.—One cup of molasses, one cup of sweet milk, one cup of chopped suet, one teaspoon of salt, one teaspoon of soda, one

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DESSERTS can be made in a short time with **KNOX GELATINE**.

pound of English walnuts (in shells), one cup of seeded raisins, one-fourth pound of chopped figs, two and one-half cups flour. Sift soda, salt and one grated nutmeg in flour. Mix suet and fruit, add flour, molasses, nuts, etc. Put in buttered pan and steam two hours. Serve hot.

Sauce: One cup of white sugar, one-half cup of butter, one cup of cream, two eggs slightly beaten. Cream butter and sugar, add cream and eggs. Put in double boiler and stir until smooth and foamy, cook until thick. Serve at once. *Miss Nancy Warner Gibson.*

Chocolate Plum Pudding.—One envelope Knox sparkling gelatine, three-fourths cup cold water, one cup sugar, one-half teaspoonful vanilla, one cup seeded raisins, one-half cup dates or figs, if desired, one-fourth cup sliced citron or nuts, as preferred, one-half cup currants, one and one-half squares chocolate, one pint milk, pinch of salt. Soak gelatine in cold water five minutes. Put milk in double boiler, add melted chocolate, and when scalding point is reached add sugar, salt and soaked gelatine. Remove from fire and when mixture begins to thicken add vanilla, fruit and nut meats. Turn into mould, first dipped in cold water, and chill. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened, and flavored with vanilla.

Rock Cream.—One quart milk, one-half box powdered gelatine, six eggs, one and one-half cups sugar, two teaspoons vanilla. Soak gelatine in milk for one hour, put in double boiler. Separate eggs, add the one cup of sugar to yolks, when milk comes to boil add yolks of eggs and cook until it thickens. Remove from stove, add beaten whites to which the one-half cup of sugar has been added; when cool add vanilla. This cream should be made the day before it is served. Serve with plain or whipped cream. *Miss Emma Sprinkle.*

St. James Pudding.—One cup molasses, one-fourth cup butter, one cup sweet milk in which is dissolved one teaspoon soda, two cups flour, one cup raisins left whole and floured before putting into batter, one teaspoon each cinnamon and cloves, steam three hours without opening. **Sauce:** One cup powdered sugar, one-half cup butter, three eggs, whites beaten very lightly and added just before serving. *Mrs. Geo. Cassell, Radford, Va.*

Peach Pudding.—Yolks of three eggs, with one-half cupful sugar, one tablespoonful Knox gelatine in one-half cup of cold water, stand twenty minutes, one cupful of peach juice, boil until thick as custard. One can peaches, drain and place on dish with hollow up, one macaroon on each peach; when custard is cold add one teaspoonful vanilla, pour over peaches, and when jellied make meringue of the three whites of eggs; set in hot oven to get delicate brown. Serve cold with whipped cream. *Miss Mollie Collins.*

SNOWFLAKE makes light biscuit, rolls and bread.

of unsweetened chocolate, and set over hot water, stirring into the mixture gradually four tablespoons of hot water. When the chocolate is melted and the sauce smooth and creamy it is ready to serve. Flavor with vanilla. This sauce is nice to serve with cottage pudding or other baked or steamed puddings. * * *

Orange Sauce.—The juice of one orange, grated rind of one-fourth orange, three-fourths of a cup of granulated sugar, one and one-half tablespoons of butter, three level tablespoons of corn starch. Mix the sugar and corn starch thoroughly. Add to the orange juice enough boiling water to make altogether one and one-half cupfuls of liquid. Pour this into the sugar and corn starch and stir constantly over the fire until it boils and clears. Add the butter and grated rind. Stir until melted and serve hot. * * *

Marshmallow Sauce.—Boil one cup of sugar and one-half cup of water five or six minutes after boiling begins. Do not stir after the syrup boils. Remove from the fire, add one-half pound of fresh marshmallows and beat until melted. Flavor with one-half teaspoon of vanilla, if desired. If serving is delayed, keep the sauce hot over warm water, then add a few drops of boiling water and beat again.

Miss Haller Fell.

Chocolate Sauce for Ice Cream.—Two cups of white sugar, two tablespoons of powdered chocolate, one-half cup of water, cook to a thick syrup.

Miss Elizabeth Painter.

Caramel Sauce.—One cup brown sugar, one level tablespoon of corn starch, one and one-half cups boiling water, lump of butter the size of a walnut, vanilla to taste. Brown sugar carefully in moderate oven, add corn starch, butter and water, let boil three minutes. Flavor and serve at once.

Mrs. John Preston Buchanan.

Hard Sauce.—Beat a cupful of the nicest butter (that which is free from salt is best) to a cream with two cups of good powdered sugar. Add gradually the unbeaten whites of two eggs to the creamed butter and sugar. Set the bowl containing the sauce in a pan of boiling water and beat it well for two minutes. Then flavor with vanilla.

Miss Alice Lincoln.

White Sauce.—Four tablespoons flour, two and one-half tablespoons butter, two-thirds cup water, one-half teaspoon salt, one-third cup Carnation milk, melt butter, add flour and stir until thoroughly mixed. Add milk and cook over a double boiler until the mixture thickens; add salt. This recipe makes one cup of white sauce, and is delicious when served with meat, fish, vegetables, etc.

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Cakes

"With weights and measures just and true,
Oven of even heat,
Well buttered tins and quiet nerves,
Success will be complete."

White Perfection Cake—Three cups of sugar, one cup of butter, one cup of milk, three and one-half cups of Snowflake flour, one-half cup of corn starch, whites of twelve eggs beaten to a stiff froth, two teaspoons of cream of tartar, one teaspoon of Eagle Thistle soda. Put soda in half of the milk, dissolve corn starch in the rest of the milk and add it to the sugar and butter well beaten together, then the milk and soda and the flour and eggs. This is best baked in a loaf.

Mrs. B. F. Buchanan.

Devil's Food Cake.—Part one: one cup of sugar, one-half cup of butter, one-half cup of sweet milk, two eggs, two cups of Snowflake flour, one teaspoon of vanilla, one teaspoon of soda dissolved in hot water.

Part two: Two-thirds of a cup of sugar, one cup of grated chocolate, one-half cup of sweet milk, yolk of one egg. Boil until it thickens. When cool add to part one.

Mrs. Matson.

Drop Cakes.—One cup of butter, two cups of sugar, creamed together until light; add four well beaten eggs, four cups of flour, one teaspoon of soda dissolved in one-half of a cup of sour cream and one pound of raisins. Drop from a teaspoon on flat tins and bake quickly a few minutes. Nice for afternoon tea.

Miss Haller Fell.

Spice Cakes.—One egg, two cups flour, one-half cup milk, scant cup of sugar, one-half cup butter, good teaspoon of black molasses, one-half teaspoon of soda, one teaspoon of cream tartar, spices to taste. Raisins and nuts are good in these.

Miss Willie Sprinkle.

Eggless Cake.—Two cups sweet milk warmed, two cups sugar, four and one-half cups flour sifted four times with four level teaspoons Rumford baking powder. Six tablespoons melted butter, four tablespoons cold water added last. Season to taste and beat thoroughly. Bake in three layers, use any cake filling desired.

Mrs. C. C. Lincoln, Jr.

Chocolate Cake.—One cup sugar, one and three-quarter cups flour, one teaspoon soda, all mixed together, one good cup sour milk, yolk of one egg, tiny pinch of salt. Do not beat egg. Two squares of chocolate, butter size of walnut, one teaspoon vanilla. Double this recipe and use two whites for icing. Can bake double quantity in two layers or slab.

Miss Elberta Harris, Radford, Va.

Caramel Cake.—Three eggs, two cups sugar, three cups flour, one cup milk, three-quarters cup butter, one level teaspoon soda, two teaspoons cream of tartar, one teaspoon vanilla.

Filling—Caramelize one-half cup white sugar, when brown add one-half cup boiling water and let simmer until dissolved, then add two

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KNOX GELATINE measured ready for use; each package in two envelopes.

cups white sugar and when this boils and is dissolved add one-half cup rich cream and one egg. Beat the egg light and add to the cream then add to the boiling sugar gradually. Let all boil until it will form a ball in cold water. *Mrs. Geo. Cassell, Radford, Va.*

Spice Cake.—One cup of butter, two and one-half cups of brown sugar, one cup of sweet milk, three and one-half cups of Snowflake flour, three eggs beaten separately, one teaspoon of Eagle Thistle soda, dissolved in a little warm water, add two teaspoons of cinnamon, one teaspoon of spice, one nutmeg. Cream butter and sugar, add yolks, milk and soda, then add flour, last the whites of the eggs and spices. One cup of raisins and one cup of nuts can be added if desired. Use two cups of sugar and the whites of two eggs for filling. Boil sugar until it will rope, then pour it slowly over the stiffly beaten whites. *Mrs. W. E. Francis.*

Fig Cake.—White part: The whites of seven eggs, two cups of sugar, two-thirds of cup of butter, two-thirds of cup of sweet milk, three cups of flour, two teaspoons of cream of tartar, one teaspoon of soda, lemon flavor.

Gold part: The yolks of seven eggs and one whole one, one cup of sugar, one-half cup of butter, one-half cup of sweet milk, one and two-thirds of a cup of flour, two teaspoons of cream of tartar, one teaspoon of soda, one teaspoon of cinnamon, one teaspoon of cloves, one pound of figs cut in half flat and floured. Use half of the batter, spread figs over evenly, then the remainder of the batter on top. Bake in long biscuit pan. When done, cut each in half, making four layers. Put together with icing. Alternate layers. *Mrs. M. G. Painter.*

White Cake.—Ten eggs, whites only, one cupful of butter, three cupfuls of sugar, three and one-half cupfuls of Snowflake flour, one cupful of corn starch, one cupful of buttermilk, one and one-half teaspoonfuls of cream of tartar, one-half level teaspoonful of Eagle Thistle soda dissolved in two teaspoonfuls of tepid water. Flavor to taste. *Miss Bonnie Hall.*

Apple Sauce Cake.—Into two and one-half cupfuls of hot apple sauce stir four level teaspoonfuls of Eagle Thistle soda, let cool, and stir into batter made of two cupfuls of brown sugar, one cupful of butter, four cupfuls of Snowflake flour, one pound of raisins chopped and dredged with flour, one nutmeg and a pinch each of cinnamon and allspice. Bake two hours in a moderate oven. *Mrs. W. E. Hodges.*

Yellow Cake.—One cupful of butter, two cupfuls of sugar, three cupfuls of flour, four eggs, two teaspoonfuls of Rumford baking powder, one cupful of sweet milk. Cream butter and sugar, add the yolks of eggs, then milk, then flour, and last the whites of the eggs beaten stiff. Flavor. *Mrs. Jas. D. Tate, Childsowie, Va.*

SNOWFLAKE makes the best bread, biscuit and rolls.

White Cake.—Whites of twelve eggs, one cup of butter, three cupfuls of sugar, one cup of sweet milk, five cups of Snowflake flour, one teaspoonful of soda, two teaspoons of cream of tartar, one teaspoon of lemon. Cream butter and sugar, add milk and flour alternately, then the soda and cream of tartar sifted in the last half cupful of flour, the well-beaten whites last. Sift flour three or four times.

Miss Elizabeth Painter.

White Fruit Cake.—Whites of eleven eggs, one pound of Snowflake flour, one pound of sugar, three-fourths pound of butter, two teaspoonfuls of cream of tartar mixed in the flour, one teaspoonful of Eagle Thistle soda dissolved in one-half cupful of water, one pound of citron, one pound blanched almonds, one grated fresh cocoanut. Roll this in one extra handful of flour. Bake slowly and carefully as other fruit cake.

Mrs. D. D. Staley.

Marshmallow Cake.—Whites of eight eggs, two cups of sugar one cup of butter, four cups of Snowflake flour, sifted four or five times, one cup of sweet milk, one teaspoon of vanilla, two teaspoons Rumford baking powder. Cream butter and one cup of sugar, put other cup of sugar in well-beaten whites of eggs. Alternate, stirring in flour and eggs. Add baking powder the very last thing.

Filling: Two tablespoons of Knox gelatine, over this pour a little cold water; when this is dissolved add six tablespoons of boiling water, then one pound of powdered sugar, beating until it is stiff like marshmallows.

Mrs. E. H. Higginbotham.

Fruit Cake.—Cream one pound of butter, add one pound of sugar, then the yolks of twelve eggs; mix well, then stir in one pound of Snowflake flour into which one teaspoonful of soda and two of cream of tartar have been sifted, and the well-beaten whites of the twelve eggs alternately. Add by degrees, two pounds of raisins, one pound of currants, one pound of citron, one and one-half pounds of almonds, one-half pound of figs, one tablespoonful of ground cinnamon, three nutmegs, one tablespoon of cloves, one teaspoonful of ginger, one teaspoonful of allspice. After fruits have been well stirred in, add any flavor desired. Flour the fruit well. Bake five hours with rather slow fire.

Mrs. Margaret Rhea Staley.

Spice Cake.—Four eggs, three and one-half cups of flour, one cup of butter and lard mixed, two cups of sugar, one cup of buttermilk, three-fourths teaspoon of Eagle Thistle soda, one teaspoon of cream of tartar, one rounding tablespoon of cinnamon, one rounding tablespoon of allspice, two grated nutmegs. Sift soda, cream of tartar and spice with the flour. Add whites of eggs beaten last, omitting one white to add to icing.

Miss Virginia Buchanan.

Angel Food Cake.—Whites of sixteen eggs beaten to a stiff froth, two cups of Snowflake flour (large coffee-cups), two and two-thirds cups of sugar (fine or rolled), three small teaspoons of cream of tartar, a

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three eggs, three-fourths cup of walnut meats broken in pieces. Bake forty-five minutes. Cut in squares, ice, and put half of a walnut meat on each.

Mrs. J. H. Rouse.

White Loaf Cake.—Whites of eleven eggs, three cups of sugar, five cups of Snowflake flour, two teaspoons baking powder sifted with flour three times, one cup of butter, one cup of sweet milk, one teaspoon lemon or other flavoring.

Mrs. Emily V. Clark.

Took first prize 1918 Fair.

Velvet Cake.—Seven eggs, whites only, two cupfuls of sugar, two cupfuls of Snowflake flour, one cupful of cornstarch, one cupful of milk, one scant cupful of butter, two teaspoons of Rumford baking powder. Flavor to taste.

Miss Bonnie Hull.

Pound Cake.—Beat eight eggs until light (separately), three cups of sugar, one cup of butter, four cups of flour. Just before putting in pan to bake, dissolve one-half teaspoon Eagle Thistle soda and one teaspoon of cream of tartar in one-half cup of sour cream. Bake in loaf.

Mrs. W. E. Hodges.

Devil's Food Cake.—Two cups light brown sugar, one-half cup butter, two eggs, one teaspoon of soda, one-half cup of sour milk, a pinch of salt, three cups of flour. Then add two-thirds cup of chocolate over which pour one-half cup of boiling water.

Mrs. Fred Poston.

Hickory Nut Cake.—One cup of butter, two cups of sugar creamed together, one cup of sweet milk, four cups of sifted flour, four eggs beaten well, one cup of hickory nuts chopped fine, two good teaspoons of Rumford baking powder. Best baked as loaf cake.

Mrs. E. H. Buchanan.

White Cake.—Ten eggs, whites only, one cupful of butter, three cupfuls of sugar, four cupfuls of flour, one cupful of buttermilk, one and one-half level teaspoonfuls of cream tartar sifted through flour. One-half level teaspoonful of soda dissolved in two spoonfuls of warm water. Cream sugar and butter thoroughly, add little of the beaten whites alternately with the flour. Put in the buttermilk just before the last of the flour. Lastly add the flavoring and soda.

Mrs. R. M. Richardson.

White Fruit Cake.—One cup of butter, two cups of sugar, one cup of sweet milk, two and one-half cups of Snowflake flour, whites of seven eggs, two even teaspoons of Rumford baking powder; put powder in flour and mix well, one pound of figs, one pound of raisins, one pound blanched almonds, one-fourth pound of citron, one cup of grated cocoanut. Sift a little flour over the fruit before adding to the batter. Flavor with lemon and bake slowly either in layers or loaf.

Mrs. J. N. Hull.

✓ **Chocolate Cake.**—One-half cup butter, one and one-half cups sugar, three eggs (not separated), two cups flour, one teaspoon Eagle

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The KNOX ACIDULATED package contains flavoring and coloring.

Thistle soda sifted in flour, one teaspoon vanilla, one cup sweet milk, one-third large cake chocolate cooked in half of the milk. Bake in two layers or in sheet and cut in blocks. Use white or chocolate icing, or the two together.

Mrs. J. C. Campbell.

Welcome Cake.—One pound flour, one pound sugar, one-half pound of butter, two teaspoons Rumford baking powder, six eggs, one cup sweet milk, one teaspoon lemon. * * *

White Cake.—Whites of sixteen eggs beaten with one pound pulverized sugar, three-fourths pound butter mixed smoothly with one pound flour, one teaspoon Eagle Thistle soda, two teaspoons cream of tartar sifted in flour. Flavor with rosewater or lemon. Beat whites in last; they will look like icing. This is splendid.

Mrs. Wm. C. Pendleton.

Chocolate Cake.—Five eggs beaten separately, four cups of Snowflake flour, one cup of butter, one cup of sweet milk, two and one-half cups of sugar, two teaspoons vanilla, two teaspoons cream tartar, one teaspoon Eagle Thistle soda, one-half or two-thirds cake chocolate. Cream butter and sugar; add yolks of eggs, one cup of flour and a little milk alternately until all are in but one-half cup of flour, then the melted chocolate and vanilla, then the cream tartar and soda sifted with the last half cup of flour. Whites of eggs last.

Miss Elizabeth Painter.

Sponge Cake.—Five whole eggs beaten separately, two cups sugar, two and one-half cups of flour, two-thirds cup boiling water, two teaspoons of Rumford baking powder. Beat the yolks of eggs light, add sugar; when well beaten add boiling water, next whites which have been beaten to a stiff froth; lastly the flour and baking powder which have been sifted together four times. Flavor with lemon extract. Have oven rather warm and gradually increase the heat.

Marble Cake.—One and one-half cups white sugar, one-half cup butter, one-half cup sweet milk, one-half teaspoon soda, one teaspoon cream of tartar, whites of four eggs, two and one-half cups of flour. Mix cream of tartar in flour and soda in sweet milk. Brown sugar one cup, one-half cup molasses, one-half cup butter, one-half cup sour milk, one-half teaspoon of soda, one teaspoon of cream of tartar, yolks of four eggs, two and one-half cups flour, cloves, cinnamon, allspice and nutmeg one-half teaspoon each. Put soda in sour milk and cream of tartar in flour. Put batter in mold by alternate spoonfuls.

Mrs. Hugh Gwyn.

Angel Food Cake.—Whites of twelve eggs, one and one-half cups sugar (measured after sifting), one and one-half teaspoons cream of tartar, one cup and one tablespoonful of pastry flour, one teaspoon vanilla. Sift sugar five times and flour and cream of tartar together five times. Beat whites to a foam, but not until stiff. Sift in sugar, slowly beating all the time. Take care not to make the mixture stiff.

SNOWFLAKE, the pride of Southwest Virginia.

KNOX GELATINE comes in 2 pkgs.—Plain and Acidulated (Lemon Flavor)

Frosting: One cup confectioner's sugar, add grated rind of one orange. Moisten with orange juice until proper consistency to spread on cake.
Mrs. William H. Teas.

Sunshine Cake.—Six fresh eggs, one cup of pastry flour, one and one-fourth cups sugar, two teaspoons of lemon juice, a pinch of salt, one teaspoon of extract. Whip whites until stiff, add lemon juice and continue whipping. Sift sugar, add to whites and let thoroughly dissolve, add salt to yolks and beat stiff, add to whites and fold in thoroughly, sift flour five times, measure and add to batter, fold just enough to make batter smooth, add extract just before adding the flour. Put in an ungreased mold, place in a moderately hot oven to raise thirty or thirty-five minutes, increase heat slightly and bake twenty-five minutes. Bake in a medium-size loaf pan from which bottom can be removed. It is indeed delicious. *Mrs. J. H. Rouse.*

Marble Cake.—White part: One cupful of butter, three cupfuls of sugar, four cupfuls of flour, one-half cupful of sweet milk, two level teaspoons of Rumford baking powder, whites of eight eggs, flavor with lemon.

Dark part: One cupful of butter, two cupfuls of brown sugar, one cupful of molasses, one cupful of sour milk, one teaspoonful of Eagle Thistle soda, four cupfuls of flour, yolks of eight eggs and one whole egg, spices of all kinds. Put dark layer on the bottom and top with white layer.
Mrs. J. M. Poston.

White Cake.—Cream two cups of sugar and one-half cup of butter, add one cup of milk, sift three cups of Snowflake flour, add two teaspoons of baking powder and sift again. Beat the whites of three eggs and put in just before baking. Flavor to taste.

Mrs. J. M. Brisco.

Angel's Food Cake.—The whites of eleven eggs beaten very stiff, one teacup and a half of sugar, then beat sugar into the whites; one teacup of flour sifted seven times, one teaspoon of cream of tartar sifted through the flour. Flavor with vanilla. Bake sixty minutes in a very slow oven.

Miss Nannie McLean.

White Cake.—Whites of five eggs, two cupfuls of sugar, two cupfuls of flour, one cupful of corn starch, one cupful of butter, level teaspoonful of baking powder, one cupful of sweet milk.

Miss Kate Pudge.

Devil's Food.—One and three-fourths cups of sugar, one-half cup of butter, one-half cup of sour milk, three eggs, one teaspoon of Eagle Thistle soda, one teaspoonful of baking powder, two cups of flour, one cup of boiling water, one-fourth cake of chocolate, one teaspoonful of vanilla. Cream sugar and butter, mix in eggs beaten separately and only one white, sour milk and soda, then flour and baking powder and chocolate dissolved in hot water.

Mrs. Matron.

Ask for **SNOWFLAKE Flour.**

A KNOX GELATINE Dessert or Salad is attractive and appetizing.

Chocolate Marshmallow Cake.—Follow any good recipe for chocolate cake. As soon as the cake is removed from the pan, cover with marshmallows pulled apart with tips of fingers but not quite separated into halves. The exposed soft surface will quickly adhere to the hot cake. Pour a soft chocolate frosting over the whole.

Miss Alice Lincoln.

Walnut Cake.—Sift thoroughly together three cups of flour, one large tablespoon of Rumford baking powder, one scant teaspoon of Eagle Thistle soda and a pinch of salt. Beat well together four eggs, one-half cup of butter, piece of lard the size of a walnut and two cups of sugar. Into this mix, little by little, the flour and one cup of sweet milk. Add last one cup of rolled or finely chopped walnuts. Beat well, bake in layers and put together with plain icing.

Mrs. W. J. Atkins.

Katie's Spice Cake.—Eggs, six yolks, one white; flour three and one-half cups, sifted; sugar, two cups; butter, one cup; sweet milk, one cup; Eagle Thistle soda, one teaspoon; cream of tartar, two teaspoons; cinnamon, one teaspoon; allspice, one teaspoon; cloves, one teaspoon, scant; a little nutmeg.

Mrs. Marcellus Copenhagen.

Fruit Cake.—One cup butter, two and one-half cups sugar, five cups flour, six eggs, three-fourths cup sweet milk, three-fourths cup grape jelly, one teaspoon Eagle Thistle soda, two teaspoons Rumford baking powder, one pound raisins, one of currants, one-half pound figs, half-pound dates, one-half pound citron; spice, mace, cloves, spoonful each. Bake three hours.

Mrs. J. A. Evans.

Boiling Water Cake.—One cup granulated sugar, one cup molasses, one-half cup cottolene, one teaspoon cinnamon, one teaspoon ginger, one teaspoon cloves, one cup boiling water, two level teaspoons Eagle Thistle soda beaten into molasses, two and one-half cups flour, two eggs put in last. Raisins or currants can be added. Bake in moderate oven.

Mrs. Fred Paston.

Sponge Cake.—Five eggs, one-half pound sugar, one-fourth pound flour, rind and juice of one lemon. Beat yolks and sugar together, add whites, beaten light, then the flour. * * *

Tilden Cake.—One cup butter, two cups sugar, one cup sweet milk, three cups flour, one-half cup cornstarch, four eggs (beaten separately), two teaspoons Rumford baking powder, one teaspoon lemon extract. Bake in loaf like pound cake. Ice when cold. *Mrs. Geo. W. Miles.*

French Cake.—One-half cup sugar, one-half cup water, one-half cup raisins, one-fourth cup ground nuts, one-half teaspoon cloves, one teaspoon nutmeg, one tablespoon cinnamon, one-half tablespoon lard. Place on range and cook for five minutes. Then add one-fourth teaspoon soda, remove from range, add one cup of flour and one-

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two-thirds teaspoon of ground cloves, one-half nutmeg and a pinch of salt. Boil the ingredients together for three minutes, then cool. When cold stir in two teaspoons of Eagle Thistle soda dissolved in a little warm water, then four cups of Snowflake flour sifted with one teaspoon of baking powder. Bake in loaf. Keeps indefinitely.

Cake Fillings

"A wilderness of sweets."

Chocolate Filling.—Melt four ounces of chocolate, dilute with three teaspoons of milk, then add one cup of sugar mixed with a well beaten egg and stir until it thickens. * * *

Lemon Butter.—One cup of white sugar, three eggs, butter half the size of an egg, juice and grated rind of one large lemon. Put in double boiler and stir until thick. Will keep a week in a cool place.
Mrs. J. Sheffey Pendleton.

Marshmallow Filling.—Three cups sugar, one cup water, whites of three eggs. Put sugar and water on to boil and beat eggs stiff. Let sugar boil to a thread, then add two tablespoonfuls and beat, continue to add two tablespoonfuls till half of syrup is used, then let remainder of syrup boil until perfectly hard when dropped in cold water. Remove from fire and beat into eggs. This makes a delicious soft filling like marshmallows. *Mrs. Wm. Ingles, Jr., Radford, Va.*

Sea Foam Icing.—Boil two cups brown sugar and one-half cup of water until it will form a mass when dropped into cold water. Pour slowly over the well-beaten white of an egg, beating all the time. When nearly cool place on cake. Is very nice used with ordinary icing, using a layer of each.
Mrs. C. C. Lincoln.

Marshmallow Filling.—One cup of brown sugar, one cup of white sugar, one cup of water, one tablespoon of vinegar. Let boil until it hairs; stir in one-half pound of marshmallows and the beaten whites of two eggs and beat constantly until creamy and stiff.
Miss Ella Richardson.

Yellow Icing.—One and one-half cups of sugar, eight tablespoons of water. Boil until it ropes well and pour over the well beaten yolks of three eggs. Beat until cool and flavor with orange.
Mrs. J. Ellis Dickenson.

Chocolate Filling.—Two cups of powdered sugar, three-fourths cup of water; boil together until it forms threads, then pour on the

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KNOX GELATINE comes in 2 pkgs.—Plain and Acidulated (Lemon Flavor).

well beaten white of one egg. Melt chocolate and beat well into the icing.

Miss Kate C. Brasius.

Marshmallow Filling.—Put one cup of granulated sugar and one-fourth cup of water over fire together. Stir until sugar is dissolved, then boil carefully until it forms a soft ball when dropped into cold water. While watching this pull apart half a pound of marshmallows, put them in double boiler with two tablespoons hot water and stir until melted. Now pour the hot syrup gradually into marshmallow mixture, beating all the while. Add teaspoon of vanilla and beat until cold.

Mrs. C. Lee Richardson.

Soft Icing.—Boil two cups of sugar, one-half cup of water and one-fourth teaspoon of cream of tartar together until it forms a thick syrup, then pour half of it very slowly over the stiffly beaten whites of two eggs, beating constantly; let the remainder of the syrup boil until it forms a hard ball when tested in cold water, then pour slowly over the first part and beat until cool and thick. Flavor to taste. Put on cake very thick. * * *

Chocolate Fudge Icing.—Melt two ounces of chocolate over hot water; add two cups of sugar and one cup of milk, and stir while gradually heating. Beat vigorously when the boiling point is reached, then cook until the soft ball stage is reached. Add a teaspoon of butter, remove from the fire and let stand until cold, then beat until creamy and spread on cake. When of the consistency of thick molasses the icing is ready to use. Properly made this icing will remain soft and creamy. * * *

Caramel Nut Filling.—Boil one and one-fourth cups of brown sugar, one-fourth cup of white sugar, one-fourth cup of water until the syrup will spin a good thread. Pour slowly, beating all the time over the beaten whites of two eggs, beat until nearly cool, then place pan in larger pan of boiling water, set on range and cook, stirring constantly until it becomes slightly granular around edge of pan. Remove from fire and beat until it will hold its shape. Add one-half cup of English walnut meats broken in pieces and one teaspoon of vanilla. Nice on chocolate or yellow cake or small cakes. If for small cakes spread with the back of the spoon leaving a rough surface.

Miss Haller Fell.

Caramel Filling.—Three cups brown sugar, one cup white sugar and two-thirds cup fresh milk. Put on stove and boil until it will harden in cold water, then remove from fire and beat into it one-fourth pound of fresh butter; flavor with vanilla; when the right consistency spread between layers.

Mrs. C. C. Lincoln.

SNOWFLAKE is made out of the best wheat.

Small Cakes

"Sweet cakes and short cakes,
Ginger cakes and honey cakes,
And the whole family of cakes."

Mrs. Sheffey's Nothings.—Beat three eggs thoroughly. Add flour containing pinch of soda, till the dough is quite stiff. Roll as thin as possible. Cut out with a large saucer or teaplate. Fry, without browning, in a flat pan containing boiling hot lard sufficient to float the "Nothings" as they puff up, keeping all the brownish scum which may form skimmed clear. Drain each "Nothing" from the lard, upon a napkin. When cool, pile into a stack, sifting pulverized sugar and cinnamon over the cakes. A beautiful and good dish for tea.
Mrs. Virginia Sheffey Haller.

Doughnuts.—Six eggs beaten light, one pound sugar, one-half pound of butter, one-half pint of sour cream, one teaspoon of soda, flour for a soft dough. Have lard boiling and dust doughnuts with powdered sugar while hot.
Mrs. James White Sheffey.

Ginger Cookies.—Two cups of molasses, one cup of sugar, three eggs, one pint of lard, one scant cup of buttermilk (very sour), one tablespoon of soda, one tablespoon of ginger, one tablespoon of cloves, one tablespoon of allspice, one tablespoon of cinnamon, one tablespoon of anise seed. Flour for soft dough.
Mrs. L. A. Amuler.

Oatmeal Cookies.—Two cups of sugar, one cup of lard, one cup of butter, four cups of rolled oats, four and one-half cups of flour, one-half cup of sweet milk, three eggs, one pound of raisins (chopped fine), one teaspoon of baking powder, one-half teaspoon of soda in one-half cup of hot water, one teaspoon of salt, one tablespoon of cinnamon. Mix and drop on greased pan and bake slowly. Use scant measure of butter and lard.
Mrs. D. D. Staley.

Cocoonut Puffs.—Three eggs, whites only, one cup of sugar, two cupfuls of grated cocoonut (either desiccated or fresh, but if the latter, dried), one tablespoon of corn starch. Cook in double boiler until real stiff. Flavor with vanilla. Drop in balls the size of a walnut, in pans. Bake until light brown in a quick oven.
Mrs. Mamie M. Painter.

Walnut Cookies.—Three eggs, two cupfuls of sugar, one cup of sweet milk, two-thirds cup of butter, three cupfuls of flour, one cup of black walnut meats floured, one heaping teaspoon of Rumford baking powder. Drop from a spoon into a buttered tin and bake. Nice to serve with coffee.
Mrs. T. C. Shuler.

Doughnuts.—Three eggs, two cups sugar, one cup buttermilk, two tablespoons melted lard, one teaspoon soda, flour to make a soft dough.
Mrs. Hoover.

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Cookies.—One cup of butter, two cupfuls of brown sugar, two eggs, one-half nutmeg, one-half teaspoon of soda in two tablespoonfuls of warm water, flour for a soft dough. *Mrs. J. B. Richardson.*

Lemon Crackers.—One pint of lard, two and one-half cups of sugar, one pint of sweet milk, five cents worth of oil of lemon, five cents worth of baker's ammonia (in milk), one teaspoon salt, whites of two eggs, flour enough for a soft dough. Roll out, cut into cakes and bake. These may be iced on the flat side if desired or you may press a raisin in the center before baking. *Mrs. James White Sheffey.*

Rocks.—One cup of butter, one cup of sugar, two and one-fourth cups of flour, one cup of raisins, one cup of nuts (English walnuts best), one-half cup of currants, one and one-half teaspoons of boiling water with one level teaspoon of soda in it, one level teaspoon of cinnamon, one-half teaspoon of cloves, three eggs beaten separately. Chop walnuts, cut raisins and mix with hand. Cream sugar and eggs together and put everything together before flour. Drop one-half teaspoonful two inches apart. Grease pan first time and rub out afterwards.

Mrs. John S. Apperson.

Ginger Snaps.—One cup of black molasses, one cup of white sugar, one cup of lard, one tablespoon of ginger, one tablespoon of soda in little warm water. Flour for a stiff dough.

Miss Elizabeth Painter.

Doughnuts.—Four eggs, one and one-half cups of sugar, one cup of thick sour cream, one teaspoon of soda dissolved in sour cream, butter the size of an egg, salt and nutmeg to taste and flour enough to mix well. Have one teaspoon of Rumford baking powder sifted in flour. Roll, cut out and fry in boiling lard. When done roll in powdered sugar until white.

Mrs. P. W. Atkins.

Marshmallow Märguerites.—One box of butter-thin wafers, two dozen marshmallows. Place one marshmallow between two wafers, press firmly together and set in to hot oven until marshmallows are creamy. When cool put one teaspoon of icing on each. Nuts may be used if desired, one kernel on each marguerite.

Mrs. C. C. Lincoln.

Drop Ginger Cookies.—Two eggs well beaten, one cupful of white sugar, one cupful of butter, one cupful of molasses, one cupful of hot water in which is dissolved one tablespoon of soda, five cupfuls of flour, one teaspoonful of cloves, two teaspoonfuls of ginger, a pinch of salt. Heat pans and grease, then drop in by spoonfuls a little distance apart and bake. Add more flour if not stiff enough.

Mrs. Virginia Dickenson.

Doughnuts.—One cup of sugar, two and one-half tablespoonfuls butter, two eggs, one cup of milk, one-fourth teaspoon of cinnamon,

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KNOX GELATINE makes dainty desserts for dainty people.

flour, one teaspoon baking powder, one-third teaspoon salt. Mix all together and drop from teaspoon on buttered pans and bake slowly in moderate oven.

Mrs. Geo. W. Miles.

Cookies.—One cup butter and lard mixed, two cups sugar, two eggs, one-half cup sweet milk, one teaspoon Eagle Thistle soda, two teaspoons cream of tartar dissolved in milk, one teaspoon vanilla, flour for soft dough. Put on ice or in cool place for a while, then roll very thin and bake in hot oven. Put white walnuts or hickory nuts on top. This dough can be kept for two or three days on ice.

Miss Ohio Sprinkle.

Sand Tarts.—One and one-fourth pounds butter, two pounds sugar, two pounds flour, three eggs. Mix all together and roll very thin. Cut in squares and place hickory nuts on top after rubbing with the whole of an egg (beaten), sprinkle with sugar and cinnamon and bake.

Mrs. W. H. Teas.

Cocoanut Drop Cookies.—One cup brown sugar, one cup butter, one-half cup sour milk, one teaspoon soda in milk, one teaspoon baking powder in two cups flour, one cup shredded cocoanut. Flavor. Drop from spoon on greased pan and bake.

Mrs. W. W. Hawkins.

Brownies.—One cup sugar, one-third cup melted butter, two eggs, yolks and whites beaten together, two squares of melted chocolate (one-fourth of one-half pound cake), one-half cup sifted flour, one-half cup chopped nuts. Save some of the nuts to garnish top. Bake in slow oven in shallow pan and take out as soon as it can be cut into squares.

Mrs. J. L. Dickenson.

Cookies.—One and one-half cups white sugar, one-half cup brown sugar, one cup butter, three eggs and one-half teaspoon each lemon and vanilla extract, beat together for fifteen minutes. Add one-half cup rich sour cream in which has been dissolved one-half teaspoon of soda and flour enough to make stiff batter. Roll out small portion at a time.

Miss Sallie Newman.

German Cookies.—One pound sugar, one-half pound cottolene, a pinch of salt, two eggs unbeaten, lemon flavoring, one-half pint sour cream, one heaping teaspoon of Eagle Thistle soda, one and one-half pounds of flour. Put flavoring on sugar, add cottolene and beat well, add salt; break eggs in and beat hard, then add other ingredients. Take a good handful of dough at a time, and roll out very lightly on a floured board, into a long roll, using the palms of the hands, then cut in inch slices, stand them on end in pan and flatten with your hand. Brush over with one egg slightly beaten with a little milk, put a raisin or nut in the center or sprinkle with cocoanut, dust with cinnamon and bake.

Mrs. M. M. Seaver.

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Desserts

" 'Tis the dessert that graces all the feast,
For an ill end disparages the rest."

Pineapple Fluff.—One can cube pineapple (or one small ripe pineapple), ten cents worth of marshmallows, one-half pint of cream. If fresh pineapple is used, cut in dice or very small pieces early in the morning, cover with sugar and let stand on ice until ready to serve, then add the marshmallows which have been cut into small pieces and the whipped cream with a little sugar. Serve immediately.

Mrs. Harvey Andes.

The Popular Jell-O Dessert.—Dissolve one package of Jell-O, any flavor, in a pint of boiling water. Pour into a mould and put in a cold place to harden. When set turn out on a plate. Be sure to use Jell-O, with the name Jell-O in big, red letters on the package.

Marshmallow Pudding.—Beat the whites of four eggs until stiff. Stir into them two tablespoons of Knox gelatine dissolved in one-half cup of hot water. Add one-half cup of cold water and one cup of sugar. Beat well. Divide into three equal parts and color one part pink and one part with melted chocolate, add one cup of almonds and pour in mould in layers. Serve with whipped cream. *Mrs. Matson.*

Charlotte Russe.—Soak half box of Knox gelatine in one-half pint of cold milk, then dissolve in one-half pint of hot milk. Whip one pint of cream, add one-half cup of sugar and flavor to taste. Line dish with thin slices of sponge cake, mix gelatine and whipped cream together, pour in a dish and set in a cold place. Before serving, whip half pint of thick cream, mound on top of russe. Flavor with almond flavoring, the russe with vanilla. Garnish with Maraschino or candied cherries.

Mrs. Geo. W. Richardson.

Fudge Shortcake.—Use vanilla ice cream between two layers of any good cake, cover with chocolate fudge sauce (warm) and top with whipped cream if desired. The chocolate fudge icing recipe given in this book may be used for making this fudge sauce.

Mrs. M. J. Matson.

Charlotte Russe.—Three cups sifted sugar, one quart of cream, whipped, stir in the whites of six eggs, beaten, then pour enough fresh morning's milk over three-fourths of a box of Knox gelatine to dissolve it, then pour into the flavored and whipped cream. Add one-fourth pound of blanched chopped almonds and any flavoring desired. Pour into moulds well lined with sponge cake or lady fingers.

Mrs. John S. Apperson.

Orange Charlotte.—One-half package of Knox gelatine, one cup of boiling water, one and one-half cups of sugar, one and one-half cups of orange juice, juice of three lemons, whites of five eggs. Line a mould with sections of orange. Dissolve gelatine in boiling water, add sugar, lemon and orange juice. Stand in a cold place. Beat whites

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at once, put them over the custard and grate over them a little nutmeg, or whipped cream may be used instead of the whites.

Spanish Cream.—Soak one-half box of Knox gelatine in one and one-half pints of milk for one hour, then put on to boil. Beat yolks of three eggs with two-thirds cup of sugar, stir into milk and cook for two minutes. Take off of the fire and stir in the well beaten whites of the eggs. Flavor with vanilla and pour in moulds. When cold this should be in two layers. Serve with whipped cream.

Mrs. W. E. Hodges.

Ginger Bavarian Cream.—One cup sugar, two egg whites, one-half cup boiling water, dash salt, three-fourths cup preserved ginger chopped fine, one-half cup orange juice and pulp, one tablespoon lemon juice, one and one-half cups heavy cream, one and one-half tablespoons of Knox gelatine soaked in two tablespoons of cold water. Boil sugar and water few minutes, then add gelatine and turn on to the egg whites beaten stiff, whipping constantly until cold. Then beat the cream stiff, gradually adding the lemon and orange juice, and finally the ginger. Fold in the gelatine mixture and pour into a mould to stiffen. Serve with whipped cream flavored with maple syrup and garnish with candied cherries and sliced preserved ginger. This is nice frozen leaving out one-half of the gelatine. *Mrs. D. H. Mitchell.*

Pineapple Whip.—One cup shredded pineapple, one and one-half cups pineapple juice, one-half pound marshmallows, one-half tablespoon Knox gelatine, one-half pint cream. Heat the marshmallows in the oven and mix them with the pineapple juice in which the gelatine has been dissolved. When cold add one-half pint cream, whipped stiff. When the mixture begins to harden add the shredded pineapple and place in a mould. Serve cold. *Miss Eleanor Sims.*

Apples Glace.—Core and pare tart apples of the same size. For five or six apples, cook one cup each of sugar and water two or three minutes, then put in the apples and cook, turning often, to keep them whole, until tender. Remove each apple as soon as cooked to a baking dish; when all are cooked, pour over a little of the syrup and dredge generously with sugar; set into a hot oven to glaze them; remove to a dish with a spatula, and pour the rest of the syrup around them. On cooling the syrup will jelly. Put Maraschino cherry on top of each, or one or two marshmallows may be pressed in the center of apples after they have cooled slightly. Serve with whipped cream. * * *

Chocolate Blanc Mange.—One envelope Knox sparkling gelatine, one-half cup cold water, one quart milk, two ounces grated unsweetened chocolate, one cup sugar, few grains salt, one teaspoonful vanilla. Soak gelatine in cold water five minutes. Scald milk and add sugar, grated chocolate and salt. When sugar is dissolved, add

SNOWFLAKE makes light biscuit, rolls and bread.

and seeds removed, one can pineapple drained and cut in small pieces, and one-half pound of blanched almonds. This will serve twenty-five persons. If you are using oranges for anything the jelly is very attractive served in the orange skins either for dessert or with a salad course.

Mrs. J. M. Briscoe.

Whipped Cream Cake.—Four eggs, one cup sugar, three table-spoons cold water, one cup flour, one heaping teaspoon baking powder, beat eggs separately, bake in square pan. When cold turn upside down and pick out all the center with a fork, leaving just a rim. A twenty cent can of sliced pineapple, ten cents worth almonds, ten cents worth crystallized cherries. Chop fine the cherries, almonds and pineapple, and pick the cake you have taken out fine. Add sugar and vanilla to taste and one-half pint whipped cream, toss all lightly together and fill back into the cake rim, one-half pint of whipped cream over the top with some cut cherries and almonds and diced pineapple.

Miss Mollie Collins.

Ice Cream Shortcake.—Put vanilla ice cream between slices of cake and pour hot chocolate fudge sauce over it, top with whipped cream if desired. Any cake may be used, but yellow cake baked in biscuit pan as for block cake is preferable. For chocolate sauce, the chocolate fudge icing given in this book may be used.

Mrs. M. J. Matson.

Frozen Desserts

"Dream of a shadow! A reflection, made
From the false glories of the gay reflected bow,
Is a more solid thing than thou."

Orange Sherbet.—Peel six oranges and grate, remove seeds, add juice of two lemons and two and one-half cups of sugar. Dissolve one package of orange Jell-O in one pint of water, stir all together thoroughly, then put in freezer and when it begins to freeze add one and one-half pints of thick cream, whipped and sweetened. When frozen pack freezer and let stand one hour. This quantity will about fill a three-quart freezer.

Mrs. C. C. Lincoln.

Frozen Pudding.—Six eggs, one pound of sugar, one-half box of Knox gelatine, one quart of new milk, one pound of raisins, one-half pound of citron, one fifteen-cent can of grated pineapple, one-half pound of shelled English walnuts, one-half pound of figs. Chop fruit and nuts. Make custard of the milk and eggs. Soak gelatine in a little cold milk. Add all to the custard flavor and freeze.

Mrs. W. V. Birchfield.

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schino cherries, one-half cup of chopped almonds. Cook water and sugar until it forms a ball in your fingers, beat into the eggs as for icing. Add flavoring and beat until cold. Add almonds and cherries. Whip cream very stiff and fold into the icing mixture. Pour into freezer, bury in ice and salt for four hours. *Miss Virginia Buchanan.*

Maple Parfait.—Beat the yolks of six eggs very light, stir in three-fourths of a cup of maple syrup. Put on the fire and stir until it thickens enough to make a thick coat on the spoon. Remove from the fire and beat until cool, then fold in one pint of thick cream, which has been whipped stiff. Pour into moulds, cover with paper greased with lard, shut the top over tightly and pack in ice and salt, covering entirely. Let stay four hours; when ready to serve, wrap mould in a towel dipped in hot water and turn onto a dish. Serve in slices.

Mrs. Geo. W. Miles.

Lemon Sherbet.—Soak one-fourth box of Knox gelatine in water until soft. Boil two quarts of water and two pounds of sugar for twenty minutes, then pour in the juice of six lemons; add the gelatine and when cold, freeze.

Miss Ella Richardson.

The Five Threes Sherbet.—The juice of three oranges, juice of three lemons, three bananas chopped fine, three scant cups of sugar and three cups of water. Freeze till stiff, then add the white of one egg beaten stiff with a little sugar. It is best to cut one orange up fine and use the juice of the other two.

Mrs. Hugh Gwyn.

The Easy Way to Make Ice Cream.—Use one quart of milk for a package of Jell-O ice cream powder. Pour the contents of a package of Jell-O ice cream powder in a dish. Pour on it one cup of milk and stir to a thick, smooth paste, to avoid lumps. Add the rest of the quart of milk, stir until thoroughly dissolved, and freeze. * * *

Raspberry Ice Cream.—One quart of cream, one pound of sugar, one quart of red or black raspberries, juice of one lemon. Scald half the cream and sugar in a double boiler and when the sugar is dissolved stand aside to cool; add the remaining half of the sugar and the lemon juice to the berries, mash thoroughly and let them stand one hour, then strain through a fine muslin. Add the remaining half of the cream to the sweetened cream, and freeze; when nearly frozen, stir in the fruit juice, beat well and finish freezing. Canned raspberries may be used instead of the fresh, and if they have been sweetened at canning allow less sugar in making the cream, using one pint of juice.

Ice Cream with Gelatine.—Soak half a box of Knox gelatine in one pint of new milk for one hour. Pour over it one quart of new milk which has been scalded with two and one-fourth small cups of sugar, strain and set aside for several hours or over night. Beat until perfectly smooth, add one quart of rich cream and one tablespoon of vanilla and freeze. * * *

SNOWFLAKE leads for its baking qualities.

Chocolate Ice Cream.—One quart of cream, one pint of milk, three-fourths pound of sugar, two eggs, five rounding tablespoons of grated chocolate, one heaping tablespoon of Knox gelatine, one tablespoon of vanilla. Melt the chocolate; add a little of the sugar and a little boiling water and stir until smooth and boiling, then add to the milk, scalded over hot water, the sugar and eggs beaten, and stir until it thickens. Take from the fire and add the gelatine which has been dissolved in a little milk. Strain and let cool, then add the cream and vanilla, and freeze. Serve with whipped cream. *Miss Haller Fell.*

Grape Sherbet.—One and one-half pints of grape juice, two pints of water, one and one-half pounds of sugar, juice of two or three lemons. Freeze medium stiff, then take whites of two eggs beaten stiff and stir into the sherbet. Freeze as hard as possible, remove dasher and stand aside for an hour or so. Be careful to pack well.

Mrs. J. M. Sedgwick.

Brown Bread or Graham Cracker Ice Cream.—One pint hot milk, pour slowly over four egg yolks, beaten stiff, with one cup sugar and dash of salt. Add whites of eggs beaten stiff (with flavoring) to the custard when it has boiled sufficiently to coat a spoon. Beat until cold, then add one cup of heavy cream, one cup of graham cracker crumbs or one cup of brown bread crumbs which have been thoroughly dried. Also add one tablespoon vanilla for flavoring. Pack and freeze.

Mrs. W. H. Teas.

Peach Sherbet.—Boil together one quart of water and one pound of sugar; cool, and add the juice of five lemons and eight or ten large peaches mashed to a pulp. Turn into a freezer and when partly frozen stir in the whites of three eggs beaten stiff and finish freezing.

Apricot Ice.—One can apricots, five oranges, two lemons, whites of four eggs, five scant cups of sugar, one quart of cream and one quart of water. The apricots, oranges and lemons are pressed through a sieve. Then boil the sugar and water to a syrup and allow to cool. Mix the fruit and syrup and add the stiffly beaten whites of the eggs. After this starts to freeze add the cream and freeze until almost solid, then remove the dasher and pack well.

Miss Haller Fell.

Lemon Sherbet.—Three cups hot water, two cups sugar, one cup cold water, one-half envelope Knox gelatine, three-fourths cup lemon juice. Boil sugar in hot water until dissolved, add gelatine soaked in cold water, stir until dissolved, cool, add lemon juice and freeze. Serves eighteen persons.

Miss Julia Higginbotham.

Orange Ice.—Make a syrup by boiling four cups of water, two cups sugar, and the grated rind of two oranges; soak two teaspoons of Knox gelatine in a little cold water until soft, add the hot syrup and strain. When cool, add two cups of orange juice and one-fourth cup lemon juice and freeze. This may be served in baskets made from

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KNOX GELATINE makes dainty desserts for dainty people.

orange rinds, or in tall glasses with a spoon of whipped cream and a cherry on top.

Mrs. T. E. King.

Spring Sherbet.—Drain the halves of apricots from a can; remove the pulp from the skins and cut in small pieces; to the pulp add the syrup from the can, two cups of sugar and a scant quart of water; stir until sugar is dissolved, then freeze as any sherbet. Serve in tall glasses or in punch cups with a sprig of mint in the top.

Fruit Ice.—Three quarts water, two and one-half pounds sugar, juice of five lemons, one pint can shredded pineapple, one pint grape juice. Boil water and sugar together for twenty minutes; add lemon juice. When cold, add grape juice and strain, then add pineapple and freeze. The grape juice may be omitted if desired.

Miss Orpha Allard.

Peach Ice Cream.—One cup water, two and one-half cups peach pulp, three cups Carnation milk, one cup sugar, one tablespoon gelatin, one-half cup almonds. Soak gelatine in one-fourth cup of cold water. Scald the milk, add the sugar and a few grains of salt; then add the soaked gelatine and stir until dissolved. Put peaches through a sieve and add to mixture. When cool put in freezer and when half frozen add the finely chopped almonds and complete freezing. Pack and let stand an hour or two before serving. The amount of sugar used depends on the tartness of the peaches. If fresh peaches are used more sugar will be required. This recipe will serve from ten to twelve people.

Canning and Preserving

"Men make wealth, and women preserve it."

Canned Green Sweet Peppers.—Select green peppers of small or medium size. Put on in hot water, whole. Let boil half hour. Handling gently so as not to break them, place them in large mouth jars. A half teaspoon of canning acid placed on top of the fruit insures their keeping. These are fine for stuffing during the winter. The red peppers may be canned also by cutting out the seeds and boiling an hour. Seal in pint cans. An excellent addition and garnish to any salad.

Miss Nell Preston.

To Can Corn.—One gallon of corn cut from the cob, three-fourths pint of salt, two pints of water. Boil briskly for twenty minutes, put in jars and seal. Before using soak well in water to remove salt. This is as nice as fresh corn.

Mrs. J. C. King.

Canned Tomatoes.—Pour boiling water over firm ripe tomatoes, and skin. Remove part of the stem-end, drop in sterilized jars,

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Pickles and Sauces

"Peter Piper picked a peck of pickled peppers."

Chopped Pickle.—Two heads of firm hard cabbage, eight onions, ground in meat chopper, cabbage cut with slaw-cutter, and sprinkled with salt. Let stand over night. In the morning pour boiling water over it, drain well, and add the following spices: four big spoons of mustard, two tablespoons of ginger, two or three of celery seed, three of white mustard seed, three tablespoons of tumeric, cayenne pepper to taste, sugar to taste, or three pounds of sugar, half gallon of good vinegar. Boil twenty or thirty minutes.

Mrs. E. J. Lee, Lynchburg, Va.

Green Tomato Sweet Pickle.—To one gallon sliced green tomatoes add four large onions sliced, sprinkle three tablespoons of salt over them and let remain over night. Wash thoroughly in tepid water to remove salt. To two pints of good vinegar add three pounds of sugar, one tablespoon each of the following spices: cloves, ginger, cinnamon and mustard, and two green peppers chopped fine. Boil all together until barely tender and seal.

Mrs. C. C. Lincoln.

Spiced Currants.—One pound of currants, three-fourths pound of sugar, cook slowly, as for jam, adding crushed spices, cinnamon and cloves to taste.

Mrs. M. G. Painter.

Tomato Catsup.—One peck of ripe tomatoes, one quart of vinegar, four tablespoons of mustard, two tablespoons of cloves, two tablespoons of mace, two tablespoons of ginger, two tablespoons of salt, two pounds of brown sugar, two tablespoons of black pepper, one teaspoon of red pepper. Cook tomatoes thoroughly, rub through a sieve, after adding all ingredients to vinegar and beating until a smooth paste, then add tomato juice and cook slowly for two hours over a slow fire, stir often to keep from burning. Bottle, seal, and keep in a cool place.

Mrs. E. K. Coyner.

Tomato Sauce.—Three pounds of sugar, six pounds tomatoes, three pounds apples, one and one-half cups good, strong vinegar. Put the vinegar in when a little more than half done. Add cinnamon, mace and cloves to the taste. Stir until smooth and thick.

Miss Bonnie Hull.

Sweet Pickled Pears.—Small pears are the nicest to pickle. Peel, leaving the stems on. If washed, drain until dry. Make a syrup of three pounds of sugar, one pint of good cider vinegar, to seven pounds of fruit. Add a pinch of cloves, tied in a cloth, and a few blades of mace, according to taste. Drop the pears in the syrup, and let boil until they can be easily pierced with a straw. Take out and pack in jars. Let syrup boil, and when thick pour over the pears and seal while hot.

Mrs. J. C. King.

Seven Year Pickle in Three Hours.—Cut two dozen cucumbers in rounds about two inches thick. If they are just off the vine soak

SNOWFLAKE makes a light loaf. Try it.

in salt water twenty-four hours, drain from water and boil in weak vinegar one hour. Take from this vinegar and put into strong vinegar (about two quarts), with two pounds of brown sugar, one tablespoon each of cinnamon, celery seed, black pepper, cloves, mustard and ginger cut into small pieces. Simmer all over the fire one hour. When cold, add one teaspoon of cayenne pepper and one tablespoon of grated horseradish. *Mrs. Mary S. Morgan.*

Cucumber Sweet Pickle.—Take medium-size cucumbers, cut in rounds of an inch or one and one-half inches. Boil in alum water for one hour. (Use alum about the size of corn kernel.) Boil in strong ginger tea. To every four pounds of cucumbers add one quart of vinegar, one pint of water, and three pounds of sugar. Boil until clear. Flavor with cinnamon and nutmeg. This pickle will keep well. Do all boiling moderately. *Mrs. J. N. Hull.*

Virginia Chow Chow.—Chop fine one and one-half dozen onions, three medium heads of cabbage, one and one-half dozen red sweet peppers, one and one-half dozen green sweet peppers, one-half peck ripe tomatoes, one-quarter peck green tomatoes. Mix with this one pint of salt. Let stand over night and drain well the next morning. Add two pounds of brown sugar, one teacup of grated horseradish, one tablespoon ground mustard, one tablespoon mustard seed, the same of black pepper, one ounce of celery seed, one ounce of tumeric. Put all in a kettle and cover with good cider vinegar, boil five minutes (add more sugar if preferred), stirring often, then put in jars and set aside. *Mrs. H. P. Copenhagen.*

Sweet Cucumber Pickle.—Soak cucumbers in brine, then in fresh water, changing water until all salt is removed from the cucumbers. Let them simmer, not boil, in weak vinegar, in which has been placed a handful of grape leaves and a small piece of alum. Remove and put into a syrup, made as follows: Three pounds of sugar to one pint of vinegar, and any spices preferred. Boil syrup until it begins to thicken before putting in cucumbers. Let the cucumbers get thoroughly hot in this syrup, but not hot enough to shrivel. Put cucumbers in jars. Boil the syrup down and pour over them. *Mrs. W. P. Francis.*

Watermelon Sweet Pickle.—Peel and cut the rind in fancy shapes. Put in weak salt water over night, then soak salt out several hours. Then boil in alum water with a layer of grape leaves and a layer of the rind, with grape leaves on top. Boil until clear and brittle. Afterwards soak in clear water, changing the water several times. Then make a syrup of one pint of water, one quart of vinegar, three pounds of sugar to every four pounds of melon, boil until tender, then take out of the syrup and continue to boil syrup until thick. Flavor with white ginger root and cinnamon bark. *Mrs. Ellen Shefey.*

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Sweet Cucumber Pickle.—One gallon vinegar, two-thirds cup mustard, two-thirds cup salt and fifteen cents worth saccharin (pre war price), select small cucumbers, wash well and dry, pack in cans and pour the vinegar mixture over them and seal. Pickles will be very crisp and keep nicely.
Mrs. M. J. Matson.

Dixie Relish.—One quart chopped cabbage, one pint chopped white onion, one pint chopped red sweet pepper, one pint chopped green sweet pepper, five tablespoons salt, four tablespoons white mustard seed, two tablespoons celery seed, three-quarters cup white sugar, one quart mild vinegar. Do not cook. Chop cabbage and onion; cut peppers fine, mix well and pack in glass jars. This relish may be used with success in salads.

Government recipe; contributed by *Mrs. E. M. Copenhagen.*

Sweet Cucumber Pickle.—Use moderate size cucumbers slicing them in rounds one to two inches thick. To seven pounds of cucumbers use two and one-half pints of strong apple vinegar, two and one half or three pounds of sugar, one tablespoonful mustard seed, one piling teaspoonful of tumeric, one teaspoonful of whole allspice, and cinnamon and cloves to taste. Make a syrup of the vinegar and sugar and add spices just before taking off the fire. Boil cucumbers in weak apple vinegar until they are soft enough to pinch apart with the fingers. Take out of this vinegar and put in pint jars; when the jars are full cover them with the syrup and spices boiled together and seal.
Mrs. Mary Scott Greener.

Cherry Pickle.—Seed carefully desired quantity good size cherries. Put in stone jar with enough vinegar to cover, allow to stand twenty-four hours, drain off and discard vinegar. Weigh cherries and return to jars, cover with equal weight of white sugar and spices to taste. Allow to stand, stirring every few days until sugar is dissolved. Then put in bottles or small jars and seal.

Mrs. E. M. Copenhagen.

Pepper Relish.—Remove seeds and chop very fine twelve sweet red peppers, twelve sweet green peppers and twelve small onions. Pour boiling water over mixture, let stand five minutes and drain. Make weak solution of vinegar and water, two parts water, pour over pepper mixture and heat to boiling point, let stand ten minutes and drain. Add one pint vinegar, three cups sugar, three tablespoons salt and three tablespoons white mustard seed, boil two minutes and seal.

Mrs. C. C. Lincoln, Jr.

Relish.—Take twelve nice cucumbers and same number of onions, run through coarse meat grinder, do not peel cucumbers, add a half cup white mustard seed, salt and pepper to taste, mix well with good vinegar and seal.
Mrs. Edgar Greener.

Sweet Cucumber Pickle.—Slice cucumbers one inch thick, that have been in water until all the salt is out. Boil one-half hour in

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strong ginger tea. Make syrup of one quart of strong vinegar to one pint of water. To four pounds cucumbers take three pounds sugar. Season with all kinds of spices and let cucumbers boil until syrup begins to thicken and cucumbers are perfectly clear, then take out and allow syrup to thicken.

Mrs. K. G. Baylor.

Mustard Pickle.—One quart of small cucumbers, one quart of chopped cucumbers, one quart of small onions, three pints of small tomatoes, one pint of shelled beans, one pint of string beans, celery and peppers to taste. * * *

Dressing: One cup of flour, one-half cup of mustard, two cups of sugar, one tablespoon of tumeric, vinegar to make two quarts. Soak cucumbers and tomatoes in salt water over night, drain and cook in water. Cook beans. Make dressing and add while hot. * * *

Corn Chowder.—(One gallon.) Eighteen ears of corn (sweet), four onions, two green peppers chopped fine, one-fourth cup of salt (scant), two quarts vinegar. Cook in one quart vinegar. Add one teaspoon tumeric to the other quart, add two tablespoons mustard, one cup sugar, one cup flour (scant). Let this boil, then pour all together and boil, stirring to keep from burning. Seal while hot.

Mrs. Ernest Steiner.

Spiced Plums.—Seven pounds of plums, one pint cider vinegar, four pounds of sugar, two tablespoons of broken cinnamon bark, half as much of whole cloves, and the same of broken nutmeg. Place these in a muslin bag, and simmer them in a little water and vinegar for half an hour. Add it all to the vinegar and sugar, and bring to a boil. Add the plums and boil carefully until they are cooked tender. Before cooking the plums they should be pierced with a darning needle to prevent the skins bursting.

Mrs. C. F. Thomas.

Cucumber Catsup.—Drop the cucumbers in cold water, grate them after peeling off the green, put them in a bag, squeeze all water out, place the pulp in a bowl, add vinegar, salt and pepper to taste, mix well, bottle, cork and seal. Very good, and will keep.

Mrs. E. J. Lee, Lynchburg, Va.

Spiced Grapes.—Pulp grapes, boil pulp and strain through colander to remove the seeds. Mix the skins with pulp, and add to the mixture in proportion of six pounds of pulp to three pounds of sugar, two tablespoons of cinnamon, and two of cloves and mace. You can add to this one-half pint of vinegar, but this is not necessary. Boil hard for two hours.

Mrs. J. S. Apperson.

Lemon and Apple Relish.—Peel and quarter six tart apples, slice one lemon thin, removing seeds. Put in a granite vessel, add one cup sugar and two cups of water, cover and cook until apples are tender, but not broken. Add another cup sugar, remove the cover, push back on stove, and cook slowly until the juice is thick like preserves. Turn into dish in which it is to be served and chill, when

SNOWFLAKE, the pride of Southwest Virginia.

Mince Meat.—Take five or six pounds scraggy beef, a neck piece will do. Put on to boil in enough water to cover. Take off scum when it reaches boiling point, add boiling water from time to time until it is tender, then remove lid from pot, salt, let boil till almost dry, turning the meat over occasionally in the liquor. Let stand over night in the liquor to get cold. Remove bones, gristle and stringy bits from meat, chop very fine, mincing at the same time three pounds nice beef suet, and add four pounds seeded raisins, four pounds currants cleaned and dried, one pound citron sliced and chopped, four or more pounds good tart apples, chopped, preserved lemon and orange peel. Mix thoroughly and pour over the following boiled liquid and mix again: One quart grape juice (or boiled cider) one quart molasses and some sweet pickle juice, good lump butter, and remaining liquor from meat, two pounds sugar, two ounces cinnamon, one ounce each cloves, ginger, nutmeg, juice and grated rind of three lemons, one tablespoon salt, one teaspoon pepper. Add more liquid if desired. Cook until apples are tender. Seal in glass jars.

Mrs. J. M. Sedgwick.

Puddings and Sauces

"The proof of the pudding is in the eating."

Brown Pudding.—Yolk of four eggs, four cups of new milk, four level tablespoons of sifted flour, one cup of brown sugar browned slightly in a moderate oven. Put milk and sugar in porcelain vessel over fire. Moisten flour with four spoons of the milk reserved for the purpose, beat yolks of eggs into the flour and milk, then stir all into hot milk and cook until the consistency of cream. Pour into pudding mold, make meringue of the four whites and three-fourths cup of white sugar. Put on pudding and brown slowly in the oven. Serve cold with whipped cream.

Mrs. C. C. Lincoln.

Chocolate Pudding.—Put on stove in double boiler one quart of sweet milk. Shave into this one-half cake chocolate; add to this the yolks of five eggs well beaten, two cups of sugar, three-fourths of a cup of corn starch and enough milk to keep it from being lumpy; cook until thick, flavor with vanilla. Make a meringue of whites beaten with sugar and serve with good cream.

Mrs. D. D. Staley.

Angel Pudding.—The whites of ten eggs, one-half pound of nut meats, one pound of dates, one and one-half cups of pulverized sugar, one lemon. Beat eggs very light, then fold in the sugar, nuts, dates chopped fine, and the juice and grated rind of the lemon. Turn into

SNOWFLAKE, the old reliable family Flour.

a well-greased baking dish and bake to a golden brown. Serve immediately with whipped cream or sauce.

Mrs. Virginia Buchanan.

Jelly Roll.—Four eggs, one cup of sugar, one cup of flour, one and one-half teaspoons of baking powder, pinch of salt. Beat eggs as light as possible, add sugar, and having mixed the salt and powder with the flour, dust that in and beat up light. Bake in shallow square pan; when done turn out, spread jelly on and roll immediately.

Mrs. L. A. Amsler.

Favorite Pudding.—One quart fresh milk, four eggs, three-fourths cup sugar, three tablespoons corn starch stirred in a little water, with sugar and eggs. Let milk come to boiling heat, then stir in the mixture, cook a few minutes, have ready two or three cups of cake crumbs, stir in as soon as you take from the fire, turn into a baking pan, spread on top of it the beaten whites of the eggs, which must be sweetened with two tablespoons of sugar, return to the oven and brown slightly. Serve cold with whipped cream. Any kind of cake is good, but I like chocolate best.

Mrs. P. W. Atkins.

Blackberry Pudding.—Three eggs beaten separately, one quart of mashed blackberries, one-half scant cup of butter, one teaspoon of baking powder, one cup of flour, one-half cup of sweet milk, sweeten to taste (about one cup of sugar). Beat the batter thoroughly, adding the mashed berries and the well-beaten whites of the eggs last. Bake in a well-greased baking dish or pan in a moderate oven for about three-quarters of an hour. Serve hot with hard sauce. If canned berries are used drain thoroughly from juice. * * *

Almond Pudding.—Cut stale sponge cake into two inch blocks. Stick with blanched and split almonds. Pour a thick boiled custard over and around it and heap whipped cream on top. Garnish with almonds and candied cherries. Keep the cake and custard separate until just before serving. Make the custard with two cups of milk, one-half cup of sugar, two eggs, two level tablespoons of corn starch or flour dissolved in one-half cup of the milk. Flavor to taste.

Mrs. E. H. Higginbotham.

Plum Pudding.—One pound each of raisins, currants, bread crumbs, beef suet and sugar, one heaping tablespoon of cinnamon, one teaspoon of cloves, two grated nutmegs, one-half pound of candied orange peel, one-half dozen tart apples, four eggs. Wash the currants thoroughly, chop fruit fine. Put suet and bread through a meat chopper and mix all thoroughly together, adding the sugar, then the eggs well beaten without separating. Pack in two tin buckets in which paper has been placed. Set in pan of boiling water and boil for four hours. These may be kept six months and should be boiled half an

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hour before serving to insure thorough heating. Serve with foamy sauce.

Miss Virginia Buchanan.

Gingerbread Pudding.—Two eggs, one cup of butter and lard mixed, one cup of molasses, one cup of brown sugar, one cup of buttermilk, five cups of flour, two tablespoons of ginger, two teaspoons of Eagle Thistle soda. * * *

Sponge Cake Roll.—Beat separately four eggs, one cup of flour, one cup of sugar, one teaspoon of cream of tartar in flour, one-half teaspoon of soda in a very little water. Bake in a biscuit pan, turn out on damp towel, spread a lemon filling the same as that for lemon pies on it and roll very quickly while hot.

Sauce for Sponge Cake Roll: Beat together one-third cup of butter and one cup of sugar until very light. Beat one egg light and stir into butter, then flavor with lemon. Put on stove and cook until it thickens.

Mrs. Margaret Rhea Staley.

Christmas Pudding.—One and one-half cups of flour, one and one-half cups of bread crumbs, one-third pound of suet minced fine (or scant half teacup of butter), three eggs beaten separately, three-fourths cup of sugar, ten cents worth of figs, one teacup of seeded raisins, juice and grated rind of one orange and any desired flavor; enough milk for stiff batter, one teaspoon of cinnamon, one teaspoon of nutmeg, one heaping teaspoon of baking powder. Pour in greased vessel. Cook in double boiler from three to five hours.

Sauce for Pudding: Yolk of one egg, three-fourths cup of sugar, teaspoon of flour. Beat thoroughly while pouring in one teacup of boiling water. Add lemon or vanilla flavoring. Cook until thick.

Mrs. Harvey Andes.

Suet Pudding.—One teacup of beef suet chopped fine, one cup of molasses, one cup of sweet milk, three cups of flour, one teaspoon of Eagle Thistle soda, one teaspoon of baking powder, one pound of currants, one pound of raisins; all kinds of fruit can be used. Steam three hours.

Sauce for same (good): One-half cup sugar, one-third cup of butter, one egg, one tablespoon of vinegar, one-third cup of water, boil ten minutes. You can use any sauce you prefer. Omit sugar and eggs from pudding.

Mrs. E. J. Lee, Lynchburg, Va.

Woodford Pudding.—Three eggs, one cup of sugar, one-half cup of butter, two cups of flour, one cup of jam or preserves (blackberry jam preferred), one level teaspoon of Eagle Thistle soda dissolved in three teaspoons of sour milk. Mix well together and bake slowly. Serve with sauce.

Sauce: One and one-half cups of brown sugar, one cup of cream, one tablespoon of flour, one egg. Flavor to taste. Milk can be substituted for cream, but in case it is, add a little butter.

Mrs. Brittain Peery.

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Chocolate Pudding.—One-half cup of butter, one cup of sugar, one cup of milk, two eggs well beaten, two teaspoons of baking powder sifted with two cups of flour. (Should be about the stiffness of pound cake and may require a little more flour, depending on the brand of flour used.) Dissolve one-half cake of chocolate, mix all together, pour into a mould and steam for two hours.

Sauce for Chocolate Pudding: Beat together one whole egg and two yolks, adding one-half cup of sugar, a pinch of salt and a half cup of any fruit juice. Cook in a double boiler, stirring constantly until creamy. When cold add a teaspoon of lemon juice, and a half a cup of whipped cream, and set on ice until ready to serve.

Mrs. S. W. Dickinson.

Huckleberry Pudding.—One-half pint of milk, two eggs, one tablespoon of lard, flour enough to make a stiff batter, one cup of berries. Pour in bag, do not tie tightly so as to allow for swelling. Boil an hour. Serve with hard sauce.

Mrs. Jno. S. Apperson.

Strawberry Shortcake.—Lump of butter size of walnut, melt in teacup, break in one egg and finish filling cup with sweet milk. Then in a bowl put one cup of flour, one cup of sugar and one teaspoon of baking powder, put in contents of teacup and stir all together, flavor with vanilla and bake in two round layer-cake pans. Put together with sweetened strawberries and pile berries on top. Serve with whipped cream. This makes two thin layers; double the quantity if desired thicker.

Mrs. Geo. W. Richardson.

Strawberry Shortcake.—One quart of strawberries; save a few for garnish, cut the rest in halves and mix with one cup sugar. Sift together two cups pastry flour, half teaspoon of salt, four level teaspoons Rumford baking powder; work in lightly one-third cup butter, add milk for very soft dough. Roll to fit two layer pans or one pan, with butter between the rounds. Bake in quick oven about fifteen minutes, then butter both halves. Put one on a chop platter, pour over half the berries; put on other layer, then rest of the berries. Garnish top with whipped cream and whole berries.

Miss Hollar Fell.

Cream Puffs.—One cup of hot water or milk, one-half cup of butter put on stove and let just come to a boil. While boiling, stir in one cup of flour and one and one-half teaspoons of Rumford baking powder sifted in flour. Take from stove and beat until smooth, add three eggs not beaten, and stir and beat five minutes. Put in tins and bake. Do not open stove except when necessary. Serve with a good sauce.

Mrs. Elva Robinson.

Gingerbread.—Four and one-half cups of flour, one heaping tablespoon of butter, one cup of molasses, one cup of sugar, one cup of sour milk, two small teaspoons of Eagle Thistle soda, two teaspoons of ginger, one teaspoon of cinnamon. Mix molasses, sugar, butter and spice. Warm slightly and beat until light in color. Add milk, then

SNOWFLAKE makes the best bread, biscuit and rolls.

soda. Mix well and put in flour. Beat thoroughly. Bake in shallow pan. If desired, serve hot with sauce same as for Christmas pudding.

Mrs. Harvey Aude.

Plum Pudding.—Two pounds of raisins, one pound of currants, one pound of beef suet, three-fourths pound light brown sugar, one fourth pound of bread crumbs, one-eighth pound of citron, one ounce of candied lemon peel, one ounce candied orange peel, six ounces of flour, one-half nutmeg, grated, one teaspoon of cloves, one teaspoon cinnamon, one teaspoon allspice, eight eggs, one cup of sweet milk; boil six hours. This quantity makes two nice puddings. Serve with sauce.

Mrs. H. L. Morgan.

Plum Pudding.—One and one-half cups of sugar, one and one-half cups of butter, one and one-half cups of sour milk, one quart of sifted flour, one pound of currants, one and one-half pounds of raisins, six eggs well beaten, one teaspoon of cream of tartar, one teaspoon of Eagle Thistle soda. Mix well and boil in a double boiler three hours.

Mrs. Margaret Rhea Staley.

Prune Souffle.—Whites of four eggs beaten stiff with a pinch of salt. Into this beat four level teaspoons of sugar. Take one-fourth pound of prunes (well cooked), mash and beat well into them one-fourth teaspoon of cream of tartar. Beat this into sugar and eggs and pour into buttered baking dish, baking in moderate oven twenty or twenty-five minutes. Serve hot with whipped cream.

Mrs. G. T. Hall.

Blackberry Pudding.—Heat a pint of canned or fresh blackberries, and when very hot put into a buttered baking dish and pour over them the following batter: Beat three eggs well, add one cup of sugar, two tablespoons of milk, one tablespoon butter, a pinch of salt and one cup of flour sifted with one teaspoon of baking powder. Bake in a rather hot oven from twenty minutes to half an hour. Try with a straw to be sure it is done. Serve with hard or liquid sauce. Any fruit may be used the same way and must be heated before the batter is put on.

Mrs. W. B. Jackson.

Cottage Pudding.—One cup of sugar, one-fourth cup butter, one cup milk, two eggs, three cups flour, three even teaspoons of Rumford baking powder. Cream the butter, add the sugar, then the eggs, well beaten, the milk and flour alternately; beat hard. Bake in a loaf about three-quarters of an hour, or bake in a sheet if preferred. Serve with sauce. * * *

Peach Shortcake.—Make a rich pastry, roll thin and bake in pie pans, let them get cold. Peel and mash good flavored peaches, sweeten to taste. Spread between the crusts. Serve with sweetened whipped cream.

Mrs. Phipps Miller.

Chocolate Souffle.—One cup stale bread crumbs, two cups scalded milk, one square Baker's chocolate, one-half cup sugar, one egg, dash

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Butter baking dish and put in alternate layers of bread and cocoanut. Beat the eggs well, add milk, sugar, salt and orange juice, mix and pour over the other. Bake in moderate oven until set in center. Make meringue of two egg whites, two tablespoons of sugar. Brown and serve warm with the following: Cream Sauce: Cream one tablespoon butter with four tablespoons powdered sugar; dissolve one round ing tablespoon flour in a little cold water, add to one cup boiling water and cook until thick, then pour gradually over butter and sugar, beating until well mixed. Flavor with vanilla or lemon, and serve.

Miss Haller Fell.

Plum Pudding.—Three and one-half cups flour, one teaspoon Eagle Thistle soda sifted in flour, one cup fresh suet picked fine in flour, one-half teaspoon each of ground cloves, cinnamon and nutmeg, one cup raisins, one of currants, one-half cup citron, one cup dark baking molasses, one cup buttermilk. Steam three hours and serve with sauce. * * *

Cinnamon Loaf.—Two and one-half cups flour, one and one-fourth cups sugar, one and one-fourth cups sweet milk, one tablespoon butter one egg, one teaspoon baking powder. Bake in square pan. When taken from the oven rub with butter and dust over with pulverized sugar and ground cinnamon. Without the cinnamon and sugar this makes nice cake to serve hot with sauce. *Miss Mollie Collins.*

Soft Ginger Bread.—One-half cup sugar, one cup molasses, one-half cup butter, one teaspoon each of ginger, cinnamon and cloves, two teaspoons of Eagle Thistle soda dissolved in one cup boiling water, two and one-half cups flour, two well beaten eggs added the last thing before baking. Fine served hot with spice sauce.

Mrs. K. C. Starritt.

Ginger Pudding.—One cup black molasses, one cup sour cream or buttermilk, one small cup butter, three eggs, three cups flour, one teaspoon cloves, one teaspoon cinnamon, one teaspoon ginger, one teaspoon Eagle Thistle soda dissolved in a little hot water. Bake in a moderate oven.

Mrs. E. L. Greener, Tusculum, Va.

Virginia Pudding.—One cup suet, one cup sugar, one cup milk, three cups flour, two cups raisins, one cup currants, two eggs, one-half teaspoon salt, one teaspoon cinnamon, one teaspoon baking powder. Chop suet fine, wash and dry currants. Beat suet, sugar and yolks of eggs until light; add milk and flour, beat until smooth, then add spice, salt, and whites of eggs well beaten, then the baking powder; mix well and add fruit, well floured; turn into a mould and boil continuously in a double boiler for three hours. Serve with any preferred sauce. Figs and dates may be used in place of other fruits.

Mrs. Alice O. Atkins.

Nut Pudding.—One cup of molasses, one cup of sweet milk, one cup of chopped suet, one teaspoon of salt, one teaspoon of soda, one

SNOWFLAKE'S popularity proves its merits.

DESSERTS can be made in a short time with KNOX GELATINE.

pound of English walnuts (in shells), one cup of seeded raisins, one-fourth pound of chopped figs, two and one-half cups flour. Sift soda, salt and one grated nutmeg in flour. Mix suet and fruit, add flour, molasses, nuts, etc. Put in buttered pan and steam two hours. Serve hot.

Sauce: One cup of white sugar, one-half cup of butter, one cup of cream, two eggs slightly beaten. Cream butter and sugar, add cream and eggs. Put in double boiler and stir until smooth and foamy, cook until thick. Serve at once. *Miss Nancy Warner Gibson.*

Chocolate Plum Pudding.—One envelope Knox sparkling gelatine, three-fourths cup cold water, one cup sugar, one-half teaspoonful vanilla, one cup seeded raisins, one-half cup dates or figs, if desired, one-fourth cup sliced citron or nuts, as preferred, one-half cup currants, one and one-half squares chocolate, one pint milk, pinch of salt. Soak gelatine in cold water five minutes. Put milk in double boiler, add melted chocolate, and when scalding point is reached add sugar, salt and soaked gelatine. Remove from fire and when mixture begins to thicken add vanilla, fruit and nut meats. Turn into mould, first dipped in cold water, and chill. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened, and flavored with vanilla.

Rock Cream.—One quart milk, one-half box powdered gelatine, six eggs, one and one-half cups sugar, two teaspoons vanilla. Soak gelatine in milk for one hour, put in double boiler. Separate eggs, add the one cup of sugar to yolks, when milk comes to boil add yolks of eggs and cook until it thickens. Remove from stove, add beaten whites to which the one-half cup of sugar has been added; when cool add vanilla. This cream should be made the day before it is served. Serve with plain or whipped cream. *Miss Emma Sprinkle.*

St. James Pudding.—One cup molasses, one-fourth cup butter, one cup sweet milk in which is dissolved one teaspoon soda, two cups flour, one cup raisins left whole and floured before putting into batter, one teaspoon each cinnamon and cloves, steam three hours without opening. Sauce: One cup powdered sugar, one-half cup butter, three eggs, whites beaten very lightly and added just before serving. *Mrs. Geo. Cassell, Radford, Va.*

Peach Pudding.—Yolks of three eggs, with one-half cupful sugar, one tablespoonful Knox gelatine in one-half cup of cold water, stand twenty minutes, one cupful of peach juice, boil until thick as custard. One can peaches, drain and place on dish with hollow up, one macaroon on each peach; when custard is cold add one teaspoonful vanilla, pour over peaches, and when jellied make meringue of the three whites of eggs; set in hot oven to get delicate brown. Serve cold with whipped cream. *Miss Mollie Collins.*

SNOWFLAKE makes light biscuit, rolls and bread.

Delmonico Pudding.—Make a boiled custard of one pint of sweet milk, yolks of four eggs, and one cup of sugar, reserving about one-half teacup of the milk to dissolve one-half box of Knox gelatine. When custard has cooked until thick, pour hot upon the soaked gelatine, stirring until dissolved. Then let it cool. When cool add whites of four eggs whipped stiff. Now it is ready to pour in mould. One dozen macaroons soaked in a three-fourths cup wine or fruit juice, also some crystalized cherries. Line mold with cherries, then put in some of the custard, alternating with the macaroons until the mold is filled. When ready to serve remove from mould and serve with whipped cream, garnished with cherries and nuts.

Mrs. Geo. H. Miles.

Sauces

"The daintiest last to make the end most sweet."

Lemon Sauce.—Sift together one cupful of fine granulated sugar, one tablespoonful of cornstarch, and one-eighth teaspoonful of salt. Add slowly one cupful of boiling water while beating constantly. Cook five minutes, remove from the fire, add two tablespoonfuls of butter and two tablespoonfuls of lemon juice; then strain. A little nutmeg may be added.

Miss Hazel Francis.

Foamy Sauce.—One scant cupful of sugar, one and one-half tablespoonfuls of butter, one egg, three tablespoonfuls of boiling water. Rub butter and sugar to a cream. Add the beaten yolk of egg. Place bowl in vessel of hot water and add the boiling water by spoonfuls, stirring well; when sugar is dissolved and looks like a rich yellow syrup put in a bowl and just before it goes to the table place the stiffly beaten white on top and stir well into the sauce. * * *

Plain Sauce.—One pint of boiling water, two tablespoonfuls of flour, one tablespoonful of butter, one cupful of sugar, one teaspoonful of extract of lemon, one-half teaspoonful of vanilla, one-fourth teaspoonful of grated nutmeg, one-eighth teaspoonful of salt. Mix sugar, flour, and salt together and stir into the water, then add butter and stir until creamy. Take from the fire and add flavoring. * * *

Vanilla Sauce.—Mix one-half cupful of sugar and one even teaspoonful of corn starch, and add gradually, while stirring constantly, one cupful of boiling water; boil three minutes, remove from fire, and add two level tablespoonfuls of butter, one teaspoonful of vanilla, and a few grains of salt. * * *

Chocolate Sauce.—Cream one-fourth cup (scant) of butter and one cup of light brown sugar in a small bowl. Shave into this one square

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KNOX GELATINE is economical—FOUR PINTS in each package.

of unsweetened chocolate, and set over hot water, stirring into the mixture gradually four tablespoons of hot water. When the chocolate is melted and the sauce smooth and creamy it is ready to serve. Flavor with vanilla. This sauce is nice to serve with cottage pudding or other baked or steamed puddings. * * *

Orange Sauce.—The juice of one orange, grated rind of one-fourth orange, three-fourths of a cup of granulated sugar, one and one-half tablespoons of butter, three level tablespoons of corn starch. Mix the sugar and corn starch thoroughly. Add to the orange juice enough boiling water to make altogether one and one-half cupfuls of liquid. Pour this into the sugar and corn starch and stir constantly over the fire until it boils and clears. Add the butter and grated rind. Stir until melted and serve hot. * * *

Marshmallow Sauce.—Boil one cup of sugar and one-half cup of water five or six minutes after boiling begins. Do not stir after the syrup boils. Remove from the fire, add one-half pound of fresh marshmallows and heat until melted. Flavor with one-half teaspoon of vanilla, if desired. If serving is delayed, keep the sauce hot over warm water, then add a few drops of boiling water and heat again.

Miss Hallie Fell.

Chocolate Sauce for Ice Cream.—Two cups of white sugar, two tablespoons of powdered chocolate, one-half cup of water, cook to a thick syrup.

Miss Elizabeth Painter.

Caramel Sauce.—One cup brown sugar, one level tablespoon of corn starch, one and one-half cups boiling water, lump of butter the size of a walnut, vanilla to taste. Brown sugar carefully in moderate oven, add corn starch, butter and water, let boil three minutes. Flavor and serve at once.

Mrs. John Preston Buchanan.

Hard Sauce.—Beat a cupful of the nicest butter (that which is free from salt is best) to a cream with two cups of good powdered sugar. Add gradually the unbeaten whites of two eggs to the creamed butter and sugar. Set the bowl containing the sauce in a pan of boiling water and beat it well for two minutes. Then flavor with vanilla.

Miss Alice Lincoln.

White Sauce.—Four tablespoons flour, two and one-half tablespoons butter, two-thirds cup water, one-half teaspoon salt, one-third cup Carnation milk, melt butter, add flour and stir until thoroughly mixed. Add milk and cook over a double boiler until the mixture thickens; add salt. This recipe makes one cup of white sauce, and is delicious when served with meat, fish, vegetables, etc.

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Cakes

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White Perfection Cake—Three cups of sugar, one cup of butter, one cup of milk, three and one-half cups of Snowflake flour, one-half cup of corn starch, whites of twelve eggs beaten to a stiff froth, two teaspoons of cream of tartar, one teaspoon of Eagle Thistle soda. Put soda in half of the milk, dissolve corn starch in the rest of the milk and add it to the sugar and butter well beaten together, then the milk and soda and the flour and eggs. This is best baked in a loaf.

Mrs. B. F. Buchanan.

Devil's Food Cake.—Part one: one cup of sugar, one-half cup of butter, one-half cup of sweet milk, two eggs, two cups of Snowflake flour, one teaspoon of vanilla, one teaspoon of soda dissolved in hot water.

Part two: Two-thirds of a cup of sugar, one cup of grated chocolate, one-half cup of sweet milk, yolk of one egg. Boil until it thickens. When cool add to part one.

Mrs. Matrow.

Drop Cakes.—One cup of butter, two cups of sugar, creamed together until light; add four well beaten eggs, four cups of flour, one teaspoon of soda dissolved in one-half of a cup of sour cream and one pound of raisins. Drop from a teaspoon on flat tins and bake quickly a few minutes. Nice for afternoon tea.

Miss Haller Fell.

Spice Cakes.—One egg, two cups flour, one-half cup milk, scant cup of sugar, one-half cup butter, good teaspoon of black molasses, one-half teaspoon of soda, one teaspoon of cream tartar, spices to taste. Raisins and nuts are good in these.

Miss Willie Sprinkle.

Eggless Cake.—Two cups sweet milk warmed, two cups sugar, four and one-half cups flour sifted four times with four level teaspoons Rumford baking powder. Six tablespoons melted butter, four tablespoons cold water added last. Season to taste and beat thoroughly. Bake in three layers, use any cake filling desired.

Mrs. C. C. Lincoln, Jr.

Chocolate Cake.—One cup sugar, one and three-quarter cups flour, one teaspoon soda, all mixed together, one good cup sour milk, yolk of one egg, tiny pinch of salt. Do not beat egg. Two squares of chocolate, butter size of walnut, one teaspoon vanilla. Double this recipe and use two whites for icing. Can bake double quantity in two layers or slab.

Miss Elberta Harris, Radford, Va.

Caramel Cake.—Three eggs, two cups sugar, three cups flour, one cup milk, three-quarters cup butter, one level teaspoon soda, two teaspoons cream of tartar, one teaspoon vanilla.

Filling—Caramelize one-half cup white sugar, when brown add one-half cup boiling water and let simmer until dissolved, then add two

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KNOX GELATINE measured ready for use; each package in two envelopes.

cups white sugar and when this boils and is dissolved add one-half cup rich cream and one egg. Beat the egg light and add to the cream then add to the boiling sugar gradually. Let all boil until it will form a ball in cold water.

Mrs. Geo. Cassell, Radford, Va.

Spice Cake.—One cup of butter, two and one-half cups of brown sugar, one cup of sweet milk, three and one-half cups of Snowflake flour, three eggs beaten separately, one teaspoon of Eagle Thistle soda, dissolved in a little warm water, add two teaspoons of cinnamon, one teaspoon of spice, one nutmeg. Cream butter and sugar, add yolks, milk and soda, then add flour, last the whites of the eggs and spices. One cup of raisins and one cup of nuts can be added if desired. Use two cups of sugar and the whites of two eggs for filling. Boil sugar until it will rope, then pour it slowly over the stiffly beaten whites.

Mrs. W. E. Francis.

Fig Cake.—White part: The whites of seven eggs, two cups of sugar, two-thirds of cup of butter, two-thirds of cup of sweet milk, three cups of flour, two teaspoons of cream of tartar, one teaspoon of soda, lemon flavor.

Gold part: The yolks of seven eggs and one whole one, one cup of sugar, one-half cup of butter, one-half cup of sweet milk, one and two-thirds of a cup of flour, two teaspoons of cream of tartar, one teaspoon of soda, one teaspoon of cinnamon, one teaspoon of cloves, one pound of figs cut in half flat and floured. Use half of the batter, spread figs over evenly, then the remainder of the batter on top. Bake in long biscuit pan. When done, cut each in half, making four layers. Put together with icing. Alternate layers.

Mrs. M. G. Painter.

White Cake.—Ten eggs, whites only, one cupful of butter, three cupfuls of sugar, three and one-half cupfuls of Snowflake flour, one cupful of corn starch, one cupful of buttermilk, one and one-half teaspoonfuls of cream of tartar, one-half level teaspoonful of Eagle Thistle soda dissolved in two teaspoonfuls of tepid water. Flavor to taste.

Miss Barrie Hull.

Apple Sauce Cake.—Into two and one-half cupfuls of hot apple sauce stir four level teaspoonfuls of Eagle Thistle soda, let cool, and stir into batter made of two cupfuls of brown sugar, one cupful of butter, four cupfuls of Snowflake flour, one pound of raisins chopped and dredged with flour, one nutmeg and a pinch each of cinnamon and allspice. Bake two hours in a moderate oven.

Mrs. W. E. Hodges.

Yellow Cake.—One cupful of butter, two cupfuls of sugar, three cupfuls of flour, four eggs, two teaspoonfuls of Rumford baking powder, one cupful of sweet milk. Cream butter and sugar, add the yolks of eggs, then milk, then flour, and last the whites of the eggs beaten stiff. Flavor.

Mrs. Jas. D. Tate, Chilhowie, Va.

SNOWFLAKE makes the best bread, biscuit and rolls.

White Cake.—Whites of twelve eggs, one cup of butter, three cupfuls of sugar, one cup of sweet milk, five cups of Snowflake flour, one teaspoonful of soda, two teaspoons of cream of tartar, one teaspoon of lemon. Cream butter and sugar, add milk and flour alternately, then the soda and cream of tartar sifted in the last half cupful of flour, the well-beaten whites last. Sift flour three or four times.

Miss Elizabeth Painter.

White Fruit Cake.—Whites of eleven eggs, one pound of Snowflake flour, one pound of sugar, three-fourths pound of butter, two teaspoonfuls of cream of tartar mixed in the flour, one teaspoonful of Eagle Thistle soda dissolved in one-half cupful of water, one pound of citron, one pound blanched almonds, one grated fresh cocoanut. Roll this in one extra handful of flour. Bake slowly and carefully as other fruit cake.

Mrs. D. D. Staley.

Marshmallow Cake.—Whites of eight eggs, two cups of sugar one cup of butter, four cups of Snowflake flour, sifted four or five times, one cup of sweet milk, one teaspoon of vanilla, two teaspoons Rumford baking powder. Cream butter and one cup of sugar, put other cup of sugar in well-beaten whites of eggs. Alternate, stirring in flour and eggs. Add baking powder the very last thing.

Filling: Two tablespoons of Knox gelatine, over this pour a little cold water; when this is dissolved add six tablespoons of boiling water, then one pound of powdered sugar, beating until it is stiff like marshmallows.

Mrs. E. H. Higginbotham.

Fruit Cake.—Cream one pound of butter, add one pound of sugar, then the yolks of twelve eggs; mix well, then stir in one pound of Snowflake flour into which one teaspoonful of soda and two of cream of tartar have been sifted, and the well-beaten whites of the twelve eggs alternately. Add by degrees, two pounds of raisins, one pound of currants, one pound of citron, one and one-half pounds of almonds, one-half pound of figs, one tablespoonful of ground cinnamon, three nutmegs, one tablespoon of cloves, one teaspoonful of ginger, one teaspoonful of allspice. After fruits have been well stirred in, add any flavor desired. Flour the fruit well. Bake five hours with rather slow fire.

Mrs. Margaret Rhea Staley.

Spice Cake.—Four eggs, three and one-half cups of flour, one cup of butter and lard mixed, two cups of sugar, one cup of buttermilk, three-fourths teaspoon of Eagle Thistle soda, one teaspoon of cream of tartar, one rounding tablespoon of cinnamon, one rounding tablespoon of allspice, two grated nutmegs. Sift soda, cream of tartar and spice with the flour. Add whites of eggs beaten last, omitting one white to add to icing.

Miss Virginia Buchanan.

Angel Food Cake.—Whites of sixteen eggs beaten to a stiff froth, two cups of Snowflake flour (large coffee cups), two and two-thirds cups of sugar (fine or rolled), three small teaspoons of cream of tartar, a

You must use SNOWFLAKE Flour for perfect baking.

little lemon juice and a few drops of any desired extract. Do not beat while mixing. Bake in moderate oven from an hour and ten minutes to an hour and fifteen minutes. Then test with a straw.

Miss Alice Lincoln.

Delicate Cake.—Four cupfuls of Snowflake flour, two and one-half cupfuls of sugar, one cupful of sweet milk, one cupful of butter, six eggs, two heaping teaspoonfuls of Rumford baking powder.

Miss Bessie Hull.

Cup Cake.—Two cupfuls of sugar, three cupfuls of Snowflake flour, one-half cupful of butter, three eggs, one cupful of sweet milk and one heaping teaspoonful of Rumford baking powder. Beat eggs separately.

Mrs. Mamie M. Painter.

Jam Cake.—Four eggs, three-fourths of a glass of butter, one glass of sugar, one glass of jam, two and one-half glasses of flour, four tablespoonfuls of sour cream, one teaspoonful of Eagle Thistle soda, spices to taste.

Mrs. J. B. Richardson.

Chocolate Batter Cake.—Beat one egg, add one cup of sugar, one-half cup of milk, one-half cake of grated chocolate. Put on stove and stir until it is hot, then set aside to cool. Make a batter of three eggs (beaten separately), one cup of sugar, one-half cup of butter, one-half cup of sweet milk, two cups of flour (before sifting) and two teaspoons of Rumford baking powder. Cream butter well, adding two teaspoons of flour to it; then mix yellows and sugar, add to batter, then whites of eggs and flour alternately. The two batters must then be mixed together. Bake in three layers.

Filling: Two cups of sugar dissolved in hot water, cook until it threads well, then pour over the beaten whites of two eggs very slowly and flavor highly with vanilla. Put very thick between the layers. For outside of cake make the icing the same way, but do not flavor at all.

Mrs. Margaret Rhea Staley.

Pork Cake.—One pound of fat pork (weighed without rind), one pint of strong coffee, four cups of brown sugar, one pound of raisins, one-half pound of English walnuts, about seven cups of flour, one tablespoon of Eagle Thistle soda, one tablespoon of cinnamon, one nutmeg, pinch of salt.

Directions: Grind pork, then pour coffee boiling hot on it, and set on the stove a few minutes before adding any of the other ingredients. Then put in sugar, soda, spices and flour. Dredge nuts and raisins with flour and add last. Bake one hour.

Mrs. L. A. Amster.

Walnut Cake.—One-half cup of butter, one cup of sugar, yolks of two eggs, one-half cup of milk, one and three-fourths cups of flour, two and one-half teaspoons of Rumford baking powder, whites of

Try SNOWFLAKE

three eggs, three-fourths cup of walnut meats broken in pieces. Bake forty-five minutes. Cut in squares, ice, and put half of a walnut meat on each.

Mrs. J. H. Rouse.

White Loaf Cake.—Whites of eleven eggs, three cups of sugar, five cups of Snowflake flour, two teaspoons baking powder sifted with flour three times, one cup of butter, one cup of sweet milk, one teaspoon lemon or other flavoring.

Mrs. Emily V. Clark.

Took first prize 1918 Fair.

Velvet Cake.—Seven eggs, whites only, two cupfuls of sugar, two cupfuls of Snowflake flour, one cupful of cornstarch, one cupful of milk, one scant cupful of butter, two teaspoons of Rumford baking powder. Flavor to taste.

Miss Bawie Hall.

Pound Cake.—Beat eight eggs until light (separately), three cups of sugar, one cup of butter, four cups of flour. Just before putting in pan to bake, dissolve one-half teaspoon Eagle Thistle soda and one teaspoon of cream of tartar in one-half cup of sour cream. Bake in loaf.

Mrs. W. E. Hodges.

Devil's Food Cake.—Two cups light brown sugar, one-half cup butter, two eggs, one teaspoon of soda, one-half cup of sour milk, a pinch of salt, three cups of flour. Then add two-thirds cup of chocolate over which pour one-half cup of boiling water.

Mrs. Fred Poston.

Hickory Nut Cake.—One cup of butter, two cups of sugar creamed together, one cup of sweet milk, four cups of sifted flour, four eggs beaten well, one cup of hickory nuts chopped fine, two good teaspoons of Rumford baking powder. Best baked as loaf cake.

Mrs. E. H. Buchanan.

White Cake.—Ten eggs, whites only, one cupful of butter, three cupfuls of sugar, four cupfuls of flour, one cupful of buttermilk, one and one-half level teaspoonfuls of cream tartar sifted through flour. One-half level teaspoonful of soda dissolved in two spoonfuls of warm water. Cream sugar and butter thoroughly, add little of the beaten whites alternately with the flour. Put in the buttermilk just before the last of the flour. Lastly add the flavoring and soda.

Mrs. R. M. Richardson.

White Fruit Cake.—One cup of butter, two cups of sugar, one cup of sweet milk, two and one-half cups of Snowflake flour, whites of seven eggs, two even teaspoons of Rumford baking powder; put powder in flour and mix well, one pound of figs, one pound of raisins, one pound blanched almonds, one-fourth pound of citron, one cup of grated cocoanut. Sift a little flour over the fruit before adding to the batter. Flavor with lemon and bake slowly either in layers or loaf.

Mrs. J. N. Hall.

Chocolate Cake.—One-half cup butter, one and one-half cups sugar, three eggs (not separated), two cups flour, one teaspoon Eagle

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The KNOX ACIDULATED package contains flavoring and coloring.

Thistle soda sifted in flour, one teaspoon vanilla, one cup sweet milk, one-third large cake chocolate cooked in half of the milk. Bake in two layers or in sheet and cut in blocks. Use white or chocolate icing, or the two together.

Mrs. J. C. Campbell.

Welcome Cake.—One pound flour, one pound sugar, one-half pound of butter, two teaspoons Rumford baking powder, six eggs, one cup sweet milk, one teaspoon lemon. * * *

White Cake.—Whites of sixteen eggs beaten with one pound pulverized sugar, three-fourths pound butter mixed smoothly with one pound flour, one teaspoon Eagle Thistle soda, two teaspoons cream of tartar sifted in flour. Flavor with rosewater or lemon. Beat whites in last; they will look like icing. This is splendid.

Mrs. Wm. C. Pendleton.

Chocolate Cake.—Five eggs beaten separately, four cups of Snowflake flour, one cup of butter, one cup of sweet milk, two and one-half cups of sugar, two teaspoons vanilla, two teaspoons cream tartar, one teaspoon Eagle Thistle soda, one-half or two-thirds cake chocolate. Cream butter and sugar; add yolks of eggs, one cup of flour and a little milk alternately until all are in but one-half cup of flour, then the melted chocolate and vanilla, then the cream tartar and soda sifted with the last half cup of flour. Whites of eggs last.

Miss Elizabeth Painter.

Sponge Cake.—Five whole eggs beaten separately, two cups sugar, two and one-half cups of flour, two-thirds cup boiling water, two teaspoons of Rumford baking powder. Beat the yolks of eggs light, add sugar, when well beaten add boiling water, next whites which have been beaten to a stiff froth; lastly the flour and baking powder which have been sifted together four times. Flavor with lemon extract. Have oven rather warm and gradually increase the heat.

Marble Cake.—One and one-half cups white sugar, one-half cup butter, one-half cup sweet milk, one-half teaspoon soda, one teaspoon cream of tartar, whites of four eggs, two and one-half cups of flour. Mix cream of tartar in flour and soda in sweet milk. Brown sugar one cup, one-half cup molasses, one-half cup butter, one-half cup sour milk, one-half teaspoon of soda, one teaspoon of cream of tartar, yolks of four eggs, two and one-half cups flour, cloves, cinnamon, allspice and nutmeg one-half teaspoon each. Put soda in sour milk and cream of tartar in flour. Put batter in mold by alternate spoonfuls.

Mrs. Hugh Gwyn.

Angel Food Cake.—Whites of twelve eggs, one and one-half cups sugar (measured after sifting), one and one-half teaspoons cream of tartar, one cup and one tablespoonful of pastry flour, one teaspoon vanilla. Sift sugar five times and flour and cream of tartar together five times. Beat whites to a foam, but not until stiff. Sift in sugar, slowly beating all the time. Take care not to make the mixture stiff.

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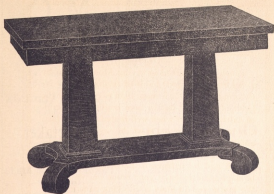
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FIFTH EDITION
1921

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