



8853



Bread

Cakes

Cookies

Desserts

Luncheon and
Supper Dishes

Macaroni
and Spaghetti

Meat
and Fish

Pies

Salads

Soups

17

Balanced RECIPES

PREPARED UNDER THE
PERSONAL DIRECTION OF
MARY ELLIS AMES
HEAD OF THE STAFF OF
PILLSBURY'S
COOKING SERVICE

COPYRIGHT 1933 BY
PILLSBURY FLOUR MILLS COMPANY
MINNEAPOLIS, MINNESOTA

Bread

Cakes

Cookies

Desserts

Luncheon and
Supper Dishes

Macaroni
and Spaghetti

Meat
and Fish

Pies

Salads

Soups



ABOVE are pictures of Pillsbury's home-type experimental kitchen in Minneapolis, and of its supervisor, Mary Ellis Ames. In this kitchen the staff of Pillsbury's Cooking Service is constantly developing new recipes, new ways to save time and money in the kitchen, new ways to improve the flavor and food value of meals. This kitchen is maintained entirely for service to the women of America. If you have any cooking or dietary problem which is troubling you, any recipe which does not work exactly as you think it should, please feel perfectly free to write to Pillsbury's Cooking Service for help. Address your letters to Mary Ellis Ames, Pillsbury Flour Mills Company, Minneapolis, Minnesota.

Bread

Cakes

Cookies

Desserts

Luncheon and
Supper Dishes

Macaroni
and Spaghetti

Meat
and Fish

Pies

Salads

Soups

ALMOND BUTTER COOKIES

Recipe makes about 5 dozen medium cookies
 TEMPERATURE: 400°F.
 2 cups PILLSBURY'S BEST
 Flour

TIME: 8-10 minutes

1½ teaspoons baking powder
 ⅔ cup butter part vegetable
 shortening may be used

1 cup brown sugar
 1 egg
 1 teaspoon vanilla extract
 ¼ teaspoon almond extract
 Almonds for decorating

1. Sift flour and baking powder together.
2. Cream shortening; add sugar and mix well; add egg and beat thoroughly.
3. Add flavoring. Stir in the flour.
4. If refrigerator cookies are desired, form the dough into 2 long rolls about 1½ inches in

5. If the cookies are to be made up immediately, take pieces of dough the size of a walnut, and roll in the palms of the hands. Place on a cookie sheet, and press half an almond in the center of each. Bake in moderate oven.

ALMOND BUTTER COOKIES

57

BANBURY SQUARES

58

BISHOP'S DELIGHTS

59

BROWNIES

60

CRISP BROWN COOKIES

61

CRISP SUGAR COOKIES

62

CRY BABIES

63

DATE BARS

64

FILLED DATE COOKIES

65

FRUIT SQUARES

66

HONEY ALMOND COOKIES

70

HIGH HAT COOKIES

69

HICKORY NUT COOKIES

68

HERMITS

67

Menus

Desserts

Luncheon and
 Supper Dishes

Macaroni
 and Spaghetti

Meat
 and Fish

Pies

Salads

Soups

Vegetables

LUNCHEON AND SUPPER DISHES

THE main dish for luncheon or supper is often the best chance of the day to use previously cooked foods or left-overs. Many will agree that these so-called "remnant meals" taste better and are more likely to become family favorites than other kinds of dishes. If you are careful to consider well blended flavors and give due regard to seasoning and serving attractively, left-overs are a source of economy in the weekly food plan.

It is often advisable and economical to cook more food than is needed for the one meal under consideration in order to have on hand left-over ingredients for quickly prepared meals. Extra quantities of vegetables, cereals, sauces, meats and breads may be prepared with little extra work and a saving of fuel and time.

Foods once cooked have lost some of their original flavor and moisture, therefore add something to left-over concoctions which will restore these two important items. The chief criticism of left-over dinners is their monotony of appearance and flavor.

Liquids drained from canned fruits and vegetables, a bit of left-over gravy, a dab of creamed vegetable or fish, an extra potato or dish of cereal, three or four cold muffins or biscuits, bread crumbs, sour cream, bits of jelly and pickles, left over coffee and cocoa—all add interest to a meal when a use for them is carefully planned.

Use every edible bit of food that you purchase.

It may be foolish economy to use a left-over if there is only a small portion and it must be extended, or pieced out, with one or more expensive new ingredients. And it is certainly poor menu psychology to plan an entire meal from left-overs. No matter how delicious each

Carmel cornflake ring with fruit

- 1 cup brown sugar, closely packed
- 4 " corn flakes
- 3 tbs butter
- 1/4 tsp salt

Fruit

Whipped cream or ice cream.

Stir and melt the brown sugar, butter and salt in a large saucepan over heat. Fold in the cornflakes until well coated. Grease a mold or individual molds. Press lightly into mold. In a few minutes, before intirely cold invert. Fill the center and surround the ring with fruit.

CARMEL CORNFLAKE RING WITH FRUIT

FLOATING ISLAND

Apples
Apricots
Cherries
Peaches
Pineapple
Pitted Prunes

with fruit, cut side up.
e with nutmeats.
tter over fruit and bake
rate oven until done.

Menus

Luncheon and
Supper Dishes
Macaroni
and Spaghetti

Meat
and Fish

Pies

Salads

Soups

Vegetables

BAKED BANANAS

Recipe serves 4

TEMPERATURE: 375°F.

TIME: about 12 minutes

4 bananas, not too ripe

1 tablespoon butter

Lemon juice

1. Peel bananas and cut in half lengthwise. Arrange in heat-proof baking dish.
2. Sprinkle with lemon juice; dot with butter and bake in a moderate oven.
3. Serve hot.
4. If preferred, bananas may be laid on a rack in the oven and baked in their skins or, cut lengthwise, without peeling, placed side by side in a baking pan and the bananas sprinkled with lemon juice and dotted with butter.
5. Bananas, peeled and cut in half lengthwise, may be dipped in flour and pan-fried in a little hot butter until golden brown on all sides.

(over)

BAKED BANANAS 113

BAKED BEANS 114

BAKED BREAD AND CHEESE 115

BAKED LUNCHEON OMELET 116

CASSEROLE OF CURRIED VEGETABLES 117

CHEESE SOUFFLE 118

CHICKEN CROQUETTES 119

CHICKEN SHORTCAKE 120

CORN FRITTERS WITH CHICKEN 121

HOT LUNCHEON SANDWICHES 122

MEAT AND POTATO MUFFINS 123

OYSTER STEW 124

STUFFED MEAT POCKETS 125

TOMATOES, HOLLAND STYLE 126

Menus

Macaroni
and Spaghetti

Meat
and Fish

Pies

Salads

Soups
and Sauces

Vegetables

H2895 J48E

HERE are additional sheets, which
can be used for your own favorite
recipes.